

# Fairfax Lions Club News

## February 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 --**

### **Peace Poster Contest**

**"Peace Poster Winner"**

***By Lion Jeff Root, Peace Poster Chairperson***

Congratulations to Meryem Gurbuz, of Rocky Run Middle School, for winning our Club's Peace Poster Contest. Her poster was also awarded Honorable Mention at the District 24-L Peace Poster Contest.

Meryem will be recognized at a club dinner meeting in February. A photo of her Peace Poster is featured on the next page.

About Peace Posters For 35 years, Lions have encouraged youth to create art posters reflecting peace. Lions clubs around the globe have sponsored this very special art contest and have made a global impact on children and adults alike.

The contest gives kids (11-13 years old) a creative way to think about “peace,” and illustrate their thoughts in a poster. Children everywhere have the chance to express their visions of peace and inspire the world through art and creativity. Posters are judged at the Club, District, State (multiple-District) and International levels with cash prizes awarded.



Peace Poster  
by

**Meryem Gurbuz**, 8<sup>th</sup> Grade, Rocky Run Middle School

## Fairfax Lions Club Charity Fund Raising

### SERVICE DEPENDS ON CHARITY FUNDS

#### Donation from Egan Fruit

Recall, our fruit supplier (Egan Fruit Packing LLC) accidentally shorted our December fruit delivery by a full pallet of Grapefruit. Lion Ken Schutz explained that the fruit had been pre-sold, and we had to cancel those sales and reverse charges. Graciously, Egan's owner agreed to make a donation to Fairfax Lions club of \$350.00. Additionally, Egan will credit Fairfax Lions another \$350.00 against our 1st order next Fall. That does not make up for our lost sales, but thank you Egan for your consideration!

#### Amazon Smile “Winding Down”

Purchases using Amazon “SMILE” (not just “Amazon”) have resulted in Amazon donating a portion of each purchase to a designated charity (like Fairfax Lions Club). Amazon sent this notice on January 18th:

*Dear customer,*

*In 2013, we launched AmazonSmile to make it easier for customers to support their favorite charities. However, after almost a decade, the*

*program has not grown to create the impact that we had originally hoped. With so many eligible organizations—more than 1 million globally—our ability to have an impact was often spread too thin.*

*We are writing to let you know that we plan to wind down AmazonSmile by February 20, 2023. We will continue to pursue and invest in other areas where we've seen we can make meaningful change—from building affordable housing to providing access to computer science education for students in underserved communities to using our logistics infrastructure and technology to assist broad communities impacted by natural disasters.*

*To help charities that have been a part of the AmazonSmile program with this transition, we will be providing them with a one-time donation equivalent to three months of what they earned in 2022 through the program, and they will also be able to accrue additional donations until the program officially closes in February. Once AmazonSmile closes, charities will still be able to seek support from Amazon customers by creating their own wish lists.*

## For Any Reader NOT A Fairfax Lion...

*(A member suggested this item)*

Lions are ordinary men and women of all ages, from all walks of life, who bridge religious, political, economic and social boundaries. We are united by a common desire to make a difference by contributing our time and talents to help others – especially the deserving in our own community. Our motto is “We Serve,” and we focus on what our members want to do! We are a GREAT Lions Club.

To know more...

Step 1: Contact us <https://www.fairfaxlions.org/contact-us/>

Step 2: Visit any dinner meeting, or any club activity

Step 3: Talk to any member, ask about the Club

Step 4: If you share our desire to make a difference, ask for a membership application and submit it

The Club will consider your application, and schedule a detailed orientation just for you. Finally, we will induct you into the Club, and you will be a Lion - part of the largest service organization in the world!

Club Web Page: <https://www.fairfaxlions.org/>

Membership Chair: Lion Pete Conklin,  
[conklinps@aol.com](mailto:conklinps@aol.com)

## Club Meetings

### **Jan 3rd Dinner Meeting - NOT!**

As announced and published in the Club's calendar, no dinner meeting was held on the 1st Tuesday of January - due to the holiday season.

