



Optimistically Speaking

The Newsletter of the Optimist Club of Greater Vienna

August 2023

Calendar

August 5

Farmers Market
8 am - 12 pm
Musical guest:
Jazz Trotters



August 6-12 National Farmers Market Week

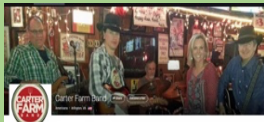
August 12

Farmers Market
8 am - 12 pm
Musical guest: Misfits



August 19

Farmers Market
8 am - 12 pm
Musical guest:
Carter Farm Band

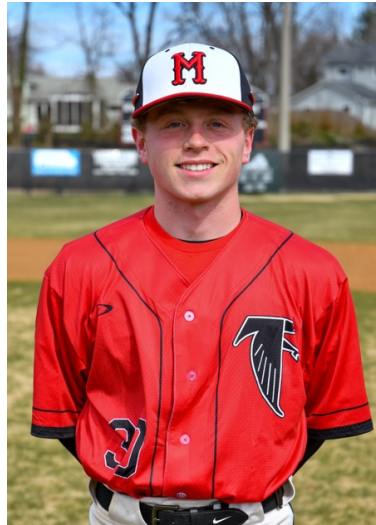


August 26

Farmers Market
8 am to 12 p.m.
Musical guest:
Misfits



News and Notes



Ryan



Ryan's parents, Ryan, Ashlie Strackbein (Jim Houston's daughter), her husband Steve, and Mike Fitzella

Mike Fitzella, VP Youth, happily reports that this year's recipient of the Jim Houston Leadership Award is Ryan Halloran. This \$1,000 scholarship was established in 2021 in memory of Jim Houston, who was a key member of our club for many years, says Mike. The award is presented to a senior player on the Madison high school baseball team who demonstrates the characteristics that Jim liked about the Madison baseball players, and honors one who does the right thing because it's the right thing to do, he adds.

In his essay, Ryan stated that the experience he gained helping to unload our Christmas trees led him to volunteer at other non-profits in the Vienna area. Ryan will be attending Chatham University in Pittsburgh.

Director of Youth Ed Wonder has been busy, too. He reports that the Board has approved relaunching the Vienna Optimist Club's engagement with local scout troops and recognition of their Eagle Scout awardees. In the first year of this effort, the club will present a banner, to be added to the troop's flag, at an Eagle Scout Court of Honor to recognize all of the troop's Eagle Scout awardees for the year.

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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 were able to conduct our first dinner meeting in quite some time at the Vienna Presbyterian Church which turned out very well. We'll continue to use the church facilities for the foreseeable future as far as I can see. The only drawback is that the church's doors are locked and we need to have a door opener to let our guests and members in. There is no fee necessary but we will give the church a donation for each meeting. Our honoree from Fairfax County Police was MPO David Antal and our Vienna Town Police officer is PFC Alex Murray. Alex had planned a family vacation for that Wednesday so we'll honor him at this coming meeting on August 16th. We also honored Ryan Halloran of Madison High School with the Jim Houston leadership award.

Thanks to Ed Wonder and several others, we are reviving our Boy and Girl Scouts program which honors those who reach the Eagle Scout or Gold Award. This had been an important part of our programs in the past and we're delighted to bring it back to life.

Once again, our club participated in the Town's Liberty Amendments month by posting banners at the Farmer's Market as well as handing out literature to anyone interested. Our old friend, Richard Plocica, was back in town over the Fourth and, of course, he attended the OI convention. Unfortunately, Susan and I were unable to visit with him but did get a chance to talk to him over the phone. He's just as optimistic as always!

Finally, Susan and I paid our respects to our beloved Jim Wilson who passed away March 12th and was laid to rest on July 20th at Arlington Cemetery. What a life well lived. Many years of exemplary service to our country as a submarine captain, TWO 30-year marriages and 6 children and many grandchildren to carry on his legacy. As you can see from the picture, he will be keeping pretty good company for eternity!

Don't forget to save time to help with Chillin' on Church on August 18th. It's a really good time and gives our club some great exposure.

*Optimistically,
Tom*



OPTIMISTS ON PAW PATROL

Paw Patrol isn't just a popular cartoon for preschoolers, it's also an easy and stress-relieving way for Club members to add value to the Farmers Market for our loyal customers so they can walk to come see us and shop with both hands! Due to local ordinances, dogs aren't allowed in the Market. But that's okay, because Pooch Parking is doggone fun!



Tim & friends



Sally & pal



Rob, Michele & bud



Rob & cutie pie



Jim & friend



Dan, Reid & dogs

National Farmers Market Week, August 6-12

Big thanks to Dan Gropper for the all the fun photos here -- and for sharing this newsworthy tidbit: On extra hot days, the Optimist tent at the Market doubles as a cooling shelter thanks to industrial fans, cold water, and ice, ensuring cool people -- and cool music. Rock on.

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The Club will also make a financial donation to the troop. That could be used to offset costs incurred by the scout in connection with their Eagle Scout project and Honor Court, Ed says. In addition, the four scout troops involved will participate on weekends at our Christmas Tree lot and potentially other volunteer activities. The participating troops are number 0987 (boys) and 0987 (girls), sponsored by Emmanuel Lutheran Church, 1539 at Vienna American Legion and 0152 at VPC (both boy troops). We hope to expand this engagement in future years to include local Girl Scout troops to recognize Gold Scout awardees, Ed adds.

Does Farmers Market Volunteering Offer Bonus Brain Benefits?

If you sleep better on Saturday nights after volunteering at the Market, consider this: While you sleep, you may also be deep cleaning your brain. That's because when you're in deep sleep, your glymphatic system revs up, sort of like a night-time cleaning crew in your brain. The glymphatic system flushes out toxins, which include beta-amyloid, a protein build-up often seen in people with Alzheimer's. Yet another reason to help out on Saturdays!

[https://www.health.harvard.edu/mind-and-mood/are-toxins-flushed-out-of-the-brain-during-sleep#:~:text=The%20waste%20management%20system%20\(called,occurs%20primarily%20during%20deep%20sleep](https://www.health.harvard.edu/mind-and-mood/are-toxins-flushed-out-of-the-brain-during-sleep#:~:text=The%20waste%20management%20system%20(called,occurs%20primarily%20during%20deep%20sleep)

<https://youtu.be/MJK-dMIATmM>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4636982>

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

Board of Directors 2022-2023 Optimist Club of Greater Vienna

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Secretary, Acting	Susan Bauer
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Editor	Karen Yoon
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Director of Youth	Ed Wonder
Director at Large	Steve Shannon

**ALL ARE WELCOME AT
VIENNA OPTIMISTS'
FARMERS MARKET!**



**EVERY SATURDAY 8AM-12PM
MAY 6-OCTOBER 28**