



## President's Corner

By Lioness Karen Cakouros LOW Lioness President

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



"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every Idle hour."

- John Boswell

Steve and I just returned from visiting friends and family in Florida. It is good to be home although we certainly miss the sun and milder temperatures. We got in some good golfing, visiting, beachcombing, movies, and just resting. Many of you have met Steve's mom, Thelma. She is doing well in her new assisted living environment in Tampa. At 95, she is still remarkably mobile - she walks faster than I do with her walker. It is a wonderful facility and she seems happy for the most part. She and 10 other residents had the flu and we could not see her for 4 days while they dealt with the outbreak. They took meals to all residents in their rooms and all recovered quickly. She still misses "Bunco" with us in Virginia and hopes to return in the Fall.

I am looking forward to our meeting February 12<sup>th</sup> after our long-ago December meeting. Donald, Maureen and I will attend

the Lions Mid Winter Conference on February 7<sup>th</sup> in Staunton. Hope to get some new ideas from the gathering.

We have some upcoming events to look forward to. There is our monthly Book Sale at the Ferris Building. Thanks to Ann, Sherri, Helene and committee for this ongoing successful endeavor. Food Pantry will open in our new trailer this month. We appreciate all the work and planning from our fellow Lions and our own Betty Beck. Sue Merna again chairs our March Flea Market/ Bake Sale. Please give us some of your wonderful not needed items for our sale and of course your bake sale goodies. That is also the day when some lucky person will win Claudia's beautiful handmade quilt. Be sure and purchase your chances. Then we have White Cane Days in April. The more volunteers we have

gains more funds for our Benevolence Projects. Our Golf Tournament will be held May 16<sup>th</sup>. It is our first attempt in many years to host a golf event. Maureen and her committee are looking to all of you for your support. Looking at the program schedule for our meetings, we have some good presentations ahead. Thanks to Carol and Flo for their excellence in planning our programs.

Reports are that Jerry Davis is making good progress in his recovery. Millie is hoping for a return from Richmond to Fredericksburg for his continued treatment and therapy. Keep your prayers going their way!

Please remember to visit [lowlioness.org](http://lowlioness.org). Pat and Su are doing a great job updating regularly and more of you are contributing with pictures and articles. We should be proud of our site.

## WHAT DO I BRING CHECKLIST?

**Wilderness Food Pantry**—At least 2 food items in a reusable bag or double plastic bag. Especially needed—side dishes (e.g., Rice-A-Roni, Pasta Sides, Hamburger Helper, etc.) 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** — See Pg. 3

**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**  
**Betty Beck**

**The Insider's View**

Minutes from the  
January 22, 2015  
BOD Meeting

The meeting was called to order by 1<sup>st</sup> Vice President Maureen Otero. Attending were Lioness board members Mary Altman, Arlene DeSimone, Roselynn Edwards, Carolyn Gordon, Pat Berry, Elaine Freeland, Maureen Otero, Linda Shnayer, Beth Sundberg, Carole Greeney, Sherri Lasover and Donalda Lovelace. Lioness and Lion Liaison Becky Beck was also in attendance.

**Minutes** from the December 4, 2014, meeting had been previously distributed, and the board accepted them as written.

**Treasurer's report** was accepted and filed for audit.

President's Report – Maureen Otero in Karen Cakouros's absence reported.

- Correspondence included thank you notes from LOW Fire & Rescue for our donation of \$2,000, Orange County Free Clinic for our donation of \$750, Locust Grove Primary School for donation of \$200 for their library, donation to Orange County High School for our donation of \$200, Locust Grove Middle School for our donation of \$200 to their library, and SAFE for our donations of \$750 and \$50. We received several thank you handmade cards from the children of Head Start thanking us for their playground equipment. We received a thank you from Ann Walker for our donation to the Lion's Tree of Love in memory of her husband Tom Walker. Along with a very gracious thank you from the family of Doris Groff Velona, we received a donation of \$500. It was moved and approved that the money will go for a scholarship to a high school student. We also received notification of the resignation of Lois Ward which was accepted with regret.

First Vice President's Report – Maureen Otero

- First Vice President Maureen Otero reported that the May 16, 2015, Golf Tournament fundraiser is moving along well, however, there was concern about how the proposed food increases at the Fareway might impact our tournament.
- Kristkidmarkt was successful. Each of the three cost centers were very profitable with the Apron table selling out of aprons.

