

Fairfax Lions Club News

November 2020

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



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

Ideas from LCI

From the Lions Clubs International home page [LCI](#)

Explore new ways to serve with your club...

Do you have a laptop or tablet to spare?

Consider donating electronics to students to support their virtual learning or to nursing home residents so they can stay connected to friends and family.

Do you speak a second language?

Consider volunteering your time to translate documents or to virtually teach those learning a new language.

Do you have a musical talent in your club?

Consider hosting a virtual concert for isolated groups such as nursing home residents or hospitalized pediatric patients.

Update - Lions Eyeglass Recycling Center of Northern Virginia

Recall, the former Recycling Center had to close, and a new Lions Eyeglass Recycling Center is planned to open - **very soon!** Location: 919 S. Monroe Street, Arlington, VA 22204 (telephone 703-671-1919).

It is a division of Lions Eyeglass Recycling Inc, of Virginia's Lions Multiple District 24, one of the several recycling centers located in the US. Centers are also located in France, South Africa, and Spain. [Where are they?](#) All of these centers are operated by Lions Clubs.

Used eyeglasses are sent to the center from all parts of the eastern US. (The new center has a functioning collection box outside.) Lions Clubs are the principal collectors of used eyeglasses but other organizations have become interested in this worthwhile project and have joined in collecting glasses. When the center opens, try it out - visit a short volunteer work session followed by lunch with our Club's team. You may decide to become a regular!

Questions? Contact PCC Bill B.

Blood Drives

One of our Club services is holding community blood drives with the Red Cross. The last one was in September, 2019. That virus has complicated everything! Good news, one of our newest club members - Lion Bill Szymanski - has taken an active role on our Blood Drive committee.

Lion Bill obtained information from the Red Cross that enables us to consider when we might plan the next blood drive. Bill discovered the Red Cross now uses special guidelines for the current health situation. Under those guidelines, volunteers helping in the event (that would be us Lions) are expected to assist with new functions not done in previous blood drives. The functions include cleaning surfaces touched by blood donors, between each donor, performing pre-donation donor temperature screenings, designating an external holding area for donors to wait, and notifying donors when they can come into the donor area of the building. Our committee concluded that these new processes, and the health risk to our own volunteers, make it prudent to delay scheduling a community blood drive until after: (1) a successful vaccination has been implemented, or (2) in the absence of a vaccination program, new cases of virus infections are significantly reduced.

We do not know when these conditions could be met, but we anticipate mid-to-late 2021 may be a reasonable time for FHLC to consider holding the next community blood drive.

Three cheers for Bill, for taking an interest in the Blood Drives, coordinating with the Red Cross, and developing our scheduling considerations!



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

Photos from the September 2019 Blood Drive

Charity Fund Raising

DELIVERING SERVICE DEPENDS ON CHARITY FUNDS WE RAISE

November Fruit Sale - *Are you ready to work?*

You have heard it a lot recently: “Our club has not done much since March!” That all changes this month. Marty and the Fruit Sale committee have planned intensely for a safe and productive event. The Board has approved the GO decision!

The event starts with site-Prep, then unload, three sales days, then site close and delivery of unsold fruit to charities. (See the dates in the events calendar, page 20 of this newsletter.)

A most welcome contribution by a new Lion: MANY THANKS to Lion James for automating our signup lists for this fruit sale. Check your shift:

- Signups for Prep/Close [Signup list](#)
- Signups for Sales [Signup list](#)

What else can you do? When you receive the club email officially announcing the sale, and including a promotional coupon, FORWARD IT to friends, church groups, associates, etc. Let them

know it will be safe for them - safer than a trip to the grocery store.

Lets hope for decent weather, a great turnout, and a fun & safe time for all!

If you have any questions, call anyone on the Fruit sale committee. (Find those names in the updated directory Lion Jim Davis emailed to all 2:35pm, October 19. Page 3 of the Directory.)

Club Meetings

October 6th - Zoom Meeting

This meeting featured two key events: Dr Nereyda Sevilla spoke to us about safety aspects of flying commercially during the health pandemic, and a new member was inducted - Lion Justin Haight.

We had two guests: Lion Gene Boucher (Falls Church LC), and Douglas Nelms - who we had met last year at a fruit sale.

