



Pathways



Sauk Trails Optimist Club 2005-2006



Meet Weekly for Lunch at
Babe's on Schroeder Road,
Madison from 11:45 – 12:45.
(Please enter the front door.)

August 2006

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Fellow Sauk Trails Optimists:

Another year, another Service Club Olympics championship! It is amazing how well our team works together. I love this event because it helps unify our club and give us momentum for the new Optimist year.

As the summer winds down, we can begin to think about the great projects we will be taking part in to help the kids in Madison. In August we are going to be providing backpacks and school supplies to disadvantaged kids in the Allied Dr. neighborhood. Many of these kids have never had "new" school supplies, and it will be a great way to help kids get a good start on the new school year. I am looking forward to this new project for our club.

Fall also brings a vast number of our regular projects including: Special Olympics, Spartan Youth Service JOOI Team, the Badger Football booth, and Halloween at the Zoo. If you ever see a project you would like to see our club get involved with, please let someone on the board know, and we will do our best to add it to our schedule. Finish strong, and have a great month of August!

Rick Thomas, President
Sauk Trails Optimist Club 2005-2006



Optimists at the Mallards Last Home Game

If you are interested in attending one of the last Mallards home games of the season on **Thursday August 3**, please contact Rick Thomas at 212-7582 or at the August 2 lunch meeting. Depending on the interest, we will be tailgating before the game in the parking lot. We will try to get box seats, which cost \$6.50 for adults and \$4.50 for kids. Hope to see you there!

**Sauk Trails Optimist Club – STOC
Board Minutes, Keller-Williams
7/11/2006**

Members in Attendance:

President: Rick Thomas
Vice President: Greg Hermus
Board Members Barb Mulcahy, Bob Wortinger,
Sandy Fischer
Sec/Treas: Gene Spindler



President Rick Thomas called the meeting to order at 4:40 pm.

The minutes of the June 13, 2006 Board Meeting was discussed. A motion was made (Barb Mulcahy), seconded (Greg Hermus) and passed to approve the minutes of the June Board meeting.

The Financial Report through June 30, 2006 was presented to the Board. A motion was made (Bob Wortinger), seconded (Greg Hermus) and passed to accept the Treasurer's Report.

The Board discussed the upcoming Service Club Olympics. It was reported that most events had members signed up for them and that Greg Hermus would be calling members to complete the sign-ups needed to have participation in all events.

Rick Thomas reminded us all that Vince Sweeny, Senior Associate Athletic Director, at the University Department of Athletics would be our speaker on July 19th. Rick also mentioned the invitation from Downtown Optimists to attend the Mallards baseball game on June 22nd.

The Board discussed the Backpacks for Students program. A motion was made (Gene Spindler), seconded (Greg Hermus) and passed to provide \$200 for backpacks and school supplies for children in the Allied Drive area through the MSCR Allied Learning Center.

The meeting adjourned at 5:30. The next meeting will be on **Tuesday, August 8th at 4:30 P.M. at Keller Williams. (Tuesday, Sept. 12th, 4:30 PM Board Meeting for ALL Current and New Board Members).**

Gene Spindler, Secretary/Treasurer 2005-2006

**Sauk Trails Club
Officers 05-06**

President
Rick Thomas

Secretary/Treasurer
Gene Spindler

Past President
Tim Belter

Vice Presidents
Greg Hermus
Pete Graven
Kevin Campos

Board of Directors
Sandy Fischer
Barb Mulcahy
Bob Wortinger
Mike Milia
Jason Kadow
Jill Thomas

New board members should make every effort to attend the September 12th, 4:30 PM board meeting so we can determine a time and location for future board meetings convenient to all.

**SWIS – Southern
Wisconsin
Conferences**

*Club officers should put these
2006 dates on their calendar.*

**August 4 – 5th Holiday Inn,
Madison West
November 10th – 11th Monroe**

*(Training will be scheduled on
Saturday at each of these
conferences. As a new board
member, try to work these dates
into your schedule to learn more
about being an Optimist.)*

Sauk Trails Club New Board 06-07

The following were elected to the Sauk Trails board. They will be starting or continuing their 1 or 2 year terms in October 2006.

