



## Pathways



# Sauk Trails Optimist Club, Ltd.

## "Where Every Kid Counts"

April is a very special month for our club. With spring in the air, we have many opportunities to spread our Optimism in our community. Thanks to Ray & Andrew, we have several great luncheons planned. We also have an opportunity to help young children in our community.

On April 2, Cindy Alvarez, the wife of UW Football coach Barry Alvarez, will speak on what it is like to be the wife of a football coach. I would like all of you to attend and bring along a prospective member. Let's fill the room for this interesting speaker.

The next week is our April Student of the Month presentation. Come & learn about how a Memorial High School student balances her family, school & volunteer activities. We need to support youth who volunteer in the community. They are our future Optimists.

The April 16<sup>th</sup> speaker is Rebecca Holstein, the author of "Food Fight - The Battle to Protect Food and Water against Terrorism". With world tension, this topic should be very interesting.

On April 23<sup>rd</sup>, we will elect our officers and directors for the year starting on October 1, 2003. Please attend so you have a voice in the leadership of our club. Rick Tiedemann is running for President. Greg Hermus & Tim Belter are seeking the two Vice-President positions. Alison Scherer has agreed to run for the open one-year board position. To date, Ross Kaye & Pete Graven have agreed to run for two of the three open board positions.

On Saturday, April 26<sup>th</sup>, we will be running our annual Safety on Wheels event to teach younger kids the rules of the road so they can be safe on their bikes and roller blades. Please contact Brian Fisher to sign up.

The final luncheon speaker for April is Don Heiliger, a Vietnam POW from Stoughton. His experiences and comments should give us a soldier's view on fighting in a foreign land.

Put these dates on your calendar. By attending luncheons, joining our board, and volunteering for club projects, you have many opportunities to make Sauk Trails Optimist Club, the service club "Where Every Kid Counts."

Jim Judd, President.

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April 2003

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# Sauk Trails Optimist Board Minutes

## R.W. Baird and Company Office

### March 11<sup>th</sup>, 2003



#### Members in Attendance:

President & Acting-Secretary: Jim Judd

Past President: Bonnie Spindler

Vice-Presidents: Rick Tiedeman & Greg Hermus

Board Members: Jared Holthe & Brian Fisher

Treasurer: Gene Spindler

- President Jim Judd called the meeting to order at 5:00 pm.
- A motion was made, seconded and passed to accept the minutes of the last meeting.
- A motion was made, seconded and passed to accept the Treasurer's report.
- Jim indicated that the slate of Officers and Directors for our April election was almost complete.
- Four members visited the Mount Horeb Optimist Club on March 10.
- A motion was made, seconded and passed to order Childhood Cancer Banks from Optimist International. This no cost purchase will give us 25 banks, which can be put in businesses to raise funds for Childhood Cancer.
- We are committed for the Respect for Law luncheon on Monday, May 19 at the Edgewater Hotel. We will go to this meeting and cancel our regular meeting that week.
- Our speaker from the Mustard Museum donated \$8.00 from the sale of mustard at our last meeting.
- We received thank you letters from the Literary Council, Transitional Housing and the Optimist International Foundation for our recent donations.
- A motion was made, seconded, and passed to provide the same subsidies as last year to members who participate in this year's Service Club Olympics on July 21 & 22.
- Since we have an inventory of Sauk Trails caps, it was decided that we should give them as gifts to kids, speakers or others as rewards for events or activities.
- We have received correspondence from the State of Wisconsin on our new foundation. We expect to have final approval this spring from both the IRS & State agencies.
- Greg reported that the Tri-Star Basketball competition went well. We had 13 volunteers, 23 kids and their parents. The first place winners will go on to District competition in Brookfield.
- Brian & Greg reported that the planning for Safety on Wheels is progressing. Both the Police and Fire Departments will have vehicles and personnel at the event on April 26. We will need volunteers from our membership and our JOOI Club.
- Rick reported that the flyers for Tri-Star Golf will be sent out soon for the event in Sun Prairie on June 16.
- Jim played a CD from Magic 98.1. It was a very touching tape of the on air telephone call to the needy family who received our Christmas donation.
- The meeting was adjourned at 5:45pm.
- The next meeting will be on April 8 at 5:00 pm at Greg's office at R.W. Baird.

