



Platteville Optimist Club Monthly Highlights
February 2023

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 March 7, 2023 by Becky Schambow, Secretary

HIGHLIGHTS OF WEEKLY MEMBERSHIP MEETINGS HELD IN FEBRUARY 2023

BUSINESS MEETING: Friday, February 3, 2023

Attendance: There were 16 members and one guest present including: Charlie Clark; Amy Coffey; Howard Crofoot; Hap Daus; Debra and Steve Elvidge; Mark Essex; Beth Frieders; Bob Hundhausen; Tom Nall; Melissa Palfrey; Becky Schambow; Jerry and Joy Schewe; Bob Stephens; Wayne Wodarz; and Diane Jentz (*guest*).

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

Guests to Welcome: President Palfrey welcomed Diane Jentz as our guest and presented her with Club's donation check to the "Platteville Community Arboretum". Diane expressed appreciation for the donation and indicated the money will be put towards maintaining and enhancing the trails.

Meeting Activities:

- **Mystery Greeter:** Deb Elvidge was the Mystery Greeter, greeting Jerry Schewe.
- **Joker Draw:** Becky Schambow's ticket was drawn, however she cut the Jack of Clubs.
- **Breakfast Draw Winners:** Joy Schewe and Tom Nall were the two members present whose names were drawn, and Pat Moxness-Weier and Lynn Schlager were the two members not present whose names were drawn to receive a free breakfast in February.

Special Dates Announced by President Palfrey

- **Birthdays this Upcoming Week:** Steve Lane – February 7th
- **Wedding Anniversaries this Upcoming Week:** None
- **Membership Anniversaries this Month:**
 - Steve and Maxine Lane – February 6, 2009
 - John Zuehlke – February 17, 2020
- **Friend Of Optimist Membership Anniversaries this Month:** PBII – February 23, 2016

ANNOUNCEMENTS:

- **Thank you letters received for Club donations from:** (*circulate*)
 - Main Street Board of Directors – Farmers Market
 - Inspiring Community for contribution to new playground at Smith Park
 - Special Olympics of WI
 - Sleep in Heavenly Peace program
 - Rountree Gallery
- **Sign up for Assisting with Oratorical Contest:** A sign-up sheet was circulated.
- **Invitation to Elks Lodge Celebration of 100 Years:** An invitation to the event scheduled for April 1st at "The Barn" was circulated.

HIGHLIGHTS FROM BOARD MEETING CONDUCTED ON JANUARY 31, 2023: President Palfrey reviewed the following highlights from the Board meeting held on January 31, 2023.

President Comments and Suggestion:

- **Having Monthly Noon Meeting:** President Palfrey noted she presented a suggestion to the Board that the Club have monthly noon meetings stating the advantages would include:
 - Provision of opportunities to recruit prospective younger members and others who can't make early morning meetings;
 - Having an Informational Business Meeting that would allow for those in attendance to learn more about what our Club does.
 - **Motion from Board for approval:** President Palfrey reported there is a motion from the Board "To begin having noon Informational Business Meetings on a trial basis on the first Friday of every month beginning Friday, March 3rd. These meetings would be informational and would not replace the official morning Business Meeting with no motions or actions to be taken at these meetings." Beth Frieders seconded the Board's motion, and motion carried unanimously.

Treasurer's Report Period Ending 1-31-2023: President Palfrey reviewed the Treasurer's report for period ending 1-31-2023 that was submitted by Club Treasurer, Duane Borgen.

- **Motion from Board for approval:** President Palfrey reported a motion has been made by the Board to "approve the report as printed". Seconded by Tom Nall, motion carried.

Committee Highlights:

- **Finance Committee:**
 - **2022 Scholarship Awards:** Duane Borgen reported that one of the 2022 scholarship recipients has turned in enrollment confirmation and received the scholarship award check. The second recipient has yet to comply. Multiple messages and text have been sent to the named recipient, and a letter written asking to turn in proof of registration by Feb. 10th.
- **Community Service:**
 - **Community Involvement Fair:** H. Crofoot reported that the fair conducted on Jan. 28th was a nice event. Attendance was down due to weather. Some attendees showed interest in our Club. Contacts will be made to those people. Tom Nall added at Business Meeting that the Club received a book regarding "being involved in the community".
- **Membership:**
 - **NOW Event:** Terri Ellis reported that event is tentatively being planned for June 3rd. Charlie Clark will be asking members to provide names / contact information to invite prospective members to this event.
 - **5th Friday Noon Meetings:** Terri Ellis is working on determining possible meeting locations for our 5th Friday noon meetings, which will be social meetings.
- **Publicity / Newsletter(s) / Website :**
 - **Website:** Board and members were encouraged to go on the website for review of many changes.
- **Cheese Curd :** Jordan Holthaus reported the Committee will meet in late February or early March
- **Fellowship / Weekly Programs:**
 - **Speakers for February:** Coordinated by Becky Schambow
 - February 10th – Dan Rohrbach, CEO – Southwest Health – Update on Programs & Services
 - February 17th – Ann Bonner, Supervisor of Cardiopulmonary & Sleep Lab Services at Southwest Health – Experience with Hurricanes while living in Florida.
 - February 24th – Brian Lenzmeier, CRNA, ARNP, APNP – *from Southwest Health*) Interventional Pain Management
 - **Holiday Party Jan. 22nd Report:** Mark Essex reported that the party went well. The Committee will be meeting to discuss whether there are improvements that could be made for next year's event.
 - *It was noted at this Business meeting that the Shelly lamp was missing from the White Elephant Gift Exchange this year, but lamp has been located and may reappear in the future.*

