



Fairfax Lions Club News - December 2016

"Bob Stahl Memorial Newsletter"



President's Holiday Message

Finding Fun and Joy in this Holiday Season

For many of us, the holiday season is a time that is anticipated with both joy and anxiety. Sure, we love the celebrations, the family traditions, and we cherish the memories of holidays gone by. But along with them, we add the stresses of preparation, expectations and the fear of letdowns, or family squabbles that we have experienced in the past.



Set manageable expectations.

Spend some time now setting realistic and manageable expectations for your holiday season. Understand that you can't do everything! Be realistic about what you can do. Make a priority list of your most important events and activities for you and your family. Then, pace yourself. Organize your time. Keep in mind that it's the holiday "season" (not "day") and spread out your activities to lessen stress and increase enjoyment.

Remember the holiday season does not eliminate sadness or loneliness.

Problems and difficulties arise even during the holiday season. And, for some, the holiday season evokes painful memories of events or the loss of loved ones in the past. Give room for yourself and your family to experience these feelings. Try not to let them become a consuming focus. Make an effort to work through present challenges and conflicts.

Do something for someone else.

One of the ways we can demonstrate that we are grateful to God for His many blessings is to help others. To get more out of this holiday season, try getting involved in serving others. This is demonstrated in the various projects that our Lions Club participates: Fall Festival, Citrus Fruit Sale, Delivery of the November and December Food Baskets, Bingo, Dinner Meetings, and Recycling of eye glasses to name just a few.

Enjoy a family holiday tradition.

Traditions provide opportunities to keep your family's legacy going. They create meaningful memories. So, from the silly to the sentimental, if your family has some holiday traditions, if possible, be sure to include them in your holiday activity plans.

Try something new.

Celebrate the holidays in a new way. You may just create a new tradition that will keep going for generations!

Carve out some time for yourself!

Rather than taking on all of the responsibilities of your family's holiday celebrations by yourself, be sure to share the load. Create some space during the holidays for you to recharge your own battery.

May you have a safe and peaceful holiday season and a prosperous 2017.

King Lion Gene



President(!) Pete Conklin

November brought the results of two elections. One you know all about from the national news. This newsletter reports the other election's result: Lion Pete was installed, on November 2, 2016, as President of the InterService Club Council of the City of Fairfax (known as ISCC). Installation was held in the board room of ServiceSource (501(c)(3) serving individuals with disabilities, which has spoken to our Club <https://www.servicesource.org/>)



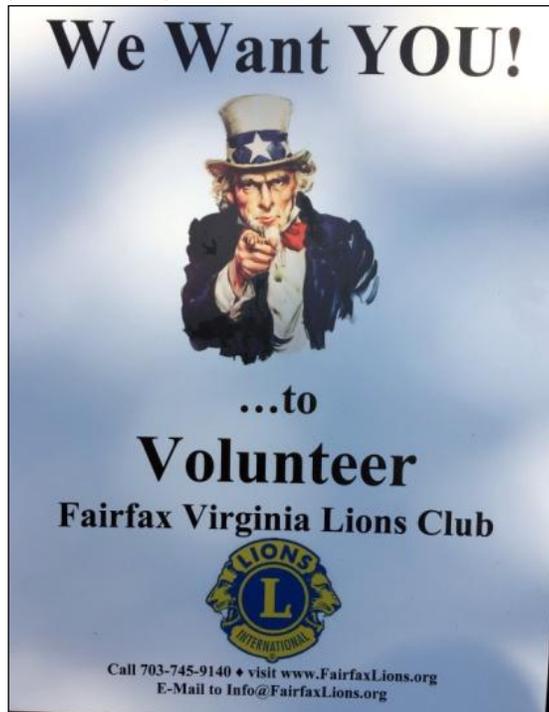
New ISCC officers: Pres - Pete Conklin; Sec - Connie Lauther; Treas - Cathy Kelleher; VP - Art Jones

What is ISCC? It is a group of service organizations in Fairfax, intending to exchange information, issues, and ideas for the mutual benefit of member organizations - and the community. ISCC hosts the Annual Volunteer

Recognition Ceremony each August. (On August 3, 2016, Lion Elden Wright was recognized as the Lion of the year).

