

LAKE OF THE WOODS LIONESS

LOW DOWN

Volume 31, Number 3 — September 2015



President's Corner

By Lioness Maureen Otero LOW Lioness President

www.lowlioness.org

*"Try to be a rainbow in
someone's cloud"*
Maya Angelou

These last few days have been great, less humidity, less heat, and I've been thinking a good year ahead for us. In September we will be playing cards and seeing some of the latest fashions in clothes and shoes. We will also be hoping to win a beautiful basket, full of surprises. All this on Sept. 25th at the clubhouse.

I've also been thinking of some things I want to accomplish. The first thing on my list is to become proficient using my Voice Recognition System for Navigation, in my car. Apparently, I have a voice that is unrecognizable because I seem to get directions to Pittsburg, even when I want to go to a local restaurant. To follow the instructions in my manual appears to require an advanced degree. I'm going to keep on trying.

Here in LOW the second week in October will be our yard sale. Gently used items and items that have been around the house, that you never use might be an item someone else can use or just wants. This event will take place at the Community Center. I would also like to

take this opportunity to recognize the ladies who work at our monthly book sale. This book sale is every month the last Saturday, except Dec. and Jan. Many Lionesses are supporters of the book sale either through their book donations or their purchase of books.

On Sept. 7th I have been invited to the Annual Board Meeting of

at 10 am at the community center for the presentation of the LOW Honors Awards for 2015. Feel free to attend.

Again, thank you for the wonderful work you do for LOW and the surrounding community.

WE SERVE!

DUES

If you haven't paid your dues, please bring a check for \$30 made out to LOW LIONESS to the September dinner meeting or mail it to : LOW Lioness Club, Attn: Norma Ervin/Barbara Tomayko Treasurers,

CARD PARTY & FASHION SHOW RESERVATIONS

NOT TOO LATE — Jam LeMieux is still taking reservations . She will be at the September dinner meeting to take reservations and accept checks.

LOW Association Inc.

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.

SAFE House — See Pg. 3

Items for Baskets for Card Party & Fashion Show

The committee has plenty of baskets, but is still in need of items to put in the baskets. (e.g., gardening, romantic dinner, kitchen, golf, tennis, automobile, spa, books, movie night, gourmet food, etc.)

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
Ellen Bearden
Nicki 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
August 27, 2015
BOD Meeting

ATTENDANCE: Maureen Otero, Barbara Hernan, Norma Ervin, Barbara Tomayko, Kathi Martin, Michelle Senft, Melissa Daly, Nikki Buell, Sherri Lasover, Arlene DeSimone and Donalda Lovelace

CALL TO ORDER: Meeting was called to order by President Maureen Otero at 7:04pm.

MINUTES: Minutes of the July Board of Directors meeting were accepted with no corrections.

TREASURER'S REPORT: Barbara Tomayko and Norma Ervin presented Benevolence and Administrative Fund Reports. A few outstanding dues remain. Reminders will be sent in September. The Treasurer's Reports will be filed for audit.

President's Report:

- President Maureen read a thank you letter from the Virginia Lions and Research Institute.
- President Otero received a letter of resignation from Diane Weller. The board accepted her resignation with regrets. The board accepted the following changes of status of membership, Lioness Christine Getty and Joan Litschert requested Affiliate Status with Lioness Judy O'Neill requesting MAL status.
- Planning is underway for the House Tour which is scheduled for December 12th.
- Lake of the Woods Association, Honors Award Committee has asked Maureen Otero to attend the Annual Meeting of LOWA Membership to represent the Lioness Club generally this means the club will be acknowledged.
- District 24-C Lions Conference is scheduled for September 11-12 2015 Lionesses are encouraged to attend.
- 2nd Vice Governor Selven Powell will be coming to our November 2015 meeting representing the District Governor.

OFFICER'S REPORT:

- 1st Vice President Barbara Hernan will be investigating another game charity for us to consider at the next meeting.
- Directors- Sherri Lasover reported that there will be a "Mixer" conducted at September's meeting.

COMMITTEES

Membership Committee: Kathi Martin reported there will be an Induction of new member(s) in December.

Excursion Committee: Kathi Martin and the board had a discussion about the next planned excursion trip in Richmond. Brief discussion of a trolley ride to five wineries was considered. There did not appear to be overwhelming support due to price point, logistics and general comfort of seats of the Trolley.

NEW BUSINESS- Norma Ervin, Community Outreach discussed a free clinic to be opened in Orange, called the Living Water. It was decided that we would encourage donations from the Lionesses.

