



ASHLAND OPTIMIST CLUB

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

August 2013

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

Optimist Board

Greg Hawkins	President
Bill Lloyd	1 st VP
Janet Popejoy	2 nd VP
Letitia DenHartog	Past Pres.
Barrett Glascock	Secretary
Brandon Glascock	Treasurer
Jennifer Zagorac	2017
Bruce Glascock	2017
Louise Martin	2017
Robert Blake	2018
Elmer Schiefer	2018
Cheryl Field	2018

COMING UP

**Board Meeting- May 11, 2017
at 7:15 p.m.**

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

Bingo: May 12- Team Two

Breakfast: May 13- Bonita Lenger, Brenda Austin, and Carrie Fischer

Program- Angie Sullivan talking about Girl Scouts

There will be an Optimist Board meeting this Thursday at 7:15 p.m.

This year's Safety on Wheels program will be held at the Optimist building after the breakfast meeting on Saturday, May 20th. Janet Popejoy is coordinating it again this year and hopes to have a sign-up sheet posted by next week. She would also appreciate any donations of materials for the program or cash to purchase helmets and bicycles, all of which is tax-deductible.

The next day, Sunday, May 21st, please join us at Wes and Sharon Donley's 60th Anniversary celebration, which will be held at the Ashland Senior Center from 2:00-4:00 p.m. The invitation specifies that they prefer no gifts.

Bingo was up a little, with 121 players. There was plenty of help in the kitchen and on the floor, but Ben was missing in the pull tab window.

Dave Taylor and Dayton Glover helped Ernie Wren pull together breakfast this morning and we had the pleasure of meeting our newest member, Jan Palmer. She is Chris Palmer's mother and just moved into town recently.

President Greg Hawkins and second vice-president Janet Popejoy attended the Eastern Missouri District Meeting last weekend. They enjoyed good fellowship and the chance to watch Ivan Bossert win the District Oratorical contest, which awards a scholarship of \$25,000. Ivan will now continue to the Oratorical Regional Contest at St. Louis University on June 15th and a chance at a \$5,000 scholarship.

Greg read two thank you notes this morning. The first was from Brooke Trammel thanking the club for the Buddy Glascock scholarship which she will be using after graduation as she continues her studies at Missouri State University.

The other thank you note was from Addison, a third grader, who wanted to let us know that she appreciated the dictionary that she received from the Ashland Optimist club.



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Our speaker this morning was Paula VanDelicht. She is the dietitian at the Grindstone HyVee and she talked to us about portion control as a more realistic alternative to dieting. Paula also talked about being a dietary realist, which means she believes in everything in moderation. Some of the interesting information about serving sizes compares them to well-known items, such as: a serving of meat should be about the size of a deck of cards, and a medium fruit is about the size of a tennis ball. A tennis ball is also equivalent to a half cup of ice cream. One serving of cheese should be about the size of four dice piled together and a teaspoon of butter or peanut butter is approximately equal to the last joint of your thumb. Other easy estimates include one cup of vegetables or mashed potatoes is about the size of your fist the amount of pasta that fits inside a cupcake paper is a portion size. Many of the members at the meeting realized that our normal diets don't follow portion sizes very well.

Paula finished by saying that it is best to shop the perimeter in most grocery stores, away from the processed foods. Other ideas that she shared include trying to stay with in season (and local, if possible) produce, using a list, and looking at the ingredients to avoid trans-fats and hydrolyzed additions to foods.

Michela Skelton, who is running to fill the open 50th District State Representative seat joined us for breakfast this morning and was invited to draw for our attendance drawing when Paula had to leave after her presentation. Mary Ann Gowdy, Shannon Webster, and Traci Howard had their shot at riches, but the pot will have a chance to grow once again.

Letitia DenHartog