

LAKE OF THE WOODS LIONESS

LOW DOWN

Volume 25, Number 3—September 2009



President's Corner

By Lioness Pat See, LOW Lioness President

*The fragrance always remains
on the hand that gives the rose.*
Gandhi

According to Wikipedia the phrase "dog days of summer" refers to the hottest, most sultry days of summer. In the northern hemisphere they usually fall between early July and early September. Yikes, we are there!!! I don't know about you, but I am ready for a little cooler weather. I am ready for the brilliant colors of fall. I still want to swim during the day in the comfort of a warm (not hot) sun and enjoy the cool evenings warmed by the comforts of an oversized sweatshirt.

Last Friday I had the pleasure of joining our Childhelp Lioness Chairperson, Zoila Ortega, along with Linda Fisher and Ann Walker in a tour of the Childhelp facility in Lignum. As part of the tour, we were taken through the dormitories where the children reside, the medical facility, the building where the children are processed in, as well as many other significant

sites. Another tour will be arranged next spring. I highly recommend this tour to all of you. As your know, the Alice C Tyler Village of Childhelp is a safe and secure residential treatment facility providing a continuum of healing services for severely abused, neglected, and at risk children. Where appropriate, the children receive physical, mental, emotional, and spiritual rehabilitation.

The following is an excerpt from the Childhelp internet site, written by a woman, Connie Mercado, who was sent to a Childhelp facility as a young girl:

"Imagine a child riding in a car with a social worker whom she hardly knows. To a town that she has never heard of before. Her mother's last words ringing over and over again in her head, 'they're sending you to jail. They're gonna beat you in there.' Imagine, if you will, this child getting out of the car with that social worker, walking up a huge set of stairs. Her little fists are clenched tightly, her heart is racing and tears are filling her eyes. As she walks up those stairs with her head hung low all she can think is

MORE see President pg. 3

WHAT DO I BRING CHECKLIST?

Sheltering Arms — Large trash bags
Laundry and dishwasher detergent
Paper plates and cups
For more information, see page 5

Card Party, Luncheon, and Fashion Show—Donations for baskets. For more information, see page 7

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.

2009-2010 Board of Directors

President

Pat See
103 Windy Lane
Locust Grove, VA 22508
(540) 972-5727

Secretary

Kathi Martin
101 Windy Lane
Locust Grove, VA 22508
(540) 972-5242

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Ann Walker

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Laurel Buongiovanni

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Linda Ogletree

Directors

Pat Confroy
Donna Crawley
Barbara Rakes

Past President

Carol Greeney

Lion Liaison
Tom Walker

The Insider's View

Highlights from the
August 27, 2009
Lioness BOD Meeting

The meeting was called to order by President Pat See, and the Pledge of Allegiance was recited.

Attending were Pat See, Kathi Martin, Ann Wood, Jean Taylor, Linda Ogletree, Donna Crawley, Pat Confroy, Ann Walker, Carol Lee, Betty Girman and Marue Biggs.

Minutes from the July meeting had been sent to the Board by e-mail. Ann Wood moved they be accepted, Ann Walker 2nd the motion, and they were accepted.

The Treasurer's report was accepted and filed for audit.

Co-Treasurer Jean Taylor reported that our banking is done with Wachovia Bank, and we are currently receiving 0.05% interest on our balance. She suggested that we move some funds from the Benevolence Fund into a Money Market account, which would yield .9%. Kathi Martin moved that \$15,000 be moved into the Money Market account. Donna Crawley 2nd the motion, which was passed.

Co-Treasurer Ann Wood requested that all bills be turned in by 2 days prior to each monthly Board Meeting, in order to keep the Treasurer's report up to date.

President's Report:

- President Pat See welcomed Lioness Pat Confroy to the Board, as a Director.
 - Correspondence as follows;
 - * Thank you letters received from Lioness Joyce Hite and the Wilderness Food Pantry for the Lioness donation in memory of Lion Ed Hite.
 - * Lions Zone 24-C Chairman Selvin Powell wrote to advise of the District Conference on Sept. 18-19 in Staunton, and the Zone Meeting on September 22 at Graves' Mountain. A donation was requested for an item to be auctioned at the Fall Conference.
 - Pat See and Kathi Martin will attend the Fall Conference, and Pat See and Ann Walker will attend the Zone meeting. The LOW Lioness Club will donate a "We Serve" cookbook for the auction.
- MORE see Insider pg. 4

"What did I do to deserve this?" Now picture the look on her face as she looks up and sees the words, "All who enter here find love", shining brightly above two enormous wooden doors.

