



President's Corner

By Lioness Maureen Otero LOW Lioness President

www.lowlioness.org

Happy 4th of July, the holiday is just around the corner and as usual the Lioness Club is getting ready to participate in the events of the day. Linda Shnayer, our parade chairman, is working on getting some ladies to walk in the parade, as well as some ladies to drive convertible cars. Candy will be given out and after the parade fun will continue at the point.

As our fiscal year begins, we are working on our ever popular Card Party and Fashion Show which will be on Sept. 25th and the Christmas House Tour which will take place on Dec. 12th. In the interim we will also be hard at work on the yard sale and Kriskindlemart. I would like to thank the ladies who have volunteered to chair all our committees and thanks to those who will be a part of these committees. WE SERVE.

When I first joined the Lioness Club it amazed me, to see everyone working so well together, to reach a common goal. I still see that happening, and I am still in awe. After the new year begins back to work we go. Our next projects will be the Flea Market, followed by the

Golf Tournament on May 14th.

As the new President, I would like to thank you for giving me this opportunity to serve, and I will do my best to carry on the

good work that we do to help serve the community. I would like you to know I welcome new ideas to help our organization in any way and feel free to call or E-mail me anytime

DUES ARE DUE

Your membership dues for 2015-2016 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: Norma Ervin/Barbara Tomayko, Treasurers
P.O. Box 811
Locust Grove, VA 22508

WHAT DO I BRING CHECKLIST?

Wilderness Food Pantry—At least 2 food items in a reusable bag or double plastic bag. (especially needed cereal and canned fruit) 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 page 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

Mauren 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
June 25, 2015
BOD Meeting

ATTENDANCE

Karen Cakouros, Maureen Otero, Melissa Daly, Roselynn Edwards, Carolyn Gordon, Betsy Rath, Barbara Hernan, Beth Sundberg, Kathi Martin, Nicki Buell, Ellen Bearden, Norman Ervin, Elaine Freeland, Arlene DeSimone, Carol Greeney, Michelle Senft, Pat Berry, Barbara Tomayko, Mary Altman.

CALL TO ORDER- Karen Cakouros

SECRETARY'S REPORT-May minutes were approved.

TREASURER'S REPORT-Elaine Freeland and Norma Ervin- Due to the surplus from the Golf Tournament and increased income from Jan Lemieux bridge classes a higher end of the year income is anticipated. A motion to accept the report was approved and the Administrative and Benevolence Financials will be filed for audit.

PRESIDENT'S REPORT –

- Karen Cakouros reported she had received a resignation letter from Sharon Allen which was accepted with regret.
- Letters were also received from Claudia Low requesting Member at Large status (MAL) until February 2016 and Cathy Rainey and Donna Crawley requested Affiliate status. All requests were granted.
- Thank you letters were received from Jessica McQuaid who received a scholarship as a result of Jan Lemieux's bridge classes, District 24C Lions, Piedmont Regional Dental Clinic, Office of Youth, "After the Prom" celebration, Orange Free Clinic, Leader Dogs for The Blind, and OCHS for the scholarships to Alexa Mason and Jessica McQuaid.
- The board approved a donation of \$150.00 for utilities to a Food Lion part time worker who is in dire circumstances and is unable to work due to health issues. As a result of her part-time status she receives no health benefits from Food Lion.
- President Karen also presented mugs inscribed with LOW Lioness to be given to speakers at our monthly program. At a price of \$8.00 dollars a mug the idea was enthusiastically received.

Officer's Reports:

- 2nd Vice President- Mary Altman reported Germanna Heights Apartment Party planned for this week.
- 3rd Vice President- Karen reported in Linda's absence that the Independence Day Parade will be held on Saturday, 4th of July. All who plan to participate must be on Yorktown no later than 10:00 am and in position by 10:15 am. Lioness are requested to be in Lioness shirt and white pants.

COMMITTEE REPORTS

- Child Help- Carolyn Gordon reported that the Ice Cream Social will be held in September and sign up will be in August.

MORE

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- Excursions- Kathi Martin reported that the next Excursion trip will be a "Trip Down the Rappahannock" on August 19, 2015.

PRESENTATION OF GIFT TO OUTGOING PRESIDENT

Norma Ervin presented three beautiful pottery pieces made by our own Lioness Elaine Freeland and husband.

GAVEL TRANSFER:

INCOMING PRESIDENT'S REMARKS- Maureen Otero greeted her board and indicated she welcomed new ideas and will be trying to integrate new members in as many activities as possible. She is enthusiastic about the coming year and encouraged everyone to support all of our programs and fundraising activities.

There being no further business the meeting was adjourned. Respectfully Submitted, Secretary Donalda M. Lovelace.

Lioness Committees & Activities

Share and Care**By Lioness Ann Walker**

- Barbara York is very happy to be home now and is moving about with the use of a walker or cane. Her daughter and granddaughter are there to help her.
- Pat Logan, who broke her ankle in March due to a fall on the ice, continues with therapy. She says it is still quite painful, but she hopes to be back with us in August.

