

LAKE OF THE WOODS LIONESS LOW DOWN

Volume 30, Number 1 — July 2014



President's Corner

www.lowlioness.org

By Lioness Karen Cakouros LOW Lioness President



Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed - else like a flower cut from its life-giving roots, it will wither and die. ~ Dwight D. Eisenhower

How important it is to recognize and celebrate our heroes and she-roes ~ Maya Angelou

I am truly honored to be President of the LOW Lioness Club. Thank you for allowing me to work with all you capable, talented women. I will do my best to continue our former President's excellence. Many thanks to Beth Sundberg for her leadership this past year and the outstanding 2013-2014 Board members who provided support. Immediate Past President, Carol Lee, and her nominating committee did a wonderful job recruiting our New 2014-2015 Board. I am looking forward to working with them all. The new Committee Chairs are listed in this month's LOWDOWN. Thanks to all for your willingness to serve. Take a look and please think about what committees you would like to work on this coming year.

There are many opportunities. Beth is going to continue her "Did You Know" column. It certainly is a welcome addition to our LOWDOWN.

July is a wonderful month to begin our new Lioness Year. We celebrate our freedoms and liberties in our great USA. There are lots of fun activities in our Community for family and friends. The Lioness will participate, as always, in the Independence Day Parade on July 5th. Karin Goetz has done an exemplary job planning and coordinating this event for us. Please call her if you have any questions, or just want to volunteer to participate. It is always a good time and shows our appreciation to LOW residents for their support of our many benevolence projects throughout the year. Hope to see many of you on July 5th. Let's have a great turnout. Speaking of turnout, it was gratifying to see so many Lionesses participate in Lioness/Lion Doris Velona's

Celebration of Life on June 13th. Many Lionesses also provided food and worked setting up and cleaning up at the reception. Barbara Rakes did a great job coordinating.

Flo Clarke and Carol Lee have been working diligently planning our programs for next year. We will have some surprises, I'm sure. Your Tamers (Roselynn Edwards and Carolyn Gordon) and Twister (Carol Greeney) will keep the dinner meetings organized and fun. We will continue to have "mixers" throughout the year.

Board Meetings are the 4th Thursday of each month at the Lake of the Woods Church (Room 210) at 7 PM. The November/December meeting will be held the first Thursday in December. Members are always welcome. Call a Board member if there is an agenda item to be added, or just come to observe. Remember our motto "WE SERVE".

DUES ARE DUE — SEE PG. 5

WHAT DO I BRING CHECKLIST?

Wilderness Food Pantry—At least 2 food items in a reusable bag or double plastic bag. Especially needed sides and cereal.

BRIDGES —See pg. 5

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
Phyllis Taylor

The Insider's View

Minutes from the
June 26, 2014
BOD Meeting

ATTENDANCE: Beth Sundberg, Karen Cakouros, Pat Berry, Kathi Martin, Ann Walker, Roselynn Edwards, Maureen Otero, Linda Ogletree, Connie LeMay, Karin Goetz, Lucy Churchill, Elaine Freeland, Joan King, Norma Ervin, Mary Altman, Linda Shnayer, Carol Greeney, Sherri Lasover, Donalda Lovelace and Lion Liaison. Phyllis Taylor.

CALL TO ORDER: President Sundberg called the meeting to order at 7:02 pm.

SECRETARY'S REPORT- May 2014 Minutes were approved. Motion was seconded and passed. (Otero/King)

TREASURER'S REPORT- Elaine Freeland and Lucy Churchill presented the Treasurer's Report which was accepted and filed for audit and the detailed previously approved 2014-2015 Budget. Motion was seconded and passed. (Martin/Cakouros)

PRESIDENT'S REPORT: Beth Sundberg read the resignation letter of Phyllis Pulice which was accepted with regret. President Sundberg thanked the outgoing board individually for their support during the past year.

OFFICER'S REPORTS:

- 1ST VICE PRESIDENT- Karen Cakouros presented outgoing President Sundberg with a gift from the board.
- 3RD VICE PRESIDENT- Karin Goetz reported on the Independence Day Parade. Detailed Instructions for those interested in participating were passed around and will be posted in the LOWDOWN. Karin did indicate that anyone in need of Lioness shirts could contact her.
- LION LIAISON- Phyllis Taylor invited Lionesses to attend a Lions meeting about The Doctor Yum Project—a project dedicated to lowering childhood obesity and diet related illness.

UNFINISHED BUSINESS:

- Connie LeMay presented the nomination of a fellow Lioness for a Lake of the Woods Honor Award. This Lioness was unequivocally supported by the full board and her nomination will be submitted from the Lake of the Woods Lioness Club.