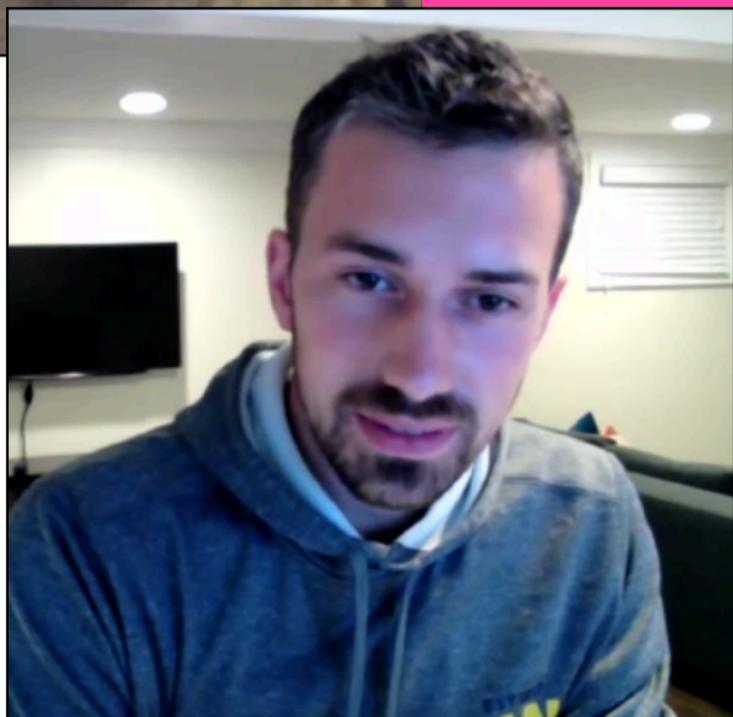
PCC Bill conducted the induction ceremony... bringing Justin "into the worlds largest service organization with 1.4 million members."

Justin told us about his family, wife and one son - and a daughter on the way (due March 2021). Justin works as a software engineer for Capitol One Bank, and has filmed a movie (wow I want to hear more about that!).



(L) PCC Bill
conducts
induction
ceremony

(Below) Justin,
our newest
member





Guest, Lion
Gene of the
Falls Church
Lions Club

Our speaker, Dr Nereyda Sevilla is a “Military brat” (dad was Army doctor), she graduated from US Air Force Academy, and holds a PhD from GMU. She served in the AF Physiology Management, and the AF Office of the Surgeon General, and now works in the Defense Health Agency in Falls Church.

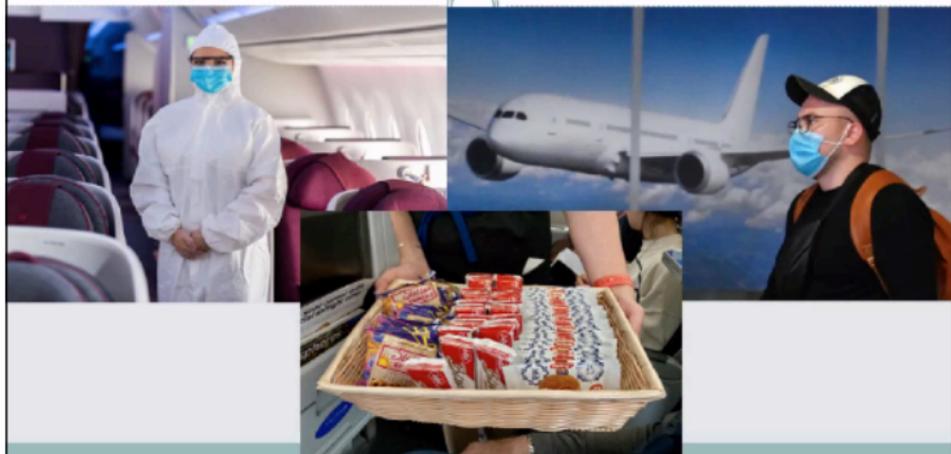
Dr Nereyda
Sevilla and
virtual Mt
Vernon
background



Some of Dr Nereyda Sevilla's slides:

GERMS ON A PLANE

Air Travel in the Age of COVID and Beyond



4.5 Billion Air Journeys a Year

2



Aircraft

5

HEPA filters – Protective Factor

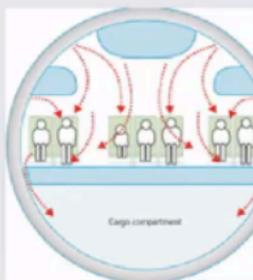
- Entire volume exchanged every 2 -3 minutes
- 99.9% efficiency in removal of most biological contaminants

Air circulating within rows not across aircraft

- Sit in empty rows
- Household members in same row

Documented cases of COVID transmissions in-flight in March

- Long-haul flights



Airport

6

• Social Distancing is Very Important!

