



Fairfax Lions Club

The Bob Stahl Memorial Newsletter

December 2025



Fairfax Lions Club - Since 1951

LINK to: [Facebook Page](#) [Instagram page](#) [Web Page](#)

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

— Our Service —

Vision & Hearing Screenings

On Nov 6, Lions Joe R, Bill S, and Gordon screened vision & hearing of 3rd & 7th graders at St Timothy's Catholic School (Chantilly). We referred several youngsters for professional follow-up, based on our test results. It was a rewarding charity event, which St Tim's made pleasant by providing breakfast treats! The school nurse sent this note: *"A Huge Thank You for helping us to accomplish our annual vision and hearing screening today! We could not have done without your help and expertise. We hope you will be able to help us next year too!"*

Results: Total Screenings: 222. Referred: Hearing 15, Vision 9. The school sent home our referral sheets, so parents can schedule professional follow-up.



Eyeglasses to Recycle

The local Moose Lodge encourages Moose members to donate eyeglasses for Fairfax Lion's eyeglass recycling. We picked a load on Nov 5 (at the ISCC meeting) in the Moose Lodge. Lion Scott Dulaney picked them up at the Lions dinner meeting, and will take to the Eyeglass Recycling Center. At the Moose Lodge, we noticed this little fellow - artfully created from lots of flower pots - making up the head, body and legs.



FHLC Donation to Vienna American Legion

Lion Tom Comi (himself a Veteran) was at AL Post 180 on Nov 11. Tom's report: For the second year, Fx Lions donated \$250 to Am Legion Post 180 in Vienna to provide a hotdog and beverage to veterans, on Veterans Day.

The menu included a hotdog, bun, chili, cheese, onions & condiments; also bags of chips, cupcakes, and cake (leftover from Marine Corps birthday celebration the previous day). Post 180 members set up the serving table and grilled hotdogs. Each veteran got a beverage of choice (beer, wine, soft drink) at the bar. 38 veterans were served; total cost of the event, supplemented by the American Legion was \$323.69.

Tom went on to share this classic quote from President Reagan:
"Some people live an entire lifetime and wonder if they made a difference in the world. A Veteran doesn't have that problem."

Veterans Day Appreciation – You're Invited!

This Veterans Day, November 11, 2025, we proudly partner once again with the Fairfax-Vienns Lions Club on a joint effort to honor those who served our great nation.

Join us inside the Club at Dyer/Gunnell Post 180 from 1:00 PM to 4:00 PM for a free hot dog, chips, and drink, our small way of saying "thank you" for your service and sacrifice.

This marks our second year carrying on this heartfelt tradition, and we look forward to seeing our local heroes, sharing stories, and showing our appreciation together.

Come hungry, bring a buddy, and let us celebrate YOU... our Veterans

Service by Email: Offer to Collect Eyeglasses

Email Received (Nov 3 2025)

Dear Fairfax Lions Club,

I am doing a project for religious school and I would like to collect eyeglasses at my place of worship, Temple Rodef Shalom. I was wondering how I could begin and thought that I could contact you.

I plan to anonymously collect prescription eyeglasses and deliver them to you. Would this work?

This project is important to me because my mother recently had eye surgery and I want to ensure that all members of our community are able to see clearly.

Thank You,

Jessica ____ (Age 12)

FHLC REPLY (Nov 10, 2025)

Good morning, Jessica.

We are delighted to learn you are interested in helping us collect used eyeglasses. First, I wanted to share some helpful background information. Our Lions Club (like many Lions Clubs across the state) collect used eyeglasses, as well as used hearing aids, in numerous Lions eyeglass collection boxes scattered around Fairfax. One of our volunteers collects the eyeglasses on a regular basis. They undergo an initial sorting to dispose of broken or damaged eyeglasses and certain types of little-used glasses. Then, they are taken to the Lions Eyeglass Recycling Center of Northern Virginia, Inc (LERCNOVA). Their website is <http://lercnova.org>

On the LERCNOVA website, I would urge you to check out the "History" tab which highlights the famous Hellen Keller

and her 1920's challenge to Lions around the world to become "Knights of the Blind." Next, check out the "Journey of a Pair of Eyeglasses" tab. It describes, along with photos, the processes involved at LERCNOVA to prepare donated eyeglasses for actual use, mostly by U.S. overseas medical mission organizations. Locally, LERCNOVA provides reading glasses to our club for use at The Lamb Center, a successful drop-in day center for the homeless and very poor.

