# Central Fairfax Optimist

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

## Hope Lives Here



March 2024

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.



#### Optimist International President: Tracy Huxley

oitracyhuxley@gmail.com

OI Vice President: Eugene A Riordan III

Capital Virginia District Governor: Skip Foy (757) 870-0766 recre8tor@yahoo.com

Lieutenant Governor Zone 4: Anava Grabowski (540) 341-8203 grabo.anno@comcast.net

#### **Central Fairfax Optimist Club**

President: Dee Rushforth (703) 625-8946 dee.rushforth@gmail.com

Vice President: Anava Grabowski (540) 341-8203 grabo.anno@comcast.net

Vice President: VACANT

Secretary: Carol Williams (202) 379-8894 ccw6469@gmail.com

Treasurer: Sue Bond 703-425-0309 sbond1@gmu.edu

Club Foundation Rep: Michele Hanson 703-425-1036 michele.hanson@gmail.com

## **Hope at the CCDHH & Essay Contests**

"The word optimism carries a sense of levity and enlightenment. It's a warmth which comes not from the sun, but from within. With a warmth so great, it has the power to ignite the same flame in the hearts of individuals and nations alike."

Hope Lives Here and you need to look no farther than the children that participate in two of Optimist International's most important scholarship contests: the Communication Contest for the Deaf and Hard of Hearing (CCDHH) and the Essay Contest.

The quote above is the leading paragraph of our Club's Essay Contest winner. WOW!!

Read the complete essay, learn the results of the CCDHH contest, and get updates on our Ghana School project and others in the pages that follow.

### **Hot News**

March Club meeting will be at the VFW. Please let Trinket know if you can attend. We will recognize the Club's Essay Contest Winners.

The Horizon Day Camp Walkathon will be at National Harbor again this year April 14th.

On April 24th, or maybe before that, we will elect a new slate of officers for the 2024-2025 Optimist year.

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What's going on?

#### **MARCH 2024**

- 1— Club Oratorical Contest copy of speech deadline
- **6** Inter-Service Club Council 12-1 pm @ the Moose Lodge 3529 Chain Bridge Rd. Fairfax
- **12** Club Board meeting 7:30 pm @ VFW 8469, 5703 Vogue Road, Fairfax Station & Zoom
- 19-20— Club Oratorical Contest via Zoom
- **27** Club dinner meeting 7pm for social time; dinner served at 7:30 @ VFW 8469, 5703 Vogue Road, Fairfax Station. Essay Contest Winners

#### **APRIL 2024**

- **3** Inter-Service Club Council 12-1 pm @ the Moose Lodge 3529 Chain Bridge Rd. Fairfax
- **9** Club Board meeting 7:30 pm @ VFW 8469, 5703 Vogue Road, Fairfax Station & Zoom
- 14— Horizon Day Camp Walkathon @ National Harbor
- **24** Club dinner meeting 7pm for social time; dinner served at 7:30 @ Elks Lodge 8421 Arlington Blvd. Fairfax; **Club Officer Election** and Club Oratorical Contest Winners
- **TBD in 3rd week of April** Zone Oratorical Contest
- **30** Limburg Scholarship Contest Application Deadline

### **BIRTHDAYS**

### **MARCH**

19th Susan Bond

#### **APRIL**

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

### **ANNIVERSARIES**

### **MARCH**

None this month. Let's recruit someone!

### **APRIL**

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

### FINANCE SUMMARY (3/11/2024)

Operating Account \$3,301.51

Community Service \$5,262.85 (2/12/24)

Youth Fund (12/30/23) \$5,203.97

## Club News



### PRESIDENT'S POINTS

Words that are so powerful are worth repeating:

"The word optimism carries a sense of levity and enlightenment. It's a warmth which comes not from the sun, but from within. With a warmth so great, it has the power to ignite the same flame in the hearts of individuals and nations alike."

Doesn't this sound like the membership of our Club? We get together and enjoy each other's company. We come together to get things done. We offer our youth and our community so much with our programs and projects. In my experience, our small, but hopefully going to get larger Optimist Club is absolutely more active than many clubs in Optimist International.

Look at what we've done: Inter-Service Club Council, Army Museum tour, Bellringing for the Salvation Army, Ronald McDonald House support, Project Opportunity for children of student parents at Mountain View High School, Essay and CCDHH contests, CAPVA District meetings.

