



## Fairfax Lions Club News - Aug 2019

*The Bob Stahl Memorial Newsletter*  
- Fairfax Lions, Serving Since 1951 -

### We Always Begin With Service - It's Our Primary Mission

**WE SERVE THE WORLD AND OUR LOCAL COMMUNITIES...  
WITH PRIDE, COMPASSION AND KINDNESS**

### Recurring Service

Our Club had no MAJOR service activities in July, but continued to perform regular recurring service:

- Eyeglass Recycling: On July 3rd and July 17th, Lions Bill Bartlett, Joe Breda, Phil Mayo, and Marty Lockard worked at the Recycling Center to process used eyeglasses to ready them for packaging to go abroad with medical mission teams. Lion Scott Dulaney and one or two others collected donated eyeglasses from several collection points. They were delivered to the recycling center. As previously reported, the recycling center is highly productive, distributing over 3.5 million pair of eyeglasses world-wide in the past twenty-one years.
- Bingo at the Nursing Center: On July 17th, Lions Jeff Root and Anh Tu Phan called bingo, helped residents mark their bingo cards, and awarded prizes to residents at the Fairfax Nursing Center.

### Would This Idea Make a Good Club Service Project?

Our club does a lot of Service. Much of our service supports vision needs. Sometimes we think about new service projects...our King Lion has said: Our service should represent what our members want to do. So here is a small idea to consider: **Hand out reusable grocery bags.**

You know the problem with plastic - mankind is generating more than ever, and very little gets recycled. Plastics and their byproducts are littering our lands, oceans, and waterways, and contributing to health problems in humans and animals. Think about little plastic grocery bags - one hundred **billion**: that's the number used in the US each year. The average American family gets 1,500 plastic bags in a year (over 4 every day). They end up stuck in trees (we pick up many on our Roadkill service project), floating in the breeze or sitting in a trash pile; **they don't decompose**. They can be torn into bits, but those pieces stick around - up to 1,000 years...and because they're made from petroleum, toxic chemicals can seep into soil and water.

**The idea**: Our club would buy colorful, reusable/recycle-able grocery bags, imprinted with our logo, and give them away in front of local grocery stores (and maybe Fall Festival & Fruit Sales?). That would certainly be one small effort serving our environment, and we would probably make new friends - especially millennials, possibly attract new members, and show our presence in the community.

Thank about it.

# Charity Fund Raising - Essential to Our Service Mission

DELIVERING SERVICE DEPENDS ON CHARITY FUNDS WE RAISE

## Special Project: Mini-Directories

Each year, PCC Bill Bartlett prepares the new club directory (full size edition) and distributes it to all club members in PDF format. We thank Bill for his sustained effort making this happen routinely as a service to our Club!

In addition, as a special charity fund raiser, Bill also compiles mini-directories, takes advance orders for them, prints and assembles them, and then delivers them to club members at a July dinner meeting. (At the July 16 meeting, Bill said he may have a few remaining - for sale.) The mini-directories are very convenient for members, as they are easy to carry in a car glove box, or shirt pocket, for ready reference. In a succeeding month, Bill presents a check - from the money raised by selling them to club members - to the Old Dominion Eye Foundation. In previous years, the donation has been around \$300, but this year due to drastically reduced orders, the donation will be only \$146 (including two generous personal donations).

Lions and Old Dominion Eye Foundation are connected. For info, see ( <https://odef.org/lipomi-lions-vision-fund/>).

## July 4th Food Booth

You all know, every year we sell hot dogs on July 4th at the City of Fairfax Independence Day Parade. We do not raise a to of money for charity in this event, but we have a good time and definitely show our presence in our community. This year, parade-goers bought 171 hot dogs and 240 beverages, and assorted snack items at our food stand. As usual, all proceeds from our fund raisers go to our charity programs supporting our local community. We posted on our web page, a short thank you note to the public:

**The proceeds from July 4th make it possible for the Fairfax Lions Club to provide eye exams and new prescription glasses to 10 persons in our community. The Lions THANK YOU for supporting our community service! AND, we delivered all unsold hot dogs to The Lamb Center to help our neighbors there!**

Pre-work is needed prior to the sale day. Lion Mike Schutz picks up and cleans the grills, assuring they are operational; Lion Ken Schutz - our activity leader - assures we have submitted the proper application and received the city permit; arranges for current signs; determines quantities and buys them; arranges for a truck and help to move food stand equipment from the shed; scheduler Lions to help; and assures startup cash is on hand. Finally, sale day arrives, and a handful of Lions arrive at the sale point around 7:30am to set-up. Sales start around 9 or 9:30 and can move briskly just before and after the parade.

