



## President's Corner

By Lioness Karen Cakouros LOW Lioness President

[www.lowlioness.org](http://www.lowlioness.org)



***"One person can make a difference and every person should try"***

***John F. Kennedy***

March should be coming in like a lion and hopefully will go out like a lamb. I think we've had enough of these cold, snowy, windy days.

I just came home from another successful Book Sale. We not only sold books but raffle tickets for Lions of Virginia Funds and chances for Claudia's quilt. Our Lionesses run an amazing operation the last Saturday of each month at the Ferris Building. Book donations coming in and books going out constantly from 8:30 am to 3:30 pm. Such a service to the community!

The Food Pantry ribbon cutting ceremony was held this past Tuesday. A surprising number

of people came to see Betty Beck and Dick Francis cut the ribbon. Thanks to all who braved the cold. The new trailer is such an improvement for the volunteers and clients.

Looking forward to our Flea Market/Bake Sale on March 28<sup>th</sup>. Most of us have some items to recycle. Please bring them Friday, March 27<sup>th</sup> between 4 and 7 pm to Locust Grove Middle School. Bring your baked goods also. We will have plenty of vendors again this year. Some are new and some are returning from previous years.

Past President Beth Sundberg will present the new slate of officers for 2015-2016 Board at the March 12<sup>th</sup> dinner meeting.

The committee finished in record time. Thanks to all who have agreed to serve. The election will be held at the April Dinner Meeting.

The Excursion Committee has planned another trip for Saturday, March 21<sup>st</sup>. We will have bus transportation to Bizarre Bazaar in Richmond. I went last Fall and had a great time. There are buildings full of crafters selling their wares. See Kathi's article on page 3.

Don't forget to move your clock forward on March 8<sup>th</sup>. See you March 12<sup>th</sup> at the dinner meeting.

### WHAT DO I BRING CHECKLIST?

**Wilderness Food Pantry**—At least 2 food items in a reusable bag or double plastic bag. 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 pg. 2

**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**

**LIONESS BOD MEETING FOR FEBRUARY 26TH WAS CANCELLED DUE TO INCLEMENT WEATHER.**

## **Lioness Committees & Activities**

### **March Program**

**By Lioness Carol Lee**

The speaker for the March meeting is Tom Wertz, a resident of Lake of the Woods, who is a member of the board of directors and the finance committee for St. Jude's Children's Research Hospital. He will speak about what St. Jude's is and some of the innovative things they are doing.

### **Mixer for Dinner Meeting**

**By Lioness Pat Berry**

A mixer using the theme of Lioness benevolences is planned for the meeting on March 12. As you come in the door to sign in look for the two people carrying baskets with the names of our various benevolences. Please pick just one and then use your deductive skills to find the table with the same label for seating at dinner

### **SAFE House Collection**

**By Lionesses Phyllis Sakole and Susan Costanzo**

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

Baby diapers in sizes 3 and 4, 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.**

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

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

# Lioness Committees & Activities

## Excursion Trip

By Lioness Kathi Martin

FUN AND GAMES TIME AGAIN!

We're planning a day trip to Richmond to attend the BIZZARE BAZAAR!

Our trip is planned for Saturday, March 21. The cost per person will be \$50.00, which includes bus, admission and tip. Lunch on our own at the venue.

We'll leave the Lower Level at 9 a.m., and expect to be back at LOW at 3-3:30 p.m.

Hope you'll join us for a fun day of Springtime shopping. This event has been rated among the top level Crafts and Gifts shows by Southern Living.

Deadline for sign-up is March 14; non-refundable. Let me know by phone or e-mail, and be sure to bring your friends!

Kathi Martin  
972-5242  
[kak1066@verizon.net](mailto:kak1066@verizon.net)

## White Cane

By Lioness Paula Hornaday

This May we join once again with the Lions Club to collect donations to the White Cane campaign. This year the fundraiser will take place on Friday, May 8 and Saturday, May 9. There are several sites to choose from – Food Lion, CVS, 7-11, TruValue Hardware, Wal-Mart and others to be determined. The shifts are two hours long and can be shared by a buddy. Don't forget our club receives a percentage of the contributions collected in accordance with our volunteer hours.

Proceeds from this activity are used to assist organizations that are involved in various aspects of sight preservation and assistance to the blind and visually handicapped.

Ann Walker and I will be in the President's room after the meeting with sign-up sheets and sincerely hope you will consider participating.

# Lioness Committees & Activities

**Details will be announced in March**



**White Elephant Table**

**By Lioness Garol Greeney**

**Bring items 4-7 p.m. on Friday, March 27th**

**Sale 8:30 a.m. to 1:00 p.m., Saturday, March 28**

**Lucust Grove Middle School**

**Information for April LOWDOWN**

**By Lioness Gail Hardin**

I will out of town March 28th—April 5th and therefore will not be able to publish the April LOWDOWN by April 1st.

