



President's Corner

By Lioness Karen Cakouros LOW Lioness President

www.lowlioness.org

If you want to lift yourself up, lift up someone else ~ Booker T. Washington

Summer is moving along and we are all hopefully enjoying the "lazy days of summer." I will be spending the last week of this month at a West Virginia State Park with all our children, their spouses, grandchildren (plus some of their friends), 2 dogs, and a cat. We rent two 8-person cabins and enjoy a wonderful week every year in the mountains. There's golf, swimming, boating, horseback riding, skeet shooting, hiking—something for everyone. With the grandchildren growing up, it may be the last year for all of us to do this.

The Independence Day celebration was really nice this year—good weather—good participation. Thanks to Karin Goetz and all who marched, rode and carried the beautiful banners. We had four granddaughters walking or riding with us this year. Maybe we've started a tradition! Mary Lou McFarland and her white VW convertible won the BEST FOREIGN CAR

in the Parade. Congratulations. Our dinner meeting hosted a wonderful speaker from Mary Washington Hospital and two Lioness guests. The delicious fried chicken is always a July favorite. Special thanks to Melissa Daly for tirelessly taking our pictures for our new Handbook which should be available at our September Meeting (thanks to Christine Getty).

Early this month I went to Charlottesville for two days with my oldest daughter and our first grandson for Nathan's orientation in preparation for his First Year at UVA this Fall. Walking around the beautiful campus and listening to the presentat-

ions reminded me of what wonderful years he has ahead of him full of so many opportunities. I thought of our scholarship recipients in the last few months and what a wonderful thing you have done for all of them. There are two just beginning their journey and four young ladies well along the way. We should be so proud of what we do raising the \$4000 for Germanna students, \$500 for a high school graduate and Jan's wonderful yearly contribution of \$1500 for another high school graduate. Thank you all so much.

See you all at our August dinner meeting, if not sooner.

**CHILD HELP ICE CREAM SOCIAL—AUGUST 13TH
(SEE PG. 3 FOR MORE INFORMATION)**

WHAT DO I BRING CHECKLIST?

Wilderness Food Pantry—At least 2 food items in a reusable bag or double plastic bag. Especially needed packaged side dishes, canned fruit, soup (**other than tomato**). 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.

SCHOOL SUPPLIES—SEE PG. 4

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
Phyllis Taylor

The Insider's View

Minutes from the
July 25, 2014
BOD Meeting

ATTENDANCE: Karen Cakouros, Pat Berry, Kathi Martin, Beth Sundberg, Roselynn Edwards, Elaine Freeland, Sherri Lasover, Donalda Lovelace and Lioness and Lion Liaison,. Betty Beck.

CALL TO ORDER: President Karen Cakouros called the meeting to order at 7:05 pm.

MINUTES: The June minutes were approved with two corrections. (Motion-Martin, Second-Freeland)
“Actuals for the 2013-2014, not 2014-2015, budget was presented to the board for review”. Also a statement was omitted indicating that the Past President Beth Sundberg had presented gifts to each of the board members serving during her term of office.”

TREASURER'S REPORT: Elaine Freeland presented the Treasurer's Report. The Treasurer reported an anonymous donation of \$1,000 for the Food Pantry and the auditors are reviewing the 2013-2014 financial statements. The Treasurer's report was accepted and filed for audit. (Motion-Berry, Second-Lasover)

PRESIDENT'S REPORT:

- President Cakouros reported that Claudia Low has generously offered to donate a quilt as a Lioness fundraiser. President Karen will follow up with Claudia and provide more details at the next board meeting.
- Child Help Ice Cream Social has been scheduled for August 13th at 1:15 pm. The previous date had to be rescheduled due to a date conflict with the Lioness Card Party and Fashion Show.
- President Cakouros indicated that work is underway on the Handbook which is scheduled to be disseminated in September. Several revisions are underway which will expand responsibilities of some of the directors and add new categories.

MEMBERSHIP:

- Kathi Martin reported that we may have an induction of new members either in September or October. She is hoping to induct two new members.

LION LIAISON:

- Betty Beck reported that options are being explored regarding additional much needed space for the Food Pantry. It appears that there are several potentially realistic options that she will report on in the future that are cost effective and will expand square footage.

NEW BUSINESS:

- As a result of a discussion of new members and generally how to reach out to all our members the board agreed to add a “Hostess” position to be selected by Lion Tamer Carol Greeney on a monthly basis to assist Lionesses especially new members who can't locate an empty seat at a table at our membership meeting. We want to ensure that every member feels welcome.

