



President's Corner

By Lioness Karen Cakouros LOW Lioness President

www.lowlioness.org



**"No one has ever
become poor by
giving:
Anne Frank**

I am continually amazed with the members of our Lioness Club. We had a very busy Saturday, March 28th; the Book Sale at the Ferris Building, The Flea Market/Bake Sale at Locust Grove Middle School, and Distribution (to 50+ families) at the Food Pantry. All areas were fully staffed and most successful. Kudos to everyone involved. We even managed to recruit at least two potential new Lionesses. Special thanks to LOW Ladies Golf Association who donated the unsold items from their silent auction event to our sale, and to LOW Lions for picking up our unsold Flea Market items Saturday afternoon. I am not going to publish the total income for the Flea Market/Bake Sale and the monthly Book Sale, but the amounts are amazing. I will let the chairs surprise you. It was a very profitable weekend!!

As Maureen Otero says, "it's so much fun to be a Lioness". I will add I am so PROUD to be a Lioness.

Our Speaker last month representing St. Jude's Children's Hospital was certainly well received. I had many calls asking for his name and phone number in the Lake. He is Tom Wertz; phone number is 540 972-2310. Thanks to Carol and Flo for arranging the presentation.

I had the pleasure this week of meeting with a reporter for The International Lions Magazine who is preparing a story on our Lion/Lioness Food Pantry. Lion/Lioness Betty Beck and Lions Sue Simmons, Dave Francis, Stan Lasover and myself discussed our history and current operations. She was able to interview some of our clients and seemed truly excited about our efforts in providing such a vital service for the community. Not sure when the article will be published but it will be sometime this year.

We hope to induct new members in June. There is still time to ask a friend to join and fulfill her requirements of visiting two meetings and working in two service areas before joining the Lioness. Kathi Martin will provide you with applications.

We have White Cane Days and our LOW Lioness Golf Tournament coming up soon. The quilt raffle tickets are still available until Mother's Day. Sales are going well. The Germanna Scholarships will be presented in May. It's so rewarding to see the joy on the faces of our FIVE recipients of \$1000 each. June will bring presentation of the High School scholarships for LOW residents and installation of our 2015-2016 Board of Directors.

I think we are all glad Spring is here. Looking forward to some continued good weather. See you April 9th.

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.

Snacks for Locust Grove Elementary School—See pg. 3

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.

2014—2015 Board of Directors

President
Karen Cakouros
106 Tallwood Trail
Locust Grove, VA 22508
(540) 972-9043

Secretary
Donalda Lovelace
1013 Eastover Parkway
Locust Grove, VA 22508
(540) 412-2857

Treasurers
Elaine Freeland & Norma Ervin

1st Vice President
Maureen Otero

2nd Vice President
Mary Altman

3rd Vice President
Linda Shnayer

Lioness TAMERS
Roselynn Edwards
Carolyn Gordon

Tail Twister
Carol Greeney

Membership Director
Kathi Martin

Directors
Pat Berry
Sherri Lasover
Arlene DeSimone

Past President
Beth Sundberg

Lion Liaison
Betty Beck

The Insider's View

Minutes from the
March 26, 2015
BOD Meeting

The meeting was called to order by President Karen Cakouros. Attending were Lioness Board members Mary Altman, Pat Berry, Arlene DeSimone, Roselynn Edwards, Norma Ervin, Elaine Freeland, Carolyn Gordon, Carol Greeney, Sherri Lasover, Kathi Martin, Maureen Otero, and Linda Shnayer.

Minutes from the January meeting had been previously distributed, and the board accepted them as written.

Treasurer's report was accepted and filed for audit.

President's Report - Karen Cakouros

- Correspondence included a thank you note from Locust Grove Elementary for our donation of \$200 to the library to buy extra books and library supplies. We received a request for donation from Orange County After Prom Committee soliciting our support for the "After Prom Celebration". Motion was passed to donate \$100 for the event. We received written notification from Sally Good that she will now be an affiliate member.
- On April 7th, President Karen Cakouros will tape a 3-5 minute presentation for LOW Channel 18 to inform our community about the LOW Lioness Club. The broadcast date is TBD.
- complimentary comments were received regarding the previous dinner meeting mixer.
- Germanna Scholarships will be awarded at the May meeting. Four scholarships have been budgeted, each for a single parent. Thanks to the sale of raffle tickets for Claudia Low's handmade quilt, a fifth scholarship will be awarded to a Germanna nursing student.
- At our June meeting, two scholarships will be awarded for graduating LOW resident high school seniors. One is the Bridge Scholarship and the second is the one-time scholarship provided by the family of Doris Velona.
- A discussion and decision was reached that, due to many Lioness events occurring on the last Saturday of each month, the future March flea market may be moved to another date.

