



# 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 2005-2006

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



October 24, 2006

Vol. 23 No. 4

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 October 28, 2006 at the Treynor Community Center. KEITH DENTON HAS arranged for attorney Gregory Minter to speak about business immigration. All members are encouraged to bring a guest.

### DON'T DELAY A STRESS TEST

Julie Buckelew of rural Treynor is a Registered Cardiovascular Invasive Nurse Specialist who works in the Noninvasive Diagnostic Cardiac Center of Jennie Edmondson Hospital in Council Bluffs. During her twenty plus years at the hospital Julie has witnessed great progress in the treatment of cardiovascular disease. Yet, there are 13 million new victims each year and one death per minute attributed to cardiovascular disease, Buckelew noted. Medical experts have identified several risk factors that include genetics, age, sex, smoking, high cholesterol, high blood pressure, obesity, and diabetes that can contribute to the greater chance of a heart attack or stroke. Buckelew stated that some of these factors can not be managed such as genetics and age, but others can be treated or managed before there is a more serious consequence. Although there are differences between men and women, there are a number of symptoms of heart attack due to cardiovascular disease, Buckelew explained. These include chest pain, chest tightness, shortness of breath, pain spreading to arms, sweating, tightness of throat, and dizziness. Any of these symptoms should prompt one to consult a doctor and will likely lead to a stress test like those conducted at Jennie Edmondson Cardiac Center. Buckelew explained that this test will indicate where there is blockage of the blood flow to the heart muscle that results in heart attack symptoms. She recommended everyone over age 40 to get a base line stress test so future tests can be more accurately evaluated by doctors for problem conditions. There has been rapid advance in the treatment of clogged arteries with stent implants, explained Buckelew, which prevents to onset of major heart attacks. This is a noninvasive procedure using cauterization methods to place a stent so blood flow is maintained. Club member DICK BABER explained he recently underwent the procedure of the insertion of two stents. This was the result of a stress test urged by his doctor because of a family history of heart disease, not because Dick had symptoms of a heart attack.

### REPORT OF RECENT CLUB MEETING

At the Club meeting on 10/21 there were 21 members and five guests present. President GARY GUTTAU opened the meeting by leading the pledge. GARY FUNKHOUSER offered a devotional prayer.

The 50/50 was awarded to CHAD GUTTAU. The attendance pot was awarded to LINNEA WHITE, but it was not collected.

Guests in addition to the program speaker included Dan Buckelew, Ryan Hempel, LuEtta Vorthmann, and Lilli Schneider.

MARSHA UNDERWOOD put a couple of dollars in the Youth Fund in recognition of her birthday last week. KEITH DENTON made a contribution to recognize recent birthdays of his mother and daughter-in law. BILL VORTHMANN also added a couple of dollars for his anniversary last month. JERRY HEMPEL contributed a dollar to state his son was selling fruit, meat, and cheese orders for the Junior Class After-the-Prom activity. STEVE IRVIN added a dollar to state his son, a real estate and probate attorney, presented his first case to the Iowa Court of Appeals. And, JIM CLAUSEN added a dollar in support of the St. Louis Cardinals.

Treasurer JEFF JORGENSEN announced that member dues are due for the current Optimist year 1<sup>st</sup> quarter.

Pres. GUTTAU circulated a list of club activities during the past year the year and asked for member interest in leading them.

Thanks to RICHARD VORTHMANN, KELLY SUTHERLAND, JOHN KLEIN, GARY GUTTAU, and LARRY KRAMER for assisting the Silver Keg 4-H Club with can and bottle sorting. Their next sorting is November 1.

Pres. GUTTAU circulated a thank you note from Nathan Zimmerman for our support in his participation in the Iowa Junior Optimist tournament.

Pres. GUTTAU asked for a volunteer to work as back up to BOB HIBBARD and RICHARD VORTHMANN for meeting setup.

JEFF JORGENSEN auctioned some items contributed by BOB HIBBARD and a couple of "brown bags" of undisclosed content. JIM CLAUSEN was the highest bidder of the mystery bag of choice and was rewarded with two gift certificates for Valentinos Grand Italian Buffet, Council Bluffs.

Pres. GUTTAU noted the last home football game was this coming Friday and asked for volunteers to help with parking and gate receipts.

### CALENDAR

#### October Can Collections for Silver-Keg 4-H Club

- Oct. 21 Club meeting, program by Julie Buckelew
- Oct. 27 Home football game with West Harrison, 6:30 p.m.
- Oct. 28 Club meeting, program by Gregory Minter
- Oct. 28 Lamoni Optimist Club Charter Presentation Banquet, 6:30 p.m., Lamoni Community Center
- Nov. 1 Can and bottle sorting, 6 p.m.

#### November Can Collections for Honor Band.

#### Birthdays

- 10/17 Marsha Underwood#, 10/29 Bill Vorthmann

#### Anniversaries

- 10/17 Dennis White
- # recognized to date

P.S. A jeweler called the police station to report a robbery. "You'll never believe what happened, Sergeant. A truck backed up to my store, the doors opened, and an elephant came out. He broke the plate glass front window, stuck his trunk in, and sucked up all the jewelry, and climbed back into the truck. The doors closed and the truck pulled away." The desk sergeant said, "Could you tell me, for identification purposes, whether the elephant was an Indian elephant or an African elephant?" "What's the difference?" asked the jeweler. Well," said the sergeant, "an African elephant has great big ears and an Indian elephant has little ears." "Come to think of it, I couldn't see his ears," said the jeweler. "He had a stocking cap over his head."

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**

