



# Fairfax Lions Club News

## "The Bob Stahl Memorial Newsletter" for May 2025

Fairfax Lions Club - Since 1951

[Face Book Page](#)  [Instagram page](#)  [Web Page](#)

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

### — Club Service —

### Vision Screening April 23

Bottom line up front: Three Fairfax Host Lions conducted a vision screening community service on April 23, 2025 at the Fairfax United Methodist Church (FUMC) Preschool. We used our SPOT equipment to screen a total of 27 students aged 3, 4, and 5. Three were referred to an optometrist for further evaluation. Total service hours: 4.5.

An audiologist from Fairfax County Health Department conducted hearing screening at the same time.

Before the screening, Lion volunteers met for breakfast at Denny's...to get fueled-up for the service. We were surprised and impressed to see a

very cool **robot** serving breakfast - and clearing away plates/utensils afterwards!



Very cool robot delivers breakfast at Denny's

Waitstaff was on hand to move food items and assure orders got to right person.



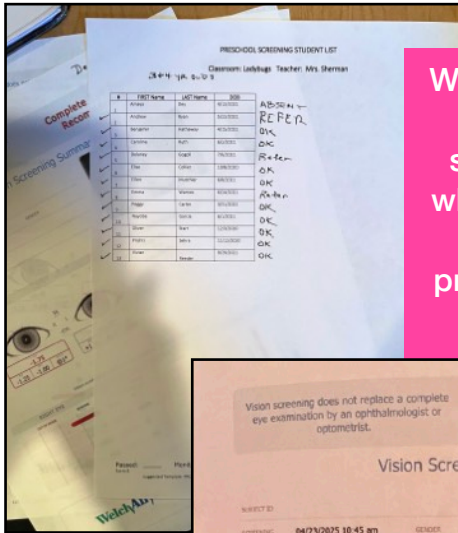
Our club owns the screening equipment - a [WELCH ALLYN SPOT Vision Screener](#) (click to read about it), and printer; and we bring screening report forms so we can report results to District.

Lion Joyce  
uses SPOT  
camera to test  
youngster's  
eyes.



Lion Joyce  
shows results  
to youngster





We keep track of students screened, and whether they are referred for a professional eye exam.

Vision screening does not replace a complete eye examination by an ophthalmologist or optometrist.

**Complete Eye Exam Recommended**

### Vision Screening Summary

SUBJECT ID: \_\_\_\_\_

SCREENING: 04/23/2025 10:45 am GENDER: \_\_\_\_\_

AGE: 3 to 5 years

FIRST NAME: \_\_\_\_\_

LAST NAME: \_\_\_\_\_

POTENTIAL CONDITION

- Myopia (OO) [nearsighted]
- Anisometropia [unequal power]

OD:  $-1.75$   $-1.75$   $-1.00$   $@1^\circ$

OS:  $+1.25$   $+1.25$   $-0.25$   $@76^\circ$

Vision screening should be conducted regularly as eyes may change over time.

RIGHT EYE:  $-1.75$   $-1.75$   $-1.00$   $@1^\circ$

LEFT EYE:  $+1.25$   $+1.25$   $-0.25$   $@76^\circ$

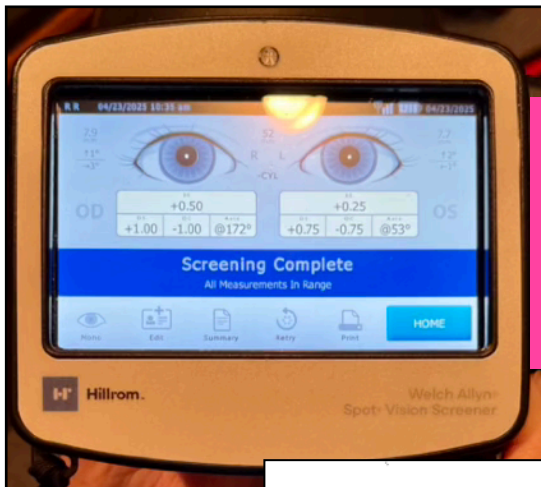
BOTH EYES:  $-1.75$   $-1.75$   $-1.00$   $@1^\circ$

WelchAlllyn Spot™ Vision Screener

WWW.WELCHALLYN.COM

School/ Parents get a complete report for any referral.





