



## President's Corner

By Lioness Beth Sundberg, LOW Lioness President

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

Meatballs for Thanksgiving? Somehow it just didn't cut it. The year was 1973, now 40 years ago. We had moved to the Philippines a few days before Christmas the year before. So this was our first Thanksgiving "celebrated" there. Turkeys were not available in our markets and chickens were rather puny. So I just treated it like any other day. After all, I reasoned, Thanksgiving wasn't a holiday in the Philippines. But as the 4 of us sat around our lonely table, I decided, NEVER AGAIN! And for the next 6 Thanksgivings that followed, we always had close friends around the table to celebrate this very special American tradition. The next year I found a farm that raised turkeys for Americans. They charged \$50 a bird. Rather pricey back then, but worth it!

I soon discovered the one thing I missed so much on that particular Thanksgiving day was family. Being together, talking, laughing, sharing the corny jokes and what we were most grateful for is what I missed most. Since then our family's traditional menus don't vary much. Like you, if we find a new recipe we all love, we incorporate it into the menu for the next year and so on. I al-

ways make my praline pumpkin pies with my own crust.

When we are together with our extended family, our daughters still insist upon joining hands around the table to sing,

"The circle of love goes around, the circle of love goes around, reach out take a hand, someone needs you, and the circle of love goes around."

This is what we sang at our evening meal together in the Philippines and they want to pass this tradition on to their children. Our family has changed since we moved back home in 1980. Sadly our parents have passed away and we have lost 3 spouses around the table to divorce. Happily 6 special grandchildren have been joyfully added.

Traditions. What makes them so special and meaningful? The ones we share with family and those we remember from childhood mean the most. Some we gladly shed. In many ways we are a sisterhood. We grieve with each other at the loss of a child or spouse.

We celebrate our individual and collective achievements. We've done a lot of good things over the years and continue to do so. We're a caring group and you are most special.

In many ways, we are like family. And so I wish you a meaningful and happy Thanksgiving with family or friends who have become like family. Since we're like family, I'm passing on my "infamous" praline pumpkin pie recipe. You know I wouldn't share it with just anyone!

**PIE RECIPE—SEE PG. 3**

## WHAT DO I BRING CHECKLIST?

**Wilderness Food Pantry**—At least 2 food items in a reusable bag or double plastic bag. Especially needed—canned fruit, packaged side dishes, peanut butter, jelly .f 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. 5**

**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

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**1st Vice President**  
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**2nd Vice President**  
**Ann Walker**

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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  
Oct. 24, 2013  
BOD Meeting

The meeting was called to order by President Beth Sundberg at 7:00 PM. Those in attendance were Karen Cakouros, Lucy Churchill, Roselynn Edwards, Elaine Freeland, Karin Goetz, Joan King, Carol Lee, Connie LeMay, Linda Ogletree, Maureen Otero, Jean Priest, Beth Sundberg and **Ellen Bearden** for Donalda Lovelace in the capacity of Secretary.

The Minutes of the September 26, 2013 meeting, which were previously distributed, were accepted.

The Treasurer's Report, given by Elaine Freeland and Lucy Churchill, was accepted and filed for audit.

#### President's Report: Beth Sundberg

Several letters were received:

- Letter from Claudia Low requesting MAL status until February 2014 due to upcoming surgery.
- Letter from Jan Lemieux stating that \$1805 was received from bridge lessons. Request the \$1500 scholarship be given again this year. Also request to replace old bridge cards. Motion by Connie LeMay, second by Maureen Otero to grant the request passed.
- Letter from Wal-Mart requesting our participation in an event to include vision screening and prescription medication question and answer sessions. Request was rejected.
- Letter from Betty Beck and Jim Buongiovanni thanking the Lioness for promoting the sale of raffle tickets for the quilt donated by Claudia Low.
- Letter of resignation from Ruth Lemmerman.
- Letter from Michelle Zello, mother of Rachel Zello, regarding Rachel's singing performance at the October meeting. Motion by Kathi Martin to send \$25 to Rachel was seconded by Karin Goetz and passed.

