



# THE LIONS ROAR

FAIRFAX HOST LIONS CLUB

Volume 62, Issue 1

## LIONS CLUBS INTERNATIONAL VIET NAM EYE MISSION

February 2012

Inside this issue:

Lions Club International Viet Nam Eye Mission 1

Tree Planting 2

FHLC Bland Music Contest 3

Recognition of Two Peace Poster Winners 3

2011 USA Canada Forum 4

A Resolution for Better Eating 5

Sandy's Spotlight on The Extra Mile 6

Getting to Know ..... Bill Trent 7

Holiday Party 8

We Serve 10

On February 15, three members of the FHLC (Linda and CC Dennis Brining, Marcia Selva, along with Cheryl and DG Dennis Kelly) left for Viet Nam as team members for the Lions Clubs International Viet Nam Eye Mission in partnership with the University of Virginia School of Nursing and the Global Community Service Foundation. The mission team will visit eye clinics and perform eye screening in the Quang Tri Province. The team will be joined by Dr. Ha, who will be the local partner in the future for eye care in Quang Tri Province.

Marcia is the President of the Global Community Service Foundation which is a U.S.- based nongovernmental organization that provides humanitarian assistance to the people of Viet Nam, Burma and other Southeast Asian Countries. Their mission is to "reduce poverty in Southeast Asia by implementing sustainable, community-based programs that improve the quality of life of the people by increasing their access to healthcare, education and economic development opportunities and fulfilling their life necessities."

Quang Tri is a province located approximately in the middle of Viet Nam. As in so many places in the world, those individuals who suffer a physical disability also live with a social stigma. The Center for Visually Impaired Children located in Quang Tri has been established to "treat, educate and train blind and visually impaired children and youth in Central Viet Nam to give them the skills to become active members of their communities, thereby dispelling the stigma and discrimination that hold back Vietnamese individuals with disabilities." It is believed that the Quang Tri Center will provide a model to be replicated in all parts of the country, and beyond.



Classroom Building

Over a recent dinner at the Lions Tuesday evening meeting, Lion Marcia spoke of a group of vacant buildings which, based on funding, are available to be renovated, furnished, and made fully accessible and safe to develop a complex for children with visual and other disabilities. One building that is suitable will be used as an Eye Care Clinic to treat cataracts and children with visual disabilities, ages 6 to 16. The children will live and learn at the Center and attend local community schools, just like all other children. The local staff will be educated by teachers trained at the Perkins School for the Blind in teaching children who are visually impaired. In addition to working at the Center, the trainers and local teachers will be available to work

with teachers and children in the local schools to accommodate inclusive classrooms. Through the efforts of dedicated organizations and medical personnel, the community will be introduced to the concept of competence in blind children and attitudes will begin to change.



Administration Building



A view of the entrance  
Of the medical building.



Dining Facility Building

## VIET NAM EYE MISSION . . . CONTINUED

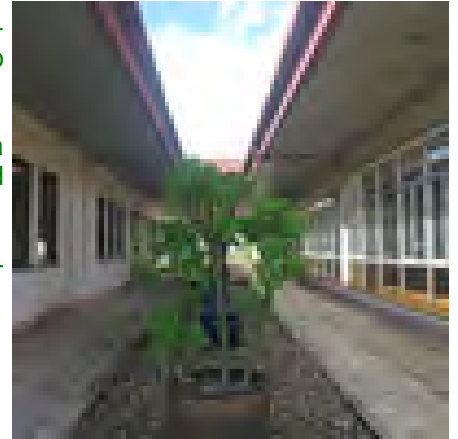
The plan is to “lead by example.” **To help Viet Nam** implement the national goal of quality education for all – by building, supplying and staffing this Center in Dong Ha, Quang Tri Province. **To bring opportunities** to the predominantly rural and impoverished families of central Viet Nam through the establishment of the Center combined with outreach into the 8 districts of Quang Tri to assist thousands of children and families. **To teach Braille** and other specialized skills and provide accommodations that allow children with visual impairments to learn what all children learn, to maintain good health, become independent and acquire job skills that prepare them for employment in their communities. And finally, **To end stigma**, discrimination and low expectations for young people with disabilities.