## President's Citation for 2002-2003

On March 5, Jim Judd awarded the President's Citation for 2002-2003. It said, "In the history of every Club, there are members said to embody the spirit and essence of Optimism, who have been the Club's inspiration, and have done the most to advance Optimism in the Club and the community. The President's Citation is bestowed upon individuals who have demonstrated an exceptional dedication, care and love of Club, Club Members, District and Optimist International. In recognition of this special service, I commend and bestow this Outstanding Club Membership Citation upon Chuck & Gail Koehler." It was signed by William Teague, President of Optimist International. We are all thankful for the dedication and volunteer efforts of Chuck & Gail. Congratulations.

Jim Judd

## Safety on Wheels

Day: Saturday, April 26  
Time: Noon to 2pm  
Location: Our Redeemer Church (McKenna Blvd, front parking lot)  
In cooperation with: Madison Police Department (Squad Car)  
Madison Fire Department (Fire Engine)  
Budget Bicycle (free maintenance and minor repairs)  
Department of Transportation (will outline safety course)  
Lutheran Pioneers  
JOOI (?)



Greg Hermus

## Tri Star Golf

Day: Monday June 16 with a rain date of Wed. June 18.  
Location: It will be played at Sun Prairie Country Club in Sun Prairie.

Rick Tiedemann

## Track Meet

On May 3<sup>rd</sup> at Oregon High School at 9:30am, we will be once again supplying volunteers for the Special Olympics Track meet. This is an annual event and one that could not be held without the assistance of the Sauk Trails Optimist Club.

A sign up sheet will be passed around at the meetings - bring your friends and family along - no experience necessary just a smile and a willingness to accept a few hugs along the way.

If you have further questions please contact Laurie Irwin at 221-2900. See you there rain or shine.

## Service Club Olympics

Please put the dates of July 21 & 22 on your calendar for this year's Service Club Olympics competition. This event requires a commitment from all members. We will be competing against 20 to 30 other service clubs in Dane county in a variety of athletic events and various card & board games. It is a great event. In the ten year history of our club, we have finished first for several years and have always finished in the top three clubs.

You will find a signup sheet for the events in this newsletter. Complete it and return it to Jim Judd. Please note if you can attend dinner.

As the event approaches, we will give you more information through this newsletter, e-mails & at the luncheons. If you have any questions, give Jim a call.

## Sauk Trails Optimist Club Sauk Trails Speaker/Event Agenda 2002

Optimist Weekly Meeting held at Babe's from 11:45-12:45pm.

*Please contact Andy Lochner for further details*

*Please enter through the backdoor, it is unlocked for the meetings*

Date	Place	Speaker/Event	Topic/Focus	Menu for Weekly Meeting
March 26	Babes	Social Meeting	Please Bring a Guest!	Rajun Cajun Chicken Breast Sandwich or Caesar Salad
April 2	Babes	Cindy Alvarez	Life as a football coaches wife	Grilled Chicken Breast Sandwich or Cajun Fried Chicken Salad
April 9	Babes	Student/Optimist of the Month		New York Yankee Rueben Sandwich or Chicken Taco Salad
April 16	Babes	Rebecca Hohlstein	Author of Food Fight – The battle to protect our food and water against terrorism	Tuna Fillet Sandwich or Beef Taco Salad
April 23	Babes	Social Meeting & Elections	Please Bring a Guest!	Muskie's Fish Sandwich or Veggie Salad
April 30	Babes	Don Heliliger	Vietnam POW Stoughton, WI	Steak Sandwich or Ty Cobb Salad
May 7	Babes	Duane Hanson	Bethel Horizons – Youth Christian Camp Program	Turkey and Swiss Sandwich or Cobb Salad
May 14	Babes	Student/Optimist of the Month		French Quarter Dip or Grilled Chicken Salad
May 21		No Meeting	We will be attending a Luncheon on May 19	"Respect for law at 12:00 - Edgewater
May 28	Babes	Social Meeting	Bring a Guest	Teriyaki Chicken Sandwich or Oriental Chicken Salad