SPOT  
camera  
screen  
shows  
details of  
the screen



Lions District 24 - L

### CHILDREN'S EYE SCREENING REPORT

Date of Screening: April 23, 2025

Club: Fairfax Host Lions Club

Location: Fair Sq, VA - Fairfax United Methodist Church (Fair Sq) Preschool

Results:

	# Tested	# Referred	# Seen by Provider
0 to 2 Years			
3 y/o	7	1	
4 y/o	11	2	
5 y/o	9		
6 y/o			
7 y/o to 18 y/o			

Age range if multiple years involved.

Print Name: MARTIN E. LOCKARD

Signature: *Martin E. Lockard*

Email or Telephone: 703-973-1523

Mail or email to:

Lion: \_\_\_\_\_

Email: \_\_\_\_\_

Screening  
report for  
District Vision  
Chair

## Responding to Help Requests

We get lots of requests through our [web page](#) (the tab “contact us” generates an email to the Club). For example, here are a couple of recent requests we received:

*“My name is xxx and I’m the Parish Nurse at St. John Newman Church in Reston. I recently received a few boxes of new contact lenses. Do you all collect those?”*

*“I hope this message finds you well. I am reaching out to inquire about the process for donating my old hearing aids. I understand that the Lions Club supports initiatives related to hearing health, and I would like to contribute to this cause. Could you please provide me with information on how and where I can donate my two old hearing aids? Thank you for your assistance, and I look forward to hearing from you soon!”*

*“We’re 2 lions members from Ghana and currently on a business trip here. We would like to visit your meeting this week. Kindly confirm the schedules for the week so that we can plan accordingly to visit. Hoping to hear from you soon.”*

*“I’m a health Liaison working with Catholic Charities. I was referenced to your organization by a colleague. I’m working with a family of refugees from Guatemala who arrived just in January; Mom, dad, and two kids. Fortunately, both children have started attending school. Since then, dad has let me know that both kids are having trouble seeing and might need glasses. We are still sorting out their Medicaid, therefore as*

*of right now they do not have insurance. Is your organization able to assist by providing eye exams and/or glasses?"*

*"I am elderly, live in Alexandria and have had (very successful) cataract surgery. However, I still need reading glasses. Since I already have the eyeglass frames, I only need the replacement lens. Can you suggest a local firm that will do this work for a reasonable price? Nearby firms charge \$200 for this work which is more than I can afford. Perhaps there is an on-line source? Thank you in advance for your trouble."*

*"My name is xxx. I am a parent liaison at Marshall Elementary School, located in Manassas, VA. I could not find a contact number for Lions club near me. The contact person (president) on their website does not work with them anymore. We have a 1st G student whose only pair of eyeglasses broke. Parent cannot afford a new pair for her. I am reaching out to see if Lions club can help the family. Please let me know."*

*"My parents are originally from Peru and belong to the Lions Club in Lima-Peru and I was curious to know now that I live in Fairfax Virginia if I would have the possibility of joining the Lions Club."*

A Club member needs to respond to each of these. Would you like to help? Let us know...as part of a team, you can perform a valued service to the community. It takes a village!

## Dinner Meeting - April 1st (Election meeting)

Our guest speaker was Chelbi Cole, PR Director for [Health, Happiness, and Hooves Farms](#). Their mission: Provide free therapeutic horse riding and animal therapy services to those who require support, allowing them to experience the profound and life-changing benefits of interacting with nature and animals.



Chelbi Cole, PR Director for Health, Happiness, and Hooves Farms

# Health, Happiness and Hooves Farms

Helping individuals with Social, Emotional  
and Cognitive disabilities and impairments  
through Animal Assisted Therapy! Saving  
people and animals is our Mission!

HHH Farms offer many opportunities to interact with their animals (horses, goats, chickens), see [web page](#).

The membership unanimously voted approval for nominated Officers and Board for the next Lions Year.

## OFFICERS and BOARD OF DIRECTORS

*Lions Year 2025-26*

<i>President (King Lion)</i>	<i>Gary Maxwell</i>
<i>Immediate Past Pres.</i>	<i>Karen DeRosa</i>
<i>1st Vice President</i>	<i>Jim Kaplan</i>
<i>2nd Vice President</i>	<i>Tom Hewlett</i>
<i>Secretary</i>	<i>Jeff Root</i>
<i>Treasurer</i>	<i>Michael Rumberg</i>

