

# Fairfax Lions Club News

## February 2021

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



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

### Service

*Thanks to IPPx2 Lion Mike*

Every year the club approves a budget for Charity Outreach spending; most of that budget is disbursed in late spring/early summer after our major fundraisers. With the uncertainty caused by COVID, the Board has taken a very conservative approach this year. So far, the Board has approved disbursements for Holiday Food Baskets (in November and December) distributed through Main Street Child Development Center (<https://www.mainstreetcdc.org>), and - due to urgent need - for the Northern VA Lions Youth Camp (where we sponsor a cabin). Lion Phil M serves on the Board of Directors for the Youth Camp and welcomes any questions you may have.

COVID has impacted our charity fundraising: we canceled the 4th of July Food Sale, Fall Festival, and December fruit sale; we are uncertain we can hold the March fruit sale. This impacts the community needs we serve. The Board directed the Budget Committee to re-evaluate the budget and recommend an updated charity spend plan at the Club's Board meeting in February.

If you have any questions about the budget or you are the sponsor for a particular budget item and would like to provide feedback to the Budget Committee, please email your questions/feedback to VP Jim Kaplan or Treasurer Mike Rumberg.

## **Charity Fund Raising**

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

## **Fairfax Lions Citrus Fruit Sales**

We all recognize the fruit sales (3 per year, in normal times) are the life-blood of our charity fund raising. Our charity programs depend upon those fruit sales. Now, we are looking for a few people to step forward into key roles for future fruit sales. Lion Marty has reached the point where he can no longer continue full time as the Committee Chair. There is a functioning fruit sale committee to get the work done,



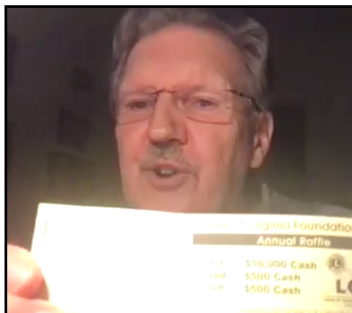
but we need a lead (or two co-leads?) to head the committee. The processes are well defined, and the committee will examine possibilities of a sale in March - but that prospect is doubtful. So, this is a great time to meet with Marty to understand the Chairman's role, and see if you are a good fit. Please email Marty if you may have any interest: [lock7-mar2@cox.net](mailto:lock7-mar2@cox.net)

## Lions of VA Foundation Raffle

*Thanks to Lion Ron*

LOVF raffle tickets - 1st Prize \$10,000; 2nd/3rd \$500 each; drawing April 25. Each book of 30 tickets is \$30 (\$1 per ticket).

To date I have distributed eight books, leaving 22 to distribute. Of the eight distributed, ticket stubs and payment for six books have been returned. We have to the end of March to fulfill the ticket book sales; it would be great to complete the sales sooner. We prefer not to return unsold books of raffle tickets, if at all possible. As I noted in my email and an announcement at recent club meeting, these **raffle**



Lion Ron with  
LOVF Tickets

**tickets can make great gifts.** We have opportunities coming up - President's Day, Valentine's Day, St. Patrick's Day, Easter, and any anniversaries, birthdays, etc. Of course a book or two of tickets can be purchased for yourself to enter for the \$10,000 grand prize - with probably better odds than the lottery. Please remember each \$30 book of tickets you buy qualifies as a \$30 tax deduction (towards the amount allowed, even if you claim a standard deduction).

Just send me an email at [rcz.mbrs@icloud.com](mailto:rcz.mbrs@icloud.com) and let me know how many books you would like and I will mail them to you. Then you can return the filled out stubs and a check for \$30.00 per book to me before April 2nd.

