

**May 31, 2017**

[www.optimistclubofarlingtonva.org](http://www.optimistclubofarlingtonva.org)

# The Optimist Monthly

Friend of Youth

# Upcoming

## June

### 6/07: Scholarship luncheon.

Thank you, Gerry Marosek, for chairing this year's program, which again provides four special Arlington high school graduates with a substantial contribution toward their college tuition. Also at this luncheon, the Members present will vote for the Officers and Board Members for 2017-2018. See the NOTICE at the end of this column. WGCC at 12:15.

6/07: Better Sports Club of Arlington Annual Dinner. The Optimist Club has actively supported this worthwhile organization by purchasing one of the larger trophies and placing an ad in their dinner program. This year's banquet



## May

### 5/03: Four Strategies to Overcome Stress and Anxiety in Your Life.

Speaker Brian R. McDonald, PhD., gave his extraordinary lecture on managing stress, including stopping to take a few deep breaths when you seem overwhelmed!



Thank you, Stephen Toth for donating this lecture to our Club.

5/17: Optimist Oratorical Contest winners! Five of this year's six winners gave their speeches on the topic of

is being chaired by Jim Norris. Our Optimist ad is being updated by Sandy Bushue. Tickets are again \$40 per person. Knights of Columbus.

6/21: Christian Dorsey, Member Arlington County Board. Elected to the Board in 2015, Mr. Dorsey serves as one of the three Arlington commissioners of the Northern Virginia Transportation Commission. Thank you, Mark Zetlin, for inviting him to speak to us. WGCC at 12:15.

6/28: Meet 'n' Greet . Westin Arlington Gateway, 801 N. Glebe Rd. 6:00 -7:30. Note that the Westin has removed the hour limitations and will validate free parking for the Optimist members of our Meet 'n' Greet Happy Hour gatherings. There will be no Meet 'n' Greet on August 23.

"How Optimism Can Defeat Pessimism". The Club's six 2017 Oratorical Contest winners are: Kate Ford and Keith Evans (1st places); Brenna Meehan and Caden Henrich (2nd places); and Reese Feldein and Aiden McGowan (3rd places). Thank you Richard Knight for again managing this important program. Also, thanks to Sue Gartner, Bob Patton, and Peter Wehman for serving as judges during this contest and to Tricia O'Hara for volunteering to be the lead judge for the finals.



*Left to right: Richard Knight, Kate Ford, Caden Henrich , Brenna Meehan [all three from Swanson Intermediate School], and Aiden McGowan and Keith Evans [both from Bishop O'Connell].*

5/24: Meet 'n' Greet was again held at the Westin Arlington Gateway.

## July

7/05: TBA.

7/19: Coaches Night. Once again, John Karinshak will be chairing this annual tribute to the coaches of the youth sporting teams supported by our Club. Location TBA.

7/26: Meet 'n' Greet . 6:00 to 7:30 at the Westin Arlington Gateway, 801 N. Glebe Rd.

## August

8/02: Homeward Trails. Sue Bell, founder and Executive Director of Homeward Trails, will discuss the phenomenal success of this animal rescue organization (over 21,000 animals since its founding in 2001). Thank you, Leigh Hurley, for arranging for this speaker. WGCC at 12:15.

8/16: No luncheon.

# Optimist News

## District Meeting:

On May 6, Stephen Toth and President-Elect Clayton Depue attended the Optimist District 3rd Quarter Meeting in Ashburn, VA. Stephen submitted a thorough report, which is found in Appendix A at the end of this newsletter. Of particular note is that our current Zone 4 Lt. Governor, Anne Grabowski, was elected for a second term. Anne is from the Central Fairfax Optimist Club and lives in Warrenton.

## Rifle Club:

On May 7, the Arlington Optimist Acorn Combined Junior Rifle Club (CJRC) held its annual end-of-year banquet. The 15-member team had a fantastic year, as summarized by its president, Doug Lamb, and included as Appendix B at the end of this newsletter. The Acorns athletes qualified for/competed in no less than five national championship events in smallbore rifle

## **NOTICE:**

As announced by President **Mark Zetlin** at the May 17 luncheon, the Arlington Optimist Executive Committee and Board of Directors recommend the following slate of candidates for the Executive Committee and Board of Directors to serve from October 1, 2017 to September 30, 2018:

### **Officers:**

- President - Clayton Dupre (automatic)
- **President Elect - Mark Whitenton**
- Past President - Mark Zetlin (automatic)
- **Vice President - Sandy Bushue**
- **Vice President - Richard Knight**
- **Treasurer - Larry Gaydos**
- **Secretary - Erica Burson**

### **Directors with Terms ending October 1, 2018:**

- Leigh Hurley (automatic)
- Andreas Baltatzis

(.22 caliber) and precision air rifle.

