

# Fairfax Lions Club News

## October 2020

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



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

### LCI President's Message

Sep 17, 2020

Dear Lion,

*When we serve, it's more than an act of kindness. It's personal. Your dedication enriches the lives of the people you know and strengthens the relationships you share. You are more than a volunteer—you are an essential part of your community. And that connection matters more than ever.*

*As you continue to serve safely, it's so important to focus on building your relationship with the community. Our mission is to serve, but our service inspires and empowers those around us to take action. And when we are united, we have the strength to face new challenges and solve the issues that matter to us most.*

Regards,

*Dr. Jung-Yul Choi, International President*

## **Eyeglass Recycling**

*(Taken from PCC Bill's reply to a potential volunteer)*

We have about 30 Lions eyeglass collection boxes at locations around the City of Fairfax. One member empties the boxes every 2 weeks. Five members take the glasses to the No. VA Eyeglass Recycling Center in Arlington, where we use special equipment to determine prescription and bag the eyeglasses. More information:

[https://lions-eyeglass-recycling-center.business.site/?utm\\_source=gmb&utm\\_medium=referral](https://lions-eyeglass-recycling-center.business.site/?utm_source=gmb&utm_medium=referral)

The repurposed eyeglasses are boxed and donated to the poor around the world who badly need eyeglasses. This is usually done in partnership with medical mission trips. Our club also provides repurposed reading glasses for guests at The Lamb Center. We transported over 10,000 donated eyeglasses to the Recycling Center last year; the Recycling Center has given over 3.5 million glasses to the poor since opening.

The Center moved last year because donated space was to be torn down. The new location is not yet open due to the pandemic and a required special-use permit. We hope it will be open sometime in October, 2020. We are happy for more folks to volunteer at the Eyeglass Recycling Center.

## Two Club Members Recognized

The announcement below appeared in the District 24L newsletter for September 2020:



### Abdul Award

**F**or their ongoing and historic support of the mission of

*Lions Project for Canine Companions for Independence*, Lions PCC Harry and PDG Karen Parker are hereby presented the *Abdul Award*.

Abdul was the first service dog placed by CCI in 1975. Since that placement, CCI has bred, trained and placed over 6,000 assistance dogs nationwide, free of charge to the clients who received them.

CCI Dogs are trained to do many tasks in order to assist their clients. Hearing dogs alert people to sounds such as doorbells, alarms and timers. PTSD dogs are uniquely trained to help veterans deal with issues associated with

battle psychosis. People with chronic diseases like MS and MD are served well by CCI Dogs, as are veterans with significant injuries and amputations.

PCC Harry and PDG Karen are life members of the *LPCCI Foundation*, which was established by Lions in 1983 to advocate for and raise funds for the mission of CCI. To date, Lions have raised over \$4.5 million. For more information, visit [www.cci.org](http://www.cci.org) and [www.lpcci.com](http://www.lpcci.com)

A virtual presentation of the award will be scheduled.

Fairfax Lions congratulate Lions Karen and Harry for this recognition of their sustained service support!





## Charity Fund Raising

### DELIVERING SERVICE DEPENDS ON CHARITY FUNDS WE RAISE

#### **November Fruit Sale** - *By Lion Marty*

Your fruit sale committee has been very busy planning for the next club fruit sale – Thursday, Nov 19 through Saturday, Nov 21 (weekend before Thanksgiving). Please make sure to block off Nov 18-21 on your calendar. COVIDS-19 has necessitated a fresh new look at how we can conduct a successful fundraiser like this to keep our members, member families, and customers safe. The committee believes that the changes we are proposing will allow every club member, including those at higher risk, to safely participate. The intent of our planning is to ensure that the benefits significantly outweigh any risks.

