



Grandiose Utterings of Monaco South (GUMS)

June 30, 2017 – Vol. 41, Issue 39



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—George Buzick



Good Morning Optimist

On this slightly wet but, nevertheless, beautiful Friday morning, members were greeted by the always affable **John Young**, and the always well-dressed **Robert Wardlaw**.

Left, John Young & Robert Wardlaw
serving as our morning greeters.
Photo Noel Hasselgren



June 30, 2017

This day is the 181st day of the year 2017 in the Gregorian calendar and the end of the first six-months of 2017. As we move into the second six-months of the year, there are 184 days remaining until the end of 2017. Being a Friday, and with Independence Day on Tuesday, July 4th, we being a “long weekend.” A great time for vacation, travel, get-togethers or to get projects done.

First Bell, Invocation, & Pledge

President Craig Eley gaveled the meeting to order and called on **Allen Pierce** to read the invocation and lead the Pledge of Allegiance to our flag. Appropriately, the topic of today’s invocation was “Promoting Patriotism.”

From the Prez

Although president **Craig Eley’s** comments were brief, he reminded us that the Optimist International 99th Annual Convention will be held, just down the road apiece, in Albuquerque, New Mexico, Wednesday, July 5 - Saturday, July 8. Craig said he would be

there, as did **Jim Easton**, our president-elect, and our current District Governor and MSOC member, **Paul Simon**—who did not perform at Red Rocks last night, in spite of rumors to the contrary. In all, more than 30 people will be representing the Colorado/Wyoming District. If you cannot attend in person, you can watch most events, streamed live on the Optimist Channel at <http://www.optimist.org/stream.cfm>.

- ♦ Wednesday: Board of Directors Meeting, 8:30 a.m.
- ♦ Thursday: Opening Ceremonies, 7:00 p.m.
- ♦ Friday: First Business Session, 9:00 a.m.
- ♦ Saturday: Second/Closing Business Session, 9:00 a.m.

President Craig also mentioned that the “Senior Moments” program, which is held at the Eastern Star Retirement facility, could use some subject matter experts, on any subject, to provide a short presentation about their choice. Check with **Bob Avery** if you have a topic in mind.

Get to Know a Member

Called on by **President Craig**, **Tom Kramis**, a member since July 2014, gave a thumbnail sketch of his life, which was fascinating. According to Tom, his dad invented a mobile cleaning apparatus adapted to clean the surface walls of a tunnel (US Patent 3748680), called “Gritty” and later discovered that the state of Colorado was using a remarkably similar design without his permission. He filed a patent violation suit and won. Tom’s mother was a gourmet chef and invented the recipe for Cinnabon. She has written several cookbooks and instilled in Tom a love of cooking, which led Tom to several different foodie jobs, including being a University of Denver’s “Chopped Champion” and then personal chef for the Chancellor for several years and head of campus catering for the university.



Tom Kramis
Photo Noel Hasselgren

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

Member Tom Kramis Continued

Tom received his BS degree from Metropolitan State University of Denver in Arts, Entertainment, and Media Management.

After opening several restaurants across the United States, Tom got involved with Gelazzi Inc., a purveyor of Italian ices, sorbets, gelatos, and ice creams, which sent him to Italy for different periods of time to perfect the recipes for use in the United States. Tom said he would be happy to provide a guided tour of Florence.

Tom has held several other leadership positions in catering, restaurant management, and consulting. He is also an advanced ski and snowboard instructor.

Tom is currently in the landscaping business and living the good life with his boys, Chase, and Cooper. Tom did not have enough time to talk about his ski accident and subsequent recovery. Ask him about it.

Announcements

Update on Oscar Sorensen: Tom Mauro reports that **Oscar Sorensen** is about the same and said to give him a call on his cell phone, 303-870-4493, giving him a "heads up" as you sneak in the back door.



2017 HOBY Conference: Paul Bernard thanked those who had participated in the HOBY Leadership Conference. They were: **Ron Cisco, Bill Moran, Karl Geil, Greg Young, Mark Metevia, Phil Perington, John Oss, and Scott Walker.** All shining examples of the youthful leaders of giving back to our communities and those less fortunate than ourselves.

South by Southeast Event: Greg Young reminded us that Councilwoman **Kendra Black**, was looking for volunteers for her "South by Southeast" event, which will be held at Bible Park on Saturday, August 19, beginning at 10:00 a.m. Billed as "*a celebration of local food, music, and community*," this should be one of the highlights of the summer in Southeast Denver. Volunteers will be working three-hour shifts, providing directions to the event participants, and helping with making this a successful event. See Greg and get your name on his sign-up sheet.



100% Day Breakfast: Acting as treasure, **Greg Young** said, in spite of the fact that a few individuals did not get the promised steak at last week's 100% Day meeting, Greg reminded us that you cannot get the kind of breakfasts normally served at our Friday morning meetings for \$8.00 anywhere else. He urged us to eat breakfast, as our contract has a minimum of 25 meal clause.

OCMS Hat: Greg Young also shared that he still has blue OCMS hats for sale. The cost is only \$10. See Greg to get yours.



CO-WY Junior Golf: Joe Marci said that he was one of those who did not get steak, but would that CO-WY Junior Golf was still sending 66 Junior Golfers to Florida anyway.

Rockies Handout Day: Michael Chavez again thanked those who participated in the Rockies give away last week. The club earned \$500 for this event and participants got to see the game for free.

