



Fairfax Lions Club News - March 2018

"Bob Stahl Memorial Newsletter"



"I resolve to aid my fellow man by giving my sympathy to those in distress, my aid to the weak, and my substance to the needy."

Service - Our Mission

Northern VA Lions Eyeglass Recycling Center (EGRC)

PCC Bill Bartlett



A small band of merry Fairfax Lions serves twice each month at the EGRC...on Wednesday mornings following regular Tuesday dinner meetings. Their service consists of: collecting and taking to the center donated eyeglasses (can be several hundred pair of eyeglasses each trip) and then "processing" eyeglasses for a few hours; of course, they stop for lunch on the way home. "Processing" means scanning a pair of cleaned/serviceable eyeglasses on a machine that defines the corrective prescription of the lenses, labeling a bag with that prescription, and bagging the glasses. Donated hearing aides are also taken to the center.



Boxes of Processed Eyeglasses (Labeled Bags)

A summary of this service activity as of now in this Lions year (July-June), by the team from Fairfax Lions Club:

2017-18 Lions Year EGRC Reports

<u>Month</u>	<u>Volunteers</u>	<u>Hours</u>	<u>Glasses</u>	<u>Hearing Aids</u>
July	7	14	204	0
August	7	14	203	0
September	7	14	921	4
October	9	18	708	0
November	8	16	588	0
December	8	16	376	2
January	9	18	689	0
February	9	17	1070	1
March	0	0	0	0
April	0	0	0	0
May	0	0	0	0
June	0	0	0	0
TOTALS	64	127	4759	7

These service numbers generated by our Club are wonderful. The total numbers generated by ALL Clubs in our District 24-A are very impressive. See them under **Lions Information**, later in this newsletter.)

Thank You Letters for Our Support

Lion Joe Breda

Our club received a nice thank-you letter (photo on next page) from **Sprout Therapeutic and Riding Center** for the financial support (\$1550) we provided last year. You may recall, Sprout is dedicated to changing lives through horse assisted activities and therapies. Sprout provides "hope, healing, empowerment and recovery through partnerships with horses." Therapeutic riding is a multi-dimensional approach to meeting various needs of individuals with special needs. Read more at <http://sproutcenter.org/>

Sprout not only maintains that webpage, but also is active on social media. For example, Sprout recently posted on their Face Book page a thank you to our Club (see next page) with a link to our club web page. Thank you Sprout!



Sprout FB Post



Thank You Letter From Sprout

A Sprout fundraising event (that some of our club members participated in last year) is coming up on April 15th. It is at Stone Tower Winery in Leesburg, and is called **Sipping for Sprout**. Your entry ticket includes both wine and food. Go to: <http://sproutcenter.org/events/sipping-for-sprout/> (See ad at end of newsletter.)

Added Note: We also received a thank you letter from **Food For Others** for our donation of 20 cases of fruit from our December fruit sale. What a great use for un-sold fruit! Food For Others provides food to people in need in Northern VA...to help fight hunger and food insecurity. Their reason-to-be is: "Every day up to **90,000 people go hungry** across Northern Virginia, one of the nation's wealthiest regions." Read more at: <https://www.foodforothers.org/>

Fairfax Lions - We Serve!

District Governor Recognizes Fairfax Lion for Leading Peace Poster Contest

Lion Jeff Root has run the annual Peace Poster competition in Fairfax Lions Club for many years. Every year, Jeff coordinates with school art teachers to advertise the contest and recruit applicants. Students put their creative talents to work representing in an art poster their vision for world peace. Their posters compete for cash prizes (which can be used to further their interest in art) at Lions Club, local district, state and international levels. This year the Lions local District Governor, Dr. Sally Kenavan, asked Jeff Root to lead the district competition – which, of course, Jeff graciously did. And, as usual, Lion Jeff ran an exemplary competition.

On February 20, 2018, Dr. Sally Kenavan presented a certificate of appreciation to Lion Jeff Root for his service to the community leading this project aimed at encouraging both artistic development and an interest in world peace among young people.



District Governor Dr. Sally Kenavan Presents Certificate to Lion Jeff Root

Fund Raising - Underpinning Our Service Mission **Feb 8-10 Fruit Sale**

King Lion Marty Lockard and Lion Mike Rumberg
Work began over a month prior to the sale...deciding order quantities, equipment needs, communicating with the fruit vendor, putting up THE sign, scheduling site setup, lining up workers, etc.



The City Allows Only One Large Sign; Ours Is Nice!

Weather in February is always a concern - which is why the 3rd sale is usually in March. But this year, Florida conditions impacted fruit availability, so February was the best time for the sale. Lions Ken Schutz and Mike Rumberg both arranged for heaters to be available - which made a big difference. The hard work commenced with the unload on Wednesday - with only a small group of club volunteers on hand. Thankfully, the delivery van driver and his nephew chipped in; mission completed. Thursday always has lots of work, as every piece of fruit must be "rolled" to assure no bad fruit passes on to our customers. We found a LOT of bad fruit this time (and will receive credit for it from the vendor); thank goodness we found it, not the customers.



