



February 4, 2012

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Treynor Fitness and Pilates

Wendy and Bob Andersen talked at the Optimist Club on January 28 about a new business they are investigating for Treynor, called Treynor Fitness and Pilates. They are looking for a location to begin, preferably 1500-4500 square feet. They would like to open it around May 2012.

Pilates is a form of exercise, developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. The Stott Pilates method was developed in the 1980s and is constantly refined in collaboration with physical therapists, sports medicine, and fitness professionals, to ensure it is aligned with current scientific and biomechanical research.

Wendy is a certified Stott Pilate instructor trainer. She was an owner in Victory Human Performance, Inc for 10 years in Lincoln and has owned the Pilates Center of Omaha for three years. She has a B.S. in Education and a Masters in Exercise Science.

Bob graduated from Treynor High School. He has a B.S. in Exercise Science and a B.S. in Psychology with a minor in coaching. He is completing his degree as a licensed Pharmacist.

Bob and Wendy Andersen are motivated to open a new center in Treynor. They spelled out a variety of plans for the center in Treynor, depending on the size of the space they can utilize. They can be contacted at wendy@victorypilates.com and bob@victoryhpc.com

Chad Vorthmann trip to Germany

Chad Vorthmann visited various provinces in Germany as part of the 2011 McCloy Fellowship in Agriculture. He came to the Treynor Optimist Club on February 4 to show pictures and talk about his experience. He lives and works in Colorado.

After reunification of Germany, farmers in East Germany could buy the land they were farming. Under Communism they were not allowed to own land. Some farmers chose not to buy because of the amount of debt they had to incur. Others bought additional land. The average farm today is 225 hectares or about 625 acres. 60% of the farms are over 2500 acres.

Chad talked about Brandenburg, Schleswig-Holstein, Hessen, and Rhineland provinces. There are six political parties. People vote for a political party and delegates to parliament are allocated by percent of the vote. Three of the main parties are the Christian Democratic Union (CDU), which is the conservatives, the Free Democratic Party (FDP), the liberals, and the Green party (Left). The Green party, although small, contains a lot of academics

and yields a significant amount of power. They were able to ban nuclear power in Germany after the tsunami in Japan.

Chad talked a lot about differences in Germany. Tractors have very wide tires and are licensed like automobiles. They cannot be more than three meters wide or they require an escort when crossing or driving on the road.

Packing plants are more about the workers than the consumer. Livestock is killed one day and deboned the next, while the meat is not fully cold yet. Workers are paid by volume, so they don't allow it to cure for two weeks like here. Therefore the meat will be tougher.

All livestock is tagged. Most milk cows he saw had a tag in each ear, some with radio colors around their neck to monitor food and water intake. Some even had leg irons to measure how many steps they take, to ensure they are getting enough exercise. There are no black cows in Germany because some people think there is a link between the black gene and Mad Cow disease. Also cattle are not castrated.

Regulations require that hog barns have natural light for the pigs. Many buildings had to be retrofitted with large windows.

The wineries in Rhineland are on steep 6 degree slopes. They make excellent white wine. Beer consumption is going down in Germany, being replaced by wine and other alcohol. In Germany, in contrast to the United States, the larger breweries get a premium for their beers. Local beers are thought to have a lower quality and are therefore cheaper.

Youth can drink alcohol at age 16 in Germany, but cannot drive until they are 19. Companies are making non-alcoholic beer and marketing it to children.

Alternative energies are important in Germany. Many farms they visited also had bio gas facilities to take manure, create bio gas, and burn that to create electricity.

One interesting farm Chad saw had solar horse feeders. The horses were boarded outside and had implanted chips that determined how much to feed each horse. Grain, other food, and water were spread far apart so the horses had to move around a lot. Boarding there was more expensive than other stables.

Another farm used robotic milkers. The cows decide when they want to be milked (with very little prodding) and went into a stall when they were ready. Sensors hook up the milkers. The average cow there milks 3.3 times a day, with some doing five or six times. Implanted chips track their production. The same farm has 350

fruit trees. They distill the fruit and produce schnapps. They also have solar panels on each building.

The government is promoting alternative energies. Farmers can get \$0.20 per kilowatt for wind production, \$0.27 for solar, and around \$0.45 for biogas. They sell what they produce and buy back cheaper electricity for their use. 40% of farm income comes from subsidies.

Meeting Minutes

Keith Denton and Gary Gutttau provided jokes for the Optimist club meeting on January 28. Chuck Nielsen opened the meeting with the pledge and Dale Willenborg offered the opening prayer.

Dee Gutttau contributed to the Youth Fund for Iowa State winning its game against Kansas. Keith Denton contributed to the fund in recognition of the Ag Seminar sponsored by TS Bank. Judy Gutttau contributed for having her picture in the newspaper for the bank contribution to the Macedonia Historical Society.

Saturday, February 4 is the Optimist Zone meeting in Elk Horn at 6:30 p.m.

Dale Willenborg won the 50/50 drawing. Bill Vorthmann won the attendance award, but left before the meeting started. There were 18 members and two guests at the meeting.

Dennis White opened the meeting on February 4. There was 6 inches of snow on the ground at 8:00 a.m. and it was still snowing hard. Dennis White

commended Richard Vorthmann on being at the meeting early every week for set-up.

Richard Vorthmann, Jim Clausen, Kirk Vorthmann, and Roger Vorthmann contributed jokes. Richard Vorthmann gave the opening prayer.

Gary Funkhouser reported on recent events at the Treynor School. The students all received laptops recently.

There were 10 members and 24 visitors at the meeting. Richard Vorthmann and his wife provided breakfast.

Note that the 4-H club will provide breakfast next week.

(Feb. 4 meeting minutes compliments of Kirk Vorthmann)

Calendar

Mar 10 – Regional Optimist Meeting at St. John UCC

Birthdays

Feb 12 – Richard Vorthmann
Feb 13 – Gary Funkhouser

Anniversaries

Feb 6 – Jon & Debra Jacobsen
Feb 23 – Richard & LuEtta Vorthmann

Speakers

Feb 11 (Speaker?) - 4-H Club will provide food

Programs

Feb – Chad Gutttau
Mar – Dale Willenborg
Apr – Jim Clausen
May – Ken Graham

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Exercise Humor

My late uncle was a real physical fitness fanatic. He had himself buried face down in case there are pushups after death.

I used to run five miles every day. Then I decided it was easier to move closer to the bus stop.

There's nothing like doing pushups to help you relax. Like this morning, I did 25 pushups and I was completely relaxed. I fainted.

I say it's time for society to put an end to cruel and unusual punishment. That's right, folks, I'm against jogging.

The physical fitness craze doesn't make sense. The guy who exercises every day and the person who never exercises at all end up with the same thing -- a body that will last a lifetime.

I bought one of those exercise bikes. They come in two models: expensive and more expensive.

An exercise bike is supposed to take the place of running. But the first thing you do when you see the price is run.

The streets aren't safe anymore, especially after dark. Last night I took the dog out for a walk and got run over by a jogger. Personally, I don't think anyone should be allowed to jog on public sidewalks without first completing a course in jogger education. And passing both a written and a sanity test.