Central Fairfax Optimist

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

Hope Lives Here



May-June 2024

https://fairfaxoptimist.org

Central Fairfax Optimist Club P.O. Box 1271 Fairfax City, VA 22038 Email <u>fairfaxoptimists@gmail.com</u> Board meeting 2nd Tuesday each month at the VFW 8469 5703 Vogue Road 730PM. Zoom Jan-Feb. Club dinner meetings are 4th Tuesday at the Olive Garden, 12980 Fair Lakes Shopping Center.



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Central Fairfax Optimist Club

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It's All About the Kids!

WOW! We are a busy Club, and Hope truly lives here. Details are in this newsletter. Here is the Executive Summary.

MAY: InterService Club Council (ISCC) meeting: Clubs reported their past and planned activities. We submitted our nomination for our Club's Volunteer of the Year. (Secret to be revealed later.) One of our Club's contestants won the District Oratorical Contest! Our dinner meeting venue changed to the Olive Garden restaurant. We honored the Laurel Ridge Elementary School's 58 Safety Patrol members.

We presented the Limburg Scholarship to an amazing student. Grabowski Good Citizenship Scholarship, Educator of the Year and Youth Appreciation awards were given at Mountain View High School.

JUNE: ISCC meeting. Honoring Oak View Elementary School's 74 Safety Patrol members. Optimist International Convention. **Happy Birthday to us! Optimist Club of Central Fairfax 6/17/1986.**

Hot News

Twisha Sinha, an Oratorical Contest speaker sponsored by our Club, won the District Contest. She will now go to the Regional Contest and, if she wins, to the World Contest.

The Club's monthly dinner meeting will be changing from the 4th Wednesday of the month to the 4th Tuesday of the month. We will also be changing our location from the Elk's Club to the Olive Garden at Fair Lakes.

There will not be a June dinner meeting. Our July dinner meeting will be a picnic-style event at the VFW Post 8946.

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What's going on?

May

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 & Oratorical Contest, Colonial Heights Optimist Club
20— Club Officer Elect Report Due to OI
22— Club dinner meeting 7pm for social time; dinner @ Olive Garden, Fair Lakes; Limburg Scholarship Winner
24— Respect for Law: Safety Patrol Laurel Ridge Elementary Peter Drake Award 2:30pm

JUNE

5 — Inter-Service Club Council 12-1 pm @ the Moose Lodge 3529 Chain Bridge Rd. Fairfax
7 — Respect for Law: Safety Patrol Oak View Elementary 6th grade Peter Drake Award 9am
11 — Club Board meeting 7:30 pm @ VFW 8469, 5703 Vogue Road, Fairfax Station
17 — Central Fairfax Optimist chartered June 17, 1986
23-26— Optimist International Convention @ Niagara Falls Ontario, Canada (passport needed)

25 — No Club dinner meeting this month!

JULY

4 — Fairfax City July 4th parade
9 — Club Board meeting 7:30 pm @ VFW 8469, 5703
Vogue Road, Fairfax Station
18-19 — Optimist International World Oratorical
Contest, St. Louis University, St. Louis, MO
23 — Club Pot Luck picnic-style 7pm for social time; dinner served at 7:30 @ VFW 8469, 5703 Vogue Road,
Fairfax Station; Grabowski Scholarship, Youth
Appreciation Awardees, Educator of the Year

BIRTHDAYS MAY

25th Bob Evans 30th Maxwell Osei Anokye

JUNE

2nd Fred Kaiser 13th Sharon DeBragga

JULY

12th Vanessa Leader 17th Peter Conklin 25th Jeff Johnson 26th Brooke Johnson

MAY

23rd Claudia and Giovanny Morcelo JUNE

None this month. Let's recruit someone!!

JULY

2nd Dave and Jo Ann Gundry 5th Bob and Carol Devery 10th Susan and Edward Bond 30th Fred and Marty Kaiser

FINANCE SUMMARY (6/10/2024)

Operating Account	\$2,533.11
Community Service	\$3,501.77
Youth Fund (3/31/24)	\$5,313.18



Club News



PRESIDENT'S POINTS

A 5am good morning to you!

