

Fairfax Lions Club News

January 2021- Happy New Year!

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



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

A New Year's Message From Our King Lion

Dear Fellow Lions,

I know you are as proud as I am to be a member of the Fairfax Host Lions Club and for all it stands for.

Although the first half of this fiscal year has presented significant challenges for us, we have stayed together and persevered. Having already been hit hard by the Covid-19 virus before July rolled in, we went right to work and by early October we were very happy to have four new Lions: Justin H., Jim McK., Jim R., and Bill S. Also during this period, our Membership Committee presented a new membership plan to be evaluated and implemented.

Even though the pandemic has hindered our ability to meet and have dinner together, we have still had lively, interesting meetings via Zoom. Our fund-

raising events, service activities, and social events have also been severely curtailed. But we have pressed on. In November, we assembled a group of hardworking, dedicated Lions to run one of the most successful fruit sales I have ever seen. Our member turnout and the two-day profits were truly remarkable. In addition, the team of Lions who participated in the November and December Food Basket service program did an outstanding job. We received numerous heartfelt notes of thanks from grateful families. And through some out-of-the-box thinking we turned a restricted annual picnic and a cancelled annual holiday party into fun events respectively with delicious BBQ of your choice and a variety of scrumptious cupcakes.

All in all, I am very happy with what we have managed to do, and I hope you are too. We have had our challenges but we have been up to them. Starting with 1st Vice President, Suleiman A. and 2nd Vice President Jim K., I am very thankful for their leadership and the leadership and support given to me by the Board of Directors. It is a great team to be associated with. And that is not to minimize the enormous help and participation given by individual members who have stepped up to perform other necessary duties.

Thank you all! With the arrival of new vaccines, there is promise of better days ahead and we will take advantage of every opportunity to ensure the community knows who we are. It's greeeeaat to be a Lion!

Happy New Year . . . KL Mike G.

Holiday Meals for 25 Families

On December 21, five Fairfax Lions delivered 50 bags of food helping assure 25 deserving local families had a nourishing holiday meal.

Lion Greg ordered, picked up, and delivered - to the "Rumberg assembly line" - the food items and \$25 gift cards for each family. We assembled the bags and delivered them to Main Street Child Development Center. (We also set a new speed record for completing this modest service project: except for Lion Greg's work in purchasing the food, we completed assembly & delivery in a little over 1.5 hours.) Many thanks to Lions Greg, Harry Pontius, KL Mike, IPP Mike, and Gordon. Most importantly, 25 local families in need of basic food received a helping hand from our club. WE SERVE!

Photos follow....



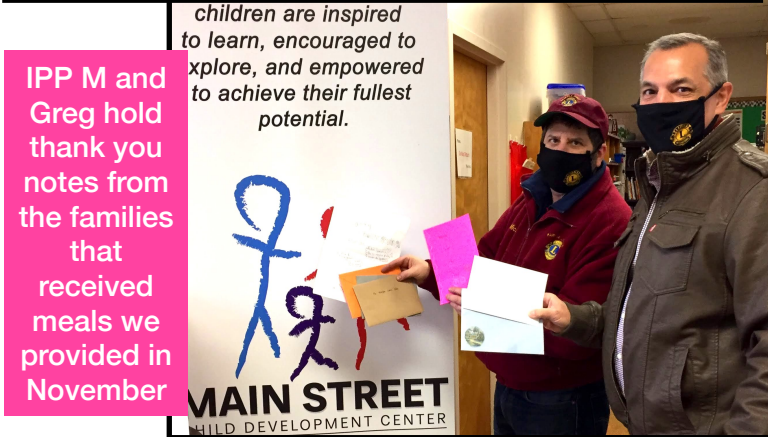
"Rumberg Assembly Line"



Greg (L), KL Mike & Gordon fill bags



KL M, Greg, Harry move bags into Main Street



From Jim Kaplan: We received this nice note (after the November food baskets) through our Facebook messages.

"Hello,

I have children that attend Mainstreet Child Development Center in Fairfax City.

I would just like to say thank you for all of the support you have given over the Holidays.

God Bless

Betty Jane Hull"

Charity Fund Raising

**DELIVERING SERVICE
DEPENDS ON CHARITY
FUNDS WE RAISE**

Our service depends upon our Club raising funds!

December 17-19 Fruit Sale

You know what happened...due to the post-Thanksgiving COVID-19 spike, Fairfax Lions Club canceled the Dec 17-19 sale. Pre-payments were refunded, and the sales site was closed down.

It turned out, the weather on the planned sales days in Dec was not good. So in cancelling, we not only avoided the covid risk, but it was also our good fortune to miss holding the sale in bad weather!



