

Central Fairfax Optimist

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

Hope Lives Here



Nov-Dec 2023

<https://fairfaxoptimist.org>

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 730PM. Zoom Jan-Feb. Club dinner meetings April-July on 4th Wednesday @ Elks Lodge, 8421 Arlington Blvd.



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Busy Time. Optimist Time. Kids in Need. Kids Excited!

Trinket Troy has a wonderful report about her visit to the Ronald McDonald house adjacent to Fairfax Hospital. Our Club has a long history of supporting the Ronald McDonald house and the children and families that are residents while undergoing treatment at the hospital.

As we end a busy calendar year, we look forward to the coming New Year with the anticipation of our many activities and scholarship opportunities for the children of our community.



Hot News

We still have a Vice President vacant position. Please volunteer to help Vice President Anne Grabowski in this critical position.

Many thanks to Carol Williams who volunteered to be our Club's Secretary.

Congratulations to our newest member Ashton Kauffman and her husband, 2nd Lieutenant Drew Williams, USMC for their recent marriage!

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NOVEMBER 2023

- 1**— Inter-Service Club Council 12-1 pm @ the Moose Lodge 3529 Chain Bridge Rd. Fairfax
- 14**— Club Board meeting 7:30 pm @ VFW 8469, 5703 Vogue Road, Fairfax Station
- 17-18**— District meeting, Parham Road Baptist Church located at 2101 N. Parham Rd., Henrico, VA 23229
- TBD**— Toy drive for INOVA Children’s Cancer Ward begins
- TBD**— Essay Contest notification to schools, etc.

DECEMBER 2023

- 2**— Bell ringing 10 am-4 pm @ Walmart Burke
- 6**— Inter-Service Club Council 12-1 pm @ the Moose Lodge 3529 Chain Bridge Rd. Fairfax
- 12**— Club Holiday social @ Michele Hanson’s Home, 5113 Kings Grove Court, Burke
- TBD**— Mountain View Gifts/Cards/ MVHS Project Opportunity Project (Anne Grabowski and Trinket Troy)

JANUARY 2024 - HAPPY NEW YEAR!!

- 3**— Inter-Service Club Council 12-1 pm @ the Moose Lodge 3529 Chain Bridge Rd. Fairfax
- 14** — Essay Contest entry deadline
- 16** — Club Board meeting 7:30 pm on Zoom (Claudia Morcelo will host all Zoom meetings)
- 24**— Club meeting 7:30 pm on Zoom
- TBD** — Info on Oratorical Contest sent to Schools
- TBD** — Cub Scout Pinewood Derby

BIRTHDAYS

NOVEMBER

- 2nd Kim Andray
- 3rd Patty Flanagan
- 22nd Brett Evans

DECEMBER

- 6th Peter Cocolis
- 6th Mary Durkin

JANUARY

- 29th Patricia Hertig

ANNIVERSARIES

NOVEMBER

None this month.

DECEMBER

- 16th Luz-Marina and Christian Kennedy
- 17th Peter and Pat Conklin
- 26th Ashton Kauffman and Drew Williams
- 26th Dee and Barbara Rushforth

JANUARY

- 2nd Kim and Ralph Moden
- 7th Douglas and Stephanie Harden
- 29th Pat and George Hertig

FINANCE SUMMARY

(10/8/23)

Operating Account	\$1,049.66
Community Service	\$7,437.04
Youth Fund	\$4,148.96



Club News

PRESIDENT'S POINTS

We may turn back our clocks in the Fall, but it is full steam ahead during November and December. This is not just football season! To mention just a few things, this is the time of year when we gear up for our children in need. We kick off our scholarship programs with the Essay Contest. That playoff is at the District in February. Pretty soon we'll be cheering our contestants in the Oratorical Contest and the Limburg Scholarship Bowl.

No plan gets executed as we expect, and we had to punt a few times. We lost two more of our long-time members: Diana Dawa and Ann Scott. They remained members for years after they moved to Pennsylvania. Many years ago, I took Ann to a CCDHH contest at District and that inspired her to join our Club. We need to rebuild our membership to support all the activities that we have. What will you do to make this happen? It takes a team effort!

