



# Inter-Service Club Council of the City of Fairfax

Volume 41, Number 1

7 October 2015

## ***Next Meeting:***

Wednesday, November 4, 2015  
12:00 PM  
Red Lobster Restaurant, Fairfax

## **ISCC Minutes 2 September 2015**

President Larson called the meeting to order at 12:00 PM. Fourteen individuals representing 15 organizations were present. The group observed a moment of silence for Bill Trent. President Larson gave the invocation and all recited the Pledge of Allegiance.

### Thought for the Day

"A life is not so important except in the (positive) impact it has on other lives."  
Jackie Robinson

## **OFFICER REPORTS**

The minutes of the 3 June meeting were approved as read.

Treasurer Lauther reported a balance of \$601.14 as of 31 July.

Vice President Hoffman passed around the roster for updates, as many clubs change officers in the summer. She also sent around thank you cards for club representatives who are leaving ISCC.

President Larson deferred to Business.

## **OLD BUSINESS**

Update on Club Visit Program: Pete Conklin All agreed that the visits were beneficial and should continue. Pete will send an e-mail to arrange schedules.

Update on 2015 Volunteer of the Year; After Action Comments Welcome. Everyone agreed that the program booklets are helpful, especially for City officials. As a general statement, the event went very well, Had very positive feedback from City officials. Many thanks to all whoratulations helped

make the event a success. Congratulations to all Volunteers of the Year.

Web Site Update – most pages are up at <https://webclearly.com/iscc>. The site will go live soon.

## **NEW BUSINESS**

October Meeting; 2016 Officer Installation President elect Hollans informed the group that his health makes it impossible for him to serve as President. Current President Larson will continue as interim President and Vice President Hoffman will reconstitute the nominating committee. October's meeting will be at the Red Lobster as usual.

## **LAST MINUTE THOUGHT & ADJOURNMENT**

"The path of least resistance leads to the path of least rewards."

"A local minister"

## *City of Fairfax*



## **City of Fairfax Parks and Recreation Department**

### **39<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 in Old Town Squire and amusement rides in the SunTrust band 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: White Ford Bronco from 11am to 2pm and Bruce the USA! from 2:30 – 5pm.

New this year! The All-American Lumberjack Show & Interactive Lumberjack Camp sponsored by JL Tree Service will be held throughout the day for festival goers to cheer on professional lumberjacks as they compete in 11 different events. See everything from axes, modified racing chainsaws, water events and cross-cut saws to audience participation. Showtimes: 10:30am, 12noon, 3:30pm. Camp: 1:30pm

New this year! The Country Stage sponsored by Layton Hall Apartments will showcase SouthPaw from 11-1:30pm and Harley Boone from 2:30-5pm

Cultural performances will be held in Old Town Hall throughout the day.

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.

#### **#TGIFairfax - Rock the Block Concert Series**

The City will be having just one more Rock the Block!!! This free concert series will be held the third Thursday in October from 6 – 9pm. Each family friendly evening will feature live bands, lawn games, beer garden and city restaurant vendor booths. Bring your lawn chairs. This will be Halloween Themed – dress up and join the fun!

**Rock the Block 2015 Concert Schedule:**  
October 23 The Rockets

**Mitzi Taylor:** [mitzi.taylor@fairfaxva.gov](mailto:mitzi.taylor@fairfaxva.gov)

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

The CLFC is underway making plans for the 2016 Festival (February 6 & 7). We are always looking for new members and new

events. If your organization would like to participate, please contact either Mitzi Taylor or Beverly Myers. If you would like to volunteer some of your time either of those days to help out, please let Mitzi or Beverly know. Be sure to like the Chocolate Lovers Festival Facebook page.

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

The IDCC held its annual dinner meeting on September 17, 2016. In preparing for the 2016 July 4<sup>th</sup> Celebration (the 50<sup>th</sup> parade), a collector's edition quilt was presented (provided by an in-kind donation) made of past years t-shirts. This, along with other items will be part of raffle items (watch the IDCC's Facebook page for more information on this – don't forget to "like" the page on Facebook). The IDCC is proud to announce that their 2016 valentine will be of Pico's Pizza – these valentines can be purchased from any IDCC member, from Parks & Recreation, or at the City of Fairfax Museum and Visitor's Center. If your organization would like to have an entry in the 2016 parade (or just volunteer to help out on July 4<sup>th</sup>) please contact Mitzi Taylor.

