



Optimistically Speaking

The Newsletter of the Optimist Club of Greater Vienna - March/April 2026

Calendar

Board Meeting

11 March 2026
7 PM (virtual)

Farmers Market

Starts in May!
Volunteers Needed
Saturdays 8-12

Special Olympics

25 April

Optimist International Convention

28 June

Day of Happiness

20 March

Read Across America Week

2-8 March

New Benefits for Optimist Members!

Optimist has launched a new online space within Hello by Grouper - a national healthy-living platform designed to help members boost their well-being by staying active, engaged, and inspired. **Hello by Grouper is currently available to dues-paying, U.S.-based members only.**

Optimist members have access to a wide range of healthy-living tools and experiences through Hello by Grouper - from fitness and mobility classes to wellness tools, educational talks, and interest-based communities. Within the platform, Optimist will also have its own dedicated space where members can stay connected between events and continue strengthening the ties that make our community thrive.

Grouper includes:

- **Hundreds of live and on-demand classes and experiences:** From fitness and strength & balance to arts & crafts and daily puzzles, Hello by Grouper offers endless opportunities to stay healthy and engaged.
- **Communities that inspire and uplift:** Connect with like-minded people - from walkers and gardeners to crafters, music lovers, and lifelong learners - who'll motivate you to build healthy habits.
- **Inspiring content and events:** Book clubs, webinars, monthly challenges, and talks on healthy aging - all designed to spark joy and boost well-being.
- **Your Optimist space:** Connect with fellow members, share what makes our organization shine, and stay up-to-date with club-related discussions and news.



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

Visit us:

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



Special Olympics Volunteers Welcome

The Optimist volunteers are welcome on 26 April at Episcopal High School in Alexandria to assist with all the track events including the 100-meter races, the 5000-meter races, and the relay races. They also assist 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 forward them for the awards ceremony. More information at volunteer@specialolympicsva.org.

Farmer's Market – May through October

The 2026 season of the Farmer's Market will begin in May with a full roster of seasonal vendors. The market will have everything under the sun including fresh fruit and vegetables and foods and treats from Vietnam, Turkey, the Balkans, Lebanon, Mexico, Bolivia, Italy, France and America. Additionally, Pooch Parking will be available at the Optimist tent. And don't forget our wonderful rotation of musicians every week as well provided by your friendly neighborhood roadies! Lastly, we are partnering with local food banks to collect surplus produce.

Did You Know?

Although it predates the Optimist organization as we know it, the first recorded "optimist"-type club was really a "non-pessimist" club. In the early 1700s, an English playwright wrote of his membership in a club of businessmen who banished members if they showed sourness of disposition, spoke impatiently to servants, or exhibited any trace of pessimism. The group was called the Good Humor Club.

Socials Coming Up!

Keep an eye on your emails for notifications of club socials coming in the next few months. Cost is covered in your membership – all you need to do is sign up and show up at the appointed time and place. We would love to see you!

From President Wendi Carroll - Reflections: Optimism in the Cold

Dear Fellow Optimists,

If February has taught us anything this year, it's that winter is not quite ready to let go. Snow days, icy mornings, and those "is it really still this cold?" afternoons have certainly tested our patience.

And yet — here we are. Showing up. Serving anyway. Planning ahead. Laughing through it.

There's something fitting about being Optimists in February. This is the month when enthusiasm can dip, energy can wane, and spring feels far away. But optimism isn't seasonal. It isn't dependent on sunshine or warm weather. It's a choice — and you choose it again and again.

Over the past two months, I've been reminded that what keeps our Club strong isn't just our projects — it's our people. It's the conversations in IHOP that spark new ideas. It's the steady commitment to supporting the youth and families in our community.

And speaking of warmer days ahead — we are already looking forward to the opening of the farmers market this spring. There's something special about that first market morning: neighbors reconnecting, fresh produce returning, music in the air, and the sense that our community is waking up again. It's one of those moments that reminds us why we do what we do — because when our town gathers, optimism is visible. Winter won't last forever. (Even if it feels like it might.) But the impact we make does. As we head toward March and the promise of spring, I encourage each of you to:

- Reach out to a fellow member you haven't seen in a while
- Invite someone new to experience our Club
- Bring a fresh idea to the board
- Volunteer to lead a scholarship or social event
- Keep showing up — because that matters more than you know

Thank you for your resilience, your humor, and your heart. Here's to warmer days ahead — and to the steady flame of optimism that carries us through every season.

With gratitude,
Wendi Carroll

Board of Directors 2025-2026 Optimist Club of Greater Vienna

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

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