GAVEL TRANSFER: Outgoing President Beth Sundberg transferred the gavel to Incoming President Karen Cakouros. Karen introduced each officer and spoke in general of duties and responsibilities of the offices. She spoke of a few changes this year relative to Special Collections and a new project that will combine fun and fundraising called tentatively "Excursions" day trips for a fee. We were last reminded that Melissa Daly, Publicity Chairpersons final picture taking for the Member Handbook would be at the July Meeting.

There being no further business the meeting was adjourned.

Lioness Committees & Activities

COMMITTEE CHAIRPERSONS 2014-2015

| | | |
|---|---------------------|--------------|
| Bake Sale | Margarida Rodriquez | 972-3004 |
| | Mary Villalobos | 785-6754 |
| Book Sale | Helene Burns | 322-1224 |
| | Sherri Lasover | 412-9854 |
| | Ann Walker | 972-4338 |
| Bridge Lessons | Jan Lemieux | 972-8888 |
| Bridges | Mary Lou McFarland | 972-1483 |
| Card Party & Fashion Show | Sharon Kaltenmark | 972-2616 |
| | Jan Lemieux | 972-8888 |
| Chaplain | Millie Davis | 972-0596 |
| Child Help East | Carolyn Gordon | 972-4656 |
| Communications Network | Bonnibeth Foltz | 972-8698 |
| Constitution & Bylaws | Connie LeMay | 972-6123 |
| Excursions | Kathi Martin | 972-5242 |
| | Joan Litschert | 561 398-3554 |
| Fifty-Fifty | Sue Merna | 972-3600 |
| | Maureen Otero | 972-0007 |
| Finance and Budget | Joann Deem | 972-9107 |
| | Betsy Flanigan | 972-9998 |
| Flea Market | Sue Merna | 972-3600 |
| Food Pantry (Lions Liaison) | Betty Beck | 972-1872 |
| (staffing) | Karen Cakouros | 972-9043 |
| (stocking) | Sharon Allen | 972-9037 |
| Germann Heights | Ellen Ambroziak | 972-8908 |
| | Ellen Brauch | 972-6629 |
| Gift Sales Ornaments/T-shirts | Mary Szadvari | 972-4572 |
| Kriskindlemarkt | Caroline Caldwell | 972-7688 |
| Neo-Natal caps & Shawls | Barbara Tamayko | 972-6497 |
| Nominations and Elections | Beth Sundberg | 972-9775 |
| Parade (3rd VP) | Linda Shnayer | 540 412-1021 |
| Programs | Flo Clarke | 972-3448 |
| | Carol Lee | 972-8920 |
| Publications (Handbook) | Christine Getty | 972-1572 |
| (LOWDOWN) | Gail Hardin | 972-5698 |
| Publicity/Photographer | Mellisa Daly | 972-1538 |
| S.A.F.E. House | Susan Costanzo | 972-9030 |
| | Phyllis Sakole | 972-5331 |
| Scholarships | Emily Slunt | 972-3221 |
| Share and Care | Connie LeMay | 972-6123 |
| Sight Eyeglass Recycling (Mondays) | Nancy Strain | 972-7141 |
| Eyeglass Recycling (Thursdays) | Paula Hornaday | 972-7921 |
| White Cane | Joann Deem | 972-9107 |
| | Paula Hornaday | 972-7921 |
| Youth Outreach | Connie Buttimer | 972-0083 |
| Webpage | Pat Berry | 972-3763 |
| | Su Bielmeier | 716 725-2674 |

Lioness Committees & Activities

Independence Day Parade Instructions

By Lioness Karin Goetz

Attention All Lionesses
Who Have Signed Up or are Interested In
Participating in LOW's Independence Parade July 5, 2014

Instructions

Location for Line-up: 131 Yorktown Blvd. (Mike Pitt's house)

Arrival Time: 9:45 AM – no later than 10:00 AM

Attire: Purple T-shirts with white pants or shorts (any style)

We are marching behind the Lions, starting with 2 people carrying the banner, 10 people carrying signs (highlighting the services the Lionesses provide), and 2 people distributing candy.

You need to use Liberty Blvd. to access the Line-up location. Yorktown Blvd. will be closed at the intersection with Lakeview Parkway.

Once we are lined up, I will hand you the signs, banner and candy. Water will be available throughout the Parade.

All convertibles will follow behind the marchers. Betty Beck with Food Pantry Truck will be last in line.