President:	Greg Hermus
Vice Presidents:	Barb Mulcahy, Kevin Campos
Sec/Treasurer:	Gene Spindler
Past President:	Rick Thomas
Board Members:	Bob Wortinger (continuing 2 nd year)
	Mike Milia (continuing 2 nd year)
	Kelly Piper (1 year, replacing Barb on board)
	Kathy Johnson (2 year term)
	Diane Riley (2 year term)
	Carole Klopp (2 year term)

Board Members who have completed their terms and are going off the board are: Sandy Fischer, Jason Kadow, Pete Graven and Jill Thomas. THANKS to all of you for your years of service to your club.

August 2006 Schedule:

August 2nd Lunch Babe's, 11:45 am
 August 9th Lunch Babe's, 11:45 am
 August 16th Lunch Babe's, 11:45 am
 August 23rd Lunch Babe's, 11:45 am
 August 30th Lunch Babe's, 11:45 am

September 28th ANNUAL Sauk Trails Banquet
 (Thursday eve)

Student of Month: Oct. 18th, Nov. 22nd, Dec.
 13th (ALL Tentative at this time.)

MASCC Lunch: November 15th – Alliant Ctr
 Other events and activities will be scheduled
 and/or rescheduled by Sauk Trails Board.

WISCONSIN Football Games BOOTH Needs

Sauk Trails Optimists and JOOI youth will be covering the booth for 7 Wisconsin Football Games. There will be a need for 1–2 Optimists at EACH of these games: Sept. 9th & 16th; Oct. 7th, 14th, 28th; Nov. 4th, 18th. More info and sign-up will be coming from Steve Bailey who is coordinating again this year. THANKS Steve & Volunteers.

SWIS District Sponsors Football Craze Raffle

Football season is almost upon us again, and we are once again selling the "Football Craze" tickets as a fundraiser for our club. The tickets are \$20.00 each. \$10.00 goes toward prizes. \$5.00 goes to the Optimist International Foundation for youth programs, from our club, and \$5.00 goes back to our club for our youth programs.

The prizes each week are: \$500, \$250, \$100, \$75, \$50, \$25, \$10. It is a lot of fun to root for teams you might otherwise not care about, and the cost is only a little over \$1 per week. Please e-mail, call, or get tickets from Rick Thomas.

DATES	Location	Speaker	Topic	Lunch
August 2nd	Babes	Steve Schwartzer	Identity Theft	Chicken Sandwich or Spinach Salad
August 9th	Babes	Jonathan Barry-	Development Director for Operation Fresh Start	Club Sandwich or Raspberry Chicken Salad
August 16th	Babes	TBD	TBD	Turkey & Swiss or Chicken Caesar Salad
August 23rd	<u>Babes</u>	TBD	TBD	Grilled Cheese or Beef Taco Salad
August 30th	<u>Babes</u>	TBD	TBD	BLT or Cobb Salad
September 20th	<u>Babes</u>	Linda Dreger-	Retired Madison Police Detective	French Dip or Cajun Chicken Salad
September 27th	<u>CANCELLED</u>			NA
September 28th (THURSDAY Evening)	<u>Babes</u>	ANNUAL Sauk Trails Banquet	Annual Social Event, Buffet, Recognitions, Planning 06-07 Year	Italian Pasta Buffet Cocktails: 5 PM, Dinner: 6PM and installation new board

FUTURE SPEAKER SCHEDULING:

Barb Mulcahy and Ray Schmitz are doing a fantastic job lining up speakers for our club lunches. Those that are still in the process of being finalized include:

Speaker from Discover Wisconsin;
Speaker on Bike Trips in US;
New Member Induction / Sharing.

Speaker sharing Experiences in Iraq
JOOI Convention Presentation;

If you have any speaker that you would like to share with your club, please contact Barb for scheduling.

