



Health & Wellness - Inside

Rochester & Rochester Hills Gazette

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September 19, 2019

Vol. 4, No. 21

Naked and armed

Oakland County Sheriff's Deputies responded to Toucan Street located in the Avon on the Lake Mobile Home Community in Rochester Hills on the report of a naked man who was running through the streets with a handgun.

Upon their arrival, deputies located the subject – a 59-year-old resident of the City of Rochester Hills – crouched down near a storage shed. He appeared to be holding a semi-automatic pistol. Deputies observed that the subject was sweating profusely and appeared to be very confused. Deputies ordered the subject to place the pistol on the ground. The subject complied and surrendered the handgun to deputies.

The subject was taken into custody without incident. The subject said that someone was going to shoot him. Deputies found nothing to corroborate the subject's statements.

Deputies were able identify the subject and ascertained his current address.

Upon further investigation, detectives discovered that the subject had fired several rounds inside of his residence, then entered a neighbor's residence and fired one round before going back outside. The neighbor stated that they knew the subject and that they did not want to pursue criminal charges.

Two firearms were seized as evidence and transported to the property room. Detectives are continuing with the investigation.

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The Michigan Ovarian Cancer Alliance (MIOCA) and the Village of Rochester Hills hosted its 8th Annual "Wheels & Teal" ovarian cancer awareness event on Saturday, September 14. The event raises funds and awareness throughout September during National Ovarian Cancer Awareness Month. Saturday's event included a 5K run/walk, teal and turquoise classic car show, live music, and more. Learn more about the cause at Wheelsandteal.com and Mioca.org/.

Mayor Barnett announces re-election campaign

Bryan K. Barnett began his 2019 re-election campaign for mayor on Thursday, touting the progress Rochester Hills has made under his leadership. The announcement, made via social media, included a video outlining the mayor's accomplishments over the past 13 years.

Barnett made the announcement from Innovation Hills, the city's newest park, and underscored the recognition Rochester Hills has received for innovation, fiscal responsibility,

operational excellence, and environmental leadership.

During his tenure, Rochester Hills has been recognized as "One of the Top Places to Live in America" numerous times by sources like CNN and Money Magazine.

Rochester Hills has also held the title "Safest City in Michigan" for the past three years.

"Being the Mayor of Rochester Hills has been my dream job since I was given the responsibility in 2006. Since that day, I have been

focused on making Rochester Hills the nation's preeminent place to live, work, and raise a family," said mayor Barnett. "I hope to continue to earn the support of our community."

Barnett has served as Rochester Hills mayor for more than 13 years, longer than any mayor in the history of the city. At the time of his election, he was also the youngest mayor in the United States of a city with a population over 50,000.

In November 2015, Barnett

See BARNETT, page 2

Volunteer with 'unselfish heart' wins AARP award

Cindy Cirar of Rochester launched a philanthropic program to fill unmet needs and bring comfort to children and adults in Wayne, Oakland and Macomb counties.

She was instrumental in opening the Resale Connection shop in downtown Rochester to help finance the programs and activities of the Assistance League of Southeastern Michigan, including: Wee Help Infant Kits, Backpack Meals, Assault Survivor Kits, Community Kitchen, Operation School Bell, and others. More than 250,000 area residents have benefited from these programs.

In recognition of these and other achievements, Cirar is the winner of the 2018 AARP Michigan Andrus Award for Community Service, the organization's most prestigious volunteer honor.

The award was presented at the Rochester Community House 816 Ludlow Avenue at 11 a.m. Tuesday, Sept. 17.

Violet Cholakian of Troy, a volunteer and board member at the Assistance League who nominated Cirar, characterized her this way.

"Through her gentle personality, yet powerful leadership, she has led the way to the formation of Assistance

See ANDRUS AWARD, page 3



Paula Rea-Johnston of The Linda Rea Team

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Fork & Cork to feature Sherwood Brewing Co.

Sherwood Brewing Company is one of several local breweries that will be serving up suds at the Fork & Cork Festival on September 20-22 in Downtown Utica.

Sherwood is a full-service microbrewery, founded in 2006, that offers beer, wine, mead, hard cider, and hard seltzer, in addition to a full food menu.

Ray Sherwood said that keeping things as local as possible was important to Sherwood Brewing because it's a local company.

