



BAY CITY NOON OPTIMIST NOONER

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



Official Publication of the Bay City Noon Optimist Club
October 6, 2020

Meeting Every Tuesday, Boys & Girls Club 12:15 p.m.

Meetings via ZOOM till further notice due to COVID 19

WE ARE GOING LIVE!!!!

Starting October 13th we are going to try live meetings once again. There will also be ZOOM for those that are not quite ready to be out in a live environment with all of the rest of us living creatures. We will be meeting at the DoubleTree Hotel at our regular meeting time of 12:15. You have to check the signs when you get to the DoubleTree to see which room we are meeting in. Cost of the meals will be \$12.00 and will include your lunch, tax, tips, and coffee, tea, and water. Hope to see EVERYONE there.

October 6

Our program today was **Jennifer Naegele** from “Girls On The Run” (GOTR) program. “Girls on the Run” was established in 1996 in Charlotte, North Carolina, with a team of 13 brave girls. 26 girls came the next season, then 75, and the program continued to grow. In 2000, Girls on the Run International, a 501(c)(3) organization, was born. With the help of over 100,000 volunteers, 200 local councils serve more than 200,000 girls annually in all 50 states and the District of Columbia. Girls on the Run hosts more than 350 end-of-season 5K events across the United States, making the Girls on the Run 5K series the largest in the country. In 2010 the program started here in our area, and last year we had 2800 girls in the 5 counties (Saginaw, Bay, Arenac, Huron, and Tuscola)

The Girls on the Run programs are designed specifically for girls, with the needs of today’s girl central to the curricula. Studies show that most girls value girl-only “safe spaces” where they can confide in trusting adults and other girls. In girl-only settings, girls feel free to talk about issues they wouldn’t necessarily talk about with boys, try out new activities without a fear of failure and experience less pressure to look or act a certain way. In addition, research suggests that single-gender environments are particularly beneficial for girls during transition periods of development (such as middle school) and in settings that have been traditionally dominated by boys or men, such as in physical education and sports.

A few facts:

- 50% of girls 10-13 experience bullying of some form
- Self confidence in girls begins to drop by age 9
- Physical activity levels decline starting at age 10 and continues to decrease throughout adolescence.
- A 2016 study found the GOTR program strengthened life skills by 95%
- Physical activity increased by 40%
- 97% of the girls learned critical life skills

More information on the GOTR program can be had by contacting:

989-399-0007 ext. 104

www.gotrsaginawbay.org



October	November	December
October 23: Patrick Rokosz	November 3: Dr Carol van der Harst	December 2: Kate Young
October 25: Guy Greve	November 3: Holli St. Laurent	December 9: Rich VanTol
October 25: Patti Krenz	November 12: George Klepser	December 13: Paul Gaiser
	November 14: Bob LaChance	December 17: Ron Cunningham
		December 3: Rick Donahue
		December 11: Jim Schumacher
		December 16: Kathy Dardas
		December 28: Gary Ebel

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

COMMENTS

Sue C: Our new fundraiser this year is the *Drydock Beer Garden*, located in Unity Park, 119 Center Avenue, just west of *Timothy's Cigar Shop* in Bay City. *The Drydock* is an outside "Beer Garden" serving Beer, Wine and Soft Drinks. You can provide your own food if you wish, or enjoy one of the local eateries downtown. Our Club will be serving the refreshments and mingling with the patrons. We will be working there October 7—10, 2020. If you are not volunteering to work at the event, please come out and support our Club. Members are welcome to come and join us and "Mingle" with those in attendance. Scheduled hours are from 4:00—10:00 pm each day. As of now, the weather forecast looks good, with a high of 72 on Saturday. Some of the tables have heaters in them, plus stand up, movable heaters are available to help keep the chill off.

Board Meeting: October 9 via ZOOM beginning at 08:00 am.

Program for October 13: **Rob Clark** speaking on **BASA**, (**B**ay **A**rea **S**occer **A**ssociation)

*****8

HAPPY BUCKS, SAD BUCKS, BIRTHDAYS"

Happy Bucks

Roberta: For the Officer Installation and Dinner.

Bobbi: Family birthdays and their daughter's anniversary

Holli: Daughter Gabrielle's dance recital is this weekend, GOTR starting back up, schools back to in-person

Karen: Drydock fundraiser is this week

Jeff: Drydock this week and for a nice vacation in Kentucky

MEMBER WELL BEING

Past President **Dallas Heine** passed away

Gary Ebel is recovering nicely from sinus surgery

BIRTHDAYS

None admitted to

Halloween
October 31, 2020

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: Carrie Rostollan **Vice President:** Roberta Spencer **Treasurer:** Karen Monville
Secretary: Kate Young **Immediate Past President:** Rich VanTol

Board of Directors

2019-2020		2019-2021	
Bobbi Gellise	Guy Greve	Jeff Staudacher	Sandy Dabrowski
Becky Tillman	Holli St. Laurent	Paul Gaiser	Susan Carmien

Programs: Paul Gaiser

Essay: Roberta Spencer

Camel Races: Becky Tillman

Summer Party: Karen Monville

Oratorical: Lisa Forrest

Travel and Adventure: Guy Greve

Youth Appreciation: Kirsten Wellnitz

Christmas Party: Karen Monville

Bulletin: Dana & Karen Monville

N.O.W Program: