

Fairfax Lions Club News

Dec 2023

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

— We Serve —

Thanksgiving Food Baskets

By KL Greg DeRosa

On Nov 20th (Monday before Thanksgiving), eight FX lions met at Main Street Child Development Center and assembled 30 food baskets. Thirty qualified local families picked up their food baskets at Main Street for the holiday. Each basket had both canned and fresh vegetables, potatoes, fruit, cranberry, baking items and a gift card for purchasing more. Participating Lions: Bill S, G S, Pete C, Mike G, Gordon, Stephen B, Greg & Karen D.

After assembling the food baskets, Lions moved them to Main Street's office for families to pick up.

FLASH / OUTSTANDING WORK - [see the video at this link](#), produced by Lion Stephen Bilowus for our Club's social media. Great work Steve!



“Assembly line,” to fill food baskets





Fill the food bags, and line them up





Birds-Eye view of food baskets: each has a Thanksgiving greeting from Fairfax Lions, and a gift card to purchase meat for the meal.

Eyeglass Recycling

Lion Marty Lockard

Fairfax Host Lions Club continues to provide service to the community by requesting and receiving another 450 pairs (9 boxes) of reading glasses from the [Northern Virginia Lions Eyeglass Recycling Center \(LERC NOVA\)](#) on Oct 28. They are used to support homeless and downtrodden “Guests” at The Lamb Center. The reading glasses are maintained in an upstairs storage area at the Center. We keep the smaller plastic containers at the front desk full of the most used sizes and periodically conduct an inventory. Lamb Center front desk volunteers dispense them to needy “Guests” upon request. They use special reading eye charts we provide to determine the correct strength. LERC NOVA has graciously supported Fairfax Host Lions Club in this service effort for the last 6 or 7 years.

More on Eyeglass Recycling

By Lion Diane Amsbaugh

A few days ago, Lion Jess Jessop called me to say he had some glasses to donate...it turned out to be 3 paper grocery bags full! So I got in touch with Lion Pam Martinov at the [Lions Eyeglass Recycling Center of Northern Virginia](#) to get up to the minute details on exactly what is collected.

1st: No cases! I have written PLEASE NO CASES on my collection boxes and that is working very well.

2nd: The recycling center only “reads” prescriptions on singles (not bifocals) and readers. A person takes all sunglasses, both prescription and plain. So, put all sunglasses in a separate bag, write the number of glasses on the bag. Then we can take them to the recycling center where this person will pick them up. Our club gets credit for the number donated IF you write the number on the bag.

3rd: That leaves bifocals and Varilux glasses. There is another person who will take all frames, plastic and metal, to the Philippines. I am assuming this is someone from the AAA Lions Club. They put new lenses in these usable frames. USABLE is the key word here. No broken, missing arms or nosepieces, held together with tape, etc. I have a bag labeled FRAMES FOR PHILIPPINES with the number recorded on the bag. Taken to the recycling center we get credit for that donation.

People want to be helpful. They donate lenses taken out of their old glasses when they replace them with a new prescription. We can't use lenses without frames, trash them.

My glasses are now separated into 4 bags, Singles and readers, children's, sunglasses, and frames for Philippines.

Questions? Contact Diana and I'll get the answer from Pam.

SERVICE DEPENDS ON CHARITY FUNDS

November Fruit Sale

Work started several months ago, with the committee updating the “action tracker,” scheduling the sales van with Craig Van Lines, the parking lot space with the American Legion, quantities to order, and kicking off the advertising for on-line orders. We leveraged membership in Greater Fairfax Chamber of Commerce to advertise to those 1600 members, hoping to boost sales. Later, the committee locked in orders with vendors - allowing some extra quantities to sell at the sale site, and worked to obtain volunteers to operate the site Nov 16-18.

On Monday Nov 13th, the sales van was positioned; Tuesday Nov 14th equipment from the shed went to the sales van; Wednesday the 15th, we unloaded the delivery truck from Florida; and on Thursday-Friday-Saturday, sales and “fulfillment operations” were in full swing.

We had help from four HOGS (Harley Owners Group), and another local volunteer. Many FX Lions worked shifts. Weather & sales were great!



Cmte readies the van for fruit delivery



John Boaz (HOG), Lions Scott & G move fruit from delivery truck to sales van.



