

Fairfax Lions Club News

April 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

Each year, we give charity funds to VA Lions Eye Institute Foundation. VLIEF's eye clinic provides medical eye services, surgical eye services, and prescriptions for glasses. VLEIF also funds low vision centers, makes educational grants to visually handicapped students referred by local lions clubs, and supports other educational programs.

VLEIF had an awards luncheon on Feb 26, hosted by PDG Woody Woodard, VLEIF President. Our own 1st VP Suleiman gave an excellent talk on "It Takes a Village," about local organizations and facilities cooperating to provide important vision care. Representing Fairfax Lions as the sponsor Club, Lion Jeff Root presented Aleksander Ramseur the educational grant awarded to him by VLEIF.

R - Lion Suleiman Alibhai,
keynote speaker at VLEIF
awards luncheon



Club Representatives:
Above - KL Mike Greeley
and Lion Gary Maxwell
R - PDG Harry Parker
and Lion Jeff Root



Fairfax Lions Club was recognized by Sprout
Therapeutic Riding Center for our recent donation:



THANK YOU FAIRFAX LIONS CLUB!

Several Lions plan to enjoy “Sipping for Sprout” wine tasting in Leesburg on April 10th. For info: <https://sproutcenter.org/event/sipping-for-sprout/>

Charity Fund Raising

**DELIVERING SERVICE DEPENDS ON
RAISING CHARITY FUNDS**

No news to report this month.

News of Club Meetings

March 1 Dinner Meeting

KL Mike presented individual awards, including:

Lion Rodney
Neely,
25 year
service
chevron



PDG Karen
Parker,
15 year
service
chevron
(Accepted
by PDG
Harry
Parker, in
Karen's
absence)



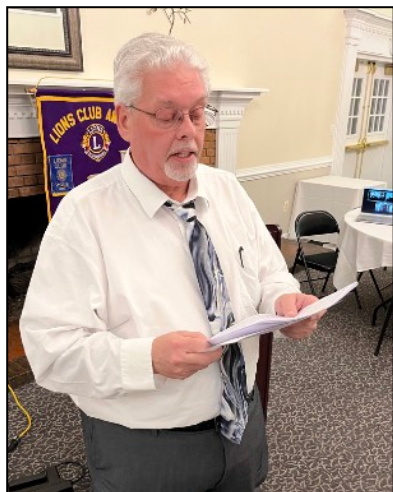
KL Mike holds
Club Excellence
award for the past
year



Lion Ken Schutz gave an overview of a study by a small team of our future fruit sales, to modernize them, and be more efficient. (Let Ken know if you are interested). As Ken said, he intends the study “to be fruitful.”

KL Mike talked about two service projects usually held in the spring: Pickett Road pick-up, and Books for kids. If interested, let KL know. Further, members were offered the opportunity to suggest service projects the Club might do.

Lion Jeff mentioned possible VA lions interest in chartering a bus to the next International convention, in Montreal, in June. See: [LCICon2022](#)



Tail Twister Gary Maxwell had many (difficult) questions for members about St Patricks Day, and the Ides of March. Thank goodness, Gary also had the answers!

50/50 winners: FHLC \$28; Lion Ken Schutz \$25;
Lion Cory Green \$27.

The meeting ended with KL Mike “moving a penny.” (If you don’t get that, come to a meeting!)



March 15 Dinner Meeting (Nominations Meeting)

A visiting guest, invited by PCC Bill Bartlett, was Judith Richter-Murphy. As a potential new member, we hope Judith enjoyed the meeting and we will see her again. Lion Walter Juraszek was accompanied by his spouse Guadalupe. The “Greeter” was Lion Cindy Roman, accompanied by her rubber ducky.



(L) Lion Cindy, Greeter
(R) Speaker Deanna Payne

Our invited speaker was Ms. Deanna Payne, on the topic “Connecting and Serving Through Social Media,” to enhance Fairfax Lions Club visibility in the community. Deanna works for the City of Fairfax, where she helps promote activities and events.

