



Fairfax Lions Club News - May 2019

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

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

Service - It's Our Primary Mission

Fairfax Lions Club Hosts Region III Bland Music Contest - March 31st

By Event Chair, Lion Jeff Root; photos by Mike Rumberg

The Fairfax Lions Club hosted the Region III James Bland Music Contest on Sunday, March 31, in the Old Town Hall in Fairfax. Five vocal contestants and five instrumental contestants participated.

Vocal Winners

- 1st Place** Madeleine LeBeau, 17, 11th grader, Chantilly High School, Soprano.
Composition: Il Bacio by Luigi Arditi. Club Sponsor: Reston Lions
- 2nd Place** Seabrook Brown, 18, 12th grader, Foxcroft. Soprano. Composition:
Gimme Gimme by Jeanine Tesori. Club Sponsor: Middleburg Host Lions

Instrumental Winners

- 1st Place:** Andrew Zhang, 15, 10th grader, Thomas Jefferson High School. Piano.
Composition: Jeux d'eau by Maurice Ravel. Club Sponsor: Vienna Host Lions
- 2nd Place:** Ethan Hsiao, 16, 11th grader at Basis Independent McLean. Piano.
Composition: Sonata Op. 26 IV Fuca by Samuel Barber. Club Sponsor: Sterling Lions

The sponsoring clubs from Region III:

Lovettsville/Purcellville Lions Club Middleburg Lions Club
Reston Lions Club Sterling Lions Club Vienna Host Lions

ALL winners advance to the District 24-L James Bland Music Contest, 2:00 PM, Sunday, April 28, Lyceum in Old Town Alexandria. Winners of District 24-L advance to State Finals in Chesapeake, VA, Friday, May 17, where the VA Association of Lions Clubs will award 12 scholarships totaling \$18,000.



L - Master of Ceremonies
Dave MacPherson

R - Assistant Judges
Marilyn Tanner, Marty Lockard, Rodney

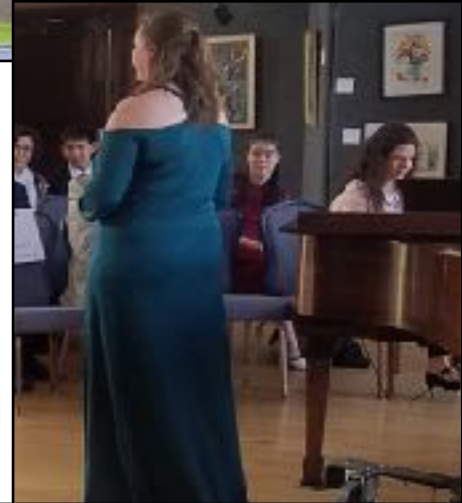


R: Judges

Several club volunteers helped make the event a success, including Dave MacPherson, Pete Conklin, Marty Lockard, Rodney Neely, Mike Rumberg, and others.



R & L:
Vocalist
Contestants



R & L:
Winning
Vocalists



R & L: Winning
Instrumentalists

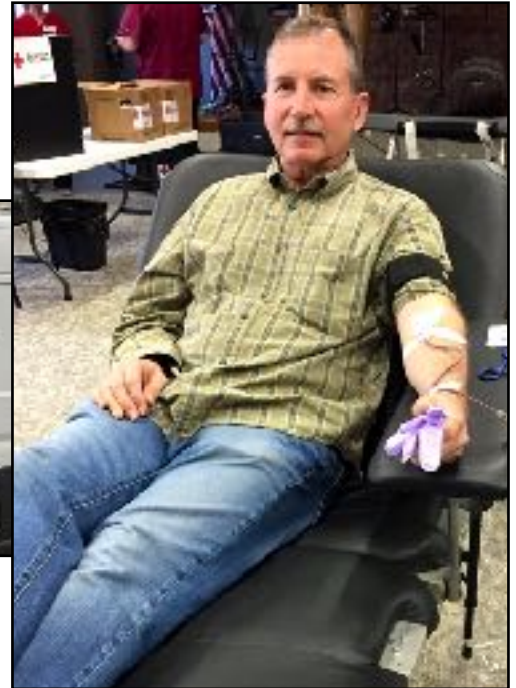


Blood Drive

On April 10th, the Fairfax Lions continued the long history started by Lion Elden Wright - of community blood drives for the Red Cross. This drive was not as successful as many of the past - because we did not recruit donors from the church membership (we are solving that for the next blood drive on Sep 23rd). Our effort on April 10 generated eight good units of blood - which can save 24 lives! A donated unit of blood is processed into 3 parts - plasma/platelets/red blood cells - each with the potential to save a life. Thanks to all who helped or donated!



