

August 23, 2013 – Vol. 38, Issue 47

Optimist Club of Monaco South



Founded in 1976 at Denver, Colorado
 Serving Youth and the Community for 36 Years

www.monacosouth.org

Editor for this Issue—Robert Wardlaw for John Oss



Good Morning Optimist

Robert Wardlaw and Bob Coulson were our greeters this beautiful summer morning.

A somewhat lighter crowd is gathered this morning and as **Craig Eley**, Vice Prez, standing in for **Paul Simon** today, addresses the members in attendance, we notice that no microphone is available. Still, Craig's voice is strong and he rings the bell promptly at 7 a.m. **Karl Geil** gave the invocation this morning reminding us to consider the young people. It is with them in mind that we strive to be a friend to youth and help by giving our time, energy, and resources for their betterment. He then leads us in the *Pledge of Allegiance*.



Vice President Craig Eley call us to order this morning.
 Photo Steve Kady

Guests

Dave Owens who found Monaco South Optimist Club on the internet is back this morning with application and check in hand. *Welcome Dave!*

MSOC Officers in Breckenridge



On left, Jon Wachter, Vice Prez and soon to be president, along with Past Prez, Randy Marcove seem to be enjoying the convention—at least that is where they say they are. Only John Oss knows!

Photo John Oss

Many of the MSOC officer's of our club were headed to Breckenridge this morning for the District Convention. We look forward to their report when they return.

Member Announcements

Back to School Supplies: As Oscar Sorensen



approaches the stage a microphone is located and his voice comes through loud and clear. Oscar tells us that he has pencils for each school representative to donate along with \$150 for each school to buy school supplies. This will ensure the schools are able to purchase what supplies they need. And with school starting Monday, they will have ideas on what they need most. All school reps are to contact their school, get a list of need supplies, and see Greg Young to get the check.

Entertainment Coupon Savings Books: Joe Marci still has entertainment coupon books available for sales. These books help fund the Robert Sullivan Scholarship. Additionally, he is looking for help in selling these books.



Rockies Tickets: Joe also will have tickets for sale for Rockies games coming in September. The Rockies are primed for an epic rally, see Joe for details.

Type 1 Diabetes: Ron Gustas again calls our attention to the September 8th JDRF 2013 Walk to Cure starting at Coors Feild. Anyone interested in donating for the cause is welcome to do so again. Also, the club has in the past had several people volunteer on Saturday September 7th for set up and they are happy to have this help again.

Good Sam Bike Jam: Dick Cohen tells us about another event to raise money and awareness for JDRF; a bike ride on September 15th. It just happens that JDRF has their two big fund raisers happening in successive weeks. Volunteers are needed to man the

Cont. next page

Meeting Place
American Legion Hall Post 1
5400 East Yale Avenue (Yale & I-25), Denver, Colorado
Every Friday Morning, 7:00 – 8:00 am
******INVITE A FRIEND TO JOIN******

Announcements Continue

rest stop for riders during *The Good Sam Bike Jam*. The ride starts at the Exempla Good Samaritan Medical Center, at 200 Exempla Circle, Lafayette, CO. See **Dick Cohen** for details.

The Microphone Works: Thanks to **Steve Kady, Ed Collins** and **Tom Hoch**.

Timbuk Toys JDRF Fundraiser: Another event that Ron and Dick mentioned is that **Timbuk Toys**, again this year has agreed to donate to JDRF 20% of the value of certain purchases made in their stores during the period from August 23rd through September 1st. For JDRF to receive this donation please mention Ellie's Diabetes Busters and/or JDRF at time of purchase. Think about this upcoming week as an early time to do Christmas shopping. It's an easy way to support JDRF! Please help spread the word.



October 2013-September 2013

Budget: Treasurer **Greg Young** requests that all project leaders send him their budget requests for next fiscal year: October 1, 2013 to September 30, 2014. Budget meetings will be held in September with budgets finalized by October 16th. This year's financial results will be published at that time. For project leads, the current 2013-13 project budget is attracted to the GUMS distribution email.

OCMS Shirts: **Tom Glazier** reports that OCMS shirts should be available by the first or second week of September. Look forward to it.

Westminster Optimist Golf Classic: The Westminster Optimist Club emailed us to let us know they are looking for golfers for their Second Annual Golf Classic, on Sunday, September 8th, to be held at the Legacy Ridge Golf Course, 10801 Legacy Ridges Parkway. A shotgun start, with an awards luncheon all for \$125, which includes green fees, cart, range token, and prizes. If interested contact Sue Hartman at 303-913-3735 or visit www.westminsteroptimists.org/.

