



Be sure to look at all pages...some wonderful photos are at the end!

Fairfax Lions Club News - May 2018

"Bob Stahl Memorial Newsletter"

Monthly resolution: "I resolve to be careful with my criticism, and liberal with my praise; to build up and not destroy."



Service - Our Mission

Eyeglasses for the Poor

With the purchase of six pairs of eyeglasses in April, Fairfax Lions have made it possible for 49 individuals in need to receive eyeglasses so far this Lions year (July-June). Most of these individuals received their eye exams and eyeglass prescriptions from the Fairfax County Health Department. Prior to an exam, the County vetted the individuals for financial need. With their prescription in hand, the individuals were directed to the MyEyeDr store at Fairfax Corner to have their eyeglasses made. Fairfax Lions Club pays for the eyeglasses with funds we raise at citrus fruit and food booth sales. We serve our community!

Hitting the "Mother Lode" on Pickett Road

by Lion Marilyn Tanner

Fairfax Lion "miners" found the mother lode of litter during their "Roadkill Saturday" highway clean-up effort on April 21. Most of the volunteer miners met at First Watch to fuel up before going to work.



Marcia Selva (L) Joined us for Breakfast Before Work

The "mining" operation actively began at the ballpark parking lot, with Lions Suleiman Alibhai, Bill Bartlett, Doug Brisson, Pete Conklin, Jim Davis, Mike Greeley, Rob Higginbotham, Marty Lockard, Ken Schutz, Gordon Tillery, Marilyn Tanner, and Lion supporters Meera Alibhai and Marcia Selva. Before heading out, the miners equipped themselves with safety vests, grabbers, gloves and bags (provided free of charge for us by the City of Fairfax, Department of Public Works).



"Miners" Line up for Equipment Issue



Trail Boss Marilyn Issues Marching Orders



Before: Some of the Many Pieces of Refuse

Some miners took to the nearby bike path and into the tunnel under Pickett Road. Some crossed the bridge to excavate the heaviest deposits of litter alongside the roadway (see "Before" photo earlier). Others headed down the road, towards the Post Office, stripping away litter as they went.



Lions Bill Bartlett and Ken Schutz Head Out

Their efforts were efficient, and the yield was much, but not too much for our crew! Within 2 hours, the miners had accumulated a mountain of trash in the parking lot. The lode included many full, heavy bags and a bicycle hauled up from the stream bed.



Trash Pile after One Hour of Work
(Bike pulled from Stream Bed by Lion Suleiman Alibhai)



"Mother Lode" Final Results - We Serve our Community!

Lion Miners reported the following: The weather was spectacular! The yield was high. The mining operation was a success. Pickett Road has a cleaner, more attractive environment because of their "mining" effort. Being a "Lion miner" was FUN!!

Youth Camp Work Day

by Lion Phil Mayo

Our club was double booked for service on Saturday April 21. After "Mining," Doug Brisson and KL Marty

Lockard motored out west to join Phil Mayo at the Lions of VA Youth Camp. They accomplished a number of maintenance projects on the cabin our club maintains: repaired the faux stone base; cleaned debris from all sides of the cabin; cleaned cabin floors and windows; cleaned stains from the walls; and repaired a damaged window screen. Several maintenance concerns with the cabin remain to be resolved at a later date: getting rid of boring hornets; general cleaning of the floor; repairing holes in screens made by birds; applying a sealer to the wall where stain seeps from the ceiling. Phil also attended a Camp Board of Directors meeting where several matters related to camp facilities were discussed and how the combining of Districts A and C might impact the camp. All three Club members enjoyed an excellent BBQ lunch provided by the camp. Youth Camp info: <http://valions.org/lyc/index.html> We serve youth!

Sprout Fundraiser - "Sipping for Sprout"

by Joe and Terry Breda

Sprout (one of the charity's we support) held its annual fundraiser on April 15th, to support the Sprout Therapeutic Riding and Education Center. Lion Joe and Terry Breda represented our Club at the event.



Joe and Terry's daughter, Deana (left)



Representation of Sprout's Therapy



Sprout Acknowledged Our Club's Sponsorship

UPCOMING: Canned Food Drive - May 1 & May 15

email from Lion Marilyn Tanner

Although this Lions' year is rapidly drawing to a close, there's still some important work we can do to help those in need in our community! The school year will end soon, and area food banks face a critical shortage of food as they try to feed families in need, with school-age children.

For the past several years, the Fairfax Lions have collected shelf-safe food items and delivered the donated items to Food for Others (a local food bank). We'll be doing that again this year.

We're asking each member to check their pantry, and **bring non-perishable items with you to the dinner meetings on either May 1 or May 15**. Please check the "Use BY" date on each item to make sure it's current. As a guide, please see a list (below) of the most needed items. Other food items will also be accepted. All members will be invited to accompany the delivery to the food bank (date/time TBD).

UPCOMING: Red Cross Blood Drive - May 18th

Mark your calendars: Friday, May 18th, 1:00-6:00pm

**Providence Presbyterian Church
2720 Prosperity Ave, Fairfax VA 22031**

- In Honor of Lion Elden Wright -

Pass the word to friends, and **schedule your appointment to give blood**. Walk-ins are most welcome! **See flyer at end of this newsletter** for website to schedule an appointment. (**Note time change** from previously announced 2:30-7:30, due to Red Cross having to close station at 6pm.)

