

LAKE OF THE WOODS LIONESS LIONS

LOW DOWN

Volume 36, Number 1 — July 2020



President's Corner

By Lioness Lion Jayne Owiesny, LOW Lioness Lions President

www.lowlioness.org

Happy Summer and 4th of July. It will be a little different celebration this year with the Lake Independence celebration postponed until September. But the pools and beaches are open and of course the wonderful lakes are here to enjoy.

I am honored and excited to be elected as your President. I look forward to the year ahead. Let me send out a huge shout out to Donalda Lovelace and Linda Shnayer for serving an extra year of their respective offices and doing a terrific job. I have a hard act to follow.

This year is going to be extra challenging due to the pandemic and we'll be exploring new and different ways to fundraise, perform service and continue social interactions. The first of these is to use Zoom for our members meeting. We tried this for the June meeting and had over 30 members in attendance. It was wonderful to finally see faces again even if we couldn't meet in person. Our July meeting will be a business meeting combining Zoom and being in person at the Community Center. If you feel comfortable attending in person, I hope to see you there. For those who want to remain sheltering in place, we'll be using Zoom so you can remotely participate (see information at the end of the newsletter, pg. 3). Our New District Governor, Glen Logan has agreed to speak remotely. Moving forward, the member meetings will be evaluated month by month to determine which type of meeting works best.

Big thanks to the food pantry volunteer ladies who continue to volunteer during these times. The food pantry has continued to provide the critical service with innovative methods of distributing the food. Even though, the staffing needs diminished because of the way the food is disbursed, our Lionesses have stepped up to keep the pantry running efficiently.



Good News, the book sale has reopened with outdoor tables and limited indoor access. Saturday's opening was successful with plenty of attendees glad to see the smiling ladies help them find just the right book for summertime reading.

MORE — 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.

2020—2021 Board of Directors

President

Jayne Owiesny
521 Monticello Circle
Locust Grove, VA 22508
(708) 224-8897

Secretary

Claudia Low
116 Eagle Court
Locust Grove, VA 22508
(540) 412-1304

Treasurers

Loretta LaTerra
Diane Pittman

1st Vice President

Kathy Merritt

2nd Vice President

Gail Hardin

3rd Vice President

Darcy Jennings

Lioness TAMERS

Rani Manhard
Ann Wood

Tail Twister

Colleen Cameron

Membership

Donalda Lovelace
Mary Simmons

Directors

Barbara Francis
Arlene Rich
Gail Stoner

Past President

Linda Shnayer

The Insider's View

Minutes from the
June 25, 2020
BOD Meeting

The meeting was called to order at 7:00pm via Zoom on Thursday, June 25, 2020 by President, Linda Shnayer. The following outgoing and new board members were present: Linda Shnayer, Claudia Low, Jean McLallen, Loretta LaTerra, Jayne Owiesny, Ann Walker, Rani Manhard, Ann Wood, Barbara Francis, Gail Stoner, Donalda Lovelace, Diane Pittman, Arlene Rich, Gail Hardin, Kathy Merritt and Mary Simmons.

PRESIDENT'S REPORT: Linda Shnayer

- Linda thanked the board for a successful year, even though it has been a challenge with the COVID 19 pandemic and having to cancel so many of our activities.
- Linda "passed" the gavel(s) to our new president Jayne Owiesny for the 2020-2021 term.
- Linda would like to see the Lioness form a committee to discuss all our options for new fund raising activities.

SECRETARY'S REPORT: The minutes of the May 28, 2020 BOD meeting, which were previously distributed were approved by Jayne Owiesny and seconded by Ann Walker.

TREASURER'S REPORT: Loretta LaTerra

- The 2020 Foundation Report was approved and accepted for audit.
- Scholarship checks have been mailed

TREASURER'S REPORT: Jean McLallen

- The 2020 Administrative Report was approved and accepted for audit.
- All dues for the 2020-2021 term have been received

PRESIDENT'S REPORT: Jayne Owiesny

- The Lioness Board of Directors has voted to cancel the Card Party and Fashion Show for this year due to the virus and also the store that was going to provide the fashions has backed out. We are not sure if we can attract enough attendees to make this worthwhile.
- Lionesses, please think of ways that we can increase our fund raising activities. If anyone has any ideas how we can do Virtual Fundraisers please get in touch with Jayne Owiesny.
- The LOW Lions have invited the Lionesses to the ribbon cutting for the Hollyfield Pavilion on Thursday, June 9 at 11:00am. Since we donated the funds to purchase the tables and benches we would like to show our support. Jayne would like as many Lionesses to attend as possible, please wear your purple shirts.
- Currently the Child Help Ice Cream Social is tentatively scheduled for September 12. Details and request for volunteers will be forthcoming.
- Nancy Strain is hoping to re-open the Eye Glass Recycling Center in early July. Details to follow.
- We are hoping to clear out Helene's garage and have a yard sale in August.
- Planning is underway for the Dinner Dance

