



Grandiose Utterings of Monaco South (GUMS)

July 1, 2016 – Vol. 40, Issue 39



Optimist Club of Monaco South



Founded in 1976 at Denver, Colorado
Serving Youth and the Community for 39 Years
National Philanthropy Day Colorado, Outstanding Service Organization, 2012
www.monacosouth.org

Editor for this Issue—Phil Perington



Good Morning Optimists

We were greeted this morning by the doubles—

John Young and **Jon Wachter** who were giving spirited high-fives and hearty “howdy do’s” to everyone. Tabletops were adorned with star burst center pieces and the beginning of the 4th of July weekend was in full swing.



John Young



Jon Wachter

Our delicious breakfast buffet, sorely missed last week, featured an array of scrambled eggs, spicy hash browns, bacon and sausage, fresh fruit, Danish and Juice. Mr. Lucky **Lynn Jones** had his plate piled high and was almost outdone by both Uncle **Bob Avery** and Choo-Choo **Greg Hurd**.



Morning Conversations

Greg Young was sporting a giant box of new Monaco South shirts and merrily delivering them to eager hands. **John Stoffel** and **Noel Hasselgren** were deep in conversation discussing Anne Frank and how many people tour her home in Amsterdam, including John who made three trips before getting in himself. **Bob Avery** was busy explaining his major senior moment about why he had missed last week’s meeting apparently because he had misread the notice of the breakfast buffet cancellation. **King Sooper Cy Regan** had such a mouthful of donuts he was having a hard time talking. **Mr. Dime-a-Day Perry Allen** and his best pal **Tom Books-R-Us Glazier**, were catching up on stories and plans for the 4th. **George Buzick** was having fun telling people the difference between a Zippo and a Hippo. The Zippo is a little lighter. **Donlie Smith** was proudly decked out in his purple Rockies shirt and a red, white and blue baseball cap. **Cap Hermann** was in rapt attention as he listened to **Joe Marci** articulate the art of chauffeuring parents and players around the OI Junior Golf Invitational Tournament Resort in Florida. **Mike McMahon** was engaged in a little playful hand-to-hand combat with his buddy and Guest Speaker **Nick Kapande**. **Dr. Bob** and **Ron Gustas** were discussing the vicarious methods that one can use to keep

members informed of important things they may have forgotten. **Tom Hoch** was seen chuckling to himself.

First Bell

Vice President **Chris Dunphy** standing in for President **Mike Chavez**, who was attending the OI International convention in Quebec City, gaveled the gathered to attention at 7:00 on the dot.

Invocation & Pledge

Joe Marci presented the Invocation, “Thankful for this day...”, followed by the Pledge of Allegiance to Our Flag and cries of Play Ball!



Announcements

Special Olympics: **Mike McMahon** informed every one of the upcoming Special Olympic Hall of Fame, the annual recognition of individuals and organizations around Colorado that have made a significant impact within the Special Olympics movement. The event will be Thursday, October 13th at the Hyatt Regency Denver. More information will be forthcoming.

MSOC Shirts: **Greg Young** reminded everyone time is running out and the last order for new shirts is going in soon. Both long and short sleeved are available, and don’t forget to spell your name correctly.

Junior Golf: **Joe Marci** gave an update on the Junior Golf Program and shared that 26 CO-WY Junior Golfers will be playing in the OI Tournament to be held in late July and early August at the Palm Beach Gardens, Florida. **Bob Meyer**, **Barry Barker** and **Cap Hermann** will be attending and volunteering. Over 190 Junior Golfers played in the District Tournament that was composed of seven age groups. Joe thanked each and every one who helped with their financial and volunteer support. A total of \$26,000 was raised to-wards the expenses of the 26 qualifiers from the District.

Riding in the MS150: **Bob Avery** displayed his collection of MS-150 shirts starting from 1995 when he first began riding. He also thanked everyone for volunteering this year at the Hydration Station.

Bob also shared that his son delivered both Birthday, Mother’s Day and Father’s Day cards to him via one postal package this past week and continues to show interest in building a new Optimist Club at his Facility in Florence.

Brent’s Place Pancake Breakfast: **Paul Bernard** reminded everyone of the upcoming pancake breakfast for the

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******

Announcement Continued

annual Brent's Place fun run at the Anschutz Campus on Saturday, July 30th starting at 7 a.m. in General's Park, Colfax & Peoria. The Tamarac ladies are in charge so pay attention to flipping pancakes in the proper way.

