

# LAKE OF THE WOODS LIONESS LIONS

## LOW DOWN

Volume 35, Number 1 — July 2019



### President's Corner

By Lioness Lion Linda Shnayer LOW Lioness Lions President

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

I would like to begin by thanking the Lake of the Wood Lioness Lions for their confidence in me to be the president of our Club an additional year. It is an honor, and I will try very hard to live up to the trust given to me to be in the office of the president. I want to thank the officers who have also accepted their new positions and related duties and responsibilities. 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 Lions.

In early June, several of our Lionesses attended and provided lunch and entertainment to the residence of Germanna Heights. Helene Burns and Flo Clarke led this effort in their usual outstanding manner. You can read more about this highly successful event in a separate article. After several years of chairing these events, Helene and Flo are turning the leadership over of this community service program to Nancy Fogg.

Congratulations to Emily Slunt, Jan Lemieux, and their Scholarships Committee for all their hard work and dedication in advertising for, assembling applications, and interviewing candidates for our Germana Community College and high school scholarship candidates. Their efforts awarded scholarships, totaling \$12,000, to eight outstanding students. We wish all recipients the best of success!

Also in late June, the Lioness sponsored our second Casino Trip to Charlestown, WV. Again, Helene Burns and her sister, Mary Ryan, filled the bus and ensured a fun trip. On each Casino Trip, we hold a 50/50 Raffle. This trip, the proceeds were designated for SAFE House and \$104 has been given to Val Protiva, the SAFE House Committee Chair, to add to our next collection. The next Casino trip is planned for September 11<sup>th</sup> and this trip is filling very fast. If you want to join the fun, please contact Helene or Mary immediately. The cost for the trip is \$38 and includes \$20 of free play at the slots.

Prior to publication of our new Handbook, in this issue of the LOWDOWN you will find a list of 2019/2020 Committee Chairs and Co-Chairs. We continue to have a few committees with no Chair. To volunteer to Chair, Co-Chair or participate on a committee, or have changes or corrections, please feel free to contact me.

This issue of the LOWDOWN includes a new three month calendar of club events. Several Lionesses have requested a calendar that allows them to quickly see what's going on each week/month to plan ahead. Additionally, if you are sponsoring a new member, this calendar can help sponsors with scheduling the prospective member's community service projects. If we've missed an event or planned committee meeting, please contact me or Gail Hardin to have it added. This type of calendar takes a lot of time and effort and Gail deserves a big thank you from each of us for pulling this together.

Enjoy the first real month of summer in our fabulous lake and golf community.

Please remember, WE SERVE!

### WHAT DO I BRING CHECKLIST?

**Wilderness Food Pantry**—Plastic bags, double bagged if possible which saves the workers time when they are helping the clients.

School Supplies — 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.

**2019—2020 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**

**Loretta LaTerra**  
**Jean McLallen**

**1st Vice President**

**Jayne Owiesny**

**2nd Vice President**

**Ann Walker**

**3rd Vice President**

**Ellen Bearden**

**Lioness TAMERS**

**Rani Manhard**  
**Ann Wood**

**Tail Twister**

**Donna Steffensmeier**

**Membership**

**Emily Florence**  
**Mary Szadvari**

**Directors**

**Betty Beck**  
**Barbara Francis**  
**Gail Stoner**

**Past President**

**Linda Shnayer**

**The Insider's View**

Minutes from the  
June 27, 2019  
BOD Meeting

BOD Minutes not included due to technical issue with Comcast and will  
be included with a revised issue at a later date.

# Lioness Lions Committees & Activities

## SCHOOL SUPPLY DRIVE

By Lioness Claudia Low

### SCHOOL STARTS EARLY, **AUGUST 12**

**Please don't forget your donations for the School Supply Drive. Claudia Low will be out front with her car to collect donations.** If you are unable to bring your donations to the July 11 meeting, please call Claudia at 540/412-1304 to arrange pick up of your donations or you can drop your donations off at her home at 116 Eagle Court - Thanks you for supporting this project!



Please make sure that your donation are new items. If you would prefer not to shop, you can write a check to Claudia Low and she will do the shopping.

