



Grandiose Utterings of Monaco South (GUMS)

May 5, 2017 – Vol. 41, Issue 31



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

Editor for this Issue—Phil Perington



Good Morning Optimists Cinco De Mayo Fiesta Day

We were all greeted by the happy smiling faces of **Joe Marci** and **Jim VanderKamp**. Joe was decked out in Rockies Purple and eagerly hawking Optimist Jr. Golf Day tickets for the Rockies on May 28th as Jim merrily egged him on. An air of excitement and optimism filled the room as we started.



Morning Musings

Greg “choo-choo” Hurd and **John Greene** were seen sharing a secret conversation not being disclosed to anyone. **Donlie Smith** and **Randy Marcove** were both wearing bright red shirts. Elsewhere, **John Stoffel** and **Harry Fegley**, both talking at the same time were having a momentous time, as **Wyatt McCallie** ambled around the room looking for a buddy or maybe a new member. Meanwhile, **George Buzick** and **Karl Geil** were avidly filling out their annual Dime-A-Day checks for a patiently waiting **Greg “show me the money” Young**. Sit down comedian, **Tom Hoch** was practicing his routine on anyone that would listen to him. It was also noted by **Cy “sooper-man” Regan**, that the *Table of Wisdom* had put **Steve Kady’s** application on indefinite hold.

The room was adorned with over a dozen or more members all proudly wearing assorted colored Monaco South Optimist Club shirts. **Tom Glazier** was looking smoothly dapper in his chapeau and blue shirt. **Tom Mauro** was distributing the new Orange Membership Directories, perhaps forgetting it is now Rockies season. **Ron Cisco** relentlessly prowled the room seeking hole sponsors, volunteers, and tour guides for the upcoming CO-WY District Jr. Golf

tournament. The morning was getting off to a great start. Photo journalist **Noel Hasselgren** was capturing all the action, while cashier **Gary Miller** was doing his always excellent job of handling the breakfast cash.

First Bell

President Craig Eley gaveled the bell at 7:02 and the assembled went to attention, while **Jack Rife** presented the Invocation, *“To be too large for worry, and to embrace the strength of optimism in all we do.”* This was followed by the Pledge of Allegiance and the spirited cry of *“Play Ball!”*

Guests

John Oss introduced **Jeff Gartz**, Charter President of the TI-DOC (Type One Diabetes) Club and avid volunteer for the kids they all serve. **Randy Marcove** then introduced his new friend **Chris Johnson**, a Super Citizen father he had met at the recent Bradley International Awards Ceremony.

From the Prez

Prez Craig read a thank you letter from the East High School Student Constitution Program thanking us for our support and announcing they had sponsored the third-place Regional winner. This was followed by **Tom Mauro** pointing out East H. S. placed 7th overall at the National competition on Constitution and Bill of Rights.

Prez Craig also mentioned that **John Young** provided a generous contributions for the construction of a new Santa Haus

and to the Jr. Golf Program. He in turn was awarded a Monaco South honor pin.

*Way to go John!
Thank you.*



John Young, on left, accepts his MSOC honor pin from President 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
******INVITE A FRIEND TO JOIN******

Continued on the next page

Announcements

Casino Night Fundraiser: District Governor Paul Simon promoted the Casino Night fundraiser for Childhood Cancer Sponsored and produced by the Front Range American Cancer Society Optimist Club-FRACSOC, is just around the corner and we need support from every Optimist member in the District. Monaco South has donated \$200, but individual members can attend the event for \$35. (See flyer attached to GUMS distribution email).

Additionally, Paul added that the 3rd Qtr. Conference is next week, May 13th, and all Monaco South members who attending will have their lunch paid for by the Club. The Conference Keynote speaker will be from the Wild Animal Sanctuary in Keenesburg, CO. See the [District's website](#) and GUMS distribution email for further details.

Destination Imagination: Tom Mauro shared that the Destination Imagination state tournament was held recently and his grand kids have won the right to advance to the Global Finals being held in Knoxville, Tennessee.

Type 1 Diabetes Optimist Club: Ron Gustas promoted the T1DOC Kids to Camp Auction will go live on May 12th at 5:00 p.m. and will continue through Sunday, May 21st until 9:00 p.m. The ADA sponsors Camp Colorado in Woodland Park, each year to serve children between the ages of 9-17. Visit www.32auctions.com/diabetes2017 to see what is currently available.