Vermont Maple Syrup on Display



Thursday Morning Shift by Heater



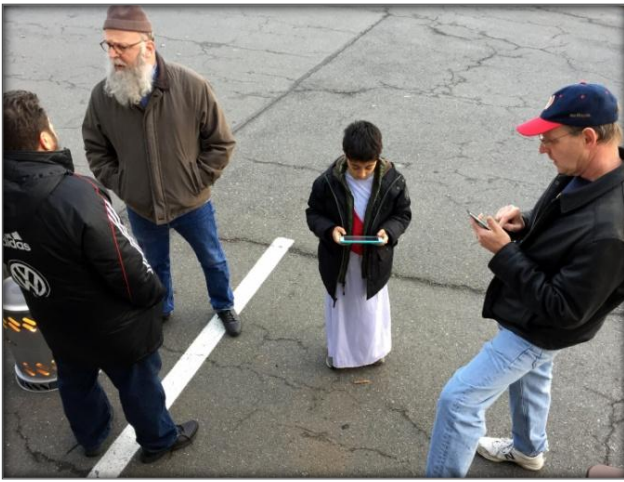
Customers Start Arriving



Rolling Finds Bad Fruit - Credited To Our Acct



Lion Jim Davis Gets an Explanation on How Lion Ken Schutz's Propane Heater Works



Digital Device Interest During a Slack Period



Lewis Rumberg Appreciates The Ground Level Heater



Repeat Customer Larry Larson (far right) of the Harley Owners Group, and Past President of InterService Club Council (ISCC) of Fairfax City



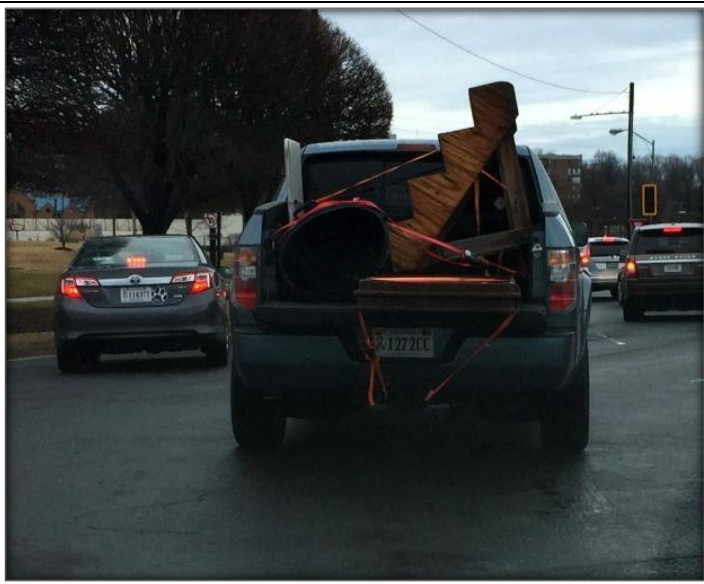
Saturday Morning Shift - Expecting Rain (and it came!)



"Caesar" (on the left - Nicholas Rumberg) Made an Appearance After School Costume Day



As Sales Come To an End, KL Marty Takes Down Sign



Lion Brian Laccone's Pickup - Enroute to the Shed

Our combined November, December, and February fruit sales netted \$17,645 for our charities account this fiscal year. That will go a long way towards funding all of our budgeted charity and outreach efforts. And, we still have a pretty good inventory of peanuts and Vermont maple syrup remaining. Because that inventory has already been purchased, it will be total profit when we actually sell it next November and December.

This year, we made a few changes that seemed to work well:

- Fairfax Lions signed up to be shift leads. They were in total control of the shift and lifted a burden on one or two lions trying to lead all shifts every day.
- We tried to limit back-to-back shifts and focus on no more than one shift per day per Lion. This helped facilitate keeping our Lions well and safe.
- We continued to accept credit card transactions, but used smart phones rather than a difficult IPAD solution.
- We focused on tracking how we were doing as the sales progressed. We now have detailed records of starting inventories and sizes, when something sold out, and how many remained unsold at the end of the sale. Having this information is helping us make more informed decisions about what to buy next time and in what quantities.
- Based on analysis of past sales, we increased the orders for the better selling sizes and decreased the orders for the others. Because of weather and fruit quality and size concerns, we cut our initial order of fruit for the February sale. We had mixed results. As the analysis continues next year, we expect our purchasing to become more refined.
- In the past few years, we have kept prices the same while the costs to us kept rising. In order to keep our margins about the same, we made some tactical decisions to increase the prices. The committee was

concerned about how this might impact the sales, but our customers didn't seem to mind.

