



Fairfax Lions Club News - Oct 2019

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

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

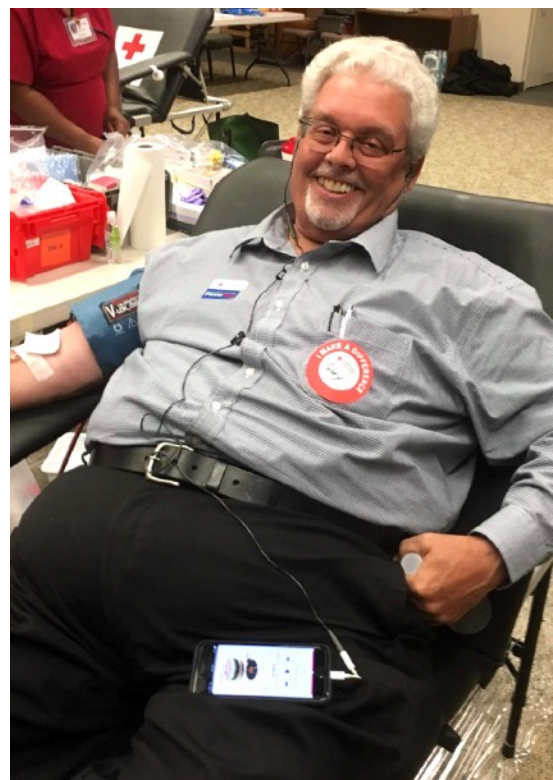
**WE SERVE THE WORLD AND OUR LOCAL COMMUNITIES...
WITH PRIDE, COMPASSION AND KINDNESS**

Blood Drive

Fairfax Lions sponsored a Red Cross blood drive on Sep 23. It was held at Providence Presbyterian Church - in the longstanding tradition started by Lion Elden Wright many years ago.

For this drive, we focused on trying to do more advertising for the event and soliciting advance signups, then we had done for the past drive. The result: 14 units of blood were collected from 12 donors. When Lion Elden ran the blood drives, his "gold standard" was to achieve 25 units...so, we did better this time but have a way to go to achieve Elden's high-bar!

Many thanks to the Church for providing the facility and for advertising in their bulletins and mass emails to church members. Many thanks to donors who showed up ready to help. And many thanks to 1VP Mike Greeley for being the Lions "presence" in the church for the entire time for donations.



Two regular blood donors: Lions Scott and Gary (Photos by 1VP Mike Greeley)

Coming Up - Vision Screening

Oct 7 and 8 at the Mainstreet Child Development Center that operates out of the Senior Center of Fairfax....A great opportunity to learn how to use the vision screening equipment and help screen youngsters! Look for info at the Oct 1 dinner meeting.

Charity Fund Raising - Essential to Our Service Mission

DELIVERING SERVICE DEPENDS ON CHARITY FUNDS WE RAISE

Lions Dinner Out

Six people appeared at Auld Shebeen on Wednesday, Sep 11, for this months dinner-out. When we departed, the restaurant presented our Club a check for \$20 for our charity account. We had fun and raised a modest amount for charity - a win/win!

For October, we do not have a person available to coordinate the event, so the next dinner out will be in November. Join us then



Clockwise from LL: Marilyn & Chuck, Jim, Gordon & Elsie, Pete

Next Lions Dinner Out, 6:30pm Nov 13

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

September Dinner Meetings

Sep 3rd

Due to an AC problem in the regular meeting space, our dinner meeting relocated to the large dining room on the upper level of the American Legion. Early arrivals probably noticed PCC Bill Bartlett wearing a pair of red-framed sunglasses with blinking red lights around the frame - that will get your attention!

It was a pleasure to welcome back Lion Cindy Roman, who had attended the previous dinner meeting. Cindy is considering transferring her Lions membership from her Wilmington NC home club to our club, while she is a

