



# Grandiose Utterings of Monaco South

(GUMS)

September 11, 2015 – Vol. 41, Issue 49



## Optimist Club of Monaco South



Founded in 1976 at Denver, Colorado  
Serving Youth and the Community for 39 Years  
Recognized as Outstanding Service Organization in Colorado in 2012

[www.monacosouth.org](http://www.monacosouth.org)

Editor for this Issue—Phil Perington



### Good Morning Optimist

September 11<sup>th</sup> A Day of Reflection!



### Our Greeters

John “roof!” Swick and Greg “numbers” Young were of good cheer, and merrily greeting the gathered fellows on this chilly pre-fall morning. Jack Rife, driving in earlier than usual gave a brief *Howdy!*

### Early Morning Camaraderie...

as seen by your editor.

Joe Marci was busy letting *Rocky Zealots* know he had 10 primo tickets available for the rest of the season, including final game seats. Mr. Baseball, Tom Mauro was also reminding everyone that “*Sandlot*” was still the best baseball movie ever.

Ed Collins had forgotten to remove the tags from his brand new pants and everyone was doing an excellent job pointing it out.

New Cashier Gary Miller, Dr. Bob Finkelmeier, and others were discussing the social link between girls slugging people and what the meaning really was. Gary grinning said it was a life changing moment between him and his wife Linda.

Mr. Lucky, Jack Kleinheksel, was busy writing checks to Steve “Thumper” Kady, obviously counting on winning the pot at the drawing this morning.

Wyatt McCallie, Cy Regan, and Greg Hurd were talking Turkey. It was about either a recent trip, Thanksgiving, or some other serious business. New member Mike White was intently listening to Don St. John while nodding his head and smiling. Don must have been talking about his most memorable MSOC photoshoot.



### First Bell

President John Oss gaveled the collected to attention at 7 a.m. sharp. Greg Hurd, suffering from delayed jet lag, presented the invocation on this solemn occasion, “*Oh God and Country,*” followed by the *Pledge of Allegiance*.



### Guests

John Bamford an avid volunteer and husband of Carolyn, a member of the Tamarac Club Optimist was introduced and thanked for his participation the MSOC Brain Bowl and No-Brainer plus a few assorted pancake breakfasts.

### Thanks

Prez John thanked our early morning crew Russ Paul, Gary Strowbridge, Pat Bush, Cy Regan, and Gary Miller for their awesome efforts in getting things ready—tables, chairs, podium, etc., at the crack of dawn every Friday morning.

### Announcements

**2016 Entertainment Savings Book:** Joe Marci is now in possession of the annual Entertainment Book, for savings on fine and casual dining, fast food, movie tickets, activities and attractions, and so much more. The cost is still a very reasonable \$35 and supports our Robert Sullivan Scholarship Program for the coming year and one of the more popular high school scholarships. Get your Christmas and holiday shopping done early fellas.



**FRACSOkers!** The Front Range American Cancer Society Optimist Club, a club that MSOC sponsored, will be hosting a NOW membership meeting at the American Cancer Society HQ on Thursday, September 17 at 7 p.m. Come out and see what the FRACSOC is up to. They will be talking about upcoming activities and taking suggestion on how we can Sock Out Cancer. The club supports the mission of the American Cancer Society and the OI Children's Cancer Campaign.

Continued on the 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 Continued

**JDRF One Walk to Cure Diabetes:** Dick Cohen and Ron Gustas would like to thank OCMS members for helping on Friday (9/11) for loading a truck and working to set up the "Walk Site" on Saturday (9/12). Members giving a hand were John Oss, Greg Young, Harry Fegley, Don Roth, Michael Chavez, John Swick, Pat Bush, Mark Metevia, Mike Prete, Scott Walker, and Barry Barker. Special thanks to Greg, Harry and Don for their double duty help on both days. A number of members from the Type 1 Diabetes Optimist Club-T1DOC also helped with making the "Walk" preparation a success.-

The "Walk" to be held on Sunday, September 13, hopes to raise \$750,000 to fund JDRF research to improve the lives of those with Type 1 Diabetes by providing improved treatment options and hopefully a long sought cure for the three million American youth and adults with the disease. The muscle and sweat of OCMS members makes a difference.

