



Grandiose Utterings of Monaco South

(GUMS)

October 31, 2008

Vol. 33, Issue 5

The Optimist Club of Monaco South



Founded in 1976 Denver, Colorado

www.monacosouth.org

Editor for this Issue—Ralph Pedersen



HALLOWEEN EDITION

BOO!

A few of our members dressed for the occasion: **Jim Vander Kamp** was Dracula, **Randy Marcove** was **Tom Mauro** (yikes!) with outrageous hair (you had to be there), **Freddie Pasternack** was a leprechaun, and **Ron Carlson** was a dolphin (Go Broncos!).

Greeter(s)

There appeared to be just one greeter today, one aforementioned **Randy**, er **Tom**, er whoever, with the mangy hair. Even **Randy** couldn't keep it on for the full meeting.

Invocation

Past Governor **George Buzick** asked the God of Grace and Glory to help us be just as excited about the success of others as we are about our own.

Opening Bell

President Phil opened the meeting with this dinger: Anyone can be President of the United States—that's the risk we take. He also mentioned

that he attended a meeting of the Christmas Tree Sales committee this morning at 6:00am. We will open the tree lot the day after Thanksgiving, November 28th, selling from 9:00am to 9:00pm every day until Christmas Day. **Joe Marci** will speak at our next Camaraderie Meeting giving instructions and further information—a lot of it.

Guest

Harry (sorry I missed his last name), a retired salesman and former president of the Fort Collins Optimist Club, was our guest today. Harry came as a result of an article in the *YourHub Section* of the newspaper Thursday, October 30, 2008. We are listed under Clubs on page 10. I suspect **Greg Young** had something to do with this (The editor).

Announcements

Rockies Tickets **Tom Mauro** (the real one) announced that the minimum purchase for the next season would be \$350 for 10 seats. One half will be due in December. Go Rockies!

Thanksgiving Baskets **Bob Avery** said he will be looking for help in distributing 25 food baskets to disadvantaged families on November 22. 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

Announcements continued

Faculty at the various elementary schools in the neighborhood will suggest family names. An additional \$600 to the budget was voted to include the all new schools we are serving this year.

Thanksgiving Dinner for Boys and Girls Clubs
Donlie Smith repeated his plea for help in serving dinner to boys and girls, their parents, and staff on the evening of Tuesday, November 25th. Please sign up and show up; this is a huge undertaking, requiring many 25 to 30 volunteers. We will need the following help to:

- Transportation for 800 lbs. of turkey
- Transportation for the food-3 pickups or vans
- Coordinate the drinks-20 gal
- Coordinate the pies-pies
- Coordinate the bread and butter-40 loaves and butter
- Coordinate the utensils, plates, etc.-need a pickup
- Clean up-3 to 4 people
- Serving-set up, serving

See or call Donlie at 303-759-0380.

Thomas Jefferson High School Craft Fair **Craig Eley**, as a preamble to this announcement, gave credit to **Doug Morton** for providing the photocopying and other items for the October 2008 edition of the membership directory. Thanks Doug!

We provide traffic control at the high school early in the morning for vendors arriving with their wares. The date is Saturday, November 22th. More later.

Membership Roster, October 2008 edition As mentioned above the new directory is available. This roster was compiled by **Craig Eley, Tom Mauro, and John Young**. If you have corrections, changes of address, phone numbers, email address, please email Tom. If your picture is not in the directory, or if you would like your photo retaken, contact Craig.

Thanks to the Painters **Jim (Dracula) Vander Kamp** expressed his thanks to those who showed up at Roundup Fellowship Quivas Street Apartments, even though he didn't. The painters included, **Oscar Sorensen, Fred Pasternack, Paul Bernard, Russ Paul, Kent Gloor, Jack Rife, George Buzick, and Al Gapuzan**. A thank you letter to President Phil stated, "...where the industrious Optimists work left an indelible impression." This must be good, since they were invited back.

Good and Bad News **Cy Regan** was back with us after a short hiatus in the hospital. Yea!

Bill Litchfield had an aneurism recently requiring surgery, which was successful. Send cards to: 2880 South Locust Street. #S403, Denver, CO 80222, or give him a call at, 303-782-0465. Hurry back, Bill!

Boo - Hiss The goblins got into our Supermarket Sales today - only \$750. Let's get on board and help the club who retains 5% of sales. Easy! See **Cy Regan**, over there by **Don St. John** who takes in the breakfast money. Who won the free breakfast? You guessed it, **Karl Geil**.

Our Oldest Member Turns 96 Young!