Remember - Lions of VA Foundation (LOVF) is a wonderful program that stands ready to serve in every crises. Read about LOVF at: <http://lovf.org/LOVFHistory06302015.pdf>

## **Club Meetings**

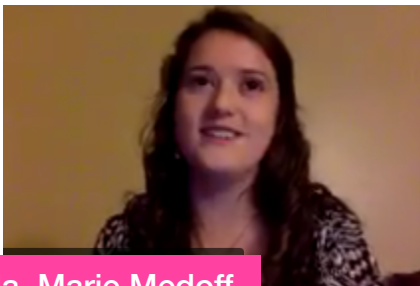
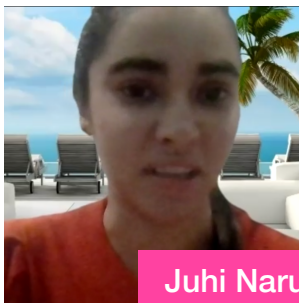
### **January 5th - Zoom Meeting**

Our speaker was Juhi Narula, a legally blind young woman who has been a patient of Lion Dr Suleiman A. Juhi operates the non-profit "Cherish Life Corporation" to assist visually impaired persons.

## ❖ Cherish Life, Corp.

- **Established:** 2013
- **501(c)(3) status:** 2016
- **Founder:** Juhi Narula
- **Website:** CherishLifeMD.org
- **Our Mission:** to support people with visual disabilities achieve their highest levels of independence and potential by providing the necessary knowledge, devices, and aids.
- **Our Vision:** We at Cherish Life aim to facilitate the increase of access and improve the attitudes and views of and toward people with visual impairments.

Marie Medoff joined Juhi in making the presentation to our club.



Juhi Narula, Marie Medoff  
Cherish Life Corp

# Six Components of Cherish Life



## VENDOR

Suppliers of assistive tools, technology and services



## INDUSTRY PARTNERS

Valuable business association within our industry

## DONORS

Benefactor of \$\$, time, tools, technology or services



**CHERISH LIFE, Corp.**  
Raising Funds  
Raising Awareness  
Raising Quality of Life



## BENEFICIARIES

Requestor/Receiver of assistive tools, technology or services

## FUNDRAISERS

Events/campaigns to raise \$\$ or other donations.



## BRANDING

Promoting CL brand and services

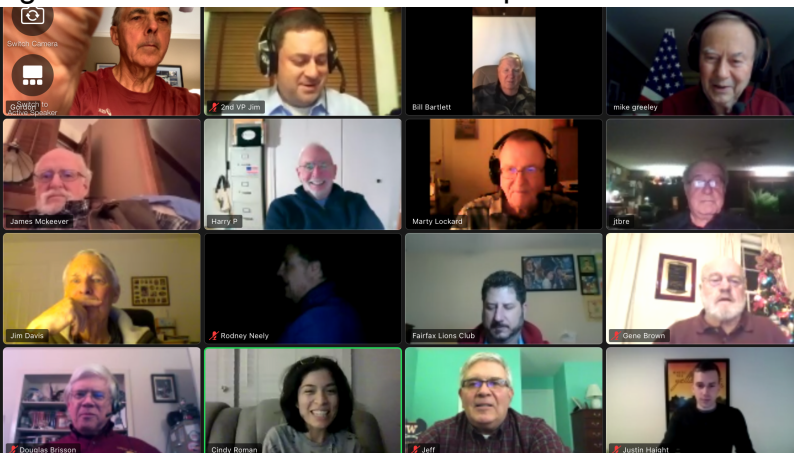
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Lion Suleiman A.  
1st VP

A comment from our club was that Cherish Life may be able to connect their beneficiaries to VA Lions Eye Institute Foundation (VLEIF) for further assistance.

Many thanks to Club 1st VP Lion Suleiman for scheduling such interesting programs. We wish great success for Cherish Life Corporation.



