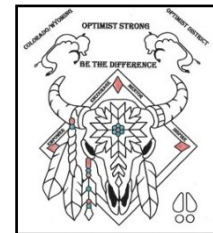




Grandiose Utterings of Monaco South

(GUMS)

March 2, 2018 – Vol. 42, Issue 22



Optimist Club of Monaco South



OPTIMIST
INTERNATIONAL

Founded in 1976 at Denver, Colorado
Serving Youth and the Community for 41 Years
National Philanthropy Day Colorado, Outstanding Service Organization, 2012

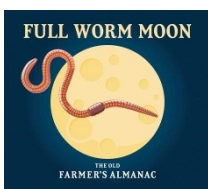
www.monacosouth.org

Editor for this Issue—Phil Perington



OPTIMIST
INTERNATIONAL

Good Moring Optimist Full Moon for March 2018



On this full moon morning **Tom Kramis** and **Casey Funk** were our happy go lucky



Tom Kramis & Casey Funk
Photo John Oss

full moon greeters this morning. It was an extremely rambunctious and rowdy bunch looking for fun and action. Breakfast was a sumptuous bounty of fresh watermelon cubes, mini-pastries, fluffy scrambled eggs, sausage patties, and crispy potatoes.

Full Worm Moon: According to [The Old Farmer's Almanac](#), "March's Full Moon was traditionally called the Full Worm Moon by Native Americans who used lunar phases to track the seasons. Colonial Americans also used these names, especially those of the local Algonquin tribes who lived between New England and Lake Superior.

At the time of this Moon, the ground begins to soften enough for earthworm casts to reappear, inviting the return of robins and migrating birds—a true sign of spring.

Roots start to push their way up through the soil, and the Earth experiences a re-birth as it awakens from its winter slumber.

In some regions, March's full Moon is instead known as the Sap Moon, as it marks the time when maple sap begins to flow and the annual tapping of maple trees begins."

Morning Activity & Camaraderie

Russ Paul is back from the hospital, after his bout with pneumonia and was sharing the good news he was feeling much better. Cowboy **Michael Chavez** was moseying about the room and looking for Tri-Star Volunteers. There as a spirited conversation going on between **Jack Kleinheksel** and **Steve Kady** related to chickens on a hot plate, Elvis, and Col. Parker—go figure. **Pat Bush** was excitedly describing the new "Bronco Experience" business he is starting that involves providing a virtual crowd, noise, spilt beer, and cheerleaders right in your own home. **Ed Collins**, **Tom Hoch**, and **Bryce Slaby** all agreed to volunteer for the beer part.

The ad hoc traveling, Monaco South Poker Club, composed of **Gary Strowbridge**, **Allen Malask**, **Tom Glazier**,

Paul Simon, **Ed Collins**, **Scott Walker**, **Al Perington**, and son, were mostly gathered together making plans for their upcoming game next week. Dr. **Rob Gardner** is quickly becoming a TV celebrity and was busy signing autographs at the **Gary Miller** pay station. **Everett Gardner** was merrily passing out the new Monaco South Program Committee Chairs sheet and receiving a well-deserved thank-you. **David Moore** was smiling and politely listening to a very animated and hands flying about **Craig Eley**.

While **Tom Mauro** and **Harry Fegley** were comparing travel and entertainment stories that included a pair of excellent tickets for *Hamilton* and a quick trip to London.

Jack Rife, who just came back, confessing the weather was much better here, then in Tucson, Arizona and he was glad to be back hanging out with all his pals.

Classic Car Optimist President **Dave Peck** who has returned from Scottsdale, Arizona is looking forward to a busy classic car show season with the Club.



Photographer John Oss captures editor Phil Perington gathering his activity & camaraderie report.

Invocation & Pledge

President **Jim Easton** proclaimed that he has a new gal in his house, to a chorus of "oohs and aahs" but said he would not bore everyone with the details. Nice try! He then gave a heartfelt reflection on being President and how the support we give each other is so profound to the lives of us all. *Long live optimism and Monaco South! Amen.*

Guests

Jack Kleinheksel introduced Chris Kinskey, a father of three Eagle Scouts, that he had met last Wednesday. Chris proudly shared that one of his sons had participated in Tri-Star and that now he might have the time to get involved.

Mark Smith followed with an introduction of Robert Ruh who confessed he loves to lift Christmas trees ...

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******

Guests Continued

... Hmm, we would welcome that! Robert also said might he too would like to get involved and said thank you for the warm welcome.

