



President's Corner

By Lioness Karen Cakouros LOW Lioness President

www.lowlioness.org



***"It's easy to make a buck.
It's a lot tougher to make a
difference". Tom Brokaw***

This is my last Presidents Corner contribution to the LOW DOWN. Being President has been a wonderful experience for me. Thank you for providing this opportunity and your continued support and encouragement. I've worked with an incredible and productive Board. I think it has been a very successful year serving our community thanks to all of you!

The 2015-2016 Lioness Board will be installed at our June meeting. Also, we will award two scholarships for High School Seniors; the Jan Lemieux Bridge scholarship and Velona Scholarship. Doris Velona's daughter, BJ, will be our guest for dinner. We will also induct some great new members.

Hope to see you all at the Clubhouse June 11th for another wonderful meal and program.

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 such as rice-a-roni, potato dishes, etc; canned fruit; soup (NO tomato). 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 Collection 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, trash bags (any size).

Baby diapers in sizes 4 and 5, plus baby wipes and ointment are also needed at this time.

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.

PLEASE NOTE: DO NOT make the check out to the Lioness Club as it requires us to have the Treasurer of the Club issue another check.

We 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.

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
Betty Beck

The Insider's View

Minutes from the
May 28, 2015
BOD Meeting

The meeting was called to order by President Karen Cakouros. Attending were Lioness Board members Mary Altman, Pat Berry, Roselynn Edwards, Norma Ervin, Elaine Freeland, Carolyn Gordon, Carol Greeney, Sherri Lasover, Kathi Martin, Maureen Otero, Linda Shnayer, and Beth Sundberg. Also in attendance were Betsy Flannigan and Joann Deem.

2015 – 2016 Budgets - JoAnn Deem and Betsy Flannigan presented the 2015-2016 LOW Lioness Administrative and Benevolence Budgets. Budgets were approved as presented.

Minutes from the April meeting had been previously distributed, and the board accepted them as written.

Treasurer's report was accepted and filed for audit. Elaine Freeland shared a notification from Wells Fargo regarding the upcoming new \$14 monthly service charge to be assessed on the Lioness account. Following discussion, Elaine will pursue other banking options to avoid a monthly service charge.

President's Report - Karen Cakouros

- Correspondence included :
 - A written request from Betty Girman to be granted Member-at-Large Status. Ms Girman's request was granted.
 - We received a thank you from Orange County Animal Shelter for our donation of \$200.00 which was allocated to their Emergency Veterinary Fund which enables them to treat ill or injured animals and rehab them for adoption. Our donation helped an adorable senior diabetic dog named Buzz!
 - We received thank you notes from Ms Dunn, Ms Vollman, and Ms Wright who were all recipients of the LOW Lioness Germanna Community College Scholarships.
 - We received a thank you from the Lions Sight Foundation for our \$500 contribution.
 - A thank you was received from Ms Carleigh Vineyard, President of the Leo Club for our recent donation.
 - We received a request for donation from the Lions of the Shenandoah Valley and District 24C to allow them to purchase a swing for a blind man with severe seizure disorder in Warren County. Motion was passed to donate \$50.
- President Cakouros made the Board aware of an LOW resident, and Food Lion employee, who is in need of assistance due to a recent injury that prevents her from working. President Cakouros will investigate further to determine what type of assistance we may be able to provide.

First Vice President's Report - Maureen Otero

- First Vice President Otero presented the final budget report for the Golf Tournament. The net profit from this event is \$2,962. First Vice President Otero suggested we immediately use funds to reserve a date for the golf tournament next year. Motion was passed.

MORE

See Pg. 3

Third Vice President Report – Linda Shnayer

- Plans are moving along, and registration forms completed, for LOW Lioness to participate in the LOW 4th of July parade. We will be asking for more participants at the June meeting.

Membership – Kathi Martin

- Four new members will be inducted at the June meeting.

Excursion Committee – Kathi Martin

- Three exciting excursions are being planned for July and November 2015 and Spring 2016.

