

# LAKE OF THE WOODS LIONESS

## LOW DOWN

Volume 25, Number 2—August 2009



### President's Corner

By Lioness Pat See, LOW Lioness President

*"The best way to find yourself is to lose yourself in the service of others."* - Mahatma Gandhi

I can't believe a month has gone by since I wrote my first President's Corner. I don't know about you, but I have been enjoying this summer's weather with so many days of low humidity. What a delight!!

I have a couple of announcements that I need to share with you. First off, due to the start up of the dam project on the big lake, the LOW Lioness Club has lost their storage room at the Ferris Bldg to the manager of the dam project. Our things are still temporarily housed in the Ferris Bldg jointly with the Players Group's belongings – but not for that much longer. Though things are uncertain at this time, we are hopeful that even better arrangements will be made to house our belongings in the future. If anyone in the club has any thoughts or ideas on this, please share them with me or one of the board members.

The second announcement is really good news. We now have a publicity committee for our club!! Elaine Freeland and Jeannie Dietz have agreed to be our photogra-

phers and Christine Wyant has agreed to be our writer. We are so excited about this opportunity to enlighten the community of the numerous ways our club so generously serves. Thank you, Elaine, Jeannie, and Christine!!

Speaking of serving – kudos to each and every one of you. The sign up sheets that came back from the tables were outstanding!! I was especially delighted to see that 12 Lionesses signed up for the Golf Tournament on September 11<sup>th</sup>. And no, Christine and Linda, I said help with the golf carts – not the beer carts!!! The results of the sign ups have been passed to each of the respective chairs for their further planning. Again, this sign up was to help our chairpersons plan and prepare for

their activities. They will be contacting you once again with further details when their activity comes up. They now know you plan to serve!!! Thanks to all of you.

Now, I would like to share a service story with you. This weekend I received a call from one of our Lionesses, Val Protiva. While Val was working at the Food Pantry a client came in who was having trouble reading because he had broken his reading glasses and could not afford to buy another pair. Rather than saying "how unfortunate", Val took the gentleman's name and phone number and what strength glasses he needed. She then called to see if she could get him some reading glasses from the eyeglass recycle

MORE see President pg.3

### WHAT DO I BRING CHECKLIST?

#### SAFE HOUSE

School Supplies  
Laundry detergent  
Wal-Mart gift cards

For more information, see page 4

#### WILDERNESS FOOD PANTRY

Hamburger helper  
Peanut butter

Cereal  
Tuna

**Lake of the Woods Lioness 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 5:45 p.m.

#### **2009-2010 Board of Directors**

##### **President**

**Pat See**  
103 Windy Lane  
Locust Grove, VA 22508  
(540) 972-5727

##### **Secretary**

**Kathi Martin**  
101 Windy Lane  
Locust Grove, VA 22508  
(540) 972-5242

##### **Treasurers**

**Ann Wood & Jean McLallen**

##### **1st Vice President**

**Marge Howard**

##### **2nd Vice President**

**Ann Walker**

##### **3rd Vice President**

**Carol Lee**

##### **Lioness TAMERS**

**Marue Biggs & Better Girman**

##### **Tail Twister**

**Laurel Buongiovanni**

##### **Membership Director**

**Linda Ogletree**

##### **Directors**

**Donna Crawley**  
**Dottie Lohr**  
**Barbara Rakes**

##### **Past President**

**Carol Greeney**

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**Lion Liaison**  
**Tom Walker**

**Highlights from the June Lioness BOD Meeting were not published in the July LOW DOWN. Highlights from both June and July meetings are included in this issue.**

#### **Highlights from the**

June 25, 2009  
Lioness BOD Meeting

#### **The Insider's View**

President Carol Greeney called the meeting to order at 7:00 p.m. and the Pledge of Allegiance was recited. Ann Wood moved and Connie Lemay 2<sup>nd</sup> the Minutes for the May board meeting be accepted; ayes carried. Treasurer's report: motion to approve by Carol Lee and 2<sup>nd</sup> by Pat See after Ann Wood advised changing the checking account to a free business checking account; ayes carried – filed for audit.