### **Jan 17th Dinner Meeting**

Our regular meeting place - American Legion Post 177 - was temporarily closed. This notice was on Post 177's web page...



On Jan 26, their web page said:

“The main work has been completed and we are now rebuilding the floors and walls that had to be demolished in order to repair the sewer. However, there is some new unexpected work that must be done and this is delaying the opening of the kitchen. We aren't sure yet when the kitchen will open but our contractors are doing their best. We are now open for beverage service only.”

So, our Club held its Jan 17th meeting in the Pan Am Restaurant (in the Pan Am Shopping Center).

It turned out to be a most acceptable venue .... seating was in a semi-private area - in a “U” configuration, everything was crisp & clean, and the buffet dinner was good.



Our guest speaker (resulting from a chance encounter at the Fall Festival) was Ashleigh Conrad with the Fairfax City location of non-profit “Girls on the Run;” web page: <https://www.girlsontherun.org/>.

The program began in Charlotte, NC, and there are nine local offices just in the NoVA area. Their objective: coaches and volunteers provide team activities for young girls between grades 3-8 to



**Ashleigh Conrad Speaks**

strengthen their confidence.

“Underscoring the connection between physical and emotional health, our program addresses the whole girl when she needs it the most.” There is a possibility our Club may be

able to partner with the local office, and include girls and their parents as volunteers in appropriate Lions service activities.

Special recognitions by KL Greg included: Marty Lockhard and Mike Greeley for their work bringing in new members; Ken Schutz for his leadership of the fruit sales; and Karen Parker for her efforts supporting [LCI Campaign 100](#).



KL Greg also distributed Lions of VA Foundation raffle ticket booklets to members interested in either purchasing the 30 lottery tickets for themselves, or for others.



**Marty, Mike recognized for membership work**



**Ken recognized for leading fruit sales**

The drawing of winning lottery tickets (\$10,000 first prize) will be at the state convention on April 30.

Lion Judith won BOTH 50-50 drawings, and donated one prize to the Club Admin fund.

## Jan 24th Board Meeting

- The Club received notice The City of Fairfax has ended its “Adopt-A-Spot” road clean-up program (which we called *Road Kill*). We are looking for another street to adopt within Fairfax County near the City.
- LCI has awarded Fairfax Lions Club the Membership Satisfaction Award.
- An anonymous Lion made a generous donation to our Club’s charity account.
- Three vehicle donations have been received so far for our charity account this Lions year. Club Members can help advertise the program, and revenues will improve. (See page 12 of newsletter)
- A charity donation of \$500 was approved for the American Legion in recognition of its support for our fruit sale location.
- With the permanent move of Lion Rodney Neely, Lion Marty Lockard agreed to take over our “Eyeglasses for the Needy” for the immediate future.
- Our Club has collected 7982 pair of donated eyeglasses so far this Lions year. We have collection boxes at 20 locations.
- The Board approved \$2000 (Charity account) for the Bland Music Contest. Plans are to hold the

contest on Sunday, March 19th, at the Stacey Sherwood Center.

- The Club's Admin Account is running short of projected revenue; expenditures need to be carefully monitored.

## February Events

***(Come to dinner meeting for info on events)***

Feb 1 - ISCC Meeting

Feb 7 - Dinner Meeting

Feb 11 - GLAUCOMA Workshop

Feb 21 - Dinner Meeting

Feb 24-5 - WINTER Conference

Feb 28 - Board Meeting

Mar 11 - VLEI LUNCHEON for Scholarship Winners

Mar 19 - Bland Contest

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

The Central Fairfax Chamber of Commerce, a member of the ISCC, solicits non-profits to join the Chamber. As mentioned under Lions Board meeting notes, our club is now a member of the Chamber; we will greatly expand our email list for fruit sales, and also the opportunity to interest Chamber members in Lions service!

