



Optimistically Speaking

The Newsletter of the Optimist Club of Greater Vienna September 2023

Calendar

September 2

Farmers Market
8 am - 12 pm
Musical guest:
Melodi (no photo available)

September 9

Caboose Open
1-5 p.m.
Email Dan Mulville to
volunteer

Farmers Market

8 am - 12 pm
Musical guest:
Accotink Rising



September 16

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



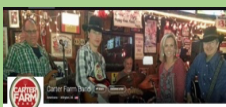
September 23

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



September 30

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



News and Notes

It's busyness as usual for Vienna Optimists right now as summer winds down and a new Optimist board year begins. According to Susan Bauer, VP Community, several members have stepped forward to serve on the 2023-2024 board and only one opening remains. Below is the list of candidates and vacancies for the 2023-2024 term. **Please watch your email for an official ballot -- votes are needed to approve the new officers** who will begin their term in October, Susan says.

Susan adds, "The BOD would like to thank Gary, Karen and Fritz for their years of service to the Optimist club by serving on the BOD. Gary has served many years on the BOD as Webmaster and jack of all trades for the club doing things that have been outside his duties as webmaster. Over the years he has brought new ideas, perspectives, and alternative ways of accomplishing the goals of many projects along the way. Karen brought the club into the spotlight by getting us more exposure to other media sites and newspapers. She wrote a positive and upbeat newsletter that everyone looked forward to each month. Fritz served as our membership chair and worked hard to follow up with new prospects and we signed up quite a few new members during her tenure on the BOD. We wish all of them good fortune as they pursue other endeavors. There is one vacancy that needs to be filled and someone in our club who would be excellent. Give it some thought and volunteer!"

In other news, Vienna Fire Department EMT Aileen Bay and Dunn Loring Fire Department EMT Aly Lubov won the Club's First Responder Awards and Town of Vienna Police Department PVC Alex Murray won our Respect for Law Award. Thanks to Gary Moonan and Roger Doughty for sending me wonderful photos.

Proposed Board 2023-2024

President - Tom Bauer until Jan.
President Elect - Monica Gomez Isaac
(starting January)
Treasurer - Michele Wright
Secretary - **Vacant**
Webmaster - Brian Isaac
VP Media Relations/Newsletter -
JonMarc Buffa
VP Youth - Mike Fitzella
Director Youth - Ed Wonder
VP Membership - Roger Doughty
VP Community - Susan Bauer
Director of Community - Bill Comerford



(l. to r.) Susan, VFD
Deputy Chief Jeff Snow,
EMT Aileen Bay



(l. to r.) TOV Police Dept.
Major Dan Janickey,
Susan, PVC Alex Murray



(l. to r.) Dunn Loring VFD
President Myke Van Dyke, Susan,
Susan, EMT Aly Lubov



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!

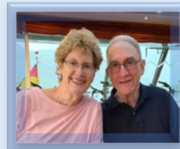
It's been a great month at the Farmer's Market. Monica has brought in several new vendors including Artisan Health Bar and Asian cuisine options. We stand to make a record profit this year thanks to a lot of hard work from all of you who participated! We were fortunate to have beautiful weather for Chillin' on Church and stand to make a significant profit from that as well. Many thanks to those who helped including Rick Cassee and Cheryl Welsh, both prospective new members. Our final business meeting of the year once again was held at Vienna Presbyterian Church and honored Vienna and Dunn Loring First Responders as well as our Vienna town police honoree.

Please mark your calendar for our upcoming social event at Settle Down Easy Brewing in Oakton on Wednesday, September 27th starting at 6:00 pm. This is a new venue I think you'll like. Food will be provided by The Fermented Pig, one of our Farmers Market vendors. We will be honoring our Optimist of the Year at this meeting as well as our OI President's Citation award for long time service to the club.

We will be sending out our slate of officers for membership to vote on shortly. You will notice several changes and new faces. I'm so pleased to see new blood involved in carrying on our rich tradition of serving the kids in the Oakton, Madison and Marshall school pyramid. One notable vacancy is that of our Vice President of Media Relations. Karen needs to step down to give herself some time to establish her new business and complete her graduate degree in Psychology at Harvard University. She has done a spectacular job, especially with the newsletter. Please consider volunteering for this critical position. (Editor's Note: Thank you, Tom! At press time, an exciting development occurred as JonMarc Buffa confirms he will fill this role. Thanks, JonMarc!) Another crucial vacancy is the Secretary. Susan has been doing double duty as the secretary and community positions and would like to do just the community position. Separately, we'll be travelling 9/5-9/19 and will see you after that.

Finally, I want to ask for prayers for our Optimist brother, Mark Keam, as he recovers from a very serious set of operations that have left him weak and struggling with his ability to function. We have sent him a get-well card which many of you were able to sign. I will keep you posted if I hear any further on his progress.

