



Optimistically Speaking

The Newsletter of the Optimist Club of Greater Vienna - May 2025

News and Notes

Calendar

This Month

Board Meeting

13 May 2025
7 PM (virtual)

Viva Vienna

24-26 May
Caboose Volunteers
Needed!

Helping Hands

VCC, 7 May 2025

Farmers Market

Every Saturday
8am-12pm

Coming in June

Viva Vienna

24-26 May
Caboose Volunteers
Needed!

2025-2026 Board Elected

Club members recently voted on new Board members for 2025-2026. Results:

President	Wendi Carroll
Immediate Past President	Monica Gomez Isaac
Secretary	Jacque Brewer
Treasurer	Michele Wright
VP Membership	Dan Woltman
Director Membership	VACANT
VP Community	Bill Comerford
Director Community	VACANT
VP Digital Communications	Brian Isaac
Director Digital Communications	Jacque Brewer
Director Youth	VACANT

Calling all Caboose Volunteers!

The Caboose is once again open for visitors through December. Volunteers from the Club are needed as people come from all over the DMV to see the Caboose and Club members act as hosts during their shift. Please sign up for a shift (no experience necessary) using the Sign Up Genius link below. On each available date there are two shifts: 1 PM – 3 PM and 3 PM – 5 PM. Please note: It is especially important that we get volunteers for 24-26 May as these are the dates of Viva Vienna.



<https://www.signupgenius.com/go/60B0848A4A923A1F94-54140364-redcaboose#/>



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

Visit us:

www.OptimistClubofGreaterVienna.org, [Instagram](#) or [Facebook](#)



TR Cook Youth Awards of Excellence

This year's TR Cook Youth Awards of Excellence program was held on Tuesday, 22 April at Madison High School. Juniors from Madison, Marshall, and Oakton High Schools were recognized in the following categories: Academics, Citizenship, Fine & Performing Arts, Science, Sports, and Technology. The Students of Distinction in each category were: Maxwell O'Harren (Academics), Hunter Guthrie (Citizenship), Lydia Wilder (FPA), Valeria Novoa (Science), and Khartik Uppalapati (Technology). The winner in the Sports category, Samantha Dabich, was unable to attend the ceremony. Below are some pictures of nominees and Students of Distinction at the event.



New Marketing Materials

As part of the branding of our Club and presenting a more uniform appearance to attract new members, Membership VP Dan Woltman obtained new tablecloths and signage. The materials will be used at the Farmers Market, Christmas Tree Sales, and other events as appropriate.



Special Olympics Success

The Optimist Club of Greater Vienna participated in the Northern Virginia Special Olympics Track and Field Meet at Episcopal HS in Alexandria on April 26th. The Optimist volunteers coordinated all the track events including the 100-meter races, the 5000-meter races, and the relay races. They also assisted the video timing operator with data entry into a database (new this year), capturing the athlete's name, assigned number and performance results and electronically forwarded them for the awards ceremony. The day was cloudy with bit of rain, but all events were successfully conducted. The real highlight of the day was watching the athletes who were openly nervous at the start, then relieved, joyous, and proud at the finish (and watching their parents who were so proud of their child's accomplishments). Many thanks to the volunteers who were cheering and encouraging the runners as they rounded the track. They included Mike Battaglia, who organized our participation in the Special Olympics, Tom Spengler who managed the on-field activities, Dan Gropper and Dick Lippert who assisted the video operator, and Mike Fitzella, Mickey Williams, Wendi Carroll, Michele Wright and Jim Hegel who helped make the event a success.



Vienna Mayor's Volunteer Recognition

Congratulations to Club President, Monica Gomez Isaac (pictured in center), on receiving recognition at the recent Vienna Mayor's Volunteer Recognition. Monica was among the top volunteers in Vienna recognized at the event. Her work in fighting food insecurity and as co-manager of the Optimists' Farmers Market was highlighted.



From President Monica Isaac

Dear Fellow Optimists,

May is here and with that comes the opening of the Farmers Market. We had a wonderful opening day, on May 3rd, with a solid turnout by a large group of you who volunteered for all shifts. The efficient operational set-up and tear-down of our manager stand, pooch parking, and music station all made for a welcoming, clean, safe, and inviting environment for the community to enjoy. We received several comments from patrons and vendors stating how happy they were to return for another season of the market. New customers and small businesses also stated that the atmosphere was permeated with positive energy, accompanied by enjoyable music and splendid weather. All-in-all, it was a fantastic day to kick off our 18th year as hosts for the Market. Thank you to: John Andrews, Mickey Howard, Dan Woltman, Michele Wright, Dan Gropper, Rich Ordeman, Steve Coloney, Wendi Carroll, Tim Buckley, Kara Ariail, Dick Lippert, Stefanie Mikkalson, Rob Moreland, Sherry Levitt, Tom Spengler, Dan Mulville, Jacque Brewer, Frank Torre, and Brian Isaac. While the market is the club's second largest fundraiser, it is also the longest event with the greatest visibility for our organization. Orchestration of this event six months out of the year gives us an incredible opportunity to share our message "Bringing out the best in kids," while supporting local small business, and fostering a safe and welcoming experience for all community members to enjoy.

The prioritization of inclusivity and belonging is more important than ever before. A comprehensive, global study recently released by Harvard and Baylor universities this past April concluded that people want to belong in ways that are enriching, thoughtful, and sustainable ¹. Through belonging, people live happier, more fulfilling, and healthier lives. Venues, such as the farmers market, are spaces where our emphasis of belonging builds strong social connections resulting in trust and well-being for everyone. For this reason, I cannot emphasize enough the significance of our efforts at the market. In addition to raising funds, it brings a sense of purpose and hope for many individuals experiencing high levels of stress and anxiety during unprecedented times. It brings a reprieve from never-ending negative news. It brings the necessary recharge of authentic positive energy to be a better person and withstand the challenges awaiting us tomorrow. So, know this: Whether you helped set up a tent, welcomed patrons, babysat a dog, waved hello to a child, played music, put out signs, collected trash, processed a vendor's payment, made a social media post, or any other market activity, you are directly responsible for contributing to someone else's feeling of belonging and well-being in our community.

My profound thanks and appreciation. Looking forward to continuing our collective efforts for the remainder of the season.

*Best,
Monica*

¹ The Global Flourishing Study – Wave I

https://www.nature.com/collections/eaecjffaf?campaign_id=9&emc=edit_nm_20250504&instance_id=153859&nl=the-morning®i_id=269520203&segment_id=197274&user_id=c73846a50792f2028c188a7b0f2f614f

**Board of Directors 2024-2025
Optimist Club of Greater Vienna**

President	Monica Gomez Isaac
Secretary	Jacque Brewer
Treasurer	Michele Wright
Immediate Past President	VACANT
VP, Community	Susan Bauer
Director, Community	Bill Comerford
VP, Digital Communications	Brian Isaac
Director, Digital Communications	Jacque Brewer
VP, Membership	Dan Woltman
Director, Membership	VACANT
VP, Youth	Mike Fitzella
Director, Youth	Ed Wonder

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