#### **PRESIDENT'S REPORT**

- \* Thank you letters were read from: individual thank you letters from Troop 804; Lake Youth Foundation for our \$500 donation to support youth activities and programs; Orange County Free Clinic brochure; OCHS Band Program for our donation; from the 2009 recipient of the LOW High School Bridge Scholarship to VA Tech.
- \* Motion to regretfully accept resignations from Judy Schrage and Jane Grynveski by Connie Lemay, 2<sup>nd</sup> Karen Cakouros; ayes carried.
- \* Activity signup sheets on every table at the dinner meeting were disappointing. It will be resent to members with expectations that everyone will signup for their favorite activities. Sponsors of new members will take them to activities to get them initiated.

#### **OFFICERS' REPORTS**

- \* 1<sup>st</sup> VP Pat See – Advised that Susan Santucci and Gail Harden are the *LOWDown* editors. Please submit all articles to both email addresses by the 20<sup>th</sup> of each month. There will be seventeen copies printed for mailing and three extra for the archives. The Memorial Fund will acknowledge the Lioness and spouse with a \$25 check to their favorite charities. Share and Care Chair will report this to the Treasurer. Noted that the Officers' Handbook is outdated and needs revision. Pat will call Doris Lanham for updates.
- \* 2<sup>nd</sup> VP Connie LeMay – Connie and Ann Walker were called by Norma Ervin, Outreach Chair, and advised of the need for medical help for a resident of Germanna Heights. Norma paid out of pocket for prescriptions in the amount of \$64, which will be reimbursed this one time. Lioness are not an emergency relief for this type of help, our funding will not permit it. Motion for reimbursement by Kathi Martin and 2<sup>nd</sup> by Laurel Buongiovanni.
- \* Tamers Betty Girman and Marue Biggs – suggested that the transition of the Tamer-year be extended to August instead of July to June. This

**More highlights—see pg. 3**

center. Val showed up on Monday to pick up the glasses for the man. This, ladies, is serving. It didn't take a lot of Val's time to do this, but she did it so willingly and without thought to her own time. Thank you, Val, for your service to this person in our community who is less fortunate.

Since 2007 our LOW Lioness Club has gained 33 new members. Some of them may not know about some of our club's hidden secrets. I will try and present some of these secrets now and again throughout the year. The first one is about Lioness Jan Lemieux. Yes, she does have something to do with Bridge. But....did you know that this year Jan has earned \$1,300+ for summer bridge classes that she teaches? Jan teaches Bridge all day every Tuesday and every other Thursday afternoon. This summer she has 3 different groups – beginning bridge, beginning duplicate bridge, and advanced duplicate bridge. Now here is the most incredible thing – Jan has been doing this since 2001 and donates her earnings to the LOW Lioness Club for the purpose of providing scholarship money to a LOW youth recipient each year. In total Jan has earned over \$10,000!!!! Jan, you truly do serve!!!

Don't forget we have a great Forensics Program scheduled for our August dinner meeting. I am really looking forward to that. Although we don't have any scheduled activities for the month of August, always remember that our benevolent activities are non stop. What a great opportunity to help at the eyeglass recycle center on Monday and Thursday mornings from 9:00 to 11:30. Also, the Card Party/Fashion Show committee have had their first meeting this month and are busy putting together all the details that make it a fabulous event. Carol Greeney is also in full swing planning the Vegas Night event taking place in November.

I want to also add, these committees can ALWAYS use sponsors for these events. If you know of any local business that would be willing to sponsor our events, please contact Sharon Kaltenmark X2616 for the Card Party/Fashion Show or Carol Greeney X6739 for Vegas Night. The economy has hurt a number of our usual sponsors. We are hopeful that some of you ladies might know someone somewhere that can help us. It is so very true that there is strength in numbers!! Thank you for your support.

Keep enjoying this beautiful summer and I look forward to seeing you at the dinner meeting. Always remember WE SERVE!!!

will allow time for the new Tamer(s) to meet with the ClubHouse and select menus and sign the contract. The Board approved this suggestion; henceforth the Tamer position will run from July to August.

#### **UNFINISHED BUSINESS**

- \* Late payment letters for absences at dinner meetings will continue to be mailed to members.
- The 2009-2010 Board was welcomed and the gavel was passed to the new President, Pat See.