Marlin Kent had a birthday on October 22nd, celebrated at Quincy Place with the newsletter staff. Marlin keeps the address list current and prints address labels for mailing of the GUMS newsletter. We meet to fold, staple (Marlin does this also), and label each Monday morning at Quincy Place where Marlin lives. He is in a wheelchair (a fancy one) because he has lost the use of his legs; but he is mentally sharp and in control of other faculties. He is a joy to be with. You guys who know him, it is not too late to stop by to see him or give him a call 303-779-0778.



Photo by Dick Zolman

New Member Sworn In

Kale Smith, Woody Thibodeau, and Rich Mahony, said "I do" and a small voice said, "Who has the ring?" **President Phil** deftly recovered.



Photo by Don StJohn

Some Goblins Calling

On Halloween Evening some MSOC members showed up at Schlessman YMCA to do some calling. More on this next week.



Photos by Don St.John

Speakers Shari Mitteco, Fabulous Body Coach and Personal Trainer

Shari Mitteco was introduced by **Nick Newey**. (He didn't identify himself as a client, but I suspect he is. Nick, why didn't you introduce her in your Spandex? The pesky editor.)

Shari listed the benefits of exercise: weight management through strength training, reducing stress, enhancing mood, increases bone density (slowing osteoporosis), reduces cholesterol (up to 70%), anti-aging.

Advantages of a personal trainer: accountability, time management, guidance (best supplements, nutrition), proper form avoiding injury, keeps it interesting, efficient, better results.



Shari will help you reach and maintain your goals as you become stronger and healthier using a program designed just for you.

Address: 88 Inverness Circle East, #A-203, Englewood, CO 80112, Telephone: 303-408-0321. Visit www.YourFabulousBody.com

Heard from the table of wisdom on Friday morning, "How do you know if you are too old to go out trick or treating?" From the most wisest senior the 10 most frequent reasons were given:

10. You get winded from knocking on the door.
9. You have to have another kid chew the candy for you.
8. You ask for high fiber candy only.
7. When someone drops a candy bar in your bag, you lose your balance and fall over.
6. People say, "Great Boris Karloff Mask," and you're not wearing a mask.
5. When the door opens you yell, "Trick or..." and can't remember the rest.
4. By the end of the night, you have a bag full of restraining orders.
3. You have to carefully choose a costume that won't dislodge your hairpiece.
2. You're the only Power Ranger in the neighborhood with a walker.

And the number one reason Seniors should not go Trick Or Treating...

1. You keep having to go home to pee.

No matter, hope you had a HAPPY HALLOWEEN anyway!



Monaco South Calendar

Nov 7	Fri	7:00 am	Meeting, Legion Hall - Kris Kroncke, <i>District 3 Commander, Denver Police Department</i>
Nov 12	Wed	1:15/1:45 pm	Super Citizen, McMeen Elementary - Joe Marci
Nov 13	Thu	1:00/2:00 pm	Super Citizen, Lowry Elementary - John Greene
Nov 14	Fri	7:00 am	Meeting, Legion Hall - Ric Durity, <i>Mental Health Center of Denver</i>
Nov 14	Fri	11:00 am	Super Citizen, University Park Elementary - Dick Cohen
Nov 18	Tue	6:30 pm	Board Meeting, District 4 Council Office, 3540 S. Poplar St., St., #102
Nov 19	Wed	2:30 pm	Super Citizen, Most Precious Blood - Jim Vander Kamp
Nov 20	Thu	9:00 am	Super Citizen, Holm Elementary School - Jack Rife
Nov 21	Fri	7:00 am	Meeting, Legion Hall - Camaraderie Day
Nov 21	Fri	3:00 pm	Super Citizen, Bradley International - Steve Kady & Randy Marcove
Nov 25	Tue	4:00 pm	Thanksgiving Dinner - Boys & Girls Club and Girls Inc.
Nov 27	Thu		Thanksgiving Day
Nov 28	Fri	7:00 am	Meeting, Legion Hall, speaker TBA
Nov 28	Fri	8:30 am	Christmas Tree Lot Setup

**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

President	Phil Perington	303-832-4578
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

Board of Directors

George Buzick	303-985-0655
Dick Cohen	303-320-1767
Jim Easton	303-300-2431
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

Robert Finkelmeier	303-756-5829	rfinkelmeier@comcast.net	Jim Piccinelli	303-721-1470	jp Piccinelli@earthlink.net
Marc Goodbody	303-202-1610	mlgoodbody@gmail.com	Bill Walters	303-697-7252	wwalters43@msn.com
Marlin Kent	303-779-0778		Robert Wardlaw	303-759-0360	rlawardlaw@comcast.net
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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