



Fairfax Lions Club News - January 2017

"Bob Stahl Memorial Newsletter"

Do You Have a Resolution for 2017?



President's New Year Message

January is always a time for reflections on the previous year and at this point in our Lions calendar year we have a chance to assess the past six months and fine tune the plans for the next six months.



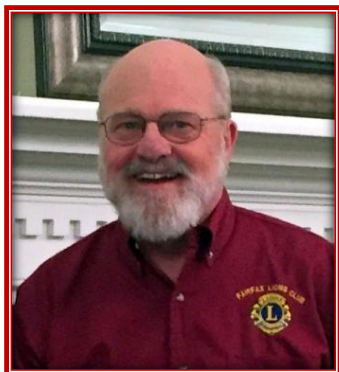
July 2016 was notable for our planning and action to improve our car donation program. Later in the fall our scheduled activities, such as the Fall Festival, Citrus Sales were executed with precision. During this time our 1st and 3rd VPs recruited a work team of highly skilled and energized Lions to completely renovate our cabin at the Northern Virginia Lions Youth Camp; the cabin boasts new floors, a new roof and a completed renovated inside and outside.

In November and December we served the community by delivering food baskets, collecting toys for children at the INOVA Children's Hospital, and volunteering to assist at the Nursing Home bingo night. I could list many more activities but in the interest of brevity, just know that I and the other leaders appreciate the energy and vitality of our club and how we are able to meet the needs of the community year after year.

The first six months of 2017 promises to be just as outstanding as the last six months. Since we last met, we've received two car donations. More importantly, we now have two different schools inquiring about starting a Leo club! As many of you know, starting a Leo club has been a planning goal for the club for the last several years and now we have two opportunities to act on.

I am deeply honored to be FHLC King Lion for the calendar year 2016/17. I want you to know how much I appreciate your dedicated efforts to serve the community and your involvement with the shaping of the next generation of leaders by improving our youth cabin and

working to establish a Leo club this spring. May you and your family have a healthy and prosperous 2017.



King Lion Gene

2017 Milestones

At the turn of the year, many of us reflect on past events. A few anniversaries coming in 2017:

- 1st - North Korea claims successful H-bomb test, Jan 5, 2016.
- 2nd - Russia intervenes in Syria civil war, Sep, 2015.
- 3rd - US & Cuba announce beginning of process to normalize relations, ending half-century of enmity, Dec 17, 2014.
- 4th - Mass shooting at Washington Navy Yard, Sep 16, 2013.
- 5th - Mass shooting at Sandy Hook Elementary School, Dec 12, 2012.
- 10th - First iPhone released in US, June 29, 2007.
- 15th - Palestinian freighter carrying arms seized by Israeli forces in Red Sea, Jan 3, 2002.
- 20th - Princess Diana's passing, Aug 31, 1997.
- 25th - Signing of Treaty of Maastricht (aka Treaty on European Union), Feb 7, 1992, to integrate Europe.
- 50th - Death of Che Guevara, Oct 9, 1967, major player in the Cuban revolution.
- 75th - Signing of "Declaration of the UN," Jan 1, 1942: 26 governments pledge to uphold Atlantic Charter, use maximum war effort to defeat Axis powers, and bound them against individual peace treaties.
- 100th - US entry into WW1, April 6, 1017. And,

Responding to invitation from Melvin Jones, businessmen convene in Chicago on June 7, 1917 - Lions Clubs International is born.

Membership

Our Club will have a membership table with the vision screening at the Fairfax City Chocolate Lover's Festival on Saturday Feb 4, 2017 - as we did last year. Mark your calendar, and plan to be attend!

Service

Because of you, 25 area families (representing 92 individuals) received a big dose of holiday cheer in a food basket!! On December 19th, our Club delivered complete holiday dinners to 25 families in need of food assistance. Once again our club's efforts to raise funds for our charity programs provided the resources needed to purchase the ingredients for these Holiday Food Baskets.

Holiday dinners included a frozen turkey, and 2 bags of nutritious food (photo: bags ready for pick up in Lion Marilyn's garage)



the youth camp of which **we can all be very proud**. Our focus now shifts to publicizing this resource to assure local youth groups are aware of it. **YOU CAN HELP:** tell people about the camp (100 wooded acres, just south of Rte 50, between the Appalachian Trail and the Shenandoah River, offering lots of adventure opportunities - away from xbox's/phones/computers/twitter/etc. Our cabin sleeps up to 12, and other cabins are available. A good start point to know more is the web page: <http://valions.org/lyc/index.html>

Lion Ted is responsible for the wonderful idea to do this project, get Club buy-in, and he dedicated many long hours, lots of drive, leadership, and energy to bring it to completion.