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

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.

New Members**By Lioness Kathi Martin**

Please welcome the following new members that were inducted at the June meeting:

Carol Bohrer
200 Birdie Road
972-0804
davcarboh@msn.com

Gail B. Stoner
1908 Lakeview Pkwy
540-388-2540
gstoner65@gmail.com

Shellee Williams
603 Gold Valley Road
540-412-9894
bufsof@msn.com

Lioness Committees & Activities

Excursions

By Lioness Kathi Martin

It's excursion time again!

We're planning a trip on the Rappahannock on Wednesday, August 19. Trip will include lunch, and a visit to Ingleside Vineyards. We'll car-pool; the drive is about 1 1/2 hours (depending on F'burg traffic, directions issued later).

This is a lovely trip; cost is \$40.00 per person. **WE ARE HOLDING 25 SEATS** on a pretty full boat, so must have a \$15 per person deposit asap, final payment is due on August 1 (**checks payable to LOW LIONESS**). Trip price includes boat trip, lunch, Ingleside tour. Gratuities are NOT included.

To reserve, call or E-mail Kathi Martin, Joan Litschert, Jean McLallen, or Su Bielmeier.

HUSBANDS AND OTHER NON-LIONESS TRAVELLERS ARE MORE THAN WELCOME.

This is a great day out.

Kathi	kak1066@verizon.net	972-5242
Joan	isis540@gmail.com	(561) 398-3554
Jean	jeanmcl117@yahoo.com	972-5793
Su	subielmeier@yahoo.com	(716) 725-2674

July Program

By Lionesses Linda Shnayer and Carolyn Gordon

The July program will feature Ms. Theresa Gregson from Bees and Trees Farm who will discuss the health benefits of local honey and growing the perfect Christmas Trees.

Did You Know — Jan Lemieux

By Lioness Elaine Freeland

Jan grew up in a small town, Candor, in New York's Southern Tier living with her mother, an Anglo/Irish farm girl, father, an Italian immigrant, and brothers on the family farm with Grandpa. As a total tomboy she climbed trees, loaded hay, and played baseball with her brothers. The small school in Candor provided wonderful opportunities for her to participate in all activities. She played the clarinet, sang in the chorus, and loved sports, especially cheerleading where she was captain. When 16, the farm was sold and the family moved to town for her to be near school. There were 26 students in the high school class.

Jan had a decision with high school graduation, major in music or physical education. Her husband, whom she met as a college senior, said 'that little gal could hit a softball harder and further than anyone' he knew. A favorite teacher, the Band Director, was key in helping Jan gain admission into the music program at Ithaca College. After graduation, she taught in Newburgh, NY, and Jim worked in Chicago. They were married a year later, and Jan moved to Chicago where she taught vocal music. 'Retirement came early and often' as she first retired when Jeff, oldest of their three sons, was born.

MORE

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The young family moved to Springfield, MO in 1967 when third son, Jim, was an infant. An opportunity to move to Taiwan lifted her from the classroom again. Zenith was building a TV factory. The boys, Jeff, Josh and Jim were 8, 5 and 3. She says, "2 country bumpkins were off to see the world". Husband Jim, son of a general store owner, grew up in St. Regis Falls, NY, near the northern boundary of Adirondack State Park

Taiwan was the Lemieux's biggest life adventure starting with the family's first airplane ride. The Pan Am 747 lost an engine and made an emergency landing on Wake Island. They spent the night in the plane while waiting for another.

It was 1970 and the Vietnam War was on. On Taiwan they lived on the economy and ate foods from the primitive markets. Fresh foods were washed in bleach. Little English was spoken and utilities were often unavailable. Circumstances did not deter social gatherings. During a cocktail party for 50, water from the pool was used to flush. Each day an adult inspected the yard to remove poisonous snakes before the boys played outside. Jan and Jim traveled throughout the Far East with a wonderful and unique group via the Officer's Wife Club Tours. Those travels took them to Singapore, Bali, Australia, Manila, Malaysia, Bangkok, and Japan. Jan directed folk choirs at the military church and their local church and subbed at the International School. With all of these activities and 3 young children, Jan thanks an Amah and Yard-boy for allowing her lots of free time to learn tennis and bridge. Needless to say, these two activities changed her life.

As her husband's career took them to many locations, Jan's role was consistent. She took care of their sons, taught music, directed church choirs, played bridge and tennis. With each new move, she primarily worked with Newcomers Clubs or Welcome Wagon to help incoming wives get involved and adjusted to their new lives. There were twists to this consistency. In Springfield, she bought a housekeeping franchise, Happy Housekeepers, and hired college students to clean homes and offices. In Blue Springs, MO, she was chairman of the AFS Exchange Student Program. At different times the Lemieux's hosted a Brazilian student and a Thai English teacher with whom they continue to stay in touch. Son Jeff spent an AFS summer in France, and son Josh spent an AFS summer in Brazil. In Hong Kong Jan organized 12 coffees a month for new residents in different parts of the city. The sons were grown by then and stayed in the states.

