

Fairfax Lions Club News

April 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

Fairfax Lions Begin “70 for 70” Campaign

Fairfax Lions Club celebrates its 70th Anniversary in 2021, with our “70 for 70 Campaign.” This Campaign is about serving our community amidst the COVID pandemic. We encourage every member to participate. The campaign has four parts:

- (1) Financial Program (Lead Lion Mike R) - The initial goal is to raise \$7,070 as a donation to Food for Others, a community food-bank we have supported for many years. Seed money has been earmarked from our Club's Charities Account and will be supplemented with grant funds from Lions of VA Foundation and the LCI Foundation. Donations in any amount (\$7 to \$70

to \$700) are welcome and appreciated. To add your donation, **mail a check** (payable to: Fairfax Lions Club, memo: 7070/FFO) to Fairfax Lions Club, PO Box 98, Fairfax VA 22038-0098 **by April 10**. Ask others to join in - any amount.

(2) "Power Packs" for Kids Program (Lead Lion James F) - weekend food for students. On Friday, March 26, Lion James F collected PPs that Lions brought to the American Legion parking lot; this continues every two weeks (next on April 9) until end of school year...the PPs go to FFO, for kids weekend meals. See times, dates, and how to assemble a power-pack on our web page:

<https://www.fairfaxlions.org>

(3) Food for Neighbors Program (Lead Lion Jim K) - a second food program, to continue in April. We ask each Lion to contribute 17 or more cans of most needed food for **Food for Others**.

Details will follow in an email. Our goal is to collect 700 cans of food - we can reach that goal if each member donates 17 cans. Tentative plan - bring canned food on Saturday, April 17, 9am-12noon to the American Legion parking lot (or pick up at individual homes).

(4) Hours of Service Program (Lead Lion Suleiman) - We encourage members to donate their time, knowledge and/or expertise to help others in the community....for ANY service activity. Examples might be delivering meals to someone in need, an area cleanup effort, assisting someone with their tax return or an academic course, etc. Keep track of your hours through June 30; send details to Lion Jim Kaplan and we will celebrate your accomplishment!

Overarching goal of 70 for 70 Campaign is 100% participation by Fairfax Lions. Pick one or more service program to do. The choice is yours; let's make it happen!

A note about *Food for Others*....a recent video on the FFO distribution point in Annandale (just after the brief ad):

[Click here to open the short video](#)

Power Packs for Kids Began March 26th



Above: Lions
James F,
Gordon and
Power Packs

Right: Lion Bill
S's car FILLED
with PPs (KL
Mike, James F
ready to
unload)





L-R: Gordon, James, Bill (and James' pick-up) with Power Packs for Kids
(KL Mike taking photo)

Charity Fund Raising

DELIVERING SERVICE
DEPENDS ON CHARITY
FUNDS WE RAISE

Update on Lions of VA Foundation Raffle

Thanks to Lion Ron Z

Your last chance - don't forget to let Ron know you want a book of LOVF raffle tickets.

Cash Prizes

- 1st Prize \$10,000;
- 2nd/3rd \$500 each;
- Drawing is April 25.

Ron has about a dozen ticket books left - and has extended the deadline to April 2nd.

Each \$30 book of tickets you buy qualifies as a \$30 tax deduction (towards the amount allowed, even if you claim a standard deduction).

Send Ron an email to arrange for you to fill out the raffle ticket stubs, and pay \$30.00 per book to Ron.

Remember - Lions of VA Foundation (LOVF) is a wonderful charity program that stands ready to serve in every crises.

Club Meetings

March 2nd - Zoom Meeting

We had about 20 folks participating. Guests at the meeting included Marcos Contreras - a prospective Lion, and Lion Gene Boucher a member of the Falls Church/Annandale Lions Club.

Our guest speaker was Lee Wheelbarger, on the somewhat ominous topic of US Government Tracking and Jamming of Cellular Communications.



Visiting Lion Gene
from
Falls Church/
Annandale Lions
Club

Mr Wheelbarger's bio says: "over 30 years experience in RDT&E of battery-centered, high-reliability hybrid power systems and electronics, including cutting-edge systems for critical infrastructure, military and marine applications..." He is an inventor...of things such as: a training device to enhance hand-eye coordination, helmet mounted camera, and universal backup handcuff key. He told us about "selective denial" jamming by the US Secret Service, for security, which resulted in confusion in communications on Jan 20 and a 9 minute early inauguration of the 46th President. He showed photos of the STINGRAY system, which can be van-mounted (instead of tower) to enable US Government hacks into cellular phones.



