



**The Optimist Club of Treynor, IA**  
 Iowa District, Zone 3, Club Number 40-109  
 Iowa District Governor: Dave Mason  
 International Pres: Jean Claude "J.C." St-Onge

## NEWSLETTER

[www.treynoroptimist.org](http://www.treynoroptimist.org)

Treynor Optimist Club President:  
 Bill Vorthmann



November 23, 2013

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### Chiropractic Care



Dr. Bob Kuchel spoke at the Treynor Optimist Club Saturday, November 23 about chiropractic care. He recently opened a clinic at 18 West Main Street in Treynor called The Chiropractic Palms.

Dr. Kuchel grew up in Sioux City and went to the University of South Dakota to earn a business degree. While there he had a football injury and

the doctor wanted to do surgery. He went to a chiropractor three times a week for three months and has had no further problems from the injury.

Dr. Kuchel completed his business degree, then went to Palmer College of Chiropractic for 3½ years to become a chiropractor, graduating in 1992. He has set up practices in Pleasantville, and Neola, Iowa, and in Saint Simons Island, Georgia.

Dr. Kuchel told the story of how he opened a clinic in St. Simons Island. He was there on vacation talking to someone about chiropractic. Zach Johnson, a professional golfer overheard him, taped him on the shoulder, and asked for an adjustment. A month later Zach called and asked if he could fly Dr. Kuchel back to Georgia for another adjustment. Zach had other friends who wanted an adjustment also. That led to Dr. Kuchel opening a clinic there and staying for three years.

Dr. Kuchel said that "most healthcare is mental." If you don't think you will be healed, you probably won't be. Therefore, his office in Treynor has a waterfall, palm trees, a tiki hut, and soothing music, all within 500 square feet of office space.

Dr. Kuchel also discussed the types of services he offers, including a massage table, kinesio taping, electric muscle stimulation, ice therapy, sinus microcurrent acupressure, and sports injury therapy. He can be reached at 712-487-3398.

### Meeting Minutes

Bill Vorthmann opened the meeting on November 23 and gave the opening prayer.

### Calendar

Nov 27 – Can kennel sorting, 2:00 p.m. for Cub Scouts

### Birthdays

Nov 8 - Mick Gutttau (recognized)

Nov 18 – Dianne Willenborg (recognized)

### Anniversaries

Nov 2 – Kirk & Lynell Vorthmann

Nov 25 – Ward & Suzanne Chambers

Alex Sorensen received his scholarship check. He is attending the University of Northern Iowa and wants to be a High School teacher and a coach. He is a manager for the basketball team and works four hours a day at that.



Bill Vorthmann contributed to the Youth Fund in hopes that Iowa State would win their football game. Chuck Nielsen contributed to recognize the ISU basketball team.

Jeff Jorgensen won the 50/50 drawing. Steve Chambers won the attendance drawing, but did not collect. There were 17 members and 2 guests at the meeting.

There was a board meeting after the club meeting. Six board members were in attendance. Gary Gutttau presented the budget and last years final financial report. There are currently 28 paid members and 6 not yet paid in the club.

The board voted to give the Music Boosters the can kennel for October 2014. They also decided to have a spaghetti supper fundraiser on January 24, 5:00-7:00 p.m. at the High School cafeteria, pending approval by the school. Treynor plays Underwood that evening.



Eager to pull a prank on his chiropractor, Dennis taped a bag of potato chips to the small of his back.

### Programs

Nov 30: Vietnam Trip- Josh and Mick (part 2)

### Prayers

Nov 30 – Mick Gutttau

Dec 7 – Dee Gutttau

Dec 14 –

Dec 21 – Dennis White