"We're a local company ourselves," he said. "We know how important it is to get people focused on local businesses."

Ray Sherwood said the brewery was glad to be able to

help support the Humane Society of Macomb because the humane society is a local charity and the Sherwoods are animal lovers.

"We definitely wanted to be involved, and on top of that it supports a great cause," he said.

Sherwood Brewing hosts several events throughout the week, including trivia and game nights, a walking club, and performances for local musicians.

Sherwood Brewing Company is located at 45689 Hayes Rd. in Shelby Township. To learn more, go to Sherwoodbrewing.com or call 586-532-9669.

For more on the Festival, visit Forkandcorkfestival.com/.

Barnett runs for fourth term as write-in candidate



ROCHESTER HILLS MAYOR BRYAN BARNETT recently announced his re-election campaign in a bid for a fourth term. He is required to run as a write-in candidate.

BARNETT, From page 1

won a third mayoral term as a write-in candidate, earning the largest write-in win in a general election in the history of the state. He previously served on the Rochester Hills City Council for six years.

On this year's Absentee Ballot and the Ballot of Election Day – Tuesday, November 5 – there will be a section that says "Mayor of Rochester Hills" with a blank. In order to vote for Mayor Barnett, voters will need to do write in his name on the line provided and fill in the circle next to the name completely.

For more information about the write-in campaign, visit Mayorbarnett.net/.

Rochester earns AAA bond rating

Rochester has again earned a AAA bond rating, the highest possible, from Standard & Poors.

Bond ratings are used to evaluate the relative risk of lending to an organization and are issued before a city, state, or other public body can issue bonds. The AAA rating will allow the City to borrow at lower interest rates to finance major capital projects and improvements, potentially saving the City more than \$100,000 in borrowing costs.

"The AAA bond rating is something that the community can take great pride in," City Finance Director Anthony Moggio said.

According to Moggio, the rating is "proof that Rochester continues to be strong and that

investing in the city is a great option."

The rating will enable the city to issue a bond for necessary improvements to many facilities, including the Public Works campus.

"The recent steps by City Council to establish a written reserve policy, the formation of a Budget Committee that continues to recommend best practices and policies, and staff utilizing our new modern financial software were critical in achieving this year's AAA rating," Rochester City Manager, Blaine Wing said. "Maintaining the highest rating will allow Rochester to continue to finance important capital projects at the lowest possible costs."

Kindness Rally encourages random acts of kindness

It's a race around Rochester, but instead of running a 5K, community members will be competing to spread kindness.

On Saturday, September 21, from 12-4 p.m., teams will participate in a family-friendly competition to see who can do the most acts of kindness in four hours. Participants will be equipped with supplies, shirts, and a list of random-act-of-kindness challenges that involve helping others and bettering the community. Challenges include activities like cleaning up trash, writing thank-you notes, and paying library fines. At the end of the event, teams will see who has completed the greatest number of good deeds.

During The Kindness Rally, teams use social media to showcase their impact and encourage others to pay it forward and spread the kindness. Like and follow @TheKindnessRally on Facebook and Instagram and search the hashtag #TheKindnessRally on September 21st to see what people are doing.

The rally is free to participants. People are encouraged to create and register a team of four or five people. Teams must register at rochesterkindnessrally.eventbrite.com/. There will be a winner from Rochester and a statewide winning team.

To learn more about The Kindness Rally, go to Thekindnessrally.org/.

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LESSONS - LEAGUES - PRIVATE EVENTS

Rochester volunteer Cindy Cirar wins AARP Andrus Award

ANDRUS AWARD, From page 1

League of Southeastern Michigan. Her loving, unselfish heart for helping others quickly grew (the non-profit organization)."

The Assistance League started with 39 volunteers and has grown to 300.



CINDY CIRAR

In nominating Cirar, Cholakian said the league "brings dignity and comfort so that people in society can move toward their goals and dreams."

The league's programs provide clothing, shoes and toiletries to children and adults who have experienced sexual abuse and violence; distribute gloves, winter coats, hats and other clothing to school children in need; furnish diapers, sleepers, blankets and bibs to help new moms with newborns; serve meals to seniors; offer weekly tutoring to help students with

reading and other academic skills; and provide enrichment opportunities to teachers to expand their knowledge in a variety of subjects.

