



## Fairfax Lions Club News - August 2017

"Bob Stahl Memorial Newsletter"

**"I resolve to promote the theory and practice of the principles of good government and good citizenship."**



### **Fairfax Lion Speaks at National Federation of the Blind Meeting**

*Thanks to Lion Rodney Neely and former club member John Bailey for this report.*

Dr. Suleiman Alibhai spoke at the June 15, 2017 meeting of the Fairfax chapter of the National Federation of the Blind.

Blind and visually impaired individuals are disproportionately unemployed or underemployed when compared to individuals with other disabilities. They are also likely to be marginalized and misunderstood by the "sighted population." At this meeting Dr Alibhai urged representatives of low vision organizations to educate and inform the public that blind and visually impaired individuals live normal productive lives raising families, working and participating in recreational activities just like normally sighted individuals.

Interactions between normally sighted and visually impaired individuals at schools, in the workplace and social/recreational events is one way to bridge the gap between these two groups. While there are totally blind individuals, there are also many people who are classified as being "low vision" meaning they cannot see normally even with glasses or contact lenses. Regardless of the classification, everyone deserves the opportunity to interact and participate in society in a productive manner. All should become aware of the issues related to being blind or low vision and know how best to engage with individuals regardless of their vision status.



In reporting on the meeting, John Bailey said: "We wish to thank Dr. Alibhai for taking the time to come and speak to us. Here is a link to a short video of Dr. Alibhai talking about some of the points he wanted to make during the evening."

<https://youtu.be/sPLsPCEkFjk>

### **New President to Liven Up Meetings**

Our new King Lion officially kicked off this Lions year by offering a refreshed format for dinner meetings. In a July 13 email KL Marty said: "With your help, I hope to make sure our meetings are noted for their good fellowship and fun in addition to being interesting and fulfilling. We need to do things that will make members want to come to meetings and attract new members. I'm open to all suggestions, but right now I'm thinking: different themes, agenda variations, dedicated Tail Twister time, more fun activities, outside Guest Speaker one meeting each month, and a special presentation or activity by a member or his/her family when we don't have an outside Guest Speaker."

"The types of special presentations or activities by a member or his/her family are virtually unlimited. The key is they should be fun and interesting or educational. A small sampling of ideas:

- Presentation on a fantastic vacation
- Presentation on a recent Lions convention or forum
- Presentation on an interesting or funny project, activity, mission, or event in your work or family (recent or past)
- Organize and run a fun game or activity where all members and guests are included
- Organize an auction (potential fund-raiser)
- Organize a special night when we do something else fun in lieu of a dinner meeting (possibly around certain holidays like Valentine's Day, Halloween, etc.)
- Presentation on anything that will be inspirational
- Presentation on an unusual service activity recently completed (what we did; how we are making a difference)
- Presentation on LCIF, VLEI, eyeglass recycling center, Wise County, etc. activities and accomplishments (what we do; how we are making a difference)"

"There is no need or expectation for you to be a polished speaker; only enthusiasm and brevity are important. Is it something that you always think about or never forget?"

"I really need your help. Please respond and let me know if you are willing to do something like this. Karen and I will work with you on scheduling it. I'm looking for the first presentation or activity on Tuesday, August 1. Thank you for all you do."

We elected our new KL by unanimous vote, and have an obligation to support him. Suggestion: **re-read the words above, and offer to help!**

## **Service - Our Mission**

### **Financial Support**

We already know: in addition to hands-on service projects, our club raises money to give to a variety of charitable causes. Who we give to, and the amounts, are decided in the annual budget process which you can participate in. Everyone is encouraged to submit a budget request to identify a cause and details of making the donation. The budget committee examines all requests and proposes to the Board a budget for the coming year. The approved budget specifies the charity out-reach causes and donation amounts the Club will make over the year.

In the way of feed-back to Club members, below is the end-of-year summary of our Club's charitable out-reach, July 2016-June 2017. In certain cases, amounts given differ from the budget approved at the beginning of the year due to the actual amount of funds we raised over the year.

