



Fairfax Lions Club News

“The Bob Stahl Memorial Newsletter”
December 2024

Fairfax Lions Club - Since 1951

[Facebook link](#) [Instagram link](#) [Web Page link](#)

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

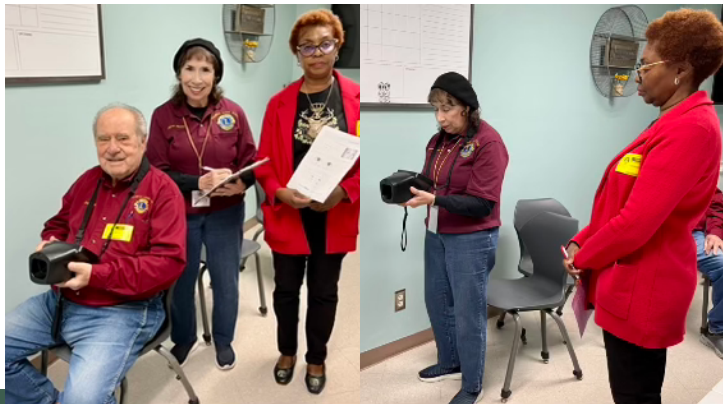
— Our Service —

[Vision & Hearing Screening - Nov 14th](#)

Fairfax Lions screened the vision and hearing of 126 students (K, 3rd, 7th graders) at St Timothy School (Chantilly, VA) on November 14, 2024. We referred 6 students for follow-up care (3 for hearing, 3 for vision). This quick and effective screening process identifies youngsters who may have limited vision/hearing capability, and provides a very welcome service to schools without that capability. Children are screened only if the parent signs a permission slip, and the School nurse informs parents of any referral. Lions serving: Diana Amsbaugh, Marty Lockard, Joyce Myers, Gordon Tillery, Maureen Johnson, Joe Breda.

The nurse wrote to us: “Thank all the Lions Club volunteers for all your hard work today! We truly

appreciate it and look forward to working with you in the future.”



Top: Lions Joe, Joyce, Maureen - Vision team

Bottom: School Nurse reviews screening results

Food Baskets on Nov 25th

We assembled food baskets, to help out families in need. Our partner is **Main Street Child Development Center**; Main Street selects families and schedules them to pick up the food baskets; we provide the food & assemble the baskets. ([Link to Mainstreet](#))

For this service on Nov 25th, we thank Lions Karen & Greg DeRosa, Cory Green, G Sanchez, Harry Pontius, Maureen Johnson, Gordon Tillery, and the DeRosa's daughter Danielle!





A Treat for Veterans on Veterans Day

By Lion Tom Comi

Fairfax Lions donated funds to American Legion Post 180, in Vienna, for a nice treat for Vets on Veterans Day. Lions Tom posted this ad in the Vienna news...and this veterans event was well publicized by AL Post 180, with Fairfax Lions Club acknowledged as the donor.

**** VETERAN'S DAY**
(Monday November 11th)
Free Hot Dog & Beverage of
Choice 12-4pm. For Our
Veteran's ONLY.
THANK YOU FOR YOUR
SERVICE   
Post 180/Fairfax Lions Club
Sponsored.

The event went from 12-4 pm following an 11 am program with various speakers including the mayor of Vienna and a member of the national American Legion organization. The Vienna Community band played the National Anthem, military songs, and the trumpet player closed with taps.

Everything went well with a steady flow all afternoon. The AL Post 180 set up a table with hot dogs, rolls, and condiments and the bartender checked IDs. A total of 56 veterans were served hot dogs and beer or soft drinks . The post also provided chips and melted cheese.

AL Post 180 leadership expressed gratitude for our support, thought it was a great idea, and are open to doing it again next year if we approve.

[New Project - Donations for Hurricane Victims](#)

QL Karen announced a new project - bring donations of clothing, etc. to the American Legion Post 177 - who was collecting much needed supplies for victims of Hurricane Helene in NC.



