



# Pathways

Sauk Trails Optimist Club  
Madison, Wisconsin



**Weekly Lunch Meetings**  
**Wednesday's 11:45 - 12:45**  
**The Radisson on Grand Canyon Drive**



**March 2020**

## PRESIDENTS NOTE

Imagine my surprise Saturday, February 22 when I attended the 2<sup>nd</sup> quarter SWIS District Optimist conference in Brodhead and found myself called to the front of the room during the awards presentation.

It's a forty-six mile drive to Brodhead over winter roads in the midst of white fields and barren winter landscapes. One's thoughts tend toward a hot cup of coffee or better music on the radio, but not awards.

Once at the conference, business dominated and familiar faces welcomed, but again, the conference centered around the practicalities of Optimism and perhaps anticipation of a well-catered lunch, but not awards.

Then came the awards and suddenly Brodhead became Broadway and Winter became Spring. Sauk Trails Optimist Club received the Honor Club award and recognition for our \$20 club donation per member during 2018-2019 to the Optimist International Foundation.

That would have been more than enough, because it's humbling to stand in front of an audience on behalf of your club with patches and certificates handed to you and have your picture taken, but wait, there actually is more.

Sauk Trails Optimist Club also received the Distinguished Club Award. This time the certificates handed to me were framed and the embroidered patch for our club banner all the more elaborate.

The drive back to Madison after the conference seemed much shorter somehow, the miles much smaller, the scenery much more picturesque. The grey light of winter shone through dissipating clouds and suddenly added to all the rest came the realization:

Optimism is its own reward.

John Fons

# STOC Bulletin Board

### Sauk Trails Club Officers 2019-2020

**President:** John Fons

**Vice President:** Rick Thomas

**Secretary:** Kathy Johnson

**Treasurer:** Bob Wortinger

**Past President:** John Fons

#### Board of Directors

- Steve Bailey
- Rick Conne
- Nancy Hach
- Kathie Newman
- Ted See
- Liv Sandberg

### March Birthdays

Jason Kadow	2
Diane Johnson	7
Todd Geltemeyer	9
Diane Hoebel	10
Brinda Thompson	10
Gene Spindler	31



### SWIS Conference

**May 8-9, 2020**

**Kalahari, WI Dells WI**

Recognition of the Oratorical and  
Essay Contest winners!

**Conference details & information:**

[www.swisdistrict.org](http://www.swisdistrict.org)

Newsletter Editor:  
Liv Sandberg  
jlivsandberg@gmail.com

Date	Speaker	Topic
3/04	Noreen Kralapp & Gayle Laszewski	Health & Wellness for Caregivers
<b>3/08</b>	<b><i>Progressive Dinner</i></b>	
3/10	<i>STOC Board Meeting 5:00 pm</i>	<i>Park Bank 2275 Deming Way, Middleton All members are welcome to attend</i>
3/11	Dee Hall	Center for Investigative Journalism
3/18	Students	Oratorical Contest
3/25	Students	Essay Contest Winners

*Please let us know if you have someone who would like to speak at a lunch meeting.  
Speaker Committee: Mary Schwartz, & Steve Bailey*

### **STOC Save the Date: future events**

Date	Event
April 28	Culvers fund raiser
May 2	Special Olympics regional track meet
August 1	Mustard Days

### March 4<sup>th</sup> special lunch announcement

Noreen and Gayle will be discussing the very important and sometimes challenging role of a care giver. They will discuss signs of care-giver distress, and offer resources to help caregivers take care of themselves too. They will also highlight a new program they started last October, which focuses on creating Wellness for the Caregiver in all areas of health; physical, mental / emotional, social, financial and spiritual health.

*Gayle Laszewski: Gayle has 15+ years' experience as a health educator and particularly enjoy working with older adults. She has extensive experience coordinating older adult programs and services and is currently the Older Adult Program Manager at Goodman Community Center on the east side of Madison. She is also a certified Health Coach and has a passion for helping individuals reach their own health & wellness goals; regardless of age.*

*Noreen Kralapp: Noreen has over 30 years experience working with individuals with dementia symptoms , their families and professional caregivers. Training & educating them in Dementia Care- best practices. She studied Healthcare Management at WCTC and has been Administrator in Memorycare as well as Life Enrichment Director. She is a Dementia Outreach for The Alzheimer's and Dementia Alliance of WI.*



## PROGRESSIVE DINNER

March 8<sup>th</sup> 3:30pm- 7pm



**Theme: It's the 60's!**

**Come as you are or go wild and find a fun fashion from the 60's!**

**Do you have a favorite food from the 60's?**

*Every year the progressive dinner proves to be a wonderful event, sharing yummy food, cocktails, and friendship. It's the Perfect time to get together as we move from winter to spring. Party planners promise a great main meat dish. Please bring a dish to pass: appetizer, side for main dish, or dessert.*

*3:30-5:15 Appetizers @ Fons residence  
4634 Tokay Blvd, Madison: corner of Tokay and Orchard Dr  
Split rail fence around house: parking best on Orchard*

*5:30-7pm meal/dessert @ Wortinger residence  
3926 Caribou Rd, Verona*

*If you have any questions, feel free to contact:*

***Liv Sandberg:** [sandberg@ansci.wisc.edu](mailto:sandberg@ansci.wisc.edu) or **Mary Schwartz:** [schwrtzmry@aol.com](mailto:schwrtzmry@aol.com)*

***There is a sign-up sheet that will be circulated again during the lunch meeting or contact Mary or Liv.***

**SAUK TRAILS – Madison Club WEBSITE**

[www.sauktrailsmadisonoptimist.org](http://www.sauktrailsmadisonoptimist.org)

Current and previous STOC Newsletters are available as PDF's on the [www.sauktrailsmadisonoptimist.org](http://www.sauktrailsmadisonoptimist.org) website.  
To acquire the newsletter, CLICK on the 'PDF Download' of CHOICE.

