



President's Corner

By Lioness Beth Sundberg, LOW Lioness President

www.lowlioness.org

Don't give up, we're almost there! Spring really will come one of these days. Think daffodils, crocuses and forsythia in all their splendor! All of these beauties will come in the month of March. So hang in there.

And one of these days, we'll have another club meeting. Since being together we've weathered Christmas, New Year's, the final defeat of the Redskins, Ground Hog Day, and Valentines. Come hell or high water, we'll meet again on March 13. My expectations run high at this time of year. As we march or trudge through this endless winter, like you I look forward to warm sunshine and rummaging around in the garden.

I think our role as women is most unique and we're good at it. We're comforters and encouragers. We are this for our grandchildren perhaps as no one else can. Our children still need us even though they may not always think they do. Who do they call when some crisis comes along? Last but not least, our husbands really need us too. Though overwhelming at times to be in such demand, it is a wonderful thing to feel and be needed.

Many people as they age don't feel needed anymore and this often leads to a loss of self worth or depression. My mother used to say that it was important to practice good mental health. Sometimes I need a good kick in the pants to get myself going. That's why it is so important to be engaged in things beyond our own world. And we are always stronger and accomplish more when we're linked together. Together we can stimulate each other to think creatively in how best to do something. I don't need to

remind you that lots of people out there need our comfort and encouragement. How neat it is that we can serve them.

If you stopped by, I know you agree it was good to see our Book Sales up and running again after a 2 month hiatus. Way to go girls. It was a beautiful day to be out and about.

I can't believe that our fabulous flea market will be this month on March 29. You should know by now you get the good stuff if you come early on Friday, the 28th to help set up.

First Vice President position needed for next year.

See article on Pg. 3 from Carol Lee

WHAT DO I BRING CHECKLIST?

Wilderness Food Pantry—At least 2 food items in a reusable bag or double plastic bag. Especially needed: Soup (no tomato), canned fruit, canned vegetables (no corn or green beans), canned meats (e.g., tuna, salmon), Peanut Butter, Jelly

Bridges—If you have Bingo prizes that you were going to bring to the February Meeting that was canceled, they will be collected at the March meeting

SAFE House—See Pg. 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.

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
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Karin Goetz

Lioness TAMERS
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Roselynn Edwards

Tail Twister
Joan King

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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
February 27, 2013
BOD Meeting

IN ATTENDANCE: Beth Sundberg, Lucy Churchill, Elaine Freeland, Karen Cakouros, Ann Walker, Karin Goetz, Roselynn Edwards, Jean Priest, Joan King, Connie LeMay, Maureen Otero, Carol Lee, and Phyllis Taylor.

CALL TO ORDER: President Sundberg called the meeting to order.

SECRETARY'S REPORT: The previous month's minutes were approved.

TREASURER'S REPORT: Elaine Freeland and Lucy Churchill presented the financial reports. A motion to accept the reports was presented by Jean Priest and seconded by Connie LeMay and will be filed for audit.

PRESIDENT'S REPORT: President Sundberg read the letters of resignation from Lionesses Zoila Ortega and Janey Beebe. Their resignations were accepted with regret.

OFFICER'S REPORTS:

- 1st Vice President, Karen Cakouros, reported that the plans for the Flea Market, set for March 29, are on schedule.
- She then called for a motion to postpone this year's Holiday House Tour until next year so that we are not in conflict with the Garden Club's spring house and garden tour. That will put us back on a schedule for every other year. The motion was approved.
- 3rd Vice President, Karin Goetz, presented several options for our participation in the July 4th parade. All members are invited to march. In order to highlight the various community service activities supported by the Lioness Club, a member of each of our committees will be asked to carry a sign identifying their committee and service.

MEMBERSHIP: There will be an induction ceremony for one new member, Gwen Mallmann, at the March meeting.

DIRECTORS: Connie LeMay announced that there will be a mixer at the March meeting. Each Lioness will be given a tea bag upon arriving at the meeting and there will be different types of place mats with a corresponding tea box to match the tea bag.

OLD BUSINESS:

- Connie LeMay will be asking for everyone to donate to the Attic Treasures table at the Flea Market.
- Carol Lee reported that all spaces have been reserved for the Flea Market with many new vendors participating.

ADJOURNMENT: There being no further business, the meeting was adjourned at 8 p.m.