Before the team leaves for home, one morning will be spent planting trees donated by the Former DG Dennis and Linda Brining of Fairfax Host Lions Club and Springfield Host Lions Club at the new center for the Quang Tri Children.

At the end of the mission trip on February 25, Lions Linda, Dennis and Marcia will travel on to Burma to continue the mission. We look forward to a report and photographs from our world travelers in the next newsletter.

The photo to the right is of the walkway between the dining facility and the auditorium building.

*Without stigma, everything is possible*



## TREE PLANTING

Photographs by Linda Brining



A happy group planting trees



## FHLC BLAND MUSIC CONTEST

By Jeff Root



The Fairfax Host Lions Club Bland Music Contest was held on Sunday, February 19, at the Old Town Hall at 3999 University Drive, Fairfax. The contest was open to elementary, middle school, and high school students. This year there were eight vocal contestants and ten instrumentalists (eight pianists and two violinists). The youngest contestant was in the second grade; he performed Chopin's Mazurka in G Minor Op. 67 No 2 for the piano. The first and second place winners in each category received cash awards of \$200 and \$100, respectively.

First place winners will advance to the Region III competition at Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax, on Sunday, March 25, at 1:30 p.m. The winners of the Region III competition will progress to the District 24-A competition at the Lyceum in Old Town Alexandria on April 15, at 2:00 p.m. The winners of the District competition will progress to the State Finals in Chesapeake, VA on May 18.

The Lions of Virginia first became interested in James A. Bland, in 1938, as the composer of the stirring song, "Carry Me Back to Ole Virginny." Impressed by the patriotic fervor and nostalgic quality of this lyric, the Lions began a campaign which resulted in the General Assembly of Virginia officially adopting the song, in 1940, as the Virginia State Anthem. As a permanent living memorial, the Lions of Virginia established the Virginia Lions' Bland Music Scholarships Program, awarding each year two scholarships for musical excellence, one each to a vocal and instrumental contestant. The first Bland contests were held in 1948.

## RECOGNIZATION OF TWO PEACE POSTER WINNERS

By Jeff Root

The Fairfax Host Lions Club recognized two local middle students for their winning Peace Posters at the December 6 dinner meeting. Nicole Pereira, a 7<sup>th</sup> grader at Lanier Middle School; and Kevin Slapey, an 8<sup>th</sup> grader at Rocky Run School, each received \$50 checks and certificates for winning the Peace Poster contests at their respective schools. Their posters were among more than 375,000 entries submitted worldwide in the 24th annual Lions International Peace Poster Contest. Lions Clubs sponsor the contest to emphasize the importance of world peace to young people.



Each year, Lions clubs around the world proudly sponsor the Lions International Peace Poster Contest in local schools and youth groups. This art contest for kids encourages young people worldwide to express their visions of peace. During the last 20 years, more than four million children from nearly 100 countries have participated in the contest.

Winning posters were selected on the basis of originality, artistic merit, and portrayal of the contest theme, "Children Know Peace." FHLC Peace Poster chairperson Jeff Root said he was impressed by the expression and creativity of the students. "It is obvious that these young people have strong ideas about what peace means to them. I'm proud that we were able to provide them with the opportunity to share their visions."

Nicole's and Kevin's posters advanced to the Lions District 24-A competition, which was judged by the Fairfax County Council of the Arts. Zoe Balderson, a student at Robinson Middle School and sponsored by the Clifton Lions' Club, was the district winner. She received a \$100 check, and her poster advanced to the Multiple District 24 (State) competition.



## 2011 USA Canada Forum (September 22 - 24)

By Marilyn Tanner



After listening to Lion Pete Conklin talk very enthusiastically about his experience of attending the 2010 USA/Canada Lions Leadership Forum in Milwaukee, I was inspired to go to the 2011 Forum.

