



Fairfax Lions Club News - June 2017

"Bob Stahl Memorial Newsletter"



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

King Lion's Farewell Address

My fellow Lions:

In my final month as your Club President, I want to thank you for your exemplary work this past year in our many club activities. We again hosted a Fairfax July 4th food booth, had three successful fruit sales and participated in the Fairfax fall festival. We also delivered Food baskets, recycled eye glasses, tested eyes at the Lamb center and other locations and assisted in the nursing home monthly bingo night. In addition to these regular activities, the club put special effort into the repairing of the cabin at the Youth Camp and turned it into a very inviting and comfortable cabin.

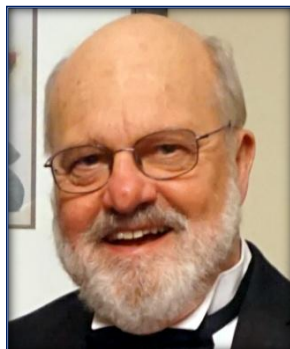
I would like to especially thank 1st VP Lion Marty for organizing the club picnic at the Youth Camp, organizing a wonderful Holiday Party program at the Waterford, and planning a Charter Night venue which gave the club members a chance to mingle and enjoy each other as we moved from room to room. Marty's planning and execution skills will serve the club well starting at the end of this month as our new King Lion.

Our board was outstanding in their work efforts this year too. We were able to locate a car donation company and sign an agreement with them to be able to offer that service to the community. The board also recommended and instituted the practice of meeting with the incoming board to discuss key issues of concern so the transition and effort would be seamless.

The Fairfax Host Lions club is a very special organization in that there is a place for every member to find a niche that expresses their love for serving the community and use their varied skills and talents to the fullest. When I look around I notice that our strength also comes from our spouses and children and it is with great sadness that I note the passing of Mary Ellen Wright who while not a member was a special part of Elden's strength as a Lion. We are thankful for the many years of work and dedication Elden has given to the club and I personally want to thank him for taking me under his wing as I started to assume leadership roles.

I am thankful to the whole board and the membership for their encouragement and support and it is with great confidence that I leave the position of King Lion to Marty and the new BOD knowing their dedication the Lion's motto "We Serve".

KL Gene



Service - Our Mission

Vision Screening - May 3rd

Our Club conducted a vision screening on May 3rd. This Lions Vision Screening was part of a full-day open house of activities at the Fairfax City Senior Center (Green Acres). It was a success for both our Club and for the senior citizens screened.

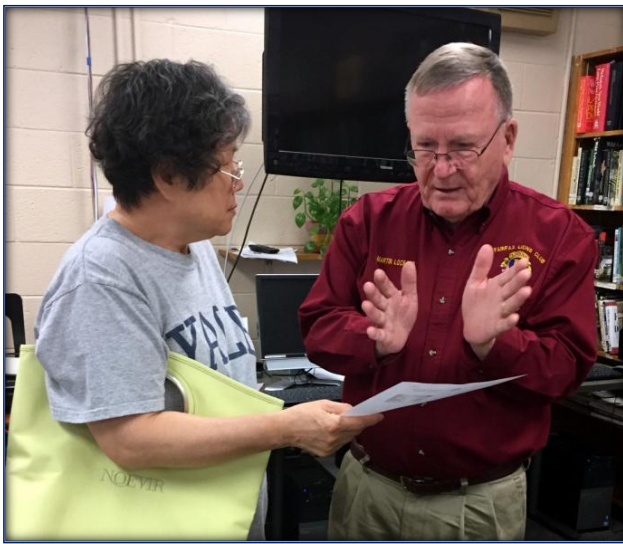
Bottom line: 14 seniors came for the screening (most were there ahead of us, waiting for our arrival). Three persons (including the Mayor of Fairfax City) could not get a vision measurement because of "small pupils" (when the pupil of one or both eyes does not open sufficiently to permit SPOT system measurements). Of the 11 screenings completed, five persons were referred to an optometrist for examination and corrective action. We spent a lot of time talking to the seniors and answering a myriad of questions. Total time on site - just over 1 hour.



Lion Marty Orients Folks on the Screening Process
(Note Mascot Lion - a Great Ice-Breaker!)