Fund Raising - Underpinning Our Service Mission

Lions Dinner Out

Six folks gathered at The Auld Shebeen on Wednesday, April 11th: Marilyn Tanner and Chuck Higdon, Joe and Terry Breda, Pete Conklin, and Gordon and Elsie Tillery. We had a good time and received a check for \$12 for our club Charity programs. (Total now, \$409 for charity.)

WE ALWAYS MEET ON THE 2ND WEDNESDAY OF THE MONTH, ALWAYS AT AULD SHEBEEN, 6:30-8:30pm.

Next Dinner-Out: Wednesday, May 9th (6:30-8:30pm).

UPCOMING: Fairfax Fall Festival Beer Sales

email from Lion Ken Schutz

Good News: The city just notified us "the Lions Club was selected for the Sager Beer Garden!"

You may recall, a few years ago the City of Fairfax "took over" all beer sales at the fall festival, and each year selects from local civic groups those to run beer/wine sale points. Mark your calendar for this great fund raiser for our club: **Saturday, October 13th 2018.**

Dinner Meetings

April 8th - Charter Night

Fairfax Host Lions Club celebrated the 67th anniversary of its founding (the issuance of its Charter) on a beautiful Sunday at the Chantilly National Golf and Country Club. The event was planned and produced by PDG and 1VP Karen Parker with her committee: Lions Joe Breda, Mike Greeley, KL Marty Lockard, and PCC Bill Bartlett.



- Fairfax Lions Club Charter -

Proudly Displayed at Anniversary Dinner

The event kicked off with a social hour and appetizers. The Country Club's bartender for the event was Gary Reed - a kindred spirit, as he is a member of the Clifton Lions Club.

King Lion Marty Lockard opened the event, and Lions Mike Greeley led the song ("Take Me Out to the Ballgame"), Phil Mayo led the pledge, and Jeff Root gave the invocation. 1VP Karen Parker guided us to an outstanding buffet of steak, salmon, chicken, and all the trimmings.

Our Club was honored by the presence of several guests:

- 1st Vice District Governor Lion Wilma Murphy (Greater Falls Run Lions Club)
- 2nd Vice District Governor Lion Glen Logan and spouse Lion Nenita Logan (both Asian American Lions Club)
- Past Council Chair Harry Parker (Baileys Crossroads Lions Club)
- Lions Davida and Jim Luehrs (both Sterling Lions Club)
- Ruth and David Van Dyke (daughter and son-in-law of PCC Bill Smith)

Master of Ceremony Dave MacPherson introduced the guests and orchestrated the flow of the program. Bill Bartlett presented a Melvin Jones Fellowship (to Lion Gordon Tillery, giving our Club a total of 25 MJ Fellows). 1st VDG Wilma Murphy gave remarks, and CA\$H and floral centerpiece door prizes were awarded to lucky ticket holders.



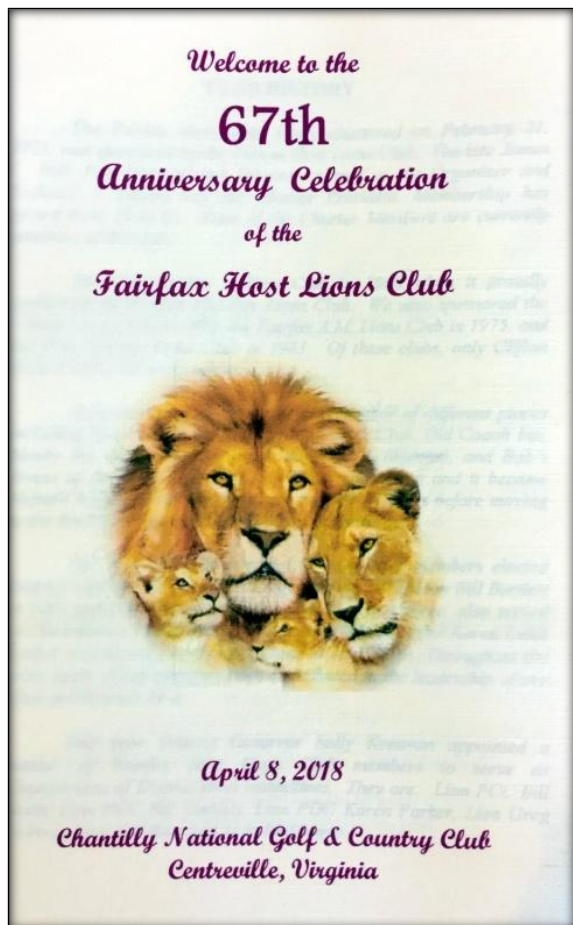
PDG/PCC Bill Smith and Sarah Bartlett



Attendees Sing "Take Me Out..."



Pattie Mulieri, Gary Maxwell; Helen and Rodney Neely



Joe and Terry Breda



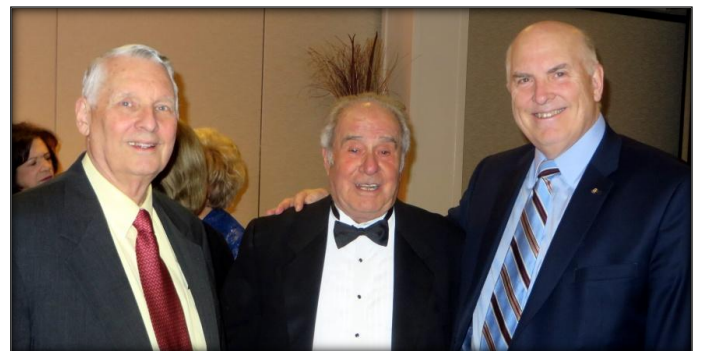
67th Anniversary Cake



Sarah Bartlett, Sarah, Davis, Elsie Tillery, Terry Breda



Jim and Sarah Davis



Lions Jim Davis, Joe Breda, Ken Schutz



Rob Higginbotham, Dave MacPherson, Karen & Harry Parker



Mike and Kate Greeley



Phil Mayo, Ken & Diane Schutz, Cory Green



Marilyn Tanner, Chuck Higdon, Pete Conklin



MC Dave MacPherson



1st Vice District Governor Wilma Murphy



PCC Bill Bartlett, 1VP Karen Parker - Special Presentation



Jeff Root, Dave MacPherson, Sarah Davis at Wine Bar with Bartender (Clifton Lion) Gary Reed