Ken's after-action message to the Club:

**"We had a great sale this year. Thanks to the many members that helped:**

<b>Suleiman Alibhai</b>	<b>Scott Dulaney</b>	<b>Mike Greeley</b>	<b>Jim Kaplan</b>
<b>Marty Lockard</b>	<b>Phil Mayo</b>	<b>Harry Pontius</b>	<b>Jeff Root</b>
<b>Ken Schutz</b>	<b>Mike Schutz</b>	<b>Huey Sullivan</b>	<b>Gordon Tillery</b>

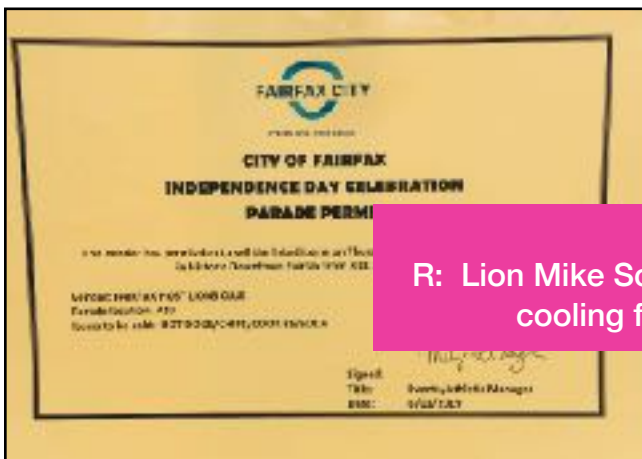
**The supplies purchased matched our needs well, and we netted more money that we have for many years - \$620."**

**Anecdote:** At the end of the this year's sale, after the equipment was packed-up and waiting for Lion Scott to arrive in his truck, a man approached Lion Ken, and asked: "Is this the Lions food stand?" Ken said yes, and the man recalled how last year he wanted to buy two hot dogs and two drinks, but only had a credit card which we were not prepared to accept. So the Lions **GAVE HIM THE FOOD**. The man then handed Ken the \$8 cash he did not have last year, and wished the Lions well! Now, that's good community relations.

Photos:



L: Ken Schutz sets up sanitation station  
R: Lions legs under tentage going up



L: City Permit to operate  
R: Lion Mike Schutz slaved power off truck battery to run cooling fan (using DC-AC voltage converter)





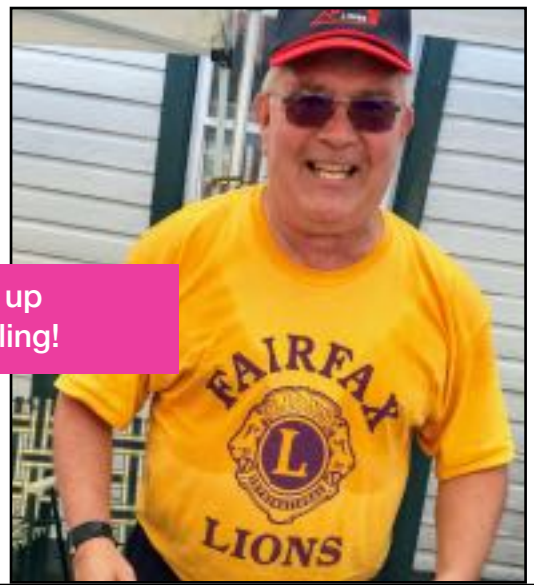
L: Tower of signs designed by Ken  
Above: 1VP Mike Greeley sets up condiments  
R: Aerial circus presages the parade



Above: Eyes up to the air  
Below: Parade watchers







L: Lion Mike cooks 'em up  
R: Lion Jeff - always smiling!



Our great supporters buying July 4th dogs!





L.: Lion Marty packs up remaining dogs for The Lamb Center



Above: We put it up; it must come down?



