



Fairfax Lions Club News

"The Bob Stahl Memorial Newsletter" for November 2025

Fairfax Lions Club - Since 1951

LINK to: [f Face Book Page](#) [i Instagram page](#) [w Web Page](#)

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

— Our Service —

Vision & Hearing Screenings

On Oct 22, Lions Joe R, Diana A, and Mike G screened vision of youngsters at Emmanuel Lutheran Preschool (Vienna). Results, by student age... Age 2: 8 tested, 1 referred; Age 3: 15 tested, 2 referred; Age 4: 16 tested, 1 referred; Age 5: 1 tested, 0 referred.



Feedback: "On behalf of the entire school, THANK YOU for your time to administer this important testing to our students! I'm pleased everything ran smoothly. Our best to you! Happy Thanksgiving & Merry Christmas! We'll see you next October!"

Alison Morgan, Director
Emmanuel Lutheran Preschool"

Maureen & Alison - Staff at Emmanuel

Nov 2025

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On Tue, Oct 28, 9-12 noon, we conducted Vision & Hearing Screening at Saint Leo the Great Catholic School (in Fairfax). Lions Joe R, Bill Szymanski, Diana A, Gordon T each worked 3.25 volunteer service hours (13 hours total).



Vision: 66 children screened, 7 refers;
hearing: 51 children screened, 7 refers.

Recycled Hearing Aids

We received this email:

Fairfax Lions: Thank you for sending 82 hearing aids to the Lions Eyeglass Recycling Center Northern Virginia!

Thank you!

Lion Pam Martinov

You all rock!

Service by Email: A Request for Help

Email to: info@fairfaxlions.org (address on our web page)

Hi:

Are you aware of how I can get a client who resides at Sunrise Assisted living facility an eye exam to get new glasses? Thanks for any help you can provide.

Amy

FHLC REPLY

Good afternoon, Amy.

Assuming your client lives in Fairfax County and is classified as a low-income individual with no insurance, the best way is to make an appointment for him/her at the nearest Fairfax County Health Department (FCHD) facility. They will evaluate financial status and physical need. If your client qualifies, FCHD will likely make an appointment for your client at the Inova/Lions free eye clinic near Fairfax Inova Hospital on Gallows Road. Your client would get a no-cost eye exam, prescription, and probably a voucher for free eyeglasses.

Our Lions club has no direct way to assist with eye exams and prescriptions.
Martin Lockard

- Our Charity Fund Raising -

Fall Festival - Oct 11, 2025

What a great fund-raising event: good weather, lots of customers, great Fairfax HS volunteers, and hard-working Lions! Photos follow...







Fairtax Lions – Food Booth









Initial charity funds revenue numbers are in (for Club's revenue from credit card sales of food, and cash sales of beer and wine), and they look good! But the numbers are incomplete. The Club is still processing expenses, and we must wait for the City to calculate our Club's share of credit card proceeds for Beer and Wine sales. We all had a good time, and a wonderful experience working with the Fairfax HS volunteers! Mark your calendar for next year: tentatively Oct 10, 2026!

November Fruit Sale

Ordering opened Oct 23rd. The announcement:

- Fairfax Lions Club - Nov 2025 Citrus Sale Order Now!

Fresh Citrus from Florida

Ruby Red Grapefruit; Mandarin Oranges;

NEW - Limes (from Mexico)

Plus

Whitley's Virginia Peanuts; Vermont Maple Syrup

All Proceeds to Charity

Fairfax Lions Club - registered with IRS as 501(c)(3) charitable organization

Click Link to Order, pick-up Nov 20-22, 2025:

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

Tell your friends & neighbors!

ORDER NOW! Limited quantities **MAY BE** available to purchase at pick-up site...ORDER NOW, ASSURE WE HAVE WHAT YOU WANT.

**Get a 5% discount off your order by entering
LIONSFRUIT at order checkout!**



Fresh citrus fruit is trucked directly to us from Florida growers the week we fulfill your order.

Whitley's extra-large Virginia peanuts are selected from the highest quality.



Our Vermont maple syrup is delivered directly from the farm in Lowell, VT.

**Discount coupon code:
LIONSFRUIT**

*Enter code LIONSFRUIT for 5% discount at checkout - enter code in the field for "Add coupon or gift card."
(ONLINE ORDERS ONLY)*

Pick-up all orders in the parking lot at **American Legion Post 177,
3939 Oak Street, Fairfax, VA**

Help us promote the fruit sales - they are the biggest part of our charity fund raising; you can click on the link in the announcement (above), or scan the QR code (below) to place an order.



Scan to Order

Click on [sign-up genius](#) and volunteer to unload fruit (Nov 19), and fulfill customer orders (November 20-22). **This is a 3-signature event - we ask all Lions to work 3 shifts!**

On Nov 12, we shut-off customer orders for the November sale, and notify the vendor to ship our total fruit order. (Soon after, we will open customer ordering for the December 18-20 sale.)

Club Meetings

Dinner Meeting - Oct 7

With professional Baseball playoffs in progress, Lion Jeff led us in “Take Me Out to the Ballgame,” wearing his Milwaukee Brewers Cap. (The Brewers lost to Shohei Ohtani and the LA Dodgers.)