BEFORE and AFTER Photos:



Question:
What do you get when you mix a Lion (like Pete) with a turkey?
Answer:
A happier holiday for an area family!

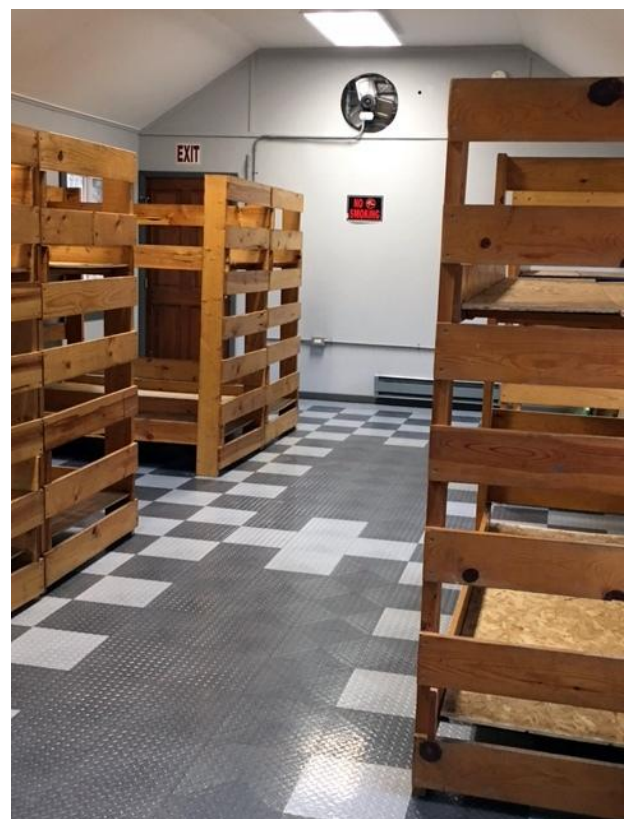


BEFORE

A big Lion's roar to 15 Fairfax Lions (Stephen Bilowus, Doug Brisson, Pete Conklin, Mike Greeley, Rob Higginbotham, Ted Kuriata, Marty Lockard, Gary Maxwell, Rodney Neely, Jeff Root, Mark Salesses, Ken Schutz, Gordon Tillery, Marilyn Tanner, and Ron Zabel) who gave their time and effort to this important activity. Without your willingness to lend a hand, this would not have been possible. Each of you also helped raise the funds needed to support our community outreach programs like the Food Basket Delivery. And, of course, a huge Lions roar goes to Lion Marilyn Tanner who - once again - led this event. *Thank you for all you do for our Lions club!*

Lion Ted Kuriata has aggressively assembled materials and Lion volunteers to COMPLETE improvements and renovation of the cabin our Club maintains at the NoVA Lions Youth Camp. From past reports, you know new windows, door, exhaust fan, and siding were installed and exterior painting/staining was completed earlier in 2016. Now, interior painting, electrical upgrade and new floor covering have been completed. On Dec 31, the team of Lions Rob H, Phil M, Marilyn T, and Marty L completed all planned 2016 renovation of the cabin interior with the installation of the floor covering and molding.

Photos to follow show exterior and interior views of the cabin BEFORE and AFTER renovation work. We think you would agree the cabin has a very different look, post renovation. The work was truly a club effort with many members helping to make this a reality. Project lead Ted K is considering submitting this work as a centennial or legacy project by our Club - TBD. We now have a cabin at