We will share all details with you in early October before the sign-up sheets go out. In the interim, here are 10 key highlights:

- Focus on safety related to COVIDS-19
- Simplify the process and modify the layout
- Minimize number of volunteers per shift and during the entire sale

- Spread out volunteers
- Keep customers in their vehicles
- Use PPE appropriate to the setup
- Upgrade Square equipment to facilitate the sale process, pre-ordering and donations online, and management of inventory
- Temporarily stop handling/touching fruit
- Modify the way we do fruit offload
- Inform our customers

A 'go/no go' decision must be made by the middle of the last week in October. The decision, in concert with the Board of Directors, will be predicated on several things:

1. Significant increases (e.g., upward curve or second wave) in Northern Virginia Coronavirus infections between now and the 'go/no go' decision date; and
2. Significant new or modified Coronavirus-related restrictions by state and local Government officials; and
3. Ability to sign up sufficient numbers of volunteers for all sale shifts and fruit offload.

Successful fundraising to support the club's local outreach and key charities is extremely dependent on getting enough volunteers to safely conduct the event. To that end, I urge each of you to sign up for as many shifts as you can reasonably handle and ask your family members, neighbors, and friends to help. Remember that we recommend volunteers sign up for no more than 1 shift per day to prevent injuries and burnout.

## Club Meetings

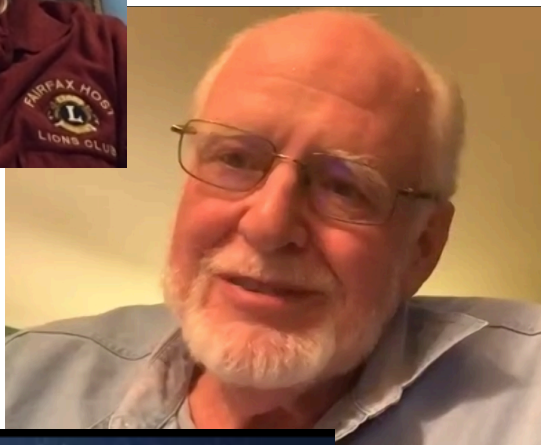
### **September 1st - Zoom Meeting**

Our only club meeting in September (due to the picnic) was an excellent meeting! In addition to a new member induction; our State delegate from Fairfax spoke to us; and, we had three guests from Burke Lions Club.

The opening event was the induction ceremony for Lion Jim McKeever. Jim and spouse Lesley have three daughters, and two grand children. Jim is still working at the company he founded in 1974, McKeever Services Corporation. "MSC" offers construction consulting expertise for commercial real estate projects. Lesley we remember from when she spoke to our club in October, 2019, on *The Assistance League*.



PCC Bill conducts  
the virtual induction  
ceremony for Lion  
Jim McKeever



Secy Jeff  
has Jim's  
Mbr  
Certificate

**Lion Jeff Root**



Delegate David  
Bulova  
Represents VA's  
37th district (city  
of Fairfax and  
part of Fairfax  
County)

Delegate Bulova  
showed us many  
interesting slides;  
below are a few...

## Fairfax Lions Club – Virtual Report from Richmond.



September 1, 2020

## 2020 Session Legislative Highlights

- **Hands Free Driving/No Texting and Driving**
- **Virginia Clean Economy Act**
- **Gun Safety**
  - Background Checks
  - One-Handgun-A-Month
  - Extreme Risk Protective Orders (Red Flag Law)
- **Chesapeake Bay Restoration Deadlines**
- **Minimum Wage**
  - \$7.25 to \$15/Hour in 2026
  - “Breather” in 2024 at \$12/Hour (~\$25K/Year)
- **LGBTQ Non-Discrimination**
- **Casinos/Sports Betting**
- **Banning Balance “Surprise” Billing**

## 2020 Budget Highlights

### **Major focus on education:**

- ▶ 3% raises for our teachers
- ▶ Funding for early childhood
- ▶ Funding for at-risk children
- ▶ Funding for tuition moderation
- ▶ “Cost-to-compete” funding for Northern Virginia

### **Other focus areas:**

- ▶ Chesapeake Bay restoration
- ▶ Mental health
- ▶ Support for individuals with disabilities
- ▶ Housing Trust Fund
- ▶ \$600M in Rainy Day Fund

# General Assembly Session Overview

## Regular Session

- ▶ January 8 to March 12
- ▶ 1,734 bills in the House; 1,096 in the Senate – almost 50% more than usual!

