

LAKE OF THE WOODS LIONESS

LOW DOWN

Volume 29, Number 11 — May 2014



President's Corner

By Lioness Beth Sundberg, LOW Lioness President

www.lowlioness.org

Have you ever heard of a Margaret O'Brien sister doll? Neither had I until my mother pulled a fast one on me. The Margaret O'Brien doll was all the rage long before anyone ever heard of a Barbie doll. By the time my mother went looking for my doll they were long gone and had sold out everywhere. The blonde haired doll I actually received didn't look anything like Margaret O'Brien. I well remember the puzzled look on my classroom friends' faces and especially my teacher's when I announced mine to be a Margaret O'Brien sister doll. (In real life, Margaret probably didn't even have a sister!)

Obviously through time my hopes and dreams became a little more sophisticated and expensive. Some things I was able to place under the achievement column while others I could not. Such are the twists and turns of life. So many variants impact our lives. Much of what occurs we really have no control over. As is the case with parenting! We can teach a child what is most important and the way 'he should go', but if he turns out as we hoped, it is not so much because of our wonderful parenting as well it might be, but it is by the grace of God!

We grew up in an era where our husband's jobs brought us to the places we lived. Most of us had no idea what was to come when we got married. I remember my boss in Colorado Springs asked if my husband would be open to moving there for me. Actually I laughed as I already knew the answer! As I look back over my life, I am truly grateful for the experiences I have had and the places I have lived. They were not initially my hopes and dreams but they became mine fulfilled.

We as human beings like to be in control, to be able to predict with some certainty what will happen. I have finally come to a point where I've been able to release all that into God's capable hands. And all that is a heavy load to bear on my own given my children's circumstances dealing with stage 4 cancer while another in a difficult divorce. Ultimately He is our hope.

So many of those we serve have lost hope due to the circumstances they find themselves in. And so we bring help and hope into their lives. May we continue to be sensitive to the needs of our community as well as those within our own club facing difficult circumstances.

Special thanks to all of you who made our Flea Market such a wonderful success and especially to Sue Merna our chair. Last but not least, kudos to Sherri Lasover and Ann Walker and their Book Sale team for all their tireless efforts in making the sales fun and profitable each month.

Enjoy the beauty of this spring, which in itself is a miracle!

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. **Especially needed packaged side dishes (e.g. rice-a-roni, pasta sides, potato sides, etc.), and canned fruit.**

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
April 24, 2014
BOD Meeting

IN ATTENDANCE: Beth Sundberg, Karen Cakouros, Pat Berry, Kathi Martin, Linda Ogletree, Ann Walker, Jean Priest, Roselynn Edwards, Maureen Otero, Connie LeMay, Karin Goetz, Lucy Churchill, Elaine Freeland and Joan King. Guests: Mary Lou McFarland and Connie Buttimer.

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

SECRETARY'S REPORT – Pat Berry standing in for Donalda Lovelace. Minutes were approved.

TREASURER'S REPORT – Elaine Freeland presented the financial report which included final figures for the Flea Market income and expenses. The report was accepted after a motion was presented by Karen Cakouros and seconded by Maureen Otero.

PRESENTATIONS FROM GUESTS – President Sundberg welcomed guests Mary Lou McFarland and Connie Buttimer who reported on the selection of candidates for both the Germanna and Youth Foundation scholarships. Four student names were presented by Mary Lou McFarland with the proposal that due to the exceptional credentials of the four candidates, one additional scholarship in the amount of \$1,000 be awarded. Connie Buttimer also proposed that one additional Lioness scholarship in the amount of \$500 be awarded to candidates applying through the Youth Foundation. A motion was made by Ann Walker to add the two scholarships to our benevolences in the current financial year and was seconded by Connie LeMay. President Sundberg also proposed that one additional Germanna scholarship in the amount of \$1,000 be added to next year's budget for a total of four scholarships. A motion to add the additional monies was presented by Karen Cakouros and seconded by Maureen Otero.

Connie Lemay also suggested that when guests are present, discussion of the new proposals should take place after they have left the meeting.

PRESIDENT'S REPORT - President Sundberg read four thank you letters for monies sent through the year's benevolences: Lions Sight, Wilderness Library, Lions of Virginia Foundation and Rachel Zello. A letter of resignation from Nora Simpson was read and regretfully accepted. It was also determined that action on one other Lioness will be deferred until the end of the current year.

