

Fairfax Lions Club News

July 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 —

Lions Clubs International Foundation (LCIF) Annual Report

LCIF's mission: *"to empower Lions clubs, volunteers, and partners to improve health and well-being, strengthen communities, and support those in need through humanitarian services and grants that impact lives globally, and encourage peace and international understanding."*

Lions around the world give charity funds to LCIF. Learn more about LCIF, at [this page](#) and download the most recent (2021-2022) LCIF annual report "Helping a World in Need."

[Charity Navigator](#) says this about LCIF: "If this organization aligns with your passions and values, you can give with confidence."

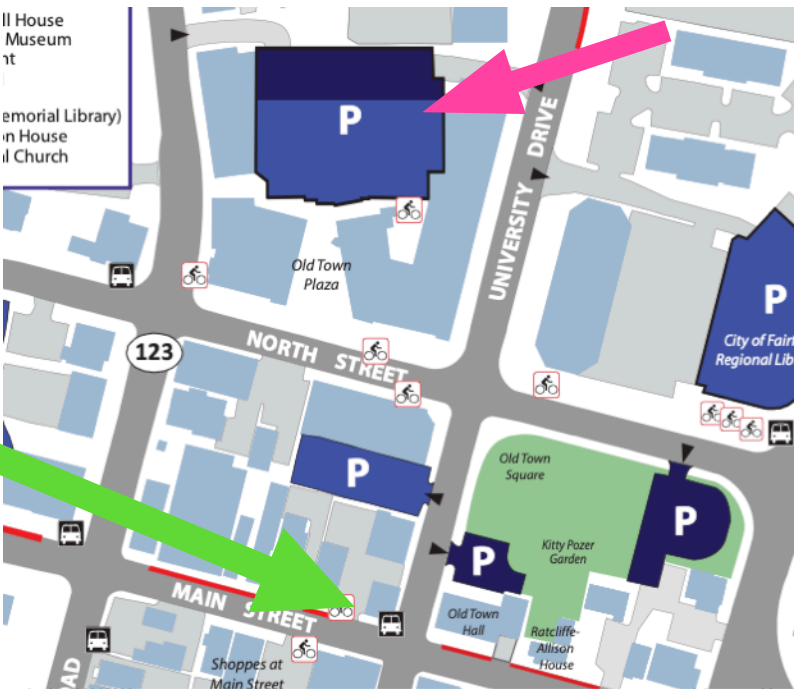


Fund Raising

SERVICE DEPENDS ON CHARITY FUNDS

July 4th Food Booth Charity Fund Raiser

Club members are preparing for the July 4th Food Booth! We hope you have [signed-up](#) (click to see who signed up); if not - please show up anyway! By 8am, park (pink arrow) in free city garage and walk to our food stand (green arrow).



Click [here](#) to see the July 4 ad on our own webpage.

Club Meetings

June 6th Dinner Meeting

We enjoyed a good meal (steak & shrimp), a fine guest speaker, and inducted a new member - all good stuff!



Steak &
Shrimp!

Current VA State Senator Chap Peterson (representing Fairfax and adjacent areas) updated us on state legislative actions. Chap told us about



potential legislation to cap prescription drug prices; “Reinventing HS Senior Year” to better prepare young persons; improving use of Community College capabilities for training young persons; and more.

Club 1st VP Jim Kaplan, standing-in for KL Greg Derosa (who was motor cycling across VA/ NC/TN), thanked Chap for speaking.



