



President's Corner

By Lioness Maureen Otero LOW Lioness President

www.lowlioness.org

You cannot get through a single day without having an impact on the world around you. WHAT YOU DO MAKES A DIFFERENCE

You have to decide what kind of difference you want to make. Jane Goodall

This year seems to be flying by, most of our fundraisers have been completed, our last one being the flea market, which was very successful. Today we started collecting for White Cane in conjunction with the Lions, tomorrow we will also be collecting. Donalda Lovelace and Val Protiva will be leading this activity for the Lioness, and we wish them much success.

Our golf tournament has been postponed until Oct. 8th, 2016. It was very difficult to organize a tournament amidst so many other tournaments, so the committee decided to wait until October when things are less hectic. Nicki Buell will continue to chair the committee.

At our next dinner meeting, Glenna Moy will be collecting items for the Orange Free Clinic. She will be outside the

clubhouse collecting these items. There is a list of needed items in the "What Do I Bring Checklist?" Box below..

I would also like to remind everyone about the Fourth of July

parade on July 2nd. There will be fun for everyone, and if you are able the Lioness would be glad to have your participation in the parade.

We serve.

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.

Orange Free Clinic—The Orange County Free Clinic is asking for toothbrushes, paper towels, toilet paper, band aids, copy paper, "butterfly" type paper clips (the large silver ones that are butterfly shaped). Glenna Moy will be outside the clubhouse collecting these donations the evening of the meeting.

This is the only free clinic in Orange County

Lake of the Woods Lioness 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 5:45 p.m.

2015—2016 Board of Directors

President
Maureen Otero
609 Stratford Circle
Locust Grove, VA 22508
(540) 972-0077

Secretary
Donalda Lovelace
1013 Eastover Parkway
Locust Grove, VA 22508
(540) 412-2857

Treasurers
Norma Ervin & Barbara Tomayko

1st Vice President
Barbara Hernan

2nd Vice President
Michelle Senft

3rd Vice President
Betsy Rath

Lioness TAMERS
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Nikki Buell

Tail Twister
Melissa Daly

Membership Director
Kathi Martin

Directors
Pat Berry
Sherri Lasover
Arlene DeSimone

Past President
Karen Cakouros

Lion Liaison
Betty Beck

The Insider's View

Minutes from the
April 7, 2016
BOD Meeting

ATTENDANCE: Barbara Hernan, Betsy Rath, Sherri Lasover, Norma Ervin, Pat Berry, Michelle Senft, Betty Beck, Nikki Buell, Kathi Martin, and Donalda Lovelace

CALL TO ORDER: 1st Vice President Barbara Hernan called the meeting to order at 7:02PM.

SECRETARY'S REPORT: Minutes were approved.

TREASURER'S REPORT: Benevolence Report submitted by Norma Ervin was approved for filing. There was no Administration Report. Treasurer Norma Ervin requests that all Committee Chairs submit expense requests and receipts. The Budget Committee will have difficulty projecting needed expenses for next year budget activities if our Chairs fail to submit receipts.

PRESIDENTS REPORT:

- Barbara on the difficulty the Germanna Scholarship Committee was having this year. She indicated that a letter was being sent to President Sam of Germanna Community College informing him of our concern about the new reorganization of financial aid and how it has impacted our efforts to award scholarships. Normally this committee receives over 20 applicants. This year the committee had only three, all unqualified.
- 1st Vice President Hernan read thank you letters from Orange County Office on Youth, Orange County Middle School, Locust Grove Primary School, Lions Sight Foundation of Virginia, Orange County Health Department, Orange County Free Clinic, Orange County Public Library, and Locust Grove Elementary School.
- A request was received from the LOW Veterans Club.

OFFICER'S REPORTS

- 2nd Vice President -Michelle Senft discussed the plans for the upcoming Wilderness Food Drive on May 21st from 9:00AM to 12:00PM.
- 3rd Vice President- Betsy Rath discussed plans she and Joan Mills have for Independence Day Parade.
- TAMERS- Ellen Bearden and Nikki Buell announced that the increased dinner fee is in effect for the April Dinner Meetings.
- MEMBERSHIP- Kathi Martin reported that five (5) candidates will be attending New Member Orientation.

