

# LAKE OF THE WOODS LIONESS

## LOW DOWN

Volume 30, Number 3 — September 2014



### President's Corner

By Lioness Karen Cakouros LOW Lioness President

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

*"Service is the rent we pay for being. It is the very purpose of life, and not something you do in your spare time."*  
**Marian Wright Edelman**

Our wonderful summer weather here at the Lake is coming to an end. New routines begin as children and grandchildren go back to school and our Autumn and Winter plans take shape.

Also, remember to get your \$30 dues in to our treasurers if you haven't done so. Our new directories should be available at our September meeting.

Hope you enjoyed our dinner meeting last month. The meal was excellent and the cookies provided by Roselyn were delicious. We enjoyed Carol Greeney's tribute to left handers (left handers day) as well as our birthday ladies. As always, thank you for your contributions for food pantry and school supplies.

Our monthly Book Sale is doing very well—thanks to our Lioness Book Sale Committee and our wonderful "book reading and sharing" community. The directors are planning a Mixer at our dinner meeting this month with a book theme. They have some surprises for us! It is always enjoyable to share a meal and interact with new la-

dies.

Friday, September 26, our Card Party and Fashion Show will take place at the Clubhouse. J. Jill is providing the fashions. Call Jan Lemieux (972-8888) for reservations. The tickets are going fast. Cost is \$25. The Committee is working hard to provide a wonderful day... Remember to bring items and/or raffle baskets along with food pantry and SAFE donations for our next meeting in September.

I want to give special thanks to Claudia Low for donations this month to most of our yearly Lioness "projects". Claudia volunteers at Spotsylvania Regional Medical Center in the gift shop. The shop is being reorganized and there were items that were no longer to be included in their inventory. Claudia kindly obtained all this for

our Lioness activities and other local organizations in LOW. Ladies on committees for the Card Party/Fashion Show, SAFE, Kriskindlemarkt, Germanna Heights, Bridges, Child Help, and the Flea Market all were able to use and share these items. It was quite a windfall! Claudia is also making another quilt to raffle this Spring. Proceeds to provide another high school senior a scholarship!

The Annual Membership Meeting held today, September 1<sup>st</sup>, honored two Lioness, Jan Lemieux with a certificate of appreciation, and Mary Lou McFarland with the Distinguished Service Award. Five Lioness' husbands were also honored: Russell Ambroziak, Alan Berry, Jim Buongiovanni, Stanley Lasover, and Peter Rainey. Congratulations to

**MORE**

**See Pg. 3**

### 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**

**Basket Items for Card Party, Luncheon, & Fashion Show —  
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.

#### **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**

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**Lion Liaison**  
**Betty Beck**

#### **The Insider's View**

Minutes from the  
August 28, 2014  
BOD Meeting

**ATTENDANCE:** Karen Cakouros, Betty Beck, Mary Altman, Sherri Lasover, Kathi Martin, Norma Ervin, Elaine Freeland, Linda Shnayer, Arlene DeSimone, Carolyn Gordon, Roselynn Edwards, Beth Sundberg and Donalda Lovelace

**CALL TO ORDER-** The meeting was called to order by President Karen Cakouros at 7:03 pm.

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

#### **TREASURER'S REPORT-**

- Elaine Freeland/Norma Ervin presented the Treasurers report and indicated there was one anonymous donation for \$100 to be utilized for a golf hole sponsorship which will enable us to have a LOW Lioness sign at a hole at the upcoming Lions Golf Tournament Fundraiser.
- It was also reported that all members who have not paid their dues have been contacted and it is anticipated that the remaining seven people will send or present their dues by the next membership meeting.
- The treasurer's report was accepted and will be filed for the auditor.

#### **PRESIDENT'S REPORT-**

- Karen Cakouros reported that Jan Thompson has resigned. Her resignation was accepted with regret.
- Barbara Rakes request for 3-month MAL status was accepted.
- Barbara also indicated in her letter that the Annual Chicken Dinner at Germanna Heights Apartments was a huge success. A thank you was received from The Bowlettes who performed at the Germanna Heights event thanking us for our generous donation.
- The Lake of the Woods Lions Club sent a thank you for the \$1,000 check to the Wilderness Food Pantry.
- We received a thank you note from Mary Washington Hospital Foundation thanking us for our gift in memory of Doris G. Velona.
- Through the generous efforts of Claudia Low the Spotsylvania Regional Medical Center has donated quite a number of gift items that the LOW Lioness Club presented to Bridges, Safe House, Germanna Heights Apartments, and Childhelp. They can also be utilized in our fund raising efforts.
- President Karen also reported that there was a break-in at the lower level of the Clubhouse. Our locker was damaged and raffle tickets stolen. There was a discussion of a need to find storage space in one place for all the Lioness supplies and equipment. Our President had considered commercial storage space right outside the LOW gate, however it appeared cost prohibitive. It was decided to ask Betty Beck, Lions liaison to contact the Lions and ask if they could help and also look at other storage options. A decision was deferred until next month.
- Four people will be attending the Lions Fall Conference in September, Carolyn Gordon, Donalda Lovelace, Maureen Otero and Karen Cakouros.
- Tickets for the Luncheon, Card Party and Fashion Show are going quickly and we have opened sales to the public.
- The President also indicated that in the future she will ensure that time limits are maintained for the speakers at our Membership meetings.

