



Fairfax Lions Club News - April 2017

"Bob Stahl Memorial Newsletter"



"I resolve to participate in at least one Lion's service activity each month this year."

Springtime - Time to Grow



With the arrival of April, warmer temperatures and Cherry Blossoms, we know the days are starting to get "longer," and summer is coming. Seeing spring flowers might make us think about renewal and growth...a timely thought for our club. Anytime is a good time to invite a prospective member to visit our club at a dinner meeting (or any club activity). But Spring might be an especially good time, because people tend to be ready to step out and try something new. Further, the Club has several opportunities for individuals to lead or co-lead activities (examples in articles below).

Service - Our Mission

Nursing Home Bingo

The Fairfax Lions hosted Bingo Night at the Fairfax Nursing Center on Wednesday, March 15th. Lions Mike Greeley, Jeff Root, and Mark Salesses had volunteered to participate...it doesn't take many Lions to make many nursing center residents happy!



Bingo Organizer Jeff Root Calls The Numbers
(Photo Credit - Mike Greeley)

Fairfax City Little League

*by Lion Sports Reporter Mike Schutz
March 30 - Fairfax City*

"The temperature dropped with the setting sun as the Nationals faced off with the Cardinals in their Fairfax Little League opener tonight. It was a rough start in the top of the 1st as the Cardinals batted through the order and retired the Nationals starter. The Cardinals scored six runs before logging their third out. But Nationals pitcher Tyler kept the team in the game, allowing only one Cardinals hit over four solid innings of relief. 1B Charlie (Lion Mike's son) made a stellar stop in the bottom of the fifth, turning a would-be extra base hit into another Cardinals out.

The Nationals offense came alive with five runs in the fifth inning, capped by two more in the sixth to finish the season opener with an 8-7 victory over the Cardinals."



Charlie Schutz Takes Warmup Swing

You may wonder - why is this excellent sports report listed under "Service?" Each year our Charity outreach budget includes sponsorship for the Fairfax City Little League. The team(s) we sponsor display an acknowledgement of our club's sponsorship on the back of their jerseys. This is a visible symbol of YOUR work raising

money for our charity programs. We all recognize the importance of supporting youth programs. Today's youth are not only the Lions of tomorrow, but also the rising adults that will shape the future of our nation - as they replace previous generations in political, social and cultural roles.



Nationals' Jerseys Credit Fairfax Lions Club Sponsorship (Charlie is #12 - 2nd from left)

Reading Glasses at The Lamb Center

by 1st VP Lion Marty Lockard

Our Club continues to improve services we provide for Guests at the Lamb Center. This update for you focuses on provisioning reading glasses at the Lamb Center.

The Northern Virginia (District 24-A) Lions Eyeglass Recycling Center has committed to providing recycled reading glasses for Guests at The Lamb Center on an as needed basis.

As most of know, that Recycling Center provides recycled eyeglasses to the needy worldwide, and has distributed nearly 2 million pairs of glasses since opening in 1998. That is an average of about 100,000 pair per year. Many of these eyeglasses accompany medical missionaries on their trips to devastated areas around the globe. Lion and non-Lion volunteers make it all happen. So far, in Lions FY 17 (ends 30 June), Fairfax Lions have collected over 8,000 pairs of donated eyeglasses and a good number of hearing aids for processing at the Recycling Center. We have a team of about 5 Lions work at the Recycling Center twice each month. You should try this service work some time - you will learn a lot about eyeglasses.

On March 19, the reading glasses supply on hand at The Lamb Center was moved to the new Art room upstairs. The glasses are now organized in plastic containers by strength from +0.75 (lowest strength) to +3.50 (highest strength) in .25 increments. They are stored in the wall cabinet

adjacent to the art supplies. There are also some non-prescription sunglasses.



Wall Cabinet Storing Reading Glasses (Note Lions logo)



Labeled Storage Containers for Reading Glasses

Several charts (Reading Glasses Strength Test) are stored in the cabinet with the glasses. The easy instructions allow almost anyone to determine the proper strength of reading glasses that a Guest needs.

In the bottom of the same cabinet are a number of spare reading glasses and a large box of eyeglass cases. A Fairfax Host Lions Club volunteer will periodically inventory the glasses in the plastic containers and replenish as necessary from the spares. The volunteer will make arrangements with the Lions Eyeglass Recycling Center to provide additional glasses in certain strengths when the number of remaining spares warrants it.

