

Fairfax Lions Club News

Sep 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 - LCIF Helps in Haiti

We have no Club service to report this month. But, in case you missed it, an August 15th email from Dr. Jung-Yul Choi, Chairperson of Lions Clubs International Foundation (LCIF) said:

"On Saturday, August 14, an earthquake struck Haiti, just days before a tropical storm is projected to pass near the island. The 7.2 magnitude quake has left more than 200 people dead, hundreds more injured or missing, and major devastation in several cities. When a humanitarian crisis of this magnitude strikes, we, as Lions, are ready to help. Right beside us is Lions Clubs International Foundation (LCIF), our global foundation. LCIF quickly responded and approved US\$100,000 in Emergency grant funding

to allow Lions in Haiti to respond to urgent needs of the victims.”

This is just one example of the good works supported by LCIF. LCIF's mission is to support the efforts of Lions clubs and partners in serving communities locally and globally, giving hope and impacting lives through humanitarian service projects and grants. For more: <https://www.lionsclubs.org/en/discover-our-foundation/mission>

Charity Fund Raising

**DELIVERING SERVICE DEPENDS ON
RAISING CHARITY FUNDS**

Oct 9 Fall Festival Food Booth

Mark your calendars now, and watch for sign-up alerts for this all-day fund raiser. Our club traditionally sells Oktoberfest food (dogs, brats, kraut) and also operates beer sales as one of the city's selected vendors. The effort will take all-hands, for set-up, operations, and cleanup. It is always a productive day - and a fun day. You'll be glad you participated!

Benevity? What's That??? A Good News Story

By Lion Marty Lockard

Many of us are familiar with the Combined Federal Campaign (CFC) - it promotes and supports philanthropy by providing government employees the opportunity, through their donations, to improve the quality of life for others. It is employee focused, cost-efficient, and effective. There is a similar program for employees of commercial companies and corporations; it is run by the company Benevity.

Benevity is a Canadian software company. It empowers corporate giving, volunteering, and grant-making solutions for over 8 million employees in over 650 Fortune 1000 companies worldwide, including Google, Apple, Coca-Cola, Microsoft, and Nike. Benevity's social mission is to facilitate meaningful impact for recipient charities by seamlessly exposing them to millions of potential donors and leveraging technology and automation to transform the way charities receive funds.

Part of that is to improve the way global charities access and become eligible for corporate giving programs and to modernize the way organizations process and receive donations. Benevity reduces administration costs by aggregating payments to

each organization across all clients and donors, as well as automating payments and donor tax receipting/acknowledgments in a scalable global model.

Fairfax Lions Club Charities is one of Benevity's eligible charity organizations registered for automatic electronic disbursements to our Club charities account. An individual employed by Inova Health Systems has been donating a small amount to us from her paycheck for the past year. It was a surprise to us...we received our first electronic payout and that alerted us to the fact that we are registered. Treasurer Mike and Lion Marty are working to improve our profile and the search parameters (tags), so many other employees might select our charity. It may take time for new tags promoting FHLC to take effect.

You can search for FHLC in the “causes” portal at <https://causes.benevity.org/causes>. (In “Now enter your cause name or EIN/RCN,” type FHLC’s number: 541743126) The main web site can be found at <https://benevity.com>. On that site, you can find more information about using Benevity if your employer participates.

YOU can help Club Charity Fund Raising!!! Pass the word to any individual who may have access to Benevity through their employer. We encourage you to share this with family, co-workers, and friends. Our charity programs - and the underserved in our community - will benefit.

Club Meetings

Aug 3rd Dinner Meeting

Thanks to 2VP Jim K, we have meeting photos. Our guest speaker was Lion Jim Purton with Lion Che and Pierre, to tell us about Canine Companions.



Lion Jim (left) of Canine Companions and
Lion Che (Clifton LC) with Pierre

Lions support two dog programs: “Leader Dogs” - for vision limited persons, and “Canine Companions” - for persons with other disabilities.



Pierre

KL Mike
Mike
Thanks
Lions Jim
and Che



Also at the meeting, three Lions received certificates and years-of-service chevrons. LCI's *Milestone Chevron Award Program* recognizes Lions for long-term service, beginning at 10 years, and continuing in 5-year increments.



