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

November 7, 2026
"You cannot do all the good the world needs, but the world needs all the good you can do."

Optimist Board

Ernie Wren President
Ken Bishop Past President
Vice President Dorise Slinker
Vice President Madeline Bloss
Barrett Glascock Secretary
Heather Martin Treasurer
Tony Ash
Tara Blue
Leigh Kottwitz
Dennis Sapp
Shawn Steelman
Chase Thomas

COMING UP
Nov 11 Annual Veterans Breakfast
Nov 12 Board meeting
Nov 20 Breakfast Tim Freeman
Nov 20 Youth Basketball Grades 1-4 registration deadline

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
Florence Hahn 2011
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
Wes Donley 2025
Louise Martin 2025
Rev. Elmer Schiefer 2026
Bern Bonderer 2026

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Breakfast (Nov. 14): Barrett Glascock, Shawn Steelman
Speaker: Tim Freeman- Road to Recovery

We will host our annual Veteran's Breakfast on Wed. Nov. 11th from 7:00-9:00 a.m. We will need help with setup on Tuesday at 4:30, which should only take an hour. Cooks are asked to be at the building by 6:00 on Wednesday, with others there by 6:45. Make sure you invite any veterans that you know.

The Ashland Optimist Board will meet Thursday, Nov. 12th at 7:00. Please contact Barrett Glascock with any necessary additions to the agenda by Tuesday.

Basketball for 5th & 6th grade starts next Saturday. There are currently six teams. We are still taking registration for 1st-4th grade basketball through Nov. 20th. If you are interested in helping, contact Madeline Bloss at ashlandoptimistbasketball@gmail.com.

We hosted Bingo Friday night, with 148 players., partially because St. Martins and the VFW in Jeff City canceled their Bingos, which brought in lots of new people. Lester Gilpin, Shawn Steelman, Charlie Selbach, and Robert Blake sold event tickets and brought in $2,810. This allowed us to deposit $6,500, $4,000 of which was profit, even after we paid out of just short of $10,000. The kitchen deposited just short of $1,000, even though we had a skeleton crew.

Our speaker this morning was Micheal Dwyer, who is a 42-year first responder veteran from Nebraska (and our current self-professed top hot dog cooker in the Bingo kitchen). He asked for veterans, first responders, and nurses in the audience, since these are careers that frequently deal with PTSD (post-traumatic stress disorder) and PTSI (post-traumatic stress injury). Both are conditions that occur after people experience a terrifying shock or life threatening event. Micheal shared stories from his experience, both humorous and life altering.

He also talked about the challenge of honoring the first line in the Optimist creed, which says, "Promise yourself to be so strong that nothing can disturb your peace of mind." He believes that people can learn methods to grow beyond this diagnosis and shared his experience attending a week-long retreat at Guardian Hills (guardianhills.com,) a 28-acre campus northeast of Kirkwood. Guardian Hills provides resources to assist veterans and first responders ways to heal from trauma and coping methods to move forward using post traumatic growth.

Micheal also talked about knowing the symptoms of PTSD/PTSI which include flashbacks, isolation, and hyper-reaction to visual or auditory stimuli. Micheal mentioned that if someone mentions suicide, instead of telling them they need help, take them somewhere to get care. He tells veterans, "Thank you for your service and sacrifice" and believes that it is important to let veterans share their stories by allowing them to lead the conversation. When Micheal was finished with his presentation, he took questions, then drew for the Attendance drawing. Dana Cafourek and Nancy Nickolaus had their chance at riches, but Bernie Bartel was pleasantly surprised to hear her number drawn.

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ashlandoptimist.org