In addition to collecting used prescription eyeglasses, please consider also collecting used reading glasses and used hearing aids. LERCNOVA separates hearing aids and gives them to the Virginia Lions Hearing Aid Bank Foundation in Northern Virginia, which takes various action to prepare them so that they can be provided no-or-low cost to very needy people with significant hearing loss.

Rather than delivering the eyeglasses and hearing aids to us, I recommend delivering them directly to LERCNOVA - in the Fairfax County Mason District Government Center, 6507 Columbia Pike, Annandale, VA. The Chief Operations Director there is Lion Pam Martinov who is cc'ed on this email. I'm sure she would be delighted if you and your parents would like to visit the center and see first-hand what they do. There are opportunities to volunteer there that may interest you. Contact info: lercnova@gmail.com, 703-671-1919.

Good luck and thank you for your special interest in helping less fortunate people in need of better sight.

Very sincerely,

Martin E. Lockard, Fairfax Host Lions Club

Email Received (Nov 11 2025)

My name is Sarah _____. I am a high school student and will turn 16 in January 2026. I would like to volunteer for the Lions Club, particularly in areas that relate to health, vision and hearing care. Would you please let me know how I may be able to contribute my time? Thank you!

Best Regards, Sarah _____

FHLC Reply (Nov 14) - **ALL LIONS SHOULD READ!**

Good afternoon, Sarah.

We are delighted you want to help by volunteering at our service events. We have several coming up that may interest you, although some may be on days you are in school. We have ladies & gentlemen members in our club (and a few college students), and club volunteer activities involve both. A good start is to check out our actively maintained website at <https://www.fairfaxlions.org>

Next Wednesday (Nov 19) at 6PM, volunteers will meet in the parking lot of American Legion Post 177 in Fairfax. We will spend about 2 hours transferring nearly 400 boxes of fruit fresh up from FL from the delivery truck to our sales truck. It is hard work, but fun working together. On Nov 20-22 is one of our big charity fundraising fruit sales in the same parking lot. It runs from 830AM-5PM each day. If you'd like to work there, let me know and I'll send you the sign-up Genius link. Our fundraising all goes to charity, much of it sight-related. We will have two more sales, one the week before Christmas and one the first week in March.

A number of volunteers will put together Thanksgiving Food Baskets at Main Street Child Development Center on

Monday Nov 24 at 8:15am. The baskets will be given to families in most need of food at Thanksgiving. Their kids attend this center at 4401 Sideburn Rd., Fairfax. Some fruit from the earlier fruit sale is included in the food baskets.

A community service of particular interest to you is our vision and hearing screening program. We have vision and hearing equipment to screen students at local schools. This is done for pre-K through 12th grade. If students have any problems with vision or hearing, they are given referrals encouraging them to be checked by a professional. A little over a week ago, we finished screening at the final school for this fall. We will do other schools in the Feb – May time frame. We train volunteers during the screenings. The screenings are all done during school hours.

Our Lions Club (like a good number of Lions Clubs in VA) collects used eyeglasses, as well as used hearing aids, in Lions eyeglass collection boxes scattered around Fairfax. One of our volunteers collects the eyeglasses regularly. They undergo sorting to dispose of broken or damaged eyeglasses, or types of little-used glasses. Then, they are taken to the Lions Eyeglass Recycling Center of Northern VA, Inc (LERCNOVA).

Their website is <http://lercnova.org> On the LERCNOVA website, I would urge you to check out the “History” tab which highlights Hellen Keller and her 1920’s challenge to Lions around the world to become “Knights of the Blind.” Next, check the “Journey of a Pair of Eyeglasses” tab. It describes, along with photos, the processes at LERCNOVA to prepare donated eyeglasses for use, mostly by US overseas medical mission organizations. Locally, LERCNOVA provides reading

glasses to our club for use at The Lamb Center, an incredibly successful drop-in day center for the homeless and very poor.

LERCNOVA separates hearing aids and gives them to the VA Lions Hearing Aid Bank Foundation in Northern VA, which takes action to prepare them so that they can be provided no-or-low cost to very needy people with significant hearing loss. Several female students have made their own collection boxes and periodically take them to LERCNOVA in Annandale. This may appeal to you because it can be done anytime. There are also opportunities to volunteer at LERCNOVA. I can arrange a tour for you, if desired.

There is more, but this is a start. Let me know if you have questions or would like to try one or more of the above opportunities to serve.