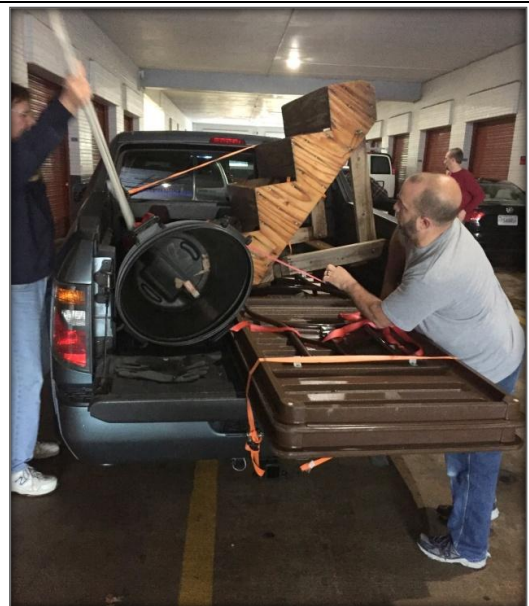
- We were ready for bad weather, particularly in February. We were armed with large tarps, two propane gas heaters, and a plan for placement of fruit inside the truck bed. Plus, two members brought large and very effective heaters for the sellers in front of the truck bed. During the February sale, everyone was pretty comfortable, even during a heavy rain day.

Some of the main challenges we experienced:

- Bad fruit (mostly oranges) during rolling process. Also smaller sizes delivered than we ordered. We kept track of these situations. The grower lowered the cost per box a little and reimbursed us for bad or unsellable fruit.
- A bad year for Valencia oranges in Florida. We normally have a sale in mid-to-late March, but had to move it to early February. The grower advised that oranges would not likely be available after the first week of February. We only received the smallest size of orange. The large and medium sizes weren't available to ship. This hurt our February sales.
- A lot more fruit ordered in December. We ended up with about 45 unsold boxes at the end of the sale. They were donated to three charities: our own Food Baskets for the Poor Program, The Lamb Center, and Food for Others. No waste.

The esprit de corps, camaraderie, fun, and hard work exhibited by our club members during these sales were incredible to watch. Even the off-loadings of fruit before each sale went very smoothly and only took an hour or less. It all brings our club closer together. The committee thanks all of you who helped make these fund-raising events successful. A special thanks goes to those members who always can be depended upon to go the extra mile and help before and after the sale.

GREAT WORK LIONS!



Storing Equipment in the "Shed"



Job is Not Done Until the Cleanup

Lions Dinner Out

The 12 folks in photo below had fun celebrating Valentine's Day with a special menu offered that night at The Auld Shebeen. The food was good, the company better, and our spending resulted a check for \$49 donated by The Auld Shebeen for our club Charity programs. That's a total of \$369 (dinners-out, April 2017- February 2018) for charity.



Left side, from top: Gary Maxwell and Pattie; Granddaughter Emma and Marilyn Tanner; Michael Rumberg and Marisela.

Right side, from bottom: Nicholas and Lewis; Pete Conklin; Chuck Higdon; Gordon and Elsie Tillery.

WE ALWAYS MEET ON THE 2ND WEDNESDAY OF THE MONTH, ALWAYS AT AULD SHEBEEN, 6:30-8:30pm. Next Dinner-Out: Wednesday, Mar 14th (6:30-8:30pm).

Next Charity Fund Raiser – Lions Dinner March 14th

Always the 2nd Wednesday of each month

Always The Auld Shebeen Restaurant

3971 Chainbridge Rd, Fairfax, VA 22030



Ask to "Sit with the Lions Group"

6:30 pm - Happy Hour prices; 7pm - Dinner

Order from regular menu

Separate checks; Pay your own bill.



Lions of VA Foundation Raffle

DONT FORGET - fill-out and turn-in your LOVF Raffle tickets (and pay \$30 for the book) to 1VP Karen Parker PRIOR to May 1. You might win the \$10,000 raffle! The drawing is at the state convention in May.

For each paid book, \$10 goes to Lions of VA Foundation, and our Club keeps \$20 - a good fund raiser for us too!

(Questions? email Karen: acgakup@cox.net)

Dinner Meetings

February 20th



Members and Guests Socialize at Feb 20 Meeting

Twenty-eight people attended, including District Governor Dr. Sally Kenavan, and the meeting theme was "Ethics & US Presidents." Past Council Chairman Dennis Brining spoke on his work to establish and promote an ethics program across VA and LCI. Dennis is an affiliate member of our club, a past club president, and past District Governor and Council Chair. Dennis and his partner in ethics work - Lion Don Colley - are acclaimed for outstanding joint presentations on ethics. They have presented numerous times at district, state, and International Conventions – in addition to a number of Lions organizations in other countries.

