

Club members, Jr. Optimist leaders and District Officers are bcc'd this note. Editor, Tom Neal

Farmington/Farmington Hills

Sunnyside Newsletter March 13, 2023

Farmington/Farmington Hills Optimist Club

"We provide hope and a positive vision, as we bring out the best in our youth, our communities, and ourselves."

58 Days till 40th Anniversary!

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## **"WE ARE SUCCEEDING WITH HEART OF OPTIMISM"**

### **Meeting this Week is Respect for Fire**

At this meeting Wednesday morning we will honor the Fireperson of the Year from the Farmington Hills Fire Department. It is a treat to meet the person and their family and hear about their successes. Join us at 7:15am to socialize. Meeting is at the First Presbyterian Church of Farmington.

### **Summary of State of the Cities Chamber Event**

**Chamber** (Susan Arlin, CEO) "We are thriving in business opportunities and creating a connected community." Monday, June 12 is their Bunkers & Boogies Golf Fundraiser. They are holding their Health & Wellness Expo at the Farmers Market on May 20. (We will have an Optimist table at that market, too.)

**Corewell Health** (Derk Pronger, President) Since merger with Spectrum they have 60,000 employees. The name for Beaumont has changed to Corewell Health East. *We Can* is new promotion.

**Farmington** (Sara Bowman, Mayor) Property values increased from last year by 10%. Population is 11,597. They had a 67% voter turnout in the 2022 election. There is a new pocket park named Dinan Park. The Public Safety officers now have an electronic mechanism that activates electronic monitoring when officers draw their gun from holster.

**Farmington Public Schools** (Dr. Chris Delgado) Student enrollment is stabilizing, they are right-sized with no building closings or new ones planned. That means they are keeping

families in system. Theme for this year is Soaring to New Heights. Kids want more experiential support. They are working on second phase of Strategic Planning Process. Lifelong Learner was result from first phase. They are going through security systems training.

**Oakland Community College** (Peter Provenzano, Chancellor) They have done a lot of sign and road improvements. They are also partnering with Farmington Public Schools by helping in some offerings for students. They are consolidating all health sciences to the Orchard Ridge Campus.

**Farmington Hills** (Vicki Barnett, Mayor) She showed a video that summarized all the things going on in the city. The city has a AAA bond rating which means they are managing finances well. The city will celebrate their 50<sup>th</sup> anniversary on July 6<sup>th</sup> with a party. She handed out marigold seeds saying the many deer in our city would not eat these kinds of flowers!

### **Article on Screen Time Dangers for Kids**

Attached is excerpts from an article by Julie Jargon journalist the Wall Street Journal regarding the dangers of kids watching too many hours on screens. She lists 5 screen-time commandments.

### **Dyslexia and Struggling Readers Parent Workshop Success**

There were 30 people in attendance, and they were so engaged and appreciative for the information. In addition to the wealth of information that presenter shared in person, the presenter shared a code that allows each of them to get free materials online! Thanks, from attendees for our sponsorship.

### **ST. PATRICKS DAY CHILDHOOD HEALTH AND WELLNESS FUNDRAISER – Sign up now for an Irish good time!**

Join in the fun at the Pines Restaurant on **Wednesday, March 22 at 7:00 pm!** The evening's traditional Irish cuisine highlights will be corned beef and cabbage and shepherd's pie. A specialty salad will be available for those who prefer a non-meat option. The evening will also include ***Irish entertainment*** and a

50/50 raffle. Tickets are \$50, with **proceeds going to fund grants for District Optimist Club CHW projects.** Let Roxanne Fitzpatrick know if you are planning to attend and see the attached flyer for instructions on how to submit your RSVP and payment.

### **32<sup>nd</sup> Orrie Donley Golf Outing August 1st**

Your Golf Committee has already started preparations for our Club's main fundraiser. This year's outing is scheduled for Tuesday, August 1<sup>st</sup>! Outing details can be found on the attached flyer.

The flyer has also been posted on the Club's website ([www.fhoptimists.org](http://www.fhoptimists.org)) for viewing and printing. **The website is now ready for golf and sponsor registration online.** So, get your foursomes together now! The outing has sold out the past 2 years, so you will want to register early.