Deanna’s advice included: use all social media (FB, Instagram, etc), hashtags, QR codes, lots of

photos, and post frequently. She even offered to help us step-up our use of social media!



KL Mike thanks
Deanna for her
outstanding
presentation

The nominations committee proposed a slate of nominees for 2022-2023 officers and directors. One job, Membership Director, had no nominee but Pete Conklin at the meeting offered to be the nominee. The list of nominees follows:

Fairfax Host Lions Club

Proposed Nominees

2022-2023 Officers and Board of Directors

President (King Lion)	Greg DeRosa
Immediate Past Pres.	Michael Greeley
1st Vice President	Jim Kaplan
2nd Vice President	Karen DeRosa
Secretary	Jeff Root
Treasurer	Michael Rumberg
Corresponding Secretary	Pete Conklin
Tail Twister	Gary Maxwell
Lion Tamer	Phil Mayo
Bulletin Editor	Gordon Tillery
Membership Director	Pete Conklin
Director (Two Years)	Joe Breda
Director (One Year)	Cory Green
PDG Director	PCC Harry Parker
PDG Director	PDG Karen Parker
PDG Director	PCC Bill Bartlett

Lion Jeff Root showed the program used for the “Student Peace Awards of Fairfax County,” that took place on March 13. (For more on that event, see: <http://fairfax.studentpeaceawards.org>). The back

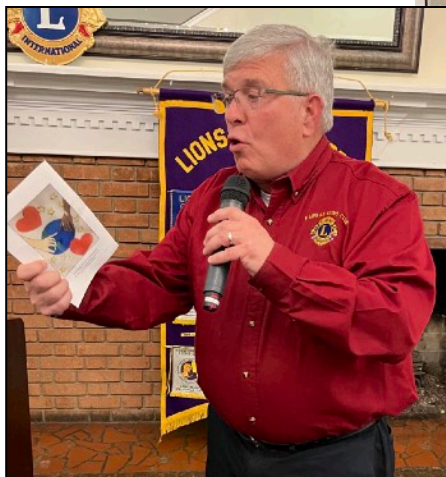
cover of the Student Peace Awards program featured the Peace Poster Contest winner of FHLCs 2021 Peace Poster Contest.

Lion Jeff mentioned the artist will be invited to a dinner meeting coming up, for the award presentation.



Audrey Nagle, Rocky Run Middle School
First place winner of the FHL Club

Lion Jeff and
Peace Poster



KL Mike presented two membership longevity awards: to Jim Kaplan for 20 years, and Scott Dulaney for 25 years.



Lion Jim
20 years



Lion Scot
25 years



Lion Cindy (and Duck), Guest Judith Richter-Murphy, and Lion Karen - after the meeting

50/50 winners: The 2nd place ticket winner was Pete Conklin (\$26), and 1st place was Karen DeRosa (\$32). The Club admin account gained \$32.

March 22 Board Meeting:

The Board approved the membership application of Ms. Judith Richter-Murphy; her sponsor is PCC Bill Bartlett. The Board also approved

disbursements of charity funds for local high school all night graduation programs, Lions of VA Foundation, Food for Others (and to seek Matching Grant from LOVF). Reminder: Any member is welcome to attend Board meetings to learn more about Club business and financials.

April Events

Apr 2 - Ramadan (starts)

Apr 4 - NCAA championship game

Apr 5 - ***Club Dinner Meeting***

Annual Elections meeting; come vote!

Also, induction ceremony for new member Judith Richter-Murphy

Apr 6 - ISCC meeting

Apr 7 - Lions Lunch Bunch (see email from PCC Bill)

Apr 10 - [“Sipping for Sprout”](#)

Apr 15 - Passover (starts)

Apr 17 - Easter

Apr 18 - Tax Day (postponed from Apr 15, due to Emancipation Day)

Apr 19 - ***Club Dinner Meeting***

Apr 26 - ***Club Board Meeting***


Apr 28-May 1 - [VA Lions State Convention](#)

New Member Orientation

Every new member of our club participates in an orientation to explain the big picture of Lions organizations and operations, and a detailed look at our club. All members are invited. April 2 was the orientation for Judith Richter-Murphy.

