



# Grandiose Utterings of Monaco South (GUMS)

November 23, 2018 – Vol. 43, Issue 8

## 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](http://www.monacosouth.org)

Editor for this Issue—Paul Stratton for Robert Wardlaw



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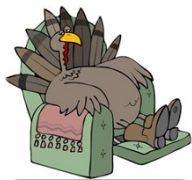
### Good Morning Optimist



Frank Middleton & Don Roth  
Photos Noel Hasselgren

**Don Roth and Frank Middleton** were bright-eyed and bushy-tailed greeters this morning, shaking hands (and shaking awake) the men of Monaco South rising from their post-turkey comas.

### Don't Blame the Bird!



A common myth holds that turkey is especially high in tryptophan, resulting in sleepiness after it is consumed, as may occur at the traditional meal of the North American holiday of Thanksgiving. However, the tryptophan content of turkey is comparable to chicken, beef, and other meats, and does not result in higher blood tryptophan levels than other common foods. Certain foods, such as soybeans, sesame, and sunflower seeds, and certain cheeses, are high in tryptophan. Although it is possible these may induce sleepiness if consumed in sufficient quantities, this is not well-studied. *Editor: The preceding facts were found on the internet, where everything you read is true or your money back.*

### Invocation & Pledge

**President Everett Gardner** asked **Phil Perington** to deliver our invocation. Phil gave us a message regarding talking health, happiness and prosperity. Though it may be challenging, let see if we can make our optimism contagious! He then led us in the Pledge of Allegiance to our flag.

### Guests

Were there any guests? Why yes, there was—**Skip Johnson** who joined us from Illinois, a guest and newly found brother of **Perry Allen**. Perry and Skip recently discovered each other, and there is a



definite a family resemblance! *Welcome Skip—We are glad to have you! And, yes, is a true brotherly resemblance, as seen on the right—Skip Johnson and Perry Allen.*



### Announcements

**Bill Walter's Thanksgiving Dinner:** **Steve Kady** reported that Channel 4 covered our Bill Walter's Thanksgiving Dinner at the Boys and Girls Clubs on the Thursday evening news. [Click the link here](#) for the video or review the picture story in this weeks GUMS Supplement.

**Annual Together 4 Colorado Toy Drive:** While **Steve Kady** had the floor, he reported that Channel 4 once again has requested that out Santa and Club members to come down to the University Hills King Soopers, on Thursday, December 13<sup>th</sup> at 5:45 a.m. to help fill up their toy bin. **Prez Everett** will be the spokesperson for the club and Santa will be there to help unload the toys. See the "Together 4 Colorado Toy Drive" webpage by [Clinking Here](#) and their suggested [items for gifts here](#).

**Thanksgiving Basket Delivery:** **Allan Pierce** reported that last Saturday 54 Thanksgiving baskets were delivered by the club. Five went to Boys and Girls Clubs and 49 went to families from our Super Citizen schools. See photos from this project in this weeks GUMS Supplement. Thanks to all who joined in on the deliveries—for better or worse, there were no slippery, missing turkeys, or any covered in road rash!

**Cy Regan Update:** **Frank Middleton** and **Mike White** reported that **Cy Regan** had a fall a few weeks ago but is recovering pretty well. *Keep improving Cy, we look forward to seeing you on a Friday morning soon—take care with that new dogs!*



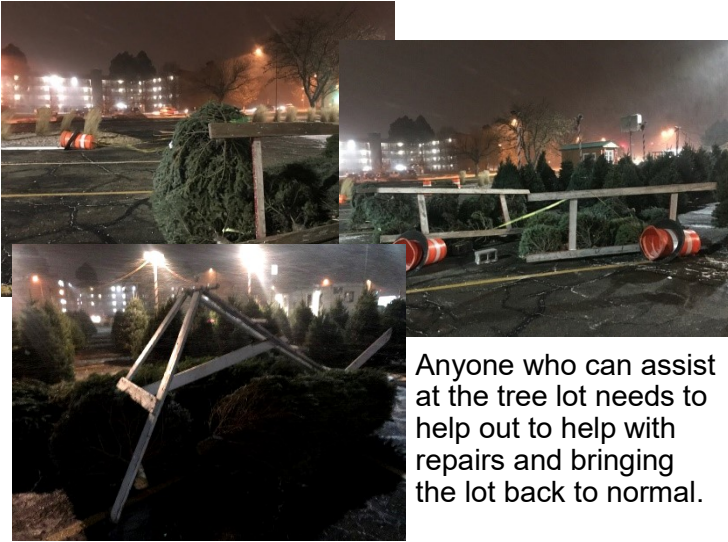
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**Meeting Place**  
**American Legion Hall Post 1**  
**5400 East Yale Avenue (Yale & I-25), Denver, Colorado**  
**Every Friday Morning, 7:00 – 8:00 am**  
**\*\*\*\*INVITE A FRIEND TO JOIN\*\*\*\***



## Announcements Continued

... on Saturday night the lot was hit by 70 MPH winds and heavy snow and many racks and signs were blown over and damaged.



