



President's Corner

By Lioness Beth Sundberg, LOW Lioness President

www.lowlioness.org

Happy Valentine's Day!

Chocolate ... how does one get away from it? Just when I think my cravings for chocolate have finally subsided now that Christmas is over, I face another round of temptations with the coming of Valentine's Day. How did those unspectacular looking little brown morsels come to symbolize love anyway? Even though I alerted my husband early on in our marriage not to buy me chocolates, somehow boxes make their way into our household. Now the grandchildren seem to have bought into the idea that those little red boxes are a symbol of love. And of course, I must eat it all so as not to hurt the feelings of my husband or my beloved grandchildren. (My preference is dark chocolate).

Have you noticed how we don't always mean what we say? For instance:

Question: How are you today?

Our Response: Oh, just fine thank you!

But I Really Mean: I feel terrible

Question: Please forgive me!

Our Response: Of course, I forgive you!

But I Really Mean: I'm still hurt

Question: I knew you'd like this!

Our Response: I just love it!

But I Really Mean: Not my taste

Question: What can I do for you?

Our Response: You've done enough!

But I Really Mean: I need your help

I wonder if it is not the same with those we serve in our community. It really is our privilege to go beyond the call of duty to

make sure unspoken needs are taken care of. It is true love in action. We all are touched by unexpected acts of kindness. It can mean all the difference in the world.

During the cold month of February it's a good feeling to give and receive love. And, I'm happy that things will start back up again with Lioness. I've missed being together and look forward to seeing you on the 13th if not before.

The Lions Mid-Winter Conference meeting will again be held February 7-8 in Staunton, VA. If you have any interest in attending, please let me know. It is possible to attend just on Saturday.

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.

Bridges — Bingo Prizes

Thanks to all who contributed the Christmas gifts in December—they were a BIG hit.

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

President

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

Secretary

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

Treasurers

Lucy Churchill & Elaine Freeland

1st Vice President

Karen Cakouros

2nd Vice President

Ann Walker

3rd Vice President

Karin Goetz

Lioness TAMERS

Jean Priest
Roselynn Edwards

Tail Twister

Joan King

Membership Director

Director—Linda Ogletree
Co-Director—Kathi Martin

Directors

Pat Berry
Connie LeMay
Maureen Otero

Past President

Carol Lee

Lion Liaison
Phyllis Taylor

The Insider's View

Minutes from the
January 23, 2014
BOD Meeting

Attendance: Kathi Martin, Carol Lee, Ann Walker, Jean Priest, Roselynn Edwards, Lucy Churchill, Pat Berry, Karin Goetz, Connie LeMay, Beth Sundberg and Donalda Lovelace

CALL TO ORDER: Meeting was called to order at 7:06 pm by President Beth Sundberg.

SECRETARY'S REPORT-

- Donalda Lovelace, Secretary presented the minutes which were approved. Motion and Second: Walker/Lee

TREASURER'S REPORT-

- Lucy Churchill presented the Treasurer's report for review, acceptance and filed for audit. Motion and Second: LeMay/Goetz

PRESIDENT'S REPORT-

- BETH SUNDBERG reviewed the Thank You letters received from Locust Grove Primary School, Orange County Free Clinic, American Diabetes Association, Locust Grove Elementary, Locust Grove Middle School and Lake of the Woods Volunteer Fire and Rescue Company.
- After reviewing our budgetary expenses, the board voted to discontinue supporting the LOW Volunteer Fire and Rescue Company Dinner. Motion and Second: Martin/Lovelace
- January and February Birthdays will be combined at the February Meeting.

OFFICER'S REPORTS

- 2nd Vice President — Ann Walker: An event is planned in March at the Germanna Heights Apartments.
- DIRECTORS — Pat Berry, Connie LeMay: A mixer has been planned for March.
- IMMEDIATE PAST PRESIDENT — Carol Lee indicated that the LOW Lions barbeque to reduce a debt was a success in large part to the participation of so many Lionesses'. The board passed a motion expressing great gratitude to Carol Lee for leading the effort to reduce the Lions debt related to this event. Carol Lee was responsible for securing the purchase of 43 dinners by Lioness @ \$15 each for a total of \$645 of the \$1,000 debt. Motion and Second: LeMay/Berry

COMMITTEE REPORTS

- Carol Lee reported the Nominating Committee is hard at work preparing a slate for the coming elections. A memorandum will be going out calling for volunteers for certain positions.