#### **COMMUNITY SERVICES**

City of Fairfax Theatre Co	\$100.00
American Legion	\$1,156.00
City of Fairfax Senior Ctr	\$800.00
Food Baskets	\$1,781.83
Nursing Home Bingo	\$144.77
Veterans Scholarship	\$1,000.00
Total COMMUNITY SVCS	\$4,982.60

#### **HEARING SERVICES**

Lions Sight and Hearing Van	\$250.00
Total HEARING SERVICES	\$250.00

#### **SIGHT SERVICES**

Eyeglasses for the Needy	\$1,500.00
Leader Dog	\$500.00
Canine Companions	\$300.00
Lions NOVA Eyeglass Recycling Center	\$500.00
Lions Sight & Hearing Van	\$250.00
VA Lions Eye Institute	\$2,000.00
Total SIGHT SERVICES	\$5,050.00

#### **YOUTH SERVICES**

Reading Action Program	\$1,017.70
SPROUT	\$500.00
Bland Contest	\$1,531.57
Fairfax Little League	\$1,000.00
Leo Club	\$100.00
Peace Poster	\$245.80
Youth Camp	\$4,713.97
Total YOUTH SERVICES	\$9,109.04

All club members are invited to participate in Board meetings, and are encouraged to engage in committees such as the Budget Committee. By doing so, you will participate in planning and decision making, and you can influence the actions of the Club.

### **Eyeglasses For the Needy**

Lion Marilyn Tanner has assumed leadership - from Elden Wright - of this Club Eyeglass program. (Note: This is not the same as our collection of donated eyeglasses and

hearing aids for recycling, which Lion Scott Dulaney leads.) Under Elden, for Lions year 2016-2017, Fairfax Lions Club provided 30 pair of eyeglasses. (The prior table of charity expenditures shows \$1500 for Eyeglasses - that is the cost of the 30 pair of eyeglasses we purchased for needy persons.) Lion Marilyn is leveraging an agreement made in 2015 by Lion Davida Luehrs, whereby **myeyeDr** will provide eyeglasses across VA Lions District 24A for \$50 a pair. Marilyn will accept eyeglass requests only from the Fairfax County Health Department, which verifies financial need of individuals requesting eyeglasses.

### **EYEGLASS RECYCLING**

Lion Scott Dulaney and team collected 204 pairs of eyeglasses in July from area collection boxes, for processing and distribution. Seven Fairfax Lions volunteered 14 hours at the Eyeglass Recycling Center in July.

### **NURSING HOME BINGO**

Many thanks to former club member Marcia Selva for leading bingo at the Fairfax Nursing Center in July. Three other Lions and one spouse helped call bingo. Fifteen Nursing Center residents participated.



Old File photo - former Lion Marcia Selva Helping Resident of Fairfax Nursing Center Play Bingo

## **Fund Raising - Underpinning Our Service Mission**

### **Lions Dinner Out**

We enjoyed our 4th, monthly "Dinner Out" on Wednesday July 12th (ALWAYS ON 2ND WEDNESDAY OF THE MONTH, AND ALWAYS AT THE AULD SHEBEEN!). We had a good turnout - 13 people! All had a good time. Our Club Charities Account received \$39 from the restaurant, our club's share of our personal spending that evening. Total raised so far in our charity account, after four dinners-out: \$174. Every little bit helps us help others!



Marilyn and Chuck Dine With Gary and Patty



(In background) Joe & Terry Breda, Marcia & Tom Selva



(In Background) Phil Mayo, Nancy and Gene Brown

Mark your calendars - the next Dinner-Out charity fund raiser: Wednesday, August 9th at The Auld Shebeen (6:30-8:30pm). ALWAYS AT AULD SHEBEEN / ALWAYS 2ND WEDNESDAY.

### **Charity Fund Raiser – Lions Dinner Aug 9th**

***Always*** the 2nd Wednesday of each month

***Always*** The Auld Shebeen Restaurant

3971 Chainbridge Rd, Fairfax, VA 22030

Fairfax Lions Club



Ask to "Sit with the Lions Group," Yeats Library dining room  
6:30 pm - Happy Hour prices on beverages

7pm - Dinner

Order from regular menu

Separate checks; Pay your own bill.

No reservations required.



### **July 4th Food Booth - Net Proceeds**

The report in last month's newsletter did not include final numbers, which are now available: GREAT NEWS - Net proceeds realized from the July 4th food sale: **\$558.99**.

That is after expenses, and every penny realized goes into our charity account to be spent on charity programs as directed by the Budget for this year. (Note: the budget has been finalized, and approved at the July Board meeting.)

### **Vehicle Donation Program**

Know a person with a vehicle (car, boat, cycle, plane) 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/>

### **Dinner Meetings**

#### **July 18th**

KL Marty had announced this regular dinner meeting would have this theme:



**Patriotism !**

Members were asked to come to the meeting ready to nominate a patriot: a man or woman you looked up to, have tried to imitate, and/or someone who inspired you. Members were also asked to wear/display some kind of US Flag on themselves (pin, photo, embroidery, etc).