After dinner, 1VP Jim led us in a game of Lions Jeopardy... five categories, with five clues in



each. Each clue had something to do with “lions” – either the live animal type, of the service club type.

Final Jeopardy
was hard - correct
response: "What is 1-
million members of
Lions Clubs Int?"



In 1973, Barney Gill
of Virginia helped the
Lions Club set this
milestone

Prizes were
halloween candy.



Lion Doug B selected
a restaurant gift
certificate after winning
the special drawing.

Dinner Meeting - Oct 21

You know, we started in October collecting dinner meal payment at the dinner meetings (via Square). Then at the Oct 21 meeting, we tested a new payment service especially for non-profits (called "Zeffy") to pay for dinner at meetings.

Our two invited speakers represented The City of Fairfax Community Response Team – Mental Health Resources. They gave a good presentation on how they support older residents.





(L-R) Ms. Rosanna Wuthrich and Lion Richard Sottru of Lahr-ortenau Lions Club; Fairfax Lions Judith and KL Gary.

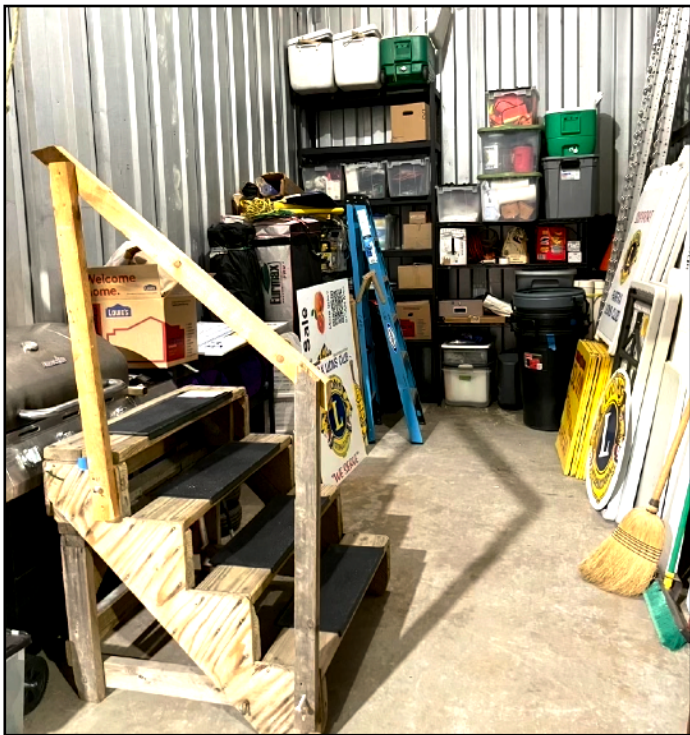
Our guests from Offenber, Germany, were Lion Richard Sottru and Ms. Rosanna Wuthrich (she has a sister who lives in Fairfax). Lion Sottru is a member of the Lahr-ortenau Lions Club, with approximately 36 members total.

[Board Meeting - Oct 28](#)

The Board approved the Club budget for 2025-26, and membership application of Tom Simpson. We agreed to look into new-member clothing, and current Lions clothing availability; and, also possible less-costly options for the current storage shed.

Progress!

Interior of Club's shed storage space on Oct 28:



If you have been to the “shed” in the past few years, notice the new look: that old trailer is gone; one grill (which died at the Fall Festival) is gone; and the rest is sorted & organized by activity. We owe a big round of applause to Lion Joe R for this refresh!

Public Relations

We could use a Lion to help with replies to inquiries from local citizens, and help promote our club in the community. (Interested? Let the bulletin editor know.)

Calendar

***Events where help is NEEDED from FHLC Members!**

Nov 2 - 2AM, DST ends...turn clocks back 1 hour

Nov 4 - VA General Election Day (Gov, Lt Gov, Atty Gen, House of Delegates)

Nov 4 - FHLC Dinner meeting

Nov 6 - ***Vision & Hearing Screening (St Tim Cth Sch)**

Nov 11 - Veterans Day

Nov 11 - 2nd Tuesday Fosters Grill Fund Raiser

Nov 17 - Set up Fruit Sale van in AL parking lot

Nov 18 - FHLC Dinner mtg

Nov 19 - ***Unload Fruit for Nov 20-22 Sale**

Nov 20-22 - ***Run Fruit Sale Site Operation**

Nov 25 - FHLC Board Meeting

Nov 27 - Happy Thanksgiving!

MARK YOUR CALENDARS!

Dec 13 - FHLC Holiday Party (American Legion)

Inter-Service Club Council (ISCC)

At the Oct 1 meeting, newly elected officers were installed: Mariann Gabor is the 2025-2026 ISCC President. Mariann is the representative to the ISCC from the Kiwanis Club of Fairfax.



Past Pres Kathy Hoffman Installs New ISCC Pres MariAnn Gabor

The speaker was Amanda Jarvis of NOVA Labs. Nova Labs is a non-profit providing a large workspace with a wide variety of tools and equipment for tech enthusiasts, engineers, woodworkers, metal workers, artists, embroiderers, teachers, craftspeople, etc. NOVA Labs had an open house on Oct 18, at 3850 Jermantown Rd, Fairfax.