- Passengers may be infected before or after a flight
 - × Transportation to/from the airport (Taxi, Subway, Bus, Train)
 - × Airport check-in lines
 - × Waiting areas/concessions
 - × Restroom
 - × Aircraft jet way



You, Personal Responsibility

7

- **Wash hands – A LOT!**
 - TSA now allows 12oz of hand sanitizer in carry-on + wet wipes
- **Good coughing habits**
- **Wear masks**
 - Limits face touching
 - Limits droplet dispersion



What else!?

8

- **At the airport**
 - Scan your own boarding pass at security – limit contact
 - Limited concessions/restaurants/parking
 - Bring your own food
 - ✖ dips/hummus/jam/peanut butter/sauces/yogurt (liquid rules!)
 - READ your airport [COVID](#) page!
- **On the aircraft**
 - No (limited) inflight snacks/beverages
 - Pre-package foods
 - Extended boarding – off-boarding
 - READ your airline [COVID](#) page!



NEW NORMAL

10

GOOD HAND HYGIENE

DO NOT TRAVEL WHILE ILL

SOCIAL DISTANCING

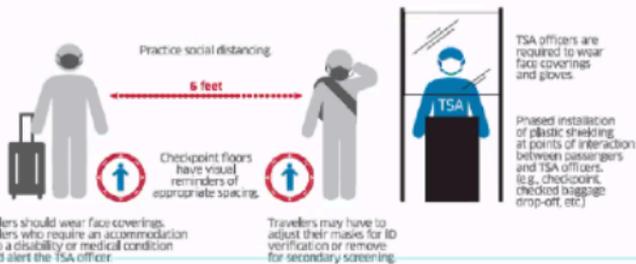
WEAR A MASK



Some of Dr Sevilla's slides:

TSA: What to Know Before You Go

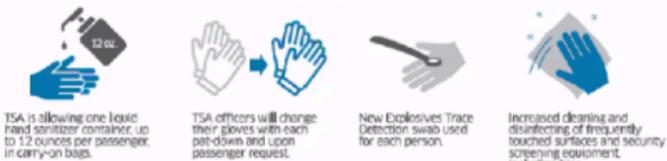
Face Coverings and Social Distancing



Reduced Physical Contact



Cleaning and Disinfecting



KL Mike congratulated Lion James Friedlander for his innovative work creating the on-line sign up list for the fruit sale; and, Lion Ahn -Tu Phan for agreeing to take over the Club's Reading Action service program. Great work Lions!

KL Mike also mentioned the possibility of a future grant from LCIF to our club, as our club has qualified by donating certain amounts to LCIF over time. Stay tuned.

A few cameos of members in the meeting:



Top L - R: Mike R, Ron Z, Harry P, Gene B,
Marty L, KL Mike and Kate

October 20th - Zoom Meeting

Our speaker was PDG (2005-2006) Lion Woody Woodard of Mason Neck LC. Woody is the President of the VA Lions Eye Institute Foundation, of which Woody spoke. Woody started by commending our club for many accomplishments.

VLEIF Inc was incorporated 1979 (the Eye Clinic part of VLEIF started in 1966), co-sponsored by INOVA health system. A 22-member board makes the decisions. Club donations (Woody mentioned FHLC donations this past year of \$1500 & \$1000) make the various programs possible.

But we'd rather show you what your generous donations to VLEIF can do:

Joe Lipomi Scholarships: \$78,000

Low Vision Center: \$24,000

Medical Equipment: \$31,364

Low Vision Clinic Operations: \$25,000

Retinal Scanner Purchase: \$19,593

Low Vision Clinic Eyeglass Program: \$12,000

Read more about VLEIF at: [VLEIF](#)

(L) PDG Woody

(Below) Lion
Suleiman



Lion Suleiman spoke about the Low Vision Clinic which he operates, as one activity sponsored by VLEIF.

