

Fairfax Lions Club News

March 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

Youth Programs: Fairfax Little League

Thanks to Lion Ken S

Supporting the Fairfax Little League is one of our club's Youth Programs. Fairfax Little League has established "Return to Play" guidelines for this spring season. As in past years (except not Covid year 2020), our Club is contributing \$1000 to sponsor a team. Our Club will be recognized in the team name; for example



"Fairfax Lions Club Nationals."

Return-to-Play Guidelines seem quite sufficient to keep folks healthy as local youth experience sporting experiences; see: [Little League Return to Play](#).



Fairfax Lions – “70 for 70” Concept

Initial Release of Concept - Details Coming!

Fairfax Lions Club will celebrate its 70th Anniversary, from now to June 30. We are celebrating with a “70 for 70” Community Service Project; we thank VP Jim K for the concept.

“70 for 70” will address food scarcity - and other needs - in Fairfax during the COVID-19 pandemic.

We hope every Fairfax Lion can join us, and contribute “70” ... what “70” is, depends on you. It might be 70 cans of food, 70 hours of work, \$70, etc.

- ▶ 70 Cans of Food: Ask family/friends to join you (drop off food with you, in a safe manner) and bring to a club assembly area for Food-for-Others.
- ▶ \$70: Our Club plans to donate \$7070 to Food for Others. We will ask partners – some joined us last year – to join us again. Individual Lions can give a \$70 check, AND ask friends to match their donation. Every 70 cents counts.
- ▶ 70 Hours of Service: We asked Fairfax Parks & Recreation where we can help outdoors - Can you commit 70 minutes, up to 70 hours – cleaning a park, etc?

Stay Tuned - for more Info on 70-70...How we will celebrate our 70th with community service!!!!

70 Cans - 70 Dollars - 70 Hours

Charity Fund Raising

DELIVERING SERVICE DEPENDS ON CHARITY FUNDS WE RAISE

Fairfax Lions Citrus Fruit Sales

With the cancellation of the March 2021 sale, we have 8 months to get ready for the November fruit sale. We need a couple of Lions to help co-lead that effort. With a functioning fruit sale committee to get the work done, just need a couple of folks to tee-up the planning activities and keep the committee on schedule. Ask Marty if you may have an interest.

lock7-mar2@cox.net

Lions of VA Foundation Raffle - UPDATED ITEM

Thanks to Lion Ron Z

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

We have to the end of March to fulfill the ticket book sales. Ron has "sold" 18 books so far - get your soon! 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 tickets can make great gifts**. We have

opportunities coming up - Easter, ST Patrick's Day, 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).



Lion Ron with
LOVF Tickets

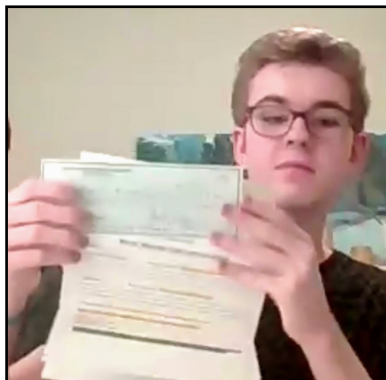
Just send me an email at rcz.mbrs@icloud.com and let me know how many books you would like and I will mail them to you. Then you can return the filled out stubs and a check for \$30.00 per book to me before April 2nd.

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>

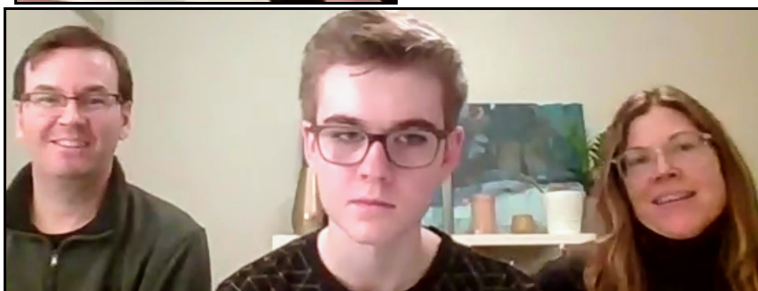
Club Meetings

February 2nd - Zoom Meeting

Guests included Alexander R (and parents), and Lion Woody Woodward - President of VA Lions Eye Institute. Alexander was awarded a VA Lions Eye Institute Foundation scholarship grant, sponsored by our club.