KL Mike presents chevrons to Lions Karen D (10 years), Mike S (15), and Huey (35).

More on Canine Companions - Lion Jim Purton had this article in the August District Newsletter:

"I often hear people say, "I couldn't stand to give a puppy up." We volunteer puppy raisers understand that emotional attachments to our pups are

strong. But the larger purpose these amazing dogs were bred for allows us the strength to do what Lions do – “We Serve.”

As I've often told many Lions, there are other ways to support Canine Companions. You can schedule a meeting presentation to learn about the great work done by the assistance dogs from Canine Companions. When we speak to your club, we'll provide information on individual and club giving programs and awards available through our Lions Project for Canine Companions Foundation. More information is available at <http://www.lpcanine.org/>.

Here's a fun way to get involved, and it won't cost you a thing. Vote for your favorite picture to be the cover photo on Canine Companions 2022 calendar. Go to <https://tinyurl.com/ysayn4zu> and make your choice. You'll also have an opportunity to pre-order one of the beautiful calendars.

On Saturday, September 18 at 9:00 a.m., you can join the fun in Richmond at the Old Dominion Chapter of Canine Companions Puppy Raisers' GiveaDoga- Job5K. This is the 3rd year for the 5K event and, like other events this year, it will be held in person. If you're a runner who enjoys those weekend 5K events, please register and plan to participate in

this year's event. Even if you're not a runner, you can participate in this fun event. Bring your pet dog and mingle with the Canine Companions puppies in training. Bring the kids and enjoy an outdoor event. More information and the registration form can be found at <https://runsignup.com/Race/VA/Richmond/GiveaDogaJob5krunwalk>

Another fun in-person event is returning this year after having success virtually during the 2020 pandemic year. DogFest 2021 will be held at the Reston Town Center on Saturday, October 23. This year, our Lions team will commemorate my late wife, Michele Purton. To support our team, go to <https://p2p.onecause.com/dogfestdc21/team/in-memory-of-michele-purton> We're just getting started, so please pitch in and help a great cause in memory of a great Lion.

Feel free to contact us to arrange meeting presentations or anything else related to Canine Companions."

Aug 17th - Dinner Meeting

Our buffet meal included pork, chicken and scalloped potatoes:



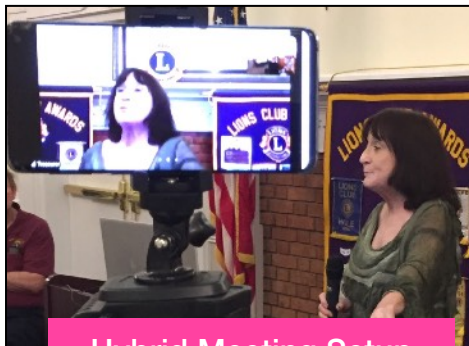
Ms Margaret Anthony, President of the Annandale Toastmasters Club, was our speaker.

Toastmasters International teaches public speaking and leadership skills through a worldwide network of clubs like Annandale Toastmasters Club.



KL Mike thanks Margaret

IPPx2 Mike R enabled our speaker to be broadcast over zoom. This photo shows the speaker in the camera (on a tripod) transmitting the signal over zoom.



Hybrid Meeting Setup

Toastmaster Margaret challenged several Lions to give a 1-2 minute impromptu talk on a movie, vacation, meal, TV show, country, or public figure.



Jeff, Ken and Mike talked about: movie (Field of Dreams), vacation (NH), and meal (Thanksgiving)



Rodney , Suleiman, and Jasmin talked about their favorite: TV show (Wonder Years), country (Kenya), and public figure (Nelson Mandela)

(Suleiman's guest at the meeting was his niece, Jasmin.)



Members enjoying the speaker

The speaking challenge was fun, and illustrated the importance of learning and practicing public speaking. We also learned more about those Lions who spoke. Members enjoyed it so much, Margaret agreed to return to speak again at a future meeting.

We were very happy that relatively new Lion (new in past year) Jim McKeever was able to attend this meeting in person, and Membership Chair Ken presented Jim with his club shirt and hat.



