

LAKE OF THE WOODS LIONESS LIONS

LOW DOWN

Volume 34, Number 3 — September 2018



President's Corner

By Lioness Lion Linda Shnayer LOW Lioness Lions President

www.lowlioness.org

I have a hat. It is graceful and feminine and has a wide brim with a red ribbon around the band. People are generous with their compliments. Someday I may get up enough courage to wear it, instead of carrying it. From "Women Who Wear Hats Stand Heads Above the Rest" by Erma Bombeck



September marks the end of the Summer and beginning of Fall. A very busy time for Lioness!

At our September dinner meeting, we will celebrate International Women's Friendship, Fall Hat, and National Service Dog Month. How, you might ask, can a package of friendship, hats, and dogs be celebrated and wrapped together? Easy....

September is the time to put away straw hats of summer and pull out the warmer ones for fall and winter. It's time for crocheted hats, felt hats, Stetsons, and other such headgear. So dust off your fall hats (to include Red Hats and fascinators) and wear them to acknowledge the amazing Lioness friends in your life. Our Lioness friendships often top off our confidence and provide a soft landing spot on a hard day or when experiencing difficult times. The women friendships we've made in the Lioness have helped us all be our individual best — and collectively heads above the rest!

In celebration of National Service Dog Month our speaker, Jim Purton, is from Canine Companions. Jim will bring a canine friend and share stories about service dogs and how they change lives.

At the end of August, Nicki Buell and several others served as the Hospitality Committee for the LOW Concert on the Point season finale. It was the perfect evening; pleasant weather, great band, and energized crowd. Nicki will share the raffle sales at our dinner meeting.

We've received the first shipment of 2018 White House Ornaments. This year's ornament is in honor of President Harry Truman. Mary Szadvari will have them available for early purchase at our September dinner meeting. The cost remains at \$21 each.

Imagine the surprise of all the Lioness working at our monthly Book Sale when Congressman Dave Brat stopped by for a tour. He was quite impressed with our used book sale and the contributions the Lioness' have made to our community over our 31 years of service. Before leaving, he offered to send us his fiction and non-fiction books.

On September 28th, we will host the Lioness Card Party, Luncheon, and Fashion Show. Jan Lemieux, Val Protiva, Carol Greeney, Janet Himmelberger and many other Lioness, have worked hard to make this a truly memorable day. Form your card tables

Cont'd—See pg. 3

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

**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
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Tail Twister

Jonnie Feterle

Membership

Arlene Rich
Doris Williams

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Carol Greeney

Past President

Donalda Lovelace

The Insider's View

Minutes from the
August 26, 2018
BOD Meeting

ATTENDANCE: Linda Shnayer, Claudia Low, Jean McLallen, Jayne Owiesny, Ann Walker, Sharon Thornton, Marian Rood, Jonnie Feterle and Arlene Rich

CALL TO ORDER: President Linda Shnayer called the meeting to order at 7:00PM

SECRETARY'S REPORT: The July 26, 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:

- Update on the Lioness Handbook. The handbook is at the printer and will be distributed at the September meeting. Christine Getty has done a great job.
- There will be another joint (Lioness and Lions) fund raiser at Harrys Ale House, tentatively scheduled for November 19, 2018. All proceeds will go to Wilderness Pantry.
- Discussion was had on addressing the few area concerns resulting from the LOW Lioness Lions Assessment. It was agreed to form a committee to address ways to increase membership.
- Everyone was reminded of Concert on the Point the next evening.
- At our September meeting we will be celebrating National Hat month and National Friendship month. Please wear your favorite hat.

OFFICER'S REPORTS:

2ND VICE PRESIDENT: Ann Walker

- SAFE House – there will be a collection of specific items that are needed at SAFE House, please check in the LOWDOWN. Added to the collection will be 50 bras and school supplies.

3RD VICE PRESIDENT: Sharon Thornton

- Reminded everyone about Halloween on the Point. Sharon will have a table all decorated so we can hand out candy.

TALL TWISTER: Jonnie Feterle

- It has been decided that the "Brag Lion" will go into hibernation for a few months.

MEMBERSHIP: Arlene Rich & Doris Williams

- We will have four people inducted at the September meeting.
- We are going to limit the bios of the new members at the meeting. A full bio and picture will be in LOWDOWN.

