

# ROOSTER CALL



## PLATTEVILLE OPTIMIST CLUB

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

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



### 2018 – 2019 Officers and Board of Directors

Becky Schambow, President – Wayne Wodarz, Past President  
Dan Engelke, President Elect – Tom Nall, Second Vice President  
Duane Borgen, Treasurer – Maxine Lane, Secretary

**BOD:** Tim Boldt, Chris Budden, Steve Lane, Tim Murphy Mary Sieckman, Ernie Thalmann

### Platteville Optimist Weekly Bulletin –August 16, 2019

**Attendance:** 36 Members – Jim Boebel, Duane Borgen, Brad Brogley, Brian Brown, Laura Brown, Chris Budden, Howard Crofoot, Hap Daus, Gary Engelke, Beth Frieders, Kevin Haertzen, Mike Hahn, Priscilla Hahn, Dennis Helbing, Bob Hundhausen, Dave Jones, Ken Kamps, Maggie Kleisath, Maxine Lane, Steve Lane, Doug Martin, Eileen McCartney, Tim Murphy, Leon Neuheisel, Diane Paynter, Becky Schambow, Jerry Schewe, Joy Schewe, Bob Stephens, Ernie Thalmann, Linda Thomas, Gene Weber, Ron Weier, Wayne Wodarz, Terry Wood, Tim Wood.

**Guests:** President Schambow acknowledged and welcomed Lori Laufenberg as our speaker this morning and also extended a welcome to Dylan Pink, our 2019 Oratorical winner, his mom Kim and brother TJ.

**Cheese Curd Sign Up:** President Schambow thanked those members who had signed up for Dairy Days; however, further stated we still need volunteers for Saturday and Sunday. A signup was circulated.

**Member Update:** President Schambow was pleased to report Fern is recovering from her recent medical procedure. A card was circulated for members to sign and send thoughts and prayers to Fern.

**Mystery Greeter:** Maggie Kleisath greeted Tim Murphy.

**Birthdays/Anniversaries:** No birthdays; however, celebrating anniversaries are Steve & Maggie Kleisath 9/17, Jim & Dorothy Olds 9/18, Anne & Dick Klawiter 9/20 and Virg & Marcia Pufahl 9/22.

**Mail/Thank You Notes/Club Acknowledgements:** Thank you received from Girl Scouts.

**Joker Draw:** Steve Lane’s name popped up again this morning, drawing the 2 of spades.

### **Sippy Cup Award:**

Members were alert this morning, spotting 2 members deserving of the prestigious Sippy Cup Award. Word circulated that Priscilla Hahn may have been the true recipient; however she willingly nominated hubby Mike. And, can you believe it, sister Chris turned in her brother Gene Weber.



**Member Recognition(s):** President Schambow announced the recognition of several members at the fourth quarter SWIS Convention. Dime-a-Day pins were presented to Mike Olds and Terri Ellis. Members recognized and receiving pins for members recruited were Maxine Lane, 25 new members, Charlie Clark, 15 new members, Chris Budden, 1 new member and Fern Nall, 1 new member.

**OLD BUSINESS/REMINDERS:**

- Grant County Fair passes are available if they have not already been picked up.
- Last day for stuff the bus donations
- Shirts are still available for \$8.00
- Chamber announced retirement of Kathy Kopp in February, 2020

**Program:** It was a pleasure to welcome Lori Laufenberg, co-owner of Snap Fitness in Platteville. Lori is a certified personal trainer and nutrition coach. Growing up in Muscoda, she attended college at UW-P.

At the age of 16, Lori took a step aerobics course at UW-Richland Center and was instantly hooked. “I was not an athlete and did not go out for sports in high school, but I enjoyed being outdoors and being active,” stated Lori. After a couple years of working the front desk at Snap Fitness, Lori was nudged to pursue a personal training license. Reluctant at first, she began to work with clients and realized this was her calling. Soon after, she bought into the business and went on to become a certified nutrition coach. Lori further stated, “I love the feeling of helping people and I really feel like I have the potential to make a difference.”



Lori presented every member present with a FREE week pass to Snap Fitness. Although her presentation was on nutrition, she emphasized the importance of physical activity and physical fitness in conjunction with nutrition. A couple questions Lori gets quite frequently, ‘What should I eat and how much should I eat?’ To answer the questions and for future reference, each member was provided a handout entitled, ‘How to create the

perfect meal’. The handout identified selections in protein, vegetables/fruits, smart carbs and healthy fats. Also identified was serving size for each of the categories. Also included were spices to use in enhancing the taste of prepared foods. Lori’s presentation was educational, informative and most interesting. Time was allowed for Q & A.

**Weekly Speakers:** Many thanks to those members who helped Bob Weier arrange speakers for August.

August 23: Road trip to Kieler Farms

August 30: Jim Boebel, Superintendent Platteville School District

Thanks to Linda Thomas for coordinating our September speakers.

Sept. 13: Sarah Digman, Grant County Coordinated Services

Sept. 20: Barb Lange Okey, sharing her Kidney Transplant experience

Sept. 27: Molly Dean, Senior Outreach Liaison for Agrace

Minutes taken and drafted by Maxine Lane

**How to recruit  
a new member?**



**HELP WANTED:** In need of two Optimist volunteers for Dairy Days cheese curd shift on Saturday evening, 9/7 from 7:30-10:30 and two for Sunday, 9/8 from 3:00-6:00. Contact Max, 608-778-7786, [msmacy105@yahoo.com](mailto:msmacy105@yahoo.com)