HOG Steve Felt; Lions Gary, Karen, Ken, Cindy; volunteer Pete stack fruit in sales van



Vol Pete, Lions Gary & Mike R after stacking



Thursday morning: Lions Steve, Jeff, Ron, Mike G, Scott (Ken inside van)



HOG Larry, Vol Pete, Lion Mike G, HOG Steve, Lion Steve, HOG Johnny (Scott in Van)



Lion Ken is visited by daughter Heather



Lion Judith (ctr) instructs loader Lion Pete (L), assisted by Lions Tom (R) and Huey (back)



Lion Harry
passes fruit
to loader
Lion Pete



Thurs PM: Lions Phil, Diana, Karen, Harry, Tom,
Ken, Pete, Joe, Judith, Huey

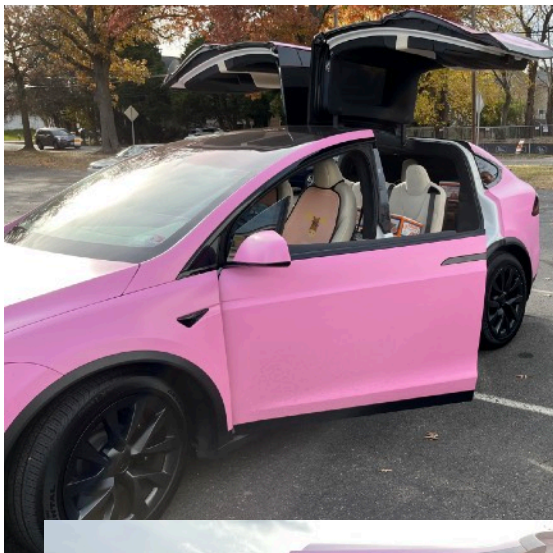


Lion Cory
on police
detail on
Friday



Lion Bonnie (Isabella M
Short) has personalized tag





Coollest
Customer
Car
(Tesla model X)





Lions G, Jeff, Anh-Thu, Mike G



HOG Johnny Boaz shows how to carry fruit on a bike



KL Greg picks up fruit
for food baskets

Unsold fruit,
Saturday Noon



Lion Scott
loads up
equipment to
return to
storage shed



Lion Mike R delivers unsold fruit to our favorite local food bank, "Food for Others." While unsold fruit does not generate funding for our charity programs, giving a reasonable amount to the food bank is worthy service!

Nov 14th - Dining for Dollars at Fosters Grille

Usual event organizer, Lion Tom C, could not attend because he was preparing thanksgiving dinner for 16 Priests the next day. On Dec 12th - Lions/family/friends are invited to dine at Foster's Grill - ask cashier to put sales receipt be "put in the Lions box" and Foster's will donate 20% of spending to Lions' youth, sight, hearing, and community programs.

December Fruit Sale: On-line Ordering

Pass the word to friends, neighbors, church, etc!

Online ordering CONTINUES for pick up at our fulfillment site, *Dec 14 - 16. Order at:*

<https://fairfaxlions-december.square.site/>

Don't forget to use discount code LIONSFRUIT

On-line orders end Dec 10th!

Lions - **SIGN UP to Work:** Click this link to the [sign-up genius page](#), and schedule your shift times at the December sale in the American Legion parking lot. (Help make this a "3-signature event!" for all Lions.)

Club Meetings

Nov 7th Dinner Meeting

Guest speaker was 2nd VP District 24L - Dan Visone. Dan gave an inspiring talk about how he learned leadership skills over his 43 years as a Lion serving in various Lions Club officer positions. In addition to



serving his community as a Lion, Dan applied skills he learned to achieve success in his career with the [Army's Geospatial Center](#). Dan emphasized the importance of adapting the culture of each Lions Club to the passions and interests of its members. Fairfax Lions Club tries to align annual service programs to member interest!

KL Greg presents gift
to Speaker Lion Dan



Lion Dan with Lion Jim



Lions Harry and Jeff
review club business



Nov 21st Dinner Meeting

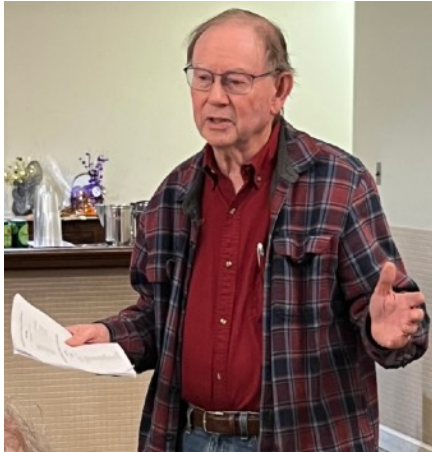
Three potential FHLC members - Lion's formerly members of VHLC - attended: Steve Sedgwick, Joyce & Bruce Myers.