We had a virtual tour of the Low Vision Clinic (photos below).





February 29, 2020: VLEIF Scholarship recipients with Lions Leaders
(Note Lion Harry P in the back)

PDG Woody asked our Club to help get the word out about this year's scholarship opportunities. Applications are due on December 5th. For more info, see the ad on our club web page. [FHLC](#)

Lion Phil, as stand-in Tail Twister, challenged us with some historic quotes, asking for the author. One example: "Where there is no law, there is no liberty." Originally said by John Locke; Ronald Reagan modified it to: "Law and Freedom must be indivisible partners."



Tail Twister Phil

Lion Marty gave a brief update on the November Fruit Sale. He also modeled a face shield, one of the personal protection items available to workers to help protect themselves and others.

Marty in Face Shield



Oct 15th - Visit with Elden Wright

Lion Elden Wright lives in the Maple Grove center, part of the Ashby Ponds assisted living facility in Ashburn, VA. Club members visited Elden, virtually by zoom, on two occasions in October.

**Happy Birthday
Elden !!!!**



PCC Bill knew Elden's 89th Birthday was on Oct 16.

We visited on Oct 15 - the day prior to his 89th birthday, as no appointments were available on the birth date. Elden was very interested in Lions Club activities.

Lion Woody Woodard joined us on the Oct 15th call, and updated Elden on the VA Lions Eye Institute Foundation (in which Elden has played a major role for many years). We all wished Elden a very happy 89th birthday!



(Above) Call gallery
(Left) Birthday Boy

October 27th - Board Meeting

Board actions:

- Approved Fruit Sale Committee's recommendation to GO with the November fruit sale.
- Eyeglasses for the Needy Committee reported receiving three new requests validated by the County for eyeglasses provided by our club.
- Lion Jim Davis reported the annual audit of the club treasury accounts found no problems (that's always good news!).
- A new date has been penciled in - April 17, 2021 - for Charter Night; we fully recognize health conditions may force another postponement.
- Consideration of an alternative to the traditional Holiday Party is ongoing; stay tuned.
- To assure accuracy of member address data across club accounts, it was agreed the Membership committee will provide new member applications to: the Secretary, Directory editor, email list-server manager, Corresponding Secretary, and Treasurer. When individual Lions later change their address data, they should report that to the Secretary who will assure it gets to other holders of member address information.

November (Busy Month!) Events:

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

Nov 4 - Inter-Service Club Council Zoom Mtg

~~Nov 5 - Lions Lunch Bunch (Wegmans)~~ **canceled**

Nov 11 - Veterans Day

Nov 15 - Fruit Sale Site Set-up

Nov 17 - Club Zoom Meeting

Nov 18 - Unload Fruit (6PM)

Nov 19-21 - Fruit Sale

Nov 22 - Prep for Dec Fruit Sale

Nov 23 - Deliver Unsold Fruit to Charities

Nov 24 - Board meeting (Zoom)

Nov 26 - Thanksgiving Day

Nov 27 - Black Friday

Nov 30 - Cyber Monday

Upcoming

Dec 1 - Club Zoom Meeting

Dec 15 - Club Zoom Meeting

Dec 17-19 - Fruit Sale

Fairfax Inter-Service Club Council (ISCC)

ISCC met Oct 7th. New officers were installed:

President: Al Leightley, Shepherd Center Fairfax
Burke, and Knights of Columbus

VP: Suzanne Grimsley, Woman's Club of Fairfax

Secretary: Cathy Ann Kelleher, Soroptimist
International of Fairfax County

Treasurer: Connie Lauther, Salvation Army Women's
Auxiliary

The ISCC agreed to assess its operations through a survey of ISCC members (similar to the FHLC survey in September).

Past President Larry Larson will deliver certificates to Volunteers of the Year named by the member clubs. (Lion Marty is our VoY.)