**ACS Relay for Life:** Bob Avery shared that his son, Stephen and the "residents" of Arkansas Valley Correctional Facility are participating for the first time in the American Cancer Society Relay for Life. Attached to GUMS distribution email, is a brief overview and statement of purpose from Stephen. There is a website listed on the attachment, however, please use this one [CLICK HERE](#). They will be walking/running around the Yard for several hours in support of this worthy cause. Bob said, *"in talking with Stephen this week, he said this has really gained momentum and now they are having to rethink how this is going to work. Evidently, there are more guys wanting to participate than security will allow. I believe he was going to do his walking/running for about 4 hours but it may have to be cut back to accommodate everyone."*

**Wounded Warriors Fundraiser:** Chris Dunphy announced a Wounded Warriors fundraiser is this Saturday. \$15,000 has already been raised towards the goal of \$30,000.

**Northwest Optimist Club Raffle:** Ernie Romero, representing the Northwest Club is selling their annual \$100 Raffle tickets. The grand prizewinner will collect \$10,000. The raffle generates over \$15,000 each year for their Club youth projects. The drawing will be held on October 17 at St. Dominic's Church, located at 27<sup>th</sup> and Federal Boulevard. (Speer & Federal Blvd.).

**OCMS Directory Update:** Tom Mauro is after your updates or change of identity for the new Membership Roster. He claims you can make a million dollars for only a \$25 if you place an ad.

**MSOC Installation & Celebration:** Jon Wachter still has seating available for the dinner at Piccolo's (Hampden & Monaco) next Saturday night. He also requested Club volunteers for our Bradley International School JOOI Club (Junior Optimist Octagon International) Monaco South help charter last year with past Governor Bob Hartwig. Ron Cisco, John Swick, Greg Young, and Phil Perington agreed to help.

**2015 Peach Sales:** It was not publicly announced, but it was learned that Palisade peach sales for this year were very good. With over 230 boxes of peaches sold a return of \$896 came back to Monaco South and \$756 was generated for Tamarac Optimist.

**Super Citizen Program:** Robert Wardlaw, main coordinator for the SC program, urged all those interested in getting involved with our Super Citizen Award program get on board and sign up ASAP. See Rob Gardener. Currently we are finalizing this year's schedule and need assembly dates for Highline, Holm, Lowry, Slavons, and University Park. The school reps are encouraged to seek out that information as soon as possible.

**Alzheimer's Memory Walk:** Joe Marci announced 14 folks have signed up for the Alzheimer's Walk water station on Saturday, September 19. See Joe or Cap Hermann for specific details.

**Dime-A-Day:** Perry Allen gave a reminder that the new Dime-a-Day cycle begins October 1<sup>st</sup> with our clubs new year. So start saving your dimes to write a check for the \$36.50 annual contribution.

## Drawing

With only three cards left for a possible \$50 the Six of Spades was the card to draw. Robert Wardlaw and John Greene took the chance, but miss the lucky draw of the card. Cups went to Oscar Sorensen, Don Thomson, O.C. Larson, Frank Middleton, and Chris Dunphy. A Wooden Nickel should have gone to lucky Jack Kleinheksel since he was called up for wearing his name tag. But guess what, his luck was not there today.

## Closing Bell & Creed

John Greene had the honor to lead the recitation of the Optimist Creed .... *Promise yourself* ....!

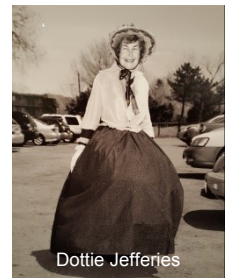
## Visiting the Denver Art Museum

by Craig Eley

I was visiting the Denver Art Museum recently, and I went through an exhibit of photography by Alec Soth. It consisted of photos of Colorado scenes and people. One of the larger photos was simply entitled "Dottie," and there was Dottie Jefferies, widow of MSOC's Curt Jefferies and Tamarac Optimist member, standing in a good old Colorado parking lot!