## Reconvened “Veto” Session

- ▶ Convened April 22 “al fresco”
- ▶ More about COVID-19 response than vetoing



## Special Session

- ▶ Convened August 18
- ▶ Initial meeting at VCU Seigle Center
- ▶ Virtual meetings since then

# New Responsibilities for Your Fairfax Delegation

## David

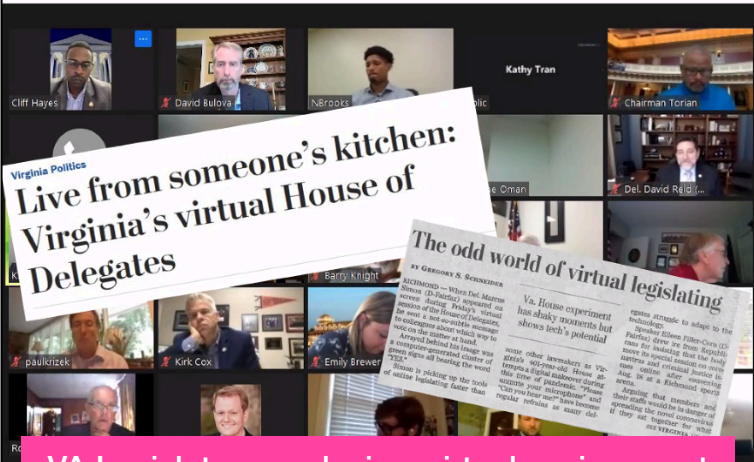
- **Chair of General Laws**
- **New to Appropriations**
  - Chair of Commerce, Agriculture, and Natural Resources Subcommittee
  - Member of the Budget Conference Committee



## Chap

- **Chair of Agriculture, Conservation, and Natural Resources**
- **New to Finance & Appropriations**
  - Chair of General Government Subcommittee

# Welcome to the virtual House of Delegates!



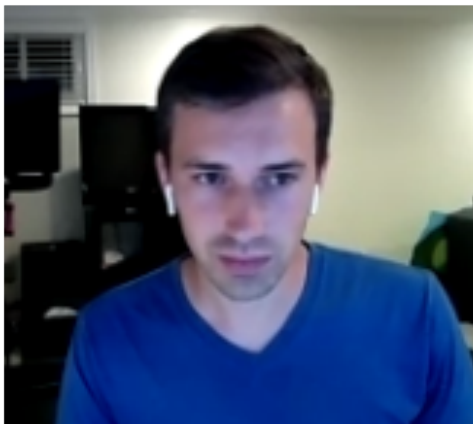
**VA Legislature works in a virtual environment  
As does Fairfax Lions Club**





## September 9th - Orientation

Justin Haight came to us by sending an email to the info address on our web page. After visiting a club zoom meeting, Justin submitted his application for membership. Justin participated in an orientation over zoom (of course), participated in the picnic, and the Board has approved Justin's application. A few photos from the zoom orientation follow.



**Soon-to-be Lion Justin**

Justin's induction ceremony is scheduled for the October 6 zoom meeting.

# New Member Orientation

Fairfax Host Lions Club  
Fairfax, Virginia



District 24-L  
Lions of Virginia



Membership Co-Chair Ken Presents the  
New Member Orientation

## September 13th - Picnic

2VP Jim did a wonderful job planning, organizing, and making the picnic happen. 34 meals were provided to club members and families. Several folks commented that it was very nice to have options to attend the picnic, or simply pick-up a meal to take away - as all members considered what was best for their situation. A few photos follow:



(Top) Jim & Mike  
serve Marty &  
Harry



Rodney & Hellen



(R) Mike & Bill



Greg & Karen



Jeff & Penny



Future Lion Lewis



Mystery Lion



Sarah & Bill

## September 22nd - Board Meeting

Items considered by the Board of Directors:

- Lion Doug has multiple commitments precluding him from attending all meetings, so Lion Phil has agreed to serve as the backup Tail Twister.
- Membership application of Justin Haight was approved by the Board.
- Board was briefed on the results of the recent survey of members. (Summary below) Results concerning the fruit sale were given to the fruit sale committee for action. King Lion and VPs will study other results and decide actions to take.
- 2VP Jim summarized the successful Sep 13 picnic.
- Fruit sale committee briefed the Board on plans for the November sale. (see details elsewhere in this newsletter)
- KL announced that Lion An-Thu will lead the "Reading Action Program." This key service provides books for students at Main ST Child Development Center.
- KL announced Lion Cindy will lead the Club's visitation program.
- Approved payment of Lion fees for 24-L Fall Conf.

## Summary of Results - Member Survey

24 members (67% response rate) participated in the recent survey of active members. Responses to questions were generally “satisfying;” many comments were submitted by members. Results are being assessed by club officers; feedback to the membership is forthcoming.

Shown below are average scores of responses to nine questions asked in the survey.

Q 1-9: Scored; Q 10: General Feedback	Avg Response 1 = no 5 = yes
1. Do you like the Zoom meetings we are conducting presently?	<b>4.3</b>
2. Are our meeting agendas interesting and of value to you as a member?	<b>4.1</b>
3. Should we return to in-person meetings in the next two or three months?	<b>2.5</b>
4. Do you read our newsletters?	<b>4.7</b>

5. Are the newsletters informative?	<b>4.8</b>
6. Are you aware of our membership program for this year?	<b>88% yes</b>
7. Are the materials we distributed to you helpful for supporting membership growth?	<b>4.3</b>
8. Will you invite potential members to a meeting?	<b>4.4</b>
9. Will you volunteer to work the fruit sale in November if we have a "contact-free" sales operation (wearing masks, keeping separation)?	<b>88% yes</b>

In Q10, you submitted many comments; they are being studied.

## October Events:

Oct 1—Lions Lunch Bunch (Wegmans) ***canceled***

Oct 6 - Club Zoom Mtg (New Member Induction)

Oct 7 - Inter-Service Club Council Zoom Mtg

Oct 8 - Lamb Center Virtual Benefit

Oct 14 - Absentee/early voting in-person begins  
at [satellite locations](#)

Oct 20 - Club Zoom Meeting

Oct 23 - Deadline to request absentee ballot be  
mailed to you (received by 5:00pm)

Oct 27 - Board meeting (Zoom)

Oct 31 - Halloween

Oct 31 - Last day to vote absentee early/in-  
person

## **Upcoming**

Nov 1 - Daylight Savings Time Ends

Nov 3 - National Election Day

Nov 3 - Club Zoom Meeting

Nov 6-7 - District 24-L Fall Conf, Dulles Hyatt

## **Fairfax Inter-Service Club Council (ISCC)**

ISCC met Sep 2nd, and all clubs reported their activities. The Rotary Club held a very successful Golf Tournament, raising over \$20,000. But that was an exception; most other club service and fund raising projects are on hold, canceled, or modified some way. Tough times!



# Lions Information

## District 24L Fall Conference

Our District has announced its 2020 Fall Conference on Nov 6-7; the announcement letter follows.

**2020 District 24-L  
Lions Fall Conference**  
November 6-7  
Hyatt Regency Dulles  
2300 Dulles Corner Blvd  
Herndon, VA 20171

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August 31, 2020

Dear Lions, Lionesses, LEOs, and Guests,

You are cordially invited attend the **2020 Fall Conference** on Friday - Saturday, November 6-7, at the Hyatt Regency Dulles, 2300 Dulles Corner Boulevard, Herndon, VA 20171.

To make hotel room reservations, click on:

<https://www.hyatt.com/en-US/group-booking/DULLE/G-D24L>

or call 877-803-7534 and say you are attending the **District 24-L Lions Fall Conference**.