#### **OFFICER'S REPORTS**

##### First Vice President's Report: Karen Cakouros

- Sue Merna has secured the LOW Middle School for the March 28, 2014 Flea Market.
- Sharon Kaltenmark has asked to chair the Card Party/Fashion Show for September 26, 2014. J Jill will supply the fashions.

##### Second Vice President's Report: Connie LeMay for Ann Walker

- A thank you goes out to Melissa Daly for taking pictures of member's costumes at the October meeting.

##### Membership: Linda Ogletree

- There is one prospective new member.

**MORE**

See pg. 3

- Suggested that the BOD meet in the daytime hours for the winter months. BOD members are asked for their input to be discussed at the December BOD meeting.
- Members who are in need of replacement name tags can notify Linda.

#### Director's Report: Connie LeMay

- A thank you goes out to all members for a successful mixer at the October meeting.

#### New Business

- Sherry Lasover has requested a budget for the book sales. Six new shelves have been acquired and there is a need for clamp on lighting as the windows are covered by the book shelves. Motion by Karen Cakouros to allocate \$250 was seconded by Roselynn Edwards and passed. A line item will be added to next year's (2014) budget for supplies.
- Gail Hardin has requested a review of the donation months. They are as follows:
  - SAFE House- March, June, September, November
  - Bridges-February, July
  - Head Start-December
  - Orange Free Clinic-May
  - School Supplies-August
  - Wilderness Food Pantry- every month
- Charter Night is on November 14, 2013.
- Next BOD meeting is December 5, 2013
- Winter Conference in Staunton is February 7-8, 2014.

#### Praline Pumpkin Pie

Pre-heat oven to 375 and use 9" deep dish glass pie plate. If using a metal pie pan, increase temperature to 400.

One prepared 9" crust (set aside)

½ cup pecan pieces

½ cup dark brown sugar

3 Tablespoons softened butter

In food processor, add pecan pieces, dark brown sugar, and butter. Process until ingredients hold together like a paste, making sure the pecans are a fine meal. Press firmly into bottom only of the prepared pie crust so it will not float up during baking.

Filling:

2 large eggs

¾ cup firmly packed dark brown sugar

1 Tablespoon flour

¼ tsp. cloves

¼ tsp ground mace

½ tsp. ground ginger

½ tsp. ground cinnamon

½ tsp salt

1 cup evaporated milk

In mixing bowl, beat eggs until frothy with mixer. Then with mixer on low, or stirring by hand, add in order the rest of the ingredients. Beat only until well mixed. Pour slowly into praline lined crust.

Bake in oven checking after 45 minutes. Cover edges of crust to prevent oven browning. Pie is done when filling is set but still slightly jiggly in center. Depending on oven 45-55 minutes total. Remove from oven and let cool on counter until room temperature. Chill in refrigerator. Garnish with whipped cream.

# Lioness Committees & Activities

## Christkindlmarkt—Christmas Sale Items

By Lioness Gail Hardin

Lionesses will participate in this year's Christkindlmarkt which will be held on **Saturday, December 14, at the Community Center from 9:00 a.m. to 3:00 p.m.**, with set-up on Friday evening, December 13, from 5:00 to 8:00 p.m. We will be selling Christmas themed articles and decorations donated by the Lioness members. As you prepare to decorate your house, if you find decorations you would like to contribute, please bring them to the Community Center on Friday, Dec. 13<sup>th</sup> between 5:00 and 8:00 p.m. If you need to make other arrangements to donate items, please call me at 972-5698. We will also need people to help set up and price items on Friday evening and help sell on Saturday. Sign-up sheets will be available at the November meeting, or if you will not be at the meeting, please give me a call or email me at [gail\\_hardin@yahoo](mailto:gail_hardin@yahoo). Let's all make this another great and profitable event for the Lioness benevolence fund. Thanks for all you do! WE SERVE!!