Please don't forget the children that are less fortunate and need a good start for the coming school year. Following is a list of needed items. We are still in need of backpacks. Any questions please don't hesitate to give me a call, 540/412-1304 or email [Claudia.low@comcast.net](mailto:Claudia.low@comcast.net)

**So that the children will be prepared for this school year, please consider donating something from the following lists. Let's get them off to a good start and make learning a fun experience.**

### Supplies needed for the Locust Grove Primary School Grades K-2

Backpacks – (non- rolling)

For boys and girls

Crayons

Glue Sticks

Scissors – blunt point

Pencils #2

Composition Books (bound

Wide Rule

Spiral Notebooks—Wide Rule

Index Cards—3x5 white

Index Card boxes

Colored Pencils

Folders with pockets (solid colors)

1" binders (no trapper keepers)

Yellow Highlighters

Pencils cap erasers

Wide-ruled lose-leaf paper

### Supplies needed for the Locust Grove Elementary School Grades 3—5

Pencil box

Pencils #2

Crayons

Yellow Highlighters

Composition books (bound)

Wide rule

Wide ruled notebook paper

Folders with pockets

w/fasteners in solid color

Scissors

Backpacks — (non-rolling for boys and girls

2 1/2" and 3" binders

Spiral notebooks—solid colors - wide rule

Pencil cap erasers

1" binders (no trapper keepers)

Notebook dividers 5 — 8

Colored Pencils

Index cards—3x5 white

Index card boxes

Dry erase markers

### The schools would also appreciate the donation of the following items:

Hand sanitizer

Boxes of tissues

Disinfectant wipes

Zip lock bags – gallon and snack sizes

Hand held pencil sharpeners

Pairs of headphones/ear buds (Dollar store are sufficient. Foam earbuds tend to fit the small ears better.

**\*\*\*Claudia will need to have all supplies by Monday, July 29, 2018 so she can get the items organized and delivered to the schools.**

# Lioness Lions Committees & Activities



Scholarship winners from left to right: Mary Ellen Getty, Emily Duvall, Nicholas Brenner, and Gene Flecker



Bridge Scholarship winner Gene Flecker with his mother, Michelle.

## Tent for Lioness Events

By Lioness Claudia Low

### Lioness Shelter Tent – open on all sides



The Lioness Club has a tent to be used for Lioness events. When you need to use it for an event please call Claudia Low at 540/412-1304. It is stored at her home. It is very easy to put up and take down. It folds up and stored in a long tote bag, easy to carry and not extremely heavy. The size is approximately 8'x8'. You might have seen it at the Lioness Lions Food Drives.

## July Dinner Speaker

By Lioness Theresa DiCicco

With research showing that yoga can significantly improve balance and mobility for people over age 60, it's no wonder the practice of yoga has tripled among older adults in recent years. Hear from LOWA yoga teacher, Rebekah Conrad E-RYT-200, about the vastly popular practice of yoga and its many benefits for the mind, body, and spirit.

## Lions Lioness White Cane Days Event

By Lionesses Val Protiva and Claudia Low

The Lions Lioness White Cane Day Event was a great success. The weather was perfect, we had wonderful volunteers, great neighbors supporting this event and we made \$2,558.05. The Lioness portion of the proceeds were \$592.14. Great job everyone.

Val and I would like to thank the following volunteers for helping with the two day event: Betsy Flanigan, Loretta LaTerra, Shellee Williams, Joanne Zwicky, Val Protiva (worked two shifts), Nan Lamb, Theresa DiCicco, Donalda Lovelace, Carol Lee, Karen Cakouros, Ann Walker, Jayne Owiesny, Jean McLallen, Claudia Low, and Suzanne Herr.

Thank you Lionesses, we couldn't have done this without your support, great job!