ANNUAL Sauk Trails BANQUET > SEPTEMBER 28th, 2006

ALL Sauk Trails Optimists and their spouse/friend/significant other are invited to the Annual Sauk Trails Banquet on **Thursday, September 28th** at Babe's. Cocktails: 5 – 6:00 PM, Dinner: 6:00 PM an Italian Pasta Buffet followed by 05-06 Year Summary & Recognitions and 06-07 Year Board Induction & Plans for Future. **PUT THIS ON YOUR CALENDAR.** (More detail and sign-ups to come).

Service Club Olympics PREPARATION

Barb Mulcahy scheduled a get-together / practice for Service Club Olympics at her home on Sunday July 23rd. Before the hard work of practicing Bocce, everyone had a great time eating, socializing, and enjoying a nice time on Barb's patio and back yard.

THANKS BARB for HOSTING.



Service Club Olympics PLANNING

Thanks to ALL who participated in the Service Club Olympics. A special thanks goes to Mike Gustafson who is Treasurer for the Madison Area Service Club Council - MASCC and also coordinated the Golf Event, Rick Thomas & Greg Hermus who coordinated the event with Sauk Trails Members and coordinated the Agility Course and 8 Ball Pool events for July 24th – 25th



Sauk Trails Bowling Team Had a Great Time at Schwoegler's Lanes and Took 4th Place at Service Club Olympics



LUNCH at Service Club Olympics and Agility Course Coordinated and Ran by Sauk Trails Optimist Club Members.



REMINDER:

STOC Articles for September 2006 Newsletter are due to Bonnie Spindler blspindler@charter.net by August 28th, 2006

SAUK TRAILS WINS 1st PLACE at SERVICE CLUB OLYMPICS



1st Places:

Agility Course	Wade Anunson, Barb Mulcahy, Kevin Campos, John Scherer, Jared Holthe
Darts (5 high Optimists)	Jared Holthe, Barb Mulcahy, John Scherer, Bill Monkemeyer, Phil Schraback
Horseshoes	Wade Anunson and Kevin Campos
Women's Run	Sandy Fischer

2nd Places:

Tennis	Jim Judd and Tim Belter
Volleyball Team:	Barb Mulcahy, John Scherer, Jared Holthe, Bill Monkemeyer & Jim Judd

3rd Places:

Bike Race-Women	Christina Smith-Wilkie
Men's Run	Dave Braun
Eight Ball Pool	Team of Greg Hermus & Mark Kraemer
Swimming	Team of: Rick Thomas, Sandy Fisher, John Scherer and Wade Anunson.

THANKS TO ALL WHO PARTICIPATED TO HELP WIN 1st PLACE AT SERVICE CLUB OLYMPICS.

SERVICE CLUB OLYMPICS

LAST MINUTE Stand-In THANK – YOUS

Jim Judd risked life and limb to play volleyball when Dale Kalscheur's father became seriously ill and Mark Kraemer had a conflict preventing him from playing volleyball. Jared Holthe also stepped in to help the 5-person (one person short) team take second place. Great job team!!!

Jared Holthe stepped up to fill holes in volleyball and racquetball. (I don't believe Jared ever played racquetball before that.) John Scherer dropped out of horseshoes the day before to fill in for cribbage (Dale's spot), while his horseshoes partner Bill Monkemeyer did likewise and took fourth in checkers (first time ever?). Way to go new member Bill. John also filled in for Greg Hermus on the swim team.

THANKS to ALL Last Minute Stand-Ins to help win another Service Club Olympics this year.

Sauk Trails Optimist Club, Ltd. - Membership Roster August 2006 (Updates in RED)

