

LAKE OF THE WOODS LIONESS LIONS

LOW DOWN



Volume 34, Number 7/8 — January/February 2019

President's Corner

By Lioness Lion Linda Shnayer LOW Lioness Lions President

www.lowlioness.org

Happy 2019!

Although we didn't have a dinner meeting or LOWDOWN in January, that doesn't mean the Lionesses weren't busy completing or working on several fundraising and service projects. As happens every month, the Wilderness Food Pantry continued to provide food for 150+ families and our eyeglass "fun bunch" continued cleaning and preparing eyeglasses for overseas shipment. We also completed the successful sale of White House Ornaments and See's Candy.

In early January, I met with Rick Rappoport, President LOW Lions, regarding the Lioness teaming with the Lions to plan, manage, and execute the Selven Powell Golf Tournament. All proceeds from the golf tournament will go to the Lions/Lioness Wilderness Pantry. The Board has approved the partnership and Lioness Nicki Buell has volunteered to co-chair this event.

On January 29th, Lionesses Helene Burns, Flo Clarke, Nancy Fogg, Mary Simmons, and Gail Stoner hosted the annual lunch at Germanna Heights senior low income residence. The Germanna Heights residents were served a feast of Sloppy Joe sandwiches, deviled eggs, baked beans, coleslaw, cookies, and brownies. Following a hearty lunch, Gail called the numbers for Bingo games and residents won fun prizes.



We're all looking forward to our Amore II Dinner & Dance on February 9th. Hopefully everyone who has been sick over the past two months will be well and ready to party. This year's event is expected to be as much, if not more, fun than last year. Carol Greeney, Kathy Walters, and their committee have worked very hard to provide you and our community this wonderful event.

On February 23rd, the Lioness Lions Monthly Book Sale will reopen. Please stop by the Ferris Building from 8:30AM to 3:30PM to stock up on books, have a homemade cookie, and say hello.

February is Declutter for a Cause Month. This month everyone is encouraged to declutter and organize for a nonprofit. How convenient! Our Lioness Lions Club will again sell our gently used treasures at our March 23rd Craft Show. Vender slots are filling quickly. New signs being ordered to ensure we get maximum visibility for the event. For more information, please read the article in this issue.

During this month, The American Heart Association will focus on women with "Go Red for Women", its signature women's initiative. "Go Red for Women," is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women.

MORE — See Pg. 4

WHAT DO I BRING CHECKLIST?

Wilderness Food Pantry—Plastic bags are urgently needed. (double bagged would be appreciated). Next Food Drive—May

**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
January 24, 2019
BOD Meeting

FOUNDATION

The meeting was called to order at 7:00pm on Thursday, January 24, 2019 by President Linda Shnayer. The following members were present: President Linda Shnayer, Secretary Claudia Low, Treasurer Jean McLallen, 2nd Vice President Ann Walker, 3rd Vice President Sharon Thornton, Tamers Nancy Fogg and Marian Rood, Tail Twister Jonnie Feterle, Membership Arlene Rich, Directors Betty Beck and Carol Greeney, and Immediate Past President Donald Lovelace.

SECRETARY'S REPORT: The minutes of the October 25, 2018 meeting, which were previously distributed, were approved.

TREASURER'S REPORT: Jean McLallen reported in Jayne Owiesny's absence

- The Foundation budget report was accepted for audit.

PRESIDENT'S REPORT: Linda Shnayer

- A meeting was held in early January with the Lions President regarding the Lions & Lioness teaming for the Selven Powell Golf Tournament in May with all proceeds going to the Wilderness Food Pantry. Nicki Buell has agreed to be the Lioness co-chair. Following discussion of concerns, the Board voted to participate to benefit the needy in our community.
- Craft Show – An article seeking vendors will be in the January 25th Lake Currents.
- Germanna Heights Lunch & Bingo is scheduled for January 29th.
- Wilderness Food Pantry only needs plastic bags donations until our May Food Drive.
- Casino Trip Update – Linda Shnayer, Nicki Buell, and Donalda Lovelace met with Mr. Getty, Attorney, related to Lioness Lions Club liability should an accident occur on a trip. Mr. Getty assured them the Lioness Lions Club has no liability.
- There will be an ad in the Lake Currents on February 8th for the reopening of the Book Store on Saturday, February 23rd.
- A thank you note was received from Brooke Chumley, Community Outreach Coordinator SAFE House for our generous donation.