That is my first memory of Children's Village (Childhelp). Not the jail that my mother told me that I was going to, but a safe haven, a place where I could be a child and not have the constant fear that I was going to be hit. The Village is where I was LOVED, unconditionally, and where I was nurtured. It is where I flourished and it is there that I learned that love does not hurt. I survived all that I was put through because I was LOVED. I was loved by people who believe they can make a difference in the life of a child, people like yourself who go out and encourage family and friends that there is a need to abolish this preventable epidemic. At 35 I am the proud mother of four beautiful children. I am raising them with my fiancé and his incredible loving family in Massachusetts."

Connie LeMay has arranged for a speaker (Ann Boyd) from Childhelp to be our program speaker at our September dinner meeting. I have no doubt that this will be a very interesting program that you won't want to miss. Thanks to Zoila for arranging the tour and thanks to Connie for arranging the program.

We are now entering our busy fundraising season. Our next event is the Lions Golf Tournament which is scheduled for September 11th. For those of you, who generously signed up to work this event, please be advised that details of this event are coming soon. Our Fall Lion's Conference is scheduled for September 18th and 19th. On September 25th, our annual Card Party and Fashion Show will be taking place at the Clubhouse. Be sure to purchase your tickets and make your reservations as soon as possible! Jan Lemieux is taking reservations and can be reached at X8888. Sharon Kaltenmark and Maureen Callahan are chairing the event and can answer any of your questions. Sharon can be reached at X2616 and Maureen can be reached at X6883. Bring your card playing or game playing friends or neighbors to this fun event. Last year was my first year attending this event, and I had a great time. I don't even play cards.

Right around the corner, October 2nd, Carol Lee, Chairperson for the book sale, will be conducting the fall book drive. Start digging out those books you've read and want to donate. Also, PLEASE, when going to Costco or BJ's, grab some of the low cut boxes. Arrangements for delivery of the boxes will be forthcoming. The book sale is on October 3rd as part of the Lion's Yard Sale. Our Bake Sale will also be part of the Yard Sale with Emily Slunt and Christine Wyant chairing that event. And then, to top it all off, our October dinner meeting is our District Governor's Visit with District Governor, Lion Norma Shoemaker attending along with our Lioness Club Chairperson, Lioness Doris Lanham.

I would like to take this opportunity to share with you some interesting statistics. The results of your sign ups for activities that were received in our June and July dinner meetings were placed in a spreadsheet that contained your name and year of membership. Accordingly, it turns out that we now have 124 members. Of the 124 members, 52 members (or 42%) have been members for 4 or less years. The remaining 72 members (or 58%) have been members 5 or more years. The 4 years or less membership signed up for 43% of the activities and the 5+ year members signed up for 57% of the activities. Bottom line, as it turns out both populations of membership have signed up equally for activities. You ladies are just amazing!!! Thank you once again for your much needed support.

MORE see President pg. 4

An important note in case you missed it at the dinner meeting. I am so very pleased to announce that Pat Confroy has agreed to be a director on the LOW Lioness Board this year. For you newer members, Pat served as LOW Lioness President during the year 1996-97 and has kept on serving us well ever since.

In signing off, I would like to thank Connie LeMay for an outstanding program at our August dinner meeting. Gregg McCrary was an excellent speaker and the subject of forensic profiling was just amazing.

Stay cool for the rest of the summer. It is my pleasure to serve with all of you. WE SERVE

Insider

from pg. 2

- Martha Grandy requested MAL status, which was granted.
- Resignation letters were received from Ginny Thoms and Betty Soedler. Ann Wood moved that they be accepted with regret, Carol Lee 2nd the motion, which was passed.
- A discussion was held concerning the anticipated Swine Flu outbreak in the fall. Betty Girman moved that the Board investigate prices for sanitizer hand washes to be made available at each table for dinner meetings on a two-month trial basis (September and October) and to be available for events such as the Card Party and Monte Carlo Night. Carol Lee 2nd the motion, which was passed. Kathi Martin will check out prices at CVS and elsewhere.
- Upcoming events – a representative from Child Help will speak at the September meeting – Lion's Golf Tournament September 11 (details to come) –Fall Conference and Zone Meetings – Card Party/Fashion Show September 25 –Book Donations October 2—Lion's Yard Sale October 3 –Monte Carlo Night November 14.
- Books ordered from Gregg McCrary will be available at the September and October meetings.

