

LAKE OF THE WOODS LIONESS LIONS

LOW DOWN

Volume 35, Number 9 — March 2020



President's Corner

By Lioness Lion Linda Shnayer LOW Lioness Lions President

www.lowlioness.org

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." Charles Dickens

Happy March! This month is a busy time for our Lioness Club.

I first want to mention Amore III held on February 8th. If you weren't there, you missed a evening of good fun, good friends, great entertainment, and wonderful auction items. A huge success! Thanks to the work of Nicki Buell, Ellen Bearden, Julie Phend, Kathy Walters, Carol Greeney, Lynne Travis, Vicky Shew, Colleen Cameron, and Darcy Jennings, everyone who attended went away happy and looking forward to next years event.

Please consider! We need a Lioness Golf Committee Chair and members for the LOW Lions/Lioness Selven Powell Memorial Golf Tournament to be held on Friday, May 15th at 1PM. Proceeds from this event go to the Lions/Lioness Wilderness Pantry to feed the less fortunate in our community. There is no requirement/need you be a golfer to lead or participate on the committee. The majority of our involvement is working on the day of the event. The next meetings are scheduled for March 3rd at 7PM and March 28th at 1PM. All meeting are held at the Woods Center (Fareways).

We "Spring Forward" on March 8th. The daylight saving time change will force us to spring forward and advance our clocks one hour. This effectively moves an hour of daylight from the morning to the evening, giving us those long summer nights. But waking up Monday morning may not be so easy, having lost an hour of precious sleep. You may feel sleep deprived. Health experts agree there are some simple tips to help you adjust to the time change and minimize health risks and disruption:

Do exercise caution on the roads. Sleep deprivation due to time change has led to an increase in road accidents.

Do take it easy over the weekend. Go to bed a little early to get extra sleep on Friday and Saturday. Limit naps to 30 or 40 minutes.

Do make your bedroom environment a sleep sanctuary. Make your bedroom dark, quiet, and cool.

Do drink plenty of liquids, making sure to avoid alcohol and caffeinated beverages in the late afternoon and evening.

MORE—See Pg. 4

NOTE—Ignore "What Do I Bring Checklist" Box—will be updated in Revised issue/ See Pg. 6 For SAFE House needs

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.

**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
February 27, 2020
BOD Meeting

The meeting was called to order at 7:00pm on Thursday, February 27, 2020 by President, Linda Shnayer. The following members were present: President Linda Shnayer, Secretary Claudia Low, Treasurers Jean McLallen and Loretta LaTerra, 1st Vice President Jayne Owiesny, 2nd Vice President Ann Walker, Tamer Ann Wood, Tail Twister Donna Steffensmeier, Membership Emily Florence, Directors, Betty Beck, Barbara Francis and Gail Stoner and Immediate Past President Donalda Lovelace.

SECRETARY'S REPORT: The minutes of the January 23, 2020 BOD meeting, which were previously distributed were approved by Ann Walker and seconded by Linda Shnayer.

TREASURER'S REPORT: Loretta LaTerra

The 2020 Foundation Report was unanimously approved and accepted for audit.

TREASURER'S REPORT: Jane McLallen

The 2020 Administrative Report was unanimously approved and accepted for audit.

PRESIDENT'S REPORT: Linda Shnayer

- * We received a thank you letter from the Living Waters Community Clinic thanking the Lioness for the beautiful wreath for their holiday event.
- * The Lions/Lioness Golf Tournament is scheduled for May 15th, 2020. Last year, our portion of proceeds went to the Lions Lioness Wilderness Food Pantry and to a scholarship. We still need a Lioness chair for this event.
- * World Wide Induction Day will be held in Remington on April 25. Last we had two of our Lioness attend this event. We hope some of our new members and sponsors will attend.
- * LOW Volunteer Open House sponsored by LOWLINC will be held on April 22, 2020 from 4-7pm at the Community Center. They are celebrating the service organization in LOW. Tables will be provided. We will need to decorate our table and provide information about the LOW Lioness Lions. Our goal would be to provide membership information. We will need Lioness to be at the table for the duration of the event.
- * We have been asked to provide additional funding for the shipping of the tables and benches for the new Lions pavilion.

