



Community Counseling Program

Jack Formanek talked at the Treynor Optimist Club on Saturday, February 26 about the Community Counseling Program in Omaha, funded by the Methodist Hospital Foundation. Jack helped start this free counseling program in Omaha High Schools in 1998. They now have 17 full time counselors in the Omaha Community.

Jack Formanek has worked for twelve years at Benson High School. There are full time counselors in all High Schools and Middle Schools in Omaha. They work with school counselors to provide therapy as needed.

Jack spends three hours a day working at the Douglas County jail. Then he works four hours and the High School and three hours counseling at a church. There are eight churches in Omaha that provide space for counselors to work with youth.

Jack provided a lesson about roles people have within their minds. He categorized the roles as Parent, Adult, and Child. The parent role is an emotional one where the person balances between being critical and nurturing. Guilt and shame are associated with this role. The Child role is one of fun and play. The person does what they want to do. Fear is often associated with this role. The Adult role is one of logic and facts, without emotions. The person uses facts and consequences to solve problems and live life well.

Each person needs a balance between these different roles. If the Parent role is dominant, they can experience anger, anxiety, and depression. A person can be stuck in the Child role if they are abused, suffer a trauma, or are an addict. These people often end up in jail or living off of others.

Meeting Minutes

On February 26 there were 12 members and one guest at the Optimist Club meeting. Dennis White

opened the meeting with the Pledge of Allegiance and Gary Funkhouser gave the opening prayer. Gary Funkhouser also provided jokes.

Several members contributed to the Youth Fund for the boy's basketball team going to the State tournament. Dale Willenborg contributed in recognition of the great sportsmanship of the girls in their games this season, especially their last game. Dee Guttau contributed for her grandson who is learning in a Montessori school. Gary Funkhouser contributed for a newspaper letter to the editor from Jeff Jorgensen.

Jeff Jorgensen, Gary Guttau, Dennis White, and Gary Funkhouser helped the cheerleaders with can kennel sorting this past week. Gary Guttau won the 50/50 drawing. Dee Guttau won the attendance drawing, but did not collect.

CALENDAR

Mar 16 - Can Kennel sorting for the Jr. Optimist Club. Time is TDB.

Mar 30 - Can Kennel sorting

Birthdays

Mar 2 - Ward Chambers

Mar 11 - Kenneth Graham

Mar 20 - Jon Jacobsen

Anniversaries

Mar 15 - Dick & Betty Baber

Mar 15 - Jeff & Carrie Nelson

Speakers

Mar 5 -

Mar 12 -

Mar 19 -

Mar 26 -

Programs

Mar - Dale Willenborg

Apr - Gary Guttau

May - Keith Denton

June - Dick Baber

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A Spring Cleaning Cheat Sheet...For Men.

* **Broom (brum)** - a long handled brush used for sweeping (also doubles as a mode of transportation for your mother-in-law)

* **Vacuum (vak' u em)** - much like the leaf blower except it sucks in, instead of blowing out. Don't let this alarm you. It isn't broken and doesn't need more torque, speed, RAM or whatever it is you did to the dishwasher.

* **Dust pan (DUH)** - Contrary to popular belief, this is where you sweep the dirt, not under the hallway area rug.

* **Dust Cloth (dust kloth)** - A cloth designated for removing tiny particles of dirt from every flat surface of the house. Hint: look for your old "lucky shirt".

* **Bucket (buk' it)** - Cylindric container used for holding soapy water when mopping the floor. Also known as your mid-evil knight helmet when you're playing with our seven-year-old.

* **Mop (mop)** - A bundle of coarse yarn, rags or cloth fastened at the end of a stick. You'll remember this as your dance partner at the New Year's Eve party last year.

* **Oven Cleaner (uv' en Klen' er)** - No, not the teenager. This is an actually product that you buy, spray in the oven and wipe out two hours later. You won't need your welder's mask for this task, but if it makes you feel more dangerous, go ahead.

* **Sponge (spunj)** - used to gently wash away food particles from dinnerware. It won't be necessary to use your 300psi Power wash set. That was given to you in hopes of cleaning the EXTERIOR of the house (hint hint).