- **Youth Activities:**
 - **Essay Contest:** Deb Elvidge reported final deadline for entries is February 7th.
 - **Oratorical Contest March 6th (or 13th snow date):** Change in location - contest will be held at Wisconsin Bank and Trust.
 - **Tri Star Basketball – April 15th:** Trophies have been received.
 - **Awards for Events:** Checks will be presented to the Essay and Oratorical winners and trophies to Tri-Star winners. Certificates of participation documents will be provided to all contestants.

OLD BUSINESS:

- **Board Motions / Recommendations to Membership Policy:** As per vote and approval at the January 7th Business meeting, a Club policy will be established relative to the Board making motions and asking for seconds and subsequent vote from the members. This is to ensure future Board Officers, Directors and member have reference to this decision.
- **SWIS Conference – February 18th:** Register on line by Feb. 13th

NEW BUSINESS: Nothing to report

Next Board Meeting: Tuesday, February 28, 2023

OTHER BUSINESS FROM MEMBERSHIP:

- **Dime A Day:** Members were encouraged to contribute to this year's Dime-A-Day program. Checks should be made out to "Optimist International Foundation" in the amount of \$36.50 and can be mailed / given to Jerry Schewe, Club's Foundation representative.
- **Promotion of Reflective Material for Night Safety:** Hap Daus suggested our Club develop a program to promote safety for kids while being out at night as sometimes it is difficult to see them when driving. Tom Nall suggested it may be a venture we could promote with our bike safety program. President Palfrey suggested Hap write a blog to express importance of safety and wearing reflective gear for our website. This idea will be discussed at the next Board meeting.
- **Miners Ball:** Wayne Wodarz advised that the Miners' Ball is to be held on February 4, 2023.

MOTION TO ADJOURN: Charlie Clark made a motion, seconded by Tom Nall, to adjourn the meeting at 7:43 a.m. Motion carried.

Respectfully submitted by:
Becky Schambow, Secretary

WEEKLY MEETING - February 10, 2023 **There were 16 Members and 2 Guests Present**

MEETING HIGHLIGHTS:

- **Convene:** The meeting was called to order by President Melissa Palfrey at 7:00 a.m.
- **Pledge of Allegiance and Creed:** Members recited the Pledge and the Creed.
- **Guests Welcomed:** President Palfrey welcomed our guests Ann Bonner, speaker, and Libby Sides.
- **Mystery Greeter:** Becky Schambow was the Mystery Greeter, greeting Hap Daus.
- **Joker Draw:** Ann Bonner drew Becky Schambow's ticket, however Becky cut the 10 of Diamonds.
- **Special Dates to Remember:**
 - **Member Birthdays this Upcoming Week:**
 - Tim Boldt – February 12th
 - Pat Moxness-Weier – February 16th
 - **Member Wedding Anniversaries this Upcoming Week:** None

INFORMATION PROVIDED:

- **Bob Weier:** A get well card was circulated for signatures as Bob's been in the hospital and was recently transferred to Manor Care in Dubuque.

- **Dime-A-Day Reminder:** Members were encouraged to contribute \$36.50 to Optimist International Foundation and can send checks to Jerry Schewe.
 - **SWIS Conference Reminder:** Members were encouraged to sign up for the conference on-line by Feb. 13. The Conference is scheduled for Feb. 18th
 - **Oratorical Contest in Need of Judges:** Deb Elvidge asked if anyone would be willing to be a judge, or know of someone who would like to be a judge for the oratorical contest to please let her know.
 - **Joker Draw Suggestion:** Charlie Clark suggested the Board discuss possibility of raising the \$2 award for those whose tickets are drawn raised to \$5.
- **Speakers: Speaker Coordinator for February –** Becky Schambow
 - **Next Week – February 17th:** Dan Rohrbach, CEO of Southwest Health – What’s New at SH
 - **Today’s Speaker: Ann Bonner, Experience with Hurricanes while living in Florida,** introduced by Becky Schambow.

