

# PIONEER PRESS NEWSLETTER

January - 2024



# **UPCOMING SCHOOL DATES**

January 15

No School: Martin Luther King, Jr. Day

> January 18 All-School Mass

January 20

Robotics Competition Science Olympiad DHS Hockey Team Trivia Night January 26

Coronation Game

January 27

Coronation Dance



# Prepping pancakes for our Pioneers!

Wednesday, January 10 was Pajamas and Pancakes Day!

Assistant Principal of Student Life Debi Turner '96 and Dean of Students Kurt Schneider '93 were just a few of the faculty and staff who came in ready to serve our students a few short-stacks as a thank-you for Pioneer Nation's generosity during our #iGiveCatholic campaign!

A few quotes from kids...

"This is the most 'Duchesne' thing ever, Mrs. T.!"

"It's just a big old fashioned family breakfast!"

"The cafeteria is a scene from any episode of any show on the Disney Channel!"

"Mrs. T. — you seriously made a playlist for breakfast?"



# **Student of the Month:**

# Bridget Caldwell '27

Congratulations to Bridget Caldwell, who was awarded 1st place in the 12th District for the VFW's Voices of Democracy!

Voices of Democracy is an audio essay competition for high school students sponsored by the Veterans of Foreign Wars.

Entrants first have to win at their post level, then a district winner is chosen which advances to state, and eventually leads to nationals to compete for a \$35,000 college scholarship.

"I feel honored to represent the 12th District at state," said Caldwell.

On February 10 she will travel to Columbia, Missouri, where all the district winners will be presented jackets, and then given private tours through the capital building, Missouri Military Museum, and the Missouri State Highway Patrol Museum.

Good luck Bridget! We're proud of you!

FEATURED

# Capstone project supports local charity

One Duchesne High School senior is making a real difference for a local non-profit organization.

On Friday, December 15, Julia Winkeler '24 presented Gwendolyn's Gifts with a check for \$1,650 that she raised through several fundraisers she planned as the culmination of her Scholars Academy auxiliary courses. Gwendolyn's Gifts is a charity that supports the families of children on palliative and hospice care in St. Louis and surrounding areas. It was created in 2019 by DHS alumna Erin Kramer '04 and her husband, Mark.

Duchesne's Scholars Academy program is the high school version of a university-level master's thesis, building on concepts learned in previous courses. Students design, execute, and defend a semester-long project while establishing professional relationships and refining collaboration skills.

Throughout the fall semester, Winkeler raised money for the local charity through bake sales, a Halloween craft night, and a Santa's workshop event.

"For my bake sales, I have always made it important to choose a charity that benefits pediatric care," said Julia. "I was introduced to Gwendolyn's Gifts by Mrs. [Renee] Moore and thought it was the perfect charity for my cap-



Julia Winkeler '24 presents Erin Kramer '04 of Gwendolyn's Gifts with a check for \$1,650.

stone project, especially since Erin Kramer is a Duchesne alum."

"Julia and I met weekly to make sure her project was on course," said Duchesne Academic Dean, teacher, and Capstone Advisor Renee Moore '86. "From the beginning, Julia's goal was to give back, and she was dedicated to this goal from the first day of the semester. In my estimation, Julia surpassed her goal of raising money as she also raised awareness to members of the Duchesne community, not just about the charity Gwendolyn's Gifts, but the significance of finding something you are passionate about and going for it!"

Erin and Mark Kramer were inspired to create the charity by their oldest daughter, Gwendolyn, who courageously fought a progressive neurological condition for eight years before passing away on May 12, 2023.

"When I heard about Julia's decision to dedicate her senior capstone project to raising money for Gwendolyn's Gifts, I felt proud of her without even knowing her!" said Kramer. "Anytime I witness kids helping kids, I am so thankful and inspired to see compassion and empathy in the next generation!"

The project has made a significant impression on Winkeler as well.

"The success of my project makes me feel honored to have been given the opportunity to have made all of this possible. Without the support and encouragement from the Duchesne community, I would not have been able to make such a big impact for this charity," she said.

"It was truly wonderful to come back to the high school and be a part of Julia's check presentation to Gwendolyn's Gifts," said Kramer. "A special project completed by a special girl in a special place!" 4 FEATURED



Coach Charlie Elmendorf '76 poses with family, friends, and current DHS athletic department staff at his MFCA Hall of Fame induction ceremony on December 8.