The **Andrus Award** honors Michiganders who are sharing their experience, talent, and skills to enrich the lives of their community members. The tribute recognizes outstanding individuals who made their communities better in ways consistent with AARP's mission, vision and commitment to volunteer service.

"AARP Michigan takes great pride in congratulating Cindy Cirar for her tireless community service," said Chris Holman, volunteer President of AARP Michigan. "Her exemplary record of achievement, service and commitment clearly demonstrates the difference volunteerism can make in the lives of individuals and in the well-being and vitality of a community."

The award is named for AARP founder Ethel Percy Andrus. Each state annually honors an award recipient.

AARP Andrus Award for Community Service nominees must be 50 years or older. The accomplishments, achievements, or service on which the nomination is based must have been performed on a volunteer basis, without pay, and must reflect AARP's vision and mission.

THE LEAVES ARE CHANGING AND SO ARE WE!

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ROCHESTER ROTARY CLUB recently presented Rotarian Dr. Nelson Gregg Edwards with a donation of \$5,000 towards his next humanitarian eye care mission in Kenya, Africa, scheduled for January 2020. Dr. Edwards is a former World Medical Relief board member. He is active in Voluntary Optometric Services to Humanity (VOSH) and has led over 40 eye care missions to places like Peru, Mexico, Panama, Granada, Kenya, and Latvia.

Arts & Entertainment



HUSTLERS

R, Drama



UNBELIEVABLE

TV-MA, Netflix original Drama



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G, Disney cartoon



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R, Thriller



HOLLYWOOD'S BLEEDING

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TALKING TO STRANGERS

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MBT season opens with "Murder on the Orient Express"

Just after midnight, a snowdrift stops the elegant Orient Express in its tracks. There's been a murder. Who can solve the

strikes again.

Murder on the Orient Express by Agatha Christie, adapted by Ken Ludwig, runs October 2

says Travis Walter, MBT artistic director. "Over the years, we've produced a lot of his comedies, from Lend Me a Tenor to Baskerville to last season's hit, A Fox on the Fairway. I know our audiences will love his adaptation of Murder on the Orient Express.

Meadow Brook favorite Ron Williams plays Hercule Poirot. The rest of the passengers/suspects are played by Craig Bentley (Monsieur Bouc), Stephen Blackwell (Colonel Arbuthnot and Samuel Ratchett), Ruth Crawford (Princess Dragomiroff), Chip DuFord (Head Waiter and Michael), Lynnae Lehfeldt (Helen Hubbard), Hannah Niece (Mary Debenham), Peter Prouty (Hector MacQueen), Cheryl Turski (Countess Andrenyi) and Sara Catheryn Wolf (Greta Ohlsson).

"We have so many talented actors," continues Walter. "This is a great way to kick off our new season."

Murder on the Orient Express is directed by Travis W. Walter. Terry W. Carpenter is the stage manager with scenic design by Brian Kessler, costume design by Corey Collins, lighting design by Reid G. Johnson and sound design by Mike Duncan.

Tickets range from \$36 to \$46 and are available by calling the Meadow Brook Theatre box office at 248-377-3300 or going online at Ticketmaster.com.

Meadow Brook Theatre is located on the campus of Oakland University in Rochester. For more, visit Mbtheatre.com or call 248-377-3300.

Detroit Fringe Festival this weekend

Carrie Morris Arts Production (CMAP) will host the 'Detroit Fringe Festival' Thursday to Sunday, September 19-22.

Now in its sixth year, this grassroots performing arts festival has featured the work of over 200 artists, highlighting new and work-in-progress creations from Michigan playwrights and performers, spanning four days at

again this year, expressed gratitude for the opportunity.

"Detroit Fringe Festival is a fantastic opportunity to show my work, and a rare chance to have a paid and fully-produced show as an emerging artist," said Crandall.

This year, the Fest will soft-launch at The Jam Handy on Thursday, September 19 with Emergency INDEX, which is an



Black & Brown Theatre (Jewel Visions Photography)

different venues in Detroit and Hamtramck.

Each year, an advisory council of local arts professionals select performances from a pool of applicants, after a month-long open call. Selected participants are not only given material stipends and production assistance, the Fringe Fest also creates a platform to showcase their work to the public at large.