L: Ken Schutz
R: Scott Dulaney



Below: Red Cross team
with Gary Maxwell



“Adopt-A-Spot” Road Clean-Up (AKA Road Kill Saturday)

By Event Coordinator Lion Marilyn Tanner

This year’s “Roadkill Saturday” was scheduled for April 20. But, tornado activity in the area the night before and lingering storm activity the next day caused an early-morning email cancellation of the event. Volunteer safety is always the top priority at outdoor events.

Question: Had all the volunteers read the cancellation email? Answer: All had not.

Lion Marilyn Tanner, found IPP Marty Lockard, Lions Pete Conklin, Dave MacPherson and friend Liz Teopaco sitting at First Watch, ready to get fueled up before beginning the clean-up work. After breakfast the heavens parted, angels started to sing, and the sun came out!! The volunteers all said, “Let’s do it!” and proceeded to the ball field parking lot to begin working. Roadkill Saturday was back on!!

Lions Huey Sullivan, Mark Salesses and Suleiman Alibhai

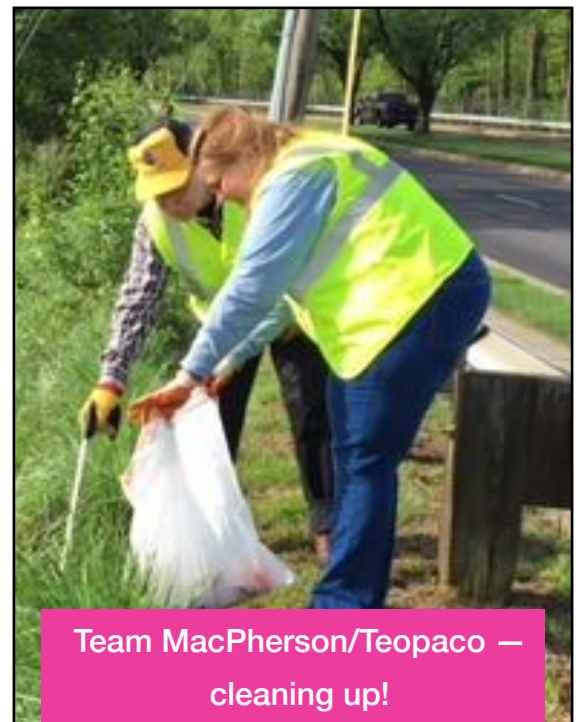
(accompanied by his daughters Khadijah and Sabilah) also joined in the clean-up fun. Volunteers fanned out to make the club’s Adopt-A-Spot stretch of Pickett Road (as well as the ball field parking lot) litter-free. By 11:30 all of the collected trash was bagged and ready to be picked up by the City of Fairfax Public Works Division.



Fairfax Lions fuel up at
First Watch



Lions Huey and Marty

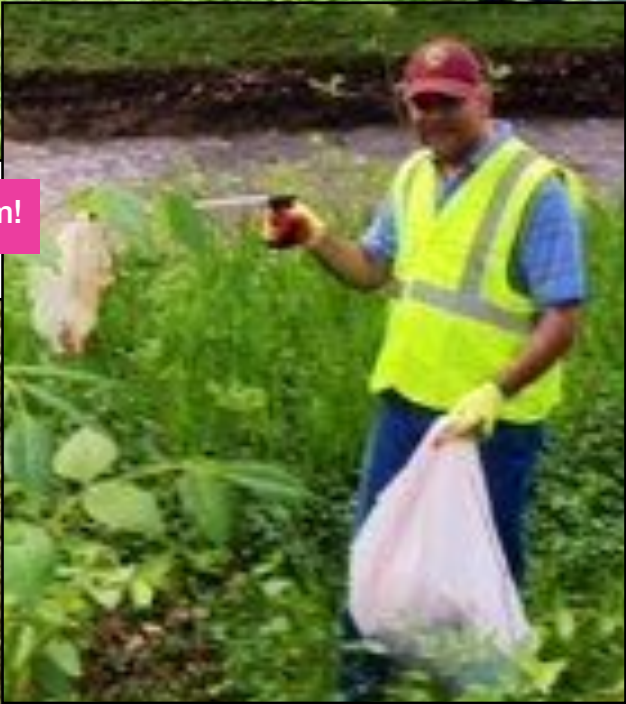


Team MacPherson/Teopaco —
cleaning up!



