

# OPTIMISTICALLY SPEAKING

The Newsletter of the Optimist Club of Greater Vienna

August 2017

## Calendar

August 2 — **NO Meeting**

August 5 — **Farmers Market**

8:00 a.m. to Noon  
301 Center Street South  
(Faith Baptist Church parking lot)

August 9 — **Board Meeting**

7:30 p.m. Emmanuel Lutheran Church

August 12 — **Farmers Market**

8:00 a.m. to Noon

August 16 — **Dinner Meeting**

Vienna Dir. Of Parks & Rec Leslie Herman  
A Sneak Peak at the Vienna Community Center!  
6:45 Social Time; 7:30 Dinner  
Fairfax American Legion

August 19 — **Farmers Market**

8:00 a.m. to Noon

August 23 — **Fourth Wednesday Dinner**

Culmore Teen Center — Team C

August 26 — **Farmers Market**

8:00 a.m. to noon

*No Caboose Opening this Month!*

## News and Notes

### **Back by popular demand: this graphic.**

Because it's true! All of us need to volunteer at the **Farmers Market**. And, we need to [sign up on the schedule](#), so that our Market coordinators know we are coming! That helps avoid the panicked requests on Thursday when the Saturday schedule looks empty.

Working conditions at the Market were never bad—unless you object to friendly people and the smell of fresh donuts. But this year has brought a few changes to make things even easier for Market volunteers:

**New, shorter schedules!** Shifts are now **two hours instead of three**. Once you've walked through the Market, visited with your neighbors, answered a question or two ("What do the Optimists do?"), your time is up! Though nothing prevents you from signing up for a double shift.

**Comfy bench!** Burdened by the tough duty of clicking the counter to track attendance? Rest your weary feet and have a seat at the main entrance to the Market. There's room for a friend, too!



**Cool business card holder!** This is awesome—who found this? Holds our Optimist Club business cards right on the sign for easy distribution when someone wants more info.

So, there's no reason not to sign up and show up at the Market! *See you there!*



Serving the Youth of Greater Vienna  
for over 60 Years!

Visit us at [www.OptimistClubofGreaterVienna.org](http://www.OptimistClubofGreaterVienna.org)  
We're on Facebook! [Facebook.com/ViennaOptimistClub](https://www.facebook.com/ViennaOptimistClub)



## From the President

Dear Fellow Optimists,

The dog days of summer are here. The Farmers Market continues to operate rain or shine. Thank you to all of those who have stepped up to fill the slots. We welcome all comers for the balance of the market season – May to October Rain or Shine!

The Town of Vienna has an article about the Farmers Market and our vendors in its August Newsletter! Check it out at: <https://www.viennava.gov/ArchiveCenter/ViewFile/Item/3750> (we are on page 8).

We are working with the Town to have them do some short videos as well on each vendor and how the market makes a huge impact on the community – and, of course, how the Optimists help make the Town of Vienna a great place to live. We will keep you posted as these develop!

And we will hear more from the Town of Vienna at our August 16 meeting, when Director of Parks and Recreation Leslie Herman will give us a presentation on the “new and improved” Community Center, which is opening on September 23<sup>rd</sup>.

Please join Susan Bauer and the rest of your Optimistic friends at that meeting (I will be in Scotland) and learn more about our Community and the Growing Hope Childhood Cancer campaign, which is up and running.

Keep cool and I will see you in September!

Optimistically yours,

*Michele H. Wright*

### More on Veronica Day, and How to Help Her Get to South Korea!

On page 3 we have a letter from our friend Veronica Day, Olympic hopeful in the Women’s Skeleton event. The USA Olympic skeleton squad will be named in January, for the 2018 Winter Olympics to be held in February in South Korea. **If you would like follow Veronica on her quest, or contribute to her endeavor, here are some ways:**

- Come see her on September 16 when she will be our guest at the Farmers Market.
- Caffè Amouri’s Mike Amouri is also working on a “Veronica Day Day” on 9/16. More to come on that.
- Veronica’s recent events and commentary are available via her Instagram account, @veriosa <https://www.instagram.com/veriosa/>
- Individuals interested in donating to her can do so directly via her crowdfunding page, <https://app.maxletics.com/app/#/campaign/veronica>
- Individual members can also donate via the Optimist Club Foundation. Note on the check that it is for *V Day, Olympics*.

*From the graphics department:* Those pictures aren’t aliens; they’re supposed to look like Veronica’s totally cool skeleton helmet!



### August Birthday Wishes to:

- Tom Fraim – August 2
- Carla Brooks – August 5
- Jim Pammel – August 15
- Ken Glaser – August 18
- Grant Marsh – August 21

### Optimist Anniversaries in August

- Carla Brooks – 14 years
- Dick Carr – 14 years
- Tom Fraim – 14 years
- Gary Moonan – 14 years
- Dan Mulville – 14 years
- Jim Spain – 14 years



## Letters, We Get Letters!

Two women, each extraordinary in her own way, have written to the Optimist Club this month. **Optimist Sheryl Friedley**, a two-time President of our Club, writes in response to the Board's decision in June to name the Helping Hands Awards in her honor. **Veronica Day**, Olympic hopeful and friend of the Club, writes to update us on her road to the February 2018 Winter Olympics.

### From Sheryl

Dear Optimist Family,

It is with great pride and humility that I thank our Board of Directors for your decision to attach my name to the Helping Hands Awards presented by our club each year. When Vice President of Youth, Mike Fitzella, called a few weeks ago to inform me of this decision, I was filled with tears of joy – it was both a surprise as well as a wonderful Optimist honor!