This Charter Night event was - as usual - outstanding: good food, wonderful socializing, a good program, and most important - recognition of 67 years of Fairfax Lions Club service! Planning for next year's Charter Night is moving forward already.

More photos at last three pages of newsletter.

April 17th

There was no meeting on the 2nd Tuesday of April; it was replaced by Charter Night.

May 1st

It was a pleasure to welcome ten visiting members of the Vienna Lions Club to this dinner meeting. They picked a great meeting to visit, as own club member Lion Doctor Suleiman Alibhai was the invited speaker on the topic of the Virginia Lions Eye Institute (VLEI).



Melvin Jones Fellow Presentation



Lion Suleiman Alibhai Talks About VLEI

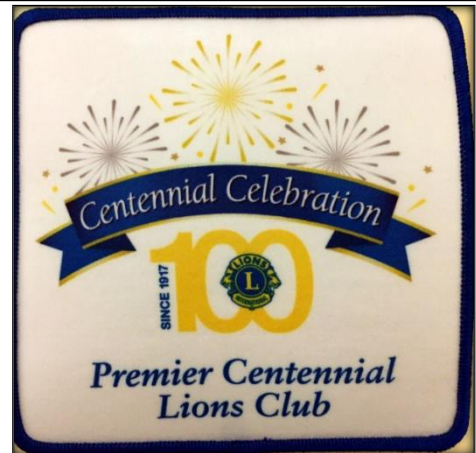
Among the many things we learned about VA Lions Eye Institute:

- Its annual budget of \$90,000 comes from interest on investments (about 70%), and direct contributions from Lions Clubs and individuals (about 30%). Our Club's regular contribution is essential!
- Dr Alibhai spoke at length about each of these functions of VLEI:
 - Lions/INOVA Indigent Eye Clinic
 - Lions/Prevention-of-Blindness Low Vision Learning Center
 - Scholarships for vision impaired persons (about 30 each year for \$1000 each), and also matching Grants for related activities sponsored by local Lions clubs
- The scholarship program itself can be useful for Clubs to promote awareness of Lionism. For example, Dr Alabhai showed this photo from a couple years ago.

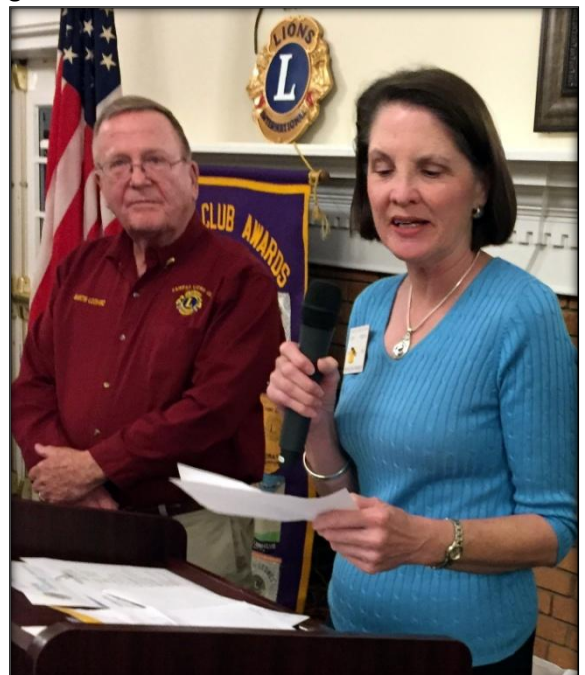


DG Emily Carnes, Lion Elden Wright Award Scholarship

KL Marty Lockard, in his continuous effort to make meetings fun, gave a trivia test on the origins of May Day. Prizes were awarded for the most correct answers (best was: 4 right out of 10 questions - pretty hard test!). Joe Breda got a prize for being the first member to remark on a new feature in our dinner meeting programs - a notable quote. And, three LCI awards were presented (pictured below: Gold Centennial pin - to Rob Higginbotham and Gordon Tillery; and a "Premier Award" - for our club.)



Lion Marilyn Tanner reported on the Roadkill Saturday service (see page 1 of this newsletter)...and gave away left over "grabbers."



Lion Marilyn Tanner Reports

Guest and PCC Harry Parker gave a pep talk about attending the upcoming VA Lions state convention. Harry is seeking Virginia's endorsement for International Director. Harry's website: <http://lionharry.com/>



PCC Harry Parker

50-50 winners: Lion Doug Brisson, and Vienna Host King Lion Sedgewick.

