



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.



35 Years! WOW!

We celebrated with 22 people at Strapastas for dinner on September 19. It was wonderful to see the smiles and communication between our members and family. The club supplied the first beverage and dessert.

We enjoyed the good food and the time to reflect on the excellent works of our club this past year.

A Message from your President:

A rich and influential man was asked what he was worth. He gave an amount. The reporter replied, "That can't be right. You must be 10 times that much." "You didn't ask me how much I own—you asked worth. I calculated how much I gave to charity this year. You see, we are worth what we are willing to share with others."

Our member aren't multi-millionaires but we donate what we can and give lots of time and effort, "sweat hours", smiles and hugs. I want to recognize our multiple 5 year anniversary members who appreciate volunteerism and the opportunities to help our community.

Charter Members 35 year certificates

Donald Bennett	Robert Cook	Adan Drescher
Orville Hughes	Harry Kolodner	Lyal Peyton
Robert Rigger	Ashby Shanks	David Ward

25 year certificates

Partee Boliek	Mary Lu Hartley
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20 year certificate

David Gilmore

15 year certificates

Dr. David Page	Stephen Porcher
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Those that did not attend, will receive their certificate in the mail.



Optimist Club Officers 2019-2020

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410-785-4874

Dave Ward
410-666-0086

Terri Parrish
410-971-5999

Mary Ann Hand
410-371-3370

CLUB MEETINGS
First Thursday of Month
7:30 PM
12900 Jarrettsville Pike

I appreciate the work of our board of directors. They continue to support the club and our projects. I gave a special recognition and hug to Carol Porcher for leading us through another successful Independence Day Celebration.



Adam Drescher was given a Secretary's plaque as Board Member of the Year for serving as the charter secretary and now into his 4th year under my administration. I appreciate his witty smile and willingness to do what it takes to keep us organized throughout the year.

Our Greater Jacksonville Member of the Year was Barbara Crain. As Chairman of the Board, she takes some of the responsibility off my shoulders and annually supports the club and Independence Day paperwork submittals and permits. She never refuses a task.

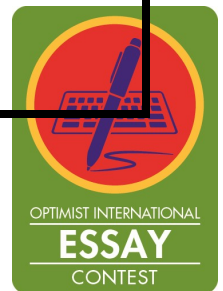


Happy October Birthdays!

Dave Gilmore 10/15



Optimist Essay Contest
\$2500 District Award
\$100, \$75 & \$50 Club Awards
"Is Optimism the Key to Achieving the Dreams you iMagine?"
Due mid-January
Under 19 of age by Oct.1
Chair: Terri



Country Fair Day—Oct. 12 St John's Lutheran

3911 Sweet Air Rd. Breakfast at 7:00 am

Zone 6 meeting Saturday 10/26 at Applegate's house 10:00 am

4001 Chesley Ave, Baltimore, 21206. Join us for brunch.

Membership Meeting Nov. 7 @ 7:30 at Dave's



DESPAIR: What can you do?



The Center for Disease Control and Prevention (CDC) recently named "DESPAIR" as one of the main reasons U.S. life expectancy declined in 2017, for the third year in a row. We spend more in the U.S. on healthcare per person (about \$10,348 in 2016) than any other of the top 12 economy countries--which actually spend about half as much. DESPAIR DISEASES are on the increase, including drug abuse, alcoholism and suicide. Deaths from other major causes still on the increase include heart disease, lung disease, stroke, Alzheimer's, and diabetes. Research has found that most of the above listed diseases are more common when Vitamin D Deficiency (VDD) is present. In addition, research is finding that VDD reduces chances of survival from a hospital stay--especially in Intensive Care Units and Trauma units.

So, What can you do? If you drive a car, you know to have the oil level checked on a regular basis in order to PREVENT damage to your car's vital engine. If you want to help yourself, you should have your vitamin D blood levels checked, by your doctor, to prevent damage to your vital body. VDD needs to be diagnosed and treated with simple, safe and cost effective over-the-counter (OTC) vitamin D3. There is simply no reason you should have to live with a vitamin deficiency. VDD can be devastating to the body, especially as time goes on. VDD has been linked to many areas of poor mental health from Anxiety, Depression, Manic Depression, Bi-Polar Disorder, Schizophrenia, Seasonal Affective Disorder (SAD), and many other forms of DESPAIR. No surprise that an estimated one billion people globally, many Americans and 80+% of Americans in hospitals have VDD.

On the other hand, a sufficient Vitamin D blood level was found by researchers to have the following properties: anti-aging, anti-cancer, anti-depression, anti-infection, anti-bacterial, anti-fungal and anti-viral, anti-inflammation and anti-pain. **Is your blood level of vitamin D in the normal range of 30 to 100 ng/ml?** Even better, is it between 50 and 80 ng/ml? It might just be time to find out. Time to prevent some DESPAIR!

NOTE: Breast Cancer (BC), a major cause of DESPAIR, is just one more reason to find out your vitamin D blood level. Researchers have known for years that a vitamin D blood level of 60 ng/ml reduces the risk of BC by 80%!!! It also decreases risk of BC recurrence AND increases BC survival. Who Knew? Now you do!! Learn more, read: The Global Pandemic of VDD (Vitamin D Deficiency): King of All Silent Killers. (available at Amazon.com)

For Better Health,

Sincerely,

Dr. David C. Page

Member Greater Jacksonville Optimist Club

WWW.SmileyPage.com





Chief Scott Dundas of the Jacksonville Volunteer Fire Company (JVFC) was honored with a Community Service Award for his nearly 40 years as a first responder. Scott has a thirst for knowledge, taking courses and becoming nationally certified in emergency services disciplines.

As an instructor, he has a distinct ability to guide and mentor his students making sure they can perform their assigned duties and return home safely. Scott also works for Baltimore County as a Fire Apparatus Driver Operator since 1992. The Jacksonville community is fortunate to be protected by a progressive fire company with Scott at the helm.

Scott spoke about the need for fire service and the support the community has given. A fundraiser having food trucks on site has been a success.

Joining us is GJOC member Steve Watkeys who is the President of the Company's Board. They were given a check for \$250 for the JVFC.

Thank you Pat Applegate for being our photographer.

Thank you Mary Ann Hand for collecting \$38.70 from the coin boxes in shops at the shopping center. Funds go towards the Children's Cancer Family Foundation.

Thank you to Mary Ann Hand and Adam Drescher who have joined me in traveling to Zone and MDS district meeting this past year.

