

# LAKE OF THE WOODS LIONESS

## LOW DOWN

Volume 29, Number 6 — December 2013



### President's Corner

By Lioness Beth Sundberg, LOW Lioness President

[www.lowlioness.org](http://www.lowlioness.org)

It looks rather bedraggled today, but it holds special memories for me. As a child I treasured the glittery pink rosebud Christmas ornament. It was mine to hang every year.

During the endless summer of 1997 when it became apparent that my dad was dying, someone managed to find it as we were closing up the house. I don't know how many years it had been since I had last seen it. But there it was, my priceless treasure. The pink now has faded and the old green thread that mother tied for it to hang is barely there. No one really notices, but it's still my favorite ornament hanging on the tree.

What will you treasure most this Christmas season? The whirl of the social season or wearing a new dress for a special occasion? Likely not. For some of us Christmas will be more difficult due to unforeseen circumstances. As we grow older, we treasure Christmas memories from past years. From childhood to having families of our own, to be-

ing on our own, our situations keep changing. Regardless, the real meaning of Christmas remains. Had God not considered us to be priceless, he would not have sent his Son, whose name literally means God with us.

"How precious to me are your thoughts O God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand." Psalms 139:17

..."For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace". Isaiah 9:6-7.

It is my prayer that this Christmas will be a meaningful and joyous time for you. May it become a special memory for you and for those you treasure.

Merry Christmas!



### WHAT DO I BRING CHECKLIST?

**Wilderness Food Pantry**—For December, it is asked that you bring books for children (either story books or activity books). Of course, if you want to bring food, it is always welcome. As usual, please bring items in double plastic bags. 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.

**Head Start — See pg. 2**

**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.

#### **2013—2014 Board of Directors**

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125 Gold Rush Drive  
Locust Grove, VA 22508  
(540) 972-9775

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No BOD meeting held in November. The next BOD meeting will be December 5 for November/December and the notes will be included in the January LOW DOWN.

## **Lioness Committees & Activities**

### **Collection for Head Start**

**By Lionesses Michelle Senft  
and Caroline Caldwell**

We will be collecting packs of colored paper, rounded ended scissors, and glue sticks for Head Start in December. The program has 34 children.

### **Gifts for Bridges**

**By Lioness Mary Lou McFarland**

At the November meeting many Lionesses signed up to buy gifts for Bridges. Please wrap the gifts and put a tag on them with the person's name. Mary Lou will be collecting them at the December meeting, or if you will not be at the meeting, please call 972-1483 to arrange getting the gifts to her.

### **December Program**

**By Lioness Theresa DiCicco**

Glenda Mason will entertain us with her amazing handbell ringing talent at the December meeting. She has been ringing handbells for 25 years. Along with ringing in local church and community choirs, she has been selected to ring in audition-only handbell groups across the US and internationally, including Distinctly Bronze West, East and 2007 European Tour, 2010 Pinnacle "Dream Team"; and the 2013 Virtuoso Inaugural event. She also had the unique opportunities to ring in a conference choir at the Disneyland Resort in CA summer of 2012 and played the National Anthem at a Washington Nationals baseball game this past summer. She served 10 years as Church Music Director at Oakland Baptist Church in King George, VA.

### **Baked Goods & Christmas Items For Christkindlmarkt – Reminder**

**By Lioness Gail Hardin**

Christkindlmarkt will be held at the Community Center on Saturday, December 14<sup>th</sup> beginning at 9:00 a.m. Homemade cookies, cakes, pies, or bars are good items for the Bake Sale (**please label any items containing nuts or peanut butter**). Christmas items are needed for the Christmas sale table. You can bring **baked goods or Christmas items** to the Community Center Friday, December 13<sup>th</sup> from 5-8 p.m. and **baked goods** on Saturday morning at 9:00 a.m. Call Norma Ervin (972-0652) or Kathy Martin (972-5242) to drop off baked goods at their home. Call Gail Hardin (972-5698) to drop off Christmas items.

## **Did You Know—Val Protiva's Story**

**By Lioness President Beth Sundberg**

Though destined to be the middle sister, there is no evidence of a middle child syndrome here. Val was born and reared in Cleveland, Ohio. She and her 2 sisters had a happy childhood together. Her father managed a grocery store while her mother catered various events. The girls learned how to sew from their mother and Val made all of her own clothes. She attended parochial Catholic schools and even played the glockenspiel in the band! In the 8<sup>th</sup> grade Jim caught her eye though most likely it was the other way around. The relationship with Jim was reignited during her senior year of high school. They both went onto to pursue higher education. Soon after graduating from St. John's Hospital School of Nursing, they were married in October 1964. Her first job was as a staff nurse at the Cleveland Clinic.

