



Nov.30, 2019

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Kayli Christensen Speaks

Kayli Christensen, a 2015 Treynor grad and a 2019 grad of Northwestern College, Orange City, updated the Optimists about her life on Saturday, November 30 at the Treynor Community Building. Her degree was in Exercise Science, with a minor in Psychology plus she has a coaching endorsement.



Kayli first stated, "You can always make plans, but the Lord directs your steps." Kayli's initial plans have changed. Her love of kids, people, and science has led her into a new direction - physical therapy, which she is now studying at Creighton University, where both of her parents work.

Kayli is excited to be helping with a hippotherapy research project with children who have autism. Hippotherapy uses horseback riding as a therapeutic or rehabilitative treatment, especially as a means of improving coordination, balance, and strength. Kayli shared a video of the process.

The riding movement with horses simulates the hip movement in walking. It works the neuropathways to build the core in humans. With autism you can't organize the seeing-feeling processes. On a horse, those processes can start aligning in the brain. The theory is that when you increase a person's core strength, the skills develop for social and physical interaction. If your core is weak, it inhibits that ability.

The project under the direction of her professor, Dr. K (she is called), is a 12 week study funded by a large grant. It takes place in a barn near Elk Horn, NE. A baseline for each child is established. A trained adult and child then spend 45 mins on a horse performing various protocols (standing, sitting, etc.). They are expecting and looking for increased abilities at the end of 12 weeks.

Kayli stated the child engages quickly because it feels like play – "Here to ride a horse." She also stated horses have an 8th sense with special needs children. She states there is more oxytocin in the horse's saliva, which is one of the theories why it works so well.

Kayli will graduate in May, 2022. She will also investigate other physical therapy areas and has not done clinical work yet. Best wishes, Kayli!

Kayli also enjoys being the assistant softball coach in Treynor the past three years. She stated that Northwestern's basketball coach was a great coaching instructor. He stated, "Plant a tree you'll never see. Plant good seeds."

Next week's speaker will be Jeff Casey, Treynor Football Coach. Join us from 8-9 AM at the Treynor Community Building. The coffee will be on!

Meeting Minutes

Bill Vorthmann, President, called the meeting to order at the Treynor Community Building. Eighteen members were present and five guests, Kayli, Keith, and Karla Christensen, Jnelle Keysor, and Dorothy Shamblen.

Jokes/stories were shared by Gary Gutttau, Chad Gutttau, Dale Willenborg, and Bill Vorthmann. The group said the Pledge of Allegiance. Jordan Campbell gave the opening prayer.

The 50/50 Drawing was won by Dennis White and the Attendance Drawing was won by Judy Gutttau.

Birthdays/Anniversaries:

No birthdays or anniversaries were observed.

Bragging Rights contributions to the Youth Fund included: 1) Kevin Underwood because he's won the football pool twice and to recognize Jim Clausen for conducting the football pool. 2) Marsha Underwood for Iowa winning the IA/NE football game. 3) Judy Gutttau paid up because Mick said the turkey cartoon in the last newsletter was sick! 4) Dee Gutttau because Brock Fox would be playing in the River Battle Bowl game today. 5) Bill Vorthmann reminded Mick and Judy Gutttau that money was also due because Brock made the state first team in football, (as did Kristian Marten and Jake Fisher) 6) Dale Willenborg to state that ISU has lost by just 11 points all year. (Ugh! The loss to Kansas State today increased that!) 7) John Klein to state that today "No Shave November" ends and so will his beard. 8) Bill Vorthmann for starting the meeting late. 9) Gary Gutttau to share a picture of

a new birth at the Zoo of the Eastern Mountain bongo calf. You'll have to ask Gary about what he was invited to observe regarding a Philippine crocodile at the Zoo.

Community News:

Treynor Community Christmas for the public is from 4:30-7:30 pm on Sunday, Dec. 1 at the Treynor Community Building.

The American Heroes Celebration is sponsored by the Palace Event Center from 7PM to Midnight on Saturday, Dec. 7 at the Palace Event Center. This is a free event and open to all to celebrate our Veterans and First Responders. Veterans and First Responders are asked to wear some type of insignia as they would love to recognize all. A food truck will be available. And there will be music.

Old Business:

Giving Tuesday, a national event, is Tuesday, Dec. 3. Members of the Optimist Club brought non-perishable food items today to fill a table. Jnelle Keysor from the Treynor Food Pantry was present to accept the donation.