Membership

The Club wants to increase membership emphasis...and tried something new at the November fruit sale. We displayed this new poster:



We may have gotten a bit more interest than usual. But it only works if EVERY Lion will "talk-up" our Club's service - and ask people to come see what we do...ask not just at fruit sales, but on all occasions. How do you interest others in visiting our club?

1. Be ready with a 30 sec. explanation of what we do.
2. Have details available (meeting/service project dates & location, contact info, etc).
3. Speak to friends, neighbors, strangers.
4. Invite them as a guest (to dinner meeting, fund raiser, or service project).
5. Report leads to membership Chair Rodney Neely at: blindlion@verizon.net

Service

On November 22nd, 25 local area families in need of food assistance received all the ingredients for a nutritious Thanksgiving dinner as a result of this year's Thanksgiving Food Basket Delivery. The baskets included a frozen turkey (10 – 13 lbs.), cans of corn and green beans, a can of cranberry sauce, a box of Bisquick mix, a box of stuffing mix, 5 lbs. potatoes, 1 lb. carrots, a bag of FHLC Citrus Sale oranges, a cake mix and frosting.



A Nice Spread!

A big Lion's roar goes to Fairfax Lions Club member volunteers (Stephen Bilowus, Doug Brisson, Pete Conklin, Mike Greeley, Jim Kaplan, Ted Kuriata, Gary Maxwell, Rodney Neely, Karen Parker, Jeff Root, Mike Rumberg, Mark Salesses, Ken Schutz, Gordon Tillery, Marilyn Tanner) and Lion supporters (Marcia Selva, Chuck Higdon, Harry Parker, and two of Lion Gordon's grandchildren) who contributed their time and effort to this important activity.

Going hungry is an unfortunate reality for many people in Fairfax County. According to statistics from the national hunger awareness organization Feeding America, more than 76,000 residents in the Fairfax County area are "food insecure," meaning they do not know where their next meal will come from.



Matthew and Natalie (grandchildren of Lion Gordon) load a food basket for delivery. (Event Chair, Lion Marilyn, supervises from the background.)

That's what we Lions do to meet a need within our community – WE SERVE!! (Thank you Lion Marilyn Tanner for leading the event, and writing this article for the newsletter!)

Most Lions are aware from email, Lion Ted Kuriata continues to lead - amongst all the other ongoing Club service and fund raising activities - improvements to the cabin our Club maintains at the NoVA Lions Youth Camp. Building on prior work, four Lions (Marty, Marilyn, Phil, Ted) have just completed interior painting. The ceiling is now white, walls are 'battleship gray' and trim is charcoal gray. The team applied three coats of primer and two top coats to cover all stains! Work will continue on electrical upgrade (lights, electric conduit, outlets, heaters) and installation of floor covering - for completion in December. THANK YOU Ted for your steadfast and strong leadership, and to our Club Members that work to make this happen.



New Cabin Interior: Stain-free, Sparkling White Ceiling & Grey Walls

Eyeglass recycling statistics: Our club has collected 3,533 pair of donated eyeglasses since July 1, and delivered them to the Lions Eyeglass Recycling Center. Between 7-9 Lion volunteers each month have worked a total of 78 hours since July 1 processing donated eyeglasses for distribution to needy persons. As Lion Marilyn said above: That's what we Lions do to meet a need within our community - WE SERVE!!

Fund Raising

Update: final numbers are in for the Fall Festival food and beverage sales - our charity account grew by \$1282.59 from our work at the Fall Festival. That is not bad for a rainy day - and we are due for a good weather day in 2017!

Lions Ted Kuriata, Jim Davis and Eldon Wright led our club in our first fruit sale this Lion's year, November 17-19. As usual, we unloaded the van from Florida, then went to work "rolling" fruit and selling products to our great customers - who come from all over northern VA to support our citrus sales.

A week earlier, on Nov 10, several club volunteers spent a few hours setting up signage - which is critical to drawing customers to the sale.



Trying to remember how the pieces go together!



