



President's Corner

By Lioness Beth Sundberg, LOW Lioness President

www.lowlioness.org

Change, it is inevitable. It can range from something difficult to as simple as a change of seasons. Just when we think we have it "together", we have to put away our summer whites and sandals and come up with a whole new look! To further complicate things, we can't even remember what we have in our closets for fall.

Change usually moves us out of our comfort zone. Our lives can be dramatically altered. We're old enough to have experienced a lot of changes. Certainly our looks have changed and we may not be able to do all we'd like to do anymore. We've watched our children move on and perhaps most difficult, we've experienced the loss of someone we love. As humans, we find it is easier to accept the status quo and leave things the way they are.

But what if we rearrange our thinking and embrace change? Maybe the cozy life we've made for ourselves with no changes allowed, may in turn be a prison we've created. Could it be that something more rewarding is in store for us if we're willing to change? As I look back over my life, I'm grateful for some of the changes I've had to make. Some of my most rewarding experiences came as a result of moving overseas so far away

from the home I loved. May God grant us the courage to face the changes before us.

We're all aware of the disadvantaged people in our community who really need our help. They often don't have the options we have. We can and do provide opportunities for positive change in their lives. We do this within our own Lioness club and also in our personal lives as we choose where to make a difference.

We are now entering an invigorating and beautiful time of year. This often means our lives will be filled with more activity.

Last but not least is our jewelry show/card party, "Bubbles, Bangles, and Beads" on September 26. Kathy Walters and her

team have lined up 4 non-Lionesses in our community to show off their beautiful hand-crafted jewelry. You'll enjoy browsing and seeing their creations so come early at 11. It's never too early to shop for Christmas!

Special thanks to the Lioness team who run our highly successful and profitable Book Sales! They include co-chairs Sherri Lasover, Ann Walker, and Helene Burns, and workers Caroline Caldwell, Glennah Moy, Arlene DeSimone, Maureen Otero, and Roselynn Edwards. Thank you ladies for your tireless efforts and making a real difference in our community! The sale is held the last Saturday of the month. If you haven't dropped by the Ferris building, you'll be amazed!

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.

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
August 22, 2013
BOD Meeting

ATTENDANCE: Beth Sundberg, Lucy Churchill, Elaine Freeland, Connie LeMay, Karen Cakouros, Ann Walker, Carol Lee, Roselynn Edwards, Jean Priest, Joan King, Kathi Martin, Pat Berry, Donalda Lovelace, and Phyllis Taylor—Lion Liaison

CALL TO ORDER: The meeting was called to order by President Beth Sundberg.

SECRETARY'S REPORT-Donalda M. Lovelace

- The minutes of the July 25, 2013, Board of Director's meeting were approved.

TREASURER'S REPORT- Elaine Freeland/Lucy Churchill

- Elaine Freeland presented the financial statement for August. Our revenue benefited by an anonymous donation of \$500 for the Wilderness Food Pantry. We also received \$750.00 for 2013/2014 dues.
- As part of our due diligence we will be reviewing our current bank accounts and comparing other nearby banking account services.
- The Treasurer's report was accepted and filled for audit.

PRESIDENT'S REPORTS- Beth Sundberg

- A letter was received from Lioness Pat Watterworth requesting to be placed on affiliate membership status for an indefinite period of time effective September 15th, 2013, due to health reasons. Motion made by Ann Walker and seconded by Connie LeMay to approve affiliate status.
- A letter of resignation was received from Lioness Marion Dumais. It was accepted with regret.
- President Sundberg attended the Zone meeting in Gordonsville and presented the various activities of the LOW Lioness. She will also be attending the State Meeting in Staunton, Virginia.
- The District Governor announced he will be visiting us at our November meeting.

OFFICER'S REPORTS

1st Vice President- Karen Cakouros

- Announced that she had heard from so many people that the August program was excellent. We want to publicize future Programs and Speakers in the LOWDOWN prior to the meeting as well as coordinating with the Tamers.
- Proposed policy revisions were discussed related to: 3. Membership Responsibilities, (c)-(d) deleted related to absences and makeup and 6. 100% Attendance Criteria was deleted in totality. Kathi Martin made the motion Connie Lemay seconded the motion, to approve the changes; the motion passed.
- Sales of tickets are moving along for the luncheon and card party; 80 tickets have already been sold.

2nd Vice President- Ann Walker

- Reported that two Lionesses have volunteered to work with our senior project in Germanna Heights Apartments.