The 2011 USA/Canada Lions Leadership Forum took place in the *Land of the Midnight Sun* – Anchorage, Alaska – a long way from Fairfax, but it was well worth the trip! The theme for the Forum was “*I Believe in Lions Leadership*” and was the backdrop for more than 60 seminars and workshops held

over the three-day event. Immediately after breakfast on the first day, I set off to attend the *First Timers Orientation*, where I received a thorough overview of the Forum facilities and programs. One of the orientation highlights, for me, was the appearance of International President Wing-Kun Tam. Dr. Tam gave us all a warm welcome and presented each of us with one of his personal pins.

There were so many different and interesting seminar topics from which to choose. Unfortunately, I wasn't able to clone myself so that I could attend all of the seminars and special workshops that interested me – the one about *Furs and the Fur Industry* sounded especially intriguing. However, I focused on membership-related seminars. One of the best membership seminars I attended was facilitated by PID Wayne Davis and Lion Marge Davis, entitled *Why Are Lions Leaving Their Clubs?* They identified ways in which clubs lose members (i.e., job transfers, illness, personality conflicts). Then, they gave concrete suggestions for keeping club membership strong by targeting high-quality prospective members, educating and involving new members, and recognizing and celebrating the achievements and contributions of club members.

The 2011 Forum Planning Committee arranged to have keynote speakers during each lunch, and at the Closing Session. International President Tam addressed the Forum attendees and their guests, and presented his international program for 2011-2012. International motivational speaker M.K. Mueller (survivor of domestic violence) and inspirational speakers, Dan Bigley (blinded and mauled by a grizzly bear) and Martin Buser (four-time winner of the Iditarod Dog Race), spoke to the audience about their experiences, and crafted their talks to acknowledge the important work that service organizations, like the Lions, play throughout the world.



Forum organizers also constructed a large Peace Poster display in a prominent location, showing the original posters of the 2010-2011 Grand winner and 23 Merit Award winners. As I looked at the poster created by Frost Middle School student, MinJoo Kang, I felt so proud of her, of Lion Jeff Root (Peace Poster coordinator for FHLC) and of our club for supporting this important youth activity.



Plans for the next USA/Canada Lions Leadership Forum, to be held in Tampa Bay, Florida (September 13-15, 2012), are already in the works and can be viewed at <https://usacanadalionsforum.org/>. Go, if you want to meet other enthusiastic Lions from the U.S. and Canada. Go, if you want to travel and see new sights. But, most importantly – Go, if you are interested in expanding your Lion leadership skills and enhancing the services you provide to your community. Forum attendance requires FHLC Board of Directors' approval, and some club funding may be available.



## A RESOLUTION FOR BETTER EATING?

By Gordon Tillery

Fellow Lions: We all know of the alarming and increasing rate of diabetes across America. Diabetes has become the number 1 health concern facing the future of this nation. Some are born with it (Type 1 diabetes) and must manage it and control it for life. But, many Americans develop diabetes (Type 2) as the result of life-style choices. You can go far to precluding Type 2 diabetes by knowing what to do, and having the self-discipline to do it; we are talking about diet and exercise.

A column in the *Daily Oklahoman* newspaper, October 25, 2011 is important. It advocates diet ideas to manage Type 2 diabetes. I suggest we should ALL RESOLVE TO ADOPT these ideas. It's extremely important to properly structure your diet if you already have diabetes. And, anyone who implements a healthy diet may stave off diabetes. So if you are inclined to make a change to give you a longer and happier life, now is the time. Will you resolve to do it now? Here's the excerpt from the column:

### Savvy Senior: Healthy diet, exercise can help control Type 2 diabetes

BY JIM MILLER

Eating healthy is important for everyone, but it's even more important for the nearly 26 million Americans who have diabetes — half of whom are older than 60. A healthy diet, coupled with regular exercise and medicine (if needed) are the keys to keeping blood sugar under control.

