



President's Corner

By Lioness Maureen Otero LOW Lioness President

www.lowlioness.org

"We need to give each other the space to grow, to be ourselves, to exercise our diversity. We need to give each other space so that we may both give and receive such beautiful things as ideas, openness, dignity, joy, healing and inclusion." Max de Pree, Businessman, Author of many books on Leadership.

Another year has started. I hope the holiday season was a good one filled with family and friends. It's the time to again visit making our resolutions. I'm trying something different this year, instead of giving up something I'm going to do something. This seems more positive to me, maybe I can be helpful to something or someone.

The Lioness had a very good year, all our events were very successful, and my thanks and congratulations go out to the wonderful ladies who were our chairpersons and the hard working ladies who helped them bring these events to life and

gave so much of their time to us. January came in like a lion, as the old saying goes, the blizzard came and was pretty to watch, everything looked clean and neat and the best part was WE HAD ELECTRICITY. We could relax, watch TV, have a beverage, and be warm and comfortable in front of the fireplace.

The Lionesses have a few more events to come in the next few months. On March 19th we will have our flea market from 8:30 a.m. to 1:00 p.m. If anyone would like to

work on this project, call Arlene DeSimone. We will need help working shifts, and anyone who has treasures to donate they will be very much appreciated. The next event will be May 14th for the second annual golf tournament. This event was very successful last year, and we are hoping this one will also be a good event. If you are interested in working on this, contact Maureen Otero or Nicki Buell.

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 — Construction paper, crayons, also the new adult coloring books.

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
December 3, 2015
BOD Meeting

ATTENDANCE: Maureen Otero, Pat Berry, Barbara Hernan, Michelle Senft, Ellen Bearden, Barbara Tomayko, Norma Ervin, Karen Cakouros; Betty Beck. Lion-Lioness Liaison, Guest Lioness Emily Slunt

CALL TO ORDER: President Maureen Otero called the meeting to order at 7:04 PM.

UNFINISHED BUSINESS

Status of scholarship for a 2015 recipient –Emily Slunt reported that she had contacted one of our scholarship recipients about her academic difficulty and plans. She had enrolled for Spring 2016 but without the scholarship was not able to enroll full time. The board voted to approve the scholarship and Emily Slunt will notify Germanna Community College.

SECRETARY'S REPORT: The October 2015 minutes were approved with no corrections.

TREASURER'S REPORT:

- Norma Ervin and Barbara Tomayko presented the Administrative and Benevolence Financial Reports. The reports were accepted for audit.
- It was reported that Carol Stanley had resigned. Donalda Lovelace was asked to confirm with Lioness Stanley, acceptance of her possible resignation will be tabled until the next meeting.

PRESIDENTS REPORT:

- Maureen Otero reported on her efforts to expand the volunteering opportunities at the Verona Building site of the Lions eyeglass recycling activity. Presently, Lionesses were limited to washing glasses. Through Maureen's efforts Lionesses will be trained on the eyeglass prescription readers.
- President Otero informed the board that Sharon Allen has requested her membership reinstated. Lion International policy is that members can be automatically reinstated if their resignation is within a twelve-month period. Sharon was unanimously welcomed back.
- Maureen also reported she had received thank you letters from Services to Abused Families for our donation of \$1,000 and from Service Dogs of Virginia for our donation of \$250.

OFFICER'S REPORTS

- A. 2nd Vice President-Michelle Senft reported -- that gift wrapping for children at Child Help will be December 16, at 9:00 AM. For more details, contact Committee Chairperson Carolyn Gordon.
- Planning is winding down for Kriskindlemarkt and the Holiday House Tours. The committee members have indicated both events are slated to be successful.
- B. TAMERS- Ellen Bearden briefly reported on a growing problem Lioness not attending the dinner meeting and not paying the dinner fee after receiving a letter. The board agreed that a reminder call was appropriate.