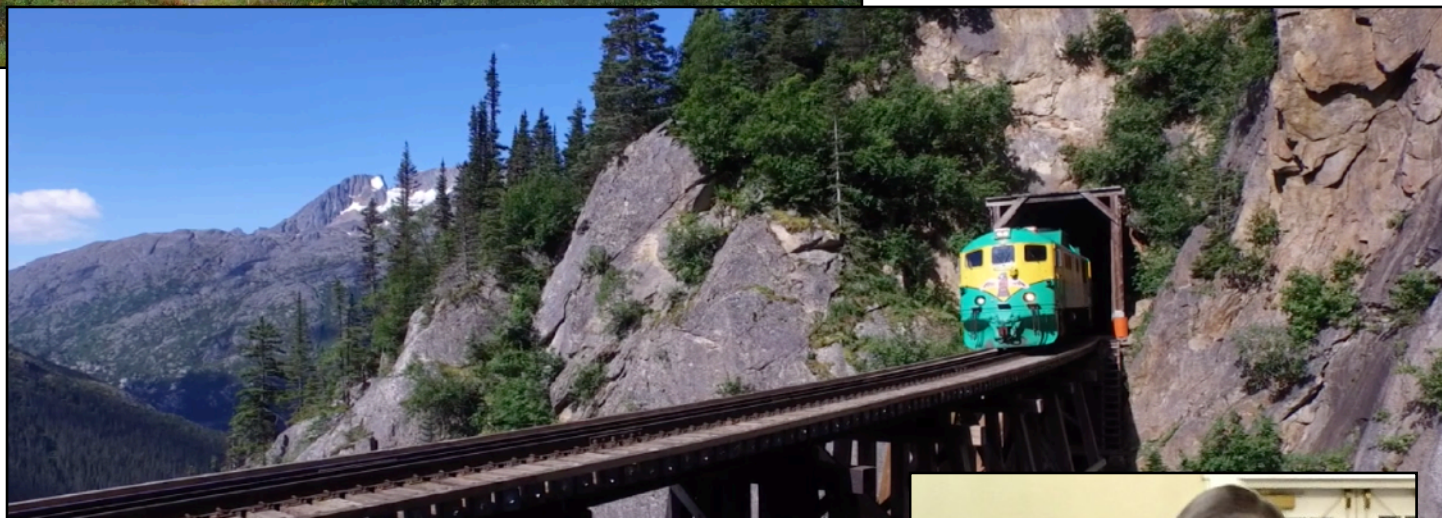


student at GMU. It will be great to welcome Cindy as a club member!

After a dinner off taco soup, cordon bleu, roast beef and apple pie, Lion Phil Mayo showed a film of the narrow gauge train ride he had taken from Fraser, BC, to Skagway, AK.

We learned the tunnels and tracks were build over the years 1897-99, (largely by German work crews) during the Klondike Gold Rush. This White Pass & Yukon Route is a marvel of engineering despite the harsh weather and challenging geography faced by the thousands of railroad construction workers.

Clearly, the scenery is majestic as the route includes passing through parts of the Tongass National Forest - a national treasure. We all enjoyed watching the film!



Lion Phil simulates pulling a locomotive whistle - to put us in the old-time train ride mindset.





King Lion Mike presents Phil the traditional speaker's gift

Club President Mike updated members on many topics: the approved budget for Lions year 2019-2020, the resolution of the issue of \$6000 in fraudulent checks cashed against our accounts (resolution: no funds lost, all fully restored by the bank), and a membership goal for this year: 6 new members. Mike also addressed two key vacancies in the club's operating system: the position of Treasurer is vacant, and also lead coordinator for the Fall Festival food sales. Please let Mike know if you can help. NOTE: after the meeting, a BIG THANKS to Lion Ken Schutz for stepping forward to pull together the details for the Fall Festival on Saturday Oct 12. This is always a fun event; bring friends, enjoy the festivities, and help your club.

Lion Jim Davis reported on the completion of this year's club tax returns. Jim, a previous Treasurer (7 years) had volunteered to do the required annual tax returns for the Club. A BIG THANK YOU to Lion Jim. Spoke numbers from Jim: for the Lions year 2018-2019, our charity account made over \$31,000 from our fund raisers and donations, and our charity outreach programs dispersed over \$31,000 into our community and to selected International charity programs. Jim also asked all members to show respect for all others, always, despite any differences we may have in personal opinions. To continue our long history as a successful club, we must work together!!!

50/50 Winners: The winners were: Lions Pete Conklin and Gene Brown! Ticket sales netted \$75. Winners received \$23 and \$22, and the Club received \$30 for its admin account.



King Lion Mike sharing thoughts on opportunities to serve our club.

