

LAKE OF THE WOODS LIONESS

LOW DOWN



Volume 27, Number 8—February 2012

President's Corner

By Lioness Zoila Ortega, LOW Lioness President

Love is in the Air

February is National Heart Month. So, we think...check our blood pressure, our cholesterol, our stress level. All of these activities are our expressions of love of self.

But how about checking on how we express our love for others.

- Are we kind?
 - Are we thoughtful?
 - Are we appreciative?
 - Do we show our kindness?
- Thoughtfulness? Appreciation?

Therefore, this month's message is... **Since love is in the air, show that you care.**

SMILE! Give hugs. Say kind words.

JOKE! Give Kisses. Say "I love you".

PRAY! Give thanks. Say "You're Welcome".

Since love is in the air, let's put Love into our Actions



Or As Euripides put it many years ago, "Love is all we have, the only way that each can help the other."

Agenda

Lake of the Woods Lioness Club

February 9, 2012

Pledge of Allegiance

Invocation by Phyllis Jones

Introduction of Guests

Dinner

***Bringing Radiation Oncology Services to the Culpeper Area
by***

***Dr. Shiv Khandelwal, Culpeper Regional Hospital
Radiation Oncology in partnership with
University of Virginia Health System***

Announcements and Committee Reports

Announcement of Birthdays

50/50 Raffle

Food Bank Raffle

Adjournment

WHAT DO I BRING CHECKLIST?

Wilderness Food Pantry—At least 2 food items in a reusable bag or double plastic bag. Especially needed are boxed macaroni & cheese, canned fruit (except Applesauce), and cereal.

Bridges — See Pg. 4

Old Jeans — See Pg. 5

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.

2011-2012 Board of Directors

President
Zoila Ortega
1010 Lakeview Parkway
Locust Grove, VA 22508
(540) 972-3040

Secretary
Ann Walker
1224 Eastover Parkway
Locust Grove, VA 22508
(540) 972-4338

Treasurers
Patricia Berry and Emily Slunt

1st Vice President
Carol Lee

2nd Vice President
Beth Sundberg

3rd Vice President
Christine Wyant

Lioness TAMERS
Carol Greeney
Sue Merna
Janice Wright

Tail Twister
Nora Simpson

Membership Director
Michelle Senft

Directors
Mary Altman
Maureen Otero
Barbara York

Past President
Marge Howard

Lion Liaison
Mary Dee

The Insider's View

Minutes from the
January 26, 2012
Lioness BOD Meeting

Attending were Lioness board members Mary Altman, Pat Berry, Mary Dee, Carol Greeney, Carol Lee, Sue Merna, Michelle Senft, Beth Sundberg, Ann Walker, Christine Wyant, and Barbara York, and Lioness member Mary Lou McFarland

Minutes from the December 1, 2011, meeting had been previously distributed, and the board accepted them as written.

The Treasurer's report was accepted and filed for audit.

President's Report – Carol Lee for Zoila Ortega

- A letter of resignation was submitted by Kay Nibert, which was accepted with regret.
- The Lions District 24-C Mid-Winter Conference will take place on Friday and Saturday, February 10-11, in Staunton, Virginia; if any members are interested in attending, please contact First Vice President Carol Lee.
- With respect to a phone conversation with the LOW General Manager, First Vice President Carol Lee reported that the Association has denied our club's request for use of the building formerly occupied by the ECC. Other areas are being considered, with the possibility of locating our supplies elsewhere so that the room we utilize in the Ferris Building can be strictly dedicated to the collection and sale of books.
- The Gap is offering a special promotion on its \$100.00 gift cards of a 16 percent return to the club, effective through February 17, 2012.
- Nora Simpson will be bringing flowers for both January and February birthdays to our next dinner meeting.
- The Fashion Show will be on May 18, according to Chairperson Kathy Walters.