- Nearly all Lions volunteers on July 4th in this photo -  
(Missing: Scott Dulaney, Huey Sullivan, Jim Kaplan)

## Dinner Meetings

### July 16th

Our first dinner meeting of the new Lion year was structured in a test format. As King Lion Mike Rumberg advertised by email: "...a revised agenda for the second dinner meeting of each month... making it a little bit shorter and then holding our regular Board meeting after the dinner meeting (instead of the following Tuesday)." There was no invited external guest speaker, but instead internal reports on accomplishments the past year.

KL Mike opened the meeting by reading a thank you note from Robinson HS, for our donation to their All Night Grad Party.

The first report was from Lion Jeff Root, who showed some few photos and talked about his service



with other Lions at the Remote Area Medical Mission, June

28-30, at the Wise County Fairgrounds in SW VA. As VA has expanded

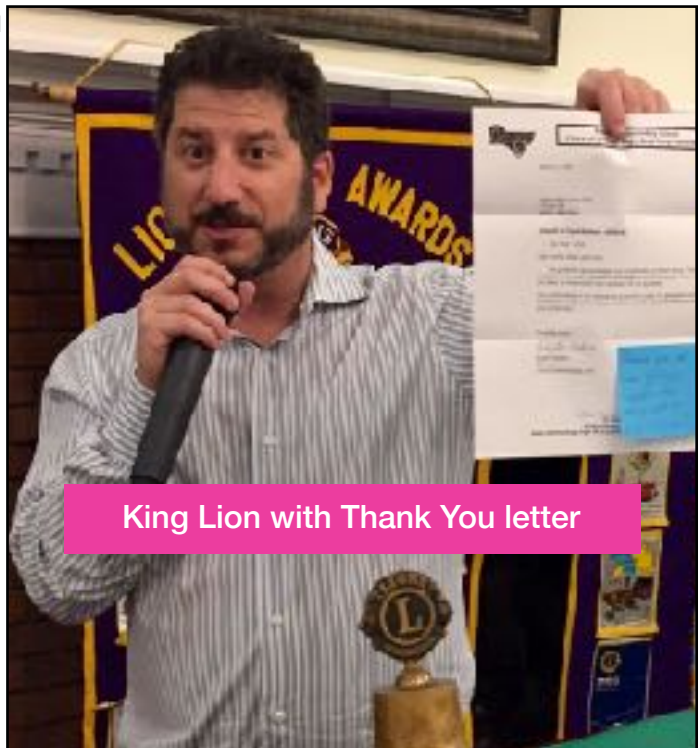
MEDICARE insurance availability in the past year, there were fewer patients this year (about 1,128 over the three days) seeking medical service. So, the primary service activity will not be "Remote Area Medical," but "Move Mountains Medical Mission." Move Mountains plans next years service at the Wise County Fairground on July 17-20, 2020. Read more at: [Remote Area](#)

### Medical ending outreach in Wise County

PCC Bill Bartlett announced last year results for eyeglass recycling: five club members made 70 visits to the recycling center, we delivered 10,228 pair of used eyeglasses and 18 used hearing aides for servicing. (In addition, our club turned in in our 1st July visit tot eh recycling center another 120 pair of eyeglasses.)

Lion Marty Lockard reported our Club last year arranged eye exams and purchased new eyeglasses for 47 qualified persons in our community. Marty also summarized the vision screening events we conducted the past year and discussed plans for the coming year.

Holiday Food Baskets, and May-June Food Drive: Our Club is looking for Lions who may be interested in co-leading or leading these service activities. Lion Jim Kaplan said he cannot (due to





work commitments) lead the food baskets, but is very happy to co-lead with another Lion. If you may be interested, please contact Lion Marty.

KL Mike Rumberg discussed membership, and encouraged all to invite a person to a dinner meeting...suggesting we all "Be a knight for your club." Mike also discussed the resignation of our past Treasurer, Rob Higginbotham, and the need for a person to assume the Treasurer duty. In the meantime, KL Mike is handling the finances, while Lion Jim Davis will handle the Club's tax reporting this year. If you want to know more about what the job entails, please contact KL Mike.

KL Mike discussed the possibility of being the Host Club for the VA State Lions Convention in 2021, and asked members whether they supported it. More than half attending raised their hands.

Lion Doug Brisson, as Tail Twister, conducted an Apollo 11 Trivia game featuring 25, mostly difficult, questions. Prize winners were: Dave MacPherson, Jim Kaplan, and Gordon Tillery.