1st VP report: (Pat See for Marge Howard)

- The Committees for the Card Party/Fashion Show and Monte Carlo Night have been working on these events.
- White House Christmas Tree Ornaments will be sold again this year. Orders will be taken before an order will be placed.

2nd VP report (Ann Walker)

- Safe House is grateful for our donation last month.
- Lioness Connie Buttimer, our liaison with the Lake Youth Foundation, reported that the Junior Rescue Squad idea has been put on hold, and the Orange County Office on Youth is requesting school supplies.

3rd VP report (Carol Lee)

- The Telephone Tree committee has been formed, as requested at last month's Board meeting. Nancy Doseff and Joyce Hite will co-chair. A team of call-captains has been formed. Telephone

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Insider

from pg. 4

calls will be made ONLY to advise of death/funeral arrangements, or in an emergency situation. Lionesses will be asked by callers if they want to be notified by telephone or e-mail. The current e-mail list will remain, to advise of events or any other notice deemed appropriate. In either case, (telephone or e-mail) the sitting President, or, in her absence the 1st VP, must give approval. Betty Girman moved that the Board accept this proposal, effective immediately. Marue Biggs seconded the motion, which passed.

- Notice of the Book Sale is in Lake Currents, and will continue to be in the next issues.

Membership: (Linda Ogletree)

- There are at least 2 applicants, to be presented to the next Board Meeting.
- A discussion was held concerning the requirement that applicants attend two (2) activities before being allowed to join. Ann Walker moved that this restriction be removed from the application, with this becoming the responsibility of the applicant's Sponsoring Lioness. Ann Wood seconded the motion, which passed.
- A discussion was held concerning the need for an "exit interview" for resigning members. Ann Wood moved that they be contacted by telephone by the Membership Director. Donna Crawley 2nd the motion, which passed.

Lioness Committees & Activities

SHELTERING ARMS

By Lioness Norma Ervin

The residents at the homeless shelter in the town of Orange were very grateful for your generous donation of school supplies in July. The cash donations of \$110 came at a very needed time also. Donations to the shelter are really down this summer, and the homeless population is growing. When I delivered the goods, I saw five children under the age of six. These families may be living on the street if the money donations to this center do not improve.

A few weeks ago the air conditioner at the shelter stopped working. This is a very crowded facility with few windows for cross ventilation. Fans were used to help the heat. It was difficult to find a repairman, but one did come and agreed to do the work for the cost of parts only. Our Lioness Treasurer has sent a check for \$200 for these repairs. Their needs this month are large trash bags, laundry and dishwasher detergent, and paper plates and cups. Any supplies will be welcome and as always a check can be made to the LOW Lioness with Sheltering Arms in the memo line. Thank you for your support for this vital community organization.

BAKE SALE

By Lioness Emily Slunt

October 3rd is the date for the Lions Yard Sale, and we have an opportunity to raise funds for Lioness projects with a BAKE SALE. Christine Wyant and Emily Slunt are co-chairs and need you to provide baked goods for the Lioness table. We will be collecting the items Friday evening, October 2nd from 5 p.m. to 7 p.m. in the drive through at the Club House, or you make bring your items to the parking lot site at Germanna Community College by 8 a.m. on Saturday morning. We need everyone to bake. Some of the big and quick sale items are pies and cakes. The yummy brownies and cookies are also favorites. Please commit the time to help us make this event a tremendous success. Thank you.

Lioness Committees & Activities, Cont'd

LIONESS BOOK SALE CONTRIBUTIONS AND SORTING

By Lioness Carol Lee

The fall book sale will be on Saturday, Oct. 3, at Germanna Community College as part of the Lions Club Annual Flea Market. Thank you to everyone who has signed up to work on the book sale. We will be calling you to see what times you would like to help. We will need help on Friday, Oct. 2, between the hours of 10 a.m. and noon and 4 to 6 p.m. at the lower level of the Clubhouse parking lot and on Saturday. On Friday we will be accepting contributions from the public and sorting at the same time. Books will also be available for purchase at that time. On Saturday we will be selling the books and also keeping books in order. We will need trucks and helpers to load books to take to Germanna. We also need lots of tables so we do not have to stoop so much (so much easier on the back). If any of you ladies can talk your husband into helping that would be wonderful. If anyone who has not signed up to help and would like to, please call me at 972-8920. This is one of our biggest fundraisers, and we really need as much help as we can get. I thank you so much in advance.