Lee Wheelbarger



Stingray Intercept System



Lee said it is not only the US Government: “Every meeting on Zoom, Is monitored by China.”

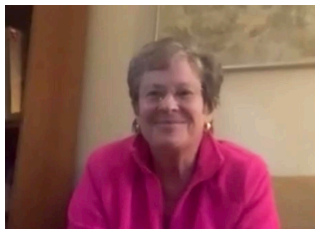
Club officers told us a little about the 70 for 70 concept. Lion Jim K conceived on the concept as a way to deliver service, in honor of the Club’s 70th anniversary this year. Look for more information how you can engage in the 70 for 70 service program.

KL Mike led a discussion of the various leadership and support jobs in the Club, and responsibilities involved. This was helpful for

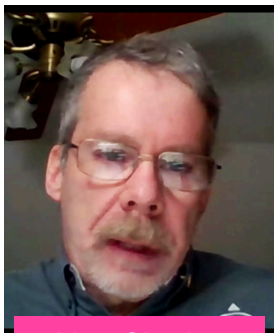
members to consider Club positions they might want to volunteer for. The second meeting in March is the “Nominations Meeting,” for members to nominate individuals to fill these positions.

March 16th - Zoom Meeting (Nominations Mtg)

We had 23 participants, including three guests: Lion Karen Taylor of Stafford County (VA) Lions Club, Lion Jim McK's spouse Leslie, and our speaker Lion Charles Schwab of the Broadway (VA) Lions Club.



Lion Jim McK's
spouse Leslie

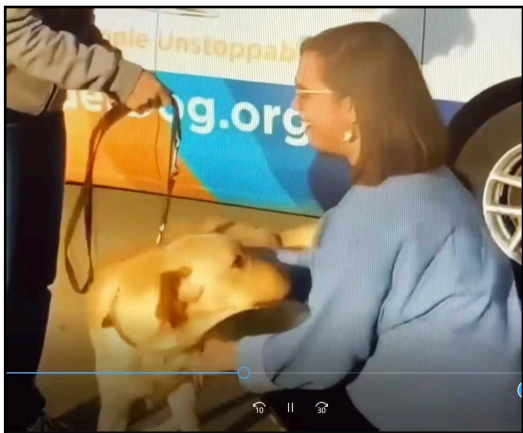


Lion Charles
Schwab of the
Broadway (VA)
Lions Club

Lion Charles (Chuck) announced he is passionate about [Leader Dogs for the Blind](#) (which 4 Lions founded in 1939) and told us about a man who lost his vision, felt lost and alone, and developed suicidal thoughts. Then he got a Leader Dog and adopted the motto “Blind, Beginning Life Again.”

It costs about \$40,000 to raise one leader dog and pair it with a client. The charity Leader Dogs for the Blind raises about 450 dogs a year (about 50% graduate as leader dogs).

We saw a video about 18-year old Brooke, who went to Leader dog camp and then came home with her new dog, Sampson.



Brooke Meets Samson

In VA, there are 24 active Leader Dog “teams.”
Total cost to clients: \$0.

KL Mike opened nominations for July 1 - June 30 officers and Board. The Membership accepted the names proposed by the Nominations Committee, for Club vote in April. (See nominations, next page)

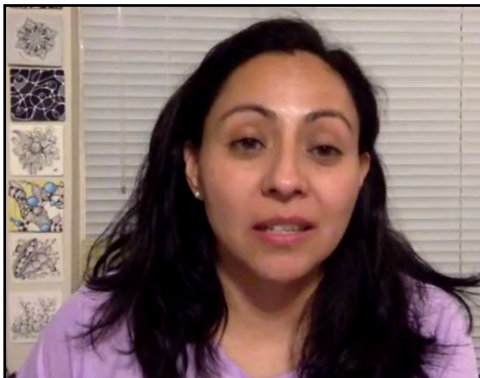
Nominations. 2021-2022

Fairfax Host Lions Club

2021-2022 Nominees

<i>President (King Lion)</i>	Mike G [REDACTED]
<i>Immediate Past Pres.</i>	Michael R [REDACTED]
<i>1st Vice President</i>	Suleiman A [REDACTED]
<i>2nd Vice President</i>	Jim K [REDACTED]
<i>Secretary</i>	Jeff R [REDACTED]
<i>Treasurer</i>	Michael R [REDACTED]
<i>Corresponding Secretary</i>	Pete C [REDACTED]
<i>Tail Twister</i>	Gary M [REDACTED]
<i>Lion Tamer</i>	Phil M [REDACTED]
<i>Bulletin Editor</i>	Gordon T [REDACTED]
<i>Membership Directors</i>	Ken S [REDACTED]
<i>Director (Two Years)</i>	Karen DeRosa
<i>Director (One Year)</i>	Joe B [REDACTED]
<i>PDG Director</i>	PCC Harry P [REDACTED]
<i>PDG Director</i>	PDG Karen P [REDACTED]
<i>PDG Director</i>	PCC Bill B [REDACTED]
<i>Director Emeritus</i>	PCC Bill S [REDACTED]

Marisela R, spouse of IPP(x2) Mike, discussed the abstract drawing class she is presenting on March 24.