2nd VICE PRESIDENT – Ann Walker

- Emily Slunt and Connie Skelton-Devens of the Scholarship Committee met with the Director of Financial Aid and Scholarships at Germanna Community College and updated the scholarship application, with the criteria remaining the same. It will be posted on the scholarship website and advertised through various media. The scholarship committee will meet in March. The president of the college, Dr. Janet Gullickson will speak at our May 9th dinner meeting, when the scholarships will be presented.
- They are also moving forward on the high school scholarships and the Bridge Scholarship, which will be presented in June.

DIRECTOR: Carol Greeney

- Carol gave an update for the Amore Dinner Dance. Only 10 seats remain available. More table sponsors and raffle gifts are needed.

MORE — See Pg. 3

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

IMMEDIATE PAST PRESIDENT- Donalda Lovelace

- Poster Contest – This year we will not have an art contribution from a student.

ADMINISTRATIVE

The meeting was called to order at 7:00pm on Thursday, January 24, 2019 by President Linda Shnayer. The following members were present: President Linda Shnayer, Secretary Claudia Low, Treasurer Jean McLallen, 2nd Vice President Ann Walker, 3rd Vice President Sharon Thornton, Tamers Nancy Fogg and Marian Rood, Tail Twister Jonnie Feterle, Membership Arlene Rich, Directors Betty Beck and Carol Greeney, and Immediate Past President Donald Lovelace.

SECRETARY'S REPORT: The minutes of the October 25, 2018, which were previously distributed, were approved.

TREASURER'S REPORT: Jean McLellan

- The Administrative budget report was accepted for audit.

PRESIDENT'S REPORT: Linda Shnayer

- Humanitarian Award Committee – A committee will be formed to recommend to the Board individuals and/or groups to be nominated for the Lioness Lions Humanitarian Award.
- Ferris Building – The Lioness Lions Club has been asked to sign a Memorandum of Agreement (MOA) between the LOWA and tenants/users of the Ferris Building. The primary purpose is to enable the Lions to purchase insurance for the eyeglass equipment. The Lioness Lions use a room of this building for our Book Sale. This is a no cost agreement for the Lioness Lions. The Board approved this request.
- Resignation from Wendy Gwaltney was received and accepted with regret.

OFFICERS REPORTS:

2nd VICE PRESIDENT: Ann Walker

- The Board approved the following policy statement: "At dinner meetings, announcements and solicitations from the podium for organizations other than the Lioness Lions Club are not permitted. Furthermore, material placed on the tables must pertain solely to Lioness Lions Club activities. Exceptions to this policy can only be made with club President's approval."

TAMERS: Nancy Fogg & Marian Rood

- The price of dinners will be \$20 starting in February. This reminder will be in the February LOWDOWN.
- The Tamers will work with the Clubhouse Manager to arrange a presentation dinner to personally distribute our annual donations (rather than being mailed).

MEMBERSHIP: Arlene Rich

- Three new members, Jan C. Martin, Colleen Cameron, and Nan Lamb, will be inducted at the February dinner meeting. A pre-induction meeting will be held February 4th.

TAIL TWISTER: Jonnie Feterle

- \$27.75 in donations from the Brag Bear were given to the Treasurer

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting adjourned at 8:15pm.

Respectfully submitted,
Claudia Low
Secretary

The President's Letter (Cont'd) - From Pg. 1

Each year cardiovascular diseases claim the lives of nearly 500,000 women. One major cause of cardiovascular disease is Diabetes, a disease the Lioness Lions continue to support for a cure. For more information, go to www.goredforwomen.org.

On March 27th, we will host our first bus excursion to Hollywood Casino in Charlestown, WV. This is a new fundraiser for the Lioness Lions. Having previously been on these trips when hosted by NARFE, I've always had a wonderful time and we've had winners! We've also had slot players who managed to play the entire day on the \$20 of free play provided by the Casino to our attendees (full disclosure – not me).

Do you use the social networking website Facebook? It's hard to believe Facebook has only been in existence for 15 years. For those of you on Facebook and not receiving Lioness Lions posts, please send me a friend request to be added to our group.

I'm looking forward to seeing each of you at our February dinner meeting!

Lioness Lions Committees & Activities

Share and Care

By Lioness Jean Ann Daniels

Barbara York is recovering at home after her recent hospitalization. She is feeling much better. Barbara thanks everyone for their thoughtfulness.

