



## President's Corner

By Lioness Maureen Otero LOW Lioness President

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

*Don't walk in front of me—I may not follow. Don't walk behind me—I may not lead. Walk beside me—be My Friend.*

Albert

Comus

Hopefully, the worst of the winter weather is over, days appear to be getting longer each day. If it stays a little warmer, it would be wonderful.

I spent today driving to a funeral in the Tysons Corner area; what a busy place. Cars with license plates from many different states as well as Virginia make driving a test of your driving skills. You have to speed to keep up with the traffic, changing lanes is tricky, no one will let you in unless you press the issue, and it's hard to get to the exit. Northern Virginia is a great place to visit—fabulous shopping, good restaurants, fun and exciting things to do, but we should count our blessings to come home to LOW.

We talk about the rush hour here on route 3 when it amounts to a small tie up for a few minutes. I was thrilled to get home where most people are courteous and show some southern hospitality. Traveling about makes you aware of the

good things about the lake. I'm always happy to get home.

Getting back to Lioness business, most of our fundraisers for this year are done and all have been successful, thanks to a great effort from a wonderful group of ladies THE LIONESS-ES. Our next project is the FLEA MARKET, on March 19th from 8:30 a.m.---1:00 p.m. We will have some new vendors as well as some returning vendors. Next to our much sought out TREASURES, will be the tantalizing BAKE SALE. Don't eat breakfast that day and buy some fresh baked goods, made with love. Anyone can still donate to the treasures, used items, check your attic, basement, and garage for items you've been saving but realize you will never use. Maybe someone else can use it. When

you tire of shopping, stop and get a snack at the snack bar, rest up, and then you will be ready to shop again.

Last on our agenda is our 2nd Annual Golf Tournament on May 14th here at LOW. We would welcome everyone back from last year and bring some friends. It will be a fun day for all. We welcome all sponsors and anyone who can donate prizes. Nicki Buell and I will be working on the golf committee, and we will announce our first meeting this month. We will need help, so consider joining our committee.

Just a reminder, meals at our meetings will be \$18.00 starting in April.

## 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. 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.

**2015—2016 Board of Directors**

**President**

**Maureen 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**

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**Nicki Buell**

**Tail Twister**

**Melissa Daly**

**Membership Director**

**Kathi Martin**

**Directors**

**Pat Berry**  
**Sherri Lasover**  
**Arlene DeSimone**

**Past President**

**Karen Cakouros**

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**Lion Liaison**

**Betty Beck**

**The Insider's View**

Minutes from the  
February 25, 2016  
BOD Meeting

**ATTENDANCE:** Maureen Otero, Karen Cakouros, Barbara Tomayko, Melissa Daly, Nicolette Buell, Pat Berry, Sherry Lasover, Barbara Hernan, Arlene DeSimone and Donalda Lovelace

**CALL TO ORDER:** President Maureen Otero called the meeting to order at 7:03 PM.

**SECRETARY'S REPORT:** December 2016 meeting minutes were approved as written.

**TREASURER'S REPORT:**

- Barbara Tomayko presented the Benevolence and Administrative Financial Reports for December, January and February. The 2015-2016 Budget was also provided.
- An issues arose about a need to better support Lions main service project which is Blindness, inasmuch as we are sponsored by Lion's International through LOW Lions Club. Further discussion of this issue will be discussed with the Budget Committee. Reports were accepted and filed for audit.

**PRESIDENTS REPORT:**

- Maureen Otero received a thank you letter from Wilderness Food Pantry for our \$500 donation.
- A thank you letter and a request for renewal of our donation was received from Lake Youth Foundation;
- We also received a donation of \$300 from Leslie Daugherty in memory of her mother former Lioness Past President and Founding member Doris Velona.
- Carol Stanley's resignation was confirmed and accepted with regret.