Rarely is there a need for reading glasses with less than +0.75 strength. If needed, there are a small number of

them in the spares in the bottom part of the cabinet. It is also rare for someone to require glasses higher than +3.50 strength. There are some available at the Recycling Center on request.



Cabinet for Spare Reading Glasses and Eyeglass Cases

Fairfax Host Lions Club remains committed to conduct two vision screening events each year for 3 or 4 days each. The reports from those screenings will be made available to staff, case workers, nurse, etc. The reports identify which Guests clearly need reading glasses. The report also identifies which Guests need to be referred to an optometrist for a complete eye exam. So far in Lions FY 17 (ends 30 June), Fairfax Lions have collected over 8,000 pairs of eyeglasses and a good number of hearing aids for the Recycling Center.



Lion Jim Davis Working at Recycling Center (file photo)

Bland Contest - Club Lead Needed

by Secretary and Bland Chair Jeff Root

The March newsletter reported on our Club's Bland contest held in February, selecting two performers to advance. The next level of competition was the Region III Bland Contest held on March 28 at the Whole Word Fellowship Church in Oakton. Six clubs sponsored 12 contestants. The Fairfax Lions were represented by Kirsten Tierney, vocals, and Alexander Suh, piano. Kirsten and Alex gave outstanding performances, but were not selected to advance. Looking ahead, the 24-A Bland Contest will be on Sunday, April 23, at the Lyceum in Old Town, Alexandria. Winners of the 24-A contest will go to State Finals on Friday, May 26, at the State Convention in Roanoke.



PDG Jim Ryan congratulates Fairfax Host vocal winner Kirsten Tierney



PDG Jim Ryan congratulation Fairfax Host instrumental winner Alexander Suh

Region III Contestants gather for a group photo



Note: Our Club seeks a Chair for next year's Bland contest. Our Chair for many years, Lion Jeff Root, is transitioning out of this function. Please consider this opportunity for service; and discuss with any Club officer.

Upcoming Blood Drive - May 9th

By Lion Elden Wright

The next Blood is scheduled for Tuesday, May 9 at Providence Presbyterian Church on Little River Turnpike. The appointments will start at 2:30 PM and go until 7:30 PM. Elden will start recruiting at the 4 April 9 meeting for Lions, and will start recruiting at the church on Palm Sunday, 9 April.

Our Blood Drives have produced 3224 good units for the citizens of the Fairfax Community since we started these drive many years ago. This is a number club members should be pleased with. This outreach has not cost us anything but a few hours of time. Our recent drives have had the donors in and out in about an hour's time - unless they donated double red which takes a little longer.

If you have never donated consider giving it a try. At least 6 of our current Lions have donated for the first time at one of our drives and are now consistent donors.

Thank you for your continuing support.

(You should have seen this announced in Lion Elden Wright's email dated March 22.. If you did not, you may not be correctly listed on the Lions email distribution list.)

Fund Raising - Underpinning Our Service Mission

Final Citrus Fruit Sale, March 9-11

by Treasurer and Fruit Sale Co-Lead Jim Davis

"I want to thank all the Lions that participated in this Fruit Sale. The positive attitude, despite a little difficulty, was impressive.

1. Getting to the sale site to open the van on Wednesday evening, I was relieved to see the Norton truck was there already. At 5:30, when we asked to driver to position the Norton truck, it would not start. The battery was dead. Actually batteries. So with a couple hundred extra feet involved we unloaded to Scott's truck, then from the truck to the van. Fortunately we had a lot of extra help and were lucky to get the evolution done in about two hours. Gordon was trying to figure how many times each case was handled. I think he gave up at ten and counting.



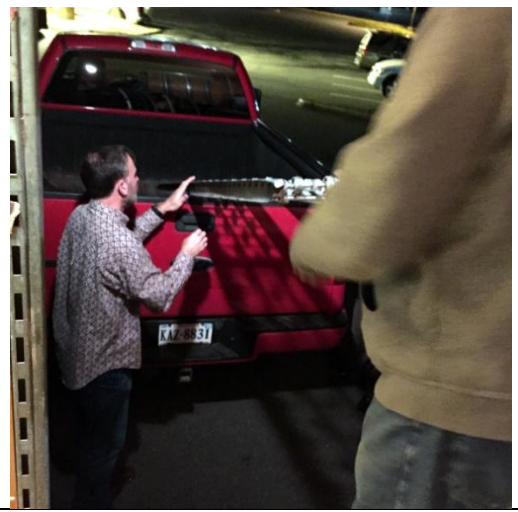
Jumper Cables Connecting BOTH Scott Dulaney's Truck and Marty Lockard's SUV to Truck Batterys: Good Try - Did Not Work



Move EVERY Case from the Delivery Van, to Scott's Red Pick Up...repeat many times!



