

# Fairfax Lions Club News

## August 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

## **Donation to Support Alzheimers Research**

*By Treasurer Mike Rumberg*

With the passing of Lion Elden Wright on June 26, 2022, the Wright family suggested donations in honor of Elden go to support Elden's care team (in the Ashby Ponds memory care center), on the fundraiser walk for Alzheimer's research (similar to Lion Davida and Visionwalk). Our Club donated \$500, approved by the Board in June. "Emily" is one of the members of Elden's care team, and her name appears when making the donation (see image next page). The donation goes for Alzheimers research, not to Emily.



THANK YOU FOR YOUR DONATION ON BEHALF OF **EMILY ATKINSON**

[View their page](#)

*You will receive a confirmation email.*

*Full Transaction Summary is at the end of this page.*

----- *Thank-You note received* -----

From: Jason Greenspan, Walk to End Alzheimer's

Date: Fri, Jul 1, 2022, 6:12 PM

Subject: Thank you for donating!

To: Fairfax Host Lions Club Charities Inc

Dear Fairfax Host,

Thank you for your donation to the Alzheimer's Association Walk to End Alzheimer's®—2022 Walk to End Alzheimer's - Reston, VA. Your receipt information is listed below.

Your generous contribution will help provide care and support for families across the country facing Alzheimer's disease. At the same time, your donation helps to advance vital research

toward methods of treatment, prevention and, ultimately, a cure.

Our vision is a world without Alzheimer's and all other dementia<sup>®</sup>. Your support of Walk to End Alzheimer's brings us closer. Thank you!

Sincerely,  
Alzheimer's Association

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**Celebration of Life for Lion Elden Wright:** August 27, 2022, 11:00am with lunch reception following; Providence Presbyterian Church, 9019 Little River Turnpike, Fairfax, VA 22031

**RSVP** [https://docs.google.com/forms/d/e/1FAIpQLSdu\\_Q\\_HRDDnAD-fp94uGi8tK9Ry7aJEOKY4QjYnc52SSo1vZw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdu_Q_HRDDnAD-fp94uGi8tK9Ry7aJEOKY4QjYnc52SSo1vZw/viewform)

## **Eyeglass Recycling**

*By KL Greg DeRosa and PCC Bill Bartlett*

Fairfax Lions have recycled many thousands of donated eyeglasses, over many years. PCC Bill Bartlett led the establishment of the Northern VA Eyeglass Recycling Center in Arlington, many years ago. But, Lions lost that facility a couple of years back, and work has been slow to replace it. A different facility is now destined to be the new NoVA

Eyeglass Recycling Center, but much work is required before it can open. Meanwhile Lion Scott Dulaney has, mostly single-handed (for many years), emptied eyeglass collection boxes across this area, temporarily stored them at his home, and delivered several thousand to the Lions Recycling Center in Lake-of-the Woods.



Lion Scott's  
Temporary Storage

Lion Karen DeRosa has stepped in to help collect the donated eyeglasses.



Lion Karen  
Empties Eyeglass  
Local Collection  
box



## Walmart Has a Very Nice Box to Collect Eyeglasses for Lions



Donated  
Eyeglasses go to  
a Lions  
Recycling Center



## New Recycling Center



## Eyeglasses on hold at the Recycling Center

While work ensues to open the designated new NoVA recycling center, boxes of donated eyeglasses await processing, and recycled glasses sit ready to distribute to medical mission teams. We continue to collect!

## Charity Fund Raising

### SERVICE DEPENDS ON CHARITY FUNDS

#### July 4th Food Booth

*By Lion Ken Schutz*

We had a successful food booth sale on July 4th. The total charitable proceeds were \$633 - the highest number in 8 years. We sold more drinks than last year and hot dogs were priced higher.



Set-up began when Lion Mike Schutz and son Charlie (standing) drove up - in an e-vehicle towing gas grills

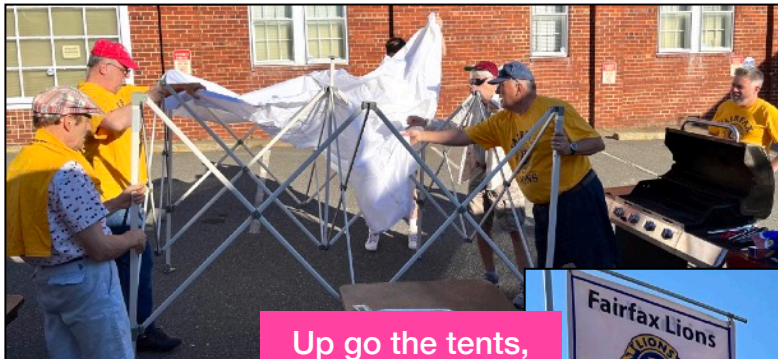


Charlie & Mike  
unload grills



Pretty empty sales site, before Treasurer  
Mike arrives with the tents





Up go the tents,  
and the signs



Bun-stuffers are ready!





