



President's Corner

By Lioness Beth Sundberg, LOW Lioness President

www.lowlioness.org

Happy 4th of July everyone!

The month of July holds a special place in all of our hearts for it marks the birth of our nation. Our founding fathers were remarkable men. Their lives were literally on the line for their beliefs as to what our country should and could be. We all enjoy our freedoms because of their great determination and sacrifices. Living in the Lake of the Woods community, we are surrounded by sacred battlegrounds that our nation holds dear.

Patriotism and celebrating our country's historical events is a wonderful tradition in our community. Such celebrations remind us of our freedoms and our nation's history that are passed on from generation to generation. We will celebrate July 4th in a matter of days. As a community we'll mark the event on July 6. Every year we enjoy the fanfare, the parade, gathering at the point, picnics, and to top it all off, the fireworks.

July also marks the beginning of a new Lioness year for us. Many have stepped up by taking on officer positions on our board and committee chairmanships. I think you'll agree that they keep our club hum-

ming. When I joined our LOW Lioness club in 2009, I was assured I would make many friends through my involvement. I have not been disappointed. Like you, I was drawn to our motto, "We Serve." Since our founding in 1987, we too have made countless contributions to our community. We can accomplish far more than what we could possibly do individually as a unified group. So we serve as a band of sisters linked together. In order to be most effective, we are here for each other, we encourage one another, we support each other, we serve each other. So whether we're sweating it out in the dark at the flea market or baking brownies for our countless fund raisers, we're a team.

It is a privilege for me to serve as your president for the 2013-14 year. I follow a long line of capable past presidents who have set a legacy of admirable service. I stand before a talented group of gifted women who I admire and appreciate. And so I thank you and am honored. I look forward to the year before us with anticipation. May we serve together well.

Each month we will feature one of our Lioness members under the title: Did You Know? I have asked our friend and fellow member Margaret Findell to share about her memorable childhood (see page 5). I look forward to hearing more about Margaret's story and the many stories to follow.

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. **Especially needed—canned fruit, sides (e.g., rice-a-roni, pasta roni, potato dishes, etc.) , and cereal.**

Bridges—Crayons and construction paper are especially needed. Thank you from Mary Lou McFarland for supporting our friends at Bridges.

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
June 27, 2013
BOD Meeting

The meeting was called to order by President Carol Lee at 7:00 PM. Those in attendance were Mary Altman, Ellen Bearden, Pat Berry, Karen Cakouros, Norma Ervin, Carol Lee, Maureen Otero, Jean Priest, Michelle Senft, Beth Sundberg, Barbara Rakes, and Phyllis Taylor, Also in attendance were new Board members Lucille Churchill, Roselynn Edwards, Karin Goetz, Joan King, Donalda Lovelace, Kathie Martin, and Ann Walker.

The Minutes of the May 23, 2013 meeting, which were previously distributed, were accepted.

The Treasurer's Report, given by Pat Berry, was accepted and filed for audit.

President's Report: Carol Lee

- Letters of resignation from Louise Hoh and Chris Wyant were read. Motion by Maureen Otero to accept with regret was seconded and passed.
- The lighted boat committee has contacted the Lioness expressing a desire to have more boats in the parade sponsored by clubs rather than individuals. Discussion was tabled in order to defer to the incoming Board.

OFFICER'S REPORTS

Third Vice President's Report: Karen Cakouros:

- The Lioness participation in the LOW July 4th celebration will consist of convertible cars in the parade along with some walkers and a table on the point where flyers, giving an overview of Lioness activities, will be distributed. The flyer design was presented for discussion.

Tamer's Report: Karen Cakouros and Jean Priest

- Members are asked to refrain from beginning their meal at the meetings until the invocation is completed.
- There was discussion regarding the issue of people not paying the meal fee when they do not attend the meeting. It was decided that, if there is no response to the letter, there will be a follow-up e-mail or phone call.

Unfinished Business

- Pat Berry distributed return address labels to the Secretary and the Tamers.

Adjournment

- There being no further business, the meeting was adjourned at 7:50 PM.

MORE

See pg. 3

Following the meeting there was a meeting of the new Board Members, and below are the minutes from that meeting submitted by the new Secretary, Donalda Lovelace.

PRESENT: Beth Sundberg, Carol Lee, Lucy Churchill, Karen Cakouros, Ann Walker, Karin Goetz, Jean Priest, Roselynn Edwards, Joan King, Linda Ogletree, Kathi Martin, Pat Berry, Maureen Otero, Donalda Lovelace, and Phyllis Taylor

MEETING WAS CALLED TO ORDER: at 7:50 pm by President Beth Sundberg.

