



President's Corner

By Lioness Barbara Hernan LOW Lioness President

www.lowlioness.org

October seems to be suddenly upon us and I do not know where the summer has gone. Soon we shall see the beautiful changing of the leaves that is usually quite overwhelming. October is a month that has so many activities such as festivals, pumpkin farms, apple picking, crab fests and many more. If you check the internet you could find something to do every day. Also Oktoberfest at the clubhouse is usually a lot of fun.

Here at the lake we have our own Food Drive, Halloween at the point and another end of the month Book Sale coming up. I know a lot of Lionesses will be working hard at these events. Let's all help the committees to make them a big success.

Our Lioness Card Party/
Fashion Show was a big

hit, thanks to Jan Lemieux, Theresa DiCicco and all the hard working Lionesses that made it so. Keep

up the good work fellow Lionesses and remember "We Serve".

Lioness who need a ride to the Dinner
Meeting please call Lioness
Donalda Lovelace
540-412-2857

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. Also, please bring any egg cartons that you have.

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.

2016—2017 Board of Directors

President
Barbara Hernan
1104 Eastover Parkway
Locust Grove, VA 22508
(540) 972-7575

Secretary
Linda Shnayer
107 Fairfax Lane
Locust Grove, VA 22508
(540) 412-1021

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Caroline Caldwell
Barbara Tomayko

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Donalda Lovelace

2nd Vice President
Michelle Senft

3rd Vice President
Joan Mills

Lioness TAMERS
Ellen Bearden
Nikki Buell

Tail Twister
Kathy Walters

Membership
Joyce Morlan
Julie Phend

Directors
Millie Davis
Joann Deem
Carolyn Gordon

Past President
Maureen Otero

The Insider's View

Minutes from the
September 22, 2016
BOD Meeting

ATTENDANCE: Barbara Hernan, Linda Shnayer, Caroline Caldwell, Donalda Lovelace, Michelle Senft, Nikki Buell, Ellen Bearden, Kathy Walters, Joyce Morlan, Julie Phend, Millie Davis, JoAnn Deem, Carolyn Gordon, Maureen Otero, Su Bielmeier, and Carol Greeney.

CALL TO ORDER: President Barbara Hernan called the meeting to order at 7:00PM.

SECRETARY'S REPORT:

- A correction to the August 2016 minutes was made to place Lioness Sharon Allen in Affiliate status rather than her resigning. With this correction, the August 2016 minutes were approved.

TREASURER'S REPORT :

- Lioness Caroline Caldwell presented the Benevolence financials for September.
- New 2016-2017 Member Handbooks will be available at the October dinner meeting.

PRESIDENT'S REPORT:

- President Hernan received a resignation letter from Lioness Betsy Rath which was accepted with regret.
- President Hernan discussed the possibility of the Lioness' participating in the LOW 50th Anniversary celebration on July 4th following the parade. There was general agreement to participate and sponsor an event. Further information is needed prior to a final decision.

OFFICER'S REPORTS

1st Vice President- Donalda Lovelace

- Fundraising - Lioness Donalda Lovelace and Lioness Nikki Buell presented ideas for future fundraising opportunities. Board discussion resulted in additional ideas. Further discussion was tabled until the October Board Meeting.

2nd Vice President – Michelle Senft

- Child Help – Lioness Michelle Senft congratulated Lioness Carolyn Gordon on arranging another successful Child Help Ice Cream Social.
- Food Pantry – Lioness Claudia Low will provide a food drive on October 22nd at the Ferris Building.

Membership – Joyce Morlan and Julie Phend

- New Membership – Lioness Joyce Morlan and Lioness Julie Phend presented a New Member Proposal. Following discussion, a motion was passed to allow Board Members additional time to review the many aspects of the proposal. Further discussion will occur at the October Board Meeting.

Without further business the meeting was adjourned.

