



President's Corner

By Lioness Karen Cakouros LOW Lioness President

www.lowlioness.org



Joy can be real only if people look on their life as a service, and have a definite object in life outside themselves and their personal happiness.
Count Leo Tolstoy

This month we are pleased to have 24-C District Governor James Christiansen visit our dinner meeting. There will be more special guests in attendance as we also celebrate our 27th Charter Night and honor our charter members, Marge Howard and Barbara York.

The September mixer was a special treat. I heard lots of positive comments. These mixers are a good thing for all our members. Thank you Directors!

Saturday, September 20th, four of your Board of Directors attended the Lion's Fall Convention in Staunton. Donalda Lovelace, Maureen Otero, Carolyn Gordon and I were pleased to participate. It was a pleasure to see so many men and women gathered with SERVICE as their main agenda.

The September 26th Card Party/Fashion Show was a great success. Jan Lemieux, Sharon Kal-

tenmark, Bonniebeth Foltz and their wonderful committee members did a terrific job. A record number of bridge and other game players were in attendance. The lunch and service by Joey and staff were outstanding. Fashions by J.Jill were well received. I think a good time was had by all.

Most of you have received the new Handbook. If not, pick yours up from one of our treasurers. Thanks to Christine Getty for her expert publishing and Melissa Daly for taking all those pictures. Great job ladies!

We have several projects for this month that can involve all of us. October 18th we will participate in the LOW Community Yard Sale for the first time. More information is included in this newsletter. We also plan to distribute candy on the "Point" for our local Halloween trick or treaters. Listen for announcements at the meeting. As always, we do Eye-glass Recycling, Food Pantry and Book Sale monthly. Call a committee chair or me if you want to help in any of these endeavors. Food Pantry volunteers are always welcome. I handle the

scheduling of workers on distribution days and will always accept ladies who want to work as permanent or subs—just call or email and let me know. Sharon Allen can be contacted for stocking duties. Betty Beck will work with you on food pickups and deliveries.

Our new Excursion Committee has planned our first trip. Get your reservation in soon for the November 5th adventure to James River Plantations. Call Su Bielmeier.

Our dear Lioness Margaret Findell passed away Thursday, the 25th after a struggle with cancer. She was an active Lioness for almost 10 years. She was the first Lioness featured in Beth's "Did you know" articles in our LOWDOWN. She was a special lady who will be missed greatly. There will be a memorial gathering at Johnson Funeral Home on Friday, Oct 3rd from 2:00 to 3:30. Remember Margaret and her family in your prayers.

I am looking forward to seeing you October 9th. The Tail Twister and Directors have some fun things in store for our dinner meeting this month. Be ready!

WHAT DO I BRING CHECKLIST?

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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

The Insider's View

Minutes from the
September 25, 2014
BOD Meeting

CALL TO ORDER: The meeting was called to order by President Karen Cakouros.

ATTENDANCE: Karen Cakouros, Linda Shnayer, Elaine Freeland, Norma Ervin, Kathi Martin, Carol Greeney, Sheri Lasover, Pat Berry, Maureen Otero, Roselynn Edwards, Carolyn Gordon, Mary Altman, Donalda Lovelace and Lioness Betty Beck Lion liaison.

SECRETARY'S REPORT- The minutes were approved as read.

TREASURER'S REPORT- Norma Ervin and Elaine Freeland presented the Treasurer's report. The treasurer's report was accepted and will be filed for audit.

PRESIDENT'S REPORT-

- Karen Cakouros presented a thank you letter from Virginia Lions Hearing Foundation and Research Center.
- A request for MAL status from Jan Lemieux was received from November 2014 to May 2015 and accepted.
- Letters of resignation from Barbara Strain and Laurel Buongiovanni. These resignations were accepted with regret.
- President Cakouros reported about her attendance at the Lions Fall Conference. She spoke about the inspirational speeches of two women keynote speakers. She also indicated that the District Governor and his wife will be attending our October Dinner Meeting along with Lioness Doris Lanham, Zone Chairman Selven Powell and his wife Lois, and LOW Lion President Sue Simmons. Motion was approved that the President, 1st Vice President, and Secretary expenses be reimbursed for Lion Conferences up to \$250 per fiscal year.
- The October dinner meeting will include a costume parade and costume contests.