OFFICERS REPORTS:

1ST VICE PRESIDENT: Kathy Merritt

- Orange Country Scholarship Pageant will be chaired by Kathy Merritt and Donna Morrissey.

MORE—See Pg. 3

The Insider's View (Cont'd)

IMMEDIATE PAST PRESIDENT: Donalda Lovelace

- On behalf of the outgoing board, Donalda presented Linda Shnayer a gift certificate to It's About Thyme as a thank you for all her hard work and dedication to the Lioness during her second term as president.

DIRECTOR: Gail Stoner

- Due to the cost of securing the Locust Grove Middle school or the cost of using the LOW Community Center and the COVID19 pandemic, the Board has voted to cancel the 2021 Spring Craft Fair. We don't think that we can get enough vendors and participants to make this a success.

MEMBERSHIP: Donalda Lovelace and Mary Simmons

- Donalda and Mary are already hard at work on their plans for the upcoming year and a dynamic recruiting campaign. Mary has written a recruiting article that will appear in the Lake Currents. Let's all help them out by recruiting some new members.

NEW BUSINESS: Claudia Low

- Locust Grove Primary and Elementary School Supply Drive. We are still trying to get information from the school about their start time and what the schools are going to need. Claudia will be talking to them again next week to get further details. AARP and the LOW Lions Club have both provided generous donations and will be joining us this year to provide for our local students in need. We are planning to make sure that the teachers and students are provided PPE supplies.
- Several of our local companies have joined us again this year by placing ads in our Membership Handbook to help defer the cost of publishing our handbook. We graciously thank them.

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting adjourned at 8:10pm.

Please be safe and stay healthy.

Respectfully submitted,
Claudia Low
Secretary

The President's Letter (Cont'd)

On July 9th at 11:00 am, the Lions will hold a ribbon cutting ceremony for the new pavilion at Hollyfield Park. The tables our club provided will be on full display. Let's all show up in our purple shirts.

During July, we'll be holding the school supply drive led by Claudia Low with assistance from Margaret Haight, Nan Lamb and Barbara Francis. This year the emphasis is on the PPE supplies the schools have indicated they need. More details will be forthcoming.

Unfortunately, it's been decided that the September card party will not take place. The store that was providing the fashions pulled out due to concerns over the virus and we felt it was too risky to people's health to have a large group of people in close proximity for several hours. We hope to have it back on the schedule next year.

July 9th Member Meeting 4:30 – 6:30
Both at the Community Center or
Zoom

<https://us02web.zoom.us/j/5894726935>

Meeting ID: 589 472 6935

Committee Chairpersons		
Amore	Lynne Travis (Chair)	920-8528
	Vicky Shew (Co-Chair)	972-0889
Awards	Linda Shnayer	412-1021
Book Sale	Helene Burns	412-0798
	Sherri Lasover	412-9854
	Ann Walker	972-4338
Bridges	Mary Lou McFarland	972-1483
Casino Trips	Helene Burns	412-0798
Chaplain	Julie Phend	412-9952
Child Help East	Jayne Owiesny	708-224-8897
Christkindlemarkt	Gail Stoner	388-2540
	Helene Burns	412-0798
Communications Network	Karen Cakouros	972-9043
Constitution and ByLaws	Donalda Lovelace	412-2857
Fifty-Fifty	Kathy Walters	972-8428
Food Drive	Gina Davies	229-669-3666
	Nicki Buell	412-0104
Food Pantry	Nicki Buell	412-0104
	Karen Cakouros (Staffing)	972-9043
	Vacant (Collections)	
Germanna Heights	Nancy Fogg	755-2957
Gift Sales (Tshirts/Ornaments)	Mary Szadvari	972-4572
Halloween on the Point	Darcy Jennings	703-772-2080
Membership	Donalda Lovelace	412-2857
	Mary Simmons	703-231-6297
Miss Orange Pageant	Kathy Merritt (Chair)	972-5219
	Donna Morrissey (Co Chair)	703-409-7721
Mentors	Arlene Rich	973-670-9678
	Barbara Francis	972-9657
	Gail Stoner	388-2540
Nominations & Elections	Linda Shnayer	412-1021
Orange County Children's Toy Box	Claudia Low	412-1304
Programs	Theresa DiCicco	548-3500
Publications	Christine Getty (Directory)	672-8706
	Gail Hardin (Lowdown)	972-5698
Publicity/Photographer	Lynne Travis	920-8528
S.A.F.E. House	Val Protiva	972-7975
	Mary Szadvari	972-4572