AFTER

BEFORE



AFTER

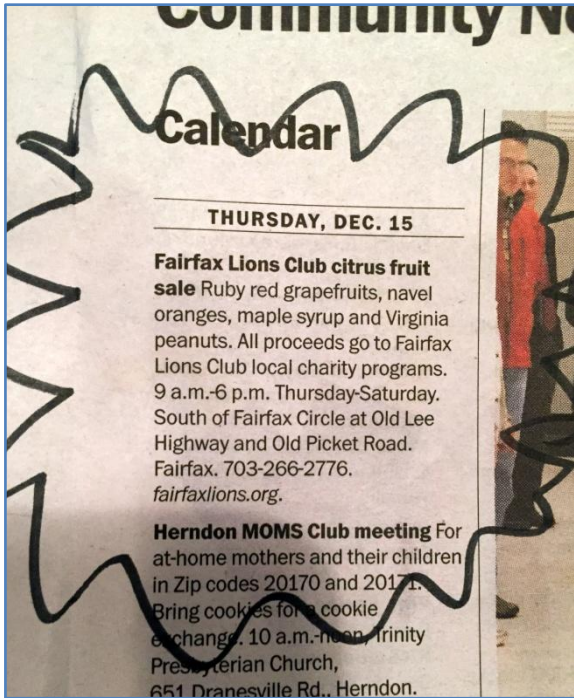


THANK YOU Lion Ted for your steadfast and strong leadership, and to our many Club Members whose work made this happen.

Fund Raising

Once again, Lions Ted Kuriata, Jim Davis and Eldon Wright led our club in successfully completing another fruit sale. After unloading the van Wednesday night (Dec 14), Ted led a small work party Wednesday night "rolling" a few cases of fruit, so we would be ready for any early customers Thursday. And customers arrived early!

We had advertised the sale in the Washington Post local supplement, which might have helped with the very large number of customers who arrived early:



The inside crew began the arduous - and cold - task of "rolling" cases of fruit.



Lion Rodney rolls another case of grapefruit!

Thursday morning (Dec 15) was bitterly cold, but the early shift got the site setup quickly.



Sales were brisk, in very brisk weather.

Despite bitterly cold weather, by early afternoon Friday we had sold-out our entire fruit inventory for the December Sale - a day earlier than usual.



Early sellout was influenced, in part, by a 50 orange case shortfall from our fruit supplier (the fruit sale committee will fix that next time). Even so, the moment of sellout was sooner than expected. We must thank the awesome generosity of our community neighbors (and Lions) who support our charity programs by buying fruit - **thank you!**

After the last case of grapefruit was sold, the Friday afternoon shift went to work cleaning up the site, and Lion Scott Dulaney transported most of the materials back to our Club's shed. Love those pick-up trucks! The cleanup crew returned a few days later (when the weather had warmed up a bit) to take down signage and move it to the shed.



Signs Come Down Until March Sale

We thank all club members for their support of this sale. The work is significant - beginning with early planning, ordering products, scheduling the van, making any new signage, signing up volunteers, advertising, having change-cash on-hand, and finally conducting the sale. The committee always has unplanned situations requiring decisions: missing fruit, unusual conditions (weather, etc), overnight temperature control. It is a tremendous amount of work, but it is a rewarding endeavor - an essential one to our Club's charity operations. If you may be interested in working with the fruit sale committee, please speak to Lion Ted Kuriata.

Fruit Sale Bottom line: Even with about 50 fewer cases of oranges to sell, than we ordered, estimated "profit" (amount transferred to our charity budget) for the December sale was about \$5,700. Combined profit for both Nov/Dec sales was about \$12,900. The budgeted profit for those two sales was \$14,000, so we are a little behind our planned charity fund raising pace. Our next citrus fruit sale will be in March; hopefully it will be as successful as the past two!

Vehicle Donation Program - As KL Gene mentioned in his New Year message, the club received 2 vehicle donations in December. Neither have been sold yet, but it is indicative

that the donation program has potential to raise important funds for our charity programs. And it requires no significant Lion labor - just get the word out!

Dinner Meetings

December 20th HOLIDAY PARTY:

We enjoyed an outstanding turn-out of Lions and families, and celebrated the Christmas season in grand style at the Waterford. Meeting volunteers included:

- Greeters: Lion Mark Salesses and wife Laurie
- Pledge: Lion Phil Mayo
- Song, Our National Anthem: Miss Andrea Lockard
- Invocation: Lion Pete Conklin
- Dessert Judging: Lions Jim Kaplan, Scott Dulaney, and Karen DeRosa
- Kids Gifts/Door Prizes: Lion Doug Brisson
- Master Planner: 1st VP Marty Lockard

The main event (both before, and after the wonderful buffet dinner) was musical entertainment by Miss Andrea Lockard and her combo. The combo provided background music before dinner, and Andrea demonstrated "Music Therapy" as our evening program. It is not an overstatement to say all were very impressed by Andrea's big smile and special talent. The program was fun and interesting, and clearly all can see the benefits of music therapy.



