

Fairfax Lions Club News

Jan 2024

- Fairfax Lions, Serving Since 1951 -

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

- New Year's Message -

Dear Lions,



I hope you had an enjoyable Christmas and Holiday season with your family and friends.

I am filled with gratitude for the remarkable year we've had to date in our Lions year. Our efforts have truly made a positive impact on our community, and we have embodied the spirit of service that defines our Lions Club.

We have had 4 successful fundraisers, collected eyeglasses, collected donated food for needy families, donated toys to



Toys for Tots, held sight and hearing tests, Peace Poster contest, and donated money to our local charities. In addition, we welcomed 15 new transfer Lions from our Host Club Vienna into Fairfax. Finally, all this is captured on our website, Facebook, and Instagram account which keeps us connected to our community.

Together, we were able to work and socialize together and continue to uphold our principles of community engagement. Whether it's our successful fundraising events, impactful service projects, or the commitment of each member, this year stands as a strength of the Fairfax Lions Club.

As we approach the New Year of 2024 and the final 6 months of this Lions year, let us reflect on why we chose to serve and how we can continue our contributions as Lions. Together, as members of the Fairfax Lions Club, let us continue to spread the warmth and kindness throughout our community.

I wish you all a joyous holiday season and a prosperous New Year.

Thank you for your dedication and service.

King Lion Greg

— We Serve —

Toys for Tots



Fairfax Lions donated toys - see photos under Dec 5th dinner meeting news, later in this newsletter.

Holiday Food Baskets

On Dec 18th, Lions and volunteers met at Main Street Child Development Center and assembled 30 food baskets. Thirty local families picked up their food baskets at Main Street for the holiday. Each basket had essentials for a good meal (instead of meat, we provide a gift card to enable families to buy what they prefer for the meal). Participating Lions:

Mike G, Gordon, Greg; and, volunteers Andre Phillips with son Chase

After setting up the assembly line, and filling 30 baskets, the team moved those food baskets to Main Street's office for families to pick them up.

The only difficult part of this project is the purchase/transport of the many groceries for 30 food baskets. KL Greg made it easy: order groceries on-line (from several different stores); have them delivered directly into a U-haul van at Greg's home; and finally Greg drives the van to Main Street.



Assembly line work, gift card in each bag



**Volunteer Andre Phillips
and son Chase**





Service Project
Team: Mike G,
Chase, Gordon,
Andre, KL Greg

Feedback from last month's Thanksgiving Food Baskets: Main Street mailed us thank you notes from EACH family along with this photo poster of our service project.

*Dear Fairfax
Lions Club,
Thank you for
the food baskets*

Thanksgiving, 2023



From Main Street CDC



SERVICE DEPENDS ON CHARITY FUNDS

December Fruit Sale

Pre-sale orders & pick-ups worked good, fruit quality was excellent, and the weather cooperated!

Thanks to all Lions and volunteers who helped on the committee and at the fulfillment/sales site - we had a very successful fruit sale! The fruit sale committee welcomes all who wish to participate in planning sales in 2024.



Tuesday set up crew: Cory (taking photo, not shown), Greg, Gordon, Scott



Wednesday unload: Scott & Grandson Ben



Heavy lifters Cory, Scott, Greg
move pallet of mandarins



Gary, Maureen, Mike R, and Ken stack fruit in sales trailer (Sorry for poor quality photo)



Ken counts and reconciles quantity received

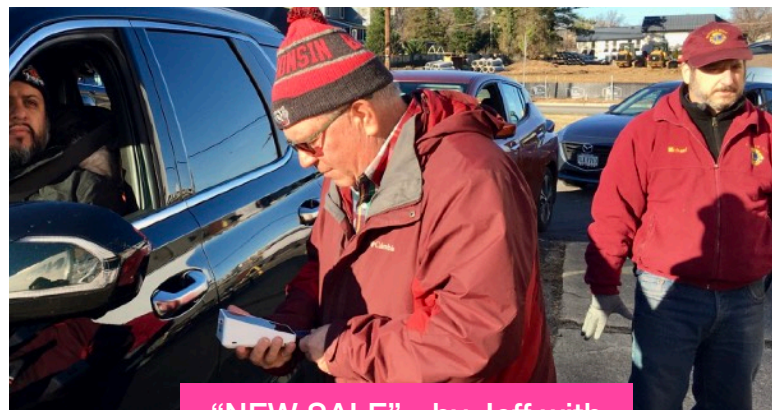
A group of people are standing outside a large white truck, which is loaded with boxes. One person is holding a clipboard and looking at it, while others are looking at the boxes or talking to each other. The scene suggests a delivery or distribution point.