Tail Twister -Carol Greeney

- Encouraged everyone to begin pulling items from their closets for the Flea Market White Elephant Table to be held on March 28<sup>th</sup>. She will need 10 people to organize the items and 6 people to sell.

Directors- Pat Berry, Arlene DeSimone, and Sherri Lasover

- Plans are underway for the next mixer.

Immediate Past President – Beth Sundberg

- The Nominating Committee has been formed; membership includes Carol Greeney, Betty Beck, Connie LeMay, Ann Walker and Beth Sundberg.

MORE

See pg. 3

Lion Liaison Report- Betty Beck

- Plans are moving along for the opening of the Wilderness Pantry in the new building. The weather has slowed down progress but a move should occur in late January or early February.
- The Pantry needs someone to pick up food from Food Lion once a month on a Wednesday. Please contact Betty if you can help or know someone who can.

There being no further business to come before the LOW Lioness Board at this time, the meeting was adjourned.

## Lioness Committees & Activities

### Share and Care

By Lioness Connie LeMay

- Marge Howard's husband, Bill, passed away in Myrtle Beach, South Carolina on Jan. 19 and his funeral service was held there 4 days later. Marge will be staying with her daughter there for an indefinite length of time.
- Millie Davis's husband, Jerry, is receiving treatment at St. Mary's Hospital in Richmond for lung and heart issues. Jerry has been removed from the ventilator and is breathing better. Millie is staying in Richmond to be with him and she has expressed great appreciation for all of the cards and prayers that have been sent their way.
- For the past two months, Mary Altman's husband, Hank, has been receiving continual treatment for an eye issue in Richmond and they are hoping that the next operation will take care of the problem. They too have appreciated everyone's good wishes.
- Beth Sundberg's daughter has had a reoccurrence of cancer tumors and is being treated again for them. Beth is going back and forth to Northern Virginia to help out with the children.
- Martha Grandy's husband, Cork, passed away on Jan. 27th at Dogwood Nursing Home. Our thoughts are with Martha at this time.
- Carol Lee and Val Protiva both have received good results from their medical check-ups – YEA!!!!

If you know of a Lioness – or a member of their family- who is ill, please contact Connie LeMay – 972-6123.

### Bridges

By Mary Lou McFarland

The staff at Bridges is asking the Lionesses to bring craft supplies. This means glue sticks, crayons, markers, or construction paper. The adults at Bridges really love to do any kind of craft.

# Lioness Committees & Activities

## White Elephant Sale

By Lioness Carol Greeney

Here we go again. By now every Lioness in this club should have a very clean basement and attic. We have been collecting your unused, unwanted items over the past several years for our Flea Market White Elephant Table, the Christkindl Market and just this past fall we added the Community Yard Sale. But, you know, I am sure that you still have a few items that you kept—items that you were not sure whether you were ready to part with just yet. If you haven't used them since last October, now is the time!

The routine will be the same. We will collect all items (no clothes, please) between 4 P.M. and 7 P.M. on Friday evening, March 27 at the Locust Grove Middle School on Route 601. Household items, home décor, jewelry, purses, small items of furniture and anything unique are welcome. Please be sure that all items are clean, nearly new and in working order.

I will also be needing several Lionesses to help with sorting, pricing and organizing the items as they are received on Friday evening. I will need a second group to help with the sales on Saturday morning. Remember, if you are a worker, you have first pick and just may find that special "treasure". You will find sign-up sheets on your tables at the February and March meetings. It's really a fun thing to do and many hands do make light work.

LOW Lioness Golf Tournament  
Lake of the Woods Golf Course

*Save the date!*

Saturday, May 16, 2015



Carol was born in Parkersburg, West Virginia. Her father was a meat cutter in a grocery while her mother worked in the viscose rayon manufacturing industry. Carol was the oldest of 6 daughters all born within 7 years of each other. She was affectionately known as “big bossy sister.” Carol was very active in high school and especially enjoyed writing. Her activities included working as editor on the school newspaper and the year book staff at Parkersburg High. It did not take long before Carol caught the eye of John Edwin Stanley while attending church. John had graduated from Parkersburg previously and had spent a year attending business school. They were married in the fall of 1947 and entered Marshall University. Carol went to school part time while working as a secretary for Wilson Meat Company. With her ability to write, John somehow talked her into writing ALL of his papers. He would give her a list of pertinent information and she would do the rest. Upon “their” graduation, John went into the Marine Corps and after graduating from Officers Candidate School, he was stationed at Quantico. While there, they had 2 children a daughter, Cathryn and a son, David exactly 11 months later.

