

# Fairfax Lions Club News

## July 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

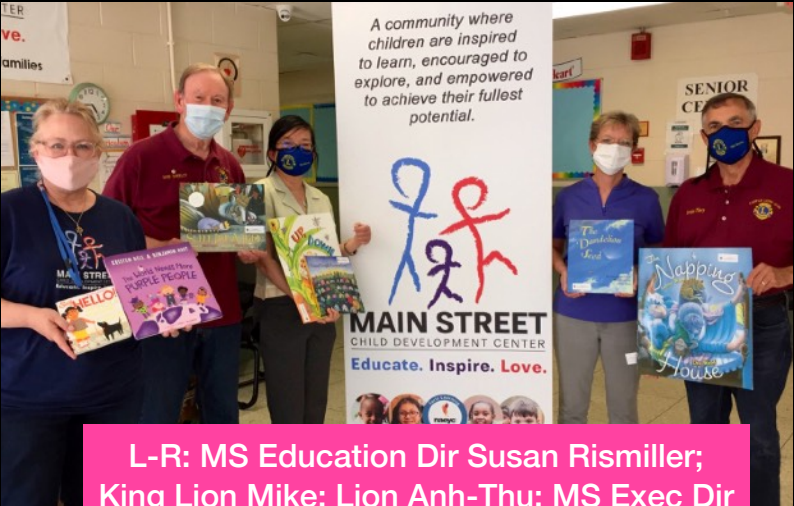
#### **Children's Books for Main Street CDC - June 4th**

Our Club supports Fairfax's Main Street Child Development Center.

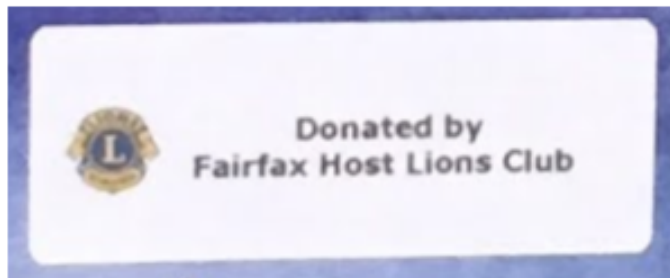
Main Street provides quality early-childhood education, and support, to empower children and families, regardless of financial circumstances. Every child deserves a chance to build a strong foundation for success! <https://www.mainstreetcdc.org>

On June 4th, Fairfax Lions presented 40 children's books for Main Street's library. The library is being renovated, and the new books will provide years of learning and enjoyment for 2-5 year old pre-schoolers.

This wonderful community service, our "Reading Action Program," was led by Lion Anh-Thu Phan.



L-R: MS Education Dir Susan Rismiller;  
King Lion Mike; Lion Anh-Thu; MS Exec Dir  
Carol Lieske; Lion Gordon



Each book has a label acknowledging our  
partnership with Main Street



Lion Anh-Thu, Chair of FHLC Reading Action Program; note the wonderful book title



**Lions Mike R, Anh-Thu, Mike G assemble in front of the Main Street facility**

Lion Anh-Thu Phan is a Doctor of Optometry (OD). She joined Fairfax Lions in 2014, sponsored by Lions Dennis Brining and Suleiman Alibhai. Anh-Thu is a therapeutic optometrist. She graduated from Pennsylvania College of Optometry (now Salus University) in 2002, and did her residency in Low Vision Rehabilitation at SUNY College of Optometry

in 2003. Her business, AP Eyecare, is located in Fairfax City at 9665 Main Street, Suite A. The services offered include:

- Family Eye Care
- Eyeglasses dispensed in Doctor's office
- Contact Lenses
- Orthokeratology/Corneal Reshaping
- Keratoconus Contact Lenses
- Ocular Diseases
- Low Vision Rehabilitation
- Cataract Consultation and Co-Management
- Lasik Consultation & Co-Management

### **“Road Kill” on Pickett Road - Saturday, June 19**

Mission: clean up trash on Pickett Road, from Thaiss Park to the post office. Lead Lion Kevin coordinated with Lion Mike R to assure safety vests, trash bags and grabber sticks were available. Lions assembled at 7:45am, including spouse Kate Greeley and young Louis Rumberg.

After “suiting up” in safety vests, and equipped with grabbers and trash bags, the 10 person crew moved out smartly.

There was trash, but the workload was not as “heavy” as we have encountered in past years.... maybe reduced traffic during the pandemic resulted

in less trash tossed out car windows? In any case, Fairfax Lions left Pickett Road looking better.



