

# ROOSTER CALL



## PLATTEVILLE OPTIMIST CLUB

MEETING 7:00 A.M.

EVERY FRIDAY AT TAKE 2 RESTAURANT

**Friday, May 29, 2015**  
**Country Kitchen Restaurant**

**Attendance:** Twenty-eight (28) Optimists attended today's meeting, with "a bunch" (i.e., no count was taken!!) of members wearing their Optimist shirt.

**Mystery Greeter:** **Becky Schambow** greeted our current 2nd V.P. **Kevin Haertzen**.

**Luck of the Draw:** **John Urness**'s ticket was drawn for the Joker Draw. Unfortunately for John, he was one card away from the Joker and winning the big pot, drawing the 3 of Spades for two dollars instead. An impromptu second drawing was done for a surprise award, and Diane VanNatta won!! She's still considering whether to accept her prize: the position of 2nd V.P. for the coming year!

### **Business Meeting:**

Ron Weier presided in Maxine Lane's absence.

Happy Anniversary wishes were extended to Hap and Barb Daus and Jerry and Joy Schewe.

No other business was conducted this morning.

### **Program:**

Charlie Clark introduced today's speakers, Terry and Patti Cullen and Meghan Skemp, who spoke about suicide prevention/intervention as well as efforts they are currently making to provide more support in our area for those who are affected by someone else's suicide, especially that of a loved one.

Meghan began the presentation by sharing some of her life experiences during her high school years. A very active, involved, and apparently happy student, Meghan was also experiencing strong feelings of depression, so much so that she would at times considered suicide. She was pretty good at hiding these feelings, however, so no one had much, if any, clue regarding her depression or suicidal thoughts.

She confided in her then relatively new boy friend (now husband!!), which led to the intervention and support needed to help Meghan deal with her issues. It was this type of life experience and the help she received that influenced her to pursue a career helping others. She has worked as a social worker with Grant Co. Social Services, and now works part time through Community Evangelical Free Church offering counseling services.



**Meghan Skemp, Patti Cullen and Terry Cullen**

In particular, Meghan now wants to bring awareness to mental health and provide support groups for those who suffer from conditions like hers and have challenging life experiences such as the one Patti

and Terry Cullen had, losing their son Ben to suicide in November 2014. Meghan briefly covered the “QPR” (Question, Persuade and Refer) method of intervention that anyone can use when confronted with someone indicating suicidal intentions.

Patti and Terry then talked about their very difficult experience of losing Ben. There were no obvious signs that Ben suffered any type of mental health issues or had suicidal thoughts. Patti described their son and how, along with two daughters, theirs was a happy active family, a real group unit, thus making the point that anyone can end up dealing with circumstances similar to theirs. And once in that position, Patti and Terry realized how important it was to have others to talk to and share, especially when they also experienced some hurt when people seemed to not understand and turned their backs on the family. It is helpful to just listen to other’s stories and the message behind their stories.

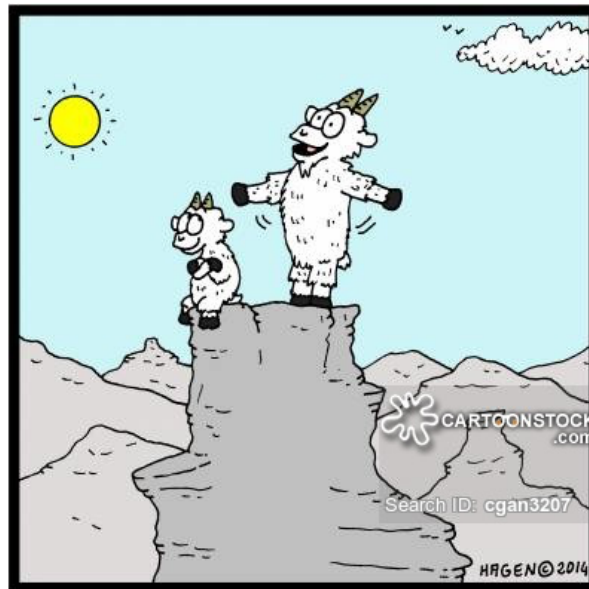
With the cooperation of Meghan, Patti and Terry have started a group in Platteville for Survivors of Suicide. The meetings are held the 2<sup>nd</sup> Tuesday of the month at Mound City Bank Motor Branch. People are reaching out to Patti and Terry looking for support. Patti explained that their efforts to bring about some good from the bad thing that happened have also been helpful in their own healing journey. Fund raisers are planned, including a 5K walk on Saturday, September 26, 2015, to keep the support group going and to create more awareness of the support available to survivors of others’ suicides and promote much needed suicide prevention strategies within the community.

### Upcoming Speakers:

Kathy Kopp is in charge of speakers for the month of June.



There's nothing I can do for you Maxine — Your optimism is incurable!



Every day son, I feel on top of the World!

Minutes taken and submitted by Eileen Engelke and Joy Schewe; edited for “Rooster Call” by Charlie Clark.