



Platteville Optimist Club Monthly Highlights | April 2021

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

2020-2021 OFFICERS: Tom Nall, President; Howard Crofoot, Vice President; Dan Engelke; Past President; Duane Borgen, Treasurer; Alaina Reeves, Secretary

2020-2021 BOARD OF DIRECTORS: Doug Martin, Leon Neuheisel, Linda Thomas, Steve Lane, Terri Ellis, Jordan Holthaus

PUBLISHED FOR MEMBERS ON APRIL 30, 2021 Due to COVID-19, the Platteville Optimist Board and Members have not been able to meet in person since March 6, 2020. To continue Club business, the Board of Directors has been meeting via Zoom, with our most recent meeting held on April 6, 2021. The following "Governing Board & Committee Updates" below were reported to the Membership at their Business Meeting on April 9, 2021.

GOVERNING BOARD & COMMITTEE UPDATES

FINANCE COMMITTEE:

- ✓ **Treasurer's Report:** Financial Report dated March 31st was submitted by D. Borgen, Treasurer, and approved by the board.
- ✓ **Notes of Appreciation Received:** Platteville Community Arboretum

PRESIDENT'S COMMENTS: President T. Nall welcomed vice president-elect H. Crofoot to the Board meeting.

YOUTH COMMITTEE: The Oratorical contest was held on March 25th. Winners include: Maria Schmitt (1st Place: \$200), Benedict Drefscinski (2nd place: \$100), and Emily Wiegman (3rd place: \$50).

COMMUNITY SERVICE COMMITTEE: H. Crofoot shared information on the City Swap (May 22nd).

FELLOWSHIP COMMITTEE: In need of speaker coordinators for June, September, November & December.

- ✓ **April 16th:** Jen Schweigert and Nicole Tyc from Snap Fitness presenting on Strength & Cardiovascular training
- ✓ **April 23rd:** Dan Suloff: Nautical Charting, Airport Safety & Oceanographic Research
- ✓ **April 30th:** Eric Thomas delivering his CCDHH contest speech.

MEMBERSHIP COMMITTEE: "NOW" Meeting is being planned for May 22nd, 11-1PM at First Lutheran Church.

CHEESE CURD COMMITTEE: Checked out the cheese curd trailer. Need some new hoses, oil, napkins, paper towels, trays, gasoline. At least a couple hundred dollars in startup expenses for the season. Discussion was held on changing the curd prices from \$8 to \$9. Prices of materials have gone up.

OLD BUSINESS: Vice President position has been filled by Howard Crofoot who has agreed to be president for the 2021-2022 year. Motion to approve was made by D. Borgen, seconded by L. Thomas.

NEW BUSINESS:

- ✓ Nominations for 2021-2022 Board of Directors and Vice President (commitment from the following for positions listed):
President: Howard Crofoot; **Vice President:** Melissa Palfrey; **Board Member 2-yr term:** Leon Neuheisel; **Board Member 2-yr term:** Joann Bahr; **Board Member 2-yr term:** Alaina Reeves
- ✓ Linda moved that we submit this slate of board positions to the membership.
- ✓ Donation to Lego League – Dan Engelke

CONCLUSION: Meeting motioned to adjourn by L. Thomas, seconded by D. Borgen.

BOARD REPORT SUBMITTED BY: ALAINA REEVES, SECRETARY

ARPII 9TH VIRTUAL MONTHLY BUSINESS MEETING

BUSINESS MEETING HIGHLIGHTS: Meeting was called to order by T. Nall at 7:00 a.m., followed by the Pledge of Allegiance and the Optimist Creed.

SPECIAL DATES NOTED: Happy birthday to Leon Neuheisel (April 9th), Diane Paynter (April 10th), and Mark Haas (April 15th). Happy Wedding anniversary to Paul & Chris Budden (April 14th). Happy Membership anniversary to Jordan Holthaus (April 14, 2018).

