

# LAKE OF THE WOODS LIONESS LIONS

## LOW DOWN

Volume 34, Number 10 — April 2019



## President's Corner

By Lioness Lion Linda Shnayer LOW Lioness Lions President

[www.lowlioness.org](http://www.lowlioness.org)



The Lioness had a very busy and successful month of March!

On our first Casino trip we had a \$1,000,000 winner. April Fools! Although several of us broke even or came home a bit lighter in cash, we had a great time with old and new friends. We had a full bus and our raffle garnered \$112 which was donated to the Wilderness Pantry. I'll allow Helene Burns to brag about the additional proceeds. Save June 19<sup>th</sup> on your calendar for our next fun filled trip to Charlestown.

The Lioness Spring Craft Show to include our attic treasures, bake sale, and concessions was a huge success! Caroline Caldwell chaired the event with Helene Burns and Karin Goetz in charge of attic treasures, Jayne Owiesny leading concessions, Vicky Shew and Colleen Cameron chairing bake sales, Gail Stoner soliciting for and taking care of vendors, and Lynne Travis producing effective publicity. We want to thank our Lioness members for doing their spring cleaning and donating to attic treasures, baking so many delectable goodies, and working the days leading up to and day of the event. A big thank you also goes to Mary Simmons and Gail Stoner, with spouses, for two evenings of pulling pork for the barbecue sandwiches.

Also in March, as a result of all your hard work on fundraising projects, Jayne Owiesny, our Foundation Treasurer, has been busy writing donation checks to each of the organizations identified in our 2018-2019 budget (found on page 11 of your Member Handbook). The vast majority of donations from our Club have been delivered. The remaining funds will be disbursed at the proper time (i.e., scholarships). Due to our fundraising success, the board has approved increasing our Germanna Community College and Orange County High School scholarships to \$1,500 each. We will also add a fourth Germanna Scholarship.

April is probably best known for the religious holidays of Easter and Passover. From my youth, my memories include the excitement of purchasing frilly dresses, hats, and patent leather shoes to wear to church. After dinner, we'd have an egg hunt. Although the frilly dresses and hats vanished long ago, my family continued the custom of Easter dinner and an egg hunt. Each year the eggs became more elaborate going from real eggs to plastic eggs. We had hundreds of plastic eggs filled with candy, toys, and coins. It took hours to stuff the plastic eggs and hide them. Today, my children and grandchildren have all grown and they'd prefer an afternoon at Kings Dominion. I guess I'll have to wait for great grandchildren to bring back the egg hunt.

One of our primary community service projects is in support of the Wilderness Food Pantry. In May we have two events to benefit the Pantry: On May 4<sup>th</sup> we will hold a community Food Drive, and; on May 17<sup>th</sup> the Lionesses will partner with the LOW Lions for the Selven Powell Golf Tournament. Claudia Low is already seeking volunteers for the May 4<sup>th</sup> event (see the email that went out on March 23<sup>rd</sup>). Shortly, you will have the opportunity to sign up to support the golf tournament.

Happy Easter and Passover to each of you and your family!

## WHAT DO I BRING CHECKLIST?

**Wilderness Food Pantry— Plastic bags are urgently needed (double bagged would be appreciated).** Next Food Drive — May 4th (front gate area) - see Pg. 5

**Lake of the Woods Lioness  
Lions Club**

Post Office Box 811  
Locust Grove, VA 22508

Meetings are held at the LOW Club  
House on the 2nd Thursday of each  
month. Social hour at 5:15 p.m.