- First order of business by President Sundberg was a presentation of a gift from the 2012-2013 Board to outgoing President Carol Lee in appreciation of her outstanding leadership and service.
- President Sundberg requested that all those in attendance introduce themselves. Beth introduced Melissa Daly as the new Publicity Chairperson who would be taking pictures of the new Board at the end of the meeting.

NEW BUSINESS:

- Carol Lee indicated that she had received a call from LIONS wanting to know of our interest in participating and sharing in the profits of their annual **Pig Roast** to be held on Saturday, September 7, 2013. Lioness responsibilities would be to sell tickets, help serve, and bring baked goods. It was understood that we had no budget to help in the expenses. Lions Liaison Phyllis Taylor indicated that the Lions would be voting on our participation in July. Pending Lion approval, the motion was seconded and passed (Ann Walker/Karen Cakouros) to support the Lions in their Pig Roast activity.
- Carol Lee had received a call about participation as a club in the **Lighted Boat Parade**. After discussion the motion was seconded and passed (Karen Goetz/Donalda Lovelace) NOT to participate in the Lighted Boat Parade due to short lead time and unbudgeted funds.

There being no further business, the meeting was adjourned at 8:13 PM.

Lioness Committees & Activities

Share and Care

By Lioness Ann Walker

- Former Lioness Carmi Gryniewicz passed away on June 17 after a long illness.
- Lioness Flo Clarke is recovering from rotator cuff surgery.

If you know of a Lioness or her spouse who would appreciate a card from our club, please let me know: 972-4338.

Lioness Committees & Activities

Germanna Heights Committee

By Lioness Barbara Rakes

This committee is in extreme need for some Lionesses. We go every few months to Germanna Heights apartments to play games and take lunch/treats to the residents. They really enjoy us coming and we have fun right along with them. If you have time and think this is of interest to you please contact me. 972-8970 or lowrakes@comcast.net. Looking forward to hearing from some of you

Bubbles, Bangles, and Beads—Save the Date

By Lioness Carol Greeney, Publicity

Bubbles, Bangles and Beads is the theme of this year's Card Party, Luncheon and Jewelry Show. Yes, you read it correctly—*jewelry show*! It has been increasingly difficult to find local clothing stores to support our fashion show, therefore chairman, Kathy Walters, and her committee have made the decision to try something new and different.

September 26 has been chosen as the date, and the event will begin at 11:00 A.M. with a social hour, cash bar, and time to peruse and purchase jewelry. Lunch will be served at noon, and play will begin at 1:00 P.M. In place of baskets, we have collected many exciting prizes—from dining gift certificates to a Bed and Breakfast overnight. Raffle tickets will be available during the social hour and lunch.

Bridge players will call Jan LeMieux for tickets and all other game players will call Linda Ogletree for reservations starting August 1. Those who do not wish to play are always welcome to come only for the Jewelry Show and Luncheon. The cost is \$25.00.

Kathy and her committee are excited about this new venture and are working hard to make it one of our most successful events. Watch for upcoming articles which will provide more details. Right now—save the date and decide with whom you will be playing.

DUES ARE DUE

Your membership dues for 2013-2014 are now due!

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

Please pay by check made out to: LOW Lioness

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

LOW Lioness Club
Attn: Lucy Churchill/Elaine Freeland, Treasurers
P.O. Box 811
Locust Grove, VA 22508

Lioness Committees & Activities

Did You Know—Margaret Findell's Childhood Story

By Lioness President Beth Sundberg

For most of us our childhood experiences are far different from Margaret Findell's. Margaret, her mother and grandmother lived in Essex, England, near the channel. Her innocent childhood was forever changed when news came of war with Germany as she was skipping rope.

England's ships and destroyers were sent to nearby ports. Huge barrage balloons were sent airborne in an attempt to protect from low altitude dive bombers targeting the ships in the harbor. But the ports were in chaos. In June 1940 Margaret witnessed the sinking of the HMS Gipsy in nearby Felixstowe with 4000 sailors aboard.

In an effort to save the next generation, all children under the age of 14 were forced to evacuate. So on June 2, Margaret, then only 9, found herself at the train station with many weeping parents and children bound for safe haven in Wales. When they finally arrived, they were quickly examined and put on a bus for their final destination. After a very long day, she and another girl were dropped off in the dark in front of a stranger's home. They didn't know what else to do but knock on the door. Margaret doesn't remember much except they were unhappy. School officials soon moved them to another home where there would be a total of 4 evacuated girls. Margaret remembers no days of celebration, only hard times from this time period.

After a couple of years away from home, Margaret eventually developed impetigo. As there were no doctors available, they tried various remedies to no avail. As her condition worsened, her mother was called to pick her up.

The remainder of the war, she spent with her mother and grandmother in Essex. They endured many German air raids and spent terrifying nights wondering if they would be hit next. With no warning, they would run to hide under a table or if time, to the nearest air raid shelters with their gas masks. People tried to calm each other by singing songs and smoking.

