



President's Corner

By Lioness Beth Sundberg, LOW Lioness President

www.lowlioness.org

A couple of years ago I made up a decade diary as a way of remembering the main events of my life. It was no big deal at the time and an exercise in how my life had taken different twists and turns through the years. And so in one column I listed the years and in the other, what had happened during that decade.

0-10, 10-20, 20-30, 30-40,
40-50, 50-60, 60-70, and
then I hit 70- . . .

I should have known better, but suddenly I realized there was no certainty of a 70-80 decade. The realization brought me up short. All the other decades seemed so predictable in hindsight.

As I grow older, life seems to take on more physical challenges. I've noticed it takes me longer to recover, I don't always feel refreshed after a night's sleep, and putting on makeup to hide my increasing wrinkles and blemishes becomes a greater hurdle. (I don't remember looking like this).

A small frame sits on my bathroom counter under my mirror. Nothing expensive, mind

you, only a picturesque scene with a few simple words written across,

"Don't regret growing older. It is a privilege denied to many."

And of course I agree and it helps me put things in perspective. How many we have known who would have gladly traded places with us no matter our age. Like you, I realize how fortunate I am to be able to do and experience things that others can no longer do. Rather than focusing on the negative that we're all tempted to do at one time or another, my desire is to focus on the positive.

What can I do or more importantly, be with the time I have left?

All good things must come to an end. That being so, the time has come to let you know what a privilege it has been to stand before you this year. And this experience I know I can place in the 70 - who knows? column. From my vantage point, I have been blessed by seeing you in action. Your energy, your spirit, your commitment, and all your efforts in making things better in our community have been amazing. Yes, we serve, but we serve best together!

WHAT DO I BRING CHECKLIST?

Wilderness Food Pantry—At least 2 food items in a reusable bag or double plastic bag. Especially needed packaged side dishes (e.g., Rice-a-roni, Hamburger Helper, pasta sides, 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.

SAFE House — See page 4

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
May 22, 2014
BOD Meeting

ATTENDANCE: Beth Sundberg, Karen Cakouros, Pat Berry, Kathi Martin, Ann Walker, Jean Priest, Roselynn Edwards, Maureen Otero, Connie LeMay, Karin Goetz, Lucy Churchill, Elaine Freeland, Joan King, Carol Lee, Donalda Lovelace and Lion Liaison. Phyllis Taylor. Budget Committee Chairman: Jean McLallen

CALL TO ORDER: President Sundberg called the meeting to order at 7:03 pm.

APPROVAL OF THE MINUTES- April 2014 minutes were approved with one clarification related to pictures of the new Board of Directors being taken at the June Board of Directors meeting instead of May as was reported in the May minutes.

TREASURER'S REPORT- Elaine Freeland presented the Treasurer's Report which was accepted and filed for audit.

BUDGET PRESENTATION- Jean McLallen, Chairperson of the Budget Committee presented the proposed FY 2015 Budget to the Board. The budget was approved for submission to the membership with minor revisions due to last minute additional information. The full draft budget will be presented to the full membership at the June Membership meeting for approval. Chairman McLallen received an ovation for her excellent work.

PRESIDENT'S REPORT- Beth Sundberg reported on the resignation of Nancy Arnold which was accepted with regrets. A request was also received from a former member, Diane Weller who has asked to rejoin Lioness. She will be re-inducted in the June induction ceremonies. President Sundberg read thank you letters from the following organizations for recent donations: Orange County Animal Shelter; Locust Grove Middle School Leo Club; Orange County Public Library; Lions of Virginia Foundation; Lions Leader Dogs for the Blind; Piedmont Regional Dental Clinic; and Germanna Community College.

