



Fairfax Lions Club

The Bob Stahl Memorial Newsletter

February 2026

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**

—See *CHARTER NIGHT* info (page 15)—

**— Our Service —
Recycling Eyeglasses**

January 9th: Maggie (of Chantilly MyEyeDr office) called FX Lions; they had donated eyeglasses ready for pickup.



Fairfax Lions Club (Lion Scott Dulaney, others) pick up donated eyeglasses from numerous locations in the Fairfax County area, and take them to the Lions Eyeglass Recycling Center of No VA, <http://lercnova.org>. At LERCNOVA, volunteers inspect, clean, sort and package the eyeglasses to go with medical mission teams around the world. Medical professionals on the mission teams dispense the eyeglasses to people in need. Volunteers are always needed!



"This is the opportunity I offer you, Lions—to foster and sponsor the work of the American Foundation for the Blind. Will you not help me hasten the day when there shall be no preventable blindness, no little deaf blind child untaught, no blind man or woman unaided? 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 my crusade against darkness?"

**Hellen Keller
1925 Lions International Convention
Cedar Point, Ohio**

Helping Others via Email

Sent to Our Email Address (info@fairfaxlions.org)

Hello: I was referred by VSP Eyes-of-Hope program & have an urgent need for glasses. I suffered tremendous hardship last year & lack the financial resources for eyewear.

I contacted 540-342-5466 & left my info. She indicated someone from the local Lion's chapter would respond.

Please reach out to me immediately. This is a critical & urgent request.

Thank-you! Best Regards, Patricia _____

Our Reply

Good morning, Patricia.

The process you need to follow is to call the nearest Fairfax County Health Department (FCHD) Clinic and make an eyeglass appointment. At the appointment, the clinic will determine your need for glasses and assess your ability to pay (i.e., income, Medicaid, or other insurance). Once you have passed those criterions, the clinic will normally make an appointment for you at the Inova/Lions free eye clinic (near the Fairfax Inova Hospital on Gallows

Road) or provide you with a voucher good at a MyEyeDr business nearest to where you live.

Hope this helps.

Martin Lockard, Fairfax Lions Club

Eyeglasses & Hearing Aids for the Needy

We thank Lion Marty Lockard for updating our Club processes for Eyeglasses & Hearing Aids for needy persons. The current processes are available on our web page:

- Eyeglasses for the Financially Needy <https://www.fairfaxlions.org/programs/new-eyeglasses-for-the-financially-needy/>
- Hearing Aids for the Financially Needy <https://www.fairfaxlions.org/2026/hearing-aids-for-the-financially-needy/>

- Our Charity Fund Raising -

March Fruit Sale

For the first time in a few years, FHLC will hold a Citrus Fruit Sale in March. Principal products will be Valencia Oranges, Ruby Red Grapefruit, and a variety of Whitley Peanuts. Look for email notice of the on-line ordering site opening (roughly Feb 15-Mar 10).

Fruit will be delivered Wednesday, March 18, and the sales van will be open March 19-21. (The Saturday work crew will finish up early so they can be at Charter Night). And, of course, look for email with the sign-up genius link so you can volunteer to work at the sales site....WE NEED YOUR HELP!

Club Meetings

Dinner Meeting - Jan 6th

We welcomed a guest who had contacted us, looking to get involved in service activities...Sharon Puckett, who lives in Vienna; sapinvienna@gmail.com.

Several award badges were presented by Secretary Jeff Root to deserving Lions: last year's Lion of the Year (Joe Rovansek); Key Award for Sponsoring a New Member (to Cory Green); Perfect Attendance awards to many Lions. Lions are credited for attending dinner meetings, and can make up for missing one by participating in a service activity. Perfect Attendance awards went to: Diana Amsbaugh, Joe Breda (50 years!!!), Pete Conklin, Greg AND Karen DeRosa, Scott Dulaney, Cory Green, Phil Hendrickson, Tom Hewlett, Harry Parker,

