

LAKE OF THE WOODS LIONESS LIONS

LOW DOWN

Volume 34, Number 9 — March 2019



President's Corner

By Lioness Lion Linda Shnayer LOW Lioness Lions President

www.lowlioness.org

Happy Spring!

"Of all the senses, sight must be the most delightful."~ Helen Keller

My message for this month will focus on improving the lives of the blind and visually impaired. Since 1925, when Helen Keller addressed the Lions Clubs International Convention in Cedar Point, Ohio, and challenged Lions to become "knights of the blind", the Lions have worked tirelessly to aid the blind and visually impaired.

As part of our efforts to support this worthwhile cause, I'm extremely proud to introduce you to "our" new puppy Century! Through the Lions Leader Dog Program for the Blind, the LOW Lioness Lions have sponsored Century, a female golden retriever puppy. Century will be trained to help a blind or visually impaired person tackle the hardships and hurdles he/she will endure. Century will allow her partner to live a life of independence, confidence and companionship. Right now, Century is living with her volunteer puppy raiser in Michigan, building the foundation for the work she was born to do. Her puppy raisers will spend 12 to 15 months training Century to be the best puppy she can be, taking her to new places, introducing her to all kinds of people and animals, and helping her to be calm and well behaved. When Century reaches adulthood, she will go back to Leader Dogs for the Blind in Rochester Hills, Michigan for her formal training to become a guide dog. We will follow Century through her training and placement. You may read Century's profile in a separate article in this issue of the LOWDOWN.



March is Eye Donor Awareness Month and a special time to honor eye donors and their families for giving the gift of sight. Have you ever considered becoming an eye donor? Should you decide that upon your death you would like to give another the gift of sight, here are some things you should know:

- If you become an eye donor, the cornea (the clear, dome-shaped surface that covers the front of the eye) is transplanted to restore sight for those with cornea related blindness.
- Only the cornea can be transplanted; however, the entire eye may be used for research and education purposes.
- Corneal transplants are one of the most frequently performed human transplant procedures. Since 1961, approximately 2 million corneal transplants have been performed, restoring sight to men, women and children ranging in age from nine days to 103 years.
- Anyone can become an eye donor. Cataracts, poor eyesight or age do not prevent you from being a donor.

MORE—See pg. 3

WHAT DO I BRING CHECKLIST?

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

SAFE House — See Pg. 5

**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
February 28, 2019
BOD Meeting

FOUNDATION

The meeting was called to order at 7:00pm on Thursday, February 28, 2019 by President Linda Shnayer. The following members were present: President Linda Shnayer, Secretary Claudia Low, Treasurers Jean McLallen and Jayne Owiesny, 1st Vice President Nicki Buell, 2nd Vice President Ann Walker, Tamer Marian Rood, Membership Arlene Rich, and Doris Williams, Director, Carolyn Gordon and Immediate Past President Donalda Lovelace.

SECRETARY'S REPORT: The minutes of the January 24, 2019 meeting, which were previously distributed, were approved.

TREASURER'S REPORT: Jayne Owiesny

- The Foundation budget report was accepted for audit.

PRESIDENT'S REPORT: Linda Shnayer

- White Cane, we have received preliminary information regarding the White Cane event from Lion Linda Futato. The event is scheduled for June 7 & 8, 2019. Lionesses Claudia Low and Val Protiva will be receiving detailed information in the next few weeks.

1ST VICE PRESIDENT – Nicki Buell

- The Lions Golf Tournament is on track for May 17. The Lioness will primarily work on activities for the day of the tournament. The profits will be divided in half between the Lions and Lioness. Our portion will go directly to the Lions Lioness Wilderness Food Pantry.

IMMEDIATE PAST PRESIDENT- Donalda Lovelace

- There will be a Zone Meeting on April 23 in Madison, VA. All members are invited to come. Please contact Donalda for additional details and to let her know if you plan to attend.
- The slate of officer for 2019-2020 will be presented to the membership in May.

MORE—See Pg. 3

Lioness Lions Committees & Activities

Minutes from the February 28, 2019 BOD Meeting (Cont'd)

ADMINISTRATIVE

The meeting was called to order at 7:00pm on Thursday, February 28, 2019 by President Linda Shnayer. The following members were present: President Linda Shnayer, Secretary Claudia Low, Treasurers Jean McLallen and Jayne Owiesny, 1st Vice President Nicki Buell, 2nd Vice President Ann Walker, Tamer Marian Rood, Membership Arlene Rich, and Doris Williams, Director, Carolyn Gordon and Immediate Past President Donald Lovelace.

SECRETARY'S REPORT: The minutes of the January 24, 2019, which were previously distributed, were approved.