Exercise Group: A request for the sponsorship of an exercise group was tabled until the next meeting.

There being no further business the meeting was adjourned at 8:05 pm.

Lioness Committees & Activities

Child Help Ice Cream Social

By Lioness Carolyn Gordon

The Child Help ice cream social will be Wednesday, September 9th from 1:00-3:00 p.m.

MEET AT THE LOWER LEVEL OF THE CLUB HOUSE AT 12:15 P.M.

SAFE House Collection

By Lionesses Phyllis Sakole and Susan Costanzo

We will be collecting donations for SAFE House at our September meeting. Suggested needs include powdered detergent, liquid dish soap, bleach, paper towels, trash bags (any size) and other paper products.

If you aren't able to shop, please consider donating a check made out to S.A.F.E., with "LOW Lioness" in the memo line.

PLEASE NOTE: DO NOT make the check out to the Lioness Club as it requires us to have the Treasurer of the Club issue another check.

I will be parked in front of the Club House for collection before the September meeting.

Thanks, as always, for your generosity toward those less fortunate and the organizations providing them crucial support.

September Mixer

By Lioness Pat Berry

Have we got a "deal" for you! Think cards and Card Party. For the September dinner meeting we are highlighting the yearly Card Party, so each person will draw a card, any card, from the basket when you enter and then track down the table showing that card on the center piece. This will certainly be a night for the Lioness high rollers.

September Program

By Lioness Carolyn Gordon

The speaker for the September meeting is Mary-Jane Atwater who is with LOWLINC.

Children Needed for Fashion Show

By Lioness Bonniebeth Foltz

The Fashion Show Chair is looking for a couple of children, ages 4-9, that would be available for our Fashion Show on September 25th. If any Lioness knows of a child, male or female, that would be interesting in being in our Show (no experience needed!), please contact Bonniebeth Foltz at email bbfoltz@msn.com or call 540-604-4840.

Lioness Committees & Activities

Share and Care

By Lioness Ann Walker

- Claudia Low had surgery for ruptured discs in her neck at the end of June and is doing much better now.
- Cathy Rainey had hip replacement surgery on August 18; she is home, doing well, and receiving physical therapy.
- Barbara York had a pacemaker inserted on August 24 and all went well.
- Judi O'Neill is having hip replacement surgery on August 31. She also asks for our prayers for her daughter, Heather, who is having serious health difficulties, involving her heart and kidneys.

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

LOW Yard Sale

By Lioness Linda Shnayer

On October 10, the LOW Lioness Club will participate in the LOW Yard Sale to be held at our Community Center. This is the perfect time to begin cleaning out your basement or garage before the holiday season. More details will be in the October newsletter.

Did You Know—Pat Confroy

By Lioness Elaine Freeland

How we all savor the opportunity for our children and grandchildren to experience those special times we did as children! Pat Confroy does so every other year when descendants of her mom and dad gather in western Pennsylvania and enjoy a long weekend on family property where she played as a child. Her father, a victim of polio, would not allow his 4 children to swim in the public pools. So, he bought 16 acres of land outside of town and built a pool and cottage. This summer 98 family members met. Some pitched tents, but others, including Pat, stayed in town. On Sunday the local parish priest had an outdoor mass for the family on the property. Her younger sister, a recently retired kindergarten teacher who lives nearby, ensures the grounds are in pristine condition.

The daughter of a small town family physician and a nurse, Pat grew up northeast of Pittsburgh in St. Marys, Pennsylvania. The family's home was located in the middle of town with her father's office at the edge of the property. One of her favorite memories of childhood was to make house calls with her dad – at 4:00 when he closed the office each day. She would sit on the patient's steps with a book, or stay in the car at her father's bidding for serious situations. Pat was a Girl Scout as well as an athlete playing basketball, softball and volleyball. Her volleyball team went to the division championship. Volunteering

MORE — See Pg. 5

Did You Know — Pat Confroy (Cont'd)

provided guidance for her college years. As a Candy Striper at the hospital, she particularly enjoyed and took notes from the facility's dietician who taught her about healthy foods and how to control her weight.

Pat attended Seton Hill College, Greensburg, PA, where she majored in Hospital Dietetics. She did internships for private service at Georgetown Hospital and for Public Health Service at the Marine Hospital on Staten Island, NY. Upon graduation, Pat had to make a decision – attend graduate school in Ohio or marry Jim, the budding chemist, and move to New Jersey. She chose to marry Jim Confroy, a friend of her brother's at nearby St. Vincents College, fondly called 'The Little Boy's School.' The year was 1953.

