

October 29, 2013

<http://www.oiarlington.org>

The Optimist Monthly

Friend of Youth

Upcoming Events

NOVEMBER

11/06: Staying fit for the Holidays:

Nelson Mendes, personal trainer and owner of the LiveFit Arlington Gym at his home on George Mason Drive, will help us navigate the shoals of holiday eating while maintaining good health. WGCC at 12:15.

11/12: Optimist Board Meeting.

Members are welcome to attend. Madison Community Center from 6:30 to 8:00 PM.

11/20: The Arlington Inter-Service Club Council luncheon. The speaker will be Dr. Matthew Shank, president of Marymount University. The Arlington Man and Woman of the



October Highlights

10/02: Business Meeting. Our Club's new President, Brian Kellenberger, outlined his goals for the next year for improving our ability to contribute to the youth of Arlington and increase membership. Congratulations!



year will be recognized. Donations of canned goods for the Arlington Food Assistance Center are encouraged. Knights of Columbus, social at 11:15, lunch at 12:00.

Christmas Tree Lot:

Sandy Bushue soon will be sending out the schedule for Optimists and volunteers (organized by Barbara Nicastro) for working the Christmas Tree lot, which opens Saturday, November 30 at the historic parking at Lee & Glebe. Again, thank you JB Whitlow, for obtaining permission for our Club to use the lot one last year.



Sandy urges all members, especially those who are unable to donate their personal time and energy to the lot

Also, new members Whitney Kazragis and Mitch Muhlheim were inducted, shown below with their sponsor, Tricia O'Hara.



10/16: Sharon Crow was our guest speaker, sharing her success story regarding her Two Belles Southern Pound Cakes Company of Arlington. She thrilled us all with her work ethic and boundless enthusiasm -- and her samples. Thank you Brian Kellenberger for inviting her to share her story with us.



this year, to swing by the lot and donate cases of bottled water, sodas, hot chocolate, donuts, and especially, non-perishable snacks (Oreos and chips are favorites).

HAPPY HALLOWEEN!



In addition, the Club unanimously voted Ned Thomas onto the Board to replace incoming Ann Isaacson, who had to resign from our Club for personal reasons.



Arlington Optimist Club 16-005Mid-Atlantic Region 3
Capital- Virginia
District 16
Northern Virginia Zone 4
Arlington Optimist Club 005