Lions of VA Foundation Raffle


Remember those grants last June - matching club's charity donations to Food for Others? Those grants came from Lions of VA Foundation (LOVF). It is a wonderful program that stands ready to help in every crises. Read about LOVF at: <http://lovf.org/LOVFHistory06302015.pdf>

Each year Lions raise money for LOVF with raffle tickets; money raised goes to charity grants, some is returned to lottery ticket winners, and some is retained by Lions Clubs, so it's a win-win-win!

Lion Ron Z is orchestrating this year's ticket sales for our Club; each ticket book has 30 tickets (\$1

each), and the book sells for \$30; buyers have 30 chances to win cash prizes (up to \$10,000).

Email Ron (rcz.mbrs@icloud.com) - tell him how many books you want. He will snail-mail the books to you. You snail-mail Ron a check (payable to Fairfax Lions Club) for \$30.00 per book AND the filled-out ticket stubs for the drawing. (Your check qualifies as a charitable donation tax deduction.)

No 073781 K	Name _____	Lions of Virginia Foundation, Inc.		No 073781 K
	Address _____	Annual Raffle		
	City _____ State _____ Zip _____	1st - \$10,000 Cash		
	Phone _____	2nd - \$500 Cash		
	Seller of winning ticket receives \$100.00 if signed	3rd - \$500 Cash		
Club _____				
Lion _____	DRAWING AT LIONS OF VIRGINIA STATE CONVENTION, SUNDAY, APRIL 25, 2021 Winner Need Not Be Present To Win			
ROAR FOR LOVE SAKE 🐾 DONATION: \$1.00				
Lions, Lionesses and Leo Clubs not eligible. Lions, Lionesses and Leo Members are eligible.				

Get your ticket book from Ron !

Club Meetings

December 1st - Zoom Meeting

We had several guests: DG Glen Logan; Mason Neck Lions Club members James and Sharon Fussell; and visitor Doug Nelms. Doug thanked our club for delivering his oranges from the Nov sale to his home; he had purchased them online, but was unable to make it to the sale site.



PCC Bill presented two Melvin Jones Fellow awards, both were Progressive (meaning not the 1st MJ award). The awardees: IPP(x2) Mike R, and PP Marty Lockard.

MJ Fellow
Progressive Pin



PCC Bill presents MJ
Progressive Awards

Congratulations to
both of these great Lions!

Our guest speaker was Stacey Kincaid, the first woman to be elected Fairfax County Sheriff. She told our club: “We have in common the words - We Serve.” About her approach to the job, Sheriff

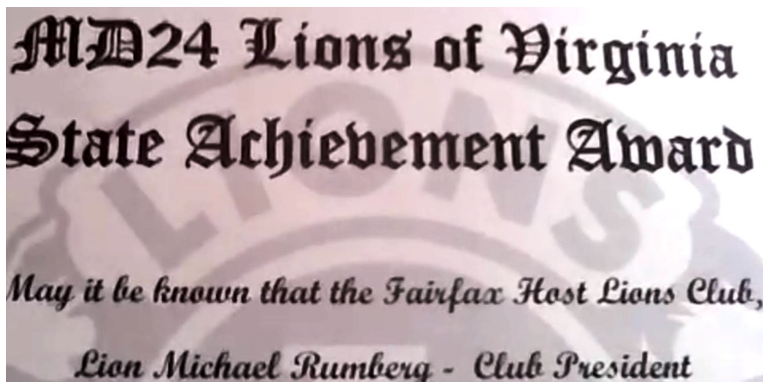


Kincaid said: “I have learned to provide opportunities for people to do better.” She continues to improve on meeting her goals of

decreasing both jail bookings, and days in jail.

Sheriff Kincaid has focused on a culture of respect and dignity in the detention system.

DG Glen Logan presented the State Achievement Award (screen shot of certificate, below) for Lions Year 2019-2020, to our IPP Mike R.



December 12th - Cupcake Day

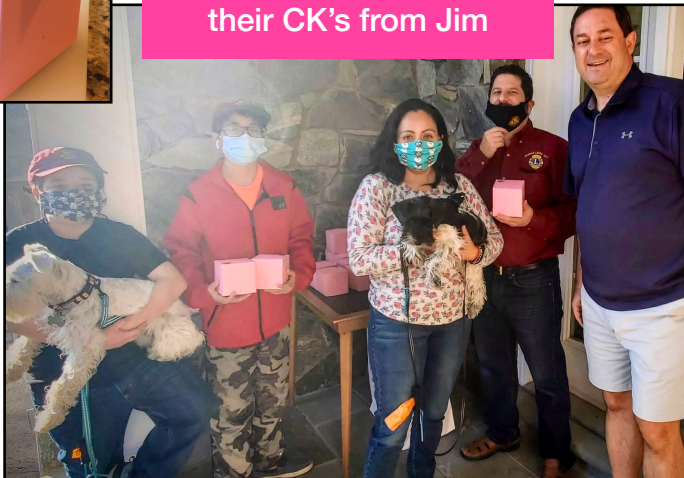
Thanks to VP Jim K, many of us enjoyed holiday cupcakes from Pastry Expo - and they are really GOOD cupcakes! <https://www.pastryxpo.com/category/patisserie/cupcakes/>

Jim took the cupcake orders and made the purchases, and we picked up our cupcakes from his front porch.



