

# Fairfax Lions Club News

## Jan 2022

*The Bob Stahl Memorial Newsletter*  
*- Fairfax Lions, Serving Since 1951 -*



**WE SERVE THE WORLD AND OUR  
LOCAL COMMUNITIES WITH PRIDE,  
COMPASSION AND KINDNESS**

### KL's New Year Message

Hello Fellow Lions,

The temperatures are cooling and it's finally beginning to look like winter. Up to now we have had rather balmy days which was very good for our fund raisers and the food basket program. We had an excellent turnout by our members and our customers. We have every reason to be proud of our accomplishments during the first half of this fiscal year. I extend to every Fairfax Lion who participated in any way in our Club's activities, small or large, my sincerest appreciation and gratitude. I believe Fairfax Lions is one of the best Clubs in Virginia and I am confident it will continue



to be strong with the leadership and participation we have.

As we approach the new year, let us renew our commitment to serve others in the Fairfax community. There is plenty of need and we have the resources to satisfy many of those charitable requirements. Soon the Board of Directors will be reviewing the Club's yearly charity activities to determine appropriate levels of support. I encourage individual members to consider new ways to serve and submit their ideas to the Board.

The Club membership participation last year in The 70 for 70 Campaign, both in individual involvement and financial contribution, was truly outstanding. And the participation has continued unabated into this fiscal year. This energy and drive ensures our success as a strong, growing organization but we cannot become complacent. In July, I asked each member to bring at least two guests, as potential new members, over the following 12 months. A few of us brought guests, but this effort was meager at best and disappointing. This is not an unreasonable goal! The only way to grow our membership is to introduce friends and acquaintances to Fairfax Lions

and let them see firsthand what a great club we have. By bringing another person to a meeting, you can show him or her how proud you are to be a Lion and the wonderful opportunity Fairfax Lions provides for community service.

I thank the Officers and Board of Directors for an excellent year. Covid-19 hasn't stopped us. We're just catching our breath and getting ready for big things in 2022.

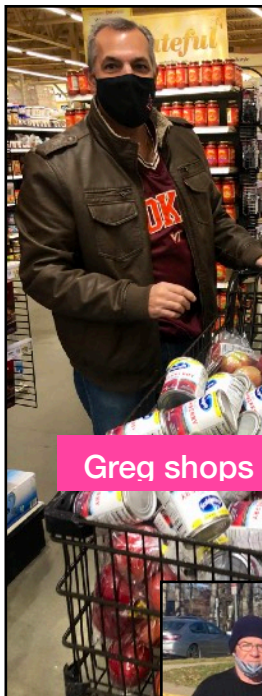
My best to all of you and your families for a healthy, happy and productive New Year.

**KL Mike**

## **Service Projects**

### **Holiday Food Baskets**

Again in December, Fairfax Lions delivered holiday food baskets to help our community neighbors with basic food needs. On Dec 20, we assembled and presented food baskets for 30 families to [\*\*Main Street Child Development Center\*\*](#). Led by Lions Greg and Karen, this is always a fun and personally rewarding service. After completing the shopping, the basket assembly line took 29 minutes; the cost of food was \$1,519.98 plus 4.5 cases of oranges from the December fruit sale.



Greg shops



Son Greg helps Mom & Dad



Pete, KL Mike unload



Assembly Process  
at Main Street CDC





**Mission Complete: Carol Lieske (2nd from R - CEO, Main Street CDC) thanks Lions Harry, Phil, KL Mike, Greg, Karen, Pete**

Lions Greg and Karen send a BIG thank you to KL Mike and Lions Harry, Phil, and Pete for their help. We all thank the team for their service!

## **Lions Peace Poster Contest Winner**

*By Lion Jeff Root, Peace Poster Chairperson*

Congratulations to Audrey Nagle for winning the Peace Poster Contest at Rocky Run Middle School in November. Her Peace Poster is copied below.



### Winning Poster

By **Audrey Nagle**, 8<sup>th</sup> Grade, Rocky Run Middle School

Quote: "Peace is what keeps us all connected; it also keeps us sane."

Audrey will be recognized at an upcoming Lions' dinner meeting. Her poster has advanced to the Multiple District 24 Peace Poster Contest.



For over three decades, Lions clubs around the globe have sponsored this very special art contest in schools and youth groups. Creating peace posters gives children everywhere the chance to express their visions of peace and inspire the world through art and creativity.



