



Pathways



February 2005

Sauk Trails Optimist Club

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I BELIEVE 'In Tune With Kids'

Sauk Trails Optimists:

It is now February and the hustle and bustle of the holidays is now over. January was a relatively quiet month for club activities. I do want to thank Mark Kramer, Cheryl Vickroy and Greg Hermus for opening their homes for our second progressive dinner. The event was well attended and is becoming an annual tradition for our club.

Tri-Star Basketball is scheduled for Saturday February 19th at the MAC Center in Verona. We are expecting a good turnout for the event this year. If you are able to volunteer and have not already signed up, please let me know.

I look forward to seeing all of you at our weekly lunch meetings. If you haven't attended for a while, please join us again. I know we have some great speakers lined up in the coming weeks. On March 2nd, we will have another New Optimists Wanted luncheon. Please encourage prospective Optimists to attend.

Tim Belter, President
Sauk Trails Optimist Club 2004-2005

Bucky Book Update

The Bucky Book Fund Raiser profits were **\$970.00**. Thanks to Rick Thomas for coordinating it this year and for everyone who bought and/or sold the books.

UW Booth Update

The UW Booth Fund Raiser profits were **\$2,383.87**. Thanks to Steve Bailey for coordinating the UW Booth Fund Raiser again this year and to everyone who volunteered to help at the booth.



Koeze Nut Fundraiser Update

The Koeze Nut Sale fundraiser profited **\$1,813.60**. Thanks to Cheryl Vickroy (coordinator), the committee members and to everyone who sold and/or bought the Koeze Nut product.

**Sauk Trails Optimist Club – STOC
Board Minutes, Wegner LLP
January 11th, 2005**

Members in Attendance:

President: Tim Belter

Vice Presidents: Pete Graven

Board Members: Jill Thomas, Sandy Fischer,
Kevin Campos

Secretary/Treasurer: Gene Spindler

President Tim Belter called the meeting to order at 5:00 pm.

Motion was made, seconded and passed to approve the minutes of the December 14, 2004 Board Meeting..

The financial report through December 31, 2004 was presented to the Board. A motion was made, seconded and passed to accept the financial report.

There was discussion of the lunch meetings for January. These included speakers Cheryl Bailey on January 12th and Van Stout on January 26th

The SWIS District Conference will be held on February 4th and 5th. The Club will have seven members attending this conference. On Saturday February 5th, the Club will be recognized for being an honor club during 2003-04.

There was discussion on the Tri-Star Basketball event, which will be held at the Mac Center in Verona on February 19th. Volunteers will be needed to assist with this activity. A sign up sheet will be passed around at lunch meetings through mid February.

The Board discussed contributions and a motion was made (Spindler), seconded (Campos) and passed to make a \$50 donation to Centro Hispano.

The board reviewed new By Laws having the necessary language for the Club to meet the requirements as a 501©(3) organization. Optimist International has made it possible for all Clubs to qualify as 501©(3) organizations. There was discussion of the proposed By Laws and a motion was made (Julie Thomas), seconded (Sandi Fischer) and passed to approve the By Laws.

Motion was made, seconded and passed to adjourn at 5:45. Next meeting will be on **Tuesday, February 8th at 5:00 P.M.**

Gene Spindler, Secretary/Treasurer 2004-2005



SWIS CONFERENCE SCHEDULED DATES:

(Officers, put these dates on your calendar)

February 4 – 5th

May 6 – 7th -

August 19th – 20th

Madison, Sheraton

Chula Vista, Wis. Dells

Country Inn, Waukesha

REMINDER: STOC Articles for the March 2005 Newsletter are due to Bonnie Spindler at blspindler@charter.net by **February 25th** *(at the latest)*

Sauk Trails Progressive Dinner

Sunday, January 9th there were 23 who attended all or part of the Sauk Trails Progressive Dinner. Thanks to the Kraemer's, Hermus's, and Vickroy for hosting at their homes. Even with the Packers losing that day, and nasty weather, it still turned out to be a very nice time for everyone. *(Below are some of the recipes that were requested by others from the dinner and an earlier summer outing).*

Lynne Frits's Cranberry Salsa Dip with Cream Cheese (Appetizer at Progressive Dinner, 1/9/05)

- 1 (12 Oz) or 3 cups fresh cranberries rinsed and drained
- ¼ cup minced green onions
- 2 small (approx 2 Tbls) jalapeno peppers, cored, seeded and minced
- ½ cup sugar (I use ¾ cup splenda)
- ¼ cup fresh cilantro leaves, minced
- 2 Tbls finely grated fresh ginger
- 2 Tbls fresh lemon juice
- 2 (8 ounce) packages cream cheese
- Cranberries and/or cilantro sprigs for garnish

Rinse, drain and pick over cranberries, (discarding all that are soft or bruised). Place them in a food processor; pulse until finely chopped but not mushy. Place in a bowl; mix together the onions, jalapeno peppers, sugar, cilantro leaves, ginger and lemon juice. Cover with plastic wrap and refrigerate at least 4 hours so flavors develop (salsa will be too sharp and tart to begin with).