The final stop before retirement was Portland, OR where Jan FINALLY took Bridge Lessons and learned how the game should really be played. Bridge, indoor tennis courts and nearby ski slopes made Oregon a wonderful stop before they found Lake of the Woods.

In retirement Jan's involvement with the community continues. Doris Velona was her sponsor when she joined Lioness in 1998. Doris was also an avid bridge player.

After continued growth of a neighborhood group of bridge students, she folded the classes into Lioness as a fundraiser. Since 2000, the Bridge Classes have earned over \$22,000 for the Lioness Benevolence Fund. Thanks to e-mail, Jan has her classes organized when returning to LOW from the winter in Florida. Within days she holds her first session. This year there are 53 students. A few weeks ago she directed a smooth operating duplicate game of six tables – in her home!

The family will gather at LOW in July to celebrate Jim's birthday. There will be son Jeff, an economist in DC and MD, son Josh, a journalist for Intel in Portland, OR and son Jim, a graduate of Baltimore Culinary Arts and manager of Vie De France Restaurant in DC. There are three grandchildren. Paul works in the family bicycle shop in MD; Annie is a graduate of California Institute of the Arts in Los Angeles with a Trumpet Performance Major; and Gabrielle is a high school student in Portland.

Lioness Committees & Activities

Committee Chairpersons 2015-2016

Bake Sale	Carol Greeney	972-6739
	JoAnn Zwicki	412-1666
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	Theresa DiCicco	548-3500
	Jan Lemieux	972-8888
Chaplain	Millie Davis	972-0596
Child Help East	Carolyn Gordon	972-4656
Christmas House Tour	Joyce Morlan	309-533-9227
	Julie Phend	412-9952
Communications Network	Karen Cakouros	972-9043
Constitution & Bylaws	Connie LeMay	972-6123
Excursions	Kathi Martin	972-5242
	Joan Litschert	561-398-3554
Fifty-Fifty	Kathy Walters	972-8428
	Susan Oldach	846-6140
Finance and Budget	Joann Deem	972-9107
	Betsy Flanigan	972-9998
Flea Market	Arlene DeSimone	972-4508
Food Pantry (Lions Liaison)	Betty Beck	972-1872
(staffing)	Karen Cakouros	972-9043
Geermann Heights	Flo Clark	972-3448
	Helene Burns	412-0798
Gift Sales Ornaments/T-shirts	Mary Szadvari	972-4572
Golf Tournament	Maureen Otero	972-0077
Kriskindlemarkt	Caroline Caldwell	972-7688
Membership	Kathi Martin	972-5242
Nominations and Elections	Karen Cakouros	972-9043
Parade	Linda Shnayer	412-1021
Programs	Carolyn Gordon	972-4656
Publications (Handbook)	Christine Getty	972-1572
(LOWDOWN)	Gail Hardin	972-5698
Publicity	Su Biemeier	716-725-2674
S.A.F.E. House	Susan Costanzo	972-9030
	Phyllis Sakole	972-5331
Scholarships	Emily Slunt	972-3221
Share and Care	Ann Walker	972-4338
Sight Eyeglass Recycling (Mondays)	Nancy Strain	972-7141
Eyeglass Recycling (Tuesdays)	Paula Hornaday	972-7921
Special Events	Claudia Low	412-1304
Website	Su Biemeier	716-725-2674
	Elaine Freeland	972-8052
White Cane	Donalda Lovelace	412-2857
	Val Protiva	972-7975
Yard Sale	Linda Shnayer	412-1021
Youth Outreach	Connie Buttmer	972-0083

The Committee Chairpersons List is also available on the website and will be updated as needed.

From the Tamers

By Ellen Bearden and Nikki Buell

The Lake of the Woods Lioness Club July 9th 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, July 6th, 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

Fried Chicken
Baked Beans
Buttered Carrots
Lemon Cake
Coffee & Tea

Vegetarian Menu

Strawberry spinach salad
Spinach w/strawberries,
feta, & dried cranberries
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

Questions for the month:

1. Which President had someone other than his wife serve as the First Lady?
2. What was the favorite sport among the Revolutionary War Officers?

If you don't know the answers, the Twister you will pay.

Greeters for July: Roselynn Edwards
Val Protiva

LOW Lioness 2015-2016 Calendar

July 4	July 4th Parade
July 9	Lioness Dinner Meeting
July 23	BOD Meeting
July 25	Lioness Book Sale
Aug. 19	Excursion Trip
Sept. 25	Card Party & Fashion Show
Dec. 12	Christmas House Tour

Happy Birthday Lionesses!

July 1	Barbara Tomayko	July 20	Maureen Otero
July 4	Susan DeMailo	July 21	Glennah Moy
July 9	Julie Phend	July 25	Beth Sundberg
July 10	Nikki Buell	July 26	Carol Greeney
July 11	Diane Weller	July 27	Theresa DiCicco
July 15	Pat Logan	July 29	Sherri Lasover
July 18	Carol Stanley		

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 24th or as soon thereafter as possible. July 30th 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:

Sharon Allen

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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