



Optimistically Speaking

The Newsletter of the Optimist Club of Greater Vienna

February 2023

Calendar

February 2

International Optimist Day

Originating in Quebec in 2013, this special day offers yet another opportunity to provide hope and encouragement to others while fulfilling the Optimist mission of bringing out the best in youth, communities and ourselves.

Free CPR training
Vienna Fire Dept.
6-8 p.m.

February 8

Board meeting 7:30 p.m.

February 14

Valentine's Day

February 15

Essay Contest

7 p.m. fellowship
7:30 p.m. program
Light refreshments will be served. RSVP to forthcoming email.

Arriving Soon....

March 18

Caboose Open

1-5 p.m.
Volunteers needed --
Model Railroad open, too

News and Notes



Six students from Canterbury Woods Elementary School participated in our Communications Contest for the Deaf and Hard of Hearing (CCDHH) on January 22, reports **Mike Fitzella**, VP of Youth. Families, fellow Optimists, and approximately 15 Canterbury Woods faculty members cheered them, he says. This year's topic was "Discovering the Optimist Within Me". Three students used spoken language to present their speeches, and three used American Sign Language (ASL) with an interpreter. A transcript of each presentation was projected on the wall so the audience could follow along, Mike adds.

Kudos to **Sherry Levitt** for her efforts running this program after taking over for **Rob DiRocco**. This is the first time since 2020 that we've been able to hold a contest due to COVID, Mike says. A special thanks goes to **Dee Castillo**, the Special Education Department Chair at Canterbury Woods, for her support. Judges were **Bob Gambarelli**, **Helen McNamara**, and **Nicole Warwick**. Club member **Ed Wonder** served as timekeeper. Several other club members also pitched in to help, Mike notes. **Sally O'Connor** and **Tom Spengler** set up the refreshments, and **Dan Gropper** located extra chairs for all our guests.

Essay Contest

Plan to join us on Wednesday, February 15 in the Vienna Community Center auditorium for this year's Essay Contest. The topic is "Who is an Everyday Hero that Brings Out the Optimism in You?" The top three essays will be read, followed by the presentation of awards. Be on the lookout for the email invitation and please RSVP. See sidebar for details.



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!

Only 2 more months of winter! My snowblower is gassed up and ready to go but where's the snow?

I'd like to give a shout out to Sherry Levitt for her excellent job running the CCDHH program on January 22nd. We had six contestants who all did a wonderful job with their talk, making the judges' job particularly difficult. I think this was the largest turnout I can remember for this event. The Vienna Community Center is really a good place to hold these events at very little cost. Still looking forward to having a permanent venue for dinner meetings. Think positive thoughts.

Please join me for a celebration of TR Cook's life at the community center on Friday, February 10th at 1:00 pm in the Seeman auditorium. We have 5 speakers scheduled at this point including Mayor Colbert and I'll be the MC. I'll make sure anyone else who'd like to speak will get the chance. TR did so much for our club, the town of Vienna and the Great Falls club. He deserves a good turnout to honor him for his many years of service.

Don't forget the hands only CPR training being given for free at the Vienna Volunteer Fire Dept. at 400 Center St. South on February 2nd between 6-8 pm. They'll also explain how to use an AED for cardiac events. No registration is required.

Look forward to seeing you at our next event- our annual essay contest held on Wednesday, February 15th. Gary will send out the sign up soon. Oh yes, Valentine's Day is the 14th. Did you know that Susan and I met on a blind date on Valentine's Day? Only 54 years ago.



Optimistically,
Tom

FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Read for JOI - Reading Month	2 Optimist Day Visit Optimist.org	3 Motivate someone else	4 Forgive the actions of another	5 Focus on a positive thought
6 Weekly Positive Journal	7 Send a card to a Friend Day	8 Thank someone	9 Make a list of things that inspire you	10 National Giving Hearts Day	11 Surround yourself with positivity	12 Help someone else with a task
13 Focus on a solution not a problem	14 Give a stranger a Valentine	15 Read something motivational	16 Make an Optimistic playlist	17 Random Acts of Kindness Day	18 Share a positive message to others	19 Learn something new
20 Laugh for 30 seconds for no reason	21 Listen to someone else without giving feedback	22 Be a positive role model to someone else	23 Think of something that brings you happiness	24 Make a list of things to celebrate	25 Read an inspirational book or article	26 Compliment yourself on something
27 Let go of a mistake	28 Read the Optimist Creed					

