

Fairfax Lions Club News

March 2024

- Fairfax Lions, Serving Since 1951 -

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

— We Serve —

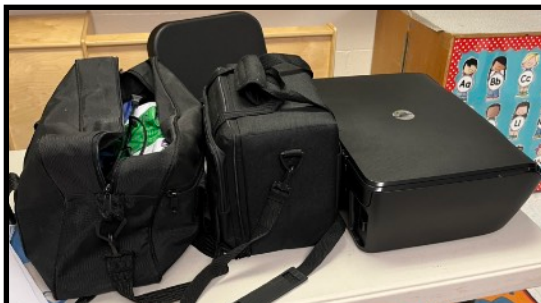
Community Service: Three Vision Screenings

First screening - On January 31, four FX Lions used the Club's **SPOT vision screening system** to check vision of 41 children (ages 2-5) at Emmanuel Lutheran Pre-School in Oakton. This screening resulted in referring four children for follow-up eye exams by a professional optometrist. Participating Lions: Marty L, Diane A, Mike G, and Gordon T.

It was fun to work with the youngsters and watch them learn about their vision. Young persons are easy to screen, and it did not take long to complete all 41 screenings. It was rewarding to inform parents of the four children, of the need to see an optometrist ...likely putting those children on a path to better life experiences with corrected vision.



Lion Mike shows us what the person being screened sees..."watch the dancing butterflies."



Vision Equipment: (Rt) printer; (Ctr) SPOT camera carrying bag; (Lft) pens, paper and connecting cords.



Screening vision of school staff member



School staff review their screening results

Our second screening - on Feb 13 at St. Luke's Catholic School in McLean - was also successful. We had a great team of volunteer parents (helping with the flow of children), school nurse, and five Fairfax Lions and conducted 36-vision and 33-hearing screenings. Seven children were referred for professional vision follow-up testing, and seven for hearing follow-up testing.



Pre-Screening...
Lions Mike & Joe test functioning of the vision screening "SPOT" System



Lion Maggie, with school nurse, checks student's hearing





Volunteer parents; school nurse; Lions
Mike, Joe, Maggie, Gordon, Diana

Third screening - On Feb 21st, at St. Marks Catholic School in Vienna, six FX lions screened 66 students for both vision and hearing. Six students were referred to a professional optometrist for potential vision problems, and six students were referred to a professional audiologist for potential hearing problems. Many thanks to the Lions vision screening team of Mike Greeley, Joyce Meyers, Joe Breda, and Lions hearing screening team of Diana Amsbaugh and Maggie Reidy.

All-in-all, this was a great month for Fairfax Lions Vision & Hearing Screening. WE SERVE!

— Charity Fund Raising —

SERVICE DEPENDS ON CHARITY FUNDS

Fosters Grille

Our screening service on Feb 13 coincided with “Dining for Dollars” day at Fosters Grille (in Vienna). So, on the way home from McLean, Lions Mike, Joe & Gordon enjoyed Philly Cheese-steak sandwiches, and asked the cashier to “Put our receipt in the Lions Box.” Our Club Charity account gets 20% of all spending on the 2nd Tuesday each month (any time of day) - for those receipts **we ask to go into the “Lions Box.”**



“Lions Box”
at Fosters
Grille

Selfie -
Gordon,
Mike, Joe at
Fosters



Club Meetings

Dinner Meeting - Feb 6th

After our dinner meal, Lion Jeff Root introduced Giuliany Sanchez (an 8th grader at Rocky Run Middle School) and her family. Giuliany created the winning Peace Poster for our Club's contest.

For 36 years, Lions Clubs have encouraged students to create peace posters to express their visions of peace and inspire the world through art and creativity. The theme of the 2023-2024 Peace Poster Contest was "Dare to Dream."

Lion Jeff presented Giuliany with a certificate and a \$50 cash prize. He also presented Rocky Run MS art teacher Linda Ledbetter a \$100 gift card (to purchase art supplies), recognizing Ms Ledbetter's persistent strong support of the Lions Peace Poster Contest.