Their presentation titled "Lions Code of Ethics A Re-awakening," is worth your time; find it at:

<http://www.valions.org/EthicsBriefing/StateConventionEthicsPresentation8292011FINAL.pdf>

Dennis emphasized a sustained ethics focus. He suggested that is important because - while Lions have an outstanding culture - there is always a potential for incidents across Lions organizations, possibly relating to:

- Sexual harassment
- Misappropriation of funds
- False Claims on expense reports
- Misuse of Lions logo and name

- Names of deceased lions maintained on club rosters
- Documentation alteration
- Conflicts of interest
- Use of admin funds for personal purpose

While Dennis and Don have presented their ethics program numerous times, and it has been well received. Lately, interest in continuing to feature it seems to have declined.

Yet, we know ethics remains a core value of Lionism...

- Lions serve with no intention of personal financial reward
- Lions always try to do the RIGHT and ethical thing
- Honesty and integrity must be fundamental to every Lions action,
- Lions must treat all persons fairly, with respect, and non-discrimination
- Lions should maintain an environment encouraging positive results, teamwork, open communication
- Lions must carefully safeguard organizational assets and - especially - all publicly raised funds
- Lions comply with all applicable policy and law and honor commitments.

A Few Historical Thoughts on Ethics

"Ethics is knowing the difference between what you have a right to do, and what is right to do." - Potter Stewart

"Relativity applies to physics, not ethics." - Albert Einstein

"Integrity is doing the right thing, even if nobody is watching." - Original author unknown

"Even the most rational approach to ethics is defenseless if there isn't the will to do what is right." - Alexander Solzhenitsyn

"Ethics must begin at the top of an organization. It is a leadership issue and the chief executive must set the example." - Edward Hennessy



PCC Dennis Brining Addressing Ethics

Dennis mentioned the Lions membership application addresses ethics; these words appear just above an applicant's signature: "...the standards are limited to persons of good moral character and reputation."

Bottom line (extending Solzhenitsyn's thought): talk is easy; "Walking-the-Walk" is what counts.

District Governor Dr. Sally Kenavan attended the meeting (not an unofficial visit to our club) and made a special presentation. The recipient was Lion Jeff Root (see news article on page 1).



KL Marty Greets DG Sally and Spouse Lion Tom Kenavan

A game was on the meeting agenda: from a list of quotes related to ethics, identify which US President spoke each quote. It was easy to develop the list of quotes (using Google), but it wasn't easy matching each quote to a President. The three best scores each won a prize; congratulations to Lions Karen Habitzreuther, Doug Brisson, and Scott Dulaney.

The Tail Twister conducted a "Brag for a Buck" session; our KL Marty was proud to brag that his daughter Andrea has accepted a full time job offer with a hospital system catering to military/VA clients. Congratulations Andrea!

Treasurer Rob Higginbotham reported gross and net proceeds from all three fruit sales combined (\$63,350 and \$17,640 respectively), and the Board now can consider disbursing funds for all budgeted charity expenditures for the rest of this Lions year. Way to go Fairfax Lions! Your hard work at fund raising has enabled your club to go ahead with all its charity programs.

50-50 winners: Lions Corey Green and Karen Habitzreuther.

March 6th Dinner Meeting

We had six guests and a decent turnout of Lions. Guests included often-time visitors Louis and Nickolas Rumberg, frequent guest Lion Harry Parker, second time visitor Diane Druyor, and walk-in visitors Judy and David Rhodes. Photos of Diane, Judy and David follow.

When visitors come to our meetings, we know it is important to greet them warmly. We can do a good job of that: Diane said **she felt so welcomed** at the last meeting, she returned tonight - as a potential new member. We welcome all guests!



Potential New Member Diane Druyor



Guests David and Judy Rhodes

Immediate Past District Governor (IPDG) Jay Moughon was our Guest Speaker, and his topic was "Ways to Share Your Club's Success." Jay's talk included tips such as: focus on your goals, you need a vision to shoot for, and **eight keys to success**. The eight keys come from a Ted-Talk by Richard St John, which you can find at:

https://www.ted.com/talks/richard_st_john_s_8_secrets_of_success The eight keys:

1. Be passionate
2. Work hard & have fun

3. Be good at what you do
4. Focus on one thing
5. Push yourself mentally & physically
6. Look at service as a privilege
7. IDEAS!
8. PERSIST!



Immediate Past District Governor Jay Moughon

Jay talked about the importance of measuring success, and identified as parameters: member growth, member satisfaction, service growth & involvement, leader development, and willingness to both share information and accept change. Jay's final point was: focus on the future, not simply maintaining status quo.

Next up on the dinner program, after a few brief facts about quarters in our national currency, was a contest of precision, aim and dexterity: trying to toss a quarter into a can, without stepping over the blue line. The toss distance was long, the can was small, and who has flipped quarters lately? It was not easy. But the first dead-eye quarter-tosser was retired submarine captain Jim Davis. Who knows, perhaps he developed the skill by lining up torpedo shots?