First Vice President's Report - Maureen Otero

- First Vice President Otero reported plans are moving along well for the May 16th Golf Tournament.
- Due to lack of participation, discussion was held regarding eliminating the Neo-natal Baby Cap Committee. Following discussion, a decision was reached, and motion passed, to create a President's Special Projects committee where various items may be created to include "Hats for Troops", shawls for cancer patients, etc. First Vice President Maureen Otero will look for a committee chair.

Third Vice President Report – Linda Shnayer

- Plans are moving along, and registration forms completed, for LOW Lioness participation in the LOW 4th of July parade. We will be asking for participants at the April meeting.

MORE

See Pg. 3

Tamers - Roselynn Edwards and Carolyn Gordon

- Tamer Carolyn Gordon reported the Tamers key and locker issue has been resolved.
- Tamer Roselynn Edwards suggested that, due to the continued generosity of Lioness members to the Wilderness Pantry, the related raffle and free meal be discontinued. Motion passed to discontinue effective July 2015.

Tail Twister – Carol Greeney

- Tail Twister Carol Greeney reported we were ready for the LOW Lioness Flea Market held Saturday, 28 March.

Membership – Kathi Martin

- An induction of new Lionesses will be held at the June meeting. Any Lioness wanting to bring a new member in at that time should contact Kathi at 972-5242.

Directors - Pat Berry, Arlene DeSimone, and Sherri Lasover

- Plans underway for next year. Motion passed for two mixers next year.

There being no further business to come before the LOW Lioness Board at this time, the meeting was adjourned.

Respectfully submitted,

Linda Shnayer (substituting for Secretary, Donalda Lovelace)

Lioness Committees & Activities

Snacks for Locust Grove Elementary School

By Lioness Betsy Flanigan

Lionesses: Your help is requested by Locust Grove Elementary School teachers:

Snack time is important to kindergarten, first and second graders. It tides them over until lunch. Many students arrive without snacks because the families cannot afford them. We will be collecting snack packs and donations (checks written to Locust Grove Elementary School) at the April 9 Lioness dinner.

Snacks should be individually wrapped and can include granola bars, gold fish, etc. Please do not buy peanuts or fruit rollups. Some are allergic to peanuts. Fruit rollups become play dough in their little hands!

Thank you!

White Cane Days

By Lioness Paula Hornadey

A reminder: White Cane days will take place on Friday, May 8 and Saturday, May 9. To those who have already volunteered, many thanks! If you have not had the opportunity to sign up for this excellent fund-raising event for our Club and will not be at the April meeting on April 9, please call Ann Walker: 972-4338. Ann and I will be in the Presidents' Room before and after the meeting with sign up sheets. It would just require two hours of your time and will do much to help the visually impaired.

Lioness Committees & Activities

Share and Care

By Lioness Connie LeMay

Because quite a few Lionesses have requested that they not be included in this article this month, get well cards were sent to them instead. We have some good news to share.

- Millie Davis completed her private duty nursing duties in regard to her husband, Jerry, and they both were able to leave St. Mary's hospital in Richmond on March 17 and return home. Jerry is continuing to recover and is building up his strength after his 3 month ordeal.
- After slowly recovering from her broken leg, Barbara York was discharged from Mary Washington Health South on March 14th and is now recovering at home – with the help of her daughter – Theresa. Theresa plans to stay for a while to help Barbara.
- Michelle Senft had a knee replacement and is doing well.
- Sallie Good had a bad cold in the middle of March but is recuperating.
- Laurel Buongiovanni had an operation on her knee on March 26 and is recovering at a rapid pace.

If you know of a Lioness who is ill, please call Connie LeMay (972-6123) so that the individual can receive a card from the Lioness and they will know that we are thinking of them.

Membership Induction

By Lioness Kathi Martin,
Membership Chair

We are planning to have a Membership Induction at the June meeting. If any of you know anyone who would like to become a member, we will be happy to have them join! Requirements are attendance at 2 dinner meetings, and work on 2 projects. Membership applications are available on the web site.