Name	Company	Work No.	Home No.	Fax No.	E-Mail Address
Wade Anunson	Anunson Chiropractic - NEW	829-2250	278-2950	829-2251	dranunson@sbcglobal.net
BJ Bailey					Mrfuel4@yahoo.com
Steve Bailey	Crown Dental Laboratory	271-5537	238-8535	271-1657	Sbailey100@aol.com
Tim Belter	Johnson Bank	240-1890	455-1145	240-1870	tbelter@johnsonbank.com
Scott Bodley	Self Employed	702-387-2335	288-8796	217-1873©	seavan4@hotmail.com
David Braun	M&I Bank	231-5656	217-2182		David.braun@micorp.com
Kevin Campos	Keller Williams Realty	235-1030	846-2997	443-1919	Kevin@kevincampos.com
Kristi Campos	Distinctive Dentistry & Facial Aesthetics	836-1422	846-2997		klmilton@hotmail.com
Rick Conne	H & R Block	829-8206	833-3793		rconne@hrblock.com
Lori (Handel) Davis			848-9673		lhandel@tds.net
Jerry Edgar, Jr	SWIS Lt. Gov, Zone 6, 2005-2006	222-7600	837-6731		jerry_edgarjr@us.aflac.com
Sandra Fischer	Wegner, LLP CPAs & Consulting	442-1920	437-8448	274-3361	Sandy.fischer@wegnercpas.com
Carrie Fluhr	Wisconsin Community Bank	298-1743	219-3551	298-1710	Cfluhr@thewcb.com
Daniel Gibson	SVA Planners	826-2322	836-4714		Gibsond@sva.com
Peter Graven	Independent Bank	835-9961	276-5912		petegraven@inbank.com
Mike Gustafson	Suby Von Haden	826-2292	831-6914	831-4243	gustafson@sva.com
Gregory Hermus	Morgan Stanley	829-4341	845-3820		Ghbadger@charter.net
Donald Higgins	Higgins Insurance Group	274-4200	824-0914	274-4210	Don@hhig.net
Ricki Hoefler	Edward Jones	831-0988	833-6268		Philricki@aol.com
Jared Holthe	Badger Chiropractic	848-2638	848-2638		Holthe_s@yahoo.com
Sheri Holthe	Badger Chiropractic	848-2638	848-2638		Holthe_s@yahoo.com
Laurie Irwin	E-Mail UPDATE		233-0543		L_irwin@sbcglobal.net
Kathy Johnson	Risk Management Strategies, LLC	663-9032	663-9032	206-666-6435	Kljohnson@charter.net
Jim&Dee Judd	Retired		833-2622		juddj@thevillages.net
Jason Kadow	Meicher CPA	238-1970 X310	827-6707		Jasonk@meichercpa.com
Dale Kalscheur	The Neckerman Agency	238-2686	437-4470	238-7798	D_kalscheur@neckerman.com
Carole Klopp	Education Consultant	833-9620	833-4561		klopp@chorus.net
Chuck Koehler	Koehler & Associates	838-7133	838-7133		Koehler01@charter.net
Gail Koehler	Attic Angels Retirement Center		838-7133		Koehler01@charter.net
Mark Kraemer	Park Bank, VERONA Office	663-1105	845-0207	845-0201	mkraemer@parkbank.com
Joseph Marty	Wells Fargo	643-9524©	831-4799		khmarty@chorus.net
Todd McMillin	SWIS Governor, 2005 – 2006	866-304-6898	608-756-9978		tmcmillin@charter.net
Brinda Mecham	Crown Dental Laboratory	271-5537			Brstratton@aol.com
Michael Milia	Advantage Real Estate (Cell Update)	441-7761	235-3102(cell)	441-8471	mmilia@tds.net
Bill Monkemeyer	United Way (NEW)	246-4351	848-4871	246-4369	whamnjam@tds.net
Barb (Dwyer) Mulcahy	Independent Bank	848-7247	513-6965	845-6728	barbaramulcahy@inbank.com
Tony Nagin, Jr.	Badger Tax & Acct Services	833-1700	238-5335	826-0201	tony@badgertax.com
Kelly Piper	Boumatic	224-2944	237-1383		kellypiper@charter.net
Janine Richgels	US Bank, N.A., Pvt Bank Associate	252-4110	241-5714	252-7652	Janine_richgels@usbank.com
Diane Riley	Associated Bank	259-4204	643-0821		diane.riley@associatedbank.com
Alison Scherer	WI Dept of Ag, Trade & Cons. Protection.	224-4761	836-0151		schererai@hotmail.com
John Scherer	Trinity Financial Planning	829-1010	836-0151	233-7161	John@trinfin.com
Lisa Schluesche	Associated Bank	259-2052	513-8590		Lisa.Schluesche@Associatedbank.com
Ray Schmitz	Retired		233-3786		Jschmitz@chorus.net
Phil Schrabeck	AMCORE Bank	821-1918	345-9756		pschrabeck@amcore.com
Mary Schwartz	Waddell & Reed	442-1500	437-2233	442-6490	Mnorrb@aol.com
Jacci See	First Weber Group	828-5105	827-6326	836-3102	Seej@firstweber.com
Bonnie Spindler	Semi-Retired, Computer Trainer	833-7244	833-7244		Blspindler@charter.net
Gene Spindler	Retired)		833-7244		genespindler@charter.net
Christina Smith-Wilkie	Associated Bank	833-1444	827-0022		Christina.SmithWilkie@Associatedbank.com
Jill Thomas	First Business Bank	232-5924	850-4250	232-5920	jthomas@fbmadison.com
Rick Thomas	Keller Williams Realty	212-7582	274-0528		jathoma2@wisc.edu
Amy Tripp					No E-Mail
Bob Wortinger	Kiesling Associates	664-9110	829-3926	273-2383	Rwortinger@kiesling.com

