

Central Fairfax Optimist

By providing hope and positive vision, Optimists bring out the best in youth, our communities, and ourselves.



March 2023

<https://fairfaxoptimist.org>

“Just 3 Things”

Central Fairfax Optimist Club P.O. Box 1271 Fairfax City, VA 22038 Email us at fairfaxoptimists@gmail.com Board meeting 2nd Tuesday each month at the VFW 8469 5703 Vogue Road 730P.M. and Club dinner meetings April-July on 4th Wednesday @ Elks Lodge, 8421 Arlington Blvd.



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Get Involved in Our March Activities!

March is a busy time for our club and our wonderful members. **Get involved! Read the Hot News!** Here's a March summary:

Essay Contest: Winners were announced & invited to our March dinner meeting at the Elks Club. Meal cost is now \$20 for their yummy dinner.

Communication Contest for the Deaf and Hard of Hearing (CCDHH) Contest: Club level was completed. District contest was held this month.

Oratorical Contest: Club and Zone contests precede the CAPVA District scholarship contest.

Limburg Scholarship preparation: Information sent to the schools.

Capital Virginia District Meeting: Included the CCDHH contest.

Optimist International Foundation Board election: Notice was sent from the OIF to eligible voters. Results pending.

OI Convention Registration opens: Rooms reasonable. Schedule is TBD. Will need volunteers. If you've never been, the training is really good!

Hot News

March is the month for you to volunteer to help and serve our Club as President, Secretary, Treasurer, or one of the Directors on the Board of Directors.

The election will be held in April and the results must be reported to Optimist International not later than May 20th, which is prior to our May club meeting.

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What's going on?

MARCH 2023

- 1**— Inter-Service Club Council 12-1 pm @ the Moose Club 3529 Chain Bridge Rd. Fairfax
- 4**— Capital Virginia District meeting and CCDHH Contest at Hilton Garden Inn, Woodbridge, VA.
- 14**— Club Board meeting 7:30 pm @ VFW 8469, 5703 Vogue Road, Fairfax Station
- 22**— Club dinner meeting 7pm for social time; dinner served at 7:30@ Elks Lodge 8421 Arlington Blvd. Fairfax Essay Contest Winners
- 28**— Club Oratorical Contest via Zoom

APRIL 2023

- 5** — Inter-Service Club Council 12-1 pm @ the Moose Club 3529 Chain Bridge Rd. Fairfax
- 11** — Club Board meeting 7:30 pm @ VFW 8469, 5703 Vogue Road, Fairfax Station
- 26**— Club dinner meeting 7pm for social time; dinner served at 7:30 @ Elks Lodge 8421 Arlington Blvd. Fairfax Oratorical Contest Winners and Club Officer Election
- TBD**— Limburg Scholarship Contest

MAY 2023

- 3**— Inter-Service Club Council 12-1 pm @ the Moose Club 3529 Chain Bridge Rd. Fairfax
- 9** — Club Board meeting 7:30 pm @ VFW 8469, 5703 Vogue Road, Fairfax Station
- 20**— Club Officer Elect Report Due to OI
- 24**— Club dinner meeting 7pm for social time; dinner served at 7:30 @ Elks Lodge 8421 Arlington Blvd. Fairfax Limburg Scholarship Winner
- TBD**— Respect for Law: Safety Patrol at Oak View and Laurel Ridge Elementary Schools

BIRTHDAYS

MARCH

19th Susan Bond

APRIL

17th Kim Moden
19th Norm Buchanan
27th Bob Devery

MAY

11th Bruce Lauther
25th Bob Evans

ANNIVERSARIES

MARCH

None this month. Let's recruit someone!

APRIL

22nd Tom and Trinket Troy
26th Norm and Jennifer Buchanan

MAY

23rd Claudia and Giovanni Morcelo

FINANCE SUMMARY

(3/12/23)

Operating Account \$2,502.09
Community Service \$2,661.73
Youth Fund (12/31/22) \$1,301.93



Club News by Trinket Troy

The Optimist Club held the CCDHH (Communications Contest for Deaf and Hard of Hearing) contest at Frost Intermediate School on February 9th. There were nine students who participated, five of which spoke and four signed on the topic "Discovering the Optimism within Me." The two delightful young winners, Selma Diriye and Casey McCabe went to the District Contest held on March 4th. See Anne Grabowski's article on page 5.

We have chosen our Educator of the Year, Erika Pflugrath, who is the lead teacher to the hearing impaired program at Frost Intermediate School. Erika is totally dedicated to these special need students both professionally and emotionally. It requires a great deal of emotional involvement to prepare these students for what comes next in their lives both socially and educationally. Erika exhibits all of this and more. She is so deserving of this recognition.

We are preparing for the Oratorical Contest which will take place virtually on March 28th. Our 2021 winner, Nayana Celine Xavier, went on to win the Optimist International World Oratorical Contest. She is a most impressive young lady and went on to UVA where her first year of education was fully funded! She is forever grateful to the Optimist Club for giving her the opportunity to participate in the Oratorical Contest!

The Volunteer of the Year from each service club is sponsored by the Inter-Service Club Council (ISCC) of Fairfax City. Our club had five nominations for our Board of Directors to consider and it was hard to choose as they are all deserving! Michele Hanson was selected and will be honored as the Central Fairfax Optimist Club's Volunteer of the Year at the ISCC's recognition ceremony in Fairfax City on August 3rd.

The Optimist International Convention is being held right here in Crystal City July 1 - 5. We are exploring ways that our club will be able to help with that. See more information in this and subsequent newsletters as it becomes available.



Club News (continued)

Essay Contest Results

CONGRATULATIONS to our First Place winner Charles Nguyen! Charles is attending Lake Braddock High School and hopes to attend MIT. His essay was judged by three judges and was clearly the best of the 16 entries.

