

LAKE OF THE WOODS LIONESS LIONS

LOW DOWN

Volume 35, Number 4 — October 2019



President's Corner

By Lioness Lion Linda Shnayer LOW Lioness Lions President

www.lowlioness.org



Goodbye September, Hello October! For many of us, October is a busy month filled with football games, fall festivals, and travel. After a hot summer, the Lioness Lions Club is in full swing with the planning and execution of our fall and winter events.



September was an impressive and prosperous month for our Club Foundation. Our events included the Sock Hop, Casino Trip, Card Party/Luncheon/Fashion Show, and Book Sale. It's impossible to name the many members who participated in ensuring the success of these events. A few include:

- ▶ A huge Bravo to Sherri Lasover and Bill Feterle for their performance at our Sock Hop. Jayne Owiesny ensured this was a mega hit with many guests requesting this be an annual event. A special thank you to Nicki and Ken Buell for donating the wine, to Janite Hamilton (and her daughter) for donating the 50's candy treats, and to Loretta LaTerra for storing our many stage props. Mary Simmons and Mark Hunter, dressed in 50's fashions, assisted our bartender. I also want to thank Gail and Greg Stoner, Jayne and Walt Owiesny, and Earl Cruse for their time assembling the fabulous stage props. We had a large industrious group, to include significant others, show up to decorate the community center.
- ▶ Helene Burns and Mary Ryan ensured a fun casino bus trip to Charlestown, WV. Even though I left the casino with a lighter coin purse, the September trip was an outstanding event. The last trip in 2019 is scheduled for November 7th.
- ▶ Once again, Connie Skelton-Devens, Val Protiva, Flo Clarke, Jan Lemieux, Jan Martin, Elaine Free-land, and Maureen Otero planned and executed an exceptional Card Party, Luncheon and Fashion Show. The fashions were provided by Chico's and shoes by Saxon Shoes. The models included Gail Hardin, Helene Burns, Roselyn Edwards, Carolyn Gordon, Jan Stockman, and Donald Love-lace. The impressive baskets were assembled by Darcy Jennings and Julie Davis.
- ▶ The Book Sale continues to be a successful monthly event. Sherri Lasover, Ann Walker, and Helene Burns work all month preparing for this event. Gina Davies, who will soon be inducted and has a librarian background, has joined the Book committee and is already adding new ideas.

On October 4th and 5th, several Lioness board members will attend the Lions District 24-L Fall Conference in Charlottesville. Our club currently boasts a membership of 92 women and the board members will be there to represent each of you.

MORE—See pg. 3

WHAT DO I BRING CHECKLIST?

Wilderness Food Pantry—Plastic bags, double bagged if possible, which 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

Donalda Lovelace

The Insider's View

Minutes from the
September 26, 2019
BOD Meeting

The meeting of the LOW Lioness Lions Board of Directors was called to order at 7:05pm by President Linda Shnayer. The following 2019-2020 BOD members were present: President Linda Shnayer, Secretary Claudia Low, Treasurers Jean McLallen and Loretta LaTerra, 1st Vice President Jayne Owiesny, 3rd Vice President Ellen Bearden, Tamers Rani Manhard and Ann Wood, Membership Mary Szadvari, Tail Twister Donna Steffensmeier, Directors Gail Stoner, Betty Beck and Barbara Francis and Immediate Past President Donalda Lovelace.

SECRETARY'S REPORT: The minutes from the August 22, 2019 Lioness Lions Board of Directors meeting which were previously distributed were approved. Motion made by Ellen Bearden and seconded by Jayne Owiesny.

TREASURER'S REPORT:

- The Administrative Budget was presented and accepted for audit.
- The Foundation Budget was presented and accepted for audit.

Officer's Reports:

President: Linda Shnayer

- Due to upcoming surgery, Claudia Low has requested to be put on Member At Large Status for approximately two months. Motion passed by the entire BOD.

2nd Vice President: Ann Walker

- The Lionesses delivered a carload of donations as well as \$170.00 to Safe House. They were most appreciative. The new director and staff have also expressed an interest in coming to one of our dinner meetings to talk about Safe House. We will pass along this information to Theresa DiCicco our program coordinator.

