



February 10, 2018

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Teri Keller, YMCA - CB

Teri Keller, Fitness Group Exercise Program Coordinator at the YMCA, Council Bluffs, spoke to the Treynor Optimist Club on Saturday, February 10. She and her husband Gary moved from Idaho to Nebraska to Council Bluffs and they have 6 children, four of whom are enrolled in the Treynor Community Schools.



Chad Guttau, Teri Keller

Her own ultimate goal in pursuing physical activities is to be able to be active with her kids. She is also a Personal Trainer at the Y and helps college students who have been injured, older citizens who want to be able to power lift, grandmas who want to be able to travel with their grandkids and “stay up” with them, and people who want to avoid surgery if possible.

Fitness changes lives and is even more important today because people live longer, medical care costs are skyrocketing, people want to relieve stress, and because we live in a sedentary world today with so many machines doing the work.

If you come home and are tired or if you have areas that hurt, you can have someone at the Y help you analyze why you are tired or have pain and how to fix it. Teri summarized that when we move, pain receptors are shut down which helps you feel better. She indicated that people can also pursue methods on their own by researching the internet of what can be done.

Available at the YMCA are various programs: one for combatting negativity and developing community through exercise for battered and abused women, one to “Delay the Disease” for those with Parkinson’s Disease, and the Silver Sneakers Program. In addition, there are many other programs from spinning to Yoga.

Check with the Y on costs. Some programs are covered by insurance. There are also scholarship programs and the Y offers memberships on a sliding scale. Check out this special offer at the new YMCA. During the week of Feb. 11-17 anyone can attend anything for free. Say “Teri referred you.”

Teri closed by saying, “Move today so you can tomorrow!”

Meeting Minutes

Keith Denton, President, conducted the meeting of the Treynor Optimist Club on February 3, 2018. There were 15 members present plus guests, Teri and Gary Keller and 15 members/leaders of the Silver Keg Feeders who treated the Optimist Club to a special pancake/sausage breakfast. The Silver Keg Feeders club now has 115 members! The meeting began with humor by Dee Guttau and Keith Denton, followed by the pledge of allegiance. Dale Willenborg offered the prayer.

Kevin Underwood, won the 50/50 drawing. Lou Howell won the attendance prize but was not present to receive.

Dee Guttau donated \$1 to the Youth Fund for Dillon Faubel achieving 1000 points in basketball. Kirk Vorthmann donated \$1 for Dale Willenborg’s help in pricing a house and \$1 to share that he and Lynell had attended an outstanding Beattles Show at the Mirage in Las Vegas. There were 100 in the cast. He also shared that they had traveled to the Hoover Dam and the water level is 150 feet below normal. Jim Clausen and Keith

Denton contributed \$1 each for the good breakfast.

Gary Funkhouser contributed \$1 for his upcoming birthday (Feb. 13) and we sang to him.

Auction items donated were an insulated can holder which was purchased for \$3 by Keith Denton and large oatmeal butterscotch cookies donated by Dee Gutttau which were purchased for \$1 each by Judy Gutttau and Ken Graham.

John Klein announced that the JOOI Club and Keep Kids Alive will sponsor a parents' public meeting on March 21 to learn more about internet safety, cell phone safety, and other safety issues that affect kids.

Under Old Business, Keith announced that helpers for Can Kennel on Wednesday were Dee and Chad Gutttau, Ken Graham, Keith Denton, and John Klein.

Under New Business, a motion was made by Judy Gutttau, seconded by Kirk Vorthmann, approved by all for John Klein to apply for a \$500 grant from the International Optimist Club to help with building two hydrant sprayers and other expenses for future Hydrant Parties. One party is planned for the afternoon of June 23, during Treynor Days. This party is sponsored by the Optimist Club, Cardinal Core, and the Fire Dept. He announced that Veridian Insurance through Rick Saar gave \$250 to the project. Members of Zion Congregational Church will construct one hydrant sprayer.

Gary Gutttau announced that a Valentine thank you had been received from the YMCA for Strong Kids. Other correspondence was received acknowledging Lou Howell registered as a member.

He also announced that the Treynor Optimist Club has been invited to the Underwood Optimist Club's 35th Anniversary Celebration on Sunday, Feb. 18 at 5:30 PM at Pizza King. Please RSVP by Feb. 13.

There being no further business, Vice President Willenborg adjourned the meeting with the Optimist pledge being said by all.

Optimist Club meetings run from 8-9 AM each Saturday morning at the Treynor Community Building (Legion Room). The coffee is always on and donuts are served. Come join us for fun, fellowship, and interesting programs!

NEW MEDICAL DICTIONARY:

Benign	What you be, after you be eight.
Catscan	Searching for Kitty
Cauterize	Made eye contact with her
Dilate	To live long
Fester	Quicker than someone else
Fibula	A small lie
Labour Pain	Getting hurt at work
Morbid	A higher offer
Nitrates	Cheaper than day rates
Node	I knew it

Calendar

Feb. 18	Underwood Optimist Club 35 th Anniv Celebration 5:30 PM, Pizza King RSVP Feb. 13
Feb. 21	Can Kennel Sorting - Cheerleaders
Mar. 21	Parents Meeting to learn about Internet Safety and other Safety issues

Birthdays

Mar 2	Ward Chambers
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Anniversaries

Mar 4	Gene & Erika Seran
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Programs

February	Chad Gutttau
March	Dale Willenborg
April	Gary Funkhouser

Speakers

Feb. 17	Mary Mosiman, State Auditor
Feb. 24	Amy Graber, Cancer Society

Judy Gutttau, Editor, 31107 Dogwood Rd, Treynor, IA 51575
402-670-4330 judy.gutttau@tsbg.com

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