**MORE**

**See Pg. 3**

them and all the other honorees who help make LOW such a wonderful place to live. You make us proud!

Lastly, if you haven't done so, please check out *lowlioness.org*. Pat Berry and Su Bielemeier are doing a wonderful job maintaining our website. There are new additions regularly. Feel free to send pictures or information to them and/or Melissa Daly, our publicity chair, who will send pictures of our events to the Lake Currents to publicize and advertise our many good deeds. See you Thursday, September 11<sup>th</sup>.

**OFFICER'S REPORTS**

- A. 2<sup>nd</sup> Vice President- Mary Altman reported that a request was made for the LOW Lioness Club support by providing snacks for students in the lower grades who come to school without them. The reading teacher has noticed a lack of focus and loss of energy with these children. Because of the sheer numbers involved and over an extended period of time, a decision was deferred until next month while alternatives are researched and other options considered.
- B. MEMBERSHIP- Kathi Martin indicated that one, possibly two prospective members will be inducted in November.
- C. DIRECTORS-Pat Berry and Sherri Lasover discussed the theme for the September Mixer. Board members were enthusiastic about their plans.

**COMMITTEE REPORTS**

- Kathi Martin reported on the plans of the newly formed **Excursion Committee**. The first excursion is planned for November 5<sup>th</sup>. It appears that this committee has plans that will appeal to everyone.

**NEW BUSINESS**

- Website- Pat Berry reported that every three years we have a \$250 website fee. A motion was passed and seconded to continue the website and pay the fees.

There being no further business the **meeting was adjourned**.

## Lioness Committees & Activities

**September Dinner Meeting — Mixer****By Lioness Pat Berry**

"Dear Lionesses -

Just a reminder that the dinner meeting on September 11 will be a mixer to bring together both old friends and new friends. Each table will display a different genre of the types of books that can be found on the shelves on Lioness Book Saturday. After you stop at the table to pay for your meal, Helene Burns and I will be waiting with a basket of book marks that will tell you which table you should look for. For example, you might pick a book mark for a mystery, a travel book, a cookbook, etc., and then you will have to check the titles decorating each table to find your seat. Who knows... this just might encourage you to shop for a book to finish off your summer reading."

# Lioness Committees & Activities

## **SAFE House Collection**

**By Lionesses Phyllis Seakale and Susan Costanzo**

We will be collecting donations for SAFE House at our September meeting.

Currently, SAFE has several school aged children that need **medium sized backpacks** for school. Also, **baby diapers sizes 2 and 3** are urgently needed.

Other needs include powdered detergent, liquid dish soap, bleach, paper towels, and other paper products.

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.

## **LOW Lioness Card Party, Luncheon, & Fashion Show     By Lioness Sharon Kaltenmark**

**Friday, September 26, 2014**

Have you made your reservations yet for the annual LOW Lioness Card Party, and Fashion Show? If not, please contact Jan Lemieux at 972-8888 so you won't be left out. The cost is \$25. The committee is planning a fun day of bridge and other games, an excellent lunch, silent auction, exciting raffle of prizes and a fashion show with Lionesses modeling the new looks for fall from J Jill. The day begins at 9:00 a.m. with bridge and other games and lots of wonderful snacks to go with your favorite morning beverage. You are welcome to come for the entire day or just lunch and the fashion show.

We will be collecting items for our wonderful prize baskets at the September 11<sup>th</sup> dinner meeting. Please bring a donation to the meeting with you. Items that make our baskets extra special are chocolates, wine, gift cards and certificates. Baskets are built around themes: Autumn, Halloween, Christmas, Gardening, Golf, Brunch, or Gourmet Italian Dinner. We also need a few nice medium size baskets. Monetary donations are always welcome too! All proceeds will go to our Benevolent Fund to support the club's many worthy charities.

Invite your friends and neighbors to join us at the LOW Clubhouse on Friday, September 26 to enjoy this event. See you there!

# Lioness Committees & Activities

## Share and Care

By Lioness Connie LeMay

Arlene DeSimone's husband, Phil, passed away several weeks ago after a gallant fight against cancer. He was buried in Pennsylvania in a private service but there will be a memorial service on Saturday, Sept. 6th at 12:00 noon at St. Patricks Catholic Church. There will be a reception following the service.

## Monthly Dinner Program

By Lionesses Flo Clarke and Carol Lee

John Harkness; Emergency Management Coordinator and Orange County Virginia Fire and EMS Chief will be speaking on Emergency Preparedness at our Sept. 11 Lioness meeting.