With no further business the meeting was adjourned at 8:05pm

Respectfully submitted
Claudia Low
Secretary

President's Letter (Cont'd)

and reserve your place by calling Jan at 540-972-8888. If you don't play cards, you may also call Jan to reserve a space for only the luncheon and fashion show. The basket and auction items are spectacular!

I hope you enjoy your final days of warm weather. One week in September I will be experiencing the "dry climate" 100+ degree temperatures in Reno, Nevada and Phoenix, Arizona.

Lioness Lions Committees & Activities

Share and Care

By Lioness Jean Ann Daniels

Barbara York is recovering at home after being hospitalized for a collapsed lung and pneumonia.

Scott Williams, Doris Williams' husband, is recovering from a stint put in the major artery in his heart. He is doing well.

Carolyn Gordon's husband, Bill, is scheduled for pacemaker surgery in September.

SAFE House

By Lioness Val Protiva

Services to Abused Families, Inc., S.A.F.E. House, serves the counties of Culpeper, Fauquier, Madison, Orange, and Rappahannock. Our Lioness Lions Club takes up a collection every three months to help supply some of their needs. Happily, we already have 50 bras (from Kathy Merritt's collection) and school supplies (from Claudia Low's collection.). This month we are requesting only 3 items:

1. Shampoo
2. Body Wash
3. Laundry Soap

Please drop off your donation in my red car which will be parked at the front door of the Club House before our September meeting. In advance, THANK YOU!

September Speaker

By Lioness Theresa DiCicco

Jim Purton will speak about Canine Companions for Independence (CCI) at the Sept. 13th meeting. CCI is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships. Jim is the past president of the Lions Project for Canine Companions for Independence (LPCCI), a foundation to create awareness and provide support for CCI. Jim and his wife, Michele, have raised nine puppies for CCI. Their last pup, Prisma, graduated two weeks ago as a Hearing Dog. Jim will provide information about CCI and its mission to provide exceptional dogs for exceptional people.

Jim and Michele Purton are charter members of the Greater Falls Run Lions Club and live in southern Stafford County.

New Members

By Lioness Arlene Rich and Doris Williams

The following new members were inducted at the August meeting:

Jan Stockman
300 Birchside Circle
540-755-2696
Email: red_ryder98@hotmail.com
DOB: January 16

Lynne Travis
133 Eagle Court
703-999-9585
Email: Lynnehbt@hotmail.com
DOB: December 20

Lioness Lions Committees & Activities

Card Party Treats

By Lioness Millie Davis

Please remember to provide treats and snacks (mini-muffins, brownies, etc.) for the card party,

You may bring them to my home (401 Wakefield Drive) before September 28 or VERY EARLY to the Clubhouse the day of the event.

This is one of our largest fundraisers and many in LOW look forward to attending. Sign-up sheets **will be available at our September meeting, Thanks for your help!**

New Committee

By Lioness Linda Shnayer

Is our Lioness Club Keeping Our Community Service a Secret?

Based on our Lioness Assessment Survey results, published earlier this year, only 60% of our responding members felt we are at the optimum size for our current community service and fundraising projects. To address this concern, a new short-term committee will be formed to explore marketing ideas and tools to improve our visibility in the community. It's anticipated the committee results will assist us with promoting our Club and inviting new members.

If you've often thought we don't do enough to promote our amazing Club, plan to attend a committee kick-off meeting on Monday, September 24th, 1PM, at Fairways. Please RSVP if planning to join the committee. Should you be unavailable for the meeting but have ideas to share, please feel free to call me @ 412-1021 or Email @ Lshnayer@hotmail.com.

Survey results are posted at www.lowlioness.org.

Day Trips and Excursions!

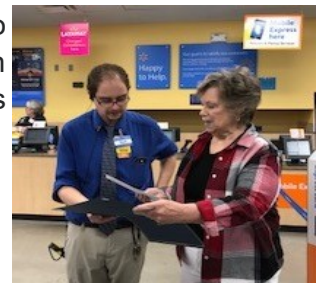
By Lionesses Joyce Morlan and Wendy Gwaltney

The Fall Foliage Trip is full...and paid for! Thank you for your interest and promptness! The White House Tour is also full. Payment will not be due until we find out the date issued to us. At that time, you will be called and please, please get your money in within the following 7 day window afforded us by the US Government. This will secure our spot. The Christmas in New York City trip in December still has space available. We need about 10 more sign-ups. If you haven't signed up and think you might enjoy this trip (It is EXCELLENT, BTW...I was on it 2 years ago!) let Joyce (jmorla@ilstu.edu) or Barbara Ehlen (wisecruiser@hotmail.com) know. If you know others not in Lioness who would enjoy it, they can let us know too. Let's make this trip a GO! :)

School Supply Drive

By Lioness Linda Shnayer

Claudia Low, LOW Lioness Secretary, presented a Certificate of Appreciation to Sean O'Malley, Assistant Manager at Walmart, for his exceptional support with our School Supply Drive. Thanks in large part to Sean's support, the Lioness were able to stuff 24 backpacks with children's supplies.



