



President's Corner

By Lioness Karen Cakouros LOW Lioness President

www.lowlioness.org



I am writing this just a few hours after my mother, Nancy McClary, died in California at the age of 93. She was a remarkable woman who would have loved to be a part of an organization like the Lioness. Unfortunately, she never had time. She was widowed at 38 years old and had three children to raise. I was 16 and my brothers were 13 and 10 when my dad died. Mom worked and provided us all with security and love. Steve and I had plane reservations to visit her next week...we were too late. I think how fortunate we are to have the support and friendship of our fellow Lionesses. We should not take that for granted.

Our May meeting is one of my favorites. We present scholarships to deserving young ladies attending Germanna Community College. There were 22 ap-

plicants this year and 5 of them will receive \$1,000. We were able to help one more single mom this year thanks to proceeds from Claudia Low's quilt raffle. Thanks to all Ladies who signed up for White Cane Days on May 8 and 9.

May 16 marks our first (in many years) **Lioness Golf Tournament**. The committee has done a great job planning, getting sponsors and players. **There is still time to sign up to play.** Contact Maureen Otero. Thank

you to all Lionesses who got teams together, hole sponsors, and door prizes. If anyone has something more to donate, please contact me. I will be glad to get them from you.

Please make sure you read the entire **LOWDOWN** each month. There is always lots of good information that cannot be covered in this President's letter.

Happy Mother's Day to all Lionesses who are mothers and especially to all of our mothers.

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.

Orange Free Clinic— Patient population is made up of over 10% LOW residents. These patients are financially qualified by clinic staff and have no medical insurance.

Items needed include disinfectant wipes, alcohol wipes, Ensure (any flavor), band-aids, hand soap, tissues, paper towels, toilet paper, trash bags (all sizes), manila folders, post it notes, HP Ink (950, 564), letter size hanging file folders and copy paper.

Glennah Moy will be collecting these items at the May dinner meeting.

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

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Carol Greeney

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Directors
Pat Berry
Sherri Lasover
Arlene DeSimone

Past President
Beth Sundberg

Lion Liaison
Betty Beck

The Insider's View

Minutes from the
April 23, 2015
BOD Meeting

ATTENDANCE: Karen Cakouros, Arlene DeSimone, Pat Berry, Sherri Lasover, Roselynn Edwards, Mary Altman, Norma Erwin, Kathi Martin, Elaine Freeland, Carole Greeney, Beth Sundberg, Donaldal Lovelace. Lioness and Lions Liaison Betty Beck and Lioness Emily Slunt.

CALL TO ORDER: President Karen Cakouros called the meeting to order.

GERMANNA SCHOLARSHIP CONTEST- Emily Slunt reported that the Germanna Scholarship Committee received 22 applications. Five scholarship recipients have been selected and will be presented with the scholarship at our May 14th meeting.

SECRETARY'S REPORT: The board approved the March minutes prepared by Linda Shnayer.

TREASURER'S REPORT: Elaine Freeland read the treasurer's report which was accepted and will be filed for audit.

PRESIDENTS REPORT: Karen Cakouros read thank you letters from the Orange County Health Department, St. Jude's Research Hospital, Wilderness Library, Headstart and Lions of Virginia Foundation.

OFFICER'S REPORTS

- 2nd Vice President- Mary Altman reported that we were mentioned in the obituary of Ruth Ann Graham a former Lioness as a recipient for donations.
- MEMBERSHIP- Kathi Martin reported that we will be inducting three or four new members at the June meeting which will mean seven or eight new members during the 2014-2015 year.
- DIRECTORS- Sherri Lasover presented a \$100 donation to our Golf Tournament from the LOW LIONS.
- Lion Liaison- Betty Beck reported on Charity Tracker new software presently used at the Pantry and the need for more volunteers. She also reported on a program the Lions had recently been presented and it might be of interest to the Lionesses, the Lion Service Dog.

NEW BUSINESS Lioness President Karen Cakouros and Treasurer Elaine Freeland presented donation options as a result of a projected small surplus. It was approved to match the \$500 Velona donation for a scholarship with an additional \$500 thus presenting a \$1,000 Velona Scholarship. It was also approved to support the new LOW Golf Jr. League participants (13-18 years of age) in the amount of \$200 and to add the additional surplus to the Lioness crisis contingency fund.

There being no further business the meeting was adjourned.

Lioness Committees & Activities

Share and Care

By Lioness Connie LeMay

- On May 1st, Barbara York went to live with her son for a month. Her daughter, who had been staying with her, had to return home. Barbara is working hard toward independence from her wheelchair and walker. Her badly broken leg is slowly healing.
- On April 27th Karen Cakouros's Mother passed away after suffering with Alzheimer's for many years. Our thoughts are with Karen during this difficult time.
- On May 1st, Nancy Strain had hand surgery and is recuperating at home. Her daughter has come to help her out.
- Cathy Rainey's husband, Pete, spent a week in Mary Washington with diverticulosis and is now home recuperating and feeling better,

If you know of a Lioness who is ill or has lost a loved one, please call Connie LeMay at 972-6123.

May Program

By Lionesses Carol Lee and Flo Clarke

The program for our Lioness meeting will be our always very popular Scholarship Night. We are proud to present five scholarships to very deserving students at Germanna Community College.

We are also very excited to let you know that our June meeting will be one of the owners of the new Wilderness Winery just down the road on Route 3. This should be a really interesting meeting. Sorry, probably no free samples!

LOW Lioness Golf Tournament – Saturday, May 16, 2015

By Lioness Su Bielmeier

8 AM Check In and 9 AM Shotgun Start. Men and Women 4 person Scramble.

There will be a 50/50 raffle, many great raffle prizes, and lunch will be provided.