Sign crew: Ted Kuriata, Jim Davis, Scott Dulaney, Elden Wright, Huey Sullivan (Brian Laccone & Gordon Tillery missing from photo)



After unloading, 525 cases of fruit - stacked in the sale van

Bottom line for this sale: we closed down a successful fruit sale on Saturday, Nov 19, at 2:00pm, in nice sunny, shirt-sleeve weather. We netted \$7000 for our charities account. We sold out of oranges early on Friday, and Saturday sold out of pecans and maple syrup. Two cases of oranges had been donated earlier to Lion Marilyn Tanner for Thanksgiving food baskets. Four cases of un-sold grapefruit were donated to the Lamb Center. We had leftover one case-and-a-half of large peanuts - which we will sell in December. The weather for this sale was exceptional, contributing to early sell-out of oranges. As with all our charity fund raisers, our Club made a very good showing - a good number of members helped (THANK YOU ALL), all demonstrated a great attitude, all had fun!



Great products displayed appealingly!



Our 1st customer, very early Thursday morning; early buyers and good weather portend a big day!



Lions deliver the BEST service to Great Customers!



Sales volume builds early Thursday



Busy, busy, busy - a good weather fruit sale!



Lion Pete cuts grapefruit for display...note by the shirt, weather is warming

Our next citrus fruit sale is coming up soon: December 15-17 (unload, 6pm Dec 14). Lion Ted has asked all members to sign-up for work shifts. Remember, fruit sales are the primary fund raisers for our charity programs. As Eldon likes to say, every fruit sale is a "3-signature" activity - meaning, we need each Lion to sign up for 3 work periods over the 3 sale days and 1 un-load evening. And...pass the word to your friends, neighbors, co-workers!



A repeat item from the November newsletter: **OK Lions, it is time to get serious about our Club's Vehicle Donation Program.** NOW is the time of year people think about making their tax deductible donations.



Our Vehicle Donation Program can be a wonderful fund raiser for us...all we need to do is advertise it, and then collect the proceeds in our Charity Account. **TELL YOUR FRIENDS AND NEIGHBORS** about it; **POST IT** on Facebook and elsewhere. All donors need to do is call a phone number, or sign up on the web site. A tow truck will pick up their vehicle (and title document), auction it, and send the donor a tax deduction receipt. There is no cost or work by the donor for any: car, truck, van, SUV, boat, motorcycle, ATV, RV, trailer or airplane.

Info to pass on to your friends and neighbors:

- Donate your vehicle - Help those needing help in your community!
- 100% tax-deductible donation!
- Free Towing!
- All proceeds to charity!

Call: **844-45-LIONS (844-455-4667)**, or go to

fairfaxlions-cardonations.org

Remember, being a club member means you have a responsibility to support your club by participating in all club activities as you are able. OUR FUND RAISING PROJECTS ARE SERVICE, BECAUSE ALL PROCEEDS GO TO OUR CHARITY PROGRAMS.

Dinner Meetings

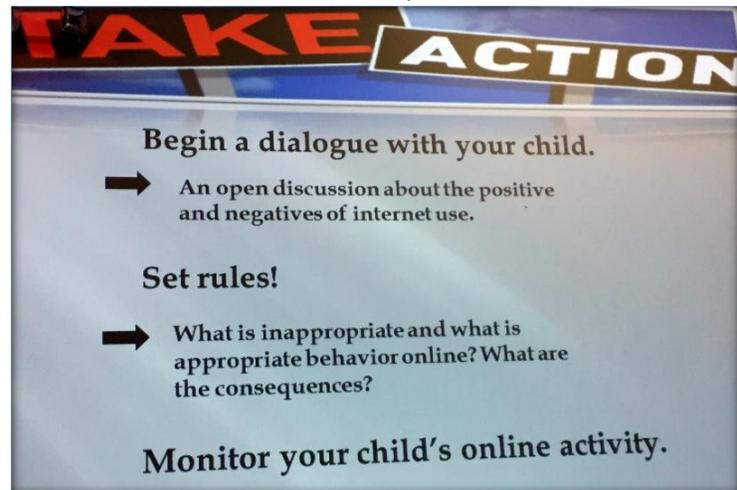
November 15th meeting:

Meeting volunteers included:

- Greeter: Gary Maxwell
- 50/50 sales: Rob Higginbotham
- Pledge: Corey Green
- Song: Pete Conklin
- Invocation: Marty Lockard

The meal was fried chicken, fried shrimp, and sides. Meeting guests included Terry Breda, and perspective new member: David Bolduc, introduced by Lion Rodney Neely.