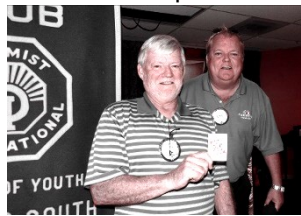
United Service Clubs of Englewood Pilot Program:

Phil Perington brought everyone up to date on the United Service Clubs of Englewood Pilot Program. It is composed of Englewood Service Clubs, Park & Recreation, Police Departments, School District and Chamber of Commerce representatives. The mission is to promote all the services and resources that are available to the community and bring new membership and growth to local Service Clubs. They will be participating in the 4th of July Fireworks celebration at Pirates Cove Water Park, Belleview Park (W. Belleview @ Windermere). Optimists will have an information table promoting our new proposed Englewood Club. Former Mayor Randy Penn is assisting and will be a Charter Member. Volunteers are welcome Noon-9 p.m.



Weekly Drawing

The King of Hearts for a \$50 Pot was the card to be drawn today. However, we had some lucky tickets draw first. **Scottie Walker** was a lucky dog and won 2 cups followed by two other lucky dog's: **Donlie Smith** who also won 2 cups of bucks. **Allen Malask** and Ron Cisco each won a cup.



And then along came **Barry Barker** who pulled the Red King and won the pot!

At left, Barry Barker takes the \$50 dollar pot with the right ticket and selection of the King of Hearts. Chris Dunphy is in the background.

Photo Don StJohn

Where are Michael Chavez, Craig Eley, Paul Simon and Curt Merrill?

Rumor has it they all caught a ride to Quebec City, Quebec, Canada to attend the 98th gathering for the Optimist International Convention. Some of the pictures sent in to verify their attendance are shown below.



Left, MSOC President-elect Craig Eley, and wife Cindy along with CO-WY District Governor-elect Paul Simon in Quebec City for the OI convention.
Photos Paul Simon

Right, CO-WY District Governor Curt Merrill and Governor elect Paul Simon sharing a glass of wine at the Presidential Banquet and Ball on Saturday evening.



Some Canadian Humor



Part of the Colorado Contingent



Left, Michael Chavez with Donna Priester of Colorado Springs and Lou and Catherine Medal of Westminster.



Others who were part of the CO-WY contingent, but missing Craig and Cindy Eley.

Nick Kapande

Nick's Pro Fitness

Mike McMahon introduced our Guest Speaker Nick Kapande, who opened up with a loud exclamation of "I will fight back!" The motto of his self-defense club in Evergreen. He then announced that before his presentation was over he might throw Mike around a little in some of his exercises.

Nick is a 5th degree Black Belt, is in tremendous condition and was celebrating his 54th birthday today. He then asked us if we all agreed we could be in better shape. Laughter followed. He went on to encourage the importance of staying in shape and taking care of one's self through regular exercise. It is never too late to start working out. The key to successful exercise is remaining flexible and he then demonstrated a couple of ways to stretch that stretched the imagination.

Nick shared with us how his involvement with self-defense had evolved. As a result of witnessing his Mother being beaten by an angry and vicious step father when he was much younger, he vowed that he would up get even some day and was not going to let other people push people around. He started taking self-defense classes 34 years ago. For the last 14 years he has been teaching classes in Tae Kwon Do, as a result of his evolution and promise to himself and others. In his travels he encountered and received training from a Chicago Police Commander in charge of 12 precincts and received many valuable lessons and life experiences.

Nick proclaimed that "Attitude is everything, age is only a number and growing old is not for sissies." We must all be responsible for our wellbeing. As an example he pointed out that Jack Dempsey had knocked out two robbers at age 70 with a well-placed right hook and stiff upper cut. Nick currently has an 80-year-old lady student, and she is doing quite well. We save each other by being prepared. It's an Insurance policy that is easily acquired and just takes little time and commitment.

A person needs only 4-5 skill sets for skillful defense. To know how to flip a switch in your favor when confronted by



Nick Kapande
Photo Don StJohn

an ugly situation is easily accomplished. Nick gave a demonstration on how to deliver a quick effective two finger punch to an assailant's throat. We all participated in a very simple and cogent lesson in how to successfully administer the "Finger Poke." The key is to loudly exclaim Go-Haaaah! Go-Haaaah! when bringing your attacker to their knees. Excellent lesson for everyone.