Lion Bob Bingham was our guest speaker, and introduced an important video titled "Lions Recycle for Sight." Lions across the world work together recycling used eyeglasses which are issued to people in need in over 72 countries. Especially needed are children's glasses.

Lion Bob introduces video

Your bulletin editor cannot locate the same video Bob showed, but the content was similar to the video on YouTube (click on image below):





Lion Mike Greeley thanked Lions for their hard work at the November Fruit Sale, and asked all to consider signing up for multiple shifts - as able - for the December sale.

[The sign up page](#)

KL Greg DeRosa showed off the award presented to our Club at the Fall District Conference.

Annual Club
Excellence
Award



Nov 28th Board Meeting

The board received a financial report on the November fruit sale - results were excellent. The Board approved membership transfer from VHLC to FHLC of Steve Sedgwick, Joyce & Bruce Myers. We welcome these 3 great Lions into our club! The Board accepted the resignation of James Friedlander (who has been inactive for well over a year). The Board approved PDG Harry Parker's motion to make the Dec 5 meeting "Toys-for-Tots," with members bringing toys and FHLC making a charitable donation of \$300. Board approved Lion Jim Kaplan's motion to disburse the budgeted charitable donation (\$250) to the [City of Fairfax Theatre Company](#). Club members are welcome to visit any Board meeting, and learn more about Club business.

December Events

- Dec 5 - FHLC Dinner Meeting - Toys for Tots!
- Dec 6 - ISCC meeting
- Dec 6 - RSVPs due for Dec 17 Holiday Brunch
- Dec 10 - Last day for [on-line fruit orders](#) & discounts
- Dec 12 - Set up Fruit Sale site
- Dec 12 - Lions Dining for Dollars, Fosters Grille
- Dec 13 - Unload Fruit Shipment from FL
- Dec 14-16 - Citrus Fruit Sale Operations

Dec 17 - FHLC Holiday Brunch

Dec 18 - Deliver Holiday Food Baskets

Dec 19 - NO Dinner Meeting (Due to Holiday brunch)

Dec 26 - NO Board Meeting in December

-- Coming Up --

Jan 1 - Welcome 2024!

Jan 2 - FHLC Dinner meeting

Fairfax City Inter-Service Club Council

Nothing to report from ISCC November meeting.

Lions Information

Remembering



Theresa (Terry) B. Smith, 82, of Warrenton, VA, passed away on November 5, 2014, at the Fauquier Hospital in Warrenton, VA. She was the beloved wife of William A. Smith; mother of Mark J. Smith of Haymarket, VA, and Ruth M. Van Dyke of Nokesville, VA; and grandmother of Kyle and Tessie Van Dyke of Nokesville, VA.

Terry was a member of the Fairfax Host Lions Club for over 30 years. She retired from the Department of

Defense as Editor in Chief of the Joint Chiefs of Staff in 1987.

A visitation was held on November 9, 2014 with a Lions Memorial Service and Prayer Service at the Demaine Funeral Home, Fairfax, VA. Mass of Christian Burial was celebrated on November 10, 2014 at St. Johns the Evangelist Catholic Church, Warrenton, VA, with interment at Stonewall Memory Gardens, Manassas, VA. In lieu of flowers, contributions may be made to the Fairfax Host Lions Club or St. Johns the Evangelist Catholic Church, Warrenton, VA.

Who is This?



Can you guess who this is?

Hints: Current member of FHLC. The photo was taken when a Freshman at Columbus High School, 1950

Miscellaneous Info...

What's Up With the Name "December?"

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

December might be the month most of us identify with celebrations & good cheer, because of the festive season for holidays. Most of these celebrations are inspired by Christmas and Hanukkah - the two major religious holidays celebrated by Christians and Jewish believers, respectively, in America.

Some December traditions aren't modern, however, with a few dating back to ancient times.

Ancient Romans celebrated *Saturnalia* from December 17-23. Romans took time to honor Saturn, the god of agriculture. The week-long celebration included parties, games, gift-giving... traditions in which we still partake. So our penchant for merry-making in December goes back quite some time.

We know December as the 12th month of the year, but the Romans knew it as the 10th and final

month of the year. The name December stems from *decem*, which means 10 in Latin.

December is also a solstice month, meaning in the Northern Hemisphere, it contains the shortest day of the year. This occurs when either of Earth's poles reaches its maximum tilt away from the Sun. This year, the Winter Solstice is on Dec 22nd.