<i>Corresponding Sec.</i>	<i>Pete Conklin</i>
<i>Tail Twister</i>	<i>Michael Greeley</i>
<i>Lion Tamer</i>	<i>Joe Rovanseck</i>
<i>Bulletin Editor</i>	<i>Gordon Tillery</i>
<i>Membership Director</i>	<i>Stephen Bilowus</i>
<i>Director (Two Years)</i>	<i>Maggie Reidy</i>
<i>Director (One Year)</i>	<i>Joe Breda</i>
<i>PDG Director</i>	<i>PCC Harry Parker</i>
<i>PDG Director</i>	<i>PCC Bill Bartlett</i>
<i>Director Emeritus</i>	<i>PCC Bill Smith</i>
<i>Assistant to Secretary</i>	<i>Ron Zabel (Non-Voting)</i>

Lions Marty Lockard and Harry Parker each spoke about a proposal for a Club special charity project in 2026, to recognize our Club's 75th anniversary.

- One project is a Club donation (Club Charity funds up to \$75,000) to The Lamb Center, plus possible Lions labor to help prepare (painting) and furnish a new Workforce Center. The Workforce Center will be located in a new building being raised by The Lamb Center as affordable housing for priority homeless persons.
- The other project is a Club donation (Club Charity funds, plus matching grants, up to \$75,000) to the INOVA Lions Eye Clinic for continued renovation. The funds would be used



to enhance clinical space, replace critical equipment, and meet growing patient/family needs.

Club members were asked to indicate which of the two projects they prefer, as input to the Board which will formally decide the project the Club will take on. (A follow-up email asked for members to vote.)

## Charter Night - April 13th

Our Club's 74th anniversary party was great fun...a good turnout with special guests District Governor Jim Cech and 1st VDG Dan Visone. Dinner was outstanding, and Lion Jeff Root was recognized with a progressive award of the Melvin Jones



# Charter

Fellowship. Lucky drawing ticket winners took home flower arrangements from Flower Den.













## All Melvin Jones Fellows Stand



Congratulations  
to Prog MJF  
Lion Jeff Root







Special Award to Life Member, PDG Bill Smith

## **Meeting - April 15th**

Due to the Club's Charter Night celebration held April 13th, there was no Dinner Meeting on April 15th.

## **Board Meeting - April 22nd**

The Board approved donating \$200 to Lions Clubs International Foundation (LCIF), in honor of DG Jim Cech, to recognize his participation in our Charter Night. (We noted DG Jim had driven to our Charter Night celebration - on a Sunday - immediately after visiting a Club in the Norfolk area. DG's stay busy visiting Lions Clubs!)

The Board approved disbursements to eight charity entities as planned in the Club annual budget. One donation is to Food for Others; Lion Jim Kaplan is requesting a matching donation from Lions of VA Foundation.

In consideration of member votes on preference among two 75th Anniversary Fundraiser Projects (page 10 this newsletter), the Board voted its funding decision. Club members will be briefed at a dinner meeting.

## ISCC Meeting - April 2nd

Discussion focused on how service clubs recruit and retain members. Views shared:

- Most clubs have difficulty recruiting members because public consideration of joining service clubs has dissipated over time.
- Club members are aging and young people today seem to lack interest in being full time club members.
- Generally, the **public is not aware of the purposes of local area service club's.**
- Club members need to invite individuals they meet to visit their Club.
- Retaining members is key, and assigning a mentor/ sponsor to each new member is critical.
- Clubs must orient new members; align club activities to member's interests; break up "cliques" among existing members to be welcoming to new members; offer a mix of business and social activities; and sincerely thank individuals for participating.
- In one case (Optimists), county schools no longer permit the club members to visit schools and speak to students about scholarship opportunities.
- One club (Rotary) is considering encouraging businesses to be club members, and allow various employees to use the business' membership.

One suggestion for future discussion: can the ISCC promote service club activities - by distributing monthly reports designed to showcase club purposes & accomplishments - to help promote awareness of service clubs and attract interest?

### May Dates

May 1 - Lions State Convention

May 6 - FHLC Dinner meeting

May 7 - "REAL ID" in effect (article in this newsletter)

May 7 - ISCC meeting

May 13 - Fundraiser at Foster's Grille (Vienna)

May 20 - FHLC Dinner meeting

May 27 - Board Meeting

### A Sea Story - by a Fairfax Lion

#### A Classic Navy Ship, Evacuation of Saigon 50 Years Ago

Lion Marty Lockard served on 4 ships during his nearly 25 years of service in the US Navy. One of those ships was rather unique and interesting...the USS Blue Ridge (LCC-19). It was one of two LCC-class Amphibious Command and Control ships. Marty served a 3-year assignment on it, twice. In 1970, he was assigned to the original crew ('plank owners') and spent about 5 months outfitting it in the

old Philadelphia Navy Shipyard. After local sea trials and taking on ammunition and supplies in Virginia, the ship proceeded to its new home port, San Diego, via the Strait of Magellan (at the southern tip of South America). On the way, there were a number of port visits in South America with the best being Rio de Janeiro, Lima, and Acapulco. Why go THAT route, you might ask. The Panama Canal was much narrower in 1970, and the US Navy didn't want its newest warship to be damaged going through it. BTW, Marty's car went with him on the ship.