**OFFICER'S REPORTS**

**TAMERS-**

- Nikki Buell presented a motion to increase dinner fees for the monthly dinner meetings effective April 1<sup>st</sup> to \$18.00. This motion is a result of the present fee not covering the cost of the meal. The motion was seconded by Donalda Lovelace.

**TAIL TWISTER-**

- Melissa Daly announced the Greeters for March Barbara Hernan and Glennah Moy. Answers for the Tail Twister questions for the March Meeting will be on the LOW Lioness website.

**DIRECTORS-**

- Pat Berry, Arlene DeSimone, Sherri Lasover have worked hard on the March Mixer. The theme is exciting and our membership should enjoy meeting other Lionesses.
- Sherri Lasover informed the Board that the Lions will be hosting the Zone Meeting on March 17<sup>th</sup>. It will be a Dinner Meeting at the Clubhouse for a cost of \$18. Anyone interested in attending should contact President Otero. Plans are underway for the Flea Market on March 19<sup>th</sup>.

**MORE**

**See Pg. 3**

**IMMEDIATE PAST PRESIDENT-**

- Karen Cakouros presented the Lioness Board of Directors Slate 2016-2017 which will be presented to the membership at the March meeting.
- Karen spoke of the new Photo ID for each person picking up food from Food Lion, Walmart, Fredericksburg Food Bank, etc. and the new requirements for each volunteer to take and pass a food handling test. There is a training and information session for volunteers scheduled March 7th at Fredericksburg Food Bank.

**NEW BUSINESS**

- Claudia Low's Refurbished Doll House Fundraiser- Karen Cakouros presented the idea of raffling a doll house donated by Claudia Low. The Board approved this as a fundraiser, perhaps being raffled at Kriskindlemart.
- Donalda Lovelace suggested a service to support our Lioness members. A voluntary group of Lionesses who will be willing to transport members in need of transportation from their home to meetings and return to their home. These volunteers would support Lionesses who reside in their section. Lioness Donalda will present the idea to the membership in March.
- In addition, Donalda will contact Joey Welsh, Clubhouse Manager to clarify the schedule of the young men transporting people from the parking lot to the clubhouse.

Without further business our meeting was adjourned at 8:17 PM.

## Lioness Committees & Activities

**March Mixer—Mr. Monopoly****By Lioness Pat Berry**

Chilly breezes will blow in our next mixer at the March dinner meeting. Two of the Directors will greet you at the door with baskets of play money and ask you to pick one bill (without looking) to direct you to your table and your Lioness dinner mates. There may also be a surprise or two after you are seated. See you at the meeting.

**March Program****By Lioness Carolyn Gordon**

The speaker for our March meeting will be Mary Jane Atwater, representing LOWLINC.

**Share and Care****By Lioness Ann Walker**

- Carol Lee had knee replacement surgery on February 8. She is recovering at home, with physical therapy.
- Claudia Low continues a long struggle after her back surgery in January. She is using a walker and is still experiencing pain, along with a very low energy level.

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

# Lioness Committees & Activities

## **SAFE House Collection**

**By Lionesses Phyllis Sakole & Susan Costanzo**

We will be collecting donations for SAFE House at our March meeting. We will be parked in front of the Club House for collection before the meeting.

Needs include powdered laundry detergent, liquid dish soap, bleach, paper towels, and other paper products. Cleaning supplies such as antibacterial wipes.

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.

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

## **Lioness Annual Flea Market**

**By Lioness Glennah Moy**

The LOW Lioness Annual Flea Market will be held Saturday, March 19 at Locust Grove Middle School on Flat Run Road. This means it's time to clean out those attics and basements. Gently used household goods, collectibles and other items are needed to make this event a success. Please contact Helene Burns at 540-412-0798 to arrange a time to drop off your donations. Or bring your items to the Locust Grove Middle School on Friday, March 18 between 4 p.m. and 6 p.m. And mark the date on your calendar for a great treasure hunt, lunch and dessert

## **Bake Sale**

**By Lioness Carol Greeney**

Our annual Flea Market will take place on Saturday, March 19 from 8:30 A.M. to 1 P.M. at the Locust Grove Middle School. Our bake sale table is always very popular and successful, so don't forget to bake something yummy. If you aren't able to bake, a monetary contribution for our Benevolence Fund would be greatly appreciated. If you write a check, please note "bake sale" on the memo line.