Nicholas Shows Us...
That is a Long Way to Toss a Quarter into a Small Can



Lion Jim Davis's Expert Toss
Winner-Winner-Winner!

The Club Success talk was a perfect segue to the next item: King Lion Marty Lockard proudly presented Immediate Past President Gene Brown the 2016-2017 Lions Club Excellence Award.



Lion Gary Maxwell Tries



IPP Gene Brown Receives Club Excellence Award



Award included Letter of Commendation and This Patch

Club Treasurer Rob Higginbotham reported that our club has generated, so far this Lions year (July-June), a total of \$30,974 in our club charity account. That is sufficient to fully fund all our budgeted charity items this year!!! It has been a couple of years since we last achieved that success - GREAT JOB LIONS!

Lion Jeff Root received a well-deserved round of applause for all his efforts arranging the memorial activities for Lion Don Ballard; Jeff pointed out that thanks go to PCC Bill Bartlett for orchestrating the memorial ceremony.

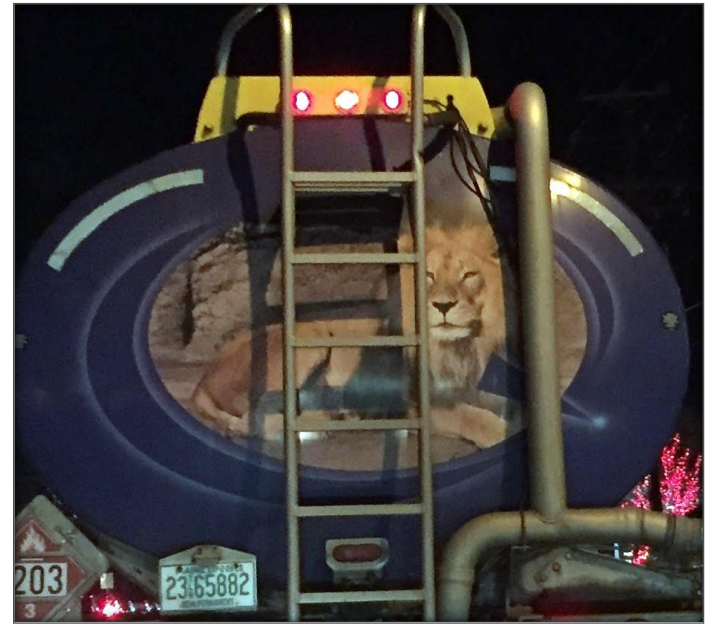
50-50 winners: Both visitors! IPDG Jay Moughon and Louis Rumberg.



Louis Rumberg, 50-50 Winner
(Is this a better game than tossing Quarters?)

Board Meeting

Your Board of Directors met on February 27th. Driving to the meeting, your newsletter editor stopped at a traffic light (Germantown & 50), behind a tanker truck. It had an interesting logo on the back. Maybe this represents some kind of good karma?



Good Karma at a Stop Light?

Considerations and decisions by your Board:

- Net club membership is currently up one for this year, 48 current members.
- Our Charities Account is fully resourced; Treasurer will disburse checks for remaining 2017-2018 budgeted charity items (confirming timing/amounts with applicable budget item sponsors).
- 2018 City Business License is in-hand.
- Club Constitution and By-Law committee look at possible changes to Board composition - should it be smaller?
- Reviewed plans for Charter Night
- Reminded Club members: If you sign-up for a dinner meeting role (greeter, pledge, invocation, etc) - THANK YOU! But, if you cannot attend the meeting, it is the members responsibility to find a replacement!

Upcoming Events

- Mar 7 – Eyeglass Recycling
- Mar 10 - Region III Bland Music Contest (1:30pm)
- Mar 11 - Daylight Savings Time Begins
- Mar 12-13 - Vision Screening Fairfax UMC Preschool
- Mar 13 - Visitation to Vienna HLC
- Mar 14 - Dinner Out (Auld Shebeen)
- Mar 20 - Regular Dinner Meeting (Nominations mtg)
- Mar 21 – Eyeglass Recycling
- Mar 21 - Call Bingo at Nursing Center
- Mar 27 - Board Meeting
- Mar 29 - National Vietnam War Veterans' Day
- Apr 3 - Regular Dinner Meeting (Spouse night)
- Apr 5 - Lions Lunch Bunch

Apr 7 - Meet ID Candidate Harry & Clydesdales
 Apr 8 - Charter Night (yes, that is a Sunday)
 Apr 15 - "Sipping for Sprout" (see attachment)
 Apr 17 - NO Regular dinner meeting
 Apr 21 - Roadkill Saturday

Lions Information

The following information comes from the "District 24-A Consolidated Report" and covers the period Oct-Dec 2017. It reflects the service of ALL clubs in the district. These are impressive numbers, illustrating Melvin Jones' philosophy of the **power of cooperative altruism** - working together to serve.

