



## Inter-Service Club Council of the City of Fairfax iscc-fairfaxva.org

Volume 41, Number 11

5 October 2016

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### **Next Meeting:**

Wednesday, 2 November , 2016  
12:00 PM  
Service Source  
10467 White Granite Drive  
Oakton, VA 22124

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### **ISCC Minutes 7 September 2016**

President Larson called the meeting to order at 12:05 PM. Eighteen individuals representing 18 organizations were present. President Larson gave the invocation and all recited the Pledge of Allegiance.

#### Thought for the Day

"It takes both rain and sunshine to make a rainbow." Unknown

Announced absences: Hildie Carney, Elaine & Ed Snft, Al Leightley

### **OFFICER REPORTS**

Minutes of the June meeting were approved as read.

Vice President Jones had nothing to report.

Treasurer Lauther reported a balance of \$866.05 as of July 31, after paying for the insurance for the VOY event, web support and the Fairfax High School graduation Party. VOY receipts were \$255. Treasurer Lauther also noted that Red Lobster prices are going to go up sometime in October, but it is unclear how that might affect ISCC lunch prices.

President Larson deferred to Business.

### **OLD BUSINESS**

Pete Conklin is making a schedule for the upcoming year Club Visit Program.

The group discussed possible improvements to the VOY event. It was suggested that we consider whether a 7:00 PM start would work. There was also much discussion about how to control the presentation process in terms of limiting presenters remarks to the reason their Volunteer was selected, including Club representatives briefing their presenters on rules of engagement and having a timer. It was also suggested that someone be designated to monitor seating and initiate bringing out more chairs.

### **NEW BUSINESS**

The nominating committee collected nominations for President and Vice President, and will contact the individuals to ascertain their willingness to serve prior to a vote in October.

#### Last Minute Thought

"Live Life with your eyes wide open so you can embrace unexpected moments."

Unknown

The meeting was adjourned at 1:04 PM.

### *City of Fairfax*



### **40<sup>th</sup> Annual Fall Festival**

Over 400 juried crafters from around the region will sell handmade wares, such as vases, wind chimes, quilts, dolls and toys, jewelry, woodcrafts, needlework and photography. Booths and displays will line both sides of University Drive, Main Street and Sager Avenue.

Children will have their own special activities throughout the festival to include musical

entertainment and amusement rides in the SunTrust Bank parking lot. The Main Stage, featuring live music, will be located on South Street near University Drive. An Octoberfest beer garden and main food court will be located in this area. The Main Stage will feature live music from 11am – 5pm. Main Stage entertainment includes: Vinyl Invention from 11am to 2pm and Mirage from 2:30 – 5pm.

New this year! Silent Disco – A dance event with people dancing and listening to the music on wireless headphones without disrupting the world.

The Old Town Square Stage sponsored by Allstate will showcase Alex Hilton Band from 12:30-3pm and The Vigilantes from 5:30-8:30pm

Be sure to visit Fire Station 3 for an Open House. During the Fall Festival, shuttle buses will be available from Fairfax High School and George Mason University at Rappahannock Parking Garage.

### **Rock the Block Concert Series**

The City will be having just one more Rock the Block!!! This free concert series will be held the fourth Friday in October from 6:30 – 9:30pm. Gonzo's Nose will be rocking Old Town Square on October 28<sup>th</sup>. Each family friendly evening will feature live bands, beer garden and city restaurant vendor booths. Bring your lawn chairs. This will be Halloween Themed – dress up and join the fun!

**Mitzi Taylor** [mitzi.taylor@fairfaxva.gov](mailto:mitzi.taylor@fairfaxva.gov);  
**Katie MacCammon**  
[katherine.maccammon@fairfaxva.gov](mailto:katherine.maccammon@fairfaxva.gov)

### **Chocolate Lovers Festival Committee (CLFC).**

*Chocolate Lovers Festival Committee* is busy preparing for 25 years of chocolate. The next Chocolate Lovers Festival is February 4 – 5, 2017 and it promises to be one of the best yet. We welcome all organizations to get involved and sponsor an event at the Festival and/or volunteer a few hours at some of the events. New officers were elected at the September meeting and they

are: Larry Larson (treasurer), Patsy Maddox (secretary), Sonja Duchak (vice chairman), and Beverly Myers (chairman). If you like to part of our 25<sup>th</sup> festival, please contact Beverly Myers ([bmyers@wcsr.com](mailto:bmyers@wcsr.com)).

