

# Fairfax Lions Club News

## January 2023

*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 --**

### Toys for Tots

Many thanks to Past District Governor Karen Parker for enabling our Club's donations to Toys for Tots. Karen brought the idea to the club, scheduled speakers, obtained approval for a Club cash donation, asked all members to bring a toy - then she coordinated and participated in the event at the December 6 dinner meeting. That's a lot of good work - to focus our Club on helping deserving kids!

Just before the Dec 6 meeting started, Fairfax City Council Woman-elect Kate Doyle Feingold, whose dad served a full career in the Marine Corps (Kate also served in the Marine Corps) stopped by and generously donated a bag of toys.



## City Council Woman-elect Kate Doyle Feingold (on the right)

Two representatives of the Marine Corps Reserve “Toys for Tots” program visited our Club at the meeting: Gunnery Sergeant Simon Hebert and Hospital Corpsman Leonard Harding. Gunnery Sergeant Hebert told us Toys for Tots began in 1947 and provides toys to deserving children across the US each holiday season. Over 627 million toys have been delivered to those children since 1947 – averaging over 8 million toys each year!





(Top) Gunnery Sergeant Simon Hebert  
(Bottom) PDG Karen presents check



The Fairfax Lions presented Toys for Tots a check for \$500, and individual Lions made their own monetary donations.

Toys for Tots recognized Fairfax Lions Club with a certificate of appreciation.





We all helped to load up the toys (donated by Fairfax Lions, and City Council Woman-elect Kate Doyle Feingold) into Gunnery Sergeant Hebert's truck, for delivery to the TFT warehouse.





**Gunnery Sergeant Simon Hebert and Hospital Corpsman Leonard Harding with truckload of toys heading to the TFT warehouse. We Serve!**

## Holiday Food Baskets

Once again - Lion project lead/organizer/food purchaser, and Club President, Greg DeRosa assembled a team of Lions on Dec 19 to load food (with \$25 gift cards) into individual food baskets, and present them through our partner - Main Street Child Development Center (MS CDC) - to 30 qualified local families.

The team included Lions Mike Greeley, Phil Mayo, Harry Pontius, DeRosa daughter Danielle, and Gordon Tillery.

As in November, the team delivered 60 bags of food (2 bags made up each “food basket”) to qualified families in Fairfax City.



**Greg arrives at MS CDC with loaded car**



Mike G and Harry P start unloading food onto cart



Harry, Phil, Danielle, Greg and Mike stand by the assembly line to fill 60 baskets



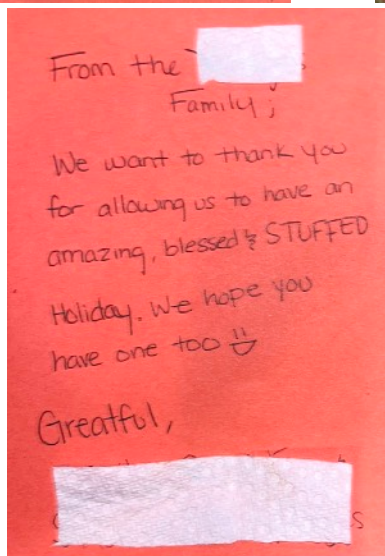
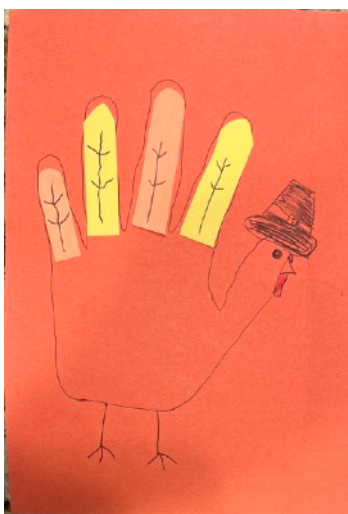
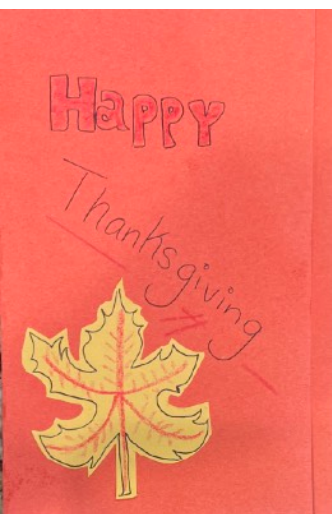


(Top) Lions fun bunch with 60 full bags  
(Below) MSCDC staff join the photo





**MS CDC staff present King Lion Greg with thank-you notes from the families that received Thanksgiving food baskets.  
(One sample, next page)**



One of the Thank-you  
notes...

