



Optimistically Speaking

The Newsletter of the Optimist Club of Greater Vienna

October 2022

Calendar

Oct 1. - Farmers Market
8 a.m. - noon
Musical guest: *Art & Nancy Lisi*

Oct. 8 - Farmers Market
8 a.m. - noon
Musical guest: *Swingology*

Oct. 12 - Board of Directors mtg.
7:30 p.m.

Oct. 15 - Farmers Market
8 a.m. - noon
Musical guest: *Carter Farm Boys*

Caboose open
1 - 5 p.m.

Oct. 22 - Farmers Market
8 a.m. - noon
Musical guest: *The Splinters*

Oct. 26 - Town of Vienna Halloween Parade

Oct. 29 - Farmers Market
8 a.m. - noon
Musical guest: *Fiddlin' Willie Band*

News and Notes

October is for Optimists outwardly open to an outstanding new membership year -- full of friendship, fun, and service to the greater Vienna community! To recognize members for their ongoing contributions and devotion, Club President **Tom Bauer** recently presented Optimist International's President's Citation Award to **Rick Ordeman** and the chapter's Optimist of the Year award to **Mickey Williams** (see Tom's message for more info). To thank Tom for serving two years in a row as President (now embarking on an unprecedented three-peat), Treasurer **Michele Wright** presented him with a gift certificate to the Bear Branch Inn and a bottle of wine from Vienna Vintner on behalf of all of us. Thank you Tom, Rick, and Mickey for everything you do!

In other news, VP of Youth **Mike Fitzella** reports that there will be a new format for this year's **Carol Waite Brennan Awards Ceremony**, slated for **November 16th**, from **7 to 8:30** at the **Vienna Community Center**. The awards (each a \$2,500 college scholarship) are given to six seniors from James Madison, George C. Marshall, and Oakton High Schools who have demonstrated outstanding efforts in academics, the arts, athletics, and community service, as well as exhibiting kindness, citizenship, optimism, and good character. School counselors nominate the students. Due to the new time, location, and limited refreshments, Mike recommends enjoying dinner at home first and then joining this special ceremony for cookies and coffee. These awards are named after a former Optimist who, along with her husband, Matt, started Ethics Day at Marshall High School and served as Vienna Optimist Club president from 2000-2001. She passed away from ALS that same year.



Michelle and Tom



Rick and Tom



(L. to r.) John Andrews, Mickey Williams, Tom Bauer, Mike Fitzella

October also marks the final month for our popular Farmers Market. In the next issue, we'll have a wrap-up of the Market from **Michele Wright**, who continues to do a phenomenal job as leader of this far-reaching fundraiser. If you'd like to serve on the Farmers Market committee next year, please email Michele at michelewrightoptimist@gmail.com.



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!

Our September social wound up being a great event with 21 Optimists attending. The Optimist of the Year for 2021-'22 was awarded to Mickey Williams even though Mickey was unable to attend. Mickey has done so much for our club through the years, mostly behind the scenes. He's always pitching in for Christmas tree sales, Farmer's Market with the sound team, Chillin' on Church, you name it. I certainly felt he was well deserving of this award. When you see Mickey be sure to give him a hearty congratulations!

Speaking of congratulations, we also had a special award from Optimist International which is the President's Citation Award. This award is given with our input to someone who has worked tirelessly for many years in all sorts of roles to advance our goals of helping our kids. Rich Ordeman is our President's Citation honoree and our club and our community owe Rich a debt of gratitude for all he's done through the years.

We have new members! Please welcome Rob Moreland, Bill Comerford and Erica Meadows to our club. I know they're looking forward to the great experiences they will soon have and I know we can find lots for them to do.

It looks like our Christmas tree sales will be a bit light this year. We ordered 900 trees but I've just been told by our supplier that we'll only receive 619. There has been and continues to be a real shortage and numerous calls to other suppliers have confirmed this. We'll just have to make the most of what we have. Please be sure to join us for our next meeting on Zoom where the slate of officers for 2022-'23 will be installed. I plan on giving you all an overview of the club's finances at that time as well. I think you'll be pleased to know that we are still in a strong financial position and the shortage of trees should not impact us significantly.

Optimistically,

Tom

In keeping with our mission of supporting local youth and organizations/outreach efforts that enrich our community, the Board of Directors recently approved the following donations, according to **Susan Bauer**, director, Community.

Cunningham Park Elementary - \$500
 Human Trafficking - \$400
 Belong! - \$250
 Childhood Cancer - \$3,000 + \$1,000
 Second Story - \$2,000
 Britepaths - \$500
 Marshall Ethics Day - \$1,000
 Vienna Arts - \$500

With the season of giving upon us and Amazon Prime Days approaching (October 11 and 12), Treasurer **Michele Wright** reminds us that we can help raise money for the Club (to support the community) when we shop through Amazon.

If this sounds good to you, go to your account section on the Amazon website, scroll down to AmazonSmile, and search for Optimist Club of Greater Vienna (you may have to type it in as I did). Then, every time you buy something through them, Amazon will make a donation to our organization.

