

# Fairfax Lions Club News

## December 2022

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



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

**-- We Serve --**

### **Thanksgiving Food Baskets**

Project leader, organizer, food purchaser, and Club President Greg DeRosa organized a team of hard workers on Nov 21, to assemble food (& \$25 gift cards) into individual food baskets, and present them through our partner - Main Street Child Development Center (MSCDC).

The team included Lions Pete Conklin, Mike Greeley, and Phil Mayo, with family member Danielle DeRosa, and potential new-member G Sanchez.

The team delivered 60 bags of food (2 bags in each family "food basket") to qualified families in Fairfax City, wishing all "Happy Thanksgiving."



Danielle  
DeRosa and  
G Sanchez  
move food  
from car into  
MSCDC

Thanks to

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Greg, Pete, G, Danielle, Mike lay-out the food and assemble the baskets





Fairfax Lions Team with Carol Lieske  
(Director MSCDC - 2nd from left)

food basket volunteers!!!!

## Coming Up - Toys for Tots



*By PDG Karen Parker*

At our Club dinner meeting on Tuesday, December 6th, we will host two Marines who will talk about Toys for Tots followed by Q and A. The



Fairfax Host Lions Club Board has approved a check in the amount of \$500. Since the Holidays are a time of giving, I approached the Board about a gift from us and it was approved.

The membership is being asked to bring an unwrapped gift for the Marines to take with them. Members may also bring their own personal check to present.

**Don't forget - Tuesday night, December 6: bring a toy - let's make some tots happy!**



## Fairfax Lions Club Charity Fund Raising

**SERVICE DEPENDS ON CHARITY FUNDS**

### November 17-19 Fruit Sale

After weeks of planning, and promoting on-line orders, the fruit arrived - fresh from Florida. Customers picked up fruit/peanuts/maple syrup,

and new sales took place in the American Legion Post 177 parking lot.

A customer story: Saturday (Nov 19) a Vietnamese man picked-up his order. We thanked him for supporting Lions. He said:

***“I buy every year; I will always remember what Lions did for me. In 1975, I came to the US (a refugee from South Vietnam) and needed an eye. Lions helped me get a new eye.”***

He pointed to one eye - it seemed artificial ... we can only suppose it replaced a bad eye, possibly damaged as the man escaped the Communists in 1975 as they “reunified” South Vietnam to form Socialist Republic of Vietnam.

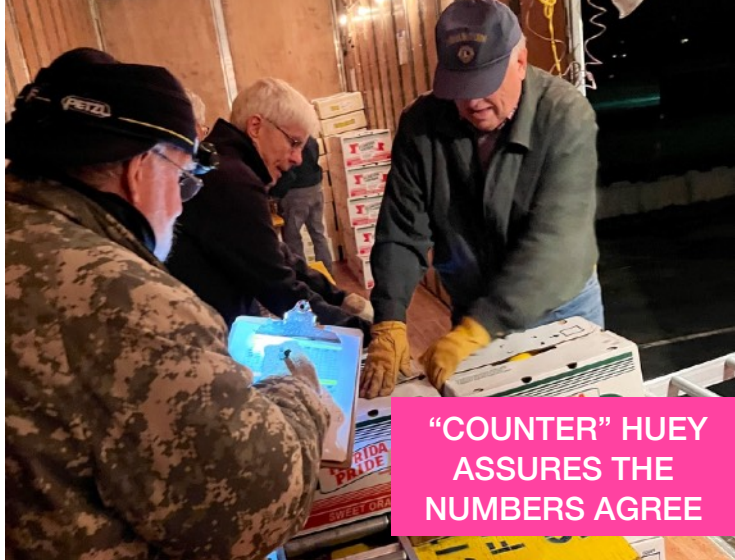
Overall, sales results were pleasing. Lead Lion Ken Schutz shut the doors at noon Saturday, with only 2 full boxes & 3 ½ boxes of grapefruit left; we donated them to the Lamb Center. We also gave 2 boxes of Mandarins, and 2 ½ boxes of grapefruit for the Thanksgiving food baskets.



**HEAVY WORK - MOVE FRUIT  
FROM DELIVERY VAN**



**LIONS USE "ROLLERS" TO  
XFER FRUIT TO SALES VAN**



**“COUNTER” HUEY  
ASSURES THE  
NUMBERS AGREE**



**MORE  
ROLLERS  
IN VAN**



**LIONS STACK  
730 CASES**



**WEDNESDAY  
UNLOAD SHIFT**



**HARD  
WORKING  
LADY LION  
“UNLOADERS”**



**READY FOR THURSDAY  
CUSTOMERS**











KAREN - "JUST HOW FAR AWAY IS YOUR CAR?"