Offload EVERY Case from "Old Red" to the Sales Van...
Repeat many times!



Load "Old Red" to take Rollers to the Shed
Lion Scott - we could not have done it without YOU!!!
(and Old Red)



As it got darker, fruit got heavier - new law of Physics?

2. Thursday (1st day of sales) went relatively well.
We sold about half the total fruit, about normal for any sale.



Customers & Lions Enjoy Pleasant Weather Thursday

3. Friday's weather was a killer. Between the rain, snow, sleet, and wind, no one with any smarts would be out. Unfortunately, we seem to have a lot of smart customers, because sales were very slow all day. I think those in the trailer Friday wished they could have been smart.



Stacking Cases in the Sales Van



PDG Karen - Hard at Work on Cold Friday Afternoon



Lots of Smiles - Noon Saturday



PDG Harry Parker - Non Club member braves the cold to help us on Friday (Joe Breda in the front)



Clean up and Lock Up

4. Saturday was a better day weather wise, but not enough to make up for Friday's poor showing. Mark took the initiative to get another email sent out to our customers about noon. It was much more effective than I expected, considering the late hour. The crew slogged on until 5:00 pm and sold much of the remaining fruit.

5. We had a couple dozen cases of oranges left that went to charity. This is a good result, considering where we were Saturday morning. Most important, the support and positive attitude of everyone, renews my faith in the spirit of Fairfax Host Lions Club Members."

Epilogue: "I just wanted to let everyone know that, with the help of Marty Lockard, Marilyn Tanner, Gordon Tillery and Joe Breda, all post-sale activity was completed this morning (Monday, March 13). The unsold oranges went to the Lamb Center and Food for Others, so they were not wasted, just charity of a different form. (Lion Marilyn Tanner loaded MANY cases in her car for Food for Others; the Food For Others receipt reported Marilyn transported 861 pounds of oranges!) Craig Van Lines indicated they would pick up the van this afternoon, before the impending snow storm."

Footnote: The March, 2017 Treasurers report shows, for the three fruit sales this year (November, December,

March), the net revenue for the Club's charity account was \$15,957.31. That is a bit lower than planned - for several reasons. Our citrus fruit sales remain the primary fund raiser for our charity programs. And we have new challenges ahead - the Fruit Sale Committee Leads for the past many years are transitioning out of the job. The Club needs Lions to step up to leading roles in planning and executing fruit sales. Please consider, and speak to any club officer of your interest. Co-leads are a good idea; talk to a partner - step up!

Fund Raiser for Manassas Everest Lions Club

Sunday, April 2 was "Momo" day, at the American Legion in Fairfax. With guidance and assistance from PDG Karen Parker, the new Lions Club we sponsored last year held their first fund raiser. It provided each person a generous plate full of "Momos" - tasty dumplings, the dish originated in Nepal, which corresponds to the "Everest" club.



Karen helps open the event, with KL Govinda



Chicken Momos with Spicy Sauce



Family, friends of Manassas Everest Club Prepare Momos



Karen Parker, Wilma Murphy (2nd VDG for 24A), and Anju (spouse of KL Govinda Giri Prerana) at the sign-in table



A Good Turnout of Fairfax Lions

Seen partaking of Momos: KL Gene Brown, Phil Mayo, Gary Maxwell (and Pattie), Marilyn Tanner (and Chuck), Bill Bartlett (and Sarah), Joe Breda (and Terry).



**MANASSAS
EVEREST
LIONS CLUB**

COME AND ENJOY TASTE OF HIMALAYAS
EXPLORE AN UNIQUE CULTURE

MOMO

Fundraising

02
APRIL
2017
2PM-6PM

**AMERICAN LEGION HALL
3939 OAK ST FAIRFAX VA 22030**

We will be serving MOMOs, an authentic stuffed dumpling preparation is one of the most popular dishes in Nepal.