Ann is the Supervisor of Cardiopulmonary & Sleep Lab Services at Southwest Health where she’s been employed for 19 years.

Prior to moving to Platteville Ann lived and worked in West Palm Beach and then Port St. Lucie as the Director of Respiratory Care at Lawnwood Medical Center. Lawnwood is a large acute care facility that has 378 beds. It was the hurricanes of 2004 and less than optimal schools for her kids that brought her to Platteville to live near her father, Lester Goke and her late mother Sylvia.

Ann noted that waters warming feeds hurricanes, and although hurricanes can be predicted people aren’t always prepared. She added humor by prefacing that hurricanes always used to be named with female names, because they are “her- i -canes”. Now the names are alternated alphabetically between male and female names. Names are never re-used.

Ann spoke primarily about her experience with Hurricane Frances, which was a category 4 hurricane that occurred in August of 2004. The hospital she worked for was built to sustain 200 mph winds and a category 5 storm. She spoke of many challenges they had with power and equipment failures, but stated the biggest lesson they learned was that hospitals can’t be used as sheltering facilities as they must ensure they are able to do their primary job which is to take care of patients.

Conclusion: The meeting concluded at 8:00 a.m.

WEEKLY MEETING - February 17, 2023
There were 16 Members and 2 Guests Present

MEETING HIGHLIGHTS:

- **Convene:** The meeting was called to order by President Melissa Palfrey at 7:00 a.m.
 - **Pledge of Allegiance and Creed:** Members recited the Pledge and the Creed.
 - **Guests Welcomed:** Dan Rohrbach, speaker and Jeff McDonald.
 - **Mystery Greeter:** Gene Weber was the Mystery Greeter, greeting Jeff McDonald.
 - **Joker Draw:** Dan Engelke’s ticket was drawn, however Dan drew the 9 of Spades.
- **Special Dates to Remember:**
 - **Member Birthdays this Upcoming Week:**
 - Kathy Kopp – February 19th
 - Barb Deis – February 22nd
 - **Member Wedding Anniversaries this Upcoming Week:** None

INFORMATION PROVIDED:

- **Dime-A-Day:** Jerry Schewe noted that approximately 21 members have donated to this OI Fundraiser. Donations of \$36.50 can still be made out to Optimist International Foundation and mailed to Jerry or to our Club’s PO Box 622.
- **Thank You from Platteville Arboretum:** Was received for our Club’s donation.

- **Speakers: Speaker Coordinator for February –** Becky Schambow
 - **Speaker Next Week – February 24th:** Brian Lenzmeier, CRNA, ARNP, APNP – Southwest Health – Pain Management
- **Today’s Speaker: Dan Rohrbach, CEO – Southwest Health – Update on Programs & Services-** introduced by Becky Schambow

Dan grew up on a dairy farm in North Dakota and after high school, he attended Valley City State University. He later went on to receive his masters in Management from the University of St. Scholastica in Duluth, Minnesota.

Dan provided a wealth of information about the growth in providers and services at Southwest Health. He noted that when he arrived at the organization twelve years ago, Southwest Health had two paid providers (*i.e. doctors and mid-levels*) and now employs 63 medical staff providers. The organization has grown from 245 employees to 565.

Dan noted that recently two new surgeons have joined the Orthopedics Department. Dr. D. Opel specializes in hand surgery and Dr. J. Prosser specializes in sports injuries. He noted that several other new providers are coming on board throughout the next several months.

Recently, Southwest has built and opened new clinics in Cuba City and Kieler and have purchased 12 acres of land in Darlington to add another clinic location.

Dan spoke about Southwest’s purchase of 12 acres north of the hospital acquired for business development. The land was developed in collaboration with the City. He noted that the property is ready for building businesses, but Southwest wants to ensure they would be “medical like”. Southwest is working with UW-Platteville, Southwest Technical College, and Platteville Public Schools for possible child care facility to be built on the acquired land. They have received a Federal Appropriations grant, however, further grant funding is needed to bring this to fruition.

It was evident that Dan is very proud of the team of providers and staff who work at Southwest and the services that they are able to provide to our communities.

Conclusion: The meeting concluded at 8:00 a.m.