Early morning is when I do most of the Optimist-related things I have to do. Life is full of responsibilities for each of us. As the saying goes, "My plate is full!" How full is it? If we were dining and an all-you-can-eat restaurant, they would pay us to leave! And in that context, our Central Fairfax Optimist Club members are no different than anyone else. We all have commitments.

Last night I was at our monthly Veterans of Foreign Wars meeting. I met one of our new VFW members at a funeral at Arlington National Cemetery four days ago. We were at the same table and she was talking to another member I did not know. In their conversation, they both mentioned that they were new to our Post and were looking to get involved with the Post and find volunteer opportunities. I talked to them briefly about our Optimist Club and gave them my Military Order of the Purple Heart business card with my contact information. I also mentioned our website.

What are my points to this story?

- 1. Never pass up an opportunity to talk about the great things we do as an Optimist Club.
- 2. Tell people it takes just a little time to make a difference in the life of a child. Give examples of what we do and tell them about our website. In this case, I mentioned the Safety Patrol in two elementary schools and the Ghana school project. These got their attention!
- 3. Tell people how much our members like each other and have fun.
- 4. We need to get Optimist Club business cards that our members can use.
- 5. We are all busy people. Find out what someone's interests are and relate that to our activities. Ask someone to come to an activity or meeting so they can get to know us.
- 6. Pace yourself. If you try to do too much, it's not healthy. Do what you can, and don't feel badly if you need to say no. We all work as a team, and that works for us!
- 7. See #6. We need more people to help. Please actively work on it.

Thanks to everyone for your support. WE make things happen! Action Achieves Vision! Hope Lives Here, in Ghana, and wherever there is an Optimist Club.

Yours in Optimism,

Dee.

President

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Club News



Limburg Scholarship by Kim Moden

Every May, our club looks forward to announcing the Cecil and Florene Limburg Scholarship winner. The scholarship was begun in 2002, and is named for two members who contributed so much to our club and loved supporting the youth of our community. Our club does the fundraising for this \$2000 scholarship. Each applicant must be a graduating senior and is evaluated on the basis of their academic achievement, extracurricular activities and community service, their written essay describing their personal and professional goals, and the interview.

How rewarding it is to be on the Scholarship Committee and have the opportunity to meet the outstanding young people applying for this scholarship. Thank you so much to Michele Hanson and Carol Williams who gave of their time and talents and joined me as judges on the committee.



This year 7 graduating seniors applied for the scholarship: 4 from Fairfax High School, 2 from Woodson and 1 from Lake Braddock. The Committee had the great experience of reviewing the applications of these incredible young people. But we all agreed that the highlight for us was meeting and speaking with the students—and through their interviews, learning of their future plans, and each senior's desire to make the world a better place.

Every year it is such a difficult decision to choose just one student as the winner. Each student who applied has achieved academically and has an extraordinary sense of community service. They all exhibited potential for future success in their lives. We were especially impressed with our winner, Duong Chu. After judging his application and particularly after speaking to him in the interview, the judges agreed that he was our first place selection.

Duong will be graduating from Fairfax High School, with a 4.304 GPA, and will be attending University of Virginia in the fall. He came to the U.S. from Vietnam when he was 8 years old. He is focused on a career as a diplomat, and making the world a better place through diplomacy. He is multi-talented, as a pole vaulter on his high school track team, president of his debate team, and as founder of a glass recycling service for his neighbors. He also is fluent in 4 languages: Vietnamese, English, Spanish and Japanese.

In applying for the scholarship, Duong had to submit an essay describing his personal and professional goals and how he intended to achieve those goals. In his essay and in the interview, he demonstrated an incredible drive and dedication to his future goals, and a passion for helping others and improving himself. Once you read Duong's essay in this issue of the newsletter, you will understand why our judges selected Duong as the 2024 Limburg Scholarship winner.



