

Fairfax Lions Club News

Oct 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

We have no Club service to report this month. September's focus has been on the Club Picnic, and planning the Fall-Festival Fund Raiser and the November Citrus Fruit Sale Fund Raiser...all key to Club service in the coming months.

Charity Fund Raising

**DELIVERING SERVICE DEPENDS ON
RAISING CHARITY FUNDS**

Oct 9 Fall Festival Lions Food Booth

SIGN-UP now for this one-day fund raiser. Our club sells Oktoberfest food (dogs, brats, kraut) and operates beer sales as one of the city's selected vendors. The effort takes all-hands, for set-up, operations, and cleanup. It is always a productive

day - PLUS a fun day. You'll be glad you participated! Sign-up at this web page:

<https://www.signupgenius.com/go/60b0f4faba82da2fb6-fall>



Fairfax Host Lions Club

Fall Festival Food/Beverage Booth

Please review the available slots below and click on the button to sign up. Thank you!

Date: 10/09/2021 (Sat.)

Questions: check with VP Jim Kaplan...

jim@jimkaplan.com

News of Club Meetings

Sep 7th - Dinner Meeting



As this meeting was close to the eve of the 20-year remembrance of 9-11, KL Mike asked if any folks might share memories. Several did.

PDG and PP Karen spoke of the proximity of her office in the Pentagon to the site, and security changes.

IPP Pete talked about where he was on 9-11.

Next up, Treasurer Mike gave a report on the Club budget for this year.



It was a pleasure to have two guests: Lion Scott's brother-in-law Marlin, and IPPx2 Mike's son Nicholas.



Above L - Scott
Above R - Marlin



Nicholas

Lion Jeff showed various awards presented to both our Club and to individuals on August 22. (For more on special individual awards, see page 24.)



Club Excellence
Award



State
Achievement
Award



100% Treasurer Award



100% Secretary Award

If you ask, 'Where do Club Banners come from?' Lion Tamer Phil dutifully stores, transports, and displays the banners at meetings. The transport case (4-PVC tubes) was built by previous Lion Tamer Jeff Davis (RIP).



Top - Phil rolls banner
Right - Inserts banner
into PVC tube for
storage

Sep 12 - Club Retreat (Picnic)

Each year the Club plans a retreat (picnic) just to enjoy each other's company (and food). This year, Lions Joe (and Terry) Breda, and Karen and Harry Parker - the "A-Team," planned, organized, bought & prepared food, rented the pavilion, did the set-up (which included asking some folks in the pavilion to leave - as Fairfax Lions had a use permit), and finally cooked and served the picnic food. It was a great success, enjoyed by all. Photos follow....





Providence Pa		Weekly	
		Saturday Sep 11, 2021	Sunday Sep 12, 2021
08:00 AM			
08:30 AM			
09:00 AM			
09:30 AM			
10:00 AM			
10:30 AM			
11:00 AM			
11:30 AM	Do		
12:00 PM	*		
12:30 PM	Per. #: 21945		Fairfax Lions Picnic
01:00 PM	12p - 4p		*
01:30 PM	*		Per. #: 21724
02:00 PM	*		1p - 4p
02:30 PM	*		*

Park Permit



A-Team arrives early, to clean out the shelter, set-up the picnic line, and begin cooking





Serving Line Opens













Well Done, A-Team, and Fairfax Lions!

Sep 21st - Dinner Meeting (replaced by Picnic)

No meeting!!!

Sep 25th - A-Team BBQ at Casa Di Montagna



As announced by KL Mike's email, all were invited to enjoy picnic left-overs (plus more) served at an exclusive event at Joe & Terry Breda's Mountain retreat near Marshal, VA. The house and property are known as "Casa Di Montagna" (Italian for "Mountain House"). They get all types of wild life out there, like deer and bear, even a few Lions on occasions like this one. The weather was fantastic, the venue exceptional, and those participating had a great time. Thank you Joe & Terry!

Photos follow...