Lion News

District 24-L News - Fall Conf

The District [webpage](#) has this note from DG Dan Visone:

“Our Fall Conference was also a resounding success, thanks to the tremendous efforts of Co-Chairs Lion Jane Stoll and Zone Chair Joe Miller, along with the Lions of Aquia Harbour Host, Aquia Evening, and Greater Falls Run. This year was full of exciting “firsts”: our very first one-day conference—affordable, casual, and engaging—complete with speed-learning sessions and an afternoon of powerful motivational speakers.

We were especially honored to hear an inspiring message from International Director David Wentworth during lunch and to celebrate the generosity of our District with more than \$6,500 in donations and “Bed in a Bags” for those in need. The evening closed with a truly memorable Dinner in the Dark and the moving testimony of a Leader Dog recipient—an experience none of us will soon forget.”

Miscellaneous

Why November 11th?

Veterans Day is observed on November 11 in commemoration of the anniversary of the signing of the Armistice that ended World War I. Hostilities

officially ended in 1918 at the 11th hour of the 11th day of the 11th month.

Formerly called “Armistice Day,” the holiday was originally intended to honor veterans of the First World War. Later, the meaning of the holiday was expanded to include all US military who served in either wartime or peacetime.

Show your appreciation for our country’s military veterans and their families who sacrificed to guard our freedom. Attend a parade or special ceremony, lay flowers in a cemetery, or send a card to a veteran in your community.

Some area events on Nov 11, 2025:

1. DC Veterans Day Parade
2. Vietnam Veterans Memorial Ceremony
3. World War II Memorial Wreath Laying Ceremony
4. Veterans Day Wreath Laying Ceremony at the Navy Memorial
5. United States Navy Band Concert at MLK Library
6. Smithsonian’s American Indian Museum Honoring Native Veterans
7. Arlington National Cemetery Veterans Day Observance
8. American Legion Post 177 Ceremony

9. Mount Vernon Free Admission
10. Women's Memorial Veterans Day Observance
11. Manassas Veterans Day Parade
12. U.S. Army Museum Observance
13. Air Force Memorial Veterans Day Ceremony
14. City of Falls Church Veterans Day Ceremony
15. Great Falls Park Free Admission

NOTE: According to the Department of Defense, the correct spelling is "Veterans Day" with no apostrophe.

INOVA Health System - Heart Risk Assessment

Preventing heart disease starts with knowing what your risk factors are and what you can do to lower them. Take the first step with our FREE heart risk assessment. [Click To Begin](#)

Can Diet Stave off Memory loss, Dementia?

By Bill Murphy Jr

Writing in the journal Nature Medicine, researchers from Mass General Brigham, the Broad Institute of MIT, and Harvard T.H. Chan School of Public Health, say making a simple dietary change

can “influence key metabolic pathways that protect memory and cognitive function.”

The strategy: Make a conscious change to switch to a Mediterranean-style diet.

Think sun-drenched Greek islands and Tuscan villages — places like Crete, Santorini, the Amalfi Coast, and Sardinia, where this isn't a “diet plan” at all, but simply how people have eaten for generations. Where a taverna lunch means grilled fish with olive oil, fresh tomatoes, crusty bread, and maybe a glass of local wine. Where centenarians are common, and dementia remarkably rare.

More on the nose, according to a summary:

“People following a more Mediterranean-style diet had a lower risk of developing dementia and showed slower cognitive decline.”

They're not the first to tout the benefits of this diet; heck, I've written about other studies here before.

But this team analyzed data from two studies, including a total of 5,705 men and women from two longitudinal studies: the Nurses' Health Study, followed by the Health Professionals Follow-Up Study.

And, by studying three factors: “long-term dietary patterns,” “participant’s inherited risk for Alzheimer’s disease,” and the incidence of “new cases of dementia,” they were able to make some striking conclusions.

‘Help reduce the risk’

According to the study’s first author, Yuxi Liu, PhD, a research fellow in the Department of Medicine at Brigham and Women’s Hospital, a founding member of the Mass General Brigham healthcare system, and a postdoctoral fellow at the Harvard Chan School and Broad:

“These findings suggest that dietary strategies, specifically the Mediterranean diet, could help reduce the risk of cognitive decline and stave off dementia by broadly influencing key metabolic pathways.”

Before I forget (ironic, right?) we should ensure that we’ve established what a Mediterranean-style diet actually entails:

- Olive oil as the primary fat source, as opposed to higher saturated fats sometimes seen in Western diets.
- Whole grains — lots of them — plus vegetables and fruits, probably four servings per day.

- Lean proteins like fish, chicken, turkey, and eggs.
- Very limited red meat intake.
- And lots of fiber from a variety of plant sources.

Visual Dad's Jokes

How to write hello in Mandarin.



Why did the scarecrow win an award?

Because he was outstanding in his field.



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**

Fairfax Lions Club



We Serve

Since 1951