



Platteville Optimist Club Monthly Highlights October 2022

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

2022-2023 Officers: Melissa Palfrey, President; Alaina Reeves, Vice President; Howard Crofoot, Past President; Duane Borgen, Treasurer; and Becky Schambow, Secretary.

2022-2023 Board of Directors: Terri Ellis; Deb Elvidge; Mark Essex; Doreen Hlavaty; Jordan Holthaus; and Leon Neuheisel.

Published for Members October 30, 2022 by Becky Schambow, Secretary

HIGHLIGHTS OF WEEKLY MEMBERSHIP MEETINGS HELD IN OCTOBER 2022

BUSINESS MEETING: - OCTOBER 7, 2022

Attendance: There were 27 members in attendance including: Jim Boebel; Carley Borcharding; Charlie Clark; Amy Coffey; Howard Crofoot; Hap Daus; Terri Ellis; Debra and Steve Elvidge; Mark Essex; Beth Frieders; Doreen Hlavaty; Ken Kamps; Maggie Kleisath; Maxine and Steve Lane; Doug Martin; Tim Murphy; Tom Nall; Leon Neuheisel; Alaina Reeves; Becky Schambow; Jerry and Joy Schewe; Ernie Thalmann; Ron Weier; and Wayne Wodarz. There were no guests.

Call to Order: The meeting was called to order at 7:00 a.m. by President Melissa Palfrey. Members then joined together in reciting the Pledge of Allegiance and the Optimist Creed.

Meeting Activities:

- **Mystery Greeter:** Amy Coffey was the Mystery Greeter, greeting Maxine Lane.
- **Joker Draw:** Alaina Reeves' ticket was drawn, however she cut the five of diamonds.
- **Breakfast Drawing Winners:** Carley Borcharding and Wayne Wodarz were the two members present whose names were drawn, and Kim Skemp and Barb Stockhausen were the two members not present whose names were drawn to receive a free breakfast in October.

Special Dates Announced: by President Palfrey

Birthdays this upcoming week:

- Steve Kleisath – October 8th
- Terri Ellis – October 9th
- John Zuehlke – October 10th

Wedding Anniversaries this upcoming week:

- Dean and Vicki Feldman on October 10th

Membership Anniversaries this month:

- Ken Kamps – October 1st, 1970
- Deb McWilliams – October 20, 1995
- Ernie Thalmann – October 17, 2008
- Brad Brogley – October 15, 2015

Friend of Optimist Anniversaries this month:

- Weber Business Consulting – October 20, 2016
- Garvey's Auto Service – October 27, 2016
- H & R Block – October 22, 2019

BOARD OF DIRECTORS MEETING REPORT: President Palfrey reviewed the following highlights from the Board meeting held on October 4th, 2022.

TREASURER'S REPORT for Sept. 30, 2022 (submitted by Duane Borgen, Treasurer):

President Palfrey noted the Internal and Youth Account balances contained in report, highlighting the Joker Fund Balance (included in the Internal Fund). Palfrey advised that a motion was made by the Board to approve the report as printed. Maxine Lane seconded this motion, which carried unanimously.

- **Suggestion to Put Some in CD:** Ken Kamps made a suggestion that the Board discuss the possibility of putting some of our funds into a CD. This will be added to upcoming Board agenda.

COMMITTEE UPDATE HIGHLIGHTS:

- **Finance / Administration:**
 - **Budget Process Update:** The Finance Committee met on October 3rd to begin the budget process.
 - **Dues Policy Revision:** The Board made a motion to update the "Dues Policy" with the following changes: Update dues amounts as approved by Membership on Sept. 9th; deletion of paragraph regarding amount of dues per member paid to OI for insurance as this is no longer applicable from dues account; and adjusting the billing dates to be 30 days later. Doreen Hlavaty seconded the motion. Motion carried.
 - **Dues Collection Update:** Approx. 20 members still owed dues due on 10-1-22
 - **Letter to FOOs:** T. Ellis sending a courtesy letter to FOOs advising them of increase.
- **Community Service:** Nothing to report.
- **Membership:** Nothing to report.
- **Publicity / Newsletter:**
 - **SWIS Logo:** This year's SWIS logo has been added to our website.
 - **Monthly Highlight Publications:** September Highlights are posted on website – emails will be sent with link each month as they are posted.
- **Cheese Curd:**
 - **Year End Update:**
 - Not all bills are in yet so final income report is not done.
 - Committee planning to meet October 26th to evaluate year's events and determine what we might need to improve upon for next year.
 - J. Holthaus thanked all who volunteered.
- **Fellowship:**
 - **Annual Installation and Awards – October 9th:** Plans are set for event to start at 4:30 p.m.
 - **October Speakers – recruited by Maxine Lane**
 - October 14th, Ann Bonner – Supervisor of Cardiopulmonary & Sleep Lab Services at Southwest Health - Sleep Apnea – What is it and how to treat it.
 - October 21st - Jo'El Pearlman - 22-23 SWIS District Gov. "Let's Talk Optimism"
 - October 28th - Melissa Palfrey - Club President - What to Expect in Year Ahead
 - **Speaker Recruiter Sign-up for 2023:** Alaina Reeves circulated a sign-up sheet requesting volunteers to recruit speakers in 2023.

OLD BUSINESS: Nothing to report

NEW BUSINESS:

- **Stuff the Bus:**
 - B. Schambow confirmed with Jim Boebel that there is no longer a Stuff the Bus program.
 - Other alternatives for donating to school systems to be considered in this fiscal year's budget

- **Bylaws Review and Revision:**
 - The Board reviewed and has made a motion for amendments to the Bylaws.
 - As per Bylaw requirements, a written notice of the proposed amendments will be sent out on/about October 14th by email to members to review;
 - Membership vote on any Bylaw amendments will be taken at next Business Meeting – Nov. 4th
- **Committee Description Policy:** The Board made motion to revise policy with following changes: Cheese Curd Committee will prepare final report on sales, expenses, net profit **“in collaboration with Treasurer”**; take out the expected number of social functions the Fellowship Committee is expected to plan (4) and leave it open ended; and in the Publicity / Newsletter / Rooster Call Committee description, take out reference to Rooster Calls with statement they contain weekly minutes. Motion was seconded by Charlie Clark. Motion carried.
- **Committee President / Liaison Assignments:** Board will be determining Committee President / Liaison assignments at their November meeting. **If interested in serving on a Committee, let Melissa or Becky know.**

Next Board Meeting: is scheduled for November 1, 2022.

OTHER BUSINESS:

- **Thank You Received:** For Club’s donation to the Historical Re-enactment.
- **Invitation to Miners Ball:** An invitation was circulated inviting Club members to attend the “Miners Ball on February 4, 2023. Tickets can be registered for online at www.mining.jamison.museum/programs/
- **Thank You Letters Written:** Becky Schambow noted that thank you letters have been sent to the following for donations they made to our Cheese Curd events:
 - Mast Water Technology for donation of water at Grant County Fair
 - Jordan Holthaus for donation of water
 - Allegiant Oil for our Propane
 - Bob Hundhausen for the rubber mats in our trailer
- **Suggestion to Consider Zoom Membership Meetings:** There was a suggestion that we attempt to have our membership meetings available via Zoom in addition to being live. President Palfrey noted this would require some investment in equipment as well as a person (or persons) commitment to attending / facilitating the Zoom connection each week. Tom Nall indicated he would be willing to do this.
 - **Survey Recommended:** It was suggested that we survey membership relative to the following questions:
 - What is members’ Interest in offering Zoom at meetings;
 - Meeting Times – would members prefer one or more meetings offered at noon or other time;
 - Do they read Monthly Highlight Newsletters on website;
 - Committees they’d be interested in serving on;
 - Social event ideas.

This will be discussed further by Board. Terri Ellis volunteered to assist with setting up survey on Google.

ADJOURN: A motion was made by Terri Ellis, seconded by Charlie Clark to adjourn the meeting at 7:55 a.m. Motion carried.

