



President's Corner

By Lioness Lion Linda Shnayer LOW Lioness Lions President

www.lowlioness.org

Monster Mash

I was working in the lab late one night
When my eyes beheld an eerie sight
When my monster, from its slab, began to rise
And suddenly to my surprise

He did the Mash, he did the Monster Mash
And it's a graveyard smash
He did the Mash, it caught on in a flash
He did the Mash, he did the Monster Mash

Songwriters: Leonard Capizzi / Bob Pick

Monster Mash lyrics © Reservoir One Music, Reservoir Media Management Inc

Other than Halloween, when I think of October I think of every possible food made with apples and pumpkin. Thirty years ago, my family began the October tradition of going to Stribling Orchard in Markham, Virginia. We'd pack picnic baskets and spend the day picking, eating, and enjoying the beautiful mountain view. When leaving for the day, we'd stop at the market for apple cider, freshly baked apple cinnamon doughnuts, and pumpkin pies that made it to my freezer to be served at Thanksgiving. Thankfully, my daughter's and their cousins have tried to continue the tradition with their children. This year, with my daughters and their husbands, and granddaughters, we went a few weeks early and, rather than pick, bought apples for breads and pies. I'm sharing our favorite bread recipe below.



The Lioness were very busy in September! Early in the month, Jayne Owiesny and other Lioness' provided an Ice Cream Social for the children at The Alice C. Tyler Village of Childhelp. Childhelp is a community of caring professionals who support children in finding recovery from the effects of abuse, neglect and exploitation. The Lioness Club is a proud supporter of Childhelp.

The same weekend as the Childhelp function, several Board members attended the Lions Fall Conference. We met many new Lions and Lioness Lions and heard about the many wonderful activities the district clubs are involved in. We learned of a few new fundraising and service ideas and received big kudos for our successful Bra Drive. We were surprised to hear we contributed more Bras than any other club; enough to ensure every woman who needed a new undergarment got one.

Later in September, Jan Lemieux and others organized another hugely successful Card Party, Luncheon and Fashion Show. The committee worked hard to ensure the event was a success with gorgeous baskets and outstanding auction items. Also, a big thank you to everyone who provided the tasty snack treats – all were delicious. Although my card game wasn't the best that day, I enjoyed sharing lunch with everyone and checking out the new fall fashions modeled by our Lioness beauties.

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.

Items for Care Packages for the Troops—See pg. 5

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.

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
September 27, 2018
BOD Meeting

ATTENDANCE: Linda Shnayer, Claudia Low, Jean McLallen, Jayne Owiesny, Nicki Buell, Ann Walker, Betty Beck, and Donalda Lovelace.

CALL TO ORDER: President Linda Shnayer called the meeting to order at 7:00PM. It was noted we did not have a forum for voting on any motion.

SECRETARY'S REPORT: The August 23, 2018 minutes, which were previously distributed, were approved.

TREASURE'S REPORT: Lioness Jayne Owiesny presented the Foundation budget and Lioness Jane McLallen presented the Administrative budget. Both reports were accepted for audit.

PRESIDENT'S REPORT:

- Linda reported that Mary Szadvari has already sold 150 White House ornaments. Good job Mary. Linda has received the second order. Mary has been invited to sell the ornaments on another group's bus trip. We are checking to see if we can sell the ornaments on the bus trip to the White House. The ornaments will be on sale at the Card Party at the end of the event.
- Linda will be ordering the See's Holiday candy boxes again this year. We should have them for the November dinner meeting and will be at the Food Lion before Thanksgiving.

OFFICER'S REPORTS:

1ST VICE PRESIDENT: Nicki Buell

- Card Party, Fashion Show and luncheon will be held tomorrow. It is sold out and should be another great event.
- Volunteer Record Keeping form was shared with everyone. This is going to be a good tool to use to capture all the volunteer hours that Claudia needs to report.
- Christkindlemarkt is a go for the first Saturday in December.

2ND VICE PRESIDENT: Ann Walker

- Ann reported that the SAFE House appreciated all our donations. Fifty of the bras that we collected were given to the SAFE House.

