



# ASHLAND OPTIMIST CLUB

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

**November 10, 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 <sup>st</sup> VP
Lena Long	2 <sup>nd</sup> 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](http://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: Nov. 16- Team Three**

**Breakfast: Nov. 17- Bonita Lenger, Brenda Austin, and Carrie Fischer**

**Program- Pat & Lori Concannon- prison ministry**

**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>.**

**Veteran's Breakfast will be held Nov. 12th at the building from 7:00-9:00 a.m. Lena Long has agreed to lead on this, but we will need plenty of people to cook, serve, and help with clean up. Please come to honor our Veterans and invite any Veterans that you know to come for a delicious and free meal.**

The Board held their meeting on Thursday. They agreed to provide hams for the Community Teacher's Association Christmas baskets and sponsor the Dictionary Project again, which provides a dictionary for every third-grade student at Southern Boone Elementary. These will be handed out to the students this Wednesday at 11:00. Please let Barrett know if you are interested in helping. The Board also voted to provide \$100 reimbursement to the group that printed the signed promoting Amendment 4 in the past election. The Red Kettle Campaign will begin on Nov. 22 this year and will continue through Dec. 31. Ernie Wren spoke about the FFA kids picking up the bikes that he had on hand for repairs and that the money that had been donated recently was used for parts. He also talked about the fact that several community groups were already requesting spots for next year's Spooktacular and that the Como Gives campaign will run from Nov. 27 through Dec. 31. We should have materials to share by next week's meeting.

Our attendance for Bingo was down to 117 with the beginning of Winter weather and deer season, so the kitchen and floor help were also short-handed.

We had a beautiful and delicious breakfast this morning, provided by Dave Taylor, Jacob Zagorac, Dayton Glover, and Ernie Wren. Our speaker this morning was Cheryl Unterschultz, the Executive Director for the Heart of Missouri Girls on the Run program. Girls on the Run was started in 1996 to help girls gain health, confidence, and camaraderie. The program spread across the United States and Canada and Heart of Missouri was founded in 2011.

There is a group here in Ashland at the Elementary school led by Sharon Horton, the guidance counselor.

Girls on the Run inspires girls to recognize their inner strength and celebrate what makes them unique through setting individual goals and working on positive peer relationship. This program helps girls as they deal with bullying and body image issues, as well as helping them make long-term, positive friendships during their adolescent years. Two ten-week sessions are provided for girls in third through eighth grade by volunteer coaches, who utilize research-based lesson plans to teach lessons through discussion, activities, and running games. At the end of the ten weeks, each girl performs a service project in their community and participates in a celebratory 5k noncompetitive event with a running buddy. The price is \$125 per girl, but no girl is turned away and up to 50% are helped through scholarships This money goes toward the materials and healthy snacks that are provided each time the group meets. Asics running shoes also sponsors Girls on the Run and provides appropriate shoes for each girl that is involved.

Some of the ways that you can help include volunteering to coach for ninety minutes twice a week, be a running buddy for the 5k, help with the 5k planning Committee, volunteering to help at the 5k (the next one is Sat. Dec. 1st 8:30-11:00), or donate through the website [www.heartofmissourigirlsontherun.org](http://www.heartofmissourigirlsontherun.org). If you would like more information, you can contact Cheryl at 573-246-0884.

After Cheryl was finished with her presentation, Janet had her draw for the Attendance drawing. Dennis Sapp, Mike Gilmore, and Beverly Steelman all had their chance at riches, but the pot will continue to grow.

Letitia DenHartog