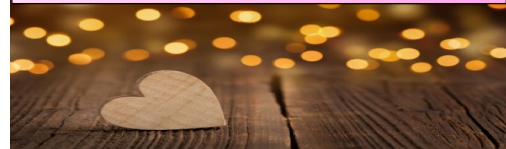
2ND 2023

SHOP FOR OPTIMIST DAY:
United States and the Caribbean:
Shumsky
www.OptimistStuff.com
Canada:
Ansell's Awards and Specialties
www.optimistsupply.ca



Remembering Vienna Optimists who shared their love with us and the community and who passed away in 2022:

T.R. Cook
Jim Pammel
Jane (Les) Carl



**Board of Directors 2022-2023
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
Editor	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

♥ **February is Heart Month** ♥

Take heart -- it's February and the symbol of life and love is all around on the greeting cards, chocolate, flowers, balloons, and stuffed animals of Valentine's Day. But did you know it's also American Heart Month? Created to increase awareness of prevention and treatment of cardiovascular disease, American Heart Month is a great time to take stock of what keeps you ticking in all manners of wellbeing.

Here are some fun and easy ways to help your heart. Studies show that holding someone's hand; petting an animal; spending time in nature; practicing deep breathing; listening to classical music; breathing in the scent of real lavender; and watching relaxation videos (such as on YouTube) may help lower blood pressure.

These simple ideas remind me of my favorite song -- "What A Wonderful World" by Louis Armstrong. In it, he sings about the real meaning of sincere greetings -- "Friends shaking hands, saying 'How do you do'? They're really saying, 'I love you'..." I don't know if a research study links this particular song to heart health, but I know it makes my heart happy.

Wishing you a February full of health, happiness, and giving and receiving love! - *Karen*

- <https://www.pennmedicine.org/updates/blogs/health-and-wellness/2018/february/affection>
- https://www.cdc.gov/heartdisease/american_heart_month.htm
- <https://pubmed.ncbi.nlm.nih.gov/22612017/>



Optimist Spotlight

This month, we profile another new member -- Bill Comerford! Welcome, Bill! Thanks for sharing a bit about yourself and participating in the Q and A!

Q. When did you become an Optimist and why?

A. August 2022. I had a desire to contribute to my community, plus it was an opportunity to make new friends and engage in social activities. Also, because of the encouragement and engagement with Optimist Club members prior to my joining. They were great examples of what the Optimist Club was all about. Once I read the Optimist Creed I knew I resembled those refrains!



Q. Did you know anyone in the Club when you joined -- and how?

A. I knew Roger Doughty for many years mostly through participation in Vienna Presbyterian Church events.

Q. What's your favorite thing about the Club?

A. My favorite thing about the club is how good it feels when we help somebody either directly or indirectly through our actions and our activities. It is a selfless organization with a wonderful creed and mindset. On a day-to-day basis, my favorite thing is helping others while working alongside them and making new friends with wonderful, like-minded people. Some of them even share my same sense of humor!

Q. Fun fact about you that most people DON'T know?

A. I was an Eagle Scout and attained order of the arrow in the Boy Scouts. I also fell out of the car at five years old when my mother turned the corner -- of course I have lived to tell about it, and other than a slight scar over one eye, I am none the worse for wear (some say the jury is still out on that) 😊.

Q. Favorite quote, book, person, or movie that inspires you?

A. Live every day as if it were your last. Do for others as you would have done for you.

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

A. Mostly volunteering with the Vienna Public Art and the Vienna Conservation and Sustainability Commissions, serving as a member of the Vienna art society, on the golf course, walking around town to get my 10,000 steps per day, and at the gym trying to recover the body of my youth -- the ultimate in lost causes!

Q. Personal strengths/superpowers?

A. Fortitude, adaptability, friendliness. My super power is never giving up while remaining optimistic in every endeavor.

Q. Best thing that happened to you recently?

A. Joining the Optimist Club, of course!