



JACKSONVILLE JOTTINGS

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OPTIMIST
INTERNATIONAL

Friend of Youth

Optimist International Mission Statement—By providing hope and positive vision, Optimists bring out the best in kids.

Happy Anniversary Greater Jacksonville!

Twenty-one of us celebrated our club's accomplishments at the Manor Tavern. Dinner was delicious and the service outstanding. It was wonderful to be back at the Manor Tavern. 34 years ago, our first charter dinner with the original members of the club was at the Manor.



Past Governor David Bowman addressed the club officers and swore us in for the 2018-19 year.

The MDSD Optimists supported our club. Lt Gov Ken Bollinger & wife Fern, Past Gov Mark Harris, and Past Gov David Bowman and wife Pam attended.

Membership Meeting November 1 at 7:30 at Dave's.

This is our second meeting of the 2018-19 Optimist year. Come and join us!

Thank you Dime-A-Day donors!

Past President Barbara Crain presented pins to Carol Applegate, Fran Betty, Mike Borowitz, Adam Drescher, Anne Lane, Dave Ward and herself.

Happy October Birthday!

Dave Gilmore 10/15



Senior Center Dates

Shred-it Day October 20, 8:00—11:00 AM.

November 3, 6:00-10:00 PM Bull & Oyster Roast.

Hereford Fall Fest

October 20 & 21m 10 Am—5 PM.



Optimist Club Officers 2018-2019

CHAIRMAN OF THE BOARD

Barbara Crain
410-785-0410

PRESIDENT

Carol Applegate

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capplegate@jhmi.edu

VICE PRESIDENT

Carol Porcher
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Pam McCollum
410-803-0458

DIRECTORS:

Fred Figlewski
410-785-4874

Dave Ward

410-666-0086

Terri Parrish

443-275-1217

Mary Ann Hand

410-371-3370

CLUB MEETINGS

First Thursday of Month
7:30 PM

12900 Jarrettsville Pike

Phoenix, MD 21131

410-666-0086

34th Anniversary Dinner September 30 at the Manor Tavern.

Carol Applegate presented her board with fun gifts. Carol Porcher was awarded Optimist of the Year for all her wonderful work with our Independence Day Celebration and other youth activities.



Carol Porcher received Independence Day glow sticks and an Optimist Creed plaque. Mary Ann Hand received a silk bag for coin collection for Children's Cancer Campaign (CCC). Pat Applegate emptied his pockets of coins and other members helped to overflow it.



Marie Weber, Past President of the Ravensroost, was given \$200 for Independence Day support. Dave Ward was given an Optimist flashlight because "he lit the way" for Carol Applegate as her mentor. Anne Lane received a Dime-A-Day Award, and Adam Drescher was given a ream of paper for secretarial support.



Lt. Gov. Ken Bollinger regaled us with memories from our first dinner 34 years ago, and Barbara Crain received her Past President's lapel pin. We all enjoyed our Optimist evening.

Vitamin D Minute: BREAST CANCER (BC) PREVENTION & Vitamin D Deficiency (VDD):

This October there is reason to be "**Optimistic**" about **PREVENTING BREAST CANCER**--starting today & every day!

BACKGROUND: Pre-2009 research shows that Vitamin D Deficiency (VDD) is "strongly related to Breast Cancer (BC)." In 2010, VDD was reported to promote BC metastasis--or growth of BC cells in bones. In 2012, researchers found **VDD in 95.6%** of BC patients or "almost all BC patients." In 2014, **VDD was found in 99%** of females with BC. In 2013, researchers found VDD in early stage BC **increased the risk of BC recurrence and death**. In 2017, researchers reported that VDD blood test levels **below 20 ng/ml increased the risk of BC by 7.8 times**. In 2018, researchers again confirmed the strong significant association between VDD and BC .

OPTIMISM: In 2011, researchers reported a vitamin D blood level of **47 ng/ml reduced the risk of BC by 50%**. In 2014, researchers reviewed the medical database and found BC risk decreased as vitamin D blood levels increased. In 2016, researchers found the same "vitamin D3 BC protection." And in 2018, researchers reported finding a vitamin D blood level greater than or equal to **60 ng/ml resulted in 80% lower BC risk** vs. women with under 20 ng/ml in the blood.

OPTIMIST ACTION: Ask your doctor if you have ever had a vitamin D test and whether your blood levels are in the normal range or 30-100 ng/ml. If you have VDD, below 30 ng/ml, ask your doctor how much **over-the-counter vitamin D3** (not Rx D2) you can take DAILY to increase your D levels to 40 to 60 ng/ml. NOTE: It may take a few months, so start as soon as possible. It might even help prevent colds, the flu and over 300 other ills--as per research.

(Sources: Citation Excerpts from Dr. Page's new book, *The Global Pandemic of VDD: King of ALL Silent Killers*, available now on Amazon.com)

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Dr. Page, a Greater Jacksonville member since 2004 and financial supporter of our Independence Day Celebration, will write an article for our monthly newsletter. Thank you David. I checked my Vitamin D levels before my knee replacement revision surgery 10/10....A OK!



Surgery Update

My knee revision replacement was 10/10. Procedures were a little different than 6 years ago, so I am hopeful for a quick recovery. Of course physical therapy is a bear...but needs to be done. I will see you all at our next meeting at Dave's Thursday November 1 at 7:30. Carol.

MDSO First Quarter Conference

Carol A is planning to travel to Hagerstown to participate in our district's meeting on Saturday October 27. I could use some company if you want to ride up for the day.

Wreaths across America

Our club will again sponsor 5 wreaths at the Dulaney Valley Memorial Gardens to help honor the 35,00 fallen military heroes. There is another attachment to this email so that as an individual you can also sponsor personally.

Children's Cancer Family Fund

Mary Ann Hand has pulled the coin receptacles from the 3 sites in Jacksonville until after the holidays. They were "lost in the jumble" of other charities. If you know of a good site to place one, contact Mary Ann at 410-371-3370. This is a MDSO Optimist project directed by Timonium member Mickey Price to support both the Believe in Tomorrow House at Johns Hopkins and the families that stay there while their child under goes cancer treatment.

**Optimist Creed****PROMISE YOURSELF**

- To be so strong that nothing can disturb your peace of mind.
- To talk health, happiness and prosperity to every person you meet.
- To make all your friends feel that there is something in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, to work only for the best and to expect only the best.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheerful countenance at all times and give every living creature you meet a smile.
- To give so much time to the improvement of yourself that you have no time to criticize others.
- To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

