



Optimistically Speaking

The Newsletter of the Optimist Club of Greater Vienna

August 2022

Calendar

Aug. 6 - Farmers Market
8 a.m. - noon
Musical guest:
Art and Nancy Lisi

Aug. 10 - Board meeting
Zoom mtg. - 7:30 p.m.

Aug. 13 - Farmers Market
8 a.m. - noon
Musical guest: *The Splinters*

Aug. 17 - First Responders
Awards
Zoom meeting - 7:30 p.m.

Aug. 20 - Farmers Market
8 a.m. - noon
Musical guest: *Fiddlin' Willie Band*

Aug. 27 - Farmers Market
8 a.m. - noon
Musical guest: *The Misfits*



News and Notes

On July 20, our Vienna Optimist Club honored two deserving local officers during our **Charles A. Robinson Jr. Respect for Law Awards**. Thank you to **Mike Fitzella** for emceeding the program and **Susan Bauer** for putting it together. **MPO Matthew Griffin** from the Fair Oaks Police Department and **PFC Dale "Chip" McElhatten** from our Town of Vienna Police Department were honored with the awards. We are very grateful for their dedication and service. Thank you, **Gary Moonan**, for these great photos!



MPO Matthew Griffin and
Captain Camille Stewart



Mike Fitzella



PFC Dale "Chip" McElhatten
and Police Chief James Morris

In other news, your Optimist friends seem to be everywhere, from spending time with families and friends and/or vacationing, to holding down the fort volunteering at the Farmers Market. **Dan Gropper**, **Mickey Williams** and **John Andrews** continue to be the best roadies around, turning out impressive acoustics from the amazing musicians and keeping the party hopping with their own musical selections in between. Thanks to **Roger Doughty** for rounding up volunteers for the FM -- please sign up on the website to help.



Serving the youth of greater Vienna for
more than 65 years!

Visit us:

www.OptimistClubofGreaterVienna.org or
www.Facebook.com/ViennaOptimistClub



From President Tom Bauer

Greetings Fellow Optimists!

We held our Respect for Law meeting at the Moose Lodge on Wednesday, July 20th. Susan and I were enjoying a week's vacation with the family in Deep Creek Lake so we were unable to make it. A big thanks to Mike Fitzella for taking over for me and conducting the meeting. From what I hear, the meeting went well, the food situation was improved but the temperature was a little toasty. As a result of an article in Vienna Patch, we now know why. The Moose Lodge's HVAC is failing and they don't currently have the money to replace it. They are in the process of holding fundraisers to try and raise the necessary funds. Your Board has voted to return to Zoom for the next few months at least due to this and the rapid spread of the BA.5 variant. The latest news indicates that there could be a new, improved booster sometime in September.

We have had several applications for membership in the last few weeks and hope to be able to induct new members soon. Please consider joining our Board since we have several vacancies. We will try to fit you in where you would most like to be.

Another Patch article, this time from Arlington, indicated that the Arlington Optimists have lost their Christmas Tree lot of 75 years at the corner of Glebe Rd. & Langston Blvd. (Lee Highway). Apparently, the owner (Wells Fargo Bank) felt that there was too much liability. We wish them well in finding a new lot.

Our next meeting will be August 17th and will honor our First Responders. As I mentioned, we will be conducting this meeting on Zoom. Please try to make it to support these essential folks.

Optimistically,
Tom



Vienna Community Band sharing their musical talent at the Farmers Market.
Photo credit: [Gary Moonan](#). Thanks, Gary!

