



The Optimist Club of Treynor, IA NEWSLETTER

Iowa District, Zone 3, Club Number 40-109

Iowa District Governor Craig Kelley, C: 641-891-8700

Optimist International President Ronnie Dunn, C: 502-226-0205



Club Officers for 2006-2007

President	Gary Guttau	487-3248	Board Member	
V. Pres., Pres. Elect	Dale Willenborg	366-6815	2005-2007	2006-2008
V. Pres.	Jon Jacobsen	487-3193	John Klein	Steve Irvin
Secretary	Teresa Fahrenkrug	487-3675	Bob Hibbard	Gerald Forristall
Treasurer	Jeff Jorgensen	487-3355	Larry Kramer	Denny White
Past President	Gary Funkhouser	487-3343		



January 2, 2007 **HAPPY NEW YEAR** Vol. 23 No. 14

**F
R
I
E
N
D
O
F
Y
O
U
T
H**

NEXT CLUB MEETING

The next meeting of the Optimist Club of Treynor is planned at 7:20 a.m. Saturday morning January 6, 2007 at the Treynor Community Center. JUDY GUTTAU has arranged for Matt Zimmerman to speak about his experience at the British Parliament. All members are encouraged to bring a Christmas white elephant gift (unwrapped) for auction as well as a guest.

REPORT OF RECENT CLUB MEETING

At the Club meeting on 12/30 there were 20 members and one guest present. President GARY GUTTAU opened the meeting with the pledge. LARRY KRAMER offered the devotional prayer.

The 50/50 was awarded to THERESA FAHRENKRUG. The attendance pot was awarded to ARLYN NORRIS, but it couldn't be collected.

DENNIS WHITE contributed a dollar to the Youth Fund to announce his new grandson, Nathan. LARRY KRAMER added a dollar since his name was mentioned in a news paper article. CHAD GUTTAU and Pres. GUTTAU each contributed a dollar as their names were mentioned on the radio with regard to the 40th anniversary of GARY and Dee.

Additional progress was accomplished on the new Can Kennel structure this past week. Thanks to BOB HIBBARD and LARRY KRAMER for installing lighting, and thanks also to RICHARD VORTHMANN, BILL VORTHMANN, and KEVIN UNDERWOOD for helping to install the floor and move the old Can Kennel enclosure to the new floor. The installation of new signage and gutters will complete the structure. JOHN KLEIN suggested directional signs be placed along the street to identify the Can Kennel location.

JEFF JORGENSEN noted that a public recognition of the \$50,000 contribution amount achieved through the Can Kennel is scheduled January 22 at Treynor High School. More details will be announced later.

Thanks to BOB HIBBARD, JERRY HEMPEL, and LARRY KRAMER for helping the Junior Class at the last can and bottle sorting.

JEFF JORGENSEN auctioned an Optimist bumper sticker and on Optimist money clip to enthusiastic bidding.

JERRY HEMPEL announced that the Silver-Keg Feeders 4-H group is planning to serve up a breakfast fare before the Club meeting on February 3.

Treasurer JEFF JORGENSEN announced that there would be a fund raising activity at the next meeting. Each member is asked to bring a Christmas 'white elephant' gift for auction. Don't rewrap it if it has been opened, and it doesn't need any labels unless they are instructions for use. It doesn't even have to be something you got this past Christmas, but it should be of value to someone.

Eight board members met to discuss a few business items. Can Kennel expenditures for signage were approved. An application from the Music Boosters for use of the Can Kennel was approved. March is the next available month. The Club will use the Can Kennel in May for scholarships.

NEW WRESTLING RULES TO MANAGE WEIGHT

In his nineteen years as industrial arts teacher and coach at Treynor High School, Gary Schuler has learned to

wrestle. Actually he learned about wrestling by first being an assistant coach. For several years now Schuler has been head wrestling coach for Treynor junior and senior high students. Schuler noted that wrestling started at Treynor in 1967 with about 18 participants. This year there are 21 on the team. Over the years the number of participants has been relatively stable, Schuler observed. Several wrestlers are in this winter sport to keep in shape for the spring, summer and fall sports. This is a practice that Schuler strongly recommends. For some wrestlers this is the only sport of interest. Either way, wrestling has some unique requirements regarding weight and weight management in order to determine the matches between opponents. Schuler explained that all wrestlers have to have a body fat test before the start of the season. A caliper method is administered by hospital staff to arrive at a percent body fat number. A minimum of 7% is expected for team participation unless there is authorization from a doctor. From this number the minimum wrestling weight class is determined for each wrestler. A wrestler's body weight is checked frequently and it can not be reduced more than 1.5% per week to be eligible to wrestle. Schuler noted high school wrestling is governed by the Iowa High School Athletics Association who determined the weight management rules.

Schuler also coaches a junior high wrestling program of about 25 participants, and is involved with an elementary program of about the same number. With parent support and participation youth from kindergarten through 6th grade practice twice a week and have the option to participate in youth wrestling tournaments. Schuler said he doesn't like to see too much tournament activity to avoid 'burn out' of the sport.

CALENDAR

January Can Kennel contributions for After-the-Prom.

- Jan. 6 Club meeting, program by Matt Zimmerman. Board meeting after Club meeting.
- Jan. 10 Can and bottle sorting at the Can Kennel, 6 p.m.
- Jan. 13 Club meeting, program TBA.
- Jan. 20 Club meeting, program by Treynor Fire Chief Russ Maguire.
- Jan. 26-27 Cub Scouts Pine Wood Derby.
- Jan. 31 Can and bottle sorting at the Can Kennel, 6 p.m.

January Can Kennel contributions for Octagon Club.

- Feb. 3 Club meeting, program TBA, breakfast served by Silver-Keg 4-H.

Birthdays

1/19 DENNIS WHITE, 1/24 JOHN SCHMITT

Anniversaries

(none)
recognized to date

P.S. The minister of a western Nebraska ranch community convened a prayer meeting to pray for rain during the ongoing drought. Noting that on that cloudless morning the church was over flowing, he came to the pulpit and posed a single question to his congregation. "You all know why we're here," he said. "What I want to know is, why didn't any of you bring umbrellas?"

L. A. Kramer, Editor, 30214 Beechnut Rd., Treynor, IA 51575 712-487-3669
kramarlarry@earthlink.net

CLUB BULLETIN COPYING COURTESY OF **TS BANK of TREYNOR**