Our part of the parade will end at the Lower Level of the Clubhouse at which time I will collect all signs and the banner – you may meet up with your families at this location. Thank you so much for your participation Happy Independence Day! Karin Goetz

Share and Care

By Lioness Connie LeMay

This report is shorter than usual because many of our members wish to cope with their illnesses privately.

- Jean Ann Daniels is continuing her recuperation at home after a very complex foot operation. She expresses great appreciation to her husband for taking such good care of her and she is very grateful to him.
- Susan Costanzo continues to care for her husband after his unfortunate fall from their roof. He is recovering slowly.
- Beth Sundberg continues commuting to Northern Virginia where she is assisting her daughter who recently underwent brain surgery to remove a tumor.
- Ann Walker continues her daily commute to Golden Living Nursing Home where she cares for her husband – Tom.

Please remember these fellow Lionesses that were mentioned in this article and remember that cards are always appreciated.

If you know of any Lioness that is ill, please call Connie LeMay at 972-6123.

Lioness Committees & Activities

July Program

By Lioness Flo Clarke

Mary Ann Bachey, Manager of Support Services at Mary Washington Hospital, will be speaking on Women's Health and How to Deal with Changes in Health Insurance and Medicare.

Bridges

By Lioness Mary Lou McFarland

It seems that the adults at Bridges NEVER have enough BINGO prizes. This is something that they love to do in the afternoon before the buses pick them up to go home. The ladies love old jewelry; everyone loves any item from the dollar store. Any bag with many items, like pencils and erasers are good. Thanks again for your generous support.

Bridge Lessons

By Lioness Jan Lemieux

Spaces are available in the Beginning Bridge Lessons that meet on Wednesday mornings in Jan Lemieux's house. The cost is \$40.00 per session which consists of 20 classes. For further information, please call Jan at 972-8888. These classes are open to anyone at the lake so please tell your friends.

DUES ARE DUE

Your membership dues for 2014-2015 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: Elaine Freeland/Norma Ervin, Treasurers
P.O. Box 811
Locust Grove, VA 22508

Lioness Committees & Activities

LAST CALL FOR PICTURES!!

Our July Meeting will be your last opportunity to have your picture in our 2014-2015 Member Handbook.

Melissa Daly, Publicity Chairperson will be taking pictures in the back of the room. Let's have all our Lionesses represented!

Invitation to Lions Meeting

By Lions Liaison Phyllis Taylor

A Special Invitation from the LOW Lions Club to the LOW Lionesses.

You are invited to our July 3 Lions Meeting for a special presentation by Dr. Nimali Fernando, a Fredericksburg pediatrician and founder of "The Doctor Yum Project", a nonprofit organization dedicated to lowering childhood obesity and diet-related illness. In her Fredericksburg practice she has developed many innovative methods to improve children's health by managing diets and providing healthy foods. Her presentation will discuss the negative impact on children's health from consuming high sugar content foods. She will also offer suggestions for individuals and communities on how they can help reduce obesity and childhood illnesses caused by poor nutrition. Additional information about the "Doctor Yum Project" is available at www.Doctoryum.com.

DATE: July 3, 2014

LOCATION: Lake of the Woods Clubhouse.

TIME: 6 PM for dinner at a cost of \$ 18.00 per person (includes tip) which will be collected at the door. If you are unable to attend the dinner, you may attend the presentation only beginning at 7:15 PM.

RESERVATIONS: for dinner and to attend just the presentation may be made by contacting David Francis no later than June 29, at (540) 972-9657 or Dbax214@comcast.net.

Did You Know — Beth Sundberg

By Lioness Connie LeMay

During this past year, Beth has entertained and enlightened us with biographies of different Lionesses in order that we can get to know each other better. We have decided that it is time to "turn the tables" and have an opportunity to know Beth better. We are very fortunate that Beth has volunteered to continue to do the monthly biographies during the coming year. Connie LeMay

Beth was born in Chicago at the onset of World War II. Her brother, Phil, was 2 years older and they were very close throughout their childhood usually coming home battered and bruised after a full day of play. Beth's grandfather founded the Northern Illinois College of Optometry and later her father assumed the presidency. It was here that her mother and father met. When Beth was 8 years old, Melissa was born and the family was complete. In 1952, the family left Chicago and moved to Greensboro, NC where her

MORE

See pg. 7

Did You Know — Beth Sundberg, Cont'd

Father began a practice of optometry. During her high school years Beth and her close friends frequently climbed nearby mountains. Most of these friends were also involved in the orchestra at school and All-State where she played viola for a number of years.

