



BAY CITY NOON OPTIMIST NOONER

“Optimist International’s Club of The Year, 2013-2014”

Official Publication of the Bay City Noon Optimist Club
 August 22, August 29, 2023
 Meetings Every Tuesday, DoubleTree Hotel 12:15 p.m.



August 22

Our program today was on Mental Health First Aid, with our presenter being **Rob Valentine**. **Rob** serves on the National Advisory Board for the University of Michigan Depression Center and the National Advisory Council for the National Network of Depression Centers. **Rob** also serves on the Board of Directors for the Great Lakes Bay Regional Alliance and Shelterhouse Domestic Violence and Sexual Assault Center and is a Community Director for Huntington Bank.

For most of his life, **Rob** promised himself that he would never talk about being a survivor of childhood sexual trauma. He struggled daily with anxiety and felt like he had carried around a backpack full of rocks his whole life. All of that changed after attending several [Weekends of Recovery](#) beginning back in 2010. This experience has fueled a passion to bring the message of healing to other men.

A lot of information was given out in a very short time, what normally was a 6 hour talk was condensed into 20 minutes. As with many of the programs we have, this was another program where you had to be present to get the full impact of what **Rob** teaches as a profession, but some interesting statistics pertaining to Youth Mental Health are:

- Mental health problems are common.
- Mental health problems often develop during adolescence.
- Youth and young adults may experience mental health problems differently than adults.
- Youth may not be well informed.
- The sooner an individual gets help, the more likely they are to have a positive outcome.
- Stigma is associated with mental health problems.
- Professional help is not always on hand.
- 1/2 of all lifetime cases of mental illness begin by age 14, and 3/4 by age 24.
 - Anxiety Disorders – Age 11.
 - Eating Disorders – Age 15.
 - Substance Use Disorders – Age 20.
 - Schizophrenia – Age 23.
 - Bipolar – Age 25.
 - Depression – Age 32.

3% of 13-17 year-olds have an eating disorder, and 11% of school-aged youth have ADD/ADHD.

The main thing Rob stressed for administering Mental Health First Aid was applying the following:

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies

Another fabulous program **Roberta** put together for us

September 4, 2023

MEETING NOTES

President **Sandy**: Planning Conference set for September 13th and 14th at Bay Arenac ISD

Bobbi: “There was a lot of help for our monthly “*Birthday Party at The Mission*”

AUGUST BIRTHDAYS

August 8: Chuck Beyer August 15: Sue Arnold Birch 08/15: Jill Urban August 25: Alicia Wallace

Remember to check out our social media sites:
 Face Book: [Bay City Noon Optimist](#) Web page: baycitynoonoptimist.org

BIRTHDAYS

Alicia requested a duet with Jim, who is also on the Bay Chorale with her. It was Beautiful, almost brought tears to ones eyes

50/50 and NAME DRAWING

Patti did as Guy did last week, drew the wrong card for the 50/50 and Lisa Forrest missed out on the name drawing. And again, both pots roll over.

HAPPY BUCKS, FINES, JUST BECAUSE

FINES:

Kate: Left badge at home

HAPPY BUCKS

Bobbi: Great Class Reunion

Jim: His and Donna's 70th Anniversary, Great Dinner and a Movie

Roberta: Great Weekend and the Generosity of friends

JUST BECAUSE

President Sandy

Joette

Karen

August 29

Our program today was on our relationship with our Sister City, Ansbach Germany. We had two presenters, one was our own BCNOC member **Kathy Dardas**, Assistant Principal, Bay Arenac ISD Career Center, and the other was **Susan Elder**, Bay City Central & Handy Middle School, German Language Instructor

Sister Cities is a program in which cities that are apart from each other geographically, and sometimes also politically, are matched to embrace mutual tourism and personal relations. The program started in Europe after world war two to connect nations across the continent through projects that benefitted both sides. The U.S. sister city program began in 1956 when President Dwight D. Eisenhower proposed a people-to-people, citizen diplomacy initiative. Originally a program of the National League of Cities. Sister Cities International (SCI) became a separate, nonprofit corporation in 1967, due to the growth and popularity of the U.S. program. According to the SCI, a U.S. city should have only one sister city in a country. However, this rule was not upheld as long as the two cities have roughly the same size and are compatible partners in terms of mutual ideology, interests, and culture (Baycan-Levent et al., 2010). The international Sister Cities program was designed to yield the international partners, cultural, economic, and political benefits. But mainly it connects people with different backgrounds and languages, leading them to a better understanding of each other and hopefully a long run cooperation. The wide range of influential factors on both partner cities is a fertile ground for researchers. However, the scope of academic research addressing those issues is limited and concentrates mainly on the matching process and the developing relationships between the engaging cities.

The Bay Area Chamber of Commerce Leadership Class of 2022, in collaboration with students from the Bay Arenac Intermediate School District (BAISD), created the Ansbach Platz to commemorate Bay City's sister city relationship with Ansbach, Bavaria (Germany).

The Two Cities Connected at the Ansbach Platz unveiling ceremony held on September 17, 2022. Ansbach representatives, students and government, were in attendance for the unveiling. The Platz is located in the Uptown Project, next to the Rivers edge condominium Complex.