Past Council Chair - and extraordinary Lion for so many years - Bill Bartlett, inducted a new Lion into FHLC. The new Lion is Don Berey -

don.berey@gmail.com



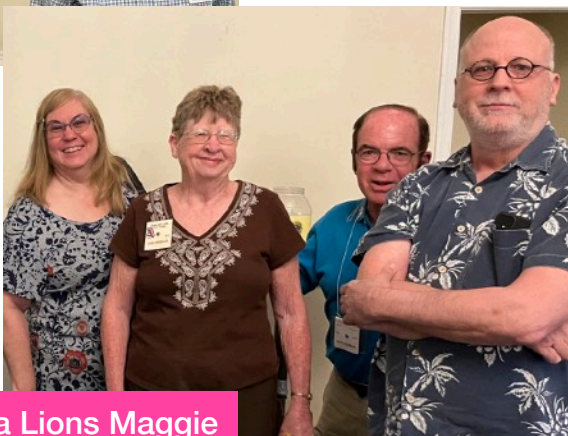
Don told us how he was buying fruit at one of our fruit sales, and someone gave him a FHLC brochure. Don read it, and decided joining our club was a great way to give-back to his community. Welcome aboard Don!



It was a distinct pleasure to have three members of Vienna Host Lions Club attend this meeting. We hope to see more VHLC members in our meetings and activities!



(L-R) Ken Schutz,
Vienna Lion Bob
Bingham



(L-R) Vienna Lions Maggie
Reidy & Diana Amsbaugh;
Pete Conklin & Cory Green

June 20th Dinner Meeting

This sign welcomed us to the meeting...



Ten Lions plan to transfer from Vienna Host to our club for the start of the new Lions year on July 1. Fairfax Host welcomes these great Lions into our club! Vienna Lions Diana Amsbaugh and Bob Bingham attended this dinner meeting.

1VP Jim Kaplan opened the meeting with an interesting invocation - see page 21 of this newsletter, "An Old Soldier's Prayer."

The last meeting in June features installation of Directors and Officers for the new Lions Year that begins on July 1st. Just prior to the installation, KL Greg graciously thanked each Officer/Board member for the past year, and presented each a gift.



Officers and Board Members
2022-2023 (some missing)

The gift (wine bottle stopper) Greg presented to each person was practical, and it related to individual gifts (bottles of wine) Greg had presented to certain Lions over the past months.

Lions Wine
Bottle Stopper

Recipients thanked Greg for the very classy and useful memento!

PCC Bill Bartlett led the installation ceremony for the new crew.

These individuals - elected by the club membership - were installed:

President (King Lion)
Immediate Past Pres.
1st Vice President

Gregory DeRosa
Michael Greeley
Karen DeRosa



2nd Vice President
Secretary
Treasurer
Corresponding Sec.
Tail Twister
Lion Tamer
Bulletin Editor
Membership Director
Director (Two Years)
Director (One Year)
PDG Director
PDG Director
PDG Director
Director Emeritus

Cory Green
Jeff Root
Mike Rumberg
Pete Conklin
Gary Maxwell
Phil Mayo
Gordon Tillery
Stephen Bilowus
Joe Breda
Jim Kaplan
PCC Harry Parker
PDG Karen Parker
PCC Bill Bartlett
Bill Smith



When you have a chance, thank each of the above named individuals for serving our club! Without such willing Lions, we could not have a functioning club.

After the installation, KL Greg offered his thoughts on the coming year. Greg's words reflect on our mission of service, the ideals of Lionism - and also spoke about the need to assure the vitality of our club....KL Greg's words are worth your time to read (see page 24, at the end of this newsletter).

50/50 drawing prizes went to Pete Conklin, and Vienna Host Lion Bob Bingham - congratulations to both!

Speakers at Dinner Meetings?

Your Club wants to know your interests...if you have a suggested topic, or an idea for a specific speaker, or perhaps if you are willing to invite a speaker for one of our Dinner Meetings. Let incoming 1VP Karen DeRosa know...Email derosagk@gmail.com

June 27th Board Meeting

Due to the recipient's schedule conflicts, KL Greg presented the Lion-of-the-Year award at this Board meeting.

We all recognize the time, effort and superb leadership of Lion Ken Schutz in our successful fruit sales, fall festival, and July 4th fund raisers! KL Greg proudly selected Ken, this year's L-o-Y!



Congratulations Lion Ken!!!

In other board business, the minutes of the May Board meeting show a healthy Charity Account balance...after all planned charity disbursements - we have about \$3000 in charity funds to carry forward to the new year. \$2300 in charity funds came from our [Vehicle Donation program](#); we seek the help of any Lion who has interest in that program (**just ask any officer**)!