# Lions Information...

## Our Club's Vehicle Donation Program

Fairfax Lions Club is partnered with “Charitable Adult Rides & Services” (CARS) - a 501(c)(3) nonprofit; vehicle donations are a wonderful source of Charity funds for our club. Donating a car is very easy. All you need to donate a vehicle, is the vehicle title. CARS picks up the vehicle (it does not even need to run), and sells it at auction; Fairfax Lions get a share of the proceeds, and the donor gets a donation receipt.

To ask a question, or make a donation, simply call: 844-45-LIONS (844-455-4667).



The CARS page has more information, at: <https://careasy.org/nonprofit/Fairfax-Lions-Club>

**Donating is easy, the pick-up is free, and your gift may be tax-deductible.**

Ask your friends and neighbors to visit: <https://www.fairfaxlions.org/donate-a-vehicle/> !

## Iolani Palace Displays

In December, your newsletter editor was able to tour the Iolani Palace...registered as a National Historic Landmark since 1962, and the US' only official royal palace. In Honolulu, the painstakingly refurbished Iolani Palace holds stories of Hawaii's royal past. Queen Lili'uokalani, the last Hawaiian monarch, ruled from 1891 to 1893 and then she was imprisoned within the palace walls after a coup backed by US military. The history of Hawaii, and its monarchy, is similar to other lands where colonial empires landed and eventually took power. See: <https://www.history.com/topics/19th-century/liliuokalani>



The palace grounds in December featured holiday displays from many local organizations... including Lions Clubs in Hawaii.

The Lions display was a holiday tree amidst a “Lions Playground” with cardboard cutout Lions frolicking at the intersection of Lions and Leos Blvds.



Lions in Hawaii Displayed a “Lions Playground” on the grounds of Iolani Palace.

## Miscellaneous Info...

### Coin issued by Rotary International.

Rotary has an organizational coin....on the front side of the coin, over the cog-wheel icon, are the words:  
**“Service above self”**

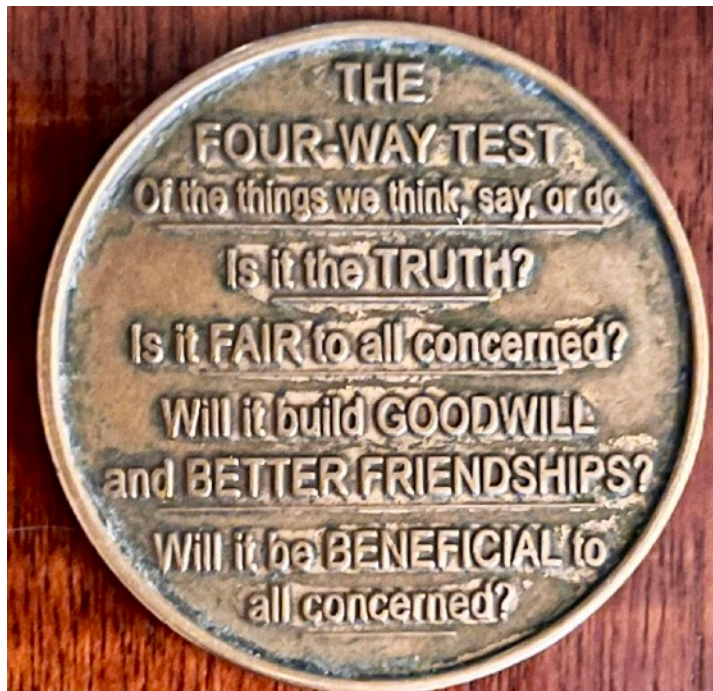


The reverse side has this message:

**“A four way test of the things we think, say or do**



**Is it the TRUTH?**  
**Is it FAIR to all concerned?**  
**Will it build GOODWILL and BETTER**  
**FRIENDSHIPS?**  
**Will it be BENEFICIAL to all concerned?"**



What's not to like about that coin? Rotary seems to have its priorities about right.



