



Optimistically Speaking

The Newsletter of the Optimist Club of Greater Vienna

April 2022

Calendar

April 6 – Zoom meeting

7:30 p.m. featuring "The Happy Brain!"
Join Cathy Rees, retired RN and Registered Yoga Teacher for a fun and interactive workshop on keeping the brain happy and healthy. Learning about the structure and function of the brain and how to keep it from "Flipping its Lid" during times of stress will help to mitigate toxic effects. Cathy will teach you practical breathing techniques, memory strategies and brain fitness movements that will keep you sharp!

April 16 – Caboose open 1-5 p.m.

April 20 - Zoom meeting featuring the T.R. Cook Youth Awards of Excellence 7:30 p.m.

April 23 - Special Olympics Track Events Episcopal High School 8 a.m. – 3 p.m.

News and Notes

Our busy spring season continues with contests and awards galore for area youth. Seven students from Thoreau Middle and Madison High Schools shared their inspirational speeches about "Staying Optimistic in Challenging Times" during our Zoom meeting March 20. Madison students **Leslie Payne** and **Maxwell Roberson** won first and second place. They move on to the District Oratorical Contest April 16. **Ariana Paredes**, from Thoreau, won third.

VP of Youth **Mike Fitzella** sends a special thanks to **Andy Finn**, former GMU colleague of **Sheryl Friedley**, for serving as head judge, and for providing members of the GMU Toastmasters Club to round out the panel. Kudos to **Ed Wonder** for stepping up to the plate and serving as timekeeper, he adds.

You can be inspired again on April 20 via Zoom for our **T.R. Cook Youth Awards of Excellence program**. We will be recognizing juniors from Madison, Marshall, and Oakton High Schools in the following areas: Academics, Citizenship, Fine & Performing Arts, Science, Sports, and Technology. Our guest speaker will be **Minh Towner**. Minh escaped from Vietnam in 1968. Her story is particularly relevant given the situation in Ukraine. Meeting attendees can ask questions at the end of the program, Mike says.

Separately, this month we need volunteers for the Caboose (sign up here: [Vienna Caboose 2022](#)) and the Special Olympics Track Event (see below). No experience necessary!

We need timers Saturday, April 23, at the Special Olympics Track Event at Episcopal High School. Can you please help? Email **Mike Battaglia** at mikebattaglia@cox.net for details and to sign up.



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!

Happy Spring! So nice to see so many blooming trees and flowers. It's also so nice to see Covid retreating, hopefully to stay that way.

We had some great speakers for our Oratorical contest on March 20th. Our winner, Leslie Payne, gave one of the best speeches I've heard in some time and her Ukrainian heritage and the fact that she still had relatives in Ukraine added an emotional quality as well. We have increased the prize money this year so the winner received \$1,000 with \$600 and \$400 going to the second and third place contestants respectively. I just wish we were able to get more schools on board for this great contest. Besides the money, I think it provides the kids with a fantastic opportunity to develop a skill that will be of great value throughout their lives. Many thanks to Mike and Ed for another great program.

Get ready for our first in person meeting in quite a while. On May 18th, we'll be back at the Vienna Moose Lodge for our annual JOOI club presentations. This year we've also decided to honor the Madison H.S. girls' basketball team for their three-peat state championship. That's three consecutive years; an unbelievable achievement. Come help us to honor them and hear all the great things our JOOI clubbers are doing.

Don't forget to sign up with Mike Bataglia for the Special Olympics time trials coming up. This is a great event and brings a lot of joy to be able to participate with these folks. Also, the Farmer's market is just around the corner! Please sign up early and often.

Finally, as our by-laws require, I am attempting to put together a nominating committee for the coming year. We desperately need someone to step up to the plate to replace me and Susan would like to give up the secretary's job as well. Please give some serious thought as to how you could step into one of these roles and keep our club moving forward!

Optimistically,
Tom



Our Farmers Market is back in business on Saturday, May 7, with more great food, fabulous music, and fun company! Did you know that ours is the only Farmers Market in Fairfax County run by a non-profit? Special thanks to **Michele Wright** for all her work throughout the year to make it happen—and to **Gary Moonan** (sign-up list genius), **Roger Doughty** (sign-up list captain), **Susan Bauer** (organizing genius for lockers), **Dan Woltman** (assisting with sponsorships) and many more volunteers to be named here!



Dan Mulville met with representatives from the Herndon Historic Society recently who wanted to know how we paint, maintain and operate the Vienna Caboose as they are planning to renovate theirs. Dan gave them the scoop. In addition, Dan reports that the Vienna Public Works Dept. has replaced the plexiglass covers on the Caboose ladders, a significant safety upgrade which may help discourage adventurous Caboose climbers. Thanks, Dan!

**Board of Directors 2021-2022
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

Hi everyone,

I'm Karen, your new editor. In this, my debut issue, I'd like to thank **Laurie Cole** for writing and producing such a beautiful newsletter for seven years--and her husband, **Harry Cole**, for the beautiful graphics he's designed. Laurie not only made it look easy, but tried valiantly to set me up for success, as did **Gary Moonan**. Gary, I appreciate your advice and patience with me in learning how to create a newsletter layout, sans Publisher, on my Mac, in Word! As Michelangelo said at age 91, I am still learning!

If there's anything you would like to see included in the newsletter, such as brief profiles on our stellar volunteers, intriguing tidbits about positive emotions and why they are good for you, or even contributing a guest column about someone or something that recently inspired YOU, please let me know!

Since I am new to the Club, I'd also like to say thank you for letting me join. As I learn more about what you do, it's clear you have done an impressive job of supporting and encouraging Vienna youth for a long time! Please allow me to echo the gratitude from them that you deserve: THANK YOU FOR ALL YOU DO! One person, one club, even one smile can change someone's day or make an impact in another's life.

Karen