SIGN IN AL POST 177,  
GROUND FLOOR ENTRY



JOE, CINDY ENJOY SUN



Sign up NOW for the Dec fruit sale (click on link):

- Help Unload Citrus Fruit (Dec 14) [Sign-up](#)
- Work at Fruit Sale (Dec 15-17) [Sign-up](#)
- Order YOUR fruit - [Order here](#)

(coupon code: **LIONSFRUIT** for **10% discount**)

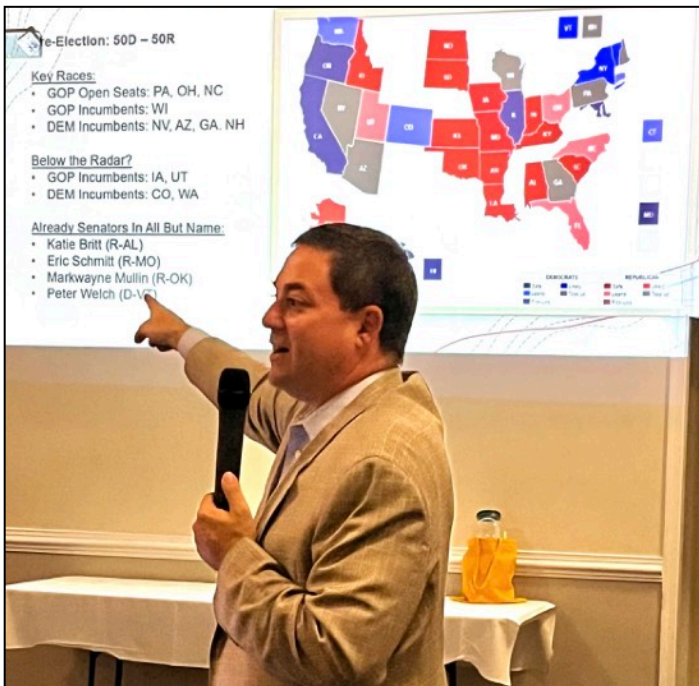
## [Club Meetings](#)

### [Nov 1st Dinner Meeting](#)

Our 1st Vice-President Jim Kaplan had two roles at this meeting: he substituted for Club President Greg (traveling), and he was also our dinner speaker.

Jim has extensive knowledge of, and experience with, the US Congress and some local elected offices. He has served on a Congressman's staff and has run legislative policy activities for government and corporate entities - including the White House National Security Council. We were rewarded that Jim took his time to talk about the mid-term election cycle and some key races in this year's election. Jim framed his talk in a nonpartisan fashion, so all could appreciate his remarks.





Jim describes key election races in the nation





**Jim - as Master of Ceremonies for the meeting, and speaker, presents and accepts a pen**

## **Nov 15 Dinner Meeting**

Our guest speaker was Page Johnson, Commissioner of the Revenue for the City of Fairfax. That post is the chief tax assessing officer for the city. Commissioners serve a 4-year term at the pleasure of voters. Page's family has deep roots in Fairfax (he went to Fairfax HS and GMU), and he is a history buff, and writer. You can find books and articles he has written about the local area. For

example, see article “World War I in Fairfax County” published in 2017, at: <https://www.historicfairfax.org/wp-content/uploads/2019/06/HFCI1404-Fall2017-1.pdf>

Page told us how taxes have evolved over time in Fairfax. For example, you once had a choice, your tax could be based on the value of your household goods, or your automobile - and agents would enter your home to assess your household goods.

Lion Ken Schutz talked about the upcoming fruit sale, the importance of a great turn-out of club members to work at the sale, and he explained hows operations would be conducted at the new sales venue in the American Legion parking lot. Ken also brought a plaque from the Fairfax City Little League thanking us for financial support of the LL team.





King Lion Greg  
Thanks Page Johnson



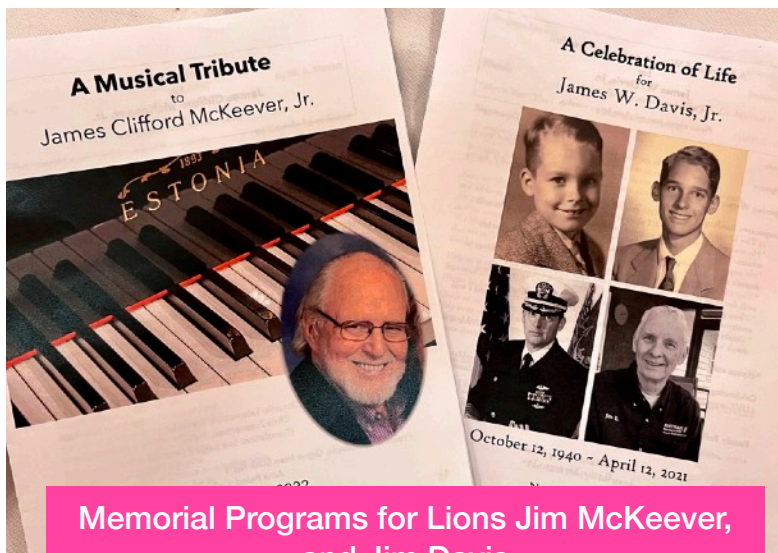
**Ken with Fairfax Little League Team  
Plaque Thanking Fairfax Lions**

Lion Jeff Root brought copies of the Memorial programs (see photo) for services held recently for two Lions.