#### **Highlights from the July 23, 2009 Lioness BOD Meeting**

The meeting was called to order by President Pat See, and the Pledge of Allegiance was recited. The minutes of the June meeting were read, and corrected as follows: The Tamers' duties will be in effect from August 1 to August 1. (This will enable the Tamers to plan meals with the Clubhouse Manager and sign the contract officially, after they have been sworn into office.) Carol Greeney moved that the minutes be accepted as corrected; Carol Lee 2<sup>nd</sup> the motion, which passed unanimously. The Treasurer's report was read, accepted and filed for audit. Treasurer Ann Wood suggested that the club look into the purchase of one or more short-term CDs for the Benevolence Fund. She will make inquiries and advise the Board in August. **MORE see pg. 4**

President's Report:

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- \* Correspondence was received as follows: Thank you letters from Sheltering Arms, LOW Fire and Rescue for donations made in the name of Carolyn Allen and Donald Crawley, and the Orange County Office on Youth Senior Prom Committee for donations to the "After Prom Party".
- \* Resignations were received from Pat Bates, Judy Ludvigsen, Dottie Lohr, Diana Scurggs, Susan Santucci and Rachel Reynolds. Kathi Martin moved that the resignations be accepted with regret; Carol Greeney 2<sup>nd</sup> the motion, which passed unanimously.
- \* A new Director will be needed, following the resignation of Dottie Lohr. Past President Carol Greeney will handle this.
- \* A push will be made to get more publicity for the Club. Chris Wyant, Elaine Freeland and Jeannie Dietz will handle this; all committee chairs will be encouraged to advise them of publicity opportunities.
- \* Lioness has been moved from our room at the Ferris Building to temporary space shared with the LOW Players. We will have to find new space, since the LOW Administration and LOW Board of Directors are renegeing on their promise to assist us.

#### OFFICERS' REPORTS

- \* 1<sup>st</sup> VP Marge Howard - reported that plans are under way for the Card Party to be held on September 25.
  - \* Past President Carol Greeney - will have a meeting of the Monte Carlo Night committee in August.
  - \* 2<sup>nd</sup> VP Ann Walker - advised that the Orange County Humane Society has started donating Cat food (50#) and dog food (80#) each month to the Wilderness Food Pantry. Also, the Food Pantry no longer has to throw away left-over fresh food; Ricky's Refuge comes to the Pantry to pick it up.
  - \* 3<sup>rd</sup> VP Carol Lee - brought up the possibility of returning to the Telephone Tree as a method of communicating among Lioness members. Kathi Martin moved that a committee be formed to discuss the guidelines for the Tree; Marge Howard 2<sup>nd</sup> the motion and it was passed unanimously. A report will be brought to the August meeting.
- Karen Cakouros has volunteered to become a co-chair with Carol Lee for the Book Sales. A third chair will be recruited in order to become familiar with the procedure. Since we no longer have storage space, we will need to collect books the day before the Lions' Yard Sale (collection on October 2).
- \* Tamer Betty Girman - reported that several people have requested new name tags; the Membership Chairman will put a sign-up sheet out at the August dinner meeting.
- There will be 2 permanent people in charge of the 50-50.

## Lioness Committees & Activities

### SAFE HOUSE

By Lionesses Betsy Flanigan and Sharon Allen

School begins next month! School supplies would be appreciated. In addition to the families in transition housing, several children and teens are in the group sessions Safe House holds once a week for at-risk families in the community. They'll need back packs, notebooks, pens, pencils, crayons, markers etc.

Laundry detergent is always needed. Also, gift cards from Wal-Mart are especially useful as the mothers need them for prescriptions and health care items. The next time you're in Wal-Mart, think about purchasing a gift card--much easier to carry to the clubhouse for the August Lioness dinner!

Safe House residents are most grateful for the generosity of the Lake of the Woods Lionesses!

# Lioness Committees & Activities

## SHARE AND CARE

By Lioness Jean Stutz

Arlene DeSimone is still struggling, however, she feels there is light at the end of the tunnel. She requires the use of a walker and wheelchair and will continue treatment until November at which time the doctor feels she will be completely healed.

Lioness Toni Ruther is doing fine after hip surgery. There is still pain but she feels much better. She looks forward to getting back to all her activities.

Nona Moskal had fallen in her home in June and was admitted to MWH with a fractured vertebrae. After discharge from hospital she became ill and was again admitted to MWH and underwent surgery and had a spinal fusion of 2 vertebrae. Nona was discharged from MVH on July 14th and well on her way to recovery. Her daughter will be there to help Nona with her recovery.

Lioness Donna Crawley's son Michael will undergo surgery on the ear and chest. Donna states that fortunately it is non-malignant.

Our sincere sympathy and condolences go out to Lioness Janet Berge whose mother, Hope McCrea, passed away on July 11th at Fort Washington Hospital after a brief illness. She was in her 92nd year. Over the years Mrs. McCrea had attended several Lioness meetings with Janet. Please remember Janet in her time of grief.