Each CK in its own pink box

Rumberg Family Picks Up
their CK's from Jim



December 15th - Zoom Meeting

We learned that the Army has begun putting vaccines in arms, at Fort Hood TX - where Lion Marty's daughter works in health care as a music therapist.

Lion Jeff showed the winning art work of our District 24L Peace Poster Contest.

1st Place



The theme for this year's posters was "Peace Thru Service."



2nd Place



Honorable Mention

Jeff asked club members to consider working with him to broaden our approach, and interest more Middle Schools in participating in next year's contest. Talk to Jeff.

IPP Mike R had assembled three gift bags, for auction at this meeting - All proceeds to charity. The winning bids were from: Lions Doug B, Gordon, Gene, and Suleiman. KL Mike drove to bidder's homes to deliver the bags (and collect a check).

We enjoyed a holiday season trivia game, thanks to Tail Twister Doug.

KL Mike closed with a few words of inspiration for club members: "Remain steadfast in our club mission of service, and please do not hesitate to bring up ideas for new service projects, fund raisers, or meeting speakers"

No December Board Meeting

January Events:

Jan 1 - Happy 2021 !!!

Jan 5 - Club Zoom Meeting

Jan 6 - Inter-Service Club Council Zoom Mtg

~~Jan 7 - Lions Lunch Bunch (Wegmans)~~**canceled**

Jan 19 - Club Zoom Meeting

Jan 26 - Board meeting

Upcoming

Feb 2 - Club Zoom Meeting

Feb 16 - Club Zoom Meeting

Feb 23 - Board Meeting

Fairfax Inter-Service Club Council (ISCC)

Nothing to report.

Lions Information

Two Former Lions - Next Door Neighbors

James Edward Dellinger, Jr

MARCH 5, 1930 – DECEMBER 2, 2020

On December 2, 2020 James "Jim" Dellinger, age 90, of Fairfax City passed away peacefully with his family by his side.

Jim is survived by his wife, Catherine of 70 years; his 4 children, Debbie Caspari, Jim Dellinger III, Robin Dellinger, and Denise Stalnaker; his 6 grandchildren; and 5 great grandchildren.



He was a barber, a teacher and retired as a Principal from FCPS after 27 years. Jim was very active in his church, the Lions Club, and participated in numerous other volunteer activities. He loved his music and played a variety of musical instruments. Jim was a wonderful, caring, kind, gentle man who will be greatly missed by all who knew him.

He's in the sun, the wind, the rain, he's in the air you breathe with every breath you take. He sings a song of hope and cheer, there's no more pain, no



more fear. You'll see him in the clouds above, hear him whisper words of love, you'll be together before long, until then listen for his song.

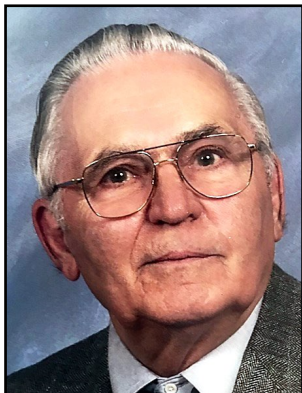
A memory on Jim's memorial page:

“Mr. Dellinger was my 6th-grade teacher, the first male teacher I ever had, and I can honestly say that, other than my Dad, was the most profoundly influential man in my life. All of his students loved him because it was obvious he loved teaching and cared about every kid in that class. I last saw him in 2003 as I was showing my wife where I grew up, and he remembered me on sight! He and Mrs. D sat with us for an hour or so. What great memories of a great man! Rest In Peace, Mr. Dellinger...”

Benjamin Franklin Wiles, Jr

AUGUST 8, 1930 – SEPTEMBER 23, 2019

Benjamin "Ben" Wiles, Jr., 89, of Fairfax VA died peacefully on Monday, September 23, 2019. He had



a thirst for Biblical knowledge and a passion for the homeless. Ben was often seen driving his Ford truck to pick up food for them. He was loved by many and will be remembered for his service to Jesus Christ, love of family, writing and reading his Holy Spirit inspired poems, an inquisitive mind, sense of humor and quick wit.