Doris Williams' husband, Scott, has returned home after having aortic valve replacement surgery. His recuperation should be between two and three months. Doris reports he is doing fairly well. She appreciates the emails and texts she has received.

Please contact me at 540 412-2872 if there is any Lioness that should be included.

Several Lionesses Working at Our Very Successful Participation at Christkindlemarkt



Lioness Lions Committees & Activities

LOW Lioness Lions Spring Craft Sale

By Lioness Gail Stoner

Our annual LOW Lioness Lions Spring Craft Sale will be held on Saturday March 23rd from 8:30am - 2:00pm at the Locust Grove Middle School.

We will have 49 vendor spaces with crafts, art, jewelry, authors, pottery, cosmetics, Flea Market items, a photographer and more. Lionesses will have a wonderful bake sale, concession stand including pulled pork BBQ, and several tables for "Attic Treasures". Please start saving nice items to donate for our sale. Lioness Helene Burns has again offered her garage space to accept donations and will do online sales here in LOW for more valuable items or jewelry. Call Helene at (540) 412-0798 if you have a donation for her online sales or for her garage.

We have Vendor spaces available if you know someone who would like to reserve a space. We are selling 10' x 8' spaces for only \$25.00. We ask vendors to provide their own display tables and chairs. Have them call Gail Stoner at 540-388-2540 to reserve a space soon. We ran out early last year!

Sign up sheets will be at future meetings for helpers with publicity, Attic Treasures, bake sale, Vendor greeters, or concession stand. All profits help support our Lioness Lions Foundation (Wilderness Food Pantry, scholarships for local students, ChildHelp, SAFE House, Orange County Schools and Libraries, Bridges Outreach, Piedmont Dental Clinic, Orange County Free Clinic, and much more). Thank you so much for your help!! We have a great time too!

February Speaker

By Lioness Theresa DiCicco

Its Valentine's Day, we are all thinking about other peoples' hearts...but what about your own? Join us as Dr. Travis Stoner gives a presentation on what we can do to keep our heart healthy at any age."

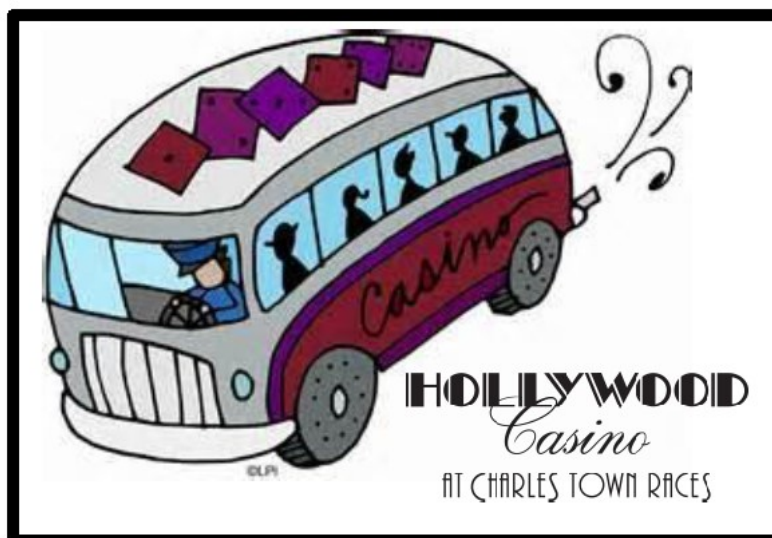
Dr. Travis Stoner graduated from Shenandoah University with a Bachelor of Science in Kinesiology in 2002 and a Doctor of Physical Therapy in 2005. After graduating, Dr. Stoner worked at Winchester Rehabilitation Center gaining experience in neurological, vestibular, and total joint replacement rehabilitation as well as serving as the Director of their Aquatic Physical Therapy program. Dr. Stoner moved to Northern Virginia in July 2009 with an interest in expanding into orthopedics and sports injuries. In addition to his practice experience, he has also served as an Assistant Professor at Shenandoah University's Division of Physical Therapy and has performed physical screening for officer candidates at Quantico Marine Base. Dr. Stoner is a Faculty member for Maitland Australian Physiotherapy Seminars teaching continuing education courses across the country.