**Board of Directors 2021-2022
Optimist Club of Greater Vienna**

President	Tom Bauer
Secretary, Acting	Susan Bauer
Treasurer	Michele Wright
Immediate Past President	Tom Bauer
President Elect	HOW ABOUT YOU?
VP, Community	HOW ABOUT YOU?
VP, Media Relations/ Webmaster	Gary Moonan
VP, Membership	Fritz Irwin
VP, Youth	Mike Fitzella
Director of Print/Social Media	Karen Yoon
Director of Membership	JonMarc Buffa
Director of Youth	Ed Wonder
Director at Large	Steve Shannon

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

On July 3, the Washington Post published an article called "Why Optimists Live Longer than the Rest of Us" by Fuschia Sirois. In future issues of *Optimistically Speaking*, I'll be exploring some of the studies the author referenced and explaining how authentic positive emotions, thoughts, and behaviors are linked to better health and happiness. In the meantime, know that as an Optimist, you are solidly on the right track doing things good for body and mind. Both optimism and volunteering are linked to wellbeing.

"A stumbling block to the pessimist is a stepping stone to the optimist".

Eleanor Roosevelt



Dozens of happy and curious passengers of all ages visited the Vienna Caboose in July.

Thanks to conductors **Dan Mulville**, **Roger Doughty** (pictured far right), and **Richard Ordeman** for "driving" the train!



Club members volunteering July 23: (L. to r.) **Carl Kratzer**, **Tim Buckley**, **Dan Gropper**, **John Andrews**, **Tom Spengler**, **Dan Mulville**, and **Steve Shannon**. Thank you to **Erica Meadows** from Ericott Flowers for the photo!

Hi everyone,

To help new and existing members learn a little more about each other, I'm thinking about starting two features if people are willing to participate. If not, no worries at all.

For example, **Gary** had a fun idea about matching members with unknown facts about them. To wit, I could say that I once accidentally spilled an adult beverage on Ben Affleck, but I don't want anyone to know. Your fact could be a secret superpower or just something you're comfortable revealing and most people don't know. If you'd like to play along, please email me at karen.optimist@gmail.com with your name and fun unknown fact, and it might turn up in a future issue! Thank you!

Also, a big shout out to **Susan** for completing our first Q & A on members. I would love to be able to profile a different person each month, and that includes you! Please consider sharing a little about you. The questions will be the same as seen below.

Thank you!
Karen

Optimist Spotlight -- *Susan Bauer, acting Secretary and Director/VP of Community*

Susan and Tom Bauer:
Fearless leaders

Q. Thank you so much, Susan, for being the first person to appear in our Vienna Optimist profile to help new and existing members learn a little more about each other. Hopefully, other people will see your brave act and want to participate, too. When did you opt-in to become a Vienna Optimist and why?

A. I joined the Vienna Optimists in 2009, when Sheryl Friedley was President. My husband, Tom Bauer (our current President), was a member and I had retired from FCPS and was looking for something we could do together to serve the community. I knew a couple of other Optimists from going to meetings with Tom and helping out at various functions. In 2015, I joined the Board as Director of Community when Joe Miller was President and Anna Ryjik was VP of Community. The next year, Michele Wright was President, and I became President-Elect. I served as President from 2017-2019. The members who have served with me on the BOD have all been wonderful and made the experience so worthwhile and fun.

Q. Fun fact about you?

A. I love to dance, but don't get many opportunities. I hear music and I want to move! I was doing Zumba three times a week at our gym before Covid.

Q. Favorite quote?

A. "Be Still and Know that I am God" (Psalms 46:10). So many of us don't take the time to sit quietly and just be. Listening to the birds and other sounds on the back porch is such a pleasure.

Q. Person who inspires you?

A. My husband, Tom. He is so even-tempered and calm that he balances me out when I get uptight and sweat the small stuff too much.

Q. When I am not volunteering as an Optimist, you can find me . . .

A. Volunteering at our church, hanging out at home doing various projects, reading, or out with friends.

Q. Favorite movie?

A. I love the movie "Dirty Dancing" for the music, Patrick Swayze, and the story line. It reminds us not to judge people by appearances, status or money, and of course the dancing is awesome.

Q. Do you live near any other Optimists?

A. Gary Moonan, Roger Doughty, Jon Marc Buffa, and Mary Lu all live within a mile from us.

Q. Favorite thing about the club?

A. The members and the friendships we have made throughout the years. I also love so many of the programs and fundraisers we do to help the community and the youth.