



Vision 2000 of Optimism



"Lighting the Way" in the Iowa District, Zone 4

Club Officers for 1999-2000

President	Gene Seran	323-4773
Int. V. Pres.	Bob Hibbard	487-3673
Ext. V. Pres.	George Schneider	487-3255
Sec./Treas.	Richard Vorthmann	487-3342
Past Pres.	Kevin Underwood	566-2525

Board Members

1998-2000	2000-2001
Marsha Underwood	Milli Harvey
Bill Stephens	Jeff Nelson
Gerald Forristall	Bill Vorthmann

March 19, 2000

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NEXT CLUB MEETING

The next regular meeting of the Optimist Club of Treynor is planned Saturday morning, March 25, 2000 at Saint Paul's Lutheran Church. LES HARVEY has arranged for Bryce Strohbehn, Russ Maguire, and MICK GUTTAU to bring us up to date on progress of the new community building plans. Coffee, juice, and rolls will be available at 6:30 a.m. Early arrivals have the best chance for a breakfast croissant sandwich. The meeting starts at 7:20. Bring a guest.

REPORT OF LAST CLUB MEETING

At the last Club meeting 22 members and 1 guest were present. President GENE SERAN presided. The attendance pot was awarded to keeper-of-the-pot, BOB HIBBARD, who promptly emptied it. KEN GRAHAM won the 50/50 drawing, but he had to relinquish a part of it for the birthday greeting sung to him.

BOB, GERALD FORRISTALL, and KEVIN UNDERWOOD helped judge the car designs at the Cub Scout Pinewood Derby last Thursday. There were 37 cars entered. The top five designs were constructed by Jake Hopes, Derrick Klahn, Evan Webster, Aaron Cozad, and Ben Schnepel. The top five race winners were Eric Sorensen, Tyler Vonweihe, Trevor Husz, Jordan Schields, and Alex Allen. Thanks to BOB, GERALD, and KEVIN for adding to the excitement of the event.

Thanks to BOB, KEVIN, JERYL UNDERWOOD, RICHARD VORTHMANN, and RICK SAAR for sorting and sacking cans last Wednesday. The next can sort is the 29th.

The 2nd Swim Day for Treynor youth this winter was a bigger event than the 1st. Seventy-nine youth from Treynor and forty-four from Carson and Macedonia participated in the activity at Lewis Central Pool on Sunday afternoon. Special thanks to JOHN KLEIN for arranging the swim days this year.

At the recent Board meeting members agreed to raise dues next Optimist Year to cover administrative expenses. The amount is still being discussed. Expenses up to \$75 for the Bike Safety activity were approved. A policy to give Club members first priority for Newsletter advertisement was approved. A survey of membership to determine an alternative Club meeting time once a month was authorized. A letter requesting support of continued education of a student with learning disability was tabled. A separate category of Club Scholarships is proposed for discussion at the next

Board meeting. Sec./Treas. RICHARD reported club financial resources at about \$2500.

YOU ARE WHAT YOU EAT

Rhonda Matthew is very concerned with the nutrition of our foods found in the groceries today. She referred to academic studies of food nutrition that indicated there is less in the products of the food industry compared to that in home grown foods. Since we all can't grow our own food, we need to know what supplements are needed with conventional foods to satisfy our nutritional needs. Rhonda explained how she grew up in a family that followed the Shaklee diet program. Her father suffered from diabetes and with her mother's implementation of the Shaklee diet, he lived 19 yr. longer than doctors expected. Rhonda also uses the principles of the Shaklee diet in her family to promote good health and well being.

CALENDAR

Jan-March: After-the-Prom Committee Can Collection

- Mar. 25 Club Meeting, program by Rus Maguire Bryce Strohbehn and MICK GUTTAU, Treynor Community Building plans.
- Mar. 27 Start of Baby Sitting Clinic.
- Mar. 29 Can and bottle sorting, 2 p.m.
- Mar. 30 Club Oratorical Contest, Elementary School, 12:40 p.m.

April: Girl Scouts Can Collection

- Apr. 1 Club Meeting, program by Jean Armstrong, R.N., Family and Community Health Resources.
- Apr. 4 Track meet gate, 4-7 p.m.
- Apr. 8 Ol President's Visit, Amana Holiday Inn.
- Apr. 15 Zone 4 Oratorical, Treynor.
- Apr. 17 Track meet gate, 4-7 p.m.
- Apr. 25 Zone 4 Meeting, Treynor.
- Apr. 27 Highway 92 Cleanup and tree planting with Cub Scouts.
- Apr. 29 Regional Oratorical, Council Bluffs.

- BIRTHDAYS**
- 3/2 WARD CHAMBERS
 - 3/2 JERYL UNDERWOOD
 - 3/8 GEORGE SCHNEIDER
 - 3/11 KENNETH GRAHAM

- ANNIVERSARIES**
- 3/3 CHRIS & MINDI ESLINGER
 - 3/4 GENE SERAN
 - 3/8 KEITH DENTON
 - 3/15 JEFF NELSON

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P.S. A tenderfoot from the city moved out to the country to farm and asked an old Indian farmer when cotton should be planted.
The Indian answered, "Get up in the morning and sit on the ground. If it is cold, don't plant."