Jeannie Dietz was discharged from MWH on July 14th to home. She was admitted for a chemical imbalance due to medications. She will follow up with her physician to help correct the problem.

New Lioness Pat Berry underwent a Lumpectomy on July 6th. A lump was discovered during her yearly mammogram. Pat will do a short course of treatment at the Cancer Center and continue on medication for the next 5 years. She stressed the importance of early detection through self-examination and yearly mammograms.

Sarah Pitts was discharged from Culpeper Rehab on July 18th. She is much improved and in good spirits. She suffers from some speech difficulties but this will be addressed in the near future. Welcome home Sarah.

Pat Watterworth's blood work showed elevated tumor markers and she will undergo some retesting on July 21st. She said she tires easily and is not too peppy. Continue to keep her in your prayers.

Barbara Rakes will undergo radiation for uterine cancer. She has a long recovery road ahead of her but is in good spirits. She looked well at our Lioness meeting on July 9th and she remains in our thoughts.

Please remember these Lionesses and their family members in your thoughts and prayers with acts of support and kindness.

## Proposal for Membership

The following individual is proposed for membership in the Lake of the Woods Lioness Club, sponsored by the Lake of the Woods Lion's Club, a part of the International Association of Lion's Clubs.



Name \_\_\_\_\_

Birthdate \_\_\_\_\_  
Month Day Year

Home Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Business Address \_\_\_\_\_

Work Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Names of Spouse \_\_\_\_\_

Is she/he a Lion/Lioness \_\_\_\_\_

### APPROVAL

This invitation has been approved by the following:

Sponsoring Lioness \_\_\_\_\_

Date \_\_\_\_\_

Membership Chairman \_\_\_\_\_

Date \_\_\_\_\_

Board of Directors \_\_\_\_\_

Date \_\_\_\_\_

### PERSONAL EXPERIENCE

Employment History \_\_\_\_\_

\_\_\_\_\_

Volunteer History \_\_\_\_\_

\_\_\_\_\_

Hobbies \_\_\_\_\_

\_\_\_\_\_

Special Abilities (music, art, etc.) \_\_\_\_\_

\_\_\_\_\_

## From the Tamers

By Lionesses Marue Biggs and Betty Girman

The Lioness August 13 dinner meeting will be held at the Lake of the Woods Clubhouse starting with social hour at 5:45 followed by dinner at 6:30. If you are unable to attend this meeting, are bringing guests, or need a special meal, you must phone Betty Girman, 972-2882, or Marue Biggs (972-5374). The cut-off date is August 8.

**Please note the new cut-off date is now five days instead of 10.**

Remember "no shows" (members who do not attend and have not called to cancel, and those calling after the August 8 deadline will be billed for their dinner. Dinners are \$16.00.

The August dinner will be a buffet.

### August Dinner

Homemade Fried Chicken  
Cole Slaw  
Scalloped Potatoes  
Rolls & Butter  
Lemon Meringue Pie  
Coffee, Hot or Iced Tea

## Twister's Corner

By Lioness Laurel Buongiovanni

Summer light  
Summer night  
Summer feels  
Alive and bright

Greeters for August are  
Lionesses Rima Laviano and Maureen Otero

Relax and Enjoy!  
The tail is twisting-twister's listening.

## LOW Lioness 2009 Calendar

August 27	Lioness BOD Meeting
September 25	Card Party and Fashion Show
October 3	Lions Flea Market
November 14	Lioness Casino Night

## Happy Birthday Lionesses!

August 3	Betty May	August 17	Pat Watterworth
August 3	Toni Ruther	August 18	Nancy Rauch
August 5	Barbara Young	August 18	Emily Slunt
August 11	Pat Berry	August 26	Connie LeMay
August 14	Judy Ludvugsen	August 28	Mary Villalobos

**From the Editor**

By Lioness Gail Hardin  
Editor, Lioness LOW DOWN

The deadline for submission of newsletter articles for the September LOW DOWN is August 20. Please forward them either by email, or mail to **Gail Hardin** (contact information below). For more information, call Gail.

Address: 1002 Confederate Drive  
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.)

**RESIGNATIONS:**

Pat Bates  
Dottie Lohr  
Judy Ludvigsen  
Rachel Reynolds  
Susan Santucci  
Diana Scruggs

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

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