



President's Corner

By Lioness Barbara Hernan LOW Lioness President

www.lowlioness.org

July 4th, Americans celebration day of our independence. A day celebrated all over America from the biggest cities to the smallest towns with parades, picnics and other outdoor activities. We should take time to remember our forefathers who planned and fought for the independence that we owe to them, some of which lost everything because of being off to war. I believe that we should always keep our military, some of which may be our relatives, friends and neighbors, always in our prayers. There is comfort in knowing that they are out there every day to protect our lives and our independence.

There are many famous quotes by many famous people regarding independence and liberty. In reading over many of them I somehow kept going back to this excerpt written by Thomas Jefferson, which many of us may still remember from our school days. It is part of the Declaration of Independence. "We hold these truths to be self-evident that all men are created equal; that they are endowed by their creator with certain unalienable rights; that among these are life, liberty and the pursuit of happiness." Thomas Jefferson is thought of by many as one of the smartest self-educated men that had a lot to

do with founding this country.

If you have never been to Thomas Jefferson's home in Monticello what a wonderful experience it is. It is also a great place to take house guests from other areas, since it has so much history of the early times of our forefathers in our own Commonwealth of Virginia.

Now, I would like to thank the Lake of the Wood Lioness for their confidence in me to be the new president of our club. It is an honor and I will try very hard to live up to the confidence given to me to be in the office of the president. I want to thank the officers that have also accepted their duties. The board members, chair people and

committee people are very important to making everything happen as planned and expected. I look forward to working with all of them and believe that we will all do our best for the goals of the Lake of the Woods Lioness.

I am not here to just be in charge but to hear any suggestions or criticisms from all of you on how we can better ourselves in serving our club and community.

Enjoy the first real month of summer in our fabulous lake and golf community. Please remember WE SERVE!

Also, outgoing president Maureen Otero wishes everybody a Great 4th of July

DUES ARE DUE—See Pg. 4

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.

Bridges—Info will be sent separately

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.

2016-2017 Board of Directors

President
Barbara Hernan
1104 Eastover Parkway
Locust Grove, VA 22508
(540) 972-7575

Secretary
Linda Shnayer
107 Fairfax Lane
Locust Grove, VA 22508
(540) 412-1021

Treasurers
Caroline Caldwell
Barbara Tomayko

1st Vice President
Donalda Lovelace

2nd Vice President
Michelle Senft

3rd Vice President
Joan Mills

Lioness TAMERS
Ellen Bearden
Nicki Buell

Tail Twister
Kathy Walters

Membership
Joyce Morlan
Julie Phend

Directors
Millie Davis
Joann Deem
Carolyn Gordon

Past President
Maureen Otero

The Insider's View

Minutes from the
June 23rd, 2016
BOD Meeting

ATTENDANCE: Maureen Otero, Barbara Hernan, Linda Shnayer, Millie Davis, Joyce Morlan, Kathy Walters, Ellen Bearden, Barbara Tomayko, Michelle Senft, Betsy Rath, Karen Cakouros, Norma Ervin, Joan Mills, Julie Phend, Kathi Martin, Joann Deem and Donalda Lovelace, Lion Liaison-Su Bielmeier

Call to Order – The meeting was called to order at 7:04 PM

SECRETARY'S REPORT- Minutes were approved with one correction, the approval of Mary Short for membership was removed.

TREASURER'S REPORT- Norma Ervin presented the Benevolence Financials which were overstated due to last minute checks and the need to close the year to Germanna College for the three women who will each receive \$1,000 scholarships. Barbara Tomayko presented the Administrative Financials. Both reports will be filed for audit.

PRESIDENT'S REPORT –

- Maureen Otero read several thank you notes from Orange County, Headstart, the Office on Youth (for our support of Orange High School after Prom all night activity) and for the Orange County Free Clinic for our donations and continued support.
- She received one request for MAL status from Pat Confroy and a request for Affiliate status from Beth Ross which were approved.
- Resignation letters were received from Bonniebeth Foltz and Barbara Rakes both were accepted with regrets.