# Retired DHS coach inducted into MFCA Hall of Fame

On Friday, December 8, retired Duchesne football coach and educator Charlie Elmendorf '76 joined the ranks of other esteemed coaches when the Missouri Football Coaches Association (MFCA) inducted him into their Hall of Fame. Coach Elmendorf received the honor in front of friends and family at an induction ceremony held at Margaritaville Lake Resort in Osage Beach, Missouri.

Coach Elmendorf retired in 2022 after 27 years of coaching football at Duchesne — the longest coaching tenure in the history of the school's football program. Career highlights include eight conference titles, eight district titles, eight state quarterfinal games, two state semifinal games, and the winningest football record with 164 wins. He also

led the girls basketball program for 11 years, reaching the state semifinals in 2001, winning the state championship in 2003, and a state finals appearance in 2004. He was inducted into the St. Louis Metropolitan Football Coaches Association (SLM-FCA) Hall of Fame in 2021.

"His induction into the [MFSA] Hall of Fame is a testimony to his successful 44 years coaching football," said Duchesne Athletics Director Paul Boschert '77. "It is a well-deserved honor for the most intense and competitive teammate I have ever played with and coached against."

Inductees to the MFSA Hall of Fame must meet four criteria:

• A coach shall serve a minimum of 20 years as a

head football coach in the state of Missouri.

- A coach shall have earned an exceptional winloss record and district, conference, and state championships.
- A coach shall be an upstanding representative of his community and profession.
- A coach should be recognized as an active member of the MFCA.

Current members meet yearly and vote on the next "class." Elmendorf was among 14 other individuals nominated this year.

Curtis Jasper, head football coach at Joplin High School, MFCA vice president and secretary for the Hall of Fame Committee, is a friend of Elmendorf and sponsored his nomination. The two met at Central Methodist University team camp in Fayette, Missouri, in the early 2000s, and Jasper has traced Elmendorf's career since then.

"When guys like him make an impact, you always kind of follow their teams," said Jasper. "I was happy to be there [that] night and watch him go in."

"I am honored and blessed to have been inducted into the [SLMFCA] Hall of Fame in 2021 and the [MFCA] Hall of Fame this year," said Elmendorf. "These incredible honors are because of the support of my family and all of the great people I have been influenced, guided, and inspired by throughout my life and career... without all of you, none of these honors would be possible."

FEATURED

# Father and Son on a Mission

A Duchesne High School father and son duo traveled to Mexico on a mission trip that was an incredible bonding experience and an opportunity to make a real difference in the lives of the people they served.

Dave Hermann and his son, Nolan '25, traveled to a community just south of Tijuana, Mexico, in late November to join in a house build as a part of Homes of Hope, a program run by Youth With a Mission (YWAM) where family, business, or church groups build a new home in roughly two days for a needy family. YWAM is a global movement of Christians dedicated to serving Jesus Christ worldwide.

"My parent company, Wiese, has sponsored these trips over the last two years," said Dave. "This was the fourth or fifth planned trip. One of my employees has been on three of them now, and it inspired me to give it a try."

The two joined other volunteers, some of whom were locals who had homes built for them as children. Hermann's company provided enough volunteers to do two separate house builds for two families.

"The build itself was something Nolan and I will never forget," said Dave. "Of course, over the years, everyone sees pictures and videos of the many less fortunate around the world, but being there in person, meeting the family we were helping, and really getting to see what their life was like was quite the eye opener. It really puts things in perspective."

"For me, the mission trip was a very eye-opening experience," said Nolan. "It allowed me to see how the other half



David and Nolan Hermann with the rest of the volunteers for the Homes of Hope house build.

of the world lives and allowed me to realize how lucky I am."

One of the families was a young couple with a 3-year-old boy and a baby on the way. They had been living in a shelter made of plywood and tarps. By the end of the second day, their new home

"They were so grateful for what hopefully will be a life-changing event for them and the children."

was complete, and the young parents received the keys.

Dave explains that along with the build itself, one of the joys of the project is getting to know the families and seeing the effect their work has on their lives.

