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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—Pat Bush



Good Morning Optimist

President **Paul Simon** called the meeting to order and asked **Mark Metevia** to deliver the invocation and lead us in the *Pledge of Allegiance*.

From the Prez

Prez Paul told us that if we caught him drooling from his mouth this morning, it was not because he was thinking about A. J. McCarron's girlfriend like Brent Musburger was doing. Rather he had a broken tooth drilled at the dentist's office recently and that he was having some post drilling drool control problems.



Editor: If you are not familiar with this analogy and need clarification on A. J. McCarron's girlfriend see the story on the *USA TODAY* website: [CLICK HERE](#).

Prez Paul then reminded all members that this month's OCMS Board of Director's Meeting will be this Wednesday, January 16th. All members are welcome to attend. It starts at 6:30 p.m. and will be held at Councilwoman Peggy Lehmann's office located at 3540 South Poplar Street, Suite 102.

Guests

Jack Kitchell introduced Cap Berman and **Gary Miller** introduced Jarrett Fogate as guests visiting us this morning. We hope both will visit us again.

Announcements

Golf Expo & Junior Golf: Junior Golf will have a booth at the 2013 Golf Expo starting Friday, February 8th through Sunday, February 10th at the Merchandise Mart. **Joe Marci** is seeking Optimists and friends to help staff the booth. We will be talking to the expo attendees about the Junior Golf program, Joe explained. You can also talk about being an Optimist.



Shifts will be 3 hours long. You will get free admission into the exposition and have a chance to see the latest in golf equipment, new golf courses and a chance at winning prizes (some of them valuable). You can volunteer by contacting **Joe Marci** at 303-771-3748 or at marcifrog@AOL.com



Joe also announced that he is selling tickets to the May 7th (Tuesday) Yankee vs. Rockies game and the August 26th (Monday) Giants vs. Rockies baseball games to support Junior Golf. Both games are evening games. You must purchase as many Giants tickets as Yankees tickets. You can get more Giants tickets than Yankees tickets if you want but not vice versa. The Yankee tickets will set you back \$40.00 each and the Giants tickets will be \$18.00 each. The seats are in the right field mezzanine—reserve your seats by contacting Joe.

Update on Gary Laman: **Bryce Slaby** updated us on **Gary Laman's** condition. He has been diagnosed with melanoma in the brain. The doctors are currently trying to assess the extent of the disease and come up with a treatment strategy. Bryce is collecting well wishes from members to deliver to Gary. Be sure to keep him in our prayers.



The Polar Plunge: **Crazy Mike McMahon** has announced that he will again take the Polar Plunge to support Special Olympics. Mike is looking for donors and like-minded *crazy people* to jump out of perfectly warm apparel into water with ice on top of it. This event is to take place on Saturday, February 23rd at the Aurora Reservoir. He will be telling us more as the event gets closer. In the interim you may visit Special Olympics website by [CLICK HERE](#).



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 Continued

Brain Bowl is Here: The Northern Region Brain Bowl competition is held as this newsletter is being written. If you wanted to work it and hadn't signed up yet, you just missed it. Don't miss the Central Region competition on Saturday, January 26th; the South Region on Saturday, February 9th and the Championship Tournament set for Saturday, February 23rd. Reserve your spot by signing up at the meeting this Friday or by contacting **Paul Simon**. More on this major youth event can be found be [CLICKING HERE](#).

District Governor **Phil Perington** informed us that the **Optimists** will set up information tables at each of the Brain Bowl competitions. They will be distributing information about the purposes of Optimist International and invite attendees to visit one of our clubs. **Freddy Pasternack** presented a \$200.00 check to President Paul from the Gateway Optimist Club to help support the Brain Bowl competition.



John Oss, captured this picture of Don Thomson, Joe Marci, and Paul Bernard getting ready to participate at Saturday's Northern Region Brain Bowl competition.