### Mark Your Calendar

- April 8 JOOI Induction Banquet (5:30pm at Memorial High School)
- April 26 Safety on Wheels
- April 27 JOOI Run/Walk to benefit UNICEF
- May 3 Special Olympics Track Oregon High School
- May 19 Respect for Law day May 19<sup>th</sup>, noon at the Edgewater (regular 5/21 luncheon cancelled)
- June 18 Tri Star Golf Tournament
- July 21 & 22 Service Club Olympics

## SWIS - Southern Wisconsin District News

The theme for the SWIS District 2002-2003 is "KIDS - Building Blocks of the Future". SWIS District, in southern Wisconsin, consists of over 1500 Optimists and is divided into 10 different zones. There are a total of 59 clubs divided amongst the 10 zones. **Sauk Trails Optimist Club, of Madison is 1 of the 59 clubs in Zone 6.**

On a quarterly basis, the SWIS District has a conference to bring Optimists together for support, sharing, and training. Each quarter a SWIS Newsletter is created and distributed by e-mail and US mail to ALL Optimists. The newsletter consists of:

- 1) Article from the current SWIS Governor, Tom Daly;
- 2) Optimist International Foundation article on items of interest;
- 3) Youth clubs across SWIS district information;
- 4) Childhood Cancer Campaign high lights;
- 5) Community Projects Awards & Achievement Awards, the results of youth projects across SWIS;
- 6) Special Youth Events of interest including:
  - a. Oratorical Contest
  - b. Essay Contest
  - c. Junior Golf Tournament
  - d. Tri-Star programs
  - e. Communication for Deaf & Hard of Hearing
- 7) SWIS Club Highlights, articles submitted about what the various clubs are doing.

The SWIS News Bulletin and latest Conference information are on the SWIS Website. Each of you have received a 'link' to that Website, by e-mail, to view and read articles of interest about the Southern Wisconsin District.

Below are the links to the April 2003 SWIS News & Conference information.

**SWIS News:** [http://www.swisdistrictoptimists.org/Newsletters/SWIS\\_2003\\_3rd\\_Quarter\\_Bulletin.pdf](http://www.swisdistrictoptimists.org/Newsletters/SWIS_2003_3rd_Quarter_Bulletin.pdf)

**SWIS Conference:** [http://www.swisdistrictoptimists.org/OtherPDFs/SWIS\\_2003\\_3rd\\_QuarterConference.pdf](http://www.swisdistrictoptimists.org/OtherPDFs/SWIS_2003_3rd_QuarterConference.pdf)

We all are part of a larger organization that provides support, as we need it, to help the youth that we serve.

**Bonnie Spindler**  
**Sauk Trails Optimist Club, SWIS News Editor**

# JOOI Corner

## SPARTAN YOUTH SERVICE TEAM/JOOI

The club elected their officers for the 2003-2004 school year. The new co-presidents are Lili Prah and Prethy Rao. You may remember the girls sharing their JOOI convention experiences with STOC members at one of our Wednesday meetings. STOC members are invited to attend the JOOI induction banquet on Tuesday, April 8<sup>th</sup> at 5:30 at Memorial High School. The pizza supper will be followed by recognition of service of officers and the induction of new officers and board members. Please contact Mary Norrbom if you are able to attend and show your support for these great kids!

