



# Optimistically Speaking

The Newsletter of the Optimist Club of Greater Vienna

June 2023

## Calendar

### June 3

Farmers Market  
8 a.m. - noon  
Musical guest:  
Jazz Trotters



### June 10

Farmers Market  
8 a.m. - noon  
Musical guest:  
Splinters



### June 17

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



### June 24

Farmers Market  
8 a.m. - noon  
Musical guest: Misfits



## News and Notes

On May 6, the Vienna Optimists' Farmers Market kicked off its 16th season in the Vienna Community Center parking lot with warm and sunny weather, delighted vendors, happy customers, and an official ribbon-cutting ceremony with Vienna Town Council member **Ed Somers**, says **Monica Gomez Isaac**, Farmers Market committee member and organizer extraordinaire. More than 23 vendors offered their savory and sweet foods, delicious drinks, fresh local produce, fragrant flowers, and healthy plants for home gardens for sale. Fairfax County Master Gardeners provided free expert garden advice, and talented local musicians Jazz Trotters performed.

What's new this year at the Market? Increased publicity with local media has resulted in additional foot traffic and better-placed signage is working well to support our friendly dog-sitting station, Monica says. In fact, six to eight teenagers from James Madison High School have volunteered to be part of the Club's official Farmers' Market social media team, designing posts for Facebook, Instagram, and Twitter, and a news release coupled with calendar submissions were created for as many media outlets as we could find. The Club's dog station, located at the volunteer tent, is replete with water, shade, pup-loving Optimists, and treats donated by Optimist **Kelly Diamond** and her company, DogLove. Many thanks to **Roger Doughty**, volunteer coordinator, and everyone who has shown up to volunteer! Read on to learn more about our wonderful vendors.



Dan Gropper at the dog-sitting station. Photo credit: **Monica Gomez Isaac**



Strawberry season!  
Photo credit: **Gary Moonan**



Photo credit: **Gary Moonan**



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

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From President Tom Bauer

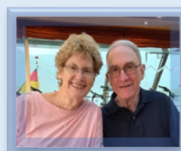
*Greetings Fellow Optimists!*

Since Susan and I were playing pickleball in sunny Spain, I don't have too much to report from firsthand knowledge. While we were gone, however, I understand that we raised the amount per school for Helping Hands from \$250-350 and eliminated Cunningham Park this year since we were unable to get them to respond. I've been told that they have an interim Principal this year so, we'll try to include them again next year.

I do have a new item of interest and that is we will be having our July 19th Respect for Law and our August 16th First Responders meetings at Vienna Presbyterian Church. These will be our first dinner meetings in some time so, please come and enjoy a catered meal both nights. As you might expect, no alcohol will be permitted but the church has a great room which can accommodate a large group and has room for two long tables for a buffet line. We could wind up using VPC for dinner meetings for quite some time if all works out successfully. One note: we have to change our policy for reservations. We will order food for all those who pre-register and pay in advance. Anyone who shows up without prior paid registration will only be able to eat if there is enough food left over. Your payment in advance will not be refundable since it will be part of the head count we will give the caterer. Look forward to seeing most of you then.

A thank you to all those who volunteered to serve on the Caboose during VIVA Vienna. Caboose tenders were Susan, Mairead, Rich (all of whom did 2 shifts), Dick, Jim, Roger, Bill, Dan and yours truly. We had over 1000 come through the 1st day!