IMMEDIATE PAST PRESIDENT: Donalda Lovelace

- Donalda gave an update of the Poster Contest. This year's theme is Kindness Matters. The Locust Grove Middle School is going to work on this project with Donalda and other Lionesses. The teacher was excited that a \$50 prize might be an incentive for the kids to join in on this fun project. She has contacted another school but hasn't heard back from them.
- There will be a Zone Meeting on Tuesday, October 9 at the Silk Mill Grill in Orange. If anyone would like to go please contact Donalda.
- Our District Governor, Lion Wilma Murphy will be attending our October dinner meeting, and she is going to dress up.

With no further business the meeting was adjourned at 8:00pm.

Respectfully submitted
Claudia Low

The October dinner is our Charter Night with District Governor Wilma Murphy. DG Wilma will be celebrating Halloween with us so be sure to wear your costume. Although she shared her costume plans with me, I'll let her surprise you.

October is Breast Cancer Awareness Month. The purpose is to highlight the importance of breast awareness, education, and research. Breast cancer is the second most common kind of cancer in women. October 19th is National Mammography Day; if you haven't had a mammogram in the past year or two, please make an appointment today.

Do you remember this group from last year? Our Peanuts Halloween Group Award winners will be handing out candy at Halloween on the Point. Stop by and visit them.



Stribling Apple Bread (or muffins)

2 cups sugar (or sugar substitute)
 2 eggs
 1 cup vegetable oil
 1 T vanilla
 3 cups flour
 1 t salt
 1 t baking soda
 3 cups apples, peeled and chopped

Preheat oven to 350. Cream sugar, eggs, and vanilla. Sift flour, salt, baking soda, and cinnamon. Add dry mix, along with apples. Mix until well-blended; note that batter will be quite thick. Grease and flour loaf pan (or muffin tins); bake loaf for 1 hour, or muffins about 20 minutes.

Enjoy!

Lioness Lions Committees & Activities

Christkindlmarkt

By Lioness Gail Stoner

The 8th Annual LOW Christkindlmarkt will be held on Saturday, December 1st from 9:00am-3:00pm at the Community Center. The Lionesses reserve a few tables each year and sell gently used Christmas decorations, ornaments, cards, wrapping paper, etc. We will also have a wonderful bake sale table with cakes, cookies and candy, generously donated by our members. Please keep us in mind if you have some nice Christmas decorations you no longer use. We received many beautiful items from our generous Lionesses last year which all heled to contribute to our Benevolent Foundation!

Many local crafters, artists and authors participate in this event making for a fun day and great way to get into the Christmas spirit and find some special gifts!!

Helene Burns has kindly offered to accept donated items ahead of time and store them in her garage. We will mark these items for the sale. We will also receive items on Friday, November 30th from 5:00pm-8:00pm at the Community Center.

We will need helpers to mark items and set up on the Friday evening before and on Saturday, December 1st marking and selling decorations. Sign up sheets will be on the tables at the next two (2) meetings. Thank you so much for all your help in making this a successful fundraiser!! And we all have a great time doing it!!

Please call Gail Stoner at 540-388-2540 or Helene Burns at 540-412-0798 if you have any questions or would like to help! Thank You So Much!!

Lioness Lions Committees & Activities

Child Help Ice Cream Social

By Lioness Jayne Owiesny

On Saturday, September 8th the Lionesses served delicious ice cream sundaes to the students and visiting families at the Alice C. Tyler Village in Lignum during their bike rodeo. Since threatening skies called for rain, the bike rodeo was held in the gym with a challenging obstacle course to overcome on terra trikes. There were 10 Lioness volunteers who participated and we served about 50 students and 20 adults. The students enjoyed selecting what to put on their sundaes. This was a fun rewarding activity for both the volunteers and the attendees.

Pictured left to right, Dianne, Jayne, Wade, Gail, Barbara, Jonnie, Sandy, Arlene, Doris, Emily, Missing: Carolyn (she took the picture)



Appreciation from September Speaker—Jim Purton sent the following to Linda Shnayer

Dear Lake of the Woods Lioness,
Thank you for your gift supporting DogFest Washington DC 2018. Your donation enables Canine Companions for Independence® to continue to provide highly-trained assistance dogs for children and adults with disabilities free of charge.