Do We Have A Drawing?

Do we have a drawing? Yes, we do and there is \$30 with only six cards remaining. Lots of pay back for just a little risk. And they all took a shot at it: **Tom Glazier, OC Larson, Karl Geil**, but alas no winners were rewarded. **Ed Collins'** name was drawn from the name tag jar, but he was also left with that old empty feeling again.



Reloadable Safeway & King Soopers Cards

Frequently Asked Questions

See attached to the GUMS distribution email.



Brain Work Answers

In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards—it will be the same word.

Did you figure it out? No?

Make your Brain Work

Keep that brain working; see if you can figure out what these seven words all have in common?

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

Give it another try....

Look at each word carefully. You'll kick yourself when you discover the answer. No, it is not that they all have at least two double letters. The answer is below!

Gentle Thoughts for Today

- Birds of a feather flock together ... especially over your car.
- A penny saved is a government oversight.
- The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.
- The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.
- The easiest way to find something lost around the house is to buy a replacement.
- He who hesitates is probably right.
- Did you ever notice: The Roman Numerals for forty (40) are XL.
- If you think there is good in everybody, you haven't met everybody.
- If you can smile when things go wrong, you have someone in mind to blame.
- The sole purpose of a child's middle name is so he can tell when he's really in trouble.
- There's always a lot to be thankful for if you take time to look for it. For example, I am sitting here thinking how nice it is that wrinkles don't hurt.
- Did you ever notice: When you put the two words "The" and "IRS" together it spells "Theirs...!"
- Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.
- The older we get, the fewer things seem worth waiting in line for.
- Some people try to turn back their odometers. Not me, I want people to know "why" I look this way. I've traveled a long way and some of the roads weren't paved.
- When you are dissatisfied and would like to go back to your youth, think of Algebra.
- You know you are getting old when everything either dries up or leaks.
- One of the many things no one tells you about aging is that it is such a nice change from being young. Ah, being young is beautiful, but being old is comfortable.

Our Speaker, Patricia Cox

Alzheimer's Volunteer & Author

Our speaker today is introduced by **Cap Hermann**. Cap tells us about Patricia Cox and her work with the Alzheimer's Association. How does the disease and the association mesh with our stated goal of "Friend of Youth"? It is through this work and education about Alzheimer's Disease that we can teach young people how to interact with those suffering from the disease and how it affects them.

Patricia Cox is a retired Cherry Creek School District teacher and has been a volunteer with the Alzheimer's Association and currently works to provide education regarding Alzheimer's Disease (AD).

She tells us her father was an Optimist member while she was growing up in TX, and she is happy to be back in the company of Optimists.

Patricia tells us that she came to Alzheimer's Association after her second husband was diagnosed just after just five years of marriage. She had five wonderful years and after being visited by this terrible disease, they had five very challenging years before he died.

Pat wrote a book titled, *We Keep Our Potato Chips in the Refrigerator* as to share what it is like to live with a victim of Alzheimer's.

Alzheimer's Disease is a progressive disease of the brain that destroys brain cells, causing problems with memory, thinking and behavior. Dementia is a general term used to describe a decline in cognitive functioning. AD is the most common form of dementia. Though some treatments are available to help with symptoms, AD is a disease that is eventually fatal.



Photo Steve Kady

Some think that if they have memory loss it means they have AD or dementia. In fact, many people have memory loss, but it does not mean they have AD. Most do not. It is best to visit a doctor to determine the cause of the memory loss symptoms. The primary risk factor is age and the incidence is higher among women than men.

Some believe if AD runs in your family, genetic testing will tell you whether you will get AD too. Actually, having a parent or sibling with AD does increase one's risk of developing the disease, but genetics is not the only risk factor.

Brain health comes from a healthy body and an active social life. Risk for AD or vascular dementia is increased by a damaged heart or blood vessels. Diabetes in mid-life can

lead to AD decades later. There is a strong link between serious head injury and risk for dementia. People should recognize the 10 Warning Signs of AD: memory changes that disrupt daily life. Challenges in planning or solving problems. Difficulty completing familiar tasks. Confusion with time or place. Trouble understanding visual images and spatial relationships. New problems with words in speaking or writing. Misplacing things and losing the ability retrace steps. Decreased or poor judgment. Withdrawal from work or social activities. Changes in mood and personality.