Jeff Root, Joe Rovansek, John Wasley, and your



Lion of the Year
Pin to Lion Joe R

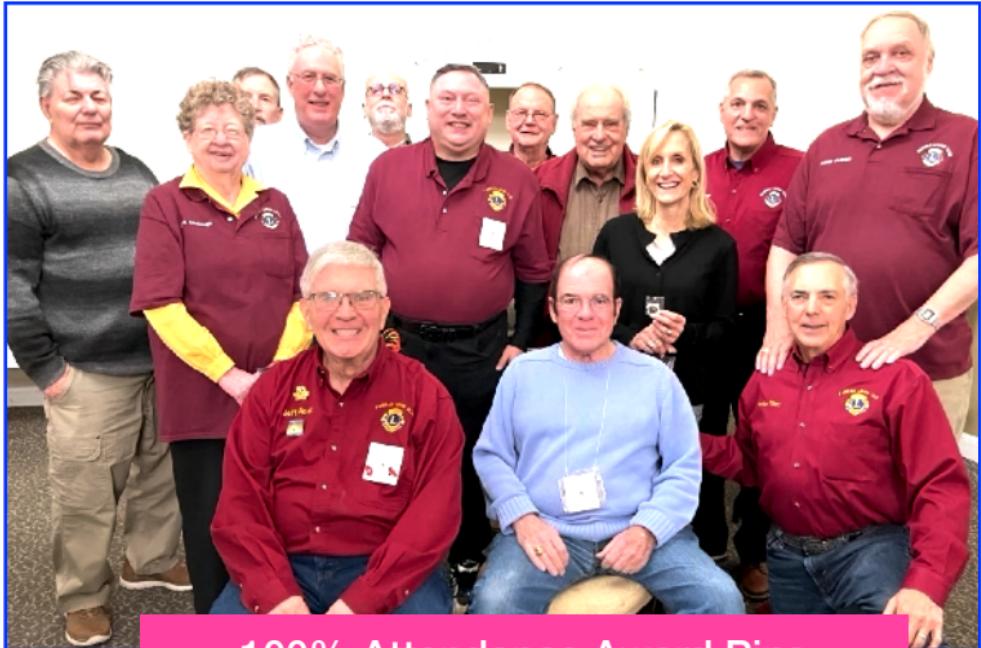


Membership Key
Pin to Lion Cory

bulletin editor.

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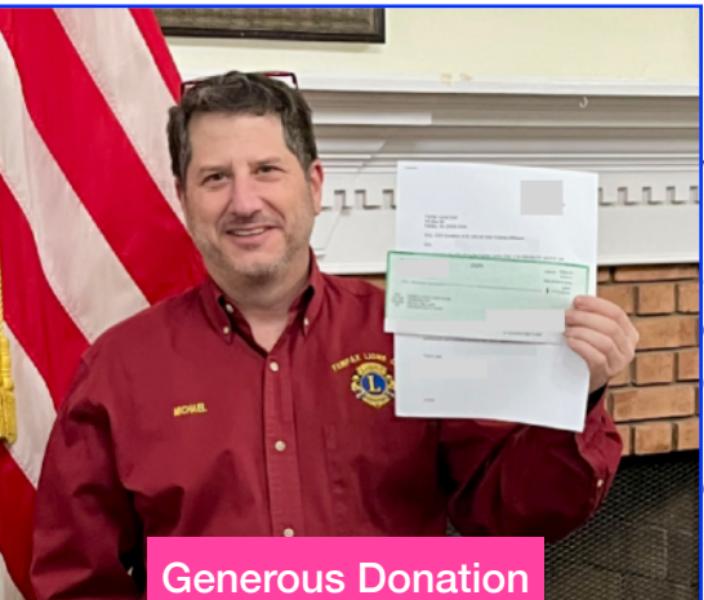


100% Attendance Award Pins

Lion Joe R also gave a report on the December fruit Sale... pre-orders were not as good as November, so funds raised for charity were not as high.



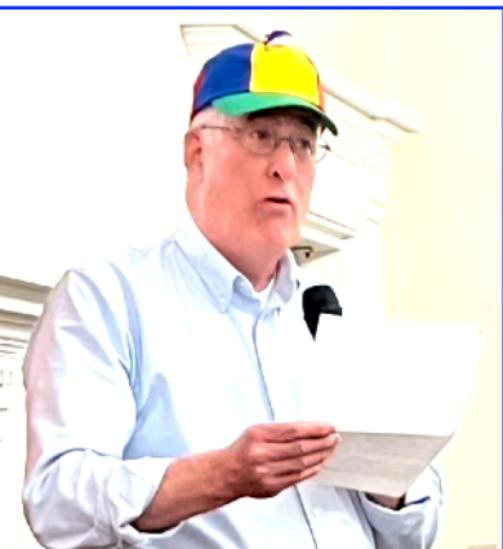
Fruit Sale Report



Treasurer Mike reported wonderful news: an anonymous donor who has enjoyed the Bocce Ball court (at City Senior Center, built by FX