### **Independence Day Celebration Committee (IDCC).**

*Independence Day Celebration Committee* is in full swing preparing for the 2017 July 4<sup>th</sup> celebration. The first meeting of the planning was held on September 15 with our annual dinner meeting at Chops Craffthouse. The selection for the annual advance valentine was selection and it will be the “original” Woody’s Ice Cream shop. These valentines will be available mid to late October ... watch this space as to where they can be purchased. New officers were elected: Scott Trivett (treasurer), Anna DeMarco (secretary), Brenda Brichant (vice chairman), and Beverly Myers (chairman). If your organization would like to be a part of our 51<sup>st</sup> celebration, please contact Beverly Myers ([bmyers@wcsr.com](mailto:bmyers@wcsr.com))

**Beverly Myers:** [bmyers@wcsr.com](mailto:bmyers@wcsr.com)



### **Civitan Club of Fairfax**

Certainly a highlight was the 17 September Burke Lake Picnic for the developmentally disabled. An annual event sponsored by Area Civitan Clubs, this year some 399 people participated. The handicapped and their helpers enjoyed food, fellowship, and games. Several dozen Civitans hosted and served, assisted by Jr. Civitans and ladies from a George Mason Service Club. The many bus loads of guests and all the rest of us had a very good time!

The Board of the Fairfax Civitan Club met at the Hartmann's on 29 September and planned events and fund drives for the next several months. At that meeting, we also heard a presentation and demonstration of a potential new fund raiser that we would do with ServiceSource.

Our Civitan program year starts on 1 October, with new officers and a new budget. The first Saturday Arlington Garage Sale on 1 October will once again be heavily supported by the Fairfax Club, with our workers earning fees based on the hours that we work. Fees earned are provided to the Club to support its projects and benevolences. Our monthly dinner/program meeting is scheduled for 6 October, with the Club gathering at ServiceSource in Oakton. On 8 October, members of our Club will work (selling beer) at one of the musical entertainment areas at the Fairfax City Fall Festival. On 15 October, the Club will do its adopt-a-spot cleanup at Wilcoxon Park. A possible new member of our Club, a young adult with Downs Syndrome, will be playing at the Strathmore with the Interplay Orchestra on 16 October. On 22 October, some of us will be playing Bingo with the Langley group home ladies, who are all members of our Club. Then, on Sunday 30 October, the Club will host, feed, and provide for musical entertainment for the low-income elderly folks living in the 240 apartment Lake Anne Fellowship House in Reston.

**David Hartmann:** [chartmann@cox.net](mailto:chartmann@cox.net)

### Downtown Fairfax Coalition

Saturday and Sunday Farmer's Markets will close the last weekend in October. 24. Some of the market vendors will be participating in various locations for Fall Festival October 8th.

**Jim Wyckoff, Jr.:** [jcwyckoffjr@aol.com](mailto:jcwyckoffjr@aol.com)



### FAIRFAX FERNS GARDEN CLUB

Members participated in the Kitty Pozer Garden cleanup on Sept. 24. They are also preparing to plant more shrubs, groundcovers and perennials. On Oct 15

members will be pruning the roses at the City of Fairfax Library. Next meeting is at the library on Monday Oct 17 when the program will be on the biology of roots presented by Mariann Kowalski.

**Kathy Hoffman:**  
[Kathryn.j.hoffman@gmail.com](mailto:Kathryn.j.hoffman@gmail.com)



### Fairfax VA Harley Owners Group

Fall offers the best time of the year for riding and every weekend presents terrific opportunities for members and guests to ride together to interesting places. In addition to "having fun" we take pride in "giving some back to the community along the way".