LOW Lioness Golf Tournament

By Lioness Su Bielmeier

Saturday, May 16, 2015

8 AM Check In and 9 AM Shotgun Start.

Men and Women 4 person Scramble.

There will be a 50/50 raffle, great raffle prizes, and lunch will be provided. Get a team together or we will pair you up. Registration and fees must be received by May 4. \$60/person (includes: green/cart fees/ lunch/prizes). All monies raised will be used to support local charities

Registration Deadline May 4, 2015

If you do not enter a team list, you will be placed with others

Register: Arlene 540-972-4508

Questions: Maureen: 540 972-0077

Excursions Committee

By Lioness Kathi Martin, Co-Chair

Ladies! Any ideas for what you think would be a fun day trip? We'd like to hear them!

Kathi Kak1066@verizon.net

Joan Isis540@gmail.com

Jean Jeanmcl117@yahoo.com

Su Subielmeier@yahoo.com

Lioness Committees & Activities

Lake Youth Foundation Scholarships

By Lioness Connie Buttimer

The Lake Youth Foundation has extended their scholarship application deadline to **April 17, 2015**. We are looking for graduating seniors whose primary residence is in Lake of the Woods and have volunteered their time and talents to better their community.

To qualify for the scholarship the seniors can be from a public school: Culpeper, Fredericksburg, Orange, or Spotsylvania; a private school, home schooled, or a Christian school. Applicants must plan to attend a four-year college, community college, or a trade school in the fall. Your GPA must be 2.5 or higher. Scholarship finalists will be required to complete an interview with the Lake Youth Foundation Scholarship Committee

Applications are available at the **Orange County High School Guidance Department** or from our website: www.lakeyouth.org. Scholarships will be awarded in June during a reception sponsored by the Lake Youth Foundation. For more information, please contact Lois Powell at 972-6513 or email LYF at: <mailto:info@lakeyouth.org>.

A Great Big Thank You

By Lioness Carol Greeney

I want to thank all our Lionesses who helped me with this year's White Elephant Sale at our Flea Market on March 28. We broke our record and raised a whopping \$774.39! This wouldn't be possible without those who donated items, those who helped price and organize these items and, finally, those who helped to sell on Saturday. You are the best and it makes me so proud to be a member of such a wonderful organization.

Did You Know—Joan Mills

By Lioness Beth Sundberg

Joan was born Hanna Lahm in Bosnia on September 1, 1939 marking Hitler's invasion of Poland and the beginning of World War II. Her first name, Hanna, was later Americanized to Joan. Since the early 18th century, her ancestors had settled in the former Austro-Hungarian Empire also known as Austria-Hungary having been sought after because of their skilled craftsmanship. Her father was a Lutheran minister serving ethnic German congregations now in Yugoslavia after the break-up of the Hapsburg Empire after World War I. Following the invasion of Yugoslavia by the Nazis in '43, their existence became quite precarious. Her father's life was threatened because of his anti-Nazi sermons. As the Russians were gaining on the Eastern Front in the autumn of 1944, Eastern European ethnic Germans were fleeing to avoid the Russians because they were promised terrible reprisals. To avoid concentration camps themselves, ethnic Germans fled their homeland for the west and Austria, therefore becoming displaced people or refugees. Her father took his entire congregation via covered wagon in horrid weather through Allied bombing attacks with little food until they reached safe haven in Austria a month later. Her little brother, Karl only 13 months old became ill and died along the way.

Did You Know — Joan Mills (Continued)

They lived in Austria from 1944 to 1950 and she loved it there as she had lots of friends and freedoms. Her best friends were Catholic and they were extraordinarily kind to her family. During this time, her father served 26 refugee protestant congregations via bicycle throughout upper Austria. Eventually America beckoned. Her father's brother had preceded them and became their sponsor. After much effort and red tape, they arrived in January 1950. They settled in Mansfield, Ohio where there had been a stream of Germans coming for generations along with many new German displaced refugees from Eastern Europe. She knew classroom "British" English and she and her siblings were enrolled in school. It was there that she took on her new name Joan. Again, great kindness was shown to her including teachers who spent their lunch and after school hours helping her.

Her family was welcomed and integrated into the German refugee community as if they were family. This community founded and built St. Peter's Lutheran Church with their own hands and scarce money with her father becoming their pastor. Two additional children, Mathilde and Theodore were born joining Irmgard, Siegfried, Hanna or Joan, and Guenther making the family complete.