Board Meeting

Your Board of Directors met on April 24th. A few of the topics discussed :

- Inviting local Scout leaders to our July 17 dinner program on "Stop the Bleeding Campaign." That campaign is to train individuals to treat incidents of hemorrhaging - to stop the bleeding.
- Potential need to authorize additional charity funds for our Eyeglass for the Poor program, which is serving a large number of persons in need this year (see page 1).
- Discussed possible ways to honor the service of Lion Elden Wright. Approved waiving club dues for Lion Eldon (who can no longer attend club activities but remains a Life Member of LCI).
- Approved purchase of children's books for needy community children (ages 2-5) who perhaps have never owned a book of their own. This falls under the Lions Reading Action Program led by Lion Marilyn Tanner.
- Approved change in membership status of a club member whose work requirements have changed impacting his ability to participate in meetings.

Upcoming Events

- May 2 - **SERVICE**: Vision Screening (Green Acres)
- May 2 - **SERVICE**: Eyeglass Recycling
- May 3 - Lions Lunch Bunch
- May 6 - **SERVICE**: VisionWalk
- May 9 - Dinner Out (Auld Shebeen)
- May 15 - Regular Dinner Meeting (**Bring Canned Food**)
- May 16 - **SERVICE**: Eyeglass Recycling

- May 16 - **SERVICE**: Call Bingo at Nursing Center
- May 17-20 - VA Lions State Convention
- May 18 - **SERVICE**: Red Cross Blood Drive, 1-6pm
Providence Presbyterian Church (see flyer at end)
- May 22 - Board Meeting
- May 28 - Memorial Day
- June 5 - Regular dinner meeting

FYI - Check out Lions District 24-A calendar at this web site:
[24-A Calendar](#)

Worldwide Induction Day

by Lions Mike Rumberg and Karen Habitzreuther

Sunday, April 29 was Lions Worldwide Induction Day to honor new Lions and their sponsors. The event was celebrated locally at the Park West Lions Club facility in Manassas (Park West owns their own building.). Lion Karen Habitzreuther and sponsor Mike Rumberg attended along with about 75 others including a past international director, several Past Council Chairs and Past District Governors and current District Governor Sally Kenevan.



Lion Sponsor Mike Rumberg and Lion Karen Habitzreuther with Certificates

The program for this Worldwide Induction Day contains some interesting stuff...**see pages attached at the end of this newsletter.**

Diabetes Update

from Lion Pete Conklin

Lion Pete Conklin provided the March 2018 issue of *Reader's Digest*, pointing out a feature article on Diabetes. It is an excellent update on research progress improving lives of people living with diabetes. As we all know, there are MANY people with diabetes. **See the complete article attached at the end of this newsletter.**

Lions Information

We have a very distinguished member of our club, who in November of this year will celebrate **50 years as a Lion**. He is, a "privileged member" of our club, a life member of LCI, a past District Governor, past Council Chair, and Melvin Jones Fellow. He is also a former President of the Lions International Pin Traders and was the Founding President of the Virginia Lions Pin Traders. He is currently the Editor and Publisher of

more than 50 catalogs showing thousands upon thousands of Lions trading pins. He has around 40,000 pins in his own personal collection. (That would make an interesting display at a dinner meeting!)

Because of restrictions on night driving, he is not as active as he wishes to be in Lions activities. Graciously, he offered to write an article on pin trading for all of us to enjoy. Please see that full article - and photos of all Lions trading pins produced that feature Fairfax Host Lions Club on the pin.

We speak, of course, of PCC Bill Smith. Bill is shown in a two photos in this newsletter, taken at Charter Night. Thank you PCC Bill for all you do! **The article is attached at the end of this newsletter.**

Update from ISCC

Fairfax Lions Club is a member of the City of Fairfax InterService Club Council (ISCC) which meets monthly to share ideas. A few from the April meeting.

- "Volunteer Fairfax" is a county resource - and a source of volunteers to help area civic group fund raisers and service projects. <http://www.volunteerfairfax.org/>
- Anita's provided free burritos for a 5k race for a local civic group. (hmmm...Anita's breakfast burritos for Lions to sell/give-away at July 4th food booth?)
- ISCC donated \$100 to the Fairfax HS All Night Grad party (part of that \$100 comes from our Club's annual dues to ISCC).
- Similar ISCC groups from other areas in VA use a "social hour" (with drinks) as a way to recruit young people for volunteer service.
- The City of Fairfax "Volunteer of the year" ceremony will be on Wednesday, August 1, 2018; our club Lion-of-the-year will be recognized.

Lions in Wilmington, NC

by Lion Marilyn Tanner

"My sister, Christine, and her husband were in Wilmington, NC. They were walking around the town yesterday and saw this display by the local Lions Club. They were selling raffle tickets, with the boat as a prize."



Boat Raffle: Wilmington Lions Fundraiser



Wilmington Lions Service Programs

What's Up With District Transition? FYI

We know what District 24-A is...the organizational link between our club (and many other clubs in Northern VA) and the VA Lions state-level organization. Recall, reductions in numbers of Lions members across the state resulted in LCI directing the number of VA Districts be reduced. It was decided to consolidate into three new Districts across the state. So, on July 1, Districts 24-A and 24-C will merge to become District 24-L, our new district organization. At this month's VA Lions state convention, delegates from District 24-A and District 24-C will vote (on May 20th) for District Governor, 1VDG, and 2VDG of new District 24-L. The candidates:

District Governor:	Lion Wilma Murphy
1st Vice DG:	Lion Joel Kendall
	Lion Scott McMurray
2nd Vice DG:	Lion Glen Logan

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 Pete Conklin, PCC Bill Smith, Mike Greeley, Marilyn Tanner, Phil Mayo, Ken Schutz, KL Marty Lockard, Joe and Terry Breda, Mike Rumberg, Karen Habitzreuther, 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