Anyone who can assist at the tree lot needs to help out to help with repairs and bringing the lot back to normal.

## Bradley International Helping Hands JOI Club

On November 13<sup>th</sup>, **Jon Wachter** inducted three 5<sup>th</sup> graders as JOI Club officers at Bradley to help spread optimism and organize club activities. This year they are raising funds to donate to charities that help our community, organizing three teams to compete in the Know Brainer, and planning field trips to visit our elderly neighbors who live at the University Hills Senior Residences.

This particular week we focused on the third line of



Jon Wachter, left, conducts an induction of new officers to the JOI Club officers at Bradley International school.

the Optimist Creed, "... *make all your friends feel that there is something in them.*" Under that umbrella Club members practiced giving compliments to one another and received a modest homework assignment of giving three compliments to a family member or friend before our next meeting after Thanksgiving. Although they were not keen on complimenting a sibling, they

did like the idea of giving a compliment to Mom for making "yummy turkey" or Grandpa for "looking so good." After giving and receiving compliments in the meeting several talked about how good it felt to give a compliment to a classmate.

If another MSOC member wants to be of assistance with the JOI Club at Bradley, contact Jon (c 303-204-5645 or email [jon\\_wachter@msn.com](mailto:jon_wachter@msn.com)) to get on the upcoming schedule as the year is already flying by.

## Camaraderie

With a bit of a light attendance for this post-Thanksgiving meeting, camaraderie ensued. Our crowd was predictably light this morning, but



there were stories, jokes, and good times to be shared.

## Drawing

We had a drawing and \$90 awaited the lucky Optimist who found the Two of Diamonds. **John Young** held the first number drawn, and immediately went for the big bucks, but no luck. He then reached in



an pulled his own number. For his second win, he took the sure thing a cup o' dough. Other cups went to: **Kent Gloor, Tom Hoch, Greg Young, John Oss, and Frank Ross.**



**Mike McMahon**, having gotten the last chance for this weeks pot, searched for the elusive Two of Dimond's, and alas, it was not to be. While **Phil Perington** was proudly donning his nametag when **Pres Everett** called his name. He pulled out the Four of Hearts, so he too was not a winner this time.

## Closing Bell & Creed

**Phil Perington's** consolation prize was that he led us in our Optimist Creed: "*PROMISE YOURSELF....*"



### November Super Citizen Presenters

Nov 27 @ 2:30	MPB	?
Nov 30 @ 3:00	Bradley	?

### Weekly Greeters

11/30/18	Robert Wardlaw & Woody Thibodeau
12/7/18	?

**Optimist Club of Monaco South 2018-2019 41<sup>st</sup> Year — Chartered in 1976**

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

**SIGN UP: The OCMS Christmas Tree Lot & Santa Haus is OPEN at Villa Monaco, 2223 S. Monaco Pkwy.**

Nov 30 Fri 7:00 am Meeting, Legion Hall: TBA  
Dec 7 Fri 7:00 am Meeting, Legion Hall: TBA  
Dec 14 Fri 7:00 am Meeting, Legion Hall: TBA  
**Dec 15 Sat 6:00 pm Annual Holiday Party, Cherry Creek Country Club, 2405 S Yosemite St.**  
Dec 20 Thurs 6:15 pm OCMS Board Meeting, Councilwomen Black's Office, 3540 S. Poplar St, Ste. 100 lower level  
**Dec 21 Fri 7:00 am Meeting, Legion Hall: Annual Santa's Gift (White Elephant) Exchange**  
Dec 22 Sat 8:00 am Christmas Basket Delivery, American Legion Hall  
**Dec 25 Tues MERRY CHRISTMAS**  
Dec 28 Fri 7:00 am Meeting, Legion Hall: Annual Kid's to Breakfast  
Dec 30 Fri 7:00 am Meeting, Legion Hall: Harry Fegley  
**Jan 1 Tues The start of 2019 — HAPPY NEW YEAR**

**2018 - 2019 Officers**

President	Everett Gardner	949-246-0984
Vice President	Steve Kady	303-931-1470
Vice President	Bob Meyer	303-814-5990
Secretary	James Dockter	605-216-7799
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	<a href="mailto:rfinkelmeier@comcast.net">rfinkelmeier@comcast.net</a>	Paul Stratton	303-366-6375	<a href="mailto:pcstratton@comcast.net">pcstratton@comcast.net</a>
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Robert Wardlaw	303-525-2532	<a href="mailto:rlawardlaw@gmail.com">rlawardlaw@gmail.com</a>	Craig Eley	303-758-9499	<a href="mailto:craigceley@gmail.com">craigceley@gmail.com</a>
Phil Perington	303-832-4578	<a href="mailto:perington@msn.com">perington@msn.com</a>	Greg Young	303-759-3921	<a href="mailto:gndyoung@comcast.net">gndyoung@comcast.net</a>

**NEWSLETTER EDITORS:** Oct **Pat Bush**, Nov **Robert Wardlaw**, Dec **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.