Limburg Scholarship Essay by Duong Chu

As a Vietnamese immigrant, I find my heritage to be an important aspect of my identity and goals. When I arrived in America, my tongue was still tied to Vietnamese, and my tone was sharper and harsher, making it clear from my English that I was not from here. It wasn't until later that I realized the significance of my identity as a bilingual individual, understanding how having a split tongue could enable me to communicate with different groups of people and how my voice could be comprehended by speakers of more than one language. I learned that the concept of a second language originates from the perseverance of the first, leading me down a path of linguistic studies and emphasizing the importance of language acquisition.

My enthusiasm for languages led me to be selected as a student for the Governor's Japanese Language Academy and enabled me to serve as captain for Varsity Speech and Debate. I discovered my passion for public speaking and exploring global affairs, which set me on a professional path toward becoming a diplomat. Throughout high school, I nurtured this passion by taking various classes, such as AP World History and AP Comparative Government, which deepened my academic interest. Extracurricular activities like debate and culture clubs allowed me to further explore my interests in public speaking and cultural connections. Being a diplomat entails the opportunity to travel and experience different cultures, which is my primary life goal: to travel, experience diverse cultures, and connect with and assist others.

I aim to achieve both of these objectives by pursuing a career as a diplomat, and I intend to do so at UVA, where I will major in international relations. My passion for learning different languages will also contribute to this goal, as language and communication serve as interconnections that reduce misunderstandings. Throughout high school, I immersed myself in learning Spanish and later Japanese outside of school, enhancing my verbal capacity. Participating in debate strengthened my public speaking skills and expanded my knowledge of public policies and current events. As I enter college, I plan to broaden my horizons by applying to government internships that offer opportunities and experience relevant to my career path.

Another significant professional goal of mine is to educate and inspire other Asian Americans. I intend to achieve this goal by serving as a role model through my community service and dedication to my studies, while also pursuing my passion and advocating for others through future policies and accomplishments. My senior year was centered around the idea of following my passion to enact positive change within my community and for those who share my background. I hope that through my education at UVA, I will be able to affect meaningful change and pursue my passion for helping others. With the assistance of this scholarship, which alleviates financial burden, I will be able to wholeheartedly focus on my academic journey.



Winning Club Oratorical Contest Speech

"Changing the World with Optimism." by Twisha Sinha, 10th Grade Centreville High School

Imagine a single candle flickering in the dark. It battles the overwhelming darkness with just a tiny flame. Yet, where its light reaches, the darkness recedes. This candle is optimism in a world that often feels engulfed in shadows. In the realm of change, optimism is not just a feeling; it's a force - a catalyst for transformation. It's the belief that no matter how daunting the challenges are, we have the power to make a difference.

Let's delve into the science of optimism. Resent findings from a study, led by researchers at Harvard T. H. Chan school of Public health has illuminated its profound impact on our physical and mental health. Higher levels of optimism were associated with longer life spans and living beyond age 90 in women across racial and ethnic groups. This research underlines the universal value of optimism, suggesting that fostering a positive outlook could be a key to promoting longevity and healthy aging across diverse groups.

Consider the environmental challenges facing our planet. It's easy to feel despair at the statistics: over 1 million species are at risk of extinction, oceans brimming with plastic, and the relentless march of climate change. Yet, it is optimism that powers the engines of innovation. Renewable energy now accounts for nearly a third of the world's, power capacity, according to the International Energy Agency. This shift didn't happen because we accepted defeat; it happened because optimists believed in a better, cleaner world.

Optimism also shapes our approach to social issues. It empowers us to envision a world where poverty, inequality, and injustice are relics of the past. The Global Poverty Project is an exemplary testament to this vision, having mobilized millions to take action, leading to significant progress in a credit eradicating extreme poverty. Their success originates from the conviction that change is attainable, even when confronted with formidable statistics that imply otherwise.

Let us not forget, however, that optimism is not ignorance. It does not ignore the gravity of our challenges; instead, it chooses to see them as surmountable. As Helen Keller, a beacon of hope and resilience, once said, "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence." Helen Keller's life is a testament to the power of optimism, and the ability to overcome even the most unconquerable obstacles.

So, how do we change the world with optimism? By nurturing it within us and inspiring it in others. We must be the candle that lights up the darkness. Each act of kindness, each step towards sustainability, each stand against injustice, adds to the brightness of our collective flame.