See attachments that follow:

1. Readers Digest Diabetes article
2. Lions Pin Trading, by PCC Bill Smith
3. Flyer: Blood Drive, Friday May 18th
4. Pages from Worldwide Induction Program
5. More Photos - Charter Night

"DIABETES: WHAT'S NEW AND WHAT'S NEXT"

(copied from Reader's Digest, March 2018 issue)

"IT'S NO EXAGGERATION to say that diabetes is a national health emergency. More than 30 million adults and kids have some form of the disease. Type 1, caused by an immune system attack on the pancreas, usually strikes younger people and follows them throughout their lives. Type 2 is more common and is caused by resistance to the hormone insulin, which tells the body to absorb blood sugar. And 84 million people exhibit signs of prediabetes, which means they have a one-in-ten chance of developing full-blown type 2 diabetes if not treated.

Yet over just the past few years, a remarkable number of diabetes treatments, from medications to surgical solutions to high-tech devices, have shown promise. It's too soon to declare victory, but these breakthroughs have given people with diabetes something sweet: winning strategies for today and considerable hope for the future. Here are eight that show great promise.

For Pre-diabetes: The National Diabetes Prevention Program

What it is: At one time, Philadelphia police officer Eric Scott, 57, wouldn't think twice about finishing a quart of ice cream after work. He's also a fan of his city's signature snack food: "hot soft pretzels with plenty of mustard." But when a routine health check revealed that his blood sugar was in the prediabetes range, Scott knew he needed to make some changes. So he joined the National Diabetes Prevention Program (DPP) at Temple University, a research-backed yearlong course aimed at helping people with prediabetes eat healthier, exercise more often, and drop enough weight to slash their risk of having their disease progress to type 2 diabetes.

"It works," says Scott. "I've lost 20 pounds, and my blood sugar is lower. I now eat twice as many vegetables, lots of fish and chicken, and way less greasy, oily junk food. I count calories and fat grams and weigh myself every day. And yes, I still have a hot pretzel once in a while, but now I take out the doughy middle to cut carbohydrates and calories. That's one thing I really like about this program—it helped me find strategies that really fit my life."

How it works: "Reducing fat is key," says David Nathan, MD, the study's lead researcher, a professor of medicine at Harvard Medical School, and the director of the Diabetes Center at Massachusetts General Hospital. "Fat cells, particularly at the abdomen, release hormones that increase risk for diabetes. And it takes only a small amount of weight loss to lower risk. We found that dropping just two pounds lowers your odds for diabetes over three years by about 16 percent."

Available at hundreds of YMCAs, hospitals, health centers, churches, work sites, and other locations across the country, the DPP is based on a landmark 2002 study that tracked 3,234 overweight people with prediabetes who were divided into three groups: One group undertook simple lifestyle changes, with a goal of at least 150 minutes of exercise per week and a 7 percent weight loss; the second group took metformin, a blood sugar-lowering pill; and the third, the control group, made no changes. After three years, only 14 percent of those in the lifestyle group developed type 2 diabetes, compared with 29 percent in the control group and 22 percent in the metformin group. The lifestyle modifications were so effective, in fact, that the study was stopped a year earlier than planned because the researchers wanted to offer them to all the participants. This spring, Medicare is expected to begin covering the \$429 cost of joining a DPP for people ages 65 and older who have prediabetes.

For Pre-diabetes: Metformin

What it is: The nation's most widely used type 2 drug, metformin is cheap—generics cost \$4 or are even free at pharmacies—and safe. Now, 15 years after the study that spotlighted metformin's potential effectiveness, evidence that it can prevent type 2 diabetes has continued to grow.

How it works: Metformin reduces blood sugar by lowering the amount of sugar coming from the liver. A 2017 Georgetown University review showed that it cuts the risk of developing type 2 diabetes by 18 percent over 15 years.

Stop believing these diabetes myths that could be sabotaging your health.

For type 2 diabetes: Metabolic Surgery

What it is: Three days after Lisa Shaffer had gastric bypass surgery at the Cleveland Clinic, her uncontrolled diabetes disappeared. "I had diabetes during pregnancy with both of my daughters. After the second, it never resolved. My blood sugar just got worse and worse over the next eight years, despite a healthy diet and daily walks, plus insulin, metformin, the injectable type 2 drug Byetta, and other medications," says Shaffer, now 45, of Jefferson, Ohio. "But I was off all medication within days of my weight-loss surgery. Eight years later, I still am."

Rerouting the digestive system with gastric bypass surgery (so called because it creates a smaller stomach and bypasses part of the small intestine) or with a sleeve gastrectomy (which reduces the size of the stomach by about 80 percent) is a drastic diabetes solution. After all, it's major surgery, with small but real risks for complications such as infections, bleeding, and gastrointestinal problems. It's also not a stand-alone solution.

How it works: Reducing the size of the stomach makes it easier for patients to stick with smaller portions—but people are also strongly urged to follow a healthy diet. New research is showing that the surgery produces safe, long-lasting

benefits, particularly in people with recently diagnosed diabetes, such as Lisa Shaffer. She's a participant in a landmark Cleveland Clinic study tracking 150 women and men with type 2 diabetes. Two thirds had metabolic surgery; the other third received intensive medical therapy, including weight-loss counseling, regular blood sugar checks, and medications for their diabetes. After five years, 45 percent of those who had gastric bypass and 25 percent who had a sleeve gastrectomy were off all diabetes drugs. In contrast, nobody in the medical-therapy group was medication-free. Surgery recipients also lost more weight, an average of 41 to 51 pounds versus about 12 for the medical-therapy group. (Shaffer lost 127 pounds in ten months!)

