



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

March 5, 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
Lisa Barnum	VP
Dana Plunkett	VP
Missy Bonderer	Past Pres.
Barrett Glascock	Secretary
Heather Martin	Treasurer
Bruce Glascock	2021
Bernie Bartel	2021
Ken Bishop	2021
Shawn Steelman	2022
Robert Blake	2022
John Dougan	2022

COMING UP

Board Meeting: 1/13/22 7 p.m.

**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

Breakfast: Mar. 12- Bonita Lenger, Brenda Austin, and John Dougan

Program- Dana Cafourek talking about the prison system

Because of conflicts with several Board members' schedules, the next Ashland Optimist Board meeting has been rescheduled for March 17th. The meeting will still be scheduled for 7:00 p.m. at the Optimist Building.

We had an incredible turn-out for our first Breakfast meeting in a month, including Pat and Butch Brauner from the Fulton Breakfast Optimists, as well as six other guests from our community and our three speakers from the Southern Boone YMCA. They enjoyed a delicious breakfast of a sausage & egg casserole from Dana Cafourek, fresh fruit from Letitia DenHartog, as well as hot cross buns and fried tomatoes from Mike Fulca along with our regular bacon, sausage, biscuits and gravy.

Kip Bayte, branch director for the Southern Boone YMCA spoke first, with corrections from Faryn Griffin, Membership Director. Our YMCA opened seven years ago on March 5, 2015, in the building that now houses the City Offices and the Ashland Police Department and moved into their current location last year. The YMCA provides a variety of classes for adults, as well as sports programs for children. They also provide an extensive gym with machines and weights, as well as a turf room. They are working on building a 3/4-mile-long outdoor walking trail around their property. For more information and to see their class schedule, go to their website at <http://www.southernbooneymca.org/>.

After they finished speaking, Donna Wren led us in several of the exercises that are included in the Silver Sneakers program that she leads. The regular Silver Sneakers classes are held on Tuesday, Wednesday, and Thursday mornings and is open to anyone interested in staying fit. Donna also leads Silver Sneakers Chair Yoga on Tuesday and Thursday morning. The majority of the Silver Sneakers classes are covered under insurance.

When they had finished talking about the Southern Boone YMCA, Faryn drew for the attendance drawing. Joe Miller and Ernie Stewart could have gone home with riches, but when she drew Kip Bayte's number, he was thrilled to announce, "It pays to attend!"

Letitia Den Hartog