



ASHLAND OPTIMIST CLUB

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

February 10, 2018

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

Optimist Board

Bill Lloyd	President
Janet Popejoy	1st VP
Missy Bonderer	2nd VP
Greg Hawkins	Past Pres.
Barrett Glascock	Secretary
Brandon Glascock	Treasurer
Robert Blake	2018
Elmer Schiefer	2018
Jennifer Zagorac	2018
Bruce Glascock	2019
Bernie Bartel	2019
Letitia DenHartog	2019

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

Bingo: Feb. 16- Team Three

Breakfast: Feb. 17- Barrett and Brandon Glascock, Shawn Steelman

Program- Theresa Thomas- Bonne Femme Watershed

We had a quick Board meeting on Thursday night, which started with cookies from Lena Long. In gratitude, we voted to make her chair for next year's Pancake Day. We brought in over \$2,500 with this year's Pancake Day, thanks to Lena's organization skills and commitment, including about \$150 in donations. The Board also voted to allow the Hartsburg Baseball field to handle donations through our Foundation, which allows the donations to be tax exempt. In the past, we have performed this service for the Band Booster's when they were raising money for trips and we received a very nice Thank You card from them, which Bill shared at breakfast this morning. Next week, there will be a short Board meeting to make decisions regarding our Girl State

As normal, John Travelos, Bern Bonderer, and Robert Blake provided us with an incredible breakfast this morning of two different kinds of french toast bakes with an apple caramel syrup, bacon, and sausage on the side.

Bill started the meeting this morning by sharing appreciation for some of the members, including Lester Gilpin, Charlie Selbach, Lena Long, and Barrett Glascock for all that they do for our club.

Our speaker this morning was Monica Palmer, who in addition to being one of Jan Palmer's daughters-in-law, also serves as the Communication Director for Feeding Missouri. Feeding Missouri is a state partner of Feeding America Association and the state's largest charity for hunger response. There are six Feeding America food bank distribution hubs serving the 114 counties and the city of St. Louis in Missouri, with the Food Bank of Central & Northeast Missouri in Columbia servicing 32 counties. The USDA definition of food security states that all members of the household have access should have access to enough nutritious food for a healthy and active lifestyle. Unfortunately, many in our state deal with low or very low food security. This leads to parents buying cheap, filling and less nutritious foods or skipping meals themselves completely.



August 2013

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Monica spoke of the fact that learning is discretionary. You cannot force someone to learn and if their mind is on their empty stomach or the stress caused by food issues, children are less likely to learn. Food insecurity also leads to problems with blood pressure, metabolism issues, and malnutrition. In the past, food pantries frequently had to rely on canned or packaged foods because of their longer shelf life, but many are now trying to provide fresh fruits and vegetable, lean meats, whole grains, and dairy. These additional healthy foods often require additional cost to the food pantries for refrigeration.

The main warehouse in Columbia is on Vandiver, where groups can volunteer, but they provide food to numerous pantries around the county, including the Food truck that comes to Ashland each month.

Missouri currently ranks sixteenth in the nation for low food security and seventh in the nation for very low food security, with the Southeast Missouri Food Bank handling the highest poverty rates in our state.

For more information, you can go to their website at www.FeedingMissouri.org.

When Monica was finished speaking and answering the many questions that people had, she drew for the Attendance Drawing. Megan Morris, Louise Martin, and Jenny Grabner had their chance at riches, but since they weren't in attendance, the pot will have a chance to grow.

Next week, we also have the opportunity to attend the Sunrise Optimist's Pancake Breakfast in Harrisburg after our meeting is finished. We would like to have a good group attend, since they always send members down to our Pancake Day.

Letitia DenHartog