

# Fairfax Lions Club News

## Aug 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 —**

### **Vision and Hearing Screenings - This Fall**

Working closely with Lion Davida Luehrs (Sight Chair for District 24-L) and DG Rose Burrus, Lion Marty Lockard drafted a plan for district Lions Clubs to do annual vision and hearing screenings at 42 Catholic Schools across our district. Formerly, vision and hearing screenings for those schools were done mostly by the District Sight and Hearing Van (which is no longer in use). Marty worked with the Chief Nurse Practitioner over all those schools. Individual Lions Clubs will schedule their own screening events, most likely to start this Fall. Fairfax Lions will do vision and hearing screenings at six of the schools. Our SPOT vision screening device has been returned to the manufacturer for regular recalibration and software updates. Our hearing

screening device will be used for the first time in the Fall. We will need more Lions volunteers for this service, particularly for larger schools (like St. Paul VI High School) where there will be many students to screen.

A big round of applause for Marty assuring this appreciated and important Lions vision and hearing service continues!



SPOT is a handheld, portable, ocular screening device (the size of an old style camera) designed to quickly and easily detect amblyopia vision issues on patients as young as six months.

Complete results are printed as part of the screening - the whole process take just a couple of minutes per customer. Each customer walks away with definitive screening results including any recommendations for professional follow-up.

Click on [FX Lions Vision Screenings](#) for summaries and photos from a few vision screenings we conducted, 2018-2020.

## SERVICE DEPENDS ON CHARITY FUNDS

### July 4th Food Booth - Charity Fund Raiser

Thanks to the leadership of Lions Ken Schutz, Cory Green (and others), our club executed a fun and successful hot-dog sale on July 4th! A good turn-out of Lions and guests - at the right times - did the food purchasing, moved equipment from storage shed, set-up the site, and cooked/sold. Special mention to Lions Mike Schutz (for handling grills: moving - cleaning - fueling, Mike Rumberg (for his family van to haul tents & tables), KL Greg (for donuts for setup crew), Judith Richter-Murphy / Cindy Roman / G Sanchez (for hawking dogs & drinks on the street before & after the parade), PCC Harry Parker & Suleiman Alibhai (chief cooks), and many others not mentioned - but in the photos. This event earned \$544 for our charity programs. Great work Lions!



**Lion Mike Cleans  
Up the Grills**

Photos follow....(plus we posted a few [photos on the club web page](#)).



Above - Shed is pretty clear after moving out grills, tables, etc

Right - Arriving at the site on July 4, Lion Ken had the signs up already!





Above - Grills, Tents,  
Tables go up quickly

Left - Lion Mike G  
really wants to cook!



City Health Inspector OKs our food operation!



1VP  
Karen  
DeRosa  
and Lion  
Don  
Berey  
make 1st  
Sale!





Lions assemble with Tuba Guy and Pat Herryty (Supervisor, Springfield)



PCC Harry Parker's hat - lots of history in those pins!



Group photo - split in two, can you ID everyone?







Street sales after the  
parade:  
(Left) Judith &  
customer, (Right) G  
and Cindy



Lion Suleiman gives club brochure to customer (Meera on right). Anytime is a good time to promote membership!