Sadly, the Board approved the resignation of long time Lion Pete Bennett (now in a senior living facility in Ashburn). The Board approved the transfer of 10 Vienna Host Lions to our club, effective July 1; we will work closely with those Lions to address their interests!

PCC Bill Bartlett announced FHLC collected in 2022-2023 roughly 10,238 pair of eyeglasses for recycling. The new eyeglass recycling center opened June 24th.

We have been informed the American Legion is increasing facility meal prices. We will meet with the Legion to define new costs for our dinner meetings.

The new Officers/Board start effective July 1.

July Events

July 1-3 - Prep work for July 4 Food Booth

July 4 - **(No dinner Meeting)** Independence Day;

Lions Food Booth fundraiser in City of Fairfax

July 6 - Lions Lunch Bunch (Qs? [email Lion Bill](#))

July 18 - Dinner Meeting (1 dinner mtg only, in July!)

July 25 - Board Meeting

Aug 2 - Lion-of-the-Year recognized (see ISCC below)

Fairfax City Inter-Service Club Council (ISCC)

The ISCC met June 7 for the last time until September. Plans are locked-in for the Volunteer-of-the-Year ceremony, 7:30pm, August 2nd (in the Sherwood Center) where our Club's Lion-of-the-Year will be recognized. ISCC nominated its slate of new officers to be elected in September. Kathy Hoffman (Fairfax Ferns) was nominated as incoming ISCC President. Herb Zimmerman, new President of the local Moose Lodge, announced the Moose Lodge wants to engage in Fairfax-centric service projects (or service related fund raising), and solicits requests for help from local service clubs. Contact Herb: herb2777@yahoo.com We delivered our new Lions signs to ISCC, to be mounted on entry gateways into Fairfax City...watch for them!

Lions Information...

Breda Family Visits Joe's Original Home

Lion Joe Breda was born in Italy in 1936. His family home was in Conegliano.



Caught in World War II, Joe was only nine years old when he worked against Mussolini's army by carrying messages and ammunition to and from partisan forces. With others his age, he would walk through the farms while the older enemy soldiers ignored what seemed to be just children playing. Joe believes he help save a dozen American flyers

who were shot down by Germans. In 1955, Joe left his Italian homeland, after high school, at age 19.



Joe at family home
in Conegliano, Italy

Now, 2023, Joe returned to Italy with his family to see the old family home.



On far right, Joe next to Terry, with their family in beautiful Italy



Miscellaneous Info...

What's Up With the Name “July?”

Many Thanks to Lion Joe Breda for suggesting this as a monthly topic in our Newsletter

July was initially known as *Quintilis*, or "the fifth month," as it was on the Julian calendar. It was

renamed in honor of Roman General and dictator Gaius **Julius** Caesar (100 BC– 44 BC) after his death. In 46 BC, Julius Caesar made one of his greatest contributions to history: with the help of Sosigenes, he developed the Julian calendar, the precursor to the Gregorian calendar we use today. Two years later, on the **Ides of March** (15 March) 44 BC, Caesar was assassinated by a group of rebellious senators led by **Brutus** and **Cassius**, who stabbed him to death. And, Shakespeare gave us these words allegedly spoken by Marc Anthony:

Friends, Romans, countrymen, lend me your ears;

I come to bury Caesar, not to praise him.

The evil that men do lives after them;

The good is oft interred with their bones;

So let it be with Caesar.

For those who live in the Northern Hemisphere, July is the month known for hot summer days. July is the month to head to the beach, pool, and playground, and take part in many other outdoor activities. In the US, we revel in Independence Day celebrations, too. In the Southern Hemisphere, July is a month for reflection and meditation as it falls in

the middle of the cold, dark winter. See [Caesar](#) for more on the namesake of July.



Representation of Caesar as dictator of Rome wearing a crown of laurel, holding a symbol of office.