Set-up Team Is Finished!





Fire Marshal  
Approved Our  
Operation



1st Sale of the Day!!!





Harry & Ken Keep the Dogs  
Coming off the Grills

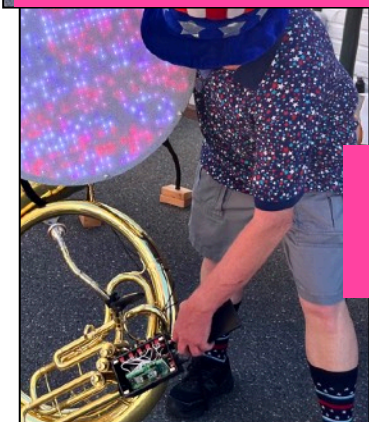


Customers before parade is over is good!





Lion Walter got the Tuba-guy(Jay Converse)to visit

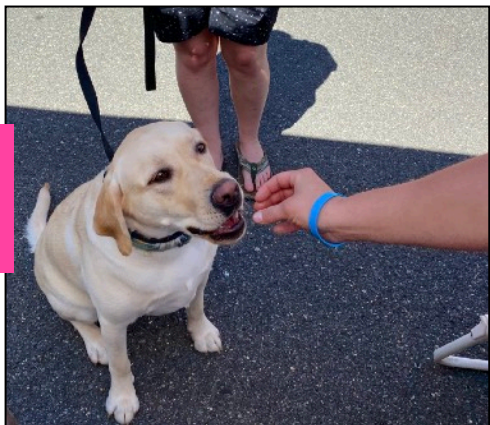


Jay showed us  
how he controls  
the LED lights



Sales team ready for post-parade rush!

Lions Hot Dogs  
are popular with  
real dogs



*By Lion Ken Schutz (contd)*

We had a great turnout of volunteers. Special recognition to our newest member, Judith, who took the initiative to take hot dogs out into the street after the parade to help us sell out – a good idea to expand on in the future. Also, Lion Gordon donned a hot dog suit that was successful in attracting customers to the stand.

Many thanks to all that helped. The charitable revenue from this event is less than what we take in from the Fall Festival, vehicle donations, or fruit sales. But this event is important for another reason: our community sees us, and interested persons get a brochure describing the services we perform: it is good PR in addition to raising money for charity!

## Club Meetings

### **July 5 Dinner Meeting**

No meeting, due to Club's July 4 fund raising event - and also City Fireworks scheduled that evening.

## July 19 Dinner Meeting

We had our first meeting of the new Lions Year and thanked all members and friends for a great 4th of July Hot Dog fundraiser.

At our meeting, Lion Karen Parker led a discussion and provided ideas for a Club Picnic and Holiday Party this year - as way to focus planning around the desires of the membership.

Several members contributed to the discussion, and KL Greg called attending Board members into session to approve the way ahead. Decisions:

- Plan the Holiday Party as a Sunday Brunch event (1-5pm) on 18 December, at the Chantilly Country Club,
- Plan the Picnic on Sunday afternoon, Sep 18th, at the American Legion, with the AL providing food to be served on the balcony.

KL presented a Certificate to Lion Jeff Root, recognizing he completed Club Secretary Training.



**Lion Jeff Receives Certificate for  
Completing Training for Club**

### Follow-up to June 21 Meeting

Recall, at the June 21 dinner meeting, KL Mike Greeley announced the Lion-of-the-Year for 2021-2022 is Lion Justin Haight. But, Justin was not present at that meeting to accept the award. IPP Mike caught up with Lion Justin at his home, and presented the award.



Lion of the Year Justin Haight

## July 26 Board Meeting:

The Board meeting was held over zoom, given concern for a couple of Lions with covid. KL Greg encouraged good club attendance at the September 6th dinner meeting which will feature James Cech,

Second Vice District Governor, visiting our club. The Board made decisions:

- (1) To hold a canned-food drive in conjunction with our Club dinner meeting on August 2nd;
- (2) To set pricing for individuals attending the Club Picnic (Sept 18); and
- (3) To include a Toys-for-Tots program with our Holiday Party (Dec 18).