Upon turning 14, she was required to go to work for the war effort and measured food rations. Life was hard growing up, but Margaret believes it made her into a better and stronger person.

A DVD of Margaret's life story made by AARP now exists at the Library of Congress which Margaret considers a great honor.

AARP Driver Safety Class

By Lioness Su Bielmeier

The LOW Lions are sponsoring AARP's Driver Safety Class Aug 8 and 9 from 9AM – 1PM in the Community Center in Lake of the Woods. The cost is \$12 for AARP members and \$14 for non-members. Make check payable to AARP and mail to instructor: Su Bielmeier, 1310 Eastover Pkwy, Locust Grove, VA 22508. Please include check, your name, address, telephone number, and email address. For questions, contact Su at driversafetyclass@gmail.com or call Su at 540-208-1914 (cell). Persons completing the class are eligible for a discount on their auto liability insurance that is good for three years. This class does not reduce points on license.

Lioness Committees & Activities

COMMITTEE CHAIRPERSONS

Bake Sale		Kathi Martin	972-5242
		Norma Ervin	972-0652
		Margaret Findell	972-9419
Book Sale		Sherri Lasover	412-9854
		Ann Walker	972-4338
		Helene Burns	322-1224
Bridge Lessons		Jan Lemieux	972-8888
Bridges		Mary Lou McFarland	972-1483
Card Party & Jewelry Show		Kathy Walters	972-8428
Chaplain		Norma Ervin	972-0652
Child Help East		Carolyn Gordon	972-4656
Christkindlmarkt		Gail Hardin	972-5698
Communications Network		Bonniebeth Foltz	972-8698
Constitution & Bylaws		Millie Davis	972-0596
Fifty-Fifty		Sue Merna	972-3600
		Maureen Otero	972-0077
Finance & Budget		Jean McLallen	972-5793
		Emily Slunt	972-3221
Fire & Rescue		Arlene De Simone	972-4508
Flea Market		Sue Merna	972-3600
Food Pantry	(Staffing)	Karen Cakouros	972-9043
	(Lions Liaisons)	Betty Beck	972-1872
Germanna Heights		Barbara Rakes	972-8970
Gift Sales	(Shirts)	Margaret Findell	972-9419
	(Ornaments)	Mary Szadvari	972-4572
Headstart		Caroline Caldwell	972-7688
		Michelle Senft	972-1964
Hearing		Nancy Rauch	972-5424
Membership		Kathi Martin	972-5242
		Linda Ogletree	972-7713
Neo-Natal & Chemo Caps		Maureen Otero	972-0077
Nominations & Elections		Carol Lee	972-8920
Parade		Karin Goetz	972-0955
Program		Theresa DiCicco	548-3500
		Barbara Strain	972-0815
Publications	(Handbook)	Christine Getty	972-1572
	((LOWDOWN))	Gail Hardin	972-5698
Publicity		Melissa Daly	972-1538
S.A.F.E. House		Sharon Allen	972-9037
		Phyllis Sakole	972-5331
Scholarships		Jean Ann Daniels	412-2872
		Mary Lou McFarland	972-1483
Share & Care		Ann Walker	972-4338
Sight/Eyeglass Recycling	Mondays	Nancy Strain	972-7141
	Thursdays	Paula Hornaday	972-7921
White Cane		Joann Deem	972-9107
Youth Outreach		Connie Buttimer	972-0083
Web Page		Pat Berry	972-3763
		Sue Bielmeier	(716) 725-2674

From the Tamers

By Lionesses Jean Priest and Roselynn Edwards

The Lake of the Woods Lioness Club July 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 new tamers by Monday, July 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:

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

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

Dinner

Garden Salad
Fried Chicken
Baked Beans
Potato Salad
Apple Turnovers
Coffee or Tea

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 Independence Month!

July is the 7th month of the year-
do you know who was the 7th U.S.
President? Do you know which State
was the 7th to join the Union?
Questions will be asked on the above
subjects!
Don't forget to wear your nametags!!

Greeters this month are:

Jean Peterson
Pat Watterworth

LOW Lioness 2013-14 Calendar

July 6	4th of July Parade
July 11	Lioness Dinner Meeting
July 25	BOD Meeting
July 27	Lioness Book Sale
September 26	Card Party, Luncheon, and Jewelry Show

Happy Birthday Lionesses!

July 6	Jean Peterson	July 21	Glennah Moy
July 9	Julie Phend	July 25	Beth Sundberg
July 15	Pat Logan	July 26	Carol Greeney
July 18	Carol Stanley	July 27	Theresa DiCicco
July 20	Maureen Otero	July 29	Sherri Lasover

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

The deadline for submission of newsletters articles for the August LOW DOWN is July 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.)

Resignations:

Louise Hoh
Chris Wyant

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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