Baked goods may be brought to the school on Friday from 4-6 P.M. or at 8:00 A.M. on the day of the event. If you need to make other arrangements, please give me a call at 972-6739.

# Lioness Committees & Activities

Invocation from February Meeting

By Lioness Millie Davis

*At the February meeting, Millie Davis read a very moving invocation, and several people at my table said they would like a copy. Below is a copy that Millie sent me to share. Gail Hardin, Editor*

Never look down on anyone unless you are helping them up.

A good character is the best tombstone. Those who loved you will remember. Carve your name on hearts, not on marble.

It's nice to be important, but it's more important to be nice.

Today, to be happy, practice compassion.

I always prefer to believe the best in Everybody; it saves so much trouble.

Don't be yourself – be someone nicer. Never miss an opportunity to make others happy Even if you have to leave them alone to do it.

Love your enemies – it will confuse them greatly. There is one word that may serve as a rule for one's life – reciprocity

Grownups know that little things matter and that relationships are based on respect. Don't wait for people to be friendly, show them how.

The most important trip you may take in life is meeting people halfway.

When I was young I admired clever people. Now that I am old I admire kind people.

You can't live a perfect day without doing something for someone who will never be able to repay you,

If those who owe us nothing gave us nothing, how poor would we be?

You cannot do a kindness too soon because you never know how soon will be too late.

By swallowing evil words unsaid, no one has ever harmed his stomach.

Real generosity is doing something nice for someone who will never find out.

We have two ears and one mouth so that we can listen twice as much as we speak.

Don't let those who take advantage of your generosity stop you from being generous.

Be a rainbow in someone else's cloud.

During a mild Virginia winter, Lucy may have told you that she and Gil needed a trip to the snow and cold of Vermont. Born in Alaska, she has an affinity for harsh winter weather. Her father accepted an opportunity to work with an ailing Alaskan airline. Her parents liked Alaska so much they stayed 4 years, and only returned to Minnesota when Alaska seemed unsafe during World War II. Lucille Ingeborg Bjore and her brother, Averill, grew up on the sustenance farm in central



Minnesota which their parents purchased upon return from Alaska. Their father was the son of Norwegian immigrants who settled the Midwest in the 1880s, and their mother descended from our nation's earliest European settlers. Lucy hardly remembers the time when her father did not have Parkinson's. This left Lucy and her brother responsible for much of the farm work. Averill was mechanical and kept everything running; Lucy milked cows in the summer, on weekends and often during school days. She drove both a team of horses and a tractor as needed for farming chores. She also helped care for the animals – cows, sheep, pigs, horses, chickens. Not surprising, Lucy looked forward to school in the fall for some escape.

As a first grader, Averill taught Lucy everything he learned. The small country school had 6 grades, 42 students and one teacher. Lucy spent one year doing the work of first and second graders; the next year she moved on to third grade. High school activities included cheerleading, school plays and working with the newspaper. The high school was 30 miles from the farm. Inspiration for attending the University of Minnesota and earning a degree in Home Economics came from the local 4-H agents who were students at the university.

Lucy met Gil Churchill while both worked in the university's Bulletin Room. Gil asked Lucy to a dance one day as they passed in the cloakroom. Married during spring break, both completed spring quarter before moving to Montana for Gil's internship with The U.S Forest Service. With formal educations complete, Lucy and Gil towed a 28-foot house trailer from a May snowstorm in Minnesota to stifling heat in Ft. Benning, GA for Army boot camp. Lucy was 7-months pregnant; the house trailer was not air conditioned! Wives were ordered to stay out of trouble and wear white gloves. Stints in Baltimore and DC completed Gil's ROTC active duty obligation. The Churchills returned to Minnesota with young sons Randy and Kent. Gil joined The U.S. Forest Service. Son Alan was born in Minnesota. The Forest Service took them on to Maine, Vermont, West Virginia and Wisconsin. Ralph was born in Vermont.

