

Platteville Optimist Club Monthly Highlights | March 2022

Vision Statement: "To Impact the lives of youth in a positive and encouraging manner"

2021-2022 Officers:

Howard Crofoot, President; Melissa Palfrey, Vice President; Tom Nall, Past President; Duane Borgen, Treasurer; Fern Nall, Secretary

2021-2022 Board of Directors:

Terri Ellis, Mark Essex, Jordan Holthaus, Steve Lane, Leon Neuheisel & Alaina Reeves

Published for Members on March 31st, 2022

Due to COVID-19, the Board of Directors has been meeting via Zoom, with our most recent meeting held on March 1st, 2022. The "Governing Board & Committee Updates" below were reported to the Membership at their Business Meeting on March 4th, 2022.

Governing Board & Committee Updates

Treasurer's Report & Approval of Board Meeting Minutes: Motion to approve Minutes from 2.1.22 made by L. Neuheisel, seconded by D. Borgen, and carried. Treasurer's Report dated 2.28.22 was presented by D. Borgen, who stated account balances and highlighted the activities occurred in February. M. Palfrey motioned to approve, seconded by S. Lane, and carried.

President's Comments: Howard will be out of town during March 18th – 25th meetings.

Finance Committee: D. Borgen submitted the latest budget information dated 2.28.22. He has final list of members to conduct annual review of financials: C. Clark, D. Engelke, D. Hlavaty.

Youth Committee: Amongst the 35 Essay Contest entries were the following prize winners: 1st Place for \$150 – Nuzaira Rabbanni (Platteville Middle School); 2nd Place for \$100 – Caleb Timmerman (St. Rose, Cuba City); 3rd Place for \$50 – Ben Thill (St. Rose, Cuba City). Oratorical Contest is Monday, March 14th at the Platteville Incubator. Volunteer sign-up going out on March 4th via email. Tri-Star Basketball is Saturday, March 26th: Volunteers arrive at 10:00, registration starts at 11:30, contest starts at 12:00.

Fellowship Committee: According to CDD Guidance, Grant County is considered "Low" in COVID transmission and caseload. For counties with a "Low" rating. Board dismissed suggestion of going back to Country Kitchen this Friday, March 4th for our business meeting due to the short notice/potential lack of CK staff scheduled; Howard will reach out to CK and check with Beth Frieders that her speakers are comfortable with in-person. Along with the Zoom link for this Friday's Meeting, Alaina will encourage members to attend and vote on Zoom or in-person. If the Club approves returning to Country Kitchen for meetings and Beth's guest speakers are comfortable, then we will resume meeting at CK on March 11th.

Speakers for March (Coordinated by Beth Frieders):

March 4th: Business Meeting via Zoom

March 11th: Dr. Rich Dhyanchand presenting on the new Physician Assistant program coming to UW-P in May '23.

March 18th: Beth Frieders discussing her endurance horse riding experiences.

March 25th: Lauren Prister discussing different kinds of vaccines for COVID-19.

Membership Committee: Membership committee will meet on Thursday, March 3rd to continue planning new membership outreach, discuss potential of adapting VOOM on Zoom effort to in-person meetings and discuss most appropriate date for the Spring NOW Luncheon given the City Swap, Mother's Day and UW-Platteville Commencement are occurring throughout May.

Publicity/Newsletter/Website Committee: Melissa Palfrey noted that Optimist International Day (February 3rd) posts were uploaded to Facebook, plans to post upcoming events (Essay/Oratorical/Tri-Star Basketball) events, and encouraged Board members to send photos to her at 608-778-0238 (or 608-732-0110 after hours) or be emailed to her at community@familyadv.org

Old Business: Platteville Inclusive Playground Fundraiser Update: D. Borgen reported we've received \$1,275 in club donations and H. Crofoot reported we have not heard back from OI on if we received the \$1,000 CHW grant. Dime-A-Day reminder: OI funds Essay/Oratorical contest prizes, CHW grant, etc. so thank you for supporting it.

Conclusion: Next Board Meeting is Tuesday, March 29th at 7:00AM via Zoom. Our next weekly meeting is Friday, March 4th at 7:00AM via Zoom. Motion to adjourn made by L. Neuheisel, seconded by T. Ellis. Meeting adjourned at 7:47AM.