OFFICER'S REPORTS

- A. 1st Vice President- Maureen Otero reported that the Flea Market was on track with future meetings scheduled.
- B. 3rd Vice President- Linda Shnayer reported that the Yard Sale scheduled for October 18th was on track. She will be placing additional information in the LOWDOWN. The Halloween at the Point is on track.
- C. Tail Twister- Carol Greeney reported that she will incorporate Hostessing into the Tail Twister position description. It is a natural for this position to assist near the beginning of the meeting assisting members to find seats.
- D. MEMBERSHIP- Kathi Martin reported that she had received three completed membership applications and that the induction of new members is scheduled for the November dinner meeting.
- E. DIRECTOR- Pat Berry requested a donation to the Lake of the Woods Church for the printing of the flyers. Along with the printing it was noted they allow LOW Lioness Club to use a room once a month

MORE

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for the board meetings. A \$50 donation to the church was approved unanimously.

- F. Lion Liaison- Betty Beck reported that the Lions have a permit for the new expanded trailer. She reported that the Lions will start a campaign for donations for food carts. New hours for the Wednesdays at the Food Pantry are 4-7 pm.

COMMITTEE REPORTS

- Excursions – Kathi Martin reported that the committee has received 25 reservations. She encouraged everyone to get their reservations for the James Plantation trip in as soon as possible.

UNFINISHED BUSINESS-

- There was discussion about the new directory. The board was very pleased with the photographs, cover and overall format. President Cakouros indicated that next year advertisements should be considered to increase revenue.
- The issue regarding the snack request that 2nd Vice President Mary Altman brought to the board last month was resolved. A government program is available to provide snacks to school children.

ADJOURNMENT- There being no further business the meeting was adjourned.

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 County Free Clinic — Glennah Moy will be collecting donations for the Orange County Free Clinic. They have a need for zip-loc bags (quart and gallon size) post it notes (all sizes), Clorox/Lysol wipes, trash bags, hand soaps, tissues, paper towels, toilet paper,. They also can use toothpaste, toothbrushes, shampoo, lotion, and soap to hand out to patients.

Lioness Committees & Activities

Dinner Meeting—Halloween Parade

By Lioness Carol Greeney

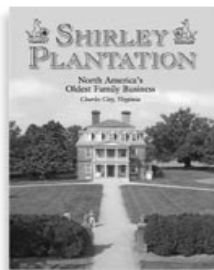
Don't be shy; I'll tell you why! We will be having our annual Halloween Parade of Costumes at the October meeting. We will be honoring our Charter Members and, in addition, we have the honor of hosting our 24C District Governor. Let's all get into the spirit!!

There WILL be prizes for the following categories: Most Creative, Scariest, Funniest and Best Group Effort. Judging will be done by our President Karen Cakouros, 1st VP Maureen Otero and 3rd VP Linda Shnayer. Come on ladies; it will be a hoot!

Lioness Committees & Activities

James River Plantations Excursion

By Lioness Su Bielmeier



JAMES RIVER PLANTATIONS
WEDNESDAY, NOV. 5, 2014
8 AM to 5 PM
7:45 AM board bus



www.shirleyplantation.com

www.berkeleyplantation.com

Join Lioness for an excursion to the James River Plantation country, where we will visit Shirley Plantation and Berkeley Plantation. We'll also have lunch at the Charles City Tavern, where you will have your choice of meal from the menu listed below. (Please choose when making your reservation.) Price for the trip is **\$75.00 per person** and includes bus, house tours, lunch, and all gratuities.

Reservations are non-refundable, and payment is due upon reserving your space. Reservations are on a first-come basis so please register early.

MENU SELECTIONS

- #1 Chicken salad plate with seasonal lettuces, fresh melon, berries, and vegetables.
- #2 Salad of Virginia apples, goat cheese, toasted walnuts, dried cranberries and spring lettuce, with honey-raspberry vinaigrette.
- #3 Virginia pulled pork BBQ sandwich with potato salad and coleslaw.
- #4 Eastern Shore crabcake sandwich with remoulade sauce and potato salad

To reserve your spot, make your check payable to LOW Lioness and mail it to Su Bielmeier, 1310 Eastover Pkwy. Please choose the menu number for your lunch and the cell phone number that you will have with you during the trip. Any questions, call Su at 1-716-725-2674 (cell).