After leaving high school, Ben proudly served in the U.S. Navy. After his honorable discharge from the Navy, he drove a tractor trailer, then served as a Union electrician. In retirement, Ben enjoyed volunteering for his Church, teaching Bible studies at nursing homes, being a member of the Fairfax City Senior Men's group, the Lion's Club and of the Fairfax City American Legion.

Ben was an active member of Columbia Baptist Church in Falls Church, VA for 50 plus years where he served in various ways and ministries. He was a

Deacon, Sunday school teacher, bus driver, volunteer electrician, and often visited the daycare center where he would read books to the four-year-olds' class that his wife taught.

Ben was born August 8, 1930 in Oklahoma. He is survived by two daughters, Karen Hastings and her husband, Todd of Vienna, VA and Lori Daniels and her husband, John of Manassas, VA.



Ben is predeceased by his loving wife, Marion Wood Wiles; his father, Benjamin Wiles Sr.; his mother Rosa Wiles; three brothers; James Wiles, David Wiles, Bobby Wiles; three sisters Nola "Janice" Nartker, Edith Pederson and Bonita Nelson.

Ben published two volumes of Poems of Praise: Simple Thoughts and Prayers in Rhyming Phrases to Help You On Your Walk.

He was a member of Fairfax Lions Club, 2001-2015. At age 85, Ben resigned his membership for age & health reasons. Ben was always a quiet, talented and kind man, and a faithful

Lion. He was active in Lions eyeglass recycling and food basket distribution. He shared his poetry with the Lions on a number of occasions. One example:

USEFUL AGAIN

On a shelf and gathering dust
Maybe even beginning to rust
The owner had upgraded
to another pair
That is what they were doing there
Its usefulness seemed to be ended
Till turned over to the Lions Club
as recommended
Washed, dried and processed
After they had passed the test
After they had been bagged
After they were tagged
They were sent to one of
the many places

Where oftentimes you see hope has faded
in the faces
Because people are willing to share
Because the Lions Club does care
Someone who couldn't afford glasses
can see clearly again
The effect is definitely win-win
Someone sees life in a new
and better way
Allow me a little pride if I may
To be part of the process is a privilege
I have been granted
Hopefully a seed of sharing and
caring has been planted
Lion Ben F. Wiles, 9/16/2009



Ben Wiles Receives
Melvin Jones Fellow Award

More Membership Ideas

Last month you saw a few Membership ideas from Rotary Clubs. Here are four more...use any that fit your persona - and bring a guest to our club.

- Practice selling your club—have a one minute elevator speech ready (and a business card)
- Contact members who have resigned in the past 3 years - invite them back
- In any setting, members can constantly promote and rave about our club
- Bring co-workers to a club meeting

Health & Well Being of Club Members

“About 10.5 hours of daily sedentariness increases risk of ill health and early death”

By Linda Searing, Dec 14 Washington Post

People who are sedentary for as much as 10.5 hours a day - while stuck at home during a pandemic, for instance - are at greater risk of ill health and earlier-than-normal death than people who are more active. But research has found that 30 to 40 minutes a day of moderate-to-vigorous intensity activity can lower that risk to levels associated with people who are more active. The research was published in a special issue of the British Journal of Sports Medicine, which focused on the World Health Organization's new guidelines on physical activity and sedentary behavior. The WHO guidelines stress that all physical activity counts - gardening, doing household chores, taking stairs rather than an elevator, as well as walking, running, biking and the like - and emphasize that doing some activity is better than none. Ideally, however, the guidelines recommend that adults get 150 to 300 minutes a week of moderate-intensity activity, or 75 to 150 minutes a week of vigorous-intensity aerobic activity (or some combination) for the strongest health benefits. For children and adolescents, the

guidelines recommend they do 60 minutes a day of moderate-to-vigorous physical activity. Moderate intensity means an activity strenuous enough to burn off three to six times more energy per minute than when you are at rest (such as brisk walking or mowing the lawn). With vigorous activity (such as fast biking or tennis singles), you expend more than six times your at-rest energy. The guidelines also note the importance for all ages of regularly doing muscle-strengthening exercise, as well.

Remember....Four Years Ago - Jan 2017?

Our guest speaker in January 2017, was Lion spouse Marisela Rumberg. She is quilting artist and certified Zentangle teacher. We learned how she uses a story from history in each quilt, illustrated by the story of "The Miracle with Roses." (See photo next page)

As a certified Zentangle teacher, Marisela demonstrated how the art may help connect both sides of our brains. Marisela demonstrated the potential with Lions club members - presenting left-right hand games for Lions. (Photo next page)



"Miracle with Roses" Quilt
with (much younger) Nicholas and Lewis



Hands up Everyone!

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