Lion supporters, Khadijah and Sabilah Alibhai

Lion Suleiman — bags one for the team!



Roadkill crew pose with new Adopt-a-Spot sign

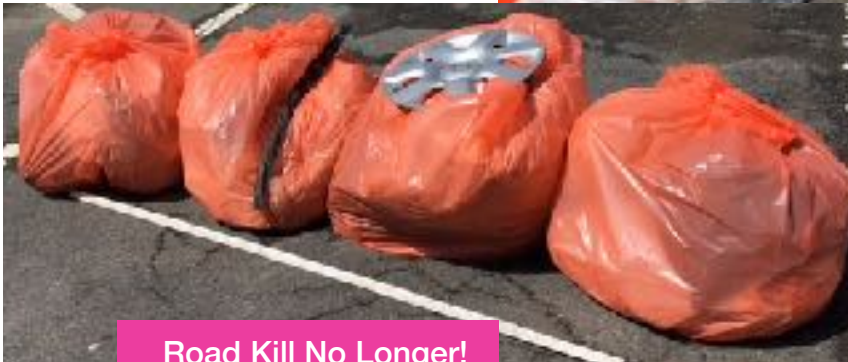
Happily, through a strange turn of events, the Fairfax Lions completed their 2019 Roadkill Saturday, as scheduled. At the end of the event, volunteers were given the safety vests, grabbers and gloves and encouraged to continue the clean-up effort in their own neighborhoods.



Roadkill crew Marty,
Mark, Huey, Pete



Fruits of our labor!



Road Kill No Longer!

[District 24-L Diabetes Service](#)

from District 24-L March Newsletter

Lion Kathy Gold leads a diabetes initiative that makes sense. Called LEARNS (Lions Empowering and Aiding Regional Nurses in Schools), it is an e-learning program for school nurses/personnel so they can care for a school child with **Type 1 diabetes**. There are no school nurses in Fairfax and Arlington County, so non-medical personnel must know how to provide the care. LEARNS will provide that e-learning activity to ensure individuals interacting with these children have the knowledge and understanding of treatment required. Kathy asks clubs to consider making a donation to the LEARNS Fund...Our Club will consider this as we draft the 2019-2020 budget.

Also, 84 million American adults have “prediabetes” (blood glucose levels higher than normal but not high enough for type 2 diabetes diagnosis). About 90% of those people are unaware they have the condition. To check YOUR risk of developing **Type 2 diabetes**: click on [Diabetes Risk Test](#)

Fund Raising - Essential to Our Service Mission

DELIVERING SERVICE DEPENDS ON FUNDS WE RAISE

Lions Support Sprout - March 31st

By Joe and Terry Breda

A Sprout Fundraising Event was held on Sunday, March 31st. It was a Great Success. Lions attending were Joe and Terry Breda, Jim and Davida Luehrs (Reston Lions Club), and former Fairfax Lion Marsha Selva. Brooke Waldron - the founder of Sprout - was very appreciative of our Lions generous donations. Thank you Fairfax Host Lions Club!



Lions Dinner Out

The 2nd Wednesday in April overlapped with the Blood Drive; we did not have April dinner out. The next dinner at Auld Shebeen is on Wednesday, June 10th. (No May event, due to absences.)