We hope you will accept our apology for the length of last month's meeting. We always tell our speakers that they have 20 minutes. However, our speaker was very enthusiastic about her subject, everyone seemed to be enjoying her, and she had come all the way from King George County. So it was very hard to make a decision to just cut her off before she had finished. We hope that everyone understands and we will try our very best to not have it happen again. She had some very useful and important articles for sale. If you would like to see these products, please go to her website [atdamselinddefense.net](http://atdamselinddefense.net) or call her at 208-288-2989. A brochure will also be available at the September meeting.

## Excursions Committee

By Lioness Kathi Martin

Mark your calendars for **WEDNESDAY, NOVEMBER 5!** The Excursions Committee is organizing a day trip to the James River Plantations! We're in the planning stage at this moment, but we'll have the details for you at the September dinner meeting, including sign-up sheets. This will be a bus trip, and the price will include bus, tours and lunch. Should be a great day!

Kathi, Joan, Jean and Su

## **Did You Know — Donalda Lovelace**

**By Lioness Beth Sundberg**

Though born in Pittsburgh, PA she spent her early school days in Washington, DC. After a few years the family moved to California and it was in San Diego where Donalda spent her formative years. After graduating from high school, she went on to San Diego State University receiving her B.A. and M.S.W. in Social Work.

Following graduate school, she embarked on a remarkable 40 plus year career in service to persons with disabilities. Initially with the Urban League, she was instrumental in developing an innovative vocational evaluation and training program. After this experience, she accepted a position with San Diego State University and assumed a vital role in developing a comprehensive rehabilitation training center including a graduate curriculum. Once this challenge was mastered, she took on yet another task as a social planning consultant for the San Diego United Way.

Ready for a change of scenery, she returned to the D.C. area and within months became the Director of Rehabilitation at Davis Memorial Goodwill and after a year accepted the position of Assistant Executive Director at the DC Association for Retarded Citizens with Vincent Gray. After 15 years she was hired as the CEO of Ardmore Enterprises in Mitchellville, MD. She managed a broad range of services including vocational training, work center employment, transportation, residential services and in-home supports. Over the course of her career, she served on many state and national boards as well as had the opportunity to impact federal programs for persons with disabilities.

Shortly after assuming her position at Ardmore she met and married George Lovelace, a Vienna, VA Town Councilman. Thus began her daily commute to Mitchellville, MD. George had been retired for 8 years and it was only then that she began to think of someday retiring herself. Eventually they visited LOW and were intrigued with all the activities available.

As they considered moving to LOW, they realized they would be close by family, his daughter and grandchildren in Culpeper, her parents in Durham, NC and their daughter, Donalda Lee in Richmond. Long story short, they bought their home in LOW in 2010 and put their Vienna home up for sale. It was quickly sold leaving them only 20 days to pack up and move. George had resided there for 35 years so it was no easy task.

Donalda felt compelled to remain at Ardmore for she was responsible for the capital fund raising and construction of Ardmore's 4 million dollar administration building and another renovation of a program building.

Thus began her longggggggg (her spelling) commute to Mitchellville, MD each day. A two hour drive up in the morning and a 3-5 hour return each evening to LOW. With the completion of the building projects at Ardmore and after 22 years at the company, she decided it was time to retire.

Not one to have any dust settle under her feet for very long, she became active in the Orange County Board of Social Services, LOW Visual Arts Council, the Wilderness Food pantry, and a board member of ARC (supporting people with disabilities) to name a few. She joined Lioness in 2012 and is currently serving a second term as our Secretary on the board of directors.

## From the Tamers

By Roselynn Edwards and Carolyn Gordon

The Lake of the Woods Lioness Club September 11th 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, September 8th 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](mailto:rcdedwards@comcast.net)

Carolyn Gordon (972-4656) Email: [wpceggordon@aol.com](mailto: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  
Tilapia Almandine  
Broccoli  
Red Bliss Potatoes  
Carrot Cake  
Coffee or Tea

### Vegetarian Menu

Summer Entrée Salad  
w/tom., cukes, egg, sw  
corn, scallions, & Jack  
cheese

### OR

Garden Salad  
Plus any sides from the  
buffet

## Twister's Corner

By Lioness Carol Greeney

"School days, school days....."

It's that time of the year and only a retired school teacher, like me, appreciates NOT having to go back to work this month!

We will honor all our retired teachers at the September meeting!

The **Question of the Month** from your Twister is "When and where was the first public school established in the United States"?

Bonus: What was the name of this school?

**If you are interested in being a Greeter at our September meeting, please call Carol at 972-6739.**

## LOW Lioness 2014-2015 Calendar

Sept 11 Lioness Dinner Meeting  
Sept 25 BOD Meeting  
Sept 26 Lioness Card Party,  
Luncheon & Fashion  
Show  
Sept 27 Lioness Book Sale

## Happy Birthday Lionesses!

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

**From the Editor**

By Lioness Gail Hardin  
Editor, Lioness LOW DOWN

Please get information and articles for the October LOW DOWN to me by Sept. 20 or as soon thereafter as possible. September 28th is the deadline for submissions for the 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: Jan Thompson**

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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