Generous Donation

Lions in years past) sent us a \$2000 check to help sustain good charity works. See report on the Bocce Ball court on our web page, <https://www.fairfaxlions.org/?s=bocce+ball>



Finally we were serenaded by 2VP Tom, wearing a multicolor whirly-top beanie, with a specialized version of the humorous song “Camp Grenada,” acknowledging the Lions Youth Camp.

The actual title of the song is: *"Hello Muddah, Hello Fadduh (A Letter from Camp)." See original version of song - click the image which contains link:*



After the main cash award from the 50-50 drawing, Lions Maggie won a special gag prize for the 2nd ticket drawn. (Note: 50/50 drawing is important - 50% of the pot goes to the winner; 50% goes to the Club Admin fund to pay for guest meals, awards, Lions clothing for new members, etc. Buy tickets!

Dinner Meeting - Jan 20

Guest speakers were Silvia Nakasone, Director of the Community Health/Inova Lions Eye Clinic, and Katie Coyle, Inova Representative.



The clinic operates with volunteer professionals. It is Northern Virginia's only free clinic offering advanced eye care and surgery to uninsured adults. For over 50 years, we've been a vital community resource, providing essential medical and surgical eye care to those with incomes at or below 400% of the federal poverty level. Their web page: inova-lions-eye-clinic

LIONS EYE CLINIC

ABOUT LIONS EYE CLINIC

Northern Virginia's only free advanced eye care clinic.

50+ years providing sight-saving care to uninsured adults.

Delivering free, advanced, sight-saving eye care to uninsured adults across Northern Virginia.

ACCESSING SERVICES

- PCP referral required (12+ partners)
- VA residents
- ≤400% FPL
- 18+ years old



Inova Lions Eye Clinic Brochure

GROWTH AND PATIENT METRICS

5,685

TOTAL COMPLETED APPOINTMENTS

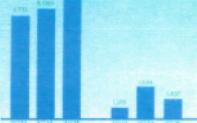
Representing a significant 12.4% growth in patient volume during 2025.

931

LIFE-CHANGING SURGERIES

Providing critical surgical interventions including cataract, retina and glaucoma procedures.

Completed Clinic Appointments and Unique Patients Served (2023-2025)



SERVING A VITAL DEMOGRAPHIC

The average patient age is 56, reached through 12 community health organizations.



3299 Woodburn Rd, Suite 150, Annandale, VA 22003

703-876-2700

Mon-Fri • 7:30 a.m.-4 p.m.

inova.org/locations/lions-eye-clinic

KL Gary
thanks our
speakers for
the great
presentation.



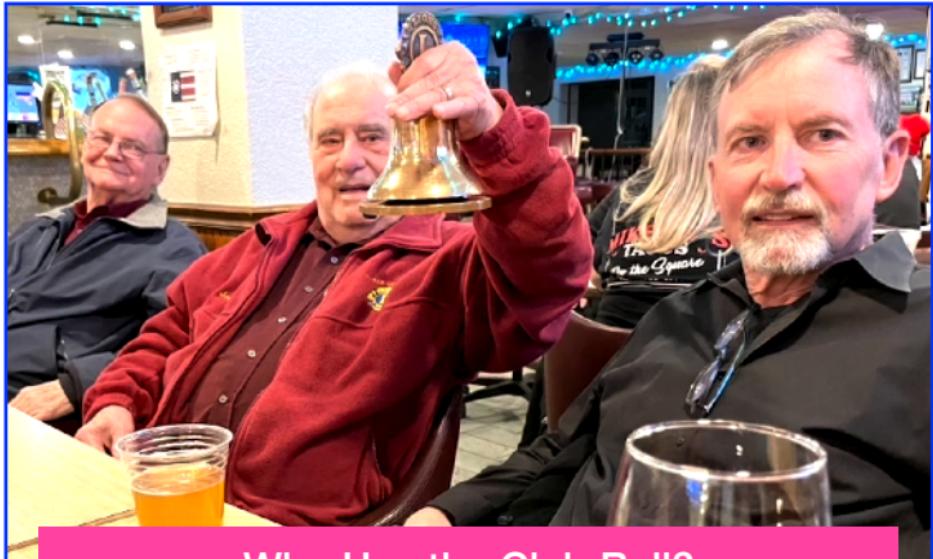
A visitor, Lion Kit Lueder - who lives in Chantilly part time - is a member of the Lake-of-the-Woods Lions Club. Lion Kit spoke about a program he is involved with: "**Boys to Men**." It is a Mentoring Network offering young men a safe place where they can talk about what is really going on in their lives; surrounding them with a community of mentors and peers who listen, believe in them and help them make better choices.

