# Fairfax Lions Club News November 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

### "Thank You" from NoVA Lions Youth Camp

We received a letter from <u>NoVA Lions Youth</u> <u>Camp</u>, thanking Fairfax Lions Club for donations made to help improve conditions in the camp. (Lion Phil Mayo has served on the Camp's Board of Directors for several years.)

The letter says about 2,000 youth use the camp each year (which averages to about 170 campers per month - probably more in summer months - which seems to be a decent usage rate). The letter also notes improvement projects the camp wants to pursue, but has insufficient funds to complete. (See letter, next page) Nov 2022 Page 1



Northern Virginia Lions Youth Camp 7623 Virginia Ave Falls Church, VA 22043-2302



Dear Fairfax Host Lions Club

Thank you so much for your generous donations to the Northern Virginia Lions Youth Camp. As you know, the camp is in the midst of a major capital campaign designed to make significant improvements on a place that supports about 2,000 young campers every year. Enclosed is the youth camp's 2021-2022 chevron to display on your club's "Awards" banner.

Recently, we replaced two bridges, completed repairs on several of the cabins, and completed some grading work on the roads. There are, however, other projects that require our attention, so your donations will make a significant difference.

Upcoming/Ongoing projects include the following:

New bathhouse. The old bathhouse needed a major renovation. To comply with
the American with Disabilities Act, the repairs would cost more than to build a
new bathhouse. Additionally, a new bathhouse will provide greater privacy for
the campers, thereby reducing potential liability to the camp. The projected
completion date is October 2022.

Over the past four years, we have completed projects in excess of \$225,000.

The new bridges and upgraded pavilion provide significant improvements to our facilities.

We expect the projects will cost about \$200,000. We have about \$40,000 in funds available to support the projects. The donations will make a big difference in the life of our camp, which will enable us to serve young people for many generations.

The board thanks you for your support and investment in our future.

Yours in service and friendship,

Jay Moughon

Jay Moughon International Director

We are recognized as tax-exempt by the IRS under code section 501(c) (3). No goods or services were received in return for this gift. Our tax identification number is 54-1375771.

# Fairfax Lions Club Charity Fund Raising SERVICE DEPENDS ON CHARITY FUNDS Fall Festival (Oct 8)

#### By Lion Karen DeRosa

What a wonderful Fairfax Fall Festival our Fairfax Host Lions Club had yesterday all due to the efforts of our fine members and friends coming together and helping out where needed!! From pre-sale purchases, grill transportation, loading/unloading and setup, grilling, bun stuffers, selling hotdogs, bratwurst, snacks, drinks and beer/wine, handling the cash box, id check / bracelets for the alcohol, watching the exits, etc - our Lion's team and guests never tired and made this event a success!

Thank you to Lion Ken Schutz for his overall leadership and guidance in orchestrating another well run event.

More details to follow on how much proceeds we made for the community once all the receipts and bills have been reviewed by Treasurer Mike Rumberg.

We had 26 Lions and family volunteers to support our sales!!

LION'S shout-outs to: Lions Joe Breda and family Debbie & Scott, Doug Brisson, Pete Conklin, Mike Greeley, Corey Green and friend Tom Hewlett, our newest Lion Maureen Johnson, Marty Lockhart, Phil Mayo, Rodney Neely, Harry Parker, Harry Pontius, Cindy Roman, Jeff Root, Mike Rumberg with sons Nicholas and Louis, Ken Schutz and spouse Diane, Mike Schutz, Huey Sullivan, and Walter Szymanski.

Appreciate everyone's team spirit!!

Assorted photos follow (with MANY THANKS to Karen, Mike R, Joe B, Mike S)....











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#### November 17-19 Fruit Sale

On-line ordering began Oct 1, for pickup Nov 17-19 at our (new) fulfillment location - American Legion Post 177 parking lot. Operating the site is an All-hands event! Sign-up for any shifts you can work, on: <u>signup genius page</u>

Tell friends & neighbors to order now! Flyer: <u>Fruit Sale Flyer</u> To Order: <u>Order Fruit</u>

#### **Club Meetings**

#### **Oct 4th Dinner Meeting**

The song to start the meeting was "Take Me Out To The Ball Game" as Lion Jeff Root explained, NY Yankee Aaron Judge had hit 61 homers to tie Roger Maris' AL record set in 1961, and might break it that night. Turns out, Lion Jeff was exactly on target. In the late game of the October 4th double-header, the 6'7" 282 pound Judge hit number 62 off Jesús Tinoco of the Texas Rangers, setting the new single-season AL home run record! Building on that news, our Club Tail Twister Gary Maxwell announced the theme for the Oct 18 meeting is: "wear any baseball attire."