Lions Information

American Legion Redevelopment Project

Reported by "Fairfax City Citizens for Smarter Growth"

The Legion met with city staff in late September. The proposed project does not comply with the city's recently passed affordable dwelling unit (ADU) ordinance. The project includes 76 rental units of

affordable housing and 66 units of for-sale two-over-two units, none of which are planned to be sold as “affordable units.” ADU requires affordable units in a project be “comparable” to market rate units. The proposal does not meet those requirements. Issues remain over street alignment, height, proximity to Mount Vineyard, and traffic analysis. And, plans are being revised for the baseball field. Legion hopes to submit revised plans to the council by the end of the year.

Health & Well Being of Club Members

“The Eyes Have It! 8 Things Your Eyes Can Reveal About Your Overall Health”

By Sheryl Kraft

(Published in Parade Magazine, Oct 11, 2020)

“The eyes are the only organ in the body where we can see your blood vessels, retina and optic nerve, which is a part of the central nervous system,” says Aleksandra Rachitskaya, M.D., vitreoretinal specialist and assistant professor of ophthalmology at Cleveland Clinic’s Cole Eye Institute. “That’s why the eyes provide a lot of valuable information about your health.” In addition to symptoms of the more

traditional eye ailments—cataracts, glaucoma, age-related macular degeneration—here are some eye health warning signs on your eye doctor’s radar.

Cognitive Impairment

Healthy blood flow to the brain is important for its function, and diseases of the circulatory or vascular system can contribute to cognitive impairment. In a study published in the journal *Neurology*, researchers found that since the brain and eye’s blood vessels share similar qualities, unhealthy retinal blood vessels could translate into the same for the brain’s blood vessels and might be an early predictor of greater cognitive decline over time.

Diabetes

It’s called “the silent killer” because early symptoms, which impair the body’s ability to regulate blood sugar, can go undiagnosed. In fact, one in four people who have it don’t know it. “I’ve diagnosed patients with diabetes simply by examining their eyes,” says Rachitskaya. Diabetes can cause fluctuations in vision, bleeding or swelling of the retina and lead to the complication of diabetic retinopathy. Early diagnosis of diabetes may prevent this condition and help preserve sight.

High Cholesterol

A white, gray or bluish ring around the front part of the eye, the cornea (which is usually clear), is common as you age and not problematic. But when it forms in childhood or early adulthood, it can signal elevated cholesterol, a condition that causes the buildup of plaque in blood vessels and increases the risk of heart attack, stroke and other health problems. Soft, flat growths around the eyelids also can signal be a sign of high cholesterol, which may raise your risk for glaucoma.

High Blood Pressure

Hypertension often has no obvious symptoms, and you could have it for years without knowing it. But an eye exam might detect a sign: bleeding blood vessels in the back of the eye, or vessels that are unusually twisted or curved. “Patients might not realize there are hypertensive changes, which is why a dilated eye exam can be so valuable,” says Rachitskaya. Untreated, high blood pressure increases the risk of heart attack and stroke and could contribute to the development of glaucoma or macular degeneration.

Thyroid Disease

Hyperthyroidism, or an overactive thyroid, can speed up your metabolism and cause an irregular or

rapid heartbeat. Another sign may be bulging eyes, frequently caused by Graves' disease, an autoimmune disorder in which your thyroid produces more hormone than your body needs. Thyroid disease also may cause red, dry or watery eyes.

Stroke

Sudden numbness, confusion and severe headache are some signs of stroke, which affects up to 800,000 Americans each year. But some symptoms strike without warning. Temporary vision changes or persistent vision loss can be a sign of an oncoming stroke or one that's already occurred, says Rachitskaya. Those changes—like the loss of central vision—are usually sudden and painless. “But the patient should be evaluated promptly by an ophthalmologist or in the emergency room, since it could indicate an increased risk of a cerebral stroke,” she says. Usually, the vision loss is permanent, but with timely assessment “we can prevent a life-threatening situation.”

Vitamin A Deficiency

This vitamin, found in many fruits, veggies and animal products, produces pigments in the retina and is important for good eyesight, especially in low light. Dry eyes, which can cause redness, stinging, light sensitivity and night blindness, can be a sign of

insufficient vitamin A, the top cause of preventable childhood blindness in the world.

Lyme Disease

You might not remember being bitten by a tick and be surprised when you learn, through an eye exam, you have this tick-borne disease. In its early stages, there may be an increase of floaters, or conjunctivitis or pink-eye, a condition that causes redness and a discharge of pus. (While typically highly contagious, conjunctivitis caused by Lyme is not.) Though uncommon, Lyme disease in its later stages also can affect the eye's optic nerve and result in vision loss.