**New Member
Orientation**

for
Judith Richter-Murphy



Fairfax Host Lions Club
Fairfax, Virginia

District 24-A
Lions of Virginia

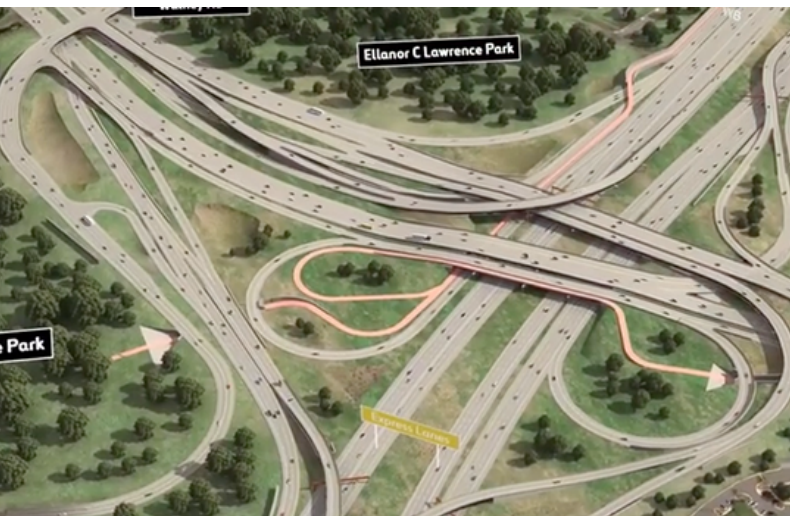


Led by Ken Schutz, participating were: Bill Bartlett, Jeff Root, Mike Greeley, Greg and Karen DeRosa, Phil Mayo.

Fairfax City Inter-Service Club Council (ISCC)

The meeting speaker discussed I-66 renovation work. The next major upcoming completion date is December, 2022, when Express Lanes outside the Beltway should be open. The rule will be: HOV-3, or pay, to ride in the Express Lanes.

To illustrate some of the complicated traffic flows coming as the renovations are complete, see the design view for the new interchange at I-66 & Rte 28:



This year's ISCC "Volunteer of the Year" award presentations will be on August 3, 2022, in the Sherwood Center (as usual). Clubs are asked to submit their Volunteer of the Year documents by May 15th, to the ISCC.

[Lions Information...](#)

[Club Officer Training](#)

Incoming Lion officers are offered on-line training. See flyer below:

Save the Date

District 24-L Officer Training (it's Virtual & Free)



June 11 (Saturday)

President, Secretary, Treasurer,

Membership & Service

Officer Training Sessions - 60 minutes

June 12 (Sunday)

Zone Chair

Zone Chair Session - 90 minutes

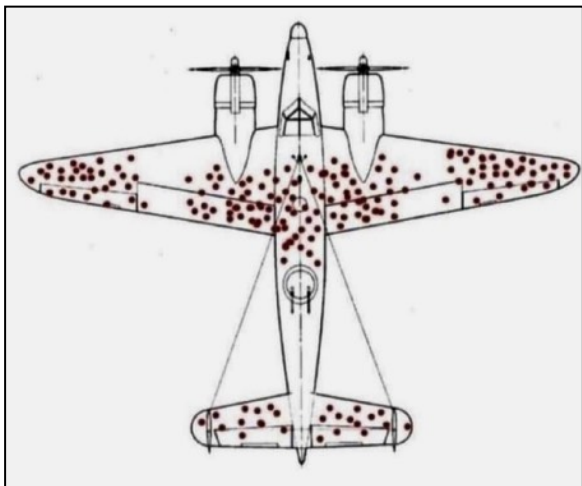
Watch the District News Letter for more info.