The Golf Committee is also looking for a few more committee members. If you are interested in helping out with this event as a committee member, please let Roxanne Fitzpatrick (248-470-3584) or Laura Stewart (248-346-2201) know. Our next committee meeting is scheduled for Thursday, March 23 at 7:30AM via Zoom.

### **Consider Optimist Foundation: Make Dime-A-Day Donation**

We need to continue to support the O.I. Foundation by giving a \$36.50 donation to support the National program for Oratorical, Essay and other programs that only get their funding from the foundation. Go to **optimist.org: select Foundations: select Optimist International Foundation (Not Canadian): Scroll down and click on red rectangle saying "Make a Difference, Donate now": select US and then proceed with payment information.** Thanks for your participation in this program.

**Website:** [f2hoptimists.org](http://f2hoptimists.org) [new members can join on front page of website.]

**Facebook:** Farmington/Farmington Hills Optimist Club

## **Calendar**

*Meetings at Farmington Presbyterian Church, unless otherwise noted.*

Mar. 15 Respect for Fire  
Mar. 18 Oratorical Contest at CARES, 10:00am  
Mar. 21 National Rosie the Riveter Day  
Mar. 22 Vickie Sullen-Winn, FH Director of Communications  
Mar. 22 CHW St. Patrick's Day Dinner at The Pines  
Mar. 29 Mary Gager Drew, OK2Say Director  
Apr. 5 Board Meeting via zoom  
Apr. 12 Chair Yoga + Business Meeting + **Elections**  
Apr. 19 Amy Mullins, A Courageous Voice.org  
Apr. 23 Miss Farmington Cities Scholarship Program  
Chili Cookoff, Cowleys 1-4pm  
Apr. 26 Leadership Awards  
Apr. 30 Jr. Optimist Team Building at Costick Ctr.  
May 11 40<sup>th</sup> Club Anniversary Celebration at The Pines