MORE

See Pg. 3

NEW BUSINESS (Cont'd)

- Kathi Martin was asked about the new committee called Excursions that everyone is excited about. She is requesting volunteers to work with her in this new endeavor.

Lioness Committees & Activities

Ice Cream Social—Volunteers Needed

The Child Help Ice Cream Social is now scheduled for Wednesday, August 13th. We will need volunteers! We will serve between 2 and 3 p.m. Plan to meet at LL of the Clubhouse at 1:15 with your ice cream scoop. Please e-mail (Wpcegordon@aol.com) if you can participate.

Thank you,
Carolyn Gordon

Membership Committee—Bring a Guest to Dinner**By Lioness Kathi Martin**

We're off and running for our 2014-2015 season, and would like to encourage every member to bring a guest to dinner sometime this year, with an eye toward joining us. And if you need a membership application, just print it out from our wonderful new website. www.lowlioness.org or call me or e-mail me and I'll get it to you.

Kathi Martin
972-5242
kak1066@verizon.net

Annual Dues**By Lioness Elaine Freeland**

Dues will be collected at the August Dinner meeting for Lionesses who have not paid their dues (\$30) yet:

OR you can mail them to: LOW Lioness Club, PO Box 811, Locust Grove, VA 22508, Attention: Treasurers

LOW Lioness Card Party, Fashion Show and Luncheon By Lioness Sharon Kaltenmark

Friday, September 26, 2014, is the date for the annual LOW Lioness Club Card Party, Fashion Show and Luncheon at the Lake of the Woods Clubhouse. The event will take place from 9:00 a.m. until 3:00 p.m. J Jill, a women's shop in the Village at Spotsylvania Town Center will present an exciting fashion show highlighting fall styles for all sizes—petite, misses, women and tall. Our Clubhouse chef will prepare a delicious lunch of Chicken/Fruit Salad with rolls and a fabulous dessert. As in the past, beverages and other sweets will be available throughout the day. A cash bar will be open from 11:30-12:30.

Cost is \$25 per person. Reservations begin on September 1 and continue until September 19 or when the event has sold out. Call Jan Lemieux at 972-8888 for all reservations. Bridge players should sign up with a partner. Other game players should have the names of all their party when they make their reservations. Tables will be available for the people who wish to come just for luncheon and the fashion show. Proceeds from ticket sales and the basket raffle benefit Lioness supported charities.

Invite your friends and neighbors to join us for a fun filled day!

Lioness Committees & Activities

Annual Drive for School Supplies

By Lioness Sharon Allen

Is it that time already?! We will be collecting school supplies at our August meeting for Locust Grove Primary and Elementary Schools. The schools have a program to identify needy students and will see that they receive the donated supplies. We will be filling at least two backpacks for each grade with all of the supplies required on that grade's supply list. Extra supplies will be boxed together to be used by the grades as needed. Outfitting children for school represents a serious financial burden for many families, and our help will be greatly appreciated.

Please limit donations to the following items, which are gleaned from the various grades' supply lists (these lists are very specific!):

Backpacks (NO ROLLING ONES), #2 pencils, large or small glue sticks, scissors, marble composition notebooks (sewn pages), loose-leaf paper and spiral notebooks (all WIDE-ruled only,) 4 pack dry erase markers, 2-pocket plastic folders (with or without prongs,) 3x5 index cards, 5"x8" pencil (school) boxes, crayons, Ziplock bags (snack, sandwich, quart and gallon), tissues, hand sanitizer, Clorox wipes.

Please help get the school year off to a great start with generous support for our community's students and their teachers!

Excursions Committee

By Lioness Kathi Martin

DON'T FORGET to sign up for the Excursions Committee! We're looking forward to discussing possibilities for day trips, but we really need a few more members to join us. And DON'T FORGET to send us your ideas! Call or e-mail us.

Joan Litchert (561-398-3554) gaia540@yahoo.net
Kathi Martin 972-5242 kak1066@verizon.net

August Program

By Lionesses Carol Lee and Flo Clarke

Breanna Marini will present our program on "Self Defense for Women, Especially While Traveling". She is a certified R. A. D. (Rape Aggression Defense) Basic Physical Defense Instructor tailored for women only. She has a Bachelor's of Science degree in Criminal Justice Administration. She is an Independent Damsel Pro with Damsel in Defense. And, she is passionate about providing options for women in self-defense so that we can help lower the crime statistics against domestic violence, sexual assaults, abductions, and human trafficking.

You don't want to miss this presentation.

Correction to Committee Chairpersons List

The Committee Chairpersons list in the July LOW DOWN has a wrong phone number for Helene Burns (Book Sale). Helene's correct phone number is: 540-412-0798. Please make this correction.