MORE

See Pg. 3

- Pictures for the photo directory were completed.
- Publicity Committee Chair Melissa Daly will be taking pictures at Bangles, Bobbles and Beads Luncheon as well as the Pig Roast.

TAMERS- Jean Priest/ Roselynn Edwards

- Reported that in the LOWDOWN vegetarian offerings will be listed under the Menu. The Tamers want this to be an adequate entree like the regular Lioness meal.

MEMBERSHIP- Kathi Martin

- Reported that there would be an Orientation on Monday, August 26, 2013, for two people for installation in September.

DIRECTORS-Pat Berry/Connie LeMay

- Reported that the theme for the October mixer would be Halloween and March would have an "Around the World" theme. Everyone would be encouraged to wear a costume. Joan King, the Tail Twister indicated she would fine people out of costume a fine of a quarter (0.25). It was suggested that each board member sit at a different table and facilitate interaction. It was suggested that the BOD bring in questions to the next BOD meeting in September so a questionnaire can be developed to assist with this effort.

IMMEDIATE PAST PRESIDENT-Carol Lee

- She is the Lioness chairperson for the Pig Roast, September 21 and has tickets for us to sell. She shared an outstanding menu: Pulled pork and chicken quarters, baked beans, rolls and beverages, rain or shine. Desserts are a contracted part of the meal so we don't have to cook. She will be taking names of volunteers at the September meeting as well giving us tickets to sell.

NEW BUSINESS

- Card Party and Luncheon is on target. There will be three vendors each one donating a piece of jewelry for our raffle. Raffle prizes will be given after lunch. Cash or checks only for jewelry sales no credit charges.

Lioness Committees & Activities

Pig Roast

By Lioness Carol Lee

We just received word that the Lions Pig Roast on Sept. 21 has been cancelled. However, at the Sept. board meeting they will discuss the possibility of having it in Oct. At this time, I do not have any other information but I will let you know as soon as I hear anything. Thank you to everyone who volunteered to help. I had a great response and I was very pleased. You are all great. If you have tickets, please do not throw them away until I have a final decision.

CANCELLATION LIST FOR SEPTEMBER MEETING IMPORTANT NOTICE

By Lioness Jean Priest

As you know we always have a signup sheet for dinner cancellations for the following month at each dinner. Somehow the cancellation list for the September dinner has been misplaced. If you signed up to cancel on that list, will you please confirm this will either Roselynn or me.

Jean Priest PH: 540-446-0797 email: sunnysez@gmail.com

Roselynn Edwards PH: 540-972-2128 email: rededwards@comcast.net

Don't forget that the cancellation deadline for the September meeting is Monday, September 9.

Lioness Committees & Activities

SAFE House Collection

By Lionesses Phyllis Sakole and Sharon Allen

We will be collecting donations for SAFE House at our September meeting. Suggested items include powdered detergent, liquid dish soap, bleach, paper towels, toilet paper and other paper products.

Also, SAFE is currently in need of boxes of individually wrapped snack items for children for after school.

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.

We will be parked in front of the Club House for collection before the September meeting.

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

Share and Care

By Lioness Ann Walker

- We extend our deepest sympathy to Judi O'Neill, and to her family, on the loss of her husband, Gene.

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

New Members

By Lioness Linda Ogletree

We will have a membership induction ceremony at our September dinner meeting. Contact for our two new members is below and can be found in our 2013-14 handbook. Please take a minute and meet them at the social hour before dinner and afterward if your time permits. Listen carefully as we introduce these new members they may be from your town!

Linda Shnayer
Barbara Tomayko

Ishnayer@hotmail.com
barbtomayko@comcast.net

Tel: 540-412-1021
972-6497

Card Party, Jewelry Show and Luncheon

By Lioness Carol Greeney

CARD PARTY, JEWELRY SHOW and LUNCHEON

Bubbles, Bangles and Beads

September 26, 2013
11:00 A.M. to 4:00 P.M.

RESERVATIONS

Jan LeMieux 972-8888 for Bridge Players
Linda Ogletree 972-7713 for All Other Games

Lioness Committees & Activities

Program for September

By Lionesses Theresa DiCicco and Barbara Strain

The program for the September dinner meeting will be a presentation by Kate Hopper, King George Financial Management. She will give us important information on retirement and senior care issues.