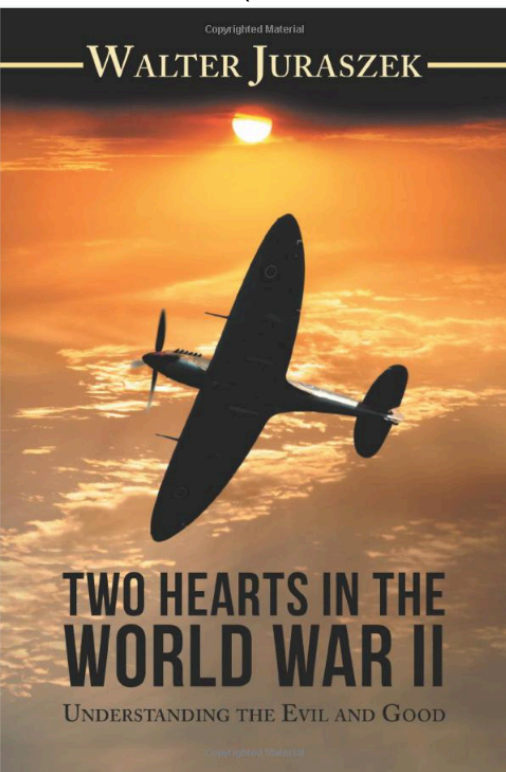
## Jan 5th Meeting: The Lion Bunch Gallery

And we thank VP Suleiman for arranging such interesting presentations.

## January 19th - Zoom Meeting

In the pre-meeting chit-chat, we learned that Lion Walter J is a published author. His book is titled

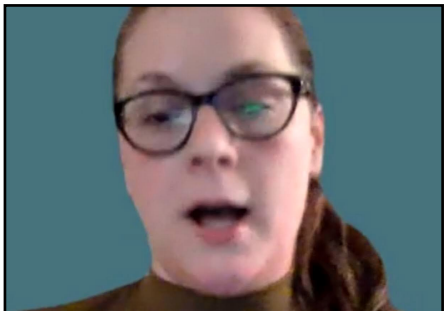
*“Two Hearts in the World War II: Understanding the Evil and Good”* (available on Amazon). It is the story of



of ordinary men and women experiencing horrible events and genocide in World War II. There were two kinds of human hearts in that evil time: the good heart to save an innocent life from death because of religion or race, by risking his/her own life; and the evil man with a corrupted heart and poisoned mind with the pleasure to kill

another human being. The hope of survival in the evil time were faith, spiritual guides, and the bond between the good hearts that could not be divided even with the threat of death. Great work Walter!

Our speaker was Sydney Palinkas, on the topic of elder abuse. Sydney represents Charles E. Smith Life Communities, which delivers quality care and meaningful life experiences to older adults, with dignity and compassion rooted in Jewish values. The capability grew from a small organization in 1914 that raised money fund to board elderly Jewish persons in private homes.



Sydney Palinkas,  
Charles E. Smith Life  
Communities

Today, Life Communities includes independent living, memory care, assisted living, long-term care, and temporary shelter for victims of elder abuse in several area residences. Web page: [Charles Smith Life Communities](#)

Sydney told us about elder abuse (10% of adults experience it), it's warning signs, and who to contact. Every county in the US has an office to deal with elder abuse. The Fairfax contact is listed in chart below.

## **Adult Protective Services...**

- Investigates reports of abuse, neglect or exploitation of adults age 18 years or older who are incapacitated or anyone 60 and older
- Provides case management or related services
- Coordinates community resources and referrals
- Fairfax County Adult Protective Services: 703-324-7450

Lion Harry P announced that the VA Lions State Convention planned for April 2021 will not be held as an in-person event. See more, later in this newsletter.

Lion Jeff R announced our club has been selected to sponsor a recipient of a \$3000 grant from VA Lions Eye Institute Foundation (VLEIF). The club will present that grant at a future meeting.

Lion Bill S discovered what had caused the problem connecting over zoom - he installed the most recent update to the zoom application, and all is good now. A good lesson for all, Bill!