SAFE HOUSE

By Lioness Betsy Flanigan

The Lioness collection for Safe House at the August dinner meeting was fantastic! You generously gave over \$200 in checks and gift cards, 17 backpacks, 60 notebooks and hundreds of pens, pencils, crayons, etc. The Safe House is very grateful to our club for all these donations. The laundry detergent was also enthusiastically received because they always are in need of this item!

Safe House representatives Sharon Allen and Betsy Flanigan will provide receipts (for income tax deductions) to all who request them at the September dinner meeting.

SHARE AND CARE

By Lioness Jean Stutz

I am happy to report that as of this writing, August 20th, all seems well with most of our Lionesses.

- Our deep and sincere sympathy to Lion Dean Eversmeyer and Lioness wife Ruth on the death of their son, Mike, who passed away from cancer on August 2nd.
- Please continue to remember Barbara Rakes, Pat Berry, Sarah Pitts, and Pat Watterworth in your thoughts and prayers as they continue to struggle with ongoing health issues.
- Doris Velona's son, Skip Groff is at VA hospital undergoing blood transfusions for a as yet undiagnosed disorder. He underwent a bone marrow test on August 26, results to take 10 days or so. Please hold him in your prayers, also.
- Lioness Carol Buck was admitted to MWH for 10 days but is now home. The doctors discovered Carol has a blood clot in her heart, and she is being treated with medication to dissolve the clot. Right now it is just a "waiting game," but she is doing fine.

Please continue to give praise and thanks for the continued good health of our Lionesses and their family members. Acts of support and kindness means so much during these difficult times.

Lioness Committees & Activities, Cont'd

CARD PARTY, LUNCHEON AND FASHION SHOW

By Lioness Sharon Katlenmark

Mark your calendars now for the Lioness Card Party and Fashion Show. The date is Friday, September 25, 2009. This annual event, for the benefit of our Benevolence Fund, will be held at the LOW Clubhouse from 9 a.m. to 3 p.m. Again this year, tickets are \$25.00 per person. Spotsylvania Mall clothier, Christopher & Banks, will present the fashions and Saxon Shoes, a recent addition to the mall, will show shoes and other accessories. They promise that the outfits are just what we will need to update our Fall wardrobes!

We will be raffling off gift baskets filled with many wonderful items and gift certificates. We encourage all Lionesses to bring a donation for the baskets to the September 10th meeting. A few suggestions: theme basket items for an Italian dinner, Christmas or Thanksgiving Holiday, Spa Retreat, gourmet, gardening, or golf. Many of you are very creative and will come up with other great ideas also. Wine is always a wonderful addition to any basket! Please visit local merchants and ask for gift cards, certificates or merchandise. All business donors will be listed in the program and will receive a donor letter for tax purposes.

At the card party, guests may choose to play bridge or other games. Bridge players must sign up with a partner. If you need help finding a partner, please contact Jan Lemieux. All other game players, please sign up as a group so that you will be seated correctly. Tables will be provided also for those who choose to come to enjoy the luncheon and fashion show only.

The clubhouse chef is planning a delicious lunch of a green salad topped with chicken strips and fresh fruit, warm rolls and their delicious chocolate eclairs for dessert. Beverages and sweet snacks will be available throughout the day. There will also be a cash bar.

SPEAKER FOR SEPTEMBER MEETING

By Lioness Connie LeMay

Our speaker for our September meeting will be Anne Boyd on the subject of Child Help. Anne has been very active in Child Help for the past 8 years and has participated in almost every facet in the organization. Most of us know that Child Help exists but this is an opportunity to learn exactly what the organization does.

GREGG MCCRARY BOOKS

By Lioness Connie LeMay

Connie LeMay will have a table set up opposite the registration table to give out the book - "The Unknown Darkness" by Gregg McCrary. She will have the books that were signed up for at the last meeting as well as extra copies that can be purchased for \$10.00.

Lioness Committees & Activities, Cont'd

MONTE CARLO NIGHT

By Lioness Karen Cakouros



Monte Carlo Night is scheduled for **Saturday, November 14th**. It will take place in the Great Hall and Dining Rooms of the Clubhouse from 7 to 10pm. Light snacks will be served and there will be a cash bar. The games will be Black Jack, Roulette, Poker, Craps and Texas Hold'Em. There will be two 50/50 drawings-one midway through the evening, and one just before cash-out. The prize baskets will be great, as always. Be sure to let friends and family know so they can attend this fun-filled event.

