



Grandiose Utterings of Monaco South

(GUMS)

April 26, 2019 – Vol. 43, Issue 30



Optimist Club of Monaco South



OPTIMIST
INTERNATIONAL

Founded in 1976 at Denver, Colorado
Serving Youth and the Community for 43 Years
National Philanthropy Day Colorado, Outstanding Service Organization, 2012
www.monacosouth.org

Editor for this Issue—Pat Bush



OPTIMIST
INTERNATIONAL

Good Morning Optimists

On a bright and warm spring day, **John Oss** and **Frank Ross** were handing out handshakes and smiles as they greeted us this morning.



John Oss & Frank Ross
Photos Noel Hasselgren

We welcomed back **Paul Bernard** from a long surgery absence, and he is looking good.



Paul Bernard

Invocation & Pledge

In fact, Paul read the invocation about making our optimism come true by encouraging those around us and helping others when the opportunities present themselves.

Guest

Jim Easton introduced his guest **Vern Schultz** this morning. Vern is from Chicago and he says he is so inspired by his visit with us that he plans on volunteering as a mentor to high school boys when he gets back. Welcome, Vern, we are glad you joined us this morning—come back anytime!

From the Prez

Prez **Everett Gardner** read a thank you note from the Optimist International Foundation for all of the donations we, Monaco South Optimist Club, have given to them. The total “unrestricted” donations made by Monaco South members now stands at approximately \$27,000 dollars.

Call for Announcements

Colorado Rockies Tickets: **Joe Marci** announced that he has tickets to 15 games throughout the summer for sale at the same price as the Easter and Memorial Day games. For those that have forgotten, that is \$43.00 per seat is on the first level and the \$23.00 per seat is on the third level. A portion of the proceeds from these tickets will help support the CO-WY District Junior Golf program. If we are going to help defray the costs of sending up to 68 kids to the International Tournament in Florida, we need all the financial support we can get. Be

sure to get your Rockies tickets from Joe. A link to an order form is on the GUMS distribution email that delivered this newsletter.



Junior Golf: Speaking of Junior Golf, **Joe Marci** will be needing volunteers for the upcoming district qualifier tournaments that are just around the corner. The boys aged 10 to 15 will be qualifying on Friday, June 7th at Overland Golf Course and the 16 to 18-year-old boys are will be at the Flatirons course in Boulder on Friday, June 14th. The girls will be competing at Meadow Hills in Aurora on Wednesday, June 19th. The District Golf Committee are still looking for sponsors. There are a number of different levels of sponsorship available. If you or your company would like to support the program, see **Ron Cisco** for sponsorship information.

TJHS College Sullivan Scholarship: While **Joe Marci** still had the microphone, he reported that the annual **Robert Sullivan Scholarships** have been awarded and the recipients will join us for breakfast next week. Joe asked the membership to leave the front two tables for the scholarship winners and their parents. They will be telling us about their high school memories and their ambitions for the future.

Membership Directory: The spring edition, April 2019, of the Monaco South membership directories are now available. **Craig Eley** was handing them out at this membership meeting. If you still need one, they will be available at the next several membership meetings.

A Letter from Stephen Avery: **Bob Avery** read a letter from his son, Steve, to the Club members. Steve thanked the membership for all the support that he received during his incarceration and how he looks forward to his future membership activities in Monaco South. Of course, Bob had a little trouble getting through the letter. Editor, “but as one who has a child with his own share of struggles, I can understand Bob’s emotions. Thank you for sharing!”

Continued 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******

Announcements Continued

King Soopers Loyalty Card: Frank Middleton announced

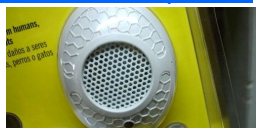
that we have our first member who tried to reload his King Soopers gift card and learned that they are no longer valid. Frank reminded us that King Soopers has done away with the gift cards. They now make donations back to Monaco South by tracking the use of loyalty cards. These are the same cards that are used to collect fuel points. But you have to record the Optimist Club of Monaco South as your designated community group in your King Soopers online account before your loyalty card use helps Monaco South.

