



# Grandiose Utterings of Monaco South (GUMS)

September 8, 2017 – Vol. 41, Issue 49



## Optimist Club of Monaco South



Founded in 1976 at Denver, Colorado  
Serving Youth and the Community for 40 Years  
National Philanthropy Day Colorado, Outstanding Service Organization, 2012  
[www.monacosouth.org](http://www.monacosouth.org)

Editor for this Issue—Paul Stratton



### Good Morning Optimist

Greeters of the day **Karl Geil** and **Jack Kleinheksel** stood at the ready, bright, and early on Friday September 8<sup>th</sup>, prepared for the onslaught of hellos, good mornings, and hand shakes that preceded our weekly gathering. Welcome one and all!



Jack Kleinheksel & Karl Geil stand at the ready to greet us all!  
Photos Noel Hasselgren

### Invocation & Pledge

**Perry Allen** gave our invocation, and spoke about the ripple effect of good deeds, and how the positive actions of today can spread and last long beyond our time. He then led us in the Pledge of Allegiance.

### From the Vice Prez

Hoisting the gavel, this week was Vice President **Mike McMahon**, pinch-hitting for President **Craig Eley**. He passed along a membership update from Craig — 4 applications were turned in this week! That means only 4 more are needed to become an honor club this fiscal year. Maybe a couple of today's guests can help that number!



VP Mike McMahon stands in for President Craig.

### Guests

Speaking of guests, **Tom Glazier** introduced **Todd Sterling**, back for a second visit. And Todd brought his application and check! Congrats Todd - you have come to the right place!

**Dick Zolman** also had a guest back for a second time — **Mark Smith**. Mark also arrived with an application and a check — **Outstanding!**

### Announcements

Vice Prez, **Mike McMahon** asked if there were any announcements. It turns out there were:

**Time-A-Day:** **Perry Allen** says there are 30 days left for Dime-A-Day for this fiscal year. There have been 167 members so far who have signed up in our district, which includes 54 from Monaco South. That is good, but it could be better! Thus far \$3,130 has been collected, which is up a bit from last year. Perry wants to especially thank those who have gone above the \$36.50 commitment. Perry's announcement spurred a few more checks, even before he could sit down. Find the Dime-A-Day contribution form on the *GUMS* distribution email.

**Celebrate Your Optimism Banquet:** **Michael Chavez** grabbed the microphone with a reminder. The Celebrate your Optimism Banquet and New Officer Installation is coming up on Saturday, September 16! Michael excitedly encouraged us sign up on line [via our website](#). We will be installing our new President and enjoying some camaraderie. It will be at Heather Gardens Rendezvous Restaurant from 5 to 9 p.m. Tickets are \$25 and London Broil will be served.

Our year-end celebration will begin with cocktails and then we will sit down to a sumptuous dinner. The program will include the highlights of this year and the installation of the 2017-2018 incoming officers.

**Psychic Prediction for the Super Bowl:** **Tom Glazier** reported that our former member and friend **Fred Pasternack** spoke to him recently supposedly through a psychic medium, and he asked Tom to pass along the word: "This year, the Broncos will go undefeated and onto the Super Bowl!" Great news from Tom and Fred!



**John Young Update:** Although John did not make it this morning, as most of you know, his wife Claire

**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\*\*\***

Continued on the next page

## Announcements Continued

reports that he is doing much better. He is at home, up and about, and off oxygen assistance.

### **Membership Roster Update:**

**Tom Mauro** returned to the podium to once again asking if anyone had a change and to tout the financial benefits of putting a business card ad in the club directory. This time Tom displayed a one million dollar bill that **Bob Finkelmeier** supposedly received. Time is running out, so let him know if you have a change or would like to be a sponsor, only \$25 for 6 months.



**MSOC Apparel Time:** **Greg Young** told us "it's apparel time!" Greg had some older sample shirts on display and available for \$5. He also has brand new hats that come in blue or white for just \$10 each.

### **2017 - 2018 Budget Time:**

**Greg Young**, Club Treasurer, also said that our fiscal year runs from October 1 until September 30<sup>th</sup>. Therefore, the Board will be preparing the annual budget on September 20<sup>th</sup>; so all project managers please get your budget request in ASAP. The same goes for anyone wanting to do a new or expanded project. If we do not hear from you, your project will risk being cut and not funded for next year. Budget requests can be in writing or by email to Greg at [gndyoung@comcast.net](mailto:gndyoung@comcast.net).