Other Business:

- Norma Ervin brought up that the Pantry is low on food and they receive the least amount of donations in the summer months.
- Discussion on raising the price of dinner meetings. A vote to raise cost in July by \$1.00 failed. Dependent on a Clubhouse increase in dinner costs effective in January 2016, the new Board may need to revisit this discussion in December.

There being no further business to come before the LOW Lioness Board at this time, the meeting was adjourned. Respectfully submitted, Linda Shnayer (substituting for Secretary, Donalda Lovelace)

Lioness Committees & Activities

Share and Care**By Lioness Connie LeMay**

- We are glad to report that Pat Logan is recovering from the badly broken ankle that she suffered in March due to a fall on the ice. She has now left a wheelchair and is in a boot and is allowed to put weight on that leg. Pat expects to be completely healed by August and is anxious to be back to her normal routine.
- Barbara York continues to recover from her broken leg and hopes to return home in June.
- We regret to say that Sherri Lasover's 15 year old step granddaughter passed away of cystic fibrosis at the end of May.

If you know of any Lioness who is ill, please contact Connie LeMay – 972-6123 so that a card can be mailed.

July 4th Parade**By Linda Shnayer**

Join in the fun! LOW Lioness will participate in the Independence Day Parade on Saturday, July 4th. Our theme will be "Servicing the Needs of Our Community".

All parade participants will line up on Yorktown Blvd and be in position no later than 10:15 AM. The parade start time is 10:30 AM sharp. If available to walk in the parade, your transportation should access Yorktown Blvd from Liberty Blvd and drop you off. You will walk to the position point.

If you can participate by walking or driving a car in the parade, please contact Linda Shnayer @ 412-1021

Lioness Golf Tournament**By Lioness Su Bielmeier**

The May 16 Lioness Golf Tournament was a great success! Chairperson Maureen Otero did a great job organizing this tournament! This endeavor involved many Lionesses in planning and hosting this event. Thanks for all their hard work. We also thank the many individuals and businesses who sponsored holes or donated items for the door prizes. All 48 golfers went home with door prizes and smiles. Check the slideshow on the Lioness website for pictures of the Lionesses and players—lowlioness.org

Lioness Committees & Activities

Quilt Raffle Results

By Lioness Claudia Low

RESULT OF THE QUILT RAFFLE TO ESTABLISH A NURSING SCHOLARSHIP AT GERMANNA COMMUNITY COLLEGE

I would like to thank everyone that supported the quilt raffle. Without your support we would not have been able to present the scholarship. I would especially like to thank Karen Cakouros, Betsy Flanigan, Susan DeMalio and Diane Weller for their help in selling all the tickets.

We presented Dari Volman a \$1,000 scholarship to Germanna Community College for the nursing program. Darci will graduate in December 2016 with her associates degree and will be eligible to sit for the registered nursing examination. She has maintained a 4.0 GPA and has established a strong base of knowledge to build upon future success. She plans to continue her studies to earn a baccalaureate degree in nursing.

On Sunday, May 10 my granddaughter, Masey Low drew the winning ticket. The quilt was presented to the winner, Karen Cakouros at our May 14th dinner meeting.

With everyone's help we raised \$1,169.00, \$1,000 of that was used for the scholarship.

Thanks again for your support.

2015-2016 Board of Directors — to be installed at the June meeting

President	Maureen Otero
Secretary	Donalda Lovelace
Treasurers	Norma Ervin and Barbara Tomayko
1st V.P.	Barbara Hernan
2nd V.P..	Michelle Senft
3rd V.P.	Betsy Rath
Tamers	Ellen Bearden and Nikki Buell
Tail Twister	Melissa Daly
Membership Director	Kathi Martin
Directors	Pat Berry, Sherri Lasover, Arlene Desimone
Immediate Past President	Karen Cakouros

New Members

By Lioness Kathi Martin

LOW Lioness Club is delighted to welcome 4 new members! Being inducted into the club at the June dinner meeting will be Carol Bohrer and Shellee Williams, sponsored by Loretta LaTerra, Rosalie Ekstrom, sponsored by Marilyn Buttimer, and Gail Stoner, sponsored by Pat Berry. Welcome, ladies! We look forward to getting to know you.