1st customer on Thursday



(Top) Getting busy!

(Left) 1VP Karen checks in customers with pre-orders



OUTSIDE
TEMP

27°F

Friday started out chilly!



A regular customer
brought cookies for
Lions!



“Is it break time yet?”



Falls
Church
Sheriff's
office
bought
fruit





Joe and Ron continuously move fruit from storage area to the door of the sales van.



South Vietnamese Army Lieutenant Johnathan Nguyen

This customer, told us ***"I always support Lions clubs."*** We asked why...he told us: In 1975, his S. Vn Army infantry unit was sent from the Delta to help defend Saigon. In the fighting, he was shot in his head; the bullet took out his right eye. He was left for dead as Saigon fell. Somehow, a Lions club learned he survived, got him to a hospital AND arranged for a prosthetic eye. Eventually he made it to the US. Well done Johnathan!



Cooliest customer car: Porsche all-electric Taycan
(Four-door EV sedan - quick, agile, top rated by CR)



Many THANKS to this line-up of Lions Cory, Mike, and Scott (standing in front of our storage shed) for transporting the Lions equipment from the fulfillment/sales van, back to our storage shed, thereby successfully concluding the fruit sale on Saturday! Such behind-the-scenes efforts are essential, and largely unnoticed. We thank you!



We gave fruit to the Lamb Center, our Holiday Food baskets, and to Craig Van lines. Plus, (L) Tom delivered fruit to Fosters Grille, and (Rt) Gordon delivered to [Western Fairfax Christian Ministries Food Pantry](#)

Club Meetings

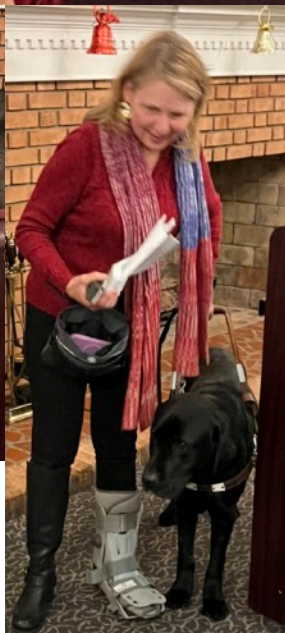
Dec 5th Dinner Meeting

Our guest speaker was District Sight Chair Davida Luehrs. Lion Davida introduced her companion dog Chubb. She told us about Advanced Macular Degeneration, the No VA Chapter of Foundation Fighting Blindness, and successful sight programs.



Hello Chubb!

[Click to read about Lion Davida's personal experience with vision loss](#)



The Foundation Fighting Blindness' 2024 DC Metro ***VisionWalk*** will be held at Yards Park on Saturday, May 18. The

Nats are out of town that weekend so parking should be easy. Lion Davida will again be the District 24-L Team Captain.

A highlight of the evening was Lions bringing toys, to go to Toys for Tots. We thank all Lions for taking your time to purchase a toy for this worthy cause.

KL Greg loaded up the toys and delivered them to the Fairfax City collection point the next day.



Toys in KL Greg's
SUV



Greg delivers Lions toys to collection point

The 50-50 drawing included a holiday season prize.

In this photo, Lion Scott (AKA "*It's Great to Be a Lion*") - tries on the prize.



Dec 17th Holiday Party

Chantilly National Country Club

KL Greg unpacks
Lions Bell, prepares to
kick-off festivities



Program, Gift drawing ticket (one per Lion)

THANK YOU

To the community business that honors our service
by generously contributing tonight's flowers



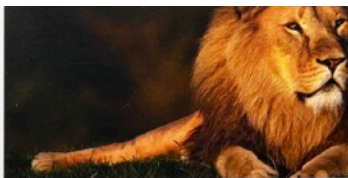
Flower Den, Florist (Lorton)

THANK YOU

To the community entities who honor our local outreach
by generously contributing other support