The Mardi Gras Party held for Oakwood residents on Sunday, March 2nd, was a great success. Almost 20 JOOI members participated in entertaining over two dozen residents. Snacks were provided, games were played, and door prizes given away. A number of residents learned the finer points of blackjack under the guidance of Rick Thomas and Steve Bailey. Caroline Heath, Cheryl Vickroy, and Lynnda Elhke also helped the afternoon run smoothly. The residents have expressed their desire to make this an annual event.

JOOI members are planning a run/walk to benefit UNICEF on Sunday, April 27. The event will be held in the afternoon on school grounds. They are looking for donated goodies to pass out to participants. If your business would like to help sponsor the event, please contact Mary at 442-1500 (w), 829-0884 (h), or mnorrb@aol.com.

## Tri-Star Basketball 2003



Held noon - 2 pm at the Bishop O'Connor Catholic Center on the West side.

The Tri-Star basketball contest was attended by twenty-three children ages 8 through 13. Thirteen received award certificates and medals for 1st through 3rd place finishes and the other ten received participant certificates. Several contestants are going to the district competition in Brookfield.

We had thirteen volunteers, all Sauk Trails Optimist Club members.

The event took place on a day when the area received a near white-out snowstorm accompanied by strong winds. In spite of the weather, attendance for many of the boys' age groups was pretty good. For those who participated the event was a resounding success. Once again we were able to have a positive impact on the children that did attend. Our unselfish, community spirit transcended the basketball experience, as two parents inquired about joining our club without any sales pitch from members.

Overall we felt the event was very successful. We look forward to a larger event helping many more youth in 2004 and beyond.

Greg Hermus

# Happy Birthday to you!



Jared Holthe  
Andy Lochner  
Peter Graven

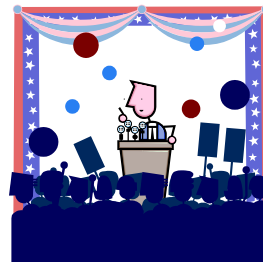
April 21<sup>st</sup>  
April 23<sup>rd</sup>  
April 25<sup>th</sup>

## Elections

At our April 23 luncheon, we will elect our Officers & Directors for year starting on October 1, 2003.

The club nominating committee submits the following members for election as your future officers & directors:

President:	Rick Tiedemann
Vice President:	Greg Hermus & Tim Belter
Secretary:	To be appointed by the President-Elect
Treasurer:	To be appointed by the President-elect
One-year board:	Alison Scherer (to fill Tim's position)
Two-year board:	Pete Graven, Ross Kaye & ??



Nominations for all the above positions can be made from the floor at the April luncheon.

# How Important is Optimism?

In a study, Martin Seligman, Ph.D., showed how important optimism is in our daily professional life. Here are a few bits of information that are quite convincing.

Analyzing campaign speeches for the prevalence of optimism, Seligman predicted the winners of the 1988 presidential and Senate elections more accurately than veteran political forecasters. Voters like and believe in optimistic people!

In academics and athletics, subjects were given a lower grade in a class or a slower recorded time in an athletic event, thereby simulating defeat. The optimists rose to the occasion and did better the second time around while the pessimists did worse. When optimists get beaten down, they rise up!

Optimism makes for better problem-solving. Positive emotions broaden and brighten our thinking, whereas negative emotions shut down our minds (fight or flight) and limit our ability to see possibilities.

Seligman says: "If something goes wrong, pessimists tend to have hopeless thoughts. They tell themselves, 'I'll never get it right' or stamp themselves with a negative label, like 'jerk.'" He goes on: "My goal would be to get that person to speak to himself more kindly, the way a loving friend might. The person might learn to say, 'things didn't go well today, but I learned a lot from the experience, and I'll do better tomorrow.'"

The building blocks to optimism are mastery, positive attitude, and explanatory style.

