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## Russ Maguire, CPR Update



Russ Maguire has served the community in the Treynor Fire Department for 39 years. He served as Fire Chief for many years. Today he shared the basics of CPR. Thirty years ago CPR was manual but has evolved to include machines.

When you perform CPR manually, first try to get the person's attention by saying their name loudly, rub their chest to see if breathing and check pulse. Position yourself over their top and push on their midline chest with your arms straight (no bent elbows). Compress at the rate of 100 times a minute. You are going deep enough if you hear cracking, which is really cracking of ligaments. Chest compression gets the oxygen moving, heart pumping and blood moving. If there are two people assisting, the rule of thumb is 30/2. One does 30 compressions, stop and the other person assisting gives two breaths. Continue. If just one is assisting, do 15 compressions, stop and do two breaths and continue this pattern.

Breaths were always done by mouth. The department has a seal that can be used over the mouth and now also have an air bag that will do the breathing. At the scene, they do give the victim oxygen.

With an infant, use just 2 fingers to compress, but you have to do 120 compressions, then give a breath- just a puff.

Today the department has machines that help. The Lucas device takes over from someone doing compression by hand. This machine has a curved board that slides under the person's chest and hooks up to a device that goes over the top of the person. You turn it on and it does the compression work - 30 compressions and an air bag hooked up gives two breaths. CPR continues all the way to the hospital. If the pulse comes back, the First

Responders won't keep compressing, but will still give breaths.

The Fire Department also has an AED defibrillator. It tells if a shock is needed and says aloud, "Shock advised". They stand clear. The machine tells them to "Check Pulse". The machine actually hooks up to an EKG, which prints out a strip that tells if the victim is having a heart attack. If having a heart attack and a paramedic is not present, the EMT calls the paramedic enroute to the hospital to meet there. All of this allows the team to bypass the emergency room as the above info is relayed to the hospital.

This equipment came from a grant of \$27,000 from Firehouse Subs. When you buy food there, rounding up to the nearest dollar provides the fund for these grants.

Classes are and can be arranged with the Fire Department. The Fire Department does training for their firemen once each month on a variety of topics.

Treynor has five paramedics, four or five EMTs, two patrolmen and a deputy with a total of 23 volunteers in the department, although not all are active. The big issue is not having very many who are located in Treynor.

When asked about a choking device that is being advertised, Russ said he has purchased these for each of his children.

Russ feels Treynor is sitting pretty good with fire trucks – two 1000 gal tankers, two engines, two grass trucks and a new ambulance. The new ambulance will be in the homecoming parade.

We thank Russ and all of our first responders for their important service.

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### Next week's Program:

**Tour of Waste Water Treatment Center  
(Meet at Zion Congregational Church first)**

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## FAMOUS QUOTE

**“When you change your thoughts, remember to also change your world.”**

**Norman Vincent Peale**

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## Meeting Minutes

Dale Willenborg called the meeting to order. Thirteen members were present.

Visitors today: Russ Maguire, Cindy Biederman, Thomas Biederman, Ethan Jones, Marty Wilson-Stepan, Desiree Jones, Luke Wilson-Stepan.

The group recited the pledge and Bill Vorthmann gave the prayer.

**Jokes:** Keith Denton

**50/50:** Russ Maguire

**Attendance Award:** Steve Chambers. who wasn't able to claim.

**Football Contest:** Dee Guttau

**Birthdays/Anniversaries:** Dee Guttau's birthday is Sept. 22. Thank you for the breakfast pizza.

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

- Gary Guttau shared a story about a man who drove into a ditch on the road near their home.
- Keith Denton stated his wife Georgia has a new knee and will have the other one done in January. All went well.

### Business:



- **L-R:Cindy Biederman, Cub Scout Leader, Thomas Biederman, Ethan Jones, and Marty Wilson-Stepan**

The Cub Scouts were presented a Can Kennel check for \$1129.35. They now have 6 or 7 boys. The money is used for the pinewood derby cars, camps, a rocket launch, some fees, handbooks, neckerchiefs, supplies, and trophies. The boys shared what they like best.

- Flags will be put out for Homecoming Wednesday. Meet at the Community Building

at 5:00 PM. The flags will be picked up on Saturday after the Optimist meeting.