Scott Crandall, a Hamtramck-based, performance artist who was selected to showcase his co-collaborated works in 2018, and

annual performance publication, published by Ugly Duckling Presse, documenting a wide range of performance events in the words of their creators. To celebrate the launch of the digital edition of Volume 7, a group of Detroit artists will offer a "state of the field" view by re-staging, reinterpreting, and re-presenting performance works made elsewhere in the preceding year.

To learn more about Detroit Fringe Festival, visit Detroitfringe.com/.

Ron Williams, Lynnae Lehfeldt and Peter C. Prouty in *Murder on the Orient Express* at MBT

puzzle of the American tycoon, found dead in his compartment which was locked from the inside? Only Hercule Poirot can hope to find the murderer before he or she

through 27 at Meadow Brook Theatre on the campus of Oakland University in Rochester Hills.

"Ken Ludwig is one of our audience's favorite playwrights,"

Meadow Brook Theatre is located on the campus of Oakland University in Rochester. For more, visit Mbtheatre.com or call 248-377-3300.

REVIEW: Dazzling, daring, "Ragtime" arrives at Baldwin's Main Stage

Reviewed by Suzanne Angeo
(member, American Theatre Critics Association) and Greg Angeo (Member Emeritus, San Francisco Bay Area Theatre Critics Circle)

The turn of the last century was the gateway to America's modern era. Revolutions in communication, transportation, society and culture were happening almost daily. The musical "Ragtime", one of the most important and ambitious shows Stagecrafters has ever presented, offers a unique perspective on our nation's evolving struggles with income and social injustice during those turbulent times.

eyeing each other, to the lively syncopated rhythm of that newest music, ragtime. The main storylines focus on individuals representing each group: for New Rochelle's wealthy white enclave is a family known only as Mother, Father, Little Boy, Grandfather and Younger Brother; Harlem's story is told through the eyes of ragtime musician Coalhouse Walker and his beloved, Sarah; the Immigrants are seen through the experiences of a widowed Jewish-Latvian artist named Tateh, and his young daughter, known only as Little Girl.

The entire cast is strong, yet there are standouts. Kaela Green as Sarah delivers gorgeous vocals,

task with the largest cast ever to appear on the Baldwin stage. There are times when the energy seems to flag a little, but the overall effect is a triumph for the cast and crew.

Video projections onstage, skillfully guided by Michael Grice and Geoff Wrobel, and perfectly-timed sound effects by Bob Minchella are nice enhancements to the simple set by Tim Hughes. Good lighting effects by Matt Weber help lend texture and contrast to the ever-changing scenes. Valerie Mould's choreography has some excellent moments, especially in numbers like "His Name Was Coalhouse Walker".

There are over 50 songs, each with different performers. The 15-piece orchestra, conducted by Wrisinger and assistant conductor Jay Smith, handles the challenging score with assurance, with only a few pitchy spots that will hopefully be worked out.

The storytelling in McNally's script itself is only partly successful. It can be cumbersome and hard to follow. But even though there's a lot to take in and the message loses its focus at times, this powerful show remains relevant, engaging and appealing. A caveat: there are some truly dark moments onstage, and the wince-inducing racist language reflecting attitudes of those times can be hard to listen to.

Even though we're looking back over 100 years ago, we know progress has been halting, and the lessons have not yet been completely learned. Every human being has value, and deserves equal respect and justice. We have come a long way as a nation, with a long way yet to go. "Ragtime" illuminates one stepping-stone on our ever-winding path.

Stagecrafters has partnered with Freedom House Detroit for the production of Ragtime. Freedom House is a temporary home for individuals and families fleeing persecution in other countries and seeking safety in the United States. Freedom House offers housing and basic needs, onsite legal aid, and a full suite of social services to help their clients heal from trauma, prepare for life in the U.S., and win asylum.

Ragtime runs now through October 6 at the Baldwin Theatre, Main Stage – 415 S. Lafayette in Royal Oak.

Tickets range from \$23-\$27 with discounts for Veterans and youth age 17 and under on Sundays and Thursdays. For more information, call 248-541-6430 or visit Stagecrafters.org.



Gracing this spectacular show are rousing anthems, moving ballads, period jazz and that ever-popular ragtime, which was born in the 1890s in black music halls. The emergence of ragtime, a uniquely American musical form, at the dawn of the Twentieth Century represents the first time African-American music had such an impact on popular culture as a whole.

