



The Optimist Club of Treynor, Treynor, IA  
Iowa District, Zone 2 Club Number 40-109  
Iowa District Governor: Jane Schmidt  
Lt Governor: George Volz

## NEWSLETTER

Treynor Optimist Club President:  
**Dale Willenborg**



Mar.28, 2026

Vol. 42, No.13

### 3 Treynor Wrestling Coaches



L-R: Jacob Young, Dan Kinsella, and D.J. Walton spoke about the Treynor wrestling program. Dan leads the program and stated that wrestling is the fastest growing sport in the US, due to girls participating. Iowa is in the wrestling hotbed.

Wrestling is a different type of sport. You are out on the mat by yourself with a team cheering you on, which is very much encouraged.

Dan participates also in the Wrestler In Business Network. It's a network that guarantees helping find a job for everyone after their wrestling career up to age 24.

Dan shared that Zach Chambers has taken over the youth program, attracting boys and girls with 100 youth involved. Tosha Heavican has taken over Candace Gregory's role in planning tournaments and other activities.

Dan stated we all can help. It makes such a difference to support the coaches and youth wrestlers by showing up for meets. The teams are looking forward to a few more dual meets next year during the week. Treynor is a wrestling town as well as a basketball town.

Treynor Athletic Boosters help purchase mats and such. The Wrestling Boosters help support the cost of camps and tournaments.

D.J. Walton, the boys' wrestling coach, said there are misconceptions about wrestling. 1) In this era, weight is regulated. This year at the most two kids had to cut 4-6 lbs. 2) He provides each

wrestler with a special soap to avoid skin funk and encourages systematic cleaning. 3) They try to build kids with character. No wrestler has been in trouble this year. Several won academic awards.

Wrestling has 14 weight classes and Treynor finished with ten boys on varsity with one junior and one senior. This year there were two varsity wrestlers that qualified for state. Maverick Kalb, heavyweight, finished 6<sup>th</sup>. Jett Sornson also went to state. Jett was a great leader. Treynor has had someone on the podium at state five years in a row. There are some middle school students coming up with national club wrestling ratings.

D.J. shared that the focus he teaches is on attitude and effort, learning to do hard things. Life is going to knock you down at some point, and the coaches teach there are no shortcuts. You have to learn how to do the hard things. It will make you better throughout your life when you have tough things to handle.

There were eight high school girls wrestling this year at Treynor. Being a young sport there are opportunities to win scholarships and the girls can do something they love. He stated girl wrestlers will not be victims in life. They have confidence, can be assertive when needed, and take care of themselves.

Jacob Young shared that he and his wife Cory took on coaching the girls when Coach Collin Udell was deployed to Iraq. Their whole family has been involved with wrestling. Technique has been taught by Coach Kingery and Greg White. He stated girls are so much more flexible than boys. He has been amazed how you bond with the kids that you coach and that has been very rewarding for him.

Dan concluded by saying, "The world needs wrestlers. Those kids know how to do the hard things!"

*We would love to have YOU consider joining our local Optimist Club if you are not a member. Call Dale Willenborg or text 402-651-1634 for more information. [www.treynoroptimist.org](http://www.treynoroptimist.org)*

---

**Next week's speaker:**

**Wendy Andersen – Splash Pad, etc. update**

---

**Inspirational Quote:**

**“Keeping busy and making optimism a way of life can restore your faith in yourself.”**

**Lucille Ball**

---

**Meeting Minutes**

President Dale Willenborg called the meeting to order at the Treynor Community Center. Thirteen members were present. We had three guests – Dan Kinsella, D.J. Walton, Jacob Young

**Prayer:** Dale Willenborg

**Jokes:** Keith Denton, Steve Chambers

**50/50:** Bill Vorthmann

**Attendance:** Dale Willenborg

**Birthdays/Anniversaries:** Dan Kinsella stated his oldest daughter, Grace, will be 24 tomorrow.

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

- John Klein: An article in the Our Iowa magazine was shared about the Treynor Can Kennel project.
- Judy Gutttau: Granddaughter Joslyn Gutttau will finish at UNI this spring, get married in May, and today is having her last performance in the UNI Winter Color Guard in Waukee.
- Judy Gutttau: Grandson Brock Fox had a good performance in the NFL Pro Day Tuesday at Iowa State.
- John Klein: He explained and showed a unique theft resistant bolt which will be used to replace stream signs in Pott. Co that are missing or damaged. There are 130 signs that were installed in 2015. \$6000 was granted from the Soil and Water Conservation District (east and west) to fund this project.
- Gary Gutttau: He's happy Iowa won Fri. night, but sad that ISU didn't win last night.