I urge you to embrace optimism as your guiding light. Let it illuminate your path as you endeavor to leave your mark on the world. Remember, the journey of a thousand miles, begins with a single step – a step taken with the belief that a better world is not just a possibility, but a certainty.

As we part ways, carry with you the words of Anne Frank, or young girl who, even in the darkest of times, believed in the goodness of people. She famously remarked, "How wonderful it is that nobody need wait a single moment before starting to improve the world." Let her words remind you that the power to change the world lies within each of us, fueled by our unwavering optimism.

(Note: References were provided but not included in this newsletter.)



Mountain View High School Awards Day by Anne Grabowski

The winner of this scholarship is Asanda Motsumi who is from South Africa and has overcome many challenges adapting to a new culture. She has excelled in academics at Mountain View and became an engaged member of the community.

After immigrating from South Africa, Asanda had to overcome a series of challenges including adapting to a new culture, education system, and language. Asanda constantly demonstrated resilience. Not only did Asanda excel academically, but she also became an engaged member of the Mountain View community. Asanda participated in the Student Council, George Mason Dreamcatchers Mentor Program, Baking Club, and Hospitality Program.

Ms. Torres, her hospitality teacher, wrote, "Asanda played a vital role in our mentoring program this year. She helped market the events by designing posters and flyers, setting up the events, serving food, and much more. She has been responsible for planning student-centered activities and has been a leader."

Asanda will continue her education at Longwood University this Fall.



Anne Grabowski presents the Norbert Grabowski Citizenship Scholarship Award to Asanda Motsumi.

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Club News (continued)



Mountain View High School Awards Day



Left: Group photo of all awardees. A total of \$57,000 was given out that day.

Below: Anne Grabowski presents Youth Appreciation awards to Maria Lopez Gomez and Brianna Rodriguez



Maria Lopez Gomez is from Guatemala and left school to take care of her family at age 15; moved to Virginia and faced many more obstacles in her life but found solace in the foster care system. She has transformed her life to become a very successful and confident student. Brianna Rodriguez is an excellent student with a positive attitude and excellent work ethic. She has been involved in the Get2Green initiatives and participates in many other activities at school. She plans to become a counselor and continue to help others.



Mountain View High School Awards Day

The Excellence in Education is awarded to Michael Todd, a counselor at Mt. View High School.



When asked for a bio write up here is what Michael Todd wrote:

"I consider the ultimate achievement in my career as a school counselor is to work at Mountain View. I have been here 13 years, and I love coming to school, my other home, every day to work with the awesome young people and a fantastic staff. It is a great gift in my life, and it is very special to me. I do not deserve any award for this, because I am awarded every day.

Like many of the students who attend Mountain View, my journey was challenging, long, and took a great deal of patience. I studied Finance at The College of William and Mary and worked in the business world for 10 years. Although a career in business made

sense in my head, it never made sense in my heart which is why I quit my analyst job at IBM in 1998 to center a master's program in Counseling

I worked full time for a government contractor while studying at night. In 2002, I started as a counselor at Hayfield Secondary. I moved to Centreville High School in 2006 where I became familiar with Mountain View. However I never considered working here until I got a phone call from, Ellen Fay one of my former counseling colleagues. I didn't know Ellen, other than talking to her on the phone a few times. But she thought that based on those conversations, that I was a great advocate for students and that I would be a perfect fit. Here I am, still at Mountain View 13 years later. Thank you, Ellen Fay and thank you to the Optimist Club."

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OI Foundation News



Capital Virginia District Governor Skip Foy has set a goal of 100% of our Optimist Club members to contribute at least \$36.50 to the Optimist International Foundation. The OIF funds scholarships, grants, and many other things that support our ability to make a difference in the life of a child. Without funds from the Foundation, our Club could not fund the opportunities that we currently offer. At a minimum, we would not have the scholarships for the Essay, Oratorical, and Communications Contest for the Deaf and Hard of Hearing. We would not be able to solicit tax-deductible contributions for our Fairfax Youth Fund and our Ghana School fund. Please donate now!

