

# Fairfax Lions Club News

## December 2020

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



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

### Thanksgiving Meals for 25 Families

Five Fairfax Lions delivered 50 food bags, providing a happy Thanksgiving for 25 local families.

Main Street Child Development Center identified the families. "Main Street" serves 150 young children (from 75 low-income families) providing critical early learning to prepare the children for success in kindergarten, AND help parents maintain employment. Click on [Main Street](#) for more info.

Greg DeRosa ordered 19 food items and a \$25 gift card for each family. Five Lions used the "Rumberg Assembly Line" to fill 50 bags. Two vans delivered all to Main Street. Many thanks to Lions Greg DeR, Pete C, Phil M, Mike R, and KL Mike G. It took 2 hours to complete the assembly/delivery and a little more time for Greg to order/pickup the food. What a wonderful service!



Greg, Pete, KL Mike, Phil on Rumberg Assembly Line

Loaded Van



Phil, Greg, KL Mike Deliver Bags





Pete, Greg, KL Mike, Phil, IPP Mike  
Present 50 bags to Main Street Director

## Charity Fund Raising

DELIVERING SERVICE  
DEPENDS ON CHARITY  
FUNDS WE RAISE

Our service depends upon our Club raising funds!

## November Fruit Sale

This sale saw some “firsts,” and - hopefully - some “lasts.” We began with a detailed, covid-safe plan - created by “Citrus 6,” using new processes and equipment.

### The firsts:

- Quickest-ever fruit-unload, thanks to lots of folks helping (Lion Scott brought many family helpers)
- Internet based work sign-up process (Thanks to Lion James F)
- Fully digitized, wi-fi enabled sales process (Thanks to Lion Mike S, Deb M, others)
- Web-based Pre-orders/pre-payments (Mike again)
- Contact-free operations (no “rolling,” customers stay in cars, no hand shaking, no cash changing hands, no samples, etc)
- Offered only full or half-boxes of fruit
- Sold out Mandarins in 2 hours; sold all on Friday

### The lasts (hopefully):

- Crush of customers in first few hours of sale
- Worst traffic tie-up ever in Home Depot lot
- Over-sold available grapefruit

Overall, we had decent weather everyday. Our resourceful sales teams bounced back from the crush of customers, fixed traffic flow, and executed the plan safely. Profit was in line with expectations

(that is good news). We do not to put too much financial info in this newsletter, as it is available to the public. You will hear more at meetings; and if you wish to know more, talk to a Fruit Sale Committee member.

We have many lessons-learned; too many to enumerate here, all compiled in a detailed report to digest & adjust in December.

Bottom line: A successful sale. Standby for a more complete report!

Photos follow...

## Signs Up, Nov 6



Joe and Marty put up sales site sign in early Nov

## Site Setup, Nov 15



Scott and NEW  
pick-up move stuff  
to sales site



Joe, Mike, Mike prepare tent for use



Stringing Trailer  
interior lights



Set-up Complete!  
Joe, Mike, KL Mike, "Citrus 6" Marty, Scott



IPP Mike uses in-person opportunity to give “Vol of Year” certificate to Marty (Official presentation was at Nov 3 mtg)

## Unload



Jim, Scott's family mbrs move fruit from delivery van to Phil in Sales Van



Justin & Phil move fruit!

## Sell!



Early rush of cars  
-  
New Traffic Flow  
helped

Ken is swamped with sales tickets in early morning rush



Jim takes order on Square terminal



Harry, Jim load cars



Final shift - Friday

Sorry you missed us. We are  
**SOLD OUT**

Next sale is:  
**Dec. 17-19, 2020**

*Thanks for supporting Fairfax Lions Club  
and for using Craig Van Lines*

## December 17-19 Fruit Sale

Stay tuned for info on next sale!

### Special AWARD

At the November District 24L Fall Conference, a special award was presented to a Fairfax Lion. The award: "Council of Governors Medal," for sustained excellence, was presented by PDG Scott McMurray, who presented a few such awards. For highly successful, long term continued leadership, and hard work to make the District Peace Poser Contests and Bland Contests happen, the award was presented to Lion Jeff Root. Be sure to give Jeff a pat on the back for this well-deserved honor. Way to go Jeff!!!