Previous Year (2020-21) LCI Grand Prize Winner  
By Yue Zheng  
13 years old, China

Other winners, see: [past-peace-poster-winners](#)



## Charity Fund Raising

### DELIVERING SERVICE DEPENDS ON RAISING CHARITY FUNDS

#### December Citrus Fruit Sale

After the usual committee deliberation over amount of fruit to order, process improvements, and numbers of Lion volunteers expected to run the sale, we were pleasantly surprised: the WEATHER really cooperated (50-60 degree days) and we had another GREAT SUCCESS in charity fund raising. In addition to many Lions

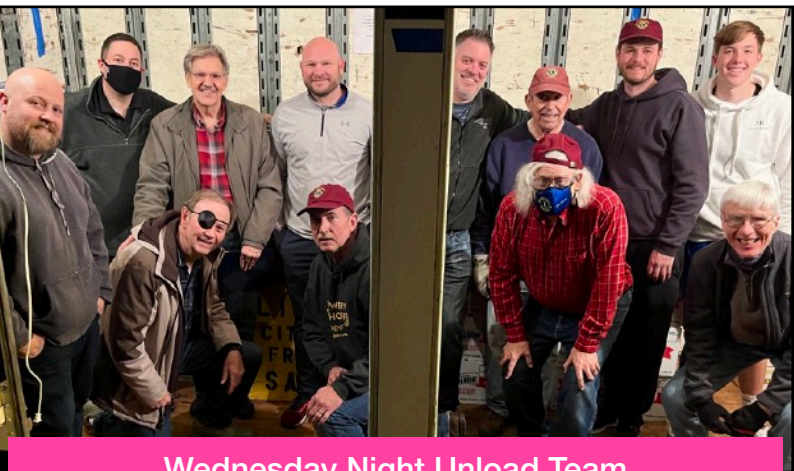


Space Blocked-off for Sales Van

giving their time and effort, we were proud to have family members join our work team: Lion Scott's son, son-in-law, and grandson; KL Mike's daughter, granddaughter & friend; Lion Jim K's daughter; and Lion Mike S's son.

The net charity proceeds met expectations, and the SQUARE system pre-sale/day-of sale processes worked nearly perfectly. A special shout-out to Lions Mike S, Jason H, Ken S, Mike R, and Marty for their leadership & behind-the-scenes work to make it all happen.

The hard labor started Wednesday night, unloading the fruit - fresh up from FL.



### Wednesday Night Unload Team

(Back row L-R): Scott's son Mark, Jim K, Ron Z, Scott's SIL Eugene, Mike S, Phil, Steve, Mike S's son Charlie

(Frt Row L-R): KL Mike, Scott, Doug, Bill S.



Early Bird Sale Set-up Team (L-R) Jeff, Shauna K, Jim K, Scott, Mike R, Mike S, Cory, Phil, Steve



(L-R) Lion Jim K's daughter Shauna practices operating Square sales device helped by Lion Mike R, while Lion Jim supervises.



(L to R): KL Mike's granddaughter Megan Willoughby, friend Christianna Head; daughter Tanya Willoughby - helping at point of sale.



(L-R): Gordon, Joe (great to see you back!), Bill S, Cory, Harry P





Enjoying December warmth (L-R): KL Mike, Harry-1, Harry-2, Phil, Ron, Mike R

Thanks Gary and Harry for donuts!





Saturday AM - just a little fruit left to sell  
(L-R): Gary, Harry P, Ken

Sorry you missed us. We are

**SOLD OUT**

Next sale is:  
March 10-12, 2022

All are happy to  
see this sign go  
up!



## News of Club Meetings

### Dec 7th - Dinner Meeting

District 24-L Governor Joel Kendall spoke to our Club, and also held a short meeting with the Board of Directors. Photos follow...



A sign on each table announced the guest





DG socializes



KL Mike presents Club gift

Treasurer Mike R read mail we had received. This note from Marilyn Tanner and Chuck Higdon came with their generous donations to our club.



Dear Fairfax Lions,

Please accept these gifts in memory of Pattie Mulieri. We especially remember Pattie's beautiful smile and amazingly upbeat attitude, despite the many challenges life sent her way.

May God bless Gary and all the other Fairfax Lions who work so hard to put smiles on the faces of others in need in our community.

Marilyn Tanner  
and  
Chuck Higdon

We also received a thank you note from Gary...

*"Fellow and Lady Lions: Thank you all for the love and support you have shown Pattie and me over the years. She always enjoyed Ladies night, and all of our Lions functions. We always felt warmth and friendship from everyone. It's great being a Fairfax Host Lion! With love,*

*Gary Maxwell & Kristie Dappalone (our daughter)"*

## Dec 14th - Holiday Party

Fairfax Host Lions Club

### *Holiday Dinner Party*

December 14, 2021



*Happy Holidays*

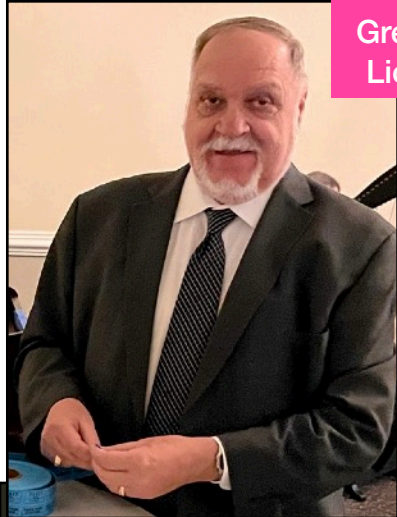


*“Two buck Chuck is now three and a half buck Chuck”* - was the message in two gifts opened in the White Elephant gift exchange. (One was a bottle of Merlot - it was “taken” quickly.)

