



President's Corner

By Lioness Lion Linda Shnayer LOW Lioness Lions President

www.lowlioness.org

A Holiday Message



Christmas is always a very special time of the year. It evokes a lot of different emotions and hope. For me, one of the joys of Christmas is giving. Even when I was growing up and when I was raising my own family, I always tried to give what I could to help those less fortunate. To this day, I still feel the same way.

This year, as a holiday service project, the Lioness Lions adopted the Orange County Children's Toy Box. Your generosity of toys and donations has been overwhelming and will certainly bring the joy of Christmas to Orange County's needy children. How do I know donating a toy will be appreciated? For my entire working life and association with U.S. Navy organizations (40+ years), it was a standard holiday charity drive to collect toys for the U.S. Marine Corps Reserve Toys for Tots Program. For my first several years, I would dutifully bring toys, drop them in a box, and go about my day never giving my donation another thought. Later in my career, an employee shared his personal story about how a donated toy shaped his life decisions. Freddy, an attractive, well dressed, well liked and successful young man, stood before our office and shared his story. He was raised, along with several siblings, in a poor Appalachian family. His parents struggled to provide food and clothing for the family and never had money for Christmas toys. He recalled his excitement as a child when he and his siblings received their first toy from "Santa" on Christmas Day. Freddy continued by reciting each Christmas toy he received over the next few years. Where did the toys come from? As he aged, he learned the toys came from the Toys for Tots Program. Upon graduation from high school, Freddy, due in part to the joy he received at Christmas, enlisted in the U.S. Marine Corps. Freddy served his Marine Corps commitment, remained a reservist, and gained civilian employment with the largest Navy command in the Department of Defense. Every year after, in addition to his regular job, Freddy volunteered to chair the committee to support Toys for Tots. Freddy continued to share how the simple act of giving a toy shaped his life decisions. He raised himself out of poverty to be a successful son, husband, father, and employee. I have to say, when Freddy shared his story there wasn't a dry eye in the office and the toy donation boxes quickly overflowed. This real life example proves the simple act of donating a toy can make a difference in a needy child's life!



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The volunteers of the Lioness Lions give a lot of their time and funds to improve the lives of those in need in our local community. You give all-year long and Christmas time is the best time to recognize and thank you for this. 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.

SAFE House—See pg. 2

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

There was no BOD meeting in November No BOD meeting in December

NO DINNER MEETING IN JANUARY

**January/February LOWDOWN will be sent out
about February 1**

Lioness Lions Committees & Activities

Share & Care

By Lioness Jean Ann Daniels

Prayers are requested for Millie Davis' husband, Jerry, who is in Mary Washington Hospital ICU. Jerry has serious injuries from a fall.

Jean McLallen had foot surgery on November 28th and will be recuperating at home. WE WISH Jean a speedy recovery.

It has come to my attention that many of our members do not realize that we send an appropriate card to our members when they or their significant other is ill, having surgery, or have a death in their immediate family, etc. I would appreciate if you would call me at 540 412-2872, cell number 732-672-1198 or send an email to JADaniels8@msn.com if you know of anyone this applies to. I would rather receive duplicate notifications rather than not be informed.

Thank you for your cooperation!

SAFE House

By Lioness Val Protiva

Dear Lionesses,

It's time for our annual Christmas gifting to S.A.F.E. House. As you know, we collect four times a year (every three months) for victims of domestic violence. Located in Culpeper, S.A.F.E. House serves counties of Culpeper, Fauquier, Madison, Orange, and Rappahannock.

This year, the administration is asking for toys, stocking stuffers, winter clothing (no jackets) and wrapping paper. Always welcome are paper products, laundry detergent, diapers, pull-ups, gas cards, and monetary donations.

Please choose to help this worthy cause this Christmas Season of giving and caring. Items will be collected in front of the Club House before our next Lioness meeting, December 13th. You are also welcome to bring your gifts to my house at 104 Beachside Cove. 972-7975.

In advance, Thank You very much.

Val Protiva
Mary Szadvari

The President's Letter (Cont'd from pg. 1)

I wish you a very Merry Christmas if you celebrate Christmas. For those who do not, I wish you the very best during this holiday season. And to all of you, a very Happy New Year filled with good health and success. I personally thank you for your encouragement, support, and good thoughts. These motivate me to continue giving.



Lioness Lions Committees & Activities

Living Water Community Clinic

By Lioness Linda Shnayer

The Living Water Community Clinic is located on Route 20 in Locust Grove and is there to serve low income residents who do not have health insurance. It is a wonderful facility and serves so many in our community.

Each year supporters of the clinic have a fundraising Gala. Again this year, we supported their efforts by decorating a Christmas tree which was auctioned at the event. The theme chosen was "Twas the Night Before Christmas".

