



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

June 8 2024

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

Optimist Board

Leigh Kottwitz President
Ken Bishop Vice President
Jan Palmer Lt. Gov, Zone 1
Dana Cafourek Past President
Barrett Glascock Secretary
Heather Martin Treasurer
Bruce Glascock
Shawn Steelman
Robert Blake
Marsha Lessley
Tara Blue
Bernie Bartel

COMING UP

June 13 Board meeting
June 15 Breakfast: Jackie Reed
June 21 Bingo
June 22 Fishing Derby
June 26 Arcie Sapp Blood Drive

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
Johnny Pauley 2023

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**Breakfast: June 15- Barrett Glascock, Shawn Steelman
Program- Jackie Reed- Helping Hearts & Hands**

The Ashland Optimist Board will meet on Thursday, June 13th at 7:00 p.m. in the building.

John Dougan will coordinate our annual Fishing Derby at the Ashland City Park on June 22nd from 9-10:30 and would appreciate at least four volunteers, if possible, but more would be welcomed.

Our Annual Arcie Sapp Memorial Blood Drive will be in our building on Wed. June 26 from 2-6. We will need donations of cookies and sandwiches, plus need people willing to greet our donors. Please contact Leigh Kottwitz if you are able to help.

The next Eastern MO Convention will be held on Aug. 16-18 at Courtyard by Marriott in Columbia. Officer-elect training will be held on Saturday, with the Governor's Choice Awards Banquet and installation of new officers on Saturday evening, and a Memorial Service on Sunday. Contact Barrett if you are interested in attending.

Get the Cattleman's Day Rodeo on your calendar the weekend of August 23-24. We will need help with the beer garden (contact Robert Blake), the concession stands, and selling tickets. We will share more information as we get closer to the date.

We plan to host a booth at the 2024 Ashland Fall Fest on Sept. 14th from 9 a.m.-4 p.m. Please add this to your calendar as well. We will need plenty of help.

We had Bingo on Friday night with 149 players, partly because Jefferson City VFW Bingo was closed during their convention. We had good help on the floor and in the kitchen, with three horse races and seven other games sold, which allowed us to deposit \$3,500. The kitchen deposited just over \$1,000 with Les Hahn's jambalaya.

Dana Cafourek made her delicious breakfast burritos and Mike Fulca served his fried tomatoes this morning for a delightful breakfast, with help from Letitia DenHartog. Dana also led the meeting since President Leigh Kottwitz was out of town. Barrett Glascock shared a thank you note that the club received from Breanna Barnum for the Buddy Glascock scholarship she was awarded.

Our speaker this morning was Abbey Overstreet, the account manager for the Columbia Red Cross center. Abby shared that blood donations decrease during the summer because people are busy, but it's a time that donations are more important because of higher incidences of trauma. Much of our local blood reserves are used for emergencies or as platelets to help cancer patients.

Abbey talked about the different types of blood donations, including whole blood donation, Power Red, platelets, and AB plasma. Whole blood donations are what the majority of donors provide and takes less than an hour. A donor can donate again eight weeks later. Power Red blood donation allows a donor to donate two units of red blood cells in one appointment by returning the donor's plasma and platelets. Power Red donations take longer and donors can only donate every four months. These are the only types of donations that can be done outside a Red Cross blood center.

Platelet donations collect blood platelets while returning red blood cells and most the plasma to the donor. It can only be done at a Red Cross Donation center because it requires a special machine. All blood donations have height and weight requirements, which can be seen at redcrossblood.org.

Our blood drive is in partnership with the Southern Boone High School and their National Honor Society. The Red Cross has a tiered program to earn scholarship money through the number of blood donations they receive during the school year. With our help, over 1,000 units were donated this school year, which allowed for a nice scholarship to be presented to Zoe Clark, who donated a gallon before she graduated.

Abbey also talked about some of the other services that Red Cross provides, including CPR training, disaster relief, free smoke detector replacement, military support, as well as medical or travel support for military families.

When Abbey was finished speaking, she drew for the Attendance drawing. Marvin Bennett, Dan Kennish, and Jessica Robinett had a chance at riches, but with their absence, the pot will have a chance to grow.

Letitia DenHartog
ashlandoptimist.org