TREASURER'S REPORT: Jean McLellan

- The Administrative budget report was accepted for audit.

PRESIDENT'S REPORT: Linda Shnayer

- The Humanitarian Award Committee has met and selected an award winner.
- We received the signed memorandum of agreement between the Lions, Lioness, & Players with LOWA to lease the Ferris building for (Book sales). The agreement is effective March 1, 2019. This is a no cost agreement for the Lioness.
- Sharon Webb requested to be placed in affiliate status due to a chronic condition. The board accepted her request.

OFFICERS REPORTS:

2nd VICE PRESIDENT – Ann Walker

- SAFE House will be opening a new 20 bed home for the women and children in our area. They will need additional supplies. Val Protiva will have a list of needed items in the LOWDOWN.

MEMBERSHIP: Arlene Rich

- We have inducted 12 new members since June. We have the possibility of 2 additional members in the next couple of months.
- We are still working on a mentoring program for the new members. We want them to feel welcome and to introduce them to all the wonderful things we do for our community.

OTHER BUSINESS:

- The board approved the purchase of an additional Past President's Plaque. Claudia Low will place the order and for the plaque and the name plates. The plaque will hang in the Clubhouse.

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

Respectfully submitted,
Claudia Low
Secretary

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

- It is important for individuals wanting to be donors to inform family members of their wishes.

The gift of sight is extremely precious; expressing your interest in donation is simple. You may register as a donor when applying for, or renewing, your driver's license. Additionally, if you're a resident of the Commonwealth of Virginia, you may register online at www.save7lives.org.

Have a wonderful month and mark your calendars for the March 23rd Lioness Spring Craft Show & Flea Market and March 27th Hollywood Casino Trip. I hope to see all of you at these events!

Lioness Lions Committees & Activities

Meet Century — Future Leader Dog

By Lioness Linda Shnayer

To continue the years of support the Lioness Club has given to the Leader Dog Program, this year we have sponsored Century, an adorable female golden retriever, who will train to help a blind or visually impaired person tackle the many hardships he or she will endure.



During Century's first year of life, she will be constantly learning and her volunteer puppy raisers will devote a tremendous amount of time, love and energy helping lay the foundation for her to succeed.

After a year, Century will return to the Leader Dog campus in Rochester Hills, Michigan for an intensive four-month training period to build her guide dog skills and become the Leader Dog she was born to be. Ultimately, she will be matched with a client that best fits their lifestyle, travel pace, physical size, stamina and other considerations. Century and her partner will then have the opportunity to train together in a wide variety of situations to fit current and future needs, including urban, suburban and rural locations; college campuses; busy stores and malls; public transit and other environments.

The Lioness mission of "We serve," perfectly complements the Leader Dog mission of empowering people who are blind or visually impaired with lifelong skills for independence.

Century's Profile:

Personality:	Confident, Observant, Upbeat
Gender:	Female
Favorite Toy:	Toppl Treat Toy by West Paw
Zodiac Sign:	Aries
Lineage:	Dam/Mom: Moonbeam, golden retriever Sire/Dad: Myles, golden retriever
Growing up in:	Michigan

NAMING:

Though a puppy raiser normally chooses the name of their puppy, Century's name was chosen by the family that hosts her Leader Dog Mom Moonbeam. The family asked the raiser to use the name Century because the little golden retriever was the 100th Leader Dog puppy born in their home.

FAMILY LIFE:

Century lives with a busy family of five. She also has a canine friend in the house, Chief, a six-year-old German shepherd. Century and Chief love sprinting around the house together, then cuddling when they are through. Century's Puppy Raiser says, "She is the sweetest and spunkiest dog I've ever had."

PLAYTIME:

One of Century's favorite games is hide-and-go-seek. Her puppy raiser hides in a closet or behind a door and Century runs throughout the house trying to find her. Like most young dogs, it takes a lot of "seeking" to tire her out.

MORE—See pg. 4

Lioness Lions Committees & Activities

Meet Century — Future Leader Dog (Cont'd)

PERSONALITY:

Though she loves activity, Century's cuddly side comes out when it's time to relax on the floor with a family member and watch Animal Planet. When there's a dog on the screen, Century nods her head back and forth with delight.

SOCIALIZATION:

Once when shopping, Century was startled by the "dog in the mirror." Her curiosity got the best of her and she nosed up to the mirror to make sure the dog wasn't real. She proceeded to do this in every mirror in the store. Luckily, this did not become a bad habit. Now she ignores the "dog in the mirror," which is hard because she is really cute!

TRAINING:

Century loves to be out in public and would train all day long if she could. She is really interested in other dogs when walking, so her puppy raiser is working on the "leave it" command when Century's focus starts to waver.