Although the CJRC is graduating seven of its 15 members, Doug and its two Arlington Optimist coaches, **Thrine Kane** and **Bill Terry**, are optimistic about the coming year. Below, see photo of the graduating seniors Bryce Collins, T. Joseph Frazier, Elena Kim, Mark Meyeraan, Joseph Park, and Lucas Valdez.



These seven seniors will all be going on to colleges, which include the United States Military Academy at West Point, the United States Coast Guard Academy, and William & Mary. At the May 7 banquet, a number of Optimists were in attendance to hand out the checks from the Optimist Club to

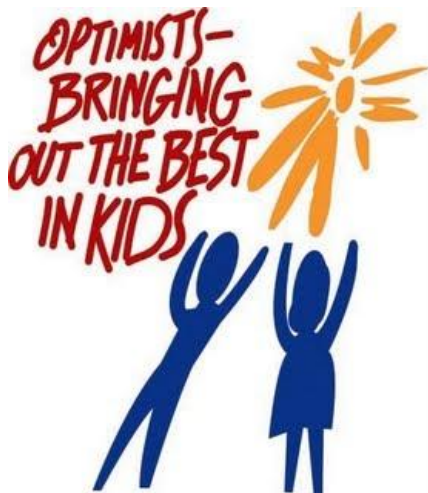
(automatic)

- Gloria Mora (automatic)

**Directors with Terms ending October 1, 2019:**

- Tricia O'Hara
- Linda Chandler
- Gerry Marosek

**A vote on the non-automatic positions of this slate (in bold, above) will occur at the June 7 luncheon.** Nominations for any of these eight positions may be made from the floor, so long as the nominee has agreed to serve.



support those who traveled to the Jr. Olympics in Colorado and other national invitational events.



***Stan Sitnik handing out a support check with Bill Terry and Thrine Kane (both Rifle Club coaches) on the left, and Mark Whitenton on the right.***

**MW # 78**

**Arlington Optimist Club 16-005 Mid-Atlantic Region 3  
Capital- Virginia  
District 16 Northern Virginia Zone 4  
Arlington Optimist Club  
005www.optimistclubofarlingtonva.org**

# Appendix A: District Meeting

Submitted by Stephen Toth.

"The Arlington Optimist Club was represented by President-elect Clayton Depue and Stephen Toth at the Capital-VA District 3rd Q meeting which was held at the Ashburn Embassy Suites on Saturday, May 6. The meeting was Chaired by Governor Gail Headley and was well attended by Optimist Club leadership and members from Virginia, Md. and D.C. The morning session included reports from District Committee Chairs concerning the status of their programs. Past Gov. Lawson Headley reported on the Cap-VA Junior Golf Qualifier which was held at the Hanover C.C, in Ashland, VA on the weekend of April 29 when 54 golfers competed in the various age and gender brackets and 21 earned the right to compete in the Florida OIJGC championship. There followed the Club President's reports. Stephen Toth, speaking on behalf of President Mark Zetlin, highlighted our membership in plus territory and on track for Honor Club status, the successful completion of our Essay and Oratorical competitions and the impressive number of contestants in both, and the memorable AOC Gala held at the WG&CC on April 21. Subsequently we received from Governor Gail engraved Certificates and pins for new Member sponsorship by Mark Zetlin, Sandy Bushue and Tricia O'Hara.

We then convened separate Zone meetings for the purpose of electing a Lt. Gov. for the 2017-18 administrative year. Anne Grabowski of the Central Fairfax Optimist Club was unanimously elected by the members of the Zone 4 Clubs present to serve another term as Lt. Gov. She used the balance of her time to encourage attendance at the Zone 4 Social she was hosting at the Elks Club in Fairfax, VA on Saturday evening, May 20. ( Stephen Toth attended what turned out to be a most enjoyable Optimist event and encouraged Anne Grabowski to continue with her plan to schedule another Zone 4 Social in October).

