



May 4, 2019

Vol. 35 No. 17

Two Speakers for Treynor Optimists

Our first speaker, **Noel James**, Treynor High School Senior, spoke to the Treynor Optimist Club on May 4, 2019 at the Treynor Community Building about her volunteer work with the Street Hockey Program in Council Bluffs.



The program was established 23 years ago when Scott Barney, son of former Treynorites, Bob and Joyce Barney, played hockey with friends where the CVS store is located now. At the time there was the Washington Elementary School across the street and Scott and his friends determined teaching them street hockey could be a way of helping keep those kids stay out of trouble.

All shirts and equipment are funded by First Christian

Church, and provided free to the children. It serves as a way to connect and lead families in the area and provide a positive environment. There are two leagues, one for K-3 and one for 4-6 both for boys and girls. For many of these young kids it is the only sport they are exposed to.

The ministry involves many volunteers from coaches to refs to announcers. Games are played from 2-5 PM on Sundays and several hours on Wednesdays. 120 to 150 kids get involved each summer. Prayers are led with the teams before and after each game.

Noel will be attending UNI at Cedar Falls to study communication disorders. She has been very active in high school and shared some of her activities and how she manages.

Our second speaker was **Rita Laughlin**, the Treynor High School Counselor for middle school and high school. She focuses on three areas: guidance counseling for careers, academic, and social and emotional issues. Today she spoke about mental health and stated we all have positive days and not so good days. She shared that the suicide rates are

higher in the early spring and lowest in the winter. It is the second leading cause of death in people age 10-34 and is rising. Drunken people are 120 times more likely to commit suicide.

Laughlin stated that there are ten ways to promote positive mental health: talk about your feelings, stay active, eat well, avoid alcohol, stay in touch, get help/advice, take time for you, do things you are good at, care for others, self-acceptance. She shared 99 coping skills – check out www.yourlifeyourvoice.org.



Steps being taken at the Treynor Schools to help with mental health issues are: 1) There are school counselors in the elementary and MS/HS. 2) The staff has annual Suicide Training to look for warning signs, risk and protective factors. This is now a state requirement. 3) A Healthy Homes program became available for K-12 starting April 5 one day a week. 4) A Mentor in Violence Prevention Program is in place in which groups of older high school students mentor younger high school students.

Meeting Minutes

Dale Willenborg called the meeting to order in the Four Corners Room at the Community Building. Sixteen members were present plus two guests, our speakers Noel James and Rita Laughlin. Jokes were shared by Gary Funkhouser, Chad Gutttau, Keith Denton, and Jordan Campbell followed by the group saying the Pledge of Allegiance. Jordan Campbell gave the opening prayer.

Jordan Campbell won the 50/50 Drawing and Ann Vorthmann won the Attendance Drawing but was not present to win. There were no birthdays or anniversaries observed.

Bragging Rights contributions to the Youth Fund: 1) Dee Gutttau for the success of Mulch Madness, 2) Chad Gutttau for spending time including late hours with the Iowa Legislature in Des Moines, 3) Bill

Vorthmann donated because he receive eight Gazettes at one time. 4) Jordan Campbell donated because of the successful Youth Appreciation event, 5) Mick Guttau contributed to praise the Legion leaders for the hard work put in by them to obtain a helicopter and to put it in place last Saturday. 6) Keith Denton donated to announce that they have been remodeling their kitchen since the end of January and it is almost done. 7) Dale Willenborg contributed because after six weeks of his wife, Diane, being gone to assist with new twin grandchildren, she is coming home.

Community News:

During Treynor Days on Saturday June 29th the 100th Anniversary of American Legions established first in Paris, France will be celebrated. The helicopter dedication will take place between 10-11 AM. There will be a car show west of the fire department from 9 AM – 3 PM. The Junior Treynor Women will serve lunch at noon. More news will be shared when confirmed.

Old Business:

Gary Guttau announced that we are half way to our goal in raising scholarship money from flag money that has been turned in.

Thanks to Gary Funkhouser, Chad Guttau, John Klein, Gary Guttau, Jordan Campbell and Zion leaders and kids for sorting cans for Zion.

Judy Guttau announced that a person to be in charge of the program for the fourth week of June (June 22) is needed. A speaker for the Optimist meeting during Treynor Days won't be needed.

Hats off to all who helped with the Optimist Youth Appreciation event! Gary Funkhouser has led this for many years and announced that Jordan Campbell will lead it in the future. Many Optimists were involved in making this a special annual event. Approximately 115 attended and 90 stayed for fellowship.



MS/HS students pictured here were selected by their teachers to be honored. Congratulations!

New Business:

Our Treynor School Interim Superintendent and Treynor Optimist Member, Lou Howell, will speak next Saturday. A breakfast to honor her will be served. The meeting will be in the overflow area of Zion Congregation Church from 8-9 AM. Guests are welcome.

Gary and Dee Guttau provided freshly cut tender asparagus to be auctioned. It was purchased by Keith Denton.

Junior Optimists Club Officers:

2019-2020 there will be four new officers.

Clarissa Weitzel is the new President, **Elizabeth Nowlin** is the new Vice President, **Mia Nichols** is the new Secretary, **Emma Ehmke** is the new Treasurer.

There being no further business, the meeting was adjourned by stating the Optimists Pledge.



Calendar

May 15 Can Kennel – Zion Congregational Youth

Birthdays

May 11 Keith Denton
 May 21 Steve Irwin
 May 22 Kirk Vorthmann

Anniversaries

Programs

May Gary Funkhouser
 June Mick Guttau (first 3 weeks)
 Open (June 22)
 July Dale Willenborg

Speakers

May 11: Lou Howell, Treynor Interim Superintendent

May 18: Brendan Mass: National 4-H Conference in Washington, DC

May 25: Erica Carley, WIDA Director

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Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 51575