Look at what is coming: Ghana School Project, Oratorical Contest, Essay Contest winners recognition, Limburg Scholarship, Horizon Day Camp Walkathon, Club Officer election, Respect for Law Safety Patrol at Laurel Ridge and Oak View Elementary Schools, Excellence in Education, Grabowski Scholarship, District meetings, Optimist International Convention, Inter-Service Club Council Volunteer of the Year, Celebrate Community project with Lions, Kiwanis, and/or Rotary Club, and Club socials and/or outings in the summer. And don't forget we need a fundraiser or two to pay for all of this!

It is a lot, but when you look at each event, it takes just a few people for each one. It's nice to give back to the community. It's fun to do as long as a mixture of members and friends participate and you don't get exhausted by doing too much. That's why we need to actively recruit and retain new/more members now.

We also need you to volunteer to be on our Board of Directors. We vote on this next month. See page 5 and fill in the blanks!

Thanks to everyone for your continued support. Hope Lives Here and YOU make things happen!

Yours in Optimism,



President

# Club News



## AWOROSO L/A School Ghana Project Update

The Aworoso Local Authority Junior High School Project in Ghana is a combined effort of the Optimist Club of Central Fairfax and the OTI Region Optimist Club to build a new school. Maxwell Osei Anokye is our Club's leader for this project and also President of the OTI Region Optimist Club of Ghana.

The objective is to resource, build and furnish a new middle school in Aworoso, Ghana. It will have three classrooms with a maximum capacity of 150 students. There will be also be limited spaces for staff/teachers, computers, library, and a place for sick/injured students.

Our Club has sent an application to the Optimist International Foundation to establish an account that will enable donors to make tax-deductible contributions. Project management, construction and everything associated with the completion of the school will be done in Ghana.

Below is a **DRAFT** of handouts to use to help solicit support and fundraising. More to come!

#### A New Middle School in Ghana: No more 2 hour walk!







**NO MORE 2 HOUR WALK!** Please help us **raise at least \$15,000** to build and furnish a new school for up to 150 students. If we raise more, we can stock with books, computers, and fund sustainment costs.

Donate with a check: Payable to Optimist International Foundation and in the MEMO line: Ghana School 16026 Your donation is tax-deductible! Mail to: Optimist Club of Central Fairfax, P.O.Box 1271 Fairfax, VA 22032

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### Central Fairfax Optimist ... page 5, March 2024

# Club News (continued)



### Club Board of Directors

Each April our Central Fairfax Optimist Club elects a new Board of Directors. The Club Officer Elect Report (COER) is due to Optimist International not later than May 20th. That report is used to update the OI database to ensure that each Club and its members receive critical communications and has the ability to legally function as an affiliated Club. The COER is one of the very few reports required by Optimist International, and it is an indicator of the health of an Optimist Club. Below on the left is what we have. On the right is where we need to be. Please fill in the blanks now. Let your current President know what you can do to keep our Club able to provide hope and positive vision to our youth, community, and ourselves.

Optimist Year 2023-2024 Volunteers/Nominees 2024-2025

President	Dee Rushforth	President	Anne Grabowski
Vice President	Anne Grabowski	Vice President	Maxwell Osei Anokye
Vice President		Vice President	
Secretary	Carol Williams	Secretary	Carol Williams
Treasurer	Susan Bond	Treasurer	Susan Bond
Director	Bob Devery	Director	Fred Kaiser
Director	Michele Hanson	Director	Kim Moden
Director	Fred Kaiser	Director	Dee Rushforth
Director	Trinket Troy	Director	Trinket Troy
Director	Maxwell Osei Anokve		-

APPOINTED POSITIONS

Director

Club Foundation Michele Hanson Club Foundation

Vanessa Leader

Representative

Sergeant of Arms (optional)

Club Foundation Kim Moden Representative

Note: the number of Directors is variable.

# Essay Scholarship Contest

This year, we had a fantastic cohort of entrants to the Fairfax Optimist Club Essay Contest! We received essays from students at Fairfax High School, W.T. Woodson, Lake Braddock Secondary School, Robinson Secondary School and South Lakes High School. The students did a great job, and we appreciate the submissions and the support from the respective schools. Also, special thanks to our judges, especially Sheila Halloran. This year's Essay Contest Winner is Veronika Owen from South Lakes High School with the essay, "Optimism: How it Connects Us". Congratulations Veronika!