Screening City Mayor David Meyer (Darkened Room)



Presenting Screening Results to Client

Afterwards, 1st VP Marty Lockard received an email from the Manager of the Senior Center:

*Good Morning,
I would like to express my appreciation to you for coming to Green Acres last week and making our open house a great success. Your contributions benefited our senior members in many ways. The health and wellness screenings, information booths, salad lunch and painting were all well received and benefited the seniors- they felt it was time well spent.
Some of you mentioned you would like to come again to share your information with our senior members, if so please think about coming back for a lunch and learn in the Fall. Thank you again for inspiring our Older Americans.*

*Anne Chase, CPRP
Recreation Manager
Green Acres/ Senior Center*

The screening equipment we use (one of two such systems owned by local area Lions Clubs, and available on loan) is called the SPOT™ VISION SCREENER. It is a handheld, portable device designed to allow users to quickly and easily detect vision issues on clients from 6 months of age through adult. SPOT screens both eyes at once from a nonthreatening 3-foot distance. The touch-screen display allows for one-touch activation, simple management of client data entry, and easy configuration for both vision screening and auto-refraction applications.



SPOT™ VISION SCREENER Camera

The SPOT system works especially well with children because it typically takes only a few seconds of "steadiness" and open eyes on the part of the child for the system to get a good measurement. The client focuses on blinking colorful lights in the camera, a natural attraction for children.



What the Client Sees During Screening

The SPOT camera links wirelessly to a printer, and the screening results are rendered in a one-page report which the client may take to their eye care professional.

1VP Marty Transports the SPOT System (camera, printer, paper, connecting cables, our Club's Lion Mascot, etc) in small suit case and roller crate.



Vision screening with the SPOT system is easy, quick, and surprisingly accurate. It is a wonderful tool for our Club to deliver an important service to our community.

Vision screening does not replace a complete eye examination by an ophthalmologist or optometrist.

spot Complete Eye Exam Recommended

Vision Screening Summary

SUBJECT ID: HP-Print-A4-Photosmart 5520

SCREENING: GENDER: M AGE: 3y

FIRST NAME: 192.168.223.100

LAST NAME:

Vision screening should be conducted regularly as eyes may change over time.

POTENTIAL CONDITION

- Myopia (OD, OS) [nearsighted]
- Astigmatism (OD, OS) [problem focusing]
- Anisocoria [unequal pupils]

RIGHT EYE: OD -0.75, +0.50, -2.50 @4°

LEFT EYE: OS -1.00, +0.25, -2.25 @14°

BOTH EYES: anisocoria, anisometropia, gaze asymmetry

PEDIAVISION Learn more about vision screening at: SpotVisionScreening.com

SAMPLE - Product of SPOT Vision Screening System

Eyeglasses for the Needy

Great news: Lion Marilyn Tanner has offered to lead this service effort for our club. Lion Elden Wright has led this important work since 1994(!!!). We certainly owe Elden a big BRAVO for his sustained and excellent contributions to our club. Each year our club budgets about \$1500 in our charity account to provide vouchers for examinations and new eyeglasses for qualified persons in our community needing this help. Thank you Lion Marilyn for stepping up and taking this on; it is one more vital activity you perform for our club to better serve our community!

Sprout Recognizes Fairfax Lions Support

Recall, Sprout is one of the charities we support with a financial donation. Lion Joe Breda and Terry, and former club member Marcia Selva attended Sprout's fund raising event "Sipping for Sprout" on May 7th at the Stone Tower Winery in Leesburg. At the entry point to the event, was this sign board:



Sprout Recognizes Fairfax Lions Club Support

Fund Raising - Underpinning Our Service Mission

Lions Dinner Out

We enjoyed our second "Dinner Out" on Wednesday May 10th (ALWAYS ON 2ND WEDNESDAY OF THE MONTH). A big THANK YOU to 12 folks who participated, enjoying good food at The Auld Shebeen and great camaraderie among Lions and guests. Our Club Charities Account received \$34 from the restaurant for our hard work dining out. Every bit helps us help others!

It seems we are developing a few "Usual Suspects," who have such a good time at Dinner Out, they return. Mark your calendars - the next Dinner-Out fund raiser: Wednesday, June 14 at The Auld Shebeen (6:30-8:30pm).



Usual Suspects: Lions Rob and Brian



More Usual Suspects: Terry, Karen, Elsie, Joe, Harry, Pete

It was a pleasure to meet Lion Mike Rumberg's guests, Karen and Tom Habitzreuther. Karen will be a candidate for city council, and Karen and Tom are both retired Army helicopter pilots and veterans of the Army's legendary 1st Cavalry Division. Their son now serves in the 1st Cavalry Division.