Bike MS Ride Hydration Station: Michael also thanked those who came out on a beautiful Sunday, on June 25th, to staff the hydration station in Longmont. Included in this group, along with many members of the Tamarac Optimist Club were **Mike McMahon, Russ Paul, Noel Hasselgren, Bill Morgan** (and his wife, Suzanne), **Everett Gardner, John Green, Tom Kramis, John Oss, Tom Overton, Barry Barker, and Phil Perington.** Prez **Craig Eley** was also there taking pictures of the riders. Two MSOC members completed the ride: **Bob Avery**, with his 27th MS ride, and **Dave Telpner.**

Another Rockies Handout Day: While Michael had the microphone he also shared that he has lined up another gig for the Rockies promotional handout crew. The Another early game on Wednesday, July 19th when the San Diego Padres are in town. As usual, we need 35 people to staff this event, so put it on your calendar and signup.

Speaking of Dates: Prez Craig reminded us that the Installation of the 2017-18 officers will be held at Heather Gardens on Saturday evening, September 16. **Save the date!**

Do We Have A Drawing?

Another bad day for those trying to make a little quick money by drawing the three of hearts. With \$40 on the line and 26 cards still in the deck, **Jack Kleinheksel** and **Tom Glazier** both attempted to draw the elusive card, alas, to no avail. Others, more faint of heart, took the sure thing. Those included **Donlie Smith, Tom Mauro, Allen Malask, Ron Cisco** and **Paul Gibson.**

Left, a frequent winner, but not this time, Jack Kleinheksel goes for the three of hearts.

Photo Noel Hasselgren



Some Things to Ponder

- Do vegetarians eat animal cookies?
- If olive comes from olives, where does baby oil come from?
- If you are driving at the speed of light and you turn on your headlights, what happens?
- Have you ever imagined a world with no hypothetical situations?
- Why isn't phonetic spelled the way it sounds?
- Why are there interstate highways in Hawaii?
- Why are there flotation devices under plane seats instead of parachutes?
- Why do fat chance and slim chance mean the same thing?
- Why do we drive on parkways and park on driveways?

Lisa Mattis
CEO of Can Do Multiple Sclerosis

Our speaker today was Lisa Mattis, CEO of Can Do Multiple Sclerosis.



THE POWER TO BE MORE THAN YOUR MS

The organization honors the legacy and beliefs of the organization's founder, Olympic medalist Jimmie Heuga, a pioneer in the MS care management field.

James Frederic "Jimmie" Heuga was an American alpine ski racer who became one of the first two members of the U.S. men's team to win an Olympic medal in his sport. Jimmy suffered from MS and came up with a unique multi-dimensional approach, which is now shared through "Can Do MS."

Since 1984 *Can Do MS* has been at the forefront of promoting the culture and belief that everyone living with MS has the power to live full lives.

The mission of the organization is to transform



Lisa Mattis
Photo Noel Hasselgren

lives, by delivering health and wellness educational programs on exercise, nutrition, symptom management, and motivation to help families with MS thrive.

Can Do MS delivers its programs through all forms of media, including seminars, webinars, group, and individual workshops; and has a network of 85 practitioners across the US and Canada. All services are free, and most of their support comes from the MS Society, although they do accept individual contributions.

For more information, visit their website at <https://www.msccando.org/>.

An informative overview of *Can Do MS* educational programs on exercise, nutrition, and symptom management to inspire and motivate long-lasting change for those with MS and their families to help them thrive, can be seen @ <https://vimeo.com/189222875>.

Celebrate Independence Day on July 4th

From Jill Vejnaska, Atlanta Journal-Constitution

The "first" July 4th actually got started two days earlier: Technically speaking, the Thirteen Colonies decided to divorce Great Britain on July 2, 1776. That's when the Second Continental Congress, meeting in Philadelphia, voted to approve a resolution of independence that Virginia delegate Richard Henry Lee had proposed in June. A five-man committee had already been appointed to start drafting a formal statement laying out the reasons behind the separation -- mostly written by Thomas Jefferson, this so-called "*Declaration of Independence*" was formally adopted by Congress two days later, on July 4, 1776.

*The history of July 4th &
Declaration of Independence*
(History.com)



Invite a Potential Member



Weekly Greeters

7/7/17	Bryce Slaby & Ed Collins
7/14/17	Tom Kramis & Mark Metevia
7/21/17	Perry Allen & ?

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

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

July 6-8	Optimist International Convention, Albuquerque, NM		
July 7	Fri	7:00 am	Meeting, Legion Hall: Robert Unger, Rachel's Challenge
July 14	Fri	7:00 am	Meeting, Legion Hall: TBA
July 19	Wed	9:45 am	Rockies Handouts, Coors Field, see Michael Chavez
July 21	Fri	7:00 am	Meeting, Legion Hall: Camaraderie Day
July 26	Wed	6:30 pm	OCMS Board Meeting, Randy Marcove's, 4103 S. Rosemary Way
July 28	Fri	7:00 am	Meeting, Legion Hall: Harry Fegley, Exploring Bhutan
July 29	Sat	7:00 am	Pancake Breakfast for Brent's Place Kids

**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 Stowbridge	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	rfinkelmeier@comcast.net	Ralph Pedersen	303-759-3384	r.pedersen2658@comcast.net
Jim Piccinelli	303-721-1470	jp Piccinelli@earthlink.net	Phil Perington	303-832-4578	perington@msn.com
Dick Zolman	303-796-8746	rz6267@gmail.com	Paul Stratton	303-366-6375	pcstratton@comcast.net
George Buzick	303-803-2268	gtbuzick@comcast.net	Pat Bush	720-254-3741	pbush@bushreese.com
Robert Wardlaw	303-525-2532	rlawardlaw@gmail.com	Craig Eley	720-771-0866	craigceley@gmail.com

NEWSLETTER EDITORS: July **Robert Wardlaw**, August **Pat Bush**, September **Paul Stratton**

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.