OFFICERS REPORTS:

1st Vice President – Jayne Owiesny

- * 4th of July Parade – we discussed our participation in this year's parade. Jayne is going to do some more research and get back to the board at the next meeting.

2nd Vice President – Ann Walker

- * Safe House collection will be in March
- * Germanna Scholarship applications are scheduled to be picked up on March 11 and reviewed on March 12.
- * We need to make sure that we have a policy that is clear about who is eligible to receive these scholarship. We will check with Emily Slunt to see if there is a policy in effect.

Immediate Past President – Donalda Lovelace

- * Donalda has met with the Nomination Committee for the LOW Lioness Lions Board of Directors for 2020-2021. If you are interested in joining the new board please contact Donalda at donaldalovelace@msn.com.

MORE — See Pg. 3

The Insider's View (Cont'd)

- * Donalda received a request from Gordonsville Lions Club to take over next year's Miss Orange County Pageant. This event is usually held in March of each year. Donalda is going to get additional information to see if this is something we might be interested in doing. If you have any questions please contact Donalda at donaldalovelace@masn.com.

Director – Gail Stoner

- * Gail has sold out all vendor spaces and is doing an excellent job organizing the Spring Craft Fair. We have a good mix of vendors this year, lots of new items. We look forward to lots of baked goods, coffee, concessions with the fantastic Earl BBQ and Attic Treasures. Helene Burns is still accepting your goodies. Please give her a call to arrange to drop off your items. Her number is 540/412-0798.

New Business:

White Cane – Claudia Low and Val Protiva

- * We received an email from the Lions White Cane Chair, Linda Futato asking if the Lioness would be willing to help count money this year along with our collection duties. Two of the Lions will be counting money one day and two Lioness on the other day. This can be done at your home or at the Chairs home. The Lions still do not have the final date confirmed, but it should be the beginning of June. They are currently working on the collection locations and will get the sign-up sheet up out to us within the month. We will forward details as soon as they become available.

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting adjourned at 7:55pm. Motion made by Jayne Owiesny and seconded by Linda Shnayer to adjourn.

Respectfully submitted,
Claudia Low
Secretary

Lioness Lions Committees & Activities

March Dinner Speaker

By Lioness Theresa Diccio

Let's find out about golf at LOW. Our new Golf pro, Chris Brode, will speak to us about golf lessons, golf etiquette, joining a team, equipment needed and how times have changed concerning golf. He might even tell us a golf joke and how to repair a divot! Should be fun!

Lioness Lions Committees & Activities

President's Corner (Cont'd)

Don't eat a huge meal late at night and go to bed. This is a recipe for disruptive sleep.

Don't tackle any complicated tasks an hour before bed, and keep your bedroom a refuge. A bedroom should be for sleeping, not watching TV or doing challenging crossword puzzles.

Do have a bedtime ritual. Unwind an hour before bed with a warm shower or bath, chamomile tea, or a glass of warm milk.

Do get up at the same time on time on your regular schedule, regardless of the sunrise.

Do get physical. Exercise is good and morning exercise is the best. If you can get outside and get sun exposure, do that. But, don't overdo the exercise. Pushing too hard can exacerbate any underlying heart disease. If you've been mostly sedentary, start with a slow 30 minute walk and slowly increase the intensity.

A few weeks ago, I attended a birthday party for an 80 year old family member. Attending were relatives and friends, several of whom I hadn't seen in years. I noticed one uncle appeared extremely puffy in the face. Inquiring about his health, I learned he was doing at-home dialysis. His kidneys had failed. This uncle of mine is the one in ten people worldwide experiencing Chronic Kidney Disease (CKD). March 12th is designated as World Kidney Day. The purpose of World Kidney Day is to increase awareness of the importance of our kidneys to our health and to reduce the impact of kidney disease and its associated problems worldwide. While severity can vary, CKD is incurable and causes patients to need lifelong care. The global burden of CKD is increasing, and is projected to become the 5th most common cause of years of life lost globally by 2040. Prevention of CKD include early check ups, blood pressure and glycemic control, as well as management of co-morbidities such as cardiovascular disease and diabetes. To learn more about CKD and prevention visit www.worldkidneyday.org.