Another exhibit featured Native American totem poles and other artifacts. There was a big pile of blankets, each one contributed by a person who had a story to go along with it. There was a book about the exhibit nearby, and I looked through it and saw the picture of former MSOCer Ken Raak, who had contributed an old Pullman Car blanket.

It made me kind of mad that I had not submitted one of my many photos of Oscar Sorensen in a Santa hat; I could have made some big money. See the photos on the next page.





## Karen Moravek

Community Education Director for Colorado Chapter Alzheimer's Association

Joe Marci introduced this morning's speaker, Ms. Karen Moravek of the Colorado Chapter of the Alzheimer's Association.

### Quick Facts:

- ◇ Alzheimer's disease is the 6<sup>th</sup> leading cause of death in the United States.
- ◇ More than 5 million Americans are living with Alzheimer's.
- ◇ Every 67 seconds, someone in the United States develops Alzheimer's disease.
- ◇ Less than half (45 %) of seniors diagnosed with Alzheimer's or their caregivers are aware of the diagnosis.
- ◇ Studies indicate that people age 65 and older survive an average of 4 to 8 years after a diagnosis of Alzheimer's disease.
- ◇ In 2014, 15.7 million caregivers provided an estimated 17.9 billion hours of unpaid care valued at more than \$217 billion.
- ◇ Alzheimer's is the only cause of death among the top 10 in America that cannot be prevented, cured, or even slowed.
- ◇ There are approximately 700,000 people dying each year because they have Alzheimer's
- ◇ 1 in 3 seniors dies with Alzheimer's or another dementia.

The Colorado chapter raised \$ 1.2 million last year. Already held their first annual event in Boulder, which was major



Karen Moravek

Photo Don StJohn

outreach to people not aware of the organization. There basic focus is on controlling the symptoms at present but no sure yet on how stop the process. Overall, 49 percent of their income comes from fundraising and 32 percent is returned for research, with only 17 percent kept for expenses.

The Colorado Chapter has a 24/7 helpline statewide and calls are accepted at all times. Volunteers answer basic questions most of which concern missing parents, or what do I need to do now that I have been diagnosed with a form of dementia or Alzheimer's. Volunteers also try to coax people into the office to help address multiple family issues. The

Association uses a tremendous amount of volunteers. Everyone should be on the alert for people who look lost or confused.

Karen shared the "10 Warning Signs," see the attachment on the GUMS distribution email. We all need to pay attention, as we get older.

For fear of others noticing symptoms. It is important to exercise, eat right, be active and engaged, plus share your thoughts whenever possible. The Association commenced a prevention class last spring. Among the things stressed is how important a good well-managed diet is in fighting the symptoms of memory loss, dementia, or Alzheimer's.

We all hope Karen will visit us again and share more of her wisdom, insights, and humor.



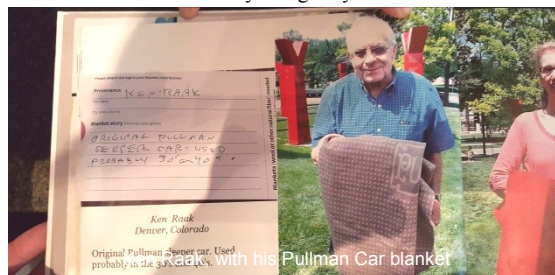
Sponsor a New Member

### Weekly Greeters

9/18/15	Al Gapuzan & Randy Marcove
9/25/15	Mark Metevia & Mike McMahon
10/2/15	Don Roth & Ron Cisco
10/9/15	Eldon Strong & Tom Overton
10/16/15	Jim Easton & ?
<b>Help, Help, Help — we need Friday morning greeters, see Jon Wachter, 303-204-5645 or <a href="mailto:jon_wachter@msn.com">jon_wachter@msn.com</a></b>	