Giuliany with her winning poster



Lion Jeff Presents
Award Certificate to
Giuliany



Giuliany Accepts Cash Prize

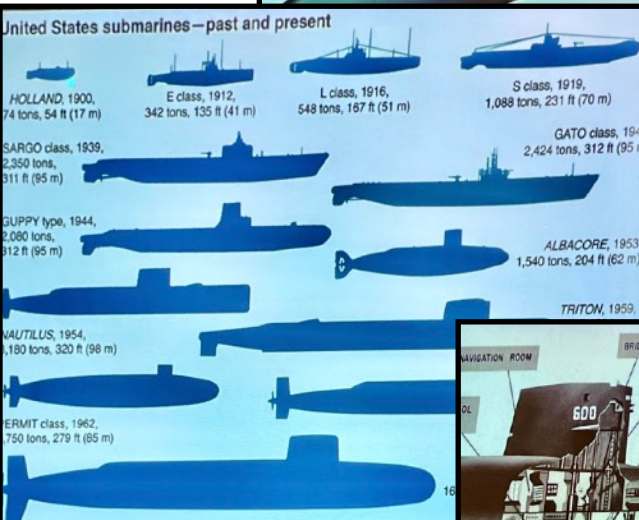
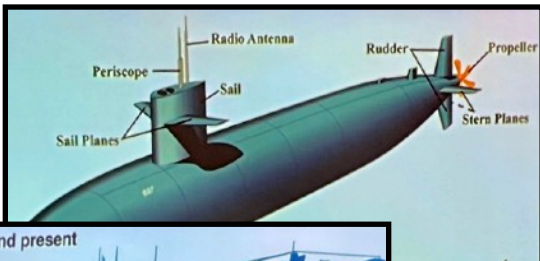


Giuliany describes to Fairfax Lions her intended message about peace, represented in her Poster

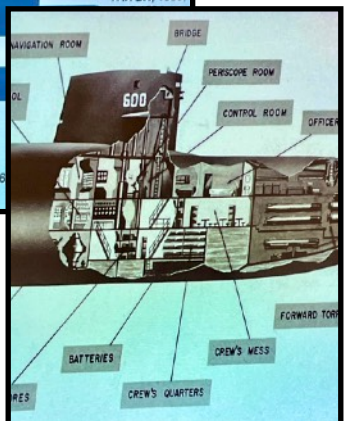
Ms Linda Ledbetter,
Art Teacher at Rocky
Run MS, receives a gift
card cash award for art
supplies



Next up was 2VP Cory Green, former US Navy submarine officer. Cory told us about the history of submarines and his own experience serving on a US Navy submarine.



Shown: A few of Cory's under-the-sea slides he presented at the dinner meeting





Of the above Naval qualification badges, Cory wore the gold officer submarine badge...“on the bottom” (a puny pun).



Lion Mike Greeley told us about upcoming vision & hearing screening events, encouraging Lions to participate in this very worthwhile community service.

Dinner Meeting - Feb 20th

Guests attending were a prospective new member; a Lion (and son) from Lima, Peru; and two representatives of the Alzheimer's Association. KL Greg handed out (to several Lions) certificates honoring their many years of Lions membership. And, KL Greg also handed out Club shirts & caps for members who had not yet received them.



Lion Javier Garnica (Lima, Peru) and son Pedro



Hellen Keller Lions Club vest



Lion Javier speaks to Fairfax

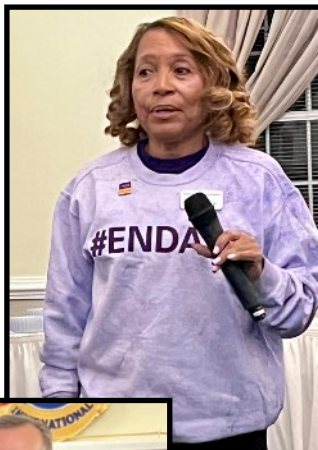


KL Greg presents Fairfax Lions cap to Lion Javier



2VP Cory Green sets up projector for Alzheimer's Assn reps Ashley Scott and Camilla White

Camilla White, volunteer for Alzheimer's Association, was personal caregiver for her mom with Alzheimer's



KL Greg presents club gift to Ashley Scott and Camila White

Take Charge of Brain Health



Stay in School
Challenge Your
Mind



Control Blood Pressure
Manage Diabetes



Protect Your Head



Get Moving
Eat Right
Maintain a Healthy
Weight



Sleep Well



Be Smoke-free

ALZHEIMER'S ASSOCIATION

Living right can help brain health, possibly affecting your chance of developing Alzheimer's disease

KL Greg gave out several certificates recognizing Lion's MANY years of service as a Lion. A few photos...



Certificates for Lions Tom Comi

and Phil Mayo



Certificates for
Lions Maggie
Reidy
and Phil
Hendrickson



Lion Don Berry Receives Club Shirt and Cap



Joe Rovansek was our Club guest at the Feb 20 dinner meeting. Joe retired after careers in the Army (Artillery and Aviation), GRC and ATT, and Joe and spouse Suzie are past customers at Fairfax Lions fruit sales. Joe has expressed possible interest in joining Lions.