## Five Health Habits

If you still seek a resolution for the new year, here are five ideas...maybe do all?

### 5 little habits

*By Bill Murphy, JR*

Here are the five top health habits science says will extend your life...reality...and some good news about what you can do anyway.

(Credit to Christie Aschwanden, whose work in The Washington Post got me thinking about this.)

#### 1. Get more exercise.

We know that regular exercise can lead to greater longevity: Between 30 and 40 minutes of jogging a day, five days a week, for example, can supposedly help your body mimic the "natural age progression" of someone nine years younger.

The summary: "The most powerful way to promote longevity and improve your long-term health is also simple and, depending on how you do it, free," as Aschwanden writes.

The reality: That's a beautiful thought. But honestly, it requires five hours a week or more of dedication. I know a lot of entrepreneurs who simply

don't have that time—and if they do find it, it's time they're going to devote to their families.

The good news: You don't have to do much. You just have to do something. "Going from sedentary to even just a bit of exercise is where you get the biggest payoffs," as Aschwanden writes, including lower risk of heart disease and diabetes.

## **2. Get more sleep.**

This one makes me laugh, because sleep is always the first thing to go. In fact, you probably know a lot of business people who actually brag about how little sleep they get.

The summary: "Take someone who needs seven hours of sleep per night and restrict them to only five ... and they experience metabolic changes," Aschwanden writes, citing Satchidananda Panda of the Salk Institute for Biological Studies.

The reality: Heck, I'm writing this at 1 a.m. because I just don't have time to get around to this until late at night. It sucks, but it's where we are.

The good news: Your body will more or less let you know when you're getting enough sleep. Mainly, you need to trust yourself and listen.

## **3. Eat better and drink only in moderation.**

When it comes to pure longevity, the dietary strategy that seems to offer the most promise is simply caloric restriction. Separately, it won't surprise you to learn that drinking copious amounts of alcohol will negatively impact longevity.

Summary: "A Mediterranean diet—with its heart-healthy emphasis on fish, vegetables, fruits, nuts, healthy fats like olive oil, whole grains and limited consumption of red meat—is probably the best approach for improving longevity." Carstensen says.

Reality: Actually, of the five items on this list, I think this is one of the two easiest to comport with the aggressive, entrepreneurial lifestyle. Mainly, it's because it doesn't take much longer to eat healthily or drink in moderation than it does to be less careful.

Good news: Personally, I try to limit myself to five liquids: water, coffee, tea, beer and wine. The extra good news is that while we don't understand why, as one researcher puts it: "I do firmly believe that modest drinking improves longevity."

#### 4. **Manage stress.**

Ha ha ha ha ha ha. No, seriously folks, tip your servers, I'll be here all week.

Summary: This one makes sense, but the scientific argument requires connecting the dots. In

short, "many conditions associated with older age," as Carstensen puts it, "share a common ingredient: inflammation." And stress can lead to inflammation.

Reality: I mean, you're running a business. You're taking the risk, and carrying it all on your shoulders. By definition it's stressful.

Good news: Managing stress effectively is likely to make you a better leader, and more successful, regardless of its difficulty.

#### 5. **Connect with people and have a purpose.**

It's almost too easy: every serious study that talks about happiness and purpose in life comes down to one thing: connecting with other people and creating purpose.

Summary: "Forging connections with other people has been found to be a powerful way to manage stress and improve your overall well-being," Carstensen writes.

Reality: I'm going to put this with No. 3 above, meaning it's one of the two healthy lifestyle practices on this list most entrepreneurs seem to aspire to accomplish.

Good news: "People who have a strong sense of purpose and meaning in their lives have a markedly lower risk of death than those who don't."

## **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.*

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

**Fairfax Lions Club**



**We Serve**

Since 1951