



Dec 8, 2018

Vol. 34 No.49

Monique Lowe speaks about massage therapy

Monique Lowe, spoke on Saturday, December 8 to the Treynor Optimist Club about her business: Massage by Monique. She is a licensed massage therapist and is located inside Peak Fitness, 7 E. Main St., Treynor, IA.



L-R: Monique Lowe, VP Bill Vorthmann

Monique has lived in the area ten years. Her husband, John, is retired military. They have four children. Jordan is a foreign exchange student in South America, returning January 4. Jacob, Alex, and Shailah live at home.

She performs two types of therapy: light for relaxation and deep for health changes. Healthy people come every 6-8 weeks on the average. People with health problems come more often, up to once a week. Lowe works on all parts of the body. Shoulders, hips, back and feet are common.

Monique is able to help four people per day. She charges \$25 per 30 minutes and offers appointments of 30, 60, and 90 minutes. She is open Monday-Friday and every other Saturday by appointment only. For more information call 805-757-0518 or email moniqueloweLMT@gmail.com.

Meeting Minutes

Vice President Bill Vorthmann called the meeting to order. Thirteen members were present plus two guests, Lynell Vorthmann and Monique Lowe. Kirk Vorthmann and Gary Funkouser shared jokes followed by the Pledge of Allegiance. Chad Gutttau gave the opening prayer.

Jordan Campbell won the 50/50 award and Marsha Underwood won the attendance drawing.

Kevin Underwood's birthday on Dec. 16 was observed. There were no anniversaries celebrated.

For bragging rights, Kirk Vorthmann contributed for the birth of his eleventh grandchild, Brooklyn Vorthmann.

Community News: Gary Funkouser shared that Friday, Dec. 14 is the National Honor Society/JOI Club/Coaches vs. Cancer game with IKM. Auction items, especially Christmas cookies are desired with all income going for cancer.

There is also a blood drive Thursday, Dec. 13 at the Community Building.

Under old business, Gary Gutttau reported on dues. KMA announced that Treynor had been granted \$10,000 for the next step of the trails project.

Under new business, the After Prom Committee has the can kennel.

The Optimist Essay Contest topic for the Jr.Sr. writing class is: "When all the world's problems are solved, is optimism still necessary?" Essays are to be between 700-800 words. The local winner will be announced Feb. 28.

The Optimist Oratory Contest topic for 8th Graders is "Is there a fine line between optimism and reality?" Speeches are to be between 4 and 5 minutes. Competition locally will be completed

by mid-February and the finals contest is April 13, 2019.

There being no further business, the meeting was adjourned by stating the Optimists Pledge.

Thanks to Dee Gutttau for taking notes.

Have you seen the movie: The Grinch Stole Christmas which is currently being shown in local movie theaters? Here's a great quote to ponder by The Grinch at the end of the movie: *"Maybe Christmas doesn't come from a store. Maybe Christmas perhaps, means a little bit more."*

Have you seen the movie, Elf?
Here's a fun quote:
"The best way to spread Christmas Cheer is singing loud for all to hear."

Here's a great line from It's A Wonderful Life:
"Look, Daddy. Teacher says every time a bell rings an angel gets his wings."

Calendar

- Nov 26-Dec 8 JOII Club Winter Clothing Drive (drop off school and bank)
- Dec 12 Can kennel sorting for After Prom Comm
- Dec. 13 Blood Drive at Community Building 11:30-5:30
- Dec. 14 NHS/JOI/Coaches vs. Cancer game with IKM. Auction items, cookies needed.

Birthdays

- Dec. 16 Kevin Underwood
- Dec. 23 Chuck Nielsen

Anniversaries

- Dec. 27 Gary and Dee Gutttau

Programs

- December Kirk Vorthmann
- January Judy Gutttau
- February Keith Denton
- March Gary Funkhouser

Speakers

- Jan. 5 Jeff Casey, HS Football Coach
- Jan. 12 Stan Latta, Chaplain
Good News Jail Prison Ministry
- Jan. 19 TBA
- Jan. 26 Bill Wypyski, All Care Health Care.

Notes taken by Dee Gutttau
Judy Gutttau, Editor, 31107 Dogwood Rd, Treynor, IA 51575
402-670-4330
Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 51575