On 9/11, Chapter members remembered and honored those who suffered with the treacherous attacks on our nation and those who came to the aid of the victims especially at the Pentagon. Our fourteenth annual 9/11 Memorial Ride to the Pentagon included 75 riders and many passengers who gathered for a solemn memorial at the Pentagon, a brief ceremony and visit to the Pentagon Memorial placing a rose on each bench in honor to that person. The feelings were inspiring, humbling, unforgettable, profound....and **we will never forget**. The Pentagon Memorial is a hallowed place and offers a quiet space for reflection and remembrance to honor and remember those who were lost that day. It is open 24/7. Please go.

On October 1st we spruced up our section of Fairfax Boulevard and in front of City Hall as part of the Adopt-a Spot Program in the City.

On October 26th the Chapter will participate in the Vienna Halloween Parade which is fun for riders and those watching the parade.

We are currently in the planning stage for another Operation Atlas Program and our fourth at Bethesda Army Navy Hospital on October 29th with efforts directed towards those service men and women who have been wounded in Iraq or Afghanistan. This

will be our annual Fall Festival and Bike Show. This year great food, the Soldiers' Choice Bike Show, a few Halloween costumes, door prizes and socializing will make the afternoon enjoyable. Our hope is that we can add a bit of fun to each warrior's day while they are recuperating, extend the hand of Harley friendship and Virginia hospitality to these brave men and women. We are honored and awed to be involved in Operation Atlas, the USO and Wounded Warriors..

Other upcoming events include Thanksgiving at the Lamb Center and the Salvation Army Christmas Program for needy families in our community.

The Fairfax Harley Owners Group is a diverse and energetic force of over 600 members. The Chapter publishes a monthly newsletter and maintains its own webpage at [www.fairfaxhog.com](http://www.fairfaxhog.com)

**Larry Larson:** [larry.d.larson@verizon.net](mailto:larry.d.larson@verizon.net)



**Fairfax City  
Regional Library**

**10360 North Street  
Fairfax, VA 22030**  
703-293-6227 | TTY: 711  
Sun.: 1 p.m. - 5 p.m.  
Mon. - Thurs.: 10 a.m. - 9 p.m.  
Fri.: 10 a.m. - 6 p.m.  
Sat.: 10 a.m. - 5 p.m.

One-on-one English Conversation Practice  
Practice speaking English with a volunteer  
tutor. Call to make an appointment. Adults\*

Personalized Internet/Microsoft Office  
Tutoring Learn how to use the Web or

increase your skills. Call for appointment.  
Age 13 & up.

Tales to Tails Need practice reading? Read  
aloud to a friendly, trained therapy dog. Call  
for dates and times or register online. Age 6-  
12.

Mondays, Oct. 3, 17, 24, 31, 11:00 Tuesdays  
in October, 2:00 Library Tech Help Get your  
library-related electronic resources questions  
answered. Includes help with eBooks and  
compatible devices. Adults.\*

Mondays, Oct. 3, 17, 31, 4:30 Crazy 8s Math  
Club Join Bedtime Math's Crazy 8s, where  
you'll run and jump and make a mess while  
learning math concepts. Cosponsored by  
Bedtime Math. Grades K-2.

Tuesdays in October, 10:30 Storytime at Old  
Town Square Come across the street to Old  
Town Square to hear some stories, weather  
permitting. Age 2-5 with adult.\*

Tuesdays in October, 10:30 Tuesday  
Morning English Conversation Group  
Practice speaking English with others and  
improve your skills. Adults.\*

Tuesdays, Oct. 4, 11, 18, 12:30 Test  
Preparation for the U.S. Citizenship Exam  
Get help preparing for the U. S. citizenship  
exam with this 12-week classroom course.  
Study materials will be provided. Prior  
registration required. Adults.

Tuesdays in October, 7:00 Tuesday Evening  
English Conversation Group Practice  
speaking English with others and improve  
your skills. Adults.\*

Wednesday, Oct. 5, 10:30 PJ Library Book  
Buddies Enjoy storybooks about Jewish  
holidays and values and make crafts to take  
home. Cosponsored by PJ Library and  
Growing Jewish Families of the JCC of  
Northern Virginia. Age 6 months-5 years with  
adult.