Lions Pete, Gordon, Ken, Lewis Rumberg, Mike R, Kevin, Dave, KL Mike (Kate taking the photo)

While some folks had to move on after “Mission Complete,” to other commitments, about half the crew enjoyed breakfast at iHop afterwards.





(L-R) Lions Dave, Phil, Ken and Kevin, by Road Sign Marking Lions Section of Picket Road



**Kate adds dignity to the Lions work crew**

## **Eyeglass for the Poor**

Lion Rodney reports that over this past Lions year our Club provided exams and new eyeglasses for 14 qualified residents of our community. Thank you Lion Rodney for leading this service for our Club!



## Charity Fund Raising

### DELIVERING SERVICE DEPENDS ON RAISING CHARITY FUNDS

**July 3 Hot Dog Sale: Come on out!** Sign-up now, email Lion Ken [ken@schutzfamily.us](mailto:ken@schutzfamily.us) Arrive 8am for set up; cooking/sales begin after 9am; done by about 12:30pm; across from: 10403 Main St.

It's fun; not much work; good camaraderie; see the parade; make \$ for charity programs; our community see's us! **Come on out!**

## Club Meetings

### **June 1st - Zoom Meeting**

In pre-meeting social time, Lion Pete told us about "Woodward Dream Cruise," the "World's Most Popular Car Cruise" and largest 1-day event with classic cars, etc. This year it is on August 21st. See: <http://www.woodwarddreamcruise.com>.

Our speaker was Lion Davida Luehrs. Davida is Northern VA Chapter Founder and President, and National Trustee, for the Foundation Fighting Blindness. She had led efforts raising over \$2.2 million to fund research being done worldwide to stop blinding retinal diseases. She has a key leadership role in two major annual fundraising events: a



Davida on  
our June 1  
Zoom  
meeting

corporate-oriented “Dining in the Dark” gala dinner, and a community/family-oriented walk-a-thon.

See a nice You-tube video (from 2014) describing Davida’s work. Lion Suleiman Alibhai has a featured role in the video. (To view, click on this image...)



A nice article about Davida is at: <https://www.fightingblindness.org/resources/how-davida-regained-her-speed-with-guide-dog-chubb-79>

Lion Ken told us about the club's hot-dog sale coming up - a charity fund raiser - on the route of the independence day parade in Fairfax City.

Subsequently, Ken opened a sign-up page. Like all club projects, it requires member participation to make it happen. As Ken told us: "It's not a big reach, but we need at least 10-12 folks to make it work."

Ken also showed a Thank-you plaque from the Fairfax City Little-League team "Nationals," for our donation to them earlier this year.

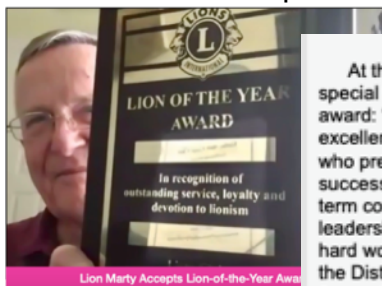


**Nationals Thank-you Plaque**

## June 15th - First live meeting since March 2020

The final meeting of the Lions fiscal year (July 1 - June 30) is always fun: awards are presented and officers for the coming year are installed. This meeting lived up to that billing.

Our guests included Kate Greeley, Leslie McKeever, Gina Friedlander and Nicholas Rumberg. After a fine buffet meal of steak, chicken and shrimp, King Lion Mike presented a slide show "The Year in Review" featuring photos from the past 12 newsletters....samples:



Samples  
photos from  
past year

### 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!!!

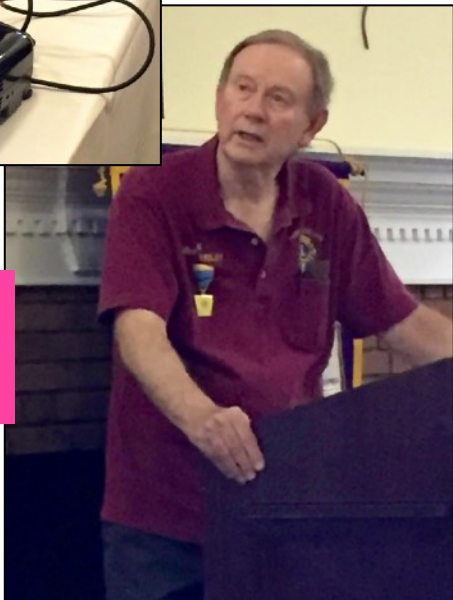


Lion Jeff with award  
(shown by Jeff Nov 17 Club meeting)