## 2003 SERVICE CLUB OLYMPICS

### MEMBER SIGN UP SHEET

MONDAY, JULY 21, AND TUESDAY, JULY 22, 2003

(Please make a copy of this sheet for each of your members)

Member Name: \_\_\_\_\_  
Club Name: \_\_\_\_\_  
Club Rep or  
Event Chair: \_\_\_\_\_

Please check those events in which you are interested in participating. A single, final list will be compiled after all club members have turned these sheets into your Olympics Club Rep.

#### A. July 21 Evening Events

- \_\_\_ Eight-Ball Pool (6 p.m.) The Green Room, 5618 Odana Road, 277-8588  
\_\_\_ Bowling (6 p.m.) Schwoegler's Park Towne, 440 Grand Canyon Drive, 833-7272

#### B. July 22 Morning Events

Starting times are noted after each event. All morning events are over by 12 noon.

- \_\_\_ 5K Run (7 a.m.) Cherokee West parking lot  
\_\_\_ Golf (7 a.m.) Cherokee Golf Course  
\_\_\_ Volleyball (7:30 a.m.) POOLEY'S, 5441 High Crossing Blvd., 242-1888  
\_\_\_ Ping Pong (9 a.m.) Cherokee Courts 5 & 6

#### C. July 22 Afternoon Events

- \_\_\_ Swimming (11:30 - 1:15 p.m.) Cherokee Pool  
\_\_\_ Backgammon (1:30) Center Court Lounge - Upper Level  
\_\_\_ Bridge (1:30) Sequoia Room - Lower Level  
\_\_\_ Checkers (1:30) Center Court Lounge - Upper Level  
\_\_\_ Cribbage (1:30) Center Court Lounge West - Upper Level  
\_\_\_ Euchre (1:30) Center Court Lounge East - Upper Level  
\_\_\_ Horseshoes (1:30) Cherokee NE side of parking lot  
\_\_\_ Racquetball (1:30) Cherokee Next to Court 5  
\_\_\_ Scrabble (1:30) Center Court Lounge - Upper Level  
\_\_\_ Tennis (1:30) Cherokee Courts 1,2,3 &4

#### D. July 22 Open Events

- \_\_\_ Agility Course (3 p.m. - 5 p.m.) Cherokee Courts 5 & 6  
\_\_\_ Bait Casting (3 p.m. - 5 p.m.) Cherokee Courts 5 & 6  
\_\_\_ Darts (3 p.m. - 5 p.m.) Cherokee Courts 5 & 6

#### E. July 22 Evening Events

- \_\_\_ Cocktails (4:30 p.m.) Cherokee Lounge  
\_\_\_ Dinner/Awards (5:30 p.m. - 8 p.m.) Cherokee Lounge