Board Minutes submitted by Alaina Reeves, filling in for Secretary Fern Nall.

MARCH 4th, 2022 – MARCH BUSINESS MEETING

Attendance: There were 26 members who attended including: Carley Borcherding, Duane Borgen, Paul & Christine Budden, Charlie Clark, Howard Crofoot, Hap Daus, Terri Ellis, Deb & Steve Elvidge, Mark Essex, Beth Frieders, Bob Hundhausen, Maggie Kleisath, Steve & Maxine Lane, Doug Martin, Fern & Tom Nall, Leon Neuheisel, Eileen Nickels, Melissa Palfrey, Alaina Reeves, Ernie Thalmann, Ron Weier, and Wayne Wodarz.

Introduction: Meeting called to order by President H. Crofoot at 7:01AM. Pledge of Allegiance was led by C. Borcherding, followed by the Optimist Creed led by S. Elvidge.

Announcements:

- This is the fourth of our VOOM on Zoom meetings.
- Caring Concerns for Our Members:
 - Bob Weier, Doreen Hlavaty, Tom Nall, Charlie Clark, and Fern Nall
 - Joan Bahr has been taken home to be comfortable. She and her family are in our thoughts and prayers.
- Special Dates to Remember this Week:
 - Member Birthdays: Jen Schweigert (March 3rd)
 - Membership Anniversaries: Tom Jonas (March 1, 1972); Duane Borgen (March 1, 1980); Phil Swift (March 1, 1981); Hap Daus (March 1, 1988); Kevin Haertzen (March 4, 2013); George Byykkonen (March 5, 1997) and Howard Crofoot (March 5, 1997)

Board of Directors Meeting Report & Comments: H. Crofoot reviewed the March Board and Committee Updates as noted on pages 1-2. Members discussed items and approved the Board's motions as follows:

- **Treasurer's Report** 2.28.22 presented by D. Borgen. M. Essex motioned to approve with a second from M. Lane.
- **Finance Committee:** D. Hlavaty, D. Engelke & C. Clark were approved as the annual internal review team.
- **Youth Committee:** Oratorical Contest: Volunteer Sign-up will be emailed out this afternoon. W. Wodarz gave update on judges who've volunteered: Charlie Clark, Madge Neuheisel, and Annette Carroll (schoolteacher at Iowa Grant). The Tri-Star Basketball: March 26th; Optimists show up at 10, Registration starts at 11:30, contest begins at 12:00.
- **Community Service Committee:** Nothing to Report.
- **Fellowship Committee:** H. Crofoot extended thank you to Beth Frieders for coordinating March Speakers. The Board discussed the future location of our meetings at length after H. Crofoot presented the latest statistics for cases. The Board made no recommendation. All March speakers can do either zoom or in person. An email was sent to membership to participate in today's meeting or email A. Reeves by 7:30AM if they wish to vote on resuming in-person meetings. Participants had the option of participating in a poll to vote on this topic. Across the 18 participants who voted on Zoom and 6 emails received prior to 7:30 this morning, the vote was 22 to 2, in favor of returning to Country Kitchen.
- **Membership Committee:** Membership committee met on Thursday, March 3rd to continue planning new membership outreach, discuss potential of adapting VOOM on Zoom effort to in-person meetings and discuss most appropriate date for the Spring NOW Luncheon given the City Swap, Mother's Day and UW-Platteville Commencement are occurring throughout May. They recommend June 11 at First English Lutheran Church between 11 AM and 1 PM.
- **Publicity/Newsletter/Website Committee:** M. Palfrey shared same announcement published on page 2.
- **Cheese Curd Committee:** Nothing to Report; Meeting scheduled for March 9th at 5:30PM.

Old Business: Nothing to Report

New Business: M. Lane asked about the possibility of doing a hybrid Zoom/In-person meetings going forward. H. Daus and M. Palfrey will research the technology needed and the internet connection at CK to see if this is possible.

Conclusion: H. Daus motioned to adjourn meeting, seconded by T. Ellis. Meeting adjourned at 7:39AM.

