



Grandiose Utterings of Monaco South

(GUMS)

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The Optimist Club of Monaco South



Founded in 1976 Denver, Colorado

www.monacosouth.org

Editor for December—Bill Walters



Happy New Year Everyone
Have A Great 2009

Good Morning Optimists!

"All the news that fit to be read"

Today's Greeters

John Young and **Ron Cisco** were our greeters today. And in a great mood they both were! We found out why Ron was in such a good mood. He is a year older. Therefore, we sang "Happy Birthday" to him. Then, out of the blue, he threw his shoe at our President, while our President was doing Presidential stuff. What a guy!

Invocation & Pledge

Donley Smith recited a wonderful blessing and led us in the pledge. We were then ready to get Optimistic.

Guests

Michael Chavez was a guest of **Harry Johnson**. They met a few weeks ago. Michael, however, did not sit with Harry because he sat with **Tom Hoch**. By the way, Jack Hoch, Tom's guest last week was his GRANDSON not his own son, as I reported (Tom keeps himself looking so young. Nuff for assuming Anyway, Michael's brother was married to Tom's

wife's sister. They know each other and sat together, but are they related? Michael is a Realtor with Keller Williams. Come back again, Michael!

Announcements

President **Phil Perington** read a thank you letter from Sweet Tart, Robyn Carnes. Sweet Tart entertained us kids last week.

Brain Bowl: (**Karl Geil**'s favorite Optimist event. Remember that the first Brain Bowl will be held on Saturday, January 24th at Fairview High School in Boulder. A 7:00 am start means car-pooling early. Over 100 helpers are needed for Runners, Time Keepers, Score Keepers, Readers (aka Alex Trebek'ers) and Proctors (that's correct-walk arounders) **Karl Geil** and **Tom Mauro** run this great event. "Grab an oar and help row!"

Frank Middleton introduced our chief cook and bottle washer, **John Marinis**, and gave him a Christmas gift from the clan. John has been feeding us since 1994 and we really appreciate his efforts. Thanks for all your service John. Thanks to Frank also. (See John's bio on the next page. BTW John, this is the best picture we could find, thanks to **Craig Eley**.)



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

Announcements cont.

Ron Carlson broke the news that the new Bronco coach will be **Fred Pasternack**. Fred shared his plans on how the team will improve under his leadership. Fred just returned from Antarctica. Next thing you will hear is that Fred will be opening his own Steak House!

Craig Eley reminded us that the Holiday Party for MSOC would be held next Friday, January 9th at 7:00pm at the CANYON CLUB CONDOMINIUM CLUBHOUSE. See the ad below. **Paul Simon, Greg Young, Bryce Slaby, Ed Collins, Donlie Smith, Bill Wells, Jim Easton, and Frank Middleton** are all helping Craig set up the party, but there still is a need for clean-up volunteers. Games, food, booze, and fun will prevail. Please come and enjoy!

Know Your Fellow Optimist

John Marinos: There's a lot of things that makes an Optimist Club successful. One important item is getting good food for a good price. **John Marinos** has been taking care of our food needs for a good price for the last 15 years. John was brought into MSOC by **Curt Jefferies**. (Or was it Randy Hampden, a former MSOC member?) John grew up in Salt Lake City, Utah. He worked for Pete Harmon as a Division Manager for 15 years with Kentucky Fried Chicken (KFC). Randy Hampden also owned a KFC franchise. KFC started franchising in 1952 when Pete Harmon of Salt Lake City and Colonel Sanders opened the first Kentucky Fried Chicken franchise. John moved his family to Denver where he bought and sold restaurants for 12 more years. Since 1994 John has been running a successful catering company. John and his wife Patti have 9 children and 32 grand kids. Their oldest grand daughter starts at BYU this year. In his free time John likes to visit his family in Utah, San Francisco, and St. Louis. Great having John as a MSOC member.



New Year's Resolution

A New Year's resolution is a commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous. Here

are mine...to loose weight...again. Diet tips recycled from Ann Landers.

- If no one sees you eat it, it has no calories.
- If you drink a diet soda with a candy bar, they will cancel each other out.
- Calories don't count if you eat with someone and you both eat the same amount.
- Food taken for medical purposes do not count. This includes toast, hot chocolate, brandy, and Sara Lee chocolate cake.
- If you fatten everyone else around you, you will look thinner.
- Snacks consumed at a movie do not count as they are part of the entertainment. For example: Milk Duds, popcorn with butter, red licorice, and M&Ms.
- Pieces of cookies contain no calories. The process of breaking causes calorie leakage.
- Late-night snacks have no calories. The refrigerator light is not strong enough for the calories to see their way into the calorie counter.

Monaco South Holiday Party

Food, fun, and fellowship will be on the agenda at the Monaco South Holiday Party on Friday, January 9, 2009. All MSOCers, spouses, and friends are invited!

The fun begins at 7 p.m. at the Canyon Club party room, 6495 Happy Canyon Road (the site of many previous holiday parties). Monaco South provides the ham, turkey, and drinks, and members bring the rest for the first potluck of the New Year! Like last year, we will have professional entertainment, plus an activity where a number of MSOCers and their spouses and friends can show their perspicacity.

Please RSVP so we know how much food and drink to buy. if you haven't signed up at a meeting, email Craig Eley at craig@eley.net to let him know you will be there and how many will be in your party. If you haven't already signed on to help with the party, please consider telling Craig that you will assist in making this the best MSOC party yet!