Alexsander R
Receives Scholarship
Grant



Alexsander and Family

Lions heard from Dr Joshua Levinson, of the Retina Group of Washington. He discussed Age-related Macular Degeneration (AMD), a leading

Macular Degeneration



cause of loss of vision in persons over age 60.

AMD results in the loss of central vision, while peripheral vision may be fully retained.

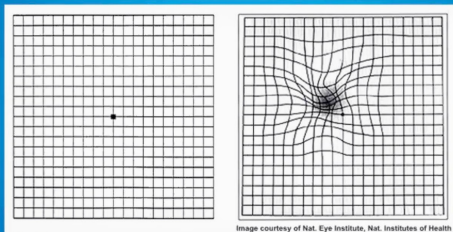
What you might see with AMD

Contact info:
The Retina Group of Washington
<https://www.rgw.com>
(844) 749-3627



Dr Levinson

Amsler grid



Self Test for
Related Vision
Problems,
Using the
Amsler Grid;
and Visit a
Doctor

AMD risk reduction includes the usual healthy living activities (exercise, diet, no smoking, etc).

February 16th - Zoom Meeting

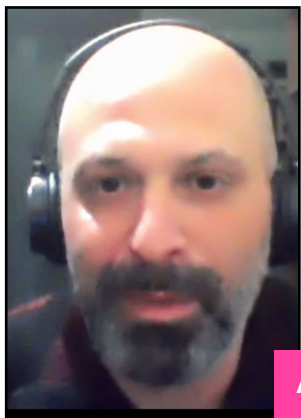
We had three guests: Jerry Macken (President, Clifton LC), DG Glen Logan, and Lion Rodney's guest John Scroggs.



DG Glen Logan



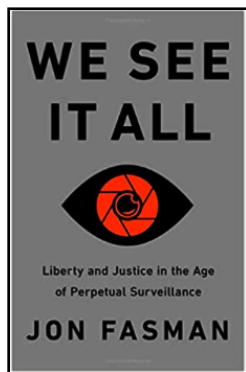
Jerry Macken
KL Clifton LC



Author Jon Fasman

Lions heard from author Jon Fasman, the digital editor of “The Economist” and also author of several books. His latest book is on public surveillance - “We See It All: Liberty and Justice in an Age of Perpetual Surveillance.”

Jon spoke about police surveillance methods that collect personal data on a large scale - such as the Automated License Plate Readers (ALPR). ALPRs are often attached to police vehicles. (See <https://www.eff.org/pages/automated-license-plate-readers-alpr>. Facial Recognition technology is also a growing capability; it is useful, but it contributes to the mass of stored personal data.



Announcements by the King Lion:

(1) Lion Spouse Sandy's dad passed away on Feb 13. Our condolences to Sandy and Phil in this tough time.

(2) Lion Gene and Nancy will be relocating to their home in the Northern Neck - it is very sad to see Past President Gene leave our Club, but he will visit clubs in his new area.

(3) VLIEF Scholarship Grant recipient Aleksander R's mom sent us a nice thank you note, for sponsoring Aleksander, and indicated he is interested in helping our Club in service projects.



February 23rd Board Meeting

The took the following actions:

(1) Approved a revised charity budget for the remainder of this year (ending June 30). The

revisions are needed due to reduced charity revenue this year.

(2) Approved a “70-70” charity program to recognize the Club’s 70th anniversary. Financially, 70-70 will take advantage of a Community Impact Grant (approved by LCIF), and a matching grant from Lions of VA Foundation (LOVF) - which we will apply for. Opportunities for individual member participation will be announced.

(3) Announced the club’s Nomination Committee will work to propose a slate of officers for the next Lions year beginning on July 1. Nominations should be announced by March 16, for voting on April 6.

(4) A proposal to consider funding HS All-Night Grad Parties was tabled, until more is known about the events.