**Business:**

- Can kennel sorting for JOI Club (Jr. Optimist International) and KKA (Keep Kids Alive) will be Wed. Apr. 8 after school at 2 PM.
- Dale Willenborg has reviewed the 40 scholarship applications. We will give 18 Optimist scholarships, three are selected by the JOI Club. There are eight with 4.0 grade points and above and 10 with 3.9 grade points and above. These were given to John Klein next to review.
- This caused Gary Gutttau to state that he graduated from Treynor with a 2.5 grade point and received a scholarship that paid half his tuition the first year - \$100 in 1955. His B.S. degree at ISU cost him \$5000.
- Dale stated in two weeks the committee will review the scholarships together and have a board meeting following that.
- The JOI Club representatives are at their Conference in Des Moines this weekend.
- The article about the Treynor Can Kennel submitted by John Klein to Our Iowa magazine will be sent to you as a separate email.

**Community:**

- Chad Gutttau shared that the Treynor's Tomorrow Beautification/Signage Committee met this week.
- Judy Gutttau shared that four grants have been applied for by the above committee, and this week we were notified that we received \$1000 of a \$2000 request from the Schildberg Foundation for a historic mural in Treynor.
- Judy also shared that two members of the above committee plus one husband cleaned trash in the drainage ditch on Ehrig St. The city removed large pieces of trash. It appeared there were many cans that could go to the Can Kennel. A volunteer cleanup day will be set after the city-wide Garage Sale.
- Judy Gutttau reported that Michael Holton learned that "The Wall That Heals" display plus motorcade that will be traveling from Avoca to Lewis Central will now be coming in from the north to Treynor and turning on Hwy.

92 west, going by the Vietnam era helicopter, enroute to Lewis Central.

The day is Thursday, May 21. Bill stated we will have the flags flying on the streets. Kids and adults will be encouraged to line the streets with flags.

More information will be shared in the future.

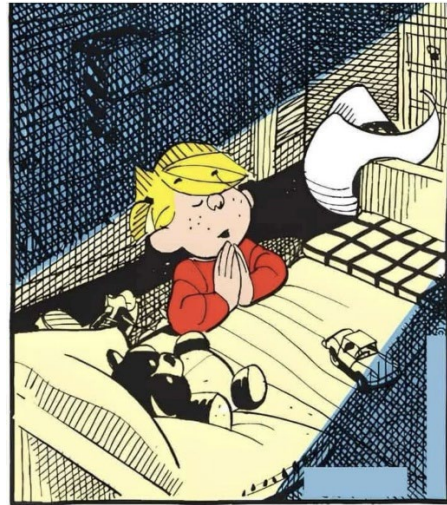
### Events in Treynor and some away:

- **Mon. Mar. 30:** End of Qtr. School out at 2 PM.  
Parent-Teacher Conferences
- Mon. Mar. 30:** Girls Track Meet @ Audubon
- Mon. Mar. 30:** JV/V Boys Soccer @ Harlan
- Mon. Mar. 30:** Legion Fish Fry 5:30-7 PM
- **Tues. Mar. 31:** End of Qtr. School out at 2 PM.  
Parent-Teacher Conferences
- Tues. Mar. 31:** State Vocal Jazz Choir Contest
- Tues. Mar. 31:** V G/B Track @ Earlham
- **Wed. Apr. 1- 6:** Spring Break- no school
- **Thurs. Apr. 2:** V G/B Track @ Bishop Heelan
- Thurs. Apr. 2:** JV G/B Track @ Glenwood
- **Fri. Apr. 3:** V Boys Track @ Winterset
- **Sun. Apr. 5:** Easter
- **Mon. Apr. 6:** Spring Break – no school
- Mon. Apr. 6:** Jerome Howe Relays @ Treynor

There being no further business, the meeting was adjourned.

---

### Special Dennis the Menace HUMOR



"...AND TAKE CARE OF YOURSELF, 'CAUSE IF ANYTHING HAPPENS TO YOU, WE'RE IN A LOT OF TROUBLE."

---

### CALENDAR

#### Events:

- April 4 Optimist Meeting 8:00-9:00 AM,  
Treynor Community Center
- April 8 Can Kennel Sorting for JOI Club and KKA  
2 PM

#### Birthdays:

- April 20 Steve Chambers
- April 24 Linda Danker
- April 25 Irvin Saar
- April 28 Gene Seran

#### Anniversaries:

- April 7 Jim & Diane Clausen

#### Programs:

- April Chad Gutttau
- May Ken Graham (1<sup>st</sup>,2<sup>nd</sup> Sat)  
Jeff Jorgensen (3<sup>rd</sup>,4<sup>th</sup> Sat)

#### Speakers:

- Apr. 4 Wendy Andersen, Splash Pad update, etc.
- Apr 11 Lindsey Mescher, Grief Counselor
- Apr 18 MaryAnn Hanusa, County Auditor
- Apr 25 TBA

Editor: Judy Gutttau, [judy.gutttau@tsbg.com](mailto:judy.gutttau@tsbg.com), 402-670-4330. Contributors: Mick Gutttau, Chad Gutttau  
Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 51575