Watch for announcements on all.

### August Events

Aug 2 - Club Dinner Meeting (bring canned food for Food-for-Others)

Aug 3 - Fx Volunteer-of-the-Year Ceremony, 7:30pm

Aug 4 - Lions Lunch Bunch (PCC BB email: 1130am, Outback steakhouse, 9579 Braddock Rd)

Aug 16 - Club Dinner Meeting

Aug 23 - Club Board Meeting

Aug 27 - Celebration of Life for Elden Wright; RSVP at [https://docs.google.com/forms/d/e/1FAIpQLSdu\\_Q\\_HRDDnAD-fp94uGi8tK9Ry7aJEOKY4QjYnc52SSo1vZw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdu_Q_HRDDnAD-fp94uGi8tK9Ry7aJEOKY4QjYnc52SSo1vZw/viewform)

[1FAIpQLSdu\\_Q\\_HRDDnAD-fp94uGi8tK9Ry7aJEOKY4QjYnc52SSo1vZw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdu_Q_HRDDnAD-fp94uGi8tK9Ry7aJEOKY4QjYnc52SSo1vZw/viewform)

### Coming Up

Sep 6 - Club Dinner Meeting (2nd VDG visit)

Sep 18 - Club picnic (Watch for email & RSVP)

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

The ISCC hosts the Volunteer-of-the-Year ceremony on August 3, 2022, in the Sherwood Center in Fairfax City. This is a very nice event, honoring vol's-of-the-year from local service clubs and city services (fire/etc); elected city officials participate. **FHLC Lion-of-the-Year Justin Haight will be recognized by IPP Mike Greeley and the City of Fairfax Mayor.**

Please attend if you can - it is great to see the breadth of service across our community. Start time 7:30pm (parking lot & seating start to fill around 7:15; be early). Location:

Stacy C. Sherwood Community Center  
3740 Old Lee Highway, Fairfax, VA 22030

Look for Lion Pete directing traffic in the parking lot!

### Lions Information...

#### Certificate of Appreciation Presented!

Recall, at our June 21 Dinner Meeting, outgoing KL Mike Greeley presented Certificates of Appreciation to several Lions. One was not in attendance. Immediate Past President Mike visited that Lions at home, to complete the presentation. See photo...





Lion Marty Lockard with Certificate  
Presented by IPP Mike Greeley

## **Celebration of Life for Lion Elden Wright (Aug 27)**

From Elden's son Bill: "For anyone interested in attending the Celebration of Life service for Elden Wright, please RSVP at: [https://docs.google.com/forms/d/e/1FAIpQLSdu\\_Q\\_HRDDnAD-fp94uGi8tK9Ry7aJEOKY4QjYnc52SSo1vZw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdu_Q_HRDDnAD-fp94uGi8tK9Ry7aJEOKY4QjYnc52SSo1vZw/viewform)

## Lions Clubs in Upstate Wisconsin

Your newsletter editor enjoyed a short vacation on Lake Namakagon in the north woods of Wisconsin. The nearest towns are Cable and Hayward; each town has a Lions Club, and both display their presence in their community.



Cable Area LC Display Case with Special Pins



The Cable Area Lions Club has a display case in the lobby of the “Lakewoods Resort Lodge,” and also posts service news in the local grocery store. The Hayward Club has a display in a local thrift shop.



Cable Area LC displays this recognition poster in a local grocery store (placed behind PVC pipe against the wall)

## Lions Code of Ethics in showcase

# Lions Code of Ethics

**T**o show my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.

**T**o seek success and to demand all fair remuneration or profit as my just due, but to accept no profit or success at the price of my own self respect lost because of unfair advantage taken or because of questionable acts on my part.

**T**o remember that in building up my business it is not necessary to tear down another's; to be loyal to my clients or customers and true to myself.

**W**henver a doubt arises as to the right or ethics of my position or action towards my fellow men, to resolve such doubt against myself.

**T**o hold friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given.

**T**o bear in mind my obligations as a citizen to nation, my state and my community; and to give to unswerving loyalty in word, act and deed. To give freely of my time, labor and means.