Join the Fun

If you would like more information about the event or would like to participate, please visit [DogFest online](#). If you would like to learn more about the important work of Canine Companions for Independence®, please visit our [website](#). Once again, thank you for your support. Together we can change lives, one dog at a time.

Sincerely,
Canine Companions for
Independence



Lioness Lions Committees & Activities



Lake of the Woods
Lioness Lions Club
is joining forces with the
Blue Star Mothers of Fredericksburg
to collect items for:



WINTER CARE PACKAGES FOR THE TROOPS

MILITARY CARE PACKAGE LIST OF ITEMS (Small, Individual and Travel Sizes please)

HYDRATION (Individual serving sizes)

Powdered Drink Mixes (Crystal Light, Propel, etc.)

PROTEINS (Individual serving sizes)

Tuna or chicken, foil pouches or pull top cans

Beef Jerky/Slim Jims

Protein Bars/Peanut Butter Mini Cups

SNACKS

Granola Bars/Pop Tarts/Oatmeal/Hot Chocolate/Cider

Microwave Soups/Top Ramen Noodles in Cups

Microwave Popcorn-Crackers (individually wrapped)

Dried Fruit Snacks/Cookies

Nuts of all kinds/Trail Mix/Sunflower Seeds

SPECIALTY ITEMS

Cough Drops-Vitamins (chewable)

Zip Lock Brand Bags (all sizes)/ Hand Warmers

HYGIENE PRODUCTS

Shampoo/Conditioner (travel size)

ChapStick/Lip Balm

Baby Wipes

Hand/Body Lotion

Toothpaste/Toothbrushes/Dental Floss

Body Wash/Soap

Q-Tips/Tissues

Foot/Body Powder/Disposable Razors

Deodorant (stick only)

Nail Clipper/Nail File

Feminine Hygiene items

Socks (black or white)

ENTERTAINMENT

Playing Cards

Crossword Puzzles/Sudoku

Magazines/Paperback Books

Stationary/White Envelopes/Pens

CARDS & LETTERS TO OUR TROOPS

Please do not forget encouraging letters/postcards from home/schools, they love to receive them!



We will collect the items at the October Lioness Club Meeting.



or

Please contact Lioness Nancy Johnston at hellhounds888@hotmail.com or 860-306-4483

Lioness Lions Committees & Activities

Lioness Lions New Members—September Inductees

By Lioness Arlene Rich

Margaret Haight
209 Edgehill Drive

Phone: 412-6075
DOB: July 8

email: margarethaight78@gmail.com

Margaret Haight moved to Lake of the Woods 2 1/2 years ago from Albany, New York. She went to school in Syracuse New York.

Margaret has 1 daughter and 1 son. She had been working as unit manager in Fredericksburg for the National Military Park before recently retiring.

She is also an Ordained Deacon at the Episcopal Christ Church in Spotsylvania where she also volunteers at their food pantry. She is also a member of the LOW neighborhood Watch. She volunteers for the American Red Cross. Margaret's sponsor, Nancy Strain kiddingly calls Margaret the "streetwalker" Nancy's husband Lee picked up Margaret when they were walking down the street!

Diane Pittman
108 Harris Court

Phone: 755-2517
DOB: August 7

email: Diane.Pittman108@cmocast.net

Diane Pittman moved to Lake of the Woods from McLean, Virginia 2 years ago. She was born in Bayonne, New Jersey.

She worked as an Architect till recently retiring. She still volunteers as treasurer for NOVA CSI.

Diane and her husband Andy, also a Architect have 2 daughters and 1 granddaughter.

She can often be seen at the fitness center or taking her long walks through Lake of the Woods. She also is a member of Neighborhood Watch. She can also be seen enjoying a game of Mah-jongg. She volunteers teaching 8th grade girls CCD.

Vicky Shew
506 Mt. Pleasant Drive

Phone: 972-0889
DOB April 25

email: VSHEW42549@yahoo.com

Vicky Shew moved to Lake of the Woods from Manassas, Virginia 14 years ago. She had been born in West Virginia but had lived in Florida as well as Colorado.