Committee Chairpersons (Cont'd)		
Scholarships	Connie Skelton-Devons	703-582-5987
School Supply Drive	Claudia Low	412-1304
Share and Care	Carol Lee	972-8920
Sight Eyeglass Recycling (Mondays)	Nancy Strain	972-7141
Webpage	Donalda Lovelace Lynne Travis	412-2857 920-8528
White Cane	Debby Attiliis Ellen Bearden	412-5240 972-9595

Hollyfield Pavilion Ribbon Cutting

By Lioness Jayne Owiesny

You are all invited to attend the ribbon cutting ceremony for the new Lions Pavilion at Hollyfield Park on July 9th at 11:00am. Our club donated the tables for this new pavilion and you can see an example of how fundraising money is spent

Let's show up in a wave of purple shirts.

New Addresses, Phone Numbers, and Emails:

Julia Davis—New Address — 113 Washington Street

Arlene Rich—New phone number — 973-670-9678—She gave up her 540#
New email—arlenerich111@yahoo.com

Scholarship Essay

By Lioness Connie Skelton-Devons

Lindsay Latham's Scholarship essay was requested to be printed in the LOWDOWN. It is below:

During my sophomore year in High School, I became entirely enamored with neural transmission and neuroscientific processes and completed my final project in my AP Biology course on the sodium-potassium pump. At the beginning of my junior year, things at my home took a turn for the worse. On top of autism spectrum disorder, my brother also developed schizophrenic tendencies. Seeing the stress that this caused for him and having to watch as his personality gradually dissolved into hysteria inspired me to make neuroscience my life's work. I wanted to do anything that I could to reduce the cognitive load that falls onto the shoulders of people suffering from mental illnesses or disabilities. I have a knack for coming up with new and innovative solutions, and that is where engineering comes in. The most innovative and yet potentially most helpful way I can share my gifts and influence the future is by studying the field of biomedical engineering. At this point in the field, little technology exists with the designated purpose of making life easier for the socially and developmentally impaired. My vision for myself in life is to formulate an action plan and using information from multiple disciplines, synthesize a product specifically with this purpose in mind. These scholarships would aid me in doing so by giving me the resources to attend a school that is optimal for my success in this endeavor. This is my purpose, and attending college for this is my academic, experiential destiny to provide the ultimate foundation for my future. Scholarships provide me with the tools and allocations necessary to follow through with my biggest dreams, goals, and aspirations for the ultimate betterment of the lives of others. For what is life if not an opportunity to make the world a better, more accommodating place for all people, regardless of their individual differences?

Share and Care

By Lioness Jean Ann Daniels

Last week, Sharon Thornton had intensive heel surgery and will be "off her feet" for at least six weeks. This will be followed by physical therapy. We are asking for prayers for Sharon during her recuperation. Her hubby shared their friends have been so thoughtful!

Connie Skelton-Devens has been diagnosed with shingles and has been dealing with a lot of pain. Connie is optimistic she will be able to get some relief as her medication has been changed. Also, requesting prayers for Connie.

Mary Szadvari (who had surgery a few weeks ago) was readmitted to the hospital ICU, improved and was eventually released to rehab. She is now at home resuming her recuperation. Mary is thrilled with the number of friends who have sent cards. She would love for you to continue with your prayers.

I would like to thank everyone who has contacted me with care 'n share info during the past two years. Carol Lee will now be handling this. Carol can be reached at 540-972-8920.

North American Membership Initiative Champion

By Lioness Donalda Lovelace



I am so honored and humbled that District Governor Glen Logan selected me to be the **NORTH AMERICAN MEMBERSHIP INITIATIVE (NAMI) Champion** and during a pandemic, no less! Seriously, I am honored. For those of you who know me, I love a challenge. As I was advancing in my career, I was constantly pushed to help a team solve one challenge or another. I am Donalda M. Lovelace, Zone Chair of the Blue Ridge Region, Zone K and Past President of the LOW Lioness Lions Club. I presume I was asked to be the Educator, Motivator, Cheerleader, and all the above for this Initiative because as President I brought a Lioness Club with 99 members to the Lions fold.