**2018—2019 Board of Directors**

**President**

**Linda Shnayer**  
107 Fairfax Lane  
Locust Grove, VA 22508  
(540) 412-1021

**Secretary**

**Claudia Low**  
116 Eagle Court  
Locust Grove, VA 22508  
(540) 412-1304

**Treasurers**

**Jean McLallen**  
**Jane Owiesny**

**1st Vice President**

**Nicki Buell**

**2nd Vice President**

**Ann Walker**

**3rd Vice President**

**Sharon Thornton**

**Lioness TAMERS**

**Nancy Fogg**  
**Marian Rood**

**Tail Twister**

**Jonnie Feterle**

**Membership**

**Arlene Rich**  
**Doris Williams**

**Directors**

**Betty Beck**  
**Carolyn Gordon**  
**Carol Greeney**

**Past President**

**Donalda Lovelace**

**The Insider's View**

Minutes from the  
March 28, 2019  
BOD Meeting

**FOUNDATION**

The meeting was called to order at 7:00pm on Thursday, March 28, 2019 by President Linda Shnayer. The following members were present: President Linda Shnayer, Secretary Claudia Low, Treasurers Jean McLallen and Jayne Owiesny, 1<sup>st</sup> Vice President Nicki Buell, 2<sup>nd</sup> Vice President Ann Walker, Tamer Marian Rood and Nancy Fogg, Tail Twister, Jonnie Feterle, Membership Arlene Rich and Doris Williams, Director, Betty Beck and Immediate Past President Donalda Lovelace.

**SECRETARY'S REPORT:** The minutes of the February 28, 2019 meeting, which were previously distributed, were amended to reflect the change in the number of new member inducted this year from 12 to 10. Motion made by Ann Walker and seconded by Jayne Owiesny to accept the minutes as corrected.

**TREASURER'S REPORT:** Jayne Owiesny

- Jayne received several thank you notes from our community outreach partners
- The Foundation budget report was accepted for audit.

**PRESIDENT'S REPORT:** Linda Shnayer

- We are waiting to hear if we won one of the sponsor spots at the Concert on the Point.
- Casino, a very successful event, fun had by all. We had a direct donation to the food pantry of \$121.
- Craft Show/Flea Market – all vendor spaces were sold out, great bake sale, BBQ Sales (the best in town) and the attic treasures.
- Our District Governor Wilma Murphy will be attending our April dinner meeting.
- We voted to increase all scholarships, Orange County High School and Germanna College, to \$1,500. In addition, the Board voted to increase the number of scholarship that we give to Germanna Community College to 4. Motion was made by Arlene Rich and seconded by the entire Lioness Board of Directors.
- Linda had a discussion with the Superintendent of Orange County Public Schools to discuss the needs of the school system. She received a number of items that are needed in Orange County.
- Linda reported Val Protiva has been talking to the management of the SAFE House to see what their additional needs are for the new residence. We have a list of things that they would like to have.

**1<sup>ST</sup> VICE PRESIDENT – Nicki Buell**

- The Lions Golf Tournament is on track for May 17. The Lioness will primarily work on activities for the day of the tournament. The profits will be divided in half between the Lions and Lioness. Our portion will go directly to the Lions Lioness Wilderness Food Pantry.
- There will be signup sheets on the table at the April 11 meeting. We need volunteers. This will be a very fun event.
- Nicki has posters and registration forms for the golf tournament. She will have them at the April meeting.
- Nicki suggested that we might want to sponsor a Lioness foursome.

MORE—See Pg. 3

## Minutes from the March 28, 2019 BOD Meeting (Cont'd)

- We will be posting flyers for the upcoming Lioness Food Drive to be held on Saturday, May 4, front gate area from 8am – 1pm. Signup sheets will be on the tables at the April 11 meeting. We need to find a co-chair for this event.

### 2<sup>nd</sup> VICE PRESIDENT – Ann Walker

- Our scholarship committee has been hard at work interviewing candidates for the Germanna Community College Scholarships. It has been reported that we have an unusual group of excellent candidates. The board also voted to increase the number of scholarships to 4 and to increase the amount to \$1,500 each.

### IMMEDIATE PAST PRESIDENT- Donalda Lovelace

- There will be a Zone Meeting on April 16 in Madison, VA. All members are invited to come. Please contact Donalda for additional details and to let her know if you plan to attend.
- The slate of officer for 2019-2020 were presented to the board. A motion was made by Jonnie Feterle and seconded by Linda Shnayer to approve the New Board of Directors.

## Lake of the Woods Lioness Lions Club CONFLICT OF INTEREST POLICY

Considering the Club's accountability to its membership and the public, the Board of Directors adopts the following policy and procedures with respect to disclosure requirements concerning transactions and relationships that may involve potential conflict of interest.