Lion Jeff with award  
(shown by Jeff Nov 17 Club meeting)

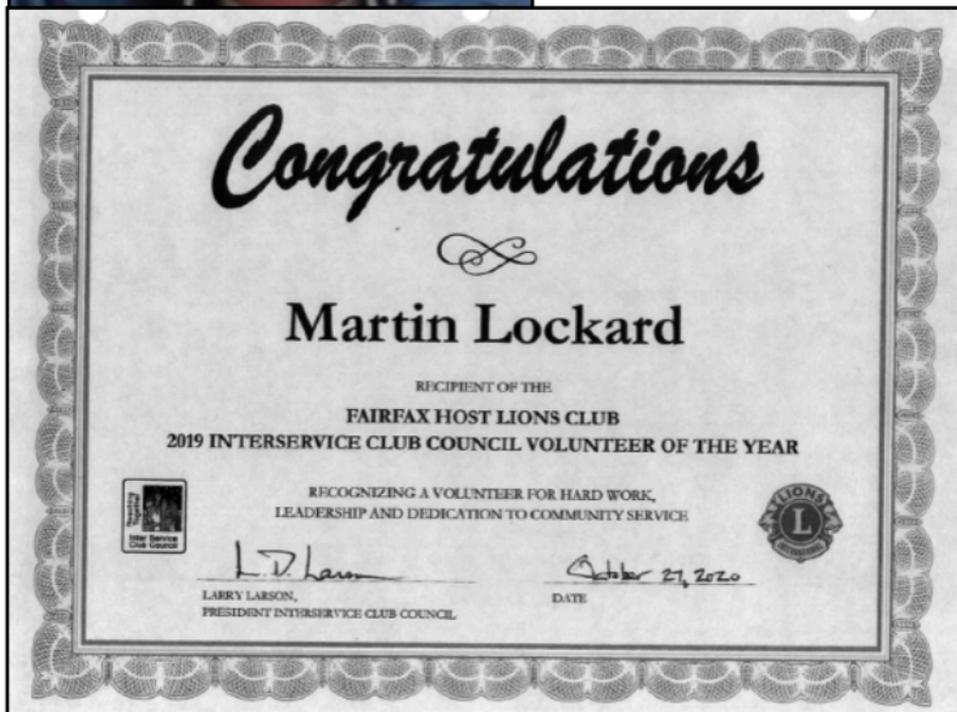
## Club Meetings

### November 3rd - Zoom Meeting



Al Leightley  
President, ISCC

The President of the Fairfax Inter-Service Club Council led the presentation of the ISCC Volunteer of the Year



award to Lion Marty. The well-deserve award was

presented by IPP Mike R; it included the above certificate and letter from the City Mayor. Marty was physically given the during fruit sale site setup (photo page 8).

The meeting program was a discussion of Club service projects listed in our promotional brochure.

Club members are encouraged to engage in any of these programs, and/or introduce a new service to the club!

- Vision and hearing screening
- Eye examinations and glasses for needy citizens of the community
- The "Bland" music competition for school-age students (K-12)
- Eye glass and hearing aid collection and recycling
- Peace poster contest for middle school students
- Hearing examinations and aids
- Food baskets to the needy at Thanksgiving, Christmas, Easter, and during the summer
- Health and welfare assistance
- Blood drives
- Hearing dogs for hearing impaired.
- Leader dogs for sight impaired
- Sponsorship for youth baseball teams
- Support for scouting and other youth programs
- Sponsorship of a cabin at the Lions Youth Camp
- Diabetes awareness programs and Health Screenings
- Youth drug awareness programs
- Monthly bingo at Fairfax nursing home