Lion Doug Twists Tails

1. What date did Apollo 11 Launch? (1 point)
2. What type of rocket was used to launch the Apollo II module? (1 point)
3. Who is credited for designing the rocket? (1 point)
4. What were names of the crew? (3 points)
5. What were their ages? (3 points)
6. What were their mission roles: (3 points)
7. How many of the crew had previous spaceflight experience? (1 point)
8. What date did the landing take place? (1 point)
9. What were the names of the crew in the Lunar Module? (1 point)
10. What company built the Lunar Module? (1 point)
11. What was the name of the lunar lander? (1 point)
12. How many stages did the lunar module have? (1 point)
13. Where did the Lunar Module land?
14. How much fuel remained in the L...
15. Which astronaut first set foot on...

Some hard questions!



L: 2nd Most points -  
Lion Jim Kaplan


R: Most points - Lion Dave  
MacPherson with prize





By the end of the meeting, Lion Jim Kaplan had posted info from the the reports for our public to see. Great work Jim; thank you adding the post!

Jim's post on our FB page (located at: <https://www.facebook.com/FairfaxLions> )



**Fairfax Host Lions Club**  
July 16 at 5:03 PM · [redacted]  
This Lion's year our club collected 10,239 pairs of glasses that will be provided to those in need around the world. Lions around the world have distributed over 3.5 MILLION eyeglasses in recent years. [redacted]  
Drop off your donations at any of our boxes around Fairfax. [redacted]  
Or come by our meeting - maybe join the club - and learn how you can get involved. 1st and 3rd Tuesdays of each month at the American Legion Hall in Fairfax City. [redacted]

**50/50 Winners:** The club had three winners, using an unusual process. All moneys used to purchase 50/50 tickets were divided evenly and handed out in the 3 prizes. None was held back for the club administrative account; usually we hold back 50% for Club admin needs. (Your newsletter editor was handling 50/50, and failed to make a note of who the lucky winners were.)

## Board Meeting - July 16th

At the conclusion of the July 16 dinner meeting, a quorum of Board members participated in the monthly Board meeting. Items considered:

- Host Club for 2021 State Convention: YES - with all proceeds for the performing this duty going to the Club Charity account.
- Reimburse KL Mike for the storage unit fee he personally paid: YES
- KL Mike said he is considering extending the date for members to request allocation of Charity Funds, for Budget Committee consideration.

The Board adjourned at 9pm.

## August Events:

- Aug 1 - Lions Lunch bunch
- Aug 6 - Regular Dinner Meeting
- Aug 7 - Eyeglass Recycling
- Aug 7 - Volunteer-of-the-Year ceremony, Stacy C. Sherwood Community Center
- Aug 20 - Dinner Meeting
- Aug 20 - Board meeting (immediately following dinner meeting)
- Aug 21 - Eyeglass Recycling
- Aug 22 - Bingo at Fairfax Nursing Center

## Next Up:

- Sep 3 - Regular Dinner Meeting
- Sep 15 - Club Picnic, Providence Park
- Oct 12 - Fall Festival Fund Raiser

## City of Fairfax Inter-Service Club Council (ISCC)

Join us in congratulating Lion Joe Breda on his selection as Lion of the Year. On August 7th, Joe will be recognized - and gets to shake hands with the Mayor - at the Fairfax Volunteer-of-the-Year ceremony, hosted by the ISCC. The event starts promptly at 7:30pm, Wednesday, August 7, at the Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax, VA. Arrive early for a good seat to celebrate's Joes honor.

## Lions Information

When you go our for the evening, you never know who you might see. In early July, a familiar face was spotted at Wolf Trap National Park for the Performing Arts: Fairfax Lion Ed and Jane Marinich.



Lion Ed and Jane Marinich at Wolf Trap

In case you missed it, Lion Davida Luehers (Reston Lions Club) has a short item in the July District newsletter. It is entitled: "The Gift of Independence," and is about her journey going blind and the joy of getting a guide dog.

See page 5 of newsletter at: <https://www.lions24l.org/newsletterpdfs/PawPrintsJuly2019.pdf>



# The Healing Power of Nature

Submitted by Lion Joe Breda

From Consumer Reports; By Kevin Loria, July 15, 2019

Experiencing nature isn't just a good way to enjoy the summer. A growing body of research shows that spending time outdoors can improve your health and may reduce mortality.