Based on E.L. Doctorow's 1975 historical novel, "Ragtime" was adapted for the stage by Terence McNally and set to music by Stephen Flaherty, with lyrics by Lynn Ahrens. It premiered on Broadway in 1998 and received 13 Tony nominations, winning four awards, including Best Original Score and Best Book of a Musical.

An epic tale needs an equally epic cast. A total of nearly 60 performers take the stage, including the ensemble casts which represent three diverse social and economic classes: the New Rochelle Ensemble (privileged white upper class); the Harlem Ensemble (oppressed blacks); and the Immigrant Ensemble (struggling newcomers).

In one opening sequence, the different ensemble casts rotate around each other onstage, warily

showcased in several numbers including "New Music". She and Dez Walker, superb as Coalhouse, have hauntingly lovely duets in "The Wheels of a Dream" and "Sarah Brown Eyes". Walker offers a compelling performance as the gifted, tragic, tenderhearted Coalhouse.

Sara Rydzewski offers a warm and compassionate performance as Mother, with a forceful, melodic voice. Hers is a pivotal role - a sort of loving bridge between the privileged whites and the blacks and immigrants who strive for justice. Her Younger Brother (Matthew Miga) shares her desire to offer a helping hand, as only those in power can. Her obstinate husband, played by Edmond Guay, eventually comes to see how harmful his attitudes are.

Newly-arrived immigrant Tateh, in a captivating performance by Patrick Lane, is a talented and creative man and father. Lane's Tateh is upbeat, funny, caring and determined, the kind of guy America should want. But still he struggles, yet prevails in the end in one of the most endearing examples of fulfilling The American Dream.

Director Randall Wrisinger takes on this sweeping spectacle with sure-footed staging, no easy

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— Buddha

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Health & Wellness

How to maintain a healthy diet with a busy schedule

There are reasons why fast food restaurants are so plentiful and successful. Yes, the food that they serve is typically tasty, inexpensive, and addictive. And, in addition, fast food is an incredibly convenient option for those with limited time for meal preparation.

sustain feelings of fullness.

No, you do not need to resort to a lifestyle filled with green super food cocktails and plain chicken breasts eaten out of Ziploc bags (although, these are certainly not bad options). With a little planning and priority-setting, you can maintain your busy schedule while enjoying a good, healthy diet that is filled with variety.

Make time for breakfast

Skipping breakfast may seem like an easy way to save time but taking a few minutes to break your overnight fast may save you time in the long run by preventing hunger later. Also, a simple fruit or

veggie smoothie, some granola, or a couple of boiled eggs will kick start your metabolism, provide you with necessary energy, and likely make you more productive through your seemingly never-ending tasks.

Drink plenty of water

You may think that you need endless cups of coffee to maintain high energy levels and an overall sense of well-being. Yet, simply staying hydrated do wonders for your energy and focus. In addition, consuming an adequate amount of water may make you feel full and prevent you from overindulging in easy-to-grab snacks.

Portion out snacks ahead of time

When things get hectic, snacks are often inevitable. And, when you are distracted, it is easy to carelessly overeat if large quantities of chips, crackers, or candies are available. So, when you have some precious

downtime, use small bowls or bags to parcel out healthy-sized portions of snacks to enjoy later.

Wrap it up

No time for a proper lunch? Use leftovers from dinners to create easy-to-eat wrapped sandwiches. You can use large tortillas for this, pita bread, or low-carb wraps that are readily available at most grocery stores. Even those who adhere to a gluten-free diet can easily find wraps to fit their needs.

Look for protein in quick snacks

Again, busy individuals often need to snack. So, when selecting these snacks that will hopefully sustain you through those long meetings, parent-teacher conferences, or house-cleaning marathons, look for high-protein options. Great picks include nuts, string cheese, boiled eggs, and snack or meal replacement bars that are marketed as "protein bars."

Oakland County Health Network hosts conference for justice professionals

Oakland Community Health Network (OCHN) recently hosted the "Understanding the Mental Health System" conference for justice professionals.