Lion Cory Green's Resourceful Use of US Flag Stamp to be in "Uniform"

Forever Flag Stamp



Lion Mike Schutz's More Traditional Approach to Wearing Flag

Evening Hit - Lion Steve Bilowus's Yankee Doodle costume! (We are told, this was a hand-me-down from Lion Tom Edick)



Lion Steve with Lion Rodney

Fairfax City Police Officer Matthew Lasowitz was our Guest Speaker. He had spoken to us previously about dangers facing kids on social media. This night he spoke on Scams and Fraud.



Police Officer Matthew Lasowitz

Officer Lasowitz gave us tips to avoid scams and fraud:

<p><b>1. Hang It Up!</b> Hang up the telephone if someone calls you and wants to sell you something. <b>Never</b> give out:</p> <ul style="list-style-type: none"> <li>• personal information,</li> <li>• credit card numbers,</li> <li>• bank account information,</li> <li>• social security number,</li> <li>• age,</li> <li>• living arrangement,</li> <li>• health status,</li> <li>• income,</li> <li>• Medicare number, or</li> <li>• driver's license number.</li> </ul> <p>If you are interested in buying a product over the telephone, ask the company to send you the information in the mail. A reputable company will be happy to send you the information.</p> <p>Remember, <b>HANG IT UP!</b></p>	<p><b>2. Tear It Up!</b> Seniors receive sweepstakes correspondence informing them that they have won a prize.</p> <p>If the sweepstakes is legitimate, you should not have to send any money, give out any financial information, or buy anything to win that prize.</p> <p>Be very careful of flashy envelopes or personalized letters. Companies spend millions on mailings in order to appeal to the consumer. If you do not think it is legitimate, <b>TEAR IT UP!</b></p>	<p><b>3. Don't Open It Up!</b></p> <p>Not only do you have to be careful of door-to-door salespeople offering free products and services, you also have to be careful of professional con artists or criminals who want to take your money.</p> <p>If someone comes to your door that you do not know, <b>DON'T OPEN IT UP!</b></p> <p>If the person is persistent, call the police and ask them to come by and check on your home.</p>
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And, actions to take if we encounter identity theft:

**Lost or Stolen Personal Information?\***  
Use these "QUICK STEPS"

**FINANCIAL ACCOUNTS**

1. Close credit card and bank accounts immediately.
2. Place passwords on new accounts. (Avoid using your mother's Maiden name, birth dates or phone numbers.)
3. If stolen, file a police report in the jurisdiction of the theft with your local police department.

**SOCIAL SECURITY NUMBER**

1. Call one of the three nationwide Consumer Reporting Companies.
2. File an "Initial Fraud Alert" & "Victim's Statement."

EQUIFAX	1-800-525-6285	<a href="http://www.equifax.com">www.equifax.com</a>
EXPERIAN	1-800-397-3742	<a href="http://www.experian.com">www.experian.com</a>
TRANSUNION	1-800-680-7289	<a href="http://www.transunion.com">www.transunion.com</a>

**FILE AN INITIAL FRAUD ALERT**

- Appropriate for stolen wallets, credit cards and "phishing" scams.
- Stays on your credit report for 90 days.
- Order one free credit report from each of the three nationwide consumer reporting companies.

**DRIVER'S LICENSE OR GOVERNMENT ISSUED IDENTIFICATION**

1. Contact the agency that issued the license or ID.
2. Follow their procedures to cancel the document & get a new one.
3. Ask them to flag your file, so no one else can get a license or documentation from them in your name.

**KEEP A WRITTEN RECORD** of all your contacts including:  
The date, time and names of each person you contact.

Visit the City of Fairfax Police Department web site for more information: <http://www.fairfaxva.gov/police/Police.asp>

**City of Fairfax Police Department**  
Non-Emergency Phone Number (703) 385-7924  
3730 Old Lee Highway  
Fairfax, VA 22030-1800

\*Source: [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft)

#### Quick Steps to take after Identify Theft

After hearing from Officer Lasowitz, KL Marty teed-up nominations of patriots. Keeping it brief, we heard first from Lion Mike Rumberg who talked about his Dad's emotions when he first visited the Vietnam War Memorial (the "Wall"). Then KL Marty told us the story of Dick Cochran...a sailor aboard the USS Indianapolis when it was sunk by torpedoes in the Pacific in WW II. You can read that story of the USS Indianapolis at

<http://www.ussindianapolis.org/> ... and talk to KL Marty to know more about his Patriot.