Once again, PCC Harry performed Chef services



Terry and the “truck” gave folks tours of the grounds

Pete lit the candles on a surprise BD cake for Joe



KL led the HB song (while the Rumberg dogs eyed the cake)





Of course, Joe was the
“fire extinguisher”



Joe & Terry,
where their
daughter was
married at Casa
Di Montagna



Above:
Karen, Kate

Right:
Sarah, Pete





Above:
Phil



Right: Bill,
Mike



Above:
Gordon,
Elsie

Below:
Louis and
friend,
Joe, Terry



Sep 28th Board Meeting

In keeping with a decision made at the last Board meeting, the Board met at the American Legion Post 177. An option was to return to the City of Fairfax Senior Center, now re-opened, where Board meetings took place in the past. Many members prefer the AL Post for its central location and refreshments available on site. The Board decided to meet there in Oct, Nov, and Dec, then relook preferences. All club members and guests are cordially invited to observe Board meetings.

The Board approved the distribution of a \$1000 donation to Canine Companions, one of our Service Budget line items. You may recall, we had a dinner presentation by Canine Companions recently.

The Board approved paying a deposit to a Country Club for next year's FHLC Charter Night gala, to be on March 12, 2022.

Lions Greg and Karen DeRosa agreed to run our holiday meal donations again this year.

The worker list for Fall Festival is not sufficient to staff the event. A renewed effort begins ASAP asking folks to sign-up, or extend their shift times. Turnout has implications for November's Fruit Sale. Stay tuned!

October Events

Oct 1-3 - District 24-L Fall Conference

Oct 5 - Club Dinner Meeting

Oct 9 - Fairfax Fall Festival Lions Food Booth

Oct 11 - Columbus Day (Observance varies*)

Oct 19 - Club Dinner Meeting

Oct 26 - Board meeting

**President Johnson created Columbus Day as a Federal Holiday in 1968. Observance in different parts of the US varies from large-scale parades to complete non-observance. In most states, Columbus Day is NOT celebrated as an official state holiday. Some mark it as a "Day of Observance" or "Recognition." Some have replaced it with celebrations of "Indigenous People's Day." Some locations celebrate the day as "Italian-American Heritage and Culture Day."*

Upcoming

Nov 11-13 — Club Citrus Fruit Sales Fund Raiser

Nov 11 - Veterans Day

Inter-Service Club Council (ISCC)

No updates.

Special Awards Designed by Fairfax Lion and PCC Bill Smith

Under news of our Sep 7 dinner meeting (page 4, this newsletter), awards were presented to our club at the District's Visitation luncheon on August 22.

Of special interest are awards presented to PCC Harry Parker and PDG Karen Udell Parker in recognition of their many contributions at District and State level. Those awards are the "Distinguished Service Medal" and the "Script Pin."

Council Award Pins

Left - Distinguished Service Medal

Right - Obverse shows names of the three DGs



Script Pin

Both of these awards were designed by PCC Bill Smith, a long time Fairfax Lion. Bill graciously took his time to provide the following information about those two awards.

—————*From PCC Bill Smith*—————

The Distinguished Service Medal that PCC Harry received is the highest form of Virginia recognition that a District Governor can present to an individual Lion.

PCC Bill originally developed the award and received approval from the Council of Governors to issue the medal on an annual basis. There were a couple of similar pins prior to this one, but they were never continued by subsequent Councils and thus never really recognized in the same manner as these have been. Originally PCC Bill simply used the LCI Presidents pin and converted it into a medal. At the request of LCI, Bill discontinued using those pins and came up with the one you see on PCC Harry's apron (photo below).

It features the figure from the Virginia State flag and has become clearly recognizable as THE number one form of recognition by the DG for that year. The only difference in the medals from year-to-year is the names inscribed on the reverse of the medal showing the names of the District Governors for Multiple District 24, Virginia. Each DG is limited

to six medals each year.

The “script” pin that PDG Karen is holding is the next tier of recognition. Each DG is given 20 to award to individuals who have exceeded what was generally expected of them in supporting the programs of the DG for that year. The one that PDG Karen has is the initial year of the new design. From 2000 to 2020, the design was a cutout Lion over the words VIRGINIA, which were also cutout. The company that had made those pins for all those years went out of business and we were not able to find another one to do the work.



Thus, Bill found a company that would make the pins provided he would agree to change the design. Bill` did and that's the result. These pins are also highly coveted.



We can all agree, while the award pins are nice and serve an important purpose, we are all proud of PCC Bill's pursuit of excellence in their design and in assuring their availability. Well done, PCC Bill Smith !! And congratulations Karen & Harry on your recognition !!!

Lions Information...

