



May 6, 2023

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Dale Willenborg, Home Maintenance Ideas



Dale and Dianne Willenborg have 12 two and three bedroom rental houses in Council Bluffs. Dale shared some lessons and tips he has learned from repairing and maintaining them. His notes (corrected & improved) are included at the end of this newsletter. Check them out for additions from the meeting.

Feel free to contact Dale Willenborg with questions.
402-651-1634

General comments.

Dale's electrical contractor, mower repair person, and roofing contractors are no longer available. Suggestion from the meeting attendees are listed in the document below.

Levinson Industrial Supply is a great source for cleaning products and pest treatments. Ideal Hardware and Paint Center is one of those old hardware stores that have repair parts for almost anything.

Melaleuca is a wellness company that sells non-toxic health and beauty items that are safer and more effective than national brand products.

Grandscape Precsast has a truck that mixes cement on site, so you don't have to know exactly how much you need. Their main line of work is making burial vaults. Dale hasn't used them yet (but will in the near future to widen a driveway).

The OCB Plumbing office manager rents a house from Dale. They are very responsive.

If you have long term aches and pains, consider going to Mary McMichael at Kokoro. She does 10 week sessions to determine and improve every muscle in your body. See her website for more info: integratedbodydynamics.com Dale & Dianne have found great results with long term pains that chiropractors, physical therapy, and massage have not improved.

If you have long term Covid symptoms (longer than a couple weeks) or have not found the results you want from your doctor, consider going to a Homeopathic Doctor. Dr. Patricia Ryan is a medical doctor who treats the whole body, not just symptoms. Dianne and Dale have been going to an MD in

Georgia for a few years to address a variety of problems, but recently found Dr. Patricia Ryan. She will run blood tests that test everything in your body to see what elements are lacking or what things are overwhelming your normal body functions.

Thank you, Dale, for also taking notes today.

Next week's Speaker:

Stacie Smith - Refugee Resettlement

Famous Quote

**"Rather than love, than money, than fame,
give me truth."**

Henry David Thoreau

Meeting Minutes

Jordan Campbell called the meeting to order and led the pledge. Seventeen members were present. Dee Gutttau offered the prayer. Steve Chambers and Bill Vorthmann shared jokes.

50/50: Jim Clausen won.

Attendance: Chad Gutttau won

Birthdays: None

Anniversaries: None

Bragging Rights: (Dollars are contributed to benefit local youth programs.)

- Keith Denton said the McClelland fire department came to fix a propane gas leak.
- Bill Vorthmann and Jordan Campbell contributed to recognize the Cinco de Mayo taco feed at Zion on May 5.
- Dick Fox said that the hottest temperature on this date was 93 degrees in 1965.
- Jordan Campbell contributed because of all the effort his wife Katie puts into the 4th-6th grade Track & Field day.
- Gary Gutttau contributed to recognize his good results on a stress test.

- Dale Willenborg contributed to say he had paid off his last two rental houses and was now out of debt. His home is also paid off.
- Dee Gutttau contributed because Mulch Madness was a success. John Klein says he is retiring from that project. He started in 1992. They have planted 116 trees since 2000 and 10 this year.

Business:

1. Can Kennel sorting will be Wednesday at 5:30 p.m. with the Cub Scouts.
2. For Treynor Days, the city would like to have a water hydrant party...Wendy Anderson or Brey McVey may help coordinate it..
3. We have received checks for \$4080 for 100 flags.

Community:

- Monday, May 8, 10:00 is the ribbon cutting for the new city offices. Everyone is invited.
- John Klein checked with Optimist International and they approved liability for the Can Kennel for this past year and will do so for the following year.
- The Legion will have their fried chicken fundraiser Sunday, May 7.

There being no further business the meeting was adjourned.

HUMOR



Calendar

Events

- | | |
|--------|---|
| May 8 | Ribbon cutting for the new City offices at 10:00 AM |
| May 10 | Can kennel sorting for Cub Scouts, 5:30 p.m. |
| May 17 | Treynor Awards Night, 6:00 p.m. |
| May 27 | Put up flags for Memorial Day, 9:30 a.m. |
| May 30 | Take down flags, 4:00 p.m. |

Birthdays

- | | |
|--------|----------------|
| May 11 | Keith Denton |
| May 21 | Steve Irvin |
| May 22 | Kirk Vorthmann |

Anniversaries

- | | |
|-----|------|
| May | None |
|-----|------|

Programs:

- | | |
|------|--|
| May | Dale Willenborg |
| June | Steve Irvin (first 2)
Jeff Jorgensen (last 2) |
| July | Chad Gutttau |

Speakers

- | | |
|---------|--|
| May 13 | Stacie Smith - Refugee Resettlement |
| May 20 | TBD |
| May 27 | Brian Edick - Memorial Day discussion |
| June 3 | Alex Harrington. He is a high school science teacher and one of his classes is robotics. (He is married to Danie Floerchinger.) |
| June 10 | Steve Owens. Steve is a former teacher and coach at Treynor High School. He is currently on staff with the Fellowship of Christian Athletes for southwest Iowa and eastern Nebraska. |