Our featured guest speaker was Fairfax City Police officer Matthew Lasowitz, accompanied by officer Bill Lawlor. Both are Fairfax City School Resource Officers. SRO's are stationed in each public school, and work under the direction of the school principal. Officer Lasowitz (who went to school with Mark Zuckerberg - of FB fame), told us his main focus is internet safety. We all know how pervasive information/communication technology is, and school kids are not always aware of pitfalls facing them when using devices (phones, ipods, tablets, laptops, desktop computers), the internet, and social media. Officer Lasowitz suggested policy and law may lag technology, and - worse - adults also tend to lag behind the technology kids use. But predators and bad actors (including gangs) know how to use technology/social media to their advantage. For example, we saw how a criminal viewing over the internet a photo of a girls volleyball team can use the photo's meta-data to learn a specific girl's name, address, school schedule, activities, and locations during the day...making it easy to develop a plan for criminal activity. We heard Face Book is somewhat of a dated technology to children. Now, kids are more interested in messaging/ texting (and photo sharing) with "aps" such as Kik, Snapchat, and Instagram. It is important that parents monitor what kids are doing...and assure their privacy is protected. School Resource Officer's are available to assist, and orient parents.



One of Officer Lasowitz's presentation slides



KL Gene Brown thanks Officer Lasowitz

Comments from the floor: After reminding us to bring a dessert to share at the holiday party, Lion Jim Kaplan introduced a new topic - "Pay to Share." Breaking from past tradition, starting in January Lions may tell others at meetings about jobs, activities, etc - but must pay to do so (insert \$ into Lion bank our Lion Tamer Jim carries at meetings).

50/50 winners: there were two. But, as usual, your newsletter editor has forgotten who won - clearly it was not himself!

December 6th meeting:

Meeting volunteers included:

- Greeter: We all made it happen!
- 50/50 sales: Rob Higginbotham
- Pledge: Ted Kuriata
- Song: Elden Wright
- Invocation: Jeff Root

The meal was grilled sirloin steak (excellent!), cordon bleu. We had a good turnout and many guests including: 2 Fairfax County Police Motor Squad officers (here for Santa's Ride), our Peace Poster winner's group, 2 guest speakers, and Lion spouse Erica Schutz.

Our main speaker was Sherry Cox, a Nurse Practitioner representing Horizons Health Care, accompanied by Monica Frishman. Sherry talked about the benefits of a home assessment, consultation on medications, physical therapy, and a general holistic approach to health care can help you avoid hospitalization. Horizons Health Care does all that and more, with a staff of skilled nurses. See:

<http://www.horizonshealthcareva.com/>

HORIZONS HEALTHCARE
 11350 Random Hills Rd Suite 800
 Fairfax, VA 22030
 Phone (703) 822-3675

'Avoiding Hospitalizations'

ask our nurses

Presented by Sherry Cox, NP
 Tuesday December 6th, 2016

- Removing and reducing common sources of injury is a first step
- Follow the doctor's recommendations
- Understanding yours or your loved one's condition
- Stay abreast of medication schedule
- Know the signs and symptoms of problems
- Support your loved one to make lifestyle changes
- What are the resources available to assist
- How can a Home Health Agency help
- Medicare Coverage Basics

Any questions please contact Monica Frishman
 Cell: (703) 822-3675
mdfrishman77@horizonshealthcareva.com



Sherry Cox, NP - talks about avoiding hospitalization

Lion Jeff Root introduced our 2017 Peace Poster contest winner: 7th grader Hyesoo Lee of Rocky Run Middle School. The poster, "Singing the Peace:"



Hyesoo was accompanied by her mom, little brother, and RR art teacher Linda Ledbetter. (Linda has brought many poster winners to our Club.)



Hyesoo Lee and "Singing the Peace" poster (one of 600,000 posters submitted to Lions Clubs world-wide)

Lion Jeff presents Hyseoo the customary award certificate (and also the cash award of \$50)



Responding to an invitation from Lion Mike Schutz, all Lions brought toys to the dinner meeting, to donate to "Santa's Ride." Each year the Fairfax County Police Motor Squad collects and then delivers toys to kids in local

hospitals....a wonderful program, bringing smiles to kids in hospitals.