OFFICER'S REPORT

3rd Vice President- Betsy Rath discussed the Independence Parade, logistics, car decorations. She requested participating Lionesses to arrive at the parade area as close to 9:30 AM as possible.

UNFINISHED BUSINESS

Germanna Scholarships- Three women will be the recipients of the scholarships. The woman will be hosted at a tea at Germanna College. Additionally, a motion was approved that named scholarships would require a minimum \$500 donation. M/S/P Martin/Cakouros

PRESENTATION OF GIFTS AND PASSING OF THE GAVEL

1st Vice President Barbara Hernan presented a gift to outgoing President Maureen Otero from the outgoing board and 2015-2016 President Maureen Otero presented gifts to her board.

Without further business, the meeting was adjourned.

Respectfully submitted,

Donalda M. Lovelace
2015-2016 Secretary

Lioness Committees & Activities

Welcome New Lionesses

By Lioness Kathi Martin

The following Lionesses were inducted at the June dinner meeting.

Isabella Irwin
1017 Eastover Parkway
703-298-3174
isabellairwin@gmail.com
Birthday: January 18
Sponsor: Donalda Lovelace

Karin Mollard
103 Wakefield Drive
540-412-0420
kmollard@comcast.net
Birthday: April 9
Sponsor: Joyce Morlan

Sharon M. Thornton
113 Chesterfield Court
540-412-6801
s_m_t@comcast.net
Birthday: March 3
Sponsor: Wendy Gwaltney

Lions Golf Tournament

By Lioness Su Bielmeier

Lions Golf Tournament will be on Friday, Sept 23 at the LOW Golf Course with 11:30 Putting Contest and a 1 PM Shotgun Start. This is a coed-4 person Scramble. The cost is \$65/person (before Sept. 1) which includes green/cart fees/dinner/prizes. All monies raised will be used to support local charities. For more information go to the Lions website: lowlions.org Please share this information with your friends and neighbors.



Bring your smile to the July Meeting

By Lioness Su Bielmeier

The July Meeting will be the last time to have your picture taken for the new Member Handbook. I'll be at the Clubhouse by 5:30 to take the last pictures. Thank you Glennah for helping with pictures at the June meeting.

Share and Care

By Lioness Ann Walker

- Barbara Young is doing fine after her lumpectomy and began radiation therapy on June 27.
- Karen Cakouros is home, with her recovery going well, and she hopes to be at our next dinner meeting.
- Nancy Strain's husband, Lee, is doing very well after his heart attack in May, and they wish to thank everyone for their cards and prayers.

If you know of a Lioness in need of our caring thoughts, please contact Ann Walker: 972-4338.

Lioness Committees & Activities

DUES ARE DUE


Your membership dues for 2016-2017 are now due!

The Treasurers will be on hand at the July dinner meeting to accept payment (\$30.00) of your dues.

Please pay by check made out to: LOW Lioness

If you cannot attend the July dinner meeting, please submit them via mail to:

LOW Lioness Club
Attn: Caroline Caldwell/Barbara Tomayko Treasurers
P.O. Box 811
Locust Grove, VA 22508



Lioness who need a ride to the Dinner
Meeting please call Lioness
Donalda Lovelace
540-412-2857