LOW Lioness Club Awards Germanna Scholarships

By Lioness Mary Lou McFarland

The Lake of the Woods Lioness Club awarded scholarships to five Germanna Community College students at their May 14 meeting. Shown with Lioness President Karen Cakouros (3rd from left) are scholarship winners (left to right) Heather Seation, Tyniekqua Wright, Norma Hilarion-Dunn, Shanice Dunn and Darci Vollman. "We are very proud of the Lioness for doing this, proud of our scholarship committee and the young ladies they chose to receive these \$1,000 scholarships," Cakouros said. The club has been awarding scholarships to deserving Germanna students for two decades



Lioness Committees & Activities

June Program

By Lioness Carol Lee

The program for the Lioness dinner meeting will be a representative from the Wilderness Winery, just south of us on Route 3. They will be telling us about the events they have planned and all about their winery. Sorry, ladies, probably no samples, but you never know!

2015-2016 Budget

By Lionesses Joann Deem and Betsy Flanigan

The proposed Lioness Budget for the fiscal year July 1, 2015 — June 30, 2016, has been approved by the Board of Directors. The general membership will be asked to vote on it at the June dinner meeting (see Administrative Budget below and Benevolence Budget on the following page). If you have any questions, please contact Betsy Flanigan 972-9998 or Joann Deem 972-9107.

Proposed LOW Lioness Administrative Budget 2015-2016

RECEIPTS

Dues (117@ \$30)	3,510
New Membership Induction Fees & Dues, Badges	325
50/50 and Tail Twister Fines	875
Dinner Meetings	16,000
TOTAL RECEIPTS	20,710

DISBURSEMENTS

Birthday Flowers	200
Club Supplies	100
Club Membership - New Member Badges	130
Conventions & Conferences	200
Decorations for Special Programs*	100
Dinner Guests – Paid by Lioness Club	500
Fourth of July Parade	150
Gifts/Honoraria	100
Halloween Candy	50
Handbooks	350
Post Office Box Rental	50
Sharing & Caring / Memorials	100
Dinner Meetings	16,000
Bank Service Charge	168
State Dues	585
Unallocated	927
Transfer to Benevolence	1,000
TOTAL DISBURSEMENTS	20,710

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

Proposed LOW Lioness Benevolence Budget 2015-2016

RECEPITS

Bake Sales	1,000
Book Sales	4,500
Bridge Lessons	1,800
Card Party Luncheon	2,000
Carry-Over	3,000
Flea Market	1,600
Golf Tournament	1,500
Handbook Ads	100
Holiday House Tour	1,000
Kriskindlemarkt	500
White Cane Days	700
White House Ornaments	500
Yard Sale	300
Transfer from Admin	1,000
TOTAL RECEIPTS	19,500

DISBURSEMENTS

Child Help	100
Community Outreach	
Orange County Animal Shelter	200
Orange County Free Health Clinic	750
Orange County Healthy Families	200
Orange County HS After Prom Party	100
Orange County HS Robotics Team	100
Piedmont Dental Clinic	250
Diabetes Association	200
Flea Market Expenses	550
Head Start	200
Germanna Heights Senior Community	200
Junior Golf League	200
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	2,000
Unallocated	2,250
TOTAL DISBURSEMENTS	19,500

Did You Know — Maureen Otero

By Lioness Beth Sundberg

Maureen was born in New York City in July 1937. A short time later her mother moved to Long Island working in an advertising agency in the city. Her father was a steam fitter in heating and air conditioning working for a time on the top floors of the Empire State Building. He also worked at the Pentagon returning home on weekends. Occasionally Maureen and her mother would visit him in DC. Summers were pleasantly spent with her mother in Cape Cod.