Lioness Committees & Activities

Share and Care

By Lioness Ann Walker

- Beth Sundberg's daughter, Sara, who is battling cancer, is waiting for an experimental drug. The family asks for your continued prayers.
- Many warm and caring wishes are extended to Flo Clarke, who was recently diagnosed with breast cancer. Further treatment is being determined.
- Carol Lee's daughter, Cathy, has started chemo treatments for breast cancer. Please keep her in your prayers as well.

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

New Member

By Lioness Joyce Morlan

Please welcome the newest Lioness who was inducted at the September meeting:

Shirley Rowe
4019 Lakeview Parkway
540-412-6992
Email: drghhi@gmail.com
Birthday: April 21

Lioness Semi-Annual Food Drive

By Lioness Claudia Low

Please Save the Date
Lioness Semi-Annual Food Drive for the Lions Wilderness Food Pantry
Saturday, October 22, 2016
In the area near the Ferris Building

Details to follow as soon as everything is confirmed.

If you can help or have questions, please call Claudia 412-1304

Hope to see you there with your non-perishable items, or we accept cash and checks made payable to the Lions Wilderness Food Pantry

Lioness Committees & Activities

White House Christmas Ornaments

By Lioness Gail Hardin

It's not too early to think about Christmas! We will be selling the 2016 White House Christmas Ornament for \$21 each. Perfect for every tree, this year's official *White House Christmas Ornament* honors Herbert Hoover and is inspired by the fire engines that responded to the 1929 Christmas Eve fire at the White House. The ornament is crafted from shiny brass plated with nickel and 24-karat gold, and the engine carries a Christmas tree for delivery to the White House.



They will be ready for pick up in early December. This is a great ornament to place on your tree or to give as a special gift. Order forms will be available at the dinner meeting or you can call Gail Hardin (972-5698). The proceeds will go to the Benevolence Fund.

October Program

By Lioness Gail Hardin

A key aspect of good health care is health literacy, which includes the ability to communicate medical issues with a doctor. For older adults with more health issues and treatments, letting the doctor know of issues, becomes critical to a healthy life. As we grow older, we experience physiological changes that can cause glitches in brain functions we've always taken for granted. It takes longer to learn and recall information. LOWLINC received a grant from Culpeper Hospital Foundation to develop a toolkit and make presentations throughout Orange County that will empower older adults to make the most of medical appointments--be better prepared before with improved communication during visits with their health care professional. Ellen Dawson PhD, Founding Senior Associate Dean (retired) and Professor Emeritus, George Washington University will be making the presentation and each Lioness will receive a toolkit

REMEMBER TO DRESS UP IN YOUR FAVORITE HALLOWEEN COSTUME!!



From the Tamers

By Ellen Bearden and Nikki Buell

The Lake of the Woods Lioness Club October 13th 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, October 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 \$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

Pork Loin Medallions
Green Beans
Mashed Sweet Potatoes
Apple Pie
Coffee & Tea

Vegetarian Menu

Pasta Primavera

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 Kathy Walters

I can't believe Halloween is almost here. Time to get out your witch's hat and trick or treat candy.

My daughter sent me Fun Facts for Haunted Halloween, which I am going to share with you at the next meeting. These questions came from that source.

What were the first Jack O'Lanterns actually made of?
The word "witch" comes from the Old English word "wicce", meaning what?

This month's greeters are Karen Cakouros and Diane Ogranovitch

LOW Lioness 2016-2017Calendar

Oct 13	Lioness Dinner Meeting
Oct 27	BOD Meeting
Oct 29	Lioness Book Sale

Happy Birthday Lionesses!

October 5	Joyce Morlan	October 15	Diane Ogranovitch
October 7	Gwen Mallmann	October 23	Kathy Merritt
October 10	Sharon Kaltenmark	October 29	Ellen Ambroziak
October 15	Sharon ALlen		

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

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

**Correction to Status of Lioness
Sharon Allen is Affiliate**

**New Member:
See Pg. 3**

**Resignation:
BetsyRath**

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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