



July 2, 2022

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

Optimist Board

Jan Palmer	President
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Bruce Glascock	2021
Bernie Bartel	2021
Ken Bishop	2021
Shawn Steelman	2022
Robert Blake	2022
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COMING UP

Board Meeting: July 14

**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

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Next week:

Breakfast: July 9- John Travlos, Bern

Bonderer, Robert Blake

Program- Mayor Dorise Slinker- State of the City

The Arcie Sapp Memorial Blood Drive was held on Wednesday, June 29th, in honor of Hudson Eller. We had thirty-one donors, seven of whom were first time donors. Lena Long provided cookies and Bernie Bartel provided sandwiches. Charlie & Marg Selbach, Jan Palmer, Bernie Bartel, and Leigh Kottwitz were there to provide snacks and thank everyone who came to donate.

A wonderful breakfast was provided this morning by Jan Palmer, Bernita Bartel, and Donna Wobbe. Jan commented on the fact that Barrett was able to get the chest freezer that the Scouts use working again and that a side-by-side refrigerator has been acquired to replace the one that quit working.

Our speaker this morning was Kayla Riel, CARES (Cardiac Arrest Registry to Enhance Survival) Coordinator from MU Health Care. According to the American Heart Association, cardiovascular disease is the number one cause of death in Missouri. Kayla taught us about the simplified hands-only CPR (cardiopulmonary resuscitation), which removes mouth-to-mouth resuscitation, in the event of a sudden Cardiac arrest. This makes CPR easier to remember, so hopefully more people will be willing to attempt it. The quicker CPR is started, the more likely the patient will be to survive. From time of collapse, survival rates go down ten percent for every minute that CPR is not performed. It can take seven minutes in Columbia for medical personnel to arrive after 911 is called. Use the no, no go policy to decide whether to provide CPR: no response, no breathing, then start CPR.

Kayla demonstrated lacing your hands together and positioning them just above the victim's sternum, then starting compressions at a steady rate (using the song "Stayin' Alive sets a good rate of speed). Someone will need to continue compressions until medical personnel arrive, so it is worth getting someone to be available to take over if you start to wear out. Others in the area can call 911, find an AED (automated external defibrillator) if one is available, and guide medical personnel to your location. You need to make sure there is no more than ten seconds between people providing CPR if you have to switch.

When Kayla was finished answering questions, she drew for the Attendance drawing. Eric Barmann, Brandon Glascock, and Carole Iles had their chance at riches, but since none of them were at the meeting, the pot will have a chance to grow.

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