We have been challenged by the uncertainty and restrictions relating to the Covid-19 pandemic, and we will continue to follow mask and distancing protocols. The rooms are individually sealed and hand sanitation stations are located throughout the hotel. All food will be plated or boxed individually.

The Hyatt offers free parking, free internet, room service, a fitness center, and an indoor pool. We are hoping that you're ready to get out of your homes and will join us for our first conference of Lion Year 2020-2021.

We have an exciting schedule lined up with dinner on Friday night and Saturday morning breakfast with a special presentation by a *St. Jude Children's Research Hospital* representative who will address one of LCI's key challenges of pediatric cancer.

After breakfast, there will be several workshops, such as a session on the *North America Membership Initiative (NAMI)*, a key element of my goals for this year, as well as *Reinventing Lions In A Covid-19 World*, *Finding Grants from LCIF/LOVF*, an update on the *LEARNS Project Grant*, as well as other workshops.

After the morning sessions, we plan to have as our keynote luncheon speaker Past International Director Mark S. Lyon, a 24-year Lion from the Brookfield, Connecticut Lions Club, followed by Club Awards presentations. There will be two afternoon workshops, finishing up with a short Cabinet meeting at 3:00pm.

Please access the Registration Form at:

<https://wordpress.com/block-editor/page/district24l.wordpress.com/85>

Complete and mail it with your check to Lion Carol Byers, Cabinet Secretary, 3108 Linden Avenue, Fredericksburg, VA 22401.

We are looking forward to being with you face-to-face.

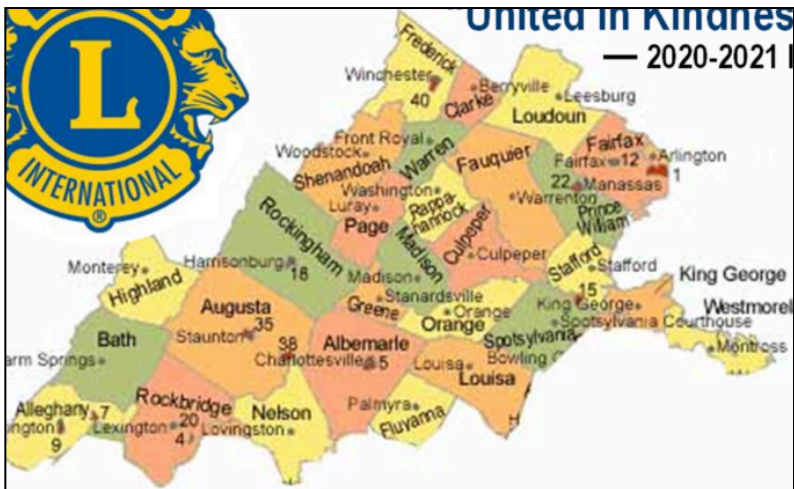
Yours in Service and Friendship,  
Lion Glen T. Logan, District Governor 24-L

For the registration form, go to: <https://district24l.files.wordpress.com/2020/09/fall-conference-2020-registration-form.pdf>

## How Large is District 24L?

Have you ever wondered, how large is our District? This map is from District 24L's main page:

<http://www.valions.org>



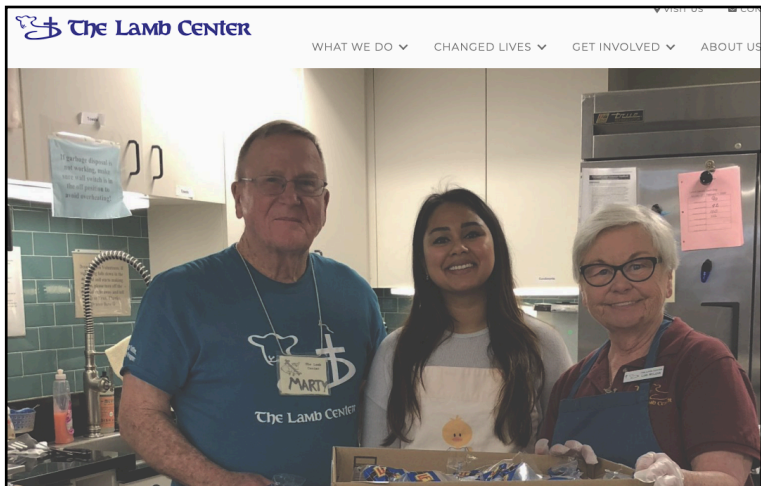
## Lamb Center Virtual Benefit Oct 8th

## News from Lion Marty

Dear Fellow and Lady Lions,

Our club provides a variety of local outreach and service to The Lamb Center. Included are things like helping them move from the old Center, an annual