Usual Suspect Mike,
and guests Karen and Tom Habitzreuther

Charity Fund Raiser – Lions Dinner June 14th

(Always on the 2nd Wednesday of each month)

The Auld Shebeen Restaurant

3971 Chainbridge Rd, Fairfax, VA 22030



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.



Vehicle Donation Program

Know a person with a vehicle they might donate? Ask them to call 844-455-4667. The trained staff will answer any questions, and take it from there.

More at: <http://www.fairfaxlions.org/donate-a-vehicle/>

Amazon Smile

All should know by now, Amazon Smile donates 0.5% of all of your purchases to a charity you select - if you make those purchases on Amazon Smile. (It does not apply if you order on Amazon's mobile app, or if you make the purchase thru the basic Amazon....only Amazon Smile).

Recently our Treasurer, Lion Jim Davis, challenged us in an email to use Amazon Smile. Citing that our club has begun to receive donations from Amazon Smile, Jim said: "Now that we know that the program is working and we are properly registered, I encourage you and your spouse to take advantage of this program. It costs a few key strokes, and provides some finds to do our charity work."

Here are 3 steps to shop on Smile, and obtain the 0.5% for FHLC:

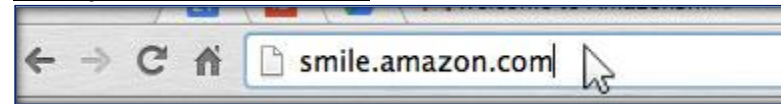
1. Select Fairfax Host Lions Club as your Charity.

The easiest way...visit the following link:

<https://smile.amazon.com/ch/54-1743126>

If you are not already signed into Amazon, you need to enter your username and password. After confirming your selection you will be returned to the Amazon Smile homepage.

2. Shop at smile.amazon.com



Bookmark smile.amazon.com so you can easily go there to shop. Make certain you do not simply log into Amazon - it will not default to Smile. You must log into Amazon Smile.

3. Tell your friends

After a purchase on Amazon Smile you can share the news with your friends on Facebook, Twitter or via email. This option appears on the confirmation page after your order is complete. You can also share our link

<https://smile.amazon.com/ch/54-1743126>

with family and friends and encourage them to help the community when they shop on Amazon Smile.

As an example, your newsletter editor's youngest daughter - a millennial who shops on Amazon a lot. She was happy to select FHLC as her charity, and always shop on Smile. Last week she got this report after a purchase on Smile:

NEW & INTERESTING FINDS ON AMAZON EXPLORE

amazon smile

Supporting: Fairfax Host Lions Club Charities Inc.
Remember, only purchases at smile.amazon.com (not www.amazon.com or the mobile app) support charity.

Your AmazonSmile impact

Your orders that have supported charity

Your total orders 38 orders

Every little bit counts

You have generated \$9.04 as of May 13, 2017

Your current charity Fairfax Host Lions Club Charities Inc has received \$24.73 as of February 2017

Shopping Amazon Smile Earns Charity \$ for Fairfax Lions.
Every Little Bit Helps; Do it; Tell Family and Friends!

Dinner Meetings

Charter Night - May 13th

Of course, Charter Night is not a dinner meeting. It is our annual celebration of the founding of the Fairfax Lions club as evidenced by the Charter from Lions Clubs International. 2017 is the 66th anniversary of our Chartering. Organized by 1st VP Marty Lockard, Charter Night was held in the beautiful "Farr House," a colonial revival-style home built in 1915 and restored in 2001 to its original splendor with added modern conveniences.



The Farr House - A Beautiful Venue

Sixty people attended Charter Night. Many thanks to the greeters, Lion Rob Higginbotham and Patti, for welcoming each and every one with a name tag.



Lion Rob and Patti Higginbotham Greet Lion Jim Davis



Lions and Guests Arrive at the Farr House

We were especially happy to see many old friends and honored guests.



PDG and Privileged Member Bill Smith Arrives with Daughter Ruth Van Dyke

Beautiful floral centerpieces were visible throughout the Farr House, donated by Flower Den. If you need the help of a florist, call Flower Den - and tell them you appreciate their support of our Lions club! We thank Lion Gary Maxwell for arranging for the flowers.





Gary Arrives with Flowers
Compliments of Flower Den
(703) 750-9400



The festivities included plenty of beverages, appetizers and hors-d'oeuvres, and fine instrumental music performed by the very talented Andrea Lockard Trio. The wonderful music was a fitting complement to the beautiful setting provided by the Farr House.