"They were so grateful for what hopefully will be a life-changing event for them and the children," he said.

"Building the house was all worth it when you could see the looks on the family's faces coming back to see their new home," said Nolan.

This was the Hermann's first mission trip with YWAM, and it seems it will not be the last.

"I would love to go back again with Nolan or even bring other members of my family," said Dave. "It's amazing how close you can get to someone in just 48 hours while doing something like this."





# It's a Great Day to be a Pioneer on Friday, February 2, 2024!

- 1984 State Championship Baseball team recognition
- 1984 State Championship Girls Track & Field team recognition

If you were on either of these varsity teams, please register here!

https://www.duchesne-hs. org/1984-baseball-and-girls-trackand-field-team-celebration.html

Register by Friday, January 19, in order to be included in the program and receive a commemorative T-shirt.

Our ceremony will take place between the boys 5:45 JV and 7:00 varsity basketball games and will include:

- Recognition of our DHS Alumni Inducted into the Gateway Athletic Conference and Missouri Football Coaches halls of fame
- Recognition of our 2023 State Championship Boys Soccer team

And then, there's more!!

• DHS Pommer/Diamondline Reunion Dance!!!

Anita (Maskey) Borgmeyer '97 is once again planning a stellar varsity game halftime performance by DHS Alumni Pommers and Diamondline members in conjunction with our current Duchesne Diamondline. Email nkohl@duchesne-hs.org if you were a former DHS dancer from any graduation year!

Anita will send you the dance to learn and the group will practice together before the games, meeting in the PAC at 5:30 on Friday, February 2, to go through the routine.

Be sure to <u>let us know asap</u> if you will be participating in the dance and whether you would like to order a T-shirt, along with your size. (This

year, the dance T-shirts will be \$15 each. You can also make an additional donation to the Diamondline team.)

• A gathering at the KC Hall on Westbury Drive after the varsity game will round out our evening.

# Class Reps

DHS Alumni! Would you like to be involved with our Class Reps group? Please contact Nancy Kohl

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at nkohl@duchesne-hs.org or 636.757.6925 if you would like more information.

If you have time to help us find missing alumni email addresses and cell numbers but don't want to commit to being a Class Rep, that assistance would be welcome! Contact Nancy Kohl.

Thank you!

### **Class Reunions**

If your class is in or approaching a 5- or 10-year anniversary mark, please contact Nancy Kohl to talk about your reunion! We can help you get started with a class list and offer free space for your party.

If you own or manage an area catering company or restaurant, please contact Nancy Kohl to discuss being added to our Vendor Reference list under development.



Pioneer Nation is grateful to our friends with the St. Charles Knights of Columbus #823, who presented Duchesne High School with a check for \$4,000 and the Duchesne Athletic Boosters with a check for \$1,000 just before the Christmas break!

Left to right: Athletic Director Paul Boschert '77, President Susan Noonan, KC Grand Knight Tim Hollander '78, KC Financial Secretary Tim Schoolfield '93, DAB President Jason Boschert '98, and Principal Dominic D'Urso '95.

# **Help us grow Pioneer Nation!**

Do you have a middle schooler ready to Blaze Their Trail as a Duchesne Pioneer? Do you know one? Applications for the 2024-2025 school year are still open! Transfer students are welcome as well! We are shaping leaders in

mind, body, and spirit and inviting new students to apply for admission!!

For more information and/or to sign up for a Shadow Visit, please visit: <a href="https://www.duchesne-hs.org/admissions.html">https://www.duchesne-hs.org/admissions.html</a>.

# **ADMISSIONS TIMELINE**

Wednesday, January 17, 2024 Second & Third Round Applications <u>Friday.</u> <u>January 26, 2024</u> Acceptance & Non-Acceptance Letter





# Stepping into a New You in the New Year!

As we step into the threshold of a new vear, the allure of resolutions beckons us. In this symphony of new possibilities, it becomes all too easy to be swept up in external aspirations. Yet, in the midst of the excitement of goal setting and planning for our futures, let us not forget about the most essential component of our journeys: our mental health.