On a serving plate, place cream cheese, cover with the dip, serve with crackers.

Gail Koehler's Raemen Noodle Salad (Salad at Progressive Dinner, 1/9/05)

Tear or cut up bunch Bok Choy, Romaine and/or Cole Slaw.

Cut up bunch green onions.

Saute until light brown in ¼ cup butter the following:

- 2 packages Raemen noodles crumbled (either chicken or beef flavored) and seasoning packages)
- 5 ounces silvered almonds.

Dressing: 2 Tablespoon soy sauce

- ¼ cup cooking oil
- ¼ cup vinegar

Mix well and pour over greens when ready to serve. Garnish with Cashews.

Heavenly Bars (Dessert at previous summer activity)

- 1st layer:**
- 2 cups brown sugar
 - 4 cups Rice Krispies
 - 3 oz. Pkg. Vanilla instant pudding, divided
 - 1 cup light corn syrup
 - 2 cups peanut butter

- 2nd layer:**
- ½ cup margarine, softened
 - ¼ cup milk
 - 4 cups powdered sugar

- Frosting:**
- ¾ cups chocolate chips
 - ¼ cup peanut butter

1st Layer: Melt in a saucepan or microwave brown sugar, corn syrup, and peanut butter. Add ½ of the package of vanilla pudding and Rice Krispies. Pat in a jellyroll pan (11" X 17"). **2nd Layer:** Mix margarine, powdered sugar, milk, and remaining 1/2 of the package of vanilla pudding. Spread over first layer and chill. **Frosting:** Melt together chocolate chips and peanut butter and spread on cooled bars. Chill and serve.

SCHEDULED ACTIVITES – Mark Your Calendar, 11:45 – 12:45

Date	Place	Speaker/Event	Topic/Focus	Lunch
February 2nd h	Babes	Maureen McFarland - Adoptions of WI	Adoption Information for Wisconsin	Tuna Filet Sandwich or Chicken Taco Salad
February 9th	Babes	Steve Guziewski - Track Coach at Memorial High School	Bringing a state champion athlete	Chicken Sandwich or Grilled Chicken Salad
February 16th	Babes	Student of the Month, Jan/Feb	Student of the Month shares with club	Teriyaki Chicken Sandwich or Oriental Chicken Salad
February 19th, Sat., 1:00 – 4:00 PM	MAC Center, Verona	Tri-Star Basketball	Basketball, ages 8 – 13	—
February 23rd	Babes	TBD	TBD	BLT or Caesar Salad
March 2nd	Babes	New Optimist Wanted – NOW	Optimist Club Info, Slide Show Presented	Cajun Chicken Sandwich or Beef Taco Salad

'General' CALENDAR of EVENTS for Sauk Trails Optimist Club, 2005

(Other events determined by board during the year)

Mark Your Calendar

- February:** SWIS 2nd Quarter Conference, Sheraton Madison, **February 4th – 5th**
 STOC Board Meeting, **February 8th, 5:00 PM**
 Help with JOOI Club Oakwood Residents
 STOC Tri-Star Basketball **February 19th, MAC Center, Verona**
- March:** District Tri-Star Basketball Tournament – **March 19th**
 New Optimist Wanted –NOW Lunch, **March 2nd**
- April:** Safety on Wheels, Scholarship Annual Fundraiser (*date to be determined*)
- May:** SWIS 3rd Quarter Conference, Chula Vista – Dells, **May 6th – 7th**
 Special Olympics Track – Oregon High School (**May 7th**)
- June:** New Optimist Wanted –NOW Lunch, June 1st
- July/Aug** SWIS 4th Quarter Conference, Country Inn, Waukesha, **August 19th – 20th**
 Service Club Olympics: **July 25th – 26th**
- September:** New Optimist Wanted –NOW Lunch, **September 7th**
 Induction Banquet New Officers – **end of September 2005**

Sauk Trails New Optimist Wanted – NOW March 2nd, 2005

You can bring any potential Optimist to a Wednesday lunch during the year. There will be very interesting speakers that have been scheduled as well as your friend finding out more about your Sauk Trails Optimist Club. Just a reminder, that March 2nd is scheduled for the 2nd quarter NOW lunch. That will be a lunch devoted to finding out more about the club with presentations by members and a Powerpoint slide show.

