

LAKE OF THE WOODS LIONESS LIONS

LOW DOWN



Volume 34, Number 2 — August 2018

President's Corner

By Lioness Lion Linda Shnayer LOW Lioness Lions President

www.lowlioness.org

If you see your brother standing by the road
With a heavy load from the seeds he's sowed
And if you see your sister falling by the way
Just stop and say, you're going the wrong way

Don't walk around the down and out
Lend a helping hand instead of doubt
And the kindness that you show every day
Will help someone along their way

You got to try a little kindness
Yes show a little kindness
Just shine your light for everyone to see
And if you try a little kindness
Then you'll overlook the blindness
Of narrow-minded people on the narrow-minded streets

Songwriters Bobby Austin/Curt Sapaugh
Try A Little Kindness lyrics © EMI Music Publishing
Try a Little Kindness performed by Glen Campbell at
<https://youtu.be/IX63u9LEhdQ>

Be Kind to Humankind Week is an annual celebration of kindness recognized globally from August 25th – August 31st each year. It is a time for us to reflect on what we can do to make the world a better place.

Kindness is something that we strive for throughout our life. Expressing kindness to others is a basic lesson learned during childhood. Share your candy, help your friends and lend a helping hand to a stranger. Being kind doesn't only help the person who receives your kindness, it can be good for you too.

In today's society, it often feels kindness is steadily fading and the lack of generosity and friendliness that is evident today is often shocking. It's acceptable to have a bad day now and then. I mean, who doesn't? We all also experience stress. For most of us Lionesses we overcommit ourselves and spare little time for us to unwind and re-energize.

As Lioness Lions, we are so lucky that not only one week a year, but all year long, we can have the friendship of other Lionesses and opportunities to work and play together, to lift each other and bring our kindness and generosity to others less fortunate. We recognize the positivity and happiness that kindness can produce in our lives. We can participate in community and fundraising projects to put kindness into ACTION and make a real difference in our community. This is a win-win for us as well as the recipients of our kindness and generosity. We bring smiles to many faces we may never witness!

As children return to school in Orange County this month, it is appropriate to acknowledge August is Children's Vision and Learning Month. Researchers estimate that one out of four children has an undiagnosed

MORE—See pg. 3

WHAT DO I BRING CHECKLIST?

Wilderness Food Pantry—At least 2 food items in a reusable bag or double plastic bag. If you have extra plastic bags at home and can double bag some, that would be great. It saves the workers time when they are helping the clients.

Baskets & Things to Put in Them—for Card Party & Fashion Show
— See pg. 4

**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
July 26, 2018
BOD Meeting

ATTENDANCE: Linda Shnayer, Claudia Low, Jean McLallen, Jayne Owiesny, Nicki Buell, Ann Walker, Sharon Thornton, Marian Rood, Arlene Rich, Doris Williams, Betty Beck, Carolyn Gordon, and Donalda Lovelace.

CALL TO ORDER: Lioness President Linda Shnayer called the meeting to order at 7:00PM

SECRETARY'S REPORT: The June 28, 2018 minutes, which were previously distributed, were approved.

TREASURER'S REPORT: Lioness Jayne Owiesny presented the Foundation budget and Lioness Jane McLallen presented the Administrative budget. The old accounts have been closed. Both reports were accepted for audit.

PRESIDENT'S REPORT:

- Discussed the upcoming 24L District Conference Sept 7-9 in Fredericksburg. If you want to attend please contact Lioness Linda Shnayer.
- Lioness Lions Member Handbook – everything has been sent to Lioness Christine Getty for 2018-2019 update.
- Christmas Ornaments – will be ordered in time for the Card Party/Fashion Show.
- Candy Sales - will be available for Christmas gift giving
- We are going to be able to use our credit cards scanners for future fundraisers without Lionesses Jayne Owiesny or Jean McLallen being present
- Thank you notes were received from Rea Hargrave, PGA for sponsoring the PGA Junior Golf Team and Dianne Cortes and Rachael LaDouceur for Lioness Scholarships.
- Lioness Kathy Merritt and committee delivered 320+ Bras for RAM.
- The Board of Directors voted and approved a \$100 donation for the Lions Golf Tournament.