Club Retreat (Picnic) - Sep 15th

As King Lion Mike Rumberg appropriately said in his after-action email to club members: "What a wonderful afternoon with our Lion friends and family. Gorgeous weather, fantastic food, and a wonderful location we couldn't have asked for more! Thank you very much to the almost 40 Lions, family and guests who attended. (For those that couldn't make it - we missed you and hope to see you again REAL soon!)"

"Thank you to everyone who helped: those that brought delicious side and desserts, and especially those that helped make it happen: Mike Greeley (coordinator), Harry Parker (set up, grilling, Ken Schutz (grilling), Jeff Root (shopper extraordinaire), Marty Lockard (take-down and shed logistics)."

A few photos...





No Sep 17th Dinner Meeting - Due to Picnic

Board Meeting - Sep 24th

The Board of Directors met on September 24th, and concluded the following:

- Future Board meetings: The Board will return to the traditional schedule of a separate meeting on the fourth Tuesday of each month, instead of meeting either just-before or just-after the second dinner meeting of each month.
- Club will pay a deposit of \$1000 (admin account) to hold the reservation at the Waterford on Tuesday, December 17 for the Club's annual Holiday Party.
- In accord with LCI policy, all volunteers at a club activity are covered under Lions insurance whether they are Lions members or not.
- Accepted Lion Jim Davis' offer to prepare the annual audit report (as a committee of one) on club finances.
- Approved disbursements of \$25 to the ISCC (annual dues), and \$536 from the administrative account for reimbursement of club picnic expenses.

October Events:

Oct 1 - Regular Dinner Meeting

Oct 2 - Eyeglass Recycling

Oct 3 - Lions Lunch bunch

Oct 7-8 - Vision Screening at Mainstreet Child Dev Ctr (Sr Center of Fairfax)

Oct 12 - Fall Festival Fund Raiser

Oct 15 - Regular Dinner Meeting

Oct 16 - Eyeglass Recycling

Oct 16 - Bingo at Fairfax Nursing Center

Oct 22 - Board meeting (Fairfax City Senior Center)

Next Up:

Nov 5th - VOTE! VA state general election. (Absentee voting deadline: Nov 2)

Nov 20-24 - 1st Fruit Sale

Fairfax Inter-Service Club Council (ISCC) Meeting - Sep 4th

The September meeting of the ISCC was the first meeting of the new fiscal year (beginning in September) after taking the summer off. The ISCC elected a new slate of officers for the coming year:

President - Larry Larson

Vice President - Al Lightly

Secretary - Cathy Kelleher

Treasurer - Connie Lauther

The ISCC discussed the very-well-done Volunteer of the Year held on August 7th, and solicited critical comments so as to make a better ceremony next year. All comments were positive.

Each member service club reviewed their upcoming plans, and their past month's service record was published in the ISCC's monthly newsletter. Member clubs were reminded their dues (\$25 per year) are due to the ISCC by Oct 1.

Just as a reminder, the ISCC exists for local service organizations to exchange information, issues and ideas for our mutual benefit and for the betterment of the community. Each year the ISCC holds the Volunteer of the Year ceremony, and also donates to the Fairfax HS All-Night Grad Party.

Lions Information

Support for our club by David L. Meyer, Mayor, City of Fairfax

By Marty Lockard

You may remember last year when we appealed to Mayor Meyer (see photo) and Councilman Sang Yi for relief from onerous City of Fairfax ‘processing’ fees for special permits for our fruit sales - as required by a new 2016 zoning ordinance. We argued that the fees resulted in less funds available for our special charities and local outreach. We also pointed out that even girl scouts selling cookies in front of a food store or a local high school band selling car washes are not exempt from getting permits and paying the fees. The mayor and Sang Yi responded by immediately taking action to resolve the issue. The mayor’s staff was directed to initiate work on appropriate amendments to the ordinance with the objective of having something submitted to the City Council for their consideration by the Fall of 2018. He responded by saying “your inquiry and request will benefit not only the Lions Club but other worthwhile charities that provide critical services and support to the City of Fairfax.” In early 2019, we were informed by the mayor and Sang Yi that we no longer are required to obtain the permits or pay the fees.