Happy March Birthdays



Birthday Boys in the room or not, were treated to one of the top five best attempts for OCMS version of Happy Birthday. Those recognized were Paul Bernard, Carl Brown, Paul Gibson, David Moore, John Oss, Ralph Petersen (Rest in Peace), David Telpner, and Woody Thibodeau.

From the Prez

Prez Jim suggests we all look at connecting to [OCMS Website](#) by using ClubRunner. You can find the app for your phone at either Apple or Google Play store's on the Internet. More information on using this mobile app can be found in the January 26, 2018 issue of *GUMS*, page 2. [Click Here](#) for that issue!



Announcements

Directory Pictures: **Craig Eley** said he wants to see new members and those that want to update their director picture (head shot) to see him. He suggests that if you want to look good in the *OCMS Membership Directory*, bring a good-looking face.

Optimist Odyssey to Santa Fe: **Craig Eley** MSOCers and their spouses and friends are invited to the Optimist Odyssey, a trip to Santa Fe, New Mexico, which leaves Friday, August 17 and returns Monday, August 20. Santa Fe offers a number of activities, including the Santa Fe Opera ([Madame Butterfly](#)), a backstage tour of the Opera, the new [Meow Wolf](#) amusement facility, the [Plaza Indian Market](#) and an [Astronomy Night](#) in the New Mexico hills. Add to this great food and shopping and the camaraderie of your fellow Optimists—it will be an epic week-end. If we have enough interest, we may rent vans or a bus so that the 6-hour trip will be as much fun as the destination.

So far the following have signed up: **Mike White, Frank Middleton, Bryce Slaby, Allen Malask, Tom Kramis, Don Thomson, Andy Towt, Tom Hoch, and Craig Eley**. With spouses/friends, that is about 18. Space is limited, so you can indicate your non-binding interest by signing up at a meeting or contacting Craig Eley craigceley@gmail.com.

Next Week: Are You Smarter than the Brain Bowl Chair: The annual "Are You Smarter than the Brain Bowl Chair?" competition is finally here, with the contestants picking out their outfits for this coming Friday's smackdown. Defending Champion **Karl Geil** will singlehandedly face five of Monaco South's intelligentsia – **Dick Nickoloff, Al Gapuzan, Jim VanderKamp, Tom Mauro, and Phil Perington**. Moderator **Craig Eley** will be operating the buzzer and posing mind-numbing questions designed to reduce the players to quivering blobs of protoplasm. Come to the meeting and see who prevails in this struggle to the death!

Tri-Star Basketball: **Michael Chavez** asked everyone to sign up for the next Tri-Star competition on March 18th at North High School from 11—2 p.m. The Tamarac Ladies will oversee the scoring table. See Michael for details.

Egg Scramble: Our sister Club-Englewood Optimists will be working with the City of Englewood, Rotary, and Lions Clubs for the annual Egg Scramble at Belleview Park on March 24th.

Rockies Opening Day: **Michael Chavez** also shared that our Club needs 40 volunteers to handout GO ROCK-

IES, Rally Towels on Friday, April 6. The Rockies play the Atlanta Braves for this first day home game. Tickets are \$30 and include free parking. The Club will be paid \$750 for handing out towels and providing an optimistic welcome. Bring friends and family. It will be a memorable day!



Monaco South Optimist Shirts & Hats: **Greg Young** said this is the last time to order a Monaco South polo or regular shirt. If you want a hat there are still some left for \$10 each. If interested, let Greg know quickly.

Brain Bowl Championship: **Everett Gardner** asked anyone who has attended the Original Brain Bowl or worked a Brain Bowl to raise their hand and offered a big Thank You. Last Saturday's 2018 Championship participation was great! The results for this championship tournament can be found by [Clicking Here](#).

Update OCMS Project Lists: **Everett Gardner** also announced that the Board also updated the "[Project & Activities](#)" list for the club. The list and the main lead for these activities are both attached to the *GUMS* distribution email.

Eagle Scout Award Banquet: **Donlie Smith** reminded

us that the Annual Eagle Scouts Awards Banquet is next Friday, and then reminded us that **John Young** had picked out the original award statutes 19 years ago. It should be noted that Donlie was the creator of the Eagle Scout Awards Ceremony and has been doing so for the last 19 years. This year there are three Eagle Scouts who have gone beyond the call by successfully completing winning projects that totaled over 2000 hours of work and volunteer participation. One of them, **Michael Anker**, will be at our March 22nd meeting.