Craig Van Lines
American Legion Post 177
Parks & Recreation, City of Fairfax



Where there's a need, there's a Lion - 106

AGENDA (times approximate)

- 1:00 **Greeting and Social**
Meet club members and guests
Greeter: Lion Joe and Terry Bred
- 1:30 **Opening:** KL Gregory DeRosa
Pledge: Lion Pete Conklin
Song: Lion Karen DeRosa
Invocation: Lion Jeff Root
- 1:40 **Welcome Spouses and Guests**
- 2:00 **Brunch**
- 3:15 **Prizes**
- 4:30 **Closing Remarks / Adjourn**

Random photos of a few tables in the
wonderful venue





MC: KL Greg

Dec 2023

Door Prizes, and Awards



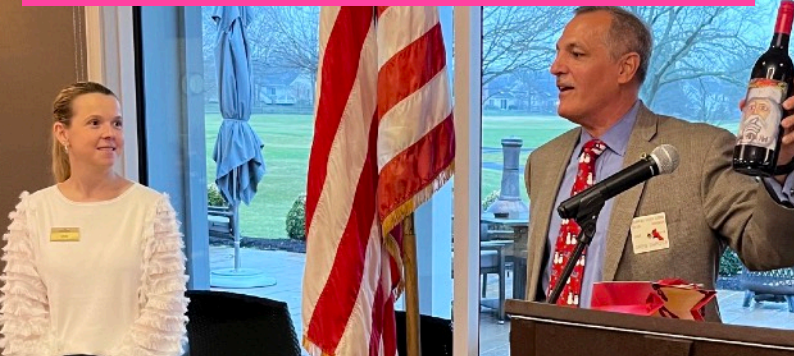
Thanks to Gary for Flower Centerpieces



Thanks to Joe for Committee Work



Thanks to Country Club Catering Manager, Staff



The event was well planned and attended, and everyone enjoyed a wonderful time!



Especially these two Lions who both share an Italian heritage!

Board Meeting - No Meeting in December

January Events

Jan 1 - Welcome 2024, Happy New Year!

Jan 2 - No FHLC Dinner meeting

Jan 3 - ISCC meeting

Jan 4 - Lions Lunch Bunch (Bill Bartlett email)

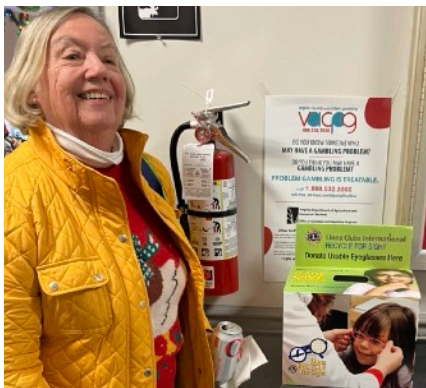
Jan 9 - Lions Dining for Dollars, Fosters Grille

Jan 16 - Lions Dinner Meeting

Jan 23 - Board Meeting (all welcome)

Fairfax City Inter-Service Club Council

The ISCC met December 6th, and service clubs reported upcoming plans. FX Lions Club announced it had been approached by a scout troop, asking Lions to “Charter” their group. Several ISCC members advised their service clubs had similarly been asked to Charter a scout group, and all declined - for a variety of reasons.



ISCC Pres Kathy Hoffman stands by Lions eyeglass collection box in Moose lodge

Lions Information

Welcoming Vienna Host Lions!

Fairfax Lions were honored this past year to welcome many Lions who transferred their membership from Vienna Host Lions Club. Lion Tom Comi provided this history of the Vienna Lions.

The Vienna Host Lions Club (VHLC) started in 1942 with 18 local businessmen; the club was sponsored by Arlington Host Lions Club. It was an evening meeting club and grew to a peak of about 55 members. It sponsored a noontime club and a women's auxiliary....and, VHLC sponsored Fairfax Host Lions Club!

Over the years, Vienna Host Lions made significant financial and service hours contributions to a vast number of internationally promoted Lions projects (sight, hearing, diabetes awareness, and youth) and local civic and youth-related programs. VHLC started the Vienna Little League and acquired a property (Glendon Park) for the teams to play ball.

