



Fairfax Lions Club News

"The Bob Stahl Memorial Newsletter" for February 2025

Fairfax Lions Club - Since 1951



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

— Club Service —

Lion Donates to Food-For-Others

As a wonderful community service, Lion Jim and Stacie Kaplan hold an annual Hanukkah party at their home and invite folks to bring food for donations. On Jan 9th, Jim reported: "Just dropped off 250 lbs of food donations collected at my Hanukkah party." Donations were made in the name of the *Fairfax Lions* account at Food-for-Others. This fine Kaplan effort helped feed many families in our area; thank you for great service, Jim & Stacie!



250 lbs of food, for Food-for-Others

Collecting Eyeglasses

Life Scout Tyler Shin of BSA Troop 160 collected 710 pairs of eyeglasses for his Eagle Scout project. Tyler transferred the eyeglasses he collected to our club. They will be grouped with our usual eyeglass collections from local collection boxes, and dropped off at the Lions Eyeglass Recycling Center.



Life Scout Tyler Shin with Eyeglasses

2025 Peace Poster Contest

Thanks to the work of Lion Jeff Root, each year FHLC selects a Peace Poster to advance to higher competition. This year's young artist (and her family) were recognized at our Jan 21 diner meeting: Aasini Kumar. She described how she portrayed peace in her artwork. Aasini's poster placed 1st in District 24L, and advances to higher competition.



Winning Peace Poster
by Aasini Kumar



**Aasini wins awards
from FHLC and District
(DG Jim Cech)**



See FHLC's winning peace posters over the past 5 years at: <https://www.fairfaxlions.org/?s=peace+poster>

— Charity Fund Raising —

SERVICE DEPENDS ON CHARITY FUNDS

November & December Fruit Sales

A BIG THANK YOU to all who helped us complete successful sales in November & December. The Club accounts are current, bills paid, and numbers tallied. The proceeds generated for the Club Charity account are satisfying. We prefer not to report specific financial data in this newsletter...but all members are welcome to attend Club Board meetings where specifics are reported.

Looking ahead, Lion Marty - when visiting Craig Van Lines (who supplies our sales van) - bumped into Lions from the Bailey's Crossroads Club. They have a source for oranges under the Sunkist brand that might be of interest to our club...as you may recall, our FL vendor has been unable to supply oranges for 2 years. It would be great in the future to add oranges back to our sales inventory of ruby red grapefruit and mandarins. As a result, the fruit sale committee looks forward to using this new vendor for our fruit sales in 2025.

At the end of the December sale, we took the opportunity to donate a couple of cases of Grape Fruit to one of our local charities - The Lamb Center.



Lion Mike Rumberg helps close out the December sale - by delivering 2 cases of grapefruit to The Lamb Center

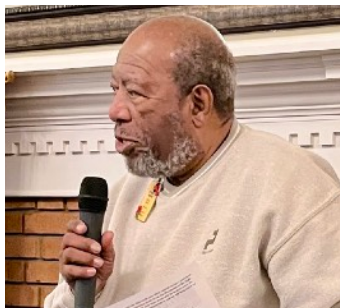
Dinner Meeting - Jan 7th

Cancelled due to weather!

Dinner Meeting - Jan 21st

After the Peace Poster presentation (reported under Service earlier in this newsletter), PCC Harry Parker and Past District Governor Ed "Woody" Woodard introduced two women to tell us about the INOVA Lions Eye Clinic. (Woody is also the President of [Virginia Lions Eye Institute Foundation.](#)) For over 50 years, Lions clubs have supported the partnership of INOVA hospital and the Lions Eye Clinic – Northern Virginia's only free clinic offering advanced eye care and surgery to uninsured adults. It is a vital community resource, providing essential medical and surgical eye care to those with incomes at or below 400% of the federal poverty level. They do a lot of great work!

