

# LAKE OF THE WOODS LIONESS LIONS

## LOW DOWN

Volume 34, Number 1 — July 2018



### President's Corner

By Lioness Lion Linda Shnayer LOW Lioness Lions President

[www.lowlioness.org](http://www.lowlioness.org)

“Hot Fun In The Summertime”

*End of the spring and here she comes back  
Hi, hi, hi, there  
Them summer days, those summer days*

*That's when I had most of my fun back  
High, high, high, high there  
Them summer days, those summer days*

*Hot fun in the summertime  
Hot fun in the summertime  
Hot fun in the summertime*

*Songwriter: Sylvester Stewart  
Sly & The Family Stone lyrics are  
property and copywriter of their owners*

It's summer! For many of us July means vacationing. We head to various destinations which often include a stay at the beach. Recently, my family and I spent a week at Sandbridge in Virginia Beach. The beach has always been my safe space away from the chaos of daily life. I find listening to the hypnotic sound of waves releases all stress and clears my mind of any negative thoughts. While at the beach, my family managed to honor National Grilling Month, National Hot Dog Month, National Ice Cream Month, and National Watermelon Month – all celebrated in July. Sadly, the week went by too quickly and I came home with a sunburn, eyes resembling a raccoon, and a few extra pounds.

I can't possibly express how much I appreciate the opportunity you've given me to lead this wonderful Lioness Lions Club for the next year. To get off to an early start, and prior to our first Lioness Board Meeting, our 2018/2019 Board Members got together for a lunch social. We have a fantastic group of highly enthusiastic women on our board and we all look forward to serving you and our community during the next year. We will do our best to continue the success of our Club.

I'd like to remind all Lioness of our participation in the LOW Independence Day Parade on July 7<sup>th</sup>. Our theme will be the bookworm to focus attention on our monthly Lioness Book Sale. Helene Burns, Sherri Lasover, and Ann Walker work all month hauling, sorting, and filing books to prepare for this once a month community sale. I don't want to exclude the dedicated assistance they receive on the day of the book sale from Maureen Otero, Arlene DeSimone, Roselynn Edwards, and Caroline Caldwell. Together these women ensure a successful fundraiser every month.

A big thank you goes out to Mary Simmons for agreeing to use her writing talent to bring back our monthly newsletter “Did You Know” article. This article allows each of us to get to know more about one of our members background, interests, etc. This month we highlight Nancy Fogg, one of our newer members and a current Tamer with Marian Rood.  
MORE—See pg. 2

### 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**—See pg. 3

**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

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**Jane Owiesny**

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**Nicki Buell**

**2nd Vice President**

**Ann Walker**

**3rd Vice President**

**Sharon Thornton**

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**Nancy Fogg**  
**Marian Rood**

**Tail Twister**

**Jonnie Feterle**

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**Arlene Rich**  
**Doris Williams**

**Directors**

**Betty Beck**  
**Carolyn Gordon**  
**Carol Greeney**

**Past President**

**Donalda Lovelace**

**President's Corner (Cont'd) from pg. 1**

A few months ago, Kathy Merritt volunteered to spearhead the new Women Supporting Women Bra Fun Raiser initiative. Kathy and her committee members did a phenomenal job and thanks to your dona-



tions, she far exceeded her personal goal of 200 bras. We thank the Lake of the Woods Church Women's Guild, Ladies Golf Association, Lake of the Woods Garden Club, and Lions of Lake of the Woods for holding drives to support this initiative. Additionally, Kathy and her committee, hosted a hugely successful event at Fairways with fantastic music provided by Sherri Lasover and Bill Feterle. The bras donated will be distributed to those less fortunate women at SAFE House and in Appalachia. Lets's face it – we ladies all feel better when wearing nice un-



dergarments.

Congratulations to Emily Slunt, Jan Lemieux, and their Scholarships committee (Cheryl Brown, Donna Steffensmeier, Ellen Bearden, Jean Ann Daniels, Karin Goetz, Marion Rood, and Mary Lou McFarland) for all their hard work and dedication in collecting, interviewing, and selecting the best recipients for our high school scholarships. I'll let Emily and Jan announce the winners and we'll meet one of them at our July dinner.