Lioness Committees & Activities

SAFE House Collection

By Lionesses Phyllis Sakole and Sharon Allen

At our March meeting we will have our first general collection for SAFE House since last November. The most urgent current need is for powdered laundry detergent and small diapers (sizes one and two.) Other suggested donations include tall kitchen bags, paper towels, bathroom tissue and liquid dish soap. And, as always, gift cards from Culpeper stores such as Wal-mart, Target, Kohl's, CVS, Food Lion, or Martins are much appreciated, as are checks made out to SAFE.

Whichever way you choose to help, thanks in advance for your support of this worthwhile organization!

Share and Care

By Lioness Connie LeMay

We are glad to report that Pat Phillpo has recovered from her bout with appendicitis and the best news is that she managed to keep her appendix.

Marie Bojinoff is recovering from her hip replacement at home. She skipped rehab and just went home from the hospital and started doing her required exercises. She is amazing!!

Nancy Strain had a painful attack of pleurisy in February but has recovered and resumed her normal round of activities.

Betty May had some complications from her bout with pneumonia but continues to recuperate (under the watchful eye of her husband).

Margaret Findell has finished her round of radiation and is feeling much better.

Martha Grandy continues to care for her husband at home after his recent hospitalization.

Ann Walker continues to care for her husband as he resides in the Golden Living Nursing Home.

If you know of any Lioness that is ill, please contact me at 972-6123.

First Vice President Position

By Lioness Past President Carol Lee

As of February 25, there have been no responses to the request to offer your service for the position of first vice president. This is a very important position that oversees the fundraising projects of our Lioness Club and to then become president the following year. This is a very satisfying position and one that whoever is in this position will really get a great deal of pleasure from leading this wonderful club. There are probably several of you who have said I could never do that but you are wrong. I said no for several years but finally gave in and I cannot tell you how grateful I was that I finally decided to do it. It was one of the most gratifying experiences of my life and I hated to see it end. I thought I could never get up in front of people but everyone made me feel so comfortable. You will also be greatly appreciated. Please think about offering your services to our club and submit your name to the nominating committee for consideration. If you have any questions, please call me at 972-8920 or Karen Cakouros at 972-9043.

March Program

By Lioness Barbara Strain

The Orange County Cloggers will be the program for the March meeting. It will definitely be an enjoyable and entertaining program.

Lioness Committees & Activities

White Elephants

By Lioness Carol Greeney

In Asian countries the white elephant, throughout history, has symbolized power, fertility and prosperity. Traditionally, anyone who owned one of these creatures had to treat it like a servant treats a master. As a result the only people who could really afford to keep a white elephant were the rich and powerful. Yet the gift of a white elephant was often the way in which a king would honor an ordinary citizen, an ordinary citizen who couldn't afford to keep a white elephant! Thus, in modern society, a White Elephant naturally came to represent a prized possession whose maintenance cost exceeded its worth.

How about that?

Therefore, all the items that we donate for our Flea Market White Elephant Table, are truly prized possessions! If you haven't already sorted through your closets and drawers, garages and basements, now is the time. We will be collecting these treasures on Friday, March 28 at the Locust Grove Middle School on Route 601 from 4-7 p.m. Our tables will be located in the middle of the cafetorium--front and center. All items should be clean and ready for sale. No clothes please, but purses, jewelry and other accessories are most welcome.

If you are unable to bring your items to the middle school Friday night, please contact ***Connie LeMay** at **972-6123** to make alternate arrangements. ***Note this change.**

Bring Us Your Dough!!

By Lionesses Norma Ervin and Kathy Martin

Either in the form of your wonderful cakes, breads, cookies, muffins, scones, and pies, or in the form of a \$\$\$\$ donation, your contribution is essential to our success.

This is the ONE Lioness sponsored event for which there should be **100 percent** participation. We understand completely that some of our members simply cannot bake any more, or loathe the very thought of it, or don't have time, or aren't going to be in town. So how wonderful it is to have an opportunity to participate still in the Annual Lioness Bake Sale with a cash/check donation, maybe for the amount of the cost of what your ingredients would have been had you baked!

We still need lots of products, however, so please bring your baked goods to the Middle School on Friday night, March 28, from 5-8 p.m., or on the morning of the Flea Market, Saturday, March 29. Don't price the items, but please wrap it/them, and label the package. If there are nuts involved, that's fine, but please note on the label.