**T**o help my fellow men by giving my sympathy to those in need, my aid to the weak and my substance to the needy.

**T**o be careful with my criticisms and liberal with my praise, to build up and not destroy.



Hayward LC  
Mug displayed  
in local shop

You can easily look up Lions clubs, to see their programs and how they raise funds. For example, the Cable Area Club rents-out large tents for area events. <https://e-clubhouse.org/sites/cableareawi/> The Hayward Club supports the annual “American Birkebeiner cross country ski race.” <https://www.e-clubhouse.org/sites/haywardwi/>

See any ideas for our club?

### **Email Note from Lion Tom Edick (Ocean Isle. NC)**

*“Hello all FHLC:*

*So good to reconnect after a long absence. I surely enjoyed all the current and past newsletters - Thanks much, Tom”*

Tom was an active club member starting in since 1983; after retirement he moved to NC. Say Happy BD (Jul 28) to Tom, at: [toedick@aol.com](mailto:toedick@aol.com)

### **Lion Spouse - Artist at Work!**

We always know Marisela Rumberg is a very talented artist specializing in Zentangle, FiberArt, PaperMache, and more.

Now we learn she can fill very large spaces with her art! Marisela was hired to paint a mural on the The Medical Arts Building in Culpeper, VA.

A few photos follow, of her work so far...





Nicholas and Louis Rumberg help Mom

This artist reaches  
new heights!



**FREE!**

JULY 21-AUGUST 3, 2022 VOL 17, NO 15 • CULPEPERTIMES.COM



## SKY'S THE LIMIT

Local News Coverage

You can follow progress on Facebook [Marisela Rumberg Art](#) and Instagram [@Marisela.Art](#)



## BEWARE OF SPAM

Your NL Editor got an email from a friend recently...

**(This is not the spam part of that email)**

Hi, Gordon!

I received this yesterday and I did open it, thinking it was you.

Then I saw the actual email address so I wanted to let you know that I think that one of your email accounts has been hacked.

(signed)

----- Forwarded Message — —

**(This is the spam part - received by the friend)**

**From:** Gordon Tillery <[halmi.milan@balintsuli.hu](mailto:halmi.milan@balintsuli.hu)>

**To:** you

**Sent:** Saturday, July 16, 2022 at 05:33:42 PM EDT

**Subject:** Fwd: Note from Gordon Tillery

**Probably should have sent you an invitation**

**much sooner** <http://www.bkglh.hhnsnah.com/>

*(actual link has been removed)*

— —

**The point:** in the spam part - the original sender (**per actual email address in red**) is a person in Hungary.

That person wants you to click **the link**, and then most likely something bad will happen to you.

Clues to spam emails:

- (1) the sender's actual address;
- (2) the innocent message "Probably should have sent you an invitation much sooner"
- (3) A LACK OF ANY REASONABLE CONTEXT.

We should ALWAYS write email messages with context & meaning that sound like our usual emails, so persons receiving the email will know it comes from the person named in the "From" field.

SAMPLE context:

The email announcing this monthly newsletter says something like:

*"Fairfax Lions & friends:*

*Please see the Club newsletter for Aug 2022.*

*It is available on our web page, you can access it directly using this link (link)*

*You contributions (words, photos, ideas, etc) are always welcome."*

Plus, it is a good idea to use proper grammar & spelling, which spammers often will not use.

If you are not sure it's legit, do not open a link or reply - but send a new email to the sender using an address you know, to double check legitimacy.

# Street Name Changes in City of Fairfax

News from the City's publication...



Stay Connected 

## Decision Made to Change Names of 14 Streets

“The City Council voted to change 14 street names that were up for consideration at last night’s meeting (7/12), as recommended by the *Connecting Fairfax City for All Stakeholder Advisory Group Final Report and Recommendations*.

The vote to change the street names was as follows:

### Confederate Lane (5-1)

- In favor: Council members Harmon, Lim, Miller, Ross, and Stehle
- Opposed: Council member Yi

### Lee Highway (5-1)

- In favor: Council members Harmon, Lim, Miller, Ross, and Stehle
- Opposed: Council member Yi