Lioness Committees & Activities

COMMITTEE CHAIRPERSONS 2016-2017

Bake Sale:	JoAnn Zwickl	412-1666
	Claudia Low	412-1304
Book Sale:	Helene Burns	412-0798
	Sherri Lasover	412-9854
	Ann Walker	972-4338
Bridge Lessons :	Jan Lemieux	972-8888
Bridges:	Mary Lou McFarland	972-1483
Card Party & Fashion Show:	Jan Lemieux	972-8888
	Theresa DiCicco	548-3500
Chaplain:	Ellen Brauch	972-6629
Child Help East:	Carolyn Gordon	972-4656
Communications Network:	Karen Cakouros	972-9043
Constitution & Bylaws:	Donalda Lovelace	412-2857
Excursions:	Wendy Gwaltney	412-6387
Fifty-Fifty:	Maureen Otero	972-0077
	Sue Merna	972-3600
Finance and Budget:	JoAnn Zwickl	412-1666
	Jean McLallen	972-5793
Flea Market:	Betty Beck	972-1872
	Gail Stoner	388-2540
Food Pantry (Staffing):	Karen Cakouros	972-9043
(Lions Liaison):	Su Bielmeier	716-725-2694
Germann Heights:	Flo Clark	972-3448
	Helene Burns	412-0798
Gift Sales Ornaments/T-shirts:	Mary Szadvari	972-4572
	Caoline Caldwell	972-7688
Golf Tournament:	Nikki Buell	412-0104
Kriskindlemarkt:	Karin Goetz	972-0955
	Isabella Irwin	703-298-3174
Membership:	Julie Phend	412-9952
	Joyce Morlan	309-533-9227
Nominations and Elections:	Karen Cakouros	972-9043
Parade:		
Programs:	Gail Hardin	972-5698
	Co-Chair - TBA	
Publications (Handbook):	Christine Getty	672-8706
(LOWDOWN):	Gail Hardin	972-5698
Publicity/Photography:	Kathy Merritt	972-5219
S.A.F.E. House:	Susan Costanzo	972-9030
	Phyllis Sakole	972-5331
Scholarships:	Emily Slunt	972-3221
Share and Care:	Ann Walker	972-4338
Sight: Eyeglass Recycling (Mondays)	Nancy Strain	972-7141
Eyeglass Recycling (Wednesdays)	Paula Hornaday	972-7921
Special Events:	Claudia Low	412-1304
Webpage:	Su Bielmeier	716-725-2674
	Elaine Freeland	972-8052
White Cane:	Donalda Lovelace	412-2857
	Val Protiva	972-7975
Youth Outreach:	Connie Buttmer	972-0083

From the Tamers

By Ellen Bearden and Nikki Buell

The Lake of the Woods Lioness Club July 14th Dinner meeting will be held at the Clubhouse with a 5:45 p.m. social gathering followed by dinner at 6:30 p.m. Please remember to call or email the Tamers by Monday, July 11th, if you are not attending or need a special meal. Dinner will be buffet style. ***If you order the alternative salad for your meal, the house salad and the buffet items are not included.** A no-call or no-show will cost you \$18.00 if you are unable to attend this meeting,

Tamerrs:

Ellen Bearden (972-9595) Email: bebearden@verizon.net

Nikki Buell (412-0104) Email: nbuell113@comcast.net

NOTICE: We RSVP E-mails & phone calls. If you can't attend, you may have your meal picked up.

Dinner

House Salad
Fried Chicken
Baked Beans
Buttered Corn
Sherbet
Coffee & Tea

Alternative Menu *

Strawberry chicken salad

In consideration of others at our dinner meetings, Lionesses are asked to kindly refrain from beginning their salad until after the invocation and introduction of guests. Thank you.

Twister's Corner

By Lioness Kathy Walters

In honor of Independence Day, here are your Tail Twister Trivia questions for July

1. What two Founding Fathers died on the same day? Which happened to be the 50th anniversary of the adoption of the Declaration of Independence.
2. Who was Princeton University's first graduate student?
3. Why did Yankee Doodle stick a feather in his hat and call it macaroni?

Our hostesses for July are Marue Biggs and Carol Greeney

LOW Lioness 2016-2017Calendar

July 14 Lioness Dinner Meeting
July 28 BOD Meeting
July 30 Lioness Book Sale

Happy Birthday Lionesses!

July 1	Barbara Tomayko	July 21	Joan Shrenk
July 4	Susan DeMailo	July 25	Beth Sundberg
July 9	Julie Phend	July 26	Jonnie Feterle
July 10	Nikki Buell	July 26	Carol Greeney
July 15	Pat Logan	July 27	Theresa DiCicco
July 20	Maureen Otero	July 29	Sherri Lasover
July 21	Glennah Moy		

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

Please get information and articles for the August LOW DOWN to me by July 30th. The newsletter will be distributed on August 1st. 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.)

NEW MEMBERS:

See Pg. 3

RESIGNATIONS:

**Bonniebeth Foltz
Barbara Rakes**

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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