KL Mike ended the meeting with a short discussion of Presidential Inaugurations over the years.



## January 26th Board Zoom Meeting

The Board accepted the annual audit report on the club financial accounts. No deficiencies were found. Three minor inconsistencies between the club's By-Laws, and the actual procedures followed, were noted; it was recommended to update the By-Laws accordingly.

The club administrative account is in good health (because we have not spent admin funds for activities such as a holiday party, charter night, etc. As such, the Board agreed to waive member dues for one quarter. (Don't expect this to happen often!)

The board considered upcoming charity expenditures, and - as mentioned earlier - asked the Budget Committee to look at the charity program budget for the rest of the year, and update the spend plan accordingly.

PCC Bill reported that Lion Scott D has delivered 1224 pair of donated eyeglasses we collected, to the Lake-of-the Woods Lions Club - for processing for reuse. That Club has a processing capability, while the Northern VA Eyeglass Recycling Center still has not opened the new facility.

Dr Suleiman announced a great speaker for the Feb 2nd zoom meeting: DR. JOSHUA D. LEVINSON of the Retina Group of Washington will talk about Macular Degeneration (Invite a guest!).

## **February Events (Club events underlined):**

Feb 1 - Black History month begins (see pg 22)

Feb 2 - Groundhog Day

Feb 2 - Club Zoom Meeting (*see note below*)

Feb 3 - Inter-Service Club Council Zoom Mtg

Feb 4 - Lions Zoom Lunch Bunch (details TBA)

Feb 7 - Super Bowl

Feb 12 - Chinese New Year, Vietnamese Tet

Feb 14 - Valentines Day

(Get a LoVF Raffle Book for your sweetie?)

Feb 15 - Presidents Day

Feb 16 - Club Zoom Meeting

Feb 20 - VIRTUAL: Lions District 24L Winter Conf

Feb 23 - Board Zoom meeting

### **Invite A Guest - Feb 2nd Zoom Meeting**

Dr Levinson of the Retina Group of Washington will talk about age-related macular degeneration - a leading cause of vision loss in age 60 and older. The disease destroys your sharp, central vision. Zoom connection link:

<https://us02web.zoom.us/j/85626914401?pwd=RUxHcEFaL2hnTnRESEM0Y3ArM2VuZz09>

## Upcoming

Mar 5 - Regional Lions Leadership Institute

Apr 22 - Tentative: Virtual State Convention

Jun 25 - VIRTUAL: Lions International Convention

## Fairfax Inter-Service Club Council (ISCC)

### January 6th Zoom Meeting

The local Salvation Army rep announced they are helping to pay utility bills of those in need.

The Rotary Club held a “drive-thru” covid-safe holiday party for area kids.

The Women’s Club is preparing comfort Packages to mail to overseas servicemen in January.

The Knights of Columbus had a banner Christmas Tree sale - sold out!

The City announced Chocolate Lovers Festival (normally in February) is cancelled.

## Lions Information

## Lions of VA 2021 Convention Cancelled

*Thanks to PCC Harry Parker*

VA State Lions (Multiple District 24) had planned to hold the state’s 98th convention on April 22-25 at the Hyatt Regency Dulles hotel. Fairfax Lions Club was to serve as the local club facilitating the event

(on-site registration, etc). Due to continued concerns regarding Covid 19, the convention has been cancelled. Stay tuned for alternative on-line learning and voting for District officers, etc. TBA.

## More Membership Ideas

A few Membership ideas from Rotary Clubs...use any that fit your persona - and bring a guest to our club.

- Advertise in newspapers. (See our ad for Feb 2 meeting: <http://www.fairfaxtimes.com/calendar/> )
- Make personal contact with local business (use your Lions Club business card)
- Have a public meeting at a mall (after post Covid?)
- Place pamphlets in doctor offices, hospitals, cafeterias, libraries (do you need a pamphlet?)