March Events (Club events underlined)

Mar 1 - First Day of Women's History Month

Mar 2 - Club Zoom Meeting

Mar 3 - Inter-Service Club Council Zoom Mtg

Mar 5 - Regional Lions Leadership Institute

Mar 14 - Daylight Savings Time Begins

Mar 16 - Club Zoom Meeting (Nominations)

Mar 17 - St Patrick’s Day

Mar 23 - Board Zoom meeting

Upcoming

Apr 22 - Tentative: VIRTUAL State Convention

Apr 25 - Worldwide Induction Day - All New Lions

Jun 24 - VIRTUAL Lions International Convention;

see this link: <https://lcicon.lionsclubs.org>

Fairfax Inter-Service Club Council (ISCC) Feb 3rd Zoom Meeting

Reverent Pati Brown, Asst Director of The Lamb Center, talked about COVID and the Center. Usually, their caseload is around 130 “Guests;” now it is about 70. Reasons for the change include certain guests becoming eligible (by medical reason) to live in local hotels during the pandemic. Covid has caused the Center’s hours to have been curtailed, and the number of Guests permitted at one time is limited. But it still provides food, clothing, employment assistance and counseling. One Guest was recently hired by the County, and one by the City. (Fairfax Lions support the Lamb Center.)

Lions Information

24-L Winter Conference

Thanks to Lion Jeff R

Lions District 24-L Winter Conference was held via video conference on Saturday, February 20. 138 Lions, including three Fairfax Lions, attended.

District Governor Glen Logan opened the conference. He announced the Virtual State Convention will be held April 24. Three Lions are running for Second Vice District Governor. Plus, PCC Jay Moughan will seek endorsement for International Director. Worldwide Induction Day for all Lions who joined over the past year is scheduled for April 25. The Virtual Lions International Convention will be held June 25-29. The registration fee is \$50 until March 31, and \$75 starting on April 1.

Presentations included:

- ▶ Montclair Leo Club Activities
- ▶ Building a Club Website Using e-Clubhouse
- ▶ Lions Education & Training Opportunities including Social Media Use by Clubs
- ▶ Maintaining Mental Health During Covid
- ▶ Leadership Succession Planning
- ▶ Lions Project Canine Companions for Independence
- ▶ Mentoring & Membership Retention

The Winter Conference concluded with a Cabinet meeting.

A Few More Membership Ideas..

We have been reviewing membership ideas from Rotary Clubs. A few more...use any that fit your persona - and bring a guest to our club:

- Have a booth at malls, fairs, festivals (as soon as health conditions permit!)
- Put extra copies of LION magazine in doctor waiting rooms (every Lions should try this!)
- Make prospective (and New) members feel important!
- Ask members give Lions Club talks at other organizations (use your brochures)

Health & Well Being of Club Members

Anosognosia

In the following analysis, the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière, Paris Hospitals, addresses the subject in a rather reassuring way: "If anyone is aware of his memory problems, he does not have Alzheimer's."

1. I forget the names of families
2. I do not remember where I put some things

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the

"processor" that is lacking." This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease. The most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,
- a blank memory for a movie title or actor, an actress,
- spending time searching for our glasses or keys

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years. Many people are concerned about these oversights hence the importance of the following statement:

"Those who are conscious of being forgetful have no serious problem of memory." Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening.

Professor Bruno Dubois reassures the majority of people concerned about their oversights: "The more we complain about memory loss, the less likely we are to suffer from memory sickness."

Now for a little neurological test: Only use your eyes!

1- Find the C in the table below:

A 12x20 grid of small circles. The circle at row 7, column 16 is highlighted in a darker gray, while all other circles are light gray.

2- If you have found the C, find the 6 in this table:

999
999
999
699
999
999

3- Now find the N in this table; it's more difficult!

MMNMM
MM
MM
MM
MM

If you pass these three tests without problem:

- you can cancel your annual visit to the neurologist.
- your brain is in perfect shape!
- you are far from having any relationship with Alzheimer's.

Looking for a New Art?