While living in NJ, Pat was the team mom for the two Pee Wee football teams of her sons Mark and Joe and was Girl Scout Leader. When she was Cookie Mom, and unbeknownst to her, the sons helped themselves to 25 boxes of cookies!

After nineteen years of marriage and the birth of 7 children, the family had an 'opportunity' to move to Puerto Rico for a 1-year assignment where Jim was responsible for the construction and management of the Schering-Plough Corporation manufacturing facility for pharmaceuticals. Christine, the oldest daughter and rising high school senior, stayed in the United States. Mary, the fourth child, was most upset with the move. In Puerto Rico, Pat served as president of the Welcome Wagon and treasurer for AAUW. She was also involved in the children's activities where she taught CCD with daughter Patty's assistance, was Cub Scout Den Mother and served as the Team Mother for son Jimmy's basketball team. In her free time, Pat and her husband learned to play golf which she continued to enjoy until just a few years ago. That 1-year assignment turned into a 10-year stint. The entire family loved living in San Juan and experiencing the outdoor adventures that were available. Mary, who did not want to leave New Jersey, was the most unhappy when the family left Puerto Rico for New Jersey. Pat and Jim returned to Puerto Rico for a short assignment after living near Miami. All but one of the children were independent by then. Tommy, the youngest, was a college student. When another 'opportunity' to move to China was offered several years later, Jim chose retirement.

Pat and her husband were enticed to Lake of the Woods by the mother-in-law of daughter Mary. The mother-in-law is Hilda Seary Valenta. Pat joined Lioness in 1993 with Doris Velona as her sponsor. She met Doris shortly after moving to the Lake during a game of Bridge. Having served as president of Welcome Wagon in New Jersey, Florida, and Puerto Rico, Pat was a natural to become Lioness president (1996-1997) and serve as chair of the Card Party. She smiles when she talks of her year as president. Not only did she enjoy serving the community, she enjoyed the camaraderie with the Lionesses. One of the highlights was the Easter Fashion Show where each Lioness fashioned and modeled her hat. She has served as treasurer of the Ladies Auxiliary for St. Patrick Parish.

Jim, an active Lion, passed away 5 years ago. All of the children live within a day's drive of their mom at the Lake. They are Christine in NJ, Jim in NC, Patty in OH, Mary in Ashburn, VA, Mark in OH, Joe in NC and Tommy in OH. Additionally, there are 15 grandchildren and 2 great grandchildren. The daughters took advantage of that close proximity in August when they entertained Pat at the beach for a week.

From the Tamers

By Ellen Bearden and Nikki Buell

The Lake of the Woods Lioness Club September 10th 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, 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 \$17.00 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

House Salad
Sweet Potato Crusted Cod
Broccoli
Red Bliss Potato
Carrot Cake
Coffee & Tea

Vegetarian Menu

Pasta Primavera
Plus sides from the buffet

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

Have you ever wondered about the history of our part of Orange County? So much has taken place here in our area from Alexander Spotswood's Germanna settlement in 1714, the Wilderness Battle May 5-7, 1864, to today with our little "slice of Heaven", Lake of the Woods.

Your trivia questions for September are:

1. How did Locust Grove get it's name?

2. What is buried at Ellwood Manner?

Bonus: Who was Carl? (from LOW)

Our greeters for September

Flo Clarke

Emily Slunt

LOW Lioness 2015-2016 Calendar

Sept. 10 Lioness Dinner Meeting

Sept. 24 BOD Meeting

Sept. 25 Card Party & Fashion Show

Sept. 26 Lioness Book Sale

Oct. 10 LOW Yard Sale

Dec 12 Christmas House Tour

Happy Birthday Lionesses!

| | | | |
|---------|---------------------|----------|------------------|
| Sept 1 | Joan Mills | Sept. 18 | Donalda Lovelace |
| Sept 2 | Susan Costanzo | Sept 19 | Betty Beck |
| Sept 8 | Ellen Bearden | Sept 19 | Bonita Doubleday |
| Sept 9 | Melissa Daly | Sept 23 | Sue Merna |
| Sept 14 | Ann Wood | Sept 26 | Frances Bloss |
| Sept 17 | Hilda Valenta Seary | Sept 26 | Kathi Martin |
| Sept 18 | Mary Altman | Sept 28 | Mary Szadvari |

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

Please get information and articles for the October LOW DOWN to me by September 26th or as soon thereafter as possible. Sept. 29th is the deadline for submissions for the newsletter. 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.)

Resignation:

Diane Weller

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.

Lake of the Woods Lioness

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