Customers





Time to Pack-up







A Couple of Unsold Dogs Went to the  
City's Finest - Hungry Cycle Cops

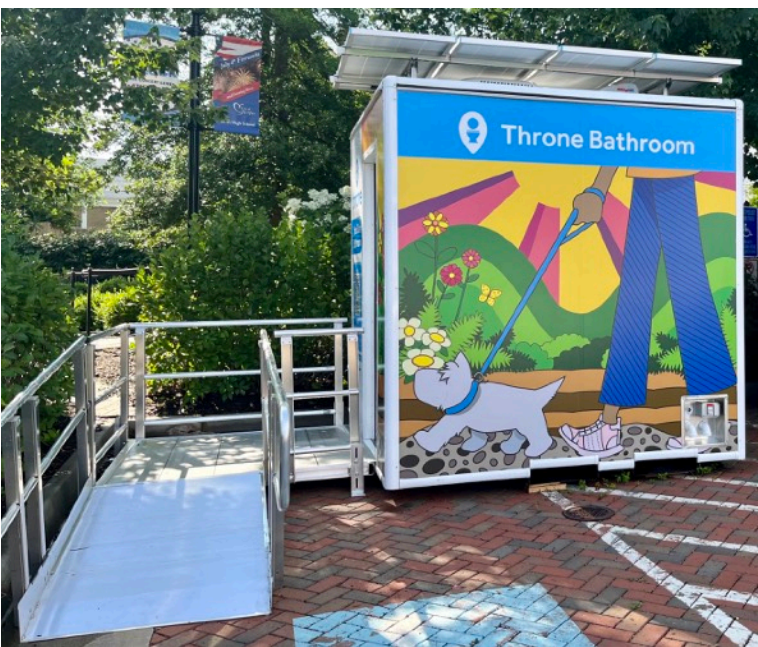


Above -  
Grills go  
back for  
cleaning &  
storage

Below -  
Shed is  
restocked!







“Throne” - Next to Old Town Hall (in small lot on downhill side), a new accessible “Throne” public restroom...secure, pleasant, clean, roomy, well lit, with home-style wash basin & toilet fixtures, and even paper towels! (solar powered?) Need a phone to scan QR code to enter. We thank City Mayor Read for this wonderful improvement to local public restrooms!

## Club Meetings

### July 11th - Vienna Fund Raiser

Vienna transfer Lion Tom Comi coordinates a Lions fundraiser in Vienna...at [Fosters Grille](#). Dine anytime on the 2nd Tuesday; ask cashier to put receipt in "Lion's box" and Fosters donates 20% to Lions programs. KL Greg, 1VP Karen, 2VP Corey joined Vienna Lions on July 11th. This raises about \$1000 each year for Lion's charities.



## July 18th Dinner Meeting

This was a fun filled meeting. It was great to see several of our new members who transferred from the former Vienna Host Lions Club.



L - Tom Comi, Bob Bingham



R - 2 Phils: Phil Mayo, Phil Hendrickson



L - Diana Amsbaugh,  
FX Treasurer Mike

Our speaker was Herb Zimmerman of the Centreville Moose Lodge (it is located in City of Fairfax). The Loyal Order of Moose is a fraternal & service organization founded in 1888, with 650,000 members in 1600 Lodges in 49 states, Canadian provinces and Great Britain. Programs include [Mooseheart](#) (residential childcare facility), [Moosehaven](#) (senior living community), and [Moose Charities](#) (funds the previous two, plus more).

The Centreville Lodge seeks help to start a local Moose scholarship program for school children, and also looks to increase member participation in local community service. Fairfax Lions are encouraged to contact Herb about service events or charity fund raisers - and possibly Moose members can help out. Email Herb at [herb2777@yahoo.com](mailto:herb2777@yahoo.com)



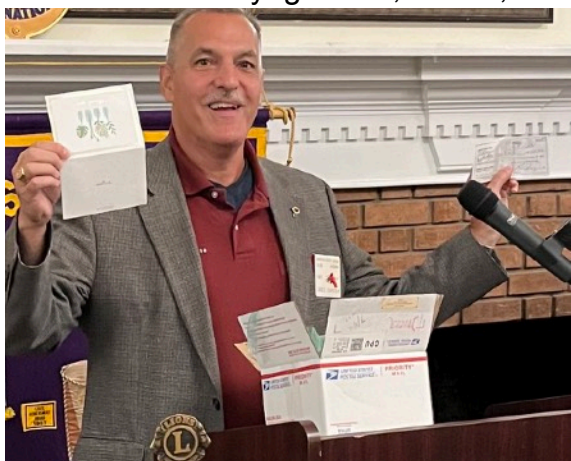
**Moose Herb Zimmerman**





KL Greg opened a package mailed to our Lions PO Box - it contained donated eyeglasses, a note, and a check for our charity programs. Lion Pete Conklin will send a thank-you note to the generous donor! It all counts for charity!

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Club Tail Twister Gary Maxwell entertained us with questions about July 4th, and also awarded prizes for lucky ticket

**TT Gary Maxwell**

holders.

One of the 50-50 Drawing prizes went to Lion Pete, who passed it on the Moose Herb Zimmerman for Moose Charities.