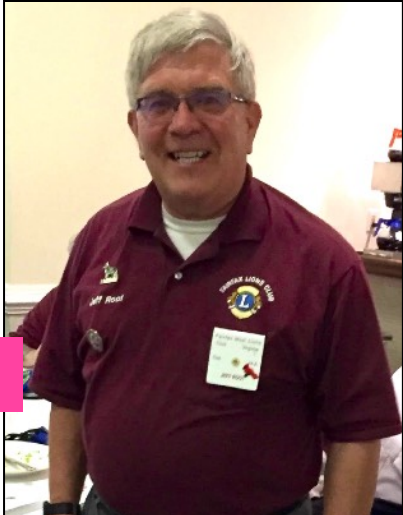


Assisting KL in  
showing the photos  
was Lion Cindy.

King Lion Mike  
presents the  
Year in Review



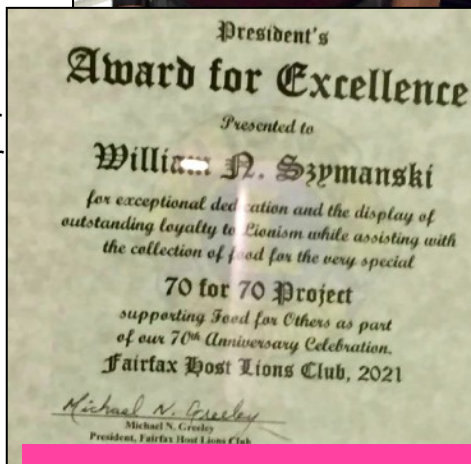
KL announced that a Club member just retired on this day: Lion Jeff has turned in his school teacher's laptop and ID, and plans to take the coming year off.



## New Retiree Lion Jeff

Awards the KL presented included:

- Special Award for Excellence - Lion Bill Szymanski, for donating 71 power packs in the 70-for-70 campaign.
- Melvin Jones Fellowship Award - 1VP Jim Kaplan for his special efforts for the Club, during the year of Covid.



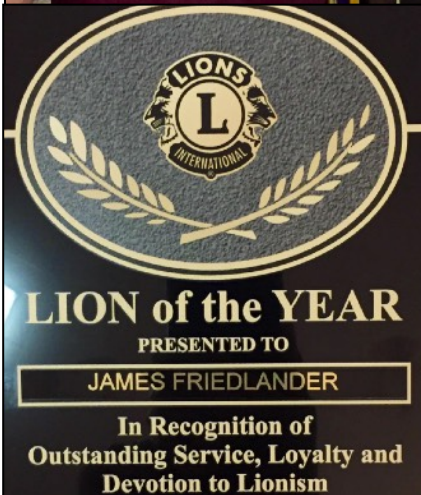
## Excellence Award to Lion Bill





## President Mike presents Melvin Jones Award to 1VP Jim

- Lion-of-the-Year Award - Lion James Friedlander for his personal initiative in creating and leading this special service of donating nearly 200 power packs to Food for Others.



Lion James  
accepts Lion-of-  
the-Year award

In addition, KL Mike presented individual Kindness Matters Service Awards to those Lions that could not attend the May10 ceremony, when they were initially presented.



Lion Scott with individual KMSA

In a most professional and nice ceremony, Past Council Chair Harry Parker installed officers for the coming Lions year.

One early installation was that of “Tail Twister” (the Lion who helps make meetings fun) Gary Maxwell. Gary announced...the KL had lost control of the President’s gavel, and held an impromptu auction; Lion Pete C won the auction (\$21), which became the price for KL to reacquire the gavel. (Funds raised by the Tail Twister go to the Club Admin Account.)



PCC Harry Installs Officers



KL "digs deep" to re-acquire the President's gavel



**New Club Officers and Directors, 2021-22**



**KL Mike receives a WELL DESERVED standing ovation for his past year's service as our Club President. THANK YOU KL!!!**

50-50 cash prizes went to Lions Phil, and Pete. Lion Pete passed his winnings on to guest Nicholas Rumberg!

A note on Melvin Jones Fellows: Lion Jim is the latest recipient of a Melvin Jones Fellowship in our Club. The Club has many Fellows among its membership. At the June 15 meeting (total attendance about 25) all Melvin Jones Fellows present assembled for a photo.