### **OCMS Volunteers Helping JDRE:**

**Ron Gustas** emailed that OCMS volunteers have been a major help getting the *JDRE OneWalk* preparations off to a great start. On Friday (9/8) **Bob Avery**, **Don Roth**, **Bill Blunden**, **Eldon Strong**, and **Ron Gustas** loaded "Walk" materials from the JDRE office onto a truck for transport to the walk site. Saturdays OCMS volunteers helping set up the walk site at Jeffco County Fairgrounds included **Greg Young**, **Michael Chavez**, **Tom Kramis**, **Barry Barker**, **Mark Metevia**, **Don Roth** (double help), **Mike McMahon**, **Pat Bush**, **George Buzick**, and **Ron Gustas**. The well-oiled crew knocked out tasks in record time. Thanks to all and apologies too anyone not named. The "Walk" hopes to raise near \$800,000 to fund research to improve the lives of those with Type 1 Diabetes.

**A New Santa House is Coming:** President **Craig Eley** reported that a new Santa House is Coming!

For a number of years, Tuff Shed has generously loaned Monaco South a shed to use as a Santa House at our Tree Lot. A few years ago, we constructed wall panels to fit onto the shed's inner walls to give the Santa house a nicer look. Unfortunately, last year we were supplied with a shed with different dimensions than our previous ones and we had to retrofit the panels to the new size. This was not only time consuming, but demonstrated to us that we can never count on a particular sized shed being available for our use (or, for that matter, any shed at all).

Consequently, we began to discuss the possibility of having a permanent Santa House that would offer a

magical experience for the kids and would enable us to bring it to the Tree Lot with a minimum of prep time each year. Charter Member and past President **John Young** donated funds for materials for a Santa House, and **Kent Gloor** volunteered his time to supervise and work on its the construction.



2016 Santa Claus  
File Photo

**Les Larson** has loaned us an indoor space to build the house and we are almost ready to begin. We have purchased a used trailer on which to build the house and Kent has moved it to Denver, where **Peter Dimond** has volunteered to store it temporarily.

**Tom Overton** and **Bryce Slaby** have signed on to help with the build, but we could use more help, so if - other Club members are interested in assisting they should contact **Kent Gloor** at 303-880-5444 or [smturboeng@outlook.com](mailto:smturboeng@outlook.com).

**Super Citizen Presentations Starting:** **Robert Wardlaw** mentioned that our annual Super Citizen presentations will begin this month with Most Precious Blood Catholic School starting this academic year off with its first presentation on Tuesday, September 19<sup>th</sup>, followed by McMeen Elementary on Thursday, September 28<sup>th</sup>. Presenters are need so if you can assist the school coordinators, please contact **Gary Miller** for MPB or **Don Thomson** for McMeen.



Photo Greg Young

Going forward, there will be two or more presentations at one of our eight Super Citizen schools each month through May 2018. The other coordinators are **Randy Marcove**, Bradley; **Tom Mauro**, Hamilton; **Paul Stratton**, Lowry; **Kent Gloor**, Samuels; and **Tom Hoch**, Slavens.

**Dr. Rob Gardner** will be reaching out and orchestrating each assemblies precentors over the next few weeks. If you are interest in assisting, please let him or the school's Super Citizen coordinator know.

## Drawing

*We had a drawing!* The end is near, at least in terms of the deck of cards. A mere four cards remained, and \$20 awaited in the pot to the member who found the 9 of diamonds.



Brand new member **Todd Sterling** took the first shot to no avail. However, **Tom Kramis**, pictured, had luck on his side, and the 9 of diamonds in his hand! \$20 to Tom! Styrofoam cups of cash went to: **John Greene**, **Tom Glazier** (two times!), **Everett Gardner**, **Donlie Smith**, and **Barry Barker**.

## Closing Creed

New member **Todd Sterling**, a native of Peru, Indiana, led us in our creed ... *Promise Yourself...*



## Karen Harris & Barbara Abbey Alzheimer's Association

**Cap Hermann** introduced our speakers for today. Both of Cap's parents suffered from Alzheimer's disease, so this topic is very meaningful for him. The walk to support the Alzheimer's Association will be Saturday, September 16<sup>th</sup> at City Park. Ten club members have volunteered to help set up, and Cap has shirts for them.