"People who have surgery within five years of their diagnosis with type 2 have a 70 to 75 percent chance of a complete remission," says lead study author Philip R. Schauer, MD, a professor of surgery at the Cleveland Clinic Lerner College of Medicine and director of the Cleveland Clinic Bariatric and Metabolic Institute. "Even those who don't achieve remission are doing better than before. Long-term blood sugar control is much better, which reduces the risk for horrible complications like blindness, kidney disease, heart attack, and stroke." In 2016, the American Diabetes Association joined more than 45 medical organizations in endorsing surgery for people with moderate to severe obesity and diabetes. The organization even said it's an option for those with mild obesity whose diabetes is not well controlled by medications.

Dr. Schauer is quick to add that the first steps in battling diabetes should be lifestyle changes, followed by medications as needed. "If that doesn't work, consider surgery," he says. "Don't wait years to do it. The consequences of poorly controlled diabetes are just too great."

For type 2 diabetes: Double-Duty Drugs

What they are: In 2014, Vicki Williams, 62, got serious about her type 2 diabetes. After extremely high blood sugar landed her in the hospital, this Milton, Delaware, woman lost 130 pounds in nine months on a strict doctor-prescribed diet and switched from metformin to a combination pill called Kombiglyze. One of a growing number of "combo drugs" on the market for the treatment of type 2, it contains saxagliptin, which triggers her pancreas to release more insulin, plus metformin, which prompts her liver to release less blood sugar and helps her muscles absorb more blood sugar. "It works a lot better for me, without the weight problems I had when taking metformin alone," says Williams, whose sugars are now in the healthy range. Other common side effects of metformin include nausea, diarrhea, and vitamin B12 deficiency.

Another double-drug trend showing promise: diabetes drugs that also help your heart. In 2016 and 2017, the FDA approved new labels for the diabetes drugs liraglutide (Victoza) and empagliflozin (Jardiance), touting their ability to reduce heart attacks, strokes, and deaths by up to 13 percent. Since about 70 percent of people with type 2 diabetes die from heart disease, this is a lifesaving benefit.

How they work: Two-in-one treatment is quickly becoming standard for people with type 2. Up to 43 percent of them now take two or more diabetes drugs, according to a recent international study of the medical treatments of 70,657 people with type 2. In the past five years alone, the FDA approved a dozen new combination drugs.

"Taking one pill or getting one shot instead of two is more convenient and may help people stick with their medication. You may need lower doses," says John Buse, MD, PhD, chief of the Division of Endocrinology at the University of North Carolina at Chapel Hill School of Medicine and director of the UNC Diabetes Care Center. "And for people with type 2 who move to insulin when other diabetes drugs don't work well enough, a 'double drug' that combines insulin with another medication can minimize insulin side effects like weight gain and hypoglycemia (low blood sugar episodes)." It may even help you save a little money.

These are the best super foods for diabetics.

For type 1 diabetes: The Artificial Pancreas

What it is: High atop a Virginia mountain, 16 kids and teens with type 1 diabetes put the next big thing in blood sugar control to the ultimate test. "We wore either an experimental artificial pancreas or a continuous glucose monitor and insulin pump while we snowboarded and skied six hours a day for five days," says Thomas Hallett, 17, a high school junior from Williamsburg, Virginia.

You can't yet buy an artificial pancreas system that both senses blood sugar and delivers insulin automatically, but that could change soon. The University of Virginia's experimental InControl system, now licensed to a Charlottesville tech company, could gain FDA approval in about a year, says endocrinologist and codeveloper Daniel Cherňavsky, MD, of the Center for Diabetes Technology at the University of Virginia School of Medicine in Charlottesville. The ski-camp study, published in August 2017 in the journal Diabetes Care, showed that "the system kept blood sugar within a healthy target range despite the cold and altitude, which can affect equipment, and the excitement, fear, and intense exercise, which can affect blood sugar significantly," he says. InControl is one of four promising artificial pancreas systems that received major funding from the National Institutes of Health in 2017, a sign of how important these devices could be for people with diabetes and their families.

How it works: Just like a healthy human pancreas, an artificial pancreas system automatically senses blood sugar levels. It uses a device called a continuous glucose monitor alongside an insulin pump that processes the data to deliver just-right

spurts of insulin round the clock. That reduces the need for finger sticks, blood sugar checks, insulin shots, and having to program an insulin pump by hand. “It’s life-changing,” Dr. Cherňavsky says. “An artificial pancreas nearly eliminates dangerous low blood sugar episodes that can lead to a coma and hospitalization or even death for insulin users. That’s a huge worry, particularly for parents of children with type 1. And it reduces high blood sugar spikes that over time lead to diabetes complications.”

Thomas Hallett’s mom agrees. “I don’t think we slept through the night until Thomas was five years old,” says Mara Hallett. “We got up several times to check his blood sugar. Keeping blood sugar under control with insulin is crucial, but it increases the risk for hypoglycemia.” Through the years, the Halletts have embraced new technologies that cut that risk. These include glucose monitors that sound an alarm when blood sugar dips and a partially automatic system from Medtronic that adjusts insulin doses when it senses changes in blood sugar. “A fully automatic artificial pancreas will reduce worry,” Mara says. “And I’ve noticed another benefit. High-tech diabetes devices help teens with diabetes see the big picture—they see how their blood sugar numbers trend throughout the day, almost like a video game. They see how their actions—how they eat and exercise and sleep—make a difference. They’re more invested in good control.”