Left, Donlie Smith asks Prez Jim to hold up the Eagle Scout award that was designed by John Young.
Photo Steve Kady

Lowry Elementary Multicultural Night: **Paul Stratton** reminded us that Lowry Elementary is hosting a Multicultural Night at the school on March 7th in the evening from 5:00-6:30 p.m. If you are able to help, please sign up with Paul or reach out to the parent in charge: Charis Sederberg, charis-marie@gmail.com or 303-503-2437.

Super Citizens at MPB: **Joe Marci** who was the Super Citizen Awards presenter last month shared that two girls named Isabelle, well actually **Isabella McConnell** and **Isabella Hilio**, along with one boy were the winners.

Ski Fest Weekend: **Bob Avery** tells us, that the annual ski fest will now be held on Monday, March 26th. This is the Copper Mountain trip hosted by Bob. He added that the hot tub is reserved for anyone who would like to memorialize the participation of past member **Fred Pasternack**. Just let Bob know that you are joining them.

DTC Optimist Wine Tasting Fundraiser: John Oss informed us that the DTC Wine tasting will be Saturday, April 14th, 1 to 4 p.m. at All Saints Lutheran Church, 15625 Illif Avenue. Wines from around the world and a silent auction will support DTC projects. An information flyer is attached to the *GUMS* distribution email. Tickets are available from DTC President **Kent Gloor, George Buzick, Tom Overton, Paul Bernard, and John Oss**.



Kristin Friedrich Certified Occupational Therapist



Kristin Friedrich

Kristin Friedrich operates professionally as a "[Maintain Your Brain-Occupational Therapist](#)" and began her presentation with a very light and humorous roasting of **Karl Geil**, supported by comments from the peanut gallery. (See her PowerPoint Presentation attached to GUMS distribution email.) She then got serious and began by pointing out we hardly ever talk about health of the brain which consumes over 30 percent of body oxygen. A big portion of her practice and education is provided by

email consultation. The number one thing she advises is to not change your current medical protocol, before deciding on a new or additional regime.

Some facts that she shared about Alzheimer's disease:

- * Chronic Inflammation: High sugar, stress, and lack of sleep. The brain goes haywire if these elements are not controlled.
- * Oxidation: The normal process loss of electrons and creates free radicals that perpetuates the loss of molecule.
- * Glucose Dysregulation: This the loss of glucose lose immunity and causes harmful waste. Type-2 can then manifest. Basically, molecules lose the ability to transport glucose and increases the amount of insulin in the body
- * Lipid Dysregulation: The result an increase in cholesterol throughout the body.
- * Vitamin Loss: Vitamin D & H are vital to healthy eyes and essential to the expulsion of toxins in and about the eyes and their pathways.

What do you do?

- * Nutrition: Get back to basics and return to a good

diet. Consume more Omega 3 antioxidants, plant-based protein, lower your sugar, salt, and soda intake. Make animal protein a side dish, rather than a main dish. Blueberries are one of the best foods and greatest element in fighting Alzheimer's.

- * Exercise: The most effective thing to do. Regular exercise reduces amyloid spinal fluid. Unwind with meditation, yoga, and just plain active walking. Cortisol links to the reduction shrinkage of the hippocampus! Be present. put down your cell phone and stay personally engaged.
- * Restore: This is a huge item. Negative beta-amyloids are broken down with good sleep. Formula for peaceful sleep is to wait 3 hours after eating and 12 hours between last meal and first meals. Sleep allows your brain to heal
- * Optimize: Essentially new learning. Cognitive research is essentially the integrity of the brain. Learning new things. large menu of options.
- * Socialization: Stay interactive, meet new people become engaged. Change bad habits, help one another, and honestly seek advise. We have the key by making the changes as described.

Resources are available if you look for them or seek experienced helpers. Supplements can be good. Use natural food-sunlight-quality supplements.

Heredity is proof of your genetic makeup and you can be tested for it to learn about yourself. Do not be afraid to reach out if you are having trouble and always give a helping hand.

Our guest speaker is a very positive and optimistic lady. Thank you for the program and information you shared. Visit her webpage at www.kristinfriedrichtherapies.com/. We all hope to see Kristin again soon!