- Each officer, and director shall avoid situations where their personal interest could conflict with, or appear to conflict with, the interest of the Club.
- The use of Club's assets for any unlawful or improper purpose is strictly prohibited.
- No undisclosed or unrecorded asset is to be established for any purpose.
- No false entries are to be made in the books for any reasons, and no member or Director shall engage in any arrangement that results in such prohibited act.
- No payments are to be approved or made with the intention that any part is to be used for any purpose other than that described in the supporting documents.
- Any board member who knows of any unrecorded asset or any prohibited act must promptly report it to the total board of the Club.
- This policy requires the **annual submission** from Lake of the Woods Lioness Lions Club board members, of a statement certifying their compliance with the policy. The association's Officers are responsible for review and enforcement of this policy. Should Board Members believe that a conflict may exist in the performance of their fiduciary duties they must disclose such conflict and notify all officers. All disclosure statements will be reviewed by the officers and submitted to the full board for final analysis and action.
- This policy shall also apply to the Lake of the Woods Lioness Lions Foundation Board of Directors.

Approved by Board of Directors Lake of the Woods Lioness Lions Club and Lake of the Woods Lioness Lions Foundation, March 28, 2019.

MORE—See Pg. 4

## Minutes from the March 28, 2019 BOD Meeting (Cont'd)

### ADMINISTRATIVE

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**TREASURER'S REPORT:** Jean McLellan

- The Administrative budget report was accepted for audit.

**PRESIDENT'S REPORT:** Linda Shnayer

- Resignation received from Susan DeMalio, accepted with regret

### OFFICERS REPORTS:

**MEMBERSHIP:** Arlene Rich

- We will have two new candidates to be inducted at the April 11 meeting. The new candidates and committee will meet on April 8 at Fairways to go over the details of the induction.

**IMMEDIATE PAST PRESIDENT:** Donalda Lovelace:

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MORE—See Pg. 5

## Minutes from the March 28, 2019 BOD Meeting (Cont'd)

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Approved by Board of Directors Lake of the Woods Lioness Lions Club and Lake of the Woods Lioness Lions Foundation, March 28, 2019.

**DIRECTORS:** Betty Beck

- We will have a mixer in April

### **OTHER BUSINESS:**

- The new Past Presidents plaque has arrived and will be put up in the clubhouse as soon as we have a more prominent place to hang the plaques.

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting adjourned at 8:15pm. Motion made to adjourn by Jonnie Feterle and seconded by Ann Walker.

Respectfully submitted,  
Claudia Low  
Secretary

## Lioness Lions Committees & Activities

### Community Food Drive

By Lioness Claudia Low



**PLEASE SAVE THE DATE: - Saturday, May 4, 2019,  
8am – 1pm  
Front Gate Parking Lot directly across from Security**

I am in the process of planning our next very important community service project, The Lioness Food Drive and I need your help. **I will have everything organized but will need to have a co-chair to help the day of the event.** Due to health issues I might not be able to be there on Saturday, but I will try.

**We will also need volunteers to help gather the donations from our community friends. I will need 4 volunteers for each of the following shifts – 7:45am-9:45am, 9:45am – 11:45am, and 11:45am – 1:15.**

If you have any questions or want to volunteer please call Claudia at 540/412-1304.  
Look forward to hearing from you. Thanks!

**See Food Drive Flyer on Next Page**

# Lioness Lions Committees & Activities

## LIONESS LIONS

Sat. May 4th | 8AM - 1PM

In the Parking Area Directly

Across from Security Gate.



**\*\*YOU WON'T EVEN NEED TO LEAVE YOUR CAR\*\***

The LOWs Lioness Lions would like your help Restocking the shelves in the Lions Lioness Wilderness Food Pantry. With your generous donations we will be able to help those in need.

### List of Possible Donations Needed in the Pantry:

Canned Fruit / Canned Veggies	Crackers, all kinds
Canned tuna & chicken	Peanut butter / jelly
Baked Beans	Pickles
Dry Beans – all kinds	Hamburger helper — all kinds
Spaghetti O's	Dry side dish packets — all kinds
Ravioli	Cereals — all kinds
Applesauce (small plastic containers)	Tea bags & coffee
Mayo	Re-Usable Plastic Bags
Ketchup	Monetary Donations, either cash or
Juices	checks made payable to the Lions
Fruit cups (plastic containers)	Wilderness Food Pantry, would be
	greatly appreciated

**PLEASE PASS ALONG THE DATE & INFO TO YOUR NEIGHBORS & FRIENDS!**

If you have any questions please call Claudia:

# Lioness Lions Committees & Activities

## Wilderness Food Pantry

By Lioness Karen Cakouros

We all know about our wonderful Wilderness Food Pantry we are privileged to cosponsor with the LOW Lions. Lots of volunteers are needed to staff our four days of distribution each month. We need shoppers (help the clients shop) the 1st and 3rd Friday from 9 am to 12 pm, and the last Saturday of the month from 9 am to 12 pm.