In June, several of our Lionesses attended and provided delectable goodies to support the Germanna Heights Picnic. Helene Burns and Flo Clarke led and continue to support this effort in an outstanding manner. You can read more about this highly successful event in a separate article.

Prior to publication of our new Handbook, in this issue you will find a list of 2018/2019 Committee chairs and co-chairs. We continue to have a few committees with no chair. Should you like to volunteer, or have changes or corrections, please feel free to contact me.

I'll end this article with a shout out to our ladies from New Jersey. July 1<sup>st</sup> – 7<sup>th</sup> is Be Nice to New Jersey Week. Although we're always nice to each other, be extra nice to our Lioness Jersey ladies to include Ellen Bearden, Jean Ann Daniels, Jayne Owiesny, Arlene Rich, and Emily Slunt.

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NOTE: The Minutes of the June 28th BOD meeting are not included as I will be out of town June 29—July 8 and needed to send out the newsletter early. A revised edition will be sent out when I return with the minutes as well as any other articles that I could not include.

Gail Hardin, Editor

# Lioness Lions Committees & Activities

## Germanna Heights Picnic

By Lionesses Helene Burns and Flo Clarke



Early in June, along with Michelle Senft, Norma Ervin, Donna Steffensmeier, and Nancy Fogg, we participated in the Germanna Heights Picnic. Our contributions included homemade picnic delectables such as baked beans, coleslaw, potato salad, coconut cake and several other desserts. Thirty residents attended the event and we all enjoyed the food and music provided by Denim n' Lace. Everyone had a wonderful day!

Germanna Heights is a senior apartment complex for low income residents. They have about 67 apartments in the complex. The Lioness have provided lunches and activities for the past few years and partner with the Lutheran church for bingo for the residents.

Should you want to volunteer to assist with our future events, please contact Helene Burns at 412-0798 or [hburns60@comcast.net](mailto:hburns60@comcast.net).



## LOW Childhelp Fundraiser, Monday, July 9th 4-9 p.m., Harry's Alehouse

By Lioness Linda Shnayer

For many years, the members of LOW Lioness Club have supported The Childhelp Alice C. Tyler Village in Lignum, Virginia. Childhelp has provided a healing home environment for abused, neglected and at-risk children since 1993. In a community atmosphere, the Village houses as many as 67 children from 5 to 14 years of age. Clients are referred by schools, parents, nearby judicial authorities and child welfare offices, often arriving with severe emotional and behavioral problems as a result of abusive or neglectful situations. While at the village, children receive on-site clinical services provided by Childhelp's multi-disciplinary team under the direction of a staff psychiatrist. The children learn to love themselves and trust others through comprehensive treatment.

Let's continue to show our support by having dinner at Harry's Alehouse, Monday July 9<sup>th</sup> – 10% of the proceeds will go to LOW Childhelp. The link to view Harry's menu is <https://www.harrysalehouse.com/>

LOOKING FORWARD TO SEEING YOU THERE

## Bridges

By Lioness Mary Lou McFarland

The residents at Bridges play a LOT of BINGO, and need prizes — some ideas are new or used costume jewelry, matchbox cars, key rings, coloring books, crayons, pencils, etc. They are so excited when they win prizes and are so appreciative of the Lioness contributions.

# Lioness Lions Committees & Activities

**Did You Know — Nancy Fogg**

**By Lioness Mary Simmons**



“To make a long story short,” is a favorite phrase of Nancy’s but it’s not easy to do when you have such an interesting background to share. Eight years of parochial school during the “black patent leather shoes reflect up” era contributed to the humor and spunk so evident in any dealings with Nancy.

Hailing from Scarsdale, New York, she was the third of 7 siblings. With determination and hard work she solved the mystery of Algebra during her first year of high school; no easy feat when you haven’t had pre-algebra in grade school. She then did so well in Math that she was one of a select few chosen to work on the high school’s first computer.

Nancy’s father managed a factory near Albany, NY and was away from home during the week. When her grandfather died during her senior year, Nancy took charge of the 4 children still at home while her mother traveled to the funeral. Unbeknownst to Nancy the chest freezer in their “historical” home overloaded the electrical circuits and a fire broke out while Nancy was at school. Returning home after school Nancy was greeted by fire engines and emergency equipment. The house was gone. Taking charge Nancy made arrangements with neighbors to take care of the other kids and had the unenviable task of calling her parents to give them the sad news. With help from friends, neighbors and the Church the family relocated to a duplex where sleeping arrangements for the kids were very “chummy”.