The Optimist International Essay Contest is divided into two levels of competition: Club (preliminary contest) and District (scholarship competition). The winner of our club contest advances to the District Scholarship Competition. If Charles wins that competition, he will receive a \$2,500 scholarship. The results of the District Scholarship Competition should be announced by April or May. The scholarships are funded by the Optimist International Foundation.

Congratulations also to the Second Place winner, Vivianne Kim from Fairfax High School, and the Third Place winner Sophia Harris from W.T. Woodson High School. The other 13 participants will receive a certificate.

Our club will honor Charles, Vivianne and Sophia with medals and certificates at our March 22nd dinner meeting (7pm). Come to the Elks Club and meet these young people and their guests.

2023 ESSAY CONTEST ENTRIES & RESULTS

First Place

Charles Nguyen Lake Braddock

Second Place

Vivianne Kim Fairfax

Third Place

Sophia Harris W.T. Woodson

OTHER CONTESTANTS

Lake Braddock: Liam Brooks, Paige Goble, Meghan Janczyk, Asees Kaur, Hanna Mendoza, Isabel Smith

Fairfax: Maya Littman, Sami Moudarres, Divine Ndisetse, Noelle Sackie

W.T. Woodson: Sophia Harris, Rida Karim

Thomas Jefferson: Lor Ridgway

West Potomac: Anthony Jackson



Club News (continued)

The CAPVA District CCDHH Contest

By Anne Grabowski



Communications Contest for the Deaf and Hard of Hearing (CCDHH)

On Saturday, March 4th, the District held the CCDHH contest at the Hilton Garden Inn in Woodbridge. There were 6 contestants – 3 signed and 3 spoke. There were two contests this year which is new. One scholarship for \$2500 for signing and another scholarship for \$2500 for speaking. Our contestants from Frost Intermediate School were Salma Diriye and Casey McCabe. They did not win but presented themselves very well and did a wonderful job. It would have been nice if they could have all won but they all had a wonderful experience and met some new friends from the other participants. There was a nice crowd of family, friends, and fellow optimists giving them great support.



Congratulations to all of the contestants at the Capital Virginia District's Communication Contest for the Deaf and Hard of Hearing. Many thanks to Dave Griffiths and our CAPVA Governor, Scott Poitras for helping make this scholarship opportunity possible.

A special thanks to Anne Grabowski for all that she did to make this happen for our Frost Intermediate children. And thanks to Bruce Lauther for helping Anne cheer them on at the District contest.



Club News (continued)

Bruce Lauther Gives Presentation to Donors!



Here's the collective photo of the Smiles for Centreville dentists and assistants who received our 20 minute presentation on Optimism & our OI Club of Central Fairfax March 7th. They plan to give our club a percentage of their profits through the Fall ... likely to amount to a significant donation. I also got a pair of women's sneakers to add to the two pair from my household. They were particularly enthused about what our clubs does for youth, i.e., youngsters from 5 years old up thru the teens.



Club News (continued)

Prestige Dental Specialists Join Our Donor Support



(left to right) Dr. Anna Sidor Dr. Adrian Rudiak Dr. Norachai “Eddy” Phisuthikul

Our club is so grateful to Dr. Anna Sidor and Dr. Norachai Phisuthikul of Prestige Dental Specialists for their recent generous donation of \$500 to the club. Nicki Cardoza, President Claudia Morcelo’s sister, works in the practice. When Dr. Sidor and Dr. Phisuthikul learned of our important work for young people, they wanted to help us financially. We so appreciate their support!



March: The Season Changes

There are two more words for this month's puzzle. March sees the rise of early flowers and Spring breaks as we spring forward and look to doing more things that can improve the quality of life for our children.

W A H T P S S Y B H B E J A T
 Z A V I U P C L R E P O H L S
 C N I C R U O G G R G B E T A
 A E O I L S Z H W V E M M Q V
 O R N W S B K A E R B H P N I
 C G D O D A F F O D I L C O N
 W T M A V H F R O D F W J I G
 I S L T Y O E H J W L W I L S
 N R S D R L Y M G S O W I N J
 N B H W X Q I E I X W R D V D
 E B A K E K J G J T E B A Y B
 R R F C N I D T H M R R M I T
 D F B O R K T A P T S R E A N
 W O U L W A R M I N G S P N L
 F O S C C N A R C I S U S Y D

Print this page and circle the words or just go down the list and find them.

Words can go in any direction. Words can share letters as they cross over each other.

BLOSSOMS
 CHERRY
 CROCUS
 DAYLIGHT
 FORWARD
 LAMB
 MELT
 RAIN
 SPRING
 TIME
 WIND

BREAK
 CLOCK
 DAFFODIL
 FLOWERS
 HOPE
 LION
 NARCISUS
 SAVINGS
 THAW
 WARMING
 WINNER

What words would you like
 to see in April's puzzle?
 Send them to:
fairfaxoptimists@gmail.com



And in conclusion!!

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 to 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. Larson

Mission

By providing hope and positive vision, Optimists bring out the best in youth, our communities and ourselves.

Vision

Optimist International will be recognized worldwide as the premier volunteer organization that values all children and helps them develop to their full potential.

Purposes

1. To develop optimism as a philosophy of life utilizing the tenets of the Optimist Creed;
2. to promote an active interest in good government and civic affairs;
3. to inspire respect for the law;
4. to promote patriotism and work for international accord and friendship among all people;
5. to aid and encourage the development of youth, in the belief that the giving of one's self in service to others will advance the well-being of humankind, community life and the world.



Member FDIC

Thanks so much for your continued support!



Contact our own Bob Devery to plan your travel.
Thanks for your support Bob!
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Prestige Dental Specialists

Thanks so much for your support!

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