Difference Makers-Aurora Optimist: Past District Governor and Builder of Excellence Curt Merrill announced that this new Club will be holding a Pancake Breakfast on Saturday, May 6th and tickets are still available. The event will start at 7:30 a.m. at Applebee's at E. Iliff Ave. and Buckley.

Know Brainer: Pat Bush again thanked everyone for their participation at the Know Brainer held last week at Hamilton Middle School.

Robert Sullivan Award Winners: Randy Marcove reported that the Robert Sullivan Awards winners will be our guests at next week's breakfast. This follows the Tuesday night Awards Dinner to be held at the Radisson Hotel.

DTC Optimist Club Wine Tasting: John Oss announced the DTC Wine Tasting fundraiser is fast approaching, on Saturday, May 20th, however there will not be any "luxury" vehicles to bid on this year. Ed Collins then jumped in and said his daughter had just received an insurance settlement for her recently totaled car (no injuries) and was looking for a replacement vehicle.

CO-WY JOI Club Convention: Jon Wachter proudly reported the Inaugural CO-WY District JOI Club Convention would be this Saturday at Bethany Lutheran Church (Hampden and Holly). This is an historical event and all Optimist Members are encouraged

to attend and cheer the students on. The CO-WY JOI Club District will also be honored at the upcoming Optimist International Convention in Albuquerque, New Mexico, July 6-8, 2017.

Update on Don StJohn: Don StJohn is now residing at Clermont Park Retirement Community, 2479 S. Clermont St. Please call before visiting at 720-974-7275. Cards, camaraderie, and conversation are all welcome.

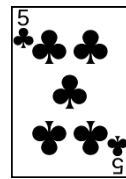


Good to See You

Some members we have not seen for awhile: **Russ Paul, Dave Peck, Jim VanderKamp, Paul Gibson, Kent Gloor, Phil Perington, and Jack Rife.**

Do We Have a Drawing?

This morning it was the 5 of Clubs as the lucky card



to find. Cup winners included **Scott Walker** (he took 2), **Jack Kleinheksel, Bob Avery, John Oss** and **Jack Rife**. Drawing for the "lucky" Card were **George Buzick**, Guest **Chris Johnson** and **Greg Hurd**. Sorry Charlie, no winners. The pot grows to \$80.

Closing Creed

Ed Collins was called upon to closed the meeting by leading the Optimist Creed, "Promise yourself..."

First JOI CO-WY District JOI Convention

Recap from past Governor Donna Priester, Chair-JOI Convention

Dear JOI Team! You did it! You made this a wonderful, successful 1st JOI Convention! I say 1st because now we are a JOI District and ready to grow the JOI mission all over Colorado/Wyoming! This is what JOI is about — the leadership I saw from our student members was tremendous! Justin, you did a great MC job and I loved the way that Mark, Katrina, Tyler had your back! The Sand Creek contingent was amazing and the girls were right up there as leaders and potential leaders.

The Kids Partnering and Place Bridge Academy students were also wonderful and supportive. They saw your leadership and responded well!

The Food was delicious and plentiful for all! Breakfast was amazing, Jeanette, and Abigail and Susan and the rest who were there early did a great job of setting up and later cleaning up!

Monaco South's lunch was yummy and the guys who prepared it did a great job! Jon, I know you were the lead and thanks to all who helped in bring this event to come together.

I am a bit tired but so happy and delighted at the success of the day! I just had to say "Thank you, thank you, thank you!" Love and God bless, Donna



Photo Phil Perington



Jon Wachter, Michael Chavez, Don Roth & Randy Marcove.
Photo Craig Eley

Some other photos taken by **Craig Eley** can be found at [JOI Convention](#).

- District Governor Paul Simon and Donna Priester conduct JOI District office elections
- Another kitchen crew photo: Michael Chavez, Don Roth, and Craig Eley

Thanks to all who support our JOI Clubs!

Continued on the next page

Marisa Atria Kruger Optometrist, Vision Transformation

Speakers Chair **Paul Bernard** introduced **Dr. Marisa Atria Kruger**, an Optometrist and president of Vision Transformation located in Lakewood.