PCC Bill Bartlett conducted an induction ceremony officially making Maureen Johnson a new Lion and a member of our club. It is a distinct pleasure to welcome Maureen into Fairfax Lions Club! (Photos next page)

We had a wonderful presentation by Boy Scout Connor Carrico, discussing his planned Eagle Scout project. The project will build a trail designed for use by vision impaired campers at the NoVA Lions Youth Camp.

Connor is currently in the process of acquiring funding for his Eagle project. (FYI - See Lions Info later in this newsletter: <u>the project has now</u> <u>been approved by the Youth Camp</u>.)

KL Greg DeRosa presented Lion Phil Mayo a thank-you note from the NoVA Youth Camp for our Club's recent donation. (That letter is reported on page 1 of this newsletter.)







Lion Phil accepts thank-you letter from NoVA Lions Youth Camp

Lion Bill Szymanski announced details of the blood drive on Nov 2 at Providence Presbyterian Church. If you are able to donate blood, it's a great cause...Hurricane Ian has presented an urgent need for blood donors. Schedule your appointment to give blood that day, at: https://www.redcrossblood.org/give.html/drive-results? order=DATE&range=10&zipSponsor=FAIRFAXLIONSVA

In a subsequent email, Lion Bill told us the old Red Cross prohibition on accepting blood from

individuals who had been in Europe during the "mad-cow" era has finally been lifted.

Lion Ken Schutz focused folks on the upcoming Fall Festival, and the Citrus Fruit Sales - asking all to pass the word to friends & neighbors. Ken provided discount coupon cards to pass on to others.



50-50 drawing winners included Lion Pete Conklin. Lion Pete graciously passed on his winnings to Connor to apply toward the cost of the Eagle Scout project. Well done Pete!



Lion Pete presents 50-50 winnings to Boy Scout Connor, for his Eagle Project

#### **Oct 18 Dinner Meeting**

#### A pretty good crowd:



It was a pleasure to welcome prospective new member G Sanchez to this meeting. G found information about our club on our web page, and decided to visit. PCC Bill Bartlett had prepared a table seat sign to make G feel more welcome.



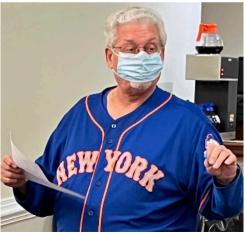
Say Hi to G: gmsanchez1291@gmail.com

Our quest speaker was Lion Sean Curry, a member of Burke Lions Club, representing the Prevention of Blindness Society https:// www.youreyes.org. Founded in 1936, the Prevention of Blindness Society of Metropolitan Washington is dedicated to improvement and preservation of sight and quality of life by providing services and education, and championing healthy vision and innovation to all in the DC area. Each year, POB helps over 13,000 persons with low vision through evidence-based programs. Programs include vision acuity and glaucoma screenings, eyeglasses distributions/fittings, educational events, low vision rehabilitation, resource assistance, and support groups. Sean is the office's program director. He was sponsored into Burke Lions Club by our own club member, Lion Suleiman Alibhai (who led a tour for our club

# through the Low Vision Learning Center in Alexandria <u>https://www.lowvisionservices.org</u>).

### King Lion Greg thanks Lion Sean Curry





Gary Maxwell (wearing NY Mets jersey) led a Baseball trivia game with Lions winning a chance for a cash prize in the 50/50 drawing.

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Tail Twister, Gary pardoned Mike Rumberg from a fine, for wearing DC United's (soccer, not baseball) iersev.

Lion Phil Mayo won BOTH 50-50 drawing prizes (and donated the larger one to the Club's admin account).

# **Oct 24 Board Meeting:**

<u>Membership:</u> Lion Pete Conklin has two prospective members: G. Sanchez and Rick Brennan. 1<sup>st</sup> VP Jim Kaplan is recruiting Dan Drummon, City of Fairfax councilman. Eyeglass recycling: Since July 1, Fairfax Lions have picked up 6,347 pairs of donated eyeglasses to deliver for recycling.