Next Lions Dinner Out, June 10th

(2nd Wednesday)

The Auld Shebeen Restaurant 3971 Chainbridge Rd, Fairfax, VA 22030
Ask to "Sit with the Lions" Order from menu Separate checks; pay your own bill

Dinner Meetings

April 7th - Charter Night

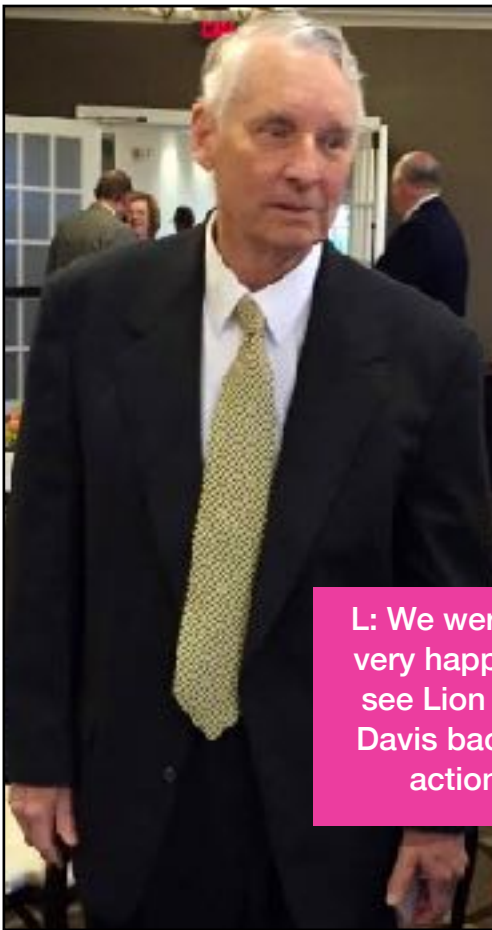
Fairfax Lions Club celebrated its 68th birthday (68 years since the club was issued its Charter) at the Chantilly National Country Club.

As guests arrived they had a chance to view the Club Charter, selected their place cards in the entry, and enjoyed preliminary hors d'oeuvres and cocktails.

R: Fairfax Lions Club Charter



L:
KL Karen toasts our DG
Wilma Murphy



L: We were all very happy to see Lion Jim Davis back in action



R : Lion Joe Breda mingles during the cocktail hour

King Lion Karen Udell Parker called all to order and turned over the microphone to the Master of Ceremonies for the evening, Lion Dave MacPherson.

The meal featured salmon, beef, and chicken; quality and taste were excellent.



R: MC Lion Dave MacPherson

L: Lion Jim Kaplan visits the buffet line





In addition to the traditional ice cream bar, the event committee provided a specially decorated cake.

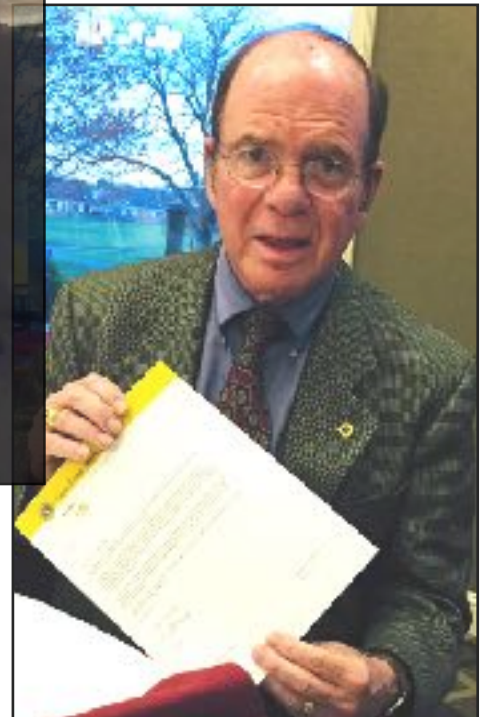
Fairfax Lions
68th Birthday
cake half
chocolate,



The formalities included DG Wilma Murphy making several presentations: 35-year member chevron award for Lion Elden Wright, 25-years for Greg DeRosa, and 10-years for Pete Conklin.



Lions Greg DeRosa and Pete Conklin receive membership awards from DG Wilma



DG Wilma also presented our club a “Diamond” award for excellence across the board. KL Karen accepted the award on behalf of all Fairfax Lions.





A highlight of the evening was a very special recognition presented by Past Council Chairs Bill Bartlett and Harry Parker - a Melvin Jones Fellowship Award.

David S. MacPherson Receives a Melvin Jones Fellowship

By PCC Bill Bartlett

Each Lion's year the members of the Melvin Jones Fellowship Committee in FHLC vote and select a member of the club to receive a Melvin Jones Fellowship Award. For a \$1,000 donation by the club to LCIF, an award can be requested. It can either be a first time award or a Progressive MJF Award. The committee consists of all club members who have previously been awarded a Melvin Jones Fellowship. The Melvin Jones Fellowship (MJF) Award is the highest recognition from the Lions Clubs International Foundation being given to members who have rendered outstanding community services.

This year's recipient was David S. MacPherson who has been a Lion since January of 1983. In his more than 36 years of service he has worked on most fundraising and service projects and has consistently attended dinner meetings. Dave is a dedicated Lion and has visited many Lions clubs around the world as he has traveled on business. He continues to be a stalwart among Fairfax Host Lions. Congratulations, Dave!

**Lion Dave MacPherson Receives Melvin
Jones Fellowship Award**



To conclude the evening, event committee chair Mike Rumberg recognized all who helped make it happen, including: Karen Parker, Joe Breda, Mike Greeley, Gary Maxwell, and Bill Bartlett.

Door prizes, spring flower baskets
decorating the tables (provided by
FLOWER
DEN), went
home with
13 lucky
ticket
holders.



**All Fairfax Lions thank Mike Rumberg and the whole event
committee for a great Charter Night!**

April 16th - Election Meeting

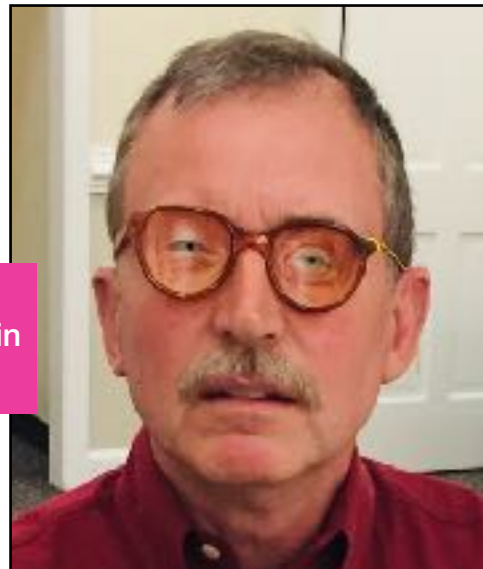
In the absence of our Club President, 1VP Mike Rumberg chaired this dinner meeting. He introduced our excellent guest speaker, Michael DeMarco - who is serving his 4th term on the Fairfax City Council. Councilman DeMarco spoke about future trends in population (an additional 600,000 people in the county by year 2035, and +10,000 in the city)...think traffic is bad now? He and a group of investors have purchased property on Main Street (where the Alibi restaurant was), and discussed costs to small business of acquiring local licenses, permits, etc. He complimented the Fairfax Lions, and all service organizations, for their work in the community - noting continuing needs. Councilman DeMarco said the pressing needs are homelessness, mental health, and affordable housing. The city's development plans for five "activity centers" (with colocated residential and retail facilities) consider those needs.



L: 1VP Mike Rumberg
R: Councilman Michael DeMarco



Lion Scott Dulaney reported the club has collected so far this Lions year 7,810 pair of donated eyeglasses for recycling, and Scott displayed an interesting pair of glasses discovered in one collection box....



L: Lion Scott Dulaney
displays eyeglasses found in
collection box

CLUB LEADERSHIP ELECTIONS: PCC Bill Bartlett opened the annual election by asking if there were any more nominations - in addition to those previously announced - for club leadership positions for Lions year 2019-2020. Hearing none, Bill held a vote on the previously announced slate of nominees.

Election results: all nominees were affirmed by voice vote, without objection.

Elected for Lions Year 2019-2020

| | |
|--------------------------|--------------------|
| President (King Lion) | Mike Rumberg |
| Immediate Past President | Karen Udell Parker |
| 1st Vice President | Mike Greeley |
| 2nd Vice President | Vacant |
| 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 |

The 50/50 drawing prizes were won by guest Michael DeMarco and Lion Gordon Tillery.

After the meeting, Lion Harry Pontius was observed sitting on the rock wall bordering the parking lot. Somehow, Harry's car keys were locked inside his car. Harry had to wait for a spare key to be delivered from home. The extra time enabled some good post-meeting discussion!