Unfortunately Nancy’s college applications burned in the fire. Persevering, she was accepted to, and completed her studies at Skidmore College in 1972. Her studies included an exchange program at Colgate University, where she met her future husband John.

While John was at Navy Officer Candidate School, Nancy worked in New York City’s financial district. After a short engagement, they married and moved to Mare Island (Vallejo), CA where John attended Navy Nuclear Power School. This assignment started a 5 year period of frequent moves while John served in the Navy. John was often at work or sea, leaving Nancy to deal with now amusing calamities such as lost household goods, spoiled food packed by movers, and less-than-luxury rental apartments. Post-Navy saw Nancy, John and their first son, later joined by two sisters and a brother, relocating to Rochester, MA where they lived for 23 years.

While raising her family Nancy worked from home designing and making children’s clothing for retailers in Chevy Chase, Chicago and Boston. She created one-of-a-kind outfits for stores and special orders for flower girls, communion and other special events.

After job moves to North Carolina, Ohio and Indiana, John and Nancy decided to retire closer to family which includes 7 grandchildren. Nancy was the retirement home advance party and came to Virginia to start the search. Virginia was chosen as her two sons were living in DC and one daughter was in Philadelphia. For the daughter living in California, frequent visits compensate for not living close by. With the help of Realtor.com and a very accommodating agent, she expanded her search radius beyond the initial Winchester target area and found Lake of the Woods. They moved here and they love it!



# Lioness Lions Committees & Activities

## Did You Know — Nancy Fogg Cont'd

Their two sons are very competitive ultra running (100 mile trail runs) athletes. John and Nancy can be found on many weekends hiking their way to aid stations and cheering for their sons during competitions.

Nancy loves our National Parks. Arches and Canyonlands are next on her visit list. A family trip to Tahoe, which coincides with a trail run, is scheduled for later this year.

You can explore more stories with Nancy about her adventures. Just ask her to “make a long story short” and tell you about the Blizzard of '78, the “gold room” or her travels on Route 50, “The Loneliest Road in America”!

Nancy was sponsored as a Lioness by Gail Stoner. She is involved with eyeglasses, Childhelp, the food bank and other volunteer activities. Nancy will serve as a tamer, along with Marian Rood, on the 2018-2019 Board.

## Independence Day Parade Reminder

By Lioness Lion Linda Shnayer

The LOW Lioness Lions will participate in the Lake of the Woods Independence Day Parade to be held on Saturday, July 7<sup>th</sup>



If able, please plan to participate by walking and handing out candy to the children. Our dress will be a Lioness t-shirt (or purple t-shirt) and any style white pant, and comfortable shoes. We will meet on Yorktown at 8:15AM, no later than 8:30AM. Since there is no parking, plan to be dropped off at Liberty and Yorktown. Normally, someone will be at Liberty and Yorktown intersection to let you know where we are lined up – we will be behind the Lions and Miss Orange.

For more information contact Linda Shnayer at 540-412-1021 or Lshnayer@hotmail.com

## Lioness New Member— June 14th Induction

By Lionesses Julie Phend and Joyce Morlan

Diane Sellers  
118 Eagle Court  
Phone—540-388-4877  
Cell—703-346-5814

Email: supermom3879@aol.com  
DOB: April 3  
Spouse: John

## Share and Care

By Lioness Jean Ann Daniels

Sending our sympathy to Arlene Rich upon the recent passing of her sister.

Kathy Merritt's husband is home from the hospital. She said he is doing wonderfully, and thanks everyone for their thoughts.