OFFICER'S REPORTS

- A. 1st Vice President- - Karen Cakouros
- Reported on our success in selling Lions of Virginia Foundation Raffle tickets which will benefit our club.
 - The LOW Lioness flyer has also been updated and was distributed.
 - Encouraged the Board to nominate serving Lionesses for the LOW Honor Awards.
- B. 2nd Vice President- Ann Walker
- Newsletter distribution has been verified and everyone who does not have email is receiving a copy of the LOWDOWN.
 - Publicity Chairperson, Melissa Daly, submitted pictures and an article about our scholarships to the Lake Currents newspaper.
 - Child Help Ice Cream event will be held on Wednesday, June 11.

MORE

See Pg. 3

C. 3rd Vice President- - Karin Goetz

- Karin has been hard at work on activities related to the Independence Day Parade. She wants to have Lionesses walk carrying 10 signs; the signs will showcase our committees or more accurately our activities in the community. The overall theme will be "Serving the Needs of the Community". The board was shown an example of a sign. She requested \$125 for the purchase of 10 signs. The board approved the request. M/S/P (Priest/Lovelace)

D. MEMBERSHIP- Kathi Martin

- Reported the induction ceremonies will take place in June and that we have at least 4 new candidates to be inducted.

NEW BUSINESS

- Lioness Doris Verona, Charter Member and Past President funeral services will be June 13th at 11:00 am at Lake of the Woods Church. Lionesses are asked to support the family by bringing refreshments for the reception after the service. A donation will be sent to the charity of her choice.
- The Board voted to award several Special Achievement Awards which will be presented at the June Membership Meeting.
- A reminder that the June Board Meeting on June 26th will be a joint meeting of the 2013-2014 outgoing Board and the 2014-2015 incoming Board.

There being no further business to come before the Board the meeting was adjourned at 8:20 pm.

Lioness Committees & Activities

Share and Care

By Lioness Connie LeMay

- We are sorry to state that Norma Ervin lost her sister suddenly and Norma and Larry went to Tennessee immediately to assist the family.
- We are also sadden to report that Diane Ogranovitch's Mother passed away.
- One month ago, Jean Ann Daniels had an extremely complicated foot operation. She is recovering slowly and still can't put any weight on the foot. She is extremely thankful to everyone who has helped her during this ordeal.
- On May 24, Susan Costanzo's husband fell off of their roof and smashed his leg. He was operated on the next day but it appears that it is going to be a long recovery.
- Our President, Beth Sundberg's daughter Sarah has had a reoccurrence of brain cancer and will receive treatment for it.
- A charter member and former President of the Lioness, Doris Velona has passed away. Our Board voted to give \$50.00 to a charity of Doris's daughter choosing in memory of Doris.
- Ann Walker's husband – Tom – continues under hospice care at Golden Living Nursing Home with Ann assisting with the nursing on a daily basis.

Please remember these individuals who were mentioned in this article, and cards are always appreciated.

Lioness Committees & Activities

New Members to be Inducted

By Lionesses Linda Ogletree and Kathi Martin

At our June 12 dinner meeting we will be inducting the following new members:

Carleen Delio
100 Washington Street
Tel: 412 9608

Sponsor: Kathy Merritt
DOB: August 06
email: Carleendelio@yahoo.com

Wendy Gwaltney
123 Edgemont Lane
Tel: 412-6387

Sponsor: Jean McLallen
DOB: February 16
email: agwg10@hotmail.com

Betsy Rath
202 Liberty Blvd
Tel: 972-4098

Sponsor: Connie LeMay
DOB: April 24
email: betsy.rath@gmail.com

Beth Ross
31824 Zoar Road
Tel: 854 9200

Sponsor: Carol Greeney
DOB: April 09
email: bethross1@verizon.net

Also, Diane Weller, former member, will be re-inducted at the June meeting. Her information is below:

Diane Weller
602 Harrison Circle
Tel: 972-2078

DOB: July 21
email: jds2107@gmail.com

Please stop by and greet our new members. Also, remember to make these additions to your membership directory.

SAFE House Collection

By Lionesses Phyllis Sakole and Susan Costanzo

We will be collecting donations for SAFE House at our June meeting. Suggested needs include powdered detergent, liquid dish soap, bleach, paper towels, and other paper products.