The [American Diabetes Association](#) offers a list of 10 superfoods for Type 1 and Type 2 diabetics. These foods contain nutrients that are vitally important to people with diabetes, such as calcium, potassium, magnesium and vitamins A, C and E. They're also high in fiber, which will help you feel full longer and keep his glycemic index low so your blood sugar won't spike. And they'll help keep your blood pressure and cholesterol in check, also critical for diabetics.

**Beans:** Kidney, pinto, navy, black and other types of beans are rich in nutrients and high in soluble fiber, which will keep blood sugar steady and can help lower cholesterol.

**Dark green leafy vegetables:** Spinach, collard greens, mustard greens, kale and other dark, leafy green veggies are nutrient-dense, low in calories and carbohydrates. A diabetic can't eat too much of these.

**Citrus fruits:** Grapefruit, oranges and other citrus fruits are rich in vitamin C, which helps heart health. Fiber in whole fruit slows sugar absorption so you will get the citrus fruit nutrients without sending your blood sugar soaring.

**Sweet potatoes:** High in vitamin A and fiber and low in glycemic index, sweet potatoes won't raise your blood sugar at the same level as a regular potato.

**Berries:** Whole, unsweetened blueberries, strawberries and other berries are full of antioxidants, vitamins and fiber.

**Tomatoes:** Raw or cooked, this low-calorie food offers vital nutrients such as vitamin C, iron and vitamin E.

**Fish with omega-3 fatty acids:** Salmon, mackerel, herring, lake trout, sardines and albacore tuna are high in omega 3 fatty acids that help heart health and diabetes. But avoid the breaded and deep-fried variety.

**Whole grains:** Pearl barley, oatmeal, breads and other whole-grain foods are high in fiber and contain nutrients such as magnesium, chromium, folate and omega 3 fatty acids.

**Nuts:** An ounce of nuts provides important "healthy fats" along with hunger management. They also contain a nice dose of magnesium and fiber. Nuts are high in calories so a small handful each day is enough.

**Fat-free milk and yogurt:** These dairy foods provide the calcium and vitamin D you need and can help curb cravings for snacks.

#### More information

For more details on healthy food choices for diabetics, including free recipes, go to [diabetes.org](#) or call (800) 342-2383 (press option #4) and ask for a copy of the free booklet "What Can I Eat?" Diabetic cookbooks are available to buy online at [shopdiabetes.org](#) or by calling (800) 232-6455.



## SANDY'S SPOTLIGHT ON 'THE EXTRA MILE'

You never know where or when you will find something of interest. While walking my five year old grandson and his fellow pre-schoolers back to the parking lot after a tour of the White House, I passed a plaque embedded in the sidewalk of 15<sup>th</sup> Street, NW dedicated to Melvin Jones. As we walked down the hill, I noticed other brass plaques. Although I wanted to stop and read all about each one, I was on a mission to escort little ones back to school and could not stop. However, I made a silent vow to return and learn about "The Extra Mile."

From the web page, I learned the "The Extra Mile" was an initiative by The Points of Light Foundation designed to honor famous volunteers who have been dedicated to service in helping solve serious social problems. The Extra Mile pathway is the only national monument that honors individuals who selflessly championed causes to help others realize a better America. The pathway illustrates the stories of those great Americans who, through their caring and personal sacrifice, reached out to others. The organization's name came from the "thousand points of light" theme used frequently by former U.S. President George H. W. Bush, including a State of the Union address in which he said:

We have within our reach the promise of a renewed America. We can find meaning and reward by serving some higher purpose than ourselves, a shining purpose, the illumination of a Thousand Points of Light. And it is expressed by all who know the irresistible force of a child's hand, of a friend who stands by you and stays there, a volunteer's generous gesture, an idea that is simply right.

President and Mrs. George H. W. Bush dedicated the Extra Mile on Oct. 14, 2005 by inducting the first 20 honorees. To date, 33 individuals have been honored with medallions along the Extra Mile, which will eventually stretch one mile and include an extraordinary 70 service leaders.

Much like the program of leadership training of the Lions' organization, the vision of the Extra Mile aims to encourage the growth of volunteerism, inspire young people to become the future leaders of the charitable community and encourage our culture to redefine the meaning of "role models" for our youth.