Thursday, Oct. 6, 10:30 Preschool Storytime  
Build your child's early literacy skills while enjoying stories, songs and activities. Age 3-5 with adult.

Thursday, Oct. 6, 2:00 Genealogy  
Databases Search for your ancestors using the library's genealogy databases and other free Internet databases. Adults.

Thursdays in October, 7:00 English  
Comprehension Through Conversation Join others in a fun and interactive approach to speaking English. Improve your speaking, pronunciation and reading comprehension in a relaxed environment. Prior registration is required. Adults.

Saturday, Oct. 8, 2:00 Family Math Games  
Come as a family to try our games! Build your children's math and logic skills while having fun. Games for all levels with tips for parents to use at home. All ages.

Tuesday, Oct. 11, 4:30 Readers' Theater  
Read with friends! Participants will rehearse and perform a dramatic reading together. Age 8-12.

Wednesday, Oct. 12, 4:30 Brain Games at the Library  
Have fun and win prizes with our board games and card games that challenge your thinking and build your skills. Age 8-12.

Thursday, Oct. 13, 10:30 Toddler Time  
Join us for stories, songs and activities. Library staff share with children a love for books and parents learn to cultivate early literacy skills. Age 2-3 with adult.

Thursday, Oct. 13, 7:00 Family Movie Night  
All ages.\*

Saturday, Oct. 15, 2:30 Microsoft PowerPoint  
Learn how to put together an attractive presentation using Microsoft PowerPoint. Age 13 & up.

Monday, Oct. 17, 10:15 & 11:15 Music and

Movin' with Miss Susan  
Join Miss Susan for singing and moving to music with your little ones. Cosponsored by Friends of the City of Fairfax Regional Library. Age 6 months-5 years with adult.

Tuesday, Oct. 18, 7:30 Evening Book Discussion  
Please call the library for this month's selection. Adults.\*

Wednesday, Oct. 19, 4:30 Bilingual Storytime  
Bilingual Storytime in English and Spanish. Build your child's early literacy skills while enjoying stories, songs and activities. Age 3-5 with adult.

Thursday, Oct. 20, 10:30 Mother Goose Storytime  
Enjoy stories, songs and fingerplay and lay a foundation of early literacy skills for your baby. Birth-23 months with caregiver.

Thursday, Oct. 20, 1:00 Afternoon Reading Group  
Please call the library for this month's selection. Adults.\*

Sunday, Oct. 23, 2:00 Friends of the Virginia Room Annual Meeting: Using LesserKnown Court Records in Research  
Learn how to use record groups such as Confederate Pension Applications and Roads to research your genealogy and local history. Presented by the Fairfax County Circuit Court Historic Records Center. All ages.\*

Monday, Oct. 24, 6:30 Tween Book Club  
Have fun discussing books with friends. This month's selection is The Charmed Children of Rookskill Castle, by Janet S. Fox. Age 10-12.

**Laura Raymond:**

[laura.raymond@fairfaxcounty.gov](mailto:laura.raymond@fairfaxcounty.gov)



## Friends of Fairfax Station

### Events and Activities

#### **Sunday, October 9**

TTRAK Model Train Display (1:00 ~ 4:00 p.m.)

#### **Sunday, October 16**

NTRAK Model Train Display (1:00 p.m. ~ 4:00 p.m.)

#### **Sunday, October 23**

Museum Open (1:00 ~ 4:00 p.m.)

#### **Sunday, October 30**

Hands On Day (1:00 ~ 4:00 p.m.)

Join us for our popular Hands On Day. Help build HO modules and take part in a variety of other modeling and craft activities.

Please note that some activities are suitable for older age visitors.

#### **Wednesday, November 2**

Civil War Forum (7:30 ~ 9:00 p.m.)

Preservationist and former topography Ed Wenzel will discuss his recent book on the Civil War in Fairfax County and how it came to be.