Please Sign Up for Only One Event in Each of Groups B & C



**Sauk Trails Optimist Club, Ltd. - Membership Roster April 2003**

Name	Company	Work No.	Home No.	Fax No.	E-Mail Address
Bette Anderson	Smith & Gesteland, LLP	836-7500			<a href="mailto:bette.anderson@sgcpa.com">bette.anderson@sgcpa.com</a>
BJ Bailey					
Steve Bailey	Crown Dental Laboratory	271-5537	238-8535	271-1657	<a href="mailto:Sbailey100@aol.com">Sbailey100@aol.com</a>
Tim Belter	Associated Bank	259-2094	455-1145		<a href="mailto:Timothy.belter@associatedbank.com">Timothy.belter@associatedbank.com</a>
Kevin Campos	Independent Financial Services		833-6985	441-6001	<a href="mailto:Kevin@kevincampos.com">Kevin@kevincampos.com</a>
Rick Conne	R.W. Baird	831-1100	833-3793		<a href="mailto:rconne@rwbaird.com">rconne@rwbaird.com</a>
Shelly Dykstra-Moore	Bristol Myers Squibb Company		845-9345		<a href="mailto:Sdm9345@aol.com">Sdm9345@aol.com</a>
<i>Lynnda Ehlke</i>	<i>Automatic Data Processing</i>	<i>275-6703</i>	<i>798-1889</i>		<a href="mailto:Lynnda_Ehlke@adp.com">Lynnda_Ehlke@adp.com</a>
Brian Fisher	First Business Bank	232-5918	850-4368		<a href="mailto:bfisher@fbmadison.com">bfisher@fbmadison.com</a>
Lynne Frits	H & H Management	829-1701	829-2776		<a href="mailto:Mom@mattymo.com">Mom@mattymo.com</a>
Daniel Gibson	SVA Planners	826-2322	836-4714		<a href="mailto:Gibsond@sva.com">Gibsond@sva.com</a>
Peter Graven	Bank of Verona	848-4587	231-2478		<a href="mailto:Petegraven@bankofverona.com">Petegraven@bankofverona.com</a>
Mike Gustafson	Suby Von Haden	826-2292	831-6914	831-4243	<a href="mailto:gustafsonm@sva.com">gustafsonm@sva.com</a>
Mitch Hagens	Dimension IV-Madison, LLC	229-4444	831-6911	2294445	<a href="mailto:mhagens@dimensionivmadison.com">mhagens@dimensionivmadison.com</a>
Lori Handel	MBA, Inc.	437-4994	437-4986		<a href="mailto:Lhandel@mhtc.net">Lhandel@mhtc.net</a>
<i>Caroline Heath</i>	<i>In Sync Hypnotherapy</i>	<i>238-4600</i>	<i>275-6833</i>		<a href="mailto:Fishinsync@sbcglobal.net">Fishinsync@sbcglobal.net</a>
Marvin Hellenbrand	H & H Management	829-1701			<a href="mailto:Mom@mattymo.com">Mom@mattymo.com</a>
Gregory Hermus	Robert W. Baird Co.	831-1100	845-3820		<a href="mailto:Ghbadger@charter.net">Ghbadger@charter.net</a>
Donald Higgins	Higgins Insurance Group	274-4200	824-0914	274-4210	<a href="mailto:Dhiggins@chorus.net">Dhiggins@chorus.net</a>
Ricki Hoefler	Edward Jones		833-6268		<a href="mailto:Philricki@aol.com">Philricki@aol.com</a>
Jared Holthe	Holthe Family Chiropractic	277-9330	848-2638		<a href="mailto:Holthe_s@yahoo.com">Holthe_s@yahoo.com</a>
Sheri Holthe	Holthe Family Chiropractic	277-9330	848-2638		<a href="mailto:Holthe_s@yahoo.com">Holthe_s@yahoo.com</a>
Laurie Irwin	Special Olympics, Wisconsin	221-2900	233-0543		<a href="mailto:lauriei@merr.com">lauriei@merr.com</a>
Kathy Johnson	Risk Management Strategies, LLC		298-9648	249-3636	<a href="mailto:Kljohnson@charter.net">Kljohnson@charter.net</a>
Dee Judd	Judd Household		833-2622		<a href="mailto:Juddj@charter.net">Juddj@charter.net</a>
Jim Judd	Judd Household		833-2622		<a href="mailto:Juddj@charter.net">Juddj@charter.net</a>
Jason Kadow	Meicher CPA	238-1970 X310	827-6707		<a href="mailto:Jasonk@meichercpa.com">Jasonk@meichercpa.com</a>