We did have a big first down! Lee and Heather Kauffman's daughter (and our granddaughter) joined our Club as a college student. Ashton is enrolled at Liberty University's Master of Business Administration program. She is able to do this remotely, which is really great since her life is complicated. Ashton moved to Lithuania with the rest of the family this summer. While here for Christmas, Ashton and Drew Williams got a marriage license and were married December 26th! That day is also her mom's birthday and our anniversary. It was a bit busy, but wonderful! Ashton will be a big help with our Club with her knowledge of social media.

Looking ahead, we will be using Zoom for meetings in January and February to keep everyone safe during the typically bad weather. Thanks to everyone for your continued support. You make things happen!.

Yours in Optimism,

Dee

President

CENTRAL FAIRFAX OPTIMIST CLUB

2023-2024 OFFICERS

PRESIDENT DEE RUSHFORTH
VICE PRESIDENT ANNE GRABOWSKI (also Lieutenant Governor, Zone 4)
VICE PRESIDENT (VACANT)
SECRETARY CAROL WILLIAMS
TREASURER SUE BOND

DIRECTORS

MAXWELL OSEI ANOKYE, BOB DEVERY, MICHELE HANSON,
FRED KAISER, VANESSA LEADER, TRINKET TROY

APPONTEED POSITIONS

CLUB FOUNDATION REPRESENTATIVE MICHELE HANSON



Club News (continued)

Ronald McDonald House: Taking Care of More Families by Trinket Troy



I went to the Ronald McDonald House and delivered our canned pull tabs. It amounted to 18 1/2 pounds! While I was there, I was given a tour of the new house. Lots of changes were made. I think it lost the 'coziness' that it used to have, but the new vibe is very sterile which is what they are looking for at a hospital. The kitchen pretty much remained the same, but updated the



appliances and added some really big refrigerators. There are reading nooks upstairs, a play room, and new yard play equipment. The fence was painted in bright colors and looks so cheerful. They have room for 24 families at a time now, although they've only ever filled to 22. They are so happy they can accommodate more now...it was only 8 before!

The gal I spoke with, Sarah, gave us some suggestions on how the Optimist could help. The first was coming and cooking a meal with groceries they provide. But there is a \$500 donation to do that. I didn't think that was a good option for us. Another suggestion was to make **Wellness & Recover Kits** which contain soft food and liquids (without red dye), soup, microwaveable/instant meals, jello/puddings, tea/ honey, etc.

Another Kit they use/need is a **Toiletry Kit** for when families come in an emergency situation and they don't have these items: toothbrush, toothpaste, floss, mini mouthwash, mini shampoos, mini deodorant/ body soap, lotions, lip balm, sunscreen, face masks, pain relievers.

They also like to offer **Activity Bags** for a range of ages: Bubblers, Coloring books, crayons, colored pencils, puzzles, meditation exercises, nail polish, activity/sudoku books, journals, etc.

Also they make **Family Fun** kits made to match the season or family-fun moments: Microwaveable popcorn, flavored water or juice, snacks, popcorn/snack holders/ a children's movie (DVD).

Winter Care Kit: A mug, hot chocolate mix, candy canes, cookies, playing cards, crafts, a scarf, mittens, knit hat, hand warmers.

It was also mentioned that some people coming on an emergency basis come from miles away and are not prepared for our weather. Sometimes, they need jackets and coats and warm weather gear, blankets. I think there are some opportunities for us to participate. I was thinking even if we just donated a couple of large items rather than making up kits...like the blankets or jackets. Some things to think about. If we are going to help for the winter months, we need to act soon.



Club News (continued)

Ronald McDonald House (continued)





Club News (continued)

Happiness is Being With Friends

Thanks to the generous hospitality of Michele and Dave Hanson, we again experienced the warm feeling you get when you are relaxing with friends. Bless our Club members, our families, and the families we serve.





The Puzzle!

November and December have several great holidays. Can you find the words below? Do you have any suggestions for the New Year? Please send them to fairfaxoptimists@gmail.com

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

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.

BELLRINGING
 CLOTHING
 MENORAH
 ORNAMENTS
 SANTA
 SLEIGH
 SNOW
 THANKS
 TOYS
 TURKEY

CHURCH
 FOOD
 MOUNTAINVIEW
 PILGRIM
 SLED
 SLUSH
 STOCKING
 TOTS
 TREE
 VACATION

What words would you like to see in January'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!
bdevery@cruiseshipcenters.com

Prestige Dental Specialists

14245-P Centreville Square Centreville VA

Thanks so much for your support!