He will address a sample of incidents that occurred in the Fairfax Station area from 1861 to early 1863. Copies of his book will be available for purchase and signing.

Doors open at 7:00 p.m. The Forum is open to the public and admission is free.

**Pete Conklin:** [conklinps@aol.com](mailto:conklinps@aol.com)



The HFCI May meeting will be held on October 12 at 7:00 PM at The Blenheim site. All are welcome to attend.

Are you interested in being a volunteer or docent for historic sites? Call 703 385 8415 and find out more about it. THERE IS A TRAINING SESSION, October 22, at 1PM At the Museum.

Would you like to be remembered forever as a citizen of Fairfax? Buy a brick with your name on it for \$100. The bricks are placed in front of the Fairfax Museum.

Thank you HFCI members for attending the "Taste of the Vine" and for your donations. Our Event netted us \$9,500.00 and all enjoyed the evening.

#### **Ratcliffe – Allison House Is open**

Saturdays, May 7 thru October at 10386 Main St. Free guided tours will be offered from 11AM to 2PM. Open Fall Festival, October 8 and December 3 for Candlelight Tours (6-7PM)

#### **Programs at the Fairfax Museum and Blenheim:**

**MUSEUM:** Programs are at 2PM every other Sunday  
Fairfax Museum and Visitor Center 10209 Main Street, 703 385 8414

October 9:  
"The mystery of President Franklin Delano Roosevelt's Postage Stamp Quilt"  
Kyra E. Hicks, tells the story!

November 13:

"Discovering Colchester's History", a bustling port on the Occoquan River in 1700's.  
Christopher Sperling, Senior Archaeologist, FCPA.

BLENHEIM CIVIL WAR INTERPRETIVE  
CENTER, 2PM  
3610 Old Lee Highway

October 29:  
"Tournaments in Fairfax County and Fairfax  
Court House", Historian Jeanne Niccolls,  
research on jousting tournaments.

November 9:  
"Clashing Dynasties: Charles Francis Adams  
and James Murray Mason in the Fiery  
Cauldron of Civil War" Clashing Dynasties is  
an epic book by Gerard Gawalt.

Exhibits:  
Museum: "Chalkboards to Smartboards:  
Public Education in Fairfax City  
And County.  
Website: [historicfairfax.org](http://historicfairfax.org) Check us out  
for all our programs and news!!

**Hildie Carney:** [hilcarn31@aol.com](mailto:hilcarn31@aol.com)



**Kiwanis Club  
of Fairfax**

We packed meals for kids for young minds

Will be doing face painting at Fall Festival.

We will have our installation of officers and  
60th anniversary dinner this month.

**Mariann Gabor:** [mgabor@earthlink.net](mailto:mgabor@earthlink.net)



**Knights of Columbus  
Father Diamond Council 6292**

The Council holds business meetings are on  
the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday's of the month at 8  
PM in Providence Hall. Web site:  
[WWW.6292.kofc.com](http://WWW.6292.kofc.com).

Council supported the St Leo Parish Picnic  
on Sept 17<sup>th</sup>, over 500 in attendance.  
Held the annual crab feast on Saturday Sept  
24<sup>th</sup>, 120 in attendance.

Oct Activities:

- Every Sunday view Red Skin  
Games at the Hall
- 8 Oct – Concession Stand at  
Fairfax Fall Festival
- 10 Oct – Bingo at Fairfax  
Nursing Home
- 16 Oct – Monthly Family  
Breakfast

18 Oct – Gray Gost Luncheon at the Hall

**Albert Leightley:** [Leightley8@verizon.net](mailto:Leightley8@verizon.net)

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**Fairfax Lions Club**



**We Serve**

Since 1951

Fairfax Lions Club contributed of \$1000 to  
sponsor the Fairfax Little League team "AAA  
Nationals" for both Spring and Fall leagues.