In high school, Beth made a decision that affected the rest of her life. She wanted God to be part of her life asking for his guidance in all her decisions. He has been faithful to her every step of the way since – through the good times and the difficult ones.

Beth attended Taylor University where she obtained a B.A. degree in Speech and Sociology. During her summers she attended Young Life's Frontier Ranch in Colorado where she counseled high school girls from all over the country. After graduating, she joined the Young Life staff and ended up in the Chicago suburbs. Beth met her husband to be, Bruce, in Chicago and they married in December, 1964. Soon after, Bruce was asked to begin Young Life in the St. Louis area. Beth became a caseworker in St. Louis County with a focus on Aid to Dependent Children. Their daughters, Ashley and Sara were born in St. Louis and they were a very happy contented family of 4. While in St. Louis, Beth was quite active in Jaycee Wives.

In 1972 they were asked to move to the Philippines as Bruce became the Asian Director for Young Life. While on board the ship, Martial Law was declared. In many ways Martial Law worked out to be a blessing because former senate leaders and Supreme Court Justices as well as the leader of the Catholic Church, Cardinal Sin, became increasingly concerned for the youth of the country. Bruce and Beth trained a number of university students and a Young Life work was eventually formed and continues to this day. One of the greatest gifts for Beth during this time, was the Union Church of Manila. Lifelong friends were formed there. Beth was quite active in the Women's Auxiliary, Board of Elders and also taught a bible study for international women.

When they decided that it was time to return to the United States, they moved to Vienna, Virginia. Bruce continued his work with the Fellowship as a consultant working with congressional leaders with a focus on Asia.

In 1982, Beth became the Director of Amicus International Student Exchange. She traveled extensively both in the U.S. and abroad to set up and work with a network of volunteers who recruited students overseas and placed students in host families throughout the U.S. for a high school exchange year. On one occasion Beth asked Bruce to join her on one of her recruiting trips and they "happened" to be in West Berlin when the Wall came down. They participated in welcoming people who were experiencing freedom for the first time.

Having built their home 1997, they moved to LOW and were weekenders until 2001 when Beth retired. They both became active at LOW Church and for a number of years Beth was a mentor to young mothers in MOPS (Mothers of Preschool children). She also enjoyed her work at Brock Road Elementary tutoring a boy and helping him catch up academically. Beth joined the Lioness in 2009 after her house was used for the Holiday House Tour.

Today Beth's greatest joy is spending time with her grandchildren. Her oldest child, Ashley, is going through a difficult divorce so Beth is providing comfort to her grandchildren, as well as trips to Northern Virginia to help daughter Sara who recently underwent brain surgery to remove a tumor resulting from breast cancer.

Beth's motto has always been that it is more blessed to give than to receive and she has lived her life with that thought uppermost in her mind.

Our club has been extremely fortunate to have Beth steering us this past year and we are very grateful for her example of how a strong woman copes with life and also for her leadership.

From the Tamers

By Roselynn Edwards and Carolyn Gordon

The Lake of the Woods Lioness Club July 10th 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 7th 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:

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

Carolyn Gordon (972-4656) Email: wpceggordon@aol.com

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
Fried Chicken
Baked Beans
Buttered Carrots
Lemon Cake
Coffee or Tea

Vegetarian Menu
Veggie Pasta w/ Mush-
rooms, tomatoes, onions
& squash in a sun-dried
tomato sauce OR
Garden Salad

Plus any sides from the buffet.

Twister's Corner

By Lioness Carol Greeney

Red, white and/or blue would be the proper attire.
Why? It's July!

Our independence was declared on July 4, 1776.
In what year was George Washington inaugurated?
In what city did this occur?

Don't forget to wear your name badge!

LOW Lioness 2014-2015 Calendar

July 5 Independence Day Parade
July 10 Lioness Dinner Meeting
July 24 Lioness BOD Meeting

Happy Birthday Lionesses!

| | | | |
|---------|-----------------|---------|-----------------|
| July 1 | Barbara Tomayko | July 21 | Glenna Moy |
| July 6 | Jean Peterson | July 21 | Diane Weller |
| July 9 | Julie Phend | July 25 | Beth Sundberg |
| July 10 | Nikki Buell | July 26 | Carol Greeney |
| July 15 | Pat Logan | July 27 | Theresa DiCicco |
| July 18 | Carol Stanley | July 29 | Sherri Lasover |
| July 20 | Maureen Otero | | |

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

Please get information and articles for the August LOW DOWN to me by July 20 or as soon thereafter as possible. July 29th is the deadline for submissions for the 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:

Phyllis Pulice

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

PO Box 811, Locust Grove, VA 22508

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