Donated by FHLC

American Legion Post 177 report: “We have delivered approximately 25,000 pounds of supplies and collected over \$32,000.00. Many of you have shared the drive with your company, other organizations, and neighborhood. Your efforts are not unnoticed and the folks in the Carolinas are extremely appreciative for what you've done.”

– Charity Fund Raising –

SERVICE DEPENDS ON CHARITY FUNDS

Fosters Grille Fund Raiser Nov 12th

It happened; nothing to report.

November 21-23 Fruit Sale

We had 245 customers pre-order 564 items for the November sale, and more purchase items at the sales site. We encourage customers to pre-order, and the processes work most of the time. An example of behind-the-scenes work: customers make mistakes, like a double order, and ask for help. Lion Joe Rovansek handles those, and for a double order, cancels both orders...the reply of one customer:

“Joe, Thanks for the quick reply and help!

Received email for both cancellations. (I suppose I could have found folks to take it or try selling it out of my truck on a street corner LOL!) I successfully placed the order again and received the 10% discount. Probably operator error on my end the first time. By the way, I have two corneas thanks to the Iowa Lions.”

That's just one example of the many customer issues resolved to keep customers happy.

Pre-orders ended Nov 13, and Lion Marty Lockard placed our final fruit order (329 cases) including extras for donations (Thanksgiving food baskets, etc) and drive up sales. The hard work began Wednesday - when the FL fruit was delivered, and Thursday-Saturday when customers picked up orders. We learned the FL grower shipped less than we ordered, so we had to cancel or defer some pre-paid sales. (The grower in Dec will make-up for problems caused by shortages.) We appreciate volunteer work by 4 Woodson HS robotic Club students (including Lion-son Nicholas Rumberg), members of the Harley Owners Group (Larry Larson, Johnny Boaz, and Russ ___), Jordan Hendrickson, Allen Smith, Tanya Greeley Willoughby - and of course our Club members! A shout-out to **these essential** Lions:

**Diana Amsbaugh - Joe Breda - Stephen Bilowus -
Don Berey - Joe Breda - Tom Comi - Pete Conklin -
Karen & Greg DeRosa - Scott Dulaney - Mike Greeley -
Cory Green - Phil Hendrickson - Tom Hewlett -
Maureen Johnson - Jim Kaplan - Marty Lockard -
Phil Mayo - Gary Maxwell - Judith Richter-Murphy -
Harry Parker - Harry Pontius - Joe Rovansek -
Cindy Roman - Mike Rumberg - G Sanchez -
Bill Szymanski - Ron Zabel (And, anyone we missed!)**

It was a successful sale, we learned a lot, and we lean forward for the Dec sale....Thank you all!



(Top) Van arrives
(Rt) Fruit Unload Crew
(Bottom) Thursday Sales Team





HOGS Johnny & Larry Load Cars (Scott supervising)



(L-R) Scott, Stephen, Judith, Maureen deliver fruit



Phil in neon "traffic control" wear



Report Bad Fruit!

Joe brings missing GF that was shipped late to his house





Fruit waiting to be picked up on Sunday (all



All equipment back in storage shed (Saturday afternoon)

Dinner Meeting - Nov 5th

This was an entertaining meeting, in which 1VP Cory Green ran a Trivia Contest with 20 questions. The questions were typical of a good trivia game, a couple of fairly easy ones (like, What fish does caviar typically come from? A: Sturgeon), but many harder Qs. Lions Jim Kaplan and Diana Amsbaugh both had the same number of correct answers, higher than everyone else, and qualified for the prize money - which they split evenly. Congrats Jim & Diana, and thanks 1VP Cory for a fun game!

Dinner Meeting - Nov 19th

We had several guests at this meeting including Allen Smith, a Navy veteran who is looking for opportunities to serve his community. Allen signed up to work at our November fruit sale, and we hope to see him again!