Marisela R talks about abstract art class she teaches

King Lion Mike announced that Lion Kevin H is planning the Adapt a Highway cleanup project, and Lion Anh-Thu P is purchasing books for the Reading Action program.

March 23rd Board Meeting



LCIF Participation Award

King Lion Mike showed the “Arc” patch we receive each year for donating to Lions Clubs International Foundation (LCIF).

The Board agreed to shift the 2021 Charter Night reservation at the Chantilly Country Club to 2022.

The Board approved making disbursements to the following charities; all were agreed to in our updated Charity budget for this year:

- City of Fairfax Theater Company
- The Lamb Center
- Lions of VA Foundation
- Cherish Life (a recent speaker)
- Reading Action Program
- Sprout
- Washington Ear (upcoming speaker)
- Bland Contest

The Board approved Club delegates (subsequently updated) for voting in upcoming VA State Lions elections: PCC Bill B, PCC Harry, KL Mike, Lion Jeff; alternate delegates PCC Bill S., and IPP(x2) Mike R.

KL M announced Lion Greg has volunteered to serve as the Zone Chair for Zone E (includes our Club).

The Board agreed to endorse Lion Jim Cech for election as 2nd Vice District Governor. (This position has more than one candidate running, hence our endorsement adds value.)

April Events (Club events underlined)

Apr 1 - Fool someone on April Fools Day!

Apr 6 - Club Zoom Meeting

Apr 7 - Inter-Service Club Council Zoom Mtg

Apr 9 - POWER PACK food - AL parking lot

Apr 10 - Deadline: Lions mail 70 for 70 checks
(per discussion at top of page 2 this
newsletter)

Apr 20 - Club Zoom Meeting (Nominations)

Apr 22 - Tentative: VIRTUAL State Convention

Apr 23 - POWER PACK food - AL parking lot

Apr 24 - Virtual State Convention

Apr 25 - Worldwide Induction Day - All New Lions

Apr 27 - Board Zoom meeting

Upcoming

Jun 25-29 - VIRTUAL Lions Int Convention

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

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

Some activities reported to the ISCC by area
service clubs...

- Fairfax Civitans have started playing zoom Bingo with help from staff of the Down Syndrome Association of Northern VA; they hope to make this a regular charity event.
- Fairfax VA Harley Owners Group on April 3rd will clean up their Adopted Spot of Fairfax Blvd.
- Fairfax Optimist's held an Essay Contest - won by an 8th grader; topic: " Reaching Your Dreams by Choosing Optimism."
- Fairfax Rotary Club is delivering copies of The Constitution to eighth graders and Dictionaries to city third graders.
- Fairfax Women's Salvation Army Auxiliary supports about 60 families with their food pantry.
- Shepherd Center Fairfax/Burke provides over 200 Medical and Shopping Drives a month by volunteer drivers.

Lions Information

24-L Winter Conference

If you missed it, in the District newsletter for March, here's the wrap-up of District 24L's Winter Conference:

Wrap-up of 2021 Virtual Winter Conference
By Cabinet Secretary Carol Byers

The first Virtual Winter Conference was held on Saturday, February 20, from 10:00am- 1:00pm. We canvassed clubs the third week

in January to determine interest in hosting a totally virtual conference and decided by end of January that we should go forward. There were 184 responses to the canvass and request for registration. Of those, 153 completed registrations for the Conference. According to the Participants list on the Zoom, there were 138 at one time, but as I checked the participants list, I could see new Zoomers and others who had dropped off. I did not double count those who had a computer name and a telephone, like Tejas Patel and our District Governor. If husband and wife sent me registration forms, and I saw one of their names, I counted them as two. In addition, there were 7 who had not registered, 3 unidentified phone numbers, and 24 others with just first names who were on the call.

If there was no last name, they were only counted once. So, as near as I can tell, there were 168 participants on the Zoom call! There were 55 clubs who participated, which is more than half our 94 clubs in the District.