Lions hat and shirt for Jim

50/50 was won by PDG Karen P, and Lion Scott (“It’s great to be a Lion”).

July 27th Board Meeting

The Club's Board of Directors met by Zoom. The most important business of the evening was approving the 2021-22 Charity Budget. Assuming our charity fund raising is strong, between now and July 1, 2022 our Club plans to spend \$25,814 in a variety of charity programs. The programs include three new ones proposed by relatively new Club members. Lion James F proposed the Club spend charity funds to deliver 200 "Power Packs" (weekend meals for school age children), and Lion Jim McK proposed our Club support two community organizations: Fairfax Symphony Orchestra, and Assistance League (<https://www.assistanceleague.org/northern-virginia/>). The Board approved the Charity budget.

Of course, raising those funds remains a challenge. The immediate upcoming fund raiser is the Fall Festival in October, and then Citrus Fruit Sales beginning in November. Both require Lion-power to make them run, plus initiative by one or two Lions and a committee to push them forward. If you can help, please speak to Club leaders (KL, VP, etc).

Sep Events (Club events underlined)

Sep 7 - Club Dinner Meeting

Sep 9 - US/Canada Lions Leadership Forum in Iowa (click on video link below to know more)

Sep 11 - Remember: 20 Years Ago (pages 29-30)

Sep 12 - Club Retreat/Picnic

Sep 21 - **NO** Club Dinner Meeting

Sep 28 - Board meeting

Upcoming

Oct 1-3 - District 24-L Fall Conference

Oct 9 - Fairfax Fall Festival Lions Food Booth



The collage features several logos and images. At the top left is the 20th Anniversary logo for the US/Canada Lions Leadership Forum. To its right is the word 'Sponsors'. Further right is the Cultivating Leaders logo. Below these are the Terri Lynn logo, the Hillrom logo, the plusoptix logo, and a blue sign that says 'Your Logo Here!'. At the bottom right is a video thumbnail of a man speaking, with the text 'PLANTING THE SEEDS FOR CULTIVATING LEADERS' overlaid.

US/Canada Lions Leadership Forum
Click on above video link

Inter-Service Club Council (ISCC) Recognized Volunteers-of-the-Year

On Aug 4, Volunteers-of-the-Year selected by their service clubs received certificates from the Mayor of the City of Fairfax. It was a nice event, and are we are very happy Lion-of-the-Year James Friedlander was recognized. KL Mike introduced James by reporting on his efforts initiating and conducting our club service providing Power Packs for local school age children - who may otherwise have not had adequate food between school-provided meals.



(L-R) Mayor David Meyer, Lion James and KL



KL Mike introduces James

District 24-L Cabinet Meeting

FHLC was represented at the July 31 District 24-L Cabinet Installation and Meeting. This photo was in the District's Aug Newsletter showing FHLC members at the meeting...



KL Mike provided a better quality photo showing Fairfax Lions attending...



Fairfax Lions Harry, Phil, KL Mike, Karen, Greg at Cabinet Meeting

District 24-L Visitation

Each year the District holds a Visitation Kickoff and Awards luncheon. Its purpose is to encourage club members to visit other clubs and to recognize excellence over the past year. At this year's event on August 22, the Fairfax Host Lions Club received the Club Excellence Award (for year 2019-2020), State Achievement Award, and "100%" Treasurer and Secretary awards (2020-2021). In addition, PCC

Harry Parker and PDG Karen Parker received Distinguished Service Awards for their many contributions at the District level.

Lions Information...

How Blind People Use an iPhone

By Lion Rodney Neely

As the author of this article, I would like to give the readers of this newsletter a bit of background on myself. My name is Rodney Neely. I have been blind since birth. I have a full-time job. I am married to a wonderful woman, and I have been a member of the Lions Club for more than fifteen years.

The reason that I decided to write this article about how blind/visually impaired people use our iPhones is that some of my friends in the Lions Club have asked me about some of the technology that I use to improve the quality of my life.

The Apple iPhone is a very popular smart phone. Some people might not realize that the iPhone has a built-in screen reader on it called Voiceover. The iPhone also has a program that enables people with visual impairments to read the screen. This program is called Zoom.

Assuming that the app is written with accessibility in mind, Voiceover can read the items that appear on the screen of the iPhone to the blind/visually impaired user.