Lioness Lions Committees & Activities

Stamps for the Wounded

By Lioness Linda Shnayer

Founded in 1942, Stamps For The Wounded is a service activity of the Lions and claims the support of every US President since its founding. It helps thousands of patients through occupational therapy programs in both veterans hospitals and convalescent centers nationwide.

What Can Stamps Do?

Miracles, almost. Stamps can give bedridden patients, long-treatment patients, and convalescent patients, a consuming interest to fight boredom, loneliness, frustration, futility, and despair. Patients can sort and mount stamps without effort as they lie in bed. If they are ambulatory, or even in a wheelchair, they can pass happy hours soaking stamps and mounting them in albums. Even the far withdrawn, mentally disabled patient takes pleasure in using the more common stamps to make fanciful greeting cards, or to cover decorative boxes in organized therapy sessions.

What Stamps Do They Want?

Stamps For The Wounded accepts both domestic and foreign stamps – old or new - that are not torn or damaged, as well as stamp collecting supplies and tools. They request that each stamp retain a 1/4" border around the stamp for handling purposes, so do not remove them from the envelope paper. You may even donate the common stamps from mail you receive. These stamps are used for art projects such as decoupage, 'painting' using bits of stamps, and other crafts.

Lioness Nancy Johnston has volunteered to lead this worthwhile outreach program to support our Veterans. Brochures will be available at our next dinner meeting.

Women Supporting Women (Bras Delivered)

By Lioness Linda Shnayer

Four tubs, totally 327 bras, were delivered at the end of July to the Remote Area Medical Health Fair in Appalachia. Led by Kathy Merritt, this Lioness community service project contributed to a total of approximately 800 bras, sizes 36 to 52, available for the less fortunate women in this poor region. A special thank you to Kathy for leading this new service project and Lion Sue Simmons for delivering the bras.



Child Help Auxiliary Raffle

By Lioness Karen Cakouros

LOW Child Help Auxiliary is raffling a hand made queen size quilt. Tickets are \$5 for one ticket and \$20 for 5 tickets. Contact Karen Cakouros at 972-9043 or karencak@comcast.net for tickets or with questions.



Lioness Lions Committees & Activities

Did You Know—Kathy Fish

By Lioness Mary Simmons



Kathy is from the “sky-tinted water” state or Minnesota as it is commonly known. A graduate of the College of St. Scholastica (Kathy admits that is a mouthful!!) in Duluth Minnesota, Kathy met her future husband Bob in college. Bob was career Air Force and while he was on active duty the family lived in Florida, Colorado, Minnesota, Winnipeg, Manitoba and North Bay Ontario where Bob was part of an exchange program. Bob’s assignment to the Pentagon brought the family to Northern Virginia, his final Air Force assignment. Though all the places they lived were interesting, the time in Canada was most memorable, and to this day one of their favorite travel destinations is Canada.

A dedicated educator, Kathy spent 15 years teaching special education preschool at Keene Mill Elementary in Springfield, VA and 7 years as a special education teacher at Belvoir Elementary, Fort Belvoir, VA. While Kathy was teaching locally, Bob was commuting to the Pentagon and other DC area locations for his job. He became a slug line regular and Kathy delights in telling folks not “native” to Northern Virginia about the local, and very unique, custom of “slugging”.

Lake of the Woods (LOW) property owners since 2006 they’ve been residents since 2007. Wanting to downsize from their home in Burke, VA, they started looking at locations. Though Colorado was considered early in the search, with their son in Arlington, VA and the daughter and grandkids in Ashburn, VA proximity to family became a priority. LOW won out over other contenders like Lake Anna and Fawn Lake. It didn’t hurt that they already had friends here at the Lake or that the day they chose to drive around and look at houses was a sunny, nice day which showed LOW at its best.