Tickets (\$25) will be available at the September Dinner Meeting for those Lionesses who would like to get them early. Please contact Linda Ogletree (972-7713) or Ellen Bearden (972-9595) for ticket sales beginning October 1st.

We will be asking for contributions for the *prize baskets* to be brought to the *October* Dinner meeting. There will be more information at the September meeting regarding what is needed.

Remember, whether you can or can't come, consider sponsoring a table for \$25. Your name and/or business will be displayed that evening and also listed in the Program.

Here is a list of Committee members. You can call always call anyone with questions or ideas.

- Co-Chairs: Carol Greeney and Ellen Bearden
- Signage: Michelle Senft
- Tickets/Programs printing : Christine Getty
- Ticket Sales: Linda Ogletree (972-7713) or Ellen Bearden (972-9595)
- Publicity: Karen Cakouros
- Gift Baskets: Sharon Allen and Beth Sundberg
- Dealers: Millie Davis and Laurel Buongiovanni
- Other Workers: (Ticket takers, cash-out, 50/50 etc.) Corky Thomas, JoAnn Buttimer
- Gift Solicitations/Table sponsors: Jeannie Dietz

Proposal for Membership

The following individual is proposed for membership in the Lake of the Woods Lioness Club, sponsored by the Lake of the Woods Lion's Club, a part of the International Association of Lion's Clubs.



Name _____

Birthdate _____
Month Day Year

Home Address _____

Home Phone _____

Business Address _____

Work Phone _____

Email Address _____

Names of Spouse _____

Is she/he a Lion/Lioness _____

APPROVAL

This invitation has been approved by the following:

Sponsoring Lioness _____

Date _____

Membership Chairman _____

Date _____

Board of Directors _____

Date _____

PERSONAL EXPERIENCE

Employment History _____

Volunteer History _____

Hobbies _____

Special Abilities (music, art, etc.) _____

DUES

There are still some Lionesses who have not paid their dues. Ann Wood and Jean McLallen, Treasurers, will be on hand at the September meeting to collect dues. If you are not able to come to the meeting, and have not paid your dues, please submit dues (\$30) to: LOW Lioness Club. Attn: Ann Wood/Jean McLallen, Treasurers, P.O. Box 811, Locust Grove, VA 22508

From the Tamers

By Lionesses Marue Biggs and Betty Girman

The Lioness September 10 dinner meeting will be held at the Lake of the Woods Clubhouse starting with social hour at 5:45 followed by dinner at 6:30. If you are unable to attend this meeting, are bringing guests, or need a special meal, you must phone Betty Girman, 972-2882, or Marue Biggs (972-5374). The cut-off date is September 5.

Please note the new cut-off date is now five days instead of 10.

Remember "no shows" (members who do not attend and have not called to cancel), and those calling after the September 5 deadline will be billed for their dinner. Dinners are \$16.00.

The September dinner will be seated.

September Dinner

Plated Salad
Herb Roasted Pork Loin
Sweet Potatoes
Green Beans
Rolls and Butter
Carrot Cake

Twister's Corner

By Lioness Laurel Buongiovanni

By all these lovely tokens
September days are here
With summer's best of weather
and autumn's best of cheer

Greeters for September:
You know who you are!!

Remember Sheltering Arms this month.
The tail is twisting-twister's listening.

LOW Lioness 2009 Calendar

September 11 Lions Golf Tournament

September 24 Lioness BOD Meeting

September 25 Card Party and Fashion Show

October 3 Lions Flea Market

November 14 Lioness Casino Night

Happy Birthday Lionesses!

September 1 Joan Mills

September 2 Susan Costanzo

September 2 Carmi Gryniewicz

September 2 Barbara Strain

September 8 Ellen Bearden

September 12 Adele Howells

September 14 Ann Wood

September 15 Nancy Arnold

September 16 Doris Velona

September 17 Hilda Valenta Seary

September 18 Mary Altman

September 19 Betty Beck

September 23 Sue Merna

September 26 Frances Bloss

September 26 Kathi Martin

September 27 Maureen Callahan

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

The deadline for submission of newsletter articles for the October LOW DOWN is September 20. Please forward them either by email, or mail to Gail Hardin, (contact information below). For more information, call Gail.

Address: 1002 Confederate Drive
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.)

Resignations: Betty Soedler
Ginny Thoms

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. Doris Velona, Copy Editor.

Lake of the Woods Lioness

LOW DOWN

PO Box 811, Locust Grove, VA 22508