There are special finger combinations and touch gestures that blind/visually impaired people can use to control their iPhones. Blind/visually impaired people can also use an external keyboard or an external braille display to control their iPhones.

Having the ability to use a device like an iPhone has brought a lot of independence to blind/visually impaired people. They can read news articles, browse, and interact on Facebook and Twitter, and even use Uber and Lyft to travel. They can also use their iPhones to read books from Apple books and from Amazon Kindle. There is an app for the iPhone called Braille and Audio Reading Download (BARD) that enables blind/visually impaired people to read audio books produced by the National Library Service for the Blind. More information about this service can be found at: www.loc.gov/nls

For more information about how blind people use their iPhones, please visit the following web sites.

https://hadley.edu/learn?topic_id=14

<https://www.applevis.com/new-to-ios>

Or if you prefer, email me at: rodneymneely@gmail.com

Lion Rodney

“The Big Number: Moderate Consumption of Alcohol May Be Good for your Heart”

By Linda Searing (Washington Post)

“Drinking a moderate amount of alcohol — one drink a day for women, two a day for men — may help protect your heart, according to research. Chronic stress has been shown to increase the risk for cardiovascular disease. The latest research, presented at a recent American College of Cardiology scientific session, suggests that a moderate amount of alcohol can reduce stress by helping people relax. The researchers analyzed data on more than 53,000 adults, which included, for some participants, scans of regions of the brain known to be associated with stress. They found that stress-related brain activity was higher in nondrinkers and excessive drinkers than it was in moderate drinkers. Also, those who drank moderately were 20 percent less likely to have a major cardiovascular problem, such as a heart attack or stroke. A standard drink is considered to be 12 ounces of beer, 5

ounces of wine or 1.5 ounces (a shot) of liquor. The researchers, however, align with other health experts in cautioning that, despite the possible benefit, alcohol consumption carries serious risks for the heart, as well as the mind and body generally. For instance, it can increase the risk for some cancers, damage the liver, raise blood pressure, affect thinking, movement and behavior, and can lead to an addiction. Rather than using alcohol to combat stress, healthier strategies include staying physically active, engaging in stress-releasing activities such as yoga or meditation, getting seven to nine hours of sleep each night, practicing relaxation techniques and making time for family, friends and activities that offer distraction from what is causing your stress.”

Ten Years Ago...

Getting to Know Mike Rumberg

by Sandy Mayo (Oct 2011 newsletter)

If you ever wish to make a career change, check with Mike Rumberg first. Chances are he's done that job. He's sold furniture, been a waiter, served as a crew member on a sport fishing yacht, started a construction business, been a treasurer of Senator

McCain's campaign, served on the student senate at NOVA Community College, worked in a funeral home and done compensation analysis for Fairfax County and now for the District of Columbia.

With the exception of living two years in Chicago when his father was stationed there in his Air Force career, Mike has spent his entire life in Virginia. Born at the new Dewitt Hospital at Ft. Belvoir in 1968, he grew up in the school district of Thomas Jefferson High School. In spite of missing about 25 percent of the classes in his senior year due to his enthusiasm for sailing, he managed to graduate in 1986. Instead of applying for college at that time, he went sailing. He and a buddy fixed up a sail boat, affectionately known as the Troubadour. It was all arranged that the two of them would do some serious sailing to the Caribbean until the buddy found a winsome mate and the boat was not built for three!

Still looking for work on a sail boat, he stumbled onto a crew job for a sport fishing yacht anchored at the Gangplank Marina in D.C. Perhaps meeting Congressmen and Senators on this yacht fueled Mike's interest in politics. Taking high profile guys out fishing and spending winters in Florida was "fun stuff." Well, I reckon.

Eventually Mike attended Northern Virginia Community College where he became involved in student government and served as treasurer, vice-president and president. Are we seeing a pattern here? This particular student government raised \$20,000 which was used for AV equipment and benches for the Annandale campus, as well as a student scholarship. This had never been done before. After two years, Mike transferred to GMU where he majored in government and international politics. In 1993, with one more class to take, he left GMU (a parents' nightmare!) and started his own business in construction. Entrepreneurial-ship is in the family genes as his elder brother started a business of lawn mowing and odd jobs at the age of 8. I'm pleased to say that our very own P.J. Story encouraged him to return to GMU. He completed that one class and graduated in 2004.