Andrea and Combo



Lion Ted, Terry Breda, Lion Phil and Sandy

Crowd Shots



KL Gene Brown Opens the Event



Lion Doug Brisson finds the buffet line!



Erica Schutz with mom Nancy



Mrs. Young Lockard holds mic for Andrea



Andrea leads music therapy



Dessert!



Rhythm Sticks



Kids Games



Lots of Rhythm Games



Who Has a Secret?



And musical interpretation...go Ken!



A Gift for Every Kid



Lion Doug plays Santa!

More Crowd Shots



More Gifts!



Just 3 Positive Things, Lion Scott!



A Great Holiday Party!

A special thank you to 1st VP Marty Lockard for all his effort making this a wonderful event. And, thanks also to the many donors of door prizes:

- | | |
|----------------------------|--------------------|
| Flower Den | Cheesecake Factory |
| French Quarter Brasserie | Coyote Grill |
| PJ Skidoos | Noodles & Company |
| Great American Restaurants | I-HOP |
| TGI Friday | Red, Hot & Blue |
| Hard Times Cafe | Auld Shebeen |
| Chuy's | |

If you visit any of those establishments, please tell them you are a Fairfax Lion and appreciate their support!

January 3rd Dinner Meeting:

Meeting volunteers included:

- Greeter: Ted Kuriata
- 50/50 sales: Rob Higginbotham
- Pledge: Gary Maxwell
- Song: Mike Schutz - "Auld Lang Syne"
- Invocation: Bill Bartlett

The meal was grilled chicken with mushrooms (excellent!), and/or fried shrimp. We had a good turnout, with guests: Lion spouse Toni Medwedeff, Lion children Nicholas & Lewis Rumberg, and potential member Jessica Machado. Jessica is a returning guest and potential member; she is Assistant Director of George Mason University's Disability Services and Program Director for the Autism Spectrum Initiative.



Lion Chan and Toni Medwedeff

Our speaker was Lion spouse Marisela Rumberg, quilting artist and certified Zentangle teacher. We learned how she uses a story from history in each quilt, illustrated by the story of "The Miracle with Roses."



"Miracle with Roses" quilt, assisted by Nicholas and Lewis

As a certified Zentangle teacher, Marisela demonstrated how the art may help connect both sides of our brains - demonstrating with left-right hand games for Lions.



Hands up Everyone!

Benefits of Zentangle include:

Benefits and Uses of the Zentangle Method®

- Relaxation
- Simple and quick access to mindfulness
- Insomnia (Improved sleep by creating Zentangle® art before bedtime)
- Self-esteem
- Inspiration
- Panic attacks (For fear of flying, creating Zentangle® art during takeoff and landing)
- Modify behavior
- Relieve stress
- Improve eye/hand coordination
- Develop/rehabilitate fine motor skills
- Team building and group focus
- Therapy
- Anger management
- Addiction therapy tool
- Diet aide
- Early artist development and appreciation
- Increase attention span and ability to concentrate
- Brainstorming
- Problem Solving

Marisela, CZT

UPCOMING CLASSES

Introduction to ZENTANGLE
 Tuesday January 17th 11-2pm
 @ Jefferson Oaks Circle, Fairfax VA

Conversational Spanish for Adults
 Tuesday January 17th 11-2pm
 @ Jefferson Oaks Circle, Fairfax VA

Walking Foot Quilting
 Sunday January 22nd 1-4pm
 @The Quilters Studio, Fairfax VA

ZENTANGLE Advanced Techniques
 Sunday January 29th 12-4pm
 @ The Workhouse Arts Center, Lorton VA

Marisela's upcoming classes

Marisela's art displayed at our meeting:





For more information:

Marisela Rumberg

<http://www.quiltsbymarisela.com/>
marisela@mariselarumberg.com

Come see my work in person at



9601 Ox Road, Lorton VA, 22079

STUDIO FIBER ARTS
Building 6

KL Gene
thanks
Marisela for
her excellent
presentation



KL Gene told us a bit about New Year's Resolutions (most popular in the US - Lose Weight), and that most people under the age 45 make a resolution, while few over 45 do.