In order to get information out to members, I will send an email by March 28th with any information needed by the dinner meeting on April 9th, and will publish the newsletter as soon as I can the week of April 5th.

If you have information that needs to be sent prior to the dinner meeting, please send it to me by March 22nd.

You can send articles for the April newsletter until April 5th.

## **Did You Know—Sue Merna**

**By Lioness Beth Sundberg**

Sue was born in September 1937 in Davenport, Iowa. Because no girl had been born into the Dahlin family in the last 100 years, she came as an unexpected surprise. Further rocking the boat, Sue arrived with black hair that stood straight up on top of her head. She had an older brother and eventually 2 younger sisters were born. Her paternal grandparents lived nearby and her grandmother was particularly thrilled to have a granddaughter so close. Sue spent a lot of time with her learning basic domestic chores including shopping, and they always had a lot of fun together.

Her father worked for the Veterans Administration and with his promotions it seemed they were always on the move first to South Dakota then to Denver, to the District of Colombia and finally to Silver Spring, MD. The final move came in her senior year and she graduated from Montgomery Blair High School. Upon graduation she made her way to the University of Maryland Nursing School. While there she belonged to the Delta Gamma Sorority and graduated in 1959.

Sue married in 1960 and by 1971, 5 children had been born beginning with Catherine, followed by Jim, John, Matthew, and Michael. Her husband worked for the government while Sue found herself involved in coaching ball teams, the PTA, service organizations and on occasion, room mother.

Tragically, they lost their oldest child, Catherine, to leukemia only a month after diagnosis when she was only 15. Sue carried on as the 4 boys were in need of her care and attention more than ever. Her youngest was in the 3<sup>rd</sup> grade when Sue returned to work full time. She felt fortunate to be home when the children came back from school. Her career ranged from instructor of pediatrics, geriatric nursing, assistant director and director at local nursing homes, certified nursing assistant instructor to quality assurance.

In 1999, she made a dramatic change and bought an antique booth in one of the antique malls on Princess Anne Street. She had always enjoyed antiques with her brother and his wife and much of what she had purchased went to stock her booth. She moved to the Lake full time in 2002 and bought her current home in 2007. She has loved every minute of it.

Sue continues to be active and enjoys traveling, cards and games with friends, and visiting her 4 boys and their families. With the help of her daughter-in-law she is learning how to cook some Italian dishes. She considers her 8 grandchildren to be most special. One grandson has been on Broadway in the musical, Mary Poppins and has also sung the national anthem for a Lakers game. (Remember you heard his name first here, Tyler Merna). Since joining Lioness in 2004, she has been involved in Child Help and the Food Pantry among other committees. Currently Sue is serving as our Flea Market and Craft Show chairman to be held March 28 for the second year in a row!

## From the Tamers

By Roselynn Edwards and Carolyn Gordon

The Lake of the Woods Lioness Club March 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, March 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:

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

Carolyn Gordon (972-4656) Email: [wpcegordon@aol.com](mailto:wpcegordon@aol.com)

NOTICE: We RSVP E-mails & phone calls. If you can't attend, you may have your meal picked up.

### Dinner

Garden Salad  
Honey Bourbon Salmon  
Broccoli  
Jasmine Rice  
Choc Soufflé Brownie  
Coffee or tea

### Vegetarian Menu

Pasta Primavera

**OR**

Garden Salad  
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 Carol Greeney

### ERIN GO BRAGH!!

Just what does this universal St. Patrick's Day greeting mean?  
It's liberal, anglicized interpretation is  
**IRELAND FOREVER.**

If you don't want to pay the Twister, be sure that you wear something green *as well as* your name tag.

GREETERS FOR MARCH: Wendy Gwaltney  
Betsy Rath

## LOW Lioness 2014-2015 Calendar

Mar 12	Lioness Dinner Meeting
Mar 21	Excursion Trip
Mar 26	BOD Meeting
Mar 28	Lioness Flea Market, White Elephant Sale, and Bake Sale
Mar 28	Lioness Book Sale
May 16	Lioness Golf Tournament

## Happy Birthday Lionesses!

March 2	Joann Buttimer	March 23	JoAnn Zwickl
March 10	Corkyh Thomas	March 25	Arlene DeSimone
March 13	Margarida Rodriguez	March 25	Barbara Hernan
March 14	Betty Girman	March 31	Norma Ervin

**From the Editor**

By Lioness Gail Hardin  
Editor, Lioness LOW DOWN

Deadline information for April LOWDOWN — see pg 4 . 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:**

**Joan King**

**Email correction:**

**Gwen Mallmann—nosbigsis@yahoo.com**  
*The directory did not have an “s” after “no”*

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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