For type 1 diabetes: Islet Cell Transplants

What they are: Islet cells in the pancreas make insulin; when they die out, type 1 diabetes results. So wouldn’t transplanting healthy new islet cells fix the problem? Islet cell transplants are commercially available in many countries (including Canada, the United Kingdom, and Australia), but the procedure is still experimental in the United States because of concerns about its effectiveness and the short supply of human islet cells available for transplanting.

How they work: In a recent study, when 48 people whose type 1 diabetes was extremely difficult to control (leading to life-threatening low blood sugar episodes) received islet cell transplants, 52 percent had healthy blood sugar levels one year later without insulin. And in a 2017 University of Miami case study, a 43-year-old woman from Texas with unstable type 1 diabetes made headlines when she passed the one-year mark insulin-free after a procedure that transplanted islet cells into her abdomen. That process could bypass the inflammation and islet cell loss that lower the success rate in typical islet cell transplants, which require infusing the cells into the bloodstream through the portal vein, which carries them to their new home in the nearby liver. (Islet cells aren’t transplanted back into the pancreas, because the risk for complications is high.) “Transplants are getting better and better, but there’s more work to do,” notes Dr. Nathan. “Right now, the cells tend to last three to five years. And recipients must take immune-suppressing medications for life so their body won’t reject them.”

Try these science-backed strategies to reverse diabetes."

Pin Trading in Lionism

by PCC William A. "Bill" Smith

The exchange of friendship pins and memorabilia began in Lionism back in the 1950s when Lions and their families from all over the world would get together for their international conventions. It was a common sight to see entire families standing on a street corner exchanging these items. Most of the pins were little pieces of plastic with printing that indicated the state or country. In the 1960s, the little plastic pins, in many instances, were thrown from floats and marching units in the big parades that are one of the highlights of any Lions Clubs International (LCI) convention. This generated so much excitement each year that many attendees started collecting the items and saving them. The Lions International Trading Pin Club (LITPC) was "born" on June 27, 1973 during the 56th International Convention in Miami Beach, Florida, when 22 Lions representing 11 states and Canada met for the first time. Pin trading within Lionism quickly became a major activity at subsequent conventions to the point where we are today. The LITPC has over 800 members from all over the world, and there are almost 40 individual multiple district clubs with a total membership in the thousands. Your writer joined the LITPC in 1973 and is the only surviving member from that beginning year for the organization.

The LITPC was organized for the purpose of fostering and developing friendship, good fellowship, and mutual understanding through the avocation of trading and collecting Lions friendship pins, commonly referred to as "trading pins". The concept of a multiple district pin trading club was the idea of your writer when I mailed a memo to a small group of pin traders in District 24-A asking them to meet to consider the possibility of forming a Virginia pin trading club. These "founders" met in Manassas on January 18, 1982, and worked out a constitution. The Pin Traders Club of Virginia (PTCV) was "born" that evening, and since then, almost 40 similar clubs have been formed all over the world of Lionism based on the actions taken here in Virginia. All six districts in Virginia are represented on the membership rolls of the PTCV. We enjoy the status of being not only the first, but the largest Multiple District club with over 200 members.

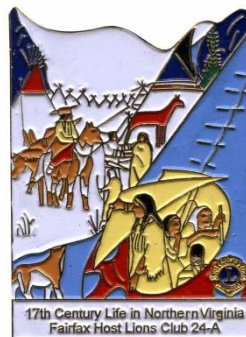
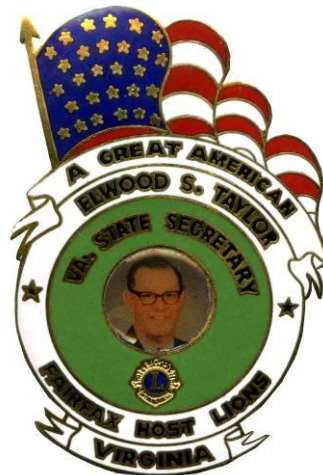
For years, pin traders were simply tolerated, but not taken too seriously within the organizational structures of Lionism. However, when it was realized that the hobby had become a major contributing factor in the overall success of the organization, recognition soon followed. In an unprecedented move, LCI in 1993 began to assign a separate hotel at the international conventions to the pin traders. Full delegation recognition rapidly followed and now the pin traders have become one of the major delegations. In 2003 in Denver, the pin traders were the second largest delegation. As the saying goes, we've come a long way in a relatively short period of time. The royalty revenue that is generated each year for LCI from the sales of pins is in excess of several million dollars. All of this money goes to help offset the cost of doing business for LCI and is a significant reason why our dues are among the lowest for all service type organizations. To

fortify our claims of being Lions first and pin traders second, we raised and donated \$146,000.00 during the conduct of Campaign Sight First II that was run by Lions Clubs International in 2008.

One of the activities in Virginia that has helped the PTCV to maintain its reputation for being among the leaders in the hobby is the annual pin swap that is held the second weekend each year in November. At the present, the swap is held in Winchester and attracts traders from all over the U.S.A. and Canada. In most years, there are over 200 who gather to exchange and trade pins. An auction of some of the older and highly collectible pins is one of the features that has become so popular. However, the main attraction to this swap and similar ones throughout the country is the fellowship that all look forward to each year. Pin traders, for the most part, have a unique advantage over their fellow Lions by being able to establish and maintain very close and personal ties to Lions and their families from all over the country. Your writer is extremely proud of the fact that a day hardly goes by that there is not some contact with Lions in other states. Often, this close association can be magnified many times over in any given week.