charity donation, donations of fruit after our fruit sales, regular vision screenings, help with getting eye exams and glasses, and supplying repurposed reading glasses (part of our huge used eyeglass collection effort and our regular volunteering at the Lions Northern Virginia Eyeglass Recycling Center).



## Lion Marty A Regular Volunteer at The Lamb Center

Every year, The Lamb Center holds a huge and successful fund-raising banquet. The speakers are fantastic, particularly the “Guests” themselves. I know all but one of the “Guest” speakers on Oct 8.

How their lives have been transformed are amazing stories. In past events, the speakers have been uplifting, funny, and informative about what really goes on in their lives and how those lives were changed. They are not shy about telling you how much The Lamb Center has helped and mentored them through extremely difficult situations. For many, the Center has been the only place they could call “home.” Caring service and support of those in need are key attributes of the staff, case managers, volunteers, and all kinds of people, businesses, organizations, and churches who donate money, food, clothes, and toiletries, inter alia. And then there are the special people who freely give their time and energy, pro bono, to help meet critical needs. They include an individual who repairs the washing and drying machines, refrigerators, and freezers, several nurses who provide special health care and referrals as needed, a dentist and a group of hygienists who provide dental care, as well as individuals who lead Bible studies, AA meetings, therapeutic art sessions, job training classes, and more.

I encourage each of you to register now and tune in virtually on Oct 8. There is absolutely no pressure

to donate. You will be amazed at what you hear.  
Lion Marty

More information at: <https://www.thelambcenter.org/get-involved/fundraisers/hopeandafuture2020/>

## **For Health & Well Being of Club Members**

### ***“Protect Your Peepers! Expert Tips to Help Protect Your Eyes from Blue Light”***

By SHERYL KRAFT , Parade Magazine, Sep 11, 2020

It's hard to avoid technology, with TVs, tablets, computers and mobile phones playing such a big part of our everyday lives—especially during quarantine. American adults spend almost half of each day interacting with screens, with those 60 and older devoting an extra half hour each day compared to 10 years ago. But are these **blue-light-emitting devices** wrecking our health?

The truth is, exposure to **blue light** can affect our sleep patterns. That's because its short wavelength can delay the release of melatonin, a natural hormone that prepares the body for sleep, and shift our internal clock (aka circadian rhythm) to a later schedule, pushing bedtime later than optimal. The healthy fix is to turn off electronics an hour before

bed. But when it comes to our eyes, it's another story.

“Many people think there's a direct correlation between blue light and eye damage,” says Rishi Singh, M.D., a retinal specialist and staff surgeon at the Cole Eye Institute at Cleveland Clinic. Yet the actual amount of blue light emitted from electronic devices is quite small and has not been shown to be harmful to our eyes, according to the American Academy of Ophthalmology. “It's not a blue light phenomenon, but instead a screen phenomenon,” Singh says. It's how we use our screens and how much time we spend using them that could be problematic.

Good screen hygiene can go a long way toward easing problems from screen exposure, including eyestrain or fatigue, blurred vision, headache and dry, irritated, itchy or red eyes.

## **How to Protect Your Eyes from Blue Light**

### **Blink**

On average, we blink about 15 times per minute. But when we stare at our screens, our blink rate gets cut roughly in half. Blinking is beneficial to the eyes,

bathing and moisturizing them and supplying nutrients. Less blinking equals dry, irritated eyes.