Melvin Jones Fellows at June 15 Meeting





After the very nice “get back to live” meeting, it was pleasant to walk the flag-lined path of the American Legion

## June 22nd Board Meeting

Incoming and outgoing Boards met jointly in American Legion Post 177. They decided to test “hybrid” dinner meetings, allowing members who cannot attend for health reason to attend by Zoom. The Board also agreed to proceed with planning a Fall Retreat (Picnic) on Sep 12. KL Mike encouraged all members to invite at least one guest to a dinner meeting this new year. The Board commended KL Mike for his work for the Club this past year, and for serving again as KL for a second term.

## DG Glen Logan's Final 24-L Cabinet Meeting

The meeting was held Saturday, June 19th and six Fairfax Lions attended. At the meeting, DG Glen introduced new DG Joel Kendall, 1st VG Rose Burrus, and 2nd VG Donald Love.



(L-R) KL Mike, Greg, Jeff, Phil  
(Missing from photo: Harry and Karen P)

## July Events (Club events underlined)

July 3 - Lions Food Booth in Fairfax City

July 6 - Club Dinner Meeting (Hybrid live & zoom)

July 20 - Club Dinner Meeting

July 27 - Board meeting

## **Upcoming**

Aug 4 - Volunteer of the Year Ceremony

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

The last meeting until September was on June 2nd. KL Mike attended along with club rep Gordon. The ISCC enjoyed an indoor, served lunch meal in a private room downstairs in the American Legion hall. It worked great.

Club's gave their monthly reports; for example:

- Fairfax Station Railroad Museum reopens Sunday, July 11, with a "Welcome Back" event, noon - 3pm with free admission, tours & refreshments.
- Both Optimists and Rotary Clubs awarded youth scholarship awards in May.

The ISCC reviewed plans for the Volunteer of the Year ceremony on August 4th. (Our Lion of the Year is also our Volunteer of the Year, and will receive a certificate from the Mayor at the ceremony on Aug 4.)

## **Lions Information**

## **International travel**

Ten-twelve weeks to get a passport renewed? That's what US Senator Mark Warner says, and he may be able to help. Click on the image:



Now, that's useful information; thank you Sen Warner.

## New Lion Pin

On the table at June 15 dinner meeting: a pin produced by one of our club members.



Lion Gary is the “last to let you down” - do you catch the play on words? If not, ask someone.

Club member and PDG Bill Smith is familiar with the pin, as he had a small part in its development. Bill says Gary’s pin has been well received by those who have been fortunate to have received one.

Bill is very familiar with the other FHLC pins released over the years, and had the pleasure of designing all but two of them.

Below are images of two pins from Fairfax Lions Club’s history of producing pins:



Pin recognizing 40th anniversary of FHLC,  
produced in 1991



Produced in 1997, a representation of the old Fairfax Hardware store owned by Lion Scott Dulaney's dad, Lion Hubert Dulaney

See all Fairfax Host pins in the online Catalog of Lions of VA Trading Pins: [https://www.ptcvalions.org/yahoo\\_site\\_admin/assets/docs/Book\\_4\\_CLUBS\\_-DAHLGREN\\_thru\\_FRONT\\_ROYAL\\_LIONESS.303112649.pdf](https://www.ptcvalions.org/yahoo_site_admin/assets/docs/Book_4_CLUBS_-DAHLGREN_thru_FRONT_ROYAL_LIONESS.303112649.pdf)

There is a long tradition of Lions designing, producing, collecting, and trading "pins." The tradition dates back to 1973 and the founding of the Lions International Trading Pin Club. There are Pin Trading clubs at Multiple District (state) level too. Of course, there is Lions Pin Trading Club of Virginia. Virginia Lions were not only key to organizing pin trading across VA, but also across all Multiple Districts. And a key individual in all of that was our own club member Lion Bill Smith. Bill has been a Lion since November 1, 1968 and became a life



member in 1992. Bill is a past President of FHLC (1976-77), a Past DG, Past Council Chair, Progressive Melvin Jones Fellow, Life Member of both LCI and LoVA, and - as you might expect - a past president of both VA Lions pin traders and LCI pin traders.