“The Big Number: 7,000 daily steps could help you reach a longer life, study says”

By Linda Searing (Washington Post)

“No matter how many steps you take each day, your health benefits add up. But those who take 7,000 steps a day may be adding years to their lives. New research found that middle-aged adults who took that many steps daily were up to 70 percent less likely to die at a younger-than-expected age than were those whose movement totaled fewer than 7,000 steps a day. The study, which involved 2,110 middle-aged adults who wore a step-counting device and then were tracked for nearly 11 years, was published in the journal JAMA Network Open. How fast participants walked (referred to as their step intensity) did not affect their mortality risk. Rather, those who walked more lived longer. The researchers found, however, that taking more than 10,000 steps a day — the number often cited as a daily goal for health — yielded no further drop in mortality risk. Physical activity like walking is considered one of the most important things people can do to improve their well-being, according to the Centers for Disease Control and Prevention. A former CDC director described physical activity as

“the closest thing we have to a wonder drug.” Among its benefits, walking can reduce risk for high blood pressure, heart disease, diabetes and depression, and it can help control weight and improve sleep. It is considered good for your bones, muscles, heart and brain. Although walking is considered safe for most people, those who have any concerns should check with their doctor before launching any new physical activity routine. For adults generally, national guidelines focus on time spent on an activity rather than number of steps, recommending 150 minutes a week of moderate-intensity activity, such as walking.”

—Linda Searing (Washing Post, Sept 12, 2021)

The Big Number: 24 million Americans Age 40 and Older Deal with Cataracts

By Linda Searing (Washington Post)

Cataracts, an eye affliction that commonly develops as people age, affects today more than 24 million Americans 40 and older, according to the Centers for Disease Control and Prevention. The National Eye Institute says that number will reach 50 million over the next three decades.



The lens of the eye, which is responsible for bending light rays (called refraction) to produce focused vision, is normally clear. A cataract, however, causes it to become cloudy.

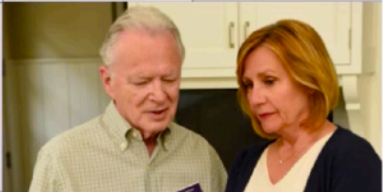
Cataract development usually starts in middle age, when proteins in the lens break down and clump together, creating a cataract that may, over time, increase in size. Symptoms are usually mild early on, but as cataracts grow they can make vision blurry, hazy and less colorful. It would be like looking through a foggy or dusty car windshield, according to the American Academy of Ophthalmology.

Seeing at night may become difficult, with lights looking as though there is a halo around them. Eyes with cataracts may also become sensitive to bright light, whether from the sun, lamps or headlights. Although vision problems caused by cataracts may take years to develop, eventually they can affect reading, driving and other daily activities.

Getting rid of a cataract requires surgery, almost always outpatient. For the procedure, an ophthalmologist removes the cataract-clouded lens and replaces it with a clear artificial lens, called an intraocular lens. Cataracts are so common that more than half of Americans 80 or older either have cataracts or have had surgery to remove them.

— Linda Searing (Washing Post, Sept 21, 2021)

Ten Warning Signs of Alzheimer's

1 Memory loss that disrupts daily life	2 Challenges in planning or solving problems	3 Difficulty completing familiar tasks	4 Confusion with time or place
5 Trouble understanding visual images and spatial relationships	6 New problems with words in speaking or writing	7 Misplacing things and losing the ability to retrace steps	8 Decreased or poor judgment
9 Withdrawal from work or social activities	10 Changes in mood and personality		

Alzheimer's Association Key Resources

We're available wherever and whenever you need reliable information and support.



On the phone – 24/7 Helpline, 800.272.3900



Online – alz.org



In communities nationwide – alz.org/CRF

Anti-Alzheimers Diet: MIND (Mediterranean–DASH Intervention for Neurodegenerative Delay)

Nutrition is important, and MAY stave off Alzheimers. The MIND diet focuses on plant-based foods linked to dementia prevention. It encourages eating from 10 healthy food groups:

Leafy green vegetables, at least 6 servings/week

Other vegetables, at least 1 serving/day

Berries, at least 2 servings/week

Whole grains, at least 3 servings/day

Fish, 1 serving/week

Poultry, 2 servings/week

Beans, 3 servings/week

Nuts, 5 servings/week

Wine, 1 glass/day*

Olive oil

The MIND diet limits servings of red meat, sweets, cheese, butter/margarine and fast/fried food.

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 around the 1st of each month to its availability on the web page.

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