Andrea Lockard Trio

The Master of Ceremonies for the evening was Lion Mike Schutz; Mike did a great job getting us through the program.



MC Lion Mike Schutz Guides the Program

The evening's program featured remarks by District 24-A 1st Vice District Governor Sally Kenavan. Sally reviewed our Club's nomination for a "Centennial Community Legacy Level 2 Project." Centennial Community Legacy Projects are visible gifts that help clubs connect with their communities and create lasting Lions legacies. Our nominated project is one all club members are familiar with: the renovation of our cabin at the Northern VA Lions Youth Camp.



Sally commended our Club on this work - and for nominating it. Upgrades began a few years ago. We all know the person essential to developing a detailed plan for a complete cabin renovation and leading the work through January 2017: former Club member Lion Ted

Kuriata. Again, thank you Ted for your leadership in making this project happen.



1st Vice
District
Governor
Sally Kenavan

The other special event was a ceremony to designate two new Melvin Jones Fellows in our Club. PCC Bill Bartlett and PDG Karen Parker presented the MJ Fellowship lapel pin and plaque, and a congratulatory letter to newest Melvin Jones Fellows: Lions Cory Green and Scott Dulaney.



PCC Bill Bartlett, PDG Karen Parker Announce New Melvin Jones Fellows

Door prizes capped off the evening. The first number called was held by Lion Rodney and Helen Neely; every Floral arrangement went home with someone.



Helen Selects Floral Arrangement Door Prize

The grand door prize was a Lions Clubs Centennial Commemorative Coin, won by Lion Jim Davis.



Lions Cory Green (above) and Scott Dulaney (below) Receive Melvin Jones Fellow Pins



The Object of Charter Night - Fairfax Lions Club Charter -

Assorted photos from Charter Night:





Many thanks to the event catering staff:



A couple of Lion couples posed for a photo - looking good!



The Club owes a special thanks to 1st VP Marty Lockard for leading the committee orchestrating this Fairfax Lions 66th Charter Night...Great Job: Good Time had by all!

Marty's team list:

Lead	Items to Bring or Activity Lead
Bartlett, Bill	Special Presentation, introduce 2 nd VDG Sally, entrance sponsor sign
Brown, Gene	Charter, gavel, call to order, intro MC
DeRosa, Greg	Song: National Anthem (music trio)
Dulaney, Scott	Pledge of Allegiance
Green, Cory	FHLC banner, PA system
Higginbotham, Rob	Greeter (with wife Patti)
Lockard, Marty	Programs, wine, beer, soda, vase to hold American flag, lap trays, containers for leftover food, list of attendees for greeters, door prize tickets
Mayo, Phil	Picture board for cabin at Northern VA Youth Camp
Maxwell, Gary	Flower arrangements from Flower Den
Parker, Karen Udell	Special Presentation
Root, Jeff	Invocation
Schutz, Ken	Name badges for attendees
Schutz, Mike	Master of Ceremonies
Tillery, Gordon	Unofficial photographer