If you aren't able to shop, please consider donating a check made out to S.A.F.E., with "LOW Lioness" in the memo line.

I will be parked in front of the Club House for collection before the June meeting.

Thanks, as always, for your generosity toward those less fortunate and the organizations providing them crucial support.

Lioness Committees & Activities

2014-2015 Budget

By Lioness Jean McLallen

The proposed Lioness Budget for the fiscal year July 1, 2014—June 30, 2015 has been approved by the Board of Directors. The general membership will be asked to vote on it at the June dinner meeting. It was developed by the Finance Committee with input from the committee representing the membership. (see detailed budgets below and on the following page.) If you have any questions, please contact Jean McLallen 972-5793 or Emily Slunt 972-3221.

Proposed LOW Lioness Administrative Budget 2014-2015

RECEIPTS	Proposed 2014-2015 Budget
Dues (120@ \$30)	3,600
New Membership Induction Fees & Dues, Name Badges	400
50/50 and Tail Twister Fines	1,000
Dinner Meetings	16,000
TOTAL RECEIPTS	21,000

DISBURSEMENTS	Proposed 2014-2015 Budget
Birthday Flowers	200
Club Supplies	125
Club Membership & New Member Badges	90
Conventions & Conferences	100
Decorations for Special Programs*	100
Dinner Guests – Paid by Lioness Club	750
Dinner Meeting	16,000
Fourth of July Parade	100
Gifts/Honoraria	250
Halloween Candy	100
Handbooks	350
Post Office Box Rental	45
Sharing & Caring & Memorials	125
State Dues	600
Unallocated	1,065
Transfer to Benevolence	1,000
TOTAL DISBURSEMENTS	21,000

*Charter Night, Christmas Party, Mixers, Installation of New Members

Lioness Committees & Activities

Proposed LOW Lioness Benevolence Budget 2014-2015

RECEPITS	Proposed 2014-15 Budget
Bake Sales	1,000
Book Sales	4,500
Bridge Lessons	1,800
Card Party Luncheon	2,000
Carry-Over	4,000
Flea Market	1,600
Christkindlemarkt	350
LOVF Raffle & bank interest	50
White Cane Days	800
White House Ornaments	550
Transfer from Admin	1,000
Handbook Ads	100
TOTAL RECEIPTS	17,750
DISBURSEMENTS	Proposed 2014-15 Budget
Child Help	100
Community Outreach	
Orange County Animal Shelter	200
Orange County Free Health Clinic	750
Orange County Healthy Families	200
Piedmont Dental Clinic	250
Diabetes Association	200
Flea Market Expenses	550
Head Start	200
Germanna Heights Senior Community	150
Libraries	
Wilderness—large print & audio books	200
Locust Grove Primary School Library	200
Locust Grove Elementary School Library	200
Locust Grove Middle School Library	200
Orange County High School Library	200
Lions Hearing Foundation	500
Lions Leader Dog	200
Lions Leo Club—OC High School	150
Lions Leo Club—LG Middle School	150
Lions RAM Project	400
Lions Sight Foundation	500
Lions Sight & Hearing Van	350
Lions of VA Fund (LOVF) Disaster Relief	100
LOW Fire & Rescue	2,000
LOW Lake Youth (\$500) & Fishing Tournament (\$100)	600
SAFE House	750
Scholarships	
Germanna Comm. College Scholarships (4)	4,000
Lioness LOW Bridge Scholarship (1)	1,500
Wilderness Food Pantry	1,800
Unallocated	1,150
TOTAL DISBURSEMENTS	17,750

Did You Know — Karen Cakouros

By Lioness President Beth Sundberg

Karen was born at the end of WW II in December 1945. Her father was serving in the army in Boca Raton, Florida and prior to Karen's birth, her mother was ordered to remain in the Base Hospital for 3 months of bed rest. Even though the hospital was slated for closure, two army doctors and nurses happily remained to care for their patient in sunny Florida.