Did You Know— Marth Grandy's Story

By Lioness President Beth Sundberg

"Texan through and through". That's how Martha describes herself. She was born and spent her early years in Texas. Her 2 brothers were born first. Announcement of her birth came from her older brother who ran around the neighborhood declaring that he got a baby sister for his birthday! When Martha was only 10 years old, her mother sadly died. Her father's job took them to Hattiesburg, Mississippi where her father met and married Martha's 6th grade teacher. Her step-mother also had 3 children, younger than Martha and her brothers. Martha became the built-in babysitter. Martha returned to her beloved Texas each summer to be with her aunt and uncle. Those were happy times as she was quite close to her mother's sister. Martha's step mother will turn 100 in September.

Though Martha married her first husband while attending the University of Southern MS, she eventually received her college degree. A son, Dan, and daughter, Sherri, were born during this first marriage. She and her husband were married for some years before he passed away soon after retiring from the Army.

Martha continued working at the MITRE Corp while pursuing further studies. Having learned her lesson first time around, she held off marrying her new love, Cork, until she received her master's degree from American University at the age of 48! This opened up a whole new world. Martha was in her element and in time became responsible for educational programs and career management development at Mitre. Under her leadership Mitre Institute was established. This led to business/education partnerships with American University, NOVA, and George Washington University. She frequently was a presenter at her professional conferences throughout the U.S.

After Cork retired, Martha kept on working. Wanting to spend more time with him, she also decided it was time to "retire." However, she quickly found herself teaching speed reading courses on cruise ships where Cork could join her. Passengers were very enthusiastic and soon wanted more than the 30 one hour lectures offered. She and Cork began additional lectures on right/left brain personality styles and characteristics. Their favorite trip was a 52 day voyage to South America around Cape Horn loving every minute of the excursion.

As a couple, Martha and Cork have suffered losses. Cork's daughter was tragically killed in a car accident in 1997 when a truck ran a red light as she was on her way home from having lunch with her husband. And then Martha's dear daughter, Sherri recently passed away in February of this year after years of debilitating complications from diabetes.

Through it all, Martha considers it a privilege to have known her daughter as an adult woman. Martha has a strong faith in the Lord. She believes that something good can happen out of every tragedy.

Lake of the Woods Church has been an important part of Cork and Martha's lives. Both have served the church well in key positions of leadership with pastor and friend, Tom Shafer. Cork and Martha's life has been full in their 30 happy years of marriage with a blended family of 6 children, 15 grandchildren, and 5 great-grandchildren.

From the Tamers

By Lionesses Jean Priest and Roselynn Edwards

The Lake of the Woods Lioness Club Sept. 12th 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 new tamers by Monday, Sept. 9th 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: 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
Tilapia Romesco
Broccoli
Herbed Rice
Apple Pie
Coffee or Tea

Vegetarian Menu

Pasta Alfredo **or**
House Salad **or**
Strawberry (shrimp-less) Salad
(Plus any sides from the buffet)

Twister's Corner

By Lioness Joan King

Here we are in September and where does the time go? What do you think of at this time of year? Children going back to school/college? Those "Back to School" ads have been in the papers for a month now. Anyway, several questions for our intelligent Lioness Ladies are:
What is the name of the 2nd oldest college in the United States, who was the architect of the main building on campus and name a few important graduates? The Twister will be asking!

Don't forget your nametag!

Greeters this month are:

Mary Altman
Donna Crawley

LOW Lioness 2013-2014 Calendar

Sept. 12	Lioness Dinner Meeting
Sept. 26	Card Party, Jewelry Show and Luncheon
Sept. 26	BOD Meeting
Sept. 28	Lioness Book Sale

Happy Birthday Lionesses!

Sept 1	Joan Mills	Sept 15	Nancy Arnold	Sept 19	Bonita Doubleday
Sept 2	Susan Costanzo	Sept 16	Doris Velona	Sept 23	Sue Merna
Sept 2	Barbara Strain	Sept 17	Hilda Valenta Seary	Sept 26	Frances Bloss
Sept 8	Ellen Bearden	Sept 18	Mary Altman	Sept 26	Kathy Martin
Sept 9	Melissa Daly	Sept 18	Donalda Lovelace	Sept 28	Mary Szadvari
Sept 14	Ann Wood	Sept 19	Betty Beck		

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

The deadline for submission of newsletters articles for the October LOW DOWN is September 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
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:

Marion Dumais

New Members:

See pg. 4 & new Handbook

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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