To signup:

1. IF YOU DO NOT HAVE A KING SOOPERS LOYALTY CARD THAT YOU SWIPE TO GET FUEL POINTS PLEASE GO TO ANY KING SOOPERS STORE AND GET ONE.
2. FOR EVERYONE ELSE PLEASE Go to KingSoopers.com
3. Go to "Savings and Rewards," click on "[King Soopers Community Rewards](#)"
4. Click on Enroll Now.
5. Sign in to your existing digital King Soopers account with your email address and password. If you do not have a King Soopers digital account select "New to King Soopers, create an account" and establish a digital account. The digital account gets you coupons, cents off on items etc. on their site.
6. Click on "Change Organization"
7. "Find an Organization" will come up.
8. Type in "Optimist Club of Monaco South" or WA161.
9. Click on enroll. That's it!!!
10. Every time you swipe your loyalty card or enter your alternate ID to get fuel points Monaco South gets a donation.

If you need help with this call Frank Middleton 303-759-9232 or cell 303-903-1716 or email frank-m101@hotmail.com.

House Invasion: Ed Collins conveyed to us that his house has been invaded by mice. He is thinking that he will need to call the Orkin guys unless anybody had a better idea. **Joe Marci** loudly suggested "Cats." In an email to Ed from **Peter Dimond** he shared a link for an "[Ultrasonic electronic pest and insect repellent device](#)," which claim that their high frequency sound waves are intolerable to rodents and insects. Peter says he has been using one for over 20 years. Who knew?



Lowry Elementary Volunteer Day: Paul Stratton said that Lowry Elementary will be hosting a Community Volunteer Day to renew their outdoor garden spaces on Saturday, May 18th from 8:30 a.m. to 12:30 p.m. They hope to gather over 40 people to pull weeds, lay mulch, and refresh pathways. Staff from Singing Hills Landscape will be volunteering their time and bringing tools and materials to support Lowry's efforts. The refreshed gardens will provide a variety of outdoor spaces for students to take their learning outside. Many hands make light work and Lowry hopes that Optimist Club members will consider joining them as they work together to provide unique learning spaces for their students. You can volunteer for this half day helping Lowry Elementary School by talking with Paul.

Know Brainer: The Know Brainer is upon us. It will be held tomorrow at the Hamilton Middle School. **Pat Bush** asked that all members who have volunteered for this event to report in the front lobby of the school by 7:30 a.m. Breakfast and coffee will be available. We

have 21 teams from 9 different schools registered in this, the seventh annual Know Brainer event.

Presidential Rants & Raves vs. Tweets

Hey Gang, Here's this week's "RANT & RAVES vs. ... Tweets" for your readership ...

PAST ... It's been a packed week traveling to Berryville, AR (not Mayberry RFD but close) then returning thru Atlanta and seeing Air Force 1 taking off. Unbeknown to me but President Trump addressed the 8th Rx Drug Abuse & Heroin Summit. As I was taking off for Denver, I saw the Presidential C-17 that carries the "baggage," aka Presidential Limo and accompanying vehicles being loaded.



Then the CO-WY 3rd District Conference attended by Michael Chavez, Kent Gloor, Joe Marci, Tom Overton, John Oss, Phil Perington, and myself. Our JOI Governor Mark King hosted with the District Oratorical Contest Finalists giving their presentation on "Is there a Fine Line between Optimism and Reality." All had different approaches and the winner, Maria ?? earned a \$2500 Scholarship and the opportunity to go to St Louis and compete for a \$20,000 Scholarship. Not to be outdone, three contestants presented their Signing "Speeches" on the same theme.

Also, the District gave additional funding for Jr Golf and MSOC received a patch for 365 Club thanks to Perry Allen.

HAPPENING NOW / SOON ... If you have read this far, click the other links that are on the page that brought you here (Thanks to Dr. Bob's well organized and colorful email) to find projects and other events that are of interest to you and a friend.

FUTURE ... May 1st is the Deadline for the International Conference Early Registration. There are at least four attending from MSOC so far.

Prez Everett

PS — Bring a GUEST next week. Follow-up on new and old contacts! Have a non-member help with upcoming Projects. The April Goal is 6 Guests per meeting.



Where in the World is Harry Fegley?

Harry Fegley writes, "Just got GUMS. Either you guys are lost, or I am lost. We are going to France tomorrow to see Utah Beach, next day to Brussels, and next day to Amsterdam where there will be quite a celebration for our arrival as that is the ship name. As of tomorrow, we have three more weeks and we will arrive in FI. It seem impossible that we have been bobbing around on the sea and seeing 77 ports of call in all of this time. It has turned quite cool for us after spending all that time in the South Pacific and India. We got out of Sir Lanka with two weeks to spare before they had their problems.