## Fairfax Lions Club Charity Fund Raising

### SERVICE DEPENDS ON CHARITY FUNDS

#### December 14-17 Fruit Sale

The December sale began in October, with on-line ordering. Most of the fruit sold had been pre-ordered & pre-paid, and a pickup time scheduled before the fruit arrived on Wednesday Dec 14. The committee, led by Lion Ken Schutz, was pleased with advance sales and planned only a small quantity of fruit for drive-up sales - ideally reducing idle time waiting for a “drive-up customer.”

A full pallet of grapefruit was missing from the FL grower's shipment to us; Ken had to notify about 30 customers that their GF order/sale was cancelled. Overall, our processes improved from November, and will continue to improve for 2023 fruit sales. One low point - it was cold, wet weather on Thursday Dec 15...a miserable day; but Fairfax Lions persevered!

Lion Ken reported to the Board: “We purchased less fruit this year, and we were shorted in our delivery in December by 52 boxes. The sale overall went well.” Thanks to ALL who helped!



Lion Scott and his pick-up with equipment from our Club's storage shed



Delivery truck arrives at sales site with FL fruit (but missing one pallet of grapefruit!!!)





Transferring fruit  
to sales van



Rollers move the  
fruit inside the  
sales van



Last case  
moves to the  
sales van



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Unload Team worked hard!

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On a Cold, Rainy Thursday morning fulfillment teams braved the elements







Rainy Thursday eventually changed to Sunny Friday and work at the sales site was fun again!





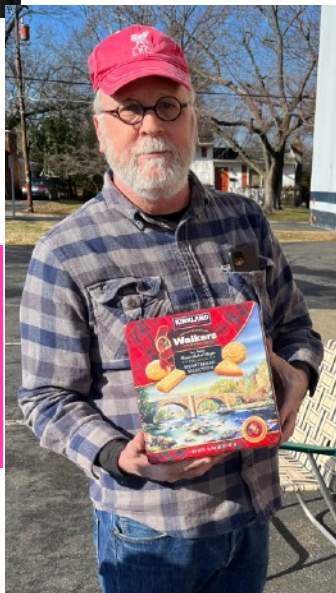
Working inside the sales van Thursday (above),  
and Friday (below)







Harry loads  
the car of a  
happy  
customer



One customer was pleased  
with her experience, and  
brought the sales teams a  
snack - Corey holds the  
cookies!



The sun was warm and refreshing!





The LAST box of Mandarins went to the owner of the Sunoco station, on Rte 50 by Fairfax Circle. Dan (on left, Lion Judith's husband) loaded the car. Sunoco man said "If you come for car repairs, be sure to tell him you are a Fairfax Lion! (Maybe a discount?)"



Lion Maureen loads fruit for the Lamb Center



Saturday Sales team



Inventory analysis revealed a few extra grapefruit - Cory loads it to go to Lion "Jess" Jessup of Vienna Lions Club, whose GF order had been cancelled

## Club Meetings

### **Dec 6th Dinner Meeting**

Read about our spectacular Toys for Tots program, led by Lion Karen Parker, under Service - starting on page 1 of this newsletter.

In addition to that program on December 6, Lion Ken Schutz encouraged all to sign-up to work at the upcoming fruit sale....the signup list still had many openings. Lions Ken, Mike, Marty and others on the committee put in a ton of work to generate pre-sales, aiming to ultimately get away from walk-up sales. But fulfilling all those orders is a challenge unless all Lions participate!

Lion Jeff Root announced he will look into scheduling a Bland contest, with the performances likely to be in March. He asked for any ideas on possible venues (a Church, etc) - talk to Jeff. Click here for news & photos of a few past Bland contests (2016-2020): <https://www.fairfaxlions.org/?s=blan>

Winners of the 50-50 were Lions Phil, and Gary (who donated winnings to Toys for Tots.)



## Dec 18 Holiday Party

Once again, PDG Karen Parker took the lead....this time on all planning for the party; it was a great success and was enjoyed by all who attended.

Following traditional opening remarks, the Pledge, a Song, an Invocation, and recognition of guests, PCC Bill Bartlett recognized the special award that had been received by LONG TIME club member and PDG, Bill Smith: The LCI

### **“Ambassador of Good Will Award.”**

The Ambassador of Good Will Award is the highest, most prestigious award presented by Lions International to members who have distinguished themselves by particularly noteworthy service. Only a limited number of these awards are annually given worldwide by the International President of Lions Clubs. Only 40 can be awarded in any one year.

As Lion Mike Rumberg said: “When there are only a relative few recipients of this award worldwide, and only a handful in Virginia, it is a rare occasion when you can see two hanging out together. But then again, Fairfax Host is a special club!” Great comment, Mike.