Home Maintenance Ideas

<u>Need</u>	<u>How to meet need</u>	<u>Purchase (phone numbers & addresses are included at end of list)</u>
General materials	Menards - 11% rebate	
General materials	Home Depot matching rebate-11%-in store only, non-sale items	homedepotrebates11percent.com Home Depot also gives 10% veteran discount.
Air Conditioner fins	clean with water hose	
Under Refrigerator	Clean with shop vac. Can also use long narrow brush or compressor. With pets clean yearly, otherwise can probably do every two years. When using compressor, dirt will blow all over house.	
Boxelder Bugs, other bugs	Transport Insecticide. Very effective in elimination of infestation	Levinson Industrial Supply Inc
Spiders	Any insecticide can only kill spiders on contact. Most bugs clean themselves, so they can pick up chemicals on their feet. Spiders don't clean themselves, so not easy to kill.	
Ants	Put borax on a cotton ball and keep wet. Ants take back to their den and it kills them all	
Mouse traps	Use ones with large trigger (like Tomcat) Bait with Peanut butter. Attracts them from anywhere. I don't use glue traps because they are messy.	
Moles	Talpirid worms from Bell Labs- handle with vinyl gloves-I use 1/3 worm	Levinson Industrial Supply Inc, or online search.
Bed bugs	Don't remember product. Need to spray all baseboards and crevices, including along seams in bed. Three treatments to kill hatchlings. Have successfully treated one house.	Levinson Industrial Supply Inc
Furnace ignitor	Sometimes become cracked - usually easy to replace	Ideal Hardware & Paint Center
Furnace sensor	If furnace turns on and off - clean with dollar bill or steel wool	Ideal Hardware & Paint Center
Toilet bowl cleaner	In the Pink	Diversified Chemical Products Inc, We buy in Cedar Rapids when visiting grandchildren.
Toilet bowl brush	cotton brush	
General cleaning	Melaleuca products, non-toxic products	Melaleuca.com

Check book balancing	Microsoft Money - make sure you frequently check your accounts	Online free - no longer supported
Cement mixed on site	Truck with all ingredients unmixed	Grandscape Precast Inc
Plumbing products	hard to find items	Ferguson Plumbing
Mower & tiller repair	I need a good place	MidAmerican Cleaning Systems
Plumbing Contractor	One of our tenants is office manager	OCB Plumbing
Electrical Contractor	I'm looking for someone-Other one retired.	People suggested Power Tech
Power tool parts, lawn equipment parts, Appliance parts	Websites have pictures of all parts, Youtube videos help diagnose problem	partselect.com
Power tool parts, lawn equipment parts, Appliance parts	Websites have pictures of all parts, Youtube videos help diagnose problem	eReplacementparts.com
Cutting steel panels	turn saw blade backwards	
Disposable vinyl gloves	Venom Steel-Heavy duty, 2 layer	Menards
Prestart garden seeds	Sweet corn-put in bag with warm water, plant when germinate	
Prestart garden seeds	Carrots - put in bag with boiling/almost boiling water. Plant when start to germinate	
Smart TV	Roku device (some TVs have) ~\$40	We have monthly subscriptions to Hallmark Movies Now (hmnw.com), Up Faith & Family, some free channels with commercials
Metal siding primer	Diamond Vogel Sure Grip	Diamond Vogel
Paint	Used Behr, Sherwin Williams, and Diamond Vogel. Currently mainly Diamond Vogel-seems to cover better.	In general, the better paints (needing only one coat or better adherence) cost more.
Aching muscles when chiropractor, massage, physical therapy don't help	Kokoro (Previously called Integrated Body Dynamics) Doesn't take insurance	Mary McMichael - 10 sessions for complete body 402-672-8738 integratedbodydynamics.com
Homeopathy MD	Detox and drainage using homeopathy and nutrition. Special treatments for Long Term Covid (lasting more than two weeks)	Cornerstone Progressive Health
Used Appliances & Appliance repair	Jonesy's Appliance	Some used appliances and one site repair
Computer Repair	Computer repair and cleanup	Heartland Computer
Roofing & Gutters	Need suggestions	Possibly Anderson Roofing in Treynor
Killing stumps and trees	Tordon	Menards, Home Depot, etc.

OCB Plumbing
402-881-6917

Ferguson Plumbing
15005 Grover St

Levinson Industrial Supply Inc
4209 S 87th St

Cornerstone Progressive Health
8031 W Center Rd
Ste 221
Omaha, NE 68124
(402) 343-7963
cornerstoneprogressivehealth.com

Omaha, NE 68144
402-330-1203

MidAmerican Cleaning Systems, Inc
3020 Veterans Memorial Highway
Council Bluffs, IA 51501
712-366-9494

Omaha, NE
402-341-0088

Ideal Hardware & Paint Center
3909 Cumming St
Omaha, NE 68131
402-558-4411

Jonesy's Appliance
27448 W Broadway
Council Bluffs, IA 51501
712-256-1210

Diversified Chemical Products Inc
4124-B NW Riverside Street
Riverside, MO 64150
816-472-5515

Grandscape Precast Inc
Jason Craig
402-880-9740
grandscapeprecast.com

Hearland Computer
1924 W Broadway
Council Bluffs, Ia 51501
712-256-8686

Power Tech
2614 Railroad Hwy
Council Bluffs, IA 51503
712-256-8702
<https://powertechteam.com/>

Anderson Roofing and Seamless
Gutters
2 W Main Street
Treydor, IA 51575
712-487-3189