### Central Fairfax Optimist ... page 6, March 2024

# Club News (continued)



# Optimism: How It Connects Us By Veronika Owen

The word optimism carries a sense of levity and enlightenment. It's a warmth which comes not from the sun or fire but from within. With a warmth so great, it has the power to ignite the same flame in the hearts of individuals and nations alike.

German philosopher Gottfried Wilhelm Leibniz was an early advocate of what came to be known as optimism, decreeing that God created the "best of all possible worlds." While critiqued by French philosopher Voltaire, the concept took root ("Optimism"), and optimism itself evolved and changed with the people whose hearts it inhabited.

Optimism is not a blindness to the darkness that sometimes descends over the world. It is instead the choice to step into a pool of moonlight — however small — and relish in it, believing that the sun will rise once more and that the songbirds will once more sing in the dawn's rose-gold light. It has been this belief which has united humanity throughout the centuries.

At Valley Forge in the cold, dark winter from 1777 to 1778, George Washington's optimism about the power and perseverance of his troops ("Valley Forge") led him to risk his own life by staying with them even while surrounded by the fear of death and bitter, howling winds. His undying support, strong leadership and belief in his troops led to their victory at Yorktown in 1781 and independence from the British, the most powerful empire in the world ("Valley Forge").

While not all independence movements were fought on the battlefield, optimism remained the essential ingredient to facilitate success. Mahatma Gandhi's belief in non-violence made him a uniting force in India despite religious, linguistics, and cultural differences. Even through fasting in prison, facing threats from facism and the communal violence of the Great Calcutta killings, Gandhi remained optimistic that the peaceful push for independence would outway all violence and bloodshed (Pande, page 2). Gandhi declared, "My optimism rests on my belief in the infinite possibilities of the individual to develop non-violence," (Pande, page 2). His philosophy triumphed, and India gained its independence in 1947 (Gandhi).

Optimism inspires others, and across oceans, Gandhi inspired Martin Luther King, Jr. to believe in non-violence. Through marches, boycotts, and protests, he was a champion of optimism in uniting Americans through non-violence and racial justice. During the 1963 March on Washington, King decreed, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character," ("Read Martin"). His dedication to the belief that Americans shall not "[drink] from the cup of bitterness and hatred" ("Read Martin") created a movement large enough for the Civil Rights Act of 1964 to pass, outlawing segregation and moving American society into a new era of equality ("Legal Highlight").

### Central Fairfax Optimist ... page 7, March 2024

# Club News (Essay continued)



Furthermore, optimism is a means to heal what was once broken. After decades of oppression and thousands of deaths in South Africa during Apartheid, Nelson Mandela's administration created the Truth and Reconciliation Commission in which sought testimony from both the National Party and resistance organizations in exchange for potential amnesty (Berger). The ANC government firmly believed in the power of restorative justice to heal the country as opposed to retributive punishment of all involved in the Apartheid regime. The TRC chairman, Desmond Tutu, optimistically saw South Africa as the "Rainbow Nation," having the ability to be a country for all races. The TRC saw thousands of victims give testimony on national television (Berger) which gave South Africans the justice needed to move forward and create a new country in alignment with the ANC's optimistic beliefs.

Optimism is still at the heart of the power to push through when all seems lost, even today. As Russian tanks rolled onto Ukrainian soil in 2022, the world lamented what was thought to be a quick and easy Russian victory. However, President Volodymyr Zelenskyy refused to surrender. His optimism and dedication to Ukrainian sovereignty has inspired a worldwide uproar, uniting against Russian aggression. He always dictates, "we're moving forward," (Koshiw), and his words inspire Ukranians both domestically and internationally as they continue to breathe and bleed the belief that they will win, that they will prevail.

Lastly, optimism could not persist were it not for the everyday people which stoke the embers and tend to its flame. Optimism retains its power even in the modest lives of everyday people. Whether it be pushing with one's team through a demanding sports practice, encouraging each other after a difficult math test, or comforting a friend or family member in challenging times, optimism is the common link which unites all of us. Whether it be through battle, protest, or everyday life, optimism is the light which leads our way to be the best we can be.