Bill Smith wearing his  
Ambassador of Good  
Will Award



Two  
Ambassadors  
in our club

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## Socializing





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## Holiday Tables







Special Prize for  
leading the Holiday  
Party Effort



Let's Play "Dirty Santa" Game



Elf on the Shelf  
goes home with  
PDG Bill

Penny “steals”  
the wine (she  
got to keep it)



Rumberg men  
were happy



Cory has to work  
to “steal” the wine  
from Mike



Do you want  
what's behind  
Door 1, or 2?





Many Thanks to KL Greg for being the MC, and - of course - to PDG Karen for putting the party together!

## Board Meeting

There is no Board Meeting in December, due to the holiday season.

## January Events

Jan 1 - Happy 2023!

Jan 3 - NO Dinner Meeting

Jan 4 - ISCC Meeting

Jan 17 - Dinner Meeting - location TBD\*

Jan 24 - Board Meeting - location TBD\*

*\*The American Legion Post 177 is scheduled to replace sewer lines during the 2nd half of January, and the entire facility will be closed. Lions meetings usually held in the AL will take place elsewhere, TBD.*

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

The December newsletter reported on the passing of Connie Lauther. For 30 years, Connie was a contributing member of the Salvation Army Women's Auxiliary of Fairfax; the General Federation of Women's Club of Fairfax; and the InterService Club Council (ISCC) of Fairfax. She was recognized and honored by the Mayor and City Council of

Fairfax as Volunteer a total of seven times through the services of the ISCC.

Her husband made a sizable donation to ISCC in the memory of Connie. ISCC chartered a Connie Lauther Donation Committee to propose how to distribute the money. At the last meeting, the recommended the Connie Lauther donated funds be donated to the Lamb Center and Food for Others. The ISCC voted unanimous approval.

## **Lions Information...**

### **Bathhouse at NoVA Lions Youth Camp**

Lion Phil Mayo forwarded the email below (sent to members of the Board that oversee the NoVA Lions Youth Camp) ...regarding new bath house at the camp (see photo).

——Email Lion Phil Provided——

*“Dec 12, 2022*

*BOD members,*

*The bathhouse is completed and has been used for the last month. The camper seem pleased with the bathhouse.*



[Click here to see pictures of the finished product.](#)

*The video is a large file and made take some time to down load.*

*“Merry Christmas”*

*(Signed)*

*Phil Schrack, Scheduler for Northern Virginia Lions Youth Camp, Inc.”*

*—end email—*

Read more about the camp at: <http://nvlyc.org/>



## Miscellaneous Info...

### New Street Names Selected by City

See the City of Fairfax Government page (identified below) for new names selected by the City Council on Nov 29. The new names are for 14 city streets identified for renaming as part of the "Connecting Fairfax City For All initiative."

**Name changes will take effect Jan. 1, 2023.**

See: <https://www.fairfaxva.gov/Home/Components/News/News/12200/18>

As sort of reverse New Year Resolutions...here are:

### 19 things NOT to do

*By Bill Murphy, JR*

Fifteen years ago, the top selling book on the NYT list was a surprise out of nowhere: The 4-Hour Workweek, by Tim Ferriss. For at least a decade, it was a must-read for any young entrepreneur, and while it's getting a bit dated, I think it's still relevant.

This book meant a lot to me, because I learned a ton from it, and also because I originally read it cover to cover in the café of the Borders store in North Attleboro, Massachusetts (RIP) when I should

have been writing my own book, *The Intelligent Entrepreneur*.

If you haven't read Tim's book; TLDR (internet shorthand for "too long, don't read"), it's largely about eliminating things that distract you from achieving your life goals. Afterward, he wrote a blog post about the top things he decided not to do. And, in the years that followed, readers added comments with even more smart suggestions.

I dug through a lot of it, and here are the top 19 things I learned or at least found insightful about ways to not do things you don't want to do.

### **1. Find a way to work less.**

Time is the most valuable asset, and thus the thing you need to reclaim. So set your priorities and stick to them.

"If you don't prioritize, everything seems urgent and important," Ferris writes. "If you don't define the single most important task for each day, almost nothing seems urgent or important."

### **2. Shut off your phone.**

Back in 2007, the first iPhone was only about two months old, and the App store was still a year away.

But even if the specifics seem less realistic now, the spirit is still valid.

"So what if you return a phone call an hour later or the next morning?" he writes. "As one reader put it ... 'I'm not the president of the U.S. No one should need me at 8 at night.'"