Also, we are responsible to pick up donated food from Food Lion three days a week.

It's a labor of love and very rewarding!

Call me if you feel you can help.

Karen Cakouros 972-9043

## Bios of New Members

By Lioness Doris Williams

### Colleen Cameron

Colleen is from Massachusetts and lived there for 40 years. She and her husband David have two children a son and a daughter. Colleen was an executive secretary and she's lived in Lake of the Woods for 2 1/2 years. Colleen loves to play golf. She does comedy at the Fairways certain nights of the week.

### Nan (Nancy) Lamb

Nan was born in Detroit Michigan and raised in San Diego. She lived in Tiangle, Va prior to LOW. Jan worked as an office administrator in Manassas Virginia (1995 -2008). She has two daughters. Jan has lived in Lake of the Woods (4yrs) and loves her one level home. Her hobbies are reading, crochet, crafts and traveling.

### Jan C. Martin

Jan Martin is from Kitty Hawk, North Carolina. She was born and raised in New Jersey. Jan and her husband Vince have lived in Lake of the Woods for two years. Jan's profession was a nurse. Jan likes to play bridge and fish.



**SAVE the DATE**

**MAY 17, 2019, 1 PM @LOW Golf Course**

**LOW LIONS/LIONESSES SELVEN POWELL**

**MEMORIAL GOLF TOURNAMENT**

**Benefitting the Wilderness Food Pantry**

**And Student Scholarships**



# Lioness Lions Committees & Activities

## Did You Know — Julie Phend

By Lioness Mary Simmons



Author! Author! Writing plays a big part in Julie's life. Not only is she a published author, more on that later, but she is one of the founding members of the Lake of the Woods (LOW), Lake Author's Club. Serving on the Steering Committee for many years, Julie just wrapped up that role as she felt it was time to make room for some new faces.



Born and raised in Wausau ("far away place"), Wisconsin, Julie took a circuitous route to arrive here at the Lake. She met her husband Jack when she attended college in Valparaiso, Indiana. Graduating from Valparaiso University with a Bachelors degree in English and Theater and later University of Wisconsin-Madison with a Master's in Curriculum and Instruction, Julie became a teacher. A drama coach for 8<sup>th</sup> graders, Julie taught at the middle school level for almost her entire career, writing and producing plays and adaptations. Retiring from teaching early in 2005 (she got an offer she couldn't refuse!) she promptly accompanied Jack on a semester-long teaching gig in London and never looked back. While in London, Julie was able to do research for her second book. Upon returning to the states she did something that she loves, tutoring, for a number of years.

Julie and Jack have two children, daughter Jennifer and her husband Steve and granddaughters Ella and Mia, who live in Richmond, and son Nick and wife Whitney, who with children Ben and Ruby live in Tacoma Park, MD. Moving here from Naperville, Illinois, Julie and Jack first stayed with their daughter, who then lived in Springfield, VA, where they got the full experience of Snowmageddon (the horrendous snow storm experienced by this and other areas in 2010). Welcome to the East Coast!

Arriving in Lake of the Woods in spring of 2010, they moved into their home which was picked, in part, as it offered a first floor office for Julie to write. Her books bring history to life. To date she has published [\*D-Day and Beyond: A True Story of Escape and POW Survival\*](#) and [\*The First 150 Years: A History of the Naperville Municipal Band\*](#), co-written with by Ron Keller. You can learn more at Julie's website: <http://www.juliephend.com/>.

Julie has been on the go at the Lake, not only in the author's club but supporting Lioness initiatives such as the Holiday House walk. Last year she completed two years as co-chair of Membership with Joyce Morlan. Beyond her Lioness and Author Club contributions, Julie does water aerobics and is an active member of the Women's Guild at LOW Church. (I'm sure many of you have seen her articles on the Guild in the *Lake Currents*).