Remarks from the floor:

- Lion Tamer Jim Kaplan kicked off his "Pay to Share" admin fund raiser, by paying \$1 and telling us a short personal anecdote, as did 1stVP Marty Lockard.
- Lion Jeff Root asked us to mark our calendars for our Club's Bland Contest on Feb 12th, and to pass the word along to any possible contestants.
- 1st VP Marty Lockard reminded us vision screenings at the Lamb Center, and at the Green Acres Senior Center, which he will kick-off with a talk to seniors at lunch that day (Jan 20). Vision Screening at the Chocolate Lover's Festival is still tentative as Marty coordinates with the lead activity for screening space.
- 3rd VP Ted Kuriata announced completion of all planned renovation work at our Lions of VA Youth Camp cabin.

50/50 winners: (Surprise, I remembered who won)
Congratulations to : Toni Medwedeff, and Marisela Rumberg.

FOOTNOTE: Thinking about KL Gene's talk on New Year's Resolutions, how about considering this: **"I resolve to participate in at least one Lion's service activity each month this year."** You could easily satisfy that resolution any month by calling bingo, or recycling eyeglasses, or any of the many other service activities we perform.

Board Meeting

Nothing to report; no Board meeting in December.

Upcoming Events

- Jan 4 - Eyeglass Recycling
- Jan 4 - InterService Club Council (ISCC) Mtg
- Jan 5 - Lions Lunch Bunch
- Jan 17 - Dinner Meeting
- Jan 17-19 - Vision Screening at Lamb Center
- Jan 18 - Eyeglass Recycling
- Jan 18 - Bingo at Fairfax Nursing Center
- Jan 18 - Sales begin: Commemorative coin
- Jan 20 - Vision Screening at Green Acres Senior Center
- Jan 24 - Board Meeting
- Feb 4 - (tentative) Vision Screening at Choc Lovers Festival
- Feb 12 - Bland contest

Lions Information

The District 24A January newsletter (you can find it at: <http://valions.org/0117LR.pdf>) has a couple of items that might interest you...

- District Governor Jay Moughon announced the future new pavilion at the Youth Camp will be

named after recently passed Lions Marge and Wayne Davis.

- 1st Vice District Governor Sally Kenavan reported on herself being a victim of a computer hacker who held her personal data for ransom. THIS IS A THREAT WE ARE ALL SUBJECT TO!
- 2017 Lions Clubs Centennial commemorative coin - "Sales begin January 18." (See more info below)
- A reminder to use "Amazon Smile"...doing this will benefit Fairfax Lions charity programs. (See more info below)

More on Lions Commemorative Coin

You will be able to purchase 2 different coins: an *uncirculated* silver dollar, or a *proof* silver dollar. One place to buy the coins (after Jan 18):

<https://catalog.usmint.gov/coins/commemoratives/>

Prices currently advertised are:

- \$46.95 for the

[Lions Clubs International 2017 Centennial Uncirculated Silver Dollar](#)

and,

- \$47.95 for the

[Lions Clubs International 2017 Centennial Proof Silver Dollar](#)

More on Amazon Smile, and FHLC

Assuming you have already designated FHLC as your Smile charity (and if not, why not?), AND use Amazon Smile when you make purchases: when you log into Amazon Smile you may (under "Accounts and Lists", and "Your Account") select "Your Amazon Smile."

You will see a display of how much (\$) your purchases have generated for FHLC, and how much (\$) FHLC has actually received from your purchases. If the club has received \$0 from your purchases, you can understand why by clicking on "Why \$0."

Note: as a result of individuals designating a charity on Amazon Smile, those charities have received \$37,903,623.82!!!! Let's board that train.

What's Up With Lion Spouses

This is sort-of spouse news...With his family, Lion Michael Rumberg visited his spouse's family home in Mexico over the holiday period. While there, Mike went up "Nevado de Toluca," an inactive volcano at 4,632 meters (15,390 ft) and the 4th highest mountain in Mexico. Mike says: yes, the bones of (sacrificial humans) have been found in one of the two lakes in the caldera. It is one of about 5 places where snow appears in Mexico. A national park, it is possible (conveniently, for people not used to such thin air) to drive to within 1,000 meters of the caldera. Mike's brothers-in-law regularly cross-train by biking and running all the way up the volcano. In the photo - note the dog (named

Canela) who loves running around the volcano. Mike is with two brothers-in-law, Javier and Antonio (and one of their friends in the red jacket).

See also

https://en.wikipedia.org/wiki/Nevado_de_Toluca



On Nevado de Toluca: Lion Mike (in Lion's jacket) with 2 brothers-in-law, a friend, and dog Canela

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.