Second Vice President's Report – Beth Sundberg

- Inasmuch as Sheltering Arms closed its doors late last year, consideration was given to the reallocation of bi-monthly contributions collected by the club at its dinner meetings. Every other month, the club collects for SAFE House which leaves the alternate months open. Lioness Mary Lou McFarland requested that the board consider supporting Bridges, a day care center in Orange for people with disabilities that operates under multi-county supervision. One of their group homes is located at Lake of the Woods. She stated that craft supplies are always needed and appreciated. After a brief discussion, IT WAS MOVED by Ann Walker and DULY SECONDED by Beth Sundberg that the collection at the Lioness dinner meetings be dedicated bi-

MORE See pg. 3

monthly to SAFE HOUSE, with alternate months dedicated to the Bridges Center, or another appropriate organization on an as-needed basis. MOTION CARRIED. Furthermore, it was pointed out that this will not affect collection for the Food Pantry, which is done continually on a monthly basis.

- Food Pantry Chair Betty Beck wishes to place a Lioness sign on the facility to recognize our participation in these efforts. The board asked that the cost of the sign be determined before further action is taken.
- Carolyn Gordon, Chair of Child Help East, extended her appreciation to all those who helped with the wrapping of Christmas gifts last month. Their assistance helped to make the holidays much brighter for the children who reside there.

Third Vice President's Report – Christine Wyant

- The Lioness Club is in need of a banner for the 4th of July parade and other functions and sales. IT WAS MOVED by Carol Greeney and DULY SECONDED by Michelle Senft that Third Vice President Christine Wyant move forward with the purchase of this banner at a cost of \$90.00 to \$120.00. MOTION CARRIED.

Lions Liaison Report - Mary Dee

- White Cane Days will take place this year on April 13 and 14.

At this time, First Vice President Carol Lee asked Lion Mary Dee to express our deepest appreciation to Lion President Orville Dee for always being so helpful and nice to work with and for all he has done for our club's benefit.

Directors' Report

- Director Mary Altman inquired if we had determined a new chair for the Nominating Committee, inasmuch as Immediate Past President Marge Howard has become an affiliate member. After a brief discussion, it was determined that the current Lioness President will appoint a committee whose composition will be in accordance with the bylaws in order to present the slate of nominees at the March meeting, with the election following at the April meeting.

Committee Reports

- With respect to the Lioness Flea Market, scheduled for Saturday, March 31, from 9:00 a.m. to 1:00 p.m., Chairperson Carol Greeney reported that Joan Johns is the co-chair and the committee is in place and planning its first meeting on February 1. The event will take place at the new middle school, which Carol commented was an excellent venue for this function. Furthermore, it was decided that doughnuts will not be sold at the Flea Market this year.
- Treasurer Pat Berry displayed a sample of a jeans apron that Lioness Theresa DiCicco has kindly offered to make for sale at the Flea Market. Pat will present this at our February dinner meeting and requests jeans donations from club members.

MORE See Pg. 4

Old Business

- At the December meeting, the board was presented with a request from the Leader Dogs for the Blind Lions Advisory Committee to consider a donation to purchase a Kaptan Plus, a personal navigation device for use by those with impaired vision. Secretary Ann Walker volunteered to look into this further and reported back that she contacted the Leader Dog chairperson for District 24-C, who was not even aware of this solicitation, and was concerned that it would detract from donations for the Leader Dog Program. Furthermore, our LOW Lions Club has no plans to participate. Therefore, she recommended that we decline this request, and the board was in full agreement.

There being no further business to come before the LOW Lioness Board of Directors at this time, the meeting was adjourned.

Lioness Committees & Activities

Please Help our New Neighbors — Bridges

By Lioness Mary Lou McFarland

Many of you know that Lake of the Woods has a group home for people with intellectual disabilities. The home is run by Rappahannock Rapidan Community Services. There are six people in the house and a full time staff of caregivers. I have had the opportunity to get to know them and happy to be their friend. This friendly group of people love Lake of the Woods. Monday through Thursday they are bused to a day center in Orange. The Center is called **Bridges**. At Bridges they play games, go out to small jobs in Orange, and do a lot of crafts with their leaders. Since there is almost no money for crafts from RRCSB, I am asking you to bring items that they might need. In February they are going to be learning scrapbooking. We are asking members to bring next month one of these items:

- Scrapbooks
- Old magazines
- Construction paper

These items will really make their day program better and teach everyone a new skill. I go to Bridges on Thursday. If anyone has a skill or craft that you would like to share, please come along with me. If you have questions call Mary Lou at 972-1483

Lioness Committees & Activities

CHRISTKINDLEMARKT

By Lioness Pat Berry

Many thanks to the wonderful Lionesses who brought baked goods and Christmas items to our table for Christkindlemarkt on December 10. We made a profit of \$405 and also a big impression on everyone who stopped to browse and buy. In addition we sold \$70 worth of cookbooks, so we are already planning to participate again next year.