Joan graduated from Mansfield Senior High in 1958 and headed to Wittenberg College in Springfield, Ohio. Having very little money, but determined to obtain an education, she made it through Wittenberg with scholarships, student aid, loans, part-time jobs at school and full-time work in the summers. She majored in History, Government, and German graduating in 1962. As the old world still was very much a part of her, she found herself longing to return and find her scattered family who had remained in Austria and Germany as refugees and displaced people. She applied and was accepted for a German Academic Exchange Service Study Scholarship known as DAAD under the Marshall Plan Grant to study at the University of Freiburg in the Black Forest of West Germany. So from 1962-63 and from that vantage point, she was able to visit and get to know all of her aunts and uncles while studying at the university.

She returned "home" to the USA in August of 1963 and found a position in Columbus, Ohio teaching junior high social studies and German. In 1965, she married John Lohmann, who was a professor at Pfeiffer College. She taught U.S. and World History at Brown High School in Kannapolis, NC. Very tragically, John was killed by a drunk driver accident just as they were turning into their own driveway on an Easter Sunday. At the encouragement of friends she moved to northern Virginia and found a job teaching at James Madison High School from 1968-69 in Vienna, VA. It was there that she met Larry Mills through mutual friends. He had recently lost his wife to breast cancer. They fell in love and were married in 1969. Three children were born Kurt in 1970, Keith in 1971, and Karin in 1979. Larry was with the government and they moved around the country for his job beginning with Rochester, NY, then to San Jose, CA, and returning to northern Virginia in 1982. She taught history, but primarily German in Fairfax County from 1983 until she retired in 1999 making LOW their permanent home. Until this fall, they made Maine their other home enjoying cooler summers there.

Joan enjoys doing anything creative such as cooking, reading, knitting, sewing, and gardening. She joined Lioness in 2000 and has enjoyed serving on our scholarship committee. Her wonderful grandchildren live nearby in northern Virginia and include Alexander 13, Finn 10, Morgan 6, and Jacob 5. And of course her brothers and sisters still keep in touch.

From the Tamers

By Roselynn Edwards and Carolyn Gordon

The Lake of the Woods Lioness Club April 9th 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, April 6th 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:

Roselynn Edwards (972-2128) Email: rcdedwards@comcast.net

Carolyn Gordon (972-4656) Email: wpcegordon@aol.com

NOTICE: We RSVP E-mails & phone calls. If you can't attend, you may have your meal picked up.

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.

Dinner

Garden Salad
Pork Loin Medallions
Vegetable Medley
Mashed Sweet Potatoes
Pound Cake w/strawberries
Coffee or Tea

Vegetarian Menu

Oriental Salad—fresh
greens w/almonds, scallions,
man. org., edamame & crisp
noodles

OR

Garden Salad
Plus sides from the buffet

Twister's Corner

By Lioness Carol Greeney

Spring has sprung.

The grass has riz'.

I wonder where the birdie is?

Some say the bird is on the wing,

But that's absurd.

The wing is on the bird!

Spring **is** springing and we are all so thankful for this. So, in honor of this fresh, new season, please wear pastels **and** a flower somewhere on your person **OR** you will pay the twister.

Remember to wear your name tag!

GREETERS FOR APRIL: Gwen Mallmann
Julie Phend

LOW Lioness 2014-2015 Calendar

Apr 9 Lioness Dinner Meeting
Apr 23 Lioness BOD Meeting
Apr 25 Lioness Book Sale
May 8 –9 White Cane Days
May 16 Lioness Golf Tournament

Happy Birthday Lionesses!

Apr 2 Joanne Hurst

Apr 4 Carol Lee

Apr 4 Catherine Rainey

Apr 6 Helen Desarmeaux

Apr 7 Marge Howard

Apr 9 Peggy Dowd

Apr 13 Ellen (Soherr) Brauch

Apr 13 Paula Hornaday

Apr 18 Bonniebeth Foltz

Apr 19 Beth Ross

Apr 22 Nancy Strain

Apr 24 Jean McLallen

Apr 24 Betsy Rath

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

Please get information and articles for the May LOW DOWN to me by April 20 or as soon thereafter as possible. April 30th is the deadline for submissions for the May 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.)

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Lake of the Woods Lioness

LOW DOWN

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www.lowlioness.org