Volunteers are also needed Saturday: 8 a.m.—10:30 a.m. and 10:30 a.m.—1 p.m. Sign up at the March meeting, please. Call with questions if you need us! Norma, 972-0652; or Kathi, 972-5242

New Member

By Lioness Linda Ogletree

The following new member will be inducted at the March meeting:

Gwen G. Mallmann
115 Edgemont Lane
Email: nosbigsis@yahoo.com

DOB: October 7
Tel: 972-0516
Sponsor: Carolyn Gordon

Did You Know — Kathy Merritt's Story

By Lioness President Beth Sundberg

You never know what might happen when you leave your seat for a moment. Somebody might just come and take it! Lose a seat and gain a husband? That's how Kathy met Bernie at a high school football game. Two years later they were married thinking the navy would ship him out soon. Instead he was based in Anacostia and Kathy attended Washington School for Secretaries and Strayer Business College.

Kathy was born and grew up in Washington, DC, the youngest of 8 children. They had plenty of room to roam at home in DC on 1 ½ acres.

After completing school, Kathy began working for Vermont's Robert T. Stafford in the U.S. House of Representatives and later the Senate where she was his personal assistant and office manager. In the office she worked on constituent benefits for veterans, social security, welfare, and Medicare/Medicaid for the elderly. Later she worked for the Government Relations Office, the Beneficial Financial Corporation, and the Office of the Secretary at The Library of Congress. Squeezed into her career, she managed to have 2 sons, Bernie, Jr. and Mark.

Later they became owner of a family Italian/Greek Deli and Catering Company located in Maryland. It was a family affair as son Mark ran the catering side of the business.

Kathy was a member of the Vestry and Alter Guild of Christ Episcopal Church in Accokeek, MD. She took over the annual Christmas oyster fund raiser dinner from a woman in her '80's, too tired to continue. In addition to the oysters, candy was made and sold at this event. It had become so much of an institution, there was no way it could be discontinued. Kathy and her crew made 150 pounds of candy to be sold. Butter creams and the list included vanilla, chocolate, rum, coconut, strawberry, orange, lemon, and mint patties. All candy was made in 2 Sundays in the church kitchen and sold by the pound. (Maybe she shouldn't have shared that)!

Bernie and Kathy moved to LOW in 2000 as they both had siblings here. Kathy joined Lioness in 2006 and is a member of AARP.

She serves as treasurer of the local NARFE (National Active and Retired Federal Employees Association). Together they are in real estate, Bernie for the last 12 years, and Kathy for 8. She continues to work in client relations for a DC lobby firm which necessitates her traveling up a couple times a month. As a result, she keeps in touch with her 2 granddaughters who live there. She enjoys reading, creative cooking, entertaining, and an occasional cruise.

From the Tamers

By Lionesses Jean Priest and Roselynn Edwards

The Lake of the Woods Lioness Club March 13th 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, March 10th 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 and 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
Stuffed Flounder
Parsley Potatoes
Broccoli
Chocolate Éclair
Coffee or Tea

Vegetarian Menu

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

Twister's Corner

By Lioness Joan King

We will have a mixer this month and hope you will enjoy meeting new table mates. In honor of St. Patrick's Day, March 17th, how about wearing a "wee bit" of green (or orange) to celebrate the occasion.

Our questions will be about the "Emerald Isle". What is the name of the famous crystal ware made in Ireland? What is the name of the Castle where the "kissing stone" is located? What is the college name that houses the "Book of Kells" in it's library and in what city is it located?

Oh yes, the Twister will be asking about last month's questions as well! Don't forget your name tags!

Greeters are: Paula Hornaday and Nancy Strain

LOW Lioness 2013-2014 Calendar

Mar 13	Lioness Dinner Meeting
Mar 27	Lioness BOD Meeting
Mar 29	Lioness Flea Market
Mar 29	Lioness Book Sale

Happy Birthday Lionesses!

March 2	Joann Buttimer	March 14	Betty Girman
March 4	Phyllis Pulice	March 14	Phyllis Jones
March 5	Nora Simpson	March 25	Arlene DeSimone
March 5	Jan Thompson	March 25	Barbara Hernan
March 10	Corky Thomas	March 31	Norma Ervin
March 13	Margarida Rodriguez		

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

Please get information and articles for the April LOW DOWN to me by March 20th or as soon thereafter as possible. March 29th is the deadline for submissions for the April newsletter. Please forward them either by email, or mail to Gail Hardin, (contact information below). For questions or more information, please feel free to give me a call.

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.)

New e-mail address:

Theresa DiCicco—dicicco363@verizon.net

New phone number:

Helene Burns—540-412-0798

Resignations:

Zoila Ortega

Janey Beebe

New Member:

See Pg. 4

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.

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