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

**Leslie Herman:**  
[leslie.herman@fairfaxva.gov](mailto:leslie.herman@fairfaxva.gov);



#### **Civitan Club of Fairfax**

Each fall, for over forty years, Civitan Clubs in Northern Virginia have hosted, prepared, and served a huge picnic for developmentally disabled folk in the area, along with their caregivers. This year the picnic was held on Saturday 26 September. Over 300 persons enjoyed the hot dog meals, and the music, fellowship, and games. The Civitan Club of Fairfax was very well represented.

Our Fairfax Club held its monthly dinner and program on 1 October, the first day of the Civitan program and fiscal year. The Governor of the Chesapeake District installed

Club officers and Board members for the new year. The Area Director initiated five new members into our Club, each of whom pledged: "I am Civitan." And a speaker from the Alternative Paths Training School briefly introduced that interesting service.

Fairfax Civitans again are working at the first Saturday of the month Arlington Garage Sale, this time (3 October) in very wet conditions. Fortunately, most of the vendor set up space is under cover. Club members also will help serve "refreshments" at the Fairfax City Fall Festival, and then later in the month at the Rock the Block party. Planning (and fellowship) takes place at periodic Board meetings—one held on 24 September and another planned for Tuesday 27 October.

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

### **Downtown Fairfax Coalition**

Farmers' Markets will end at the end of this month after another successful season.

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



### **FAIRFAX FERNS GARDEN CLUB**

The Fairfax Ferns will be holding a Standard Flower Show at the Fairfax Library on October 10 during the Fall Festival. It is open to the public at 12PM. Come and view the beautiful arrangements as well as top horticulture specimens.

The next meeting will be on November 9<sup>th</sup> at the Fairfax Library at 6:30PM. The program will be "Carnivorous Plants – more than Wild!" The speaker will be Todd Brethauer.

#### **Hildie Carney**

President: Karen Rindal  
[ariintl@att.net](mailto:ariintl@att.net)



### **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 thirteenth annual 9/11 Memorial Ride to the Pentagon included 65 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 2nd we will spruce 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 28th 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 third at Bethesda Army Navy Hospital on October 24th 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 and 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 800 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**

## **City of Fairfax Regional Library**

**Frankenstein: Penetrating the Secrets of Nature** This traveling exhibition explores the enduring power of the Frankenstein story to expose hidden fears of science and technology - both in the original novel and shaped into new forms, such as plays, films and comics.\*

**Genealogy Help Desk** Bring your family history stumpers to an expert. Make an appointment at the Virginia Room desk or call 703- 293-6227, option 6. Adults.

**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.

**Mondays, Oct. 5, 19, 26, 11:00**

**Tuesdays in October, 2:00**

**Thursdays in October, 7:00**

**Library Tech Help** Get your library-related electronic resources questions answered. Includes help with eBooks and compatible devices. Adults.\*

**Saturday, Oct. 3, 11:00**

**Intro to iPads** Learn the basics of using an iPad, including such features as Safari, Mail, the App Store, Siri and iCloud. Also learn how to manage settings. Please bring your fully charged iPad. Adults.

**Mondays, Oct. 5, 26, 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. All-new Season 3 mischief-making activities. Cosponsored by Bedtime Math. Grade 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, Oct. 6, 13, 27, 10:30**

**Tuesday Morning English Conversation Group** Practice speaking English with others and improve your skills. Adults.\*

**Tuesdays, Oct. 6, 13, 27, 7:00**

**English Conversation Group** Practice speaking English with others and improve your skills. Adults\*

**Wednesday, Oct. 7, 2:00**

**Introduction to Android** This workshop will cover the basics of using an Android tablet. Learn about features such as the Chrome browser, Gmail, the Play Store and how to manage settings. Please bring your charged device. Adults.

**Thursday, Oct. 8, 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. 8, 4:00**

**You Can Count on Monsters** Fun with Math! Learn about prime numbers and create your own number monster. Cosponsored by George Mason University Experimental Geometry Lab. Grade 2-5.

**Saturday, Oct. 10, All Day**

**Fairfax Ferns Garden Club Flower Show** Fairfax Ferns Garden Club presents a "Fall Festival." Open to the public 12:30 to 4:00 pm.\*

**Thursday, Oct. 15, 10:30**

**Mother Goose Storytime** Come enjoy stories, songs and fingerplays and lay a foundation of early literacy skills for your baby. Birth to 23 months with adult.

**Thursday, Oct. 15, 1:00**

**Afternoon Reading Group** *Crossing the Borders of Time* by Leslie Maitland. Adults.\*

**Thursday, Oct. 15, 7:00**

**3D Printing with TechShop** Makers wanted! Join TechShop of DC/Arlington for a hands-on demonstration of 3D printing. Cosponsored by Friends of the City of Fairfax Regional Library. Age 12-18.