OFFICER'S REPORTS:

1ST Vice President: Lioness Nicki Buell

- We need volunteers for the Concert on the Point. Sign-up sheets will be on the table at the August dinner meeting.
- We will be selling raffle tickets as follows: 1 for \$1.00, 7 for \$5.00 and 15 for \$10.00

2ND Vice President: Lioness Ann Walker

- Bridge Scholarship article will be in the Lake Currents and the Low-Down
- Safe House will be receiving 50 Bras from our collection

3RD Vice President: Lioness Sharon Thornton

- Halloween on the Point. Sharon and the "Charlie Brown" team will be in costume. They will need additional volunteers to help.
- Sharon is going to talk to the Clubhouse Committee about the kids on bikes and skate boards so that no one else gets hurt.

Tamers: Lionesses Nancy Fogg & Marian Rood

- Marian gave us the menu for the August meeting. She was asked to have two tables for visitors and new members. MORE—See Pg. 3

The Insider's View (Cont'd— From Pg. 2)

Membership: Lionesses Arlene Rich & Doris Williams

- We have two new members to be inducted at the August meeting.
- The next induction is schedule for September. Let's all go out and recruit new members.

Directors: Lionesses Betty Beck and Carolyn Gordon

- We will be having a mixer at the August Meeting.

Immediate Past President: Lioness Donalda Lovelace

- Discussed the Poster Contest that we would like to sponsor at Locust Grove Middle School, Locust Grove and Prospect Middle in Orange. We would like to see if the LOW Visual Arts group would like to be involved.
- Donalda has ordered the kits. The theme for the poster contest is KINDNESS MATTERS.

Other business: Lioness Claudia Low

- We had a very successful School Supply Drive this year. We are giving the primary and elementary schools 24 backpacks filled with all kinds of supplies this year. Plus we have a box of supplies for the teachers. Previous years we have given 18 backpacks. Great job Lionesses.
- Lioness Lions Handbook: Lionesses Karen Cakouros and Claudia Low were able to get enough paid ads for the handbook that will cover the cost of the handbook.

Meeting was adjourned at 7:45

**Respectfully submitted:
Claudia Low**

President's Letter Cont'd

From Pg. 1

vision problem that is interfering with the ability to read and learn. With sight as one of the Lions' defining causes around the world, Lions are working on projects designed to prevent blindness, restore eyesight and improve eye health and eye care for hundreds of millions of people.

Our Lionesses participate in the Recycle for Sight program and work every Monday to clean, sort, and package donated glasses. Recycled glasses are distributed to adults and children in low and middle income communities where they will have the greatest impact. Should you have used eyeglasses you no longer need, you can donate them now. Children's eyeglasses are especially needed!

Although much of learning is dependent upon vision, it is also vital that children have the necessary school supplies to start the year off right. If you are able to provide a donation of supplies or funds to purchase supplies, please contact Claudia Low prior to August 6th.

In closing, here's a Bluebell for each of you. According to Old Farmer's Almanac, the Bluebell is the symbol of humility and kindness. Each of you deserve a field of them!



Lioness Lions Committees & Activities

BASKETS, BASKETS, BASKETS (AND THINGS TO PUT IN THEM!)

By Lioness Carol Greeney

Our next big fundraiser is our September Card Party and Fashion Show, so it is time to collect for the very profitable Basket Raffle. I am pretty much out of baskets this year, so if you have a large basket or two hidden away in a closet, please bring them to the **August meeting**.

We will also be collecting the items for these baskets. Please keep in mind themes as you purchase and collect these items: Italian, Wine, Golf, Tennis, Spa, Tea, Coffee, Kitchen, Christmas, Thanksgiving, etc. I am sure you get the picture! All items should be new and something you would want to receive.