As the New Year is among us, utilize these methods as you embark on the New You:

• Reflect on your Mental Well-Being



- Set SMART goals
- Prioritize Self-Care
- Seek Support
- Be Flexible and Adaptive
- And, most importantly, as you step into 2024, remember that this

is not just a new year - it's a new you, fortified with mindfulness, self-compassion, and a commitment to flourish, one intentional breath, one shared moment, one step at a time.

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# **FOLLOW US!**

to stay up to date on ev- counseldept.

Our Counseling De- erything happening. You partment is officially on can find us on Instagram Socials! Give us a follow and X (Twitter) @dhs\_



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### SCHOLARSHIP UPDATE

Heading to college? The FAFSA is now open! Head to StudentAid.Gov to begin your application for the 2024/2025 academic year.

### **REMINDERS**

We have a master scholarship list available.

Scan the QR code to access the list.



Planning a college visit? Don't forget to turn in your College Visit Permission Form to Mrs. Grass one week prior to the scheduled visit.

https://www.duchesne-hs. org/cmss\_files/attachmentlibrary/Forms/College-Visit-Permission-Form.pdf

SENIORS—Need your transcripts sent or a letter of recommendation??? Complete your request via

Naviance. See Mrs. Grass for questions.

### LOOKING AHEAD SPRING 2024

### January 16

U.S. Navy Lunch Setup https://www.navy.mil/

### January 22

Late Registration Deadline for the February 10 ACT test Our School Code is: 262841

### February 26

NCAA Presentation Night @ 6:30pm – more details to come

### March 8

College Fair 9am – more details to come

### April 9

ACT Testing Day @ DHS

# **HELPFUL LINKS**

DUCHESNE COUNSELING
<a href="https://www.duchesne-hs.org/counseling.html">https://www.duchesne-hs.org/counseling.html</a>

### **FAFSA**

https://studentaid.gov/h/applyfor-aid/fafsa

### **SCHOLARSHIPS**

Scholarship List 2023-24 https://www.fastweb.com/ https://myscholly.com/ https://myschola.rshipcentral. org/

### **NAVIANCE**

https://student.naviance.com/ main

### COMMON APP

https://www.commonapp.org/

### NCAA ELIGIBILITY

https://web3.ncaa.org/ecwr3/

### **ACT**

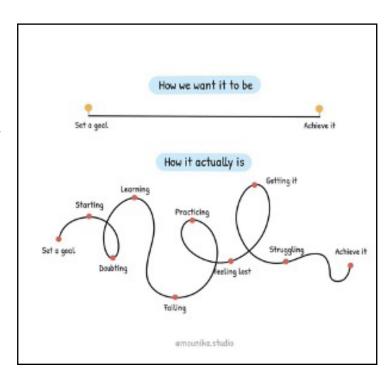
https://www.act.org/content/act/en-missouri.html

### SAT

https://satsuite.collegeboard. org/sat

# Wellness

Working toward goals is rarely a linear process. After setting goals, there may be numerous ups and downs that take us in different directions. Anticipating these changes may help develop realistic expectations



# SCAN FOR LUNCH MENU





# Mr. Gene Tinsley

gtinsley@duchesne-hs.org Counseling Director, freshman and sophomore counselor

# Mrs. Brittany Grass

bgrass@duchesne-hs.org College and Career Counselor, junior and senior counselor

# Mrs. Becca Baugh

bbaugh@duchesne-hs.org Learning Consultant 10 ATHLETICS



### CONGRATULATIONS

Congratulations to two members of the Pioneer State Championship Soccer Team receiving post season honors.

> 1st Team All-Metro Brendan Donovan (2025) 3rd Team All-Metro Ben Burke (2024)

Congratulations to our Pioneer Football program for receiving the IAFO (International Association of Football Officials) Sportsmanship Award for the 2023 season. This award is voted on by the high school football officials in their organization.

### THANK YOU

Thank you to the Duchesne Athletic Boosters for hosting their annual Christmas Party at the Rec Hall on January 10th and allowing our Pioneer Coaches to address the membership with their athletic programs this year.

# WINTER SPORTS SCHEDULES

Winter sport schedules are available on our website via Big Teams-Schedule Star or Google Calendar. Big Teams-Schedule Star will update in real time when there are changes made to games/meets/matches. Please follow us on Twitter (@ Athletics\_DHS) for daily schedules and event updates that are altered by the weather.

