



Optimistically Speaking

The Newsletter of the Optimist Club of Greater Vienna October 2023

Calendar

October 7

Farmers Market

8 am - 12 pm

Musical guest:

Jazz Trotters



October 14

Farmers Market

8 am - 12 pm

Musical guest: Splinters



Caboose Opening

1- 5 p.m.

Need 2 volunteers for each shift.

1-3 p.m.

3-5 p.m.

October 21

Farmers Market

8 am - 12 pm

Musical guest:

Laurie Blue



October 28

Farmers Market

8 am to 12 p.m.

Musical guest:

Accotink Rising



News and Notes

And the winners are (drum roll, please)... **well-deserved!** At a September Club gathering, **Monica Gomez Isaac**, our incoming President, and **Dick Lippert**, an Optimist for 36 years, won the Optimist of the Year Award and Optimist International's President Citation Award, respectively. Both have generously provided countless hours of volunteering as well as a can-do, will-do attitude of optimism to Club and community, all to benefit the youth of the surrounding area.



Tom and Monica



Tom and Dick

As many are aware, Monica did an outstanding job this year expanding and updating the Club's Farmers Market--a 25-week long fundraiser that runs from May 6 through October 28 and requires nearly a year's worth of work. Under Monica's tutelage, the Market attracted many new vendors, officially sanctioned "Pooch Parking" (a value-added dog-sitting service offered by existing volunteers so patrons can shop even while walking their dogs), and organized a student-led social media effort to augment a public relations campaign. Thank you, Monica and Dick, for your stellar service and setting a wonderful example. Thank you, **Gary Moonan**, for these great photos.

On another fun note, we are the Marching Minions for the Town of Vienna's 77th Halloween Parade, says **Susan Bauer**, VP, Community. This year's theme is Cartoons and Comics. Although the parade begins at 7 p.m. October 25, rain or shine, the VBA is hosting a pre-parade get-together at Jammin' Java at 5 p.m. featuring free food and beverages. At press time, we have 8 members participating, says Susan. Let Susan know by October 4 if you'd like to join so she can order additional costume pieces (base Minion-wear includes your own jeans and yellow Optimist t-shirt. If you need the yellow t-shirt, contact **Michele Wright**. They're \$5).



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!

Another Optimist calendar year under our belt! Many thanks to all of you who participated in one way or another to serve the kids of the Madison, Marshall and Oakton pyramids. A special shout out to Monica Gomez Isaac our 2022-23 Optimist of the Year!! Very well deserved. What a job she has done with our Farmers Market. Also, deserving special mention is Dick Lippert who has been awarded the President's citation from Optimist International for his 36 years of dedicated service to our club and to several generations of kids who have benefited from his commitment. Well done, Dick.

The new slate of officers will be officially sworn in at our October 18th meeting at the Vienna Presbyterian church. As you know, we will have some new faces on this coming year's Board. Roger Doughty will be our new Vice President of Membership, Bill Comerford will be Director of Community working with Susan until he can take over the Vice Presidency, Brian Isaac will be our new webmaster, and JonMarc Buffa will be writing our newsletter. One later addition is Dan Woltman who will assist Roger as Director of Membership. Of course, I will be stepping down in January as Monica takes over the helm. We owe a great debt of gratitude to Fritz Irwin, Gary Moonan and Karen Yoon for their dedication to so aptly filling those roles for a number of years. Thanks to all of you for making my job easier.

We had a great social meeting on Wednesday the 27th at Settle Down Easy in Oakton with several prospective members in attendance. The food was good, the beer was cold and we had plenty of space to ourselves. I'd like to try them again some day.

Finally, I wanted to bring you up to date on Mark Keam's health for those of you who didn't see his FB post. After coming alarmingly close to death from sepsis, he reports to be doing much better, able to get out and about and able to receive visitors. Only one more surgery to go! Also, please keep Jim & Diana Stivison in your prayers as they both battle with Covid as well as their other ailments.