If someone notices these signs in a loved one, they need to talk with people about what they are seeing. Getting the right treatment as soon as possible is crucial. Early diagnosis is the only way to get early treatment for any diagnosis. Some detected problems can be treated or reversed. Some can be

Continued below

Alzheimer's Volunteer & Author Continued

life-threatening if not detected or treated promptly.

There are many aspects to AD and dementia that were unclear or confusing. Patricia gave an informative and personal account of how this disease can be treated and what help is available for all involved.

See:

⇒ Denver Chapter Alzheimer's Association [CLICK HERE](#)

⇒ Patricia Cox's, Penned by webpage [CLICK HERE](#)

Weekly Greeters

Date	Greeters
8/30/13	Don Thomson & Jack Kleinheksel
9/6/13	Carl Brown & Gary Miller
9/13/13	Paul Stratton & ?

**Friday Morning Greeters Needed
Sign up with OC Larson**

Monaco South Calendar

Aug 26 Mon 6:40 pm Optimist Day at Coors Field — See Joe Marci
Aug 30 Fri 7:00 am Meeting, Legion Hall - Special TJ Teacher Award
Sep 6 Fri 7:00 am Meeting, Legion Hall - TBA
Sep 13 Fri 7:00 am Meeting, Legion Hall - Schlessman YMCA Campaign
Sep 28 Sat 5:30 pm Installation and Awards Banquet, Blossoms Restaurant, 2888 S. Heather Gardens

**Past Presidents of the
Optimist Club of Monaco South**

Bob Rhue	1976-77	Mark Metevia	1994-95
Jerry Whitlow	1977-78	Bob Safe	1995-96
Bill Kosena	1978-79	Tom Overton	1996-97
Duane Wehrer	1979-80	Peter Dimond	1997-98
Curt Jefferies	1980-81	Ralph Symalla	1998-99
Frank Middleton	1981-82	Cy Regan	1999-00
John Young	1982-83	Stan Cohen	2000-01
Pat Bush	1983-84	Don St. John	2001-02
Bob Hugo	1984-85	Jack Rife	2002-03
Tom Mauro	1985-86	Karl Geil	2003-04
Curt Lorenzen	1986-87	Bryce Slaby	2004-05
Oscar Sorensen	1987-88	Donlie Smith	2005-06
Lupe Salinas	1988-89	Paul Bernard	2006-07
Bob Avery	1989-90	Greg Young	2007-08
Bill Litchfield	1990-91	Phil Perington	2008-09
Bill Walters	1991-92	Ron Cisco	2009-10
Kent Gloor	1992-93	Ed Collins	2010-11
Gary Strowbridge	1993-94	Randy Marcove	2011-12

2012 - 2013 Officers

President	Paul Simon	303-300-9940
Vice President	Craig Eley	303-758-9499
Vice President	Jon Wachter	303-204-5645
Secretary	Jack Rife	303-349-1280
Treasurer	Greg Young	303-759-3921

Board of Directors

Barry Barker	813-545-4533
Pat Bush	720-747-5482
Michael Chavez	303-960-5304
Mike McMahon	303-514-5175
John Oss	720-210-8056
Allen Pierce	303-833-8506
Michael Short	970-261-6012
Scott Walker	303-517-1862
Randy Marcove (Past Pres.)	303-667-3663

Newsletter Committee

Robert Finkelmeier	303-756-5829	rfinkelmeier@comcast.net	Ralph Petersen	303-759-3384	r.pedersen2658@comcast.net
Jim Piccinelli	303-721-1470	jpiccinelli@earthlink.net	John Oss	720-210-8056	john.oss4us@gmail.com
Dick Zolman	303-796-8746	rzolman691@aol.com	Paul Stratton	303-366-6375	pcstratton@comcast.net
George Buzick	303-803-2268	gtbuzick@comcast.net	Pat Bush	720-254-3741	pbush@bushreese.com
Robert Wardlaw	303-525-2532	rlawardlaw@gmail.com	Craig Eley	720-771-0866	craigceley@gmail.com

NEWSLETTER EDITORS: Aug **John Oss**, Sept **George Buzick**, Oct **Robert Wardlaw**, Nov **Pat Bush**

THE OPTIMIST CREED — Promise Yourself . . .

- To be so strong that nothing can disturb your peace of mind.
- To talk health, happiness and prosperity to every person you meet.
- To make all your friends feel that there is something in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, to work only for the best, and to expect only the best.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheerful countenance at all times and give every living creature you meet a smile.
- To give so much time to the improvement of yourself that you have no time to criticize others.
- To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.