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

# Lioness Lions Committees & Activities

## COMMITTEE CHAIRPERSONS 2018-2019

Awards	Donalda Lovelace Claudia Low	412-2857 412-1304
Bake Sales	Claudia Low Joann Zwickl	412-1304 412-1666
Book Sales	Ann Walker Sherri Lasover Helene Burns	972-4338 412-9854 412-0798
Bridge Lessons	Jan Lemieux	972-8888
Bridges	Mary Lou McFarland	972-1483
Card Party/Fashion Show	Jan Lemieux Val Protiva Janet Himmelberger	972-1483 972-7975 753-2450
Chaplain	Arlene Rich	755-2628
Child Help East	Jayne Owiesny	708-224-8897
Communications	Karen Cakouros	972-9043
Concert on the Point (8/24)	Nicki Buell	412-0104
Constitution & Bylaws	Donalda Lovelace	412-2857
Craft Show/Flea Market	Chair – Caroline Caldwell Gail Stoner (Vendors) Helene Burns (Attic Treasures) Karin Goetz (Attic Treasures) Jayne Owiesny (Concessions)	972-7688 388-2540 412-0798 972-0955 708-224-8897
Excursions	Wendy Gwaltney Joyce Morlan	412-6387 309-533-9227
Fifty-Fifty	Kathy Walters Susan Oldach	972-8428 846-6140
Finance & Budget	JoAnn Zwickl Jean McClallen	412-1666 972-5793
Food Pantry	Nicki Buell Karen Cakouros (Staffing)	412-0104 972-9043
Germann Heights	Helene Burns Flo Clarke	412-0798 972-3448

# Lioness Lions Committees & Activities

## COMMITTEE CHAIRPERSONS 2018-2019 (Cont'd)

Gift Sales (Ornaments/ Shirts)	Mary Szadvari	972-4572
Halloween on the Point	Sharon Thornton	412-6801
Kriskindlemarkt	Gail Stoner	388-2540
Lioness Dinner/Dance	Carol Greeney Kathy Walters	972-6739 972-8428
Membership	Arlene Rich Doris Williams	755-2628 703-346-8268
Nominations & Elections	Donalda Lovelace	412-2857
Parade	Vacant	
Programs	Theresa DiCicco	548-3500
Publications(Handbook) (LOWDOWN)	Christine Getty Gail Hardin	672-8706 972-5698
Publicity/Photographer	Vacant	
R.A.M. Foundation (Bra Drive)	Kathy Merritt	972-5219
SAFE	Val Protiva	972-7975
Scholarships	Emily Slunt	972-3221
School Supply Drive	Claudia Low	412-1304
Share & Care	Jean Ann Daniels	412-2872
Sight (Eyeglass Recycling (Monday)	Nancy Strain	972-7141
Special Events	Claudia Low	412-1304
Webpage	Donalda Lovelace	412-2857
White Cane	Claudia Low Val Protiva	412-1304 972-7975

## From the Tamers

By Lionesses Nancy Fogg and Marian Rood

The Lake of the Woods Lioness Lions Club July 12th 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, July 9th 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](mailto:entredoux3@hotmail.com)

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

**Dinner**  
**Garden Salad with**  
**Ranch & Blueberry**  
**Pomegranate**  
**Dressings**  
**Clubhouse Fried**  
**Chicken**  
**Potato Salad**  
**Cole Slaw**  
**Baked Beans**  
**Corn Bread Muffins**  
**Cherry Pie**  
**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



### **Independence Day**, also referred to as the **Fourth of July**

Independence Day is commonly associated with [fireworks](#), [parades](#), [barbecues](#), [carnivals](#), [fairs](#), [picnics](#), [concerts](#), [baseball games](#), [family reunions](#), and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the [National Day](#) of the United States.

**How did the Nathan's Fourth of July Hot Dog Contest begin?**

**Which newspaper first printed the Declaration of Independence?**

Our greeters for our July meeting will be:  
 Carolyn Greeney and Jayne Owiesny

## LOW Lioness Lions 2018-2019 Calendar

July 7	Independence Day Parade
July 12	Dinner Meeting
July 26	BOD Meeting
July 28	Book Sale
Sept 28	Card Party and Fashion Show

## Happy Birthday Lioness Lions

July 1	Barbara Tomayko	July 20	Maureen Otero	July 29	Sheri Lasover
July 4	Susan DeMailo	July 25	Beth Sundberg	July 31	Sharon Webb
July 9	Julie Phend	July 26	Jonnie Feterle		
July 10	Nicki Buell	July 26	Carol Greeney		
July 15	Marion Rood	July 27	Theresa DiCicco		



**From the Editor**

By Lioness Lions Gail Hardin  
Editor, Lioness Lions LOW DOWN

Please get information and articles for the August LOW DOWN to me by July 29th or as soon thereafter as possible. The newsletter will be distributed on or about 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 Member—See Pg. 5**

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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