OFFICER'S REPORTS

A. 1st Vice President Karen Cakouros –

- At the budget meeting, it was proposed that pictures of all members again be included in the Membership Handbook. Procedures will be developed for taking and printing a section for members' pictures.
- It was also proposed that a travel committee be added to the list of Lioness activities.

MORE

See Pg. 3

- B. 2nd Vice President Ann Walker – see the scholarship discussion above.
- C. TAMERS – Jean Priest and Roselynn Edwards
- A possible price increase for dinner meeting meals was proposed. After discussion among the Board, it was decided to revisit the question at a later date if costs increase.
 - A revised description of Tamers' Responsibilities was presented and accepted by a unanimous vote of the Board members.
- D. TWISTER – Joan King requested a clarification on whether flowers should be provided for scholarship winners at the May meeting.
- E. MEMBERSHIP – Linda Ogletree/Kathi Martin – Two new members will be inducted at the June meeting, with the possibility of several others if their applications are completed.

Ann Walker also reiterated the responsibility of all officers and program chairmen to provide a complete job description for their successors each year.

UNFINISHED BUSINESS – President Sundberg has received a new certificate of achievement from the Virginia Lions Club and will present it to Past President Carol Lee.

ANNOUNCEMENTS - Roselynn Edwards was thanked for the delicious cookies she provided for the meeting. Melissa Daly will take pictures of the new Board at the next Board meeting. Collections at the May meeting will be for the Orange Free Clinic and the Wilderness Food Pantry. New officers' training will be held in Staunton. Further information will be provided.

The meeting was adjourned.

Lioness Committees & Activities

2014-2015 Board of Directors

By Carol Lee, Past President

At the April dinner meeting, your 2014-2015 Board of Directors were elected. Sincere congratulations to all of you and the very best for a very successful year. The new board will begin their tenure the first of July.

The following members were elected:

President	Karen Cakouros
Secretary	Donalda Lovelace
Treasurers	Elaine Freeland and Norma Ervin
1st Vice President	Maureen Otero
2nd Vice President	Mary Altman
3rd Vice President	Linda Shnayer
Tamers	Roselynn Edwards and Carolyn Gordon
Tail Twister	Carol Greeney
Membership	Kathi Martin
Directors	Pat Berry, Sherri Lasover and Arlene DeSimone
Immediate Past President	Beth Sundberg

Lioness Committees & Activities

Lioness Scholarships for Germanna Students

By Lioness Mary Lou McFarland

This year the LOW Lioness will award four \$1,000 scholarships to single parents who attend Germanna Community College. Our committee this year was Jean Daniels, Susan Costanza, Joan Mills, Emily Slunt and myself. We received 16 applications and then our committee chose the applicants that they would interview. Usually we meet our student at McDonalds, or somewhere that is convenient for the student.

The decision is rough, because everyone we met was amazing. These parents somehow divide their time between jobs, school, and family. On April 11, we met at Jean Daniel's home, shared our information, and voted for the winners. The following women have been awarded a \$1,000 grant that will be sent to Germanna.

- Lauren Gaither – Lauren is enrolled in the nursing program. She has two children -- ages 2 and 5. She has completed 63 credits at Germanna and has a 3.5 GPA. She tells us that there are so many unexpected expenses in the RN program, and this money will help her.
- Tiffany Williams-Thompson. Tiffany plans to graduate with an associate In Business Administration. She has a 1 year old and a 10 year old. She has been employed at the Virginia DMV for 7 years.
- Renee Mahon – Renee has a 4.0 GPA and is working to become a certified Nurse anesthetist. She has a 2 year old daughter and wants to support herself without assistance from her parents.
- Carly Brown – Carly is enrolled in the General Studies Program. She would like to finish her associates degree and work to become a History teacher. She carries a 3.69 GPA. She works full time at Click to Mail and is busy as a mother to her 13 year old daughter.

May Program

By Lioness Barbara Strain

Germanna Scholarships will be presented (see article above), and we are pleased to have Dr. David A. Sam, President of Germanna Community College to be our program speaker. Dr. Sam has a B.A and a M.A. from Eastern Michigan University, and a Ph.D. from Michigan State University.

Lioness Book Sale

By Lioness Ann Walker

I'm pleased to report that the Lioness book sale made \$517 on Saturday, April 26!!

Lioness Website

By Lioness Pat Berry

For those members who were unable to attend the April meeting, here's a quick reminder about how to find the news on the Lioness website:

WWW.LOWLIONESS.ORG

You will find copies of all past LOW DOWNS, a current calendar, and a slide show of club events.