**Inclement Weather Policy:** If schools close, then no in-person meeting but will switch to a zoom link instead.

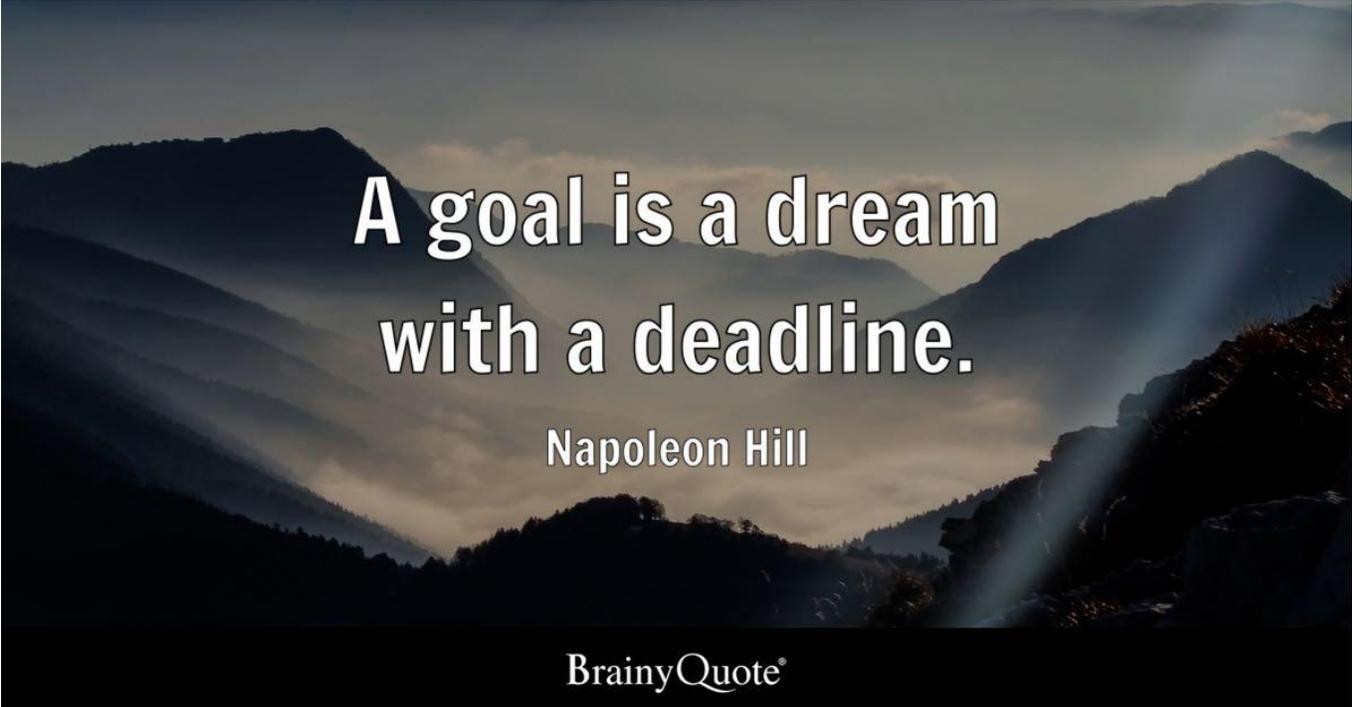
## **Birthdays**

### **March**

19 – Gary Mekjian  
21 – Jim Walker  
29 – Doug Edwards

## **Attachments:**

Newsletter PDF  
CHW St Patrick's Day Dinner PDF  
Excerpts from Wall Street Journal Article PDF  
Optimist Golf Outing Flyer PDF



**A goal is a dream  
with a deadline.**

Napoleon Hill

BrainyQuote®



**ST PATRICKS DAY  
CHILDHOOD HEALTH AND  
WELLNESS FUNDRAISER**

**WEDNESDAY, MARCH 22, 2023  
7:00-9:30 PM**

**JOIN US AT THE PINES RESTAURANT  
37777 11 MILE CRT., FARMINGTON HILLS (FH GOLF COURSE)**

**SERVING CORNED BEEF AND CABBAGE, SHEPHERDS PIE  
AND A SPECIALTY SALAD FOR OUR NON-MEAT EATERS,  
DESSERT**

**COFFEE, TEA OR SOFT DRINK INCLUDED. CASH BAR**

**COST IS: \$50 PER PERSON  
PROCEEDS GOING TO FUND GRANTS FOR THE OPTIMIST  
CLUBS UNDER CHW.**

**SECURE YOUR TABLE BY MARCH 15, 2023**

**PLEASE INCLUDE THE FORM WITH YOUR CHECK PAYABLE TO:**

**MICHIGAN DISTRICT OPTIMIST**

**MAIL TO: ROXANNE FITZPATRICK**

**30255 FIDDLERS GREEN, F.H., MI 40334**

**QUESTIONS CALL: 248-470-3584**

**OR SEND THE FORM TO [RFITZ@KW.COM](mailto:RFITZ@KW.COM) &**

**VENMO \$\$ TO**

**ROXANNE FITZPATRICK @ROXANNE-  
FITZPATRICK**

**ASKING CLUBS TO PUT TOGETHER A RAFFLE BASKET- TO BE  
RAFFLED OFF THAT NIGHT**

**IRISH ENTERTAINMENT, 50/50 RAFFLE ALSO. INVITE FAMILY  
AND FRIENDS!!!**



ST. PATRICK'S DAY DINNER

**March 22, 2023 | The Pines Restaurant - 37777 11 Mile Ct.,  
Farmington Hills | \$50 per person**

| Name(s) | Email | Dietary Restrictions | Phone # |
|---------|-------|----------------------|---------|
|         |       |                      |         |
|         |       |                      |         |
|         |       |                      |         |
|         |       |                      |         |
|         |       |                      |         |
|         |       |                      |         |
|         |       |                      |         |

# of people together: \_\_\_\_\_

Total Cost: \$ \_\_\_\_\_

**Payment:**

Check: \_\_\_\_\_

Venmo: \_\_\_\_\_

**Deadline for reserving tables: March 15, 2023**

*Excerpts from Wall Street Journal Article Tues., February 28, 2023*

**Larger Issues Distort Debate on Screen Time** by Julie Jargon, journalist for the Wall Street Journal

“By now, screen dangers are well established. Numerous studies have shown that kids shouldn’t watch hours of brainless garbage on their iPad.