An Old Soldier's Prayer

In recognition of the birthday of the US Army (June 14, 1775), 1VP Jim Kaplan opened the Club's June 20 dinner meeting with this invocation:

AN OLD SOLDIER'S PRAYER by Lewis Millett

I have fought when others feared to serve.

I have gone where others failed to go.

I've lost friends in war and strife,

Who valued Duty more than love of life.

I have shared the comradeship of pain.

I have searched the lands for men that we have lost.

I have sons who served this land of liberty,

Who would fight to see that other stricken lands are free.

I have seen the weak forsake humanity.

I have heard the traitors praise our enemy.

I've seen challenged men become even bolder,

I've seen the Duty, Honor, Sacrifice of the Soldier.

Now I understand the meaning of our lives,

The loss of comrades not so very long ago.

So to you who have answered duties siren call,

May God bless you my son, may God bless you all.

13 habits of healthy people

From - American Legion Magazine

By Jennifer Campbell, June 5, 2023

Every day we are inundated with the latest health fads, marketing gimmicks or scientific breakthroughs on ways to improve our fitness, get healthy and prolong our lives. Even in this blitz of information, though, we can identify a few common characteristics shared by highly healthy people.

To feel better and live better, here are 13 simple habits worth adopting:

- **Stay hydrated.** The body is made up of mostly water, which helps essentially all bodily functions operate smoothly. Water helps you sleep better at night, feel less sluggish during the day and improves your skin.
- **Get plenty of sleep.** Sleep is when the body recovers, regenerates and helps sharpen focus. Studies show insufficient sleep increases the risk of medical conditions like obesity, diabetes and heart disease. Aim for seven to nine hours per night.
- **Move it.** Daily movement is the hallmark of good health, whether it's structured exercise, a

recreational sport, bike ride or even just walking. About 30 minutes helps reduce the risk of cardiovascular disease, diabetes and some cancers.

- **Build muscles.** As we age we lose muscle mass, so it's important to include resistance training and increase protein consumption.
- **Get outside.** Enjoying outdoor time lifts our mood and helps us to soak up necessary vitamin D.
- **Eat well.** Focus on a diet rich in whole foods with plenty of colorful fruits and vegetables. Eliminate as much processed and refined food as possible.
- **Avoid added sugar.** Limit sugar to natural sugar, like that found in fruit. Eliminate added sugar to reduce and reverse diseases like diabetes, heart disease and certain cancers.
- **Plan meals.** This will not only save you money, but help reduce consumption of calories, fat, sugar and salt you get by eating out.
- **Quit smoking.** The evidence of how tobacco harms your health is overwhelming.
- **Engage in hobbies.** Look for outlets that you enjoy, make you feel relaxed and/or tap into your creativity.

- **Be mindful.** Meditation and other practices are proven to improve mood, reduce anxiety and regulate emotions.
- **Find a purpose.** Working toward causes bigger than yourself and volunteering can be extremely gratifying. Continuing to have a purpose as we age helps with independence, loneliness, cognition and memory.
- **Log off.** Cutting down on screen time is beneficial for those suffering from depression and anxiety. Instead, prioritize time with family and friends.

Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She is past commander of CA American Legion's 24th District and Hollywood Post 43.

Club President's Message for 2023-24

KL Greg DeRosa

Presented after June 20 Installation Ceremony

Let me begin by thanking Bill Bartlett for a great job of installing our officers. It is always important to HEAR THE RESPONSIBILITIES OF EACH OF OUR POSITIONS and how we will work to continue supporting the Club.

I look forward to working with our Board again and especially with our two VPs.

Also, past KL Mike Greeley gets to repeat again, and I look forward to his continued guidance TO build on the numerous projects which have been started.

Finally I like to thank our Lions and guests for allowing me to serve as your President.

In 1917, Melvin Jones' famous quote was "*You can't get very far until you start doing something for somebody else.*"

That principal led to our Lions Motto "We Serve." Building on that, I propose: "Coming Together to SERVE Together" as our theme for this year; it captures the essence of our mission.