Dime-A-Day Program: **Freddy Pasternack** announced that he learned 19 additional members had sent their Dime-A-Day pledges and payments directly to Optimist International. Added to the 30 members recognized last week brings us up to just shy of 50 participating members. However, Freddy's vision is 100% participation from Monaco South. While 50 members are impressive, much work remains to reach Freddy's goal. Let's get those pledges to Freddy. Editor: After seeing the Dime-A-Day contributor's picture in GUMS last week, Immediate CO/WY Past Governor and District OI Foundation Representative, **Donna Priester**, sent a congratulatory email to GUMS stating, "Thanks to all who are participating. You are truly making a difference. Please share my sincere thanks to Fred Pasternack for his work. Love to all, Donna."

Security Volunteers Needed: Lt. Governor and Immediate Past President of Monaco South, **Randy Marcove**, is looking for volunteers to provide security during lunch hours at Bradley International School,



3051 South Elm Street. One of our Super Citizen schools. He says the bigger and uglier the better. Editor: "I guess I qualify." If you would like to volunteer and spend some time to helping keep the kids safe, get in touch with Randy.

Oratorical Contest: The high school oratorical contest is now set for Friday, March 1st at Thomas Jefferson High School at 6:00 p.m. Contestants must be under the age of 19 and still be in high school. The chosen topic this year is "Why My Voice is Important." Students from Thomas Jefferson and George Washington are specifically invited but participants from other schools will be accepted. If you know any high school student who is a gifted orator, encourage them to enter this contest. **Keith Gallaway** and **Frank Rowe** are co-chairing this project and will give us more information as the event approaches.

Super Chili Bowl: The Front Range American Cancer Society Optimist Club (FRACSOC) is sponsoring the Super Chilly Bowl on Sunday, January 27th at the American Cancer Society Building, 2255 S. Oneida Street (entrance on lower back), as a fundraiser for the new club. **Barry Barker** has committed to entering his award winning chili. The other participants in the Monaco South Chili Cook-off have a chance for a rematch. The "double dog dare" has been made. The gauntlet has been thrown down. The gloves are off. Are there any takers? You can get more information by pulling down the flyer attached to the *GUMS* transmittal email or talking with **Prez Paul**.



New Club Building: We were reminded about the effort to build a new optimist club with the Juvenile Diabetes Research Foundation (JDRF) by **Ron Gustas** and **Dick Cohen**. This club will be built around the idea of supporting research to develop a cure for Type 1 diabetes. The informational meeting is set for January 15th at 6:30 p.m. at the JDRF Office located at 8055 E. Tufts Avenue. If you know anyone touched by Type 1 diabetes, please invite them to this meeting so that they can see how to magnify their efforts in fighting this disease. See further details on the *GUMS* distribution email.

CO/WY District Conference: **Donlie Smith** announced that the 2nd Quarter District Conference will be held February 15th - 17th in Estes Park at the Stanley Hotel. Any Monaco South member who registers for the conference can have the cost of the Saturday Luncheon reimbursed by the club. Preregistration is required — see registration form attached to *GUMS* transmittal email. You must send registration form and fee to Sherry Pearn by February 3rd. Your request for reimbursement and copy of your registration fee must be given to **Greg Young** by February 15th.

KIDS ♥ rock!



Keeping Dreams Alive

Juvenile Diabetes Research Foundation

Jeff Gartz

Our scheduled speaker from Place Bridge Academy, was unable to attend the meeting this morning but we were lucky enough to prevail on Jeff Gartz, President, Board of



Directors at Juvenile Diabetes Research Foundation, Rocky Mountain Chapter to speak to us about the Juvenile Diabetes Research Foundation (JDRF).

Jeff shared that the reason the organization is called Juvenile Diabetes Research Foundation is because Type I diabetes is usually first diagnosed in children. Type I diabetes is when the beta cells at the tip of the pancreas have stopped producing insulin. The only treatment is to replace the insulin with injections. This requires constant monitoring the blood glucose to determine when insulin shots are needed. Type II diabetes is often associated with age and obesity. The body still produces insulin but the body has become insulin resistant. This form can be controlled without insulin injections by diet, exercise, losing weight and drugs. Type II diabetes; however, can lead to Type I.