- Dues of \$75 are due by Oct. 1.
- St. Paul Youth will sort cans on Saturday and will set up before the Optimist meeting and proceed with sorting.
- Oct. 1: Optimists that want to attend the city council meeting are welcome as we present a proposal related to having a Droppett trailer close to the Can Kennel. Gary Guttau will talk to Ron Kerber to have someone represent the Legion.
- Homecoming Float – Bill Vorthmann has talked with Kirk Vorthmann. It was mentioned that this is the 25<sup>th</sup> year for the can kennel. Dale will complete the Homecoming Parade application. The theme is Board Games.
- Bill Vorthmann reported that he, John Klein, and Jordan Campbell were there when the Droppett man was loading cans in Glenwood, and he appreciated their help especially when he saw all the cans and what was in the Droppett building.
- Next week we will meet at Zion Congregational Church before going on the tour as carpet is being replaced at the Community Building.
- An Optimist Board meeting is being held after the meeting today.

### Community:

- Judy Guttau reported that the school has indicated that at all Western Iowa Conference games, no cash will be taken for tickets to activities, but there will be a credit card reader or tickets can be purchased online through the Bound app.
- Judy also shared that the Treynor Classroom Grant Opportunity has a donor pledging a \$10,000 match for donations. Over \$1000 has been donated to date. Gifts are made through



Four Corners Community Foundation, 501 © 3. Applications will be taken after Christmas from Treynor teachers for the \$500 grant to be given this school year for needs such as

learning supplies and classroom experiences. See the link in the email for more info and to donate.

### Community Events this week (In Treynor):

- Mon. Sept. 23- 4:00 PM JV Reserve VB vs Kirn
- Mon. Sept. 23- 6:00 PM JV Football vs Tri Center
- Thurs. Sept 24- 7:30 PM Vars VB vs Mo Valley  
Prior to Vars are 7<sup>th</sup>, 8<sup>th</sup>, JV VB games
- Friday Sept.27 –11AM-1 PM – Zion Homecoming  
Lunch, Zion Parking Lot – Donation
- Friday Sept 27- 1-1:30 PM – HC Pep Rally
- Friday Sept 27- 1:45-2:45 PM – HC Parade
- Friday Sept 27 – After Parade – Cardinal Combine  
(Punk, Kick, Pass) FB field.
- Friday Sept 27- 5-7 PM St. Paul Preschool  
Homecoming Tailgate, St. Paul  
Parking Lot - \$5
- Friday Sept 27- 7:00 PM Varsity FB vs AHSTW
- Sat., Sept 28- 7-9 PM HC High School Dance

### Other Events Mentioned (Not in Treynor):

- Tues., Sept.24 – 7:30 PM Varsity VB at Underwood  
Prior to Vars are 7<sup>th</sup>, 8<sup>th</sup>, JV VB games

Dale Willenborg brought free produce for members.

There being no further business, the pledge was stated and the meeting adjourned.

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### HUMOR

**Most people are at the age where  
they are using their phones to  
document the good times  
in their lives.**

**I am at the age where I use my  
phone to take pictures of labels  
that I can't read and use my phone  
to enlarge the print so that I can  
read it.**

Editor: Judy Guttau, [judy.guttau@tsbg.com](mailto:judy.guttau@tsbg.com), 402-670-4330. Contributors: Dee Guttau, John Klein  
Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 51575

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### CALENDAR

#### Events:

- Sept 25 Put up flags for Homecoming. Meet at  
Community Building at 5 PM.
- Sept 27 Treynor Homecoming
- Sept 28 8-9 AM – Optimist Meeting  
Zion Congregational Church, then  
Tour Waste Water Treatment Facility  
Public welcome.
- Oct. 1 St. Paul Lutheran Can Kennel Sorting  
Optimists and others to meet with Town  
Council about Droppett Trailer.

#### Birthdays:

#### Anniversaries:

- Sept 24 Phil & Jan Waggoner
- Sept 26 Bill & Ann Vorthmann

#### Programs:

- Sept Bill Vorthmann (last two)
- Oct Gary Guttau
- Nov Jordan Campbell (first three)
- Jerry Hempel (last two)
- Dec Mick and Judy Guttau

#### Speakers

- Sept 28 Tour of Treynor Waste Water System