

Fairfax Lions Club News

Mar 2022

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



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

Service

Your Club's Board of Directors, at the Feb 22 meeting, authorized disbursements to the following charities (click names to know more):

- \$1000 to [Sprout Therapeutic Riding Center](#)
- \$1000 to [Fairfax Little League](#)
- \$1000 to [Lamb Center](#)
- \$500 to [Lions Youth Camp](#)

All Fairfax Lions are welcome to engage in identifying charities to support. Just ask a Board member how to engage!

A fun charitable activity members may enjoy is "Sipping for Sprout" wine tasting in Leesburg on April 10th; several Lions always attend. For info see:

<https://sproutcenter.org/event/sipping-for-sprout/>

Charity Fund Raising

DELIVERING SERVICE DEPENDS ON RAISING CHARITY FUNDS

For several reasons, including a question on quality of fruit ("[Citrus Greening](#)") the Board approved the committee recommendation to cancel the March fruit sale.

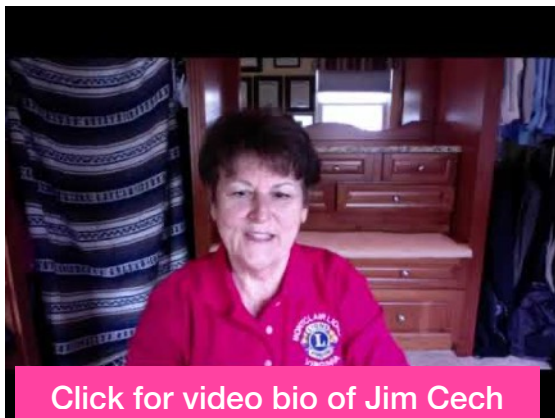
Thanks to the successful fruit sales in November & December, the club charity account is in good shape!

News of Club Meetings

Feb 1 Dinner Meeting (Virtual mtg)

Our guest speaker was Lion James V. Cech. Jim is a Progressive Melvin Jones Fellow, and also is the District's Chair for Lions Clubs International Foundation (LCIF). You may want to know just a bit more about Lion Jim...a nice bio on Jim is on YouTube - when he was endorsed for a Lions higher office. Click on the image below to see the video.

Jim told us about Campaign 100...and the goal to raise \$300 million for LCIF by donations from Lions Clubs and individual Lions. That money funds LCIF Grants. Our District is currently about \$20k short of its goal for Campaign 100. The campaign ends this June.



[Click for video bio of Jim Cech](#)



Lion Jim Cech, participating in our meeting

about the history of Valentines Day. (What is a "tail twister?" It is an elected club officer, intended to promote harmony, good fellowship and enthusiasm at club meetings.)

Lion Jeff Root told us that the City of Fairfax Senior Center newsletter had this mention of our club....



Fairfax Host Lions Club Shows Support for our Seniors!

The Fairfax Host Lions Club sponsors our Bingo games here at the Senior Center. We also collect usable glasses and hearing aids in the main Senior Center area to pass on to the Lions for their Recycle for Sight program. For more information on this wonderful community service organization, please visit the Fairfax Host Lions Club: Website: www.fairfaxlions.org email : lionsffx@msn.com"

See the whole newsletter at, [FX Senior Center Newsletter: Jan 2022- Apr 2022](#).

Finally, Lion Jim Cech, responding to a question, said his Club (Montclair Lions) is holding a Texas Holdem' Poker tournament on March 15. For info and to register for the tournament, go to:

<https://montclairlions.org/lions-winter-classic/>

Feb 15th Dinner Meeting (Virtual mtg)

We were pleased to have two special guests: Megan and Tanya Willoughby - the daughter and grand daughter of KL Mike.

Our speaker was **Master Gardener** & Club President, Mike Greeley. *Naturally* (pun intended), you ask: What is a Master Gardener? “Virginia Master Gardeners are volunteer educators who work within their communities to encourage and promote environmentally sound horticulture practices though sustainable landscape management education and training.” Per: <https://runtheyear2016.com/2020/03/06/what-is-a-master-gardener-virginia/>

KL opened his discussion with a one-liner: “Hear about the big dance? It was a moth ball.”

We learned all about attracting butterflies - not only do gardeners need to provide nectar sources (certain flowers), but the linch-pin key is to provide a habitat for caterpillars to grow from eggs, and turn into butterflies.

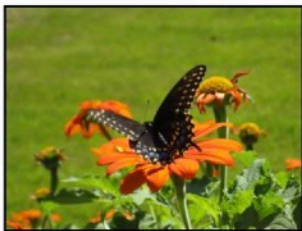
Caterpillars are good for reasons beyond butterflies; caterpillars are the primary food source for “hatchlings” - baby birds.