**Saturday, Oct. 17, 2:30**

**Microsoft Access** Introduction to creating, modifying and mastering your own databases using Microsoft Access. Adults.

**Tuesday, Oct. 20, 7:30**

**Evening Book Discussion** *Flight Behavior* by Barbara Kingsolver. Adults.\*

**Saturday, Oct. 24, 10:30**

**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.

**Monday, Oct. 26, 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. 27, 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.

**Wednesday, Oct. 28, 4:00**

**Make and Take** Reuse materials and craft supplies to make your own unique masterpiece. Age 6-12.

**Thursday, Oct. 29, 10:30**

**Preschool Storytime** Build your child's early literacy skills while enjoying stories, songs and activities. Age 3-5 with adult.

**Kathryn Hoffman**

[Kathryn.Hoffman@FairfaxCounty.gov](mailto:Kathryn.Hoffman@FairfaxCounty.gov)



**Friends of Fairfax Station**

**Sunday, October 4**

Special Exhibit: RR Technology - Past, Present and Future  
1:00 p.m.-4:00 p.m.

This one-day exhibit will highlight the many contributions made by local inventors to railroad technology from the 1800s to the present.

Also featured will be "futuristic" concepts such as hyper loop and maglev technology - first proposed more than a century ago but

still proposed as next generation transportation.

**Sunday, October 11**

T-Trak Model Train Display  
1:00 p.m.-4:00 p.m.

**Wednesday, October 14**

Civil War Forum  
7:30 p.m.-9:00 p.m.

Noted historian Donald Hakenson will discuss Col. John Singleton Mosby's most and least successful combat operations in Northern Virginia. Doors open at 7:00 p.m. Admission is free.

**Sunday, October 18**

N-Trak Model Train Display  
1:00 p.m.-4:00 p.m.

**Sunday, October 25**

Museum Open  
1:00 p.m.-4:00 p.m.

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



The April meeting of the **HFCI Board will be held on October 14, at the Blenheim Civil War Center at 7PM. 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.

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.

**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 11: The Founding of Washington, D.C. Speaker: Kenneth Bowling, PH.D. Book talk. Mr. Bowling is from the Federal Congress Project at George Washington University

**Exhibit: March 15, 2015 – October 14:  
“An Artist’s Story: Civil War Drawings, by  
Edwin Forbes.**

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

October 24: “Desertion in the Civil War”  
1PM.

Christopher Hammer from George Mason U. He will examine the motivations of Civil War soldiers to stay and fight or to desert.

November 8: “The end of World War II in the  
Pacific”

Jim Lewis, local historian, will examine the final battles of WWII and the surrender of Japan.

HFCI will be selling White House ornaments in front of the Ratcliffe-Allison House on Fall Festival Day, October 10.

Ratcliffe-Allison House Tours at 11Am throughout October.

SPECIAL EXHIBITS

**Historic Blenheim: November 7 thru  
December 31, 2015**

“Between the States: Photographs of the American Civil War”

**Website: [historicfairfax.org](http://historicfairfax.org) Check us out for all our programs and news!!**

**Hildie Carney: [hildcarn31@aol.com](mailto:hildcarn31@aol.com)**



## Kiwanis Club of Fairfax

We will install our new officers, participate in Fall Festival doing face painting and have one of our Key Clubs attend a meeting.

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



## Lions Clubs International

### September 2015:

- Fairfax Lions vision and hearing screening at Lanier Middle School. The Lions Sight & Hearing van was utilized for this event.
- Fairfax Lions Fall Retreat at the Isaac Walton facility in Centreville.
- Fairfax Lions vision (incl. glaucoma) and hearing screening at the Green Acres Senior Center. The Lions Sight & Hearing van was utilized for this event.
- A fallen tree during a storm damaged the cabin at the Lions Youth Camp sponsored by Fairfax Lions. Repairs are completed.
- Another successful blood drive completed. It involves an ongoing partnership of Fairfax Lions with Providence Presbyterian Church.
- Continued collection, delivery, and processing of donated glasses and hearing aids. Fairfax Lions participate in this effort twice a month at the Northern Virginia Lions Eyeglass Recycling Center in Arlington. The glasses and hearing aids are donated to the poor around the world, and are frequently part of Medical Mission trips.
- Continued "Bingo Night" at Fairfax Nursing Center, a nursing & rehabilitation center. Fairfax Lions lead the twice monthly event and provide friendly and caring

assistance to those who have difficulty playing.