Even short nature breaks can be beneficial. According to a recent small study, people who spent just 20 minutes in a place where they felt connected to nature experienced a drop in stress hormones.

And nature's effects don't require time spent in pure wilderness. Even caring for the potted plants on your windowsill may be good for you.

## Mood, Sleep, and More

We often think about access to nature as a perk, says Peter James, Sc.D., an assistant professor in the department of population medicine at the Harvard Medical School. But you should start thinking of these experiences as "a necessity that we need to maintain and sustain healthy lives," he says.

A 2017 review found research that suggested links between 20 health benefits and spending time outdoors, including better sleep, reduced depression, increased social connectedness, improved recovery from surgery, reduced obesity, and better health for cancer survivors. Another review found that exposure to parks, forests, and other green spaces was associated with reduced mortality from heatstroke, cardiovascular disease, and diabetes among older adults.

Any natural environment may provide therapeutic effects, says Jessica Finlay, Ph.D., an environmental gerontologist at the University of Michigan's Institute for Social Research. For example, people have traditionally traveled to the sea or to other sources of water for healing purposes.

There are four primary ways that nature may boost health, James says. First, it provides a buffer from air pollution, noise pollution, and heat, all of which are linked to a higher risk of chronic disease. Second, nature—whether it's a tree-lined street or a forest—provides a chance to be physically active, which can improve health in a number of ways, especially by lowering the risks of cancer and cardiovascular problems and by improving mental health and cognitive function. Third, nature provides opportunities to socialize with friends, which is associated with improved health. The fourth way may be the most interesting, according to James and other experts. Nature may improve health directly by helping people recover from stress and restore their focus. That benefit may help explain the long-term reductions in chronic disease that have been linked to nature.

## A Little Goes a Long Way

While a mandate to get outside may bring a variety of health perks, it can also seem difficult to achieve, especially if you live in an urban area or have problems with mobility.

But it doesn't have to be so daunting, says MaryCarol Hunter, Ph.D., an associate professor at the University of Michigan School for Environment and Sustainability. In Hunter's study, which demonstrated that 20 minutes in nature might be enough to affect stress hormones for some people, participants were allowed to choose any outdoor location that made them feel connected with nature. For some people, that meant just stepping outside a building and into a place with a clear view of the sky.

Choose the nature experience that's accessible and therapeutic for you. Even if you can't get outside, there's evidence that looking out a window or even viewing scenes of woodlands and meadows on a computer screen may do some good.

If you want to maximize the benefits of nature, try to experience your outdoor space without distractions like a cell phone. "It's really about being present with whatever version of nature you find yourself with," Hunter says.

And last, start small. Even people who love nature may not engage with it as much as they think they do—or as much as they should—according to Hunter. She recommends beginning by committing to spending just 5 minutes every day in a space connected to nature.

## Do You Know Where You Are Going?

Ditch the GPS. It's ruining your brain.

By M.R. O'Connor, Washington Post Op-Ed, June 5, 2019

It has become the most natural thing to do: get in the car, type a destination into a smartphone, and let an algorithm using GPS data show the way. Personal GPS-equipped devices entered the mass market in only the past 15 or so years, but hundreds of millions of people now rarely travel without them. These gadgets are extremely powerful, allowing people to know their location at all times, to explore unknown places and to avoid getting lost.

But they also affect perception and judgment. When people are told which way to turn, it relieves them of the need to create their own routes and remember them. They pay less attention to their surroundings. And neuroscientists can now see that brain behavior changes when people rely on turn-by-turn directions.

In a study published in *Nature Communications* in 2017, researchers asked subjects to navigate a virtual simulation of London's Soho neighborhood and monitored their brain activity, specifically the hippocampus, which is integral to spatial navigation. Those who were guided by directions showed less activity in this part of the brain than participants who navigated without the device. "The hippocampus makes an internal map of the environment and this map becomes active only when you are engaged in navigating and not using GPS," Amir-Homayoun Javadi, one of the study's authors, told me.

The hippocampus is crucial to many aspects of daily life. It allows us to orient in space and know where we are by creating cognitive maps. It also allows us to recall events from the past, what is known as episodic memory. And, remarkably, it is the part of the brain that neuroscientists believe gives us the ability to imagine ourselves in the future.