3rd Vice President: Ellen Bearden

- All the plans are in place and volunteers identified for the annual Halloween on the Point. We have a lot of candy left from the Sock Hop that will be given out to the children.

Immediate Past President: Donalda Lovelace

- The Zone Meeting was held on September 18 at the LOW clubhouse. The LOW Lions were the hosts for the meeting. We had five of our LOW Lionesses attend the meeting.
- The Fall Conference will be on October 4 & 5 in Charlottesville, VA. There will be great educational opportunities at this conference. Donalda would like as many Lionesses as possible to attend.

Membership: Mary Szadvari

- There will be an article in Lake Currents about the upcoming sales of the White House Ornaments. We have received three hundred White House Ornaments. The price will remain the same, \$21.00 each. The ornaments will be available at the November dinner meeting.
- We will have three new inductees to be installed, and possibly a fourth installed at the November meeting.

MORE—See Pg. 3

Minutes for the September 26, 2019 Board of Directors Meeting (Cont'd)

Tamers – Ann Wood and Rani Manhard

- We are constantly having problems with the microphone used by our members and our guests. It is very embarrassing to have this continuing problem. Theresa DiCicco has found a source that has donated a system that we can use that will connect to the system in the dining room.

Other Business:

Directors: Gail Stoner, Betty Beck and Barbara Francis

- There will be a mixer at the November 2019 dinner meeting.

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting adjourned at 7:47pm. Motion made by Barbara Francis and seconded by Jayne Owiesny.

Respectfully submitted,
Claudia Low
Secretary

Reminder: There will not be a Lioness Lions Board of Directors meeting in November. The December meeting will be held on December 5 instead of December 26, 2019.

President's Corner (Cont'd)

In October, Mary Szadvari will begin selling White House Ornaments at our dinner meeting. The price remains \$21.00 each.

Led by Ellen Bearden, we will again participate in Halloween on the Point. A special thanks to Janite Hamilton and her daughter for providing the candy (left over from the Sock Hop).

At our October dinner meeting, you will receive your 2019-2020 Member Handbook. Christine Getty has again done an outstanding job coordinating the completion of this handy Lioness resource.

Congratulations to Claudia Low, our Lioness Lions Club Secretary, for receiving a Certificate of Excellence from the Lions International President for successfully completing the online Lions Club Activity Reports for 2018-2019. This is a major accomplishment for a Club Secretary and takes an enormous amount of coordination with each committee each month.

October observances include National Adopt a Shelter Dog Month, Breast Cancer Awareness Month, Blindness Awareness Month, Domestic Violence Awareness Month, Fire Prevention Day and Week (6th-12th), White Cane Safety Day (15th) and, of course, Halloween (31st).

We encourage each member to come to our October dinner meeting in costume



So many fantastic events are still to come to include Christkindlemarkt, Orange County Toy Box Drive, Amore Dinner Dance gala, and Spring Craft Show. Should you like to participate in these events, please contact the appropriate Chair or Co-Chair. No matter how much or how little you involve yourself in our club's activities, you are sure to receive a blessing of friendship and fun.

"Individually, we are one drop. Together, we are an ocean". Ryunosuke Satoro

Lioness Lions Committees & Activities

Ice Cream Social

By Lioness Jayne Owiesny

Our happy volunteers at the Child Help ice cream social on September 23rd.



October Speaker

By Lioness Theresa Diccio

Dr. Alex Kieger is an Interventional Radiologist with the Vascular Institute of Virginia (VIV), with offices in Woodbridge and Fredericksburg, VA. VIV is a multi-specialty group providing treatments for a variety of conditions including venous disease and arterial disease, dialysis access for kidney failure, men's & women's health, and interventional oncology. One of the services that Dr. Kieger offers is treatment for chronic venous insufficiency, which is more commonly known as varicose veins.

Chronic venous insufficiency affects an estimated 40% of people in the United States, and most commonly presents as varicose veins or spider veins. Symptoms can include leg swelling, aching, heaviness, itching, burning, or throbbing. The team at VIV offers complete diagnostic and minimally-invasive treatment options in their state-of-the-art facilities. Procedures are performed in a minimally invasive manner without the need to take time off work or limit regular activities. Dr. Kieger will be discussing varicose veins from a medical perspective, and he will answer any questions you may have about VIV.