Karen Harris, Community Education Coordinator, with our local Colorado chapter of the Alzheimer's Association, spoke to us first, and shared a video with some facts on the disease.

Five million people suffer from Alzheimer's, and it is the 6<sup>th</sup> leading cause of death. People think Alzheimer's as memory loss but it affects the whole brain. The question was asked: "How do people die of Alzheimer's?" Once the brain stem is impacted, it can shut down the body's systems. Also, falling and choking can cause death due to the inability of the body to solve problems and protect itself. The disease can take people back in time, with near term memory loss being the first sign.

Dementia is the umbrella term, and Alzheimer's is the most common diagnosis, making up 60-80 percent of dementia cases. Vascular dementia, usually connected with obesity and high blood pressure, is the second highest form of dementia.

One of nine people at age 65 years old will develop Alzheimer's, and one in three at age 85.

The local association provides an 800 number 24-hours a day, 7-days per week for caregivers and patients to call, and they answer questions on medications, care communities, and other resources that are available. They serve the whole state of Colorado, and the number is 800-272-3900. Their website is [http://](http://alz.org/co/)



Karen Harris, Community Education Coordinator, & Barbara Abbey,  
Senior Director of Corporate Relations and Special Events.  
Photo Noel Hasselgren

[alz.org/co/](http://alz.org/co/).

"How do you prevent getting Alzheimer's?" There are no guaranteed ways to avoid it, but starting with a heart healthy diet, physical and social activity, and cognitive stimulation can help. See the attached handouts for more examples, as well as warning signs to look out for.

Barbara Abbey, Senior Director of Corporate Relations and Special Events, was our second speaker, and she works on the special event side for the association. The

events are fundraising efforts to support the free programs the association offers, plus their contributions to research.

There are over 70 association chapters serving communities across the United States. World-wide there are chapters in Europe, Japan, Australian, Taiwan, Korea, China, and Argentina. The Colorado Chapter is the premier source of information and support for the more than 65,000 people living with Alzheimer's in Colorado, their families, and caregivers.

Next week's Walk to End Alzheimer's is Colorado Chapter's #1 fundraiser, which raises \$70M annually, Eighty percent of which comes from individuals. Barbara's job is to find not only financial support, but also to find volunteers. Over 6,000 people have registered for the walk at no cost—though they are encouraged to fundraise. She anticipates 10,000 people will be in City Park. Last year's event was number six in the United States size wise.



September Super Citizen Presenters		
Sept 19 @ 2:30	MPB	?
Sept 28 @ 1:00	McMeen	?

Weekly Greeters	
9/15/17	Mark Metevia & Don Roth
9/22/17	Tom Glazier & Perry Allen
9/29/17	Gary Strowbridge & Tom Kramis

**Optimist Club of Monaco South 2016-2017 40<sup>th</sup> Year — Chartered in 1976**

See the Online Calendar @ <http://www.monacosouth.org/Events/Calendar>

Sept 15 Fri	7:00 am	Meeting, Legion Hall: Camaraderie Day
Sept 16 Sat	7:00 am	Alzheimer's Walk to End, City Park East
Sept 16 Sat	5:00 pm	Celebrate Your Optimism & New Officer Installation, Rendezvous at Heather Gardens
Sept 22 Fri	7:00 am	Meeting, Legion Hall: TBA
Sept 27 Wed	6:30 pm	OCMS Board Meeting, Randy Marcove's, 4103 S. Rosemary Way

**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	Michael Chavez	2015-16

**2015 - 2016 Officers**

President	Craig Eley	303-758-9499
Vice President	Mike McMahon	303-514-5175
Secretary	Randy Marcove	303-667-3663
Treasurer	Greg Young	303-759-3921

**Board of Directors**

Jim Easton	720-987-7684
Allen Pierce	303-883-8506
Allen Malask	303-726-3700
Bill Morgan	303-868-4384
Rob Gardner	720-263-6203
Wyatt McCallie	303-759-2275
Paul Stratton	303-474-4358
John Swick	720-422-2733
Michael Chavez (Past Pres.)	303-960-5304

**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>
George Buzick	303-803-2268	<a href="mailto:gtbuzick@comcast.net">gtbuzick@comcast.net</a>	Pat Bush	720-254-3741	<a href="mailto:pbush@bushreese.com">pbush@bushreese.com</a>
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:** September **Paul Stratton**, October **Phil Perington**

**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.