<u>Thanksgiving Food Baskets:</u> The Club will assemble Thanksgiving food baskets on Monday, November 21 for 30 families. Main Street Child Development Center is coordinating the recipients. Our Board agreed to \$3200 from the Club charity account for these food baskets.

<u>District Fall Conference:</u> Lion Gary Maxwell, PCC Harry Parker, PDG Karen Parker, and Lion Jeff Root will attend the Fall Conference in Fredericksburg on November 1.

Bland Music Contest: Lion Jeff Root is considering reviving the James Bland Music Contest and will submit a budget proposal at the November Board meeting.

Junior Achievement: JA asked for Lion volunteers to help mentor youth for a day and contribute to improving to their financial literacy. The Board decided to advertise this to Club members as an opportunity for individual service. Email JA POC, Kay Glad, at: kay.glad@ja.org Nov 2022 Page 22

#### November Events (Busy month!!!)

- Nov 1 Fruit Sale ordering continues Order here
- Nov 1 Club Dinner Meeting
- Nov 2 ISCC Meeting
- Nov 2 Lion Jim Davis Interment Arl Nat Cemetery
- Nov 2 Blood Drive schedule your time
- Nov 3 Memorial Service for Jim Davis
- Nov 6 DST ends (set clocks back one hour)
- Nov 8 VOTE...Election Day
- Nov 10 Lions Lunch Bunch
- Nov 15 Club Dinner Meeting
- Nov 16 Unload Citrus Fruit Sign-up
- Nov 17-19 Citrus Fruit Sale (all hands) Sign-up
- Nov 18-19 District 24-L Fall Conf, Fredericksburg

Register: https://valions.org/fall-conference/

- Nov 21 Thanksgiving Food Baskets (30)
- Nov 22 Club Board Meeting
- Nov 24 Thanksgiving Day

#### Coming Up

- Dec 14-17 2nd Citrus Fruit Sale (all hands)
- Dec 18 Club Holiday Brunch (1-5pm, Chantilly CC)
- Dec 19 Holiday Food Baskets

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

Officers installed at Oct 5 meeting: <u>President</u>: Al Leightley(Shepherd's Center of Fairfax Burke; Knights of Columbus)

Vice Pres: Suzanne Grimsley (Woman's Club of Fairfax)

- <u>Treasurer</u>: Kate Clary (Friends of Fairfax City Regional Library)
- Secretary: Cathy Kelleher (Soroptimist International of Fairfax County)

# Lions Information...

# **Membership Orientation**

We have found that a good orientation - prior to becoming a Lion - helps assure a new member understands the Club's structure and processes, and obligations of being a Lion. We were pleased to hold an orientation on Oct 3rd at American Legion Post 177 for Maureen Johnson. Maureen's application had been approved by our Board of Directors. Maureen listened carefully, and asked many good questions. Given Maureen's interest, her family connections to Lionism, and her sponsor Lion Pete Conklin, we are certain Maureen will be a great Fairfax Lion!



L-R: KL Greg led the orientation, along with Lions Pete, Jeff, and Karen; Maureen Johnson. (Not shown, Lions: Bill Bartlett, Phil Mayo, Doug Brisson, Gary Maxwell, Gordon Tillery)

# **Report on NoVA Lions Youth Camp**

Thanks to Lion Phil Mayo for this email of Oct 19, 2022:

"To DG Rose Burris and DSecy Carol:

As requested, the following is the quarterly status report for the NVLYC (Northern VA Lions Youth Camp) for July - Sept, 2022. Please let me know if more info is needed.

The NVLYC board hosted a joint meeting with the LOVF (Lions of VA Foundation) board at the youth Nov 2022 Page 25

camp in July. The LOVF has been a major benefactor for the NVLYC and continues to provide significant financial support for the youth camp. PCC Phil Schrack provided a walking tour of the youth camp for the LOVF visitors during the visit.

<u>The NVLYC board approved the construction of</u> <u>an Eagle scout project for the construction of a blind</u> <u>trail for sight-challenged campers.</u> The proposed location for the blind trail was mutually surveyed and reviewed by members of the youth camp board and the Boy Scout Eagle project participants.