Jnelle stated that there are currently ten families who come to the Treynor Food Pantry to select food items,



which is at Zion Congregational Church, on the fourth Thursday of every month. The JOI Club purchased new shelving for one wall and Gary and Julia Funkhouser purchased new shelving for another wall. There is a

refrigerator/freezer to store beef/meat which is donated by people each time as well as other perishable items. When cash is donated, Jnelle and Carol Bates purchase items or cash cards for items they know are desired by the families as well as some perks. For Thanksgiving a 4-H Club donated turkeys and the Treynor Middle School students donated baskets of Thanksgiving trimming items. When there is surplus, Jnelle said the items are passed on to other places that distribute food, such as the Glenwood Storehouse.

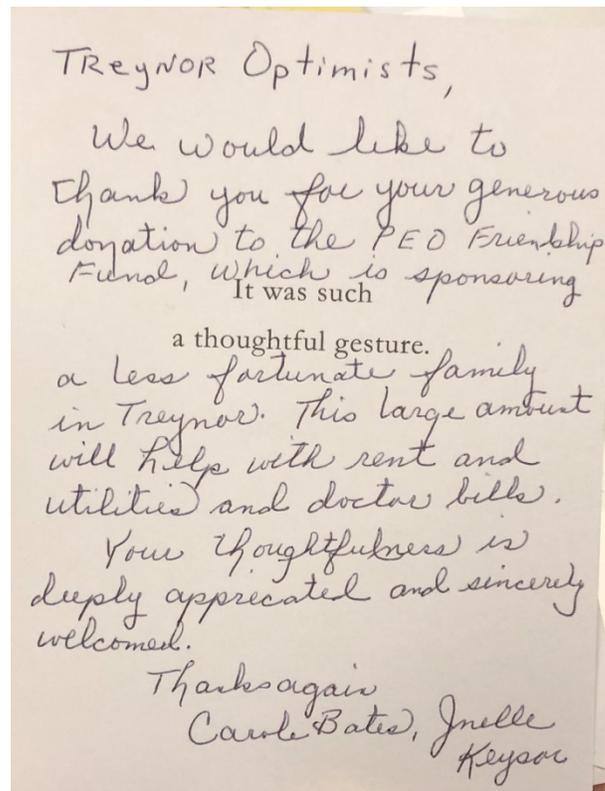
It was reported that Gary Gutttau, Chad Gutttau, Gary Funkhouser, Jon Klein, Ken Graham, and Bill Vorthmann helped "in howling wind and driving sleet" with the can kennel for the cub scouts on Tuesday along with 3 adults and 4-5 boys from the group.

New Business:

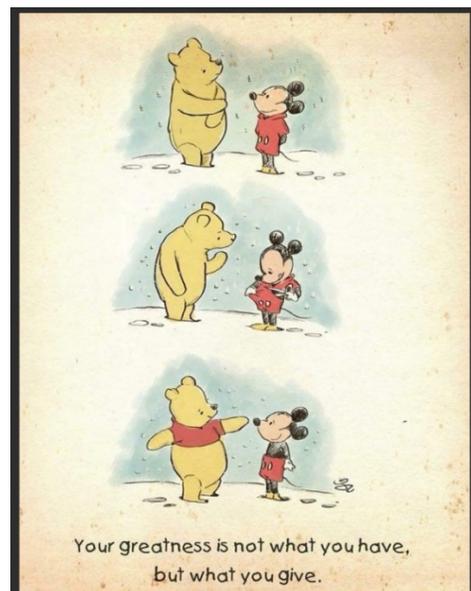
Jim Clausen won the football contest.

The Board will meet next week to review can kennel applications and to determine a plan for the essay and oratory contest.

A thank you was shared regarding the \$500 donation given by the Treynor Optimist Club to assist a local family in need:



There being no further business, the meeting was adjourned and concluded with the saying of the Optimist pledge.



Calendar

Dec. 1 Deadline for Can Kennel Applications
Dec. 1 Community Christmas Event 4:30-7:30 PM
Dec. 7 Heroes Event – Palace Event Center
See details above.
Dec. 7 Board Meeting
Dec. 7 Griswold Optimist Club Christmas Party
And Auction

Birthdays

Dec. 16 Kevin Underwood
Dec. 23 Chuck Nielsen

Anniversaries

Dec. 27 Gary and Dee Guttau

Programs

Dec. Jim Clausen
Jan. Keith Denton
Feb. Gary Funkhouser

Speakers

Dec. 7 Jeff Casey, Treynor Football Coach
Dec. 14 Dr. Mark Hopkins, Treynor Superintendent
Dec. 21 Jason James, Realtor, Heartland Properties
Dec. 28 Anthony Kava, Policeman involved in
cracking the case in Macedonia

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