**Membership Chair, Lion Stephen Bilowus,
Greets Visitor Joe Rovansek**

Board Meeting - Feb 27th

Lion Jeff announced 9 contestants are planned for the Bland music competition on March 10. Details forthcoming. (Go; you will enjoy it.)

FHLC delivered (in January) 1,695 pairs of donated eyeglasses, and 2 hearing aides, for recycling. Meanwhile, District 24-L continues to search for a replacement recycling facility (pg 21).

The Board approved \$700 to purchase children's books - Lion Mike Greeley is taking over that Reading-Action-Program from Lion An-Thu Phan. The Board approved: \$1000 to LCIF (Melvin Jones fellowship); \$1000 to Sprout Therapeutic Riding Center; \$600 for hearing aids; \$500 for SPOT system maintenance; \$100 for audiometer supplies; and increased the budget to \$1000 for Eyeglasses-for-the-Needy.

The Board thanked Lion Stephen Bilowus for establishing charity donations of \$500 for each Lion referral resulting in a real estate sale. (See page 29 for more info.)

Help NEEDED

“[Lion Tamer](#)”: the club Lion Tamer manages Club property (banners, sound system, projector, song books, etc). But, WE NEED A LION TAMER (or 2) as

Lion Phil Mayo must step down from the job. Call Joe Breda 703-250- 9251 if you can help out with this job!!!



March Dates

Mar 5 - [VA Presidential Primary Election](#)

Mar 5 - FHLC Dinner meeting

Mar 6 - ISCC meeting

Mar 7 - Lions Lunch Bunch (see Bill Bartlett email)

Mar 10 - DST begins (2am: set clocks forward)

Mar 10 - Bland Contest (2pm)



Mar 10 - Start of **Ramadan**, at sundown

Mar 12 - Lions “Dining for Dollars,” at Fosters Grille

Mar 17 - St Patrick’s Day

Mar 19 - Lions Dinner Meeting (nomination meeting)

Mar 24 - Palm Sunday

Mar 26 - Board Meeting (all welcome)

Mar 31 - Easter

Coming up:

Apr 4 - Blood Drive (see page 29 for details)

Apr 7 - District 24L Bland Contest Finals

(The Lyceum, Alexandria)

Apr 14 - Charter Night (Chantilly Country Club)

Apr 18-21 - [VA Lions \(MD24\) State Convention](#)

(Hyatt Regency Dulles)

Fairfax City Inter-Service Club Council

ISCC met February 7th, and announced the 2024 City Volunteer-of-the-Year ceremony on August 7th. Service Club's submit selections to ISCC by May 15.

Centreville Moose Lodge #2168 (in Fairfax) has a scholarship fund for graduating seniors from Fairfax, Robinson, Woodson, Centreville, and Chantilly HS's. They will award five \$5,000 scholarships this year. Info & applications are on the FCPS Scholarship database. The Moose also mentioned they recently had Fairfax Chapter of "Society of American Magicians" perform, and it was excellent.

Space Needed: NoVA Eyeglass Recycling Ctr

Due to the passing of PDG Emily Carnes, who owned the property hosting the center, a new location is needed.

The center operated at different locations in NoVA for the past 25 years, dispensing **thousands** of pairs of eyeglasses around the world. This service is one response to Helen Keller's challenge: "I appeal to you Lions, you who have your sight, your hearing, you who are strong and brave and kind. Will you not constitute yourselves Knights of the Blind in this crusade against darkness?"

Needed: approx 1,500 sq. ft. with hot running water (to sanitize eyeglasses). Details at: <https://>

www.fairfaxlions.org/2024/space-needed-for-eyeglass-recycling-center/

Contact: PCC Wilma Murphy 703-507-8399, wilma.murphy@verizon.net or Lion Pam Martinov 703-887-4411, pammartinov@gmail.com

Club Marketing

FX Lions had a table at the Jan 31 "Community Engagement Fair" put on by the Community Impact Council of Central Fairfax Chamber of Commerce. It was a pleasure meeting a few other area non-profits.



"Mutt & Jeff" Represent FHLC

LCI provides marketing information to help Clubs. For example, see recent video about “How to Use Hashtags in Social Media.” It’s a short video, and helps us understand social media lingo such as “hashtags.”



To view the video, click: [How to Use Hashtags | Lions Social Media Tips](#)

What can you do to help market Lions and your club? Display the ad (with FX Lions QR code) - on next page - on bulletin boards, and email it to friends and neighbors. And, invite them to a dinner meeting!