We have come together for over 71 years to serve the Fairfax Community and now we have the opportunity with new members from our Host Club (Vienna) joining us which makes our Club and Lions coming together stronger.

Also, thanks to Lion Gordon for being our rep on the InterService Club Council, as part of a 23 Active Member organization that supports fundraising, scholarships, volunteers, etc....and as a new member of the Central Fairfax Chamber of

Commerce, we have access to their 2000 person Directory for our outreach. This will allow us the opportunity to expand our reach and work with other Charitable Groups to Serve our COMMUNITY TOGETHER.

In the coming year, I am hopeful we build upon existing initiatives while also exploring new areas for service.

I appreciate the incredible work that our club has accomplished. From supporting local food drives and numerous charities to providing assistance to our community projects, we have made a difference in the lives of those around us. But there is still much more to be done, and I am confident that together we can have a greater impact.

This year we will continue to focus on these major areas...our overall Mission as Lions; reconnect membership, utilize our skills, and develop the next leaders; and, our sense of community and partnerships

Major Area: Our Overall Mission as Lions

Lions mission has stayed the same but how we serve has constantly evolved since 1917. You can see how we have evolved over our 72 years.

Lions Club International - Lions Global Service is focusing on 5 areas of need:

- Diabetes - reduce / quality of life
- Vision - prevention and quality of life
- Hunger - access to nutritious foods
- Environment- protect and restore
- Childhood cancer

We have more demands to help the community and we will see more requests come to us for funding.

Our challenge will be how do we efficiently manage our resources (Lions time and Money) so that we can continue our fundraising projects.

Since our primary focus is to SERVE - how we get the resources and allocate to key programs will be essential this year.

Major Area: Reconnect membership and utilize our skills, and develop the next leaders

Our Members:

- (1) Reconnect - Personal connections among our members
- (2) Involvement - Club involvement on our various projects

(3) Build for the future - Retention and membership

Reconnect:

- * We need to engage our members to ATTEND OUR MEETINGS AND FUNCTIONS and build that personal connection.
- * Keep members excited about the club;
- * Increase our personal connections apart from the club
- * Open communication – I want to hear your ideas.

Involvement:

- * We have 17 Board members (17 Positions) and 35 committees.
- * Every one of us is proud of our accomplishments and we need to continue our contributions by supporting each of our committees.

Everyone comes with unique skills and has a passion on how to use these skills. We need to tap into that passion.

We need to continue mentoring and developing our future leaders by giving them opportunities to work with us on projects and learn how we interact with the committees and Board.

- * I personally understand the need to balance family, work, and Lions - and I defer to you on whatever you feel comfortable contributing.

Just Continue to be Active:

- I am willing to work Wirth the Board to adjust our level of activity so that we can remain focused on our core goals in serving the community.

Build for the future - Retention and Membership:

- We need to build on preserving club members as we recruit new members.

Major Area: Community - Leverage Partnerships:

We have a good relationship with our Zone D Clubs (Burke, Clifton, Merrifield, and Springfield).

Several clubs in our Zone could benefit again by Partnering with us due to the membership and limited funds.

We need to keep publicizing our community involvement which leads to more awareness of how we serve which can lead to more members and donations from community organizations.

Summary

I am hopeful that we can met the challenge and enhance our service, connect our membership, and build our partnerships.

We continue to enjoy being together and have great fun throughout the year.

If at the end of the year, we can say that we continued to:

- Enjoy working together on our fundraising and various projects,
- We had fun at the meetings, and
- We are able to experience the enjoyment our club brings to new members -

THEN I WILL CONSIDER THE YEAR A SUCCESS.

In conclusion, as we move forward with our shared mission, let us remember the words of Helen Keller: “Alone, we can do so little; together, we can do so much.”

I am honored to serve as your President and look forward to the incredible impact we will make as WE COME TOGETHER TO SERVE TOGETHER.

Thank You, Greg

Let's all give KL Greg a hearty “well done” for his previous year as our leader, and our whole hearted support in the coming year !

WHY Bob Stahl???

