



# BAY CITY NOON OPTIMIST NOONER

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

Official Publication of the Bay City Noon Optimist Club  
August 30, 2022  
Meetings Every Tuesday, DoubleTree Hotel 12:15 p.m.



### September 6, 2022

Our program today was our own member **Katie Hutek**, Anti-aging Coach. Katie shared with those present today her secrets to aging well, and sharing truths and myths of including weight training in an exercise program for older folks. Katie shared data from major research firms showing that using weights (barbells, dumbbells), regular exercise, and proper nutrition to your program can mean all the difference in aging well, as to not aging well with the lack of.

A couple of myths:

Myth: I need fancy equipment

Fact: A couple sets of simple dumb bells, and an exercise program is all you need to be successful at home.

Myth: I am too out of shape to exercise

Fact: You are never too old. Research has shown that with a program of full body exercise, twice a week, when compared young to old muscle mass, old can gain back 50% muscle mass after just a couple of years.

Myth: My joints are too painful to exercise

Fact: Lack of exercise causes joints to be more painful

**Katie** offers 1 on 1 training and also group training in Yoga and Fitness. More information can be had by contacting her at 1-813-495-3340 Or by E-mail: [mindfulnesssimplified@gmail.com](mailto:mindfulnesssimplified@gmail.com)

### ANNOUNCEMENTS

#### President **Roberta**: Celebrate Community Joint Service Project 2022

Volunteers are needed for our *Celebrate Community Joint Service Project* to be held *September 17* from 9am-11am. So you ask what is a Joint Service Project? A Joint Service Project is a program where the four main service organizations of Bay City (Optimists, Kiwanis, Lions, and Rotary) get together and do something nice in the community. This year the project is to work with the *Bay City Parks Department* and clean up the three boat launch areas. The launches are: *Veterans Park, Cass Avenue Launch*, and the *Golson Nature Trail and Launch* at the foot of Johnson Street. President Roberta estimates that we will need about 15 total from our club to make this a success. If you are interested in this project, please contact her and let her know which launch you are interested in working on. (Repeat from Last week)

This year’s Planning Conference for our club will be September 15th at Wirt Library from 11 till 4:30. We begin with the BCNOC September Board meeting and at the conclusion of that we go right in to the planning for our club for next year.

**Bobbi**:

Camel Races are coming up quick, November 5th, and things are moving along fine. Our next Camel Race Committee meeting will be September 12th at G’s restaurant at 11:00 am.

**Guy**:

We still need sponsors for this years Travel Series. While we lost a major sponsor from last year, Paramount Rehab stepped up there sponsorship from last year to fill the spot. This is a major upgrade for Paramount Rehab, and we thank them.

**Karen**:

Still has Dime-A-Day forms for this Optimist Year.

**Bobbi**: Volunteers are need for our “*BirthDay Party at The Rescue Mission*” on September 22. If available please contact Bobbi, or any club member

### .50/50 and QUARTER CUP

**Jeff** did as President Roberta did last week..drew the wrong card for the 50/50, missing his chance at the big money, just shy of \$400, and Pastor **Chuck Beyer** was not present to collect what could have been BIGGG Money from the “Quarter Cup”, Both pots continue to grow.

### SEPTEMBER BIRTHDAYS

September 7: Branden Minuth

September 10: Jordan Railling

September 17: Jo Ellen Strieter

Remember to check out our social media sites:

Face Book: [Bay City Noon Optimist](#) Web page: [baycitynoonoptimist.org](http://baycitynoonoptimist.org)

## NEXT WEEKS PROGRAM

Field trip to State Street Academy, with our host being our own member **Lisa Leimeister**, *Superintendent of State Street Academy*

### MEMBER WELL BEING and BIRTHDAYS

**Alicia** had those present sing a lovely rendition of *Happy Birthday*, led by **Carrie**.

### HAPPY BUCKS, FINES, JUST BECAUSE, AND BIRTHDAYS

#### HAPPY BUCKS

**President Roberta**: For the BCNOC Summer Party that will be held this Thursday at her house. Entertainment will be by **Cameron Munholland**.  
Another Happy Buck for a great turnout from an incident she experienced on the golf course.

**Aicia**: For her Birthday

**Patti**: Great presentation by Katie, and countdown to vacation

**Bobbi**: Great past weekend

**Carrie**: for her show over the Holliday weekend

**Guy**: Great week for the Travelogue. *Paramount Rehab* upped its sponsorship

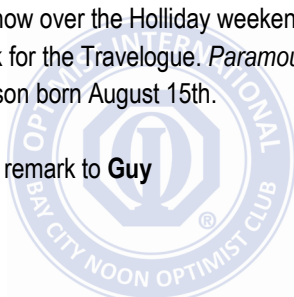
**Jeff**: New grandson born August 15th.

#### FINES

**Jeff**: Smart A...d remark to **Guy**

#### JUST BECAUSE:

**Karen**



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### BCNOC Annual Summer Party

This year our annual summer party will be on Thursday, September 8, 2022 at President Roberta's house starting at 6:00 pm. You should have received an email with the flyer and all pertinent information. Cameron Munholland will be providing musical entertainment. Many of you know **Cameron** who is the young man we have provide music at *DryDock* and also at the *District Conference* last November. If you haven't yet submitted your RSVP, it's not too late to do so.

Celebrate Community Spirit Service Project 2022  
September 17th

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### CAMEL RACES

The date for our upcoming Camel Races fund raiser is rapidly approaching. Posters and tickets are now available. If you would like to purchase tickets and/or sell tickets, please contact Karen. Tickets are \$40 this year. Also contact Karen if you would like any posters to distribute. As we get closer to the event, Kirsten will be seeking volunteers.



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### 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 Karenly 26*

# The Optimist Creed

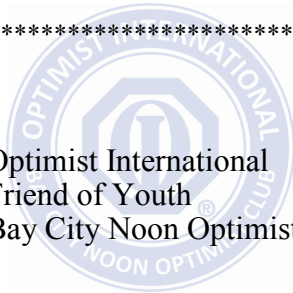
*To be so strong that nothing can disturb your peace of mind.  
 To talk health, happiness and prosperity to every person you meet.  
 To make all your friends feel that there is something in them.  
 To look at the sunny side of everything and make your optimism come true.  
 To think only of the best,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

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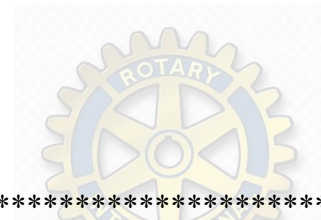


Optimist International  
 Friend of Youth  
 Bay City Noon Optimist Club



## Celebrate Community Joint Service Project 2022

September 17th



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**President:** Roberta Spencer    **Vice President:** Sandy Dabrowski    **Treasurer:** Karen Monville  
**Secretary:** Holli St. Laurent    **Past President:** Bobbi Gellise

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### Board of Directors

| 2021-2023       |                 |
|-----------------|-----------------|
| Jeff Staudacher | Sue Cornejo     |
| Patti Krenz     | Kim Offenbecker |

| 2021-2022      |                  |
|----------------|------------------|
| Alicia Wallace | Kathy Dardas     |
| Rich VanTol    | Kirsten Wellnitz |

*Programs:* **Kirsten Wellnitz**

*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**

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

*Golf Outing:* **President Roberta Spencer**