Mayor Meyer’s comments were very supportive of our club. He wrote this: “The City Council and I are very appreciative of the work that the Fairfax Host Lions Club performs on behalf of our community, our nation, and the world.... The Fairfax Host Lions Club and the many other clubs across the nations and around the world are making a real difference in addressing hunger, blindness, pediatric cancer, diabetes, and protecting our environment. Please convey to your fellow members the deep appreciation of the City’s elected leadership for the important and effective work all of you do, day after, day, year after year. Sincerely, David Meyer, Mayor, City of Fairfax.”

The second-term mayor (also 5 terms on the City Council) has taken the time to understand what we do and who we are. He has even had his eyes screened at one of our screening events. A few months back, he was driving in Fairfax and noticed a Lions Club emblem in a trash pick-up pile in front of a home. It was larger than the one the Lions Tamer puts out at meetings, but it was banged up and needed a lot of tender touch-up. See attached photo. He found our home address and rang the doorbell. He wanted to make sure he delivered it in-person to someone who could ensure its wellbeing. Further, he fully understands what we do with collecting and recycling glasses. About a month ago, the door bell rang again. It was Mayor Meyer again, this time with a bag of eyeglass cases (see photo). When I informed him that our club maintains a sizable number of recycled ‘reading’ glasses at the Lamb Center and that I planned to take the cases there, he seemed delighted. [Not so SECRET: He is a huge supporter of The Lamb Center and can be seen there fairly often.]

The next time you see Mayor David Meyer or Councilman Sang Yi, please make a point to thank them for their support.

(See Photos - next page)



PHOTOS L-R: Mayor David Meyer; Lions Club emblem from a trash pile; bag of eyeglass cases

A Teen Boy's Diet of Fries and Sausage Led to Blindness, According to a New Case Study

From Time On-Line Magazine - BY JAMIE DUCHARME SEPTEMBER 3, 2019

Link to: [Full Article in Time](#)

(KL Mike Rumberg submitted this article for your consideration)

A new case study highlights a serious, though rare, side effect of a poor diet: blindness. In the *Annals of Internal Medicine*, a group of researchers from the University of Bristol in the U.K. report the unusual case of a teenage boy whose diet was so poor, it led to serious optic nerve damage and vision loss.

The boy first reported fatigue to his doctors when he was 14. He was deficient in vitamin B12 but had few other health issues, so he received only vitamin B12 injections and dietary counseling. The next year, he began to experience hearing and vision disturbances, but doctors were unable to find a clear cause.

After two years of worsening eyesight and eventual blindness, the boy was referred to a neuro-ophthalmologist. At that time, doctors found signs of continuing vitamin B12 deficiency, as well as other nutritional deficiencies—and, upon interviewing the boy about his diet, found that “since elementary school, he would not eat certain textures of food.” The patient was mostly subsisting on french fries, Pringles, white bread, ham and sausage, according to the case report.

Diet-related vision loss is fairly common among populations where poverty and food insecurity are widespread. When it occurs among people in developed nations, it's typically related to an inability to absorb certain nutrients, or combined with alcohol or tobacco use. A purely diet-related case of vision loss is rare—especially in a young, otherwise healthy patient living in a rich country. The authors theorize that the boy's extremely limited diet led to deficiencies in B vitamins and copper, which became severe enough to contribute to nerve damage and vision loss.

“The visual loss is reversible in the early stages. The problem with this case is that his poor diet continued over several years,” says case study co-author Dr. Denize Atan, a neuro-

ophthalmologist who treated the patient at Bristol Eye Hospital. “To give some perspective, he had a poor diet [starting] from age 10 to 11 but only started to develop symptoms age 14. It takes this long to deplete your body’s stores of these vitamins.”

In this case, the boy’s vision did not return, even with nutritional supplements.

The case report highlights not only the necessity of a balanced diet, but also a little-discussed form of disordered eating, one that isn’t necessarily related to weight or body image. “‘Fussy eating’ that is restricted to junk foods and causes multiple nutritional deficiencies is an eating disorder,” the authors write. People who are not interested in food or strongly dislike certain textures may fall into this category, according to the report.

When patients report very restrictive diets, doctors should be aware of the full range of potential consequences, Atan says. “A good rule of thumb is to assume someone with a poor diet and at least one deficiency is likely to have others too and to treat them all—not just the one you have detected in a single test,” she says.

Special thanks to...

You stepped up to help make this newsletter happen...thank you Lions Marty Lockard, Mike Rumberg, Mike Greeley 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

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Fairfax Lions Club



We Serve

Since 1951