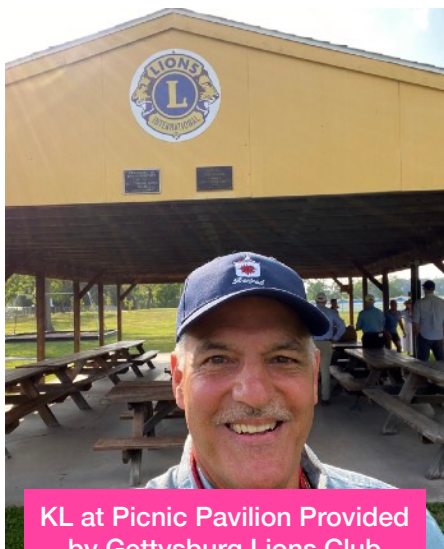
**Lion Pete donates to Moose charities, while Lion Gary puts a Lion on Moose Herb's shoulder!**

## July 25th Board Meeting

1VP Karen ran the Board meeting (KL Greg at Army War College in PA). Board agreed to:

- Approve transfer of one additional Lion from Vienna Host, and the Board also agreed to approve the transfer of any other Vienna Host Lions that may wish to transfer. The Board noted: with the transfer of 11 Vienna Lions, Fairfax Host Lions Club now has 53 members.
- Form committee to conduct the required annual audit of the Club financial accounts.
- Convene the Budget committee to finalize 2023-2024 Club Budget.
- Explore holding the Club's September 17 Picnic at a local winery.

All Club members are cordially invited to attend board meetings, just show up!



KL at Picnic Pavilion Provided  
by Gettysburg Lions Club

## August Events

Aug 1 - FHLC Dinner Meeting

Aug 2 - Vol-of-the-Year ceremony (**see ISCC below**)

(See past Lions-of-the-Year [click here](#) )

Aug 3 - Lions Lunch Bunch (Qs? [email Lion Bill](#))

Aug15 - FHLC Dinner Meeting

Aug 22 - FHLC Board Meeting

Aug 26 - [District 24L Visitation and Awards](#)

Aug 31 - [Super Blue Moon](#) (don't miss it, next in 2032)

## Fairfax City Inter-Service Club Council

**All invited:** Volunteers-of-the-Year ceremony,  
**7:30pm, Wednesday August 2nd**, Sherwood Center  
(3740 Blenheim Blvd, Fairfax 22030). Fairfax Lion-  
of-the-Year will be recognized, along with V's-o-Y for  
all local service clubs. (**Arrive NLT 7:15**)

## Lions Information...

### Donate AND Get a VA State Tax Credit

*By Lion Marty Lockard*

Virginia's Department of Social Services runs an \$8M program to assist qualified Virginia charities raise money. It is called NAP, which stands for

[Neighborhood Assistance Program](#) (click to go to VA government NAP page).

For FY 2023-2024, both **The Lamb Center** and **Food for Others** in the City of Fairfax received NAP tax credits. Individuals, trusts, and businesses can donate to either or both of these very worthy 501(c)(3) charity organizations that benefit low-income persons in our community. A minimum donation of \$500 dated from 1 Jul 2023 to 31 Dec 2023 will receive Virginia tax credits that would be used on your 2023 Virginia income tax return. A minimum donation of \$500 dated 1 Jan 2024 to 30 Jun 2024 would be used on your 2024 Virginia income tax return. You can make a donation during either or both periods.

The NAP tax credit is 65% of the donation. If you donate \$1,000, your Virginia tax credit would be \$650. If you donate \$3,000, the Virginia tax credit would be \$1,950. This is an excellent way to reduce your Virginia income taxes and, at the same time, give back to community charity organizations that are really making a difference. Lion Marty Lockard runs the NAP tax credit program at The Lamb Center, so you can contact him at 703-973-1523 to get the necessary application. For NAP tax credit donations to Food for Others, call 703-207-9173.

## Remembering

*Many Thanks to Lion Suleiman Alibhai for suggesting this topic as a monthly feature*

The goal is to include a focus on selected Lions, family members, or friends. This month, we report on John Bailey, and Stephen Bilowus.

### **John Bailey's "Membership MOJO"**



**John Bailey**

Do you remember John Bailey? John was a Fairfax Lion for several years, and always an interesting person. You can read about John on the internet, at: <https://www.johnbaileyspeaker.com/> (Plus, see his Ted-talk video where John discusses vision loss.)

John published a booklet about 10 years ago, titled: *"Build Membership MOJO - 98 Steps to Build, Grow, and Maintain a Thriving Membership Organization."* (It's for sale on [Amazon](#) for \$0.99.) John must have handed out copies because I have



one; I will bring it to a club meeting and pass it on to anyone interested.