## Christkindlmarkt—Bake Sale

By Lioness Kathi Martin

We'll be having a baked goods table as part of our Christkindlmarkt participation, so start thinking about which of your Christmas specialties you'd like to have us sell. We'll also need staffing for the event, and will put out a sheet at the November meeting.

## Share and Care

By Lioness Ann Walker

- We extend our deepest sympathy to Barbara Hernan and her family on the loss of her husband, George, on October 18.
- George Lovelace, husband of Lioness Donalda Lovelace, is finally home from Walter Reid Medical Center after a five-week stay.
- Caroline Caldwell had successful cataract surgery on October 10, and will have the other eye done on October 31.

If you know of a Lioness or her spouse who would appreciate a card from our club, please let me know: 972-4338.

## Program for November Meeting

By Lioness Barbara Strain

The November 14<sup>th</sup> Dinner Meeting will be Charter Night. Attending the meeting will be District Governor for Lions 24-C District, Kenneth Quantock; Zone Chairperson, Cricket Crickenberger; and Doris Lanham who oversees Lioness organizations in District 24-C. The District Governor will speak, which will undoubtedly be inspirational for all in attendance.

# Lioness Committees & Activities

## SAFE House Christmas Collection

By Lionesses Sharon Allen and  
Phyllis Sakole

Wow, it's getting to be that time again! We will be holding our annual Christmas collection for SAFE House at our November meeting. Please consider donating unwrapped gift items for moms, children, and teens (tax receipts will be available.) Suggestions include:

Toys, books, sticker/coloring/activity books, games, balls and crafts for children. Nail/bath/hair products, jewelry, scarves, gloves, hats and gift cards (Kohl's, Target, Walmart) for moms and teens.

If you prefer (or in addition,) SAFE is currently in need of laundry detergent, tall kitchen garbage bags, used towels, household cleaning items and paper products. And, as always, they are grateful for cash donations (please make checks out to SAFE, with "LOW Lioness" in the memo line.)

Thank you in advance for your generosity.

## Driver Safety Course

By Lioness Su Bielmeier



The LOW Lions are sponsoring AARP's Driver Safety Course Wednesday, Dec. 4 and Thursday, Dec. 5 from 9AM – 1PM in the Community Center in Lake of the Woods. The cost is \$12 for AARP members and \$14 for non-members. Make check payable to AARP and mail to instructor: Su Bielmeier, 1310 Eastover Pkwy, Locust Grove, VA 22508. Please include check, your name, address, telephone number, and email address. For questions, contact Lioness Su at [driversafetyclass@gmail.com](mailto:driversafetyclass@gmail.com) or call Su at 540-208-1914 (cell). Persons completing the course are eligible for a discount on their auto liability insurance that is good for three years. Learn defensive driving techniques, new traffic laws, and rules of the road. Discover ways to handle highway traffic, right-of-ways, and blind spots. This course does not reduce points on license.

What costume did Sherri Lasover wear to the October meeting? Go to the Lioness Webpage—[www.lowlioness.org](http://www.lowlioness.org)—to see pictures of our Lioness members in Halloween costumes and find the answer

## Did You Know—Elaine Freeland's Story

By Liioness President Beth Sundberg

On one of the coldest days of the winter, the family gathered at the family farm for the big hog killing. The hog was slaughtered and after all the necessary work was completed, the meat was bundled and divided amongst all the families who had participated. However, that really wasn't the main event on the farm that day. A bundle of joy was born during the festivities named Elaine!

Among Elaine's childhood memories on the Alabama farm was picking cotton and stacking peanuts in the late summer and early fall with her older brother, Bill and their mom and dad. A pole was erected to throw the peanut plants on for drying. Mid-summer responsibilities included preserving the harvest from the huge vegetable garden which brimmed with butter beans, peas, tomatoes, okra, yellow squash, green beans and more. Topping off the early morning chores in the garden was a treat readily available. Her mom would drop a luscious watermelon to the ground where it split and then it became a matter of "every man for himself" especially between Elaine and Bill.