50-50 News: well, perhaps this is not NEWS, as it has happened before - recently: Lion Phil Mayo won BOTH 50-50 cash prizes! We thank Phil for



donating one cash prize to the Club's admin account. Hang in there Lions: eventually the laws of probability will distribute prize money to each player - based upon number of tickets bought....(but it might take a while).



**Memorial Programs for Lions Jim McKeever,  
and Jim Davis**

## **Nov 22 Board Meeting:**

Lion Ken Schutz reported the final total proceeds for our charity account - from the Fall Festival: \$5671.98. Well done Lions!

PCC Bill Bartlett reported the “new” Northern VA Lions Eyeglass Recycling Center has still not opened (it has been in work for nearly 3 years now).

PDG Karen Parker asked for a decision on pricing for the Dec 18 Holiday Party; the Board decided club members **current in their dues** will not be charged, spouses/guests will be charged \$20, and children \$10.

Lion Jeff and KL Greg reported that the District 24-L's Fall conference topics focused on membership, new leadership, and community service. There was also a very special award for a member of our club - read about that in “Lions Information” (see page 25).

The Board agreed to donate \$250 to Eagle Scout candidate Connor Carrico, to use toward costs of his Eagle Scout project at the Northern VA Lions Youth Camp, to build a trail for visually impaired campers.

The Board agreed to set aside \$2000 for our Club Bland Contest in March 2023. Lion Jeff Root will explore interest and decide whether to hold a Club Bland contest. NOTE: our club last held a Bland Contest in pre-covid March 2020 - see photos of that event here: <https://www.fairfaxlions.org/2020/03/>

## **December Calendar**

- Dec 1 - Ordering continues for Dec fruit [Order here](#)
- Dec 1 - Lions Lunch Bunch-Outback (Braddock Rd)
- Dec 6 - Dinner Meeting **(Bring a Toy for a Tot)**
- Dec 7 - ISCC Meeting
- Dec 7 (**NLT**) - RSVP for Dec 18 Holiday Party
- Dec 7 - Pearl Harbor Remembrance Day
- Dec 14 - Unload Citrus Fruit [Sign-up](#)
- Dec 15-17 - Citrus Fruit Sale (all hands) [Sign-up](#)
- Dec 18 - FHLC Holiday Party (1-5pm) Chantilly CC
- Dec 18 - Hanukkah Starts
- Dec 19 - Holiday Food Baskets
- Dec 20 - No Dinner Meeting (due to Holiday Party)
- Dec 21 - 1st day of Winter (Winter Solstice)
- Dec 25 - Christmas Day
- Dec 26 - Hanukkah Ends; Kwanzaa Starts

## **Coming Up**

- Jan 1 - Kwanzaa Ends; Welcome 2023!
- Jan 3 - Club Dinner Meeting

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

Thirty-year ISCC member, Constance “Connie” Lauther, passed on Oct 4, 2022. Her husband was a guest at the Nov 2 ISCC meeting. Connie’s obituary:

## Lions Information...

### Bill Smith - Ambassador of Good Will

At the District 24L Fall Conference (Nov 19), in Fredericksburg a Fairfax Lion received a very special award. Fairfax Lion, and Past Council Chair, Bill Smith was presented the **Ambassador of Good Will** award. That is the highest honor presented by Lions International to its members. As stated in Nov 21 *District Connections* email-news, "Congratulations PCC Bill for an honor well deserved." In attendance at the ceremony was Lion Jeff and KL Greg.







Information briefed at that conference (including topics “Autopsy of a Dead Lions Club” and “Estate Planning”) are available at this web-page: <https://valions.org/fall-conference/>

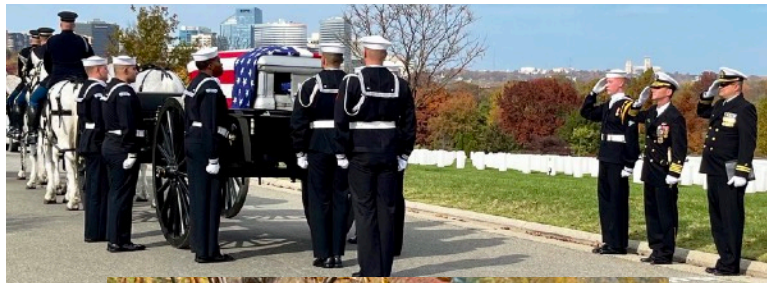
## **Lion Jim Davis Interment**

The interment for retired US Navy Captain, and Fairfax Lion, Jim Davis took place at Arlington National Cemetery on November 2, 2022.

