



Grandiose Utterings of Monaco South

(GUMS)

October 12, 2018 – Vol. 43, Issue 2



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

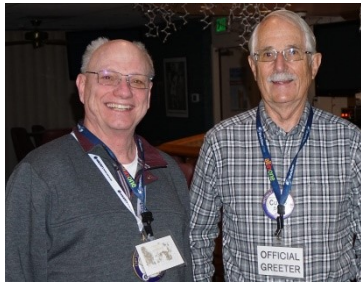


OPTIMIST
INTERNATIONAL

Editor for this Issue—Pat Bush

Good Morning Optimist

This editor arrived at the American Legion Hall a little early and only **Curt Boell** was up front greeting members. I must say, even though Kurt was alone, he was handling the duties quite capably. Our other “stand-in” greeter, **Greg Hurd**, arrived a little later, so I had to go back up front to collect my greeting from Greg. I felt much better once this was done.



Greg Hurd & Curt Boell
Photo Noel Hasselgren

First Bell, Invocation & Pledge

President **Everett Gardner** called the meeting to order right on time. He called on **Tom Hoch** to give the invocation this morning. Tom’s invocation was centered on “*Make all your friends feel there is something in them,*” for this draws out the best in others.

Guests

We had several guests at the meeting this morning. **Mike McMahon** introduced his son, **Max** while **Ron Gustas** introduced his granddaughter **Ellie Knox**. Both Max and Ellie thanked members of Monaco South for all the generous financial support that has been given to JDRF (Juvenile Diabetes Research Foundation) over the years.

Frank Middleton introduced his grandson **Cam**.

We also had a special guest, **Nancy DeNiro**, from the Tamarac Optimist Club who was promoting Tamarac’s upcoming Chili Supper and Silent Auction.

Welcome to all our guests and thank you for blessing our day with your presence. You are welcome to our meetings any time.

From the Prez

President **Everett** indicated that several other donations have been received by Monaco South in memory of **Dr. Ed Fankhauser**. We thank all of those

that have donated in Dr. Ed’s name for their financial support.

Announcements

Grandfather Clock For Sale: Speaking of Dr. Ed,

this beautiful Pearl Grandfather Clock was the pride and joy of **Dr. Ed Fankhauser**. His wife, **Jeanne**, is moving to Portland, Oregon, and does not have room to keep it.

She would love for a Monaco South member to own this clock from the Club’s beloved founder. Built in 1986, this clock is in pristine condition. It has an eight-day wind up mechanism, with chimes and moon dial. Jeannie says “This clock keeps perfect time. Dr. Ed would check it each night before



bed and set his watch to it.” Clocks of this type go for over \$1000 on eBay. If you can buy this clock, some of the proceeds may find their way back to Monaco South. If you want this clock, send your bid to **Greg Young** right away via email gndyoung@comcast.net or phone 303-756-3921, as Jeannie is moving at the end of this month. The highest bidder wins. Bidders will be notified if they are outbid or too low to other bids. Bids will be accepted until Friday, October 19. Jeannie can provide the name of a good professional clock mover.

Optimist Club’s Fall Kickoff Social: **Greg Young**

is soliciting auction items for the silent auction to be held during the CO-WY District Soiree to be held on Friday, November 9th at the Pinehurst County Club. If you can donate any items to the auction, bring them to a meeting for Greg. All money raised will be split up to all clubs participating in the auction. Tickets for the event are \$40 per person. The entrée is a choice between prime rib and salmon. There will also be a cash bar available. See the registration form attached to the **GUMS** distribution email.

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 next page

Announcements Continued

Chili Supper & Silent Auction: Nancy DeNiro announced that the 2nd Annual Chili Supper & Silent Auction will be held on Saturday, November 3rd at the Calvary Baptist Church located at 6500 E. Girard Avenue from 5:00 to 8:00 p.m. The cost of admission is only \$20 and includes your choice of 3-homemade chilis, toppings, a drink, and dessert. This event is a fundraiser for our sister club the Tamarac Optimist Club. The auction will have a John Elway autographed football, Opera Colorado tickets, tickets to "A Bronx Tale" at the Denver Center for Performing Arts, three nights at a mountain home in Eagle, tickets to the Parker Symphony Orchestra, and much more. You can obtain admission tickets by calling (720) 232-6058.

Tamarac Optimists 2nd Annual
CHILI SUPPER & SILENT AUCTION
Saturday, November 3
5pm-8pm
Calvary Baptist Church
6500 E Girard Ave, Denver
\$20 admission
Choice of 3 homemade chilis, toppings, drink & dessert
Call 720-232-6048 regarding tickets

Come bid on a Football signed by John Elway, Opera Colorado Tickets, 3 nights at Mountain Home in Eagle, CO, Tickets to "A Bronx Tale" at DCPA, Wine Tasting at the Allis Ranch Winery, Tickets to hear Parker Symphony Orchestra, Service Certificates, and much, much more!!