R:
At the edge of AmLegion
Parking Lot, at night...
Mike Rumberg and Harry
Pontius discuss profound
matters after the dinner
meeting



Board Meeting - April 23rd

KL Karen was traveling, so 1VP Mike Rumberg chaired the meeting. A few items the Board discussed, or decided:

- The Club received a thank-you card from SPROUT for the CLub's donation, and for Lions supporting their "Sipping for Sprout" fundraiser (discussed on page 1 of this newsletter).
- Vehicle Donation Program lead Ken Schutz reported four cars donated and sold so far this Lions Year, adding \$854.32 to the Charity account.
- Ken also provided the report shown on the right: our Club membership numbers as represented on the LCI website. The total has dropped to 43, as the Board approved a request from Lion Ron Page to resign - effective March 31, due to moving.

NEW MEMBER INCENTIVE AWARD:

Starting now, every member sponsoring a new club member will have his dues waived by the club for one quarter (\$110).

- The VoVA Eyeglass Recycling center is losing its free space in NoVA Hospital Center - which it has occupied for many years. Anyone with an idea for suitable space, please contact Lion Bill Bartlett - who "cut the ribbon" to open the original NoVA space.
- Lions Year 2019-2020 Budget
 1. As the new budget is drafted, the Board asked the Budget Committee to consider waiving the charge for 1st guest/spouse at Charter Night and Holiday Party.
 2. Budget requests for the new budget are due to the Treasurer by June 1. Look for an email soon, with details.

| My Members | | | | | | | | | | | | |
|-----------------------------|-----------|---|---|---|---|---|---|---|---|---|---|---|
| Membership Reporting Status | | | | | | | | | | | | |
| Month | J | A | S | O | N | D | J | F | M | A | M | J |
| Reported | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | | |
| Membership Summary | | | | | | | | | | | | |
| Regular Member | 35 | | | | | | | | | | | |
| Affiliate Member | 8 | | | | | | | | | | | |
| Privileged Member | 1 | | | | | | | | | | | |
| Total | 44 | | | | | | | | | | | |
| Life Member | 3 | | | | | | | | | | | |

1VP COMMENT: The Club's service budget reflects Club member's interests. A member who wants to support a specific charity/cause is encouraged to submit a budget request. For example, members who have done this include: Jim Kaplan (Fairfax City Theater), Joe Breda (Sprout). **MEMBERS - THIS IS YOUR OPPORTUNITY TO ALIGN CLUB SERVICE WITH YOUR INTERESTS.** Watch for email from the Treasurer on how to submit a budget request.

Upcoming Events

- May 1 - Fairfax City ISCC Mtg
- May 1 - Vision Screening, Fairfax City Senior Center
- May 2 - Lions Lunch bunch
- May 6 - Chan Medwedeff Memorial Service, 2pm, Providence Presbyterian Church
- May 7 - Chan Medwedeff Interment, 1:30pm, Naval Academy Columbarium
- May 7 - Regular Dinner Meeting
- May 8 - Eyeglass Recycling
- May 8 - NO Lions Dinner Out (cancelled this month)
- May 13-14 - Vision Screening at The Lamb Center
- May 15-19 - VA Lions State Convention - ELECT HARRY PARKER FOR ID!
- May 21 - Regular Dinner Mtg

May 21 - Eyeglass Recycling
May 21- Bingo at Fairfax Nursing Center
May 28 - Board Meeting

Lions Information - Obituary, Channing W. Medwedeff, CDR USN

From the Naval Academy Class of 1956 web page <http://www.usna56.org>



Died Jan 27, 2019 with family by his side at his home in Ashburn, VA from complications of Parkinson's Disease. He was 86. Chan was born in Flint, MI on Nov 30, 1932, the fourth son of Marshall and Elsie Medwedeff. His parents, three brothers and spouses and his beloved son, Kevin, all preceded him in death. He was married to his wife Toni for over 62 years.

Chan attended Flint Junior College for two years before being appointed a member of the Class of 1956 in 21st Company. Upon graduation, he received a Bachelor of Science degree.

Chan served on the Toledo and Lyman K Swenson before attending the Navy Post Graduate school in Monterey, California. There he earned a MS degree in Engineering Electronics with a minor in Underwater Acoustics. He was selected for Sigma XI and after graduation became an EDO and served as Chief Engineer on the Paul Revere. From there he went to the US Naval Shipyard, Guam, where he supervised the installation of the Navy's first Underwater Sound Range and Analysis Center in support of FBM Submarines deployed in the Western Pacific. He was assigned to NAVELEX, Vietnam, and returned to USNA as Associate Dean of the Electrical Engineering Department. His last duty station was with the Defense Communication Agency. He received the Bronze star with Combat V medal.