*Optimistically,  
Tom*



*The following information was retrieved from vendor websites or via email from them.*

**Caffe Amouri** - Caffè Amouri opened in 2010 as an independent coffeehouse and artisan roastery and focuses on quality, sustainability, knowledge, and community. This award-winning business seems intentional about everything: they roast all their coffee in-house, recycle coffee grounds to "happy worms" living in local gardens, and invest in training and education for staff, fans, and coffee professionals. <https://caffeamouri.com>

**Dimitri Olive Oils** is based in Baltimore but their olive oils come from 200-year-old family olive farms off the Mediterranean coast. Their extra virgin olive oil is produced through an unfiltered process and is purely manufactured and cold-pressed. As well, olives are pressed within 24 hours of picking. According to their website, they have a rule: "Whatever you pick today, you must press tonight." In addition to these healthy oils, they offer vinegars, olives, salad dressings, tapenades and spreads. <https://dimitrioliveoil.com>

**Dog Love** - Fellow Optimist **Kelly Diamond** is the owner of this "all-natural bakery specializing in the holistic health of dogs." In addition to carefully crafted pup treats, Dog Love sells cute and durable pet care items. Kelly graciously shares those treats via the Club's dog-sitting station for Market guest dogs, too. <https://www.facebook.com/doglovebakery/>

**Ericott Mini Farm** - Featuring bouquets inspired by English cottage gardens, Ericott Mini Farm flowers are grown in Vienna and at the family farm in Orange, VA, using organic practices (primarily No Dig gardening as learned from Charles Dowding the UK). So pretty! <https://www.ericottminifarm.com>

**Fairfax County Master Gardeners** - Expert gardeners who volunteer their time to answer your garden and plant-related questions with research-based information.

**Board of Directors 2022-2023  
Optimist Club of Greater Vienna**

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**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*

**Family of Nuts** - This local company started roasting nuts in 2019. According to their website, they roast their nuts in small batches each week to ensure an even color and flavor. The nuts are preservative-free and no oils are added. Scoop up almonds, cashews, hazelnuts, peanuts, pecans, pistachios, and walnuts along with dried apricots, figs, raisins, and dates. <https://familyofnuts.com>

**(The) Fermented Pig** - This Vienna-based business's mission is to "provide our clients with the highest quality and tastiest Old World sausage, dry cured bacon and charcuterie" according to their website at [www.thefermentedpig.com](http://www.thefermentedpig.com). Looks like they offer vegan and vegetarian options for picnics at Wolf Trap, too.

**Great Harvest Bread Co.** - The owners say their work with this franchise is a dream come true because it allows them to fulfill their passion for making great tasting, nutritious bread and respond to and meet the needs of their communities. Bread and sweets. <https://darngoodbread.com>

**Gypsy Hill Dips and Rubs** - This local business hand blends spices, rubs, and more and hand packs them right here in Vienna. They are a Virginia Finest Product and all of their blends can be made in larger quantities upon request. <https://www.gypsyhillfoods.net>

**J & W Valley View Farm** - Known for their many varieties of tomatoes, this sustainable farm offers a wide array of herbs and vegetables, too. See more at <https://jnwvalleyviewfarm.wixsite.com/jnwvalleyfarm>

**Kuhn's Orchard** - According to their website, this nearby business is a 5th generation family orchard in the scenic fruit belt just outside of Gettysburg, Pennsylvania. On just over 100 acres of their 340 acre property, they "grow more than 20 acres of apples, more than 50 acres of peaches and nectarines, and small amounts of cherries, pears (including Asian pears), table grapes and currants, strawberries, raspberries, blueberries, blackberries, gooseberries, rhubarb, apricots, plums, asparagus, heirloom tomatoes and more." Although not organic, "We are committed to limiting the use of pesticides, conserving energy and water, protecting soil, preserving our land and bringing you safe, fresh produce," they add. <https://kuhnorchards.com/about-us/>

**Los Sabrositos, LLC** - This Baltimore-based business offers delicious crepes, breakfast sandwiches and pizza. <https://www.facebook.com/profile.php?id=100054497453046>