Spot Screening Results, District 24-A

Age	Screened	Referred
< 6	4174	430
6-18	7962	1205
> 18	37	13

Hearing Screening Results, District 24-A

1620 Children Screened, 112 Referred

No VA Lions Eyeglass Recycling Center

- **USABLE EYEGLASSES** collected in DISTRICT 24-A
82,299 pairs donated and collected

- Requests for EYEGLASSES filled

10-4-17	Guatemala	1800
10-4-17	Guatemala	1200
10-10-17	Uganda	1600
10-11-17	Haiti	600
10-12-17	Panama	1200
10-13-17	Guatemala	1000
10-15-17	Panama	1200
10-20-17	Dominican Republic	1200
11-9-17	Haiti	300
11-9-17	Nigeria	1500
11-9-17	Nigeria	2450
11--13-17	India	1400
11-13-17	Ghana	1400
11-13-17	Guatemala	1000
11-27-17	Ghana	6600
11-29-17	Haiti	600
11-30-17	India	1450
11-30-17	Guatemala	1050
12-5-17	Ghana	1800
12-8-17	Ghana	6600
12-15-17	Ghana	1800
12-15-17	Guatemala	1600

TOTAL : 39,350 pairs processed and delivered

Diabetes Update

One of our club members make a personal donation to the American Diabetes Association (ADA). That person is motivated in part by the solicitation letter from the ADA. That letter is attached at the end of this newsletter.

In Passing...

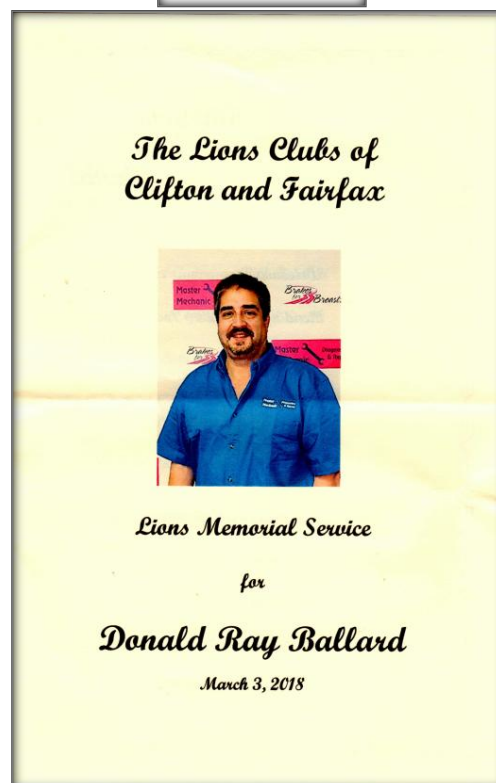
Don Ballard's Memorial Service

Lions Marilyn Tanner and Jeff Root

The Lions' Memorial Service on Saturday March 3, for Lion Don Ballard, went very well despite a power outage. Close to 150 people attended, and a number of people gave personal tributes. The Fairfax Lions Club had a very nice representation. Fourteen Lions (Alibhai, Bartlett, Breda, D.Brining, L.Brining, Davis, Kaplan, Mayo, Parker, Root, Rumberg, Smith, Tanner, and Zabel), and four Lion spouses attended. It was a wonderful tribute to a kind and tireless Lion who did much for his family and the community.

Many thanks to PDG Bill Bartlett for preparing the program and leading the service (as he has done on - unfortunately - too many occasions). Lion Gary Maxwell composed a slide show celebrating Lion Don Ballard; view at: https://www.youtube.com/watch?v=0tyM_XI3l-A&feature=share

Featured below are a copy of a small, laminated photo of Don that was distributed for the service, and the cover of the Lions Memorial Service Program. The program content is shown at the end of this newsletter.



Mary Worthy Enix

Mary Enix, spouse of former club member Carl Enix, died on February 11, 2018.

Carl became a Lion in 1974 and transferred into Fairfax Lions in August 1981. He left in June 2016 so Mary could be closer to children. He was our President, 1986-87. Contact info: Carl W. Enix, 5701 Spalding Drive, Apt 302, Peachtree Corners, GA 30092-2405 (cell: 571-244-2397).



Mary Worthy Enix

"Mary was born on July 21, 1928 and attended school in Marion, Alabama, where she was valedictorian of her high school class. She worked her way through the University of Alabama, earning a bachelor's degree in Bacteriology and Medical Technology. There, she met her first husband, Jerry Worthy; they married and moved to Sylacauga, Alabama where their three children (Bill, Jo, and Martha) were born. In 1962, the family moved to Atlanta and then in 1964 to the Washington, D.C. area (Fairfax, Virginia). Jerry was appointed by President Johnson as the Director of the Federal Savings and Loan Institution. Four years later, at the age of 39, Jerry passed away, leaving Mary a single mother of three. Mary had previously lost her brother and father while she was still in school, and her mother shortly after Bill's birth. She remained close to her aunts and uncles and first cousin, Mary Frances. She has considered Jerry's family to be hers, and they have lovingly embraced her as a full family member.

