



September 11, 2010

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Gymnastics

Codi Halterman, a Senior at Treynor High School, was the speaker at the Treynor Optimist Club on September 11. She has been in gymnastics since age 7, but also has played piano since that age. She now teaches piano, coaches gymnastics, and plays percussion in marching band, concert band, and jazz band.

Codi studies gymnastics at Omega Gymnastics in Papillion. She competes in the balance beam, uneven bars, vault, and floor routines. She works out six days a week. She said her greatest challenge is the uneven bars because she is tall for a gymnast.

According to Codi, the keys for gymnastics are determination, a positive attitude, working together as a team, and motivation. Although gymnastics is an individual competition, cheering for other team members and coaching younger girls helps the team work together.

Due to her intense workout schedule, Codi likes to eat with the boys at school. She eats a lot, so she feels more comfortable eating with hungry boys.

This summer Codi went to Pennsylvania for a three week camp. She has met several world championship players. She made friends with Bridget Sloan who she admires. Bridget Sloan was the 2009 All-Around World Champion and the 2009 All-Around U.S. National Champion. Sloan was a member of the silver medal U.S. women's gymnastics team at the 2008 Olympics.

Codi says she would like to compete in college next year, but not internationally. Gymnastics is very hard on your body. Codi said many competitive players grow several inches after they quit competition.

Meeting Minutes

Gary Gutttau opened the Optimist Club meeting on September 11 and Richard Vorthmann gave the opening prayer. Jim Clausen, Kirk Vorthmann, Gary

Gutttau, Dee Gutttau, Gary Funkhouser, and Chuck Nielsen provided jokes.

The club celebrated birthdays for Milli Harvey Bob Hibbard, and Dee Gutttau. Mick Gutttau, Charlie Johnson, and Ken Graham contributed to the Youth Fund for bragging rights.

There were 22 members and one guest at the meeting. Dale Willenborg won the 50/50 drawing and the attendance, collecting a small fortune.

The club discussed briefly making a Homecoming float for the parade on October 1. There is also a Halloween Party on October 23 for the sport complex. Who would like to participate?

After the meeting the club members put up flags for Patriot's Day. They will take down the flags Monday at 5:00 p.m.

CALENDAR

Next Can Kennel sorting on Wed, Sept 15 and 29, 6:00 p.m. for SWI Honor Band.

Flags – Put up on Sept 4 after meeting. Take down Sept 11 (Patriot Day) at 6:00 p.m.

Sept 12 – Club celebration, "Celebrity Waiters", Down on the Farm theme. Social 5:00 p.m., dinner 6:00 p.m.

Birthdays

- Sep 9 - Arlyn Norris (celebrated)
- Sep 10 - Milli Harvey (celebrated)
- Sep 16 - John Klein
- Sep 19 - Bob Hibbard (celebrated)
- Sep 30 – Tim Greiner

Anniversaries

- Sep 26 – Bill & Ann Vorthmann

Speakers

Programs

- Sept – Eric Allen
- Oct – Steve Irvin
- Nov – Arlyn Norris
- Dec – Chuck Nielsen/Keith Denton

Yes, parenthood changes everything. But parenthood also changes with each baby. Here, some of the ways having a second and third child differs from having your first:

Your Clothes -

1st baby: You begin wearing maternity clothes as soon as your OB/GYN confirms your pregnancy.

2nd baby: You wear your regular clothes for as long as possible.

3rd baby: Your maternity clothes are your regular clothes.

Activities -

1st baby: You take your infant to Baby Gymnastics, Baby Swing, and Baby Story Hour.

2nd baby: You take your infant to Baby Gymnastics.

3rd baby: You take your infant to the supermarket and the dry cleaner.

Worries -

1st baby: At the first sign of distress - a whimper, a frown - you pick up the baby.

2nd baby: You pick the baby up when her wails threaten to wake your firstborn.

3rd baby: You teach your 3-year-old how to rewind the mechanical swing.