



July 22, 2023

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Amanda Sindelar, YMCA



Amanda Sindelar, Executive Director of the YMCA in Council Bluffs stated there are two facilities: Charles E. Lakin YMCA facility near Mercy Hospital, and the YMCA Healthy Living Center, which used to be the Senior Citizen Center.

Amanda needed to do a 600 hour internship in college, which she did at the Y in South Sioux City. In 2011 there were flood waters and their facility had to be protected and evacuated. She learned the power of community when 350 volunteers made a flood wall with 1000 big sandbags and 20,000 smaller ones in the building and they accomplished their goal.

Amanda's early experience caused her to want to work for the Y, and she loves it! Twelve years later she started working in the CB community.

The Y supports three main areas:

- 1) Youth development: summer camps, swim lessons, youth sports, early education, after school support. Summer camps are for all summer and you don't have to be a member to participate.
- 2) Healthy living: wellness, pools, group fitness, support and motivation, social groups. Some social groups include card games, sewing, dominoes, crocheting, and dance – ways to connect people. Wellness includes help with fall prevention, nutrition, balance, etc. There is also a free 13 week program to help cancer survivors regain their strength and cardio capacity, etc.
- 3) Social responsibility: Family events. Community crafters is a big program to help others. One sewing group makes fidget blankets for people with Alzheimer's, dementia, or autism who are always picking at their skin. The small blankets have a zipper, button, bell, etc. on it to keep hands focused. The YMCA Healthy Living Center is open to adults 30 and up. This allows children, who are often caregivers, to support their parents.

The Y actually has three pools, each maintained at various temperatures – Kirn Pool – 78-79 degrees, Lakin Pool – 82-85 degrees, and the Healthy Living Center – 91 degrees.

The Lakin Family Park is on the west side of the Lakin facility and is open to all to use. A big family fun event was held at Halloween. Chad Guttau donated

pumpkins for this. Family events are free fun events for the community.

Amanda stated the Y is for all! Someone may think they can't do something, but she said, "Yes, you can!" There is always something.

Meals are still offered at the Healthy Living Center and are affordable through their partnership with Connections. These are open to all, but it's important to call the day before by 10 am.

Amanda stated there are membership fees, but they also do have free things. The policy now is you can join month to month and can cancel anytime. A strong community campaign helps make possible scholarships for reduced membership fees. Free memberships through some insurance companies with Medicare are possible. Camps are fee based. Family events are free. There are also some single day prices. You can also come free for one day to try pickle ball. Amanda stated they don't want finances to be a barrier for families. One stated price was for two seniors (husband/wife) - \$61/month.

The Y offers bus trips and you don't have to be a member. Information for memberships and events are available on the website. Amanda can be reached at asindelar@metroymca.org. Amanda will also provide more information which Judy will forward to the group.

Amanda had not been to Treynor before and planned to drive around before leaving. John Klein volunteered to escort her on a brief tour.

Next week's Speaker:

Diane Forristall, Honey Bees

Famous Quote

"Be sure you're right – then go ahead."

Davy Crockett

Meeting Minutes

Jordan Campbell, President, called the meeting to order. Fifteen members were present. Amanda Sindelar, Sam Burmeister, Carl Swalwell, and Amelia Hedrick were guests.

The group recited the pledge and Dale Willenborg said the prayer.



L-R: Carl Swalwell, Sam Burmeister, Amelia Herick

These Treynor seniors received their \$500 scholarship checks today from the Optimist Club. Carl Swalwell plans to attend K State, majoring in engineering. He enjoyed soccer, but also enjoyed the student section for other sports. He plans to play intermural sports.

Sam Burmeister will play soccer on scholarship for Cornell and is majoring in engineering. He enjoys physics in school. It was noted by Gary Funkhouser that Sam's dad is a great volunteer with the music and theater programs at school.

Amelia Hedrick will major in biology at ISU. She loved sports and fitness and physics. Amelia was an officer of JOI and helped with Keep Kids Alive. Both helped her meet lots more people. She also accepted the can kennel checks for KKA (\$699) and JOI (\$767) both for two weeks' sortings.

Jokes: Keith Denton, Gary Funkhouser, Jordan Campbell shared jokes

50/50: Judy Gutttau won.

Attendance: Ann Vorthmann won, but was not present to claim.

Birthdays: None

Anniversaries: None

Bragging Rights: (Dollars are contributed to benefit local youth programs.)

- Kevin Underwood contributed because he is helping Bailey White move today to Des Moines.
- Gary Gutttau announced to be careful as he was hacked in two ways this week. This led

to others sharing experiences that they have had.

- Jordan Campbell bragged on his wife's cousin, Randi Robinson marrying Jason Cox today. Jordan also shared some facts about the differences in interest rates for the cost of a home in 2021 and 2023.
- Gary Funkhouser stated that he and Julie are getting together with two of the girls from Spain whose dad taught Spanish here a couple years ago. He still teaches in Spain. Some high school students went this year to visit them in Spain.

Community:

- WestFair begins this week – Wed., July 26 – Mon., July 31.
- Gary Gutttau announced he has a job available pulling weeds out of pumpkins.

Business:

- 1. Westfair gate watching is in need of one more person on Thursday, July 27. If you can help, let Jordan or Dale know.
- 2. It was asked if Bingo will take place at Westfair and if Optimist help is needed. Nothing has been communicated to the club.
- 3. Can Kennel sorting helpers on Wed. were Kirk and Lynelle Vorthmann, Bill Vorthmann (and 2 grandsons), Steve Chambers, Dennis White, Dale Willenborg, Jordan Campbell (and son), Marsha Underwood, Kevin Underwood, Chad and Dee Gutttau, John Klein, Steve Irwin.
- 4. Small sorting gloves are needed. Ask your doctor's office if they would be willing to donate.
- 5. A motion was made by Gary Gutttau, seconded by Keith Denton to have the checking account at TS Bank list Gary Gutttau, as Treasurer, Bill Vorthmann as Ass't Treasurer and to have Richard Vorthmann's name removed. All voted aye.



There being no further business the meeting was adjourned with the saying of the Creed.

HUMOR

AT MY AGE, ROLLING OUT
OF BED IN THE MORNING
IS THE EASY PART.

GETTING OFF THE FLOOR
IS A WHOLE OTHER STORY.

Calendar

Events

July 26 Gate watching at Westfair
Aug 11-13 Iowa District Optimist Convention,
Burlington.

Birthdays

Editor: Judy Gutttau, judy.gutttau@tsbg.com, 402-670-4330. Contributor: Dee Gutttau, John Klein
Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 51575

July 27 Jim Clausen

Anniversaries

July 25 Chuck & Kathy Nielsen

Programs:

July Chad Guttau
Aug Jim Clausen (first 2)
Bill Vorthmann (last 2)
Sept Glenrose Meier (first 2)
Judy Guttau (3rd Sat.)
Steve Chambers (last 2)

Speakers

July 22 YMCA Speaker
July 29 Diane Forristall – Bees and Honey
Aug 5 Travis Castle, Doug Wehring-
Update on Vision Treynor
Aug 12 Kim Moore Peterson – her experience
running in the Boston Marathon when there
was a bombing.