## **Membership Chair - Lion Stephen Bilowus**

We are fortunate Lion Stephen Bilowus has stepped into big shoes (vacated by Pete Conklin) as club Membership Chair. Stephen is busy, and we are grateful he can allocate some time to Lionism. Stephen has represented our Club at a net-working social put on by the Central Fairfax Chamber of Commerce - a seemingly good source for potential Lions! If YOU have ideas about membership, be sure to talk to Stephen: [sbilowus@gmail.com](mailto:sbilowus@gmail.com). He should not be the only Lion thinking about new members, and he will help YOU promote the Club and follow-up on leads.

Stephen is a native Fairfax citizen, holds a BS in Finance from George Mason University, and has a young family with spouse Mary Katherine (who also grew up in NoVA), and two children born here: Makayla (5 years old) and Luke (3 years old).

Stephen co-founded Higher Ground Real Estate with Mary Katherine. (Check out their [web page](#).) By the way, Higher Ground publishes an excellent newsletter (but you only get it if you ask for it). The most recent issue discussed not only today's

mortgage rates, and what the FED's pause on rate hikes means, but also fun stuff like [best ice cream places in Fairfax](#).

Let's all put Membership high on our list, and share thoughts with Stephen!

Stephen, Makayla,  
Luke, Mary Katherine



## [Cell Phone Charger Cables](#)

Note: this article was copied from "Hot Flashes," newsletter of the Fairfax County Retired Employees Association

- *This was written by AI (artificial intelligence)* -

In today's world, cell phones have become a necessity for everyone. However, one issue is the need for universal charging cable compatibility.

Different charging cables are often needed for the increasing number of cell phone brands and models. This not only adds to the cost but also creates clutter and confusion.

The issue of standardizing cell phone charger ends has been a topic of discussion for years. But, for this to happen, manufacturers must standardize their charging ports so users can use one universal charger for all devices.

One trend that has emerged in recent years is the move towards USB-C charging ends which was mandated by the European Union (EU) for all new devices sold in 2024. This charging cable offers faster charging times and greater compatibility with different devices. As a result, many smartphone manufacturers, including Samsung, Google, and Apple, have adopted this standard.

Another trend is the use of wireless charging technology. This eliminates the need for cords and allows users to place their phones on a charging pad. While this technology is still relatively new, it is gaining consumer popularity.

The issue of standardizing cell phone charger ends has been a topic of discussion for years. But, for this to happen, manufacturers must standardize

their charging ports so users can use one universal charger for all devices.

Standardizing charging cables will benefit consumers and manufacturers by reducing waste and improving convenience. As more companies adopt these trends, we can expect a more streamlined approach to mobile device charging.



Editor's Note: (***Editor is Chuck Higdon***) We recently went out of town and needed three different charging cables: cell phones, iPads, and portable charging banks. I thought an article on charging cables might be appropriate for our newsletter, and decided I'd try using AI to write it.

I went online, found an AI generator, entered the topic, and AI "spit out" this article in minutes. Next, I used a "grammar checker" to improve phraseology (some phrases and transitional words were clunky)

and to check spelling and punctuation errors (there were none). Finally, I inserted the image. Amazing.

## Miscellaneous Info...

### **“Inspired by Hunter-Gatherers”**

*by Jess Stillman*

Staying up to date on health advice can be bewildering. New findings come out constantly, and the media covers them in either a reductive or sensationalized manner.

- Will sitting around at work all day kill me?
- Does running strengthen your knees or ruin them?
- Standing desks, yay or nay?
- And can I eat eggs now—or what?

Sorting truth from dubious trends can be difficult, but Daniel Lieberman can help. A professor of evolutionary biology at Harvard, he studies how people moved and exercised in the past and what that can tell us about how to keep fit today. His latest book, Exercised (2021), boils down these time-tested lessons with a focus on busting common myths that prevent people from being as healthy as they can be.

If that sounds fascinating to you, run out and pick it up. But which of the many myths Lieberman outlines does he see as the most harmful and most wish to debunk? He shared his number-1 worst myth with Big Think recently.

Picture a much older person. What do you see?

If your mental image is of a slightly stooped senior shuffling off to shuffleboard, then Lieberman would like you to stop right there. We don't know who you're thinking of, but it's not at all what you see if you visited with hunter-gatherer elders:

"Americans, as we get older, know that strength declines rapidly. By the time people are in their 60s and 70s, they're pretty frail, but hunter-gatherers remain fairly physically active as they age because they're doing stuff. They have to lift things and carry things and do stuff that keep them strong. And the end result is that they maintain that strength."