I would especially like to thank Pat See, Judy O'Neill and Theresa DiCicco for helping price items before people began arriving. And it just couldn't have happened without the following people taking time to man the cashboxes and be extraordinary salespeople: Sharon Allen, Ellen Ambroziak, Ellen Bearden, Betty Beck, Ellen Brauch, Karen Cakouros, Norma Ervin, Betty Girman, Carol Lee, Barbara Strain and Nancy Strain. Bonnibeth Foltz and Karin Goetz also spent time helping "stage" the table and improve our presentation.

As always, Lionesses add light and life to any project. Thanks again.

Flea Market — Save the Date

By Lionesses Carol Greeney and
Joan Johns, Co-Chairs

Our annual Flea Market will be held this year on March 31 at the *new* Locust Grove Middle School from 9 A.M. To 1 P.M. We will again have our ever popular Book Sale, Bake Sale, Food Concession, White Elephant Tables as well as local Artisans and Crafters.

Joanne Buttmer at 972-5398 will be taking reservations for spaces starting March 1.

There will be sign-up sheets for the various tasks at the February and March meetings. Remember, **We Serve** and many hands make light work. This is one of our biggest events of the year; let's make it the best in the history of our club.

Jeans Needed for Fund-Raising Project

By Lionesses Pat Berry & Theresa DiCicco

Calling all Lionesses! For our next fund-raising project we need your old jeans, your granddaughter's old jeans or your neighbor's old jeans to make an incredibly creative item to sell at the Thrift Sale. Bring your jeans to the next meeting where we will show you what a little imagination can do.

From the Tamers

By Lionesses Carol Greeney and Sue Merna

The Lake of the Woods Lioness Club February 9 meeting will be held at the clubhouse with a 5:45 p.m. social hour followed by dinner at 6:30 p.m. If you are unable to attend this meeting, are bringing a guest or require a special meal, please call Carol at 972-6730 or Sue at 972-3600 by Monday, February 5. Please remember that "no shows" and those calling after the deadline will be billed for the dinner. Dinner is \$16.00 and will be served buffet style.

Dinner

Plated Garden Salad
Bread Basket
Beef Stroganoff
Noodles
Peas and Carrots
Lemon Meringue Pie

Coffee, Hot or Iced Tea

Twister's Corner

By Lioness Nora Simpson

January (the month of Janus, god of gates and doorways) has passed and a New Year is here. Be sure to wish our Lionesses a belated birthday, or, ____! February (the leap year month and Valentine's Day is here). So, follow your Heart, it knows the way.

Greeters for February dinner meeting:

Pat Phillip
Diane Ogranovitch

Through love, through friendship
A heart lives more than one life. *Anais Nin*

LOW Lioness 20112Calendar

February 9	Lioness Dinner Meeting
February 10-11	Lions Mid-Winter Conference— Staunton
February 23	Lioness BOD Meeting
March 31	Lioness Flea Market
April 13-14	White Cane Days
May 18	Fashion Show
May 31	Bermuda/New England Cruise
June 12	Lions Golf Tournament

Happy Birthday Lionesses!

February 4	Kathy George	February 17	Jeannie Dietz
February 5	Betsy Flanigan	February 25	Barbara Rakes
February 6	Millie Davis	February 28	Penny Ostlund

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

The deadline for submission of newsletter articles for the March LOW DOWN is February 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.)

Change of e-mail address:

Diane Ogranovitch—odsnet1@gmail.com

Resignation:

Kay Nibert

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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