The Last Word

To repeat an email report to you in Dec - the honor received by Lion Pete Conklin (article in FAIRFAX COUNTY TIMES, Dec 16-18 2016):

South county superstars

Greater Springfield Chamber of Commerce honors outstanding achievers at annual dinner

BY TIMES STAFF



Left to right – Pete Conklin, Mike Doherty and Officer Lane Leisey were among those honored Dec. 8 at the Greater Springfield Chamber of Commerce Annual Dinner.

"If you don't know Pete Conklin, it's not because he isn't trying.

The owner of Personal Affairs Management is a volunteer's volunteer, sporting a list of more than 15 local organizations he has spent time, talent and legal tender to better the Greater Springfield community. **For his dedication to his community, Conklin is this year's recipient of the prestigious Herb Hunter Citizen of the Year.**

Conklin was one of three award recipients at the Greater Springfield Chamber of Commerce Annual Dinner on Dec. 8, which also featured the swearing in of 2017 Chamber Chairman Meghan Snyder of Meghan Snyder Communications, four other board members to three-year terms, and – for the first time – entertainment from local comedienne Angela Moore.

Others recognized by the Greater Springfield Chamber for their community dedication were Fairfax County Police Officer Lane Leisey from the Franconia Station, who was awarded for Public Service, and Fairfax Memorial, recipient of the Arthur E. Morrissette Top Hat Service Award.

Conklin enjoys volunteering at the Fairfax Station Railroad Museum and has been known to offer private tours if someone isn't able to come in during normal hours. Fridays are dedicated to Hospice, where he either drives a patient to an appointment for treatment or gives respite to the family by staying with the patient in their home. He drives for The Shephard Center, taking those who can't drive anymore to doctor's appointments or events. He recently joined the Community Emergency Response Teams and already has jumped in to help raise money in support of first responders. While his business is to help families with their finances, he specializes in senior care and has been known to help families with his knowledge and not charge them for this service. That's just a sampling of the hard work and dedication to our community that earned Conklin this year's prestigious Herb Hunter Citizen of the Year award.

Fairfax Memorial Park, a 128-acre cemetery, and the Fairfax Memorial Funeral Home and Crematory are two family-owned, service-oriented businesses centrally located in the heart of Fairfax County and serving the Greater Springfield community. Michael H. Doherty serves as the third-generation President of Fairfax Memorial. It's fitting, therefore, that the grandson of the award's namesake and third-generation CEO of family-owned Interstate Van Lines, Bud Morrissette, nominated Fairfax Memorial for the 2016 Arthur E. Morrissette Top Hat Service Award. The cemetery was established in 1957 on a parcel of farmland adjacent to Braddock Road. The cemetery grounds are meticulously cared for, and many members of our community visit the property to take walks and enjoy the serenity of the park. The funeral home opened in the summer of 2003. From its inception, Fairfax Memorial has served people from all faiths and nationalities with dignity and with the understanding of the diverse funeral traditions found in our local community. The men and women who work at Fairfax Memorial are driven by a common motivating belief that they are called to serve in the funeral industry and to serve the needs of the bereaved. Its mission statement affirms its purpose of meeting the needs of families with honor, care, and service.

On May 21, 2016, officers were dispatched to a 911 call from a cell phone with no confirmed location within the Brookfield Plaza in Springfield. PFC Leisey was first on the scene. By then, dispatchers had narrowed the call to Dubai Jewelers. Leisey's training kicked in and he parked in such a way that his cruiser blended in with other vehicles. Glare prohibited him from seeing into the store, so Leisey moved to a better vantage point, behind vehicles for cover and directly in front of the business. The robber came out of the front of the store, saw Leisey and immediately opened fire in a crowded and busy shopping center on a Saturday afternoon. Leisey dove for cover and from his ground position returned fire. One of the suspect's rounds struck an innocent bystander who was in a vehicle driving through the shopping center. Leisey and the suspect continued to exchange gunfire until the suspect was able to drive away. The suspect and his accomplice were captured several days later, but Leisey's actions that day saved the lives of many more potential victims who were present all throughout the shopping center. Without regard for his own safety, Leisey went beyond the call of duty putting himself at risk and demonstrated bravery in an instant without delay. For that, he was awarded the Chamber's Public Service Award."

Congratulations Pete! It is a privilege to serve with you in Lions.

That's all folks!

Send me items to include in the newsletter.

tilleryq@gmail.com