Did You Know — Ellen Soherr Brauch's Story

By Lioness President Beth Sundberg

Though born in Chicago, Ellen spent her first year of life in England as her father had been given a research grant at the University of London. Suddenly a year later, her family was told to leave as war with Germany was imminent. Immediately her parents along with Ellen and her older brother left for Glasgow to board a ship, the M.V. Georgic. It was a treacherous journey and lights were kept off at night as many German U boats were scouting the north Atlantic. Another "sister ship" left at the same time, but was torpedoed on the voyage to the U.S.

The next 9 years of her childhood were spent in the Homewood/Flossmoor suburb of Chicago with 2 more brothers born into the family. Some of her fondest memories were the many hours she spent in the beautiful playhouse her grandfather had built and brought up on a flatbed truck shortly after they had moved in. No detail was left undone as it had glass windows that opened and shut, an upstairs, and a columned front porch which remains to this day 50 years later. When Ellen was 9 the family moved to Frederick, MD and as they lived outside of town, she was able to have a horse. They moved again at the beginning of her junior year in high school, this time to Ashton, MD where she finished school at Sherwood High in Sandy Spring. She jumped right into activities by playing clarinet in the marching band, was on the yearbook staff, and became a member in the Honor Society. Upon graduation she entered Hood College in Frederick, but transferred her junior year to George Washington University and graduated with a bachelor's degree in biology.

Upon graduation, she began nursing school at Boston's Mass General in their Radcliffe College Massachusetts General Hospital School of Nursing Coordinated Program. She met her future husband, Paul, who was in the Air Force and stationed at Hanscom Field. They were married in July 1962, she having just finished her classes and a week prior to graduation. In the fall, Paul was transferred to Texas where they lived for 4 ½ years, first in San Antonio where their daughter, Lisa was born and then in Lubbock. From there they were transferred to the DC area where their son, Stephen was born. Of all the Air Force moves, her favorite was to Spain where they lived for 4 years.

In 1973 her parents left for England as her father had received a grant at the University of London for additional naval medical research in trachoma, a bacterial eye disease. This time they decided to take a freighter. Tragically, there was a fire on board the second night out and the lifeboat they were placed in capsized

Upon Paul's retirement, they moved to Fairfax where she began working part time for the Visiting Nurse Service of Fairfax. She loved it and stayed for 20 years. Unfortunately her husband, Paul, developed Alzheimer's disease and as sad as that time was, Ellen describes it also as an amazing story of God's grace. Paul died in March 2004. Good friends in LOW invited her to come and visit that same July. She fell in love with this community so much so, that by the time she left 3 days later, she had put a contract on a house. She went home and within a week her house in Fairfax had sold. She moved to LOW on the last day of September, 2004. Four years later God revealed another surprise. She met Frank Brauch, a recent widower, in an adult Sunday school class at the LOW Church. Frank had 2 grown daughters and when retired was Executive Officer for DCAA (Defense Contract Audit Agency). Frank, suggesting they were too old to buy green bananas anymore, asked her to marry him. They were married in June 2008 and Ellen feels most blessed.

From the Tamers

By Lionesses Jean Priest and Roselynn Edwards

The Lake of the Woods Lioness Club May 8th 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, May 5th 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
Pecan Crusted Chicken
Red Bliss Potatoes
Green Beans Almandine
Pound Cake with Strawberries
Coffee or Tea

Vegetarian Menu

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

Twister's Corner

By Lioness Joan King

Hope you are enjoying this beautiful time of year here in Virginia with all the colorful azaleas, rhododendrons, iris and peonies.

The holiday that I think of for this month is Mother's Day. Do you know that more phone calls are made on Mother's Day than any other day of the year?

Who was the founder of Mother's Day in the United States?
What President signed the law officially establishing the second Sunday in May as Mother's Day? What year was it signed?

A special thanks to Diane Ogranovitch for filling in as greeter in April.

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

Greeters are: Flo Clarke and Sharon Kaltenmark

LOW Lioness 2013-2014 Calendar

May 8 Lioness Dinner Meeting
May 22 BOD Meeting
May 31 Lioness Book Sale

Happy Birthday Lionesses!

May 4	Marion Dumais	May 16	Margaret Findell
May 8	Val Protiva	May 18	Linda Ogletree
May 9	Judi O'Neill	May 20	Marue Biggs
May 10	Christine Getty	May 27	Claudia Low
May 12	Rani Manhard	May 28	Joann Deem

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

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

Nora Simpson

New e-mail address:

**Please change e-mail address for
Nancy Strain:
nancystrain64@comcast.net**

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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