### **3. Don't answer calls from phone numbers you don't recognize.**

The heading here is self-explanatory, so allow me to segue to the fact that since I never answer calls unless I know who's calling, I'm happy to give out my number (well, one of my numbers) to just about anyone.

I even used it here a while for a different purpose. You can call me anytime at (424) BILL-MUR(phy), which is also (424) 245-5687.

Chances are I won't pick up, but you can leave a voicemail that will be transcribed and sent to me automatically. I invite you to give it a try!

### **4. Don't waste time with "low-profit, high-maintenance customers."**

Spending time out of habit on things that you don't truly enjoy? Maybe it's time to quit. In a bad relationship? Cut it off.

"The surest path to failure is trying to please everyone," Ferriss writes.

## **5. Don't check e-mail first thing in the morning or last thing at night.**

Checking email in the morning "scrambles your priorities and plans for the day," Ferriss writes, and checking it at night "just gives you insomnia. E-mail can wait until 10 a.m.

## **6. Don't agree to meetings without a clear agenda or end time.**

"No meeting or call should last more than 30 minutes. Request [objective and agenda] in advance," and if people balk, tell them it's so you "can best prepare and make good use of the time together."

## **7. Don't let people ramble.**

"A big part of GTD [getting things done] is GTP—Getting to the Point. One important way to do that is to insist that people you deal with cut to the chase."

## **8. Do not check e-mail constantly.**

Again with the email! "I belabor this point enough," Ferriss writes. Besides simply not being a slave, which is always good advice, he suggests training other people not to expect a quick reply.



"Set up a strategic autoresponder and check twice or thrice daily," he suggests.

### **9. "Do not expect work to fill a void"**

Many of us have good friends that we first met at work or school. But, don't count on these kinds of relationships to fill up your life, according to Tim. Also: "Schedule life and defend it just as you would an important business meeting. Never tell yourself 'I'll just get it done this weekend.'"

### **10. Adopt the 5-sentence rule.**

Now we start to move into the inspired-by suggestions. One is to adopt a personal policy that you will not send emails that are more than 5 sentences long. Or four, or three. (Or newsletters over 1,800 words long.) You get the picture.

### **11. Don't try to save everything.**

Reader Jason Peck suggests: "Save documents you think you might need on your computer and then throw the hard copies away. You can always print stuff out later if you really need it."

### **12. Cull your social contacts.**

"At the top of my Not to Do list is associate with the people who perpetuate and enable bad habits of any kind," writes Jason DeFillippo, "whether it be

bemoaning their shitty jobs or people who just like to get by and not change their situations. Even spending time alone and working on your dreams is preferable in my opinion."

### **13. Control the time you budget for tasks.**

A reader who calls herself Renata says: "Do not do something 'for as long as it takes.' Decide beforehand how much time you're going to spend (e.g. 3 minutes for an email, 20 minutes for a blog post, 30 minutes to practice the first mov't of a Beethoven sonata). Nothing gets you focused like a deadline."

### **14. Don't work for a\*\*holes.**

"Life is too short," writes one reader.

### **15. Avoid passivity.**

This one, by a commenter identified simply as Matthew, is quite a list, but it's compelling: "The fastest way to being dull, bored and unhappy is to constantly engage in passive habits or activities: watching TV excessively, playing online games, drinking alcohol or eating when you are bored, driving instead of walking, using drugs, not exercising, gambling ... following manufactured

drama in the news or on TV, having no activities in your life that challenge you to grow ...”

### **16. Find time for silence.**

A reader named Bruce suggests you stop "filling your life with noise. Every once in a while, turn everything off, and I mean everything. Listen to the silence. ... Obviously, you can't do this all the time, but at least once a week, shut it all down."

### **17. Don't be a paper hoarder.**

"Never handle the same piece of paper/email more than once. Only handle a paper document/email if you can finish the task you are about to start," suggests Damien M.

### **18. Don't clean your house.**

"It really makes my day to be able to come home to a nice clean and fresh smelling house everyday that I did not have to clean," writes Joshua Abernathy. "Get somebody else to do your cleaning for you."

### **19. Don't feed trolls.**

This one seems even more relevant than it did years ago, and good advice for comments sections everywhere: "Don't waste a moment of your life arguing with trolls on the Internet," suggests a writer identified simply as NPE.

(Editor note: Re #19 above...just watched Netflix movie **Troll**. It's like a "horror" film - but pretty tame, it won't scare kids, you won't lose sleep, and it is enjoyable - even if unbelievable. The Troll in the film turns out to be sort of humane, and human-like in its "feelings." In any case, I would not feed it.)

## Best Wishes for 2023

Let's hope the coming year is straight-forward, and not an optical illusion...



## **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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