I think that the Rockies have started to get back on track from what I read in Gums and in our brief newspaper.

It will be nice to have eight days at sea before getting to FI as we need time to rest up and pack.

See you soon, Harry"

Editors Note: It seems we were using the 2020 itinerary schedule not the 2019 itinerary that Harry and Linda are traveling.

Mike Rengel The Dangers of Contact Sports

Our guest speaker this morning was Mike Rengel.

Mike played three years of football at the Air Force Academy and one year at Hawaii before spending three years with the New Orleans Saints in the late 1960's. Mike told us about Mike Webster who played for the Pittsburgh Steelers and died of a heart attack at the age of 50. Webster suffered from confusion and fits of anger after his football career had ended. An autopsy showed that Webster had suffered from Chronic Traumatic Encephalopathy or CTE.



Mike shared that in his days in football that when a player would suffer a concussion during the course of play, the trainers would assess the player's condition by holding up some fingers in front of the player's face and ask, "How many fingers am I holding up?" It did not matter if the answer was correct, if he answered at all he was deemed good to go and would be back in the game.

Now they are finding that repeated blows to the head can cause brain injury when it slams against the skull. When the brain suffers an injury, a protein called Tau forms around the injury. See "[Alzheimer's: How does tau disrupt brain cells?](#)" With enough rest, the brain can repair itself and eliminate the protein. But if the brain suffers too many

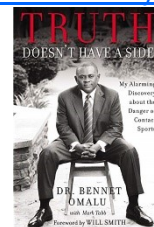


Prez Everett Gardner presents Mike Rengel with a MSOC Coffee Cup.

injuries, the protein cannot be completely repaired, and it begins killing brain cells.

This can eventually lead to mood and behavioral changes, increased aggressiveness, depression even paranoia. These symptoms may not show up until years after the brain injuries occurred. Later in life, it can result in confusion, impaired judgment and, eventually, progressive dementia. CTE cannot be detected until an autopsy is performed after death. A player does not have to suffer a concussion to get CTE. Sub-concussive blows (blows that do not show concussion symptoms) can contribute to the development of CTE.

Mike cited three key points from the research of Dr. Bennet Omalu's book, "[Truth Doesn't Have a Side: My Alarming Discovery about the Danger of Contact Sports](#)" — 1) The human brain was not made to play contact sports. 2) Children under the age of 12 should not play contact sports. 3) It is up to you and I to protect our children.



Researchers have found that the longer the career in contact sports the greater the likelihood of developing CTE conditions. Younger brains are even more susceptible to injury from head blows. It is now recommended that children under the age of 12 refrain from contact in sports to reduce the exposure to the conditions that lead to CTE. At the present, there is no cure for CTE.

Do We Have a Drawing?

With \$90 in the Pot the drawing winners this week were **Russ Paul, Gary Strowbridge, Greg Young, and Jack Kleinheksel** twice. **George Buzick** also won twice (once for having the correct numbers and once for having his name tag on.) but took his chances with the deck of cards both times and **Paul Stratton** took his shot at the cards but they all left empty handed.

Via Email

Rockies Handouts: Michael Chaves, writes, "I want to thank everyone who participated in the at Rockies Handouts. We had a good weather— sorry no photos. Those in attendance were **Perry Allen; Bob and Dorcas Avery, plus Steve Avery; Court and Sharon Boell; Joe and Karin Campana, Cliff Eley; Keith and Lois Jean Galloway; Tom Kramis, Everett Gardner, Karl Giel and Lesley Meyer; John Greene, Mark Smith; Paul and Luke Stratton;** and **Mike and Brian White**. Thank you for helping the club earn \$500 for our projects."

T1 Diabetes Optimist Club: Greg Young, asks, "Please look at the attached flyer attached to GUMS distribution email, for the kickoff of our online auction, and think of ways to disseminate to your friends, neighbors, colleagues, and organizations and social media to which you belong.

This auction is open to the entire community and the more bidders the better. Auction begins May 10th! If you have any auction items to donate, call me and I will pick

them up! Thanks in advance for your help and support of the kids with Type One!"