\$10
Per Person

TICKET INCLUDES ONE SERVING OF MOMO & A CHOICE OF DRINK

Food | Raffle | Music

Meal Ticket - good for one order of Momos

No reservations required. Join us on Wednesday, April 12th at...



Dinner Meetings

March 21st

Our guest speaker was Detective Albert "Trey" Leightley, III, of the Fairfax City Police. (Interestingly, Trey's dad - Al Leightly - attended our dinner meeting on January 17th. He volunteers at the Shepherd's Center of Fairfax-Burke, and accompanied the main speaker that night - Jack Zimmerman.)

Back to Trey....he has been employed by the Fairfax City Police since 1992, and since 1997 has been assigned to Criminal Investigations Division where he is a certified expert witness in Computer Forensics. Trey has sworn out arrest warrants and search warrants at both the county and federal level, and has testified in criminal trials as an expert witness. One case for which he conducted computer forensics examinations was the George Huguely murder (in 2010) of Yeardley Love at the University of VA. Even though the alleged murderer had "destroyed" the laptop computer of Yeardley Love, Trey was able to recover sufficient digital evidence from the destroyed device to secure the conviction. As a testament to Trey's capabilities, this is not the only case outside the Fairfax City jurisdiction in which Trey's assistance has been requested.

We learned about the plethora of digital evidence that is available - including surveillance video, social media, smart phone cameras/call logs/GPS tracks, and so on. Trey told us, some burglars are so vain they take "selfies" at the crime scene - which later becomes the evidence necessary to convict them.

Trey was also instrumental in solving a case - using DNA evidence - of 10 years of murders committed by Jesse Matthew across the state and in Fairfax.

On a darker topic, Trey introduced us to the existence of the "Dark Web." This is a level within the internet accessible only by special browsers, and on which nearly everything imaginable is for sale...counterfeit currency, drugs, stolen credit cards, fraudulent passports, guns and ammo, services, and all sorts of illegal things. Trey said we know it exists, but warned us of pitfalls and consequences to ourselves of attempting to explore the dark web on our own - you can set yourself up to be an unwitting criminal victim. Enough said.

Detective Albert "Trey" Leightley, III: we are glad you are on our side!

Vehicle Donation Program

Any person with a vehicle they might donate - ask them to call 844-455-4667. The trained staff will answer any questions, and take it from there. More at: <http://www.fairfaxlions.org/donate-a-vehicle/>

NEW Fund Raiser - Lions Dinner Out

We tried this a few years ago, and are re-starting it this month. This announcement is on our club web page....come join us, and tell your friends about it:

Charity Fund Raiser – Lions Dinner April 12th

Join Fairfax Lions and guests, Wednesday, April 12th, for dinner at The Auld Shebeen restaurant, 3971 Chainbridge Rd, Fairfax, VA 22030. **This is a charity fund raiser!**

Fairfax Lions Club



We Serve
Since 1951

Meet at 6:30 pm for Happy Hour prices on beverages; be there by 7pm for dinner. Ask to "Sit with the Lions Group" in the Yeats Library dining room. Order from regular menu; separate checks; pay your own bill.

The Auld Shebeen will donate 15% of what we spend to Fairfax Lions Charities – to help folks in our community!

Parking: Old Town Plaza city garage, 3955 Chain Bridge Rd (access from Rte 123/Chain Bridge Rd or University Dr). Take elevator to 4th level, walk past plaza shops, cross North St at the light to The Auld Shebeen.



Detective Albert "Trey" Leightley

environment. We learned about three students: Tyler, Charlie, and Olivia who, respectively, live with Traumatic Brain Injury, Downes Syndrome and cancer, and craniotomy from a brain tumor. The lives of all three have improved after Sprout therapy. Brooke is the only employee of Sprout, but there are 15 horses and about 100 volunteers each week who operate the center. The center serves about 120 individuals each week. The annual budget is \$500,000 generated thru several fund raising events. This budget allows the center to serve its clients in subsidized programs, or in some cases with scholarships. Brooke acknowledged our Club's annual donation, and told us of volunteer opportunities at Sprout.