Maureen graduated from Levittown High School in Long Island and after receiving a full scholarship from the local Lions Club entered St. Vincent School of Nursing in New York City. Upon graduation she chose to work in the psychiatric wards at St. Vincent Hospital and loves to say she met her husband there. Actually he worked part time on the ward while attending Fordham University. They were married in October 1962 and lived in Flushing, Long Island enjoying outings at the World's Fair nearby. Their first child, Brian was born in 1963 followed by Eileen in 1965. Then in 1967 Stephen was born. Today the children are happily married with children of their own. Brian is a lawyer for a law firm in New York City; Eileen is a hematologist/oncologist in Seattle, and Stephen is also a lawyer now vice president at Capital One Bank in Richmond.

Maureen's husband was an attorney and worked for GE. As such they were transferred several times finally ending up in Virginia. When Stephen followed his siblings by attending the University of Virginia in Charlottesville, Maureen went back to work in various nursing centers. For 14 years, she was the Director of Nurses in Silver Spring, MD at the Carriage Hill Center and later after additional training, was promoted to administrator. Later she became the evening supervisor at Manor Care Potomac in Potomac, MD. This private facility cared for patients, including those suffering from Alzheimer's with costs running as high as \$17,000 a month. It occurred to her one June evening in 2007 that she should probably think about retiring since she was soon approaching 70. The very next evening, she announced in a meeting that she would probably be retiring in 4 months time in October. She decided the next step would be to put her house up for sale. What she didn't expect was to have it sell in 3 hours! The next weekend Maureen along with her son and grandson came to take a look around LOW. She bought her charming home that very day and moved to LOW all in the month of June.

Not letting any dust settle under her feet, she also joined Lioness in 2007 with her long time friend and nursing associate, Sue Merna as her sponsor. Nowadays, in her "spare" time, Maureen enjoys reading, mahjong, and plays multiple card games with friends. Learning the "sport" from her mother she loves shopping and now engages in on-line shopping. (She happens to have a fetish for purses and shoes). She enjoys being around her grandchildren when possible. They include Madison, India, Ian and Conor in New York. Jenna Page, Corrin, and Peyton in Seattle; and Jack and Will in Richmond.

Since joining Lioness she has been involved in the highly successful monthly book sales, 50/50, and served in eye glass recycling for a time. She served as a Director on the Lioness Board for 3 years and was the chairperson for our incredible Golf Tournament. Maureen will be installed as our new Lioness President at our June Lioness meeting. We all look forward to seeing her in action.

From the Tamers

By Roselynn Edwards and Carolyn Gordon

The Lake of the Woods Lioness Club June 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, June 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:

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

Carolyn Gordon (972-4656) Email: wpcegordon@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

Taco Bar
Ground Beef, soft
Tortillas, tortilla chips,
Refried beans
Spanish Rice
& all the fixings
Chocolate Cake
Coffee or Tea

Vegetarian Menu

Strawberry Spinach Salad
Spinach w/strawberries,
apples, walnuts, Feta, &
dried cranberries
Plus sides from the buffet

Twister's Corner

By Lioness Carol Greeney

"JUNE IS BUSTIN' OUT ALL OVER".....From what 1956 movie musical is this song by Rodgers and Hammerstein? Know this or the Twister you will pay!

Be sure to wear your name tags!

This is my last article and I want to say that it has been a pleasure and, at times, a real hoot to be your Twister. Our Lioness bank will be in great hands when I pass it on to your next Twister, Melissa Daly. May she be even more demanding than I!

GREETERS FOR JUNE: Donna Crawley
Nancy Strain

LOW Lioness 2014-2015 Calendar

June 11 Lioness Dinner Meeting
June 25 BOD Meeting
June 27 Lioness Book Sale
July 4 July 4th Parade

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 26 or as soon thereafter as possible. June 30 is the deadline for submissions for the newsletter. Forward them by email 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.)

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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