UNFINISHED BUSINESS

- Donalda Lovelace reported that the White Cane fundraiser was on track. A new schedule with sites will be presented at the April Member meeting.
- Donalda also reported receiving strong response from Lioness on the Lioness Transported Service.

NEW BUSINESS

Barbara Hernan reminded new officers of the training to be conducted by Lions on April 30th, 2016.

ADJOURNMENT

Lioness Committees & Activities

May Dinner Speaker

By Lioness Linda Shnayer

The speaker for our May Lioness Dinner will be Cindy Curtis RN, a Wellness Advocate from doTERRA (Latin for "Gift of the Earth"). Cindy will share with us the life enhancing benefits of essential oils.

Pictures for the 2016 Member Handbook

By Lioness Su Bielmeier



We need to update the Lioness pictures for the new Member Handbook. If your last name is from A – C, please bring your smile to the May Lioness Meeting so I can take your picture. I'll be at the Clubhouse by 5:30.

Share and Care

By Lioness Ann Walker

- After a bad fall, Pat Phillipo had surgery on her broken wrist on April 22. She is wearing a cast and doing physical therapy.
- Claudia Low is feeling better after her most recent surgery and is doing physical therapy three times a week.

If you know of a Lioness in need of our caring thoughts, please contact Ann Walker: 972-4338.

Lioness Golf Tournament

By Lioness Su Bielmeier

Lioness Golf Tournament rescheduled due to conflicts.



Lioness Committees & Activities

Lioness Food Drive

By Lioness Michelle Senft

LOW Lioness Club will be holding a food drive to benefit the Wilderness Food Pantry. The food drive will be held from 9:00 a.m. – 12:00 p.m. on Saturday, May 21st at the LOW Security parking lot. We will be collecting food such as: boxed or canned dinners, side dishes, soups, cereals, peanut butter, jelly, canned meat, canned fruit and vegetables.

If you have any questions please call Michelle Senft at 972-1964 or Susan Constanzo at 972-9030.

Did You Know—Emily Slunt

By Lioness Elaine Freeland

Determination, Hard-work, Intelligence, Compassion, Fun-loving - words that describe each LOW Lioness. In the case of Emily Slunt, these words should appear on a marquee.

Born in Passaic, NJ, Emily and her family moved to Kearny, NJ where her father worked long hours at the Congoleum Nairn factory supporting the World War II effort. Her brother David was 4 years older. Emily says the photo with the doll does not typify her childhood. Growing up she loved outdoor activities of roller skating, softball, tennis, and spending time at the Jersey shore. Emily's time in high school was filled by playing trumpet in the band for parades and football games, walking Kearny's main avenue with friends and participating in a local church youth group and in a high school sorority. She worked summers at Woolworth's 5¢ & 10¢ in Newark, NJ serving up the specialty, hot dogs and sauerkraut.



After high school graduation, Emily left Kearny for Baltimore, MD and Johns Hopkins Hospital School of Nursing. Lasting memories include patient experiences, an incredible hospital and staff, and every condition imaginable. A lifelong friendship was formed with classmate, Ellen Ambroziak. They later shared an apartment (with barred windows) near the hospital.

Emily met her husband, Joe, when she was in nursing school and he was attending the University of Baltimore. After marriage a few years later, she completed a baccalaureate degree and Joe finished Law School. Joe was off to Officer Candidate School with the Air Force while Emily taught Hopkins' nursing students for a year. The next four years included a few moves: Wichita Falls, TX; Charleston, SC; Okinawa and finally back to MD. They left for Okinawa by traveling cross-country with a one-year-old and came back 2 ½ years later with 3 little ones, Joey, Jeff and Jennifer! She continues to meet friends from Okinawa for triennial reunions in Ocean Isle, NC.

MORE

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Did You Know—Emily Slunt (Cont'd)

Back in Maryland, Emily worked part-time in community health nursing as she traded babysitting with a colleague. Working in family planning, she and her colleague chuckled at the irony – together they had 6 preschoolers! A master's degree in Child Health Nursing at the University of Maryland qualified Emily to teach in a collegiate program. Again, by trading childcare with a friend she had free time to attend classes and study. Thus, began a long career of teaching at Howard Community College in Columbia, MD. While on sabbatical Emily completed the doctoral program in Education Policy, Planning and Administration at UMD. She returned to HCC and soon became Director of the Nursing Program and Chair of the Health Sciences Division. No reward is more touching than a recent phone call from a former member of the nursing faculty whom Emily mentored. The caller was recently named President of a Minneapolis, MN college after holding positions of increasing responsibility at HCC.