Bring a dish according to the first letter of your last name:

- A - F Appetizer
- G - M Side dish
- N - R Salad
- S - Z Dessert

Craig Eley, craig@eley.net



Donlie Smith used as a prop at last years holiday party.



Speaker for Today

Our Speaker today was our own **John Young**. A charter member of the Optimist Club of Monaco South. While Dr. **Ed Fankhauser** is the founder of MSOC, **John Young** is the “heart” of our club. For an Optimist club to sustain, you need a “heart”—someone who will keep an eye on things, to keep our optimistic philosophy insight, and to keep us moving in the right direction. And John certainly does that! In my opinion, we have the greatest Optimist club of all the Optimist International clubs because we have **John Young**. John talks the talk and walks the walk. He not only preaches Optimism he lives it. It is a religion to John. He believes in it and he sells it. More members are MSOCers because of John.

John preached the gospel this morning. He truly presented, *The Zen of Optimism*. Tell your friends and neighbors, we do great things in the community. We all feel better because we come to Friday morning Optimist meetings. How many things can you say that about in life? I am glad I came? John passed out a book he composed about why it is good to be an Optimist. Most particularly to be a Monaco South Optimist Club member. Read it and tell your friends and neighbors. Thanks John! We are glad you presented!

Here are some of John’s words from his collection of *Identifying Characteristics of Optimism*.



The Optimist lives well, laughs often and loves much, looks for the best in others, gives the best he has, and leaves the world a better place than he found it.

The Optimist knows that happiness does not depend on who you are or what you have: it depends solely on what you think.

The optimist knows that regrets don’t come from trying and not succeeding. Not trying your hardest to do something you dream of is what makes you have regrets.

Optimists live in honor and integrity so that their self-esteem is not miserable.

Optimists go after creating their highest goals and visions, and don’t wish and dream they will just happen on their own.

Optimists know that in the end it is their relationships, not their accomplishments or money, that matter the most in life and which will ultimately bring them the greatest sense of fulfillment and belonging.

Optimists know that a good life has a fair amount of fun, adventure, play, and love mixed in with hard work, self-discipline, routine, and chores.

Optimists don’t let their fears stop them from going after what they dream of. They feel the fear—and then go out and do it anyway.

Optimists are their own best friends. They have learned to like, love, respect, and believe in themselves.

Optimists pay attention to how often they are having fun. Fun is one of the best and most effective ways out of depression and despair.

Optimists know it is far better to trust, even if they wind up being hurt or betrayed. Not trusting others will result in psychosclerosis—a hardening of the mind, heart, and spirit.

Optimists know there is far more magic in loving than in being loved. Loving is the highest tonic life offers.

Monaco South Calendar

| | | | |
|--------|-----|--------------|--|
| Jan 9 | Fri | 7:00 am | Meeting, Legion Hall - David Bogosian, <i>OI Personal Growth and Involvement</i> |
| Jan 9 | Fri | 7:00 pm | MSOC Holiday Party , Canyon Club Condominium Clubhouse |
| Jan 16 | Fri | 7:00 am | Meeting, Legion Hall - Camaraderie Day |
| Jan 20 | Tue | 6:30 pm | Board Meeting, District 4 Council Office, 3540 S. Poplar St., Suite 102 |
| Jan 21 | Wed | 1:15/2:00 pm | Super Citizen, McMeen Elementary School - Les Larson |
| Jan 21 | Wed | 2:30 pm | Super Citizen, Most Precious Blood - Randy Marcove |
| Jan 23 | Fri | 7:00 am | Meeting, Legion Hall - Arvin K. Rao, MD - <i>South Denver Ear, Nose & Throat Specialist (ENT) & Allergy Clinic</i> |
| Jan 23 | Fri | 9:00 am | Super Citizen, Holm Elementary School - Ron Cisco |
| Jan 24 | Sat | 7:00 am | Brain Bowl at Fairview High School, Boulder, CO |
| Jan 30 | Fri | 7:00 am | Meeting, Legion Hall - Speaker TBA |
| Jan 31 | Sat | 9:00 am | Brain Bowl Training, Overland High School |

Past Presidents of the Optimist Club of Monaco South

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

2008 - 2009 Officers

| | | |
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| Vice President | Al Gapuzan | 303-770-0499 |
| Vice President | Frank Ross | 303-713-1008 |
| Secretary | Rich Wagner | 303-362-5328 |
| Treasurer | Ron Gustas | 303-770-9640 |

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| | |
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| Dick Cohen | 303-320-1767 |
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| Howard Fry | 303-300-4466 |
| Les Larson | 303-755-1213 |
| O.C. Larson | 303-797-7432 |
| Mike Snipes | 303-699-9161 |
| Gary Miller | 303-751-0838 |
| Greg Young (Past Pres.) | 303-759-3921 |

Newsletter Committee

| | | | | | |
|--------------------|--------------|--|----------------|--------------|--|
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| Jim Leuschner | 720-851-7102 | flyleusch@aol.com | Greg Young | 303-759-3921 | gndyoung@msn.com |
| Ralph Pedersen | 303-759-3384 | pedersen.ralph@q.com | Dick Zolman | 303-796-8746 | rzolman691@aol.com |

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.

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