Karen grew up in Fort Lauderdale with her 2 younger brothers. Sadly, her father died suddenly of a heart attack at the age of 47 leaving her mother to carry on alone at 38. Her mother seemingly never missed a beat and worked for the postal service. Karen and her brothers never worried about finances even though times were tough. Now 93, her mother resides in California in a home for dementia patients. Karen's youngest brother lives close by and carefully watches over her.

Karen graduated from St. Thomas Aquinas High School in Ft. Lauderdale and then attended Broward Junior College. She worked for C & P Telephone and Pepsi Cola Bottling Company. In January 1969 she met Steve on a blind date shortly after he graduated from the University of Miami. In March, after dating only 3 or 4 times, he moved to northern Virginia to assume a position with the Defense Intelligence Agency. Meanwhile Karen remained in Fort Lauderdale. However, it didn't take long before she received a call that would change her life. He asked to marry her and amazingly she said yes! So far so good for they now have been married 45 years this August and have 3 wonderful children Tammy, Chrissy and Mike.

Steve received his Masters degree at Georgetown University in Russian area studies. As he had spent 3 years in the Army, he worked in intelligence at the Pentagon as a translator and analyst in government policy. Karen worked from home running a child day care until her youngest was 12. She then became a certified medical assistant at an oncology/gyn practice in Falls Church for 10 years.

She began volunteering at a local Fairfax Co. Park Center in Falls Church and after only a month, they hired her full-time. She loved this job and hated to leave. But leave she did when they moved to LOW in 1999, initially renting a home for a year. The day before they were to move into their present home, Steve suffered a heart attack.

Their dear children moved them to their new home while Steve was recovering at Mary Washington Hospital with Karen by his side. Fortunately Steve recovered and continues to assist many of us in LOW sorting out our ongoing computer woes. During Karen's "free time", she has found the time to learn Mahjongg which she finds very challenging. She also enjoys playing various card games. Needless to say, Karen and Steve love being with their grandchildren Alex 15, Bridget 12, and Nathan 18.

Since living in LOW, Karen seems to have not stopped volunteering. She became a part of the Elections Committee and the Ladies Golf Association serving on the awards committee all the while playing golf. She joined Lioness in 2002 and has held numerous leadership positions including tamer, the board of directors, lots of committees plus chairmanship of the eye glass recycling center, staffing of the Food Pantry, 2nd vice-president, 3rd vice-president, and most recently, 1st vice-president. I think you will agree Karen is most qualified to become our new president for the 2014-15 Lioness year beginning July 1. We all look forward to her leadership.

From the Tamers

By Lionesses Jean Priest and Roselynn Edwards

The Lake of the Woods Lioness Club June 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, June 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:

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

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

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
Honey Bourbon Salmon
Broccoli
Garlic Mashed Potatoes
Apple Spice Cake
Coffee or Tea

Vegetarian Menu

Pasta Primavera **OR**
Small Garden Salad
(Plus any sides from the buffet)

Twister's Corner

By Lioness Joan King

June is the month we celebrate graduations, weddings, anniversary's, flag day, father's day and family picnics.

The song "June is Bustin Out All Over" is from what musical? The year was 1956.

Since we covered Mother's Day last month, how about Father's Day this month? The person who started Father's Day was Sonora Dodd as a tribute to her father. Where in the U.S. did she live? What President made Father's Day an official holiday and in what year?

Don't forget your name tag and your answers to the above questions. The Twister will be asking.

Greeters are: Ellen Ambroziak and Ellen Brauch

LOW Lioness 2013-2014 Calendar

June 11 Child Help Ice Cream Social
June 12 Lioness Dinner Meeting
June 26 Lioness BOD Meeting
June 28 Lioness Book Sale

Happy Birthday Lionesses!

June 5	Connie Buttimer	June 19	Caroline Caldwell
June 5	Michelle Senft	June 21	Gail Hardin
June 7	Nancy Doseff	June 25	Marie Bojinoff
June 11	Lucille Churchill	June 29	Carolyn Gordon
June 12	Sallie Good		

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

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

Nancy Arnold

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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www.lowlioness.org