Marisa opened with, *"We all take vision for granted. We never worry until it doesn't work."* She then went on to state that 80 percent of body mass in the brain effects our vision. It is totally controlled by the Automatic nervous system. The Snellen chart, normally called 20/20 chart is a valuable tool used in determining the quality of eyesight.

Vision responds to other stimuli and the tongue helps stimulate visual images. It can also be used to turn off your phone before listening to a guest speaker as **Ed Collins** experienced.

If you close your eyes and visualize stored images it is possible to locate lost keys among other items. **Harry Fegley** was asked by Marisa to hold her microphone as she used her hands to demonstrate how peripheral vision works. The *"field of contraction"* and what is around you is key to making yourself more aware of what is real in the world. Peripheral vision (PV), is that which is outside the 30 degrees of the functional visual field. Glaucoma, a disease that damages your eye's optic nerve, can cause the loss of PV loss. The ambient intelligence system (processed in different parts of the brain) is connected by PV, as it relates direct or Functional Vision. Therefore, she added, There are many different types of eye professionals ... few optician's, a person that supplies eyeglasses and contact lenses, knows what glasses really do.

Pressure and eye transplants was then discussed. Eye blood pressure determines the health of the entire body as well as the eye and the effects of glaucoma including other afflictions. It was noted that the reason the eye oscillates is to keep awareness at the highest level possible. It is subtle



Dr. Marisa Atria Kruger
Photo Noel Hasselgren

and ongoing 24/7.

Laser Surgery: This type of medical process is similar to looking directly at the sun and must be administered carefully. It can be a life changing event for good or bad (sometimes). A small section of the cornea is targeted and it is a very delicate surgery. Eighteen years is the average life span for this type of surgery.

Bob Avery shared that he had his laser surgery 17 years ago and is now walking on thin ice. On an amazing note, it was explained that there are now mechanical implants with cameras that transmit images to brain available and used successfully on people with serious afflictions. However, it is not the same as real vision.

Diabetic Retinopathy is a diabetic complication that affects the eyes and creates leaky blood vessels that hurt normal vision and causes light-sensitive complications. Surgery and diet can correct weak blood vessels. Children need to be trained to see through this affliction and to better visualize the world. A Cystoscope may sometimes be used to evaluate Macular Degeneration and can, to some extent be treated with good nutrition. Vitamin A, which is found in sweet potatoes, carrots, dark leafy greens, etc., should be consumed on a regular basis for better eye health. Avoiding the trap of extended reading your computer up close, or by not moving eyes regularly is also key to good eye health. Look away and focus on something in the distance on a regular basis.

It was a fascinating and extremely helpful presentation and we all thank Dr. Marisa for her valuable and entertaining program.

President Eley closed by commenting that in all his years on the bench he had only one case involving an optometrist, who sadly ground up his case so badly that he made a spectacle out of himself. He then presented our smiling guest with an Optimist Cup and a pair of cheaters to read it.

May Super Citizen Presenters

May 12 @ 8:30	Slavens	Michael Chavez
May 17 @ 2:30	MPB	Frank Middleton
May 18 @ 12:30	Lowry	Greg Young
May 18 @ 2:15	Univ. Park	?

Weekly Greeters

5/12/17	John Oss & Bob Finkelmeier
5/19/17	Rob Brewer & Pat Bush
5/26/17	?

Optimist Club of Monaco South 2016-2017 40th Year — Chartered in 1976

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

May 12	Fri	7:00 am	Meeting, Legion Hall: TJ Sullivan Scholarship Winners
May 12	Fri	6:15 pm	Casino Night Fundraiser for Childhood Cancer, Greg Young or Paul Simon
May 13	Sat	8:00 am	CO-WY District Conference, Salvation Army Corps Community Center, 802 Quari Court, Aurora
May 19	Fri	7:00 am	Meeting, Legion Hall: Partners in Education Award for Excellence
May 26	Fri	7:00 am	Meeting, Legion Hall: Respect for Law
June 2	Fri	7:00 am	Meeting, Legion Hall: TBA
June 9	Fri	7:00 am	Meeting, Legion Hall: John Wiebenga, Cancer Survivor

**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

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Robert Wardlaw	303-525-2532	rlawardlaw@gmail.com	Craig Eley	720-771-0866	craigceley@gmail.com

NEWSLETTER EDITORS: May **Phil Perington**, June **George Buzick**, July **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.