

ROOSTER CALL

PLATTEVILLE OPTIMIST CLUB

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

Vision Statement: *“To Impact the lives of youth in a positive and encouraging manner”*



2019 – 2020 Officers and Board of Directors

Dan Engelke, President; Wayne Wodarz, Past President;
Tom Nall, President Elect; Tim Boldt, Second Vice President;
Duane Borgen, Treasurer; Becky Schambow, Secretary

Board of Directors

Chris Budden, Steve Lane, Tim Murphy, Doug Martin, Leon Neuheisel & Linda Thomas

DECEMBER 27, 2019

Attendance: 17 members attended: Joan Bahr, Duane Borgen, Chris Budden, Paul Budden, Charlie Clark, Gary Engelke, Bob Hundhausen, Dave Jones, Maxine Lane, Eileen McCartney, Fern Nall, Tom Nall, Leon Neuheisel, Joy Schewe, Ernie Thalmann, Linda Thomas, Wayne Wodarz.

Guests: Tom Nall, facilitating our meeting in the absence of D Engelke, welcomed our speaker and guest, Nick Martinez.

Mystery Greeter: Linda Thomas was the mysterious person this morning shaking hands and greeting Joan Bahr just at the right time.

Anniversaries:

- Mike and Priscilla Hahn – Today (27th)
- Tim and Terry Wood on 29th

Birthdays:

- Anne Klawiter – Today (27th)

Joker Draw: Winner Winner....Chicken Dinner!

Tom Nall was not only holding the lucky ticket when the number was called, he also had the magical touch when he ‘cut’ the cards, commenting he was “on the cutting edge” revealing the joker and winning ½ of the pot. Congrats Tom!!



Mail /Thank You Notes /Club Acknowledgements / Special Announcements:

T. Nall passed around the following thank you notes that had been received: Friends of the Mining Museum, Family Connection and Wisconsin Badger Camp.

Old Business / Reminders:

- **Annual Holiday Party Sign Up Reminder – Sunday, Jan. 12, 2020.** Linda Thomas had the sign-up sheet, listing who was attending. It was passed to remind members if they had signed up and if they had not, an opportunity to do so.

New Business:

Program: Nick Martinez from Snap Fitness – recruited and introduced by Maxine Lane



Nick is the Club Manager and Certified Personal Trainer at Snap Fitness. A graduate of UW-Platteville with a degree in Environmental Engineering, Nick has always had an interest in exercise and nutrition and soon discovered he preferred physical fitness training over being an engineer. He has been researching fitness and training for the last ten years and his ultimate goal is to own his own fitness center, which he feels his current position with Snap Fitness has him going in the right direction. His presentation today addressed exercise and age.

Nick's first focus was on the benefits of exercise and proper nutrition, listing the following:

- Strengthens the heart and increases oxygen flow
- Helps to control blood sugar if you have been diagnosed as being borderline diabetic
- Studies reveal it reduces colon and breast cancer
- A means of reducing stress in our lives
- Keeps the mind sharp
- Results in getting proper amount of sleep as exercise can tire you out

Nick also confirmed that the older generation (baby boomers) is the highest population currently utilizing a gym. In working with Nick as a trainer, he classifies his clients into one of three groups, inactive, consistent with a defined routine or competitive. This allows Nick to work with his clients properly to maximize their benefits/results. He encourages someone starting an exercise routine to set goals; small goals are the best to result in success. He also stated to build a plan which will keep your interest level high and you will be more engaged. Nick further focused on what he believed to be the pillars of exercise and proper nutrition, those being: increased reaction time, physically stronger, heart becomes stronger by working the heart, improved balance as well as improved mobility/flexibility and cognitive/emotional health. One last suggestion from Nick was: Start something, don't be inactive. Time was allowed for Q & A.

Upcoming Speakers:

- **January 3, 2020 – Business Meeting and possible speaker Arnie Roper, Launch of Baseball and Football card Optimist Club fundraiser. Cards graciously donated by Arnie.**
- **January 10th: 2020: Bob Hundhausen – How Elections Affect the Market**
- **January 17th: Dan Rohrbach – CEO Southwest Health**
- **January 24th: Pending**
- **January 31st : Jeffrey Huebschman (Advisor); Jack Rasmussen & Nick Nelson (UWP Students) – Research project on “Flying Squirrels”**

Highlights of Meeting Recorded by: Maxine Lane