The Vietnam Women's Memorial



Caption: Nov 11 - Former Vietnam War combat nurse Diane Carlson Evans delivers remarks at the Veterans Day storytelling session at the Vietnam Women's Memorial

“That my hands can shape the clay which might touch the hearts and heal the wounds of those who served fills me with humility and deep satisfaction. I can only hope that future generations who view the sculpture will stand in tribute to these women who served during the Vietnam era.”

- *Glenna Goodacre, sculptor of the Vietnam Women's Memorial, 1993*

Thirty years have passed since the Vietnam Women's Memorial was dedicated. The sculptor's hope being fulfilled was on display on Nov 11 as Veterans Day was celebrated including a tribute to the Vietnam Women's Memorial and what it means for women who served in the US Armed Forces during the Vietnam War and since, along with the many, many civilian women who supported wartime military operations.

[Administration for Community Living \(ACL\)](#)

[ACL](#) is a federal program that helps steer and connect older adults and people of all ages with disabilities to local services...a couple of reference resources:

Eldercare Locator



Connecting You to Community Services

- Launched in 1991
- Connects older Americans and caregivers with trustworthy local resources
 - Area Agencies on Aging and Community-based Organizations
 - Service and information on meals, home care, elder rights, housing, insurance, transportation, and caregiver training and education
- Hours of Operation: M-F 9 am – 8 pm ET
- Website: eldercare.acl.gov
 - Search services
 - Online chat available
- Email: eldercarelocator@n4a.org

1-800-677-1116

888-677-1199

Monday-Friday
9 a.m. to 8 p.m. ET

Or email
DIAL@usaginganddisability.org

DISABILITY INFORMATION AND ACCESS LINE (DIAL)

COVID-19 vaccination support for people with disabilities



Help finding
local vaccination
locations



Assistance with
vaccination
appointments



Connecting
callers to local
support services



Answering
common vaccine
questions



Locating
resources to
address concerns

**CONNECT
WITH ESSENTIAL
SERVICES**

The hotline can also connect callers to services that promote independent living and address fundamental needs like food, housing, and transportation.

ACL and Centers for Disease Control partnership funds
USAgings running a
collaboration among:

- Association of Programs for Rural Independent Living (APRIL)
- Association of University Centers on Disabilities (AUCD)
- Independent Living Research Utilization (ILRU)
- National Association of Councils on Developmental Disabilities (NACDD)
- National Council on Independent Living (NCIL)
- National Disabilities Rights Network (NDRN)
- The Partnership for Inclusive Disaster Strategies

OnLine Scams

Email from Amazon.com

In impersonation scams, a scammer reaches out to you pretending to be someone you trust to get sensitive information like social security numbers, bank information, or Amazon account details. Scammers change tactics quickly making them hard to detect.

Scam Trend: Email attachment scams

Scammers send emails posing as Amazon and include pdf attachments stating that your account will be suspended or on hold. These attachments prompt you to click on a fraudulent link to “update your account.” These links lure you to provide personal information such as payment information or account login credentials.

Please do not click on any links or provide your information without authenticating the email or verifying the link. Visit the Message Center which displays a log of authentic communications sent from Amazon.

Prime membership scams

These are unexpected calls/texts/emails that refer to a costly membership fee or an issue with your membership and ask you to confirm or cancel the charge. These scammers try to convince you to provide payment or bank account information in order to reinstate a membership.

Amazon will never ask you to provide payment information for products or services over the phone. To verify your Prime Membership status or make payments, log into your Amazon account, and go to Your Account.

Here are some important tips to identify scams and keep your account and information safe:

1. Trust Amazon-owned channels.

Always go through the Amazon mobile app or website when seeking customer service, tech support, or when looking to make changes to your account.

2. Be wary of false urgency.

Scammers may try to create a sense of urgency to persuade you to do what they're asking. Be wary any time someone tries to convince you that you must act now.

3. Never pay over the phone.

Amazon will never ask you to provide payment information, including gift cards (or “verification cards,” as some scammers call them) for products or services over the phone.

4. Verify links first.

Review the link for misspellings or repeated characters. Legitimate Amazon websites contain "amazon.com" or "amazon.com/support." Go directly to our website when seeking help with Amazon devices/services, orders or to make changes to your account.

5. Verify email senders.

Legitimate Amazon emails contain “@amazon.com”. In your web browser, hover over the display name under “From” to see full sender address. Look for misspellings or added or substituted characters. Visit the [Message Center](#) to view authentic messages from Amazon.

Eat Healthy

Poster spotted at Main Street Child Dev Center



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 right hand column under the section titled “Pages”). You should check the FHLC web page periodically - have you seen the post dated Nov 26, titled “Fairfax Lions Receive Club Excellence Award?”

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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