Knitting and Crocheting Lionesses

By Lioness Barbara Tomayko

In June a group was formed to make shawls and lap robes. The purpose is to make these items and give them to anyone who may need comforting. This could be someone who is ill, someone who may have lost a loved one, someone receiving a medical procedure such as dialysis or chemo, these are just a few examples.

We started our group last June with about a dozen women in attendance. We had a great time. Those that didn't know how to knit or crochet were taught. If you are interested in helping with this wonderful purpose you can call Barbara Tomayko at 972-6497 or email at barbtomayko@comcast.net (I will be on vacation Sept 27-Oct 12). There will also be a sign up sheet at the next meeting, along with a few items that have been finished.

Monthly Dinner Program

By Lionesses Flo Clarke and Carol Lee

Our very special guests this evening will be Lions District Governor, Jim Christiansen, and his wife. Our other guests will include Lioness Liaison Doris Latham, Lions Zone Chair Selven Powell, Lions Past President Lois Powell and Lions President Sue Simmons.

Lioness Committees & Activities

White House Christmas Ornaments

By Lioness Mary Szadvari

The LOW Lioness Club will be selling the 2014 White House Christmas Ornament for \$18 each. The ornament honors the 29th President of the United States, Warren G. Harding, who dreamed of being a locomotive engineer. This ornament is comprised of two pieces, which can be hung as two separate ornaments or linked together. The locomotive is a detailed miniature replica of one of several steam-powered locomotives that pulled the Presidential Special and attached is a coal car that held its fuel. The second ornament is the Superb which was used by President Harding as he made appearances and delivered speeches at stops across the country from a platform at the back of the car. The last known photograph of President Harding is an image of him on the Superb shortly before his death in San Francisco. His casket was placed on board the Superb and brought him home to Washington, DC.



I will be taking orders until November 14th and the ornaments will be delivered by early December. This is a great ornament to place on your tree or to give as a special gift. Orders can be placed by calling Mary Szadvari (972-4572). The proceeds will go to the Lioness Benevolence fund.

LOW Community Yard Sale

By Lioness Linda Shnayer

It's time to clean out your closets and garages! The Lioness will participate in the LOW Community Yard Sale on Saturday, 18 October, from 8 AM - 2 PM. Carol Greeney and Linda Shnayer are requesting donations of your gently used household items for sale. Items may be brought to Sweetbriar Park early Saturday morning or dropped off at Linda Shnayer's home prior to the event. You may contact Linda at 540-412-1021 to arrange drop off of donated items. A worker sign-up sheet will be available at our next meeting.

Share and Care

By Lioness Connie LeMay

On Sept. 25, Margaret Findell lost her fight against bone cancer and her memorial celebration will be held on Friday- Oct. 3rd - at Johnsons Funeral Home between 2:00 – 3:30 p.m. Margaret worked hard for the Lionesses and hopefully as many members as possible can attend to tell her children how much we appreciated their Mother.

We are glad that Pat Watterworth is home recuperating after having a heart pacemaker installed. She hopes to be up and around after a few weeks.

Our former President, Marge Howard, has been ailing and would appreciate any friends that could stop by to say hi.

Nancy Strain had a lump removed successfully and will continue to sail through her radiation treatments with a smile on her face as she has throughout her life.

Lois Ward has been experiencing severe knee and hip problems and may be facing surgery. She has requested to be put on leave from the club until she recovers.

If you know of any Lionesses (or their close relatives) who are ill, please contact Connie LeMay at 972-6123.

During a blizzard on a Palm Sunday, in Camden, New Jersey Barbara made her entry into the world 2 months early. She says she's been catching up ever since. She was the middle daughter in the DeVaul family with her father a contractor/artist and her mother a stay at home mom. Barbara began dance lessons from the 3rd grade through the 10th and was often selected to perform solos in recital programs. In the 4th grade she took up sewing and by the time she was in the 8th grade could make her own graduation dress. In the 6th grade she and her closest friend set up their own business selling snow cones mostly at local ball games. This was only a foretaste of what was to come. Her summers were spent at the sea shore in Wyldwood, New Jersey. She lied about her age to obtain her first job serving fruit drinks at a concession stand at the beach. After graduation from high school she attended business school in Philadelphia soon realizing she was not cut out to be a secretary after a brief time at RCA.

While working at the Pennsylvania Railroad offices, she met Paul Mastrofrancesco who later became a comptroller with several other companies. They were married in 1958. They lived in Birchwood Lake, a lake community in New Jersey and had 3 children, Susan, Michael, and Mark.