After a few months of preparation in San Diego, the Blue Ridge proceeded to Vietnam to prepare for, and lead, a major amphibious campaign. A Marine Corps staff embarked in Okinawa. While preparing for the campaign off the coast of Vietnam, the ship picked up a large number of 'boat people' refugees -- South Vietnamese who were trying to escape the fighting. Marty's division on the ship was assigned to help take care of the refugees until they could be taken to a safe place in another country.

No amphibious landings used landing craft (to move troops onto Vietnamese beaches) during the campaign. In every major assault, Marines were vertically inserted and extracted, by helicopters from the amphibious task group. The Blue Ridge had two twin gun mounts that were used frequently during



operations when opposed by North Vietnamese coastal batteries. Marty's stateroom was directly underneath the starboard gun mount. The tour was for 9 months but was extended to 12 months. The trained crew was asked to voluntarily extend for another year. Most of the crew accepted. One operation took the Blue Ridge and 5 or 6 other ships close to shore near a large island at the North/South Vietnamese border. A large number of North Vietnamese big gun coastal batteries opened fire. The US ships returned fire – thankfully with a lot more accuracy. The battle went on for some time. Blue Ridge and the ships with it all received a Battle E award (E for excellence). After months of non-stop action with 20+ hour days and no port visits, Blue Ridge returned to San Diego in late 1972 for a brief period before returning to Vietnam.

In 1975, there was a massive evacuation of US personnel from Saigon; this year is the 50-year anniversary of that event. It was named “[Operation Frequent Wind](#),” and included evacuation from the top of the residence shown in an iconic photo (next page).

Thousands of people, including certain South Vietnamese, had to be quickly evacuated as enemy forces were closing in for the final battle. Every available helicopter began flying to every nearby US



Iconic photo showing evacuation from the top of a Saigon residence during “[Operation Frequent Wind](#).”

ship that had a helicopter landing pad. USS Blue Ridge was one of them. Marty was not there but he watched the TV nightly news in disbelief that day. Blue Ridge had reporters and cameras onboard, and they were recording all the helicopter landings on the Blue Ridge's fantail landing pad. After passengers were unloaded, the helicopters would return to the residence to extract more people - if they still had fuel. Some with low fuel were refueled, but the Blue Ridge helicopter fuel supplies were quickly depleted. With no more fuel, helicopters that landed with little remaining fuel were manually pushed overboard.



**It Was Fifty Years Ago Today..**

You can see from the picture how chaotic it was. The helicopter in the photo was actually a US donated helicopter flown by the South Vietnamese.

Fast forward to 1982. Marty was again assigned to the USS Blue Ridge. It was then the US Navy's 7th Fleet Flagship homeported in Yokosuka, Japan. Part of the embarked 7th Fleet staff worked out of his division. The ship was underway most of the time in the Western Pacific and Eastern Indian Ocean. It visited numerous ports during the 3-year assignment. His favorites were Hong Kong, Pusan, and Singapore. Some of the most interesting events were: annual circumnavigation around Japan in company with its Japanese sister ship -- a cruiser; outfitting of Phalanx CIWS close-in weapon system for defense against anti-ship missiles; riding out a huge typhoon with 35-40 ft waves for 2½ days; the

May 2025



downing of Korean airlines flight by Russian fighter aircraft; running with the Hash House Harriers during port calls -- started by Australians before WWII; participating in a 2 battle group “feint” towards Vladivostok, and the Russian response; a really tiny Japanese apartment overlooking Tokyo Bay; a Mitsubishi station wagon and driving on the wrong side of the road with Japanese road signs; unable to find car covered with snow after 3-months at sea; and climbing to the top of Mount Fuji over a 2 day period.

Several years ago, USS Blue Ridge went through a major ship overhaul. It extended the life of the ship for another 25 years. At age 55 this year, it is the

oldest active warship in the US Navy. You can see from the more recent photo that the two twin gun mounts have been removed. Much more modern communication equipment is now visible everywhere. The ship computer systems are likely much more sophisticated than they were in the early 1970s.