A lot of information was given, and you had to be there to appreciate it all.

The BCNOC has been a sponsor of Leadership Bay County for many years.

MEETING NOTES

Bobbi: camel race Meeting will be this Wednesday at Zef,s Restaurant in Bay City

Community Partners: 10% off at Marshalls. **Kathy** will do the shopping.

BIRTHDAYS

None celebrated

50/50 and NAME DRAWING

Jim had his chance to win what no else has in the last few months, but had is the key word, and Kendra missed her chance on the 'Quarter Cup"

HAPPY BUCKS, FINES , JUST BECAUSE

FINES: *None proposed*

HAPPY BUCKS

- Bobbi:** Great visiting with Jordan on the trip to the convention
- Carrie:** For her the Great convention she attended
- Jordan;** Had cash with her today
- Kathy:** For the Camels
- Dana;** Great Convention
- Alicia:** for todays program on Ansbach
- Karen:** Great memories from the convention

SAD BUCK

Guy: Death of Barb Skowronski

JUST BECAUSE

Karen

Next weeks program, September 4: Optimist International and District Convention Recap, Karen, Alicia, Dana.

VENMO

*Venmo is an electronic means of transferring money via your phone from one individual to another and is very easy to use. Our Club now offers this payment option to our members and I've learned that many of you are already familiar with this service. There is no charge for the transfer for the sender or the receiver. You can use this method of payment instead of writing a check for any payment you would be making to our Club. On Venmo our Club name is **Bay City Optimists BOC**. If you have any questions, feel free to contact Karen*

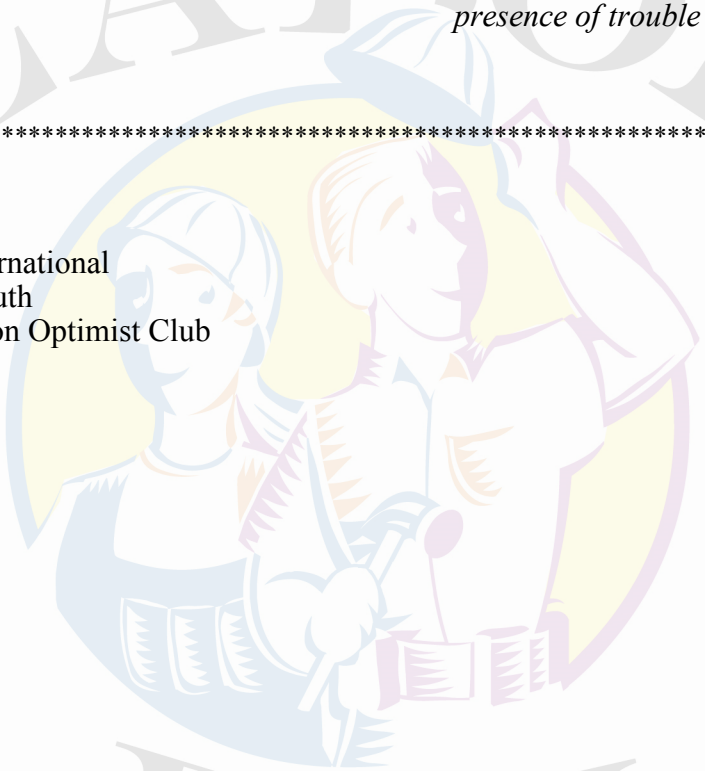
The Optimist Creed

*To be so strong that nothing can disturb your peace of mind.
 To talk health, happiness and prosperity to every person you meet.
 To make all your friends feel that there is something in them.
 To look at the sunny side of everything and make your optimism come true.
 To think only of the best, to work only for the best and to expect only the best.*

*To be just as enthusiastic about the success of others as you are about your own
 To forget the mistakes of the past and press on to the greater achievements of the future.
 To wear a cheerful countenance at all times and give every living creature you meet a smile.
 To give so much time to the improvement of yourself that you have no time to criticize others.
 To be to large for worry, to noble for anger, too strong for fear, and too happy to permit the presence of trouble*



Optimist International
 Friend of Youth
 Bay City Noon Optimist Club



President: Sandy Dabrowski **Vice President:** Alicia Wallace **Treasurer:** Karen Monville
Secretary: Jordan Reilling **Past President:** Roberta Spencer

Board of Directors

2021-2023		2022-2024	
Jeff Staudacher	Sue Cornejo	Kate Young	Kathy Dardas
Patti Krenz	Kim Offenbecker	Rich VanTol	Bobbi Gellise

Programs: Roberta Spencer

Essay: Patti Krenz

Camel Races: Bobbi Gellise & Karen Monville

Summer Party: Karen Monville

Oratorical: Sandy Dabrowski

Travel and Adventure: Guy Greve

Youth Appreciation: Kirsten Wellnitz

Christmas Party: Karen Monville

Bulletin: Dana & Karen Monville

Web Site: Dana Monville

N.O.W Program: Rick Donahue/Jeff Staudacher

Golf Outing: Roberta Spencer

September 4, 2023