Lion Mike Schutz introduces Motor Squad Officers



Fairfax Police Officers tell us about Santa's Ride

You may still donate a toy, details:

For Children

- Conducted by the **Fairfax County Police Department's Motor Squad** with the cooperation of Vienna Police Department, Fairfax County Sheriff's Department, Fairfax City Police and Virginia State Police.
- We need **NEW** toys, games, books, stuffed animals and gifts to be distributed on December 16th to children at Fairfax Hospital and to children in the community who might not otherwise have a cheerful holiday season!
- We need your help! Please bring your items to any Fairfax County Police Station or the **Fairfax County Print Shop, Government Center, Suite 143**, no later than 10:30 a.m. Wednesday, December 14th.

Santa will be arriving at the Sully District Government Center, 4900 Stonecroft Boulevard, on Wednesday, December 14th at 9:30 a.m. Please have all toys and gifts here before that time. Thank you for your support!

- Lion Marty Lockard reminded us of our Club's Holiday Party, Dec 20, at Waterford at Fair Oaks (starts 6:30pm).
- Lion Ted Kuriata reminded us of the fruit sale (next week) - All Hand On Deck! Help needed, especially Thursday morning.

50/50 winners: Two Lions - but I can only recall the winner sitting next to me - Lion Joe Breda.

Board Meeting

This is not an official record, but here a few notes (taken by Lion Marty Lockard) on discussion/action at the November 22th Board meeting:

- Fairfax City Chocolate Lover's Festival Committee has approved our Club as a recipient of a 2017 grant from proceeds of their Feb 2017 Festival. (Club received \$500 grant from 2016 event.) We will do vision screening (and membership table).
- Disbursements were approved for the upcoming Bland Contest and the City of Fairfax Senior Center.
- Lion Marty Lockard is looking into a possible NEW venue for 2017 Charter Night - a fully furnished historic home in Fairfax City. The Board asked Marty to canvas all members for their preference. Watch for email.
- Lion Rob Higginbotham presented the Financial Review Report (Audit Report) for the fiscal year ending 30 June 2016. The audit team consisted of Lions Rob, Ted Kuriata, and Mike Rumberg. The report provided a positive general assessment, actions and findings, and Treasurer-related recommendations. Board members will review the report, for Board vote in January.
- Board was reminded of the Holiday Toys for Kids Drive, led by Lion Mike Schutz, at the Dec 6 Dinner Meeting.

Upcoming Events

- Dec 7 - Eyeglass Recycling
- Dec 7 - InterService Club Council (ISCC) Mtg
- Dec 14 - Unload Fruit
- Dec 15-17 - 2nd Citrus Fruit Sale
- Dec 17 - Take down Fruit Sale signs
- Dec 19 - Holiday Food Basket Delivery
- Dec 20 - Holiday Party (Waterford Fair Oaks) - Bring dessert to share
- Dec 21 - Eyeglass Recycling
- Dec 21 -Bingo at Fairfax Nursing Center
- Jan 3 - Next Lions Dinner Meeting

Lions Information

You may have heard, Lions Clubs International has been nominated as a candidate to receive the 2017 Nobel Peace Prize. Now, many are nominated...for example, 376 candidates were nominated for the 2016 Nobel Peace Prize (228 individuals, 148 organizations). The sole 2016 Nobel Peace Prize went to Juan Manuel Santos (President of Colombia) "for his resolute efforts to bring the country's more than 50-year-long civil war to an end."

You may not hear much more until the award is announced (Oct/Nov 2017). Why? Because the statutes of the Nobel Foundation restrict disclosure of information about nominations.

Congratulations to LCI for being nominated!

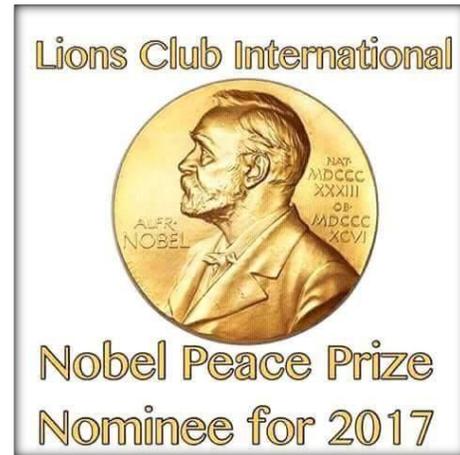


Image from Dec 2016, DISTRICT 24-A LION REPORTER

...and More Lions Information

Recall, this newsletter alerted you to a limited-edition, Lions Club commemorative US silver dollar coin to be released in early 2017.