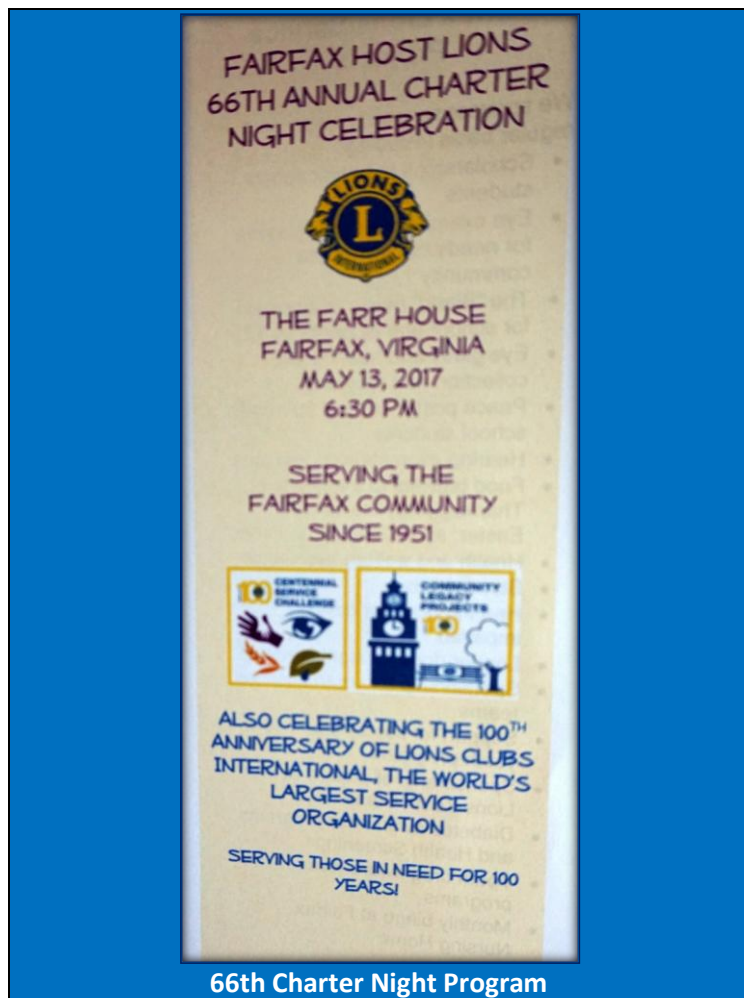
June 6th

Twenty Lions and two guests attended the meeting and dined on BBQ ribs and chicken. The guest speaker was Carolyn Richar, the Executive Director of Capital Caring. Carolyn is a Registered Nurse, a Certified Hospice and Palliative Nurse, and holds a Master of Divinity degree. Capital Caring has served 75,000 families over time, and presently serves 1400 persons facing life-limiting illness. Capital Caring directly supports the patients and their families, offers coordinated care, and provides comfort and dignity to the patients. Carolyn gave us an understanding of handling and treating pain, and tips on how to interact when visiting a person with a serious progressive illness. For example, when visiting someone in hospice, what you say is not as important as being there, but listening and what you say are important - but asking questions may be much better than offering answers. Capital Caring offers volunteer opportunities (visiting patients, reading to them, running errands for them, etc. We learned our own Lion Pete Conklin has been a Capital Caring volunteer for many years.

Carolyn Richar, Capital Caring



Carolyn: crichar@capitalcaring.org or 703-351-2800



PDG Karen Udell Parker presented a summary of the VA State Lions Convention held in Roanoke over Memorial Day weekend. 338 persons attended; the Bland contest final was held; the main guest speaker was Lions International Director Joyce Middleton; six District Governors were there and their follow-on Governors were elected; a number of classes were offered on a

variety of topics (open to any Lion); and delegates voted on 4 constitutional proposals (2 passed, 2 failed) and 2 by-law proposals (1 passed, 1 failed). Of note, the proposal to raise state dues to increase payment for the state treasurer/secretary and to build a campaign fund for candidates for higher Lions office FAILED [-:-]. Lion Karen also brought back information on two potential sources of charity funds which she suggests our club explore: Lions International Pin Trading Club Youth Scholarship program - see <http://www.litpc.org/LITPCScholarshipAnnouncementLetterPTCNewsletters20152016.pdf>; and Lions of Virginia Foundation (assets over \$1 million) -see <http://lovf.org/>

The next state convention will be in Richmond, May 17-20, 2018.

Speaking of conventions, Fairfax Lions Club will be represented in Chicago the end of June at the LCI convention by three members: Karen Parker, Pete Conklin, and Jeff Root.

50/50 winners were: Lion Karen Parker, and our guest speaker Carolyn Richar - who donated her winnings to our Club Charities account - Thank you!

Lion Jim Kaplan reminded all of the canned food drive for Food for Others (a local food bank), spearheaded by Lion Marilyn Tanner. For what to bring, see Marilyn's email dated: Tue 5/16/2017 11:24 AM. BRING FOOD (CANNED GOODS, ETC) TO NEXT DINNER MEETING (June 20). And, that next meeting (June 20) is new officer installation - and all spouses are invited to attend!

Membership - nothing new to report.

Board Meeting - May 23rd

A few hi-lites of the Board meeting:

- VIENNA VISITATION: Lion Rodney Neely reported that twelve Fairfax Lions attended.
- EYEGLASS DONATIONS: The Fairfax Lions donated one pair of eyeglasses to the needy in May at a cost of \$50.
- EYEGLASS RECYCLING: The Fairfax Lions collected 268 pairs of eyeglasses for processing and distribution in May. Seven Fairfax Lions volunteered 14 hours at the Eyeglass Recycling Center.
- NURSING HOME BINGO: Two Lions volunteered for Bingo Night at Fairfax Nursing Center on May 17. Eleven residents participated.
- JULY 4 SCHEDULED DINNER MEETING: Lion Jim Davis moved to cancel July 4 meeting, Lion Mike Rumberg second; the motion passed.
- PICKETT ROAD CLEAN-UP: Lion Mike Rumberg is working on scheduling a date to clean up Pickett Road.