The holiday party was a lot of fun - well organized, well attended, great activities and camaraderie. We thank VPs Suleiman and Jim K for organizing it, and the Parkers and Jeff for decorating the venue, and all for engaging.

Photos follow...

Greeter Harry gave each  
Lion a door prize ticket



#1 Spouse Kate offered  
name tags



Harpist Chris Van Dyke  
provided wonderful  
music all evening





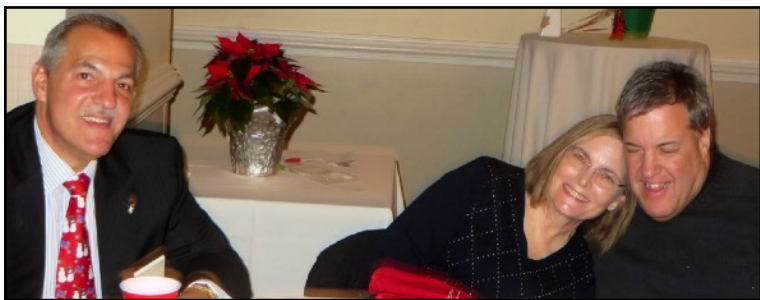
Smiles Everywhere!





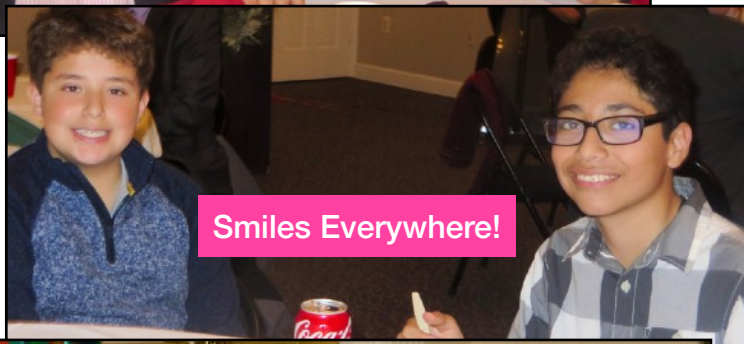
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Smiles Everywhere!







Smiles Everywhere!



Mike R and  
Suleiman  
coordinate  
events



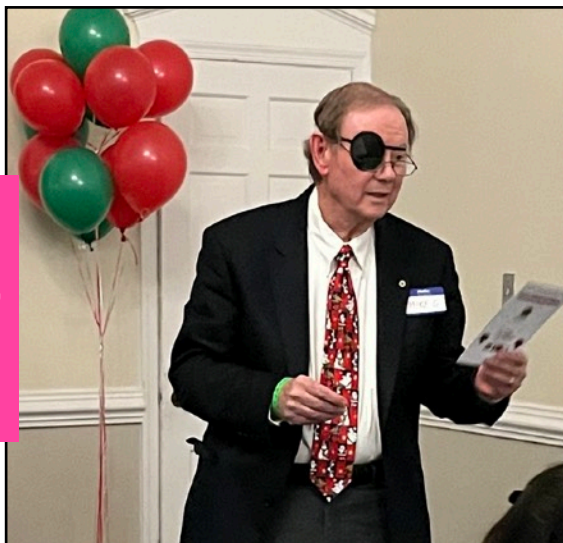
Cindy gave the  
prize to Dave &  
Liz for best  
guess of  
number of  
candies in jar







Not much left of  
Penny Root's #1  
award winning  
dessert



KL Mike  
thanked all  
for attending,  
and wished  
all a happy  
holiday



**Dec Board Meeting:** No Mtg In December.

## January Events

Jan 1 - Happy 2022! Any resolutions?

Jan 4 - **No** *Club Dinner Meeting*

Jan 5 - ISCC meeting (Zoom - due to covid surge)

Jan 6 - Lions Lunch Bunch (see email from PCC Bill)

Jan 6 - 7pm Webinar ***“How LCIF Works for You”*** (see  
*Lions information*-page 30, to register)

Jan 17 - Martin Luther King Jr. Day [MLK Day 2022](#)

Jan 18 - **Club Dinner Meeting**

Jan 25 - **Club Board Meeting**

## Upcoming

Feb 1 - **Club Dinner Meeting**

Feb 4 - Dist 24-L Winter Conference [Register](#)

## Why the Name “January?”

Every year in the Gregorian calendar and its predecessor, the Julian calendar, starts with January. January is named after the Roman god, Janus. In Roman religion, Janus was the god of beginnings, time, doorways, endings, gates, duality and passages. As this month is the door to the entire year, it is named after Janus. It was added to the pre-Julian Roman Calendar to make the calendar

equal to the standard lunar year of 355 days. At first, January was 30 days, but a day was added by Julius Caesar in 46 BC - the last year of the pre-Julian Roman calendar.