SAFE House Collection

By Lioness Val Protiva

SAFE House is opening a second House. So they are in need of cleaning supplies, cleaning products, and paper products. They are so grateful for all donations.

Bake Sale

By Lioness Linda Shnayer

The bake sale is a wonderful fundraiser at our March 23rd Craft Show/Flea Market. The Lionesses have always been generous in providing a wide variety of cakes, pies, cookies, candy and other baked goods, especially brownies. These donations we would want delivered on Friday, March 22nd from 4:30 pm to 6:00 pm or the morning of the event. Items must be marked Nuts, or No Nuts. Contact Bake Sale Chair, Vicky Shew, 972-0889, if you need to arrange another time for your donation. If you are unable to bake, a monetary donation would be welcomed. A sign up sheet to work on Friday or Saturday will be available at our March dinner meeting.



SAVE the DATE

MAY 17, 2019, 1 PM @LOW Golf Course

LOW LIONS/LIONESSES SELVEN POWELL

MEMORIAL GOLF TOURNAMENT

Benefitting the Wilderness Food Pantry

And Student Scholarships

Lioness Lions Committees & Activities



Lake of the Woods

Lioness Lions Club

Spring Craft Fair

Over 40 Vendors!

Crafts, Attic Treasures, Bake Sale, Barbeque Concession,

And a Photographer for Easter Photographs

Saturday, March 23rd, 2019

8:30am - 2:00pm

Indoors at Locust Grove Middle School

6368 Flat Run Road, Locust Grove

All proceeds benefit the Lioness Foundation which supports local charities



Lioness Lions Committees & Activities

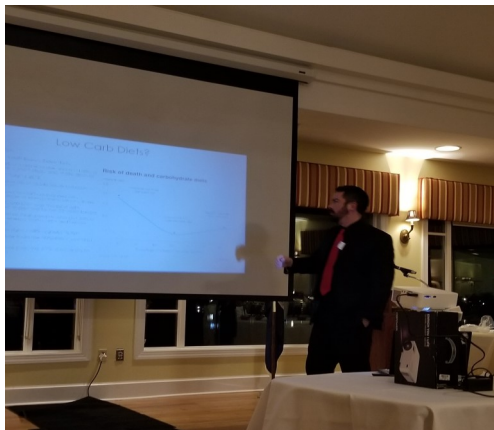
New Members

Following is information for the new members inducted at the February meeting, pictured below:

Colleen Cameron
104 Broken Iron Court
Locust Grove, VA 22508
540/388-4928
Spouse: David
vidleen@aol.com
DOB: November 02

Nan (Nancy) Lamb
1439 Lakeview Parkway
Locust Grove, VA 22508
540/388-2875
Spouse: deceased
nelambva@gmail.com
DOB: September 09

Jan C. Martin
109 Fairway Drive
Locust Grove, VA 22508
703/565-3408
Spouse: Vince
jcmmandvm@gmail.com
DOB: January 12



Dr. Travis Stoner giving a presentation at the February meeting on what we can do to keep our heart healthy at any age

Lioness Lions Committees & Activities

Armored II Dinner & Dance

These photographs were taken before the dance and then later at the dance. We thought it would be fun to do a Before & After photo of the members of the Dance Committee who helped set up Saturday morning. One in our Saturday morning set up gear and one in all our finery at the dance.



Photos of couples having a great time at the Armored II Dinner & Dance (more on next page)



Lioness Lions Committees & Activities



Lioness Lions Committees & Activities

Did You Know — Melissa Daly

By Lioness Mary Simmons



Chicago-born, southern-raised, describes Melissa's origins. Moving at a young age from Chicago to North Carolina where Melissa's father took over the family Optometry business, she lived in Greensboro with her family, which included a brother and a sister, until she was 10. The family then moved to Hickory, NC where she grew up.

A graduate of Hickory High School, Melissa went on to two years at Brevard College and then finished her degree at Campbell University with a major in retail merchandising. Though she comes from a family full of Optometrists her retail focus came into play when a young Melissa helped her mother run a specialty dress store and did buying for the store..

Post college Melissa became a buyer for Belk Stores in Raleigh, and Fayetteville, NC. It was Fayetteville where she met her first husband who was an Army Green Beret. A military wife for 30 years, she and her family moved 18 times, living in Germany (twice), Arizona, Florida and Virginia. Melissa and her husband adopted two children, daughter Lauren and son Ross.