Brooke Waldran, Founder and Executive Director of The Sprout Therapeutic Riding and Education Center

<http://sproutcenter.org/>



KL Gene Brown Presents Gift to Trey

April 4th

Our guest speaker was Mrs. Brooke Waldran, the founder and Executive Director of "The Sprout Therapeutic Riding and Education Center." Sprout means growth, and that is the mission of the center, to help the growth of special needs and disabled persons in our community thru equine assisted activities and therapies. Sprout also raises public awareness about special needs and provides dynamic learning, recreation, socialization and therapy opportunities for individuals and groups in a farm

KL Gene presents gift to Brooke



Guests at the meeting included Brookes 2 children, and two youngsters coming from soccer practice with Lion Mike Rumberg, shown below.



KL Gene Brown read the proposed slate of nominees (listed below) for the club's officers and Board for the coming year. Lion Phil Mayo moved to accept the slate as proposed; all voted yea.

Nominations 2017-2018

President (King Lion)	Marty Lockard
Immediate Past President	Gene Brown
First VP	Karen Parker
Second VP	Mike Rumberg
Third VP	Doug Brisson
Secretary	Jeff Root
Treasurer	Rob Higginbotham
Corresponding Secretary	Mike Greeley
Tail Twister	Jim Kaplan
Lion Tamer	Cory Green
Bulletin Editor	Gordon Tillery
Membership	Ken Schutz
Director (Two Yr)	Phil Mayo
Director (Two Yr)	Joe Breda
Director (One Yr)	Scott Dulaney
Director (One Yr)	Greg DeRosa
PDG Dir	PDG Bill Bartlett
Dir Emeritus	PDG Bill Smith

Guest PDG Harry Parker announced four Constitutional Amendments up for vote at the State Convention this year. Two are controversial dealing with a permanent state dues increase (a 25% increase, which many Lions see as unnecessary), and our Club's delegates are advised to vote against those two.



PDG Harry briefs the Club on State Constitution Amendments

Lion Phil Mayo gave an update on activity at the Youth Camp to repair winter damage (pipes), and announced the new pavilion is complete. PDG Karen Parker distributed flyers about the Open House on April 29 at the Youth Camp. (See flyer at last page of this newsletter)

Phil Mayo Updates Club on Youth Camp



Prior to the meeting, we enjoyed the 50-50 ticket sales team of Karen Parker and Gary Maxwell.



For the pledge, as the American Legion US flag was not present, Lion Jim Kaplan quickly improvised showing us a full motion video of Old Glory waving. Flexibility is the key to responsiveness - way to go Jim!



Membership

by PDG Bill Bartlett, March 30 email

A Plan to Increase Attendance at FHLC Dinner Meetings

Background: Attendance at dinner meetings of FHLC has steadily decreased over the past few years from 35 to 40 members to about 20 to 25 members. This is not good for a number of different reasons, but the main reason for concern is that this decreasing number of members in attendance may well result in higher meal costs or non-availability of the meeting place at some point in time. In an attempt to increase attendance at dinner meetings, the Board of Directors has approved a plan to put a contest in place for one year to see if that increases the number of attendees at dinner meetings.

Plan: At the beginning of the next quarter, each attendee at a dinner meeting who buys 50/50 tickets gets a ticket with their name on it placed in a container. Then, on a quarterly basis, a name is drawn by the guest speaker at the last meeting of the quarter. If the person whose name is drawn is not at the meeting, the drawing will continue until the winner is present. The winner can then draw a ticket from a second container and win one of the following prizes:

- Free Dues for one quarter (a \$110 value)
- Two free guest meals (a \$33 value)
- One free guest meal (a \$16.50 value)

Guest meal prizes are not valid at Charter Night, the Picnic or the Holiday Party. At the end of each quarter, the name container will be emptied and the process will start over.

Approval and Implementation: The Board of Directors approved this plan at the February 28, 2017 board meeting.