	FOUNDATIONAL
	Dime-A-Day
O organiz	national and Optimist International Foundation coexist as two separate cations that support each other. Optimist International Foundation is the garm of Optimist International, and works to develop funds to support the endeavors of Optimist International and its mission.
suppo	When Members and Clubs make a contribution to support Optimist International Foundation, they are, with that gift, rting Optimist International itself and themselves as a Club as well.
"Helping supporters	ith just one dime a day, you can become part of the movement of g Optimists Help Kids" and become part of a large group of Foundation who realize what a difference they make every day in the lives of children. ould you consider making a gift of just a dime a day to assist the charitable work of Optimist International?
The Dime A·I	Day level is reached by a contribution of \$36.50 to the Foundation within one Optimist Year, and is recognized by the presentation of a pin.
Building	g a future where every kid counts Can you spare a dime a day ?
Sign me upi Please o	accept my \$ donation. (Enclose check, payable to Optimist international Foundation, anfanencing "Dime-A-Bay" in the memo section.)
Sign me upi Piease a	accept my \$donation. Charge myMCVisaDiscoverAmerican Express
Account #	Security Code Security Code
Signime up! Please of	securit \$3.05 per month from my checking account.
Checking acc	count number: (Flease Include a copy of a volded check
Name	Emai
Club Number,	Menriber Number
Address	

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

Optimist International News



106TH OPTIMIST INTERNATIONAL CONVENTION **NAGGARA FALLS** Sheraton Fallsview and Crowne Plaza, Niagara Falls, ON Canada

JUNE 22-26, 2024

SCHEDULE

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.)
8 p.m	Taste of Canada Reception

Sunday, June 23

Bringing Out the Best in Youth

8 a.m5 p.m	. House of Optimism (EXPO)
8 a.m5 p.m	. Registration
9-11 a.m	. General Session w/ keynote
11:30 a.m1 p.m	. Heritage of Optimism Brunch
1:30-3:45 p.m	. District Chair Training
	1. Growth
	2. Member Engagement & Retention
	3. Marketing
	4. Leadership Development
	5. District Secretary-Treasurer
1:30-2:30 p.m	. Workshops
2:45-3:45 p.m	. Workshops
4:30-6 p.m	. Foundations Donor
	Appreciation Recep
	By Invitation
8-10:30 p.m	. 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 p.m	President's Gala/Dance

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Tuesday, June 25 Bringing Out the Best in Ourselves

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

7:30-9 a.m	International President-Elect
	Breakfast
	Meet 24-25 Int'l President Jan Oord Graves
10 a.m6 p.m	Free Time for Local Site Seeing Tours

The Puzzle!

Hope Lives Here! Children hope that school will end so they can go to the pool or have fun in general. Our Optimist Club is recognizing their hard work with scholarships, the Oratorical Contest, Respect for Law, Excellence in Education, Youth Appreciation, Respect for Law, and more. Can you find all 20 words?

L	I	С	Е	С	Е	С	в	н	Z	к	Р	N	F	G
×	F	R	Ν	к	Е	I	G	Н	т	Y	А	Е	v	R
0	F	L	А	0	R	F	Ν	R	М	Т	Т	Ζ	С	U
Т	F	R	0	т	I	Е	Ν	R	Е	Н	R	I	В	в
А	D	F	Н	R	Е	т	I	С	Е	Н	0	т	А	М
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Р	в	G	Ν	\subset	G	s	0	R	Q	R	G	W	S	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.

What words would you like to see in next month's puzzle? Send them to: <u>fairfaxoptimists@gmail.com</u>

BIRTHDAY	CECIL
CHARTER	CITIZEN
DRAKE	EIGHTY
FLORENE	FVCBANK
GOOD	GRABOWSKI
GRADUATION	LIMBURG
NINETEEN	NORBERT
OFFICER	PATROL
PETER	SAFETY
SIX	VACATION



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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

 To develop optimism as a philosophy of life utilizing the tenets of the Optimist Creed;
 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 wellbeing of humankind, community life and the world.

FVCbank Success has a bank Member FDIC

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