Melissa's career transitioned from retail to teaching when she started her first assignment at Fort Bragg in Fayetteville, NC with a computer class in an elementary school. A move to Charlottesville, VA found her teaching kindergarten at a private school. Melissa went on to have a diverse teaching career; one assignment included a challenging but fulfilling stint at the Chesterfield City Jail where she taught General Education Development (GED) courses to adult men and women and juvenile males. She has fond memories of this assignment but knew at a point it was time to move on. Other teaching assignments included Fredericksburg Christian School where she taught first grade and worked on getting her teaching license, Spotswood Elementary, and Massaponax High School where she taught Family and Consumer Science and Marketing.

When her husband's military career culminated with an assignment at the Pentagon they purchased their dream home in Fredericksburg. So how did Melissa end up at Lake of the Woods? When the marriage ended her sister Beth Sundberg (also a Lioness and Lake of the Woods resident) encouraged Melissa to consider the Lake. Leaving the Fredericksburg house and that phase of her life behind, Melissa checked out the Lake and knew she'd found the "right" spot. Driving through the Lake she spotted her current home, fondly called the "cottage" and the move was on. She moved here in 2003.

The Lake would turn out to be the "right" spot in more ways than one. Enjoying the sun and sand on the clubhouse beach with an old friend, Melissa spotted Gene (they'd met previously and briefly at a church group function), who was boating on the Lake with his daughter and her friends. Gene had been coming to the Lake, where his deceased wife's family had property, since the early 1980s. Melissa and Gene connected at the bottom of the club house steps and after a "leisurely" courtship, the rest is history. Married in 2011, they have a well-integrated family composed of his and her children and grandchildren. Bella (aka Isabella) the cat rounds out the family.

"Retiring" that same year, Melissa was asked to return part time to teach at Riverbend High School on Rt. 3. In 2018 she finally wrapped up her teaching career.

She and her husband Gene are enjoying life here at the Lake. Brought into the Lioness fold by her sister Beth Sundberg, contributions include doing photos for the directory, publicity for two years, being a tail twister and her recently completed year as the Chaplain. In addition to her Lioness activities, Melissa has dabbled in pickle ball here at the Lake.

MORE—See pg. 10.

Lioness Lions Committees & Activities

Did You Know — Melissa Daly (Cont'd)

Fall of 2018 saw Melissa on a fascinating trip of a lifetime to Israel. The experience was so profound that Melissa gave a talk about the impact of that trip on her life to the Women's Guild at Lake of the Woods Church. She and her husband and friends also enjoyed a wonderful fall weekend with a bed and breakfast stay in scenic Lancaster County, PA. Her enthusiasm for these travel experiences is infectious. I am sure she'd be happy to tell you more about both these trips! Just ask her!



You're Invited! ***Lake of the Woods' first*** ***"Health & Fitness Fair"***

When: Saturday March 16, 2019 10 a.m. - 2 p.m.

Where: Lake of the Woods Clubhouse

Cost: FREE

- **Meet representatives from local health-related businesses and organizations**
- **Tour the LOW Fitness Center at its current temporary location**
- **Learn more about LOW's brand new Fitness Center**
- **Pick up free health, wellness & nutrition articles, tips, and advice**
- **Purchase raffle tickets for the Fair's grand prize drawing: ONE YEAR SINGLE MEMBERSHIP to the new FITNESS CENTER**

From the Tamers

By Nancy Fogg and Marian Rood

The Lake of the Woods Lioness Lions Club March 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. Please remember to call or email the Tamers by Monday, March 10th 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
Clubhouse salad with
ranch & vinaigrette
dressings
Beer battered cod
Hush puppies
Cole Slaw
Corn Bread Muffins
Cherry Pie
Coffee & Tea

Alternate Meal
Eggplant parmesan
w/ noodles and
marinara

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

🍀 🍀 St. Patrick's Day 🍀 🍀

is an enchanted time — a day to begin transforming winter's dreams into summer's magic.

What is the original color for St Patrick Day?

Our greeters for this month are:

Helene Burns and
 Colleen Cameron

LOW Lioness Lions 2018-2019 Calendar

March 14 Dinner Meeting
 March 23 Spring Craft Fair and
 Bake Sale
 March 28 BOD Meeting
 March 30 Book Sale
 May 17 Lions/Lioness Selven
 Powell Memorial Golf
 Tournament

Happy Birthday Lioness Lions

March 2	Joann Buttimer	March 17	Pat Licata
March 3	Sharon Thornton	March 19	Gail Stoner
March 5	Mary Simmons	March 23	JoAnn Zwickl
March 14	Nancy Johnston	March 25	Arlene DeSimone

From the Editor

By Lioness Lions Gail Hardin
Editor, Lioness Lions LOW DOWN

Please get information and articles for the April LOW DOWN to me by March 28th or as soon thereafter as possible. The newsletter will be distributed on or about April 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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