**Lucy's Charity Plant Sale** - As if high school juniors aren't busy enough, James Madison junior **Elizabeth Isaac** is back again for her third year of selling homegrown organic, non-GMO plants to raise money for other teens! After doubling her sales over the past two years, this year the enterprising and compassionate young leader is offering an even greater array of greenery with help from her friends. All proceeds will go to non-profit charity organizations, including Second Story here in Vienna and World Central Kitchen in the Ukraine. Elizabeth is the daughter of Optimists **Monica Gomez Isaac** (Farmers Market coordinator extraordinaire) and **Brian Isaac**. <https://www.lucyscharityplantsale.org>

**Mama's Donut Bites** is fairly easy to spot. Just follow your nose to the bright pink truck and enjoy their fresh hot mini donuts made to order! This local company started in 2011. According to their website, "Nailing the recipe was quite a process, but no one benefited more than the neighborhood kids!" [www.mamasdonutbites.com](http://www.mamasdonutbites.com)

**Pleitez Produce** - Pleitez Produce Farm is an IPM and non-GMO/GES farm located in Westmoreland County & King George County, VA. Family owned and operated, this local business has more than 25 years of farming experience and grows their produce on 80 acres. They plant in nine greenhouses to get in an early and late production, too, they say. To learn more, please visit their website at <http://pleitezproducefarm.com>.

**Quail & Hound Farms** - Veteran-owned, this business in Middleburg offers 100% organic, GMO-free farm-fresh eggs, raw unfiltered honey, rubs and spices, and sauces and glazes. <https://www.quailandhound.com>.

**Savagely Good Delectable Handmade Treats** "offers the best and most delicious hand-crafted pies, quiches, cinnamon rolls, and savory tarts you will find," according to their website. "Using local, seasonal fruit and vegetables, local farm eggs, and other premium ingredients, we provide homemade, small-batch baked goods that many of our customers believe are the best they have ever tasted." <https://savagelygood.com>

**Smith Family Farm** - According to their website, "There's a reason our meats taste better and are better for you; we do not take shortcuts, we don't rush the process, and our cows, hogs, turkeys, sheep, and chickens don't do drugs! Smith Family Farm is a 5th generation working farm (producing) healthy, great tasting grass-fed meat(s), pastured beef, pastured pork, pastured turkey, pastured lamb, pastured poultry and our laying hens are on fresh grazing land as well. Eggs are large brown. Humanely raised and handled. No antibiotics, No hormones or steroids, no commercial fertilizers or pesticide. We're USDA inspected. We're also a Virginia Quality-Assured Beef Producer." <https://smithfamilyfarm.grazecart.com/about-our-farm>

**Smith's of Mecklenburg** - Serving Vienna proudly for more than 5 years, Smith's of Mecklenburg makes their gluten-free, preservative-free products fresh each week. Check out <https://smithsofmecklenburg.com>

**The Roaming Stone** - When owner Matt Konkle combined his passions for the culinary arts and metalworking, the Roaming Stone was born. This local company "uses the same methods and specifications as knife manufacturers to put a durable and accurate edge on your cutlery at your own home or business." They sharpen cutlery, serrated blades, pruners, mower blades, hedge shears, and more. <https://www.roamingstone.net>

**True Honey Teas** - Based in Lorton, VA, this business wants you to know that their honey tea bags are packed with natural honey granules, they don't use oils or flavoring (only real ingredients), and they use twice the amount of tea leaves inside their tea bags for bolder flavor. [www.truehoneyteas.com](http://www.truehoneyteas.com)

**Tuckey Mountain Fruit** values quality, always fair prices, and commitment to their customers. They are four generations of family who work the land located along the base of the Appalachian Mountains in beautiful Adams County, PA, where their "farm products benefit from mineral-rich soil and spring fed water sources," they say. <https://www.tuckeymountainfruit.com>

**Westmoreland Produce** is a sustainable farm that got its start in Warsaw, Virginia in 1989, co-founded and operated by the Medina family. "We use only the best farming practices, and we do our best to act as good stewards of the land we work." Learn more about how they've grown as a business and what they offer at <https://www.westmorelandproduce.com/about-us/>