Happy Birthday

Bonnie Spindler 2/11
 Lisa Schluesche 2/12

JOOI CORNER

Student of the Month Dates 2005
Feb 16th; Mar 16th; Apr 20th; May 18th

The club is up and running again with the second semester under way. In addition to the projects listed below, Spartan Youth Service Team members are working on fund raising ideas to benefit both tsunami victims and the Optimist Childhood Cancer Project.

The Optimist committee is helping Rick Thomas with the STOC Scholarship Fundraising event to be held in late April. They are also working to get a Junior Optimist Club started at John Muir Middle School.

The Seniors committee is planning the 2nd annual talent show at Oakwood to be held on April 2. Monthly visits to residents continue as well.

The Fundraising committee is participating in the Boston Store Community Day Sale on February 26th. Club members are selling coupon books for \$5 each. Each coupon book contains a \$5 off coupon for any store purchase and 6 other coupons for as much as 20% off your purchases on that day. Club members will also work in the store that day. Youth Service Team keeps 100% of the coupon booklet sale proceeds and the wages they earn for working. This has been a great moneymaker in the past.

Fundraising is also working on selling spirit bracelets for the upcoming basketball tournaments. Go Spartans!

The School committee is in charge of Kids As Self Advocates (KASA), a program to help integration of handicapped Memorial students. This has been very successful this year. This committee also supplies tutors to Huegel Elementary and will conduct Service Begins At Home workshops for first and second graders to introduce the concept of community service to them.

The Community committee is helping with the Wisconsin Public Television fundraisers and will start to work on reviving the inkjet recycling program that has been successful in the past.

The Service Team continues to recruit new members and will hold their officer and board elections in April.

Mary Norrbom

Sauk Trails Tri-Star Tournament

The Annual Tri-Star Basketball Tournament will be held at the Mac Center in Verona, **Saturday February 19th** from **1:30 - 3:30**. You can help with the publicity for this event by posting the flyer in various locations where there are parents of children in the 8 - 13 age group. If you know of some parents that have children, please e-mail them the poster & entry form, requesting that they fill out the entry portion sign it, and bring it with their child on that Saturday. *(See end of this newsletter for documents).*

If you have any questions, please call or e-mail. There will be a need for volunteers to help with the tournament. Please sign-up at lunches or contact me.

Greg Hermus 845-3820
ghbadger@charter.net
Tri-Star Chairperson



Sauk Trails Optimist Club, Ltd. - Membership Roster February 2005 (UPDATES In RED)

Name	Company	Work No.	Home No.	Fax No.	E-Mail Address
BJ Bailey					Mrfuel4@yahoo.com
Steve Bailey	Crown Dental Laboratory	271-5537	238-8535	271-1657	Sbailey100@aol.com
Tim Belter	Associated Bank	259-2094	455-1145		Timothy.belter@associatedbank.com
Kevin Campos	Campos Financial Group	235-1030	833-6985	664-1791	Kevin@kevincampos.com
Robin Clisso	Express Personnel Services	833-5345	848-8445		Rdc102002@yahoo.com
Rick Conne	R.W. Baird	829-8206	833-3793		rconne@hrblock.com
Barb Dwyer	Wisconsin Community Bank	298-1706	513-6965	298-1710	bdwyer@thewcb.com
Sandra Fischer	Wegner, LLP CPAs & Consulting	442-1920	437-8448	274-3361	Sandy.fischer@wegnercpas.com
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Lynne Frits	H & H Management	829-1701	829-2776		frily@charter.net
Joanne Ganske	SWIS Past Governor, 2003-2004				joanski@chorus.net
Daniel Gibson	SVA Planners	826-2322	836-4714		Gibsond@sva.com
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Caroline Heath (US Mail)	186 Sabastian Court, #102	Virginia Beach,	VA 23452		Revccheath@msn.com
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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	Holthe Family Chiropractic	277-9330	848-2638		Holthe_s@yahoo.com
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Kathy Johnson	Risk Management Strategies, LLC	663-9032	663-9032	666-6435	Kljohnson@charter.net
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Chuck Koehler	Koehler & Associates	838-7133	838-7133		Koehler01@charter.net
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Mark Kraemer	Park Bank	283-6810	848-6899	283-6823	mkraemer@parkbank.com
Carrie Leonard	TR McKenzie Inc.	836-0900	245-3981		carrie@trmckenzie.com
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John Scherer	Trinity Financial Planning	829-1010	836-0151	233-7161	John@trinfin.com
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Jacci See	First Weber Group	828-5105	827-6326	836-3102	Seej@firstweber.com
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Gene Spindler	Retired		833-7244	833-9182	Espindler@charter.net
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Rick Thomas	Right Touch Drycleaners	271-1088	274-0528		lathoma2@facstaff.wisc.edu
Rick Tiedemann	Wachovia Securities	824-6550	845-6367		rtiedemann@tds.net
Amy Tripp					No E-Mail
Cheryl Vickroy	The Bachner Vickroy Group	575-2378	575-2378		cvickroy@chartermi.net
Peter Wolf	Lt. Governor, Zone 6				peter.wolf@wick-mail.com
Bob Wortinger	Kiesling Associates	664-9110	829-3926	273-2383	Rwortinger@kiesling.com