Answering the siren call of politics, Mike became the deputy comptroller for McCain's campaign to win the Republican nomination in 2000. As we all know, McCain lost to George Bush but Mike still went on to the convention held in Philadelphia. Since that time, Mike has served as the treasurer of other local political campaigns and is currently the Treasurer of

the 11th Congressional District Republican Committee and the Fairfax County Republican Committee. Mike also has a business management consulting company (Barchetta Enterprises) which specializes in compliance and accounting services for political committees as well as for various small businesses.

Amidst his various endeavors, Mike was to encounter his “life-long endeavor” at a D.C. United game in August 2005.

Her name was Marisela and she was visiting a cousin. It was a long distance romance as Marisela was living with her family in Mexico City. Three years later, they were married on July 3, 2008. They now have two cute sons: Nicholas and Louis.

As a waiter at Mama’s, Mike interacted with the members of the FHLC regularly and Elden Wright became his sponsor for membership in February 1998. His favorite Lion activity is the delivery of the food baskets as he is able to interact with the recipients personally and witness the joy on their faces.



Photo taken at FHLC picnic Sept 18., 2011

An Invitation

From Lion Spouse Marisela Rumberg

Hello friends,

I am so excited to finally be able to tell you the good news!! Please join me on Friday, September 3rd at 11:00 am for the big reveal of the project I've been working on all summer: The LOVE Sign in the Town of Occoquan, Virginia.

I am thrilled and honored to have been selected to embellish this "must see" point in Occoquan.

As a Certified Zentangle Teacher (CZT), I decided to go for the pure Zentangle Method©: completely abstract and only using black and white - the contrast of the 2 colors in the final piece is just fascinating.

Here are a couple of my work-in-progress photos and at the bottom of this article, you will find the "before" photo of the sign's base. I was given each letter cut out of plywood to work on at my studio. Now that they are finished, the letters will be attached to the base (the before picture).



Hope you can join me for the big reveal!
River Mill Park
458 Mill Street, Occoquan, Virginia, 22125
No RSVP required



THE TOWN OF OCCOQUAN
AND MAYOR EARNIE PORTA

INVITE YOU TO A SPECIAL REVEAL OF THE

LOVE Sign

with artist installation
by Marisela Rumberg

Friday, September 3 at 11:00am

RIVER MILL PARK
458 MILL STREET, OCCOQUAN, VIRGINIA

No RSVP required

Remember 20 Years Ago, 9-11-2001



At 8:46am EDT, it began. You know exactly where you were when you heard the news. You thought it was an airplane accident...then the facts unfolded. Terrorists had attacked our homeland: the Twin Towers, the Pentagon, and one other target saved by actions of brave people on United Air Flight 93.

More than 3,000 (including more than 400 police officers and firefighters) were killed; more than 10,000 others were wounded; it was the deadliest terrorist act in US history - the most devastating



foreign attack on American soil since Pearl Harbor. America struck against terrorism; that must continue.

We Remember

September 11th: Patriot Day, and a National Day of Service and Remembrance

“Time is passing. Yet, for the USA, there will be no forgetting September the 11th. We will remember every rescuer who died in honor. We will remember every family that lives in grief. We will remember the fire and ash, the last phone calls, the funerals of the children.” President George W. Bush

“Ten years have passed since a perfect blue sky morning turned into the blackest of nights. Since then we’ve lived in sunshine and in shadow, and although we can never unsee what happened here, we can also see that children who lost their parents have grown into young adults, grandchildren have been born and good works and public service have taken root to honor those we loved and lost.” Mayor Michael Bloomberg

“Even the smallest act of service, the simplest act of kindness, is a way to honor those we lost, a way to reclaim that spirit of unity that followed 9/11.” President Barack Obama

“What separates us from the animals, what separates us from the chaos, is our ability to mourn people we’ve never met.” David Levithan (Author)

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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OUR LOCAL COMMUNITIES...
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KINDNESS**

Fairfax Lions Club



We Serve

Since 1951