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# **CAPVA District News**



# Communication Contest for the Deaf and Hard of Hearing (CCDHH)

The Capital Virginia District Communication Contest for the Deaf and Hard of Hearing (CCDHH) was held February 24th at the Canterbury Woods School. This contest originated in our District and many scholarships have been awarded. The Optimist International Foundation awards one \$2,500 CCDHH scholarship to a District winner each year the contest is conducted. The CAPVA District awards an additional \$2,500 scholarship to a young contestant. The District scholarship is managed by the Past Governors' Association (PGA).

The winners of the CCDHH contest were Madelyn Perez-Vijil - American Sign Language and Adam Hakimi - Oral. Both are from Canterbury Woods Elementary School. There was an audience of 50-60 in attendance w/ 25+ Optimists in attendance including the International Vice President for the Mid-Atlantic Region.





# **Optimist International News**



#OICON2024

106TH OPTIMIST INTERNATIONAL CONVENTION

# **NIAGARA FALLS**

Sheraton Fallsview and Crowne Plaza, Niagara Falls, ON Canada

JUNE 22-26, 2024





### Saturday, June 22

9 a.m12 p.m	VPs/GOVs Training
9 a.m4 p.m	VPs-Elect/GOVs-Elect Training
3-7 p.m	Registration Open
3-7 p.m	House of Optimism (Expo) Open
4:30-5:30 p.m	First Timers Program
6:30 p.m	Ribbon Cutting
7 p.m	Opening Ceremony Parade of Flags / National Anthems / Welcome / Etc.)
0 n m	Tasta of Canada Pagantian

#### Sunday, June 23

#### **Bringing Out the Best in Youth**

. House of Optimism (EXPO)
Registration
General Session w/ keynote
. Heritage of Optimism Brunch
District Chair Training
1. Growth
2. Member Engagement & Retention
3. Marketing
4. Leadership Development
5. District Secretary-Treasurer
. Workshops
. Workshops
Foundations Donor
Appreciation Recep
By Invitation
.Trivia Night

### Monday, June 24

#### **BRINGING OUT THE BEST IN COMMUNITY**

8 a.m5 p.m	. House of Optimism (EXPO)
8 a.m5 p.m	. Registration
9-11 a.m	. General Session w/ keynote
12-4:30 p.m	. Service Project(s)
1:30-2:30 p.m	. Workshops
2:45-3:45 p.m	. Workshops
6:30-7:30 p.m	Pre-Banquet Reception
7:30-9:30 p.m	. President's Banquet/Gala
9:30-11:30 n m	President's Gala/Dance

#### Tuesday, June 25

#### **Bringing Out the Best in Ourselves**

0 0	
7:30-9 a.m	Foundations Past Pres Breakfast By invitation
8 a.m5 p.m	House of Optimism (EXPO)
8 a.m5 p.m	Registration
8 a.m12:45 p.m	Credentials
9:15-10:30 a.m	General Session w/ keynote
10:45-11:30 a.m	.Town Hall
1-2:45 p.m	Business Session
3-5 p.m	Closing General Session w/ President Tracy Huxley
5:45-7:15 p.m	.Wm. H Harrison Recep By Invitation
6 p.m	District Night Out/Dinners

#### Wednesday, June 26

10 am 6 nm	Eroo Time for Local Site Seeing Tours
	Meet 24-25 Int'l President Jan Oord Graves
	Breakfast
7:30-9 a.m	International President-Elect

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# Optimist International News (continued)



The International Candidate Qualifications Committee has announced its slate of officer candidates for the 2024 election, to be held May 1 to May 30.

Please make sure your Club President's email is correct and on file with Optimist International so that your Club will get a ballot to vote beginning May 1. Information on voting will be sent to you in the near future.

President-Elect Nominee: Tom Kendo (OH)

Board of Directors Nominees: Paula Reyling (INDS) Michael Boles (EMO)

Vice President-Elect Nominees:

Northeast & Great Lakes — Debbie Berry (MI)

Southeast — Rose Medley (CAR)

Mid-Atlantic — Dale Hoffert (MDSD)

Middle America — Liz Christman (EMO)

Great Plains — Tom Lloyd (IA)

Southwest — Terri Kearney (COWY)

West Coast — Sophia Sherman (PC)

### Central Fairfax Optimist ... page 11, March 2024

# **OI** Foundation News



Please consider donating to our own OI Foundation. The Dime-a-Day is a great program to support. Michele Hanson, our Club OIF Representative (CFR), can tell you about ways you can help support both our Club and Optimist International.



