



President's Corner

By Lioness Maureen Otero LOW Lioness President

www.lowlioness.org

Nobody is superior, Nobody is inferior, but Nobody is equal either. People are simply unique, incomparable. You are you, I am I. OSHO

getting sponsors for the holes as well as amassing some prizes. Let's hope for good weather.

Like all organizations we have a need for some storage areas, if you have some space let me know — our "stuff" needs a home for now. Call me at 972 0077.

Now that Easter has passed, let's hope for nice weather so we can get into the fun of spring at the lake. All the beautiful trees are in bloom, and the wonderful array of spring flowers are growing in the gardens of the homeowners. LOW again becomes a pretty place to call home. Spring brings out all the people who like to work in the garden and encourages people to get out and participate in the sports available to them here.

We, the Lioness can look back and be proud of our many accomplishments so far this year. Our last project the Flea Market was a great success, many of you worked at it and you did a great job. Our next project is WHITE CANE, and I'm sure Donalda will be posting information about it any day soon. Then on May 14, is our 2nd annual golf tournament. The committee has started working on

NOTE—No BOD Meeting was held in March. The next BOD meeting is April 7th. Minutes for that meeting will be in the May LOWDOWN.

Meals will be \$18 starting this month

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.

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
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1st Vice President
Barbara Hernan

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Tail Twister
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Kathi Martin

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Arlene DeSimone

Past President
Karen Cakouros

Lion Liaison
Betty Beck

Lioness Committees & Activities

Share and Care

By Lioness Ann Walker

- Jean McLallen had knee replacement surgery on March 14. She is receiving therapy and doing very well.
- Susan Costanzo's husband, Richard, had open heart surgery on March 3. He is home now, receiving therapy and making good progress in his recovery.
- Claudia Low is feeling better after her most recent surgery and will soon begin a new physical therapy regimen.

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

April Program

By Lioness Linda Shnayer

The speaker for the April Lioness meeting is Annette Barrett from The Flower Cottage who will share how to create a living wreath.

Induction Ceremony & Prospective New Members

By Lioness Kathi Martin

We'll be having an Induction Ceremony for new Lionesses at the June meeting. Members who have prospects should get that paperwork together and in to me by the May dinner meeting, if possible. There is still plenty of time to get the requirements out of the way; there are two dinners (April and May), and you can work on volunteering with committee chairs of such activities as eyeglass recycling, Food Pantry, Book Room, etc.

I already have paperwork for 1 prospect, and I'm aware of at least 2 more. Remember, if you need application forms, you can print them from the Website! Also on the Website is a statement of the responsibilities of sponsorship!

Lioness Committees & Activities

Lioness Golf Tournament

By Lioness Su Bielmeier

The **LOW Lioness Golf Tournament** will be on Saturday, May 14 at the LOW Golf Course with 8 am Check In and 9 am Shotgun Start. Thinking about playing? Get a team together or we will pair you up. Also, please share this information with other golfers who might play.

Come join us for the fun. This Tournament will be a Captains Choice 4 person Scramble. There will be 1st, 2nd, and 3rd place prizes, plus men's and women's longest drive and closest to the pin prizes. There will be a 50/50 raffle and great raffle prizes. There will be a light breakfast before play, and a lunch with awarding of prizes after. The cost is \$60 per person that includes green and cart fees, lunch, and prizes. To register, contact Phyllis Sakole 540-972-5331, or pick up a registration form at the April Meeting. Registrations must be received by May 4th.

Another way you could help is to contact sponsors. They might want to sponsor a hole for \$100, or they might donate a prize from their business. You may pick up a Sponsor Letter at the April meeting.

All monies raised from this Golf Tournament will be used to support our Lioness charities.

Slate for 2016-2017 LOW LONESS BOD

By Committee Members (see below)

Committee Members: Karen Cakouros, Joann Deem, Millie, Davis, Norma Ervin, Kathi Martin, and Ann Walker

President	Barbara Hernan	Tail Twister	Kathy Walters
Secretary	Linda Shnayer	Membership	Joyce Morlan
Treasurers	Barbara Tomayko		Julie Phend
	Caroline Caldwell	Director	Carolyn Gordon
1st VP	Donalda Lovelace	Director	Joann Deem
2nd VP	Michelle Senft	Director	Millie Davis
3rd VP	Joan Mills	Immediate Past President	Maureen Otero
Tamers	Nicki Buell	Lion Liaison	Betty Beck
	Ellen Bearden		

LOWDOWNs on Website

By Lioness Gail Hardin

If you think you have missed your LOWDOWN or would like to look for something in a previous LOW-DOWN, you can go to the Website www.lowlioness.org and see all the newsletters starting in July 2009.