# SPRING SPORTS TRYOUT INFORMATION

Spring sports tryouts begin February 26. All athletes must have a current MSHSAA sports physical on file in order to try out. Please contact Mrs. Fuchs in the main office or at rfuchs@duchesne-hs.org if you have any questions.

Athletes are expected to attend ALL practices/tryouts for their sport, including practices/games that will take place over spring break. Please consider this commitment prior to planning trips or vacations during spring break.

### BASEBALL - Coach Mike Hollander

Contact Info: mhollander@duchesne-hs.org

Tryout Info: February 26 through March 1 from 3:15 – 5:30 p.m.

Monday – All Levels meet on the gym mezzanine

Tuesday-Friday – Varsity at Blanchette 3:15 – 5:30 p.m. / JV at school from 3:00 – 5:00 p.m.

Tuesday/Thursday – Pitchers/Catchers meet on the gym mezzanine from 5:45 – 7:15 a.m.

Wednesday – Pitchers/Catchers meet on the gym mezzanine from 7:00 – 8:30 a.m.

Saturday – Varsity at Blanchette from 10:00 a.m. – 1:00 p.m.

Location and times are subject to change due to weather. Be prepared to practice inside or outside so please bring cleats and tennis shoes. For the most up to date information please follow @duchesnebaseball on twitter.

### **GOLF BOYS - Coach Denny Walters**

Contact Info: dwalters@duchesne-hs.org

Tryout Info: February 26 - March 1 at 4:00 p.m.

Monday/Wednesday/Friday at Bogey Hills and Tuesday/Thursday at Cave Springs

# **SOCCER GIRLS - Coach Pat Turner**

Contact Info: pturner@duchesne-hs.org

Tryout Info: February 26 through March 1 from 3:30 – 5:30 p.m. at DHS stadium. Location and times could be adjusted due to weather. Be prepared to practice inside or outside so please bring soccer shoes and tennis shoes.

### TENNIS BOYS - Coach Doug Becker

Contact Info: dbecker@duchesne-hs.org
Tryout Info: February 26 through March
1 from 3:00 – 5:00 p.m. at
DHS Tennis Courts.

### TRACK & FIELD – Coach Vince Morris

Contact Info: vmorris@duchesne-hs.org

Tryout Info: February 26 through March 1 from 3:15 – 4:45 p.m. at DHS Stadium Track. We will also begin morning workouts on Monday, February 26th at 6:30 a.m.

# <u>VOLLEYBALL BOYS</u> – Coach Maddie Krause

Contact Info: mkrause@duchesne-hs.org

Tryout Info: February 26 through March 1 from 3:30 – 5:30 p.m. in DHS Gym.

### **HEALTHY ROSTER**

If you have not accepted the invitation to join Healthy Roster, please do so. Athletic Trainer, Katy Mueller, uses this application to communicate with parents and coaches when an injury occurs during the season. It is easy to use and very helpful to track the progress of injured student athletes. Katy also uses this program for tracking physicals and other medical documents. Please contact Katy for questions regarding this program.

Katy Mueller
Duchesne Athletic Trainer
athletictrainer@duchesne-hs.org

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ATHLETICS 11

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# HIGH SCHOOL SPORTS PHYSICALS

Athletes are welcome to get sports physicals with their personal physician or with Health Sports Medicine who is offering FREE sports physicals for our athletes. You must be a current student at Duchesne to be eligible for this free physical. You MUST sign up at the SSM Health Sports Medicine: 2023 High School Sports Physicals website.

# DUCHESNE ATHLETIC BOOSTER NEWS

The Duchesne Athletic Boosters are the lifeline to our athletic programs at Duchesne, so your involvement is important to us. Becoming a member of the Duchesne Athletic Boosters is a great way to meet and socialize with other parents in our community and pursuing a common goal in supporting our athletic program benefiting our children at Duchesne.

# **Upcoming Events:**

April 6 – 11:00 am – 5:00 pm Duchesne Athletic Boosters Spring BBQ Fundraiser

## WINTER SPORTS CONCESSION VOLUNTEERS

The parents of each athlete (basketball, cheer, and dance) are asked to work a shift at the concession stand for all home basketball games. If you already signed up, thank you. If you have not done so yet, please go to signupgenius below to sign up for a shift in the concession stand. If your child is on the varsity team, please sign up for a JV game. If your child is on the JV team, please sign up for a varsity game. We welcome parents from other sports teams to volunteer as well since all proceeds from the concession stand sales are distributed to all Duchesne athletic programs.