On Nov 9th, the US Mint and LCI participated in a ceremonial "strike" of the first Proof 2017 Lions Clubs International Centennial silver dollar, at the Philadelphia mint. (Proof and Uncirculated formats will both be produced.) The coins will **only** be for sale during calendar year 2017, and **only 400,000 will be made**. There are about 1.4 million Lions, but surely not all Lions will want to buy this US coin. (Plus, coin price will be MUCH more than \$1 face value (my guess: price may be around \$60-70, more for proof.) But this MIGHT quickly become a seller's market, so don't be late to order. The plan allows for the coins to be purchased from "LCI Club Supplies" and from the US Mint. Order info is not yet available, but you can get on a mailing list for info at:

<http://lions100.lionsclubs.org/EN/about/centennial-coin.php>

What's Up With Lion Spouses

No news this time - hey Lions, let your newsletter editor know about spouse/family activities, so we can share the news!

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 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.

Unpaid/unsolicited ads:

ServiceSource operates the Blossom Daily cafe (located in ServiceSource HQ building (behind Bob Evans, just off Rte 123). The cafe menu is appealing, food is good, prices reasonable...prepared by ServiceSource clients (individuals with disabilities).

Cafe Hours:

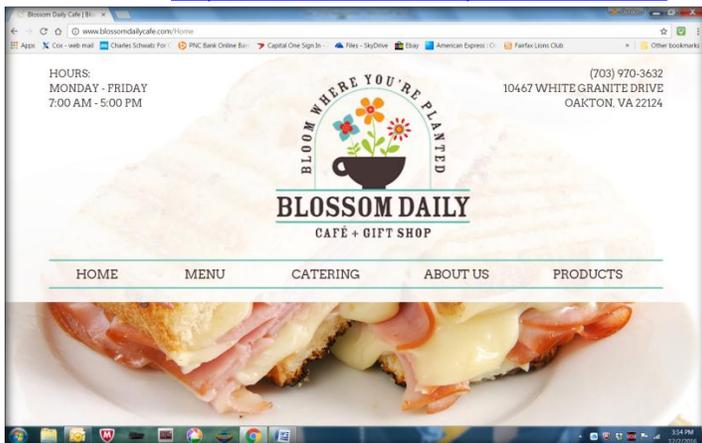
MONDAY- FRIDAY,
7:00AM - 5:00PM

Address:

10467 WHITE GRANITE
DRIVE
OAKTON, VA 22124
(And they offer a catering
service.)



More info at: <http://www.blossomdailycafe.com/Home>



Printing:

If you need professional printing (wedding invitations, etc), consider the folks who print our meeting programs, charter night programs, etc...they do great work. Tell them you are a Fairfax Lion!

Executive Press, Inc 10412 Main Street
Fairfax, VA22030 (703) 352-1337

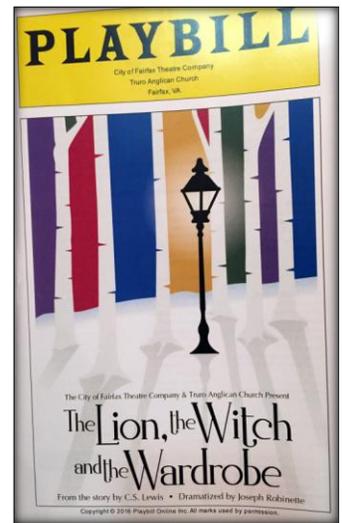
The Last Word

Lion Ken Schutz brought to the Dec 6 dinner meeting, a Playbill from the Fairfax City Theater, from their recently completed performance "The Lion, The Witch and the Wardrobe." <http://www.fairfaxcitytheatre.org/>

The Playbill included this ad for our Club:



We suspect Lion Jim Kaplan, ardent supporter of the Theater Company, was the person putting the ad in the playbill, for all community theater patrons to see. Way to go Lion Jim!



That's all folks!