Next up was Lion Phil Mayo (standing in for Tail Twister Jim Kaplan); Phil got us all laughing with a few good, clean and short jokes.



Phil  
Enjoys a  
Good  
Punch  
Line!

Lion Ken Schutz, Membership Chair and lead for Board of Director's Strategic Offsite held in June, summarized off-site results and gave us the list of actions the Club will pursue in the coming months. The actions address: meetings, new service projects, club culture, survey of club members, outreach to local businesses, membership goals, expanding Club visibility, committees, fund raising, and fruit sale. (For more details, see the report in the July 2017 newsletter.)



Lion Ken Schutz Reviews  
Actions from Offsite

Pete Conklin announced he had attended the Lions International Convention, with Lion Jeff Root and PDG Karen Parker, and how impressed he was with the event. (More info, under "Lions Information.")

50/50 winners: the drawing occurred, but your newsletter editor cannot recall who won!

### August 1st

This was the kick-off of KL Marty's new meeting format (discussed on page 1). The theme was "Funny Phobias" (more on that later). Instead of an outside

speaker, KL Marty selected a club volunteer - Lion Gordon Tillery, who spoke on: "My Dad in WW II." We learned about his Dad's duty in F Battery, 3rd Battalion/244th Coast Artillery on Guadalcanal with the 1st Marine Division, and looked at a Japanese Army rifle and Army officer's sword captured on Guadalcanal in January, 1942



Membership Chair Ken Schutz discussed actions to interest potential members, such as offering "dinner tickets" to our meetings, approaching local businesses and individual professionals, and "Beating the Bushes."

At the sound of those last two words, 2 Lion Bush-Beaters entered the room - banging noise making sticks and searching for key attributes of prospective Lions.

Lion Bush-  
Beaters  
Marilyn  
Tanner and  
Huey Sullivan



The two Bush-Beaters stalked around the dining room, calling out to each other when they found an "attribute." The rest of us finally figured out they had pre-placed an attribute sign on each table, so they would visit each table.



Lion Marilyn Finds an Attribute Sign

The attributes your newsletter editor can remember are listed below...did not get a photo of all on them together. (We will work on that for a follow-up post to our club web-page.)

Partial list - Potential-Lion Attributes:

- Active
- Likes to Have Fun
- Enthusiastic
- Creative
- Works Well with Others

Many thanks to this membership team for the skit; it was entertaining, imaginative, and inspiring.

Membership Bush-Beaters and Chair Ken Schutz



Tail Twister Jim Kaplan introduced "Lions Pride" - suggesting we will have an opportunity ahead to tell Why/How we decided to be Lions. Lion Jim also designated the next meeting, August 15th, as "Beach Attire" night. Dust off your Hawaiian shirts, shorts & flip-flops, and hang-loose at dinner on Aug 15.

Next up, led by Lion Jim and KL Marty, was strange phobias we may have encountered. Lion Jim Davis recalled a sailor so claustrophobic - he became non-functional on board a closed-up submarine. Lion Pete Conklin himself is claustrophobic, and told of Air Force escape and survival training when he was captured (in training) and isolated in a tiny POW-box.

KL Marty and TT Jim introduce "Phobias"



Lion Pete Conklin Recalls a Training POW-Box



TT Jim collected Bucks from Lions with Brags. Lion Rob Higginbotham did not brag about being Treasurer, but did brag about having a major project at work finally get started...very important to the FAA, Rob is considering volunteering to give a slide show on it.



Lion Rob Higginbotham Pays a "Buck to Brag"

PDG/1st VP Karen Parker announced two events:

- Sept 16: Club Picnic, Providence Park
- Dec19: Holiday Party, The Waterford Fair Lakes

50/50 winners: Lions Marilyn Tanner, Harry Pontius

## Membership

FHLC's Membership Committee chair - Lion Ken Schutz - held a July meeting of the membership committee. Several membership initiatives are being worked - stay tuned (as you read in the new of the Aug 1 dinner meeting)! Lion Ken had invited three potential new members (who we met at the July 4th Food Stand) to attend the August 1 dinner meeting. Unfortunately, none could attend.