VLEIF is holding their annual Scholarship Grant luncheon on Feb 22. We understand 23 scholarships will be awarded, totaling \$49,000! You need to reserve your seat by Feb 17th, using the form at: <https://vleif.org/wp-content/uploads/2025/01/VLEIF-Scholastic-Grant-Luncheon-Invitation-2025.pdf>. And, **FX Lion Suleiman Alibhai is a featured speaker** at the luncheon!



**PDG Woody, PCC Harry introduce
Katie Coyle & Sylvia Nakasone of INOVA and the
Lions Eye Clinic**





QL Karen thanks our Speakers

To close this dinner meeting, DG Jim Cech encouraged all Lions to think about attending District and State Conferences, and the International Convention (coming to DC in 2026).

Board Meeting - Jan 28th

The Board met after several members enjoyed “Taco Tuesday” downstairs in the American Legion social quarters. The Board noted:

- A deposit has been paid (Chantilly Country Club) for Charter Night - on April 13, 2025.
- Children’s books have been ordered (by Past President Mike Greeley) for our Youth Reading Action charity program.

- Approved up to \$500 to re-calibrate the audiometer used in hearing screening.
- Several thousand pairs of eyeglasses are in temporary storage, awaiting movement to the recycling center. Thru October, Fairfax Lions collected 6458 pairs of eyeglasses and 16 hearing aids (for Lions year 2024-25).
- We are losing three Lions from our Club, for relocation or personal reasons. We wish all well!
- Applications have been filed with the City for FHLCs food sales at July 4th and Fall Festival.
- Fruit Sale committee summarized 2024 fruit sales. We are considering a wholesale citrus vendor in MD, to provide next year's fruit.
- Nomination Committee is interviewing candidates for next year's Club officers.
- Board approved a \$1000 donation to VA Lions Eye Institute Foundation, to be presented at the Feb 22 Scholarship Awards Luncheon. FHLC will sponsor 2 grant recipients at lunch.
- The Treasurer is hard at work to obtain from the IRS renewal of FHLC's 501(c)3 certification, and from VA the State Tax Exemption.

- FHLC seeks a Lion to prepare an application for the City's Rock-the-Block events, to raise charity revenue. This will be a fun activity!
- PCC Harry Parker proposed a pin design that would be used to create a Lions pin for the occasion of FHLC's 75th anniversary in 2026. (See draft design below.)



**Draft Design for Lions Pin to Commemorate
FHLC's 75th Anniversary.**

**Center image is Fairfax City Courthouse
around 1951, when FHLC was Chartered**

February Dates

Feb 2 - Groundhog Day

Feb 4 - FHLC Dinner meeting

Feb 5 - ISCC meeting

Feb 11 - Fundraiser at Foster's Grille (Vienna)

Feb 12 - Lincoln's Birthday

Feb 14 - Valentines Day

Feb 16 - **Bland Contest** (1:30 Providence Presb Church)

Worth your time; attend, help out - you'll be glad you did!

Feb 17 - Presidents Day and Washington's Birthday

Feb 17 - **RSVPs due** for Feb 22 VLEIF luncheon

<https://vleif.org/wp-content/uploads/2025/01/VLEIF-Scholastic-Grant-Luncheon-Invitation-2025.pdf>

Feb 18 - FHLC Dinner meeting

Feb 22 - **VLEIF Scholarship Grant luncheon**

(Hear FX Lion DR Suleiman Alibhai speak)

Feb 25 - Board Meeting

Miscellaneous Info...