## **Look Away**

Singh recommends the “20-20-20” rule: Look away from your screen every 20 minutes and focus on an object 20 feet away from you for at least 20 seconds.

## **Lubricate**

Eye drops can ease dryness.

## **Wear Your Glasses**

Swap contact lenses for glasses while using the computer. Contacts can dry out and irritate your eyes, especially if you’re not blinking enough.

## **Avoid Glare**

Move your computer away from windows or light sources that are directly in front or behind your monitor. A matte filter may also help avoid glare, which can cause you to squint (and cause headaches).

## **Distance Yourself**

Sit about 25 inches (or arm’s length) away from the screen and position your screen’s height so



you're looking slightly downward at it. Can Blue Light Cause Age-Related Macular Degeneration?

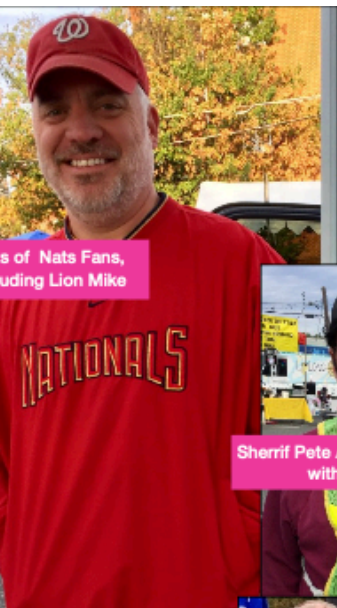
Age-related macular degeneration (AMD) occurs when a portion of the retina, called the macula, becomes damaged. The condition, which can evolve from a dry to a more serious wet form, prevents you from seeing fine details and affects your central vision while keeping your peripheral (side) vision intact.

Blue light passes through the cornea and lens and ultimately reaches the retina, and some research suggests that this light may lead to, or worsen, AMD. But many experts say that the blue light you need to worry about comes from the sun, not your electronic devices (which is why they advise everyone to wear UV-blocking sunglasses). In fact, experts at Harvard Medical School say that factors like aging, smoking, cardiovascular disease, high blood pressure or being overweight are far more significant than exposure to blue light in the development of AMD.

## **What a Difference a Year Makes!!!**

Our Fall Festival Food Booth on Oct 12, **2019**, was fun and rewarding...in a virus free environment.

Photos from that day...



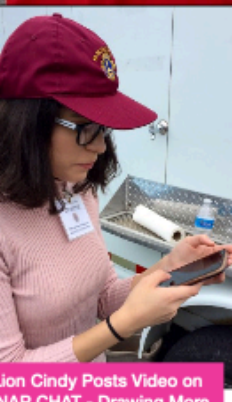
s of Nats Fans,  
cluding Lion Mike



Sheriff Pete Assured Compliance  
with City Rules!



Kenmore Grill Donated  
by Lion Huey



ion Cindy Posts Video on  
NAP CHAT - Drawing More  
Customers



Lion Harry Delivers Dog to  
Bun Stuffer Lion Dave



Diane helps with cash



Good Customers



Cory IDs Beer Customer



Serving the Customers



Lion Cindy, Volunteers Scot and Debbie



Vol of Fairfax Steve Serves with the Lions



Lions Marty and Mike Unload at the  
Storage Shed

Maybe next year!!!

## Special thanks to...

Several Lions always step up to help make this newsletter happen...thank you for providing ideas and/or input (whole articles, reports, photos). 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 Secretary, President, bulletin editor, and sharing at each meeting a bit of “Lions Information.”)

“The Bob Stahl Memorial Newsletter” is published on the Fairfax Lions web page. Club members are alerted to its availability on the web page around the 1st of each month.

**YOUR COMMENTS AND CONTRIBUTIONS ARE ALWAYS WELCOME!** Send words & photos for the newsletter, anytime. They must be received by the 25th of the month to be included in the next issue. We need your help to publicize information about our Club, and about you.

## That's all folks!

*Send any suggestions, or items to include in the next newsletter.*

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

## **Fairfax Lions Club**



**We Serve**

**Since 1951**