After a hearty lunch the Cap-VA District Oratorical Contest was next on the agenda. Seven boys and eight girls, who had won Zone contests throughout the Cap-VA District, delivered their messages on the assigned topic. After a lengthy deliberation by the three senior Toastmaster judges, with Stephen Toth serving as Administrative Judge, decisions were reached and Surya Shanmugaselvam sponsored by Richmond West Central Optimist Club was the winning boy and Jay Falk sponsored by the Alexandria Optimist Club (Zone 4 winner) was the winning girl. Each has won a \$2500 scholarship and one will be selected to proceed to the further levels of OI competition based on their scoring in this contest.



After some Optimist camaraderie in the well attended Hospitality Suite, we joined the pre-dinner social and then enjoyed a good dinner. We were treated to an after dinner speaker, Rusty Foster who serves as Chairman of the Board of the Loudon County YMCA but whose day job is President of Bow Tie Strategies, a local PR firm. Rusty is a young man who shared with us some terrific ideas on how to relate to his generation with respect to community service and volunteerism.

A good time was had by all who attended this important Cap-VA District meeting."

## Appendix B: Rifle Club Achievements

**Submitted by Doug Lamb, President of the Arlington Optimist Acorn Combined Junior Rifle Club.**

The Arlington Optimist Acorns Combined Junior Rifle Club (CJRC) had an extremely productive 2016-2017 season. While our team is comprised of just 15 athletes, their training, dedication, and hard work paid off both on and off the range.

### **On The Range**

In addition to numerous local matches, Acorns athletes qualified for/competed in no less than five national championship events in smallbore rifle (.22 caliber) and precision air rifle.

Early in the season, the Acorns won the US Army Virginia State Sectional, advancing to the US Army National Air Rifle Championship at Ft. Benning, GA, where they turned in 4th place finishes in both the team and individual competitions. Shortly thereafter, 11 of our athletes qualified for and competed in the USA Shooting National Junior Olympics at the Olympic Training Center (OTC) in Colorado Springs.

The Acorns also competed in the American Legion National Championship tournament, earning a 2nd place team finish and qualifying four individuals in the top 15 in the country. three of those four will be traveling to the OTC this July to compete in the shoulder-to-shoulder, four- day competition for the individual national title. The Acorns also qualified two teams and two individuals to compete in the Civilian Marksmanship Program (CMP) Junior Olympics/National Championships. Ten of our athletes will be traveling to Camp Perry, OH this June for that competition.



Finally, the Acorns competed in the annual, nationwide NRA Junior Rifle Championships, earning 19 team and individual medals, including the singular distinction of NRA Junior Metric Position Smallbore National Champions.

Additionally, five of our athletes earned the CMP Junior Distinguished Badge this past year, an individual accomplishment that typically takes many years and one that most rifle athletes never attain.

### **Off The Range**

The team had success off the range as well. In addition to team bonding over tree sales and after-match dinners, the Acorns gave back to the local junior shooting sports by sponsoring a new Junior Olympic Qualifier match for non-Acorn athletes in our area. As a result, two local athletes earned the opportunity to go to the Junior Olympics in Colorado Springs this year. Acorns athletes volunteered to help run this and other local matches during the year.

Two of our athletes obtained their NRA Junior Trainer designation by successfully completing the NRA Level 1 Coaches School. This will enable them to better assist their less experienced teammates, both on the Acorns and their local high school clubs. Also, several of our young men earned their Eagle Scout rank this season. Not to be outdone, two of our young women earned appointments to the United States Military Academy at West Point and the United States Coast Guard Academy. And while we are sad to be saying goodbye to those who are moving on, we are extremely pleased that all seven graduating seniors are pursuing higher education next year.

I could not be more proud of our athletes' work ethic and attitude; nor more thankful for our volunteer coaches. It has been a joy to work with these young people and watch them grow these past 12 months. It is truly a privilege to be associated with such a superb organization. Thank you SO much for the support of the Optimist Club of Arlington. You are a critical component to the success of our young men and women.

-Coach Doug

*Be Confident, Strong, Humble & Kind*

Doug Lamb

President, Arlington Optimist Acorns CJRC