ADJOURNMENT

Lioness Committees & Activities

Upcoming Board Elections

By Lioness Carol Lee

It is that time of the year when we need to begin the process of selecting the new board of directors for our Lioness Club. According to our bylaws, the slate of officers is to be presented to the membership in March with the voting for the elections in April. As immediate past president, it is my responsibility to present the candidates to the membership.

Several of our present board members will remain on the board. However, the following positions are now open: co-treasurer, 1st vice president, a tamer, and a director.

If you are interested in any of the positions, a description of the duties is in your Constitution and Bylaws Handbook. All of the members of the present board will be happy to discuss the duties with you. It is a great way for you to be a vital part of our Lioness Club.

Please call me at 972-8920 or e-mail me at carol.lee4@comcast.net, to offer your service or if you have any questions. Please call as you as you can so that I and my election committee can begin the process. Your offer to serve on the board is greatly appreciated.

Share and Care

By Lioness Connie LeMay

January was a rough month for some of our Lioness members but I am glad to say that everyone is moving forward.

- Ann Wood is recuperating beautifully from her shoulder replacement and is out playing bridge again.
- Lucy Churchill bounced back quickly from her successful surgery and will now be taking radiation for her breast tumor. She also got right back to the bridge table.
- Betty May has been recuperating from pneumonia for the past month but states that she is feeling better.
- Ann Walker finished her course of radiation and continues to care for her husband, Tom, who is in the Golden Living Rehabilitation Home.
- Pat Berry had a knee replacement on Jan. 27th and plans to have the fastest recovery in Orange County (you can't keep this gal down for long).
- Margaret Findel has been diagnosed with bone cancer in a rib but the doctors have reassured her that her radiation treatments will help her a lot.
- We express our sincere sympathy to Elaine Freeland on the passing of her brother-in-law.

Please let me know if there are any other Lionesses who have been ill.

Program for February Meeting

By Lioness Theresa DiCicco

The speaker for the February Lioness meeting will be Shawn Bryar, an audio hearing specialist. He will be speaking on loss of hearing and its impact on socialization.

Lioness Committees & Activities

LOW Lioness Flea Market

By Lioness Flo Clarke

The Low Lioness Flea Market will be held on Sat., March 29 from 8:30 AM to 1:00 PM at the Locust Grove Middle School. We will be needing Lioness volunteers to distribute flyers, price goods on Friday the 28th, and work in the different areas such as baked goods, white elephant, and concession stand on the 29th. Please help by signing up for something at our meeting on Feb. 13.

Got Junk

By Lioness Carol Greeney

A year has gone by and I am sure that you have accumulated more items that you wish to donate to our White Elephant Table for the Flea Market on March 29. I do know that I have a growing pile down in Ray's Man Cave!

We will again be collecting these items the night before at the Middle School from 4-7 p.m. If this time is not convenient for you, please give me a call at 972-6739 and we will make alternate arrangements. Check with family members and neighbors; their items are also welcome!!

I will also be needing lots of help the night of the collections and, also, the day of the sale. Let me know if you can help.

Did you Know — Jean McLallen's Story

By Lioness President Beth Sundberg

Though born in Haddonfield, New Jersey, Jean's heart was anchored in Ocean City, New Jersey in and by the water. From an early age on, summers were spent there on the beach at her grandmother's.

By the time Jean was in the 8th grade, her sister, Dolores, was already in college. Jean had an athletic bent and played field hockey and basketball during her high school years in NJ. One summer she visited a friend on Long Beach Island and became captivated by water skiing, so much so, that when she came home, she announced that she wanted to have her own boat. Her father agreed but told her she'd have to pay for it. Undaunted, the next summer she worked as a waitress on the boardwalk in Ocean City and saved half of the money needed to buy a boat. Her father agreed to match what she had earned and soon after, a 16' outboard motor boat was purchased. Each summer she continued to work so that she could buy the gas needed to ski. From that point on, her life seemed to revolve around either water or finance.

After high school graduation, Jean went to Vassar to pursue a liberal arts education. She continued working in Ocean City at Watson's as a hostess and then became the dining room manager. Later she worked for the manager at The Flanders Hotel. It was an ideal situation living at her grandmother's only a block away from work. She could still enjoy the beach with working hours from 3:30 to 9:30 p.m.