The NAMI offers Lions Clubs and members an opportunity to be laser focused on rejuvenating District 24L. How do we do this?

- Establish new clubs
- Revitalize existing clubs with new members
- Re-motivate members with new opportunities for fellowship with needed and desired service to our communities
- Promote training to support our efforts.

If we want to continue to be relevant **in our communities and to influence the direction of Lions Club International, then each one of us** must understand that increased membership is critical. ***Retaining and Expanding Membership is every Lion's business. Everyone must pitch in.***

How do we do this smartly? Each club will be asked to develop membership plans and goals and to strategize by looking at their club's weaknesses, strengths, opportunities, and threats. Many clubs will conduct a needs assessment to ensure services are relevant and make certain that if needed community support outweighs individual club capacity, that new club development is a high priority. Remember the Helen Keller quote "***Alone we can do so little; together we can do so much.***"

What can you expect from me? First, and foremost look to me as a resource. Not only have I reviewed the NAMI documents a zillion times and talked with NAMI Districts across the Continental United States and Canada, I will be in monthly contact with all Zone Chairs and many Club Presidents to hear their successes and point them to resources available to help them achieve their Club or Zone goals. I believe that we can meet the goals that DG Glen has established for new members and new clubs in our District and I look forward to working and supporting you to achieve your goals. We Serve!



Lake of the Woods Volunteer Fire & Rescue Company

104 Lakeview Parkway
Locust Grove, Virginia 22508

Lighting Safety Awareness Week

June 21-27

Summertime typically means barbecues, festivals, sporting events, boating, beaches, and many other recreational activities; however, in the current COVID environment this year will likely be different from those in the past. One summer tradition though that will remain consistent is that summer is also the peak season for one of the nation's deadliest weather phenomena -- lightning.

Yes, lightning typically receives less attention than other extreme weather because it does not result in mass destruction or mass casualties like tornadoes, floods, or hurricanes often do. But consider this lightning statistic:

- **About 25 million cloud-to-ground lightning strikes occur in the United States each year.**

Source: National Weather Service <https://www.weather.gov/iln/lightningsafetyweek>

The purpose of "*Lightning Safety Awareness Week*" is to educate and raise awareness about the hazards of lightning in order to lower the number of deaths and injuries caused by lightning strikes.

- Lightning is one of the most erratic and unpredictable characteristics of a thunderstorm.
- Most lightning victims are not struck during the worst of a thunderstorm but rather before or after the storm reaches its greatest intensity.
- Lightning can strike as far as 25 miles away from its parent thunderstorm, much farther out from the area of rainfall within the storm!
- If you can hear thunder, you are within striking distance. Seek safe shelter immediately. WHEN THUNDER ROARS, GO INDOORS...and stay there until 30 minutes after the last clap of thunder.
- Do not wait for the rain to start before you decide to seek shelter.
- If you have outdoor plans, be sure to familiarize yourself with the latest weather forecast before heading out. Upon arriving on-site, determine where you will seek shelter in the event of a thunderstorm
- Avoid going out on the water in extreme weather, and immediately get out of and away from bodies of water (e.g. pools, lakes) should extreme weather strike. Water does not attract lightning, but it is an excellent conductor of electricity.

Finally, the best way to protect yourself and your family from the dangers of thunderstorms is to be prepared. If you are outside, or on the water, check the weather forecast; utilize a NOAA weather radio for special alerts; pinpoint a safety destination in advance prior to departure; and seek shelter as quickly and safely as possible. Keep an eye to the sky for developing thunderstorms.

WHERE TO GO:

The safest location during a thunderstorm is inside a large enclosed structure with plumbing and electrical wiring. If lightning strikes the building, the plumbing and wiring will conduct the electricity and eventually direct it into the ground.

If no substantial buildings are available, then an enclosed metal vehicle such as an automobile, van, or school bus would be a suitable alternative.

WHERE NOT TO GO:

Not all types of buildings or vehicles are safe during thunderstorms. Buildings with exposed sides are NOT safe (even if they are "grounded"). These include beach shacks, metal sheds, picnic shelters/pavilions, carports, and baseball dugouts.

Convertible vehicles and those with open cabs, such as golf carts, offer no safety from lightning.