There are numerous people honored, including Edgar Allen (founder of an organization that became Easter Seals in 1919), William D. Boyce (creator of the Boy Scouts of America), Millard and Linda Fuller (founders of Habitat for Humanity), Edgar J. Helms (who founded Goodwill Industries in 1902 to help people with disabilities and disadvantages fully participate in society by expanding their occupational capabilities), Juliette Gordon Low (founder of Girl Scouts of the United States of America), Eunice Kennedy Shriver (founder of Special Olympics in 1968 as a program of athletic competition for people with mental retardation), Dr. Robert Smith and William B. Wilson (who established Alcoholics Anonymous in 1935).

The medallion for Melvin Jones reads:

Believing in the power of cooperative altruism, Melvin Jones helped shape Lions Clubs International into the largest network of service clubs in the world. The organization is committed to assisting the visually impaired and supporting sight conservation worldwide. Using the motto, "We Serve," Lions Clubs seek to improve the lives of the needy and offer young people the chance to catch the spirit of service.



"You can't go very far until you start doing something for somebody else."

Should you wish to visit The Extra Mile plaques, they begin at the corner of Pennsylvania Avenue and 15th Street, NW and continue north on 15th Street to G Street, NW. There, at the Old Ebbitt Grill, the Mile turns east on G Street for two blocks to its intersection with 13th Street. As honoree medallions are added in future years, the Pathway will be continued on G Street. The closest Metro stations are Metro Center on the red line and McPherson Square on the blue and orange lines.

## GETTING TO KNOW YOU . . . BILL TRENT

by Sandy Mayo

“It is the best project in the club” says Bill Trent referring to the fruit sales which the FHLC undertakes three times a year. Bill has been a member of the FHLC since December 1998 and the fruit sales is his favorite project. “Working on the fruit sales is a good way to get to know your fellow Lions as so many members work on that project.” Bill is probably one of the few who became a Lion by calling the hot line and being referred to the Membership Chairman, who at the time was Elden Wright. After serving on the Board of Directors for a year and a half, Bill became the third vice-president, then moved to first VP, in preparation for serving a year as King Lion (2001-2002).

Bill grew up with his older sister and brother in Oregon. He attended Oregon State University located forty miles from his home and in 1957 graduated with a degree in Business Administration. Sixteen years later, he obtained his MBA degree in Personnel Management from St. Mary's University in San Antonio. While attending flight school at Camp Gary in San Marcos, Texas, Bill met Margaret on a blind date in March 1958. She was attending the University of Texas where she also majored in Business Administration. Upon her graduation, they were married in July 1959 in Austin. Shortly thereafter, they were transferred to Ft. Lewis, Washington.



Bill served 30 years in the Army “flying Army stuff – mostly fixed wing and helicopters” (“**not** Air Force stuff,” he emphasizes). In those 30 years, he and Margaret moved 19 times. They finally moved to Northern Virginia in 1976 and he retired in 1987. Margaret's favorite assignment during Bill's career was at Ft. Sam Houston as she grew up in Austin and could visit her family frequently. Bill's favorite assignment was the flying assignment in Germany which was both demanding and professionally developing. Needless to say, he had a tour in Viet Nam ('66-'67) where he flew the Huey helicopter.

Their first son (Mike) was born in Ft. Benning and their second son (Mark) was born in Heidelberg. Mark now lives in Loudoun County and is an air traffic controller at Leesburg. Mike lives in Vienna and works in the area of Information Technology for Fairfax County. There are four grandchildren: Carolyn (19) who currently attends NOVA in a nursing curriculum, Mark William (18) who is a Freshman at Randolph-Macon College in Ashland, Va, James (16) and Austin (12).



