



President's Corner

By Lioness Maureen Otero LOW Lioness President

www.lowlioness.org

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel". Maya Angelou

The lazy days of summer are still here so remember to take some time to enjoy the weather, the lakes and pools, some golf, and all the other amenities here at LOW. August has arrived and the Lions have received notice that the LIONS INTERNATIONAL MAGAZINE representative will be here to see our pantry and observe how it operates, some Lionesses will be participating as well.

The Lionesses will be cruising down the river, the Rappahannock that is, on August 19th, in addition they will visit a winery and have lunch. This sounds like a fun outing arranged by Kathi Martin and her committee.

Last month our program had an interesting speaker, she spoke about Bees and honey. She left us with an interesting piece of information, using local honey which contains enzymes could possibly help reduce allergic reactions in some people. We're never too old to learn. This month's speaker will also

be interesting, and she will be bringing a guest.

I know this is short notice, but I missed making arrangements for our annual collection of school supplies that we take to Locust Grove Primary and Ele-

mentary schools. You will find a list in this newsletter of the needed supplies. Please bring them on 13th to our meeting or if you would rather bring a donation, we will buy the supplies. Helene Burns and I will deliver them to the schools.

DUES ARE DUE

MORE INFORMATION SEE PAGE 4

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.

Baskets (medium or large) & items to go in the baskets for Card Party and Fashion Show—See Pg. 3

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.

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
July 23, 2015
BOD Meeting

The meeting was called to order by President Maureen Otero. Attending were Lioness Board members Pat Berry, Norma Ervin, Barbara Tomayko, Sherri Lasover, Kathi Martin, Barbara Hernan, Melissa Daly, Ellen Bearden, Karen Cakouros, Donalda Lovelace and Lion liaison and Lioness Betty Beck.

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

Treasurer's Report- Benevolence report was accepted and filed for audit. Detailed administrative report will be presented at the next board meeting.

President's Report – Maureen Otero

- Correspondence included a letter of resignation from Marie Bojinoff which was accepted with regret. A letter was received and approved from Dorothea Barnes requesting member-at-large (MAL) status.
- Our club received a certificate for “Most Spirited” participants in the 2015 LOW Independence Day Parade.
- Complimentary comments were received regarding the Tamers, and the Program Committee's selection of July's speaker.
- LOW Lioness and Lions will be receiving a visit from Lions International Magazine on August 26th to discuss the operation of the Wilderness Pantry.

Committee Reports-

- Excursion Committee—Kathi Marti reported that two seats are still available on the Wednesday, August 19th trip. The cost is \$40 a person. Planning is underway for a trip to the Virginia Historical Society and Virginia Art Museum featuring “Dressing Downton” fall exhibit. In order for us to attend tickets will be need to be purchased in advance at a cost of approximately \$60.00 per person.
- Card Party Committee is working on the card party, fashion show and luncheon on Sept 25th. A reminder that we will need to provide items for the baskets.
- Book Sale Committee purchased new signs and acknowledged the Lions contributions of shelving.

Directors - Pat Berry, and Sherri Lasover- reported that the next Mixer will be in September.

Past President- Karen Cakouros indicated that she will be requesting advertisements from LOW Lionesses for the 2015-2016 handbook.

There being no further business to come before the LOW Lioness Board, the meeting was adjourned. Respectfully Submitted, Donalda M. Lovelace, Secretary

Lioness Committees & Activities

Share and Care

Lioness Ann Walker

- Barbara York is moving about much better and hopes to be at our next meeting. Her daughter and son-in-law are with her right now to help her in the home.
- Claudia Low had surgery for ruptured discs in her neck at the end of June and is getting ready to begin physical therapy.
- Dorthea Barnes had knee replacement surgery on July 14, and is now home, receiving therapy.
- Cathy Rainey will be having hip replacement surgery on August 18.

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

Baskets, Baskets, Baskets

By Lioness Carol Greeney

Please bring any **medium or large baskets** that you may have to the August and/or September meetings for our ever popular gift baskets which will be raffled at our **Card Party and Fashion Show** on Friday, September 25. In addition, we need **items** to fill those baskets! When procuring these items, please think in terms of themes such as Gardening, Romantic Dinner, Kitchen, Golf, Tennis, Automobile, Spa., Books, Movie Night, Gourmet Food, etc. You get the idea! And remember, wine is *always* welcome and will fit into most baskets!

Call me at 972-6739 if you wish to make other arrangements to get baskets and items to me. Thanks, ladies. We DO serve!

Member Handbook Ads

By Lioness Karen Cakouros

Our new LOW Lioness Member Handbook is being prepared again by Christine Getty. Christine continues to do an excellent job every year. The Board of Directors would like to include more advertisements in the 2015-2016 Handbook. Lionesses Elaine Freeland, Theresa DiCicco, and Kathy Merritt have supported the Lioness by placing ads over several years. I'm hoping we will get some more people to contribute this year. Do it for your own business or enlist your friends. The cost is minimal; ¼ page: \$20.00 , ½ page: \$40.00 .

Just contact Christine or me with the information. Christine has a deadline of mid-August so you just have a few weeks. Thank you in advance!

August Program

By Lioness Linda Shnayer

The August Lioness dinner speaker will be Ms. Sally Day, Director of Development at Service Dogs of Virginia located in Charlottesville. Ms. Day will be bringing Ella, one of their many service dogs.

Lioness Committees & Activities

DUES ARE DUE

Your membership dues for 2015-2016 are now due!

The Treasurers will be on hand at the August dinner meeting to accept payment (\$30.00) of your dues.