On March 17th we celebrate St. Patrick's Day. A global celebration of Irish Culture, it particularly remembers Saint Patrick, one of Ireland's patron saints who ministered Christianity in Ireland during the fifth century. St. Patrick's Day is celebrated in countries with people of Irish descent. Do you know why we pinch someone who isn't wearing green on St. Patrick's Day? Leprechauns are actually the reason you're suppose to wear green on St. Patrick's Day – or risk getting pinched! The tradition is tied to folklore that says wearing green makes you invisible to leprechauns, which like to pinch anyone they see.

Mark your calendars for the following Lioness fundraisers in March:

Lioness Spring Craft Show and Bake Sale	March 21 st
Hollywood Casino Trip	March 25 th
Book Sale	March 28 th

I hope to see all of you at these events! Have a wonderful month!

Lioness Lions Committees & Activities

LOW Lioness Lions Spring Craft Sale

By Lioness Gail Stoner

Our annual LOW Lioness Lions Spring Craft Sale will be held this year on Saturday March 21 from 8:30am -2:00 p.m. at the Locust Grove Middle School on Flat Run Road.

Lake of the Woods has so many talented craft people, artists and authors. We also have several vendors from outside Lake of the Woods. There will be arts and crafts, jewelry, pottery, cosmetics, wood crafts, photographer taking Easter pictures, flea market items, a wonderful bake sale, a food concession area and more.

We are accepting donations of gently used household items and décor for our” Attic Treasures” area in the cafeteria. Helene Burns has kindly agreed to accept donations to be stored and marked in her garage.

Please call Helene at 540-412-0798 to arrange a time to bring her your donations. She will take no donations in her garage after Friday March 13th.

You may bring your donations for Attic Treasures to the middle school on Friday March 20th from 4:15pm-6:30pm or on Saturday March 21st from 7:15am-8:15am so they can be priced. We would prefer to get them to Helene’s before March 14 if possible for marking. It’s a great way to clear out your cupboards, etc. and to help us make more profits!! Thank You so much!!

We will have a wonderful bake sale and need your donations of baked goods for that too if you can. Call Claudia Low or Lynne Travis about bake sale donations, see separate article. They will have coffee and breakfast pastries too!

Earl Cruse will be preparing his famous pulled pork barbecue for our food concession!! Be sure to come hungry!!

The Spring Craft Sale is always a lot of fun and a great way to participate in a great activity and have a good time browsing for treasures too! All of the Lioness profits benefit our Lioness Lions Foundation which supports local charities including Orange County school scholarships, Wilderness Food Pantry, Childhelp, Bridges, Lions eyeglass recycling and more.

Thank you for your help in making this a fun and successful event! We so appreciate the Lionesses helping! If you can’t help, come over and shop to support our Attic Treasures and vendors!! We look forward to seeing you there!!

Germanna Apartment Luncheon

By Lioness Helene Burnes

The Germanna apartment's luncheon was held on February 11, 2020. Nancy Fogg did a wonderful job organizing and arranging the luncheon and bingo!



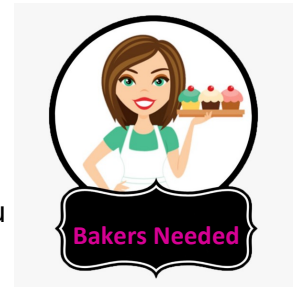
Lioness Lions Committees & Activities

Bake Sale Items

Claudia Low and Lynne Travis

It's nearly spring! Time to try out those new recipes and share them with family, friends and neighbors and... bake for the Spring Craft Fair and Bake Sale!

