,,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

July 18, 2026 Vol. 42, No.28

Kayli Christensen Evridge



Kayli Christensen Evridge, a 2015 Treynor graduate, remembered being in JOI Club and making cookies for the troops. She received an Optimist scholarship and got her undergraduate degree from Northwestern College pursuing exercise science and psychology.

In 2019 Kayli studied physical therapy at Creighton University. COVID caused weird changes after her first semester, but she graduated and is now a Physical Therapist at Children's Nebraska in Omaha. She works three days there and two days at the outpatient specialty clinic in Gretna. Children's also has a clinic in Lincoln.

Last August Kayli married Jarrod Evridge. He has five children, and they live in Bellevue. Jarrod works for Youth for Christ, which is similar to FCA. Kayli knew the children from her work with the youth ministry at the same church where Jarrod's family attended. It was fun to hear their story! One key point: She was asked to be the only woman on the church's men's softball team.

We loved Kayli's description of our Optimist club to Jarrod before they arrived: "A group of happy people". She stated there are so many scholarship opportunities and thanked our club for supporting students.

Working three 10 hr. shifts and two- five hr. shifts, most of her patients are kids in school – early and late day. Kayli doesn't sit down much except for some desk time connecting with physicians and doing documentation.

Physical therapy issues she deals with are: a. Developmental Delay, b. Torticollis – babies to three years with heads that lean one way. They have tight muscles which she stretches, c. Genetic Conditions – Downs or Williams Syndrome. d. Neurological Conditions – Cerebral Palsy, Spina Bifida, e. Orthopedic – toe walking, hip dysplasia, f. Scoliosis.

Kayli said the difference between a Physical Therapist and a Chiropractor is a Chiropractor tries to line up bones into an ideal position. A Physical Therapist works on muscles to hold the vertebrae together plus breathing and posture. She has patients that go to both.

Exercises for more mature adults to do at home: walking – the more steps you can take, you will have more longevity. Before you get out of bed, you can move your knees from side to side in bed to keep the core strong.

Three chair exercises she suggested are: pelvic tilt, marching in place while sitting, and getting up and sitting down.

Other topics discussed were: 1) Sedentary life style effects in children and adults, 2) How she gets referrals, 3) Amputees, 4) Parent involvement, 5) Nutrition and Physical Therapy.6) Travel areas that patients come from. 7) Continuing education, 8) Equipment modernization, 9) Mentoring Physical Therapy students.

I loved the statement she said: "Exercise is medicine."

Next week's speaker:
Saturday, July 25: Treynor Superintendent Joel Beyenhof

Quote:

"Optimism isn't a belief that things will automatically get better; it's a conviction that we can make things better."

Melinda Gates

Meeting Minutes

President Dale Willenborg called the meeting to order at the Treynor Community Center. Eighteen members were present. Guests were Carla Christensen, Jarrod and Kayli Evridge, and Leah Wilwerding.

Prayer: Steve Irvin

Jokes: Keith Denton, Steve Chambers, Dale Willenborg.

Steve passed a Special Football Issue of the Treynor Record from 1980. It was suggested that perhaps the last Treynor Records were printed in 1989. Does anyone know?

50/50: Glenrose Meier

Attendance: Kirk Vorthmann who could not claim.

Birthdays/Anniversaries: None stated.
Bragging Rights: (Dollars are contributed to benefit local youth programs.)

- John Klein: The outstanding Treynor's Tomorrow GreenSpace Jam concert Thursday night. Lots of credit to Jeff Schoening for initiating. Next concert is Country, Aug.13.
- Dick Fox: Has 17 supports plus a ladder on his peach tree. There will be peaches soon.
- Dick Fox: His grandson Blake Fox is engaged to be married in July 2027.
- Judy Guttau: Ditto
- Jim Clausen: Another granddaughter, Peyton, who will be a sophomore (belongs to son Jeremy) played in a sand volleyball tournament at Virigina Beach, VA, and the team came in 4th out of 49 teams. She plays for a club in Omaha.
- Dale Willadsen: He will transport his grandson from Washington early Sunday to ride in Ragbrai. It starts in Onawa.
- Gary Guttau: His grandson Owen got a 2010 BMW sportscar. It is beautiful and loud.

Business:

- President Dale stated Can Kennel sorting will help TeamMates next Saturday after the meeting and the following Saturday too.
- John Klein will lead the meeting next Saturday and it will be in the large room. Dale will be gone the following Saturday too.
- Westfair gate volunteers are Dale Willenborg and Ken Graham from 12-2:30 PM on Thurs., July 23 and Bill Vorthmann and Keith Denton from 2:30 – 5 PM.
- It was decided to wait until Christmas to donate to Shop with the Sheriff.
- Thank you notes from several scholarship recipients were circulated.
- Dennis White suggested that we need to have more people help with flags. Ideas were suggested. To be discussed further.

Community Events:

- **Tues., July 21**: Treynor Farmers Market 5:30-7:30 PM Food Trucks :Family Traditions BBQ and Twisted Hitch
- **Wed. July 22-26:** WestFair

School Events: None on Calendar

Cucumbers were available for everyone from Jim Clausen and Dick Fox.

There being no further business, the meeting was adjourned.

HUMOR

"Life is too short. Smile while you have teeth!"

CALENDAR

Events:

July 25	Meeting 8:00-9:00 AM Treynor Community Center – Big Rm.

Birthdays:

July 23	Jerry Hempel
July 27	Jim Clausen

Anniversaries:

Programs:

July	Phil Waggoner (3rd, 4th Sat)
August	Dale Willenborg
September	Jim Clausen (1st, 2nd Sat) Bill Vorthmann (3rd, 4th Sat)

Speakers:

July 25	Dr. Joel Beyenhof, Supt.of Treynor Community School
Aug 1	Jeff Schoening, retired Treynor band director
Aug 8	Rachael Chappell, Homeschooling
Aug 15	Pat Thomas, Just Serve

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