Get a team together or we will pair you up. \$60/person (includes: green/cart fees/lunch/prizes).

All monies raised will be used to support local charities.

Registration and fees must be received by May 4. Enter a team, or individual.

Register: Arlene 540-972-4508

Questions: Maureen: 540 972-0077

LOWDOWN

By Lioness Gail Hardin

If you have articles for the LOWDOWN with information on Lioness activities, please send them to me by email by the end of the month for the next month's issue (gail_hardin@yahoo.com). My goal is to get the LOWDOWN sent out around the first of each month. If you don't see the LOWDOWN in your email the first week of each month, please contact me so I can see if there was a problem sending it.

You can also go to the Lioness website www.lowlioness.org to get a copy of the current issue each month or back issues.

If you have questions, please email me or call me at 972-5698

Norma was born in Christiansburg, VA on March 31, 1942. She was the first child in her family followed by her sister, Brenda in 1945 and brother, Michael in 1950. During World War II, her father worked at Radford Arsenal. At the end of the war, the family moved to southwestern Virginia and eastern Tennessee where Norma graduated from Lynnview High School in Kingsport, TN in 1960. Norma's faith was always important to her and her church was an important part of her life growing up. In addition to her parents, the adults who worked with the youth in her church helped shape her values.

Norma met Larry when she was a junior in high school. A classmate introduced them after Norma complained that there were seemingly no tall boys around. Upon graduation, Norma attended Johnston Memorial Hospital School of Nursing in historical Abington, VA. Meanwhile Larry finished his engineering degree at Polytechnic Institute now known as Virginia Tech. After graduation Larry was employed at the shipyard in Newport News for a year while Norma was still finishing nursing school. It seemed like the right time to marry and so they were wed on August 3, 1963.

After completing nursing school, Norma's first employment was at Riverside Hospital in Newport News where she worked for 13 years in various positions. It was during this time that their 3 children, Wendy, Melissa, and Thomas were also born at the same hospital. During the early pregnancy of her third child in 1970 she was diagnosed with breast cancer. Given the option to have an abortion she quickly declined believing God had a plan for her family. She underwent a radical mastectomy which required no chemo or radiation. Eight months later her precious healthy son was born.

In 1976 their family relocated to Mt. Vernon, VA in an area that had been the pig farm for George Washington. It was a low area and not knowing what else to do with the land, she believes officials drained the swamp and put in a housing development. Mt. Vernon Hospital opened just two months after they moved to the area and she was part of the staff that opened the hospital.

She worked in the Emergency Department for 23 years before retiring. She loved the variety of patients and needs that needed their care. The Emergency Department was part of the clinical trials for a new clot buster drug called TPA in the late 80's. They were testing it on heart attack patients and it became a standard of care. It became so successful that it is now used with similar drugs for strokes that are caused by clots.

Once again Norma and Larry became very active in their local church, Woodlawn Baptist. School sports also became important as the kids grew older. Traveling to and from Washington on nearby Mt. Vernon Parkway made commuting a lot easier for Larry. From 1972-99 he worked for a private contractor in ship design in Crystal City. In 1999, they both retired and had a home built on a lot they had selected in LOW when they first began planning their retirement. They fell in love with this community when they first drove in.

Norma joined Lioness in 1999 shortly after moving in. Lionesses Donna Crawley and Pat Phillipo were the first club members she met at a monthly coffee held by the community to welcome newcomers to the lake and advertise various clubs. Norma jumped right in working with the Orange County Habitat for Humanity, AARP, and several positions at the LOW Church including the bereavement committee, visitation committee, and an elder to name a few. She is currently the facilitator for the Alzheimer's Support Group at the church which serves the community.

Very soon they will have a total of 10 grandchildren with twin boys due in early May. The current grandchildren range in age from 2 to 24. They include Wendy and her husband's children, Heather 24 and Daniel 21. Amanda also 24 and Allison 21, Ryan 18 and twins Sarah and Hannah 12 belong to their daughter, Melissa and her husband. Son Thomas and his wife have a boy Luke 2 ½ who is looking forward to his brothers scheduled to arrive soon. Norma and Larry especially enjoy the River Cruises traveling through Europe among other excursions over land. They are already planning their escape to Florida next winter.

From the Tamers

By Roselynn Edwards and Carolyn Gordon

The Lake of the Woods Lioness Club May 14th 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 11th, 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: wpceggordon@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

Garden Salad
Chicken Parmesan
Green Beans
Au Gratin Potatoes
Spring Cupcakes
Coffee or Tea

Vegetarian Menu

Strawberry Spinach
Salad—Spinach w/
strawberries, apples,
walnuts, Feta, & dried
cranberries

OR

Garden Salad
Plus sides from the Buffet

Twister's Corner

By Lioness Carol Greeney

DID YOU KNOW? This day, May 14, back in 1942 was a very important day for American women during World War II. An Act of Congress allowed women to enlist for *noncombat duties* in the Women's Auxiliary Army Corps (WAAC), the Women Appointed for Voluntary Emergency Service (WAVES), Women's Auxiliary Ferrying Squadron (WAFS), and Semper Paratus Always Ready Service (SPARS), the Women's Reserve of the Marine Corps.

Your Twister will ask you to name two of these organizations or you will have to pay!!

Be sure to wear your name tags.

GREETERS FOR MAY: Joyce Morlan
Linda Ogeltree

LOW Lioness 2014-2015 Calendar

May 8-9 White Cane Days
May 14 Lioness Dinner Meeting
May 16 Lioness Golf Tournament
May 28 BOD Meeting
May 30 Lioness Book Sale

Happy Birthday Lionesses!

May 8	Val Protiva	May 18	Linda Ogeltree
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 25th or as soon thereafter as possible. The deadline for submissions for the June newsletter is May 30th. 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.)

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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