Travis is a Maitland Certified Orthopedic Manual Therapist (COMT), Certified in Functional Dry Needling, Former Certified Aquatic Therapist (ATRIC), ACLS (Advanced Cardiovascular Life support) Certified, Certified Clinical Instructor and is an active member of the American Physical Therapy Association.

Reminder — Dinner is \$20 starting in February

Lioness Lions Committees & Activities

At dinner meetings, announcements and solicitations from the podium for organizations other than the Lioness Lions Club are not permitted. Furthermore, material placed on the tables must pertain solely to Lioness Lions Club activities. Exceptions to this policy can only be made with the approval of the Lioness Lions Club President.



Wednesday, March 27, 2019

\$38.00 (checks made out to LOW Lioness Lions)

7:45 AM	Bus Leaves Lower Level of Clubhouse
9:45 AM	Bus Arrives at Casino
2:45 PM	Bus Departs Casino
4:45 PM	Bus Returns to Lower Level Clubhouse

\$20 Free Play from Casino! 50/50 Raffle!

For reservations and free play, contact Mary Ryan at 972-9392 or email maryryan7040@yahoo.com.

All proceeds benefit the Lioness/Lions Wildemess Food Pantry

Lioness Lions Committees & Activities

Acknowledgment From Middle School Math Teacher

By Lioness Linda Shnayer

The following was received from Ms. Brown a sixth grade Locust Grove Middle School Math Teacher upon receiving headphones donated for use in her classroom.

"Thank you for your generous donation to my classroom! My students LOVE the new headphones! Each student is assigned a number which matches the headset number. This ensures that every student has his or her own set for the class period. I have been able to incorporate more assignments on google classroom, now that I no longer have to be concerned that some students won't have a set of headphones available to them. I look forward to using these headphones for years to come. Thanks again to the LOW Lioness Lions Club for funding this project."

With gratitude,
Ms. Brown



Lake of the Woods

Lioness Lions Club

Book Sale

Re-Opening!

Saturday, February 23rd, 2019

8:30 AM – 3:30 PM

The Ferris Building

(near the Compactor)

Hundreds of Books for purchase!

Mystery/Suspense, Fiction, Romance, Fantasy,
Non-Fiction, Children's, Biography, Audio,
Large Print, Specialty Books (Civil War, Coffee
Table & Rare)

- 50¢ for paperbacks
- \$1.00 for tradebacks
- \$2.00 for hardbacks
- Specialty Books start at \$3.00

Book donations accepted
Mondays from 9:30-11:00 AM
and

the day of the book sale, which is the
last Saturday of the month,
except December and January.

All proceeds go to the Lioness Lions Foundation.



Lioness Lions Committees & Activities

Did You Know — Lynne Travis

By Lioness Mary Simmons



Lynne Travis makes a great wine bottle! Talk about creativity! Lynne came to the October Halloween Lioness dinner meeting dressed as a wine bottle (glass and corkscrew in hand) in a costume she created. She did her fellow LUSH (Ladies United for Social Harmony) and Lioness friends proud.

Growing up in England, Lynne had a happy childhood filled with boarding school friends at St. Theresa's Convent in Effingham, Surrey (south of London). Bonds formed at boarding school remain, and she is still in touch with two of her friends from the convent.

Lynne still remembers the first time she saw her adoptive father. He was in his Navy uniform and he was taking Lynne and her mother to dinner. He was soooo handsome and it was love at first sight for the eight-year old Lynne. After marrying her mother, Charlie Brown (and yes he is a good man just like his Peanuts namesake!) adopted Lynne and they came to the states in 1969. The family was posted back to England in 1972 where Lynne graduated from a U.S. Department of Defense School, London Central High School in High Wycombe, Buckinghamshire where she had excellent teachers. She still communicates with five of those fellow "Bobcats" using technology applications like Telegram to chat every day and they also vacation together each year.

After graduation from London Central she returned to the States. Deferring college for a year, Lynne ended up running away from home--back to England, to the man with whom she had fallen in love the summer after graduation. A year later she returned to the States with her soon-to-be husband in hand, went on to George Mason University and then to work.

With the end of that early marriage, Lynne married again and had three amazing boys. Lynne has two grandchildren, sons of her eldest son Morgan who lives in Washington, DC; Kellan who is almost six and Reid who recently turned four. Morgan was followed by the surprise birth of twins, Drew and Corrin. (No advance warning from the doctor during the pregnancy, just the announcement during delivery that there was more than one baby!) Son Drew lives in San Francisco and, tragically, son Corrin was lost due to a car accident when he was just 16 and a half. Corrin lives on in their hearts and memories.