### Lee Street (4-2)

- In favor: Council members Miller, Lim, Ross, and Stehle

- Opposed: Council members Harmon and Yi

#### Mosby Road (4-2)

- In favor: Council members Lim, Miller, Ross, and Stehle

- Opposed: Council members Harmon and Yi

#### Mosby Woods Drive (4-2)

- In favor: Council members Lim, Miller, Ross, and Stehle

- Opposed: Council members Harmon and Yi

#### Old Lee Highway (5-1)

- In favor: Council member Harmon, Lim, Miller, Ross, and Stehle

- Opposed: Council member Yi

#### Plantation Parkway (5-1)

- In favor: Council member Harmon, Lim, Miller, Ross, and Stehle

- Opposed: Council member Yi

#### Raider Road (4-2)

- In favor: Council members Lim, Miller, Ross, and Stehle

- Opposed: Council members Harmon and Yi

#### Ranger Road (4-2)

- In favor: Council members Lim, Miller, Ross, and Stehle

- Opposed: Council members Harmon and Yi

### Reb Street (6-0)

- In favor: Council members Harmon, Lim, Miller, Ross, Stehle, and Yi

### Scarlet Circle (4-2)

- In favor: Council members Lim, Miller, Ross, and Stehle
- Opposed: Council members Harmon and Yi

### Singleton Circle (4-2)

- In favor: Council members Lim, Miller, Ross, and Stehle
- Opposed: Council members Harmon and Yi

### Traveler Street (4-2)

- In favor: Council members Lim, Miller, Ross, and Stehle
- Opposed: Council members Harmon and Yi

### Stonewall Avenue (6-0)

- In favor: Council members Harmon, Lim, Miller, Ross, Stehle, and Yi

The process for submitting new street names for consideration will be shared soon.“

## Need Coffee Now?

*by Bill Murphy Jr*

Yet another new scientific study promotes the idea that drinking a ton of coffee is a really, really, really good health choice.

Writing last month in the journal *Annals of Internal Medicine*, university researchers say they examined lifestyle, health, and biographical data relating to 171,616 people in Great Britain who were part of the UK Biobank collection effort, and the result was a resounding win for Team Coffee Drinkers.

Among their findings, after looking at data compiled over seven years:

- Men and women between the ages of 37 and 73 who drank between 1.5 and 3.5 cups of coffee each day had up to a 30 percent lower chance of dying from any cause during the study period than those who did not.
- The more coffee people drank up to that limit, whether caffeinated or not, the lower their risk of death.
- Perhaps surprisingly, people who reported drinking their coffee with sugar were just as

unlikely—and in some cases even less likely—to die from any cause during the study period.

- A final surprise: While coffee with sugar was related to lower risk of death, the data regarding those who drank their coffee with artificial sweeteners was inconclusive.

"It's huge," Dr. Christina Wee, a deputy editor of the Annals of Internal Medicine and an associate professor at Harvard Medical School, told The New York Times in a report on the study. "There are very few things that reduce your mortality by 30 percent."

Now, this isn't the first massive study to suggest that drinking significant amounts of coffee could be related to longer lifespan. For example:

- A study of 347,077 people out of the University of South Australia that suggested that five cups a day is the point at which health problems might begin to show up due to coffee consumption, and could even outweigh the benefits.
- A 2017 study funded by the American Heart Association and the University of Colorado School of Medicine suggested that for every cup of coffee people consume each day, risk of heart failure or stroke goes down by 8 percent.

- A Spanish study found that drinking four cups of coffee per day led to a 64 percent lower risk of dying among study participants compared with non-coffee drinkers.
- And a British study of 498,123 people found that those who habitually drank coffee were between 10 and 15 percent less likely to die during any 10-year period.

If that last study on the list sounds somewhat similar to the one we're discussing now, it is! Although, there's a big difference between 30 percent and 10-15 percent.

Also, besides backing up those earlier conclusions, the key difference is that the more recent study also looked at the benefits of sweetened coffee.

There are a few caveats. First, there's our old friend "correlation versus causation." In short, maybe it's not the coffee that provides the lower risk of death; maybe instead it's that people who drink coffee are also more likely to do something else healthy.



Also, when we say coffee "sweetened with sugar," we mean a teaspoon. That's a lot less than you'd find in sugary coffee concoctions at Starbucks or other cafés. And the study didn't address adding milk, cream, or other similar products.

Still, nearly two-thirds of Americans now drink coffee every day. It's the most popular beverage in America (more popular than tap water, although if you combine tap water and spring water, water wins).

And, consumption is up 14 percent since before the pandemic.

So, 2/3 of people drink it; it's associated with longevity, and it keeps you alert so you don't write email newsletters that veer wildly from one topic to the next. Seems like a no-brainer.

### **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.”)

- - -

“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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OUR LOCAL COMMUNITIES...  
WITH PRIDE, COMPASSION AND  
KINDNESS**

**Fairfax Lions Club**



**We Serve**

Since 1951