



ASHLAND OPTIMIST CLUB

Meeting Saturday Mornings @ 7:30 A.M.
Optimist Drive, Ashland, MO 65010

December 8, 2018

"You cannot do all the good the world needs, but the world needs all the good you can do."

Optimist Board

Janet Popejoy	President
Missy Bonderer	1 st VP
Lena Long	2 nd VP
Bill Lloyd	Past Pres.
Barrett Glascock	Secretary
Eric Barmann	Treasurer
Bruce Glascock	2019
Bernie Bartel	2019
Letitia DenHartog	2019
Robert Blake	2020
Shawn Steelman	2020
Greg Hawkins	2020

COMING UP

Board Meeting- Dec. 13, 2018 at 7:15 p.m.

Website: Ashlandoptimist.org

TAKE A MINUTE TO REMEMBER THOSE WHO MADE US STRONG:

Carroll Sapp – 1987
"Buddy" Glascock – 1988
William Burnett – 1992
Remus James – 1994
Ron Marley – 1997
Cecil Vaughn – 2001
Billy Jo Sapp – 2004
Marvin Sappington – 2004
Arcie Sapp – 2005
Kenneth Nichols – 2006
Lahmon Wren – 2007
Joe Smith - 2009
Jimmy Jo Calvin- 2009
Bob Sappington – 2010
Clifford Caldwell-2013
Mel Rupard-2013
Ernest Woods—2013
John Johnson—2013
Michael Dalton--2013
Jim Moore--2016
Carl Long--2016
Don Jones-2017
Clay Austin-2017
Sharon Donley-2017
Ben Nieman- 2017
Nick Kimbler- 2018
Barbara Perry- 2018

Bingo: Dec. 14- Team Two

Breakfast: Dec. 15- Bernie Bartel, Ernie Stewart, Karen Wheeler
Program- Girl Scouts with a bake sale

There will be an Optimist Board meeting this Thursday at 7:15 at the Optimist building.

We're still accepting payment for dues for 2019. The prices remain at \$80 for an individual or \$120 for a couple and can be paid by check to P.O. Box 201, Ashland MO 65010 or online at <https://form.jotform.com/72136728772160>.

It's that time of year again! We will be ringing at Moser's again this year through Christmas and you can ring as long or as short as you like. Please contact Bern Bonderer at (573)632-1919 if you are interested and he will get you on the schedule since he has to report data every time we ring. Please do not just go over there and start ringing. Please pass around the word to church groups, school clubs, sports teams, or any other individuals that might be willing to help out. Last year was one of the lowest totals that we have ever had, so we are starting earlier in order to have a bounce-back year. Lena Long did her part, ringing at the Craft Show on Saturday.

The voting has started for 2018 CoMo Gives! The Ashland Optimist Community Pool is a wonderful asset to Southern Boone, but like most community pools, it does not make a profit. Unlike most community pools, the loss is covered by the Optimist Club instead of through increased taxes. This is why the extras, such as the recent pool slide, are paid for through fundraising. This next year the Optimists would like to greatly enhance the kiddie pool area, but added funds are needed. Just go to the website at <https://comogives.com/product/ashland-optimist-foundation-3/>. All donations must be made by credit cards and be at least \$10. All donations are 100% tax deductible. We can win additional funds by having the highest number of donations or the highest amount by Dec. 31st, when the campaign ends. We can even win extra money just by receiving the highest ratio in comparison to what we raised last year, so please consider donating to help the Ashland Optimist pool this year.

Our numbers were up some at Bingo, with 126 players, but we were hurting for help everywhere. Thank you Lena Long for recruiting Harley to help in the kitchen and to Greg Hawkins for coming in to run the Bingo window by himself!

We enjoyed a wonderful breakfast this morning, prepared by Glen Sapp, Chris and Garrett Felmlee.

Tom Luckenbill from Kid's First Optimist at breakfast this morning inviting us to their dinner, which was Saturday night, and alerting us to their upcoming "Awesome 80's" trivia, coming up Sat. March 2nd and benefiting Cedar Creek Therapeutic Riding Center.

Our speaker this morning was Lisa Kinser, who has been an Integrative Nutrition Health Coach since 2014. Her father was in attendance also, at the invitation of President Janet Popejoy. Lisa's main focus is that we need to avoid processed foods and balance our diet between acidic foods and alkaline foods to keep our blood ph. as close to 7.4 as possible. This does not mean that you have to cut all acidic foods (which includes meats, dairy, and alcohol) but that you need to balance your diet with alkaline foods (which include fruits and vegetables). You need to eat a balanced acidic/alkaline diet to keep the bacteria in your guts healthy, which will help you be healthy. Food is only part of that need. Your body also requires regular water, not carbonated or distilled, as well as plenty of sleep. According to Lisa, if we have a day heavy in acidic foods, it takes up to two days of correction to return to balance. Fermented foods, such as sauerkraut, kimchi, kefir, and kombucha assist the bacteria in your body, but are frequently an acquired taste.

After Lisa was finished sharing her dietary ideas with us, she drew for the Attendance drawing. Bill Lloyd, Michael Howard, and Sara Walsh all had their chance at riches. Since none of them were here this morning, even though two were in attendance last night and Mike helped with breakfast last week, the pot will continue to grow.

Letitia DenHartog