A big thank you to Carol Greeney for leading this effort and utilizing her decorating skills to create this beautiful tree!



Lioness Lions Committees & Activities



The Lioness Lions Club is Fundraising
for the Less Fortunate Children
in Orange County.

We are selling See's Candy
& White House Ornaments &
Accepting donations for New Toys.

See's Candy
contact **Claudia** at **540-412-1304**

White House Ornaments
contact **Mary** at **540-972-4572**



New Toy Donations
contact
Pat at **540-735-7998**
or **Kathy** at **540-972-5219**



The Lioness Lions Club gives 100% of donations to our local community and national organizations.

Lioness Lions Committees & Activities

Our Lioness Dinners

By Lionesses Marian Rood and Nancy Fogg

We sincerely hope everyone is enjoying our monthly Lioness dinners. We have strived to keep the cost under control but, the truth of the matter is, the Lioness Club is being charged \$20 per person and each of you are currently paying only \$18. As each of you has already figured out, this results in a \$2 deficit per person which greatly impacts our Administrative budget. Please keep in mind:

- At the Clubhouse, we are not only charged for food, but also private bar-tender service, table linen fee, table setting and cleanup fee, 20% gratuity and taxes.
- In our recent survey, 90% of respondents prefer a meal at the meeting and 84% prefer to remain at the Clubhouse.

Therefore, at this time, we have no choice but to increase our dinner cost, effective February 2019, to \$20 per person

Lioness Mentors

By Lioness Linda Shnayer

When first coming to a Lioness meeting, each of you had a sponsor who invited you to join the Lioness Club and your sponsor pledged a personal interest in your development. Often a sponsor may find she herself doesn't have the experience or time to sufficiently orient every new member she sponsors. Although all members serve as mentors, to ensure each Lioness achieves her goal of better serving our community, the Board has appointed its three Director positions to serve as Club Mentors. The Director positions were designated because they are normally elected to these positions because they are long-term members who've chaired and served on most community service and fundraiser projects and served in board positions. They are experienced and respected members who have more advanced knowledge and experience and, therefore, able to help a club member develop her knowledge and competence to the fullest.

While some members may have quickly made contacts and formed friendships that allowed for an exchange of information, others may want/need the direction, coaching, and support the mentors are able to provide. The mentors will provide encouragement, support, honest answers, information and advice, guidance, suggestions, information on available service opportunities, and help in reaching your personal goals. The results will be seen in stronger relationships and in a stronger club.

It is well known that as Lionesses, "We Serve", but it is not always remembered that we can serve our community by helping our fellow Lionesses.

Mentors/Directors (2018/2019)

Betty Beck (Past President), 972-1872

Carolyn Gordon, 972-4656

Carol Greeney (Past President), 972-6739

Lioness Lions Committees & Activities

Did You Know — Helene Burns

By Lioness Mary Simmons



Retirement from a long and successful career with the federal government finds fellow Lioness Helene Burns fully integrated into the Lake of the Woods community and enjoying every minute of it.

Born in Albany, NY Helene has always worked. She and her sister were young entrepreneurs, collecting and hauling newspapers to sell to the local trash man. By age 10 they were busy selling shell jewelry and greeting cards to friends and neighbors. Trading retail for college, Helene was Jesuit-educated at Lemoyne College in Syracuse NY, where she graduated with a B.S. in Sociology. Pursing her post newspaper collection and retail career dreams, her first stop was Ohio and later Bailey, Colorado where she and her late husband Mike and their dogs took root and built their mountain dream home on 35 acres. (Can't resist a few words about Bailey: it is a small Highway 285 town which lies at an altitude of 7,739 feet, 45 minutes southwest of Denver. One of the town's main attractions is the Coney Island Hot Dog Stand, a café shaped like a giant hot dog.)

As a career federal civil servant Helene held several positions starting with the Department of Interior, Bureau of Indian Affairs where she was an employment guidance counselor. She progressed through her federal career with positions of increasing responsibility with the Department of Labor. Her talent was recognized yet again and her career culminated with her selection as the District Director, Office of Federal Contract Compliance in Denver. Here she managed an immediate staff of 18 to enforce federal contractor affirmative action and non-discrimination programs. Helene retired from her very successful career in 1998 and after a follow-on 12 year career as a consultant helping contractors stay out of trouble with Equal Employment Opportunity regulations; she wrapped up her full time work life and really "retired".

