



Fairfax Lions Club News - Sep 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 August, but continued to perform regular recurring service:

- Eyeglass Recycling: On Aug 7th and Aug 21st, our Club again worked at the Recycling Center to both deliver donated eyeglasses, and process eyeglasses for service mission trips.
- Bingo at the Nursing Center: On Aug 21st, Lions and others partners ran bingo at the Fairfax Nursing Center.

Coming Up - Blood Drive: Sep 23, 2019, 2:30-7:30pm

Click for an appointment: <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=FAIRFAXLIONSVA>

The Need

The demand for donated blood in our nation's hospitals is consistently high. It is estimated that 40,000 pints of life-saving blood are used every day, and the demand never stops. The American Red Cross says 38% of Americans are eligible to donate blood, but only about 10% actually donate.

Please consider this opportunity...our nation needs about 40,000 donors every single day!

The Blood Donation Process

Lion Blood donation is a simple, four-step process: registration, medical history and mini-physical, donation and refreshments. It is a safe process, and a sterile needle is used only once for each donor and then discarded.

The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 minutes.

The average adult has about 10 pints of blood in his body. Roughly one pint is given during a donation. A healthy donor may donate red blood cells every 56 days, or double red cells every 112 days. There are four types of transfusable products that can be derived from blood: red cells, platelets, plasma and cryoprecipitate. Typically, two or three of these are produced from a pint of donated whole blood – hence each donation can help save more than one life.

Facts About Blood Donors


Half of Red Cross blood donors are male, and half are female.

The Red Cross accepts blood donations only from volunteer donors. Among Red Cross donors in a given year, 19 percent donate occasionally, 31 percent are first-time donors and 50 percent are regular, loyal donors.


Only 7 percent of people in the United States have type O-negative blood type, which is known as the universal blood type. Blood that is type O-negative can be given to people of all blood types. Type O-negative blood is needed in emergencies before the patient's blood type is known and with newborns that need blood.

Click to Sign-up: <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=FAIRFAXLIONSVA>

Give a Lions Share of Life.



Join the pride. Give blood.



American Red Cross

Blood Drive

Fairfax Host Lions Club

Providence Presbyterian Church

9019 Little River Turnpike
Fairfax, VA 22031

Monday, September 23, 2019
2:30 p.m. to 7:30 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: "FAIRFAXLIONSVA" to schedule an appointment.

Eligibility Questions?...call 1-866-236-3276

Item ID: 388273 - Qty: 1 of 1 - OSBOWUS - AP53 - 10/16/18

Charity Fund Raising - Essential to Our Service Mission

DELIVERING SERVICE DEPENDS ON CHARITY FUNDS WE RAISE

Lions Dinner Out

A couple of years ago, club members, family, and guests started meeting on the 2nd Wednesday of each month at the Auld Shebeen restaurant. A start time of 630pm was selected because happy

hour prices continue up to 7pm. We take off for the summer months (July - Aug) and restart in September. We reconfirmed with the restaurant management - they will continue to give back to our Club charity account 15% of our spending. So join us for fun - no business, just a fun dinner with friends - and a fund raiser for charity!

Next Lions Dinner Out, 6:30pm Sep 11

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

August Dinner Meetings

Aug 6th

It was a pleasure to welcome 4 guests to this dinner meeting: Mr. John Bauma - guest of Lion Rodney Neeley, Kate Greeley - guest of 1VP Mike, and our speaker Mr. Al Mongeon and his wife Kay.



Lion Rodney and guest John Bauma

Our speaker was excellent: Mr. Al Mongeon who recently retired from the National Weather Service. Prior to his NWS career, Al was a career weather forecaster for the US Air Force. He told us about NWS organization and functions. For example, NWS has 150 offices nationwide, a Solar Weather Prediction Center, Tsunami Warning Centers, a National Environmental Data Management Center, and a Volcanic Ash Detection Advisory Center. NWS also provides wildfire detection information. NWS provides weather, water, and climate data, forecasts and warnings for the protection of life and property and enhancement of the national economy. NWS is part of the National Oceanic and Atmospheric Administration (NOAA) which also has its own navy (16 ships and nine aircraft) to assist in the mission of research and forecasting.

Al also told us we can get our own NWS weather forecasts by going to [NOAA.gov](https://www.noaa.gov). NOAA's most recent news headlines probably change often, but on one day in late August, the [NOAA.gov](https://www.noaa.gov) web site showed these (what can only be called alarming) head lines:

July 2019 was hottest month on record for the planet

Unprecedented 2018 Bering Sea ice loss repeated in 2019

The NOAA page also has a link to get the latest info from the National Hurricane Center. Seems like a good page to bookmark for return visits.



Mr Al Mongeon Talks about NWS



KL Mike presents Al our traditional speaker's gift

Most Club members know Lion Joe Breda was bitten on his right hand by a copperhead snake while he was clearing wood at his home near Marshall, VA. This occurred a few days before the Aug 6 dinner meeting. After a night in the hospital, and some medication, Joe's hand is near normal. The bite was on the ring finger - note some redness and swelling persists. We don't know how the snake is.



Joe's Snake-bit
right ring finger

The Tail Twister activity, led by KL Mike, was a lottery for an item of Fairfax Lions Club historic memorabilia. KL Mike collected about \$20 in lottery ticket sales (goes to the admin fund, which pays for things like cost of guest meals at the dinner meeting). The lottery winner was Lion Jeff Root (who had purchased two rickets, so doubled his chances of winning).



Lion Jeff looking good in vintage, purple FX HOST LIONS cap - Tail Twister lottery prize

50/50 Winners: The winners were: Lion Scott Dulaney and Kate Greeley. Ticket sales netted \$70. Lion Scott and Kate each won \$20, and the Club received \$30 for its admin account.

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Here are two information items - related to the NWS presentation....

UV Light

By Lion DR Suleiman Alibhai

UV light is the invisible component of light that is responsible for causing skin cancers, cataracts and possibly even retina problems like macular degeneration. The only natural and most ominous source of UV light is the sun. What is most troubling is that UV light is present even on a cloudy take which is why a walk on the beach on a heavily overcast day can still result in a bad sun burn by the end of the day. The amount of UV we receive from the sun varies however by the time of the year, the position of the sun overhead and various other factors and therefore the only reliable way to know how much UV is present on any given day is to check NOAA's website: https://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/uv_index_map_big.gif It gives us on a daily basis, the UV index from 0 to 11 and the risk to our skin based on how long it would take the get skin damage.

Anything labeled sunglasses in the USA has a 100% UV protection and it is not the darkness of the sunglasses that protects our eye from UV damage but how much UV coating is on the lenses - even perfectly clear lenses can have a 100% UV coating! So the bottom line is UV damages our skin and eyes which is a proven scientific fact. We cannot predict the amount of UV on any given day just by how sunny it might look outside. We should always protect our skin and eyes from UV. Clothes and sun block creams for the skin of course but hats and sunglasses for the eyes. Since no one likes to wear dark glasses on a dreary cloudy day, I suggest wearing a hat or visor when the UV index is high. This alone can eliminate as much as 90% of the UV reaching our eyes! The problem is the weather forecast on TV and/or radio never tells us the UV index although we get exhaustive details about rain/snow chances, temperature changes and so on - why not mention the UV index since even a boring overcast dull day might be very harmful to our skin and eyes if the UV index is high?

[NOAA App](#)

Article Copied from Washington Post, August 13th

Get a new view of the world's geography, ecology and weather with NOAA's phone app. The National Oceanic and Atmospheric Administration is best known for its satellites, weather forecasting and scientific explorations, such as a recent attempt to send an unmanned saildrone around Antarctica to gather wintertime ocean data and better understand climate change. But that doesn't mean the public can't get in on the fun.

A new smartphone app, **SOS Explorer Mobile**, lets viewers play with an animated globe and some of NOAA's most fascinating facts. Users choose visual layers to add on to Earth, then interact with them or watch them come to animated life. It's like watching a globe that morphs and blooms with different weather, climate and geographical phenomena. You can zoom in, adjust and even make the globe spin as you see the world through different lenses.

The app, available free on Apple and Android devices, is like a miniature portal into one of the world's most robust collections of scientific information. It features more than 115 data sets from NOAA, NASA and academic institutions. The information is varied and interesting, such as the global distribution of phytoplankton (microscopic algae that feeds the world's sea creatures) and visualizations of past weather events like the 1960 tsunami in Chile.

A quick browse of the app reveals visualizations of complex climate predictions, animations of drought risk changes over the years, maps of faraway planets and moons, and even an illustration of the vast nets of Facebook friendships that crisscross the globe. There are educational videos, too, such as one that explains the influence of polar temperatures. The app allows you to have a pocket-size version of Science on a Sphere, a huge animated globe that museums use to educate visitors. But NOAA has resources for educators who can't swing the room-sized, high-tech globe, too. It has a big website packed with related learning modules for teachers who want to use the data sets to help students explore science — just in time for school. Ready to take the app for a spin? Just search for "SOS Explorer Mobile" on your favorite app store.

[Aug 20th Dinner Meeting](#)

It was a pleasure to welcome two guests to this dinner meeting. One guest was Mr. John Bauma - a repeat guest of Lion Rodney Neeley (it is always a great pleasure to have a repeat guest - a big thank you to Lion Rodney for keeping John interested in our Club!). The other guest was Lion Cindy Roman. Cindy and her dad, Jesse, are members of the Wilmington NC Lions Club. Cindy has been attending community college since graduating from high school in 2017 and is transferring to GMU. Cindy discovered our web page and got in touch with Lion Bill Bartlett (who had the nice sign board at the meeting, to welcome Cindy).



Welcome Sign is a Very Nice Way to
Create a Good First Impression!

This second meeting of the month (as was the second meeting last month), is part of a trial of a possible new meeting format. The trial format is designed NOT to have an external speaker (saving someone's time and effort finding & scheduling an external speaker), and instead focus on discussing club business.

Why focus on business at a dinner meeting?

- (1) bring more transparency into club operations,
- (2) generate more interest (hopefully) among members in getting involved,
- (3) improve awareness of Club activities and accomplishments,
- (4) provide a venue for members to suggest new ideas, methods, projects,
- (5) reduce time demands - outside of meetings - on Lions organizing the activities by enabling them to accomplish some work at meetings.

PCC Bill Bartlett reported service data for the Eyeglass Recycling team so far this Lions year: nine Lions worked twice in July and once in August (prior to Aug 20) at the Recycling Center, and delivered 992 pair of donated eyeglasses.

The King Lion, who is also our acting Treasurer, alerted the membership to certain matters in Club financial operations. This was discussed in more detail at the Board meeting following the dinner meeting.

NOTICE:
CLUB SEEKS MEMBER(S) WITH POSSIBLE INTEREST IN TREASURER ACTIVITIES.
PLEASE INQUIRE WITH KL MIKE



Lion Phil Mayo summarized priorities and work efforts at the Lions Youth Camp. In general, weather this year has taken a toll on the access roads/bridges in and around camp property. So, repair or replacement of the bridges is a top priority. The camp bath house is also up for improvement.

Lion Phil reports on Lions Youth
Camp activities

KL Mike talked briefly about the Club Picnic, coming up on Sunday, September 15 (at Providence Park in Fairfax City). The Club provides main food items (burgers/dogs/beverages), members should bring a side, salad, or dessert to share: families with last names starting with A-K bring a side, and L-Z bring dessert. Picnic opens at 11am, and will run until 230pm. The pavilion has picnic tables; members may want to bring a lawn chair, outdoor games, etc. Members, families and guests welcome.

IPP Karen Udell Parker reported on the ceremony on August 7th (see more information under ISCC topic, later in this newsletter) where Lion Joe Breda was recognized as Lion of the Year, 2018-2019. Lion Karen took the opportunity to present Lion Joe a special plaque commemorating the honor.



Lion of the Year Joe Breda holds plaque presented by IPP Karen Parker

Lion Jim Davis took the open floor opportunity to tell us about completing his prescribed regimen of medical treatments. They were arduous, but effective. Most folks observed Lion Jim has a new spring in his step, and looks good...Congratulations Jim!

50/50 Winners: The winners were: Lions Jim Davis and Joe Breda.

Board Meeting - also on Aug 20th

Part of the trial meeting format, for the 2nd dinner meeting, is to hold the monthly Board meeting either before, or after, the 2nd dinner meeting. So far, these trials have seen the Board meetings take place AFTER the 2nd dinner meeting. The purpose of this trial format should be obvious: to reduce the administrative burden on Board members by eliminating one evening per month traditionally scheduled for a purely administrative meeting.

At the conclusion of the Aug 20 dinner meeting, a quorum of Board members participated in this monthly Board meeting. Items considered:

- Lion Jim Davis has volunteered to complete the Club's tax returns this year. Thank you Jim!
- Board approved the charity and admin budgets for 2019-2020. The Budget Committee members drafting the budgets: KL Mike R, PP Marty L, 1VP Mike G, Secretary Jeff R.
- Secretary will send a letter to certain club member(s) who are in arrears in dues.

- IPP Karen Parker reminded all of the recent policy to waive a member's dues for one quarter if that member sponsors a new member.
- Board approved change in Lion Corey Green's membership status to Affiliate Member.
- Because of the Picnic on Sep 15, there is no 2nd dinner meeting in September. Hence, the September Board Meeting will be on Sep 24.

The Board adjourned at 9:30pm.

September Events:

Sep 3 - Regular Dinner Meeting

Sep 4 - Eyeglass Recycling

Sep 5 - Lions Lunch bunch

Sep 11 - Lions dinner out (Auld Shebeen)

Sep 15 - Club Picnic, 11am - 2:30pm at Providence Park

Sep 17 - NO REGULAR DINNER MEETING (due to Picnic)

Sep 18 - Eyeglass Recycling

Sep 18 - Bingo at Fairfax Nursing Center

Sep 23 - Blood Drive (Providence Presb Church, 2:30-7:30)

Make an appointment: [Schedule Blood Donor Appointment](#)

Sep 24 - Board meeting (Fairfax City Senior Center)

Next Up:

Oct 12 - Fall Festival Fund Raiser

City of Fairfax Inter-Service Club Council (ISCC)

On August 7th, IPP Karen Udell Parker introduced Joe Breda to a packed house in our community and talked about his many contributions over 46 years as a member of our club. Lion Joe Breda was recognized by the City of Fairfax at the Fairfax Volunteer-of-the-Year ceremony, hosted by the ISCC. Other Lions attending were King Lion Mike Rumberg, Marty Lockard, Harry Parker, and Gordon Tillery. This was written by IPP Karen and printed in the program for the event, about Joe:

Volunteer of the Year: Joseph Breda

Joe started his Lion career with the Fairfax Host Lions Club and has been a member for 46 years. At the tender age of 80+, he is always the first Lion to volunteer for any one of our projects or fund raisers. He spends two days a month at the Lions Eye Glass Recycling Center of NOVA. These recycled lenses are sent with medical missions throughout the world. Joe also proudly supports SPROUT, a horse riding facility for children with disabilities. His involvement goes well beyond helping. He also represents SPROUT to the Lions Board with needs and requests. He works long hours beyond his committed time on service projects for the club, including selling fruit. He is always there to help lend a hand when needed. His passion and commitment represents Host Lions in the best possible way. We are blessed to know and work with him.



Left:
IPP Karen Honors Joe in Packed House



Right:
City Mayor David Meyer Congratulates
Joe Breda
(ISCC Pres Larry Larson on right)



Left:
All Service Club Volunteers of the Year

Lions Information

Our Club Makes the News - in the “Golden Gazette”

The Golden Gazette is a free monthly community newspaper published by the Fairfax County Government. It covers local news-to-use and human interest stories for residents who are 50+. Recently, our King Lion Mike Rumberg was interviewed for an article written by Mary Jane Dye. It is the featured story appearing on the front page of the August issue.



They Are the Lions Club Hear Them Roar!

by Mary Jane Dye

To see the entire article, click this link: [Golden Gazette, August 2019](http://www.fairfaxcounty.gov/OlderAdults)

Virginia Lions Eye Institute Foundation

Lion Woody Woodward asked King Lion Mike to put the following item in our newsletter:



VLEIF, Inc. c/o Sandi Armendaris, 7623 Virginia Ave, Falls Church, VA 22043

Virginia Lions Eye Institute Foundation

Do you know what we do? Invite us to your Club/Region/Zone Meetings so we can inform you as to what we do, and how we help those with vision related issues.

Besides the Scholarship Grants that we offer, we also support the Lions Eye Clinic, and the Virginia Low Vision Learning Center in Alexandria. We are also working to expand Low Vision Services in Northern Virginia.

Check out our “Joe Lipomi Scholarship Grant. Please check your communities for scholarship applicants. Applications plus detailed instructions and requirements are featured on our VLEIF Website. <http://vleif.org/> Please send in applications as you get them, no need to wait for the

December deadline. Get acquainted with the “Teachers of the Visually Impaired” (TVIs) in your local schools, they have the inside track to the students that could benefit from our

ATTENTION CLUBS!!!!

We now have board approval and a budget set aside to assist clubs that may need help meeting the needs of people with vision related problems trying to enhance the quality of their lives. We will work with the clubs to help when needed. This will be on a case by case basis as needed and within our budget constraints. All we ask is that your Club has (a) Set a reasonable Budget for eye care and exceeded it. (b) Checked with Zone/Region Chair to see if club in nearby area are able to help. If your club has done this, and still need help, please contact us (Letter, E-Mail or Phone Call). Our aim is to make sure that you can meet the needs of your communities.

Please consider including us in your budget. We are only able to do what we do because of Donations by the clubs and individual Lions. We are a 501c3 Organization, and part of the CFCNA, so giving is very easy. Thanks to one and all for your support, and we plan to continue trying to help those with vision related problems improve their quality of life.

Call Us for a Presentation

Sincerely,

Ed “Woody” Woodard, PDG, President

VLEIF Board

Cell: 703-314-0889

E-Mail: woodywoodard@cox.net

District Representative for VLEIF is:

Lion Sheryl Bass

Cell: 703-314-4278

E-Mail: s.l.bass@verizon.net

Special thanks to...

You stepped up to help make this newsletter happen...thank you Lion Suleiman Alibhai, 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 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

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	TBA
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

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Fairfax Lions Club



We Serve

Since 1951