

HIGHLIGHTS

Newsletter of the Sunrise Optimist Club

Celebrating over 50 years of service to Youth & North Topeka!

Kyle McNorton called the meeting to order at 6:45 AM with 14 club members attending. Don Pekrul gave the invocation. Then we recited the Pledge of Allegiance.

BIRTHDAYS: Marvin Smith, January 13. The choir rested again.

ANNOUNCEMENTS:

The Club is looking for volunteer(s) to run the Club's Oratorical and Essay Contests. This year's topic for the Oratorical Contest is: "Staying Optimistic in Challenging Times". The topic for the Essay Contest is: "How Does an Optimistic Mindset Change My Tomorrow? Please contact Kyle McNorton for more information.

Winter basketball league begins January 15, 2022 with games scheduled Saturdays from 8:00 am to 5:00 pm.

Check out the web site for our Event Center at <https://sunriseoptimisteventcenter.com>

Kansas Optimist District Quarterly Meeting in Topeka, Feb 18-19: Hotdogs, Brats and bingo at the club's Event Center on Friday night, Feb 18. Second Quarter District Conference on Saturday, February 19th.

Program: Don Pekrul, club member & retired anesthesiologist

Anesthesiology has changed dramatically over the 40 years he has worked in the field. Chloroform

and ether were available during the Civil War when a doctor would wet a horse hair in his mouth to thread the needle for a suture. Gas would take effect quickly and the patient would recover quickly. When Don was gaining experience using gas, a doctor would tell Don that he wasn't finished. When a muscle relaxant was developed, it helped with abdominal surgery and intestines didn't bulge out. Use of a pulse oximeter helped reverse the annual 50% increases in malpractice insurance during the 1980s. The FDA required audible signals to monitor patient stability.

Don grew up in northwest Oklahoma, near Enid. Harvesting wheat on an aged combine with no canopy motivated him to finish school. He completed anesthesia school in 1981, worked in Wichita when the hospital had one ventilator, joined the Naval Reserves and served in Desert Storm, and lived in Topeka for 27 years and worked at Stormont Vail hospital. He recalls regularly using a bag ventilator for up to 3 hours during surgery and charting blood pressure manually.

Upcoming Events:

January 18: Optimist Board Report
January 24, 6:30 pm, Viking Grille:
Chelsey Wessel, Brewster Place Retirement Center

President's Quote: "When you don't know that you don't know, it's a lot different than when you do know that you don't know."

- Bill Parcels