BOYS BASKETBALL = https://www.signupgenius.com/go/8050C4CA9AD-2BA1F58-45664365-duchesne

GIRLS BASKETBALL = https://www.signupgenius.com/go/8050C4CA9AD-2BA1F58-45664904-duchesne

# NATIONAL LETTER SIGNING DAY

Duchesne High School is excited to invite all senior athletes planning to continue playing sports at the collegiate level to our National Letter of Intent Signing Day, February 7, 2024. The event will be held in the gym mezzanine at 8:30 a.m. All athletes, parents, grandparents, and coaches are invited to join us in celebrating this special signing day. All seniors and their parents received information regarding this from the athletic office and are asked to respond to Athletic Director Paul Boschert at pboschert@duchesne-hs. org by Friday, February 2 so we can plan

accordingly. If you are a senior athlete that is still undecided and will not be signing on February 7, please know that we will hold another signing date with picture opportunities some time in the spring. Please feel free to reach out to Mr. Boschert in the Athletic Office if you have any questions.





# **Mark Your Calendars**

**January 26** 7:00 p.m. – Coronation Court and Basketball game vs

Lutheran North

**February 2** 5:45 p.m. – JV Boys Basketball vs Sumner

6:30 p.m. – Presentation of the 2023 Pioneer Soccer State Championship team and recognition of the 1984 Pioneer Track Girls State Championship team and the 1984 Baseball State Championship team on their 40th anniversary reunion. We will also present recently inducted Missouri Football Hall of Fame Coach Charlie Elmendorf '76 and this year's Gateway Athletic Conference Hall of Fame inductees Lizz Barringer '85 and Dan Plackemeier '76.

7:00 p.m. - Varsity Boys Basketball vs Sumner

Halftime – Performance by Alumni Pommers and Diamondline Dancers

Postgame Social – Alumni gathering at the St. Charles Knights of Columbus

**February 15** Senior Night for Girls Basketball / Girls Swim / Wrestling

**February 16** Senior Night for Boys Basketball / Cheer / Dance / Pep Band



# 2024 Pioneer Expedition Gala

The 2024 Pioneer Expedition Gala is coming up but tickets are still available! Join us at Ameristar in downtown St. Charles on Saturday, February 3, at 7p.m. Tickets are now \$175 per person with tables of 10.

Our evening will feature a fabulous dinner,

mobile bidding for dozens and dozens of exciting items, and a live auction, entertainingly emceed by none other than our own Jack Borgmeyer '97. This 100th Anniversary Gala will also feature Dueling Pianos after the live auction, thanks to the sponsor-

ship of Hollander Legal.

Help us make this annual fun- and fund-raising event our best ever! We are still welcoming donations of live auction items, silent auction items, and cash donations for use in purchasing auction items.

Thank you for your continued support! Please go to legacycontinues.givesmart.com for more information, or click on the QR code here. You may also contact Abby Sweeney, DHS director of events, at asweeney@duchesne-hs. org or 636.328.4870.





# U.S. VETERAN & YOUTH



Have you ever wanted to sit down and listen to stories from veterans? What was it like to serve? Where have they travelled? What did they experience? Now is your chance to learn about history outside of a book! Come join our

SATURDAY, FEBRUARY 17TH 1:00-3:00PM

heroes for some relaxed one on one time.

# FLORISSANT VFW POST 4105

Limited space available to ensure quality time Please RSVP to: bridgetnola09@yahoo.com

Hosted by: Miss Columbia's Teen & Florissant Veterans Commission







# 2nd Annual DHS Dance Team/ Pommer Reunion

Friday, February 2, 2024, in the Ted Yeater Athletic Center

POMMERS! — Anita (Maskey) Borgmeyer '97 will once again be coordinating a special half-time performance of our alumni pommers with the Duchesne Diamond-line! If you ever danced

for DHS, please email nkohl@duchesne-hs. org so we can share your email with Anita.

View the Facebook event by clicking HERE, and the participation form by clicking HERE.





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