Very sincerely, Martin Lockard, Fairfax Host Lions Club

Thanksgiving Food Baskets

FX Lions gathered at Main Street Child Development Center early on Nov 24th, and assembled food baskets for 30 needy families. Our Club's cost the food was offset by a grant of \$500 from Lions Corporate, obtained by 2VDG Greg DeRosa. Many thanks to Greg for organizing the event and making our charity funds stretch further!

It was a pleasure to have new Lion, Tom Simpson, join in assembling the food baskets. We Serve!



- Our Charity Fund Raising -

November Fruit Sale

We gave our FL vendor over 200 fruit orders (368 cases) on Nov 13; fruit arrived Nov 19 for customer pick-up Nov 20-22. We are most grateful for our wonderful customers who support our charities. And, we are grateful for volunteer Lions helping operate the sales site! Photos follow, starting with site prep:



Fred Craig delivers sales van



Greg & Scott hang lights



Joe R sands hand rail



Lions Jim K, Corey, Greg & Lewis Rumberg unload



Lions Stephen, Mike, Tom, Joe R, Cindy(not shown) stack



Thursday AM, L-R: Larry Larson (HOG), Pete, Joe R, Judith, Scott, Tom, Johnny Boaz (HOG), Cory, Jeff, Mike



Friday AM, L-R: Larry Larson (HOG), Cindy, Joe R, Jeff, Ron, Johnny Boaz (HOG), Bill S, Mike G



Saturday Clean-up Crew, L-R: Tom, Gordon, Scott, Jordan, Joe R, Greg



Meet Mr. Nguyen (L)
He came from South Vietnam to the US in 1975, having lost an eye fighting for the S Vietnamese Army in the Vietnam War. In 1976, he received a new eye - from Lions Clubs in VA. Each year he supports the FX Lions Fruit Sales!



There is a story about the signpost in this photo....ask one of the Lions pictured!

December Fruit Sale

We are ramping-up for the Dec fruit sale...orders will be accepted until 6pm, Dec 10.

Place your order at: <https://fairfaxlions-december.square.site/>

Once again, we need folks to work the sales site (be sure to dress for the weather!): click on [sign-up genius](#) to volunteer (Dec 17-Dec 20). ***This is a 3-signature event - we ask each Lions to work 3 shifts if possible.***

Then we can relax for the Holidays!

Club Meetings Dinner Meeting - Nov 4

Our guest speaker was Lion Davida Luehrs, our District Sight Chair. Davida told us about her personal history with blindness; her work with the Foundation Fighting Blindness; the partnership between Lions/FX County Health Dept/My Eye Doctor providing eyeglasses to the needy. She highlighted Lions programs “Listen Up” and “Helen Keller 2.0.”

“[Listen Up](#)” is a pre-school hearing program started by Lions in Virginia.

Helen Keller
2.0 is a play in
the original
challenge to
Lions from
Hellen Keller, in
1925. The
version 2.0
started with
Lions in CA...
see this [short
video](#).



KL Gary Thanks Lion Davida



Lion Bonnie Short

FX Lion Bonnie
Short spoke
about her
family's
involvement with
“[Matthew 25
Ministries](#).” Lion
Bonnie



emphasized her own personal interest in collecting used prescription (or over-the-counter) plastic pill bottles, all sizes to recycle. Bring them to any dinner meeting, and look for Bonnie. She asked that we remove labels (leave no residue), wash them in hot soapy water and dry, and replace lids. Sort them in

Pill bottles ready to take to Lion Bonnie

bags for Bonnie, and the bottles go world wide to distribute medicine to those who need it. This web page explains all about it: [pill bottles](#)

Dinner Meeting - Nov 18

Each Fairfax Lion shared what they are most thankful for; then all used crayon skills to create Thanksgiving turkeys.



Lions Stephen, Mike, Greg: the 3 best turkeys!
Happy Thanksgiving!



Lion Corey surprised Lion Joe B (native Italian) with a gift - a bag of **holiday chestnuts**. Once a principal food source, Italians grew chestnuts to



make flour for bread and polenta. Italy's love of chestnuts started in Roman times, when chestnuts were a form of currency, especially when crops failed due to poor weather. Chestnuts were a staple for the poor man's diet, and a main

source of energy. They evolved from an everyday food to a delicacy. Chestnuts paired with wine are a traditional food combination associated with harvest. Available from Sept-Feb, most chestnuts found in America are imported from Italy.

