



# ASHLAND OPTIMIST CLUB

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

**June 8, 2019**

**"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- June 13, 2019  
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: June 14- Team Two** This is an \$1,199 week and we are short on the floor and in the kitchen, so we would be glad to have extra help!

**Breakfast: June 15- Cody Hackmann and Letitia DenHartog since Mike Fulca is out of town**

**Program- Ellen Duggar- mission work in India**

There will be an Optimist Board meeting on June 13 at 7:15.

The Fishing Derby will be held this Saturday, June 15 at the city park pond from 9:00-11:00 a.m. We will have Dept. of Conservation staff and members of the High School Fishing Club helping, but many hands make light work and provide for lots of happy kids.

The Ashland Optimists will be hosting the Arcie Sapp blood drive in conjunction with the American Red Cross on Tuesday, June 25 from 3:00 until 7:00 p.m.

We had a good crew on the floor at Bingo Friday night, but attendance was down with only 101 players and the kitchen was short-handed also. Fortunately, we sold six special games on the floor, which helped us break even, and Missy Bonderer was able to help Mark Wanserski on his first night working the window in concessions.

Lena Long, Barrett Glascock, and Shawn Steelman served up an impressive breakfast this morning to a good crowd, including Steve Sapp, Jeff Sapp's father and a former firefighter, and Will Blue, Ernie Wren's nephew, who was here from North Carolina.

Lena brought up the fact that we need additional help in the kitchen on Friday nights. Anyone who is interested, please contact Lena or me and we will get you involved. This commitment is only once per month and helps support one of our regular fundraisers.

We held elections for the Board. Missy Bonderer will step up as President next year, with Lena Long as First Vice President and Gail Quigley as Second Vice President. Bruce Glascock and Bernie Bartel agreed to stay on the Board for another two-year term, with Lisa Barnham joining them. The members present voted to accept the slate as presented and their terms will begin in October, with the beginning of our official new year.

Our speaker this morning was Jeff Strawn, who is a Battalion Chief in Columbia for the past nineteen years, as well as an Air Force reserve firefighter since 1997. Jeff has been the Missouri Director for the Firefighter Cancer Support Network since 2015. This group ([www.firefightercancersupport.org](http://www.firefightercancersupport.org)) provides information and mentors for fire fighters that are dealing with cancer, as well as providing education and training for firefighters and the public about the incidence and prevention methods for firefighters and cancer.

Jeff shared that firefighters are nine percent more likely than the general population to have cancer and fourteen percent more likely to die from cancer than someone in the general population. Jeff admitted that numbers may be higher, but firefighters are difficult to track for cancer incidence after they retire. One of the top methods of prevention involves firefighters keeping their air pack on from the time they arrive at the fire until the fire is safely extinguished to limit inhalation of carcinogens. Another important prevention issue is keeping bunker gear (personal protective equipment) clean between uses by using commercial extractors. The downside of that is that the commercial extractors are too expensive for some firefighting units to afford. Bunker gear also expires every ten years and has to be replaced, which is an additional cost to the unit.

If you know of any firefighters that are dealing with cancer, please have them go to the website above or call Jeff at 866-994-FCSN (3276) to receive help.

When Jeff finished speaking, he drew for our Attendance drawing. Sara Walsh, Becky Edwards, and Dayton Glover missed their chance at riches, so the pot will continue to grow.

Letitia DenHartog