Link to article:

<https://parade.com/1100043/sherylkraft/eye-health-warning-signs/>

Are You Scam Proof?

Courtesy of Pentagon Federal Credit Union

Email scams are the number one attack method used by cyber-criminals. This is their favorite tactic to get information about or into your account.

The top four things you can do to stop them:

1. Don't open email attachments or click on links or pop-ups if you are not sure they are safe.
2. Never share your user ID or password with anyone. (You can write it down, but remember where you put the paper.)
3. Never allow anyone to remotely control your computer.
4. Trust, but verify – receive an unexpected email with attachments or links from someone you **think** you know? If it looks at all suspicious, why not give them a quick call to confirm they sent the email? It could mean the difference between being cyber-safe and becoming a cyber-victim!

Remember Ten Years Ago?

A club member brought a guest to a club meeting. That guest was inducted in our Club on Nov 2, 2010, and would rise to the top elected Club position. Fully retired now, his professional life began as an exploration geologist searching for metallic minerals in the western US. Then he worked in a large, open-pit copper mine, and operated out of Tucson. Of course, we are talking about our resident geologist and Club President, Mike. KL Mike and Kate have 3

children & 5 grandchildren, and enjoy gardening, hiking, and traveling (in better times).

Enjoy the 10-year old newsletter report on Mike's induction, at: <https://www.fairfaxlions.org/wp-content/uploads/2011/02/Fairfax-Lions-Newsletter-12.10.pdf>

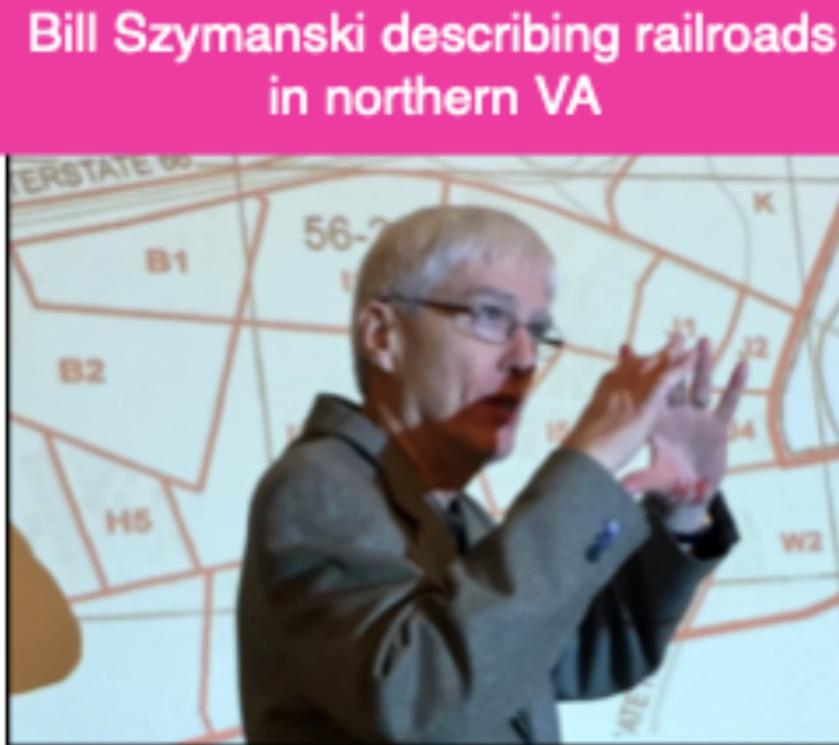


Kate “pins” Mike
a Lion; 10-2-2010

(Credit former Lion Sandy for Dec 2010 newsletter.)

And, One Year Ago?

Lion Bill Szymanski, was a guest at our club on Nov 5, 2019; he spoke to us about the development of railroads across Northern VA.

A photograph of Bill Szymanski, a man with glasses and a grey suit, pointing at a large map projected on a screen. The map shows various railroads and areas in northern Virginia, with labels like B1, B2, H5, W2, and 56-2. The text above the map reads "reserved or incorporated as scenic or historic ar".

**Bill Szymanski describing railroads
in northern VA**

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.

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Fairfax Lions Club



We Serve

Since 1951