Minutes respectfully submitted by Alaina Reeves (helping for Secretary Fern Nall)

MARCH 11th, 2022 – RICH DHYANCHAND, UW-PLATTEVILLE PHYSICIAN ASSISTANT PROGRAM

Attendance: There were 25 members, 1 FOO and 2 Guests including: Carley Borcherding, Chris & Paul Budden, Charlie Clark, Howard Crofoot, Hap Daus, Rich Dhyanchand (Guest), Terry Ellis, Steve & Deb Elvige, Beth Frieders, Doreen Hlavaty, Bob Hundhausen, Maxine Lane, Bob Lowe (Guest), Eileen McCartney, Tim Murphy, Tom & Fern Nall, Leon Neuheisel, Melissa Palfrey, Alaina Reeves, Bob Stephens, Joy & Jerry Schewe, Ernie Thalmann, Gene Weber (FOO) and Wayne Wodarz.

Introduction: Meeting was called to order by H. Crofoot at 7:00AM. Members stood for the Pledge of Allegiance and Optimist Creed. We welcomed our guest speaker, Rich Dhyanchand, and Bob Lowe. Checks were presented to Bob Lowe, City Parks & Rec Director for \$300 towards "Every Child Plays" and \$350 to Soccer & Swim sponsorships; Melissa Palfrey/Family Advocates for \$600.

Announcements:

- Caring/Prayer requests for our members: Joan Bahr passed away Monday night. M. Lane sending a card from the club. Visitation is Sunday 3-6 at Melby. T. Nall announced he is cancer-free! F. Nall shared an update on her health.
- Membership Anniversary: Ron Weier joined on March 13th, 2009
- Howard passed around volunteer Sign-ups for Oratorical & Tri-Star Basketball Contests
- Jerry Schewe gave update on Dime a Day: Sent \$800 total to OI Foundation.
- Howard will be out of town for March 18th – 25th meetings. M. Palfrey will lead these meetings.
- Treasurer duties at In-Person Meetings: M. Lane is filling in for D. Borgen today, March 11th; E. Engelke volunteered to fill in for D. Borgen on March 18th & 25th; D. Borgen may be back in April to resume in-person treasurer duties.
- "Hybrid" Meetings: M. Palfrey and H. Daus researched the ability to stream our meetings on Zoom. The equipment needed includes a pressure zone microphone and camera and would cost around \$500. Moving this discussion to the Board.

Meeting Activities: Mystery Greeter Chris Budden greeted Bob Hundhausen. Guest Bob Lowe drew B. Hundhausen's ticket in the joker draw, who drew a Jack of Diamonds. The Free Breakfast Draw absentees drawn were B. Deis and L. Schlager, and present members drawn were M. Palfrey and F. Nall. Hap Daus earned a sippy cup and Maxine collected \$5 for Name Tag Fines.

Guest Speaker: Rich Dyhandchand, UW-Platteville

Rich is a native of Rockford, IL. After earning his medical degree, he worked at Pfizer for 5-6 years. He is currently an associate professor in the biology department at UW-Platteville and lives in Lancaster with his wife, 3 kids and dog. Dr. Dhyanchand has been in academia for 15 years, first at a community college in Rockford, IL, and then came to UW-Platteville in May of 2010. On campus, he teaches about human biology & pathology and advises students who are planning to pursue further education in medical, dental, or other related fields. For the past couple years, Rich has spent half of his time at work on program development to attract and recruit students to UW-Platteville including an advanced nursing partnership with UW-Oshkosh and an ultrasound technician program.

A few years ago, UW-Platteville hosted a forum for rural medical/healthcare providers to attend and voice how UW-P could help local communities. Conversations held during this summit clearly identified a need for a Physician's Assistant Program in our rural area. A former colleague of Rich and Beth's, Virginia (Gin) Snyder, recommended a distant learning program via UW-Madison. In partnership with the University of Wisconsin-Madison Physician Assistant Program, students working towards this degree will be able to do so from right here on campus. The program will be called UW-Madison WisPACT @ UW-Platteville. With a focus on rural healthcare, the UW-Platteville program intends to address the need for more broad-based primary care providers in our area.

Physician Assistants complete master programs that equip them to work autonomously, though collaborate as needed, with a practicing physician (M.D. / D.O.). Earning a Physician Assistance degree takes 6 years (4 years undergrad, 2 year program); a Medical Degree takes about 12 years. Rich described the 2-year PA program as a very fast-paced, compressed medical school, with the first year being didactic and the second year consisting of 8-week clinical rotations in internal medicine, family medicine, emergency medicine, surgery, and two other electives.