## Comment on Our Club WebPage

A professional web-tool person posted a nice comment on our [webpage](#):

*"I am extremely inspired along with your writing skills as well as with the structure to your blog. Is that this a paid subject matter or did you modify it yourself? Either way stay up the excellent quality writing, it's rare to see a great weblog like this one nowadays."*

That's nice to hear, even if it may be a come-on for a sales pitch. Our reply:

*"The Fairfax Lions Club sincerely appreciates your comment! We volunteers do it all by ourselves; we are not trained, and just learn by doing. Thank you again! Fairfax Lons Club!"*

Anyone interested in learning how to structure & maintain the Club webpage? We will be happy to conduct an orientation session on using "Word Press," the tool/service that hosts our web page.

Reply to [tilleryg@gmail.com](mailto:tilleryg@gmail.com)

## Lions Clubs Across Our District (24-L)

Do you wonder  
what other Clubs in  
our area do?

This is a short  
report from the  
Woodbridge  
Lions...

More at:

[https://valions.org/  
index/](https://valions.org/index/)



### Eyeglass Recycling

This effort has been a long-standing commitment since 2011. To date, we have processed over 30,000 pairs of glasses. Recently, we had a cadre of volunteers including members from Montclair Lions Club with Evelyn and Ken Marr & their LEOs as well. More volunteers have supported us from Kohls Dept Store and they are ready to assist us any time. Eyewear was inspected, sorted, cleaned, dried, prescriptions read and recorded. WE CARE knowing that these glasses are sent around world helping those to see life just a little bit better. Dedicated lead for these monthly sessions is Lion Karl Tritchler and the true den of dedicated Club Lions. Special shout out to Evie of Parkwest Lions Club as she graciously welcomes us each month.



Woodbridge Lions Club  
35 days ago





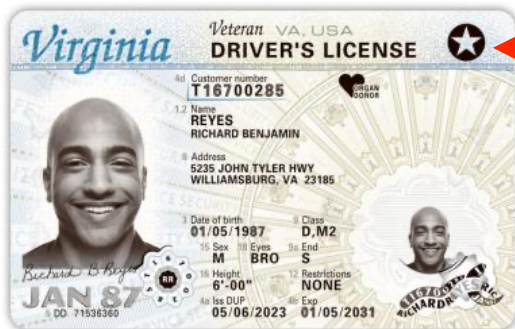
## Miscellaneous Info...

### Are you travel-ready?

Starting May 7, 2025, to board domestic flights your driver's license or state issued ID must be a “REAL ID” or you'll need another acceptable form of identification, such as a passport. (Per this [DHS webpage](#))

What is a REAL ID? It's a type of identification that meets federal security standards and will be required for boarding domestic flights (and accessing certain federal facilities) starting May 7, 2025. It typically has a star marking on the upper portion of the ID card to indicate compliance.

Sample REAL ID issued by Virginia:



Star indicates  
REAL ID

If you don't yet have a REAL ID, now is the time to go to the DMV and get yours. Requirements in Virginia for a REAL ID are explained at [this page](#).

## A Tip for Old Eyes & The iPhone/iPad

If you use Apple's iPhone or iPad, and typing on them is sometimes a challenge for your eyes, this is a useful tip. Apple just introduced a brand-new feature in **iOS 18** (latest version of software) called **Hover Typing** — and it's **a real eye-opener for seniors!**

This feature is especially helpful if you've ever struggled with small text while messaging, writing notes, or using email on your device. This helpful tool shows your typed words in a large, easy-to-read box, and you can even adjust the font, size, and colors to suit your comfort. Click the link below for a short & easy-to-understand video, to learn:

- ✓ How to turn Hover Typing on
- ✓ How to customize it just the way you like
- ✓ How to use a shortcut to access it quickly
- ✓ What to do if it doesn't work right away

**Click here:** [\[https://youtu.be/rYMITIExUWA\]](https://youtu.be/rYMITIExUWA) 

And, we thank “Ellen” for producing video tips for Apple/iOS products!

## Visual Dad's Joke

It probably took a good year or two to make this table...



## Worthwhile Thoughts?

*“Nature always wears the colors of the spirit.”*

Ralph Waldo Emerson

*“One today is worth two tomorrows”* Benjamin Franklin

## 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.*

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

**Fairfax Lions Club**



**We Serve**

Since 1951