Respectfully submitted by: Becky Schambow, Secretary

WEEKLY MEETING - October 14, 2022

There were 25 members and 2 guests present

MEETING HIGHLIGHTS: President Melissa Palfrey opened the meeting at 7:00 a.m. and led the attendees in reciting the Pledge of Allegiance and the Optimist Creed.

- **Guests Welcomed:** Ann Bonner (*speaker*) and Sultana Amin were welcomed as guests.

- **SPECIAL DATES NOTED: Special Dates to Remember:**

- **Member Birthdays this Upcoming Week:** None
- **Member Wedding Anniversaries this Upcoming Week:** Dr. Jeff & Amy White – Oct. 15th

- **MEETING ACTIVITIES:**

- **Mystery Greeter:** Gary Engelke was the Mystery Greeter, greeting Beth Frieders.

- **Joker Draw:** Ann Bonner drew Howard Crofoot's ticket, however, Howard drew the Ace of Clubs.

INFORMATION PROVIDED / DISCUSSED:

- **Announcements:**
 - **Sympathies to Diane Paynter** on the passing of her father (*Kenneth Henry*) – a card was circulated to be sent to Diane and family.
 - **Thank You received from Erica Davidson**, from Impact Life for letting her speak on Sept. 23rd.
 - **Fund Crazer Ticket Sales:** Netted \$888. for our Club.
- **Old Business:** None
- **New Business:** None
- **Speakers: Speaker Coordinator for October is Maxine Lane**
 - **Next Week's Speaker – Oct. 21st** - Jo'El Pearlman - 22-23 SWIS District Gov. "Let's Talk Optimism"

GUEST SPEAKER: Ann Bonner, Supervisor of Respiratory Care, Sleep Lab & Cardiopulmonary Rehab. Departments at Southwest Health - Sleep Apnea – What is it and how to treat it.

Today's speaker was introduced by Becky Schambow. Ann is a Registered Respiratory Therapist, and Registered Polysomnographic Technician (*sleep testing*) with 40 years of clinical experience. She has been at Southwest Health for 17 years and prior to that she was in Southeast Florida working at 2 different large hospitals in West Palm Beach and Ft. Pierce. It was noted that hurricanes in 2004 and less than optimal schools for her kids sent her north.

Using a power point that displayed facts she explained what Sleep Apnea is, what the risks are, what the signs and symptoms are, and what testing and treatment can be done. Highlights of the information include:

- Sleep Apnea is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep. This happens when your upper airway becomes partly or completely collapsed.
- Those at risk of having sleep apnea are: any age, even children; males are a higher risk than women; being overweight; being over the age of forty; large neck size; large tonsils, tongue, or small jaw bone; family history; and a nasal obstruction due to deviated septum.
- Signs and symptoms include: snoring; pause in breathing while sleeping; waking up choking or gasping; daytime fatigue; morning headaches; not being able to concentrate; depression; mood swings / personality changes; waking up to use the bathroom a lot; and waking up with a dry throat.
- Health risks of Sleep Apnea include: high blood pressure; stroke; heart failure; heart attacks; diabetes; depression; chronic fatigue and chronic headaches.
- Sleep apnea and diabetes often have a connection, as well as heart disease / issues.
- There are written screening forms to help determine your possible risk that you can get from your provider or hospital's Sleep Lab. (*Ann distributed today*). If needed, your provider may order a subsequent home test and / or an in-hospital, overnight test if needed.
- The preferred treatment for Sleep Apnea is a "CPAP" device that consists of a small machine and a mask that you wear that provides "continuous positive airway pressure" to you while you are sleeping.

CONCLUSION: Meeting adjourned at 8:00 a.m.

Meeting Notes Recorded by: Becky Schambow

WEEKLY MEETING - October 21, 2022

There were 31 members and 1 guest present

MEETING HIGHLIGHTS: President Melissa Palfrey opened the meeting at 7:00 a.m. The members recited the Pledge of Allegiance and the Optimist Creed.

- **Guests Welcomed:** Jo'El Pearlman, SWIS District Governor was welcomed.