Based on all the research I have read, here are the five screen-time commandments:

1. **No screens at the dinner table.** Many families already struggle to eat dinner together regularly due to busy schedules, so when they do have a chance to gather, it’s important that screens aren’t present. Family meals, involving at least some of the members of the family just two or three times a week, confer numerous protective benefits for kids’ mental and physical health.
2. **No screens in the bedroom.** Late at night when kids are unsupervised is often when they get into trouble on their phones. Late-night scrolling also detracts from sleep. Google and Apple have made it easier for parents to set up parental controls on Android and Apple devices.
3. **No screens for babies.** Babies don’t understand what they are seeing on a screen, according to Dr. Law. That is why the American Academy of Pediatrics recommends that, for the first 18 months of life, babies’ screen time should be limited to video chatting with Grandma. When you do introduce screens to young children, join them in watching, doctors say, to help kids make sense of what they are seeing.
4. **Stick to smart, positive content.** The types of videos kids watch or the posts they see can make all the difference in their mental health. Watching some amount of junk isn’t likely to result in harm. It’s when kids venture down dangerous rabbit holes that screens can do damage.
5. **Take regular breaks.** Kids don’t have to do a month-long digital detox to derive benefits from a break. You can set aside time each day when your kids don’t use screens at all, or designate a weekend day as being screen free. When teens and young adults cut their social-media use in half for just a few weeks, they felt significantly better about their weight and appearance, compared with a group who didn’t.



**32<sup>nd</sup>**

**Orrie Donley Golf Outing**  
in support of  
**The Farmington/Farmington Hills Optimist Club**

— celebrating **40** years of service —

**Tuesday, August 1, 2023**

Farmington Hills Golf Club

**18 Holes Of Golf With A Cart On A Championship Course**

**9:30 a.m. Shotgun Start**

Vegas Hole • Closest To The Pin • Lowest Score • Longest Drive

Other Fun Activities • Awards, Raffles & Prizes

Sponsorships Available

**Golf Package \$150**

**Dinner Only \$35**

Farmington Hills Golf Club  
37777 Eleven Mile Court  
Farmington Hills, MI 48335  
248-476-5910

The Orrie Donley Golf Outing is the largest single fundraising event each year for the Farmington/Farmington Hills Optimist Club. It enables our organization to provide financial support to many worthwhile youth programs and events in our community.

**The Farmington/Farmington Hills Optimist Club is a 501(c)(3).**  
**[www.f2hoptimists.org](http://www.f2hoptimists.org)**





**Golf Package \$150**  
**Dinner Only \$35**

**8:00 – 9:15 a.m.**  
Continental Breakfast & Registration

**9:30 a.m.**  
Shotgun Start

**Lunch & Beverage Cart on the Course**

**3:30 p.m. (approximately)**  
Early Dinner  
Followed by Awards, Raffles & Prizes

**Register, Sponsor, Donate**  
**[www.f2hoptimists.org](http://www.f2hoptimists.org)**

**Credit Cards Accepted**

Or send this form with check payable to:  
Farmington/Farmington Hills Optimist Club  
P.O. Box 2203 Farmington Hills, MI 48333

**For more information contact:**

**Optimist Golf Committee Co-Chairpersons**

Laura Stewart  
Roxanne Fitzpatrick  
248-470-3584 rftz@kw.com  
FFHOptimistsInfo@gmail.com

**Sponsor Registration**  
Must Order By Tuesday, July 4

◆ **Diamond Level \$2,500**

Full page advertisement in program

◆ **Gold Level \$1,500**

½ page advertisement in program

◆ **Silver Level \$1,000**

¼ page advertisement in program

◆ **Bronze Level \$500**

⅛ page advertisement in program

◆ **Chrome Level \$200**

Listing in program

◆ **Each Sponsorship Level Includes:**

- Hole sponsor sign
- Place promo items (min 144) in give-away bags

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Optimist Member Contact: \_\_\_\_\_

Promo Item: \_\_\_\_\_

**Golfer & Dinner Registration**  
Must Register By Tuesday, July 18

# of People

Total

|               |              |  |
|---------------|--------------|--|
| Golf & Dinner |              |  |
| Dinner Only   |              |  |
|               | <b>Total</b> |  |

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

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