For the finale, Lion Tom H led the club in a homage to Harry Belafonte's classic "Day-O" modified to represent the effort that goes into fruit sales. (Click on the images)



Sign at entry to
Social Quarters
in AL Post 177



Board Meeting - Nov 25

The Board did not meet in November. Board meeting held Dec 2 will be reported in the Jan 2026 newsletter.

Calendar

***Help is NEEDED from FHLC Members!
(Look for email with Signup Genius Invitation)**

Dec 2 - Orientation for new member (6PM)

Dec 2 - FHLC Dinner meeting; Board meeting

Dec 9 - 2nd Tuesday Fosters Grill Fund Raiser

Dec 14 - FHLC Holiday Brunch 1-5pm(Am Legion)

Dec 15 - Set up Fruit Sale van in AL parking lot

Dec 16 - NO FHLC Dinner mtg (due to Holiday party)

Dec 17 - *Unload Fruit for Nov 20-22 Sale

Dec 18-20 - *Run Fruit Sale Site Operation

Dec 22 - *Deliver Holiday Food Baskets

Dec 23 - NO FHLC Board Meeting

Dec 25 - Merry Christmas!

Coming Up, 2026

Jan 10 - District Winter Conf in Winchester [Click to Register](#)



Lion Tom Comi reports - Bench at Foster's Grille in Vienna was vandalized. Photo is repaired bench, back at Fosters!

Inter-Service Club Council (ISCC)

Lion John Wasley was a guest at the ISCC Nov 5 meeting; John wanted to learn about other service organizations in our area, and what they do.

The primary ISCC business was to consider a (draft) new ISCC webpage; ISCC plans to step away from maintenance costs of its current webpage. A tech-oriented ISCC member drafted the replacement ISCC web page - using free Google resources. The ISCC approved transitioning to the new web page service - consistent with the current web service contract that runs to May 1, 2026.

Lion News Fairfax Lions Club in 1996



This photo was taken in Mama's Restaurant, in July of 1996. FHLC met at Mama's for many years;

Lion Mike Rumberg was a restaurant employee in the 1990's, and that's where his interest in Lions began.

Some current Lions are in the 1996 photo:

- Bill Bartlett & Bill Smith (seated, front row),
- Joe Breda (2nd row, in front of banner),
- Dave MacPherson (3rd row, right of banner),
- Gordon Tillery (3rd row, 5 right of banner).

Our news letter - *The Bob Stahl Memorial Newsletter* - is named for Lion Bob, right rear of the photo - towering above (probably standing on a chair).

Notice - no women Lions, and all are wearing coat and tie. Times have changed, but the camaraderie remains!

Many thanks to Lion Scott Dulaney for finding the photo!

Trivia - Top 6, Longest Serving FX Lions

Are you familiar with the LCI "Portal?" It's the single LCI page for all things Lion. Establish your account at: <https://lionsinternational.my.site.com/s/>

The Portal has, for example, FHLC members with entry date, etc. Can you guess our top 6 Fairfax Lions, by "seniority" (those who have been a Lion the longest, according to date joining):

<u>Lion</u>	<u>Joined</u>
Bill Smith	1968
Joe Breda	1975
Ed Marinich	1978
Harry Parker	1978
Tom Comi	1979
Bill Bartlett	1980

Lion Retention

Our District 24L has an interesting guide for retaining members. See this page: <https://lionsdistrict24l.org/wp-content/uploads/2025/11/Retention-Plan.pdf> Check it out!

Miscellaneous

Lamb Center Breaks Ground

The Lamb Center with its development project partners broke ground on Nov 3, on “Beacon Landing.” It will provide 54 new Permanent Supportive Housing units and supportive services for people experiencing (or at-risk of) chronic homelessness.

Beacon Landing will offer 42 apartments tailored single individuals with very low incomes. The five-story development will include parking, community space, outdoor terrace, and office space enabling an expansion of The Lamb Center’s job readiness

programs to help individuals find and sustain employment.



Recall, one of FHLC's 75th Anniversary projects is to contribute to this new development.

iPhone Fake Virus Alert

Apple phones sometimes show a message saying something like "Your iPhone has a virus" or "Apple Security Alert — Call Now"? They look real, but **they are 100% fake**—and they're becoming more common. There is a video explaining what to do, step-by-step, to stay safe and keep your iPhone running smoothly. Video: "Fake iPhone Virus Alert? Do This!" at: <https://youtu.be/oV6xS2cB2gg>

People Slow Cognitive Decline by Walking

Wash Post Nov 4, 2025

Researchers found people with early, presymptomatic Alzheimer's disease who walked 3,000 to 5,000 steps per day appeared to delay their cognitive decline by three years in comparison with those who walked less. And people who walked 5,000 to 7,000 steps per day appeared to delay their decline by seven years, on average. (Depending on your gait, a mile takes around 2,000 steps.)