Did You Know — Mary Lou McFarland

By Lioness Elaine Freeland

How we admire Mary Lou's enthusiasm and compassion for serving others! Though she does not limit her time to these organizations, ChildHelp and Orange Bridges bring on her brightest smiles. She first read about ChildHelp in the Washington Post 20 years ago and began to volunteer as a reading teacher. Additionally, she accepted a Special Friend for whom she and her husband, Dan, later served as foster parents. This first Special Friend is now 30. Mary Lou and a colleague led a Girl Scout Brownie Troup at ChildHelp's Alice Tyler Village for 5 years. She spends Thursdays at Orange Bridges. Mary Lou also serves on the BOD for the Lake Youth Foundation (LYF) for whom she has coordinated and taught Super Sitters and magic classes. Currently, she is a member of the Rappahannock-Rapidan Community Services Board (RRCSB) which provides five counties with services related to behavioral health, intellectual disability, substance abuse, and aging. Having become a Lioness in 1995, Mary Lou has served as chairman of the Orange Bridges and Scholarship Committees.



Mary Lou's enthusiasm and compassion are innate qualities passed on from both her mother and grandmother. She was born in Schenectady, NY. When she was 9, Mary Lou, her mother and younger sister moved to Plattsburgh, NY following the death of her father. As a little girl she remembers sitting at the piano there and her grandfather asking her to play "*On the Other Side of the Street*." Her response, "But, I don't know that one." Located on Lake Champlain, Plattsburgh was an idyllic childhood setting with swimming in summer and ice-skating in winter. As a graduate of SUNY, Plattsburgh, Mary Lou first taught near Gore Mountain Ski Resort in the Adirondacks. Each day in winter, she would load the last kindergartener onto the bus and then drive to the mountain for a long ski run.

As Mary Lou held teaching positions in different communities of eastern NY state, she spent most summers traveling in Europe. One summer she and her sister camped on a beach in Spain. This lifestyle left little space for a long term love connection – until she met Dan McFarland. Mary Lou found her match with the Air Force pilot who also loved to travel. Days after their wedding, they boarded a plane for a 6-month assignment on Guam. Dan was flying B52 bombing missions over VietNam. They honeymooned in Hong Kong. The next Air Force move took them to Caribou, ME, where in January the average low is 0 for the month. Those were great days. Their first son, Michael, was born during the Caribou assignment. Through her career as an educator, Mary Lou has held fulltime, substitute and volunteer teaching positions. The subjects also varied – preschool special-ed, early childhood education, reading, English as a Second Language and math. Their second son, Scott was born in Alamogordo, New Mexico, where Dan was serving as Information Officer for Holloman Air Force Base. This was a darker time. Mary Lou was diagnosed with breast cancer at the age of 31. The Air Force transferred Dan to Plattsburgh Air Force Base, NY, where her mom cared for the children while Mary Lou received chemotherapy treatments. She has since been cancer-free! When they moved to Guam a second time, Dan continued to fly the B-52 right up to his retirement date. Michael and Scott were, by then, in middle school.

The family moved to Northern Virginia after Dan retired from the Air Force and became a pilot with United Airlines. Mary Lou completed her master's degree as a reading specialist at George Mason University. Both sons graduated from Robinson High School. Mary Lou confesses to having enjoyed her children 100 percent when they were growing up. In the mid-1990's the McFarlands built their house at Lake of the Woods. Dan continued to fly after they moved to LOW, and opportunities for travel continued to knock for Mary Lou. She frequently flew along with Dan. On occasion she would fly to London and stay for a week until he returned on his next trip. In retirement, both Mary Lou and Dan travel as well as ski. She also makes girl trips – either with a best friend from high school or friends from LOW.

The McFarland's lake home is often filled with family. Their oldest son Michael lives in Northern Virginia. Scott lives in Fredericksburg and with his children, Emma and Aidan, spends many weekends at the lake. In the summer Emma works as an instructor at the Sailing Club's youth sailing camp.

From the Tamers

By Ellen Bearden and Nikki Buell

The Lake of the Woods Lioness Club April 14th 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 11th, 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,

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

Salad
Ham with rum raisin
sauce
Green beans almondine
Au gratin potatoes
Pound cake with
strawberry sauce
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.

MEALS WILL BE \$18

Twister's Corner

By Lioness Melissa Daly

Due to mistake on part of the Editor, the Twister's Corner article was deleted from email. I will send the article separately prior to the meeting on April 14th.

Gail Hardin, Editor

LOW Lioness 2015-2016 Calendar

April 7 BOD Meeting
April 14 Lioness Dinner Meeting
April 29- White Cane Days
30
April 30 Lioness Book Sale
May 14 Lioness Golf Tournament

Happy Birthday Lionesses!

April 2	Joanne Hurst	April 13	Paula Hornaday
April 4	Carol Lee	April 18	Carol Bohrer
April 4	Catherine Rainey	April 18	Bonniebeth Foltz
April 6	Helen Desarmeaux	April 19	Beth Ross
April 7	Marge Howard	April 22	Nancy Strain
April 9	Peggy Dowd	April 24	Jean McLallen
April 13	Ellen (Soherr) Brauch	April 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 27th or as soon thereafter as possible. The newsletter will be distributed on or about May 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 LOW DOWN is published monthly by the Lake of the Woods Lioness Club, P.O. Box 811, Locust Grove, VA 22508, Gail Hardin, Editor.

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