Bill says: "Were it not for my spending approximately 7-8 hours every day doing something for either the Pin Traders Club of Virginia (PTCV) or the Lions International Trading Pin Club (LITPC), I'm not sure I would still be here. I'm the publisher for approximately 60 pin catalogs which require constant updating to reflect the issue of new trading pins. This keeps me out of trouble and connected to a hobby that has become a way of life for me. Way back in December of 1980, I proposed the formation of the PTCV to 16 other pin traders in the former District 24-A. The 17 of us met at the Holiday Inn in Manassas and agreed to create the PTCV, which now numbers 263 members from all over the world. I was honored to have been elected the Founding President. At the time, I was also getting ready to become the First Vice President of the LITPC. Never did I realize that what I was starting would develop into the First Multiple District Pin Trading in Lionism. Following our lead were 38 other Multiple District pin trading organizations. Pin trading truly

blossomed as a result of our action that night in Manassas. I later became President of the LITPC and have remained active ever since. As a matter of fact, I am extremely proud of the fact that I am the only active trader from the initial year of 1973 when the LITPC was created. Longevity in age certainly has played a major role in that. I will turn 91 on 15



**FHLC Charter Night, 2017: PCC and Privileged Member Bill Smith with daughter Ruth Van Dyke**

July and have set my goal to last until age 96. No particular reason for 96. My oldest brother passed away when he was 99, just one month and two days short of the century mark. Another brother just past last year at age 95. It would be nice to last in age between the two of them.”

“One other accomplishment that I am extremely proud of is the establishment by the LITPC of the LITPC Youth Scholarship Program. In recognition of my being one of the earliest pin traders in Lionism, the LITPC created the **William A. Smith Fellowship Program** as the financial vehicle for the Scholarship Program. To date, almost \$300,000.00 has been raised to fund the yearly scholarships that are granted.”

“Pin trading is a way of life for me. I have daily contact with many traders in many of the states in the USA and in countries like England, Australia, and New Zealand. I'm truly blessed.”

See also the District 24-L (our parent district) July (page 4) newsletter for a short article on the Lions International Pin Trading Club scholarships.

Should you have a question about, or interest in, Lions pins you should drop Bill Smith an email (address in directory).

### Expert Prescribes a Healthier Lifestyle as Good Medicine for the Brain

*By Nancy Hellmich*

If you have occasional mental lapses, such as losing your keys or forgetting the name of an acquaintance, don't despair, says longevity expert Gary Small.

His research and other studies show "you can have a huge impact on improving your brain health and staving off cognitive problems" by practicing memory training techniques, managing your stress and living an overall healthy lifestyle, says Small, 64, a geriatric psychiatrist and director of the UCLA Longevity Center. "I've seen how getting people to walk regularly and eat right enhances their life for many years to come."

It's possible to do this in people who are struggling with occasional memory glitches but less effective among those already dealing with advanced cognitive impairment or even Alzheimer's disease, says Small, the coauthor of several books, including his latest, *2 Weeks to a Younger Brain*, written with his wife, Gigi Vorgan.

He's living a brain-healthy lifestyle, and he encourages others to do the same by:

**Practicing memory training.** To train your memory, Small suggests that you “focus and frame. Focus is paying attention, and framing involves creating visual images and mental associations that give meaning to your memories,” he says. If you meet someone named Jack who is in great shape, then imagine him doing jumping jacks so that you have a visual image to help you recall his name.

**Reducing stress.** He manages his stress by taking brief but regular relaxation breaks throughout the day, such as stretching, meditating or having conversations with friends. He also recommends yoga, exercise, tai chi, restful sleep, cutting back on multitasking, lightening your load, laughing, getting organized and asking for help.

**Staying mentally active.** “I do puzzles every morning. Writing the books with my wife is a great mental exercise.” To stay mentally active, you can learn new things, search the Internet, engage in stimulating conversations and do sudoku, crossword or other puzzles, Small says. “We have less evidence that mental stimulation protects against Alzheimer's, but we still encourage it.”

**Getting enough sleep.** “Sleep is an active process when the brain heals itself,” he says. “If you

get enough sleep, you have less amyloid plaque” and “less inflammation in the brain. I treasure my sleep, so I do whatever I can to get enough.”

**Exercising regularly.** “If you exercise regularly, your hippocampus, one of the brain’s key memory centers, will grow, and a bigger brain is a better brain.”

—Nanci Hellmich (published by AARP)

## **Lions are Consumers too...**

Maybe prices do not always increase - but do product sizes remain the same? Just a thought, thanks to Consumer Reports.

(Continued Next Page)





## Downsizing: A Sneaky Way to Raise Prices

You'd notice if your favorite orange juice's price went from \$2.99 to \$3.19, right? But what if the amount of juice in each bottle fell from 59 oz to 52 oz? This inconspicuous shrinkage has been going on for decades, and there's no end in sight.

## 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.”)

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“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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