# Lioness Lions Committees & Activities

	Committee Chairpersons	
Amore Dinner Dance (February)	(Chair). Nicki Buell	412-0104
	(Co-chair) Vacant	
Awards	Donalda Lovelace	412-2857
	Claudia Low	412-1304
Bake Sales	Claudia Low	412-1304
	Loretta LaTerra	412-2441
	Shellee Williams	412-9894
Book Sales	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 (Chair)	972-8888
	Connie Skelton-Devens (Co-Chair)	703-582-5987
	Flo Clarke (Fashions)	972-3448
Chaplain	Melissa Daly	295-2744
Casino Trips	Helene Burns	412-0798
Child Help East	Jayne Owiesny	708-224-8897
Christkindlemarkt	Gail Stoner	388-2540
Communications Network	Karen Cakouros	972-9043
Concert on the Point (July)	Donalda Lovelace (Chair)	412-0104
Constitution & Bylaws	Donalda Lovelace (Chair)	412-0104
Craft Show & Flea Market	(Chair) Karin Goetz	972-0955
	(Attic Treasures) Helene Burns	412-0798
	(Concessions) Jayne Owiesny	708-224-8897
	Gail Stoner (Vendors)	388-2540
Fifty-Fifty	Kathy Walters	972-8428
Food Drive (May)	Claudia Low	412-1304
	Nicki Buell	412-0104
Food Pantry	Nicki Buell	412-0104
	(Staffing) Karen Cakouros	972-9043
	(Collections) Vacant	
Germanna Heights	Nancy Fogg	755-2957

# Lioness Lions Committees & Activities

## Committee Chairpersons (Cont'd)

Gift Sales (Tshirts, White House Ornaments)	Mary Szadvari	972-4572
Halloween on the Point	Ellen Bearden	972-9595
Membership	Emily Florence	412-9277
	Mary Szadvari	972-4572
Mentors	Betty Beck	972-1872
	Barbara Francis	972-9657
	Gail Stoner	388-2540
Nomination & Elections	Donalda Lovelace	412-0104
Programs	Theresa DiCicco	540-548-3500
Publications (Handbook	Christine Getty	672-8706
(LOWDOWN)	Gail Hardin	972-5698
Publicity/Photographer	Lynne Travis	703-999-9585
SAFE House	Val Protiva	972-7975
	Mary Szadvari	972-4572
Scholarships	Connie Skelton-Devens	703-582-5987
School Supply Drive	Claudia Low	412-1304
Share & Care	Jean Ann Daniels	412-2872
Sight (Eyeglass Recycling)	Nancy Strain	972-7141
Toy Drive	Vacant	
Webpage	Donalda Lovelace	412-0104
White Cane	Vacant	

**THANK YOU! THANK YOU!**

**By Lioness Claudia Low**

At the Lioness Lions dinner meeting on Thursday, June 13 Betsy Flanigan won the 50 -50 drawing.

Betsy was so generous that she donated the entire \$62.00 to the School Supply Drive. Thanks so much Betsy, you will make so many less fortunate children have a great start to the 2019-2020 school year.



# Lioness Lions Committees & Activities

## Induction of 2019-2020 Officers



**Linda Shnayer, President**



**Claudia Low, Secretary**



**Jean McLallen & Loretta LaTerra  
Treasurers**



**Janye Owiesny, Ann Walker  
& Ellen Bearden,  
Vice Presidents**



**Rani Manhard & Ann Wood, Tamers**



**Donna Steffensmeier, Tail Twister**



# Lioness Lions Committees & Activities

## Induction of 2019-2020 Officers, Cont'd



**Mary Szadvari & Emily Florence,  
Membership Directors**



**Betty Beck, Director  
Not Pictured—Barbara Francis &  
Gail Stoner**

## Germanna Apartment Luncheon

**By Lioness Helene Burns**

On June 4, 2019, LOW Lioness Lions Helene Burns, Flo Clarke, Nancy Fogg and Gail Stoner provided a luncheon and music fest for the residents of the Germanna Apartments, apartments for low income seniors. A delicious barbeque pork luncheon with all the trimmings was provided for the residents, followed by mouth watering deserts prepared by Lioness Nancy Fogg and cookies from Lioness Donna Steffensmeier. Earl Cruise prepared the barbeque which was delicious. Lion Wayne Potter provided the music which was well received by the residents. Everyone seemed to enjoy the event and we had a record turnout of residents.