Thank you, Michele, and Amazon!

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

The Optimist Creed

Promise Yourself

| | |
|-----------------------------------|-----------------------|
| 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 |

- 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

October offers plenty of play opportunities for children -- dressing up for Halloween, burrowing in leaf piles, and painting pumpkins -- but did you know that play is also important for adults?

With our complex and super-busy schedules, it's easy to let your to-do list take priority. But allowing yourself time to have fun and be playful actually might make you healthier and more productive. That's because having fun and engaging in activities that you truly enjoy -- be it a walk in the woods, playing pickleball, or racing the clock in a word game -- helps you combat stress and connect with what's important to you as well as spending time with other people. Experiencing positive emotions such as awe, joy, and laughter, ignited when you experience "flow" (when you lose track of time because you are pleasantly absorbed in an activity) are linked to greater creativity, clarity, and improved problem-solving. In addition, playing promotes brain growth and having fun helps make you healthier.

"Maintaining a sense of creativity and fun is linked with greater happiness across (one's) life span," says Stacy M. Peterson, who writes for the Mayo Clinic. "It contributes to resilience and healthy aging."

References:

<https://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/5-ways-to-bring-play-back-into-your-life/art-20342117>
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 Mihaly Csikszentmihalyi (1990). *Flow: The Psychology of Optimal Experience*. Harper Collins.

Optimist Spotlight -- *Kelly Diamond, new member*

Q. Thank you so much, Kelly, for participating in our Vienna Optimist profile spotlight, to help new and existing members learn a little more about one another. You are new to the Club but have been with us for years as a vendor at the Farmers Market! Welcome! When did you opt-in to become an Optimist and why?

A. I joined the Optimist Club in the spring of 2022. To be honest, I feel like I found my tribe. My mother raised me to always have an optimistic attitude and to always view the glass half-full. When I moved to the area, I struggled to make new friends and find a community that I really belonged to. That is until I became a vendor at the Optimist Farmers Market. I really enjoyed getting to know the Optimists who ran the market each week and the customers that visited the market each Saturday. Joining the organization just seemed like a natural next step in becoming a part of the community.

Q. Did you know anyone in the Club when you joined? How?

A. Jim Stinson was the first person I met when I inquired to be a new vendor at the Farmer's Market back in 2014. Over the years Jim & Dianne have become cherished extended members of my family. I absolutely adore them and they are a big reason why I wanted to join the Optimist Club.

Q. Favorite thing about the Club?

A. I LOVE Saturdays at the Farmers Market!

It really feels so great to come out (even in inclement weather) to see all my friends at the market - I also enjoy experiencing the seasonal changes too! Each Saturday you can really feel how spring turns to summer, and then transitions to fall. It truly is a breath of fresh air to my life and I honestly look forward to it each and every week! (I'm also looking forward to selling Christmas trees this year too!)

Q. Fun fact about you?

A. To a small circle of my immediate family and close friends, I am known as "Washboard Kelly". Zydeco music is the theme music from my childhood. Both of my parents were in

education and as a family we travelled extensively in the summers, spending a lot of time exploring the Louisiana Bayou. I have many fond memories of my small little family eating Cajun food and listening to live music in small little venues throughout the south. On more than one occasion, I was called on stage to play the washboard with the band and from that time on, the nickname “Washboard Kelly” became mine.

Q. [Favorite quote, book, person, or movie that inspires you?](#)

A. This is a really hard question for me to answer. My inspirations are fluid and always changing. I am often inspired by travel, exploring how other cultures live their everyday lives is fascinating to me. Other times, I’m inspired by art & literature – especially when I consider the context of the year and historical events surrounding the time it was created. Most recently, I watched a Netflix documentary on Nina Simone that inspired me. “What Happened, Miss Simone?” captures the struggles of her dreams and the cost that pursuing her passions had on her career. If you haven’t seen it, I highly recommend it. I hear her music in a new way after watching this documentary and I can’t stop thinking about her story.

Q. [When I'm not volunteering as an Optimist, you can find me . . .](#)

A. At home reading a book or in my kitchen trying out a new recipe. I’m an avid reader. I love to read historical fiction, a good biography and the New Yorker magazine. I also can’t stop collecting cookbooks.

Q. [Personal strengths/superpowers?](#)

A. Did you know that I was the former lead Executive Assistant to Dan Snyder from the Washington Commanders? My superpower is that I can successfully work with a range of personalities and find a solution to the most impossible situation multiple times a day! I’m also REALLY good at getting reservations in the most sought out restaurants in the world.

Q. [Best thing that happened to you recently?](#)

I recently became a certified health & wellness coach through the Institute for Integrative Nutrition!

All thru college and in the early years of my career I was involved in the health food community using food as medicine to holistically heal the body. During the pandemic I made it a goal to get back to my roots and focus on the habits I made all those years ago to help myself feel better. I used the time during the pandemic as a catalyst to slow down my own life to learn some tools not only for myself, but also to help others find holistic approaches to living a healthy life.