1VP Cory Green & Roger

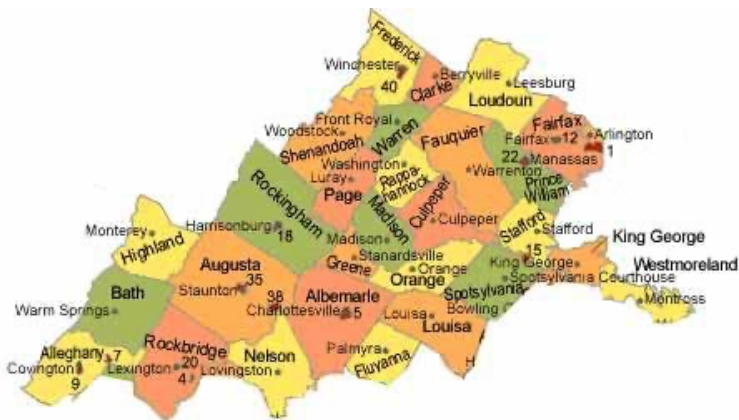
“Roger the Dodger” is one nickname for Roger Staubach - because of his ability to evade tacklers, like Jayden Daniels does today. As a midshipman at the US Naval Academy, Roger won the Heisman Trophy in his junior year, 1963. Playing in the NFL for the Dallas Cowboys, Roger led the team to the Super Bowl five times, four as the starting quarterback. He led the Cowboys to victories in

Super Bowls VI and XII. He was Most Valuable Player of Super Bowl VI, and the first of four players to win both the Heisman Trophy and Super Bowl MVP (along with Jim Plunkett, Marcus Allen, and Desmond Howard). He was named to the Pro Bowl six times during his 11-year NFL career. Staubach is one of ten players to both win the Heisman Trophy and be elected to the Pro Football Hall of Fame, and the only quarterback. He is regarded as one of the greatest quarterbacks of all time. And, Lion Cory got to meet him!



Roger Staubach (L), Cory Green (Ctr), in the National Counter Terrorism Center where Cory worked at the time

Do you Know What Makes Up Our District, VA Lions District 24L?



Led by DG Jim Cech, District 24-L includes over 2200 Lions, in Clubs extending from the Potomac River south of Washington, DC to the Shenandoah Valley.

24L includes the Northern VA counties of Albemarle, Alleghany, Arlington, Augusta, Bath, Clarke, Culpeper, Fairfax, Fluvanna, Frederick, Greene, Highland, King George, Louisa, Loudoun, Madison, Nelson, Orange, Page, Prince William, Rappahannock, Rockbridge, Rockingham, Shenandoah Spotsylvania, Stafford, Warren and Westmoreland. We serve the independent cities including Alexandria, Buena Vista, Charlottesville, Clifton Forge, Fairfax City, Falls Church, Fredericksburg, Harrisonburg, Lexington, Manassas, Manassas Park, Staunton, Waynesboro and Winchester. And, also the

towns: Berryville, Boyce, Bridgewater, Clifton, Clifton Forge, Colonial Beach, Culpeper, Dayton, Dillwyn, Dumfries, Edinburg, Elkton, Front Royal, Glasgow, Goshen, Gordonsville, Grottoes, Hamilton, Haymarket, Herndon, Hillsboro, Iron Gate, Leesburg, Louisa, Lovettsville, Madison, Middleburg, Middletown, Mineral, Montross, New Market, Occoquan, Orange, Purcellville, Quantico, Remington, Round Hill, Scottsville, Shenandoah, Standardville, Stanley, Stevens City, Strasburg, The Plains, Timberville, Toms Creek, Vienna, Warrenton, Washington and Woodstock.

AARP Says: YOGA Can Build Bone Strength

As we age, bone loss can become a serious threat — especially for postmenopausal women and men after age 70. And while exercise in general is a smart strategy for combating it, specific yoga poses can be particularly effective.

That's because, unlike running, biking or even weight training, a yoga pose involves holding sustained pressure on the skeletal system. Research has identified a series of yoga poses that significantly improve bone density in the spine and thigh bone and increase it in the hips; these three sites are among the most commonly fractured parts of the body.