Lynne has had a varied and challenging career as an Executive Assistant supporting senior management and executive teams in several industries where she provided seamless behind the scenes work to make everything run smoothly. Beyond her executive assistant skillset, she's versatile and multi-talented, having worked in interior design, home staging and event planning. She is a master "organizer", but admits sometimes she can't locate her car in the parking lot! For a laugh ask her about the time the ketchup exploded on her during her first day of a new job and what it is like to move airplane landing-gear into the lobby of a hotel as a publicity prop for a large seminar.

Lynne was recently naturalized. After studying hard she passed the test and the ceremony was held in the Charlottesville, VA courthouse. Here a group of 33, representing 23 different countries, were naturalized. Lynne wasted no time after her naturalization getting her first U.S. passport to be used to take her first cruise.

Lynne is a recent and welcome addition to Lioness and Lake of the Woods. After living for 33 years in Loudoun County, she relocated to the Lake in May of 2017. She joined her significant other, "Joe", in their home with a view of the golf course. Lynne is excited to be getting as involved with the Lionesses as her full time work schedule permits. She's been making promotion flyers for Lioness events, supporting dance committee planning and helping with LOWDOWN formatting. In the future she'd like to be more involved with mental health events, building on past experience in Loudoun County where she supported the Director of Mental Health, Substance Abuse & Developmental Services and the Loudoun Board of Supervisors.
MORE — See pg. 8

Lioness Lions Committees & Activities

Did You Know — Lynne Travis (Cont'd)

A testament to her skills, some of the public relations material and flyers she made while working there years ago are still in use!

As they settle in, Lynne and Joe are enjoying the Lake. Their work, Lynne continuing in her forte as an Executive Assistant and Joe doing photogrammetric mapping, is now done locally with a dream commute of 7 minutes.

Revealing no detectable English accent when we were chatting, Lynne explained her English accent can be turned on and off at will, and comes to the fore when she talks with others from the U.K, when she gets emotional and when (how convenient) talking to policemen in the States, where it has provided several subtle benefits!

Pictures from the White House Christmas Tour



From the Tamers

By Nancy Fogg and Marian Rood

The Lake of the Woods Lioness Lions Club February 14th Dinner meeting will be held at the Clubhouse with a 5:15 p.m. social gathering followed by dinner at 6:00 p.m. **(reminder the cost is now \$20)** Please remember to call or email the Tamers by Monday, February 11th 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
Caesar Salad with croutons & parmesan cheese
Classic Lasagna w/ beef, ricotta & mozzarella cheese & marinara sauce
Vegetarian Lasagna w/ spinach & red pepper & creamy Alfredo Sauce
Honey Glazed Carrots
Vegetable Medley
Garlic Bread
Rainbow Sherbet
Coffee & Tea

OUT OF RESPECT AND COURTESY TO ALL, PLEASE REFRAIN FROM TALKING WHEN ANYONE 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

As you know Valentine Day ♥ occurs every February 14th.

Valentine's Day is a reminder to show appreciation and give thanks for those people in our life who love us, support us, and encourage us. Take the time to say thank you today and to tell them how much you love them and how much they mean to you not only today but all the year through.

- Who will receive the most Valentines cards this year: Mom, wife, girlfriend, or neither?
- Which state produces the majority of America's roses?

Our greeters this month will be.....Nicki Buell and Connie Skelton

LOW Lioness Lions 2018-2019 Calendar

Feb. 9 Amore Dinner Dance
 Feb. 14 Dinner Meeting
 Feb. 23 Book Sale
 Feb. 28 BOD Meeting

Happy Birthday Lioness Lions

Jan 5	Loretta LaTerra	Feb 8	Susan Oldach
Jan 16	Jan Stockman	Feb 12	Helene Burns
Jan 25	Shellee Williams	Feb 20	Lynne Travis
Feb 5	Betsy Flanigan	Feb 26	Donna Steffensmeier
Feb 6	Millie Davis		

From the Editor

By Lioness Lions Gail Hardin
Editor, Lioness Lions LOW DOWN

Please get information and articles for the March LOW DOWN to me by February 26 or as soon thereafter as possible. The newsletter will be distributed on or about March 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:

Wendy Gwaltney

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