



# BAY CITY NOON OPTIMIST NOONER

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

Official Publication of the Bay City Noon Optimist Club  
July 27  
Meeting Every Tuesday, DoubleTree Hotel 12:15 p.m.



Our meetings are once again being held in person at the DoubleTree Hotel and Conference Center, Beginning at 12:15

### July 27:

Today’s guest speaker was **Barb Smith** from *Suicide Resource & Response Network (SRRN)*. This program was in depth and one had to really be there to get the full benefit of the talk. But to highlight some of the program:

*The mission of the organization is: To prevent suicide through education, connection to resources, and support for those impacted by suicide.*

*The Vision of the organization: Eliminate Suicide and reduce its impact*

*The Guiding principals of the SRRN are:*

Suicide prevention is mental health promotion.

Mental health is just as important as physical health

A healthy community addresses the needs of the whole person: body, mind and spirit.

Preventing suicide requires fostering and nurturing strong community partnerships.

Training must be provided with an unwavering commitment to quality and excellence in delivery, while being tailored to the needs of unique audiences.

Providing support to individuals to navigate complex community systems improves access to critical services and care.

Providing support for those impacted by suicide is critical.

Interesting facts that **Barb** brought to our attention:

44,000 people died of suicide in 2020 and those numbers increase the year after a crisis, so they expect an increase for 2021.

Most people don’t like talking about suicide, and most of us have been affected by suicide in one way or another. There is a myth that if we talk about it, then it will most likely happen, but that is actually reversed... if we talk about it we are more likely to prevent it from happening.

Depression is one of the major factors of suicide and it is a brain illness.

32 year old males was the highest population followed by those who have suffered from heart attacks and strokes.

In kids 10-18 suicide is the leading cause of death and for 20-22 it is the 2<sup>nd</sup> leading cause. In children 36% said that they have felt suicidal, 18% said they have seriously considered suicide, 14% have made a plan, 7% have attempted. Parents have a hard time talking about it.

On August 8th there will be a “Walk For Hope” at Saginaw Valley State University to bring awareness of Depression and Suicide to the forefront. If interested in participating you can pre-register at their website: [www.srrn.net](http://www.srrn.net)

### ANNOUNCEMENTS

#### President **Roberta**:

National Night out is August 3<sup>rd</sup> from 5-8pm – THERE WILL NOT BE A LUNCHEON ON AUGUST 3<sup>RD</sup>. Please let **Diane Thompson** know if you would like to volunteer. ([dthompson@macmillanassociates.com](mailto:dthompson@macmillanassociates.com)) *Thumb Bank* will once again allow us to use their cooler for ice cream, but this year they are paying for the ice cream treats in memory of **Leighsa Otto**.

Back to School Drive- Board approved \$2,500 total for 5 schools (\$500 each school: *Washington Elementary, MacGregor Elementary, Bangor Lincoln, Pinconning Central Elementary, and Essexville Verellen Elementary*) we are also collecting donations of school supplies or monetary donations on top of that.

Past President’s Dinner- August 19<sup>th</sup>. Invitations have been sent. RSVP to **Karen** by August 12<sup>th</sup>.

There will be another bed building volunteer opportunity for *Sleep in Heavenly Peace* on August 7<sup>th</sup> from 9:30-12 at *United Bay Community Credit Union* on Lincoln

June	JULY	August
June 06: Phil Engelhardt June 20: Tana Moore June 27: Lee Thompson	July 05: Tim Murray July 19: Wendy Friend July 23: Erica LaRocque July 24: Karen Monville July 25: Jerry Lombardo	August 08: Chuck Beyer August 15: Sue Arnold Birch August 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](http://baycitynoonoptimist.org)

**Karen:** She and **Dana** will once again be camping at the State Park and will host a fellowship night Monday August 2<sup>nd</sup> at 5:00pm

**Guy:** will be at this Saturday's Music in the Marsh so if you go, be sure to look him up and sit by him to enjoy the music.

### SAVE THE DATE

August 3, 2021: National Night Out

August 20-22, 2021: Michigan District Convention in Kalamazoo

### MEMBER WELL BEING and BIRTHDAYS

**Birthdays:** The club recognized **Karen** for her *Birthday*

**Member Well Being** or in the **News:** Nothing reported today

### 50/50 and QUARTER CUP DRAWING

**Dr. Carol van der Harst** once again had her name drawn, two weeks in a row, for the "Quarter Cup", but as she was not present half of the quarters will go to the next winner's pot, and the remaining will go to the fellowship fund. President Roberta did not draw the correct card, so the pot will roll over till next week. The pot is now over \$300.

### HAPPY BUCKS - SAD - JUST BECAUSE - FINES

#### Happy Bucks

**President Roberta:** Successful family camping in Cadillac 30 members, party on Sunday, good family, just because

**PattiL:** Her daughter had surgery on Friday

**Sandy:** Wish her grandchildren happiness in new future adventures

**Jim:** Made **Karen** happy as her remembered his badge

**Kelli:** MI Sugar is doing a camel

**Bobbi:** **Kelli's** father turning 80

**Jeff:** Great family vacation

**Karen:** Birthday, and Summer Party

**Guy:** Client 's sister is passing away and was asked to do a trust/pet trust and he was pleased with him taking care of everything and as a thank you, he made an oil painting of Guy's boat for him and he shared the picture of it with us.