Lion Kit Lueder



For more information, contact Kit at:

kitdaddio@yahoo.com



Who Has the Club Bell?

Typically, for conversation and fun, some Lions adjourn after dinner meetings to the “Social Quarters” on the 1st floor of the American Legion Post. You will observe in the photo above, one Lion appears to have captured (temporarily) the Club Bell from the King Lion.

Board Meeting - Jan 27

Canceled due to weather; Board will meet after the Feb 3 dinner meeting.

Calendar

- Feb 3 - FHLC Dinner meeting (Board meeting after)
- Feb 4 - ISCC Meeting, Lion Mike Rumberg, Guest Speaker on Financial tools for Service Clubs
- Feb 15 - Bland Music Contest
- Feb 15 - March Fruit Sale on-line orders open
- Feb 17 - Post-Valentines Day Social, Fosters Grill: Spouses/guests invited; RSVP by Feb 12
- Feb 19 - Vision & Hearing Screening, Saint Luke School, McLean
- Feb 24 - FHLC Board Meeting

Upcoming

- Mar 18 - Fruit delivered from FL
- Mar 19-21 - Fruit Sale
- Mar 21 - Charter Night: RSVP by Mar 10
- Mar 29 - 24L Bland Music Contest at **The Lyceum** in Alexandria

CHARTER NIGHT!!!

FHLC will hold its 75th anniversary Charter Night on March 21, 2026 at the Chantilly Country Club. (Fairfax Lions Club was **chartered** on February 21, 1951.) This will be a very special event, featuring:

- *Plated meal (choice of 3 entrees) with served wine*
- *Honored guest - Past Int'l President Doug Alexander*
- *Next Year's officers inducted*
- *Special awards*
- *75th Anniversary pin for each Lion*
- *Live music*
- *Special reduced price to attend*

Look for your mailed invitation by mid-February; RSVPs are due March 10. Break out your fancy clothes: gents - tux or suit; ladies - gown or fancy dress. At recent dinner meetings, PCC Harry Parker has run a special drawing which has raised substantial money to offset a portion the cost to attend. Be sure to take advantage of all the planning and be at our 75th Charter Night!

Inter-Service Club Council (ISCC)

The ISCC is re-hosting their web page using a no-fee service on Google. Deanna Payne, of FX City Parks and Recreation, has designed the new ISCC web page and will assist in its activation in March. The new ISCC web page will be maintained by Moose Herb Zimmerman.

At the March ISCC meeting, Lion Treasurer Mike Rumberg will present information to the ISCC about technology (such as Zeffy, Square) useful for service club financials.

Lion News From [District 24L Web page](#)

We know VISION is a fundamental service activity of Lions around the world. You can see various vision programs District 24L has by clicking on this link to the District web page: [District Vision Programs](#)

Miscellaneous

Fairfax County: Safest in the Nation



2025

SAFEST LARGE JURISDICTION IN THE NATION

That's one noteworthy item in the FX County "State of the County" report. The video report is about 25 minutes, at this link: [State of the County](#)

Support for Independent Senior Living (Source: *ISCC Newsletter*)

Shepherd's Center Fairfax Burke (SCFB)

SCFB is dedicated to helping older adults continue to live independently, and to providing enrichment and social networking opportunities that keep life exciting and rewarding for them. It serves

residents in Fairfax, Burke, and South County. Through volunteer-run services and programs, older adults can continue to live healthy, enriching lives.

Programs include Accompanied Medical Transportation and Companion Shopping (for older people who are no longer able to drive), Friendly Callers/ Visitors (for people who are mostly homebound), low-cost exercise and yoga classes (to promote strength, balance and flexibility), and Lunch N' Life, and Out and About which all provide mental stimulation and socialization opportunities.