## November 17th - Zoom Meeting

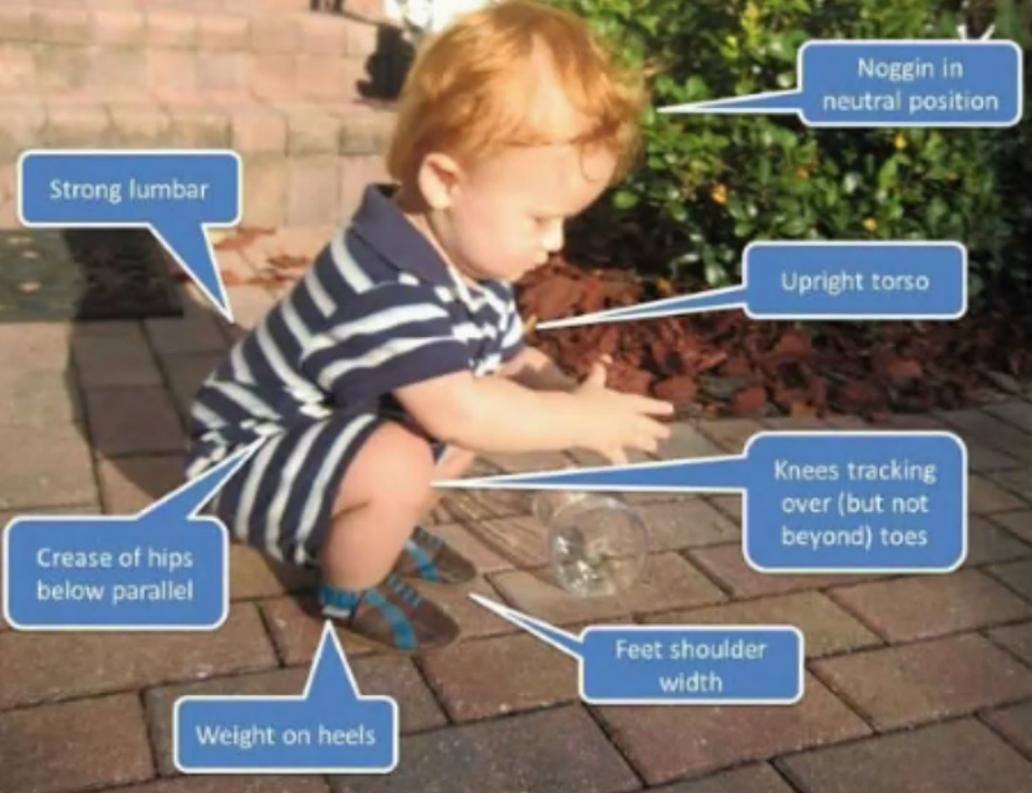
Our guest speaker was Barbara Benson, an Exercise Scientist at [Body Dynamics, Inc.](#)



Barbara spoke about the risks to senior folks of falling, what to do if you fall, and left us with the thought that: FALLING and FEAR OF FALLING AS WE AGE SHOULD NOT BE ACCEPTED AS NORMAL - THE CAUSES CAN BE ADDRESSED.

From [Barbara Benson](#) to [Everyone](#):  
[bbenson@bodydynamicsinc.com](mailto:bbenson@bodydynamicsinc.com)

We tried standing on one leg for 30-seconds - testing our ability to balance. We need to practice that, regularly. Decrease the risk of falls by a multi-factor approach: do physical activity + education yourself + modify your environment + review your meds + and continuously assess your risks.



The ideal crouch comes naturally to youngsters.

## November 24th - Board Meeting

Board actions:

- Approved charity funds expenditure for holiday food baskets for needy families.
- PCC Bill said the new NoVA Eyeglass Recycling Clinic is scheduled to open on Jan 11, 2021.
- Learned NoVA Lions Youth Camp is critically short on funds; approved expending now one-half of the

Club's annual budgeted donation to the youth camp.

- The Board complimented Citrus 6 Marty, and the fruit sale committee, for the November sale success.
- Approved "Holiday Cupcakes" for club members
- Board voted to cancel the December Board meeting.

## December Events:

Dec 1 - Club Zoom Meeting

Dec 2 - Inter-Service Club Council Zoom Mtg

~~Dec 3 - Lions Lunch Bunch (Wegmans)~~ **canceled**

Dec 15 - Club Zoom Meeting

Dec 16 - Unload Fruit (6PM)

Dec 17-19 - Fruit Sale

Dec 20 - Deliver Unsold Fruit to Charities

Dec TBD Holiday Food Basket Delivery

Dec TBD Club Members Cupcake Pickup

Dec 22 - No Board meeting

Dec 25 - Christmas Day

Dec 31 - Happy New Years Eve

## Upcoming

Jan 5 - Club Zoom Meeting

Dec 2020

Jan 19 - Club Zoom Meeting

Jan 26 - Board Meeting

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

Nothing to report.