Board Meeting - March 28th

A few hi-lites of the Board meeting:

- Resolved to recruit a team of Lions to clean out the storage shed (once the weather warms up)
- Received letter of thanks from the City of Fairfax for our donation to the Senior Center
- Approved Pete Bennett's request for Affiliate status
- Voted Elden Wright to be a "Privileged Member"
- Discussed tentative plans for an "off-site" joint meeting of the current and incoming Boards of Directors

Upcoming Events

- Apr 5 - Eye-glass Recycling*
- Apr 6 - Lions Lunch Bunch
- Apr 12 - Lions Dinner Out - Charity Fund Raiser
- Apr 18 - Dinner Meeting
- Apr 19 - Eye-glass Recycling*
- Apr 19 - Bingo at Fairfax Nursing Center*
- Apr 23 - District 24-A Bland Contest
- Apr 25 - Board Meeting
- Apr 29 - Open House, NoVA Lions Youth Camp

- May 2 - Dinner Meeting???????
- May 4 - Lions Lunch Bunch
- May 5 - RSVPs due for Charter Night
- May 9 - Visitation to Vienna Lions Club
- May 10 - Lions Dinner Out - Charity Fund Raiser
- May 13 - Charter Night

**Service activity, if you need one to satisfy the resolution cited in this newsletter header.*

Lions Information

Virginia Lions Redistricting Stands

The proposed redistricting plan for Lions in Virginia was approved at the state convention in May, 2016. Subsequently, VA District 24D filed an official dispute with the International Directors; but, at their recent meeting, the International Directors denied 24D's appeal.

For Your Health

by Kathy Gold, District 24A Diabetes Awareness Chair (copied from Kathy's article in April District newsletter, page 21)

"I recently taught a class about healthy nutrition and discovered that most individuals were unaware that the recommendation for fresh fruits and vegetables is 9-11 servings per day. How many servings do you eat? A serving would be considered about ½ cup. That's a lot of fruits and vegetables — that means you would need to eat vegetables at breakfast, lunch, dinner and for a snack. Now I know that if someone is only eating maybe 1-2 servings a day, they are not going to ever reach 9-11 servings but I teach baby steps. What if you planted a garden or joined a Community Supported Agriculture (CSA) and always had fresh fruits and vegetables available? You could nibble on cherry tomatoes or slices of peppers. You could try new vegetables or add them to an omelet for breakfast, do a vegetable stir fry for dinner and add lettuce, tomato, green peppers and some cucumbers to your sandwich at lunch."

What's Up With Lion Spouses

Mary Ellen Wright has moved into a rehabilitation suite in the Greenspring continuing care retirement community in Springfield. (Elden and Mary Ellen will move their residence to Greenspring.) We continue to pray for Mary Ellen's recovery. Mary Ellen, and Elden, you are in our hearts - we all love you!

The Last Word...a repeat of last month's (and that is good news!) Special thanks to...

Several Lions provided substantial input (whole articles, reports, photos) for this month's newsletter. **Thank you for your most important help!** I hope every month to be able to thank many Lions for helping to publish this newsletter - Thank you all for your thoughtfulness and help!

A Note About This Newsletter

Bob Stahl was a WW2 veteran (US Navy - Pacific Theater) and a Fairfax Lion for nearly 40 years (serving as President and bulletin editor, among other duties). This "Bob Stahl Memorial Newsletter" is published in PDF format, and is sent by email to club members after the 1st dinner meeting each month. **YOUR COMMENTS AND CONTRIBUTIONS ARE ALWAYS WELCOME!** (That does not mean \$ contributions, but your words & photos!) Send anything, anytime, to tilleryg@gmail.com I need your help to publicize information about our Club, and about you.

That's all folks!

Send me items to include in the newsletter.

tilleryg@gmail.com



One final page to go - keep reading....

NORTHERN VIRGINIA LIONS YOUTH CAMP, INC.
P.O. Box 221031
Chantilly, Virginia 22022-1031

**PLEASE JOIN US FOR THE DEDICATION OF
THE LION WAYNE AND LION MARGE DAVIS PAVILION
AT THE NORTHERN VIRGINIA LIONS YOUTH CAMP**

DATE: SATURDAY, APRIL 29, 2017

TIME: 12 NOON (LUNCH)

2 PM PAVILION DEDICATION

PLACE: NVLYC, 1100 LIONS LANE, BOYCE, VA 22620

RSVP DATE: APRIL 24, 2017

**RSVP TO: LION ROSANNE SNIDER, CELL 703-405-3675
Rosanne.Snider@gmail.com**

Directions from Fairfax:

Take I66 West, Take Exit 23 Delaplane/Paris, go North on Rt.17. Left on Rt.50 for 4.3 mi west into Clark County. Left on Howellsville Rd (Rt.638) (east side of the Shenandoah River Bridge) go 1.6 miles on Rt. 638, Lions Lane is on the LEFT. Remember if you cross the River you have gone too far.