The “[Lions Project for Canine Companions](#)” (LPCC), a Lions foundation, supports Canine Companions in providing expertly trained service dogs to adults, children and veterans with disabilities. At our meeting, District 24L lead for Canine Companions - Lion Jim Purton (Greater Falls

Run Lions Club) - told us about the foundation and how the raising & training of those dogs costs about \$50,000 each. Lion Jim thanked our Club for our recent donation, and he recognized new “Life Members” of the Foundation - Fairfax Lions Karen and Greg DeRosa.

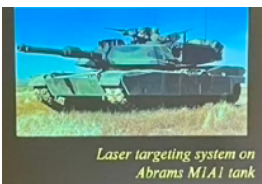
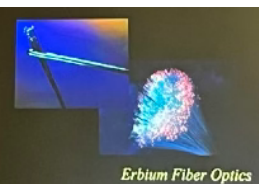


IPP Greg DeRosa accepts Life Member recognition (for Karen and Greg) from Lion Jim Purton

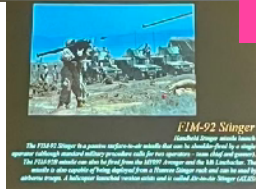
Our featured speaker was introduced by Lion Mike Greeley: Jim Hedrick, who spoke on “Rare Earth Elements in Selected US Defense Applications.” Jim is a graduate of TC William HS in Dec 2024

Alexandria, and James Madison University. He has been a rare-earth commodity specialist at the U.S. Geological Survey in Reston, VA, and a government employee in related fields for 32 years. Jim is currently President of [U.S. Critical Materials, Inc.](#), in Salt Lake City. He is a recognized expert on a variety of rare earths, minerals, and metal.

Below are a few photos of slides from his talk.



Sample defense applications of Rare Earth Elements



1VP Cory Green
chaired this meeting,
and thanked speaker
Jim Hedrick



Board Meeting - Nov 26th

PCC Harry Parker announced the ribbon-cutting
and tour of the **state-of-the-art NEWLY**
REFURBISHED Lions Eye Clinic on Wednesday,
Dec 18, 1pm, at:

Woodburn Medical Campus
3289 Woodburn Rd (Suite 150)
Annandale, VA

(It is off Gallows Rd, across from INOVA FX Medical
Campus)

RSVP by Dec 12 to: phyllis.Hanlon@INOVA.org



We're happy to invite you to the

50 Year Partnership Celebration of Inova & Virginia Lions Eye Institute Foundation

Inova Lions Eye Clinic

Wednesday, December 18, 2024 | 1 p.m.



Please join us as we celebrate a 50 year partnership between Inova and Virginia Lions Eye Institute Foundation in providing exceptional eye care to our underserved community.

Brief remarks will be followed by a ribbon cutting and tour of the newly renovated state-of-the-art clinic.

Woodburn Medical Campus

3289 Woodburn Rd, Suite 150
Annandale, VA
(Located off Gallows Rd., across from
Inova Fairfax Medical Campus)

Kindly RSVP to Phyllis.Hanlon@inova.org
by Thursday, December 12, 2024



Lion Jeff Root: Judging for 24L Peace Poster Contest was Nov 25 at Patriot HS in Bristow. 1st place winner was Aasini Kumar, Rocky Run Middle School (sponsored by Fairfax Lions Club). Lion Jeff plans invite Aasini, family, and art teacher to our dinner meeting on Jan 7, or Jan 21.

Lion Bill Szymanski has scheduled a blood drive for March 19, 2025 - to be put on the Lions calendar.

More information was reported and discussed, all FHLC members are invited to attend to observe proceedings.