The best nectar plants include: Butterfly Bush, and Milkweed. There are several useful resources:



Butterfly Basic Needs

- Food, water
- Place to live
- Host plants
- Nectar plants



Tithonia rotundifolia 'Fiesta del Sol',
Dwarf Mexican Sunflower

- *Specific* host plants to lay eggs, feed young (caterpillars), metamorphose
- Nectar plants to feed adults

6

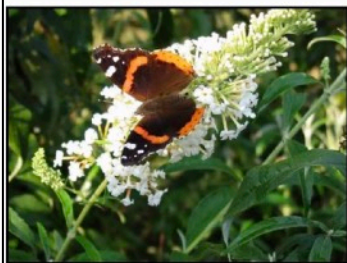
Nectar Plants

• Plan Your Nectar Garden

- Provide sunny, sheltered area
- Suit plants to site
- Vary heights
- Group by color
- Provide full season of bloom
- Consider container plants
- Include shrubs, perennials, annuals



Nectar Plants: Shrubs



Buddleia davidii,
Butterfly Bush**



Viburnum plicatum tomentosum
'Shasta' - Doublefire Viburnum



Butterfly Gardening On-line Resources

Butterfly Society of Virginia www.butterflysocietyofva.org/

The Butterfly Site www.thebutterflysite.com

North American Butterfly Association www.naba.org

Butterflies and Moths of North America -
www.butterfliesandmoths.org

USDA Plant Directory <http://plants.usda.gov>

Virginia Native Plant Society www.vnps.org

Smithsonian Butterfly Habitat Garden -
www.gardens.si.edu/our-gardens/pollinator-garden.html

This was a great talk - thank you KL for sharing your expertise! We thank Mike Rumberg for recording the talk, and this message:

Use the info below to watch it again or to share the presentation with anyone you feel might enjoy it, too.

[https://us02web.zoom.us/rec/share/eBluoihvqZZNkZHD2tnwCMRX7E28D78DdvZlgEMB9_fmhtxF9kFybT9Py7KIALm7.HKb9t8XVc1aYwdem?](https://us02web.zoom.us/rec/share/eBluoihvqZZNkZHD2tnwCMRX7E28D78DdvZlgEMB9_fmhtxF9kFybT9Py7KIALm7.HKb9t8XVc1aYwdem?startTime=1644969921000) (Passcode: v*6@qv75)

Speaking about the LCI winning Peace Poster appearing at the United Nations, Lion Jeff Root told us about Lions Day at the UN - and how Lions are a recognized part of the UN. In fact: “Lions Clubs International will celebrate 76 years of partnership with the United Nations during Lions Day with the United Nations (LDUN). This event commemorates our long-standing relationship as a consultative NGO to the UN dating back to 1945, when Lion leaders were asked to help develop the NGO charter for the UN.”

KL Mike mentioned upcoming service programs - that need someone to move them forward: Picket Road Cleanup, and Children's Literacy (provide

children books to Main Street Child Development Center library).

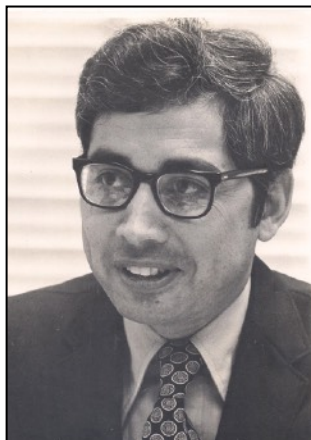
Feb 22 Board Meeting:

Treasurer Mike read a very nice note from the family of Lion Jesse M. Gallegos, along with a check for \$100. Lion Jesse was FHLC president for the year 1987-88, and club Secretary for 1977-78. Several members remember Jesse, and his personal commitment to Lionism.

Jesse was born 7 Jan 1934 in Seguin, TX. Born “Jesus Maria Garcia,” he was adopted by his grandmother (Senovia Gallegos) and step grandfather (Guadalupe Gallegos), after his father died and the children became parent-less.

A story told to the children was that the Gallegos name was of royalty in Spain.

Sadly, Jesse passed on 20 May 1996, and was buried in Fairfax Memorial Park.



Lion Jesse Gallegos

January 12, 2022

Dear Fairfax Host Lion's Club,

This year to honor our father's birthday, my sister Maria, wanted to make a donation, to the Fairfax Lion's Club. This is the first one we have done & hopefully not the last. We all have fond memories of the years and activities our father did throughout his membership.

Honestly, I am doubtful anyone will remember him or us. This is Karen Gallegos, Gina Gallegos Apperson, Anthony Gallegos and Maria Gallegos. My sister would like it to in children, Grandchildren and Great Grandchildren. However, next year I will do in Grandchildren & the following in Great Grandchildren.

