



# Optimistically Speaking

The Newsletter of the Optimist Club of Greater Vienna

November 2022

## Calendar

**Nov. 9 - BOD meeting**  
7:30 p.m.

**Nov. 12 - Caboose open**  
1-5 p.m.

**Nov. 13 - International**  
Tongue Twister Day

**Nov. 16 - Carol Waite**  
Brennan Youth Appreciation  
Awards

**RSVP right away, please**

Cost is \$10

7 p.m. for fellowship, coffee  
and dessert (not dinner)

7:30 p.m. program

Vienna Community Center  
Southside Room, 2nd floor

**Nov. 26 - Our holiday tree**  
lot opens for our biggest  
fundraiser of the year. Details  
TBA; located in the same  
shopping center lot as the  
Vienna Giant.

Sign up to volunteer with your  
good cheer when you get an  
email from Tom.

**Nov. 28 - Caboose open**  
6-9 p.m. (Holiday Stroll)

### Save the Date!

**Dec. 6 - Holiday Party**  
Details TBA

## News and Notes

Happy November! This month we're reminded to give thanks for many things in life and that includes you, the wonderful Optimist volunteers who donate your time, talent, and skills to organize and staff special events that raise funds to support Vienna youth. Special thanks to Treasurer **Michele Wright** for her incredible year-round dedication to leading our successful and beloved Farmers Market. The Market wrapped up its 2022 season on October 29 and Michele thanks everyone who worked at it, rallied volunteers, and jumped in to help. Plans already are underway for next year, she says.

Our club also is grateful for **Elizabeth Isaac**, daughter of fellow Optimists **Brian Isaac** and **Monica Gomez Isaac**, and a junior at James Madison High School. For the second year in a row, Elizabeth sold homegrown perennials such as lilies and irises as well as tomato, pumpkin, cucumber and strawberry plants at the Farmers Market through **Lucy's Charity Plant Sale**, named after her faithful dog. Over 11 weeks, Elizabeth sold out her family's entire inventory of plants (more than 200) and nearly doubled sales from the year before. Recently Elizabeth presented a check for \$1,800 to Optimists **Tom** and **Susan Bauer**, President and Director of Community. Two organizations will benefit from Elizabeth's big heart, hard work, and entrepreneurial and botanical skills: the Culmore Center and World Central Kitchen's efforts in Ukraine.



**Ayr Hill Garden Club** also presented a donation to our club recently at the Farmers Market to **Mickey Williams**, Optimist of the Year. Many thanks to all of our generous gardeners-- maybe they know the secret to growing money on trees?!



L. to R. Rob Moreland, Dan Gropper, John Andrews, and Mickey Williams



Christina and Mickey



John Andrews, Roger Doughty, Jim Fisher, and Dan Gropper

Please RSVP (hopefully with a resounding "yes") for the **Carol Waite Brennan Youth Appreciation Awards** when you receive the email invite from **Gary Moonan**, says **Mike Fitzella**, VP Youth. Mike encourages us to turn out for this important event to remember Carol's contributions to our club and witness the presentation of \$2,500 scholarships to six outstanding seniors from James Madison, George C. Marshall and Oakton High Schools. See sidebar for details.



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

Visit us:

[www.OptimistClubofGreaterVienna.org](http://www.OptimistClubofGreaterVienna.org) or  
[www.Facebook.com/ViennaOptimistClub](https://www.Facebook.com/ViennaOptimistClub)



From President Tom Bauer

## *Greetings Fellow Optimists!*

Another successful Farmer's Market season in the books! Many hours of work went into our success this year but we cleared almost \$18,000 for our efforts. Thanks again to Michele for her continued leadership, Roger for his timely and humorous reminders, and our wonderful roadies -- Dan, Mickey, John, Brian, Carl, and Rob -- who keep the hits coming with our new, improved sound system. Oh yes, let's not forget Dick Gongaware who somehow manages to line up musical talent for every week.

Once again, the Optimists were in the middle of the action at Vienna's annual Halloween Parade. We didn't ride this year but we kept up the pace nonetheless, pulling our little red wagon behind us. Thanks to Susan for her last minute caboose construction and Pat Solan for pulling it the entire way. We had a pretty good showing of Optimists and four girls from Louise Archer marched and represented the future of Optimism.

On a sadder note, Rich Ordeman and I attended the service for former member Bruce Lauther's wife, Connie. Bruce gave a very touching eulogy, highlighting how they met and fell in love. Connie has been honored several times by the city of Fairfax for being the volunteer of the year.

Christmas tree sales are coming soon. I have divided up the teams and will be publishing them soon. Don't forget to sign up quickly. Since it looks like the Lions will not be selling, we should sell out in record time this year.

See you at the Carol Waite Brennan awards November 16th at the Community Center.

*Optimistically,*  
*Tom*

Fun times at the Town of Vienna's Halloween Parade with your fellow Optimists!



### **What Can Gratitude Do for You?**

Practicing daily gratitude may improve your happiness and health, according to an increasing body of scientific research.

Martin Seligman, PhD., best-selling author, researcher, and renowned Psychology professor at the University of Pennsylvania, speaks about an exercise called Three Good Things or Three Blessings. When subjects write down three things they are grateful for before they go to sleep each night as well as why those things happened, they report feeling happier and less depressed in as little as one week. Many gratitude exercises exist, but if you'd like to cultivate more gratefulness in your life and try this Three Blessings exercise at home, it needed involve a huge win.

*(continued on page 3)*

## 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	HOW ABOUT YOU?
VP, Community	HOW ABOUT YOU?
VP, Media Relations/ Webmaster	Gary Moonan
VP, Membership	Fritz Irwin
VP, Youth	Mike Fitzella
Director of Print/Social Media	Karen Yoon
Director of Membership	JonMarc Buffa
Director of Youth	Ed Wonder
Director at Large	Steve Shannon

## 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*

*Continued from page 2*

For example, I am grateful for publishing this newsletter on time. This happened because I can count on my Optimist friends **Mike Fitzella**, **Gary Moonan**, **Susan Bauer**, **Tom Bauer**, and **Dan Gropper** to send information regularly to me, and because I blocked time to do it. Meeting a deadline doesn't randomly happen; it happened because I have personal resources, such as people who help me and time management skills.

Separately, when you think about what's going well in your life, you develop your capacity to experience more of what's positive. Psychologist and author Rick Hanson says our brains are wired to remember negative events like Velcro but like Teflon when we experience something good. That's because our negativity bias keeps us safe by remembering where danger might lie. But to remember the good, we need to work harder to install those experiences in our brains to help make them stick. Psychologists call this "savoring" and it means really making a conscious effort to soak in the details of a positive experience -- who was with you, what was happening around you, how you felt, etc. Focusing on and internalizing the good helps you experience more positive emotions in the future. Barbara Fredrickson, PhD., renowned positive emotions researcher at UNC and author of several books, refers to this as an upward spiral. When you experience positive emotions, you "broaden and build" your personal resources, such as creativity and problem-solving, which can help bring more positive experiences to your life, she's found. I also am grateful for all of you because you impact the world for good.

<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientific-proven-benefits-gratitude#>

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

<https://www.youtube.com/watch?v=ZOGAp9dw8Ac> (Martin Seligman, PhD., on the Three Good Things exercise)