There was significant progress made on the new bath house that is under construction at the camp. This new bath house is ADA (Americans with Disabilities Act) compliant. The installation of hot water heaters, showers, hand bars, and all toilets were completed and tested.

The inspection for the gas lines and the plumbing is scheduled for October with the final inspection for completion to be done by the end of October.

We will be planning a dedication ceremony for the completion of the bath house which is a major improvement for the benefit of the youth campers. Thank you,

Ken Marr, President, Northern VA Lions Youth Camp" Nov 2022 Page 26

# From our District's September Newsletter "Paw Prints: Sign-up Genius

Did you know your club can use <u>SignUp Genius</u> to recruit volunteers for your service projects?

Create your own or email the information about your event to <u>sallyca75@gmail.com</u>, and it will be posted on the <u>existing site</u>.

#### **Guthrie OK Lions Club**

Your newsletter editor visited Guthrie, OK (in conjunction with visits to family in Austin and OKC). Guthrie, OK came to life with the land rush of 1889 and was for a few years OK's state capitol. The <u>Guthrie Historic District</u> is a national historic landmark.

<u>Guthrie Lions Club</u> meets at noon Fridays, (which did not match my schedule to visit). I noticed a paver in the downtown, indicating the Club's presence in the city. (See photo, next)



#### Miscellaneous Info

# News Release: Model Trains Running at the Fairfax Station Railroad Museum

By Pete Conklin

N-Gauge Model Trains (NTRAK) will be on display and running at the Fairfax Station Railroad Museum from 1-4 p.m. on Sunday, November 20, 2022. The Museum is located at 11200 Fairfax Station Road in Fairfax Station, VA. Admission:

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Museum members and children 4 and under, free; children 5-12, \$3; adults 13 and older, \$5, special events, \$6; Seniors and military, active and retired, \$4. For more information on Museum events please visit, <u>www.fairfax-station.org</u>, <u>www.facebook.com/</u> FFXSRR, 703-425-9225

#### **Buying Tickets online?**

A caution (from the Birchmere - a local music venue) that may apply to any online ticket sales:

"The Birchmere sells tickets online through Ticketmaster.com exclusively, or in person at our Box Office. <u>Please be careful when searching for tickets</u> online, as Secondary Market/"Scalper" sites are often the first results to appear. Tickets purchased through these other sites may or may not be legitimate, and the Birchmere Box Office cannot resolve any issues involving them, such as lost or invalid tickets. To be clear, **the following websites are Scalpers and should be avoided: Tickets-Center, Ticketsales, TicketsOnSale, VividSeats, Stubhub, SeatGeek, to name a few**. ONLY use Ticketmaster for Birchmere events. If you are not at Ticketmaster.com, you are on the wrong website to purchase tickets for Birchmere shows."

#### Every 2,000 steps a day could help keep premature death at bay

By Linda Searing, Washington Post Oct 4 2022 For every 2,000 steps you take each day, your risk for premature death may fall by 8 to 11 percent, according to research published in the journal JAMA Internal Medicine

Along with the results from a related study, published in JAMA Neurology, the researchers also found that walking more, accumulating up to roughly 10,000 steps a day, was linked to a reduction in the occurrence of cardiovascular disease (including heart disease, stroke and heart failure), 13 types of cancer and dementia.

Both studies involved about 78,500 participants, all middle age and older, who wore a device on their wrist to measure physical activity and whose health was monitored for a median of seven years. Taking 10,000 steps a day (roughly four to five miles, depending on a person's stride) has become a common health and fitness goal. The new studies, however, found that health benefits also can be achieved by taking fewer steps. For instance, walking about 9,800 steps a day was found to lower risk of dementia by about 50 percent, but dementia risk was cut by 25 percent for those who walked as few as 3,800 steps daily.

Also, walking at a faster pace, or upping the intensity by power walking, for example, was found to have health benefits, too, with intensity amplifying the results. Walking at a faster pace was linked to a lower risk for dementia, heart disease, cancer and early death, beyond the benefit accrued for the number of daily steps.

#### The Last word: I'm So Old That...

I have dialed a rotary phone, listened to music off an 8-track tape, watched a black and white TV with foil on the rabbit ear antennas, and went through a whole day without taking a picture of myself.

#### 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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# Fairfax Lions Club