While in Milwaukee, Lucy and Gil embarked on his childhood dream of building a log cabin. It took 8 years of family effort to find property, cut and strip trees and erect the structure. Located 'off the grid' on a fast-flowing river, the cabin has indoor plumbing and power from a generator. Their favorite pastime at the cabin is a soak in the hot tub which is heated by an immersed wood-fired stove. They dodge mosquitos in-transit!

Retirement initially took Lucy and Gil to Vermont where they helped son Randy build his timber frame home. After Randy migrated to Vancouver Island, BC, Lucy and Gil re-located to Lake of the Woods to be near their son Kent. Since moving here in 2008, Lucy has become immersed in community activities. Both she and Gil are active with Friends of the Wilderness Battlefield. Lucy is an Historic House Guide and has reminisced as she drove the tractor to cut grass at Ellwood. A LOW Lioness member since 2011, Lucy served as co-treasurer. Currently, she is AARP secretary and Tax-Aide schedule coordinator. You will find the Churchills at many bridge games here at the Lake.

Lucy and Gil delight in spending time with their sons and their families. Son Randy and Margaret live on Vancouver Island. On different occasions, the Churchills have taken grandchildren with them to the Pacific Northwest where they visited Randy. Kent and Stacey live in Fredericksburg. Their daughter, Emily, just graduated from UVA and son, Sam, is a student at New England Culinary Institute. Alan and his wife, Amy, live in Western Tennessee. The Churchills spent part of the Christmas season working on grandson Joseph's house at Middle Tennessee University where he is freshman. Ralph and his wife, Jaime, live near Chicago and have a daughter, Annika, who's a high school junior.

## From the Tamers

By Ellen Bearden and Nikki Buell

The Lake of the Woods Lioness Club March 10th 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 7th, 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,

### MEALS AT OUR MEETING WILL BE \$18 STARTING IN APRIL

Tamers:

Ellen Bearden (972-9595) Email: [bebearden@verizon.net](mailto:bebearden@verizon.net)

Nikki Buell (412-0104) Email: [nbuell113@comcast.net](mailto:nbuell113@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

Salad  
Corned Beef & Cabbage  
Parsley Potatoes  
Apple Spice Cake  
Coffee & Tea

### Vegetarian Menu

Pasta Primavera  
Plus sides from the buffet

### Twister's Corner

By Lioness Melissa Daly

To find answers for your March Twister Question, you must go to [lowlioness.org](http://lowlioness.org)

1. What is the topic of the February 25, 2016, post to the LOW Lioness website?
2. Name one of the two 'Year End Notes-2015' that was highlighted on the December 29, 2015, post to the website?

Our hostesses for March will be Barbara Hernan and Glennah Moy

## LOW Lioness 2015-2016 Calendar

Mar 10	Lioness Dinner Meeting
Mar 19	Lioness Flea Market & Bake Sale
Mar 24	BOD Meeting
Mar 26	Lioness Book Sale
May 14	Lioness Golf Tournament

### Happy Birthday Lionesses!

March 2	Joann Buttimer	March 23	JoAnn Zwickl
March 10	Corky Thomas	March 25	Arlene DeSimone
March 13	Margarida Rodriguez	March 25	Barbara Hernan
March 19	Gail Stoner	March 31	Norma Ervin

**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 27th or as soon thereafter as possible. The newsletter will be distributed on or about April 1. Forward them by email, at the address below or call me if you don't have access to email.

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:**

Carol Stanley

**Phone Number Correction:**

Jayne Owiesny—708-224-8897  
It was wrong in last LOWDOWN

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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