Vicky has 3 daughters and 1 son; 8 grandchildren; and 1 great granddaughter.

She had been in the Navy and worked as a computer tech data processor in Washington, D.C. She worked for the US Customs from 1991 till retiring in 2017.

She loves to do water aerobics where she helps her sponsor Carol Greeney. She also loves to hunt and fish as well as go camping with her grandchildren.



Lioness Lions Committees & Activities

Did You Know—Marian Rood

By Lioness Mary Simmons



Born and raised in Reading, PA Marian has several compelling anecdotes from her family history, including the fact that back in the late 1600s several of her Mother's ancestors were scalped. Luckily one escaped or Marian would not be here with us! Marian's mother grew up in Germany with the family leaving just before the outbreak of World War II. They left behind a villa just outside Berlin that ended up in East Germany following the post war partition of Germany. After many years the family was able to regain control of the villa. They learned that not only had Churchill's attaché stayed there during the Potsdam Conference but the villa was a Stasi (East German secret police agency; one of the most hated and feared institutions of the East German communist government) conference location. The family held a reunion there

in 1994. And, while the property has since been sold, there are many interesting stories about it that have become part of the family lore.

Marian spent her junior and senior high school years in a small, all-girl boarding school (yes it had plaid uniform skirts!). Graduating in 1971 she attended a year of college in Lynchburg and then transferred to East Carolina in Greenville, NC where she earned a degree in early childhood education.

Post college it was off to Falls Church, VA with her newly minted teaching degree in hand. The early 70s were a tight time for teachers. Facing a paucity of teaching opportunities, Marian took a job at Computer Science Corporation (CSC) where she did computer programming. It was in a COBOL programming class that she met her husband Bruce, a fellow Keystone stater, born in Philadelphia, PA.

Marian and Bruce have one child, Jeremy and lived in the burbs of Manassas, Nokesville and Warrenton. When Jeremy was born Marian said good bye to the dull world of programming and Defense contracts and eventually took a teaching job at a pre-school in Nokesville. She loved teaching pre-school and taught for 23 years, retiring in 2014.

Like many others living at Lake of the Woods (LOW), Marian and Bruce wanted to downsize from their large home; theirs happened to be in Warrenton. Initial candidate locations included Smith Mountain Lake and Myrtle Beach. After finding LOW on the internet, they paid a visit, looked at homes and were sold by the eclectic nature of the homes and the sense of community. Having lived with treed lots through most of her life Marian swore no trees, but hey this is LOW and trees are everywhere. They traded her dream of a beach condo and Bruce's dream of a log cabin in the woods, for their treed property in LOW where they reside with their two cats, Frankie and Gracie (you can probably readily guess what TV show inspired those names!) And while their house is neither beachfront nor a log cabin at least from their house Bruce can see the log cabin of the Lake of the Woods Church (thought to be one of the oldest buildings in the Lake). That is, when he has time to look and is not busy donating his handyman skills and services to LOW Church and helping folks in LOW and the surrounding community. Family is close, as Jeremy lives in Fair Oaks with his significant other and the 2 grand dogs. Marian and Bruce love the sense of community here at LOW and know the choice of this community for their retirement home was the right one.

Becoming a Lioness in 2017, Marian supports the eye glass project, is one of this year's tamers and was on the 2018 Germana scholarship committee. She's helped in the past with the Lioness Christmas ornament sales. Very active with ChildHelp she arranges special events for the children. She also puts her many years of pre-school teaching experience to good use by doing crafts with the kids.

Marian is the first to admit she is a LUSH! Before you get any ideas, LUSH stands for Ladies United in Social Harmony; of which Marian is a proud member!

Lioness Lions Committees & Activities



Culpeper National Cemetery

Saturday, December 15, 2018

12:00 Noon



*If you would like to participate in the Wreath Laying at
Culpeper National Cemetery, please contact
Lioness Nancy Johnston
at hellhounds888@hotmail.com or 860-306-4483*

**More information about Sponsoring and Dedicating a Wreath at the October Lioness Meeting*

Lioness Lions Committees & Activities

Cruising for a Cure Alaska July 2019 in support of the **Foundation Fighting Blindness**

Departure date: July 17 2019 from Vancouver on Princess cruise lines. Alaska land extension packages available, you can customize and plan what works for you.