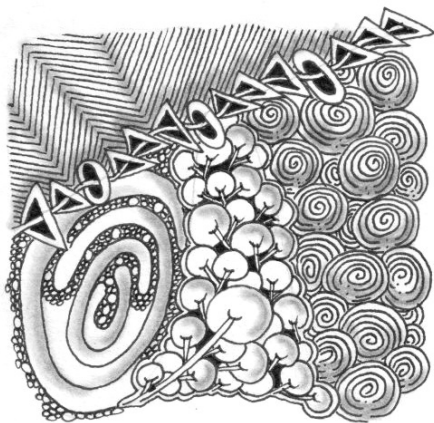
INTRODUCTION TO THE ZENTANGLE METHOD Zen-Drawing class

This is a \$25 class, but **FREE for Fairfax Lions Club members and their families.**

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It increases focus, creativity, self-confidence and well-being.

Marisela Rumberg is a Certified Zentangle Teacher and will guide you through this creative process.

Some benefits of creating Zentangle Art are relaxation and quick access to mindfulness; It helps to reduce insomnia, panic attacks and stress.



No previous experience in drawing or art is required.
You can do it, and you will love it!

Class: Wed Mar 24, 6:00 to 8:00 pm via Zoom

To register, email Marisela@MariselaRumberg.com
with the code LIONS to make sure the class is FREE
for you.

Materials needed for the class:

Supply List

Extra fine point pen: Micron 01, black

Medium point marker: Graphic 1, black
2B or HB pencil

Tortillon (or a Q-tip)

2 Original Zentangle Tiles* color white (Or cut your
own paper tiles from watercolor or fabriano paper.

Each tile measures 3.5x3.5 inches)

White jelly roll pen (optional)

All the materials can be purchased from the
instructor: Mini Zentangle Kit is \$22, FREE
SHIPPING. [Kit includes all the pens, pencil, tortillon
and 15 original zentangle tiles in a zentangle canvas
bag.](#) You can also buy materials directly at
Zentangle.com or use materials you have at home.

For any questions or comments contact the instructor
at Marisela@MariselaRumberg.com

Jane Marinich - Spouse of Lion Ed

Obituary of Jane Mavourneen Marinich

Jane Mavourneen Marinich, 81, of Ashburn, VA passed away on Wednesday, January 27th, 2021 at INOVA Loudoun Hospital.

Born on June 13th, 1939 in Des Moines, IA she was the daughter of the late James Vernon O'Meara and Mildred Marie Allender.

She is survived by her husband of 61 years, Edward James Marinich, her son, Stephen E. Marinich and wife, Angela Marinich, of Purcellville, VA, her daughter, Melissa J. Gale and husband, Philip Gale of Highlands Ranch, CO, her sister, Kathryn O'Meara, of Ashburn, VA; and six grandchildren-Madison, Zachary, Nathan, Olivia, Madeline, and Charlotte.

Jane grew up in Iowa and attended St. Paul the Apostle grade school and Immaculate Conception High School in Davenport, IA. She married the love of her life and best friend Edward Marinich on July 4th, 1959 at St. Paul the Apostle in Davenport, IA. Jane and Ed moved to Des Moines, IA where Jane worked for Farmers Casualty Company. While residing in Des Moines, Jane attended Drake University, where Jane received her Master Degree in Elementary Counseling.

Jane and Ed relocated to the Washington DC metro area and settled in Fairfax, Virginia in 1969 where they raised their family. Jane was dedicated to her career in Elementary School Education and worked for the Alexandria, VA school systems for 30 years as a teacher then guidance counselor. In retirement Jane used her time to support a favorite charity, Birthright in Leesburg, VA. Jane enjoyed traveling, crocheting, photography, church but most of all, she loved being a wife, mother, grandmother, sister and friend.

Inurnment took place Wednesday February 24, 2021, at Leesburg Union Cemetery.

Remember....Five Years Ago (2016)

September, 2016: In downtown Fairfax City, Fairfax Lions used the Lions Sight and Hearing Van to provide free vision and hearing screening.

SEE PHOTO NEXT PAGE



Lions present: (L-R) Bill B, Gordon, Marty, Jeff, Mike R, Rodney, (former Lion) Brian, Eldon.

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