Find out about Fairfax Lions Club
and our Community Service

About Fairfax Lions Club



Fairfax Lions are men & women of all
ages, from all walks of life. We bridge
religious, political, economic & social
boundaries. We want to make a
difference by contributing our time &
talents to help others!

Remembering

Lion Emily Carnes

Our February Newsletter noted the passing of
PDG Emily Carnes; this obituary (next page)
appeared in the Feb 11 Washington Post.

CARNES



EMILY LOIS CARNES

Emily Lois Carnes passed away peacefully at the home of her brother, Nathan, in Washington, DC, on January 8, 2024, of colon cancer.

Emily was born in Franklin, Virginia on January 25, 1954, and moved with her family to Chapel Hill, NC in 1956.

Emily attended Chapel Hill/Carrboro schools, the NC School of the Arts where she studied flute. At the Berklee College of Music in Boston, MA she continued her flute studies, met and "jammed" with many jazz musicians such as Herbie Hancock, Wayne Shorter and Benny Maupin. She encountered and converted to Buddhism during her time in Boston. Emily then returned to North Carolina to complete her undergraduate degree at NC State University in Computer Science.

Emily worked as a computer programmer in Raleigh, eventually moving to the Washington DC area where she worked and volunteered for a number of organizations, including as a secretary for George Washington University and the Cattlemen's Association, and as the manager of a MOM's cooperative grocery store.

At a luncheon on Saturday, June 4, 2005, at Jury's Hotel (now Dupont Circle Hotel) on New Hampshire Avenue NW in Washington, DC, Emily was presented with the "Evelyn Falkowski Award" by the United Nations

Association of the National Capital Area (UNA-NCA).

Evelyn Falkowski was the first Executive Director of UNA-NCA. The Evelyn Falkowski Award is the highest honor given each year by the UNA-NCA to one of its members, and recognizes outstanding volunteer service.

While living in the greater Washington, DC area, she participated regularly with the Soka Gakkai International (SGI)-USA DC Buddhist Center.

Emily joined the Lion's Club International in Arlington, VA, and met a fellow Lion, Charles Wright Fields, Jr. (Chuck). They became a couple in the early 2000s, and married on November 28, 2017, in Arlington, VA. Emily and Chuck ran Chuck's plumbing company from January 2005 until Chuck's death on June 3, 2021, after which Emily continued to run a plumbing business as Monroe Pike LLC.

During her charity work with the Lions Club of Virginia, she served as District Governor (District 24-A), worked with the Lions Eye-glass Recycling Center of NOVA and was an avid Pin Trader at any and all Lions events she attended. For over a decade, Emily and Chuck ran the annual Christmas Tree lot to benefit the Lions Club. Emily was also a staunch supporter of the Arlington Better Sports Club, a youth sports league, having served as President and on the Board, as well.

Emily is survived by her sister Deborah Carnes Christie (George); three brothers: Larry Carnes, Timothy Carnes (Elizabeth) and Nathan Carnes (Kelly); and nine nieces and nephews: Rebecca Christie, Nicholas Christie, Drew Carnes, Seth Carnes, Marie-Christine Carnes, Eldon Carnes, Philip Carnes, Jason Carnes and Haley Carnes. Numerous great nieces and nephews and too many friends to count.

Condolences may be sent to Nathan Carnes, 3547 Chesapeake Street NW, Washington, DC 20008-2958.

A Buddhist memorial service will be held at the SGI USA Buddhist Life Center, 3417 Massachusetts Ave. NW, Washington DC at 1:30 p.m. on Saturday, February 17, 2024. Followed by a visitation with family and friends. There will be an additional celebration in Chapel Hill, North Carolina at a later date.

Who is This?

Can anyone guess who this is? (Newer club members likely will not know.)

Hints:

- Member of FHLC, 2001-2015.
- Photo taken when a junior at Seneca HS (Seneca, MO), 1947.
- Number 34 on HS Varsity FB team
- Married in Lynchburg VA, 1956, while in US Navy
- Loved poetry

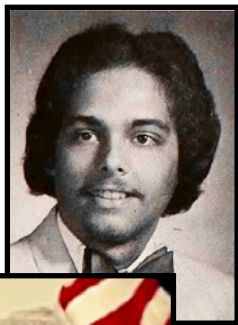


Answer to Previous Month's "Guess Who"

February 2024 newsletter

Hints:

- Current member of FHLC.
- Photo taken when a senior at Archbishop Molloy High School, 1978.