Since August, Fairfax Lions spent over  
\$4000 and 17 work days (hundreds of hours  
of effort) to improve the quality of our club  
sponsored cabin at the Northern Virginia  
Lions Youth camp. This cabin is one of

seven in the 100 acre camp, situated on a mountain west of the Town of Boyce (west of Paris, VA) between Sky Meadows State Park and the Shenandoah River in Clarke County, Virginia. The mission of the Youth Camp, Inc. is to provide camping facilities to any youth group accompanied by adult leaders and supervisors.

Our Club installed 7 new windows, restored the roof, installed a ventilation fan, removed an unused stove pipe, and painted the exterior. We also installed trim around the two doors, improved the durability of the porch screen doors, installed a donated skirt around the base of the cabin and installed cedar shakes to the base of the front porch giving the exterior a uniform appearance.

Our next efforts on this cabin include building a patio with 2200 donated bricks. The result of this work: a fine looking cabin of which our community can be proud.

**Gordon Tillery:** [tilleryg@gmail.co](mailto:tilleryg@gmail.co)



October is one of our busiest months. Our new Board of Directors was installed on 4 October by Capital Virginia District Governor Gail Headley. We also inducted two new members.

We will have a booth at the Fall Festival.

Trivia Night October 22, 6:30 -8:30 PM at St Steven's United Methodist Church (Doors open at 6:00 PM). A Fun(d) raiser for KIDS. Tickets \$15.00. Food and Beverages available. Raffles and Prizes. No children under 12.

Halloween Festival at Royal Lake October 30 – we will be running games for the kids and giving them treats.

**Art Jones:** [artjones@mris.com](mailto:artjones@mris.com)



Lions Club Upcoming activities

- Oct 5 - Eyeglass Recycling
- Oct 8 - Fairfax Fall Festival Food Booth
- Oct 10 - Blood Drive
- Oct 19 - Bingo at Nursing Center
- Oct 19 - Eyeglass Recycling
- Nov 3 - FHLV Vision Screening at St Leo the Great Catholic School



[ 1. ] As of October 1, the **membership stood at 74**, 70 Active and 4 Honorary Members.

[ 2. ] Sunday, September 25, Rotary

Members joined others in a **"Walk For Water"** to raise money to drill water wells in Zambia South Africa.

[ 3. ] Also on Sunday, September 25, Fairfax Rotary held its **"Annual Family Picnic"** at Providence Park.

[ 4. ] In October and November to raise scholarship funds the Club will hold its **"Annual Sees Candy Sales Campaign."**

[ 5. ] In October and November the club will conduct its **"annual distribution of dictionaries to third graders"** in six schools that feed students into Lanier Middle School.

[ 6. ] December Saturdays of 3, 10, and 17 it's Fairfax Rotary's **"Annual Christmas Kettle Drive"** in front of Giant Food on Jermantown Road and Safeway Foods in the Courthouse Plaza for the Salvation Army's Red Kettle Program.

[ 7. ] See all of the year-round activities and events of **Fairfax Rotary on Facebook** and at <http://www.fairfaxrotary.org/>.

Irby Hollans, Jr: [ihollans@earthlink.net](mailto:ihollans@earthlink.net)



**Salvation Army**

### **Women's Auxiliary**

The Salvation Army Auxiliary is assisting the Fairfax Corps in registration of applicants for holiday assistance this week.

Stockings are available. Connie Lauther, 703-909-8423 would be happy to pick up the number your organization needs and bring them to the next ISCC meeting. Please alert your members to the need for Angels - that is sponsoring either a child (under age of 12) with their wishes for clothing and the three toys requested of Santa, or an entire family.

The Kettle Program will kick off Saturday, November 4. Kettles for the Fairfax Corps will be at 39 sites in the Central part of Co/City. We are in need of individuals to ring

the kettle bell either in morning or afternoon shifts. Coordination of timing can be done with Stacy Burke, 703-385-8700 ext 11 or Lt Rachel Orona at 703-385-8700 ext 15. Neighborhood friends, church groups or volunteer organizations are encouraged to give a day or more. Individuals willing to spend a couple of hours or more are also welcomed.