BOARD OF DIRECTORS MEETING REPORT: D. Borgen presented the treasurer report; T. Nall reviewed the April board meeting summary (as listed above).

UPDATE ON CURRENT & PAST MEMBERS: Rod Thomas is doing better but is still having some pain. Please send him a card to let him know you are thinking of him. Guy Stead who recently resigned from the Club is having some major memory problems. Please put him in your thoughts and prayers as he continues to keep a positive attitude during this time in his life.

CHEESE CURD COMMITTEE: The 4th of July Cheese curds at Legion Field will be served from 3:30 to 9:00. There are 2 working shifts of 6 volunteers with one additional alternate if needed. At this time, all shifts are filled. Info for Clean Up and Prep Day for the trailer will be provided in May.

OLD BUSINESS: Board of Directors voted and passed the Board's recommendations (see: Governing Board & Committee Updates-New Business) to the membership for the elections of the President, Vice President and 3 Board positions for 2020-2021-2023.

NEW BUSINESS: The Board discussed & Passed a motion to add an additional \$200 donation to the pickleball courts in addition to the previous \$300 donated unanimously from club members for a total of \$500.

ADJOURNMENT: Board members stayed on for brief discussion after members left. Adjourned at 8:00 a.m.

APRIL 16th: Jen Schweigert and Nicole Tyc from Snap Fitness in Platteville

ATTENDEES: There were 28 members and 2 Friends of Optimist who attended and participated including: Tim Boldt, Carley Borchering, Duane Borgen, Chris & Paul Budden, Charlie Clark, Howard Crofoot, Hap Daus, Penny Droessler, Terri Ellis, Dan Engelke, Eileen Engelke, Kevin Haerten, Ken Kamps, Maxine & Steve Lane, Doug Martin, Tom & Fern Nall, Leon Neuheisel, Melissa Palfrey (FOO-Family Advocates), Alaina Reeves, Becky Schambow, Jen Schweigert, Bob Stephens, Ernie Thalman, Nicole Tyc, Ron Weier, Gene Weber (FOO-Weber Business Consulting) and Wayne Wodarz.

MEETING HIGHLIGHTS: Meeting was called to order by T. Nall at 7:00 a.m., followed by the Pledge of Allegiance and Optimist Creed.

SPECIAL DATES NOTED: Happy birthday to Dennis Helbing today (April 16th).

OTHER CLUB ANNOUNCEMENTS: In-person SWIS District Conference at the Broske Center on Saturday, May 8th (registration 8:45 through 9:15); adjourns at 3:00 p.m. \$35/person.

GUEST SPEAKER: Jen Schweigert & Nicole Tyc on Cardiovascular vs. Strength Training

Jen Schweigert has owned Snap Fitness for 12 years, is a past Board member of PCA and current Board member of Platteville Community Fund. Nicole Tyc is a mother of 5 children, ages 7,6,4 and 2, and with her "free time" she is a personal trainer at Snap Fitness and recently became a doula.

These ladies explained that cardiovascular exercise is a type of high fat burning, endurance focused physical fitness. This type of exercise is important for someone who is focused on weight loss. Types of cardio include: running, speed walking, bicycling, spin class, Zumba, HIIT, etc. They explained that HIIT (High Intensity Interval Training) is a type of cardio that will burn more calories than other types because your heart and cardiovascular system have to do more work to go up and then come down and then up, then down.

As for Strength training, this is a type of exercise focused on conditioning muscle groups and building strength. This typically burns less calories, unless it is "powerlifting." People often wonder which of these types is best for them, and although it depends on the person, Nicole said that most people would benefit from a combination of both. Jen added that although people would benefit from doing both, it's important to do what you enjoy so you keep it up.

During Q&A, some members added that although they once thought they didn't need a personal trainer, they are glad they went to Snap Fitness and learned otherwise. The staffing hours for Snap Fitness are: **M-W 9:00-12:00 and 3:00-6:00; Th 3:00-6:00 and Fri 9:00-12:00.** Gym is open to members 24/7. Snap Fitness Email: plattevillewi@snapfitness.com ; Jen Schweigert: jenschweigert@yahoo.com or 608-732-3200 (Cell).