Did you Know — Jean McLallen's Story (Cont'd)

By Lioness President Beth Sundberg

After 2 years at Vassar she decided the hotel business was for her and transferred to Cornell Hotel School in New York where she received a B.S. degree in hotel administration.

Thanks to her boyfriend, she got an interview and landed a job at The Drake Hotel in Chicago. Jean soon became interested in the resident manager at the Drake, Bob McLallen, who also happened to be her boyfriend's boss. They discovered they had mutual friends at Cornell as he had graduated earlier. Just prior to their marriage in September 1965, she squeezed in a trip with her parents to the Middle East.

As a newly married couple, they moved to Youngstown, OH due to Bob's new job change with Arby's corporate office. While there, their first son Rob was born. In '69, they moved to Annandale, VA, a welcomed move from the red smoke of the steel mill and depressed economy of Youngstown. Their second son, Scott was born in '71.

Jean was a stay-at-home Mom and chauffeur until the children were in college and in high school. She spent 10 years as a professional volunteer with the Service League and Junior League of northern VA serving as arrangements chairperson and chairing various fundraisers.

In the meantime, Bob established his own consulting firm and needed a financial manager. Jean served as Secretary/Treasurer until her son Rob took over. This allowed her to pursue meeting planning studies at NOVA. She began a new career lasting 10 years at MCI as video conference coordinator. This led to a variety of responsibilities including financial reporting and meeting and conference planning.

In January 1992, Bob suffered cardiac arrest and was no longer able to work. During Bob's long illness, she was offered and took a position at the Arlington Free Clinic as Office Manager and Director of Finance.

In 1989 they bought property on the small lake in LOW and built their dream log cabin in 2000-2001. Weekends were spent here and Bob was able to have more freedom at the cabin. However, after 11 ½ years in and out of hospitals, Bob passed away in 2003. He lived long enough to see 2 of their 4 grandchildren. Jean continued working until 2006. It was a "failed retirement" as she soon received a call from the clinic saying they needed help in special gifts and coordinating a federal grant for construction at the clinic. She finally retired in 2011.

She met Peter Taylor, her neighbor 2 doors down. He too was widowed. After hosting a party to get to know her neighbors better, several stayed behind to enjoy a glass of wine on her deck. Peter called soon after to invite her for afternoon tea. They became man and wife a year later in 2007.

Jean became a Lioness in 2007 and continues to serve faithfully on the Finance and Budget committee. Last Spring, I found it difficult to focus on the Lioness budget meeting in her beautiful log "cabin" (more like a lodge) home.

From the Tamers

By Lionesses Jean Priest and Roselynn Edwards

The Lake of the Woods Lioness Club Feb. 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, Feb. 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:

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

PLEASE NOTIFY JEAN ONLY THIS MONTH.

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
Meatloaf
Mac & Cheese
Buttered Corn
Cherry Pie
Coffee or Tea

Vegetarian Menu

Oriental Salad **OR**
Small Garden Salad
(Plus any sides from the buffet)

Twister's Corner

By Lioness Joan King

Hope everyone had a wonderful holiday season! Thanks for being so generous to the "Lion Bank" at the December meeting.

Can you believe it's February 2014!! This month we celebrate Groundhog's Day, Valentine's Day, Presidents Day, Lincoln and Washington Birthdays.

Who was St. Valentine and in what city is he buried?

President Lincoln was born in what state?

President Washington was born in what state?

Who was the only President that spoke English as a second language? The Twister will be asking! Don't forget your nametag!

Greeters are: Paula Hornaday and Nancy Strain

LOW Lioness 2013-2014 Calendar

Feb. 7-8	Lions Mid-Winter Conference in Staunton
Feb. 13	Lioness Dinner Meeting
Feb. 22	Lioness Book Sale
Feb. 27	Lioness BOD Meeting
March 29	Lioness Flea Market

Happy Birthday Lionesses!

February 5	Betsy Flanigan	February 23	Joan Litschert
February 6	Millie Davis	February 25	Barbara Rakes
February 12	Helene Burns		

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

The deadline for submission of newsletter articles for the March LOW DOWN is February 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.)

Please make the following changes in e-mail addresses:

Joan King: cjking218@verizon.net

Corky Thomas: dthomash2o@comcast.net

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

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