



The Optimist Club of Treynor, IA NEWSLETTER

Iowa District, Zone 3, Club Number 40-109

Governor Jim Boyd Cell 515-707-3956

Optimist International President Michel Listenberger, 269-683-2020



Club Officers for 2005-2006

President	Gary Funkhouser	487-3343
V. Pres., Pres. Elect	Gary Gutttau	487-3248
V. Pres.	Jon Jacobsen	487-3193
Secretary	Teresa Fahrenkrug	487-3675
Treasurer	Richard Vorthmann	487-3342
Past President	Jeff Jorgensen	487-3355

Board Members	
2004-2006	2005-2007
Steve Irvin	John Klein
Arlyn Norris	Bob Hibbard
Denny White	Larry Kramer



April 4, 2006

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NEXT CLUB MEETING

The next meeting of the Optimist Club of Treynor is planned Saturday morning April 8, 2006 at the Treynor Community Center. JOHN SCHMITT is arranging a program speaker. The meeting begins at 7:20 a.m. Bring a guest.

REPORT OF PREVIOUS CLUB MEETING

At the Club meeting on 4/1 there were 23 members and two guests present. President GARY FUNKHOUSER opened the meeting by leading the pledge. RICHARD VORTHMANN led the devotional prayer.

The 50/50 was awarded to GERALD FORRISTALL. The attendance pot was awarded to MICK GUTTAU, but it could not be collected.

LuEtta Vorthmann was recognized as a guest.

BOB HIBBARD is a new great-great-grandpa and DALE WILLENBORG is a new grandpa. Each put a dollar in the Youth Fund. RICHARD VORTHMANN also added a dollar as his grand daughter's photo was published in "Iowa Portrait."

JEFF JORGENSEN received thanks for arranging the Club dinner and award recognition last week.

Pres. FUNKHOUSER reported that eight Club members attended the Zone meeting last week. Special thanks to GARY GUTTAU for preparing the Sloppy Joe supper. Iowa District Lt. Governor Raymond Butt presided over the meeting with members from Underwood and Griswold also present. Each club described the various activities going on in their communities. Butt stated that the Lt. Governor for next year should come from the Treynor Club.

JEFF JORGENSEN announced he was working with the Cub Scout leaders to set a date for roadside cleanup and a garage sale.

Pres. FUNKHOUSER issued the last call for volunteers to help at the Jerome Howe Relays. BOB HIBBARD and KATHY SCHMITT responded.

Pres. FUNKHOUSER supervised a good number of Music Booster parents and students at the last can and bottle sorting. LES HARVEY is coordinating the activity in April with the Boy Scouts.

JOHN KLEIN announced the 2006 Baby Sitting/Child Care Clinic for 4th and 5th graders will be conducted on four Mondays after school beginning April 24. This project is conducted under the direction of the W. Pott. Extension Service and in cooperation with Treynor Junior Women.

Pres. FUNKHOUSER reminded members of the upcoming Iowa District Optimist Conference and visit by Optimist International President Michel Listenberger on April 22. Reservation forms are available from the District web site 'iowaoptimist.org.'

JOHN KLEIN announced he has lined up \$850 for the Arbor Day project this month. Larger trees will be

planted this year compared to previous Arbor Day plantings.

BOB HIBBARD and GERALD FORRISTALL reported on progress of the Community Sign Committee. Potential sign locations along Highway 92 near Treynor and farther out have been determined from discussions with land owners. Design details are still being worked out. The next committee meeting is at City Hall, April 11, 7 p.m.

JEFF JORGENSEN auctioned a small utility bag contributed by LES HARVEY.

Pres. FUNKHOUSER announced that our next meeting will meet at Zion Church, April 8.

IDENTIFYING THE SOURCE OF PAIN

Denise Woods is the proprietor of Total Care Chiropractor of Council Bluffs. Woods spoke to Club members about a new method of diagnosis and treatment of connective soft tissue injuries. This method is called the Graston Technique. Woods received training for the method in Boston, MA. She is the only chiropractor to use it in the area at present, although it has been used in outpatient clinics since 1993. Woods explained the procedure uses stainless steel tools that are glided along a patient's muscles, tendons or ligaments and act like a 'scar tissue' stethoscope. The presence of 'scar tissue' is a clue of previous injury and can be the cause of pain and dysfunction as it lacks the strength and flexibility of healthy tissue. Identifying the source of the problem is the important first step in treatment. Woods stated that factors of age, history of condition, occupation and lifestyle determine the scope of treatment. Six to eight treatments could be expected to re-educate and realign muscles and provide relief from pain.

CALENDAR

April Can Collections for Boy Scouts High Adventure Trip

- Apr. 8 Club meeting at Zion Church, program TBA.
- Apr. 12 Can and bottle sorting.
- Apr. 15 Club meeting, program TBA.
- Apr. 20 Preparation for Arbor Day.
- Apr. 21 Arbor Day at Elementary School.
- Apr. 22 3rd Quarter Iowa District Conference and Optimist International President's Visit, Des Moines.
- Apr. 24 Baby Sitting/Child Care Clinic.
- Apr. 26 Can and bottle sorting.
- Apr. 29 Bike Safety Day, Elementary School, 10 a.m

Birthdays

- 4/20 STEVE CHAMBERS, 4/28 GENE SERAN
- 4/30 BILL MATTHEW

Anniversaries

- 4/4 JOHN and KATHY SCHMITT#, 4/7 JIM CLAUSEN
- 4/10 GEORGE SCHNEIDER, 4/12 TERESA FAHRENKRUG
- # recognized to date

P.S. This woman is visiting in Israel and notices that her travel alarm clock needs a battery. She looks for a watch repair shop but doesn't read Hebrew. Finally she sees a shop with clocks and watches in the window and goes in and hands the man her clock. He says, "Madam, I don't repair clocks. I am a rabbi. I do circumcisions." She says, "Why all the clocks in the window?" And he says, "And what should I have in my window?"

Thanks to Les Harvey for Newsletter notes.

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