



OPTIMIST
INTERNATIONAL

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

January 7, 2023

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

Optimist Board

Dana Cafourek	President
Lisa Barnum	VP
Jan Palmer	Past Pres.
Barrett Glascock	Secretary
Heather Martin	Treasurer
Bruce Glascock	
Bernie Bartel	
Ken Bishop	
Shawn Steelman	
Robert Blake	
Leigh Kottwitz	

COMING UP

Jan 12 Board Meeting
Jan 14 Alicia Lange
Jan 20 Bingo
Feb 4 PANCAKE BREAKFAST

**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
Jacob Zagorac- 2019
Joy Woods- 2021
Steve Walsh-2021
Kristi Savage Clarke 2022
Norma Bennett 2022

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**Breakfast: Jan. 14- Carole Iles, Dorise Slinker, and Jennifer Lawson
Program- Alicia Lange- Peak Sport & Spine**

Remember that there is an Optimist Board meeting set for this Thursday at 7:00 p.m. in the building.

We are now four weeks out from Pancake Day on February 4th and still need people to coordinate this event. Please let Dana or Barrett know if you are interested in helping.

Our next Bingo will be held on Jan. 20th.

We had 113 players last night at Bingo, which with the number of special games that were sold, allowed us to make full payments to winners and still make a deposit of \$3,300. Even the kitchen deposited \$728 with the help of Brenda Austin, Charlie Selbach, and Norm Geary who brought extra desserts.

When Brenda Austin and Bonita Lenger were not available to make breakfast this morning, their big brother (Barrett Glascock) was kind enough to have his team trade with them. Barrett and Shawn Steelman served up a classic and delicious Optimist breakfast this morning.

President Dana Cafourek shared a thank you card from the Boone County MU 4H Council, signed by kids of all ages to thank us for our support of their Award Banquet.

Our speaker this morning was Karri Amelunke, a Southern Boone counselor from the Primary Building was selected as Outstanding Elementary Counselor for Mid-Missouri in April and for the state of Missouri in November. She was recognized at the MSCH Convention at Tan-Tar-A and at the state capitol. She has been a counselor at Southern Boone for twenty-one years and is currently working with all of the PreK, kindergarten, and half of the first-grade students. Kathleen Downey is the counselor for the rest of the first grade-students and all of the second-grade students. She and her family moved to Ashland from Columbia five years ago.

After sharing her credentials, Karri thanked our program for all we do for the students in the area through our sports programs.

Karri spoke about the additional challenges for students in the past three years, including anxiety, self-regulation, and relearning how to interact properly in group situations while dealing with big emotions. Many of their families are dealing with more stress also. Fortunately, the schools have partnerships with Burrell Behavioral Health for school-based services as well as FACE of Boone County (Family Access Center of Excellence) which provides a regional coordinator to Southern Boone who can provide services to families which allows the counselors to focus on the students through classroom curriculum. There are three tiers of services for students, with the majority of students only needing Tier one services, but Tiers Two and Three provide additional support for the students that need it. Teachers refer students for those tier groups. Providing services for this age of students normalizes the idea of asking for help when you need it.

The counselors also provide support for teachers. One thing they have done is provide a Zen Den with massage chairs, nice lighting, and comfortable furniture for teachers to step away and be able to prepare for their day.

To wrap up her presentation, Karri told us about National School Counselor week, which will be Feb. 6-13 this year before drawing for the Attendance drawing. Carrie Fischer-Bennett, Norm Geary, and Jennifer Zagorac had their chance at riches, but since they weren't there, the pot will have a chance to grow.

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