While raising her children, Mary began working as a kindergarten aide and selling the World Book Encyclopedia door-to-door. Mary found her niche in sales; for her sales numbers, she earned vacations to Spain, Jamaica, and the Bahamas. She also earned a paralegal certificate, and then later worked as a realtor for 30-plus years. In 1982, Mary remarried, to Carl Enix, who remains her dedicated and loving husband.

Mary's personal life has also been full and varied. Through all her various occupations and personal interests, motherhood has been her primary occupation, she was always there for her children and grandchildren. Mary is survived by her 2nd husband, Carl Enix; three children, William Eugene Worthy, Mary Jo Worthy and Martha Susan Worthy; grandchildren (Jared, Montague, Jenna

Fullerton, Charles Worthy, Christina Jundt, Tyler Jundt, Jerry Worthy, Amanda Worthy, and Sam Worthy), and great-grandson, Atlas Montague. She has remained in close touch with high school and college friends, neighbors and friends from Sylacauga and Virginia, and her cousin, Mary Frances Merrick. Mary was a committed Christian and was active in her church, Bruen Chapel United Methodist, where she was a faithful member for almost 50 years before moving to Norcross. She played the bells with other members during church services. Mary has always been dedicated to serving others, frequently visiting sick and grieving church members and their families.

Mary's winsome personality and beautiful smile are legendary. She loved to go sledding when it snowed in Virginia, and was an avid bridge player. She loved going to the theater, listening to music (especially show tunes), traveling with Carl, and watching Bama football. In her later years, she started piano lessons, took up tap dancing, and enjoyed performing with her tap dance ensemble. She has enjoyed and appreciated the staff and residents of Noble Village, where she and Carl have lived since 2015.

Mary has lived a good life, dedicated to God. She is a progressive Christian woman who accepts everyone she encounters no matter their faith or way of life. As the last of the Worthy Family's Greatest Generation, we will miss her dearly. Surely our loss will be heaven's gain.

A service was held on Saturday, February 10, 2018 at the Village Park Retirement Center, where Mary was surrounded by her family, friends and caregivers. She passed peacefully Sunday, February 11, 2018 at the retirement center."

Vietnam Vets Get a Free Sandwich - March 29th

Email from the "Community Ambassador" of Mission BBQ located in the Greenbrier Shopping Center in Chantilly (13067-J Lee Jackson Memorial Hwy):

"On Thursday, March 29, every Mission BBQ will be celebrating National Vietnam War Veterans' Day. We will be giving free sandwiches to all Vietnam veterans all day, and we will be recognizing their service after our National Anthem at noon."

It's not clear what you need to bring to show you are a Vietnam Vet...a DD214 should work, if they ask for evidence.

Mission BBQ has pretty good food, and is a pleasant place to have a meal.

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. And please do not hesitate to let me know where I may have misspelled names, etc.

Special thanks to...

Lions Bill Bartlett, Marilyn Tanner, Joe Breda, Marty Lockard, Mike Rumberg, Jeff Root and others for providing ideas and/or input (whole articles, reports, photos) for this month's newsletter. Such help is essential to presenting the news of this Club!

That's all folks!

Send me any items to include in the next newsletter.
tilleryg@gmail.com



Attachments Follow:

1. Program Content - Memorial Service for Lion Don Ballard
2. American Diabetes Association Solicitation Letter
3. Sprout Fund Raiser - Sipping for Sprout
4. Historic Fairfax City, Inc Annual Meeting

1. Program Content - Memorial Service for Lion Don Ballard

The Lions Clubs of Clifton and Fairfax

Celebrating the Life of

Donald Ray Ballard

Past President, Fairfax Host Lions Club

Welcome

Past District Governor Bill Bartlett

Reading of the 23rd Psalm

Past District Governor Bill Smith

The Lord's Prayer

Past President Lion Gary Welschenbach

Remembrances

*Past District Governor Jay Moughon,
Lion Jim Kaplan, Past President Lion Jay Kahn*

Scripture Readings

*Past District Governor Dennis Brining
John 14, Verses 1-4, and Revelation 21, Verses 3-6*

Placement of White Carnation

Clifton President Lion John Seaberg

Placement of Purple Carnation

Lion Ron Zabel

Placement of Gold Carnation

Past President Lion Jim Boatner

Closing Prayer

Past District Governor Karen Udell Parker

Closing

Past District Governor Bill Bartlett

2. American Diabetes Association Solicitation Letter (minus enclosed nickel)



Even though diabetes is one of the leading causes of death in the United States...

...each American receives about a nickel's worth of research funding per week to find a cure!

Dear Friend,

A nickel used to buy a lot. It used to be you could buy a cup of coffee... a postage stamp... a piece of fruit or even a newspaper for a nickel...