MORE

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Minutes from the December 3, 2015 , Meeting (Cont'd)

- C. MEMBERSHIP-President Otero presented Kathi Martin's report on Membership. Six incoming new members and their sponsors were presented for Board approval: Jayne Owiesny and sponsor Joyce Morlan; Joan Shnerk and sponsor Maureen Otero; Sharon D. Hutto and sponsor Maureen Otero; Janite Hamilton and sponsor Norma Ervin; Rosalie Ekstrom sponsor Marilyn Buttmer; Jonnie Feterle and sponsor Sherri Lasover. All applicants for membership were accepted. Past President Karen Cakouros will be inducting the new members.
- D. Lion Liaison- Betty Beck reported on the tremendous donations for the Thanksgiving Gift cards for the Wilderness Food Pantry customers. The Lions and Lioness's gave out over 200 cards

BOD Meeting for January 28, 2016 was CANCELLED—no minutes to report.

Lioness Committees & Activities

Welcome New Lionesses

By Lioness Kathy Martin

The following Lionesses were inducted at the November dinner meeting:

Janite Hamilton
202 Stratford Circle
540-809-0193
janite46@gmail.com

Rosalie Ekstrom
1346 Lakeview Pkwy
972-4784
leecky@aol.com

Jonnie Feterle
607 Mt. Pleasant
bearsweep@aol.com

Sharon D. Hutto
201 Westover Pkwy
540-710-3722
sharonhutto@comcast.net

Jayne Owiesny
521 Monticello Cr
408-224-8897
jayne.owiesny@gmail.com

Joan Shrenk
1213 Eastover Pkwy
540-785-3719
jshrenk40@aol.com

Also, Sharon Allen has been reinstated as a Lioness.
124 Eagle Court
972-9037
allenj63@yahoo.com

Share and Care

By Lioness Ann Walker

- Our deepest sympathy to Barbara Hernan on the loss of her son, Mark, after a long battle with ALS.
- Claudia Low underwent back surgery on January 11 and is recovering at home, but is in quite a bit of pain.
- Peggy Dowd's husband, Richard, is undergoing daily treatment for cancer.
- We extend our deepest sympathy to Jerry and Millie Davis on the loss of Jerry's brother

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

Lioness Committees & Activities

Lion/Lioness Food Pantry

By Lioness Karen Cakouros

The Lion/Lioness Food Pantry has made a change in their distribution schedule beginning January 2016. We are now open to serve clients on the first and third FRIDAY (not Thursday) of each month. The other days remain the same.

We need some additional help on the 2nd Wednesday evening (4 to 6 pm) and the last Saturday (9 a.m. to 12 noon) each month. Let me know if you can volunteer. — at 972-9043

Additional Volunteers Needed for Food Pantry

By Lioness Betty Beck

As you know, I have retired as the Wilderness Food Bank co-chair. They still need help, and I ask that you consider volunteering to work either helping clients or helping with the paperwork at the sign-in desk. It would be a once-a-month commitment. Please let Karen Cakouros know if you could fill one of these slots:

- Signing clients in at the front desk.
- Helping new clients sign in and filling out USDA forms at the other desk.
- Reviewing and responding to messages left on the Pantry phone.
- Creating new files for new clients
- Maintaining the files and updating the sign-in list monthly
- Maintain the monthly USDA report of clients served

Lioness Annual Flea Market

By Lioness Glennah Moy

The LOW Lioness Annual Flea Market will be held Saturday, March 19 at Locust Grove Middle School on Flat Run Road . This means it's time to clean out those attics and basements. Gently used household goods, collectibles and other items are needed to make this event a success. Please contact Helene Burns at 540-412-0798 to arrange a time to drop off your donations. Or bring your items to the Locust Grove Middle School on Friday, March 18 between 4 p.m. and 6 p.m. And mark the date on your calendar for a great treasure hunt, lunch and dessert

Lioness BOD Vacancy

By Lioness Karen Cakouros

The nominating committee has a vacancy for the proposed Lioness BOD 2015-2016. The position available is Co-Treasurer. Please respond to Karen Cakouros, Millie Davis, Norma Ervin, JoAnn Deem , Kathi Martin or Ann Walker to volunteer or to ask questions.