Thus, age doesn't naturally lead to frailty. Sure, none of us are as strong and swift at 73 as we were at 23, but the reason so many seniors in the developed world become weak is, basically, because they believe loss of strength is inevitable and they give up on exercise.



That belief is the myth Lieberman is most keen to bust.

"I think the most pernicious, the most serious, the most problematic, the most concerning way in which we think about exercise in the Western world is that as people get older it's kind of normal to be less physically active," he said.

As a result of this false belief, many older Americans stop exercising, which leads them to become less fit, and which then causes them to exercise even less. It's a vicious, self-fulfilling circle that leads to what scientists term sarcopenia, or loss of muscle mass and strength. In other words, we tend to think of this loss of muscle mass as an inevitable part of getting older, but it's not.

Now, you don't have to hang out with hunter-gatherers for proof, Lieberman insisted in a separate NPR interview. Chasing prey and digging up tubers isn't the only route to aging with strength.

Instead, you can hit the gym into your 80s.

Lieberman points to the late Supreme Court Justice Ruth Bader Ginsburg as an example. Setting aside her jurisprudence, one reason she was celebrated was the fact that she had vim and vigor

and just didn't conform to whatever negative, wasting away aging stereotype is out there.

"A lot of that came from the fact that she kept working out and as she got older, she went to the gym several times a week. Now, she didn't do crazy, pump iron stuff. She wasn't trying to be like Arnold Schwarzenegger," he said. "But she did a few rounds of weight training every week and that helped keep her marvelously active and vigorous up until her late 80s."

Separate studies show that this same type of regular but modest weight training helps keep the brains of older adults functionally younger too.

So if all the conflicting advice gets too confusing, feel free to tune out shouting headlines about every new research finding. The basics of staying healthy seem to remain simple and stable over time), but make sure you're not falling prey to any insidious myths about aging.

If you expect to get weaker as you age, you probably will.

Thankfully, the opposite is also true. Even a modest commitment to keeping up your strength

prevents lots of the age-related declines too many people still see as inevitable.

## What's Up With the Name "August?"

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

If you're in Europe, it's likely you're taking an extended holiday during the month of August. If you're anywhere in the Northern Hemisphere, you might just be trying to stay cool. August is the last month of summer in the northern half of the world. (For the southern half, it is the last month of winter.)

It is named after the first Roman emperor, Augustus Caesar. Augustus is Latin and means "the venerable one" or "the great one." It was the title given to the first Roman emperor, Gaius Caesar. The emperor was a man of many names. He was born Gaius Octavius, the grandnephew of Julius Caesar. He took the extended name Gaius Julius Caesar Octavianus in 44 BCE after Caesar's assassination. Though in English texts, he was often referred to simply as Octavian.

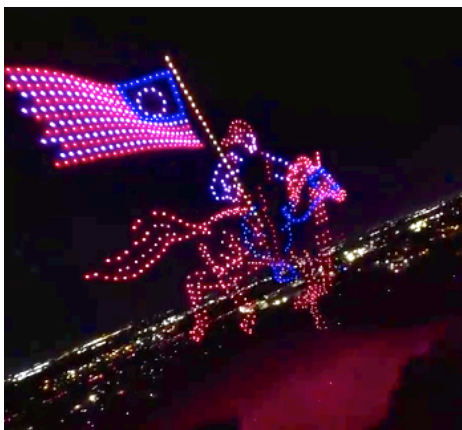
Then in 31 BCE, he defeated Mark Antony and Cleopatra to gain control over the empire. Finally in

27 BCE, when he was named emperor, he was given the honorary title Augustus.

Today, when we describe something as august, we are saying it is majestic and inspires reverence or admiration.

### Gee-whiz Sky Art

The link below is to a **stunning** 2+ minute video on the REDDIT website. The video shows **1000+ drones on July 4th, flying precision formations** - with drone lights creating stunning sky art....better than fireworks!



Click [this link](#) then the small arrows at the bottom right for a fullscreen image...and turn the volume on.

## 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!

**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.

"The Bob Stahl Memorial Newsletter" is published on the [Fairfax Lions web page](#) (see the right hand column for the entry titled "Pages"). You should check the FHLC web page periodically - have you seen the entry dated July 22 about the package our club received in the mail?

Club members are alerted around the 1st of each month to the newsletter's availability on the web page.

**That's all folks!**

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

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