December Dates

- Dec 3 - FHLC Dinner meeting (6:30pm)
- Dec 10 - Foster's Grille - Fund Raiser (6:30pm)
- Dec 16 - Assemble holiday food baskets (8:30am)
- Dec 16 - Equipmt: Shed-to-Fruit Sale Trailer(2:30pm)
- Dec 17 - NO Dinner meeting (due to Holiday Party)
- Dec 18 - Unload Fruit from FL (5:45pm)
- Dec 18 - Tour Renovated State-of-the-art Lions Eye Clinic (1pm): RSVP phyllis.Hanlon@INOVA.org
- Dec 19-21 - Fruit Sale - Sales Site Operations
- Dec 22 - Club Holiday Brunch (1-5PM)

Coming Up

- Jan 7 - FHLC Dinner meeting
- Jan 8 - ISCC Meeting
- Jan 21 - FHLC Dinner meeting

Join Us for Fairfax Lions Holiday Brunch!

Fairfax Lions, family & guests are invited to the annual Holiday Brunch on Dec 22 (1:00-5:00pm) at CHANTILLY NATIONAL GOLF & COUNTRY CLUB.
Coming soon: email invitations; RSVP to join us!

Answer to Previous Month's "Guess Who"

Hints:

- Born in 1936
- Photo taken in 1960
- Current member of FHLC
- Past President of FHLC



Answer:

Several Lions guessed and Lion Mike Greeley was the first to guess correctly. That dapper gentleman checking out a new car in 1960, in Toronto, is Lion Joe Breda. Born in Conegliano, Italy (not far from Venice), Joe was young when World War II began. He was nine years old when he began working against the occupying Nazi's and Mussolini's army, by carrying messages and ammunition to and from partisans. He would walk through fields and farms to deliver messages; the enemy soldiers ignored the mere children, thought to be playing. Joe believes he helped save a dozen American pilots who had been shot down over Italy, by helping the US flight crewmen avoid capture. After the war, and high school, Joe left

home at age 19, for education and adventure. He spent a year in England, then moved to Canada where an Italian family sponsored him. He received his BS degree from the Northern Institute of Technology at the University of Toronto, and he joined the Canadian Army Reserve as an electrical communications officer. Joe and Terry met in 1961 at a Saturday night dance. Terry was a senior in high school at the time, and Joe paid his way through college as a dance instructor with Arthur Murray Dance Studio. They were married in 1963.

Joe worked for General Electric in Radar communication, then Joe and Terry moved to CA for better opportunities. Joe became a US citizen in 1970, and moved to VA - again for better engineering opportunities. Joe added to his education with a Bachelors Degree from George Mason, and an MBA from National Louis University (associated with American University). In VA, Joe established himself in a technical engineering career where he was most successful - as the key technical engineering

contractor resolving electronic interference problems for US Navy weapons systems, finally retiring in 2013. Along the way, Joe joined FHLC in 1974 and has ever since been a very active and involved member, serving as Club President, 1982-83.





Lions Joe Breda and Hubert Dulaney, circa 1990's

Lion Joe on camel in the Middle East (is the camel smiling?)



Miscellaneous Info...

Lion Maureen Johnson's Aunt in the News

Lion Maureen reports: "My Aunt, Lion Irene Muyenga, is a recipient the Melvin Jones Fellowship award. She is

now recognized by another organization. She is my Mother's young sister. I am proud of her; hopefully one day I can get there."



The PUSH Women Network

1h · 🌐



HALL OF FAME INDUCTEE- IRENE MUYENGA

Irene Mukombe Muyenga is currently the Managing Director of Savenda General Insurance Ltd. She has previously held Management positions in the Insurance industry starting with the Zambia State Insurance Corporation, where she worked in different portfolios for a period of more than 20 years and rose to become the company's first female Managing Director as well as the first female MD in the Zambian Insurance industry.

In 2014 she was appointed the MD for African Grey Insurance until 2016. On the regional and continental stage, she earned herself positions of first female Chairperson of the Organisation for Eastern and Southern African Insurers (OESAI) as well as the first female President for the African Insurance Organisation (AIO) a wing of the African Union.