The club was an initial contributor to Fairfax Hospital and the Vienna Community Center. It built bus shelters and benches, equipment sheds for girls and boys sports events, playgrounds for local elementary schools, assisted in building the James

Madison High School press box, provided safety vests for elementary school crossing guards, and built bunk beds and picnic tables for the Lions Youth Camp (vicinity of Route 50 and the Shenandoah River). Vienna Host Lions also took over the maintenance of one of the cabins at the Youth Camp.

It paid for eyeglasses needed by visually impaired town residents; promoted youth musical studies through the annual Bland Contest; contributed funding for Boy Scout Eagle Award Projects; supported American Legion youth and sports programs; donated to the Vienna Volunteer Fire Department (VVFD); conducted annual sight and hearing exams for adults and school children; sponsored Citizenship awards for six local elementary schools; and generously supported the Greater Vienna Committee for Helping Others (CHO) and the Fisher House program.

To fund these activities Vienna Host Lions sold entertainment books, brooms, light bulbs, coloring books, peanuts, bratwursts, pecan pies, fruit cakes, White House Christmas ornaments, and many-many Christmas trees. The club also participated in dining for dollars monthly at Vienna Foster's restaurant.

Vienna Host Lions club disbanded on June 30, 2023. Look at the [VHLC facebook page](#) which opens with the banner “Time to Say Goodbye.”

We can easily agree, VHLC has an exceptional history as an accomplished and justifiably proud Lions Club! Our Fairfax Club is highly honored to welcome 15 Lions who transferred from Vienna (bringing Fairfax Lions Club to a total of 55 members). The transferring Vienna Lions have a strong and successful history of service earned as Vienna Lions. We welcome you and look forward to LIONS SERVICE beside you! Fairfax Lions looks forward to serving along side each of you!

Club Marketing

At the Fall Festival food sale, Lion Don Berey had an outstanding idea: should we put up a sign with the QR code for FHLC web page, as a simple way for interested folks to find out more about our Club?

A QR code (quick-response code) is a two-dimensional graphic shorthand web address (invented in 1994 by a Japanese company for initially labelling auto parts). Now, QR codes are used broadly, aimed at mobile-phone users; we see them

often in restaurants to replace printed menus, and everywhere.

Lion Don - here is a sample sign we can use in the future; THANK YOU for the idea!



Tell friends and acquaintances about FHLC !!!
(Invite someone to the Jan 16 Dinner Meeting, or the Jan 9 Dining for Dollars at Fosters Grille.)

Remembering

William Edgar Trent

JULY 6, 1935 - AUGUST 7, 2015



Bill Trent was a Fairfax Lion 1997-2015, was Club President 2001-2002, and was key to several service activities and fund raisers. Bill led Club members to build a Bocce Ball court at Fairfax City's Green Acres Senior Center. The NoVA Senior Olympics bocce competition was held on that court on Sep 14, 2017.

Born and raised in Oregon, Bill graduated from Oregon State University. He served 30 years in the US Army; trained as an artilleryman, Bill became a helicopter pilot and served in the Vietnam War (1966-1967) in the 128th Assault Helicopter

Company (gun ships). Bill was a loyal and hard working Lion.

Bill Trent: a soft spoken and congenial gentleman, a warrior in service to his nation, and a Lion serving all. He is buried at Arlington National Cemetery.

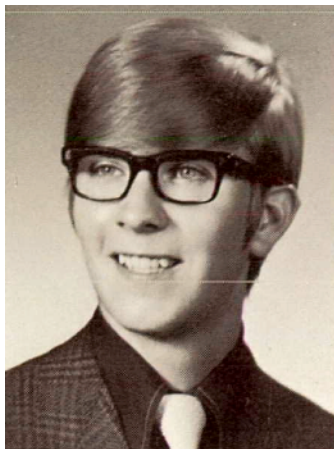


Who is This?

Can you guess who this is?

Hints:

- Current member of FHLC
- Photo was taken when a Senior at Ripon High School, 1973



Miscellaneous Info...

What's Up With the Name "January?"

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

January was named for the Roman god Janus, known as the protector of gates and doorways, which symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. The Romans often made promises to Janus and exchanged good wishes.



Two-faced Janus in Vatican museum

*Janus am I; oldest of potentates;
Forward I look, and backward, and below
I count, as god of avenues and gates,
The years that through my portals come and go.*
by Henry Wadsworth Longfellow (1807–82)

Janus - a fitting symbol for the first day and month of the year, our door into the new year. (Do the two faces remind you of the Lions logo?)