### **Lions Information**

#### **Membership Ideas**

PCC Bill Bartlett recently shared 100 Membership ideas (from Rotary Clubs). Many apply to Lions Clubs. Let's share a few each month - see if they make sense, and think about using them in your daily walk.

- Pass out M&Ms to remind members that “Membership Matters” (maybe at Dec Fruit sale?)
- Invite spouses to Lions social functions (spouses can pass the word in their networks)
- Ask club members to put Lions ads on vehicles/in company news/etc; and wear membership pin!
- Be proud of our service, pass the word!

#### **Fairfax HighSchool Lions**

Recall, some months ago, Fairfax High School instituted new school mascot and sports team name

- the Fairfax Lions. We met a FX High School parent at our Nov fruit sale - she was wearing a FX Lions logo sweatshirt; we gave her a FX Lions face mask - she was pleased; hopefully she will tell others about us!



A couple of photos taken when driving past FX High recently:





## Health & Well Being of Club Members

Did you know, dogs can smell cancer in humans? Yes, our four-footed friends can sniff out: drugs, many types of cancer, and even covid19!!!  
Read an article at: [dogs smell cancer](#)

## Using Maple Syrup in Cooking

*Thanks to Jim Kaplan*

You may ask - other than on pancakes & waffles - how else can we use maple syrup?

### **Recipe - Maple Pan-Roasted Baby Carrots!!!**

For this recipe, baby carrots are ideal, but you can also use mature carrots if you cut them down to size (see tip below). Do not use bagged "baby cut" carrots.



Start cooking the carrots on the stovetop and then move them to the hot oven to roast. The direct heat of the stovetop jump-starts the caramelizing of the carrots.

### Ingredients

- 1 lb. carrots with their tops on, preferably baby carrots, peeled and stems trimmed to about 1/2 inch
- 1 Tbs. extra-virgin olive oil
- 1 Tbs. pure maple syrup
- 1/2 tsp. kosher or sea salt; more as needed

- 1/4 tsp. freshly ground black pepper; more as needed

### Preparation

- Position a rack in the middle of the oven and heat the oven to 400°F.
- In a large (12-inch) ovenproof skillet or sauté pan, heat the oil over high heat (the oil shouldn't smoke but should crackle when you add the carrots). Add the carrots and cook, stirring frequently, until they blister and turn golden brown in spots, 1 to 2 minutes. Add the maple syrup, salt, and pepper and toss well to coat the carrots. Remove from the heat.
- Spread the carrots evenly in the skillet and transfer it to the hot oven. Roast until the carrots are tender, browned in spots, and just a little shriveled, 12 to 15 minutes.
- Season to taste with salt and pepper before serving.

Tip - To cut a large carrot into 6 baby-carrot-size pieces, slice the carrot in half crosswise; then halve the narrower bottom end and quarter the wider stem end.

**Remember....Four Years Ago - Nov 2016?**

(Next page)

## **President(!) Pete Conklin**

November brought the results of two elections. One you know all about from the national news. This newsletter reports the other election's result: Lion Pete was installed, on November 2, 2016, as President of the InterService Club Council of the City of Fairfax (known as ISCC). Installation was held in the board room of ServiceSource (501(c)(3) serving individuals with disabilities, which has spoken to our Club <https://www.servicesource.org/> )



**New ISCC officers:** Pres - Pete Conklin; Sec - Connie Lauther; Treas - Cathy Kelleher; VP - Art Jones

## And, One Year Ago?

"Dancing in the Dark," was a Foundation Fighting Blindness gala to honor Peter Alexander of NBC News for his work supporting FFB. Fairfax Lion Mike and Marisela were seen dancing in the dark....



## A Couple More Fruit Sale Photos...

(L) Joe Delivering  
(Below) Mike S  
& pre-sale order



(L) PCC Bill  
(Ctr) Pete  
(R) Steve





Top - Two sales points  
Bottom - the Line-up



## 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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KINDNESS**

**Fairfax Lions Club**



**We Serve**

**Since 1951**