Connie Lauther: [lauthers2relo4u@cox.net](mailto:lauthers2relo4u@cox.net)



contact Albert Wu at 703-242-0286 or at [albert.wu@edwardjones.com](mailto:albert.wu@edwardjones.com)

Maureen Andretta:  
[Maureen.andretta@servicesource.org](mailto:Maureen.andretta@servicesource.org)



Shelter House is excited to announce our third year participating in Allstate Foundation's national Purple Purse Challenge from September 28 - October 25. This month-long campaign challenges more than 160 charities around the nation, ours included, to raise as many funds and as much awareness as possible **to end domestic violence and financial abuse**. To get involved, please email Priya Patel, Marketing and Communications Manager at [priya.patel@shelterhouse.org](mailto:priya.patel@shelterhouse.org). You can also visit [crowdrise.com/ShelterHouse-PurplePurse2016](http://crowdrise.com/ShelterHouse-PurplePurse2016) to contribute (from 9/28-10/25) and to get more information on statistics and stories on those affected by domestic violence and financial abuse.

Joe Meyer: [joe.meyer@shelterhouse.org](mailto:joe.meyer@shelterhouse.org)



### Shepherd Center Fairfax Burke (SCFB)

#### Shepherd 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. 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), Caregivers Support Groups (for those who have loved ones with dementia), low-cost exercise classes (to promote strength, balance and flexibility), and Lunch N' Life, Adventures in Learning, and Wednesday at the Movies which all provide mental stimulation and socialization opportunities.

Shepherd Center Fairfax Burke celebrated its 10<sup>th</sup> Anniversary on Sunday November 25<sup>th</sup> at the Fairfax Country Club. There were over 90 attendees at the dinner. The following items were noted in the 10 year history of SCFB: (1) 8,037 medical and 1216 shopping rides have been conducted, (2) Last Spring the six week "Adventures in Learning" had 99 registrants while averaging 55 attendees per session, (3) Yuga based exercise programs average 40+ per class twice a week, (4) number of volunteers have grown from 20 in the first year to over 160 in 2016, and (5) SCFB in 2014 at the behest of the County established Shepherd Center for Western Fairfax and this year is working in establishing a Shepherd Center for Southern Fairfax County.

For SCFB significant future activities, for more information on the below activities see our web site [www.scfbva.org](http://www.scfbva.org):

#### ACTIVITY

November Lunch N' Life will be held Nov. 17<sup>th</sup> at noon at the Church of The Good Shepherd, 9350 Braddock Rd, Burke, VA 22015. The luncheon speaker will be Paul

Herbert, author of Treason in the Rockies: Nazi Sympathizer, Dale Waple's POW Escape Plot. Cost for luncheon is \$10. For reservations call Bea Stephenson at 703-273-5730. Deadline for reservations is Nov. 11<sup>th</sup>.

Albert Leightley: [Leightley8@verizon.net](mailto:Leightley8@verizon.net)



### Soroptimist International of Fairfax County

We will be participating in the Fall Festival, and working at Rock the Block at the end of the month.

Applications for our Live Your Dream (female head of household) and Violet Richardson (female volunteer age 14-17) grants are due in December.

Cathy Kelleher: [dandckelleher@cox.net](mailto:dandckelleher@cox.net)

### General Federation of Women's Clubs Woman's Club of Fairfax

Suzanne Grimsley:  
[suzanne.grimsley@yahoo.com](mailto:suzanne.grimsley@yahoo.com)



At its September meeting, the Zonta Club Fairfax presented \$5000.00 in scholarships to three young women, two graduate

students from George Mason University, and one from Northern Virginia Community College. All were outstanding winners!

Three of our members attended the District 3 Seminar this past weekend in Atlantic City, New Jersey. Focus was on human trafficking, leadership training, award presentations, and friendship renewals.

Also this past weekend, club members continued fund-raising activities by parking cars at Fairfax KidsFest. In late September, the club joined with the Prince William Club to assist them with a large garage sale, including set-up and donations of goods. Due to so many activities this month and last we will not have a club meeting in October.

**Barbara Lipppa:** [barbaralippa@verizon.net](mailto:barbaralippa@verizon.net)