A man lost more than 150 pounds after retiring, by walking and tracking macros. Here's his routine.

*By Gabby Landsverk December 11, 2023
Business Insider*

A man lost more than 150 pounds after retiring by walking and tracking macros. Here's his routine.

Ken Jones has lost more than 150 pounds since his retirement in 2015 through a combination of walking and tracking his macros. Courtesy of Ken Jones

- A 59-year-old man lost more than 150 pounds by walking and tracking his macronutrients.
- He said he planned to get back in shape after gradually gaining weight over the years.

He also started competing in bodybuilding shows and even won a contest in 2021.

The day that Ken Jones retired, he went for a walk. It was the first small step of what would become a more than eight-year fitness journey, resulting in a total of more than 150 pounds of weight loss, the Texas resident told Business Insider.

"Everybody says I'm half the person I used to be," he said in an interview coordinated by the health-tracking app MyFitnessPal.

Now, at age 59, Jones has also achieved his lifelong goal of winning a bodybuilding competition and even hopes to go pro.

Most of the change happened outside the gym, Jones said. Simple healthy habits, such as regular walking and tracking his macronutrients, without keeping a strict diet were key to his success.

He lost 80 pounds just by walking

As Jones neared his retirement date in 2015, he knew it was time for a change. He said that while he was athletic as a young man, a combination of shift work at the Dow Chemical plant, stress, and a busy schedule got in the way, causing him to gradually gain weight and lose fitness.

As a result, he had planned for years to make a post-retirement transformation but was hesitant about jumping back into intensive workouts. So, he opted to start his fitness journey with simple walks.

"The day after I retired, I just started walking because I was in no kind of shape to walk into a gym."

After a year and a half, Jones had dropped about 80 pounds by walking regularly and keeping a close eye on what he ate.

Research and experts suggest walking is one of the best ways to improve your health and fitness, especially as a beginner.

To build muscle, he started tracking macros such as protein and carbs

As Jones continued to progress in his fitness journey, he started to learn more about nutrition by talking to other athletes in pursuit of his eventual goal of signing up for a bodybuilding competition.

He hired a trainer, who began helping him fine-tune his nutrition using the app MyFitnessPal. The main change to his eating habits was that he began carefully tracking macronutrients — carbs, fat, and protein — to hit



the daily targets his trainer set for him.

"His instructions are, 'You have the freedom to eat what you want, but don't you go below, and don't you go over the numbers I give you,'" Jones said of his trainer's advice.

By focusing on macro numbers, Jones said he was able to eat a wider variety of foods while still having an easy way to stay on track toward his goals.

Jones said tracking his macros was now a part of his daily routine. Every morning, he weighs in, then sits down with a cup of coffee to enter his weight in a spreadsheet, and then logs all his upcoming meals for the day in the app.

"Nothing goes in my mouth unless it goes in MyFitnessPal first," Jones said. "That is the best way to track your macros."

Now, his daily diet involves ground turkey, tilapia, oatmeal, and peanut butter

Jones said he was now eating about 2,100 calories a day on average (which would gradually

decrease leading up to competition). That breaks down into about 215 grams of protein, 165 grams of carbs, and 52 grams of fat for five days of the week.

A typical day of eating includes oatmeal for breakfast to provide some pre-workout carbs, followed by some combination of lean ground turkey or tilapia with rice for lunch and dinner. Go-to foods such as yogurt and powdered peanut butter help round in his protein for the day.

Twice a week, Jones enjoys a higher-carb day on the recommendation of his trainer, which he takes advantage of to enjoy Sunday pancakes.

Beyond that, he doesn't vary his diet much, which makes it easy to track his meals using the copy-and-paste feature of the app.

"I'm a pretty simple man. I like consistency, so I pretty much eat the same things every day," Jones said.

Along with the careful diet, Jones said he was working out six days a week for about an hour to 90 minutes a day, including 20 minutes of cardio on the stair-stepper machine. But he said the workouts were

secondary to other healthy habits in order to achieve results.

"It's not what you do in the gym, it's what you do when you walk out that door," Jones said.

Read the original article on [Business Insider](#)
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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We Serve

Since 1951