## Public Relations - Breaking news

*With many thanks to Lion Mike Schutz!!!*

To increase visibility on social media, our tech expert Mike has connected our Club web page to both Twitter and Facebook pages. Now, an item posted on our Club webpage flows automatically\* to our FB page and Twitter page. Check them out, and introduce your friends to them... Web page: <http://www.fairfaxlions.org/>

FB: <https://www.facebook.com/FairfaxLions>

Twitter page: <https://twitter.com/FairfaxLions>

**SEND IDEAS FOR SOCIAL MEDIA TO NEWSLETTER EDITOR:**  
[tilleryg@gmail.com](mailto:tilleryg@gmail.com)

\*FYI - the process of flowing web page posts to FB and Twitter involves a free web-based service at <https://ifttt.com/> IFTTT stands for "IF THIS THEN THAT" - (reminds me of my archaic FORTRAN programming days)

## Board Meeting - July 25th

Your Board of Directors held its regular monthly business meeting. A few hi-lites follow. For more complete information, consider attending a Board meeting - all Club members welcome!

- Noted: Lion Jim Davis has filed all tax returns and completed transfer of Club Treasury to Lion Rob Higginbotham
- Approved 1st VP Karen Parker's plan for Club retreat to be at Providence Park Pavilion on Sept 16, and Club Holiday party to be at the Waterford on Dec 19.
- Approved Budget Committee's proposed budgets (Admin and Charity) for 2017-2018

## Upcoming Events

- Aug 2 - Eyeglass Recycling
- Aug 2 - ISCC Volunteer-of-the-Year Recognition (7:30pm, Sherwood Community Center)
- Aug 3 - Lions Lunch Bunch (11:15, Wegman's Fairfax, Market Cafe)
- Aug 9 - Lions Dinner-Out Charity Fund Raiser (6:30pm, Auld Shebeen)
- Aug 15 - Regular Dinner Meeting (Beach Attire)
- Aug 16 - Eyeglass Recycling
- Aug 16 - Bingo at Fairfax Nursing Center
- Aug 21 - Total Eclipse of the Sun
- Aug 22 - Board Meeting
- Aug 26 - Ev Bierman's Funeral (11am, FX UMC)

Looking ahead:

- Sep 16 - Club Retreat/Picnic, Providence Park
- Nov 20, Dec 21: Food Basket Delivery dates
- Dec 19 - Holiday Party, The Waterford Fair Lakes

## Lions Information

*Thanks to Lions Pete Conklin and Jeff Root for this report*  
Lion Pete, attending the Lions International Convention in Chicago, said: "it was definitely a lifetime highlight. I am so glad I attended. Imagine 30-plus thousand Lions from 200 countries, all getting along! The Conference was superbly organized and executed!!"

Lion Jeff took photos of the opening parade (Saturday morning), which had 10,000 marchers, and lasted four hours and forty minutes.



Former Vice President Al Gore spoke on climate change at the opening plenary session on Sunday morning.



The band Chicago performed on Monday night.



The Charlie Daniels Band performed before the final plenary session on Tuesday morning.



Patti LaBelle spoke about her struggle with diabetes and sang two songs at the final plenary session on Tuesday morning.



### With Sadness...

We lost Lion Everett Bierman on July 23rd. Ev was a 38 year member of Fairfax Lions Club (joined June 1, 1979). He



was a Club President (1996-1997) and an active member until age began to limit his activity. For the past few years Lion Ev has been an Affiliate Member but attended meetings (usually wearing his trademark coat & tie) when able, thanks to Lion Jeff Root driving him. In late 2016, we learned Ev was no longer able to attend meetings.

The obituary below appeared in the Washington Post on July 27th.

#### EVERETT EUGENE BIERMAN (Age 92)

Of Fairfax County, VA on July 23, 2017 at his home in Oakton, VA. Beloved husband (64 years) of the late Joyce Elizabeth Bierman. Devoted father of James E. Bierman, Karen J. Bierman, Marta E. Williams, and the late Robert E. Bierman. Son of the late Herbert and Lulu Bierman. Brother of Russell, Glen and Quentin. He is also survived by two grandchildren, Tasha Cantrell and Rowan Quinn, and two great grandchildren. He was a WWII Vet (Army) with 30 years of government service. He was a US Ambassador to Papua New Guinea. A memorial service will be held at Fairfax United Methodist Church, 10300 Stratford Ave., Fairfax, VA 22030 on Saturday, August 26, 2017 at 1 p.m. with a reception to follow. In lieu of flowers, contributions may be made to the American Heart Association.