Membership (\$7.50 yearly) in the PTCV is open to all active Lions, Lionesses, and Leos., as well as their spouses. The founders of both the LITPC and the PTCV hoped that this activity would have a lasting and continuing influence on the success of Lionism by stressing that dedicated service work for Lionism comes first and pin trading second. We believe that this objective has and continues to be realized. If you think you would like to enjoy some of the many benefits of membership, you can request a membership form by addressing an inquiry to Lion William A. Smith, PCC, 3643 Osborne Drive, Warrenton, VA 20187, or by sending me an e-mail at tabs52@comcast.net.

Fairfax Host Lions Club Trading Pins Issued



Give a Lions Share of Life.



Join the pride. Give blood.



**American
Red Cross**

Blood Drive **Fairfax Host Lions Club** **Providence Presbyterian** **Church**

Gym
9019 Little River Turnpike
Fairfax, VA 22031

Friday, May 18, 2018
1:00 PM to 6:00 PM

Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org and enter:
"Fairfax Host Lions" to schedule an appointment.

redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767 | facebook.com/redcrossblood | [@RedCross](https://twitter.com/RedCross)

Individuals who are 17 years of age (16 with parental permission in some states), meet weight and height requirements (110 pounds or more, depending on the height) and are in generally good health may be eligible to give blood. Please bring your Red Cross blood donor card or other form of positive ID when you come to donate. Theme048.Spe005 | 2012/04 # 2012 The American National Red Cross | 06/12AP277

Order ID: Item ID: Qty: 1 of 1 - 053815971 - ApNumber

Appointments available: 1:00pm - 6:00pm
go to: <https://www.redcrossblood.org>
and enter for "sponsor code": Fairfax Host Lions
(click on **Providence Presbyterian Church** to get schedule)

PROGRAM
Lunch- 2:00 PM
Program - 2:45 PM

Welcome/Call to Order.....Past Council Chair Shirley Wilson
District Worldwide Induction Chairperson

Pledge of Allegiance.....Lion Glen Logan, Second VDG

Song.....Lion Shirley Wilson, PCC

Invocation.....Lion Wilma Murphy, First VDG

Lion's Toast.....Lion Roy Wilson, Past International Director

LUNCH

Introductions.....PCC Shirley Wilson

"The Power of We".....PCC Shirley Wilson

Strengthening Membership.....PDG Jim Ryan

Remarks & Induction Ceremony.....Lion Sally Kenavan
District Governor 24-A

Closing.....PCC Shirley Wilson

"You can't get very far
until you start doing something
for somebody else."
Melvin Jones' Personal Code

Event Program/Speakers
(Note Quote from Melvin Jones)



**1917: Note the visual pun in this early logo: a Lion and a club.
It has changed and evolved. But it has always stood
For the same idea: WE SERVE.**

ASSOCIATION NAME & SYMBOL

The Lions Name

On June 7, 1917 at the invitation of Melvin Jones, delegates met in Chicago. The only point of contention was the selection of a name for the new organization. Melvin Jones researched the idea of calling the new organization Lions. He was convinced that the lion stood for strength, courage, fidelity and vital action. On a secret ballot the name Lions was chosen over several others.

The Lion Emblem

At the 1919 convention, there was a move to change the symbol, but a young attorney from Denver, Colorado rose to speak. His name was Halsted Ritter. "The name Lions stands not only for fraternity, good fellowship, strength of character and purpose, but above all, its combination of L-I-O-N-S "heralds to the country the true meaning of citizenship, LIERTY, INTELLIGENCE OUR NATION'S SAFETY."

The January 1931 issue of THE LION magazine featured this interpretation of the association's name: Our name was not selected at random, neither was it a coined name. From time immemorial, the lion has been the symbol of all that was good; and because of the symbolism that name was chosen. Four outstanding qualities - Courage, Strength, Activity and Fidelity - had largely to do with the adoption of the name. Fidelity has a deep and peculiar significance for all Lions. The lion symbol has been a symbol of Fidelity through the ages and among all nations, ancient and modern. It stands for loyalty to a friend, loyalty to a principal, loyalty to a duty, loyalty to a trust.

The emblem consists of a gold letter "L" on a circular area. Bordering this is a circular area with two Lion profiles facing away from the center. The word "Lions" appears at the top and "International" at the bottom. The Lions face both past and future - showing both pride of heritage and confidence in the future.

Interesting History

Additional Photographs from Charter Night, April 8th
Chantilly National Golf and Country Club



PCC Bill Bartlett, 1st Vice District Governor Wilma Murphy, Lion Greg DeRosa



Sarah B, Sarah D, Elsie, Terry



Lion Pete Conklin, Pattie Mulieri



Lion Mike and Kate Greeley



KL Marty Lockard, Lion Rodney and Helen Neely, 2nd Vice District Governor Glen and Lion Nenita Logan



Spouse Diane Schutz flanked by Lions Davida and Jim Luehrs



PCC Bill Smith with daughter Ruth Van Dyke



PDG and 1st VP Karen Parker and PCC (and candidate for Lions Clubs International Director) Harry Parker



Lions Phil Mayo, Ken Schutz, Pete Conklin, and spouse Diane Schutz



Guest Chuck Higdon, Lion Gordon Tillery



Lion Joe and Terry Breda



Last (and definitely not least), King Lion Marty and Young Lockard