In early retirement they “took to the road” for six years, traveling the USA with their fifth wheeler visiting locales which included Alaska, Texas, and other points in the Southwest, Montana and Florida. Though they loved the lifestyle, the challenges of driving such a large vehicle finally led them to sell it. But, the 2012 sale of the fifth wheeler didn’t slow them down! Sans fifth wheeler, they use timeshares and a regular vehicle to continue their travel and explorations.

Their travel escapades continue with a planned Fall 2018 trip to Cape Breton, Nova Scotia, Canada. En-route to Cape Breton they’ll stop in the Adirondacks to visit Bob’s family and in Plattsburg, NJ to see friends. During that trip, while Bob and a buddy are fishing, Kathy will connect with an old friend and they’ll enjoy exploring the countryside with scenic drives and checking out local venues such as knitting and quilting shops, ceilidhs, and local arts and crafts. They may even do a bit of hiking!

Though frequent travels and adventures limit time here at the Lake, while Bob is off playing pickleball, Kathy is engaged with a variety of projects which include working as a regular at the Wilderness Food Pantry (she admits to drafting Bob to help with pantry activities), playing bridge, knitting and volunteering for the Christkindlmarkt. She divulged she is “consistently inconsistent” when it comes to her water aerobics class—which she thoroughly enjoys when she does attend!

Kathy is a bridge aficionado, and her goal is to play every week. While she learned how to play in college, lessons with our own Jan Lemieux helped to hone her skills and she is passionate about the game.

Kathy and Bob are enjoying living here at the Lake. She and Bob celebrated their 50th anniversary in June with a fete in Winchester which was engineered by their children.

Kathy credits Lionesses Carleen Delio, Joyce Morlan and Julie Phend for recruiting her into the LOW Lionesses club. Kathy finds the Lionesses she’s met since joining the club inspiring. She stressed how much she admires the organization, its members, and their contributions and accomplishments.

And, if you aren’t familiar with ceilidhs, check with Kathy the next time you see her and she can tell you all about these fun events.



**Selven Powell Memorial
GOLF TOURNAMENT**
Lake of the Woods Golf Course

SATURDAY, SEPT 29
1 PM Shotgun Start
11:00 Putting Contest begins

\$65 player before 9/1; \$75 after
includes dinner/prizes

Support Lions Sight & Hearing Programs
and other charitable activities

Register today!

**Pro shop
or call**

540-412-6062

From the Tamers

By Nancy Fogg and Marian Rood

The Lake of the Woods Lioness Lions Club September 13th 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 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,

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: entredeux3@hotmail.com

Marian Rood (540-412-0214 Email: bfrood@earthlink.net

Dinner Mexican Fiesta

- Garden Salad on tables w/rolls & butter
- Spicy beef & chicken fajitas
- Soft flour or hard corn tortillas
- Guacamole, sour cream, black olives, jalapeno peppers, cheddar cheese, shredded lettuce, diced tomato, onion w/salsa
- Refried beans
- Spanish rice
- Churros & Mexican sugar cookies

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

Twister's Corner

By Lioness Lion Jonnie Feterle

The winter is forbidden till December
And exits in March as spring begins
By order, summer lingers through September
In Lakes of the Woods
I know it sounds a bit bizarre,
But in Lake of the Woods
That's how conditions are.

Is a pumpkin a fruit or a vegetable?
When was our charter night held for our Lioness Club?

This month's greeters will be: Val Protiva and Barbara Frances

LOW Lioness Lions 2018-2019 Calendar

- Sept 13 Dinner Meeting
- Sept 27 BOD Meeting
- Sept 28 Card Party, Luncheon, and Fashion Show
- Sept 29 Book Sale

Happy Birthday Lioness Lions

September 8	Ellen Bearden	September 18	Donalda Lovelace
September 9	Melissa Daly	September 19	Betty Beck
September 10	Janite Hamilton	September 19	Bonita Doubleday
September 14	Ann Wood	September 25	Nancy Fogg
September 17	Hilda Valenta Seary	September 28	Mary Szadvari
September 18	Mary Altman		

From the Editor

By Lioness Lions Gail Hardin
Editor, Lioness Lions LOW DOWN

Please get information and articles for the October LOW DOWN to me by September 28th or as soon thereafter as possible. The newsletter will be distributed on or about October 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. 3

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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www.lowlioness.org