# Lioness Lions Committees & Activities

## Special Dates in July, August, Sept.

July 2019						
Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Mondays— Eyeglass Recycling  
 July 5— Wilderness Food Pantry  
 July 10—Wilderness Food Pantry  
 July 11—Dinner Meeting (School Supply Collection)  
 July 19—Wilderness Food Pantry  
 July 25—Board Meeting  
 July 26—Host Concert on the Point  
 July 27—Book Sale  
 July 27—Wilderness Food Pantry

August 2019						
Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Mondays— Eyeglass Recycling  
 Aug 2— Wilderness Food Pantry  
 Aug 8— Dinner Meeting (Bridges Collection)  
 Aug 14—Wilderness Food Pantry  
 Aug 16—Wilderness Food Pantry  
 Aug 22—Board Meeting  
 Aug 31—Book Sale  
 Aug 31—Wilderness Food Pantry

September 2019						
Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Mondays— Eyeglass Recycling  
 Sept 6— Wilderness Food Pantry  
 Sept 7— Sock Hop  
 Sept 11—Hollywood Casino Trip  
 Sept 11—Wilderness Food Pantry  
 Sept 12—Dinner Meeting (SAFE House Collection)  
 Sept 18—Zone meeting  
 Sept 20—Wilderness Food Pantry  
 Sept 26—Board Meeting  
 Sept 27—Card Party Lunch & Fashion Show  
 Sept 28—Book Sale  
 Sept 28—Wilderness Food Pantry

## Volunteer & Information POCs for Above Lioness Events

Eyeglass Recycling—Nancy Strain, 972-7141

Wilderness Food Pantry—Nicki Buell, 412-0104 or Karen Cakouros, 972-9043

Book Sale—Helene Burns, 412-0798, Sherri Lasover, 412-9854, and Ann Walker, 972-4338

Concert on the Point—Donalda Lovelace, 412-0104

Sock Hop—Jayne Owiesny, 708-224-8897, or Linda Shnayer, 412-1021

Hollywood Casino Trip—Helene Burns, 412-0798

Card Party, Lunch & Fashion Show—Jan Lemieux, 972-8888; or Connie Skelton-Devons, 703-582-5987

## From the Tamers

By Rani Manhard and Ann Wood

The Lake of the Woods Lioness Lions Club July 11th 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 8th 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—contact Tamers only. Please DO NOT contact the Clubhouse. Also, if you are bringing a guest, please call the Tamers.**

Rani Manhard (540-972-7859) Email: ranilow@verizon.net  
Ann Wood (540-972-3326) Email: callwood@aol.com

**Dinner**  
Served Salad with  
Ranch & White  
Balsamic Dressings  
Southern Fried  
Chicken  
Cole Slaw  
Macaroni Salad  
Baked Beans  
Corn Bread Muffins  
Carrot Cake  
Coffee & Tea

**Alternate Meal**  
Sundried Tomato  
Ravioli in a Roasted  
Red Pepper Sauce

**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 Donna Steffensmeier

july seems to be the middle month of summer.  
it starts with a bang, and a beautiful array of spectacular fireworks!  
it continues on with hot, humid sunshine, splashes at the pool, vaca-  
tions, cookouts, and also fond memories with family and friends.  
but just remember this when enjoying your july...  
some of your best memories are made in flip-flops!  
have a flip-floppin', joyful july!

Our greeters for this month: TBD

## LOW Lioness Lions 2019-2020 Calendar

July 11	Dinner Meeting
July 25	BOD Meeting
July 26	Concert on the Point
July 27	Book Sale

## Happy Birthday Lioness Lions

July 1	Barbara Tomayko	July 25	Beth Sundberg
July 8	Margaret Haight	July 26	Jonnie Feterle
July 9	Julie Phend	July 26	Carol Greeney
July 10	Nicki Buell	July 27	Theresa DiCicco
July 15	Marian Rood	July 29	Sherri Lasover
July 20	Maureen Otero	July 31	Sharon Webb

**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 28th or as soon thereafter as possible. The newsletter will be distributed on or about August 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

LOW DOWN

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