Rich shared some visuals of their \$2.5M plans to transform the 1st floor of Ullrich Hall into the program's dedicated space. This space will include classrooms, labs, mock clinical exam rooms, faculty/staff offices, silent study and private student spaces. They have very recently submitted an ARC-PA application to a Distant Campus and Feasibility Study. Once the space is finished, it will need to be accredited by the ARC-PA. Pending accreditation, the program will begin hiring and training new faculty in Summer of 2022. Student interviews will begin in January of 2023, and the first cohort of 10 students will begin the program in May of 2023. In the meantime, Rich will be spending most of his summer weekdays up at UW-Madison observing how their PA program is taught. He is excited to bring this program to life at UW-Platteville next Spring!

Conclusion: Next Week's Meeting is Friday, March 18th at 7:00AM at Country Kitchen – Beth Frieders will present on her endurance horse riding experiences. Meeting adjourned at 8:00AM.

Minutes submitted by Alaina Reeves and Fern Nall

MARCH 18th, 2022 – BETH FRIEDERS on ENDURANCE HORSE RIDING

Attendance: Attendance: There were 23 in attendance: Tim Boldt, Carley Borcherding, Charlie Clark, Hap Daus, Deb Elvidge, Steve Elvidge, Dan Engelke, Eileen Engelke, Gary Engelke, Mark Essex, Beth Frieder, Bob Hundhausen, Fern Nall, Tom Nall, Leon Neuheisel, Melissa Palfrey, Alaina Reeves, Becky Schambow, Jerry Schewe, Bob Stephens, Ernie Thalmann, Gene Weber, Wayne Wodarz

Introduction: M. Palfrey (filling in for H. Crofoot) called the meeting to order at 7:00 AM. Members stood for the Pledge of Allegiance and Optimist Creed.

Announcements:

Bob Hundhausen accepted our check for \$250 for the Platteville Community Arboretum.

Special dates to remember included: Birthdays: Paul Budden and Jerry Schewe March 18th, Linda Thomas and Wayne Wodarz March 24th. Membership Anniversaries: William VanDeest on March 21, 2002, Doug Martin on March 23rd, 2005.

Meeting Activities: Mystery Greeter Steve Elvidge greeted Charlie Clark. Joker Draw: Bob Hundhausen won and drew the 7 of spades.

Old Business:

- Tom Nall provided an update on the Oratorical Contest held of Monday, March 14th at the Incubator Center. Winners were 1st place, Nuzaira Rabbani from Platteville Middle School, 2nd place, Caleb Timmerman from St Rose, and 3rd place Treyton Furrer from St. Rose. The first and second place contestants will be going on to the district level to compete on May 14th at DeForest as there isn't a zone contest this year. The winners will be asked to present their speeches on April 29th. Thank you to the volunteers who helped all got everything taken care. The Judges were great.
- Tri-Star Basketball on Saturday March 26 at Bo Ryan Court at the UW-P Fieldhouse. Tim informed the club that everything is set with 10:00am set up and 11:30 REGISTRATION 12:00 competition. Coach Gard plans to bring some students to talk to the participants.

New Business:

- The Club received the OI Foundation Childhood Health and Wellness grant for \$1,000 toward the Inclusive Playground. Photo op for the check presentation scheduled for April 8th.
- M. Palfrey announced that Family advocates received a grant of \$3.5 million and plan to build a new facility. She wrote the grant with the help of the city. Congratulations.

Guest Speaker: Beth Frieders, Fellow Optimist, sharing experience on Endurance Horse Riding

Dr. Beth Frieders, an active member of our Club was born and raised on a hobby farm in Indiana where she grew to have a love of horses. During her years between college and graduate school Beth showed Arabian Horses. Beth received her PhD in Plant Sciences from the University of Minnesota and moved to Platteville in 1997 where she joined the Biology Department at UW-Platteville as a faculty member. She started competing in distance riding in 2013, and in 2021 she realized her dream by finishing a 100-mile ride. She has three horses and three cats at the present time.

She presented a very interesting PowerPoint presentation about her experiences in horse distance riding and photos of her three horses, the equipment she uses to travel to the races, her participation in the races and people who race with her.

