

ROOSTER CALL



PLATTEVILLE OPTIMIST CLUB

Currently Meeting 7:00 AM Fridays at Country Kitchen, Hwy 151, Platteville, WI

Platteville Optimist Weekly Bulletin – Friday, August 11, 2017

“To Impact the lives of youth in a positive and encouraging manner”

Attendance: 30 members attended –Tim Boldt, Duane Borgen, Laura Brown, Paul Budden, Chris Budden, Charlie Clark, Peggy Compton, Howard Crofoot, Dan Engelke, Beth Frieders, Kevin Haertzen, Dave Jones, Ken Kamps, Doug Martin, Fern Nall, Tom Nall, Leon Neuheisel, Becky Schambow, Jerry Schewe, Joy Schewe, Greg Sieckman, Mary Sieckman, Bob Stephens, Barb Stockhausen, Ernie Thalmann, Linda Thomas, John Urness, Bob Weier, Ron Weier, and Wayne Wodarz

Guests: Our speakers for the day, Caleb Smith and Cedric Flesher.

Mystery Greeter: Barb Stockhausen shook Chris Budden’s hand. Her ticket was not the lucky one for the Joker Draw today.

Joker Draw: Linda Thomas was surprised to have her lucky number drawn today. She drew the 2 of clubs and smiled as she accepted her \$2.00

Announcements:

***Birthdays/Anniversaries:** Birthday: Terry Beebe (8/11)

Anniversaries: Steve and Maggie Kleisath (8/17)

Stuff the Bus: Today was the last day to donate to Stuff the Bus. Thanks to Peggy Compton for delivering the cash and donated items.

Cheese Curd Volunteers Ken Kamps stated that he had two cancellations for the Grant County Fair. Please contact him if you can help out.

Board Meeting: Tuesday, September 5, 7:00am, PBII

Installation update: Installation will be on Sunday, September 24th at the Country Club. More information to come.

Program:

Barb Stockhausen introduced our speakers who came to talk to us about the opportunities at Anytime Fitness which has been in Platteville since 2013.

Caleb Smith, Personal Training Manager, enjoys playing basketball, biking and the outdoors. He is very glad to be part of the training team and is dedicated to helping others stay healthy. He described how members are screened and a Personalized Get Started Plan is developed for them when they come to the club. Members have the opportunity to work with a coach. An hour session includes time for warm up, corrective suggestions, 40 minute workout and 5 minute cool



Cedric Flesher, Barb Stockhausen, Caleb Smith

down. In addition members usually work out on their own two or three times a week. Caleb described some of the promotions for the month of August.

Cedric Flesher, Manager at Anytime Fitness, enjoys spending time with family and friends, and staying active. He is pleased to have the opportunity to help people with their health and fitness goals also. Cedric explained some of the team training opportunities (groups of 4-10 people) as well as how a member's progress is evaluated. Cedric talked about the fees for membership as well as the benefits and cost of working with a trainer. The goal of all personnel at Anytime Fitness is to provide as much individual support as you need on your health journey. Find out more on their website.

Weekly Speakers: Thank you Barb Stockhausen for coordinating our speakers for August!!

August 18 – Chris Brown (pending owner of Tesla Automobile)

August 25 – Herb Cody, QueenB Radio

~~~~Minutes taken and drafted for Rooster Call by Fern Nall



Grant County Fair Time

Thanks for volunteering to sell cheese curds!