All proceeds from this event support Tamarac's programs for youth in our communities

World Diabetes Day: In line with our speakers topic, **Mike McMahon** announced that Wednesday, November 14th is National Diabetes Day. All of the Old Chicago restaurants will be donating 15% of their proceeds on that day to JDRF. He asked the membership to eat at Old Chicago to support their fundraising effort on National Diabetes Day.

King Sooper & Safeway Reloadable Cards:

Frank Middleton announced that next Friday will be his "National King Soopers/Safeway Reloadable Gift Card Waiving Day." He did not elaborate much more on it, so we will just have to wait until next Friday to see what this is all about.

Ol Junior Golf Tournament: The Fall Junior Golf Tournament is to be held at Green Valley Ranch Golf Club is this Saturday and Sunday. **Bob Meyer** reported that they have 91 golfers registered for this tournament and that 23 golfers will qualify for the international tournament this summer in Florida. They may have to limit the tournament to just Saturday because the weather forecast for Sunday is not encouraging. They will make a final decision on Saturday afternoon.

Super Citizen Presentations: Robert Wardlaw

indicated that Most Precious Blood is on Tuesday, October 16th and Hamilton Middle School is on Thursday, October 18th. Plus several more coming through out this school year; therefore, we need more SC presenters. Let Robert or the Schools SC Coordinator know if you would be interested in being a presenter in the future.

Fake News Correction: Editor: News outlets on the east coast may not print corrections of misreported news stories but not so with the *GUMS* newsletter. It was reported in the October 5th *GUMS* that **Bryce**

Slaby has volunteered in various organizations for the last 44 years. He corrected that report this morning to say it has been 50 years of service. Thanks for the correction, Bryce, that was "My Bad."

Boy Scout Pumpkin Sale: Bob Avery thanked **Mark Metevia** for showing up and helping unload the semi-trailer truck full of pumpkin for the boy scout pumpkin sale.

While only Mark helped with the pumpkin unloading, Bob is hoping more Optimists show up to purchase the pumpkins from the Boy Scouts. They will be selling



A Bob & Mark selfie.

the pumpkins on the southeast corner of Belleview and Holly streets now through Halloween or until the supply is gone. I hear that they carve into great jack-o'-lanterns.

Free Apples: While **Bob Avery** had the floor he also announced that this year was a very good year for his apple tree. He brought lots of apples free for the taking. Bob also made suggestions on how the apples could be used to encourage members to take the apples. Some of his suggestions were caramel apples, apple cobbler, apple pie, apple crisp, apple dumplings, just to name a few. He also said that real industrious members could carve the apples into jack-o'-lanterns.

Bill Walters Thanksgiving Dinner: Michael Chavez said the Bill Walters Thanksgiving Dinners for the Boys and Girls Clubs and Girls, Inc. will be on Thursday, November 15th rather than the Tuesday just before Thanksgiving. Michael Chavez is taking names of members to help serve dinner to approximately 800 people. We need 30 to 40 volunteers to help with this project. Relatives and friends are invited to assist.

Drawing

The lucky drawing winners this week included **Russ Paul, Bryce Slaby, Jim Easton, Ron Cisco, Pat Bush, and Greg Eley. Robert Duval** and **Donlie Smith** took a stab at the cards but came up short. **Karl Geil** got the same opportunity for having his name called and having his name badge on. But he too went away without a winner. *Better luck next time guys!*

Our Centennial - Let's Celebrate

Help our organization celebrate our 100th year of Bringing Out the Best: every Club, every Member, every community! For resources, incentives, and more information about our Centennial: www.optimist.org/centennial.

The first Optimist Story of the Centennial Year is 2018-2019 **Ol President Rebecca Butler Mona**. Click this link to learn more about how Rebecca became an Optimist in her local community. [Click Here](#).

Respect for Speaker & Creed

As a reminder, please have respect for oneself and our Club by not chatting with your neighbor or having your cell phone go off during the meeting proceedings and the recitation of the Optimist Creed. It is disturbing to the rest of the Club members and is a bad example to our invited guests. We all should have better manners than that.

Emily Fay American Diabetes Association Camp Colorado

Ron Gustas introduced our guest speaker, Emily Fay, this morning. Emily is a Territory Director with the American Diabetes Association (ADA). She started off explaining that there are basically four types of diabetes. The first is Type 1 which is often referred to as Juvenile Diabetes. Type 1 is most often diagnosed in children, hence the name juvenile diabetes, but that it can be diagnosed in adults. Type 1 Diabetes is when the pancreas stops producing insulin. Insulin is needed to allow blood sugar to be used by the cells in our body for energy. A Type 1 diabetic is dependent on the injection of insulin into the body so that it can properly function.