Her three horses are Mickey (35 years old) and the mother of Fannie, Beth's second horse. She has had Fannie (22 years old) since birth, and Bunny, her third horse, who she got from her sister in 2016. Beth feels Fannie is the least athletically inclined, but does love trail riding. Bunny is a gifted athletic horse who loves to do distance riding but at times her challenging personality makes the ride very challenging for Beth.

She started long-distance riding in 2013, and has gotten some friends involved in it, for example Donna Gavin a former Optimist member. Competitions run from April until October. There are 8 events held in Wisconsin at places such as North Kettle Moraine State Park, South Kettle Moraine State Park, and a private trail system by Necedah. This year she is sponsoring a distance ride in Avoca. Each event has rules for that riding event. All events are conducted by volunteers who mark the trails, make campground arrangements, provide riders with rules information, etc. In some cases, the riders or horses don't compete in hot weather because of heat exhaustion issues for the horse and the riders. Beth stressed that the health of the horses during competition is more important than the health of the riders. There are mandatory health checks throughout the ride for the horses and at the end the horses need to pass a final health check to qualify for awards. It is up to the rider and team members to make sure the horses are feed, have water and take breaks during the ride. The team and riders must eat also so that they don't pass out during the ride. Levels of race competition include Limited Distance which are 25–35-miles, Endurance Rides, which are 50, 60, or 100 miles, and Novice distance rides.

The schedule of each competition is usually about the same. The 40-60riders meet, socialize the night before, and have the horses ready for their vet checks in the morning. Your day usually starts at 5 or 6 am in the morning where riders will warm the horses up for 30 minutes. The riders themselves get 15 minute to warm up. Riders take to the trail at the pace the horse and rider

can endure. Riders may ride by themselves or in a cluster, in which case all ride the pace of the slowest horse. Your rate needs to be moderate throughout the trail for the health of the horse and riders around you. You stop for vet checks through the race. You and your horse may get separated during the race, but both of you must travel the entire trail together and end up at the finish line together. Awards given for the event may be a bucket, t-shirt, handmade quilt, 6 pack lunch bag and ribbons. There is an organization to keep track of your ribbons and awards.

Beth explained that this is the least expensive equestrian sport. You need time and money to train, travel, and compete. Costs include care of the horses and their saddles, which is expensive, the cost of your accommodations for the ride, and entrance fees for the rides. Beth owns 6 saddles ranging from \$1000-\$4,000 each. The more you participate in the sport the more you upgrade things. Beth started camping in a tent and now owns and travels with a truck and trailer.

Conclusion: Conclusion:

- Next Week's Meeting: Friday, March 25th at 7:00AM at Country Kitchen
- Adjournment 8:08 am

Minutes respectfully submitted by Fern Nall

MARCH 25th, 2022 – DR. JEFF HUEBSCHMAN on his TRIP TO THE ANTARCTIC

Attendance: There were 26 in attendance, Jim Boebel, Tim Boldt, Carley Borcherding, Terri Ellis, Deb Elvidge, Steve Elvidge, Dan Engelke, Gary Engelke, Eileen Engelke, Mark Essex, Beth Frieders, Doreen Hlavaty, Maxine Lane, Eileen McCartney, Tom Nall, Fern Nall, Leon Neuheisel, Melissa Palfrey, Alaina Reeves, Bog Stephens, Ernie Thalmann, Ron Weier, Wayne Wodarz, Melissa Palfrey. Guests: Amy Coffee, Terri Ellis's friend and Dr. Jeff Huebschman

Introduction: M. Palfrey (filling in for H. Crofoot) called the meeting to order at 7:02 AM. Members stood for the Pledge of Allegiance and Optimist Creed.

Announcements:

We welcomed the following guests: Amy Coffee, Terri Ellis's friend and Dr. Jeff Huebschman
Special dates this week included Happy Birthday to Eileen McCartney who turned 65 today.

Meeting Activities:

Mystery Greeter Eileen McCartney named Ron Weier. Joker Draw winner was Tom Nall who cut the 3 of spades.