- Continued a Fairfax Lions voucher program to provide free eyeglasses for needy people in the Fairfax Lions service area who are referred to us by the County.
- Continued an ongoing Fairfax Lions Vehicle Donation Program, another source of funds for charities we support in Fairfax.

### October 2015:

- Oct 6: Participation by Fairfax Lions and their wives at The Lamb Center's Annual Celebration Banquet at the Waterford (Fair Oaks). Fairfax Lions have partnered with The Lamb Center in practical ways and will be donating \$1,000 to the Center this FY.
- Oct 10: An important Lions fund-raising event in a large food court at the Fairfax Fall Festival. We will be selling hot brats, snacks, soft drinks, water, beer, and possibly wine. The proceeds go entirely to our charity efforts in Fairfax.
- Oct 17: Participation in the STEPOUT Walk at National Harbor to raise awareness of diabetes. Fairfax Lions will meet at 8AM at the American Legion parking lot. We have donated \$2,000 to the American Diabetes Association to support their vital research programs.  
<http://main.diabetes.org/goto/fairfaxlionsclub>
- Oct 24: Participation in a 3-mile "Walk Our Way" family fun day at Westfield HS in Chantilly. This event is sponsored by the Virginia Department for the Blind and Vision Impaired. Fairfax Lions will be participating in the walk and providing vision screening in conjunction with the Lions Sight & Hearing van.
- All of our continuing service events.

**Martin Lockhart:** [lock7-mar2@cox.net](mailto:lock7-mar2@cox.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).**

Oct Activities:

- Oct 3 – State Meeting
- Oct 10 – Fall Festival Concession
- Oct 10 – Pilgrimage to National Shrine
- Oct 12 – Bingo at Fairfax Nursing Home
- Oct 17 - Alter Server trip to Mount St. Marys
- Oct 18 – Family Breakfast
- Oct 20 - Grey Gost Luncheon

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



**Optimist Club of Central Fairfax**

Completed the following activities during September: We installed the new Officers/Board of Directors at our dinner meeting on the 22nd and had to cancel the SafeAssured ID project scheduled for the 26th due to lack of youths to assist.

In October, we are having a Trivia night fundraiser on the 17th, our regular dinner meeting on the 27th, and do house cleaning for the Fairfax Ronald MacDonald House on the 31st.

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



Helping Those with Intellectual Disabilities

**Parents & Associates, NVTC  
Elaine & Ed Senft: [esenft@comcast.net](mailto:esenft@comcast.net)**



[ 1. ] As of October 1, the **membership stood at 71**, 67 Active and 5 Honorary Members.

[ 2. ] Sunday, September 27, 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 27, 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 5, 12, and 19 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 Fairfax Salvation Army Women's Auxiliary participated in the Lord and Taylor Charity Day event on Saturday, October 3. They sold 30% off discount cards for \$5.00 to be used at the L & T stores on 10/3. In addition the Salvation Army Brass ensemble played at the Fair Oaks store that day.

The Auxiliary will be helping with registration for holiday assistance during October.

Stockings are now available as well as Angels at Corps Hdqtrs at 4915 Ox Road or by calling 703-385-8700. In participating in the Angel Tree program, one selects a child or a family of children with toy and clothing needs. Suggestions for toys as well as clothing sizes have been supplied by the parent at registration. These items are delivered unwrapped to the Corps on Ox Road the latter part of November and into early December.

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



Shelter House Mission: to provide crisis intervention, safe housing and supportive services to promote self-sufficiency for homeless families and victims of domestic violence in Fairfax County.

Shelter House Upcoming Events:

**September 22 & 23 - Open House - KHFS & PHFS - 4-7 p.m.**

Shelter House is opening its door to anyone who would like to learn more about what we do and who we help! The Katherine Hanley Family Shelter will host visitors on 9/22 and

the Patrick Henry Family Shelter will host visitors on 9/23.

**October 1 - Book Signing Event - Thomas Jefferson High School - 6-8 p.m.**

Carine McCandless, author of "The Wild Truth" will be at the school to give a talk and sign copies of her book. Her book centers on her personal experiences with growing up in a home troubled with domestic violence and dysfunction and the journey of growth and redemption that followed the tragic death of her brother, subject of the famed movie/book, "Into the Wild."

**October 9 - "Chipping in to End Domestic Violence" Golf Tournament - Golf Club of Lansdowne**

The law firm Cooper Ginsberg Grey will be hosting a golf tournament to raise funds for Artemis House.

**October 15 - Supervisor Cook's DV Awareness Event - Chuy's - 5-8 p.m.**

Supervisor Cook will be hosting a night of domestic violence awareness at Chuy's, a tex-mex restaurant.