ANSWER:

Gary Maxwell

(First to guess correctly -
Lion Stephen Bilowus!)



A Lions Green Service Project

Thanks to Lion Scott Dulaney

Lion Scott Dulaney visited the National WWII Museum and other sites in New Orleans. He spotted - in world famous Jackson Square - this marker, crediting a Lions Club with planting five Mediterranean Fan Palm Trees. See photo (next page) of Jackson Square and fan palm trees....not sure which ones were planted by the Lions, perhaps the smaller (newer?) ones.





Jackson Square and Fan Palm Trees
New Orleans, LA

Blood Drive - April 4th

By Lion Bill Szymanski

The American Red Cross will draw blood from donors at Providence Presbyterian Church on Thursday, April 4, 10am - 3pm. Make an appointment for your donation time at this link:

Choose a Donation Time

Working with Providence, Fairfax Lions have a strong tradition of donating blood to the Red Cross over the years. Schedule your appointment time NOW!

Providence Presbyterian Church
9019 Little River Turnpike, Fairfax, VA 22031

\$500 to Charity for a Referral

Lion Stephen Bilowus and **Higher Ground Real Estate** established charity donations for Fairfax Lions Club of \$500 for each referral from a Lion resulting in a real estate sale. The referral can be a tip about a homeowner thinking about selling, a lead to a buyer, or listing/buying your own home. If any result in a sale involving Higher Ground, Fairfax Lions Club Charities receives \$500. Contact Lion Stephen: (571)309-4395 sbilowus@hg realestate.net

Miscellaneous Info...

What's Up With the Name "March?"

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

"March" is named for the Roman god of war, Mars. However, most think of March as the beginning of spring, the time to spread mulch in the garden, the return of Daylight Saving Time (March 10, 2024), and the adage: "March comes in like a lion, and goes out like a lamb" (which means, if the month starts off stormy, it will end with milder weather). Significant dates: March 10th, the start of **Ramadan**, at sundown; March 17th, St Patrick's Day; March 19th - Vernal Equinox (Sun stands directly over Earth's equator); March 24th - **Palm Sunday**; March 31st - Easter.

EVs: Ethiopia to Become First Country to Ban Internal Combustion Cars

The pace of Electric Vehicles (EVs) replacing standard internal combustion engine vehicles is moving ahead in many countries, but moving very fast in Ethiopia. Ethiopia, the only African nation that **resisted European colonialization** in the 19th

century, is on track to become the pace setter for an entire continent, and possibly the world. See article in [CAREXPERT](#)

A Memory-Exercise Sandwich

From UNDERSTANDABLY by Bill Murphy JR

Physical exercise boosts motor learning -- and remembering what one has learned. To improve your memory from a learning activity (this applies to anyone...violinists, surgeons, gamers), a 3-part trick:

- Exercise moderately, intensely enough to boost your heart rate.
- Dedicate yourself to the task you want to learn.
- Exercise again. more vigorously than the first session.

That's all there is to it. Writing in the journal *Neurobiology of Learning and Memory*, researchers from the University of Copenhagen in Denmark said they ran an experiment on 67 men between the ages of 18 and 35, in order to test their theory.

Some of them were required to exercise before working on a "fine motor task" that involved an

unfamiliar computer game; others were told not to. After the test, some of the participants exercised; others were asked not to. The result was that they had four groups:

1. Those who didn't exercise at all.
2. Those who exercised before the task but not after.
3. Those who exercised after the task but not before.
4. Those who exercised both before and after.

Those who exercised at all did better at remembering the skills involved with the game during a follow up exam 7 days later, than those who hadn't exercised at all.

And, those who exercised both before and after the task performed better a week later than everyone else.

"Our results demonstrate that there is a clear effect across the board. If you exercise before learning a skill, you will improve and remember what you have learned better," said study author **Lasse Jespersen**, a PhD fellow listed in movement in neuroscience. "The same applies if you exercise after learning. But our research shows that the

greatest effect is achieved if you exercise both before and after."

Why does it work? The theory is simply that raising one's heart rate means more blood pumps through the brain during learning.

Co-author Jesper Lundbye-Jensen, who is the head of the movement and neuroscience section, explained the theory: "This is probably because physical activity increases the brain's ability to change, which is a prerequisite for remembering."

It's something students might want to consider before classes, or that people who want to learn skills like playing musical instruments might want to try, or even that people who need to relearn mobility and other life skills after trauma might benefit from.

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! (News items, photos from recent trip, etc.) 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.

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