Old Business:

- Tri Star Basketball will be held Saturday, March 26th at the Bo Ryan Court at the UW-P Fieldhouse. Tim Boldt and Eileen McCartney have contacted the schools. Publicity for the even included news releases in the Journal, Queen B Radio and through the Parks and Recreation department. A. Reeves made a good plea for more volunteers.
- T. Nall announced that he found out the Oratorical Contest winners need to go to zone level competition before the district level. Arrangements are being made for the zone level competition to be held Saturday, April 2nd. The Essay and Oratorical winners will be here on April 29th to present their entries.

New Business:

- Gary and Eileen Engelke announced that they are planning their 50th wedding anniversary celebration at the Golf Clubon July 30th and will keep us posted.

Upcoming Speakers for the Month of April (Coordinated by Tom Nall)

- April 1st – Business Meeting
- April 8th – Bob Lowe will speak about the Parks and Recreation Department
- April 15th – Doreen Hlavaty will speak about her recent trip to Africa
- April 22nd – Rand Atkinson will talk about his book
- April 29th -The winners of the Essay and Oratorical contests will join us

Guest Speaker: Beth Frieders introduced Dr. Jeff Huebschman

Dr. Jeff Huebschman, who was born in Nebraska. He obtained his MS degree from the University of Nebraska-Omaha, and PhD. Degree in zoology from the University of Nebraska-Lincoln studying Franklin squirrels. Jeff joined the UW-Platteville biology department in 2003 where he teaches a variety of classes. He lives in Lancaster with his wife, Erin, and their dogs.

Dr Huebschman introduced their 2 ½ week trip to the Antarctic as their 26 ½ wedding anniversary due to covid. They were a little nervous about going on a cruise ship with covid testing still in place. In the end he was pleased the testing was in place as one of the people who joined the trip tested positive for covid and remained in Buenos Aires during the trip.

His presentation showed the route they traveled through Buenos Aires, the Drake passage, and then to the Shetland Island where they saw the upper half of the continent. They saw Chinstrap and Adelie penguins, seals, whales, and a jawbone. They didn't realize that the penguins were stinky because of their daily lifestyle. Penguins live in tight knit circular colonies. Their diet is fish and algae. Penguins remain in their rock nests most of the time and don't move far to do their business. Therefore, the outer ring of the nest is mostly their excrement. The result is that most of the penguins look dirty and are smelly. The penguins are the only fertilizer on the land and so they were pleased to see some small sprouts.

In addition to penguin slides, he showed examples of different ocean water ice, which are not thick, and freshwater ice, which can be 6' thick. The examples of them taking excursions on land and in zodiacs was interesting. The guides mark the trails for the excursions on land for the safety of the tourists for their hikes. The penguins have the right of way, and they were amazed at the size of the penguin highways, which were straight paths formed as the penguins moved between their nests.

Before the question-and-answer period he thanked his wife, Erin, for her patience with his interest in ice, nature, and credited her with being a good sport. Thanks for your presentation, Jeff.

Conclusion: Meeting adjourned 7:50AM

Minutes respectfully submitted by: Fern Nall, Secretary

ACKNOWLEDGMENT OF MEMBERS' SPECIAL DAYS IN APRIL

April Birthdays:

Leon Neuheisel – April 9th
Diane Paynter – April 10th
Mark Haas – April 15th
Deb Elvidge – April 17th
Chad Holstein – April 19th
Penny Droessler – April 23rd
Tom Nall – April 29th
Tim Murphy – April 30th

April Wedding Anniversaries:

Bob & Victoria Hundhausen – April 1st
Bob & Jeanette Stephens – April 2nd, 1988
Ernie & Shirley Thalmann – April 8th, 1972
Paul & Chris Budden – April 14th, 2007
Eileen & Thomas Nickels – April 25th
Melissa & Levi Palfrey – April 26th, 2013

April Membership Anniversaries:

Lynn Schlager – April 7th, 1999
Jordan Holthaus – April 14th, 2018
Greg Sieckman – April 16th, 2017
Mary Sieckman – April 16th, 2017
Linda Thomas – April 16th, 2017
Ron Holl – April 17th, 2003
Jeff White – April 28th, 2017
Barb Deis – April 30th, 2019
Penny Droessler – April 30th, 2019
Caroline Kroll – April 30th, 2019
Eileen McCartney – April 30th, 2019
Alaina Reeves – April 30th, 2019

April Friend of Optimist Anniversaries:

Faherty, Inc. – April 2017
Family Pet Hospital – April 2019