The second type is referred to as Type 2 Diabetes. This is when the pancreas still produces insulin, but the body's cells are resistant to the insulin. Type 2 is often controlled by a low carb diet, physical exercise, weight control and oral medication. Most diabetics are Type 2 and become diabetic because of heredity, age and/or obesity.

The third is gestational diabetes. About 10 percent of pregnant women develop gestational diabetes. This does not mean they were diabetic before or will be diabetic after pregnancy. Gestational diabetes is an insulin resist condition much like Type 2.

The final is "pre-diabetes." Pre-diabetes is a condition where the blood sugars are elevated but not to the point that you have diabetes. It is usually the "wake-up call" to Type 2 diabetes.

As part of Emily's role she also serves as the director of the Camp Colorado, a summer camp for Type 1 diabetic children. Because of the extreme monitoring and health care required by a Type 1 diabetic child, it becomes very difficult



Emily Fay, Territory Director
Youth & Family Initiatives
Photos Noel Hasselgren

for them to enjoy summer camp like a normal child. Camp Colorado provides the medical staff, medical supplies and 24/7 monitoring needed by diabetic kids so that they can attend a summer camp.

There is a one week, over-night camp, and three day-camps available to Type 1 diabetic children. Because of the special needs of these kids, it becomes quite expensive. Emily says the actual cost is about \$1,500 per child. The ADA partially funds the cost to get it down to \$620 per child.

Over the last several years Optimist fundraising and donations conducted by the Type 1 Diabetes Optimist Club cuts that cost in half for 30 to 40 families. Ron Gustas added that this camp not only benefits the children, but gives their parents a much needed break from the constant monitoring that they must do every day.

Our guests Max McMahon and Ellie Knox, both with Type 1 diabetes, took the stage and fielded many questions from the membership about the lifestyle and how it feels to be diabetic. They also addressed the technological advancements that help children cope with diabetes. We thank all of the participants and Emily Fay for a very informative look inside to world of Type 1 Diabetic children.



Right, Ellie Knox & Max McMahon share their Type 1 diabetes journey responding to numerous questions.

For more on the "Advancing technology making Type 1 diabetes management easier," [Click Here](#). (Ian Roth, Mayo Clinic Minute, Nov. 30, 2017.)

A Bit of Humor

A Well Run Business

Your Editor: "I was doing an overnight at a hotel away from home and I took my computer down to the bar to do some work. I sat down and asked the bartender, "What's the Wi-Fi password?"

Bartender: "You need to buy a drink first."

Me: "Okay, I'll have a beer."

Bartender: "We have Guinness on tap."

Me: "Sure. How much is that?"

Bartender: "\$8.00!"

Me: "Here you are. OK now, what's the Wi-Fi password?"

Bartender: "youneedtobuyadrinkfirst," with NO spaces and all in lowercase."

A Bit More Humor

I am one step
away from being
rich, all i need
now is money.



Granma says



Think Positive - it keeps you young. For example, I fell down the stairs today and I thought WOW - that's the fastest I've moved in years.

October Super Citizen Presenters

Oct 16 @ 2:30	MPB	?
Oct 18 @ 5:30	Hamilton	Eldon Strong
Oct 26 @ 1:00	Samuels	?
Oct 26 @ 3:00	Bradley	?

As you can see we are in need of presenters for each of these initial presentations. If interested, please contact **Robert Wardlaw** or the SC Coordinator for the school.

Weekly Greeters

10/19/18	Paul Stratton & Woody Thibodeau
10/26/18	Terry Shroyer & Ken Duff
11/2/18	?



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

Oct 19	Fri	7:00 am	Meeting, Legion Hall: Camaraderie Day
Oct 26	Fri	7:00 am	Meeting, Legion Hall: Don Thomson, Through My Lens: Aspen Vistas
Nov 2	Fri	7:00 am	Meeting, Legion Hall: Kendra Black & Frank Rowe, Land Acquisition for New Parks
Nov 9	Fri	7:00 am	Meeting, Legion Hall: Tina Swonger
Nov 9	Fri	5:00 pm	CO-WY Optimist Club's Fall Kickoff Social, Pinehurst Country Club, 6255 W Quincy Ave.
Nov 15	Thur	3:30 pm	Bill Walters Thanksgiving Dinner, Boys and Girls Club and Girls Inc.
Nov 16	Fri	7:00 am	Meeting, Legion Hall: TBA
Nov 17	Sat	8:00 am	Thanksgiving Basket Delivery, American Legion Hall
Nov 22	Thur		Thanksgiving Day
Nov 23	Fri	7:00 am	Meeting, Legion Hall: TBA
Nov 23	Fri		OCMS Christmas Tree Lot & Santa Haus Set-up at Villa Monaco, 2223 S. Monaco Pkwy.

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
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	rfinkelmeier@comcast.net	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	303-758-9499	craigceley@gmail.com
Phil Perington	303-832-4578	perington@msn.com	Greg Young	303-759-3921	gndyoung@comcast.net

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.