Jim became a Fairfax Lion in January 2007, sponsored by Lion Elden Wright. Jim was club Treasurer for seven years, and was a main stay in Club fruit sales and eyeglass recycling.

Jim was born in Richmond, VA Oct 12, 1940, grew up in an Army family, lived in VA, SC, TX, & Germany. He graduated Fairfax HS in 1959, and in 1964 from UVA. He served thirty years in the Navy, retiring as a Captain (equivalent to Army Colonel).

As a retired USN Captain, Jim's interment ceremony included full military honors, with a Navy escort platoon, band, colors team, caisson, firing party, presentation of US Burial Flag to Sarah Davis, and sounding Taps. Jim's pastor from Providence Presbyterian Church - Rev. Dr. Michael P. Burns - participated in the service.



## Miscellaneous Info

### Margaret Mead

*(Taken from Nov 2022 newsletter for Retired Employees of Fairfax County Government: "Hot Flashes")*

Years ago, anthropologist Margaret Mead was asked by a student what she considered to be the first sign of civilization in a culture. The student expected Mead to talk about fishhooks, clay pots, or grinding stones.

But Mead said no, the first sign of civilization in ancient culture was a femur thigh bone that had been broken and then healed. Mead explained that you die if you break your leg in the animal



kingdom. You cannot run from danger, get to the river for a drink, or hunt for food. You are meat for a prowling beast. No animals survive a broken leg long enough for the bone to heal.



A broken femur that has healed is evidence that someone has taken time to stay with the one who fell, has bound up the wound, has carried the person to safety, and attended the person through recovery. Helping someone through difficulty is where civilization starts, Mead said.

“We are at our best when we serve others.”

More: [https://en.wikipedia.org/wiki/Margaret\\_Mead](https://en.wikipedia.org/wiki/Margaret_Mead)

## How to Slow Memory Loss?

*By Bill Murphy, Jr.*

Forgetting things can be scary.

- Where are my keys?
- What time was that important meeting scheduled?
- Oh, and... what was the amusing third thing I was going to include on this list?

While I wait for that final item to come to me, let's talk about a promising new study out of Columbia University and Duke University, which suggests there's a simple, common, under-appreciated activity that can help slow memory loss among the people who need it most.

Writing in the journal NEJM Evidence, D.P. Devanand, professor of psychiatry and neurology at Columbia, and Murali Doraiswamy, professor of

psychiatry and medicine at Duke, said they recruited 107 volunteers with an average age of 71 and had them either do crossword puzzles or play computer video games (depending on what cohort they were assigned to) over a period of many weeks.

The results? **Participants who did crossword puzzles fared much better in terms of memory loss or lack thereof** compared to those who played video games, as measured by cognitive tests and changes in brain size (measured with an MRI) over the course of 78 weeks.

"The trifecta of improving cognition, function, and neuroprotection is the Holy Grail for the field," Dr. Doraiswamy said in a press statement, adding that, "[further research to scale brain training as a home-based digital therapeutic for delaying Alzheimer's should be a priority for the field."

Now, I've learned that there are three things that most successful people worry about almost universally:

- maintaining their professional success,
- nurturing their families, and
- holding off old age and health challenges as long as possible.

When it comes to those health challenges, there's a special emphasis on aging and preventing memory loss, which is why I think this study is particularly interesting.

Sure, I suspect a lot of readers might think about doing a crossword puzzle or two after hearing about it, but I also think this sort of unusual study represents something that just about anyone running a business might want to pay attention to.

Our society is graying. In 2018, according to the U.S. Census Bureau, 15 percent of Americans were older than 65; by 2030 the percentage will be 21 percent. By 2035, there will be more older adults in America than kids.

Nearly every single one of those older Americans will worry about getting older and becoming a burden on loved ones. They'll be looking for answers and solutions.

As a result, as soon as I saw this study, my first reaction wasn't to worry about what the future might hold.

Instead it was... wait, what was it?

Just kidding: It was to think about organizations like the New York Times, which bought Wordle earlier this year and has tripled down on all kinds of word-

related games, to say nothing of the Times crossword that it's published daily since 1942.

It seems like they know what they're doing.

In business, they say to start with a problem and then come up with a compelling solution. This study sounds to me like it screams from the rooftops: Here's a thing that a growing number of people viscerally fear, along with a promising possible way to combat it.

Gosh, what's the word for that? It's right on the tip of my tongue: 11 letters, I think?. Oh that's right, I remember now: opportunity.

## **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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WITH PRIDE, COMPASSION AND  
KINDNESS**

# Fairfax Lions Club



**We Serve**

Since 1951