“The Bob Stahl Memorial Newsletter”

Since 2016, The Fairfax Lions Newsletter has been named the “Bob Stahl Memorial Newsletter.” This explains why....

Born in PA in 1917, at age 18 (in 1935) Robert Bruce Stahl joined the Navy. He served on the [USS Langley](#) - the Navy's first aircraft carrier. He was selected to attend the Naval Academy prep school and entered the Naval Academy in 1938, graduating on Dec 19, 1941 (accelerated graduation, due to Dec 7). He reported immediately to Pearl Harbor and spent WWII in the Pacific theater aboard the aircraft carrier USS Saratoga, primarily in the ship's Gunnery Department. After the war Bob served in Navy engineering and research billets, retiring in 1962.

About the USS Saratoga in WWII - this will give you an idea of the war that **Greatest Generation member Bob Stahl witnessed first hand:**

- *The ship was the centerpiece of the American effort to relieve Wake Island and **was torpedoed by a Japanese submarine.***
- *After repair, the ship supported forces in the Guadalcanal Campaign; her aircraft sank the light*

carrier Ryūjō during the Battle of the Eastern Solomons in August 1942.

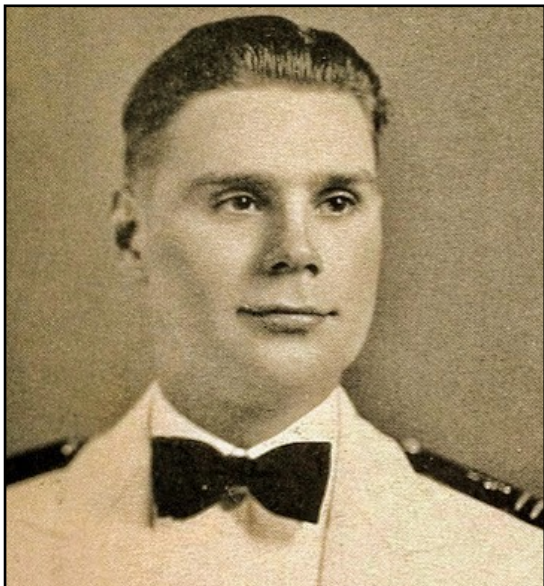
- ***She was again torpedoed** and returned to the Solomon Islands area after repair.*
- *In 1943, Saratoga supported forces in the New Georgia Campaign and invasion of Bougainville in the northern Solomon Islands; her aircraft twice attacked the Japanese base at Rabaul in November.*
- *Early in 1944, her aircraft provided air support during the Gilbert and Marshall Islands Campaign, then she was transferred to the Indian Ocean to support the British Eastern Fleet as it attacked targets in Java and Sumatra.*
- *In mid-1944, Saratoga became a training ship. But in early 1945, Saratoga participated in the Battle of Iwo Jima as a dedicated night fighter carrier. She was **badly damaged by kamikaze hits** and forced to return to the US for repair.*
- *While under repair, the ship, now increasingly obsolete, was permanently modified as a training carrier with some of her hangar deck converted into classrooms. Saratoga remained in this role for the rest of the war and was then used to ferry troops back to the US after the Japanese surrender.*



Saratoga under repair after being torpedoed, Sept 1942



Saratoga in September 1944



Robert Bruce Stahl
USNA Class of 1942 Year Book

Bob Stahl Bio

Born: 18 May 1917, PA Enlisted US Navy: June 12, 1935
Entered USNA: June 1938 Graduated: 19 Dec 1941
Married: 12 Apr 1942 (Jane King) Retired: Navy CDR Jul 1962
Died: 27 Nov 2000 Interred: 16 Apr 2001 Arl Nat Cemetery

LION Bob Stahl

Secretary, Fairfax Lions Club: 1964-65
President Fairfax Lions Club: 1966-67
Newsletter Editor: throughout the 1990's

We hope you agree with the title: "The Bob Stahl Memorial Newsletter."

"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.

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!

That's all folks!

Send any suggestions, or items to include in the next newsletter.

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We Serve

Since 1951