**October 28 - Screening of "Finding Jenn's Voice" - Angelika Film Center - 7:30 p.m.**

Shelter House is hosting a movie screening of "Finding Jenn's Voice," a poignant documentary about Jenn, a pregnant woman murdered by her boyfriend. The documentary also features the lives of women who have survived attempts of murder at the hands of their abusive partners. Register online at: <http://gathr.us/screening/12913>

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



**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.

### **ADVENTURES IN LEARNING**

**Older Adults Shape Up Mentally and Physically with the Shepherd's Center of Fairfax-Burke:** Join the Shepherd's Center of Fairfax-Burke (SCFB) for its Fall session of *Adventures in Learning*. This program is open to all adults age 50 or better. Registrants bring a bag lunch and stay for a full day of classes/activities and socializing, or pick and choose the classes that interest them the most. The classes run Mondays, **Sept. 28th - Nov. 2nd**. Each Monday begins with an exercise class at 8:30 or 9:30 a.m. and other classes end at 2:45 p.m. at Lord of Life Lutheran Church, 5114 Twinbrook Rd., Fairfax; cost \$30.00. Registration form and class schedule is available in on the website [www.scfbva.org](http://www.scfbva.org), or by calling 703-323-4788. and throughout the session. Link to the Newsletter is here: <http://www.scfbva.org/files/Sept2015NewsletterPrint.pdf>

### **LUNCH N' LIFE**

**Are You 50 or Better?** Please join us for the next *Lunch N' Life* sponsored by the Shepherd's Center of Fairfax-Burke on Thursday, **November 19, 2015** (12:00-2:00 p.m.) at **Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax**. The guest speaker is the retired, Executive White House Pastry Chef, Roland Mesnier, who will be selling and signing his new book: *The White House in Gingerbread: Memories and Recipe*. For reservations, call Faye Quesenbery at 703-620-0161, **by Nov. 13th**. The cost is \$10.00; checks payable to SCFB. Please bring for Thanksgiving basket canned soup and spaghetti sauce or you can purchase a \$25 grocery gift card from SCFB to donate. If transportation is

needed, call the SCFB office (703) 323-4788. See [www.scfbva.org](http://www.scfbva.org) for more information. *Here is the links to the flyers:* [http://www.scfbva.org/files/Inl\\_flyer\\_nov\\_pdf2015\\_5.pdf](http://www.scfbva.org/files/Inl_flyer_nov_pdf2015_5.pdf)

### **VOLUNTEERS NEEDED AS DRIVERS!**

**Shepherd's Center of Fairfax Burke** serves those 50+ and who no longer drive. Volunteer **Drivers** are needed for trips (Monday - Friday) to medical appointments and Companion Shopping within the Fairfax/Burke area. If you can volunteer your time, please contact the SCFB office at 703-323-4788.

**DEMENTIA CARE GIVERS SUPPORT GROUP** sponsored by the Shepherd's Center of Fairfax-Burke will be on *October 13th (2nd Tuesday) at Noon - 1:30 pm* at the Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The group is for those caring for someone with dementia or interested in learning more about providing care giving to a person with a disorder that affects memory and cognition and may impact behavior and physical abilities. *Before attending, contact the facilitator*, Eileen Thompson at 703-451-8626 or [Eileen.thompson1@gmail.com](mailto:Eileen.thompson1@gmail.com). *Here is the link to the flyer:*

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



### **Soroptimist International of Fairfax County**

We will sell ornaments at the Fall Festival.

We are looking for female head of household candidates for our "Live Your Dream" grant. Applications are due December 15. We are also planning for Holiday support for Bethany House.

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

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



The Zonta Club of Fairfax continues its ongoing monthly food pantry support for the Fairfax County Domestic Violence Action Center (DVAC). The food pantry provides emergency supplies for clients of the DVAC. On October 1<sup>st</sup>, the club was awarded a community certificate for this support.

In September, we reviewed planned activities from the summer retreat and recruited members to volunteer for "Rock the Block" in Fairfax City on September 25 as well as parking duty at Kids Fest on October 3 and 4. These fundraising efforts help secure our yearly Scholarship Programs.

Several members of the Club also attended the District 3 Conference in Williamsburg, VA from October 2-4 and we were pleased to win the Lt. Governor's award for the highest percentage net gain in membership.

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The next meeting will be on Saturday November 7 from 10- 11:30 am at the Patrick Henry Library in Oakton and our guest speaker will address the topic of teenage sex trafficking in Fairfax County. All are welcome to attend.

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