Thank you for all you do and may you continue to do great things to help the Fairfax Community.

Sincerely,

*Karen M. Gallegos in honor of
Jesse M. Gallegos*

Karen M. Gallegos

Note from Gallegos family

OBITUARY

Jesse M. Gallegos

Funeral services for Jesse Marion Gallegos, 62, of Arlington, Virginia, will be held at 11:30 a.m. Thursday, May 23, 1996, at St. Leo's Catholic Church in Fairfax, Virginia. Burial will be in Fairfax Memorial Park under the direction of Everly Funeral Home.

Mr. Gallegos died Monday, May 20, 1996, in the Hospice of Northern Virginia, in Arlington.

He was born Jan. 7, 1934, in Seguin.

Survivors include three daughters, Karen Gallegos-Sapp, Gina Apperson, and Maria Gallegos-Riley; one son, Anthony Gallegos; four sisters, Dora Vallejo, Cenovia Juarez, Antonia Gallegos, and Dolores Batts; one brother, Jose Angel Gallegos; two grandchildren, Jennifer Apperson and Michael Anthony Sapp.

Jesse Gallegos, RIP



PDG Harry Parker announced the VA Lions State Convention will be in Chesapeake VA, April 28-May 1. The club needs to designate delegates who can represent our club in voting at the event. PDG's Harry and Karen plan to attend.

Lion Ken Schutz offered to chair a committee to explore strategies and processes for future fruit sales, to expand the customer base and increase sales with possibly fewer than 3 annual fruit sales. Ken plans to report back to the Board in May.

The Board approved formal notice to a Club member who is in extended arrears in payment of dues. Note: All members are encouraged to pay dues upon receipt of their quarterly invoice, and to assure their dues do not go unpaid for 2 quarters.

Lion Doug Brisson is looking into a group tour for interested Club members to the newly renovated Washington DC Temple during its public open house this summer. Stay tuned for information.



The Board approved the Charter Night committee's recommendation to reschedule Charter Night (planned for March 12) to a later date, due to covid concerns limiting attendance. The Country Club will apply our deposit to a future date, to be announced.

March Events

Mar 1 - ***Club Dinner Meeting***

~~Mar 12 - Charter Night....Postponed~~

Mar 2 - ISCC meeting

Mar 3 - Lions Lunch Bunch (see email from PCC Bill)

Mar 13 - NCAA Selection Sunday (March Madness)

Mar 15 - ***Club Dinner Meeting (Nominations mtg)***

Mar 15 - Ides of March (a date the Romans used to settle debts)

~~Mar 17-19 - Fruit Sale Canceled~~

Mar 17 - St Patrick's Day

Mar 22 - ***Club Board Meeting***

Mar 24-25 - Sweet Sixteen

Mar 26-27 - Elite Eight

Upcoming

Apr 2 - Final Four

Apr 4 - NCAA championship game

Apr 28 - VA Lions State Convention

Fairfax City Inter-Service Club Council (ISCC)

Shepherd's Center Fairfax Burke has an opening for a part time paid position (20 Hours, \$20/hr) a week: Transportation Coordinator. Position pays \$20 hour and no benefits. SCFB POC is Rhiannon Duck, 703-426-2824. or scfb-dir@verizon.net.

See more: <https://www.scfbva.org>

Lions Information...

-How to stop those annoying spam texts-

Spam texts are the new spam calls...

But there are ways to cut down

Washington Post: February 18, 2022

By Tatum Hunter

Listen to article: Click this link to hear the article: <https://www.washingtonpost.com/technology/2022/02/18/how-to-stop-spam-texts/>

Spam texts are a strange mix of predatory and too good to be true. I get a dozen texts every week filled with weight loss psychobabble, while my husband is dogged by technically legal, but still not awesome, political outreach and fearmongering.

First, the bad news: These texts aren't going away any time soon. A report from spam-blocking

app RoboKiller found that spam texts increased 58 percent in 2021 from the previous year. This big jump probably happened because scammers are realizing that people are too familiar with phone scams to fall for them at the same rate, RoboKiller Vice President Giulia Porter said.

Now, the good news: You can take steps to receive fewer spam texts and, if you do fall for one, there are ways to pump the brakes before scammers further mess with your accounts, devices or wallet.

Here is what you can do to minimize the influx of email spam

Q: I have an iPhone and get unwanted text solicitations. What can I do to block them?

A: You're not alone. Other readers have written in with concerns about scammy and spammy texts. Some spam texts are obvious solicitation, asking if you want to buy something or sign up for a service. Others are more insidious.

Our readers say they're bombarded with romance scams, fake updates from Amazon and phony messages from banks. When trying to tell the difference between legitimate texts and spam, Porter says she has an unlikely mantra: "Scammers are people too."