January 19, 2024

#### Dear Optimist Friend:

Thank you for your support of the Optimist International Foundation (OIF). Enclosed you will find your 2023 tax receipt. Tax receipts are based on the 2023 calendar year giving.

Your generosity, along with many other donors, made it possible for the Foundation to fund important projects for Optimist International (OI).

The mission of the Foundation has always been to have impact on our communities and with our children through the partnership with OI. We are proud of the efforts we have made in the past year furthering our partnership with Optimist International. Take great pride that your donations and support have helped many.

#### Many great things were accomplished during the year:

- Continued support of all Optimist International programs and services in this challenging year.
   All scholarships programs (Oratorical, Essay and CCDHH) were taken care of.
- Underwrote all the World Oratorical Championship scholarships for participants from the U.S., Caribbean, and International Regions.
- Awarded grants to Clubs via the Club Grant, Childhood Health and Wellness Matching Grant, and Disaster Relief Program totaling over \$60,000.
- Supported the Junior Optimist Program with \$135,000 in funding to continue their great work.
- Continued support with Optimist Junior Golf Program to assist in the growth of that program.
- Revamped the OIF Awards Program to move it from an incentive based effort into a recognition
  effort. Which allowed OIF to reallocate funds to programs.

These and many more OI programs and services were supported because of the great support OIF received from you. Thank you for your kind gifts during 2023. We look forward to your continued support as OI moves into 2024 and for many years into the future.

Thanks for being a great supporter to our endeavor of "Helping Optimist Help Kids"!

Best Regards,

Craig Boring
Executive Director

### Central Fairfax Optimist ... page 12, March 2024

# The Puzzle!



What do you think of in March? Our scholarship contests completed or on-going? Who is going to volunteer for the Board's leadership positions? Daylight savings time? Hope Lives Here? How about doing the March Word Find? Are you up for it?

Ρ	R	W	Н	D	0	$\subset$	U	А	D	$\subset$	$\subset$	٧	٧	Υ
D	R	0	R	Ε	0	D	М	Q	Ρ	0	Ρ	L	$\subset$	٧
W	Ε	А	Т	Ν	R	R	В	Т	U	М	V	S	U	Q
S	Н	Α	Т	$\subset$	D	Ε	R	Q	0	М	G	Ε	Н	В
L	Ε	Ε	Н	R	Ε	Ε	G	I	0	U	Н	$\subset$	×	R
Q	S	V	Н	Ε	А	R	I	Ν	G	Ν	0	R	I	L
Т	D	Z	I	S	Р	٧	I	٧	F	I	Р	Ε	К	Α
W	J	V	U	L	D	В	К	D	Q	$\subset$	Ε	Т	В	$\subset$
W	$\times$	R	F	R	$\subset$	$\subset$	D	Н	Н	А	Α	А	L	I
М	Ε	А	А	Υ	Υ	В	В	Т	Т	Т	I	R	J	R
R	0	0	F	А	Ε	D	Q	Р	W	I	F	Υ	Ρ	0
Ε	В	0	А	S	Ν	Т	Q	Р	М	0	Ε	Υ	J	Т
Ν	Q	R	Z	S	Q	Υ	Т	R	$\times$	Ν	Z	Н	S	А
М	0	А	Υ	Ε	А	М	G	R	U	В	М	I	L	R
D	Q	Р	R	Ε	S	I	D	Ε	Ν	Т	Α	В	F	0

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.

BOARD
CLUB
CONTEST
DIRECTOR
HARD
HERE
LIMBURG
ORATORICAL
SECRETARY
VP

CCDHH COMMUNICATION DEAF ESSAY HEARING HOPE LIVES

PRESIDENT TREASURER

ZOOM

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



Our Kids thank you for your continued support!



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

Thanks to all our sponsors! Your generous donations are greatly appreciated.

### **Smiles for Centreville**

14245-P Centreville Square Centreville VA 20121

### **Prestige Dental Specialists**

7617 Little River Turnpike Suite 910 Annandale, VA 22003