Apart from such an industrious career path, Irene is also a farmer who is contributing to job creation and food security in the Country. She is also a member of the Lions Club International and was awarded Melvin Jones Fellow (MJF) in appreciation of charity work done.

Congratulations!!!



Lion Maureen's aunt, Lion Irene Muyenga (MJF, in black dress), receiving Hall of Fame award from Push Women Network

Gary's Car?

We all know club member Lion Gary Maxwell. You might know Gary designed a Lions pin a few years ago; the pin is a reflection on his career as a funeral director. The pin...



Lion Gary's Pin

Bulletin Editor happened to spot a car at a stop light, with a personalized license tag...not sure of the meaning - maybe it's Gary's car, or not?



Fake Shredding Events?

This was in an Nov 12th email from Chairman, FX County Board of Supervisors:

Beware of Misinformation About Shredding Events

What happened? Residents have recently reported arriving at Fairfax County facilities for shredding events that were falsely advertised on a suspicious website. These events are not associated with the County, and we urge you to take steps to avoid misinformation and potential scams.



Here are some tips to avoid shredding scams:

- **On-Site and Off-site Shredding:** Verify if shredding will happen on-site and in front of you or at another location. Reputable companies will take the documents in locked boxes then provide a certificate of destruction or allow you to watch your documents being shredded. Stay vigilant and check the county's [website](#), [social media channels](#) or confirm with county facilities to make sure an event is legitimate before attending.
- **Verify Community Events:** Occasionally, a community group may hold an event at a county facility, so contact the group to confirm.
- **Verify the Shredding Company:** If it's a private company, make sure the company is reputable by checking with the Better Business Bureau.

Be alert, it is not hard to visualize how a fake shredding event could put your private information into the hands of bad persons.

3 Sophisticated Cyber Scams

From Charles Schwab

“Cybercrime is booming, costing victims \$12.5 billion in 2023 alone—a 21% increase over 2022, and a 198% increase since 2020.”

Read the excellent article at: [cyber crime](#)

SIM Card Swapping: Risks, Protection, Tips

From [Identity Force](#)

When it comes to mobile device security, taking the proper safety precautions while online or using social media is typically the first line of defense. This has become more important than ever, as recent rises in SIM card swapping attacks are causing concern. Here, we will discuss the risks associated with SIM card scams, signs you've fallen victim and essential security tips to safeguard your mobile identity.

What is SIM card swapping?

For your smartphone to function properly, it requires a chipped card referred to as a subscriber identity module, or SIM card for short. The SIM card contains the necessary data that allows you to make

calls and send texts to your contacts. It ties your phone number to your personal device.

SIM card swapping, also referred to as SIM jacking, occurs when a scammer seizes ownership of a phone number by tricking a provider into switching a SIM card to a device that they control. This can be done through a variety of techniques, but most commonly attackers rely on social engineering tactics to successfully take ownership of your phone number without your authorization.

If scammers are able to gather enough personally identifiable information (PII) about you, whether through phishing scams, social media research or through the dark web, it could be relatively simple for them to contact your carrier, bypass security questions and successfully make the SIM card switch without you or the company's knowledge.

If a hacker is able to port your phone number to their device, they then can gain access to your communications. They can read messages between you and your contacts, receive multi-factor authentication (MFA) codes to access your accounts or steal confidential information that is sent to you by your bank, employer, an online retailer or other organizations you do business with. That access is

what makes SIM card swapping a serious threat to digital safety and security.

Stealing an individual's SIM card for malicious use may sound like an extensive, complicated attack that seems unlikely. Yet figures from the Federal Bureau of Investigation show that ***reports of SIM swapping increased 26% from 2021 to 2022, and the agency reports more than \$80 billion has been lost to SIM card hacking since 2018.***

Signs your SIM card has been hacked

In some cases, it might not be immediately obvious someone has swapped your SIM card and stolen your information, but there are a few signs to look for:

- You're notified by your phone provider. Pay attention to communications from your phone provider, as they should notify you if a SIM card has been activated on a new device.