### Visiting the Denver Art Museum

by Craig Eley



Oscar Sorensen, aka Santa

### Optimist Club of Monaco South 2015-2016 40<sup>th</sup> Birthday Year — Chartered in 1976

- Sept 17 Thur 6:30 pm Board Meeting, Randy Marcove's Home, 4103 S. Rosemary Way
- Sept 18 Fri 7:00 am Meeting, Legion Hall - Camaraderie Day
- Sep 19 Sat 7:00 am Alzheimer's Walk - See Cap Hermann
- Sep 19 Sat 6:00 pm MSOC Installation & Celebration, Piccolo's, 3563 South Monaco Parkway



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

Bob Rhue	1976-77	Bob Safe	1995-96
Jerry Whitlow	1977-78	Tom Overton	1996-97
Bill Kosena	1978-79	Peter Dimond	1997-98
Duane Wehrer	1979-80	Ralph Symalla	1998-99
Curt Jefferies	1980-81	Cy Regan	1999-00
Frank Middleton	1981-82	Stan Cohen	2000-01
John Young	1982-83	Don St. John	2001-02
Pat Bush	1983-84	Jack Rife	2002-03
Bob Hugo	1984-85	Karl Geil	2003-04
Tom Mauro	1985-86	Bryce Slaby	2004-05
Curt Lorenzen	1986-87	Donlie Smith	2005-06
Oscar Sorensen	1987-88	Paul Bernard	2006-07
Lupe Salinas	1988-89	Greg Young	2007-08
Bob Avery	1989-90	Phil Perington	2008-09
Bill Litchfield	1990-91	Ron Cisco	2009-10
Bill Walters	1991-92	Ed Collins	2010-11
Kent Gloor	1992-93	Randy Marcove	2011-12
Gary Stowbridge	1993-94	Paul Simon	2012-13
Mark Metevia	1994-95	Jon Wachter	2013-14

**2014 - 2015 Officers**

President	John Oss	720-210-8056
Vice President	Craig Eley	303-758-9499
Vice President	Don Iley	303-840-7706
Secretary	Curt Boell	303-980-1893
Treasurer	Greg Young	303-759-3921

**Board of Directors**

Barry Barker	813-545-4533
Pat Bush	303-750-9409
J. R. Gieck	949-636-7614
Tom Glazier	303-522-5214
Cap Hermann	303-587-5575
Jack Kleinheksel	720-938-1760
Fred Pasternack	303-758-3754
Ralph Pedersen	303-759-3384
Jon Wachter (Past Pres.)	303-204-5645

**Newsletter Committee**

Robert Finkelmeier	303-756-5829	<a href="mailto:rfinkelmeier@comcast.net">rfinkelmeier@comcast.net</a>	Ralph Pedersen	303-759-3384	<a href="mailto:r.pedersen2658@comcast.net">r.pedersen2658@comcast.net</a>
Jim Piccinelli	303-721-1470	<a href="mailto:jp Piccinelli@earthlink.net">jp Piccinelli@earthlink.net</a>	Phil Perington	303-832-4578	<a href="mailto:perington@msn.com">perington@msn.com</a>
Dick Zolman	303-796-8746	<a href="mailto:rz6267@gmail.com">rz6267@gmail.com</a>	Paul Stratton	303-366-6375	<a href="mailto:pcstratton@comcast.net">pcstratton@comcast.net</a>
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Robert Wardlaw	303-525-2532	<a href="mailto:rlawardlaw@gmail.com">rlawardlaw@gmail.com</a>	Craig Eley	720-771-0866	<a href="mailto:craigceley@gmail.com">craigceley@gmail.com</a>

**NEWSLETTER EDITORS:** Sept **Phil Perington**, Oct **George Buzick**, Nov **Robert Wardlaw**

**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.