"If you're sedentary, even modest activity could help slow down that process," said Wai-Ying Wendy Yau, the lead author of the study and a cognitive neurologist at Mass General Brigham.

The study included close to 300 older adults, some of whom had brain scans that indicated they were at higher risk of Alzheimer's due to the buildup of amyloid beta. The researchers followed participants for an average of nine years and found that those who took relatively more steps had a slower build up of tau, another type of protein that can tangle and disrupt the communication between brain cells.

The researchers found an association between a person's step count and the trajectory of their cognitive decline — not a cause-and-effect, Yau said.

Still, the findings suggest regular physical activity may help slow the progression of early, presymptomatic Alzheimer's disease. Yau said she hopes the findings are empowering for people who are looking for practical ways to protect their brain as they age.

"Exercise is a hard habit to build, but I like to tell my patients every little bit helps," Yau said. "Every step you take in the right direction helps with brain health."

The paper, which was published in *Nature Medicine*, is part of the Harvard Aging Brain Study, which started 15 years ago to better understand how changes that can be detected on brain scans contribute to cognitive decline. And in this study, researchers wanted to understand whether physical activity — measured by steps taken per day — could protect against a decline in cognitive function, Yau said.

Physically active older people are less likely than sedentary people to develop Alzheimer's disease or other forms of memory loss and cognitive decline. And studies in mice and rats suggest that greater physical activity can slow the progression of the disease. But it's not clear whether exercise confers the same benefits in humans, Yau said.

The participants, who ranged in age from 50 to 90 and didn't have dementia or other memory issues when the study began, underwent PET scans so researchers could measure the amount of amyloid beta and tau in the brain. And the volunteers wore a pedometer for seven days at the start of the study to determine their average daily step count.

Then, the researchers analyzed how a participant's step count related to the levels in amyloid beta and tau in the brain, as well as their cognitive and daily function over time.

Researchers don't know exactly why exercise may be beneficial for cognitive health, Yau said. One plausible explanation is that greater physical activity may improve blood flow to the brain or reduce inflammation, which could slow the progression of Alzheimer's disease, Yau said.

One limitation in the study is that the pedometer measured steps taken per day but the researchers don't know whether those steps were taken walking or running, Yau said. And they didn't record whether participants did regular resistance training, swimming or other forms of exercise.

"Other studies have shown that different types of physical activity, beyond walking, is beneficial for brain health," Yau said. "An important next step to look at is to clarify what aspects of physical activity

— intensity, duration, pattern — is the most important in preclinical Alzheimer's disease.”

The study cohort also consisted of highly educated, predominantly non-Hispanic White individuals, which may limit the generalizability of the findings, Yau said.

Ronald Petersen, a professor of neurology at Mayo Clinic in Rochester, Minnesota, said that the study has a “solid methodology” and that the findings are informative but still just an association.

“We must be cautious in generalizing to a broad population,” Petersen said. “We still do not know the mechanisms and influences of exercise.”

Epidemiological studies show a lifelong habit of moderate-to-vigorous physical activity is associated with a lower risk of Alzheimer's disease, said John Thyfault, the director of KU Diabetes Institute and a professor of cell biology and physiology at the University of Kansas Medical Center.

But exercise programs for older adults who already show early signs of mild cognitive impairment have “mixed results” on slowing the progression of the disease. A person's lifelong exercise patterns probably have a more robust effect on delaying or preventing Alzheimer's disease than a six-month trial, he said.

No matter what, **walking more — and regular exercise — “will promote hundreds of other positive adaptations in your body” that will mitigate or delay side effects of the disease to some degree**, Thyfault said.

“There will be no negative side effects to increasing walking time and physical activity,” Thyfault said. “All of the outcomes will be positive.”

Coupla Dad's Jokes

- If your house feels cold, stand in the corner. It's always 90 degrees there.
- Did you hear about the kid-napping at school? It's okay, he woke up.
- What word can you make shorter by adding two letters? Short.
- Why are Christmas trees bad at knitting? They always drop their needles.

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**

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We Serve
Since 1951