Fishing and woodworking are Bill's two hobbies. Although he gets to Oregon to fish about once a year at a family cottage, mostly he fishes at Lake Anna or in the Potomac with Elden. His woodworking hobby takes place in a large shop in his backyard which he built in 1995. Numerous pieces of equipment (a lot of which were purchased from yard sales) are located throughout the shop along with an ample amount of lumber, and dust! Among the woods he works with are black walnut (which came from trees in his backyard), curly maple and red oak. Hanging on one wall of his shop is a replica of a clock measuring about 9" by 6" which he made for members of the Board when he served as King Lion. When the grandchildren were younger, Bill helped them make Christmas presents for their parents. Such projects included paper towel holders and a battery case which had columns for a supply of various sized batteries. Carolyn also made a “nesting box” for chickens as a 4H project. And now Austin is making a ukulele with his dad.



And now I hope you know a little more about Bill Trent . . . and his family.

**HOLIDAY PARTY ON DECEMBER 20**

Photos by KL Charlie Raper



We like a man who cooks !



Walter and Guadalupe enjoy the party



What is Gary whispering in Ray's ear ?



Carter gives a thumbs up for the party



Nicholas is having a good time



A cute photo of Mike and Louis



# HOLIDAY PARTY ON DECEMBER 20

Photos by KL Charlie Raper



Have Charlie and Gary been in the punch ??

Kids of all ages (including those over 50) enjoyed the magic show. How does he do those tricks? The games were also popular with the young folks. And then there were some who just liked to crawl around and mingle with the crowd. Thanks to the committee for another successful party evening.



**WE SERVE**

On February 1, The American Diabetes Association presented an award to the FHLC for being the top fund raising club in ADA's 2011 "Step Out to Stop Diabetes" campaign. As you may recall, Lions Charlie Raper, Tom Edick, and Gordon Tillery, along with Jackie Raper and Elsie Tillery participated in the "STEP OUT" campaign on October 22. Lions Charlie and Gordon attended the awards ceremony at the ADA office located at 1701 North Beauregard, Alexandria. The FHLC donated \$3,838 to the effort to stop diabetes. Every step, and every dollar we raise, will make a difference in the lives of the 25.8 million Americans today living with diabetes. And that number is, unfortunately, growing quickly.



On December 13, Fairfax Lions donated 28 units of blood. Our blood drives have produced 2966 good units for the citizens of our community since the start of these drives over 20 years ago. This has been at no expense to the club except for a little time of the Lions who have donated or have been involved with the drives. Unknown to most of the club, we have several members who give on a regular basis at INOVA, Red Cross, or work or give platelets. Combined with the Lions who participate in the regularly scheduled blood drives held at Providence Church, our percentage of support in this community outreach goes up to over 21%. "That," said Lion Elden Wright, "is truly outstanding."



The Lions Club recycling center is now located at 601 South Carlin Springs Road, in Arlington. Last year the center sent 99,865 pairs of eyeglasses to people throughout the world with a few going to Appalachia. We meet each 1<sup>st</sup> and 3<sup>rd</sup> Wednesday from 9:30 to 11:30 a.m. Come join us for a rewarding experience . . . followed by barbeque at Bubba's in Merrifield.

Members of our club delivered 40 baskets of food to needy residents of Fairfax County for Thanksgiving and another 26 baskets for Christmas. In response, we received a kind note from one of the recipients:

"Dear Fairfax Lions Club Thank you for the Thanksgiving basket delivered last week, You are deeply appreciated. My children were so excited that we had Thanksgiving at midnight! Now, how funny is that.



The thermal underwear drive launched before Christmas was a great success. Over 2 dozen thermal underwear packets and 2 dozen winter socks were donated to the Lamb Center, a daytime drop-in center for the poor and homeless in central Fairfax County. Please bring future donations to the Tuesday evening FHLC meetings or deliver them directly to the Lamb Center located at 3220 Old Lee Highway, Fairfax City, VA 22030. The Center is open 8AM until 3PM Monday to Friday and 8AM until 1PM on Saturdays.

**B-I-N-G-O**

Join us the **THIRD WEDNESDAY** of each month at the **Fairfax Nursing Center** located at 10701 Main Street, Fairfax 22030 from **7:15 to 8:15 p.m.** It's fun for everyone.