I would like to thank everyone who participated, making this a very successful virtual conference! Kudos also to our wonderful presenters starting with

Leo Shakira Mangrio with Montclair Leos; Lion Sally Cooney Anderson presenting on Building a Club Website Using e-Clubhouse; Lion Tejas Patel on Lions Education and Training Opportunities; Kari Norris, Emergency Services Coordinator, RACSB on Maintaining Mental Health During Covid; Lion Greg Cole, 1VDG District 24-I, on Leadership Succession Planning; Lion Jim Purton on Lions Project Canine Companions for Independence; and Lion Jim Cech on Mentoring and Membership Retention. Well done!

Health & Well Being of Club Members

The Bitter Truth About Too Much Sugar

AARP Bulletin: by Stacey Colino

Remember when we thought fat was the No. 1 dietary villain and felt virtuous eating low-fat cookies loaded with sugar? Not anymore, thanks to the growing recognition that the sweet stuff increases our risk of developing a range of serious health problems. In fact, research has linked an excessive intake of sugar with an increased risk of developing high blood pressure, type 2 diabetes, cardiovascular disease, chronic inflammation, nonalcoholic fatty liver disease and an increased risk of certain forms of cancer.

At the root of many of these health problems is how too much sugar wreaks havoc with blood sugar levels and promotes body fat storage, says David Katz, director of the Yale University Prevention Research Center and author of *Disease-Proof: The Remarkable Truth About What Makes Us Well*.

“Sugar contributes to the excess calories that contribute to obesity, and sugar is used expressly to make foods, even foods that are not overtly sweet, hyper-palatable.” This, he says, “contributes disproportionately to overeating in general.”

It turns out that our collective sugar intake really is out of control. From 1977 to 2010, the average adult’s consumption of added sugars increased by more than 30 percent in the U.S., according to the Obesity Society. These days, the average person downs, per year, an estimated 152 pounds of sugar; more, that is, than some individuals’ entire body weight.

How did we get here? “We are born with a taste for sugar because that favors survival — the craving helps ensure that newborns favor breast milk,” Katz says. While a penchant for sweet flavors may have begun as a survival mechanism, it has long since led us astray. But it’s not the sugar in fruits, vegetables, dairy products and other whole foods that’s the problem, according to experts. It’s the stuff that’s

added to processed foods, from sodas, fruit drinks and fancy coffees to flavored yogurts, cereals, cookies, cakes and candy. Sugar is even added to foods you might not expect to find it in, such as ketchup, salad dressings, pasta sauce, peanut butter and soups. Besides being a source of considerable calories that have no nutritional value (1 teaspoon of sugar has 16 calories), consuming processed sugars just makes you crave more.

Once food manufacturers realized they could ignite the reward centers of our brains by adding sugar to processed foods, they started adding it to everything so you'd keep eating, says Pamela Peeke, an assistant professor of medicine at the University of Maryland and author of *The Hunger Fix: The Three-Stage Detox and Recovery Plan for Overeating and Food Addiction*. Besides making that breakfast bar or frozen entree incredibly appealing while you're eating it, the addition of processed sugar stimulates your appetite and overrides your body's natural satiety-regulating system in a way that eating handfuls of snap peas or apple slices doesn't.

"Consuming processed sugar has been found to cause a major rush of dopamine, which is the pleasure neurotransmitter," Peeke explains. Having the reward response in your brain zoom off the charts this way makes you want to keep eating sugar

to maintain that "high." Eventually, however, your brain becomes somewhat desensitized to sugar so you need more of it to achieve that same reward feeling. In fact, researchers at Princeton University found that eating sugar triggers the release of opioids and dopamine in the brain, just like potentially addictive drugs do.

Remember....Four Years Ago (Apr 2, 2017)

Fund Raiser for New Manassas Everest Lions Club

April 2, 2017 was "Momo" day, at the American Legion. With assistance from PDG Karen P, the new Lions Club which Fairfax Lions sponsored held their first fund raiser. It provided each person a generous plate full of "Momos" - tasty dumplings, the dish originated in Nepal, which corresponds to the "Everest" club.

See photos next page.

Four Years Ago (Apr 2, 2017)



Chicken Momos with Spicy Sauce



Karen Parker, Wilma Murphy (2nd VDG for 24A), and Anju (spouse of KL Govinda Giri Prerana) at the sign-in table

And....Ten Years Ago (May 3, 2011)

New Lion Gene B was inducted into Fairfax Lions Club on May 3, 2011. Gene went on to become Club President for the year 2016-2017. We are sad Gene and Nancy are moving away from the area - and we wish them well in their retirement years!



**Gene Becomes a Fairfax Lion
May 2, 2011**

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