*Optimistically,
Tom*



Can you picture yourself as the conductor of this Caboose?

As Optimists, our club welcomes visitors onboard the Caboose for the Town of Vienna, usually on the same day that the toy trains are running at the nearby Model Railroaders exhibit.

Friendly greeters and "ticketers" are needed October 15, November 18 and 27 (the latter coincides with the Church Street Stroll). Email dmulville1@gmail.com to onboard. No experience (just smiles and an open heart) necessary.



Marching Minions

Having fun while growing your brain

Although the photos are sure to be adorable, you might not think that participating in a Halloween parade would be brain-stimulating. But guess what? It is, in many ways, to include social connection, play, and physical activity.

Research shows that physical activity builds BDNF (brain-derived neurotrophic factor), which increases neurons in the noggin. Beth Frates, MD, Harvard professor and President of the College of Lifestyle Medicine, describes it as "Miracle Gro for the brain". Play fosters creativity, joy and flow, which increases happiness and is associated with broadening our personal resources, such as making friends and deepening human connection (Fredrickson, 2001). Regular physical activity and positive relationships are linked to enhanced well-being. According to the World Health Organization, "Health is more than the mere absence of disease." Rather, it includes [mental, social and physical well-being](#).

(And you were hoping the payoff was candy! 😊)

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

Optimists in Action...



Dan and Michele



Mickey & Huckleberry



Gary, Bundle of Energy, & Brian



John, Tom, & Michele

Board of Directors 2023-2024 Optimist Club of Greater Vienna

- | | |
|----------------------------|------------------------|
| President | Tom Bauer (until 1/24) |
| Secretary, Acting | Susan Bauer |
| Treasurer | Michele Wright |
| Immediate Past President | Tom Bauer |
| President Elect | Monica Gomez Isaac |
| VP, Community | Susan Bauer |
| Director, Community | Bill Comerford |
| Webmaster | Brian Isaac |
| VP, Membership | Roger Doughty |
| Director, Membership | Dan Woltman |
| VP, Youth | Mike Fitzella |
| Director, Youth | Ed Wonder |
| VP, Media Relations/Editor | JonMarc Buffa |



Another fun social media post designed by our wonderful students. This one created by the talented McKenna C.



Farmers Market Vendor Profile:

Roaming Stone

by Sherry Levitt

“A sharp knife is a safe knife,” observes Duncan of Roaming Stone, a mobile tool and cutlery sharpening service, and he has a scar on his finger to prove it. It makes sense: a dull blade requires more pressure and is more likely to slip when pressure is applied. At the very least, most of us can attest that dull blades aren’t very useful.

On any given Saturday morning at the Vienna Optimists Farmers Market, customers approach the Roaming Stone tent with all manner of implements: scissors, knives and garden tools of all types, chisels, axes and even lawn mower blades. Duncan was trained at the factory that makes the equipment required to sharpen salon and grooming shears. This equipment uses sharpening disks that range from the 60 to 9-micron level.

For Duncan, whose full-time job keeps him sitting at a desk in the corporate world, working for the Roaming Stone company is the ‘fun part’, giving him a chance to meet all kinds of people and get his hands dirty while sharpening a myriad of items. Working with tools comes to him naturally, having grown up on a ranch in Wyoming. After that came a 32-year career in law enforcement that included tours living in Hong Kong and Japan. When asked about particularly unusual or challenging jobs, Duncan described sharpening a knife forged from an artillery shell that had been fired from China onto Taiwan. The metal was extremely strong, taking great effort to get it sharp; however, due to the strength of the metal, the knife remains sharp to this day.

In the old days, a knife sharpener might circulate around a neighborhood with a pushcart with a large sharpening wet stone wheel, but with modernization, Duncan can come to your location at a scheduled time while using a series of sharpening belts. Or visit the Vienna Farmers Market on a Saturday morning and you will find Duncan there. And each knife he sharpens for you comes with a warning: “Caution, sharp knife.”