## Health & Well Being of Club Members

### Your New Lions Mask!

*By IPPx2 Mike*

In perfect timing with the recently issued CDC guidelines about 2-layer masks: we are proud to announce your club will be sending you new, "Lions - We Serve" branded masks. When worn with the included washable, reusable, Nanotek NT3D filter

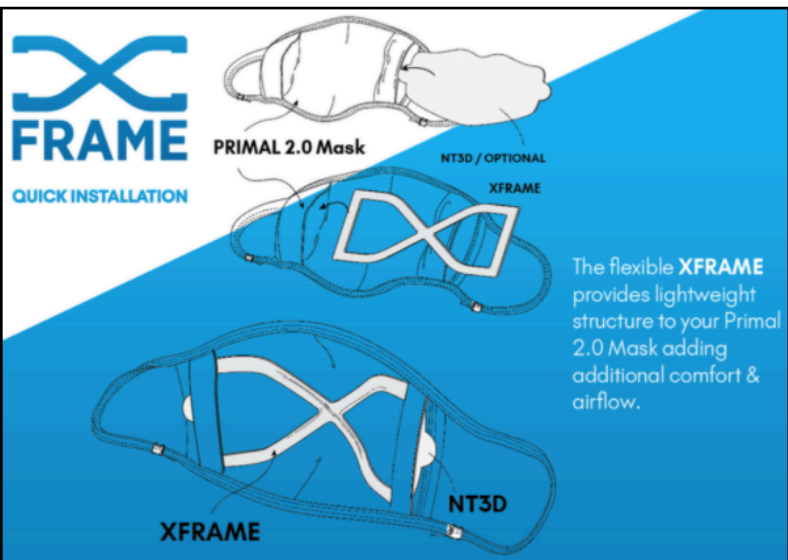
which are rated at better than 97% filtration, these are 5-layer masks. In addition, the masks come with an insertable "X-frame" that holds the masks comfortably away from your mouth making it easier to breath and speak.

See how it looks on our "fashion-plate." The masks have quick-adjust sizing straps and a built-in neck strap so you never have to worry about losing it. The masks were purchased with the Non-Profit Sustainability Grant funds we received from Fairfax County Government.

Shown below are instructions on inserting the filter and X-frame, filter test specifications, and a diagram of mask construction. More detail is available on this page: <https://www.primalwear.com/collections/masks-maskas/products/haywire-face-mask-2-0-filter-frame-bundle>



# Instructions on Inserting Filter and X-frame



## Filter Test Results

### PARTICULATE FILTER PENETRATION TEST RESULT

0.4 $\mu$ m NaCl(Sodium Chloride) TEST METHOD (%):

\*GUIDELINE OF FOOD AND DRUG ADMINISTRATION OF KOREA FOR HEALTH MASK VER. DEC. 2019\*

KATRI NO. SBQD20-00000608. TEST REPORT ISSUED ON 5-20-2020 AT KOREA APPAREL TESTING & RESEARCH INSTITUTE LOCATED IN SEOUL, SOUTH KOREA

BEFORE CONDITIONING:

TEST 1: 99.3%

TEST 2: 99.3%

TEST 3: 99.3%

AFTER CONDITIONING:

TEST 1: 98.1%

TEST 2: 98.1%

TEST 3: 97.2%

EVALUATION STANDARD:

N 80 : 80% AND ABOVE

N 94 : 94% AND ABOVE

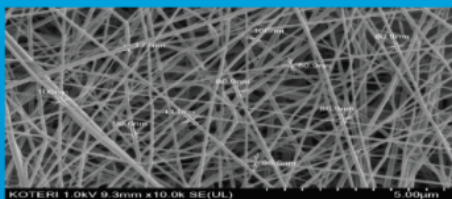
N 99 : 99% AND ABOVE

KATRI NO. 8220-1509-100682-001. TEST REPORT ISSUED ON 5-19-2020 AT KOREA APPAREL TESTING & RESEARCH INSTITUTE LOCATED IN SEOUL, SOUTH KOREA  
AFTER 10 CONDITION (WASHING) TREATMENTS, TEST RESULTS  $\geq 80$