Karin (pronounced car-in) was born in Germany and spent her early childhood in the beautiful Rhine River area. Prior to Karin's birth, her father served on the Russian front in World War II. Weighing 180 lbs. when he left, her mother barely recognized him upon his return as he weighed only 97 lbs. Years later he decided to follow his dream and become a police officer. The family moved to Idar-Oberstein, a charming town known for its precious stones and diamond factories. They spent 3 happy years there, when unexpectedly at the age of 47, her father died of heart failure. Her mother, having struggled through 2 World Wars, was determined to take care of Karin who was only 8 and her older brother especially when it came to their education. Karin was accepted into the gymnasium at age 10 due to her excellent grades. Although money was a factor, her mom somehow made it happen. At the gymnasium Karin began her studies in foreign language with emphasis on English.

Grieving the loss of her father, Karin's only comfort was her faith in God. She became very involved in her church and choir performing for children in orphanages as well as the elderly. During one Christmas season when she was only 9, she was chosen to sing a solo, "Silent Night." During her performance, she began to cry thinking of the orphan children before her who had lost both parents. This realization brought her out of her own grief. She became aware that God had always had his hand on her.

An American friend of the family stationed in Germany dropped by one day to say hello and learned that Karin's father had passed away. This timely visit eventually led to marriage between this caring friend and her mother and Karin was adopted. Her journey to America began by military ship across the Atlantic followed by a long drive across the U.S. to Fort Lewis Army base in Washington State. Karin was 11 by then and eager to become an "All American Girl." She was determined to lose her German accent and loved the American school system because it wasn't as intense and petrifying as the gymnasium had been for her in Germany. She was taken by the hospitality of the Americans and the freedoms we all enjoy. With her stepfather's tour lasting only 18 months and his love of Germany, they returned to the southwestern portion of Germany near the French border. Karin graduated there and got her first secretarial bookkeeping job on the military base nearby.

It was there that Karin met the handsome Captain Bill Goetz, an Executive Officer on base. She did some typing for him when other secretaries were unavailable and he took her to lunch to return the favor. Evidentially Karin's mother fell in love with the dashing captain first when he came to dinner. She thought so highly of him that she gave her blessing to their marriage in 1969 and move to the U.S. to Westchester County, NY where their son, Christopher was born.

With a move in between to Connecticut, they settled in Burke, VA in 1984 where they lived for 20 years. Discovering LOW, Karin and Bill decided this was the place where they would retire and grow old together. They just celebrated their 45th anniversary with a cruise to Alaska with their entire family including son Christopher and his wife, Amy, her parents and their 2 grandchildren, Ben 12 and Emily 8. They have become close friends with Amy's parents having met at their children's college graduation. There is no competition between families as they celebrate all family holidays together.

Karin joined Lioness in 2010. She served as 3rd vice-president during the 2013-14 Lioness year. As such, she was the chairperson for the July 5th parade. Our LOW community is more aware today of all the ways 'we serve' because of the incredible signs Karin provided for all the Lioness marchers in the parade!

From the Tamers

By Lionesses Roselynn Edwards and Carolyn Gordon

The Lake of the Woods Lioness Club August 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 New Tamers by Monday, August 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 \$17.00 if you are unable to attend this meeting.

Tamers:

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

Carolyn Gordon (972-4656) Email: wpceggordon@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
Pecan Crusted Chicken
Green Beans Almondine
Parsley Potatoes
Ice Cream w/choc. topping
Coffee or Tea

Vegetarian Menu

Veggie Pasta w/ mush.,
tom., onions, & squash in
a sun-dried tom. sauce
Or
Garden Salad
Plus any sides from the
buffet

Twister's Corner

By Lioness Carol Greeney

There are no National United States holidays in the month of August. There is, however, a very important international holiday—International Left-Handers Day which is celebrated on August 13. Remember this date for your Twister! We will recognize and honor all of our left-handed Lionesses.

Greeters for August:

Ellen Bearden
Jean Peterson

LOW Lioness 2014-2015 Calendar

August 13	Ice Cream Social
August 14	Lioness Dinner Meeting
August 28	Lioness BOD Meeting
Sept. 26	Lioness Card Party, Fashion Show, and Luncheon

Happy Birthday Lionesses!

August 3	Betty May	August 17	Pat Watterworth
August 5	Barbara Young	August 18	Nancy Rauch
August 6	Carleen Delio	August 18	Emily Slunt
August 11	Pat Berry	August 26	Connie LeMay
August 14	Jean Ann Daniels	August 28	Mary Villalobos

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

Please get information and articles for the September LOW DOWN to me by August 20 or as soon thereafter as possible. August 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.)

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

LOW DOWN

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