While Jack is deeply involved with Civil War activities at the Lake, Julie is hard at work on new manuscripts. An active member of the Society for Children's Book Writers, she is currently working on a book for middle grade readers. She teaches writing classes and tutors in writing, does editing on the side, and offers lively presentations to schools, book clubs, and veterans' organizations about WWII and memoir writing.

Speaking of being on the go...The Phend family was recently joined by four-year -old Duke a mixed breed (rumored to be sheltie, border-collie and maybe some Australian Sheppard) adoptee. Julie is enjoying taking walks with Duke and having adventures as this energetic adoptee learns the Phend household routine.

You'll notice this article has two photos; one past and one present. Thanks, Julie, for the suggestion that we include both!



## From the Tamers

By Nancy Fogg and Marian Rood

The Lake of the Woods Lioness Lions Club April 11th Dinner meeting will be held at the Clubhouse with a 5:15 p.m. social gathering followed by dinner at 6:00 p.m. Please remember to call or email the Tamers by Monday, April 8th if you are not attending or need a special meal. Dinner will be buffet style. A no-call or no-show will cost you \$20.00 if you are unable to attend this meeting,

**NOTICE: We RSVP E-mails & phone calls. If you can't attend, you may have your meal picked up. Also, if you are bringing a guest, please call the Tamers.**

Nancy Fogg (540-755-2957) Email: entredeux3@hotmail.com

Marian Rood (540-412-0214) Email: bfrood@earthlink.net

Dinner  
Clubhouse Salad with  
Ranch & Blueberry  
Pomegranate  
Dressings  
Veal picatta  
Green beans w/ red  
peppers and al-  
monds  
Roasted red potatoes  
Chocolate cake  
Coffee & Tea

### Alternate Meal

Stuffed shells with a  
red pepper coulis

**OUT OF RESPECT AND COURTESY TO ALL, PLEASE REFRAIN FROM TALKING WHEN ANY-ONE IS AT THE PODIUM, ESPECIALLY OUR GUEST SPEAKER.**

**In consideration of others at our dinner meetings, you are asked to kindly refrain from beginning the salad until after the invocation and introduction of guests. Thank you.**

## Twister's Corner

By Lioness Lion Jonnie Feterle

I just want to wish you a **HAPPY EASTER** and put a little **SPRING** in your step.

**EASTER** is about love, hope, and happiness. May you have plenty of each.

Two pieces of advice for Easter:

1. Don't eat too much chocolate.
2. There's no such thing as too much chocolate.

**SPRING** marks the return of sunshine and color to the world. Days get longer, and "spring forward" gives us an additional hour of sunlight in the evenings. Greens, yellows, reds and other warm colors start to brighten up winter's dreary color palette.

When was the first Easter Egg roll at the white House?

## LOW Lioness Lions 2018-2019 Calendar

April 11	Dinner Meeting
April 25	BOD Meeting
April 27	Book Sale
May 4	Community Food Drive
May 17	Lions/Loness Golf Tour- nament

## Happy Birthday Lioness Lions

April 3	Diane Sellers	April 22	Nancy Strain
April 4	Carol Lee	April 23	Barbara Francis
April 9	Karin Mollard	April 24	Jean McLallen
April 9	Beth Ross	April 25	Vicky Shew
April 14	Cheryl Brown	April 27	Arlene Rich

**From the Editor**

By Lioness Lions Gail Hardin  
Editor, Lioness Lions LOW DOWN

Please get information and articles for the May LOW DOWN to me by April 29th or as soon thereafter as possible. The newsletter will be distributed on or about May 1. Forward them by email at the address below, or call me if you don't have access to email..

Email: gail\_hardin@yahoo.com  
Phone: (540) 972-5698

**Handbook Corrections**

Please forward any additions, changes, or corrections to your Handbook to the Editor (see contact information to the left of this column.)

**Resignation:**

**Susan DeMalio**

The Lake of the Woods Lioness Lions LOW DOWN is published monthly by the Lake of the Woods Lioness Lions Club, P.O. Box 811, Locust Grove, VA 22508, Gail Hardin, Editor.

Lake of the Woods Lioness Lions

LOW DOWN

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[www.lowlioness.org](http://www.lowlioness.org)