Example - in November, 2025, our volunteers provided:

- 239 no cost rides to medical appointments and necessity shopping trips
- 11 Chair Yoga classes with 419 participants
- 146 Calls and 13 visits through our Friendly Caller/Friendly Visitor program
- Handy Helper - No requests
- Book Club - 14 participants
- Lunch N'life - 75 Participants
- Tech Tutoring - 10 participants

SCFB: <https://www.scfbva.org/>

Happiness Tips

(Source: *The Humble Dollar*)

How to squeeze more satisfaction out of our time and money...11 insights:

1. Spend time with friends and family. Throw a party. Go out to dinner with friends. Fly across the country to see your children or grandchildren. Join family and friends in volunteering for a local charity. Happiness research suggests a robust network of friends and family can be a huge source of happiness.

2. Devote yourself to work and hobbies that you find challenging, you're passionate about, you think are important and you feel you're good at. While achieving our goals often isn't as satisfying as we imagine, making progress toward these goals can give us great satisfaction. Think about those moments when you're engaged in activities you love, you're completely absorbed and time just whizzes by. These moments of what psychologists call "flow" can be among our happiest times.

3. Buy experiences, not possessions. The new car will likely go from a source of happiness to a source

of unhappiness as it gets dinged up and breaks down. By contrast, a vacation can provide not just a wonderful week or two with family, but also many months of eager anticipation and many years of fond memories.

4. Move closer to work. Research suggests a long commute can be terrible for happiness. We like to feel in control, and that's tough to do when we're dealing every day with traffic or public transportation.

5. Don't move to a ritzy neighborhood than you can truly afford. Your wealthy neighbors will be a constant reminder that you aren't so fortunate.

6. Plan far ahead. When we spend money, often the best part is the anticipation, as we imagine how great it'll be to go on vacation or take delivery of the new car. Make sure you enjoy a long period of anticipation by avoiding impulse purchases—and instead pondering major purchases for at least a few months.

7. Pay before you consume. For instance, if you're taking a trip, pay for the airfare and hotel rooms ahead of time. That way, you'll free yourself to enjoy

the vacation without worrying about the cost involved.

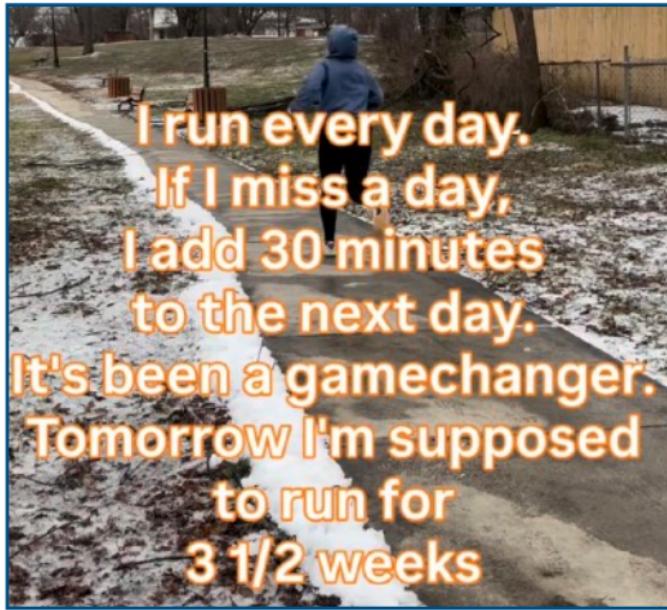
8. Don't treat yourself too often. If you have a favorite restaurant, you will probably enjoy each visit more if you go less frequently.

9. Pay others to do chores you dislike, whether it's mowing the lawn, making dinner or cleaning the house.

10. Give a little. Volunteering doesn't just help others. It can also make us feel good about ourselves. Ditto for buying gifts.

11. Count your blessings. Okay, maybe the new car doesn't give you the same thrill it once did. But you might be able to squeeze a little more happiness from the vehicle if you pause for a moment, admire it and think how lucky you are.

Dad's Joke



Huh? Left is North, Right is West...per this sign (downtown in City of FX); good thing we have GPS.

As Usual, 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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AND OUR LOCAL
COMMUNITY WITH PRIDE,
COMPASSION AND
KINDNESS**

Fairfax Lions Club



We Serve

Since 1951