INSTALLATION OF NEW MEMBER: President Palfrey welcomed and installed Sultana Amin as our newest member. Sultana was recruited by Gary Engelke.

SPECIAL DATES NOTED:

- **Birthdays – the upcoming week:**
 - Diane VanNatta – October 22nd;

- Carley Borcharding – October 25th
- **Members' Wedding Anniversaries – the upcoming week:** Ron and Jan Weier – October 26th

MEETING ACTIVITIES:

- **Mystery Greeter:** Joy Schewe was the Mystery Greeter, greeting Carley Borcharding.
- **Joker Draw:** Wayne Wodarz drew Doug Martin's ticket, however, Doug drew the three of Spades.

INFORMATION PROVIDED / DISCUSSED:

- **Announcements:** None
- **Old Business:** None
- **New Business:** None
- **Speakers: Speaker Coordinator for October is Maxine Lane.**
 - **Next Week's Speaker – Oct. 28th** – President Palfrey, What to Expect in Year Ahead

GUEST SPEAKER: SWIS District Governor, Jo'El Pearlman

Our SWIS District Governor, Jo'El Pearlman, was introduced by Maxine Lane. Jo'El's chosen theme for her year as Governor is "All Roads Lead to Optimism".

Jo'El began by saying "I'm a visitor, not a speaker". She worked as a church secretary and in caring for shut-ins and the elderly. She gave a brief history of her background as an Optimist, noting that her original membership began in 2008. She noted she is a Charter Member for two different clubs, one of which is the Optimist Club in Kenosha (*her home*). After attending an Optimist convention, she ended up joining a Los Angeles, CA club as well and participates in that club via Zoom.

She then led an extremely fun and interesting activity by asking various members how they became involved in our club. Responses were both interesting and in some cases humorous. In example, Paul Budden stated he accidentally put his ticket in a bucket at an event where our club was offering a free membership and he won. He had, however, intended to put that ticket in a bucket for a PCA prize. He ended up enjoying being an Optimist and a year later recruited his wife Chris to join as well. Mark Essex responded that he had moved into the community with a history of having moved a lot in his lifetime as a minister's child. Mark noted he had been invited to a meeting by a neighbor and enjoyed our gatherings stating he "likes building a community around him". Many members had similar stories of being invited to meetings and ending up joining.

Jo'El ended her visit with us by introducing us to her stuffed "Otter" bear who will be campaigning with her to tell others they "Otter be an Optimist". She complemented our Club on its welcoming, enthusiastic and humorous atmosphere. Jo'El stated "it's our joy and responsibility to invite and encourage participation in our great club".

CONCLUSION: Meeting adjourned at 8:00 a.m.

Meeting Notes Recorded by: Becky Schambow, Secretary

WEEKLY MEETING – October 28, 2022

There were 21 members and 1 guest present

MEETING HIGHLIGHTS: Past President Howard Crofoot opened the meeting at 7:00 a.m. The members then recited the Pledge of Allegiance and the Optimist Creed.

- **Guests Welcomed:** Joe Bormann, Guest Speaker

SPECIAL DATES NOTED:

- **Birthdays – the upcoming week:** Ken Kamps birthday – October 28th.
- **Members' Wedding Anniversaries – the upcoming week:** None

MEETING ACTIVITIES:

- **Mystery Greeter:** Tom Nall greeted Doug Martin.
- **Joker Draw:** Joe Bormann drew Ernie Thalman's ticket. Ernie then drew the ten of Diamonds.