Voyage of the Glaciers on the Island Princess

Ocean view – cabin with a window

\$2,024 per person based on double occupancy

\$3,155.28 per person for cruise and land option for 3 nights with hotel and train

Balcony cabin

\$2,274 per person based on double occupancy

\$3,405.28 per person for cruise and land option for 3 nights with hotel and train

*** Group offers a \$50 on board credit

*** Inside cabins can be requested

*** Passports required

- Voluntary Lion donations can be made to FFB by mailing a check payable to FFB and mailed to Davida Luehrs 11902 Winstead Lane, Reston VA, put Cruise for a Cure in the memo. Online donations can be made by visiting www.visionwalk.org and type in No.VA Lions in the team search box. Direct Team link is www.fightblindness.org/goto/NoVaLions Contact me if you have any questions.. .
- All donations will be part of the Sunday, May 5 2019 14th No.Va VisionWalk and will count towards the Lions team total. Tax deductible receipts will be provided by the Foundation Fighting Blindness.

If you are interested contact Davida Luehrs by phone at either 703-742-8043 (home), 703-819-861 (cell) or by email at davidaluehrs@gmail.com. Helle Hamilton from Travel Leaders in Fairfax, VA will be our booking agent for the cruise and can also book airline tickets or any trip extensions you want to include. Helle may be reached at either 703-459-9683 or by email at hhamilton@TLTravelAgents.com.

Deadline: These cruises usually sell out months ahead. To guarantee a space and this rate, it is best to book no later than October 30, 2018 with a small deposit. Cruise must be paid in full by May 1, 2019.

From the Tamers

By Lionesses Nancy Fogg and Marian Rood

The Lake of the Woods Lioness Lions Club October 11th 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, October 8th 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,

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: entredoux3@hotmail.com
 Marian Rood (540-412-0214) Email: bfrood@earthlink.net

OUT OF RESPECT AND COURTESY TO ALL, PLEASE REFRAIN FROM TALKING WHEN ANYONE 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.

Dinner

Garden Salad with Ranch & Toasted Sesame Dressings
 Lacy's Chicken (char grilled boneless breast of chicken topped with sautéed spinach and artichoke hearts then drizzled with a lemon butter basil sauce
 Green beans with red peppers and almonds
 Rice Pilaf
 Chocolate cake
 Coffee & Tea

Alternate Meal:

Eggplant Parmesan—breaded and sautéed eggplant served atop linguine noodles served with marinara sauce

Twister's Corner

By Lioness Jonnie Feterle

Halloween Wishes

Since this is the time for goblins and bats,
 Halloween spirits, ghosts and cats,
 Weird-happenings and witches brew,
 These are the things I wish for you.

May the only spirit you chance to meet,
 Be the spirit of love and warm friends sweet.
 May the tricks that you are asked to do,
 Be a trick to help you gain a friend or two.

Looking forward to see how many of you ladies participate in dressing up with a fun costume at our October Lioness Halloween dinner. Remember you can be very simple or very creative. Let's see what you can come up with ladies!

Our greeters for this month will be: Nancy Strain and Margaret Haight

LOW Lioness Lions 2018-2019 Calendar

Oct 11	Dinner Meeting
Oct 25	BOD Meeting
Oct 27	Book Sale
Oct 31	Halloween on the Point
Dec 1	Christkindlmarkt

Happy Birthday Lioness Lions

October 5	Joyce Morlan	October 23	Kathy Merritt
October 10	Kathy Fish	October 29	Ellen Ambroziak
October 15	Diane Ogranovitch		

From the Editor

By Lioness Lions Gail Hardin
Editor, Lioness Lions LOW DOWN

Please get information and articles for the November LOW DOWN to me by October 29th 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.)

New Members:

See Pg. 5

Handbook Corrections:

Lynne Travis—Birthday February 20

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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