Topics related to substance use disorder treatment and services, mental health

Corrections; Amanda Elliott, Re-entry Manager at Michigan Department of Corrections

OCHN promotes independence, choice, and community inclusion for adults and children with intellectual and developmental disabilities, mental



Amanda Elliott, Deb Monroe, Jody Gorenflo, David Dawdy, Christina Nicholas, Judge Phyllis McMillen, Dr. Diane Morris, Cathie Yunker

challenges, and collaborative efforts between mental health and justice systems were part of the conference's discussion.

Community partners that assisted OCHN during this valuable training include:

Dr. Dianne Morris, Medical Director/Addictionologist with Meridian Health Services and Community Programs; Honorary Judge Phyllis McMillen, the presiding judge of Civil/Criminal Division in the Oakland County Circuit Court; David Dawdy, Director of Mental Health Services at Michigan Department of

health concerns, and substance use disorders. Its mission to "inspire hope, empower people, and strengthen communities" reflects an unyielding belief in a "Valuable System for Valued People."

Programs provided by OCHN's service network are available at Oaklandchn.org.

Most people who receive services through Oakland County's public mental health system, which is managed by OCHN, have Medicaid insurance coverage.

St. Joe's to host fall prevention fair

St. Joseph Mercy Oakland will host a free fall prevention fair on Monday, September 23 from 10 a.m. to 1 p.m. inside the Bowen Senior Center, located at 52 Bagley St. in Pontiac.

The event, which will be held in celebration of National Fall Prevention Awareness Day, will promote fall prevention, balance, and wellness among area seniors.

It will feature 'A Matter of Balance' program, St. Joe's Senior Fit program, nutrition education, the Area Agency on Aging, and balance testing provided by

Oakland County. The event will also feature a social needs assessments and other activities.

For more information on health services offered at Saint Joseph Mercy Health System, visit Stjoeshealth.org/.

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Deadline for ad placement is 10 a.m. Wednesday, the week of publication.

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CLASSIFIEDS

September 19, 2019

VOLUNTEER

Forgotten Harvest is a non-profit organization that collects surplus food and redistributes it to local charities, providing families in the metro-Detroit area with fresh and nutritious food.



Not only do their efforts benefit those in need in the community who need it most, they also help reduce food waste in the area by collecting large quantities of food from restaurants, wholesalers, and caterers.

Forgotten Harvest is always in need of monetary donations and volunteers. Visit ForgottenHarvest.org for more information on how to donate your time, energy, and efforts to this worthy cause.

ADOPT A PET

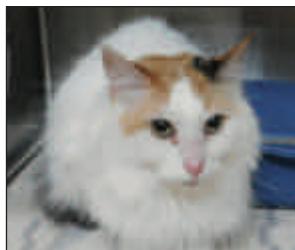
Oakland County Animal Control and Pet Adoption Center have some wonderful dogs and cats waiting for someone to come rescue them! All of their dogs are current on age appropriate shots, microchip, and heartworm tested, all of their cats are up to date as well! If interested, please contact the shelter at 248-858-1070. OCAC is located at 1200 N Telegraph Rd Bldg 42E, in Pontiac.

Rocco



ADOPT A PET

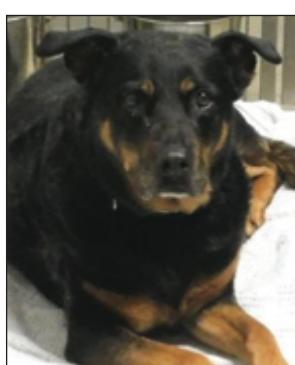
Lola



Derry



Vinsetta



GET YOUR GAZETTE

Gazette Media Group is a media and events company based in Troy, Michigan. Originally established in 1980 by Claire Weber as the Troy-Somerset Gazette, GMG now publishes three local newspapers and hosts a variety of events throughout the metro Detroit area. The Gazette creates and curates hyper-local content and distributes free weekly newspapers throughout businesses in the community. Go to GetYourGazette.com to read past issues and to find the nearest pick-up location. The Gazette is always looking for news, photos, and tips from around the community. Email News@GazetteMediaGroup.com or call 248-524-4868 for editorial submissions.

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Volunteers Needed

The 2019 Fork & Cork Festival returns to downtown Utica for three days of music, food, and fun September 20-22. Volunteers are needed to assist the non-profit Humane Society of Macomb in festival operations.