We were then reminded... Nobody is coming to the rescue but you. Attackers don't care about you or your life, but the Finger Poke may save your life someday.

The lesson using the "Hammer Fist" was next on the agenda. This technique is all about looking for more surface area to hit when being assaulted. The move is simple and involves using a simple turn and direct hit with the wide portion of a fist. It teaches you to coordinate your breathing the mind set by taking an easy stance feet and clinching your fist with the outside palm out at a 90-degree angle and then swing 180

degrees, using the soft tissue to strike the face. It causes a much more effective blow and is also guaranteed to hit and terrify the attacker. The final instruction involved the "Step and Punch" drill. Another simple and effective method to defend yourself. Exclaiming "Yah! Yah!" When administering the blow is part of the drill.

Nick noted that he has a 71-year-old male student who had many physical problems but after engaging in his self-defense program has attained a black belt and continues to improve with every class. The morning session was geared to defense against an unarmed attack. There was also a brief discussion on cyber bullying and the availability of advanced instruction against armed and dangerous situations. One of the main defenses against assaults and misconduct is to make noise, yell and create an environment of no-fear by standing your ground with assertive and loud vocal rebuttal and confrontation. It was a great presentation and we welcome Nick back anytime for more training and camaraderie.

— Below, pictures of the vigorous intense exercise —



At left, George Buzick, Paul Bernard & Perry Allen try to follow Nick's instructions in doing the Hammer Fist.
Photos Steve Kady

Although not in a synchronized movement they get the Hammer Fist down and move on to the Finger Poke.



Weekly Greeters

7/8/16	Barry Barker & Russ Paul
7/15/16	Ron Cisco & ?
7/22/16	Bill Morgan & OC Larson
7/29/16	Jack Kleinheksel & Curt Merrill



Optimist Club of Monaco South 2015-2016 40th Birthday Year — Chartered in 1976

July 8	Fri	7:00 am	Meeting, Legion Hall: Major Berry Bratt, CSP, Rebuilding the Highway Patrol Memorial
July 15	Fri	7:00 am	Meeting, Legion Hall: Camaraderie Day
July 21	Thur	6:30 pm	Board Meeting, Randy Marcove's, 4103 S. Rosemary Way
July 22	Fri	7:00 am	Meeting, Legion Hall: Paula Mitchell, Traveling through Colorado Wine Country
July 22	Fri	7:00 am	Meeting, Legion Hall: US Senator, Mike Coffman

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

Bob Rhue	1976-77	Tom Overton	1996-97
Jerry Whitlow	1977-78	Peter Dimond	1997-98
Bill Kosena	1978-79	Ralph Symalla	1998-99
Duane Wehrer	1979-80	Cy Regan	1999-00
Curt Jefferies	1980-81	Stan Cohen	2000-01
Frank Middleton	1981-82	Don St. John	2001-02
John Young	1982-83	Jack Rife	2002-03
Pat Bush	1983-84	Karl Geil	2003-04
Bob Hugo	1984-85	Bryce Slaby	2004-05
Tom Mauro	1985-86	Donlie Smith	2005-06
Curt Lorenzen	1986-87	Paul Bernard	2006-07
Oscar Sorensen	1987-88	Greg Young	2007-08
Lupe Salinas	1988-89	Phil Perington	2008-09
Bob Avery	1989-90	Ron Cisco	2009-10
Bill Litchfield	1990-91	Ed Collins	2010-11
Bill Walters	1991-92	Randy Marcove	2011-12
Kent Gloor	1992-93	Paul Simon	2012-13
Gary Strowbridge	1993-94	Jon Wachter	2013-14
Mark Metevia	1994-95	John Oss	2014-15
Bob Safe	1995-96		

2015 - 2016 Officers

President	Michael Chavez	303-960-5304
Vice President	Chris Dunphy	720-297-3111
Vice President	Randy Marcove	303-840-7706
Secretary	Craig Eley	303-758-9499
Treasurer	Greg Young	303-759-3921

Board of Directors

Barry Barker	813-545-4533
Pat Bush	720-254-3741
Jim Easton	720-987-7684
Tom Glazier	303-522-5214
Cap Hermann	303-587-5575
Allen Malask	303-726-3700
Bill Morgan	303-868-4384
Allen Pierce	303-883-8506
John Oss (Past Pres.)	720-210-8056

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NEWSLETTER EDITORS: July **Phil Perington**, Aug **George Buzick**, Sept **Robert Wardlaw**, Oct **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.