INFORMATION PROVIDED / DISCUSSED:

Platteville Optimist Club – Highlights – October 2022

- **Report from Installation and Awards Banquet on October 9th:**
 - **Barb Stockhausen Installed:** Barb was re-installed as a regular member at the meeting. (*Charlie Clark sponsor*)
 - **Awards Presented at Banquet:**
 - **President's Citation:** (*nominated by Howard – awarded by OI*) - Fern Nall, *Posthumously*
 - **Optimist of the Year:** Alaina Reeves
 - **Outstanding Member Award:** Chris and Paul Budden
 - **Chuck Thalmann Service Award:** Steve Lane
 - **Past President Recognition Award:** Howard Crofoot
 - **Cheese Curd Committee Volunteers:** Video, created by Alaina Reeves was shown displaying pictures and statistics from 2022 events. Video acknowledged names of all volunteers.
 - **Cheese Curd Committee's Appreciation:** The Cheese Curd Committee acknowledged and provided gift certificates to Gary and Eileen Engelke and Steve and Maxine Lane for their outstanding efforts throughout the years with our Cheese Curd Sales.
- **SWIS District Conference Item:** Howard indicated at recent SWIS District meeting, they recommended interested members go on the OI website to "Member Services" where they can find "Leadership Development" courses that they can sign up for free.
- **Old Business:** None
- **New Business:** None
- **Next Week – Business Meeting:** November 4, 2022

GUEST SPEAKER: *Melissa Palfrey originally was scheduled to speak, however was unable to due to family emergency.*

Joe Bormann: Past President Crofoot extended appreciation to Joe Bormann, **from Huff Family Innovation Foundation Center – UW Platteville** for coming in today to be our speaker.

Joe Bormann was introduced by Hap Daus who noted Joe Bormann is employed at the University of Wisconsin Platteville as the Director of the Huff Family Engineering and Innovation Center. Joe entered this role with 18 years of Career Technical Education experience at the secondary level.

Joe has specialized in teaching shop classes related to construction, metalworking, and engineering. Most recently his focus has been on managing a Maker Space while educating at-risk students and staff in technology that enhances learning.

Joe's unwavering dedication to making education authentic has been demonstrated in vast projects, programs, and partnerships. In addition to secondary education, Joe has several experiences working with regional businesses and private citizens as a carpenter, moonlighting as a CNC grinder operator at Bodine Electric, and tool design experience with John Deere 330 Skid Steer line at the Dubuque construction and forestry plant.

Joe's presentation enlightened members to a facility / program available at UW-Platteville that most were unaware of. The Huff Family Innovative Foundation Center is a new space that is not only for students, but can be used by community members as well (*for a monthly fee*). The Center focuses on three "E's" being: Education, Experience, and Equipment. Students can develop prototypes, design and work on many different types of projects and assist with teaching others. Joe brought several different projects done by students that showed work with embroidery machines, laser engraving, 3-D printers, etc. One very interesting device developed by a student was a plastic crayon or pencil holder that would assist those with disabilities to be able to hold the crayon or pen in a more stable manner.

At the Huff Center there are several different production labs such as: metals lab; machine shop; sand blasting; paint booth, automotive area; and electronics.

Tours of this facility can be set up by contacting Joe at: 608-342-1656 or bormannj@uwplatt.edu

CONCLUSION: Meeting adjourned at 8:00 a.m.

Meeting Notes Recorded by: Becky Schambow, Secretary

:ACKNOWLEDGEMENT OF MEMBERS' SPECIAL DAYS COMING UP in NOVEMBER 2022

NOVEMBER BIRTHDAYS:

- Jeff White – November 7th;
- Brad Brogley – November 9th;
- Emmily Dreessens – November 17th;
- George Byykkonen – November 18th;
- Mike Olds – November 18th;
- Doreen Hlavaty – November 19th;
- Joy Schewe – November 24th;
- Mary Sieckman o- November 25th;
- Linda Foht – November 25th

NOVEMBER – MEMBERS' WEDDING ANNIVERSARIES:

- Doug and Kathy Martin – November 11th;
- Barb and Tim Deis – November 10th

NOVEMBER MEMBERSHIP ANNIVERSARIES:

- Joy Schewe - November 16th, 2015;
- Dan Engelke – November 19th, 2015;
- Mark Essex o- November 1st, 2019.

NOVEMBER - FRIENDS OF OPTIMISTS MEMBERSHIP ANNIVERSARIES:

- Family Advocates – November 5th, 2019
- Bel-Aire Home Improvement – November 26th, 2018