WEEKLY MEETING – February 24, 2023
There were 21 Members and 2 Guests Present

- **Convene:** The meeting was called to order by President Melissa Palfrey at 7:00 a.m.
- **Pledge of Allegiance and Creed:** Members recited the Pledge and the Creed.
- **Guests Welcomed:** Brian Lenzmeier, speaker, and Mike Foley.
- **Mystery Greeter:** Howard Crofoot was the Mystery Greeter, greeting Terri Ellis.
- **Joker Draw:** Howard Crofoot’s ticket was drawn and he drew the Joker.
- **Special Dates to Remember:**
 - **Member Birthdays this Upcoming Week:** Todd Timmerman & Beth Frieders – Feb. 26th
 - **Member Wedding Anniversaries this Upcoming Week:** None
- **Check Presentation:** A donation check to the Platteville High School was presented to Mike Foley. Mike thanked the Club for our donation and indicated it would be used to provide gift cards to “good kids in school who don’t often get recognized”.

INFORMATION PROVIDED:

- **Essay Contest –** President Palfrey thanked the essay contest judges: Joyce Clark; Kevin Haertzen; and Mike Hahn.
 - Essay Finalists were Nicole Jentz, 1st place; Nuzaira Rabbani, 2nd place; and Blake Knight – 3rd place. Plans are to have them present their essays to the Club at a meeting in May.

- **Oratorical Contest – Monday March 6th:** Deb Elvidge reported there are 13 contestants signed up to present on March 6th at WI Bank and Trust.
- **March Noon Meeting Schedule:**
 - **Informational Luncheon Meeting – to be held on 2nd Friday** at A & W's Meeting Room at noon at which time President Palfrey will provide highlights of Club's Board meeting and Club Activities. *(It was noted the Informational Meeting was rescheduled to 2nd Friday as opposed to first Friday due to availability of A & W's meeting room.)*
 - **5th Friday Social Luncheon Meeting – to be held Friday, March 31st:** This meeting will be a social meeting held at Los Amigos at noon.
- **Upcoming Meetings - March 3rd:** Business Meeting at 7:00 a.m. at Country Kitchen and Informational Meeting at noon at A & W.
- **Today's Speaker – Brian Lenzmeier, CRNA, ARNP, APNP – Pain Management Provider at Southwest Health** – introduced by Becky Schambow

Brian Lenzmeier provides Pain Management services at Southwest Health. His educational background started by obtaining a BS in Nursing from Seattle University. He then obtained his Master's degree in Nursing at the University of TX in Houston, and a Master's degree of Science in Administration at Central Michigan University. He completed his Fellowship in Advanced Pain Management at Hamline University in St. Paul, MN.

Major Lenzmeier retired from the Army in 2009 after more than 14 years of service. While in the service he provided care to patients at Walter Reed Army Medical Center, and after completing his anesthesia training was quickly deployed to Iraq and later served in the Joint Special Operations Command throughout the Middle East using his skillset on the frontlines in the harshest of conditions.

Brian stated that "Interventional Pain Management is basically putting a needle where it hurts". He noted that comprehensive pain management often involves other health specialties like physical therapy, orthopedic care, chiropractic services, etc.

His area of practice frequently attempts to localize the nerves causing the pain, putting local anesthesia and then steroid injections on those affected nerves. In some cases, patients don't respond to the injections and may need an ablation procedure, which is a procedure that prevents pain signals from being sent back to the patient's brain.

Appointments for Pain Management must come from primary providers, and authorization for treatment is obtained from patient's insurance companies prior to procedures being done.

Conclusion: The meeting concluded at 8:00 a.m.

SPEAKERS and TOPICS for MARCH 2023: Recruited by Doreen Hlavaty and Eileen McCartney

- March 10 - Lynn Raley – Scuba Diving Experiences & Changing Ocean Conditions
- March 17 – Lynn Parrott
- March 24 - Ally Shanahan - What is happening at the Senior Center.
- March 31 - Platteville High School FFA officers - Their program and experiences.

ACKNOWLEDGEMENT OF MEMBERS' SPECIAL DAYS COMING UP in MARCH 2023

MARCH BIRTHDAYS:

- Paul Budden and Jerry Schewe – March 19
- Linda Thomas and Wayne Wodarz – March 24
- Eileen McCartney – March 25
- Bob Hundhausen – March 30

MARCH – MEMBERS’ WEDDING ANNIVERSARIES:

- Diane and Charlie Paynter – March 25

MARCH MEMBERSHIP ANNIVERSARIES:

- Tom Jonas (*Charter Member*) - March 1, 1972
- Duane Borgen – March 1, 1980
- Phil Swift – March 1, 1981
- Hap Daus – March 1, 1988
- Dean Feldman – March 30, 1992
- Howard Crofoot – March 5, 1997
- George Byykkonen – March 5, 1997
- William VanDeest – March 21, 2001
- Doug Martin – March 25, 2005
- Ronald Weier – March 13, 2009
- Kevin Haertzen – March 4, 2013

MARCH - FRIENDS OF OPTIMISTS: None