New Sauk Trails Optimist – Dr. Wade Anunson

Dr. Wade and his wife Dr. Heather Anunson recently relocated to Madison from Poynette. Dr. Wade is a native of Wisconsin, born and raised in Wisconsin Rapids, number 6 of 7 kids. He got his feet wet with chiropractic as a child at the ripe age of 4 years old, due to chronic ear infections. The holistic approach left a mark and growing up as an athlete, under chiropractic care, he experienced first hand the philosophy of supporting the body's ability, with a healthy nervous system, to heal and mend. "I've always been excited and fascinated with the body and its powerful ability to heal from the inside-out."

Both Dr. Wade and Dr. Heather are graduates of Palmer College of Chiropractic, where they met. Shortly after graduation, they settled in Poynette and owned a thriving family practice there for almost 12 years. While living in Poynette, Dr. Wade was active in Optimists International, Poynette Chamber of Commerce, and Columbia County C.A.S.A. (Court Appointed Special Advocate Association). He was a regular speaker to all grade levels at the local schools, and was an instructor at Lakeside School of Massage in Madison. Through his practice he also held regular donation drives for the local food pantry, participated annually in Toys For Tots, and provided Thanksgiving baskets of food and household supplies to area families.

In his free time, Dr. Wade enjoys photography, mountain biking, running, competitive archery, bow hunting, reading and water skiing. Professionally, Dr. Wade continues to take courses to develop mastery with his skill, and recently achieved Advanced Proficiency in Activator Methods, a rating that required 60 hours post graduate study and a certification examination.

In addition to building his new practice in Madison, Dr. Wade is also a volunteer speaker for the Wellness Education Foundation, a nonprofit organization that provides speakers on health, lifestyle and wellness topics to businesses and community organizations.

Dr. Wade Anunson, New Sauk Trails, Madison Optimist

Spartan Youth Service Team – JOOI UPDATE

The JOOI Team will be meeting mid-August to organize for the year. They have 6 different committees: Seniors; Optimists; Jefferson; Fundraising; Community and School.

The co-leaders, Mary Schwartz, Carole Klopp, and Steve Bailey would like to have an Optimist be the main contact for each of these committees. If you're interested in finding out more about the committees and working with JOOI, please contact Carole Klopp.

A colorful graphic with the words "Happy Birthday" in a playful, multi-colored font. The letters are in various colors like red, yellow, green, blue, and purple, and have a slight shadow effect.

Bob Wortinger	8/4
Dan Gibson	8/6
BJ Bailey	8/7
Jim Judd	8/10
Amy Tripp	8/21
Steve Bailey	8/28
Wade Anunson	8/30

The Optimist Creed

Promise yourself

- To be so strong that nothing can disturb your peace of mind.
- To talk health, happiness and prosperity to every person you meet.
- To make all you friends feel that there is something in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, to work only for the best and expect only the best.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheerful countenance at all times and give every living creature you meet a smile.
- To give so much time to the improvement of yourself that you have no time to criticize others.
- To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.