Scammers read the news, use online services and put their pants on one leg at a time, she said. They tailor their scams based on current events, for instance, the rollout of coronavirus vaccines and related scams this past year. They also know how to manipulate you by making you feel sad, scared or embarrassed.

Red flags that a text is a scam

It appears random. Your bank and other legitimate businesses generally avoid using texts as their primary form of communication. If your “bank” texts you asking for some action on your part, check for an accompanying email and call the customer service number listed on the official website to confirm.

It makes little sense. Trust your gut on this one. If the message is riddled with spelling and grammatical errors, or seems out of line, then it’s likely a scam.

It contains an odd link. Spam texts often contain a link. Sometimes that link appears to lead to a legitimate site, but on closer inspection, a critical word or letter is missing or misspelled. For example, “amazon.com” could become something like

“amazon.com.” Strings of numbers and symbols in a link can also be a bad sign, Porter said.

It leads to mean calls. If you reply to a spam text or open a link, scammers may follow up by calling you. If you ever get a call from a “customer service representative” who makes you feel embarrassed or stupid, hang up. Con artists use this tactic to talk down to people until they bend to your suggestions, according to Kurt Baumgartner, principal security researcher at cybersecurity company Kaspersky. Another red flag is if a customer service representative asks to remotely control your computer.

How to receive fewer of them

Never open the links. Links in spam texts usually usher you to the next step in the scam, like entering a username and password. Clicking a link also signals to the scammer that you’re interested, and they may follow up with more texts or calls.

Avoid replying to texts. Legitimate businesses are required by law to stop texting you if you opt out, usually by texting “stop.” But scammers don’t care. Replying “stop” just lets them know a real person is on the other end of their outreach.

Avoid giving your digits. I want that 15 percent retail discount at as much as the next girl, but once you share your phone number with a company, it becomes hard to know where it goes afterward. The fast and loose data market makes it easy for scammers to get their hands on names and phone numbers.

To combat that, you can always provide burner phone numbers generated by an app like Google Voice or DoNotPay. Take a minute to make your phone number private on your Facebook account, Porter suggested, and Google your number to see where else it may be publicly listed. Keep in mind, though, that even if you guard your phone number with your life, scammers still punch in numbers randomly.

Block the spam sender. Blocking each spam sender can turn into an annoying game of whack-a-mole, but at least it keeps them from texting you again. On an iPhone, open the conversation, without clicking any links in the message, and tap the phone number at the top of the chat. Then, tap “info,” and select “block this caller” at the bottom of the screen. On an Android phone, open the conversation, tap

the three little dots at the top right, select “details,” then tap “block and report spam.”

Turn on phone filters. On an iPhone, go to settings and scroll down to see all your apps. Select messages, scroll to “unknown and spam” and flip on “filter unknown senders.” The little slider should turn green. Be aware this will send all messages from unknown numbers, even new friends, into a separate folder. To view them, open the messages app, tap “filters” in the upper left corner and select “unknown senders.”

On an Android device, open the messages app, tap the three dots inside the search bar, and go to settings, then “spam protection” and “enable spam protection.” The little slider should turn blue.

Download an app. The TextKiller app from RoboKiller is \$30 a year or \$4 a month. Another option is Nomorobo, which is \$20 a year or \$2 a month. TextKiller is available only on Apple devices. Nomorobo has an Android version, but the reviews are low compared to its iOS version.

Report spam to your carrier. If you have the time and the desire, copy the offending text by holding your fingers down on it until the “copy” option pops up, being careful not to tap any links. Then paste the text into a new message and send it to the number

7726, which spells “spam.” When prompted, copy and paste the scam number and send that as well.

Report to the government. While it won’t reduce scam texts in the moment, it helps the agency keep tabs on shady characters. You can find the form to report fraudsters who are calling or texting you online. You can also report spam texts to the Federal Communications Commission online.

Get your number on the list. Finally, take a moment to get your number on the National Do Not Call Registry. Because why not?

What if you clicked on a link?

If you fall for a text scam, it’s not the end of the world, Baumgartner said. Most scams involve multiple steps, so clicking one link is unlikely to lead to your downfall, he noted.

Nevertheless, engaging with a text scam makes you vulnerable, so if you talked on the phone with a bad actor or provided any personal information on a fake website, then it’s wise to call your bank or credit card providers and let them know what happened. They can turn on alerts and keep an eye out for suspicious account activity.

Other helpful steps to reduce spam are resetting your online passwords and restoring your device to a backed-up version from before the scammer got access. That second tip may require some help. We

recommend finding a local trusted computer shop with strong reviews on Google or Yelp that offers technology support.

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 and a Melvin Jones Fellow (who served as Club Secretary, President, bulletin editor, and shared 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