...those were the good old days, unless you had diabetes. Back then, a diagnosis of diabetes meant certain death. Many people don't realize that it wasn't until 1922 that insulin began to be used by patients with diabetes – until that time, it was rare for patients with type 1 diabetes to live more than one or two years after being diagnosed!

We've made great advances in treating diabetes and improving the lives of people who have been affected by diabetes, but there still isn't a way to cure this devastating disease.

Today, over 30 million children and adults in the U.S. have diabetes and 7 million of them don't even know they have it. Diabetes contributes to the deaths of more than 252,000 Americans each year and is also the leading cause of kidney failure, nontraumatic lower-limb amputations, and new cases of blindness among working age adults in the United States.

With statistics like that, you would think that research to eliminate this deadly disease would have the highest priority...

...but the equivalent of about a nickel a week is invested on behalf of each American to fund vital research to discover new ways to detect, treat and cure diabetes. Just a nickel! Clearly we can't rely on federal agencies alone to fund this potentially life-saving research.

That's where YOU and the enclosed nickel can make a difference!

By making a tax-deductible gift of \$12 (that's only 240 nickels), \$15 (just 300 nickels) or a most generous contribution of \$20 (equal to 400 nickels), you will provide additional funding for vital research that is bringing us closer to a cure for this disease! With your gift of \$15 or more, we will send you a roomy American Diabetes Association® tote bag to thank you for your generosity.

(over, please)

Here are a couple examples of the types of research that are currently being conducted by American Diabetes Association-funded researchers, thanks to contributions from friends like you...

Very Low Effort Physical Activity and Diabetes Risk – An estimated 90 percent of the U.S. population does not exercise, and many factors beyond will power are at play. Many of the people who have the highest risk of developing diabetes, including those who are elderly, obese or have pre-existing conditions, may not be able to tolerate intense exercise routines. Studies are focused on discovering how interrupting long periods of inactivity with light physical activity may improve diabetes-related health outcomes and have great potential to reduce the risk of developing diabetes.

Progress in Artificial Pancreas Development: Preventing and Treating Low Blood Glucose – An important limitation to the development of an artificial pancreas is the danger of low blood glucose caused by insulin infusion. A recent study links automated glucagon delivery (to combat low blood glucose) to automated insulin delivery to overcome this issue and bring artificial pancreas technology closer to reality.

Along with these important research studies, the American Diabetes Association provides a wide range of diabetes information to people living with the disease, their families, caretakers and the public. The Association also provides services through its local offices and volunteers in communities across the nation.

All these services are offered for free or at minimal cost... making your support more important than ever. Please send a tax-deductible donation for the largest amount you can afford to the American Diabetes Association today. Every nickel you give will help provide the funds desperately needed to eliminate diabetes once and for all!

Best personal regards,



Martha Parry Clark
Interim CEO

P.S. Any amount you give will be a big help. And to show your support for people living with diabetes, please return the enclosed nickel along with your gift. Remember, because the American Diabetes Association depends on the voluntary kindness of friends like you for its many services, we have to make every nickel work as hard as possible!

With your gift of \$15, you'll receive an American Diabetes Association tote bag that you can use to show your personal support to end diabetes while you're out and about running errands. With friends like you by our side, we'll find a cure for this deadly disease.

3. Sprout Fundraiser - Sunday, April 15, 2018



Please join Sprout for the 6th Annual
"Sipping for Sprout"
Wine Tasting and Family Fun Day Fundraiser!

Stone Tower Winery
19925 Hogback Mountain Road
Leesburg, VA 20175

Sunday, April 15, 2018
12 – 4:00 pm (Rain or shine)

Click here to purchase tickets! <http://www.stonetowerwinery.com/events-calendar/sipping-for-sprout-2018>

Advance Ticket Purchase Encouraged

Tickets

\$40 Wine Tasting

\$30 Non-Drinking

Kids 12 & Under FREE

NEW THIS YEAR – BEER TASTING!

We will be teaming up with Solace Brewing Company and featuring beer tastings! Enjoy tasting two of their beers while also being able to purchase a glass of beer to enjoy!
Enjoy picturesque surroundings, delight in award-winning wines,

enjoy live music and savor delicious food provided
by Whole Foods Market!



Bid on items in our robust silent action featuring unique experiences,
sports memorabilia, jewelry, golf outings,
wine and beer tastings, artwork and theater tickets and more!

There's something for everyone!



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We Serve

Since 1951

**Cowboy Level
Sponsor**

Fairfax Lions Club

Lions are ordinary men and women from all walks of life who bridge religious, political, economic and social boundaries. We are united by

our common desire to make a difference by contributing personal time and talents to help others - especially the deserving in our own community.

Our motto is "We Serve."

(Note – isn't it rewarding to see Sprout recognize us as a sponsor?)



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