Studies have long shown the hippocampus is highly susceptible to experience. (London's taxi drivers famously have greater gray-matter volume in the hippocampus as a consequence of memorizing the city's labyrinthine streets.) Meanwhile, atrophy in that part of the brain is linked to devastating conditions, including post-traumatic stress disorder and Alzheimer's disease. Stress and depression have been shown to dampen neurogenesis — the growth of new neurons — in the hippocampal circuit.

What isn't known is the effect of GPS use on hippocampal function when employed daily over long periods of time. Javadi said the conclusions he draws from recent studies is that "when people use tools such as GPS, they tend to engage less with navigation. Therefore, brain area



responsible for navigation is less used, and consequently their brain areas involved in navigation tend to shrink.”

How people navigate naturally changes with age. Navigation aptitude appears to peak around age 19, and after that, most people slowly stop using spatial memory strategies to find their way, relying on habit instead. But neuroscientist Véronique Bohbot has found that using spatial-memory strategies for navigation correlates with increased gray matter in the hippocampus at any age. She thinks that interventions focused on improving spatial memory by exercising the hippocampus – paying attention to the spatial relationships of places in our environment – might help offset age-related cognitive impairments or even neurodegenerative diseases.

“If we are paying attention to our environment, we are stimulating our hippocampus, and a bigger hippocampus seems to be protective against Alzheimer’s disease,” Bohbot told me in an email. “When we get lost, it activates the hippocampus, it gets us completely out of the habit mode. Getting lost is good!” Done safely, getting lost could be a good thing.

Saturated with devices, children today might grow up to see navigation from memory or a paper map as anachronistic as rote memorization or typewriting. But for them especially, independent navigation and the freedom to explore are vital to acquiring spatial knowledge that may improve hippocampal function. Turning off the GPS and teaching them navigational skills could have enormous cognitive benefits later in life.

There are other compelling reasons outside of neuroscience to consider forgoing the GPS.

Over the past four years, I’ve spoken with master navigators from different cultures who showed me that practicing navigation is a powerful form of engagement with the environment that can inspire a greater sense of stewardship. Finding our way on our own – using perception, empirical observation and problem-solving skills – forces us to attune ourselves to the world. And by turning our attention to the physical landscape that sustains and connects us, we can nourish “topophilia,” a sense of attachment and love for place. You’ll never get that from waiting for a satellite to tell you how to find a shortcut.

M.R. O’Connor is a journalist who writes about science, technology and ethics, and is the author, most recently, of: “Wayfinding: The Science and Mystery of How Humans Navigate the World.”

## Special thanks to...

You stepped up to help make the July newsletter happen...thank you Joe Breda, Bill Bartlett, .... 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!

## About “The Bob Stahl Memorial Newsletter”

Bob Stahl was a WW2 veteran (US Navy - Pacific Theater) - part of the Greatest Generation - and a Fairfax Lion for nearly 40 years (serving as President and bulletin editor, among other duties).

“The Bob Stahl Memorial Newsletter” is published in PDF format, and is distributed by email to club members around the 1st of each month. **YOUR COMMENTS AND CONTRIBUTIONS ARE**

**ALWAYS WELCOME!** (That does not mean \$ contributions, but your words & photos!) Send anything, anytime, to [tilleryg@gmail.com](mailto:tilleryg@gmail.com) I need your help to publicize information about our Club, and about you. And please do not hesitate to let me know where I may have misspelled names, etc.

## That's all folks!

*Send any suggestions, or items to include in the next newsletter.*  
[tilleryg@gmail.com](mailto:tilleryg@gmail.com)

### Lions Year 2019-2020 Board

President (King Lion)	Mike Rumberg
Immediate Past President	Karen Udell Parker
1st Vice President	Mike Greeley
Secretary	Jeff Root
Treasurer	Rob Higginbotham*
Corresponding Secretary	Mike Greeley
Tail Twister	Doug Brisson
Lion Tamer	Marty Lockard
Bulletin Editor	Gordon Tillery
Membership Director	Karen Udell Parker
Director (Two Years)	PCC Harry Parker
Director (One Year)	Joe Breda
PDG Director	PCC Bill Bartlett
Director Emeritus	PCC Bill Smith

\*Note: Resigned; replacement TBD

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COMPASSION AND KINDNESS**

## Fairfax Lions Club



**We Serve**

Since 1951