Dale Kalscheur	The Neckerman Agency	238-2686	437-4470	238-7798	<a href="mailto:D_kalscheur@neckerman.com">D_kalscheur@neckerman.com</a>
Ross Kaye	Gemplers	424-1544	848-1134		<a href="mailto:rkaye@gemplers.com">rkaye@gemplers.com</a>
Chuck Koehler	Koehler & Associates	838-7133	838-7133		<a href="mailto:Koehler01@charter.net">Koehler01@charter.net</a>
Gail Koehler	Attic Angels Retirement Center		838-7133		<a href="mailto:Koehler01@charter.net">Koehler01@charter.net</a>
Mark Kraemer	Park Bank	283-6810	848-6899	283-6823	<a href="mailto:mkraemer@parkbank.com">mkraemer@parkbank.com</a>
Joe Laubmeier	American family	249-2111	271-4399		<a href="mailto:Jlaub@chorus.net">Jlaub@chorus.net</a>
Carrie Leonard	Johnson Block and Company	274-2002	245-3981		<a href="mailto:cleonard@johnsonblock.com">cleonard@johnsonblock.com</a>
Andrew Lochner	American Express Financial Adv.	833-4437	848-3631		<a href="mailto:alochner@charter.net">alochner@charter.net</a>
Joseph Marty	M&I Bank – Middleton	836-1511	831-4799	836-4425	<a href="mailto:Joe.marty@micorp.com">Joe.marty@micorp.com</a>
Mary Norrbom	Waddell & Reed	800-860-9863	442-1500	442-6490	<a href="mailto:Mnorrb@aol.com">Mnorrb@aol.com</a>
Jessica Oehrlein	Shared Medical Services	663-6080 X120	220-1581		<a href="mailto:Jesso1016@hotmail.com">Jesso1016@hotmail.com</a>
Janine Richgels	Firststar Bank Madison, N. A.	252-4110	241-5714	252-7652	<a href="mailto:Janine_richgels@firststar.com">Janine_richgels@firststar.com</a>
<i>Alison Scherer</i>		<i>224-4761</i>	<i>836-0151</i>		
John Scherer	Trinity Financial Planning	233-1111	836-0151	233-7161	<a href="mailto:John@trinfin.com">John@trinfin.com</a>
Lisa Schluesche		259-2052	833-5909		<a href="mailto:Lisa.Schluesche@Associatedbank.com">Lisa.Schluesche@Associatedbank.com</a>
Ray Schmitz	Retired		233-3786		<a href="mailto:Jschmitz@chorus.net">Jschmitz@chorus.net</a>
<i>Phillip A. Schrabec</i>	<i>Amcore Bank</i>	<i>821-1918</i>	<i>821-0980</i>		<a href="mailto:pschrabec@amcore.com">pschrabec@amcore.com</a>
Jacci See	First Weber Group	828-5105	827-6326	836-3102	<a href="mailto:Seej@firstweber.com">Seej@firstweber.com</a>
<i>Walter (Walt) See</i>	<i>Oak Bank</i>	<i>441-6000</i>	<i>279-7987(c)</i>		<a href="mailto:wjsee@yahoo.com">wjsee@yahoo.com</a>
Bonnie Spindler	Spindler Enterprises	833-7244	833-7244	833-9182	<a href="mailto:Blspindler@charter.net">Blspindler@charter.net</a>
Gene Spindler	Retired		833-7244	833-9182	<a href="mailto:Espindler@charter.net">Espindler@charter.net</a>
Brinda Stratton	Crown Dental Laboratory	271-5537			<a href="mailto:Brstratton@aol.com">Brstratton@aol.com</a>
<i>Christine Strub</i>	<i>DELETE</i>				<a href="mailto:Strubchris@hotmail.com">Strubchris@hotmail.com</a>
Rick Thomas	Right Touch Drycleaners	271-1088	274-0528		<a href="mailto:Jathoma2@facstaff.wisc.edu">Jathoma2@facstaff.wisc.edu</a>
Rick Tiedemann	Wachovia Securities	824-6550	845-6367		<a href="mailto:rtiedem@wachoviasec.com">rtiedem@wachoviasec.com</a>
Cheryl Vickroy	Self employed Business Consultant	836-8794	836-8794	575-2378 cell	<a href="mailto:cvickroy@chartermi.net">cvickroy@chartermi.net</a>
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## 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.