**Holli- Gabriella** attended a summer school called *Camp Explorers* and enjoyed it! Their last week they went on a field trip to the *Saginaw Children's Zoo* and to the *Bay City State Park splash park* there. **Gabriella** skipped a week of *Camp Explorers* to attend *Camp Invention* which was held at *Kolb*. She went on a scholarship from one of the teachers- they created a solar powered cricket and a microphone to name a few as well as a huge box of other creations. We had our *Lamblin Family reunion* at the *Bavarian Inn Lodge* in *Frankenmuth*. We were able to get a room to stay the night and go swimming, **Gabriella** had me go on a waterslide with her twice, arcade, mini golf and enjoyed the *Riverplace shops*. I am going to *Blippi the Musical* with **Isaac** on August 24<sup>th</sup> at the *Dow Event Center*.

#### Just Because

**Lynn, Karen, Sandy D**

### BAY CITY NOON OPTIMIST CLUB SHIRTS FOR SALE

Our club has ordered club shirts that, for the reason of brand, the sizing did not work out. This particular brand ran just a tad on the small side.

Those members have since re-ordered the correct size.

Sizes: 2: Men's XL: One Red, One Blue \$20 each

1: Women's Orange 2xl. \$22

### 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**.

**Thank You to Holli for the taking of the meeting notes**

# The Optimist Creed

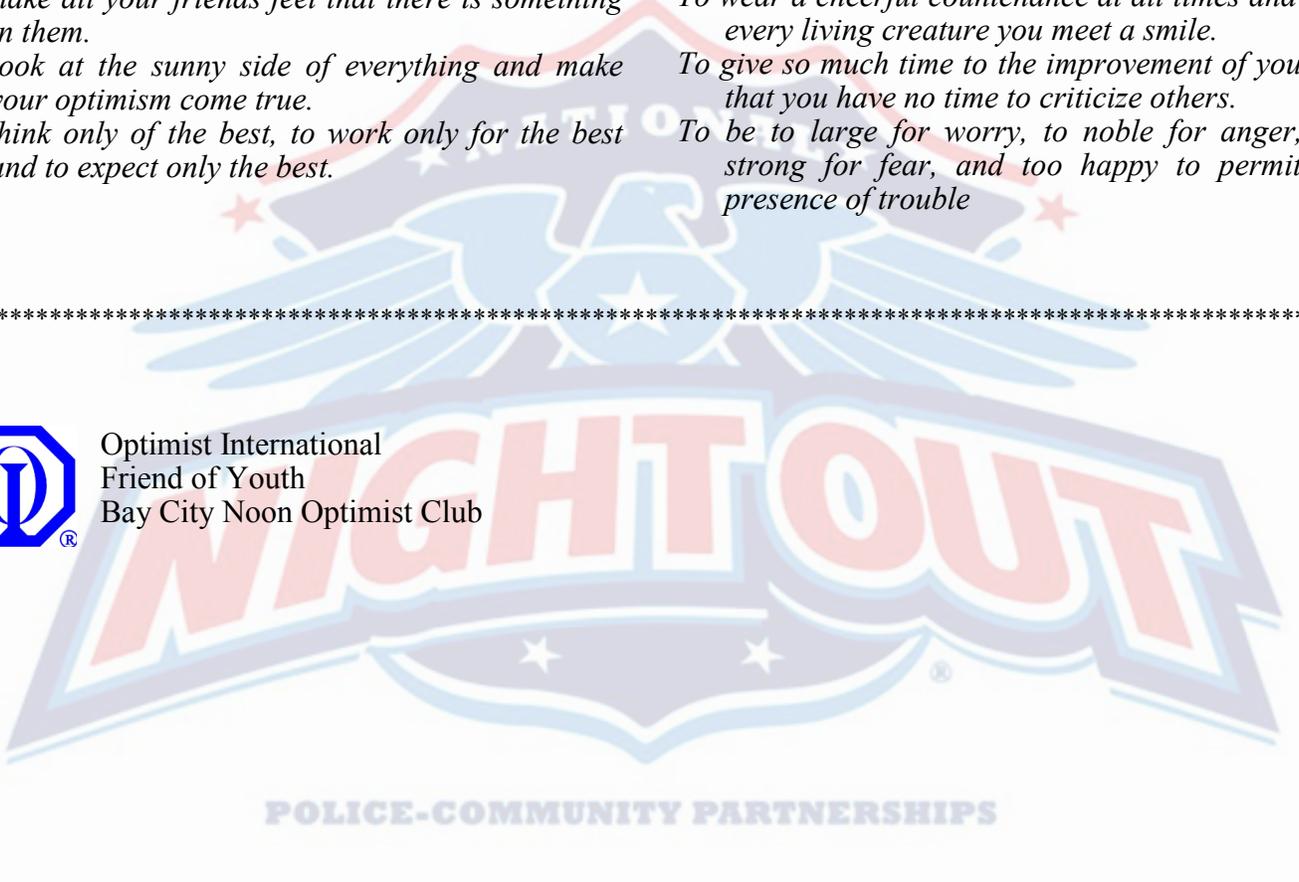
*To be so strong that nothing can disturb your peace of mind.  
 To talk health, happiness and prosperity to every person you meet.  
 To make all your friends feel that there is something in them.  
 To look at the sunny side of everything and make your optimism come true.  
 To think only of the best,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



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**President:** Roberta Spencer    **Vice President:** Rick Donahue    **Treasurer:** Karen Monville  
**Secretary:** Holli St. Laurent    **Immediate Past President:** Carrie Rostollan

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## National Night Out Board of Directors

2020-2021	
Jeff Staudacher	Sandy Dabrowski
Paul Gaiser	Susan Carmien

2020-2022	
Bobbi Gellise	Becky Tillman
Rich VanTol	Kirsten Wellnitz

**Programs:** Paul Gaiser

**Essay:** Roberta Spencer

**Camel Races:** Bobbi Gellise & Holli St. Laurent

**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