*Optimistically,
Tom*



Calling All Clowns. . .

"Cartoons and Comics" is the theme for the Town of Vienna's annual Halloween Parade. Can you join the Club's Halloween Parade Committee? If so, please email Susan after 9/19.

Adding feel-good activities that generate positive emotions (e.g. amusement and interest) to your daily schedule may be just as important as physical activity and good nutrition, [research shows](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7153969/).

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7153969/>

"The meaning of life is to find your gift -- the purpose of life is to give it away."

~ William Shakespeare

Fresh from the Market. . .

Happy vendors, customers, and canines. . .

all thanks to you, your positive attitude, and willingness to serve!



Los Sabrositos pizza

Dan Gropper Fan Favorite



Los Sabrositos



Tai from Family of Nuts



Emily from Quail and Hound



Nice to meet you,
Smith's of Mecklenburg



Happy customers



Rockin' roadies: Rob, Jim, Roger, Bill



PAW Patrol: Roger, Jim, Sherry

Do you need a name tag?

Email Susan at
susanbaueroptimist@gmail.com

Chillin' on Church

VP of Community Susan Bauer would like to thank the following Optimist volunteers who worked at the TOV "Chillin' on Church" event on Friday August 18th. Some even served for two shifts, she says.

Dan Mulville, Tom Bauer, Mairead Holly, Mickey Williams, Fritz Irwin, Roger Doughty, Mike and Mary Fitzella, Jim Hegel, David and Colleen Whiting, Michele Wright, Tim Buckley, Jim Fisher, Sherry Levitt and Dick Lippert were Optimists on tap. "We are especially grateful to Cheryl Welsh and Rick Cassee who are not Optimists but were invited to join us for the event. Cheryl enjoyed it so much she stayed for a second shift!" Susan adds.



(l. to r.) Michele, Mickey, Colleen Susan, David, Tim, Jim (l. to r.) Fritz, Roger, Mickey, Rick

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

President	Tom Bauer
Secretary, Acting	Susan Bauer
Treasurer	Michele Wright
Immediate Past President	Tom Bauer
President Elect	Monica Gomez Isaac
VP, Community	Susan Bauer
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

ALL ARE WELCOME AT VIENNA OPTIMISTS' FARMERS MARKET!



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

MEA CULPA!

This wonderful social media post was made by Julianna Smith (not Sullivan, as I erroneously reported last month). Julianna is one of our many talented student volunteers and has created many terrific posts. My apologies for any confusion

VENDOR SPOTLIGHT:

Thank you so much to fellow Optimist Sherry Levitt for writing this wonderful article about Wanda Catlett of J & W Farms. Look for more engaging articles from Sherry in the future and enjoy her many writing talents!

Wanda Catlett

“Ask me anything about farming: it’s the only job I’ve ever had,” says Wanda Catlett, of J&W Valley View Farm. “I’ve been farming all my life. I grew up on a farm; we raised livestock, grew soybeans, field corn and more.” The family baled hay and cultivated a huge vegetable garden, so productive that they could give away the produce to friends and neighbors.



The ‘J&W’ stands for ‘Jose and Wanda’ and their farm is a multi-generation enterprise that has been in Westmoreland County for a long time: the road to their property still belongs to the family. Her son, Jose Medina, works with her as have her children and grandchildren. Her ten-year-old grandson is participating in his family’s heritage and raising chickens.

Now in its fourth year in Vienna, J&W Valley View Farm stand has been there longer than any other vendor’s. A fixture at many area farmers markets, Wanda and family are up at 3:30 a.m., four times a week to prepare for the day.

Depending on the season, there are fresh herbs, squash, eggplant, cucumbers, peppers, potatoes and summer melons; also, field greens, root vegetables, beans and peas, seasonal fruit and, of course, several varieties of tomatoes. All are field grown and ripened. Wanda notes that the longer tomatoes are on the vine, the tastier they will be, but cautions that once watermelons are picked,

they will not ripen.

Wanda and her family transform hard work into wonderful vegetables and fruit. Patrons, whether loyal repeaters or new, are grateful for the freshness and quality of the produce that Wanda and her family bring to Vienna Optimists' Farmers Market!

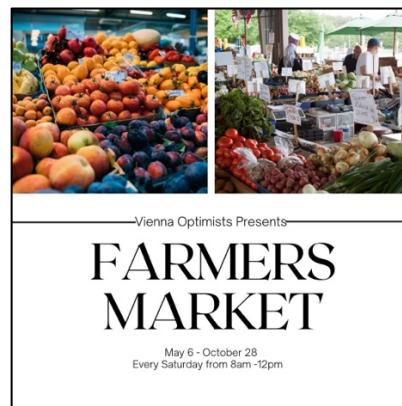
More Social Media Posts Made by Our Dedicated and Creative Student Volunteers



Design by Valerie Ramos



Design by Quill Yi



Design by Katie Tylecki