Lake of the Woods Volunteer Fire & Rescue Company

104 Lakeview Parkway
Locust Grove, Virginia 22508

Lightning Myths and Facts

Myth: A lightning victim is electrified. If you touch him, you will risk being electrocuted.

Fact: The human body does not store electricity, and lightning victims require immediate medical attention. It is perfectly safe to touch a lightning victim in order to give them first aid. Call 911 for help.

Myth: If it's not raining or there aren't any clouds overhead, you're safe from lightning.

Fact: Lightning often strikes several miles from the center of a thunderstorm, far outside the rain or thunderstorm cloud. In fact, "[bolts from the blue](#)" can strike as far as 25 miles out from the parent thunderstorm. That's why it's important to seek shelter at the first indication of a thunderstorm and stay there until 30 minutes after the last clap of thunder.

Myth: The rubber soles of shoes or rubber tires on a car will protect you from a lightning strike.

Fact: Rubber-soled shoes and rubber tires provide NO protection from lightning, but most vehicles with metal tops and sides do provide adequate shelter from lightning because the charge travels through the metal frame and eventually into the ground. Just be sure to avoid contact with anything inside the vehicle that conducts electricity. Remember, convertibles, motorcycles, bicycles, open-shelled outdoor recreational vehicles and cars with fiberglass shells offer no protection from lightning.

Myth: "Heat Lightning" occurs after very hot summer days and poses no threat.

Fact: Many people incorrectly think that "heat lightning" is a specific type of lightning. It is just lightning from a thunderstorm that is too far away for any thunder to be heard (thunder is seldom heard beyond 10 miles under ideal conditions). If the storm approaches, the same lightning safety guidelines above should be followed.

Myth: Lightning never strikes the same place twice.

Fact: Lightning often strikes the same place or object repeatedly, especially if it's tall, pointy, and isolated. The Empire State Building is struck by lightning nearly 100 times each year.

Myth: If caught outside during a thunderstorm, you should seek shelter under a tree.

Fact: Seeking shelter under a tree is one of the leading causes of lightning related fatalities. Remember, NO PLACE outside is safe when thunderstorms are in the area. If you are caught outside in a thunderstorm, keep moving toward a safe shelter.

Myth: Metal structures or metal on the body (jewelry, watches, etc.) attract lightning.

Fact: The presence of metal has no bearing on where lightning will strike. Mountains are made of rock but get struck by lightning many times a year. Rather, an object's height, shape, and isolation are the dominant factors that affect its likelihood of being struck by lightning. While metal does not attract lightning, it obviously does conduct electricity, so stay away from metal fences, railings, bleachers, etc. during a thunderstorm.

Myth: If caught outside during a thunderstorm, you should lie flat on the ground.

Fact: NO PLACE outside is safe when thunderstorms are in the area. If you are caught outside in a thunderstorm, keep moving toward a safe shelter.

Source: National Weather Service <https://www.weather.gov/iln/lightningsafetyweek>

Twister's Corner

By Lioness Lion Colleen Cameron

July - what is a weed? A plant whose virtues have not been discovered yet-Ralph Waldo Emerson

July is name after Julius Cesar because it was his birth month as well as the birth of the United States. Our constitution was approved on July 2, our celebration is on the 4th.

We also celebrate Kissing Day on July 6th and Teddy Bear Picnic Day on July 10.

Plenty of reasons and ways to celebrate July with your mask on😊

LOW Lioness Lions 2020-2021 Calendar

July 9	Hollyfield Pavilion Ribbon Cutting
July 9	Dinner Meeting
July 23	BOD Meeting
July 25	Book Sale

Happy Birthday Lioness Lions

April 3	Diane Sellers	April 23	Barbara Francis
April 4	Carol Lee	April 24	Jean McLallen
April 9	Beth Ross	April 25	Vicky Shew
April 14	Cheryl Brown	April 27	Arlene Rich
April 22	Nancy Strain		
May 8	Val Protiva	May 18	Linda Ogletree
May 10	Christine Getty	May 23	Jayne Owiesny
May 12	Rani Manhard	May 27	Claudia Low
June 7	Nancy Doseff	June 21	Gail Hardin
June 8	Donna Morrissey	June 29	Carolyn Gordon
June 19	Caroline Caldwell		

April, May, and June Birthdays were recognized by Linda Shnayer at Zoom meeting

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	Nikki 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.)

New addresses, phone numbers, and emails — 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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