During this time Barbara began her own businesses, owning 2 stores at the Echelon Mall in Lindenwold, NJ, RAG DOLL, a clothing store, and DOLLY KICKERS, a shoe store. RAG DOLL soon became the #1 specialty shop in the whole mall and it was no surprise that she became the fashion coordinator of the mall. Each year she put on the renowned "Denim & Diamonds" show at the mall.

Unfortunately, in 1976 Paul passed away from heart disease when he was only 43, leaving her alone to care for 3 teenaged children. She gave up the stores to spend as much time as possible with them. Eventually she decided it was time to go back to work and managed the largest CASUAL CORNER store on the east coast. She also had a stint at BAMBERGER'S Department Store working as manager head. A close friend insisted that she come for dinner to meet George Hernan. She finally agreed so that her friend would stop bugging her.

But, she found George to be unassuming, kind, loving and thoughtful. She and George enjoyed dancing, movies, the theater, and sailing on his 36' ketch on the Chesapeake Bay. It didn't take long before she fell in love with him and they were married in 1979. George was an electrical engineer in communications and 3 months after their marriage, he was transferred to Weston, Connecticut. The children adjusted well as the schools were similar to private schools with classroom size kept small. After 6 years, George was transferred again this time to Reston, VA. In Reston her career as a realtor began, still going strong after 28 years, now with Long & Foster.

In August 1992, Barbara was touched by the national TV coverage of the devastation from Hurricane Andrew that hit Homestead, Florida. She was especially moved by footage showing a young boy searching for water for his little sister so much so, that she singlehandedly began the Hurricane Andrew Benefit in northern Virginia. She collected money, clothing, and supplies for the victims and boxed them herself. The owner of Remax Distinctive, her employer at the time, paid for the shipping costs and distribution of supplies which was no easy task. Homestead had been washed away and street signs were no longer existent. Finally a connection was made some miles away from Homestead and from the volunteer's home packages were hand delivered.

George decided to take early retirement and they moved to LOW in 1994. Since then Barbara has been very active at LOW Church and has enjoyed being one of the head ushers. She loves doing whimsical 500 piece jigsaw puzzles. After 36 wonderful years together, George passed away last October. Besides her 3 children, she is close to 2 of George's daughters Lynn and Kim. They have asked to be with her on the anniversary of his upcoming death. She tries to keep up with all the 15 grand children she and George shared together.

We've been fortunate to have Barbara as a Lioness member since 1997. Not surprisingly, she has been involved at the Food Pantry a couple of mornings each month. At this time, her youngest son Mark is suffering from the devastating effects of ALS disease. During this crisis, she has managed and found comfort in her strong faith and reliance on the Lord.

From the Tamers

By Roselynn Edwards and Carolyn Gordon

The Lake of the Woods Lioness Club Oct. 9th 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, Oct. 6th 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

Caesar Salad
Rolls
Lasagna
French Silk Pie
Coffee or Tea

Vegetarian Menu

Veggie Pasta w/mush.,
tom., onions &
squash in a sun-dried
tom. sauce

OR

Garden Salad
Plus any sides from
the buffet

Twister's Corner

By Lioness Carol Greeney

*We're having our meeting.
You may be in for a scare.
It's a Halloween greeting,
So dress if you dare!*

The earliest trace of Halloween or All Hallows Eve is the Celtic Festival **Sanhaim**, the Celtic New Year. It was believed to be the *Day of the Dead* when the souls of all the departed were available! Ladies, remember the name of this festival.

If you are interested in being one of our **Greeters** for the month of October, please contact Carol Greeney at 972-6739.

LOW Lioness 2014-2015 Calendar

Oct 9	Lioness Dinner Meeting
Oct 18	LOW Community Yard Sale
Oct 23	BOD Meeting
Oct 25	Lioness Book Sale
Nov 5	James River Plantations Excursion
Dec 6	Kriskindl mart

Happy Birthday
Lionesses!

Oct 1	Martha Grandy	Oct 15	Diane Ogranovitch
Oct 7	Gwen Mallmann	Oct 23	Kathy Merritt
Oct 10	Sharon Kaltenmark	Oct 29	Ellen Ambroziak
Oct. 15	Sharon Allen		

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

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

Resignations:

Laurel Buongiovanni

Barbara Strain

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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