Please consider baking some of your family favorites to support our community service projects. We always look forward to the unique and delicious goodies provided by our Lionesses. If you can't bake or have time constraints, we ask that you consider a cash contribution. We appreciate your generosity.



Please bring your baked goods to the school on Friday, March 20, from 5-7pm for set-up and pricing, or by 9:00am on Saturday, March 21. If you have any questions or need assistance delivering baked goods, please call Claudia Low at 540-412-1304 (Claudia.low@comcast.net) or Lynne Travis at 541-720-8528 (lynnehbt@hotmail.com) Bake Sale Co-Chairs.

We encourage bakers to label their baked goods with ingredients (peanut butter, nuts, no nuts, etc.) and a description (i.e., lemon pound cake, chocolate chip cookies, etc.). Please **do not** put a price on the items so that we can make all prices consistent. Here's to another successful fundraising event for LOW Lioness Lions club!














HELP! We will have volunteer sign-up sheets on the tables at the March Lioness Lions dinner meeting for helping at the Bake Sale on the 21st.. Please consider signing up as there are currently only three slots filled. If you will not be at the meeting, please call Claudia Low or Lynne Travis to sign up.

SAFE House Collection











By Lioness Val Protiva

SAFE House is requesting household cleaning products, paper goods, wipes, and trash bags for our March collection. They now have two houses so their needs have doubled. They are soooo appreciative of our Lioness donations.











Lioness Lions Committees & Activities

March 2020						
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
 Mar 6—Wilderness Food Pantry
 Mar 11—Wilderness Food Pantry
 Mar 12—Dinner Meeting
 Mar 20—Wilderness Food Pantry
 Mar 21—Spring Craft Sale/Flea Market/
 Bake Sale
 Mar 25—Hollywood Casino Trip
 Mar 26—Board Meeting
 Mar 28—Book Sale
 Mar 28—Wilderness Food Pantry

April 2020						
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
 April 3— Wilderness Food Pantry
 April 8—Wilderness Food Pantry
 April 9—Dinner Meeting
 April 17—Wilderness Food Pantry
 April 23—Board Meeting
 April 25—Book Sale
 April 25—Wilderness Food Pantry

May 2020						
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
 May 1—Wilderness Food Pantry
 May 13—Wilderness Food Pantry
 May 14—Dinner Meeting
 May 15—Wilderness Food Pantry
 May 15—Lions/Lioness Selven Powell Golf
 Tournament
 May 28—Board Meeting
 May 30—Book Sale
 May 30—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

Hollywood Casino Trip—Helene Burns, 412-0798

Spring Craft Sale—

Attic Treasures—Helene Burns, 412-0798

Bale Sale—Lynne Travis, 541-720-8528; Claudia Low, 412-1304

From the Tamers

By Rani Manhard and Ann Wood

The Lake of the Woods Lioness Lions Club March 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, March 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 \$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
Garden Salad with
Ranch & Blueberry
Pomegranate
Dressings
Clubhouse Fried
Chicken
Potato Salad
Cole Slaw
Baked Beans
Corn Bread Muffins
Cherry Pie
Coffee & Tea

IGNORE menu - will be updated in revised issue

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

Spring is one of my favorite times of the year, and it is coming!
Here's my mantra to welcome March—thinking green!
Goodbye winter, so long snow
It's time to watch the flowers grow!

But we can't forget about our lisle Irish guy
So I'll leave you with this Irish blessing:
May good luck be with you, wherever you go
And your blessings outnumber the shamrocks that grow!

Greeters for March
Jan Martin
Emily Florence

LOW Lioness Lions 2019-2020 Calendar

Oct 12 Dinner Meeting
Oct 26 BOD Meeting
Oct 28 Book Sale

**IGNORE—WILL BE
UPDATED IN REVISED
ISSUE**

Happy Birthday Lioness Lions

March 3	Sharon Thornton	March 19	Gail Stoner
March 5	Mary Simmons	March 24	Darcy Jennings
March 14	Nancy Johnston	March 25	Arlene DeSimone
March 17	Pat Licata		

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 29th 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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www.lowlioness.org