TRI-STAR BASKETBALL

2005 CONTEST



An Annual Event of Optimist International
Sponsored by Sauk Trails Optimist Club – “Friend of Youth”

February 19, 2005, 1:30-3:30 p.m.

The Mac Center, 411 Prairie Heights Drive, Verona, WI

(south end of Verona’s Main Street, Hwy M, right across from the water tower)

- Open to all boys and girls, ages 8 - 13 (age as of March 19, 2005).
- Contestants will compete in dribbling, shooting and passing drills, against members of their own age and gender.
- Awards for 1st, 2nd and 3rd place in each age and each gender.
- Winners qualify for District competition to be held March 19. Winners will get details at the local contest.
- No entry fee: simply complete an entry form in advance (see below) or at the contest, arrive early for registration, be dressed for basketball (no street shoes on the courts), and do your best. Please arrive 10 minutes before your competition time noted below. Arrivals after scores are tabulated will not be allowed to compete.
 - 1:30 – 2:10 8 & 9 year old age groups
 - 2:10 – 2:50 10 & 11 year old age groups
 - 2:50 – 3:30 12 & 13 year old age groups

Contest Details:

- All three contests are done individually:
 - Shooting contest: four shots from the free throw line or shorter, depending upon age, plus two shots outside the key.
 - Dribbling contest: timed, dribbling around cones.
 - Passing contest: chest passes and bounce passes at a target.

This event is the basketball equivalent of football’s Punt, Pass and Kick competition. See how you compare versus peers in basic skills!

(Any questions or more information, contact Greg Hermus at 845-3820. Leave a message with your name/phone number OR e-mail address.)

Optimist Tri-Star Basketball

Entry Form, Instructions & Score Sheet - Bring with you to the event

Age 3/19/05: (circle one) 8 9 10 11 12 13 Sex (circle one) Boy Girl

Name _____ Phone (____) _____

Address _____ City _____ Zip Code _____

School Name _____ Date of Birth ____/____/____

Parents' Names: Father: _____ Mother: _____

Parent's permission: _____ (parents are welcome at contest)

(Parent or guardian's signature - required)

Rules:

- Participants may compete in only one local contest. **Participation is FREE.**
- Participants will compete against others of the same sex and the same age as of March 19.
- Gym shoes will be required (no street shoes on the courts). Judges' decisions are final.

Contest Information: Place: Verona MAC Center, 411 Prairie Heights Drive, Verona (South end of Main Street in Verona across from the water tower)

Date: February 19. Time _____ (based on age 3/19/05 – see below)

Times: Ages 8 - 9, 1:30-2:10; Ages 10 – 11, 2:10 - 2:50; Ages 12 – 13, 2:50 - 3:30

** Due to the nature of the contest, late participants may not be eligible to participate. Please be on time for your age group **

Dribbling Skill

Each participant will attempt to dribble through four cones and return through the course as quickly as possible. Three points will be deducted from a base score of 75 points for each second of elapsed time. For example, if a participant takes 20 seconds to complete the course, the participant's score is 15. ($75 - (3 \times 20) = 15$). (Scorer please write in **time** below by the 3X)

Number of seconds elapsed = X, $75 - (3X) = \text{SCORE}$ _____

Passing Skill

Each participant will be allowed six attempts: three bounce passes and three chest or overhead passes at a designated target from an assigned distance. Participant will be allowed one step toward the passing line and must not touch or go over it.

Distance from target:

Age	Feet
8-9	12'
10-11	15'
12-13	18'

Hits: _____ x 5 Points each time target is hit = SCORE _____

Shooting Skill

Each participant will be allowed six attempts: four free throw attempts at varying distance according to age, and two attempts from anywhere on the court outside the key area. Attempt will be invalidated if a participant steps on or over the assigned free throw line.

Distance from basket:

Age	Feet
8-9	11'
10-11	13'
12-13	15'

of baskets made: _____ x 10 Points each basket made = SCORE _____

TOTAL SCORE (three events) _____

(Any questions or more information, contact Greg Hermus at 845-3820.

Leave a message with your name/phone number OR e-mail address.)

** Medals awarded for first through third place in each category. Winners qualify for District competition **