After retiring from the Navy in 1978, Chan worked for Booz, Allen and Hamilton for 17 years as a senior executive, after having earned a second MScience degree in Administration from GWU in 1975. He was a long time member and Elder of Providence Presbyterian Church and the Fairfax Host Lions Club. He enjoyed golfing, bridge, helping others and traveling around the world with Toni. He was active in the Boy Scouts and Habitat for Humanity for many years and volunteered as a federal tax preparer, both in VA and FL where Chan and Toni spent many wonderful winters at their ocean-side condo.

In addition to Toni, he is survived by his son, David (Judi), a daughter, Lisa (Gabriel) and three grandsons, Michael, Cameron and Phoenix.

Memorial services will be held at Providence Presbyterian Church, Fairfax, Virginia on May 6, 2019 at 2:00 pm and interment will be held at the Naval Academy Columbarium on May 7, 2019 at 1:30 p.m.

Just a Thought - From Sports, A Lesson in Leadership

We all know the U of VA won the NCAA Basketball Championship this year. The UVA coach, Tony Bennett, is known for his gentlemanly traits, his high standards for - and fairness with - his players, and his serene walk through life...sort of the opposite of some coaches you might have observed. Comments Coach Bennett made to his team, the new National Champs - just after their big win, are interesting.

According to sports writer Jerry Brewer, Coach Bennett told his players in that jubilant post-game locker room: "Put your arms around each other, take a look at every guy in here. Look at each other. Promise me, you will remain humble and thankful for this. Don't let this change you. It doesn't have to."

We know selflessness and humility are fundamentals of leadership: avoid self-promotion, never claim personal credit for team success. Tony Bennett and his champions get it. Dabo Swinney - another National Championship coach (Clemson football) - is said to have texted to Bennett "Let the light that shines in you be brighter than the light that shines on you." Dabo gets it too.

Other - Overuse of Electronic Devices Leads to Suicide Risk

"Stop Debating Whether Too Much Smartphone Time Can Hurt Teens; Start Protecting Them"

From Time Magazine <http://time.com/5555737/smartphone-mental-health-teens/teens/>

Four large studies of teens from the US and UK all show the same thing:

- Happiness and mental health are highest at a half-hour to two hours of extracurricular digital media use a day;
- Well-being then steadily decreases, with those who spend the most time online being the worst off.
- Twice as many heavy users of electronic devices are unhappy, depressed or distressed as light users. The more time teenagers spend on smartphones and other electronic screens, the more likely they are to feel depressed and think about, or attempt, suicide.

The good news is the solutions are fairly straightforward. These are the rules I follow for myself and my three kids.

First, no phones or tablets in the bedroom at night. If you use your phone as an alarm clock, buy an actual alarm clock. (If you must use a tablet, turn all notifications off.)

Second, no using devices within an hour of bedtime. Just about everything we do on them is psychologically stimulating, and their blue light can disturb sleep. Not getting enough sleep is a major risk factor for depression.

Third, limit device time to less than two hours of leisure time a day. Homework and work involving devices don't count; the studies thus far don't examine them.

By Jean M. Twenge, Professor of Psychology, San Diego State University

Special thanks to...

We thank several Lions Jeff Root, Bill Bartlett, Mike Rumberg, Marilyn Tanner, Joe and Terry Breda 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 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 distributed by email to club members near 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 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

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

Attachments Follow:

Harry Parker for International Director

Fairfax Lions Club



We Serve

Since 1951

PCC Harry Parker
is planning to seek Virginia's
endorsement for
INTERNATIONAL DIRECTOR



At the State Convention in May, delegates will have the opportunity to vote to endorse PCC Harry Parker as a candidate for International Director. There will be competition. It is important that you study each candidate very carefully and then vote for the Lion who you think will best represent the Lions of Virginia on the LCI Board. I plan to earn your vote by standing on my past accomplishments as a Virginia Lion.

**Your support for PCC Harry Parker
will be deeply appreciated!**

Contributions for **Harry Parker for ID** may be mailed to:
Lion Michael Yuenger, Campaign Treasurer,
12503 Fascia Court, Woodbridge, VA 22192-5284