Helene's husband Mike passed in 2009. After 44 years in Colorado, Helene decided that living in a large home in a remote location in Bailey might not be her best retirement option. In 2012 she came to visit her sister Mary, who lives at the Lake. After looking at the surrounding area, Helene fell in love with the trees (she isn't the only one!) and purchased a home here at the Lake. So it was back to Colorado to sell the dream home and all its furnishings and make the move to Virginia. Relocation to the Lake has allowed her to spend quality time with her sister, and her sister's family, and proximity has allowed Helene and her sister to grow much closer. After moving into her new house, Helene needed one finishing touch to make the new house a home. Enter Trixie, her beloved German Sheppard mix, who she adopted from Bark, VA at Pet Smart. The home is now complete with Trixie firmly in charge of Helene's schedule and household.

"Retirement" at the Lake finds Helene booked solid with card games, casino trips, community activities, and time with friends and Trixie (who loves her daily neighborhood walks). Beyond Lake of the Woods and Mary and her family, Helene keeps in touch and visits with a large extended family, scattered across the country. She also remains close to friends, first met in the 1960s, and they vacation together with the goal to get away each year to a vacation spot (this year it was Charleston SC) and have a blast.

Though Lake of the Woods is much different from her starting ground in NY and her long-time home in Colorado, Helene is happily settled at the Lake. Her Lioness projects include the book room and sale, her role as the "Queen and Keeper of Donations" (just take a peek in her garage and you'll know what I mean) for the Christkindlemarkt and the Indoor Spring Flea Market, where she works with a team of fellow Lioness volunteers to price, set up and sell those treasures. Helene is also a regular volunteer shopper's assistant at the Wilderness Food Pantry.

She and fellow Lioness Flo Clark (with help from others) arrange the Germanna Heights Apartment fete (lunch and bingo) twice a year. At the June event they have singers to entertain, a feature that has been very well received by the apartment residents.

MORE—See Pg. 7

Lioness Lions Committees & Activities

Did You Know—Helene Burns (Cont'd)

Helene is also a Wal-Mart Walker. She can be found every day at approximately o' dark thirty (or about 7:50 a.m.) making the circuit (ostensibly to get exercise), at the local Wal-Mart where she knows the name of every staff member. Smiling and calling out morning greetings, Helene doesn't hesitate to stop and chat or hug the staff as she passes on her rounds.

And, to compensate for any exercise she may get walking at Wal-Mart, Helene is always trying out new restaurants and lunching with one group of friends or another.

Life is Good at the Lake!

Membership Notice

By Lioness Arlene Rich

To all prospective Lioness inductees and their sponsors, our next Induction will not be till next year 2019.

However, please have the inductees fulfill their 2 service participations ahead of time and fill out their applications.

As their sponsor you need to sign their application as well. A Pre-induction meeting will be held approximately two weeks prior to the Induction date. If you have any questions please call either Membership Director, Arlene Rich (540)-755-2628 or Doris Williams (703)-346-8268

NOTE FROM THE EDITOR:

The November LOWDOWN had an incorrect picture of the inductees — it was the birthday picture. My apologies to the new inductees, and I am including the correct picture of our newest inductees: Emily Florence and Suzanne Herr



Lioness Lions Committees & Activities

Fun at November Dinner Meeting — (Editor note — Sorry I missed it)



Lioness Lions Committees & Activities

Fun at November Dinner Meeting — (Editor note — Sorry I missed it)



From the Tamers

By Nancy Fogg and Marian Rood

The Lake of the Woods Lioness Lions Club December 13th 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, December 10th 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
Club Salad with Ranch or Italian Dressing
Beef Tips with Egg Noodles
Vegetable Medley
Rolls & butter
Carrot Cake
Coffee & Tea

Alternate Meal:
Stuffed Shells—Pasta shells stuffed with a mixture of cheeses and topped 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

HAPPY HOLIDAYS!

My Holiday gift suggestions for you are: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect.

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

During this special time of year, take advantage of the opportunity you have to spend time with loved ones, have a real conversation and enjoy authentic moments and make wonderful memories together.

1. Per a recent holiday fad what "spy" hides around the house, reporting back to Santa on who has been naughty or nice?
2. What Christmas carol does the Peanuts gang sing at the end of "A Charlie Brown Christmas?"

Our greeters this month are: Lynne Travis and Sharon Thornton

**LOW Lioness Lions
2018-2019 Calendar**

Dec 13 Dinner Meeting
 Jan 24 BOD Meeting
 Feb 9 Armore Dinner Dance

**Happy Birthday
Lioness Lions**

Dec. 3	Connie Skelton-Devons	Dec. 12	Mary Lou McFarland
Dec. 6	Karen Cakouros	Dec. 21	Linda Shnayer
Dec. 6	Kathy Walters	Dec 25	Roselynn Edwards

From the Editor

By Lioness Lions Gail Hardin
Editor, Lioness Lions LOW DOWN

Please get information and articles for the January/February LOW DOWN to me by January 28th or as soon thereafter as possible. The newsletter will be distributed on or about February 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.)

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

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