Because of Jim's job, they moved to Palatine, IL in 1968. Then a new job in sales management moved the family out east to Vienna, VA. Along the way, Val always was involved in nursing including hospice home care. In Vienna, she was the office nurse at Vienna Pediatrics for 28 years. She managed all this while caring for their 3 sons Ed, Jim, Greg and daughter, Amy. She was not much of an athlete in her early years, but that soon changed with her sports minded children. Instead of sitting on the sidelines watching them ski, she decided to join them on the slopes.

Retiring in 2006, Val and Jim moved to Lake of the Woods. Retirement should not be confused with a sedentary life. They love activities with their 10 grandchildren including swimming, fishing, boating, tubing, downhill skiing, and going to the beach. Here at LOW Val enjoys bridge, Lioness club, garden club, Red Hat's, traveling, entertaining, friends, home and garden work, book club, biking, tennis, and roller blading. Did she say roller blading? The second Wednesday night of every month, you'll find Val and Jim working at our local food pantry in the meat trailer.

In 2000, after losing a close friend to breast cancer, Val and Barbara Strain participated in the 3 day, 60 mile Avon Cancer Walk years before her own bout with cancer. Val now has been a breast cancer survivor for 2 years. For this she is most grateful.

Val's Catholic faith continues to be of vital importance to her. Through Jim's bi-pass surgery in his mid-40's, her faith sustained her. She trusts in God's plan for her. Always wanting to provide help where help is needed, they have taken part in 3 mission trips to Guatemala with a team of 25 including her sisters and a brother-in-law. While in Guatemala, Jim worked with Habitat for Humanity while Val used her nursing skills in making patient medical assessments. Patients often walked 5 miles making their way to the clinic. Cleveland Clinic brought in medications and supplies. Eye testing took place and patients were provided eye glasses from LOW. In our "beloved" Ferris building, clinic photos hang of patients being served.

Some years ago, Val and Jim helped their son buy a beach home in Duck, NC for personal use and rental. Their daughter is now a part owner along with one of their sons. She and Jim enjoy going down in the off season in the fall. Val and her sisters always go to Duck before the summer rental season begins to open up the house and make necessary preparations. Somehow I have a feeling that's not the only thing they manage to do! They call it their "Spring Fling!" In January she and her sisters are celebrating her belated 70<sup>th</sup> in Key West, Florida! (Why didn't I think of that?)

In August, a cruise is planned with the entire family to celebrate Val and Jim's 50<sup>th</sup> wedding anniversary!

## From the Tamers

By Lionesses Jean Priest and Roselynn Edwards

The Lake of the Woods Lioness Club Dec. 12th 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, Dec. 9th 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:

Jean Priest (540-446-0797) Email: [sunnysez@gmail.com](mailto:sunnysez@gmail.com)

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

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

### Dinner

Garden Salad  
Chicken Roulade  
Honey Glazed Carrots  
Red Bliss Potatoes  
Coconut Butter Cake  
Coffee or Tea

### Vegetarian Menu

Pasta Alfredo OR  
Small Garden Salad  
(Plus any 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 Joan King

Happy Holidays! Did you know the first fresh evergreen Christmas tree (recorded) in the U.S. was in the Tucker House in Colonial Williamsburg? A German Professor, from the College of William And Mary, was staying with the Tucker Family and introduced this German tradition to the Tucker children. To the delight of the children, they decorated the tree with candles, gilded nuts, marbled paper and strings of popcorn. This became so popular that the practice spread throughout Virginia. This Christmas season you can see a decorated tree in the Tucker house in the same manner as in 1842.

Special gift to you—no questions this month, but celebrate by giving a quarter to the Lion Bank.

Don't forget to wear your nametag!!

Greeters this month are: Marue Biggs and Betty Girman

## LOW Lioness 2013-2014 Calendar

Dec 5 BOD Meeting  
Dec 12 Lioness Dinner Meeting  
Dec 14 Christkindlmarkt

## Happy Birthday Lionesses!

|             |                    |             |                  |
|-------------|--------------------|-------------|------------------|
| December 1  | Sherry Standley    | December 18 | Dorothea Barnes  |
| December 6  | Karen Cakouros     | December 21 | Linda Shnayer    |
| December 6  | Elaine Freeland    | December 22 | Joan King        |
| December 6  | Kathy Walters      | December 23 | Donna Crawley    |
| December 12 | Mary Lou McFarland | December 25 | Roselynn Edwards |
| December 16 | Pat Phillip        |             |                  |

**From the Editor**

By Lioness Gail Hardin  
Editor, Lioness LOW DOWN

The deadline for submission of newsletter articles for the January LOW DOWN is December 20. Please 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.

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