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

APRIL 23RD: Don Suloff – Nautical Charting, Airport Safety & Oceanographic Research

ATTENDEES: There were 25 members and 1 Friend of Optimist who attended and participated including: Tim Boldt, Jim Boebel, Carley Borcharding, Paul & Chris Budden, Charlie Clark, Howard Crofoot, Hap Daus, Terri Ellis, Dan Engelke, Mark Essex, Kevin Haertzen, Mike & Priscilla Hahn, Bob Hundhausen, Maggie Kleisath, Doug Martin, Eileen McCartney, Tom & Fern Nall, Leon Neuheisel, Melissa Palfrey (FOO-Family Advocates), Alaina Reeves, Becky Schambow, Ernie Thalmann, and Ron Weier.

MEETING HIGHLIGHTS: Meeting called to order by T. Nall at 7:03. Pledge of Allegiance led by L. Neuheisel, followed by Optimist Creed led by M. Hahn.

SPECIAL DATES NOTED: Happy Birthday to Penny Droessler on April 23rd & Tom Nall on April 29th. Happy Anniversary to Eileen & Tom Nickels (April 25th). Happy Membership Anniversary to Jeff White (April 28, 2017).

GUEST SPEAKER: Don Suloff – Nautical Charting, Airport Safety & Oceanographic Research

Leon Neuheisel introduced Don Suloff, who he met at a bed build for Sleep in Heavenly Peace a couple months ago. Don went to George Washington University and went on to work for the National Oceanic and Atmospheric Association (NOAA) for 30 years. Some of the places he worked and lived were Norfolk, VA, Seattle, WA and Washington, D.C.

Don shared a little bit about himself, his work and some of the experiences he had. He grew up in the state of Oregon thirty minutes from the coast but had only visited the ocean a half dozen times before starting his career. During his 30-year career, he worked primarily with the department that provides research on international exchange data among 60 different countries (working internationally assures continuity). He spent 8.5 years on ship and 2.5 years serving airports around the country for the Federal Aviation Administration. The other 2/3 of his time was in different office environments. NOAA has its own fleet of vessels for charting, oceanographic research and fishing. The first vessel he was on was a research vessel working exclusively in Alaska. He shared that the Alaskan waters have never been completely surveyed – they are still working on it. Researching waters is very time consuming, but important to provide accurate data for other ships that will be navigating based on that data.

The last ship Don was on was a 303-ft research vessel out of Seattle, WA, of which he was the Commander. The project was a study of sea floor spreading of the Jan de Fuca Ridge, about 100 miles off the shore of Washington. This research took 3 years and consisted of measuring thermal activity, size profiling, imaging, and studying the tectonic plates. Today, researchers continue to find new information because of advanced technology. Don shared that he still gets together with his other sea mates, and when this occurs, their spouses get to listen to them swap sea stories.

ADJOURNMENT: The meeting adjourned at 8:00 a.m.

MARCH 26TH: ERICK TOMAS, CCDHH PARTICIPANT

ATTENDEES: There were 29 members, 1 Friend of Optimist, and 2 guests who attended and participated including: Tim Boldt; Carley Borcharding; Duane Borgen; Chris and Paul Budden; Charlie Clark; Howard Crofoot; Hap Daus; Terri Ellis; Dan Engelke; Eileen Engelke; Mark Essex; Kevin Haertzen; Mike and Priscilla Hahn; Bob Hundhausen; Ken Kamps; Maggie Kleisath; Maxine Lane; Doug Martin; Tim Murphy; Fern and Tom Nall; Leon Neuheisel; Melissa Palfrey (FOO);

Becky Schambow; Robert Stephens; Ernie Thalmann; Linda Thomas; Ron Weier; Evan Anderson (*guest*); and Erick Tomas (*guest speaker*).