Ev was born August 16, 1924, in Hastings, NE. He served in the US Army, 1942-1946, and graduated from Purdue University (BS, 1948) and the American University (MA, 1958). Ev had a distinguished career highlighted by serving as minority staff director for the Committee on Foreign Affairs of the US House of Representatives, then as the US Ambassador to Papua, New Guinea.

Ev was recognized with other local WW2 veterans by the Washington Post (Veterans Day, Nov 11, 2014). See: <https://patch.com/virginia/fairfaxcity/ww2-era-veteran-and-lion-recognized-washingtonpost> We will miss this great patriot and Lion. Funeral service: Saturday, Aug 26, Fairfax United Methodist Church.

### Just For You

#### Nine Lifestyle Changes Can Reduce Dementia Risk

You may have seen results of a new Study in the media lately; THIS SHOULD INTEREST YOU.

**BOTTOM LINE:** One in three cases of dementia could be prevented if more people looked after their brain health throughout life: not smoking, doing exercise, keeping a healthy weight, treating high blood pressure and diabetes

can all reduce the risk of dementia, as well as cardiovascular disease, and cancer.

The study was presented at the Alzheimer's Association International Conference in London, and lists nine key risk factors. At current rates, by 2050, 131 million people could be living with dementia globally. There are estimated to be 47 million people with the condition at the moment.

The nine factors that contribute to the risk of dementia

- Mid-life hearing loss - responsible for 9% of the risk
- Failing to complete secondary education - 8%
- Smoking - 5%
- Failing to seek early treatment for depression - 4%
- Physical inactivity - 3%
- Social isolation - 2%
- High blood pressure - 2%
- Obesity - 1%
- Type 2 diabetes - 1%

These risk factors add up to 35%. The other 65% of dementia risk is currently thought to be non-modifiable.  
**The good news - ON THOSE THINGS YOU CAN CONTROL, YOU CAN ACT NOW TO REDUCE YOUR RISK OF DEMENTIA!**

"Although dementia is diagnosed in later life, the brain changes usually begin to develop years before," said lead author Professor Gill Livingston, University College London.

"Acting now will vastly improve life for people with dementia and their families and, in doing so, will transform the future of society."

The report, which combines the work of 24 international experts, says **lifestyle factors can play a major role in increasing or reducing an individual's dementia risk.**

Failure to complete secondary education was a major risk factor, and the authors suggest that individuals who **continue to learn throughout life** are likely to build additional brain reserves.

Another major risk factor is hearing loss in middle age - the researchers say this can deny people a cognitively rich environment and lead to social isolation and depression, which are among other potentially modifiable risk factors for dementia.

Another key message from the report is that what is good for the heart is good for the brain. Not smoking, doing exercise, keeping a healthy weight, treating high blood pressure and diabetes can all reduce the risk of dementia, as well as cardiovascular disease, and cancer.

The researchers say they did not have enough data to include dietary factors or alcohol in their calculations but believe both could be important. See more info, and a VIDEO: <http://www.bbc.com/news/health-40655566>

### **What's Up with Spouses?**

We are pleased to include this column, when you provide the information. This month, Lion Mike Greely sent photos of Mike and Kate's tour of the alpine region of

Europe, with stays in northern Italy, Switzerland, Liechtenstein, Austria, and Germany..."nearly three weeks and a wonderful, educational experience!"

Villa del Balbianello, one of several little cottages on Lake Como, Italy



Jungfrau Mountain, Swiss Alps (>13,600 feet)



Mike & Kate near Stresa, Italy.....Mike in cold glacial water



Having drinks in the Hofbrauhaus, Munich, Germany



### The Last Word - on Resolutions

The "header" of this Newsletter features a resolution for you to consider. For several months, we used this resolution: "I resolve to participate in least one Lion's service activity each month this year." There is nothing wrong with that resolution, but to shake things up a little - with KL Marty's help - we will try to feature a different resolution each month. So, look at the banner at the top of the first page, see if there is something of import to you.

### Special thanks to...

King Lion Marty, and Lions Rodney Neely, Phil Mayo, Marilyn Tanner, Suleiman Alibhai, Jim Davis, Pete Conklin, Jeff Root, and Mike Greely - all providing input (whole articles, reports and information, photos) for this month's newsletter. Such help is essential to presenting the news of this Club! (Suggestions welcome also.)

### 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](mailto: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](mailto:tilleryg@gmail.com)