Thinking About Data

This interesting item is taken from the March newsletter “Hot Flashes,” of the Fairfax County Retired Employees Association.

“Finally... Food for Thought”

“During World War II, fighter planes would come back from battle with bullet holes. The Allies found the areas that were most commonly hit by enemy fire. They sought to strengthen the most commonly damaged parts of the planes to reduce the number that was shot down.



A mathematician, Abraham Wald, pointed out that perhaps there was another way to look at the data. Perhaps the reason certain areas of the planes weren't covered in bullet holes was that planes that were shot in those areas did not return. This insight led to the armour being re-enforced on the parts of the plane where there were no bullet holes.

The story behind the data is arguably more important than the data itself. Or more precisely, the reason behind why we are missing certain pieces of data may be more meaningful than the data we have.”

(Newsletter editor: Chuck Higdon. [Hot Flashes](#))

Wait, what was I going to write about?

Neuroscience and forgetting things.

By Bill Murphy Jr.

Forgetting things can be so annoying. It can even be worrying.

- What time is my doctor's appointment?
- Hey look, it's my daughter's friend's dad, whom I've only met like 30 times and talked with for 40 minutes last week. What on earth is his name?

Well, we have some good and interesting news to share on this front. First of all, if you worry about forgetting things: stop. It's not likely to help in any event. But second, it turns out that forgetting things might actually be a neurological advantage.



How? According to a new theory in the journal *Nature Reviews Neuroscience*, there are several key points:

First, we have to remember that, at any moment, we're all exposed to far more stimuli than we could possibly pay attention to, never mind remember accurately, even just seconds or minutes later.

Second, forgetting some things—maybe most things—is a natural mechanism of the brain, without which it would be almost impossible to function in daily life.

Finally, the brain has to promote access to specific memories—ideally, the most useful ones.

As a summary of the theory put out by Trinity College in Dublin explained:

Rather than being a bug, forgetting may be a functional feature of the brain, allowing it to interact dynamically with the environment.

Forgetting some memories can be beneficial, as this can lead to more flexible behavior and better decision making.

If memories were gained in circumstances that are not wholly relevant to the current environment, forgetting them can be a positive change that improves our well-being.

In other words, our brains learn to forget, and therefore, memories are never actually lost, but instead are simply made inaccessible—stored in the brain in a way that limits the ability to access them.

It's an important distinction, according to co-authors Dr. Tomás Ryan of the Trinity College Institute of Neuroscience in Dublin and Dr. Paul

Frankland of the department of psychology at the University of Toronto, and one that leads them to believe that "this 'natural forgetting' is reversible in certain circumstances."

They also theorize that "in disease states—such as in people living with Alzheimer's disease, for example—these natural forgetting mechanisms are hijacked, which results in greatly reduced engram cell accessibility and pathological memory loss."

So, where does this leave you, as someone living, working, and leading today?

I hope it leaves you with a combination of hope, wonder, and an affinity for practical recollection strategies: Namely, shoring up your memory with checklists and calendars, and simply double-checking small things.

If I can make an analogy, long-distance runners don't bemoan the fact that they need hydration and fuel in order to reach their goals; they just find ways to carry or stash water and calories.

And, in an example that hits extremely close to home, creative but naturally disorganized people, if they're smart, don't simply live in chaos; they find systems to help them get organized.

In my case, that meant actually hiring a professional organizer to help me design the easiest possible practical ways to keep my things straight and myself on track.

And ... I just remembered I was supposed to share a follow-up on how that worked out. Whoops.

Anyway, if you find yourself worrying about memory, maybe don't so much. If Ryan and Frankland are correct, the answers are all in our heads somewhere. We just need to learn how to access them.

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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KINDNESS**

Fairfax Lions Club



We Serve

Since 1951