With family as the priority, Emily stayed involved with the children's activities; a true Soccer Mom while Dad coached. Church was also a family affair with Joe serving as a youth leader and Emily coordinating after school activities.

Emily continued to work after Joe's death from kidney cancer. They lived in their Silver Spring, MD home 36 years. A visit with Ellen Ambroziak persuaded Emily to move to Lake of the Woods and be near her son Jeff and family in Spotsylvania County. Never one to avoid a challenge, Emily bought a pontoon boat and learned to navigate the lake with grandchildren in tow. Her son, Joe and family live in NJ and her daughter, Jennifer and family reside in southern MD. The seven grandchildren range in ages from 10 to 18. Not only does she have Grammie camp in the summers, she takes each child on an excursion after fifth grade. Every summer the family vacations at Sandbridge beach. Other yearly family gatherings include Fantasy Football Draft Time. Many folks listen to NPR on XM radio. Not Emily, she listens to the Fantasy Football station!

Emily cherishes time with friends and activities such as playing bridge, eating out, golf, yoga and walking. Volunteer activities are centered on service projects through the Lioness, the new LowLinc group, and the Resurrection Lutheran Church health ministry.

Fascination with research of her family's interesting history and genealogy fills Emily's spare time. Unknowingly, she and her son Jeff exchanged identical gifts last Christmas – DNA test kits. No surprises. Her mother's family came to this country in the early 1600's and included are many Revolutionary War ancestors. Her father was born in Northern Ireland and immigrated to Kearny, NJ where the Scotch and Irish settled.

Emily loves living at the Lake and appreciates all who make it such a special place.

From the Tamers

By Ellen Bearden and Nikki Buell

The Lake of the Woods Lioness Club May 12th Dinner meeting will be held at the Clubhouse with a 5:45 p.m. social gathering followed by dinner at 6:30 p.m. Please remember to call or email the Tamers by Monday, May 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,

Tamers:

Ellen Bearden (972-9595) Email: bebearden@verizon.net

Nikki Buell (412-0104) Email: nbuell113@comcast.net

NOTICE: We RSVP E-mails & phone calls. If you can't attend, you may have your meal picked up.

Dinner

Taco Bar
Ice Cream
Coffee & Tea

In consideration of others at our dinner meetings, Lionesses are asked to kindly refrain from beginning their salad until after the invocation and introduction of guests. Thank you.

Twister's Corner

By Lioness Melissa Daly

Why is it that we always stop what we are doing on the first Saturday in May to pause and watch the running of the horses at Churchill Downs? It is of course The Kentucky Derby. I always remember my dad and mom talking about the past famous horses, one though in particular. In 1956 the winner was a horse named Needles. You see that one was especially special since our last name was Needles.

Now, let's see how sharp you are on horse racing trivia.

1. What is the distance in mileage of the Kentucky Derby race track?
2. Name the 3 races that make up the Triple Crown.

Our hostess for May will be Barbara York and Michelle Senft

LOW Lioness 2015-2016 Calendar

May 12	Lioness Dinner Meeting
May 26	BOD Meeting
May 28	Lioness Book Sale
July 2	4th of July Parade
Oct 8	Lioness Golf Tournament

Happy Birthday Lionesses!

May 8	Val Protiva	May 20	Marue Biggs
May 9	Judi O'Neill	May 23	Jayne Owiesny
May 10	Christine Getty	May 27	Claudia Low
May 12	Rani Manhard	May 28	Joann Deem
May 18	Linda Ogletree		

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

Please get information and articles for the June LOW DOWN to me by May 28th or as soon thereafter as possible. The newsletter will be distributed on or about June 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 LOW DOWN is published monthly by the Lake of the Woods Lioness Club, P.O. Box 811, Locust Grove, VA 22508, Gail Hardin, Editor.

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