In a conversation with Nicolette Buell you become aware of her passion for life. Nothing exhibits that more than her involvement with sports and the great outdoors. As a freshman in high school near Chicago, Nicki was the pitcher for a ladies' semi-pro softball team. She continued playing on the team through high school, and at one point was featured on ABC's Wide World of Sports. As a sophomore, she learned to play tennis and made the varsity team her junior year. When a senior, Nicki was ranked the #2 varsity female player in the state of Illinois and was subsequently awarded a tennis scholarship by Florida State University (FSU). As her husband, Ken, was transferred from one naval base to another, their favorite location was near Seattle where the young family did tent-camping and took up snow skiing. The camping was fostered by her membership in Girl Scouts. Now that she and Ken have settled at Lake of the Woods, Nicki confesses love for a new sport, golf.

And there is passion for her career. Nicki earned a degree in nursing, her chosen profession as a small child, from FSU. She specialized in peripheral vascular disease. Nicki realized the importance of bringing comfort to each patient – whether in the physician's office or coming out of surgery. A personal mission was to help the physician soften his edges and show more compassion for their patients. After she and Ken moved to Norfolk, the medical practice with whom she was associated in Jacksonville, FL flew her and her infant daughter back to Florida for 10 days of work each month. She returned as a full time staff member with her husband's next naval assignment back in Jacksonville.

Passion for family... The oldest of three children, Nicki grew up in St. Louis and Chicago. After she joined the freshman class at FSU, her father was conveniently transferred to Jacksonville, FL. Nicki was serving a nursing internship at St. Vincent's Hospital in Jacksonville when she met Ken, a naval HS1 helicopter flight student, at a Christmas party thrown by the radiology department. They were married a year later, 1984, and now are proud parents of 3 daughters, Katie, Tory, and Emily. All three daughters graduated from Woodson High School in Fairfax County. Katie and Tory graduated from Virginia Tech with degrees in English and communications/public affairs, respectively. Emily is a junior at Tech majoring in business/marketing. During the family gathering at Thanksgiving 2015, Katie and her husband, Brandon, announced the pending birth of their first child and the Buells' first grandchild. The family bonds are indeed strong; Nicki's parents, Mary and Jack, moved from Florida to Lake of the Woods last year. They were so kind as to open their new home in December for the Lioness Holiday House Tour.

She SERVES! Not just tennis balls! Nicki has spent most of her life helping people. At 6 years old she wanted to be a nurse so she could help others. She remained a Girl Scout through high school with that passion to serve. As a mom, Nicki was PTA president, soccer coach and worked with the Woodson band. She currently commutes to Springfield's Accotink Academy 3 days each week to teach 2 classes of 3 year-olds each day. Sponsored by Carolyn Gordon, Nicki joined LOW Lioness in 2014 and immediately became very active with our organization. She works with the Wilderness Food Pantry, serves as co-Tamer and looks forward to helping in other ways as benefit the Lake of the Woods Lioness and our community.

From the Tamers

By Ellen Bearden and Nikki Buell

The Lake of the Woods Lioness Club February 11th 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, February 8th, 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

Lasagna
Caesar salad
Garlic bread
Cherry pie
Coffee & Tea

Vegetarian Menu

Pasta primavera
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

Burrrrr is it ever cold!!!! So much for our mild winter! Speaking of the cold, our Tamer Questions for February are all about the cold.

1. Name the coldest country in the world.
2. What year was "Snowmagddon"

Our hostesses for Febuary will be Jean Ann Daniels and Susan Costanzo

LOW Lioness 2015-2016 Calendar

Feb 11	Lioness Dinner Meeting
Feb 25	BOD Meeting
Feb 27	Lioness Book Sale
Mar 19	Lioness Flea Market
May 14	Lioness Golf Tournament

Happy Birthday Lionesses!

January 5	Loretta LaTerra	February 6	Millie Davis
January 22	Suzanne Bielmeier	February 12	Helene Burns
January 25	Shellee Williams	February 16	Wendy Gwaltney
January 29	Gayla Gamble	February 23	Joan Litschert
January 31	Phyllis Sakole	February 25	Barbara Rakes
February 5	Betsy Flanigan	February 28	Susan Oldach

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

Please get information and articles for the March LOW DOWN to me by February 24 or as soon thereafter as possible. 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.)

New E-Mail Address -

Su Bielmeier—subielmeier@gmail.com

New Members:

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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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