After graduating from high school, Elaine and her 2 good friends also named Elaine, attended Auburn University. Upon graduation, she joined the Boeing Company in Huntsville, Alabama working as a software engineer on the Apollo Program, the national effort to 'land a man on the moon and return him safely to earth.' On her first day of work she went to her boss' office and he directed her to a nearby desk with a typewriter. No surprise here, she made it clear he had made a mistake. Elaine met her husband Joe at Boeing. They became engaged in 1968 on the Christmas Day that Apollo 8 began its return to earth from the moon. They were married in May 1969.

After Boeing, they worked on SAFEGUARD, a program of the Cold war. Software was developed for the radar systems to protect the Minuteman silos. This eventually led to the SALT talks.

Their careers took them to New Jersey and then later to Manassas where Joe continued his work at IBM. Though Elaine was a "stay-at-home" mom, she was always very active in her sons' school.

As the boys grew older, she rejoined the workforce where she worked on software systems related to submarine trainers, submarine tactical systems and other communications programs. It was late 2005 when Elaine retired.

Elaine and Joe became fascinated with pottery in 1977, when with their young children they visited Acoma Pueblo, New Mexico, and marveled at the distinctive hand coiled pots. Years later they found further inspiration sitting at a potter's wheel in a class at Manassas Clay. While visiting a pottery overlooking the ocean in northern California, the seed was planted that their retirement home should include a studio with a view of the water. For the past 5 years they have opened their home to share their passion for an ancient, but evolving art form with the LOW community. Their beautiful pottery will soon be on sale again in their home where you can browse and buy their incredible work on November 15 and 16. Just in time for Christmas!

Elaine's mom left the family farm 2 years ago and is now at home with the Freelands. She also has a studio 'room with a view' where she does reverse painting on glass. As to the family farm, it was recently purchased by one of those high school and college friends named Elaine and her husband.

Their 2 sons, Joseph and Riley, are now married. When the 4 grandchildren come to visit the question is, "Can we do pottery – NOW?"

## From the Tamers

By Lionesses Jean Priest and Roselynn Edwards

The Lake of the Woods Lioness Club Nov. 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, Nov. 11th if you are not attending or need a special meal. Dinner will be Plated. 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](mailto:sunnysez@gmail.com)

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

NOTICE: When we receive a cancellation on email, we will send a Conformation back to you. If a phone message is left, we will call you back.

**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  
Tropical Pork Loin  
Vegetable Medley  
Mashed Sweet Potatoes  
Apple Studels  
Coffee or Tea

### Vegetarian Menu

Plated meal minus  
the meat OR  
Pasta Primavera

## Twister's Corner

By Lioness Joan King

When the Halloween pumpkins are gone,  
And the leaves have all fallen to ground,  
When the air has turned windy and cold,  
Then Thanksgiving will soon be around.

Poem by Joanna Fuchs

Do you know where our first Thanksgiving was held and the year?  
What US President made Thanksgiving a National Holiday and the year?  
What US city has the largest Thanksgiving Parade?

The Twister will be asking!

Don't forget to wear your nametag!!

Our Greeters are: Karen Cakouros and Karin Goetz

## LOW Lioness 2013-2014 Calendar

Nov 14	Lioness Dinner Meeting
Nov 30	Lioness Book Sale
Dec 5	BOD Meeting
Dec 14	Christkindlmarkt

## Happy Birthday Lionesses!

November 2	Jan Lemieux	November 12	Jean Priest
November 3	Barbara York	November 15	Mary Nolan
November 10	Karin Goetz	November 20	Ann Walker
November 11	Pat Confroy	November 23	Flo Clarke
November 12	Laurel Buongionvanni		

**From the Editor**

By Lioness Gail Hardin  
Editor, Lioness LOW DOWN

The deadline for submission of newsletters articles for the December LOW DOWN is November 20. Please 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](mailto: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.)

**Barbara Rakes' email was wrong in the new directory. Please change it to:  
[lowrakes@comcast.net](mailto:lowrakes@comcast.net)**

**Resignation:  
Ruth Lemmerman**

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Lake of the Woods Lioness

LOW DOWN

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