Please pay by check made out to: LOW Lioness

If you cannot attend the August dinner meeting, please submit them via mail to:

LOW Lioness Club
Attn: Norma Ervin,/Barbara Tomayko Treasurers
P.O. Box 811
Locust Grove, VA 22508

School Supplies

By Lioness Maureen Otero

Below is a list of school supplies needed that Helene Burns and Maureen Otero will be taking to the local schools:

Backpacks **no rolling ones**, number 2 pencils, glue sticks, scissors, marble composition notebooks sewn pages, loose leaf paper, spiral notebooks wide ruled, 4-pack dry erase markers, 2 pocket plastic folders, 3x5 index cards, 5x8 pencil boxes, crayons, zip lock bags, tissues, and hand sanitizers

Correction for Committee Chairpersons List

Please add Linda Shnayer (412-1021) to the Committee Chairpersons List for Programs

Gail was born in Washington, DC, 10 months after World War II ended, and was raised in McLean. This was when McLean was country—her parents raised chickens, had honey bee hives, and a vegetable garden. The closest grocery store was in Arlington—Glebe Road & Lee Highway, and as there were no malls or department stores in N. Virginia, shopping was on F and G Streets in Washington. She can remember store clerks saying “you come all the way from McLean!” Her mother went back to work as a beautician in Washington when Gail was 6, and her father worked for the Washington Gas Light Company. Her grandparents and 2 aunts lived in Washington, and during the summer when her parents were both working, they dropped her off there for the day. She and her aunt would sometimes ride the streetcar to the movies (RKO Keiths and Palace). She doesn’t remember any of the movies she saw, but she sure remembers the grand theaters.

When she was a teenager, her other grandmother had a summer house on the Rappahannock River near Tappahannock. She would spend weeks there and “hang out” with other teenagers who had summer houses there or were vacationing. During the day there were a lot of fun things to do—crabbing, water-skiing, swimming, and boating.

To her it was a simple childhood, and like many things in life taken for granted. But as she got older, she realized how special it was and has great memories of growing up.

Her mother died when she was 27 and her father died when she was 32. She started researching her family history in the 90’s—one reason was she knew nothing about her relatives beyond her grandparents and everybody who could tell her anything was no longer alive. As far as she knew her relatives were all from the area. As it turns out, this is mostly true. She has researched her mother’s side and they were all from Virginia as far back as 1784, and from Washington, DC as far back as 1832. Her father’s relatives were all from Virginia and she has gone back to 1730 on the paternal side, when Henry Darnes received a land grant in Fairfax County. She has to have documentation for one link in order to join the Daughters of the American Revolution, which is her goal.

She married her high school sweetheart and they had three children (Christa is an operating room nurse in neurosurgery—transferred to UVA from Duke in July; Tiffany is an anesthesiologist in Boone, NC; and William is an environmental engineer in Richmond). She has three wonderful grandchildren—Anna is 15, Eli is 13, and Izaak is 8. Other than when her then husband was in the Air Force for two years, she has lived her whole life in Virginia.

She worked for the Federal Government her entire career. She started in 1965 as a Secretary with Department of Commerce in Washington. After taking several years off when her children were young, she went back to work with Department of the Interior at Wolf Tap in 1980 as a Production Assistant and transferred to the U.S. Geological Survey in 1983 as a Secretary and then Staff Assistant and worked there until she moved to LOW and got a job in Washington DC. She retired from the U.S. Department of Justice with 36 years Federal service, and went back to work part-time as a contractor in a different office at the Department of Justice. She will retire for good someday, but that is not in the near future. She went from a short commute when she lived in N VA to now commuting 2 hours to Washington, DC; however, it is usually 3 days a week and she rides the VRE and would not make the commute any other way.

In 2003, she visited Lake of the Woods with a mutual friend of Carol Lee’s for the House and Garden Tour. She had never heard of Lake of the Woods. At the time, she was renting a small cottage in Aldie, Virginia, and was in the market to buy a house, but she had no idea where. Needless to say, she fell in love with the community and especially the people. It was just what she was looking for. Carol gave her the name of a real estate agent and within a couple of weeks she bought a lot that a builder was going to start building on. She moved into her new home in October 2003, met a wonderful man within a couple of months who also lives at the Lake, and as they say, the rest is history.

She loves being a Lioness and among other things, enjoys publishing the LOWDOWN every month.

From the Tamers

By Ellen Bearden and Nikki Buell

The Lake of the Woods Lioness Club August 13th 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, August 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 \$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

Stuffed Peppers
Honey Carrots
Au Gratin Potatoes
House Salad
Sherbet for dessert
Coffee & Tea

Vegetarian Menu

Asian Salad
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

August, the month that the government is on vacation. Many in our area work for the government and thus are also on vacation. A fun game to play in the car is to name all the states and their capital. This month rather than name a capital, see if you can name which states have these two mottos?

1. "The Crossroads of America"
2. "Under God the People Rule"

Bonus question! What is the motto for the United States?

Our greeters for the August meeting are:

Pat Berry
Theresa DiCicco

LOW Lioness 2015-2016 Calendar

Aug 13	Lioness Dinner Meeting
Aug 19	Excursion Trip
Aug 27	Lioness BOD Meeting
Aug 29	Lioness Book Sale
Sept 25	Card Party & Fashion Show
Dec 12	Christmas House Tour

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 24 or as soon thereafter as possible. August 29th is the deadline for submissions for the September 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:

Marie Bojinoff

Address/Phone Correction

**Pat Watterworth
30681 Hidden Creek Lane
540-854-9085**

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