Friday Baseball Quote - April 26, 2019

"The memory of Addie Joss is sacred to everyone with whom he ever came in contact. The man never wore a uniform who was a greater credit to the sport than he."

- Jimmy McAleer, manager of the Washington Senators



May Super Citizen Presenters		
May 3 @ 8:30	Slavens	?
May 8 @ 1:00	Lowry	?
May 9 @ 5:30	Hamilton	?
May 17 @ 8:15	Holm	?
May 17 @ 1:00	Samuels	?
May 21 @ 2:30	MPB	?
May 23 @ 1:00	McMeen	?
We need Korsoski Award Presentation Dates		

Weekly Greeters	
5/3/19	John Oss & Keith Galloway
5/10/19	Randy Marcove & Ken Duff

Optimist Club of Monaco South 2019-2020 43rd Year — Chartered in 1976
See the Online Calendar @ <http://www.monacosouth.org/Events/Calendar>

May 3	Fri	7:00 am	Meeting, Legion Hall: TJHS Sullivan Scholarship Students
May 4	Sat	7:30 am	Colorado History Day Contest, University of Colorado Denver, 1201 Larimer St.
May 10	Fri	7:00 am	Meeting, Legion Hall: TJHS Essay Contest Winner
May 16	Thur	6:15 pm	OCMS Board Meeting, Councilwomen Black's Office, 3540 S. Poplar St, Ste. 100 lower level
May 17	Fri	7:00 am	Meeting, Legion Hall: Camaraderie Day
May 24	Fri	7:00 am	Meeting, Legion Hall: CDOT, Central 70 Project Explained and Detailed
May 27	Mon		Memorial Day
May 31	Fri	7:00 am	Meeting, Legion Hall: East High School Constitutional Scholars
May 31	Fri	5:30 pm	Casino Night Fundraiser for Childhood Cancer, American Legion Hall, 5400 E. Yale

2018 - 2019 Officers

President	Everett Gardner	949-246-0984
Vice President	Steve Kady	303-931-1470
Vice President	Bob Meyer	303-814-5990
Secretary	Tracy Sorensen	303-886-1743
Treasurer	Greg Young	303-759-3921

2018 - 2019 Board of Directors

Ken Duffy	303-880-5072
Tom Glazier	303-522-5214
Noel Hasselgren	303-475-7125
Jack Kleinheksel	720-938-1760
Tom Kramis	303-917-5299
Dan Rodriguez	303-521-5120
John Stoffel	720-837-3013
Robert Wardlaw	303-525-2532
Jim Easton (Past Pres.)	720-987-7684

Past Presidents

Bob Rhue	1976-77	Lupe Salinas	1988-89	Stan Cohen	2000-01	Paul Simon	2012-13
Jerry Whitlow	1977-78	Bob Avery	1989-90	Don St. John	2001-02	Jon Wachter	2013-14
Bill Kosena	1978-79	Bill Litchfield	1990-91	Jack Rife	2002-03	John Oss	2014-15
Duane Wehrer	1979-80	Bill Walters	1991-92	Karl Geil	2003-04	Michael Chavez	2015-16
Curt Jefferies	1980-81	Kent Gloor	1992-93	Bryce Slaby	2004-05	Craig Eley	2016-17
Frank Middleton	1981-82	Gary Strowbridge	1993-94	Donlie Smith	2005-06	Jim Easton	2017-18
John Young	1982-83	Mark Metevia	1994-95	Paul Bernard	2006-07		
Pat Bush	1983-84	Bob Safe	1995-96	Greg Young	2007-08		
Bob Hugo	1984-85	Tom Overton	1996-97	Phil Perington	2008-09		
Tom Mauro	1985-86	Peter Dimond	1997-98	Ron Cisco	2009-10		
Curt Lorenzen	1986-87	Ralph Symalla	1998-99	Ed Collins	2010-11		
Oscar Sorensen	1987-88	Cy Regan	1999-00	Randy Marcove	2011-12		

Newsletter Committee

Robert Finkelmeier	303-756-5829	Paul Stratton	303-366-6375
George Buzick	303-803-2268	Pat Bush	720-254-3741
Robert Wardlaw	303-525-2532	Craig Eley	303-758-9499
Phil Perington	303-832-4578	Greg Young	303-759-3921

NEWSLETTER EDITORS: Mar **Robert Wardlaw**, Apr **Pat Bush**, May **Paul Stratton**, June **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.