Drawing Update

Is there a Drawing? Yes, with \$70 for the lucky 6 of Diamonds. Our guest speaker Kristin pulls the first ticket and **Donlie Smith** draws, nope; Dr. **Rob Gardner** left his tickets

on table so somebody has his cup; **Steve Kady**, a cup; editor **Phil Perington**, a cup; **Keith Gallaway** draws-nope; **Russ Paul**, a cup; **Don Roth**, a cup; and **Jack Rife**, a cup. For wearing his badge **David Peck** had a draw, nope.

March Super Citizen Presenters		
Mar 20 @ 2:30	MPB	Phil Perington
Mar 22 @ 1:00	McMeen	Bob Avery
Mar 23 @ 8:20	Holm	?
Mar 23 @ 3:00	Bradley	Joe Marci

Weekly Greeters	
3/9/18	Don Roth & Joe Marci
3/16/18	Bill Blunden & Al Gapuzan
3/23/18	Perry Allen & Tom Glazier
3/30/18	Phil Perington & Michael Chavez

Optimist Club of Monaco South 2018-2019 41st Year — Chartered in 1976 See the Online Calendar @ <http://www.monacosouth.org/Events/Calendar>

- Mar 9 Fri 7:00 am Meeting, Legion Hall: *Are You Smarter Than the Brain Bowl Chair?*
- Mar 9 Fri 5:00 pm Eagle Scout Recognition Dinner, Renaissance Denver Stapleton, 3801 Quebec Street
- Mar 16 Fri 7:00 am Meeting, Legion Hall: Camaraderie Day
- Mar 18 Sun 12:30 pm Regional TriStar Basketball Competition, North High School, 2960 N. Speer Blvd.
- Mar 21 Wed 6:15 pm OCMS Board Meeting, Randy Marcove's, 4103 S. Rosemary Way
- Mar 23 Fri 7:00 am Meeting, Legion Hall: Michael Ankner, Amazing Eagle Scout, Denver Indian Center Project
- Mar 25-26 Rescheduled Ski Day at Copper Mountain, See Bob Avery

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

Bob Rhue	1976-77	Peter Dimond	1997-98
Jerry Whitlow	1977-78	Ralph Symalla	1998-99
Bill Kosena	1978-79	Cy Regan	1999-00
Duane Wehrer	1979-80	Stan Cohen	2000-01
Curt Jefferies	1980-81	Don St. John	2001-02
Frank Middleton	1981-82	Jack Rife	200Feb. 03
John Young	198Feb. 83	Karl Geil	2003-04
Pat Bush	1983-84	Bryce Slaby	2004-05
Bob Hugo	1984-85	Donlie Smith	2005-06
Tom Mauro	1985-86	Paul Bernard	2006-07
Curt Lorenzen	1986-87	Greg Young	2007-08
Oscar Sorensen	1987-88	Phil Perington	2008-09
Lupe Salinas	1988-89	Ron Cisco	2009-10
Bob Avery	1989-90	Ed Collins	2010-11
Bill Litchfield	1990-91	Randy Marcove	2011-12
Bill Walters	1991-92	Paul Simon	201Feb. 13
Kent Gloor	199Feb. 93	Jon Wachter	2013-14
Gary Strowbridge	1993-94	John Oss	2014-15
Mark Metevia	1994-95	Michael Chavez	2015-16
Bob Safe	1995-96	Craig Eley	2016-17
Tom Overton	1996-97		

2017 - 2018 Officers

President	Jim Easton	720-987-7684
Vice President	Mike McMahon	303-514-5175
Vice President	Everett Gardner	924-246-0984
Secretary	Randy Marcove	303-667-3663
Treasurer	Greg Young	303-759-3921

Board of Directors

Harry Arkin	303-941-8800
Ken Duffy	303-880-5072
Robert Wardlaw	303-525-2532
Tom Kramis	303-917-5299
Rob Gardner	720-263-6203
Wyatt McCallie	303-759-2275
Paul Stratton	303-474-4358
John Swick	720-42Feb.
2733	
Craig Eley (Past Pres.)	303-758-9499

Newsletter Committee

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Dick Zolman	303-796-8746	rz6267@gmail.com	Pat Bush	720-254-3741	pbush@bushreese.com
George Buzick	303-803-2268	gtbuzick@comcast.net	Craig Eley	303-758-9499.	craigceley@gmail.com
Robert Wardlaw	303-525-2532	rlawardlaw@gmail.com			

NEWSLETTER EDITORS: Mar **Phil Perington**, Apr **George Buzick**, May **Robert Wardlaw**, June **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.