Some consider January the warmest month in the Southern Hemisphere, and coldest month in the Northern Hemisphere. *Dianthus caryophyllus* - or *Galanthus* - is the birth flower for January and Garnet is the birthstone for January. The Garnet stone symbolizes constancy.

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

Friends of Fairfax Station announced that HO Scale Model trains will run at the **Fairfax Station Railroad Museum** on Saturday, Jan 22 from 12-4 pm and Sunday, Jan 23 from 1-4 pm. Museum is located at 11200 Fairfax Station Road in Fairfax Station, VA. Admission: Museum members and ages 4 and under, free; ages 5-12, \$3; ages 13 and older, \$5, special events, \$6; seniors and military, active and retired, \$4.

Hilde Carney, long time ISCC member and member of the Board of Historic Fairfax City Inc has retired. ISCC President Al Leightley presented Hilde with flowers. HFCl: <https://www.historicfairfax.org>



(L) Al Leightley congratulates  
(Rt) Hilde Carney on Her Retirement

Due to the up-surge in COVID infections during this Holiday Period, the ISCC has returned to virtual meetings over zoom beginning in January. The ISCC speaker on January 5th (12 noon) will discuss Cyber Preparedness and Internet Security. If any Lion would like to “zoom-in” let Gordon Tillery know.

**Lions Information...**

## “How LCIF Works for You” - January 6 Webinar -

LCI calls ***Lions Clubs International Foundation*** (LCIF) ***the foundation of service***. It exists to empower Lions clubs, volunteers, and partners to improve health and well-being, strengthen communities, and support those in need through humanitarian services and grants that impact lives globally, and encourage peace and international understanding.

Learn about the structure of LCIF and how it works to magnify Lions service. Reserve a virtual seat at: [\*\*Register to attend \(Click\)\*\*](#)

### **Why Is Martin Luther King, Jr, Important?**

Dr King (1929-1968) was a major leader in the civil rights movement of the 1950's and 1960's. Perhaps most important is that Dr. King preached and embodied non-violent resistance, practicing six principles of non-violence during his struggle for equal rights. His best known speech was “[\*\*I Have a Dream\*\*](#)” on Aug 28, 1963 at the Lincoln Memorial. On October 14, 1964, King was awarded the Nobel

Peace Prize for combating racial inequality through nonviolent resistance. King was assassinated in 1968, one of four major assassinations in the 1960's: President John F. Kennedy in 1963, Malcolm X in 1965, and Robert F. Kennedy in 1968. (Conspiracy theories exist about all those assassinations.) King's memory remains today a beacon of hope for minorities and women denied civil rights in the US.

An essay on King's importance: [Home School Academy](#) and his wiki page: [King Wiki Page](#)

*You think COVID is the worry? Read on...*

**“Over half of young adults are obese or overweight, study says”**

*By Linda Searing*

*Washington Post, Dec 7, 2021*

More than half of America's youngest adults — 56 percent of those ages 18 to 25 — are overweight or obese, according to Johns Hopkins research, published in JAMA.

Using data from a nationally representative sample of 8,015 people in that age bracket, the researchers compared average weights over the past four decades. In that time, that population's

average body mass index (BMI), a measure of body fat based on a person's height and weight, had increased by 4.6 points — from 23.1 (considered normal weight) to 27.7 (considered overweight). That shifted the number of overweight young adults from about 18 percent in the late 1970s to nearly 24 percent by 2018.

The biggest spike in weight measurements, however, was in the prevalence of obesity, which increased from about 6 percent to nearly 33 percent. The percentage of those with a BMI indicating a normal weight (18.5 to 24.9) dropped from about 69 percent to 38 percent. BMI matters because being overweight or obese puts you at risk for a range of health problems, including high blood pressure, heart disease, osteoarthritis, Type 2 diabetes, sleep apnea and some cancers.

To determine your BMI, you can do the math yourself (divide your weight, in kilograms, by the square of your height, in meters — BMI is calculated in metric measurements) or let an online calculator do the computation. For those whose BMI falls in the overweight or obese category, indicating excess body fat, **health experts generally encourage a**



**change in eating habits and behaviors. In essence: Move more, eat less.**

— *Linda Searing*



## **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 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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KINDNESS**

**Fairfax Lions Club**



**We Serve**

Since 1951