You can do these poses daily; the whole routine should take only about 12 minutes to complete. And if you can't stay in a pose very long, don't worry, you only need to exert 30 to 50 seconds of pressure on a bone to start forming new bone. Hold the poses for 40 to 60 seconds for optimal results. For videos of the yoga poses, see: <https://www.aarp.org/benefits-discounts/members-only-access/info-2025/yoga-for-stronger-bones.html>

Six Signs of a Scam

By Michelle Singletary

Here are some insights from victims on how to spot a scam:

1. You are told to keep quiet.

Scammers use secrecy to keep you isolated. Their goal is to gain your trust and separate you from the people in your life who might catch on that you are being manipulated. The moment you are told not to tell or trust anyone else, cease all communication.

2. It's the government calling.

The FBI, FTC, IRS, Social Security Administration or local police will not call, text or email demanding payment in cash, a gift card, wire transfer or cryptocurrency. Don't trust caller ID. Scammers

use technology to make it appear as if they are calling from your financial institution or a government agency. Just hang up, look up the bank or agency number, and call to check whether there is an issue.

3. You are instructed to move your money to protect it.

If you are coached to transfer funds out of your bank, investment or retirement account for your protection, it is a scam. Crooks also will try to get you to buy gold, gift cards or cryptocurrency as a means to protect your assets. It's a lie.

4. Threatened with criminal prosecution.

Fear is a powerful motivator. In many cases scammers tell victims they could be arrested because their Social Security number was used in the commission of a crime.

5. You are told to lie.

Many victims are instructed to make up stories to avoid questions or suspicions about their withdrawals. A legitimate government employee or bank personnel would not tell you to lie to protect your money.

6. Pressure tactics.

Scammers want to create a sense of urgency. They want you to act before you have time to think

about and verify their information. If they pressure you to stay on the phone to walk you through a directive, such as withdrawing money from an ATM or buying gift cards, it's a scam.

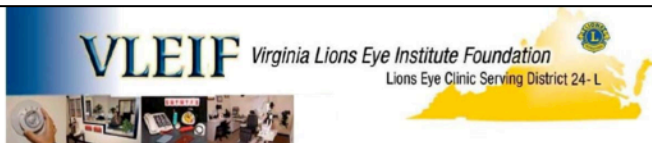
A Visual Puzzle

What do you say when you finish dining at an Australian restaurant? (This photo is your clue.)



Don't forget: **RSVP by Feb 17** for Feb 22 scholarship lunch

(form at <https://vleif.org/wp-content/uploads/2025/01/VLEIF-Scholastic-Grant-Luncheon-Invitation-2025.pdf>)



VLEIF SCHOLASTIC GRANT LUNCHEON INVITATION

VLEIF (Virginia Lions Eye Institute Foundation) will host a luncheon for the purpose of having the sponsoring clubs present approved Grant checks to the recipients of the Joe Lipomi Scholastic Grants. VLEIF Board, Sponsoring Clubs, District Lions, Recipients, TVIs, Families and Friends are invited. Please be advised that the Elks Lodge Guidelines will be in effect at the time.

February 22, 2025, Starting at Noon to 3:00PM
Arlington-Fairfax Elks Lodge
8421 Arlington Boulevard, Fairfax, VA 22031

Guest Speakers – Dr. Suleiman Alibhai and Dr. Mohamad Jaafar

Lunch will be Buffet Style – Cost for Lunch will be \$20.00 per person.

Grant Recipients and TVIs meals will be paid for by VLEIF.

Tentative Menu: Hot Dogs, Hamburgers, Mac & Cheese, Salad, and assorted Desserts. Water, Iced Tea and Sodas included.

Cash bar for Adult Beverages is available. (Elks Lodge Bar)

Please complete the form below and mail with the correct payment to: Ed "Woody" Woodard, 8417 Chillum Court, Springfield, VA 22153. E-Mail – woodywoodard@cox.net Cell 703-314-0889
Make Checks Payable to: VLEIF.

NAME	LION YES/NO	AMOUNT \$20.00 EACH

Make Checks Payable to: VLEIF.
Reservations should be in by February 17th for food count.

A Worthwhile Thought?



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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Fairfax Lions Club



We Serve

Since 1951