For more information on volunteering for the Humane Society of Macomb at the Fork & Cork Festival, email

HSOMVolunteer@gmail.com.



Find Out More About Fork & Cork at www.ForkAndCorkFestival.com

Sudoku

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|---|---|---|---|---|---|---|---|---|
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| 8 | 6 | | | | | 1 | 4 | |
| | | 6 | | | 5 | | 2 | 9 |
| | 4 | | 7 | 6 | | 3 | | |
| 7 | | 2 | | | 8 | | | 6 |

OU partners with Lean Enterprise Institute

Oakland University's Pawley Lean Institute and its Industrial and Systems Engineering Department is collaborating with the Lean Enterprise Institute, Inc. (LEI) in Boston — founded by the father of the Lean movement, Dr. James Womack — to create new educational opportunities in Lean thinking and practice for OU students, as well as to improve existing ones.

"**LEI reached out to us** upon learning about our ongoing efforts to educate our students on Lean concepts, techniques and applications," said Dr. Robert Van Til, Pawley professor of Lean studies and ISE department chair. "We look forward to developing a long-term relationship with them to make our educational programs even better."

with a mission to advance Lean thinking and practice throughout the world to make things better for individuals, organizations and society. Its founder, Dr. Womack, established LEI as a non-for profit organization to ensure that as the LEI community learned and created new knowledge it would be made available to the public to improve people's lives.

LEI established the James P. Womack Scholarship & Philanthropy Fund (the JPW Fund), to advance how Lean thinking is taught in schools and learned through practice at the Gemba (a Japanese term that means "the real place" where value is added). The JPW Fund will fund creative learning experiences in partnership with schools teaching Lean thinking and

and Systems Engineering students and faculty.

"**Funding provided** by the JPW Fund will provide Oakland students with hands-on Lean projects and allow for high school students to attend sessions by the Pawley Lean Institute and the Industrial and Systems Engineering Department," Pawley said.

LEI and Oakland University are also partnering with Humble Design in Pontiac, Mich. OU's students and faculty and Humble Design's leadership and staff will be able to learn and practice Lean thinking in a real-world setting improving operations and the delivery of services to those in need.

Lovejoy said the collaboration is "just the beginning" of philanthropy opportunities with Oakland University, its Lean programs, and community organizations.

"We see research, joint ventures, shared learning and shared resources as a means of enhancing the student experience," he added.

For more on OU's Pawley Lean Institute, visit oakland.edu/lean. For more information about LEI, visit [Lean.org.](http://Lean.org/)



Oakland University's Pawley Lean Institute was established in 2002 by Dennis Pawley, the former executive vice president of manufacturing for the Chrysler Corporation, where he developed the Chrysler Operating System in the early 1990s to restore productivity and streamline procedures.

Pawley graduated from Oaklands School of Education and Human Services in 1982. He has served on the Oakland University Foundation Board of Trustees and was a member of the University's Board of Trustees from 1996-98, 2002-10, and 2012-13. He was awarded Oaklands Distinguished Alumni Achievement Award in 2001.

"The meshing of two of the great Lean advocates, Dr. Womack and Dennis Pawley, is a unique opportunity that will make Oakland University a model that other universities will want to emulate," said Dennis Wade, director of the Pawley Lean Institute.

LEI was established in 1997

community-based service organizations willing to provide Gemba-based learning and improvement opportunities.

The JPW Fund has provided an initial \$15,000 grant to Oakland University that will be used to place students into paid internships in community service organizations where they will continue their learning under the guidance of coaches from LEI.

"Oakland University is unique in its approach to teaching Lean concepts at the

student level; not only is it theory-based but it also contains a practical, industry-focused, hands-on approach where students practice what they learn at the Gemba," said Matthew Lovejoy, a member of LEI's Board of Directors and chairman of the JPW Fund. "We are excited about funding unique student learning opportunities."

The funding will also allow for K-12 students to visit to Oaklands campus to conduct hands-on projects in Lean, ergonomics, and simulation working with Industrial



Adams Swimmers Break Pool Record

THESE ROCHESTER ADAMS SWIMMERS broke the pool record in the 200 free relay this week. Meghan Fleury, Claire Sweetwood, Yitian Zhang, and Rhian Russell recorded a time of 1:38.91. Congratulations!

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