Please note that we are collecting the baskets and items **a month earlier**. This is because I will be traveling in September and will need to complete the baskets before I leave. If you are not attending the August meeting, baskets and items can be dropped off at my home—222 Monument Road—anytime before **September 1**.

Thank you Lionesses and, remember, “We Serve”!

Lioness Lions Card Party, Luncheon and Fashion Show

By Lioness Connie Skelton-Devens

Save The Date

September 28, 2018

Lioness Card Party, Luncheon and Fashion Show

Fashions by *Designs of Occoquan*

\$26.00 per person to benefit Benevolence Fund

Women Supporting Women—Bras Delivered

By Lioness Linda Shnayer

Since February, Kathy Merritt has been planning and executing the Women Supporting Women Project, an initiative to collect bras for less fortunate women in Appalachia and at SAFE House. She strategically placed collection bins across the lake, worked with other clubs and groups, and planned a wonderful event at Fairways. Kathy and her committee members spent hours shopping for bras (with cash donations), marking, and bagging them for distribution.

On July 17th, Kathy delivered 327 bras to Lion Sue Simmons, Lake of the Woods Lions, who graciously agreed to deliver them for the Remote Area Medical (RAM) event in Wise, VA. We learned from Lion Sue, with our donation, 800 bras were available for distribution!

In September, with that month's planned collection, 50 bras will be delivered to SAFE House in Culpeper.

A big thanks to Kathy and all those who assisted her and everyone who donated their time and donated bras and cash!



Lioness Lions Committees & Activities

Share and Care

By Lioness Jean Ann Daniels

Carol Lee is recovering at home after successful carotid surgery.

Connie Buttimer has successful bilateral lumpectomy and will begin radiation treatments in August.

If you know of a Lioness in need of our caring thoughts, please contact Jean Ann Daniels: 412-2872.

School Supply Drive

By Lioness Claudia Low



For several years the LOW Lioness Lions have been donating money and school supplies so that we could help some of the less fortunate children in Orange County.

This year the Lioness Lions donated supplies and money so that we could donate 24 backpacks loaded with supplies to give to the children in Primary and Elementary classes. We also put together a box of supplies for the teachers. We wanted to give the children a head start to a great school year.

Thanks go out to all the Lionesses and to Linda Ogletree, Millie Davis and Janite Hamilton for helping pack the backpacks. The "goodies" will be delivered on Wednesday, August 8.

Thanks Lioness Lions for all you do for our community.
Our LOW Lioness Lions Rock!
Our moto is "WE SERVE"

Speakers for August

By Lioness Theresa DiCicco

At the August meeting, we will be learning about the many services LOW-LINC has to offer our community at Lake of the Woods. Our guests will be Mary-Jane Atwater (main speaker) and Carolyn Rourke and Flo Clark who will close the presentation with a few words about LOW-LINC.

Reminder—Lions Club Purpose and Ethics

By Lioness Linda Shnayer

The annual LOW board elections is upon us and a good time to remind our Lionesses of the Lions Club Purpose and Ethics which includes the following: **"To Provide** a forum for the open discussion of all matters of public interest; provided, however, that partisan politics and sectarian religion shall not be debated by club members."

The uniqueness of our Lioness Lions Club is we are a group of highly talented and skilled women from various backgrounds, with varying political and religious beliefs. We encourage all members to participate in our local elections and vote for the candidates of her choice. However, at Lioness meetings and sponsored functions, it is requested you refrain from political, as well as religious, conversations that may elicit strong reactions from other members.

Lioness Lions Committees & Activities

Scholarships Awarded

By Lioness Linda Shnayer

The Lake of the Woods Lioness Lions Club awarded scholarships to two Orange County High School students. At our July 12th meeting, Jan Lemieux presented the \$1,500 LOW Lioness Lions Bridge Scholarship to Rachael LaDouceur (pictured). Rachael addressed the membership to express her appreciation and told us about her plans for the future. The Bridge Scholarship is generated by funds paid to Lioness Jan Lemieux for bridge lessons.