# Mask Construction

## MATERIALS ≡

Laminated with  
Nano Treated PVDF  
in 2~4 micron



## FRONT ≡

- MICRO-FIBER
- TRICOT FABRIC
- 100% POLYESTER



## BACK ≡

- MICRO-MESH
- TRICOT FABRIC
- 100% POLYESTER



## WHAT CAN I DO AFTER I GET TWO COVID SHOTS?

*By Robert Colton MD*

Covid-19 in the US has never been worse. We are in a surge upon a surge. Over 10% of all deaths in the US since the epidemic started have been due to COVID-19. Experts estimate 20% of the US population has already contracted Covid-19.

The vaccine rollout has been slow but is speeding up every day.

The vaccine data from the Pfizer and Moderna studies are spectacular. Both vaccines offer 95% protection after the second vaccination. In the Moderna trial no infections within the vaccine group were severe. The Pfizer data were similar.

The conclusion: the vaccines are about 95% effective in preventing Covid-19 infections AND can help keep you from getting seriously ill if you do contract Covid-19. More good news: patients with obesity and those over 70 years old did as well as normal weight and younger patients in the Pfizer study.

Remember, you are not fully immune until 1 week after the second Pfizer shot or 2 weeks after the second Moderna shot. In fact, you have no protection for the first 10 days after the first injection.

What does it mean and what can you do now?

Let's look at my age group (65-74). Because vaccines reduce the incidence and severity of the disease, the annual risk of dying from Covid-19 should drop a minimum of 95%, from 0.2% to 0.01%. For comparison, the annual risk of dying from the seasonal flu in this age cohort is about 0.035%, and dying from a car accident in Florida, 0.014%.



The numbers will only improve as the vaccination numbers rise. A 50% reduction in new cases reduces the annual mortality risk to 0.005%

Does this mean you can throw away your mask, hug everyone, and go back to a pre-pandemic life? Unfortunately, no. Why?

Let's look at some scenarios:

1. Eating indoors at restaurants: I have not been and won't start yet. Why? By eating indoors, a vaccinated individual with an asymptomatic infection could theoretically be putting unvaccinated diners at risk. My advice: to protect the unvaccinated, avoid indoor restaurants, and other crowded indoor mask-free venues until we have better data on the degree of asymptomatic infection in the vaccine groups.
2. Eating outdoors at restaurants: Unlike eating indoors, where the data shows the risk of getting infected is doubled, the risk of spreading Covid-19 through outdoor dining is theoretical. I will begin going to outdoor restaurants.
3. Flying on airplanes: I have not flown this year but will now fly once again. Since March, airlines have improved their air filtration systems, eliminating spread except from those sitting near you. Everyone is usually wearing masks. Delta keeps the middle seat open.

4. Guests at my home: Before our vaccination, never. Now, we will allow small groups of 2 -6 fully vaccinated guests to visit inside our home without masks. There is no risk of starting a super-spreader event, and a miniscule risk of getting infected.

5. Family or other Guests from out of town: If they have not been vaccinated, we will only require a rapid test when they arrive. If they have been vaccinated, no requirements. Why? Based on the current national prevalence of the disease, if I don't test someone, they have a 1 in 200 chance of walking around my house with Covid-19. If they have a negative rapid test, the risk drops to 1 in 2000.

6. Outdoor or indoor parties where some are vaccinated and some not: the risks are still too high. If we wait a few months, when more people are vaccinated and the new case numbers plummet, it will be much safer. Be patient. We will have our parties again.

7. The unvaccinated should continue all their cautious behaviors until they are fully vaccinated. They are still at full risk and what a pity it would be to let their guard when we are finally truly "rounding the corner".