During my first presidency, I was asked to be a guest speaker for an Optimist Club in Prince William County; I was told that this club would be honoring a 5<sup>th</sup> grade student who had become a "special friend" to a wheelchair bound, special needs classmate. Both the student being honored that evening (Grant Paulsen) as well as his "special friend" attended this program; I was so moved by the strong relationship created between these two young friends. It was clear that their strong bond had been created by simple acts of kindness and service – wonderful Optimist values to honor at just this early stage of life's journey. So, my Board that year agreed to create the Helping Hands Award and the rest is history! I am so honored that this program continues to be an important recognition for young students in our community who know the value of service.



On a personal note, this program holds many powerful memories for me. Grant Paulsen later became an undergraduate at George Mason University; though his focus was sports broadcasting, our paths crossed when he took my course in interpersonal communication. Grant has gone on to pursue a broadcasting career with 106.7The Fan and just recently married. Mike Fitzella's daughter was one of our early recipients of this award and I will gladly take credit for drawing Mike into our organization as a valued leader. And finally, my parents enjoyed this program often on their visits from Indiana – special speakers from our community including Washington Redskins players. I will treasure all of those memories fondly.

Finally, let me share a few words about my current journey. It's difficult for me to believe that it's been almost 6 years since I retired from George Mason University and returned to Indiana to be close to my parents. While I've been blessed to have wonderful years with my 89-year-old parents, Dad was diagnosed with moderate Alzheimer's almost four years ago and both parents have experienced some physical challenges over the past year. With these

### From Veronica

Dear Friends at the Optimist Club:

This is the final push before the Olympics as the Olympic team will be named in January with the Games taking place in February in South Korea. Needless to say, this season (which will include 8 international races) is the last and most important aspect of my 7-year skeleton career thus far.



Last season was full of both highs and lows. The season started off with racing my teammates for one of only six spots on the National Team. I was ultimately named to my 3rd National Team. After winning the overall North American Cup title on a lower circuit in 2016, I podiumed in my first "big time" race. I followed that up with a handful of top-10 finishes and learned 3 new tracks: Igls, Austria; St. Moritz, Switzerland; and La Plagne, France.

Igls was beautiful. If you ever have to choose between Germany and Austria... go with Austria. Innsbruck is one of the trendiest European cities I've been to. The weather is amazing, the people are pleasant and they adore all kinds of extreme sports. Also, their coffee is better than Germany's (but both are better than Norway's).

St. Moritz, Switzerland lives up to the hype. Every skeleton athlete proclaims that it is their favorite track. It's carved out of ice every year and has the distinction of being the largest ice sculpture in the world. I went in with high expectations and the track and town exceeded them in every way. I trained with some Swiss sliders and a German Olympian (i.e., really great slider) who I was smoking in training by half a second. It definitely helped to boost my confidence a bit.

And finally, I did a bit of training in La Plagne, France, where everyone is British and the track is incredibly hard! Very glad to have gotten this one under my belt. We trained with the junior French athletes. My teammate and I learned some serious stuff from these 15 year old kids! Again, the Alps are truly stunning and French desserts always reign supreme, in my humble opinion.

I'm writing to everyone at the Optimist Club because I am asking for your help in this final push towards the 2018 Winter Olympics. Your support over the last few years has been instrumental in my success. I couldn't have gotten this far without you and I want to end this season on a high note--by competing in the 2018 Winter Olympics.

Thank you for your time.

Veronica Day, USA Skeleton



## July Board Meeting Highlights

The Board of Directors met on July 12 with 7 members present. Highlights of the meeting are as follows:

- Discussed plans for the Walk for Growing Hope and Family Fun Day scheduled for September 23.
- Discussed Farmers Market operations; number of customers on July 1 was highest for the year to date.
- Discussed membership status of several members and the difference between Reserve membership and being a Friend of Optimist (FOO).
- Discussed openings for President Elect and Director of Youth for the 2017-2018 Optimist year.
- Agreed to cancel the August 2 dinner meeting.
- Approved a donation to Britepaths (formerly Our Daily Bread).

Letter from Sheryl Friedley, cont'd from p. 3

changes, we're in the process of transitioning from independent living to assisted living – not an easy transition for those of this “greatest generation.” Above all, I am grateful to be with them now -- just where I want and need to be. And . . . my prayer just might be to join you next May to celebrate this program with my Optimist friends one more time. Thank you – you are truly a blessing.

Optimistically yours, Sheryl

*We hope to see you, too, Sheryl!*

*Our 22nd Annual Helping Hands Awards will be May 2, 2018.*



### OPTIMIST CLUB OF GREATER VIENNA Board of Directors 2016-17

President	Michele Wright
Secretary	Jim Houston
Treasurer	Tom Bauer
Immediate Past President	Joe Miller
President Elect	Susan Bauer
Vice President of Community	Anna Ryjik
Vice President of Finance	Dick Lippert
Vice President of Media Relations	Gary Moonan
Vice President of Membership	Kathy Cutri
Vice President of Youth	Mike Fitzella
Director of Community	Susan Bauer
Director of Social Media	Nicole Pham
Director of Membership	Lauren Wagner
Director of Youth	Jeff Bechtle
Webmaster	Gary Moonan

### *The Optimist Creed*

Promise Yourself . . .

- 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 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 too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.**

*Christian D. Larsen*