The \$1,000 LOW Lioness Lions Scholarship was awarded to Dianne Cortes who, due to scheduling conflicts, was unable to attend our meeting. Funds for this scholarship come from various fund raising activities of the club.



Both of these young women are well deserving for their academic and community service accomplishments and we wish both of them the best of success at George Mason University in Fairfax, VA.

All Lionesses should be proud of their efforts that allow the LOW Lioness Lions Club to offer these scholarships and the scholarship committee for choosing these outstanding young women.

Independence Day Parade

By Lioness Linda Shnayer

The LOW Lioness Lions participated in the Lake of the Woods Independence Day Parade on Saturday, July 7th. We had a gorgeous day and great fun! Our theme was the Lioness monthly book sale.

A huge thank you to Mary Simmons and Gail Stoner for their assistance decorating the truck with our Lioness bookworm (complete with eyelashes and purple scarf!) and all the Lionesses who walked and drove.



Lioness Lions Committees & Activities

Did You Know—Arlene Rich

By Lioness Mary Simmons



Fondly referred to by her husband as the “Zillow Queen” you can thank Zillow and the cold climes of Montana and Idaho for Arlene’s move to Virginia. Deciding to downsize from their large home in NJ, the three locations of interest were Montana, Idaho and Virginia. Cold temperatures in Montana and Idaho quickly nixed them as location spots. As the “Zillow Queen” continued her research, responses to the search terms “community, mountains, lakes and woods” resulted in—no surprise !—a place called Lake of the Woods in Locust Gove, VA.

Born in Manhattan, NY, Arlene grew up in Throggs Neck, Bronx, NY one of 6 children in an Irish Catholic family. Arlene’s a twin, with a twin brother. Maybe that was why she was a tomboy who didn’t play with dolls.

Arlene met her husband Jim when she was attending her all girl high school and Jim was attending an all male college. Married young, with three sons following in short order, Arlene went to college, a big challenge with three active boys and a husband who traveled a lot on business. She and the kids bonded over homework at the kitchen table. As a “mature” student she worked in the college’s computer science lab and helped in the classrooms; using the money she earned to pay for her books. Her hard work, diligence and expert juggling of responsibilities netted her an Associate’s Degree in Computer Science from County College of Morris, NJ with 3.7 GPA. Go Mom!!

The family ultimately moved to their dream “house on the hill” in Hopatcong, NJ where they lived until 2016. Arlene and Jim explored the Lake for over a year and during that time “decluttering” was ongoing at the NJ home (they overfilled the biggest dumpster they could find). Relocating in 2016, they rented at the Lake to give them time to explore LOW housing options. They elected to purchase a lot and build their new home; moving in, nestled up against the Wilderness Battlefield, in November of 2017.

Arlene has had an eclectic career. She has always had extrasensory skills and the special relationship and ongoing communication with her grandmother in Spirit lead her to an in-depth exploration of a more spiritual life and career calling. At a psychic fair in the early 1990s Arlene tried a reading for the first time and her interest blossomed. Arlene studied metaphysics at several spiritual churches where she honed her own intuitive skills. After experiencing a Past Life Regression she was so fascinated that she went on to formal training and a certification from the Institute of Hypnotherapy in Manalapan, NJ and became an Advanced Clinical Hypnotherapist. Arlene had her own practice and Center in Sparta, NJ where she also trained others. While living in NJ Arlene also founded or had senior leadership roles in several Women’s groups; running Chapters of the Powerful You! Women’s Network Group which provided heart-centered connections for women and a forum for business, personal, and spiritual growth. She was on the Board of NJAWBO another women’s business networking organization. Despite her interest and expertise in readings, be assured that when you meet Arlene she won’t try to “read” you!

Arlene loves to write and is a published author of three books, the first of which is dedicated to her beloved Grandmother. She is a member of the Lake’s Author’s Group and is working on her fourth manuscript. She maintains a robust website; www.TheSpiritualAwakening.com. which has more details on her books, projects and accomplishments.