8. Until we know whether or not the vaccine prevents asymptomatic carriage: If you live with others who

are not able to get vaccinated like children or grandchildren, take the usual precautions so as not to “bring” the virus home.

More comments:

1. If you are over 80 or have a serious illness that could suppress your immunity, the vaccine may not be as effective and should figure this into your decisions. Discuss with your physician.
2. Everyone has a different risk tolerance and each person's situation is unique. My recommendations are a general guideline. Discuss with your primary care doctor and other experts.
3. Viral mutations are constantly occurring. At this time, the vaccines appear to be effective against these new variants, but that could change. We do not know.
4. You need to continue to wear masks, social distance, etc. after vaccinations., more to protect others than to protect yourself.
5. Covid-19 vaccination supply is getting better every day. I have faith the bipartisan protean effort by our state and federal government to expand inventory will succeed.
6. Once there is an ample supply of vaccines, I think airlines and other crowded venues should begin requiring immunity passports and advertising this to the public. It will be great for business. The vaccine

hesitant crowd will have no choice but to vaccinate, we will achieve herd immunity and the pandemic will end, for now.

### The bottom line

Barring an unexpected mutation of the virus, the Covid-19 vaccines are transformative and game changing. After vaccination, the risk of dying or having serious complications from Covid-19 should be less than dying of the flu.

The reason to still wear masks, wash hands, and practice social distancing is mostly to protect the unvaccinated.

Those of you who have been vaccinated are the fortunate ones. Be a responsible citizen. Be a patriot. Protect our fellow Americans until we eradicate this terrible disease!

## **February - Black History Month**

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in US history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every US president has officially designated the month of February as Black History Month. Other countries

around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

The Black History Month 2021 theme, “Black Family: Representation, Identity and Diversity” explores the African diaspora, and the spread of Black families across the US.

In August of 1619, a journal entry recorded that “20 and odd” Angolans, kidnapped by the Portuguese, arrived in the British colony of Virginia and were then were bought by English colonists.

The date and the story of the enslaved Africans have become symbolic of slavery’s roots, despite captive and free Africans likely being present in the Americas in the 1400s and as early as 1526 in the region that would become the US.

The fate of enslaved people in the US would divide the nation during the Civil War. And after the war, the racist legacy of slavery would persist, spurring movements of resistance, including the Underground Railroad, the Montgomery Bus Boycott, the Selma to Montgomery March, and the Black Lives Matter movement. Through it all, Black leaders, artists and writers have emerged to shape the character and identity of a nation. A most recent example is that of Poet Laureate Amanda Gorman. See: [https://en.wikipedia.org/wiki/Amanda\\_Gorman](https://en.wikipedia.org/wiki/Amanda_Gorman)

# For a Smile (or a Groan?)

*With Thanks to Lion Phil*

**DUE TO MY  
ISOLATION. I  
FINISHED 3 BOOKS  
YESTERDAY.  
AND BELIEVE ME.  
THAT'S A LOT OF  
COLOURING.**

**“I grew-up with Bob Hope, Steve Jobs and Johnny Cash...now there are no jobs, no cash, and hope is hard-to-find. Please don't let anything happen to Kevin Bacon!”**

*(Colouring? Must be a Brit)*

**What did our  
parents do to kill  
boredom before the  
internet?**

**I asked my 26  
brothers and  
sisters and they  
didn't know either.**

**Struggling to  
get your wife's  
attention?**

**Just sit down and  
look comfortable.**

## Remember....Four Years Ago (2017)



### Question:

What do you get  
when you mix a  
Lion (like Pete)  
with a turkey?

### Answer:

A happier holiday  
for an area family!

## And...Ten Years Ago (2011)



Lion Bill Trent, Terry Breda, Lion Greg

## 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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WITH PRIDE, COMPASSION AND  
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**Fairfax Lions Club**



**We Serve**

**Since 1951**