September Inductees

Inductees at the September Meeting—Information will be sent at a later date.



Lioness Lions Committees & Activities



HOLLYWOOD
Casino
AT CHARLES TOWN RACES

Thursday, November 7, 2019

\$38.00 (checks made out to LOW Lioness Lions)

7:45 AM	Bus Leaves Lower Level of Clubhouse
9:45 AM	Bus Arrives at Casino
2:45 PM	Bus Departs Casino
4:45 PM	Bus Returns to Lower Level Clubhouse

\$20 Free Play from Casino! 50/50 Raffle!

For more information, contact Mary Ryan at 972-9392 or email maryryan7040@yahoo.com.

50/50 raffle proceeds benefit The Wilderness Food Pantry

A festive holiday-themed graphic featuring a variety of Christmas ornaments hanging from red ribbons. The ornaments include a small red sphere, a red sphere with a white snowflake pattern, a large red and white striped sphere, a red sphere with a gold anchor and 'NAVY' text, a silver sphere, a large red bow, a silver and gold striped sphere, a red sphere with a white snowflake pattern, a small red sphere, a large red sphere, and a small red sphere. Below the ornaments is a green and gold helicopter with 'WHITE HOUSE CHRISTMAS 2019' written on its side. The helicopter is decorated with a white star and stripes on its tail and a small wreath on its front.

In 1957, Dwight D. Eisenhower became the first president to employ a helicopter while in office. Eisenhower's embrace of air transport, including helicopters, forever changed how America's chief executive conducts the nation's business.

is selling the 2019 White House Ornament for \$21.00

Please contact Mary Szadari at 540-972-4572

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Lioness Lions Committees & Activities

October 2019						
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
 Oct 4— Wilderness Food Pantry
 Oct 4&5—Lions Fall Conference
 Oct 9—Wilderness Food Pantry
 Oct 10—Dinner Meeting
 Oct 18—Wilderness Food Pantry
 Oct 24—Board Meeting
 Oct 26—Book Sale
 Oct 26—Wilderness Food Pantry
 Oct 31—Halloween on the Point

November 2019						
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
 Nov 1—Wilderness Food Pantry
 Nov 7—Hollywood Casino Trip
 Nov 13—Wilderness Food Pantry
 Nov 14—Dinner Meeting
 Nov 15—Wilderness Food Pantry
 Nov 30—Book Sale
 Nov 30—Wilderness Food Pantry

December 2019						
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
 Dec 5—Nov/Dec Board Meeting
 Dec 6—Wilderness Food Pantry
 Dec 11—Wilderness Food Pantry
 Dec 12—Dinner Meeting
 Dec 20—Wilderness Food Pantry
 Dec 28—Wilderness Food Pantry
 TBD—Christkindlemarkt

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

Halloween on the Point—Ellen Bearden, 972-9595

Hollywood Casino Trip—Helene Burns, 412-0798

Christkindlemarkt—Gail Stoner, 388-2540

From the Tamers

By Rani Manhard and Ann Wood

The Lake of the Woods Lioness Lions Club September 10th 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, September 7th 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
Served Garden Salad
with Garlic Ranch &
White Balsamic
Dressings
Pork Loin Medallions
Green Beans w/ red
peppers & almonds
Sweet Mashed Potatoes
Rolls & Butter
Apple Pie w/whipped
cream

Alternate Meal
Stuffed Butternut
Squash

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

Ahhhh.....

The sight of turning leaves, and
The brisk morning breeze!
All things of beauty are in season!
WELCOME OCTOBER!

Greeters:
Nancy Johnston
Julia Davis

LOW Lioness Lions 2019-2020 Calendar

Oct 10	Dinner Meeting
Oct 24	BOD Meeting
Oct 26	Book Sale
Oct 31	Halloween on the Point
Nov 7	Hollywood Casino Trip

Happy Birthday Lioness Lions

October 5	Joyce Morlan	October 24	Debby Attiliis
October 10	Kathy Fish	October 29	Ellen Ambroziak
October 15	Diane Ogranovitch	October 31	Suzanne Herr
October 23	Kathy Merritt		

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.)

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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