MEETING HIGHLIGHTS: The meeting was called to order by President T. Nall at 7:00 a.m. at which time the Pledge of Allegiance and Optimist Creed were recited. Dan Engelke welcomed Evan Anderson as a guest, noting that Evan is a Financial Representative at Northwestern Mutual in Platteville. Erick Tomas was welcomed as our guest speaker.

SPECIAL DATES NOTED: Birthdays this week include: Tim Murphy's today (30th); and Bob Weier on May 2nd. Maxine Lane noted a card shower is being held in honor of Bob's 75th birthday. Diane VanNatta and her husband will celebrate their wedding anniversary on May 3rd. Membership anniversaries on today's date in 2019 included: Barb Deis; Caroline Kroll; Penny Droessler; and Eileen McCartney.

ANNOUNCEMENTS:

- ✓ SWIS Conference: Members were encouraged to register on-line for this conference scheduled for Saturday, May 8th, to be held at the Broske Center in Platteville from 8:45 a.m. to 3:00 p.m.
- ✓ NOW Luncheon: Invitations are being sent out to over 50 individuals for the event to be held on May 22nd at 11:00 a.m. at First English Lutheran Church. Members having additional names of prospective members should submit them to Chris Budden (608-330-1286 or cbrown1997@hotmail.com)
- ✓ SWAP Event: Volunteers are needed for this event planned for May 22nd in Platteville. If interested in volunteering, contact Howard Crofoot at 608-778-7843 or crofooth@platteville.org
- ✓ Story Book Walk: Carley Borchering announced that she has resumed putting up "Story Book Walks" at local schools. These are only on display throughout the school weeks (*not on weekends*).

GUEST SPEAKER: Erick Tomas, CCDHH (Communications Contest for Deaf & Hard of Hearing) Participant was introduced by Terri Ellis. Terri noted she had the privilege of working with Erick as a music instructor at Dodgeville, where Erick is now an 8th grade student at the Dodgeville Middle School. Terri noted Erick has a keen interest in farming and has many pets / farm animals in his care on his family's farm. Erick is active in the Boy Scouts and plays the violin in his school's music program.

After being introduced, Erick recited his CCDHH entry speech on the topic "Healing the World with Optimism". He noted three main "obstacles" that hinder being optimistic in current times, including: war, which he noted costs our nation money and resources; race relations; and pollution of our air and water systems. Erick noted solutions which he felt could "heal our world". He stated instead of war, countries should show compassion to each other and learn from past mistakes. Relative to issues with race relations, he encouraged people to spend time with different cultures, suggesting community events be held to learn about different cultures. Erick also provided suggestions to help decrease pollution in our environment by caring and doing things such as "picking up garbage". Erick supported endeavors to use electric and steam resources. Key points in Erick's presentation were that we can show optimism through kindness, noting that what we give we would get in return. Erick believes we can have a better place if we work together and make different choices. He feels we can bring hope by promoting peace, accepting each other, and caring for our planet.

UPCOMING MEETINGS: The Board of Directors will meet via Zoom on Tuesday, May 4th, followed by our Business Meeting on Friday, May 7th at 7:00 a.m. via Zoom.

ADJOURNMENT: The meeting adjourned at 7:40 a.m.

ACKNOWLEDGMENT OF MEMBERS' SPECIAL DAYS IN MAY:

MAY MEMBERSHIP ANNIVERSARIES:

- ✓ Leon Neuheisel – May 24th, 2011
- ✓ Arnie Roper – May 1st, 1977

MAY FRIENDS OF OPTIMIST ANNIVERSARIES: None

MAY WEDDING ANNIVERSARIES

- ✓ Hap & Barb Daus – May 29, 1971
- ✓ Diane VanNatta – May 3rd
- ✓

MAY BIRTHDAYS

- ✓ Becky Schambow – May 22nd
- ✓ Bob Weier – May 2nd