- You're unable to make calls or send text messages. If your phone has stopped functioning properly or you are no longer able to access cellular data, this is the most obvious sign someone has potentially deactivated your card and is using your phone number.

- Suspicious activity. If you notice transactions or purchases you don't remember making, it is possible a fraudster has gained access to your credit card. Check your search history, email activity and social media accounts for anything unfamiliar, as hackers who have gained access to your logins may be seeking further information about you to steal other financial information.

How to protect against SIM card swapping attacks

Proactive measures are key to protecting yourself and your privacy against these evolving kinds of cyber attacks. Stay ahead of the risks, regularly reassess and update your personal online security practices to adapt to evolving threats.

Use strong duo authentication methods - Though text and email MFA methods are still a strong security standard to practice, consider using other biometric methods like fingerprinting or facial recognition whenever available, as they provide an added barrier that is more difficult to hack.

Set up a passcode with your mobile carrier - Explore whether your carrier offers any additional security features and utilize them if available. To

avoid unauthorized SIM card changes, set up a password or PIN within your account. Keep your contact information with your carrier up to date to ensure you receive prompt notifications should any suspicious activity occur.

Monitor activity on all accounts - Keep a close eye for any unusual activities within your online accounts. Be cautious about sharing personal information, especially on social media.

Stay educated - Familiarize yourself with common social engineering tactics that are used to manipulate individuals into revealing sensitive information, like phishing, vishing or impostor scams. If you know what to look for, the easier it will be to spot an illegitimate communication.

Attackers are constantly updating their tactics, often trying to pit our own technology against us. Make sure you know the risks you may face and stay vigilant for the signs that your data may be compromised.

A Civil Society

From: "Hot Flashes"

Copied from Fairfax County Retired Employees Association Newsletter, Hot Flashes, dated November 2024

In a town hall meeting several years ago, a town manager was asked, "Why should a 62-year-old man have to pay for maternity care?"

Another person responded: "Why should I pay for a bridge I don't cross, a sidewalk I don't walk on, or a library book I don't read?"

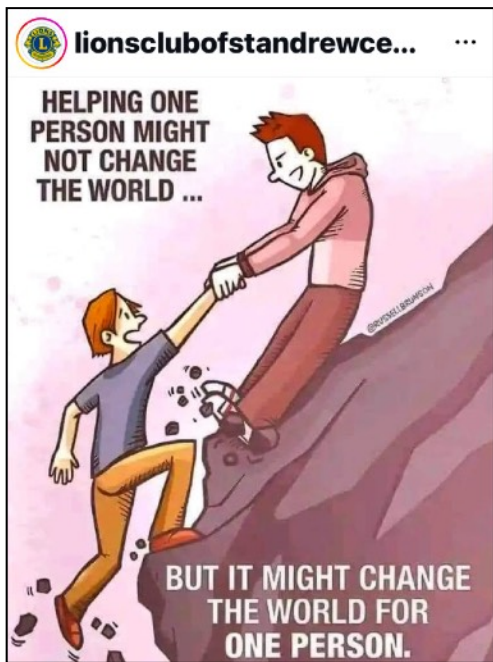
Why should I pay for a flower I won't smell, a park I don't visit, or art I can't appreciate? Why should I pay the salaries of politicians I didn't vote for, a tax cut that doesn't affect me, or a loophole I can't take advantage of?

It's called democracy, a civil society, the greater good. That's why."

As the newsletter says, the story... "is probably apocryphal, but it is worth sharing."

Lions Inspiration on Instagram

*(from Lions Club of Saint Andrew Central,
Kingston, Jamaica)*



Time for Visual Dad's Jokes

It's got a wooden frame, wooden engine, wooden wheels, and a wooden gas tank.

Did he ride it?

No, wooden start...



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