Upcoming Events

- June 7 - Inter-Service-Club-Council meeting
- June 7 - Eyeglass Recycling
- June 10 - Board of Directors Off Site Workshop
- June 14 - Lions Dinner Out-Charity Fund Raiser
- June 13 - VOTE in VA Primaries - Governor, Lt. Governor, House of Delegates, Local offices
- **June 20 - Regular Dinner Meeting (Bring Food), Spouses Night**
- June 21 - Eyeglass Recycling
- June 21 - Bingo at Fairfax Nursing Center
- June 27 - Board Meeting
- July 4 - Independence Day Food Booth
- July 4 - NO DINNER MEETING

New Officers & Board to be installed June 20:

Board of Directors and Officers 2017-2018

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

Two more items to look forward to:

- The Charity Budget for 2017-2018. Treasurer Jim Davis opened the door for your charity budget requests. See his 5/2/2017 5:14 PM email. The Budget will rationalize all charity requests with charity revenue expected for the coming year.
- Updated Committee Structure. Please see 1st VP Marty Lockard's email of Fri 6/2/2017 9:12 AM about our club's committees. Marty's reasonable request is that every club member who is physically able, regardless of membership status, to serve in some capacity on a minimum of three areas. You may participating as a lead or co-lead, or a working member.

The Last Word...

Prevention is the New Cure

We were all taught illness prevention measures. For example, to wash our hands before eating, to avoid handshakes with persons who have a cold or flu symptoms, to get vaccinations against diseases, and so on. But the thoughtful and wise practice of preventing health problems often is ignored, and people may wait until they have a health issue - and then they seek a cure.

There is a growing body of knowledge (and some opinion) concerning the nature of health and sickness, and what we all can do to remain vibrant as we grow older - to stave off illness through prevention. Remember this old adage of Benjamin Franklin - "An ounce of prevention is worth a pound of cure?" It is sort of like changing the oil in our car's motor as a way to extend its life.

Some prevention steps will require effort and money - like moving, or modifying your home, so you can more easily "age in place." Worth considering, but not simple.

Clearly, one part of daily life that we can completely and easily control (but which many of us neglect) is a healthy diet and exercise program. Surely you know the refrain: if you eat healthy, and if you exercise moderately, you will feel better, be better able to perform basic life functions far into old age, and most likely will avoid (prevent) many health problems common to people who do not eat right and do not exercise. **Science and medicine are clear on this.**

Walking at a moderate pace (3-4 mph) for at least 30 minutes, five times a week, is sufficient. Or, walk longer on a fewer number of days....but do 150 minutes total of walking each week. You may want to set a higher goal, like walking 10,000 steps every day. Technology helps: carry your iPhone or wear your FitBit and monitor your activity level. You also need to do strength building exercise - like the circuit of weight machines at you county recreation center. Strength training is essential as we age, to counter the body's tendency to lose muscle mass. **Physically inactive people can lose as much as 3% to 5% of their muscle mass each decade after age 30.** (Before you workout on weight machines, ask for help or get a trainer to lead you.) Tip: Check out a yoga class for subtly building strength and flexibility.

There are plenty of available guidelines for eating healthy - but you already know the basics: lots of leafy greens and dark color vege's, and fresh fruit; limit size of meat serving (think the size of a deck of cards); more fresh fish, and less red meat; whole grains but limit bread, pasta, and dessert; snack on tree-grown nuts (walnuts, almonds, etc), grapes; cut out all added sugar you can; etc. Build these ideas into your daily diet, and then you won't mind "splurging" every once in a while on an old fashioned American steak or hamburger dinner with mac-n-cheese or fries.

There are many food supplements and little pills that are advertised to do wonderful things for you. Be very careful about those. Some offer no benefit at all, and some will do you harm.

There is more to be know about preventing the need for cures. For example, a paperback is available on Amazon (buy it on Smile!) for about \$14; title: Prevention is the Cure!: A Scientist's Guide to Extending Your Life. It is advertised to take you through root causes of most diseases and guide you in ways that can help you remain youthful well into your eighties and nineties.

Special thanks to...

King Lion Gene Brown, Lion Jeff Root, and Lion Karen Parker for providing substantial input (whole articles, reports, photos) for this month's newsletter.

Such help from all is essential to making this a decent newsletter! (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 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

