



Optimistically Speaking

The Newsletter of the Optimist Club of Greater Vienna

July 2023

Calendar

July 1

Farmers Market
8 am - 12 pm
Musical guest:
Katy & Alyssa Morse



July 8

Farmers Market
8 am - 12 pm
Musical guest: Laurie Blue



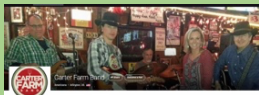
July 15

Farmers Market
8 am - 12 pm
Musical guest:
Katy & Alyssa Morse



July 22

Farmers Market
8 am to 12 p.m.
Musical guest:
Carter Farm Band



July 29

Farmers Market
8 am to 12 pm
Musical guest: Splinters



News and Notes

Hope everyone's been having a wonderful start to the summer! **Mike Fitzella**, VP of Youth, and **Ed Wonder**, Director of Youth, wrapped up a busy spring season by presenting lots of awards to many deserving area students. There is so much talent in students in this area! In sum, says Mike, "Our Partners in Education program was held on May 31 at the Vienna Community Center. Instead of honoring teachers this year, we celebrated our new partnerships with the Robotics clubs at Madison, Marshall, and Oakton high schools. Each club demonstrated their robots, and explained the details of the design/build process and the competitions. The presentations were very informative. Each of the groups also answered club members' questions after the meeting."

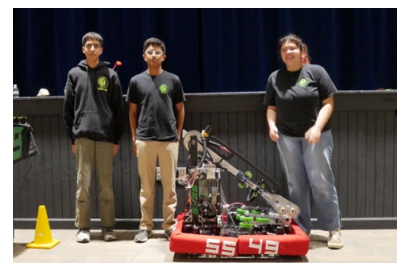
Mike adds, "We awarded our Vocational Scholarship to **Roger Stone**. Roger graduated from Madison, and will be attending Virginia Tech for a two-year turf management and landscaping program. And, our **Sheryl Friedley** scholarship for students with Intellectual and Developmental Disabilities was awarded to **Claire Fayer**. Claire lives in Vienna, and graduated from Bishop O'Connell high school. She will be attending Georgia Tech in the fall, enrolled in their Excel program for students with special needs." To learn more about this program, Mike provided this link: <https://excel.gatech.edu/home>.



Madison Robotics Club



Claire Fayer



Marshall Robotics Club

In Farmers Market news, committee member **Monica Gomez Isaac** reports that the Market is experiencing record-breaking crowds, thanks to increased publicity and excellent weather. She continues to be approached by potential new vendors. **Roger Doughty** is doing a great job leading the charge for Market volunteers. Many thanks to our wonderful roadies and volunteers who open their hearts in service each week at the Market to donate their time and talent.

See more on page 2. Thanks to **Gary Moonan** and **Mike Fitzella** for many of this issue's photos.



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

Visit us:

www.OptimistClubofGreaterVienna.org or
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From President Tom Bauer

Greetings Fellow Optimists!

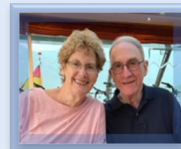
Happy 4th of July! Hope you can spend it with family and friends this year. OI is holding their annual convention in Crystal City but I'm not aware that any of us will be attending. I'll let you know if any announcements come out of the meeting.

We still need volunteers for the Farmers Market and Chillin' on Church. Our market has been doing quite well this year and now is the time the tomatoes and peaches are available. Monica has been doing a terrific job with her market responsibilities and we even have some new lead in signs. When you come to serve, let's be more proactive in greeting people as they come by. We have gotten two inquiries in the last couple of weeks from potential new members. Practice your "elevator" speech so you can inform those stopping by of all the great things we do for the community. Chillin' on Church is coming up on August 18th and we need more sign ups! This is one of the most fun volunteer opportunities. This is a great event for the Town of Vienna and we are grateful that they ask us to partner with them for one Friday during the summer. It is also a pretty good fundraiser for us as well.

Jim Stivison has settled in at his new home at The Kensington in Falls Church. His home number is still the same as what's in the directory, 703-255-0909. He would love to hear from his Optimist friends and get a ride now and then to meetings and the farmers market. Let's keep in touch with one of our longest serving members.

Our next meeting will be a dinner meeting at Vienna Presbyterian church at 124 Park St. NE in Vienna. Many of you have asked when we will be renewing our dinner meetings so here's the chance to show up for our Respect for Law awards meeting. Dinner will be catered by Skorpio's. Invitations will be sent out shortly for the meeting which will be Wednesday, July 19th at 7:00. Please pay attention to the sign up and advance payment expectations. This will be a great help to Susan in making sure we have enough food for everyone.

Optimistically,
Tom



Oakton High School Robotics Club



Roger Stone



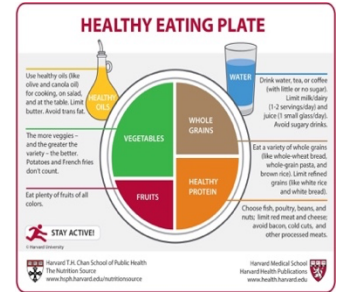
Instagram post made by one of the many talented students on our Farmers Market social media team, Maya Beam



With so much wonderful produce in season, what better time to ramp up your intake of fresh local fruits and veggies?

According to the Healthy Eating Plate recommendations from Harvard University, vegetables and fruits should comprise half of your plate. "Aim for color and variety and remember that potatoes don't count as vegetables on the Healthy Eating Plate (due to) their negative impact on blood sugar," they advise.

*Copyright © 2011, Harvard University. For more information about The Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard T.H. Chan School of Public Health, www.thenutritionsource.org, and Harvard Health Publications, www.health.harvard.edu.



In addition to fruits and vegetables occupying half your plate, Harvard's T.H. Chan School of Public Health recommends that one quarter of your plate include a lean protein, and one quarter should be whole grains. See the above diagram for more info and to check out their website. Here's what in season now:

Blueberries	Cauliflower	Carrots	Apricots	Zucchini	Nectarines
Blackberries	Corn	Beets	Cucumbers	Yellow squash	Peaches
Raspberries	Green Beans	Okra	Kale	Tomatoes	Plums
Green Cabbage	Peppers	Cherries	Eggplant	Swiss Chard	Lettuces and Herbs

If you love good food, travel, and light-hearted programs, you may want to consider streaming the "Somebody Feed Phil" series on Netflix. The star of the show is Phil Rosenthal, creator of "Everybody Loves Raymond" and a James Beard Award-Winning producer. While not for everyone (he eats a lot of meat), Phil's interactions with top chefs from around the world, area locals, children, and his parents, wife and kids, are warm and wonderful. He's very positive and might inspire smiles.

**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

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Optimist Club of Greater Vienna**

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