**Call for website sponsors.**

If you are interested in also being a sponsor of the STOC Website for the 2018-2019 year, and have your business/name in the rotation on our website, please contact Bonnie Spindler. Thanks to the Park Bank of Madison for their continued sponsorship.

The Sauk Trails – Madison Website is constantly being updated with many pictures in addition to those in the newsletter. To become more familiar with the website and the pictures currently available, see below:

**Sauk Trails – Madison Website Pictures**

In the **EVENTS** area, click on this link: [CLUB Program Pictures](#) (View 'Photo Galleries')  
In the **EVENTS** area, click on this link: [CLUB Accomplish Pictures](#) ('Read More', scroll description)  
In the **ABOUT** area, click on this link: [CLUB Photo Gallery](#)

If you have any problems acquiring the Newsletter or are NOT receiving the monthly message, please contact me so we can correct that situation. Optimistically, **Bonnie Spindler** [blspindler@charter.net](mailto:blspindler@charter.net) 850-9561 (H)  
Sauk Trails Website Coordinator



**SAUK TRAILS OPTIMIST CLUB  
BOARD OF DIRECTORS MEETING**  
Tuesday, February 11, 2020  
MINUTES

**PRESENT:** John, Rick T, Steve, Ted, Rick C., Nancy H.

**Others Present:**

**Absent:** Bob, Liv, Kathy J., Kathie N.

The meeting was called to order at 5:03 p.m.

1. **Addition to Agenda:**
2. **Approval of Board Minutes from 1/14/2020:** Steve moved to approve the minutes with change that Ted arrived late, Nancy seconded, Passed unanimously.
3. **Acceptance of Financial Reports:**  
Financial reports were tabled.
4. **Audit Recommendations:**  
**Tax Exempt Status- implementation:** John discussed how the money for the Super Optimistic Sibs Day will be run through the Foundation. There was discussion about how to do it properly so that we don't jeopardize our tax exempt status.
5. **Happy Hour/Social-NOW meeting scheduled for February 19<sup>th</sup>**  
John will send out a reminder email about signing up for the event.
6. **New Members:**  
Jane Meyer has applied for membership to the club. She is being sponsored by Ted See. Ted moved that we accept Jane Meyer as a member of the club. Steve seconded, Passed unanimously
7. **Programs 2020 including Oratory & Essay Contests:**  
Oratory contest will be March 18<sup>th</sup>. We have many speakers scheduled. Zone contest for Oratory contest will be April 11<sup>th</sup> at Memorial High School.
8. **Club Shirt Approval and Order:**  
The order has been paid for and is being processed.
9. **Super Optimistic Siblings Day April 18 – Progress report**  
John has been working on securing the facility, insurance, etc. Things are going well. We are waiting to hear on grants that have been applied for.
10. **District Conference February 22<sup>nd</sup>**  
Ted and Jacci are donating a basket to the conference for the club.
11. **Scholarships**  
The amounts of the scholarships will need to be determined at the Foundation meeting on March 10<sup>th</sup>.
12. **Progressive Dinner**  
The progressive dinner will be on March 8<sup>th</sup> with appetizers at John's home and dinner/desert at the Wortingers.
13. **Adjourn to March 10, 2020 at 5:00pm, at Park Bank in Middleton.** Nancy moved to adjourn, seconded, passed unanimously at 6:00 p.m.

Respectfully submitted,  
Rick Thomas, Vice-President

SWIS District 2<sup>nd</sup> Quarter News!

STOC President John Fons received two awards from Maureen Crombie, Governor 18-19, on behalf of the club at the SWIS District 2<sup>nd</sup> quarter meeting.

The Club of Honor Award and the Distinguished Club Award.

Congratulations Club!

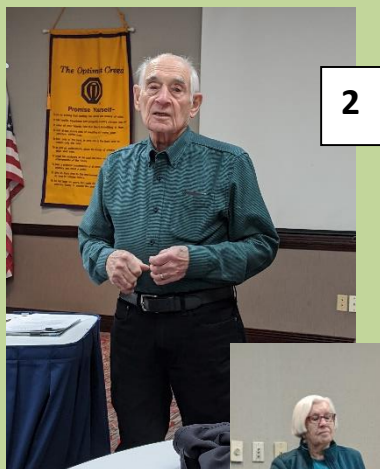


SWIS District 2<sup>nd</sup> quarter meeting. Past Governors: including STOC Bonnie Spindler (back row: third from left) and Steve Bailey second from right)



**STOC members were treated this past month to a wide variety of interesting presentations!**

- 1) Jeff Noltner: Jeff shared his years of experience working one-on-one through a youth mentorship program.
- 2) Verona club Optimists, Lloyd and Cleo Tindall provided a very interesting talk about their Missionary work in Guatemala!
- 3) Lauren Salzman (volunteer coordinator) and Heather Merewood (Conservation Education Manager) from the Henry Vilas Zoo talked about the opportunities and programming direction at the Zoo!



## **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.**