Following his commitment to the USMC, the decision was made to attend graduate school at Ohio State University where they lived on campus. John again talked her into writing All of his papers. John gave her a list of pertinent information and she did the rest. While in Cleveland some 5 years later, they had another son, Philip and a daughter, Susan.

Following graduation, John accepted an offer for employment from Ernst and Ernst, a CPA firm in Cleveland. He worked for them for 30 years before retiring. As a family they enjoyed spending summers at their cottage near Akron on Lake Berlin. The children went onto school and pursued their own careers. Loving to be near water plus a growing dislike for the Ohio winters, John and Carol decided to acquire property on Longboat Key, Florida on the west coast, south of Tampa. While there, Carol became quite active in team tennis. She always seemed to remain busy with various activities. At one point she joined a courtier sewing course and the teachers incorporated the latest designs from Europe. John and Carol normally spent the months from September to May in Florida and in due course sold their big home in Cleveland and went directly to the Lake Berlin cabin during off season.

Eventually they made their way to Lake of the Woods at the urging of their daughters who both live in Fairfax. Initially they were located on the small lake but then moved to a larger home on the big lake. It became increasingly apparent that John was not well and unfortunately he passed away in 2010.

Carol’s children are quite accomplished. Her eldest daughter teaches visually handicapped children and the youngest daughter is an attorney as are both their spouses. Her oldest son was a bank president before retiring and her youngest son is an attorney and CPA in Florida. She has seven grand children; all have busy lives and are completing their educations. Carol is an active member of Lake of the Woods Church and has been a member of LOW Lioness since 2011.

## From the Tamers

By Roselynn Edwards and Carolyn Gordon

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

Carolyn Gordon (972-4656) Email: [wpcegordon@aol.com](mailto:wpcegordon@aol.com)

PLEASE NOTIFY CAROLYN 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  
Creamed Corn  
Parsley Potatoes  
Cherry Pie  
Coffee or Tea

### Vegetarian Menu

Oriental Salad—fresh greens w/almonds, scallions, man. Org., edamame, & crisp noodles  
OR  
Garden Salad  
Plus sides from the Buffet

## Twister's Corner

By Lioness Carol Greeney

We meet and greet each month in the Presidents' Room of our beautiful Clubhouse. Can you name the presidents who were from Virginia? If you can't you will be paying the Twister!

We also celebrate Valentine's Day this month and Valentine's Day is for lovers and Virginia is also for lovers. So, does this mean that the Presidents from Virginia were lovers? I certainly hope so.

BE SURE TO WEAR YOUR NAMETAG!

## LOW Lioness 2014-2015 Calendar

Feb 12 Lioness Dinner Meeting  
Feb 26 Lioness BOD Meeting  
Feb 28 Lioness Book Sale  
Mar 28 Lioness Flea Market & Bake Sale  
May 16 Golf Tournament

## Happy Birthday Lionesses!

Feb 5	Betsy Flanigan	Feb 23	Joan Litschert
Feb 6	Millie Davis	Feb 25	Barbara Rakes
Feb 12	Helene Burns	Feb 28	Susan Oldach
Feb 16	Wendy Gwaltney		

**From the Editor**

By Lioness Gail Hardin  
Editor, Lioness LOW DOWN

Please get information and articles for the March LOW DOWN to me by Feb. 20 or as soon thereafter as possible. Feb. 28th is the deadline for submissions for the March 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:**

**Lois Ward**

**Correction in Email addresses:**

**Mille Davis —**

**davisjerry913@comcast.net**

**Directory has a period (.) between davis & jerry.**

**JoAnn Zwickl —**

**jmzwickl323@gmail.com**

**Nov. LOWDOWN had it incorrectly:  
jw instead of jm**

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Lake of the Woods Lioness

LOW DOWN

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