JDRF raises funds for research to find a cure for Type I diabetes. There are two large research facilities that are doing work in the area of diabetes. The Joslin Diabetes Center located in Boston, Massachusetts and the Barbara Davis Center for Diabetes at Fitzsimons Medical Center in Aurora. The Barbara Davis Center for Childhood Diabetes

(BDC) specializes in type 1 diabetes research and care for children and adults. It is one of the largest diabetes institutes in the world. The Center is managed as a distinct administrative unit of the University of Colorado School of Medicine and has its dedicated building on the University of Colorado Anschutz Medical Campus in Aurora, Colorado. In 1978, Marvin Davis generously provided funds for the construction of the original Center building at the Ninth Avenue campus in Denver.

There are now ways to screen patients to determine the likelihood of developing Type I diabetes. They can then start taking prevention treatments to delay the onset of diabetes. The average age of a Type I diabetes diagnoses has been 14 years old but has been dropping recently.

Research is being done to restore insulin-producing cells. It appears that the liver makes a good host for such cells. Testing is finding that these cells can last as long as 8 years producing insulin.

Ron Gustas reminded us that a new JDRF Optimist Club is being built. An informational meeting is being held at the JDRF Offices on Tuesday, January 15th. The JDRF is located at 8055 E. Tufts Avenue, Suite 770. The meeting starts at 6:30 p.m. If you know anybody that has been touched by this devastating disease, invite them to this organizational meeting.

King Soopers Announces 2012 Gift Card Results

In a recent letter to **Cy Regan**, our *King Soopers Gift Card King*, King Soopers reported that results for the 2012 gift card program resulted in \$10 million dollars being donated to schools, service organizations, and non-profits in Colorado. Monaco South sells reloadable gift cards for \$10, and of any amount reloaded on the card, which the user get full value for, King Soopers donates 5% back to our club. Safeway donates



3%. Monaco South received over \$3500 last year from this program, which goes to support our kids!!

What a win-win situation! Users can fill their King Soopers (or Safeway) cards with a rewards credit card, and then speed through the grocery aisle or gas pump with the gift card. King Soopers cards are usable all over Colorado and in other states at City Market, Loaf n Jug, Smiths, and many Shell Stations.



**BUY YOUR CARD TODAY, AND BUY CARDS FOR
YOUR FRIENDS AND FAMILY AND COWORKERS!**

Weekly Greeters	
Date	Greeters
1/18/13	Randy Marcove & Les Larson
1/25/13	J.R. Gieck & Joe Marci
2/1/13	Jim Vander Kamp & Barry Barker

Super Citizen Presenters for January		
Jan 18 @ 9:30, 10:15 & 10:45	Holm	Phil Perington
Jan 23 @ 2:30	MPB	Gary Strowbridge
Jan 25 @ 3:00	Bradley	John Young
Jan 31 @ 1:00 & 1:45	McMeen	Jack Kleinheksel

Monaco South Calendar

Welcome 2013 Happy New Year!

- Jan 15 Tus 6:30 pm New JDRF Optimist Club, JDRF DTC Office, 8055 E. Tufts Avenue, Suite 770
- Jan 16 Wed 6:30 pm Board Meeting, District 4 Council Office, 3540 S. Poplar St., Suite 102
- Jan 18 Fri 7:00 am Meeting, Legion Hall - Education for Women in Middle East & Africa, Chris Stanton
- Jan 25 Fri 7:00 am Meeting, Legion Hall - Camaraderie Day
- Jan 26 Fri 7:00 am Central Region Brain Bowl, Littleton High School
- Jan 27 Sun Noon - 3 pm FRACSOC Super Chile Bowl CookOff, American Cancer Society Building
255 South Oneida Street (Enter on lower back)

**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

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

With Resignations
Two Board Members Needed
See President Paul Simon

Newsletter Committee

Robert Finkelmeier	303-756-5829	rfinkelmeier@comcast.net	Ralph Petersen	303-759-3384	r.pedersen2658@comcast.net
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Robert Wardlaw	303-525-2532	rwardlaw@comcast.net	Craig Eley	720-771-0866	craigceley@gmail.com

NEWSLETTER EDITORS: Feb **Paul Stratton**, Mar **John Oss**, Apr **George Buzick**, May **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.