Arlene and Jim’s oldest and youngest sons live in New Jersey where the oldest son has 3 children. The middle son lives in Nevada. The youngest son will be married this fall on Arlene and Jim’s anniversary. An auspicious day!

MORE—See Pg. 8

Lioness Lions Committees & Activities

Did You Know—Arlene Rich (Cont'd)

Joined by their beloved English Cocker Spaniel, Bailey, Arlene and Jim continue to settle in at their new home. With the recent emptying of their storage units, Arlene admits that “stuff” is still being sorted and placed. Jim is really enjoying his full basement and is working on plans for finishing his domain to meet his exacting specs!

Among other interests and her writing, Arlene is enjoying playing mahjong and hand and foot. Arlene was sponsored into Lioness by Helene Burns in 2017. During her time as a Lioness she's been involved in many undertakings including the White House Christmas Ornament and Lioness T-shirt projects. She participates in Spring Fling, the Lioness Christmas sales, eyeglasses, and Childhelp events. She is a 2018-2019 board member and is the Lioness Chaplain.

PENDING LIONESS LIONS TRIPS/TOURS

**By Lionesses Joyce Morlan &
Wendy Gwaltney**

We hope everyone can join us for some FABULOUS FUN on 3 pending Lioness Lions Trips/Tours. Sign up sheets will again be available at the front table of our August meeting for last minute signups, or, you can contact any of us listed below.... Please join us for one, or all, of the following excursions.

1—White House Holiday Tour (Either, December 14th, or 18th or 20th—SOLD OUT

2—The Blue Ridge Mountain Fall Foliage trip with lunch at Big Meadows Lodge on the top, followed by a winery stop (TBA) on the way back. (Wednesday, October 17)

3—Christmas in New York City (It is a 2 night and 3 day tour on Sunday, December 9th, 10th, 11th. We should be back at the Lake around dinner time on the 11th.)

Thanks.....Looking forward to making some great memories! :)

Joyce Morlan
jmorla@ilstu.edu (309-533-9227)

Wendy Gwaltney
agwg10@hotmail.com (540-412-6387)

Barbara Ehlen, Ship to Shore Tours
wisecruiser @hotmail.com (540-972-4651)

P.S. Remember, these trips are not exclusively for Lionesses. Feel free to share this email with your family and friends....and former Lionesses!!

From the Tamers

By Lionesses Nancy Fogg and Marian Rood

The Lake of the Woods Lioness Lions Club August 9th 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, August 6th if you are not attending or need a special meal. Dinner will be buffet style. A no-call or no-show will cost you \$18.00 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: entredoux3@hotmail.com

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

Dinner
Garden Salad with
Ranch & Blueberry
Pomegranate
Dressings
Pulled Pork and
Chicken BBQ
Sandwiches
Cole Slaw
Macaroni Salad
Buttered Corn Niblets
Cookies & Lemon
Bars
Coffee & Tea

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 Jonnie Feterle

June is hectic, July is loud, but August has sweet corn, tomatoes, shooting stars, bazaars, flea markets, and the ending of summer. Enjoy the last weeks of summer with picnics, vacations, and family.

August has two birthstones, what are they?

The official flower for August is?

What year was our Lioness Club formed?

Out greeters will be:

Carolyn Gordon and Jan Martin

LOW Lioness Lions 2018-2019 Calendar

Aug 9	Dinner Meeting
Aug 23	BOD Meeting
Aug 25	Book Sale
Sept 28	Card Party and Fashion Show

Happy Birthday Lioness Lions

August 5	Barbara Young	August 18	Emily Slunt
August 6	Carleen Delio	August 23	Doris Williams
August 14	Jean Ann Daniels		

From the Editor

By Lioness Lions Gail Hardin
Editor, Lioness Lions LOW DOWN

Please get information and articles for the September LOW DOWN to me by August 29th or as soon thereafter as possible. The newsletter will be distributed on or about September 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.)

RESIGNATIONS:

Su Bielmeier

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

PO Box 811, Locust Grove, VA 22508

www.lowlioness.org