



## President's Corner

By Lioness Beth Sundberg, LOW Lioness President

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

At one time or another, we were asked, "What do you want to be when you grow up"? What if we had answered, "I want to be an Enabler!" Who would ever have thought that was a good idea?

We normally think of an enabler in negative terms such as helping someone who abuses drugs or alcohol. One can also continue to "help" an adult child in not allowing him to handle his own responsibilities. This is easy to do, but subtly enforces an unhealthy need to be needed.

But being an enabler also has a flip side! In many ways we can be proud of being an enabler. Apart from our own careers, we've enabled our husbands and children to accomplish all sorts of things that they could not do without us. So maybe being an enabler isn't such a bad thing after all.

In the best sense of the word, we in Lioness are enablers too. Our community is better off because we are. We provide scholarships to worthy students, we do what we can to help the hungry, we help those in need of eye glasses, and assist young children get off to a good start. Check out our new handbook to see all we do.

### Good News!

Like me, do you have trouble remembering everyone's names in Lioness? Thank goodness for name tags! This year we're including a picture directory with names in our 2013-14 Lioness Member Handbook! Now you'll have no excuse. At our July 11 club meeting, Melissa Daly and Theresa DiCicco took pictures of most of us. Our goal is to have everyone's picture included in our photo directory! So if you were not able to attend our July meeting, we need you

to make a special effort to attend our meeting on August 8. Melissa and Theresa will be there with cameras in hand to take a quick photo of you. If for any reason you are unable to attend and have not had your photo taken, please contact Melissa at 972-1538 to make other arrangements. Deadline for all photos is August 15.

Special thanks to Karen Cakouros for handling our successful July 4 celebration and to Christine Getty for helping us with our handbook and photo directory.

See pg. 5 for "Did you Know" Article

This month we highlight Lioness Betty Girman

## 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. Especially needed peanut butter, jelly, nonfood items such as toilet paper, paper towels, shampoo, deodorant, etc.

**School Supplies** — see pg. 4 for more information

**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**

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**Lion Liaison**  
**Phyllis Taylor**

**The Insider's View**

The meeting was called to order by President Beth Sundberg and the Pledge of Allegiance was recited.

Lioness board members in attendance were: Jean Priest, Carol Lee, Maureen Otero, Connie LeMay, Pat Berry, Linda Ogletree, Kathi Martin, Joan King, Roselynn Edwards, Karin Goetz, Ann Walker, Karen Cakouros, Lucy Churchill, Elaine Freeland, Beth Sundberg, Phyllis Taylor and Donalda Lovelace.

Treasurer's Report – Elaine Freeland/Lucy Churchill

- Elaine Freeland presented the Treasurer's report which was accepted and filed for audit. She noted that although all dues haven't been submitted, we were meeting revenue projections for this period.

President's Report – Beth Sundberg

- A letter of resignation from Pat See was read, and it was most regretfully accepted.
- Clarification on policy on Lioness support of program dinner guests: It was determined that for budgetary reasons a donation would be given to groups consisting of more than three (3) rather than inviting the group for dinner.

1<sup>st</sup> Vice President – Karen Cakouros

- Reported that the Independence Day Parade went well and fortunately we didn't have to pay a fee due to LOWA's failure to provide us with a table and chairs.
- The upcoming Membership Handbook will have significant revisions.

2<sup>nd</sup> Vice President – Ann Walker

- Reported that Melissa Daly, Publicity Chair will be taking photos at dinner meeting.
- She reported that we were in need of volunteers for our Germanna Heights senior project.

Tamers – Jean Priest/ Roselynn Edwards

- Indicated that no confetti could be used for decorations in the clubhouse.

Membership – Linda Ogletree/Kathi Martin

- Two applicants are scheduled to be inducted in the near future and an additional person will be scheduled shortly thereafter.

Lion Liaison – Phyllis Taylor

- Reported that the Lions Pig Roast will be September 22 and the Lions voted to support our participation.

MORE

See pg. 3

Immediate Past President – Carol Lee

- She will chair the Lions Pig Roast and will recruit volunteers at the August and September meetings. Questions were asked relative to Lioness responsibilities. Carol reported we will serve, bake, and sell tickets and share 50-50 in the profits.

## NEW BUSINESS

- Photographer/Communications/Historian: Web site Issues—Director Pat Berry is interested in having pictures of Lioness activities for the web site.
- Photo Directory: President Beth Sundberg reported that this year we will have a photo directory which will be included in the Membership Handbook. Theresa DiCicco and Melissa Daly will take photos of members who have not had their pictures taken and will attend the August dinner meeting. If a Lioness is unable to attend that meeting she can make arrangements with Melissa Daly to have her photo taken. The deadline is August 15<sup>th</sup>.
- Mixers revisited: President Beth Sundberg indicated her support for the mixers which provides an opportunity for all members to get to know one another. Board members discussed their views on the mixers and number that should be held in a year. Mixers will be conducted in the months of October and March.
- Connie LeMay asked if plans had been finalized about the card party, luncheon, and jewelry show. Kathy Walters, event chairperson has named the event “Bubbles, Bangles and Beads” and it will be held on September 26, 2013. Tickets go on sale August 1, 2013. More details will be provided in the August LOWDOWN.

The meeting was adjourned at 8:25 pm.

## Lioness Committees & Activities

### Card Party and Jewelry Show Bubbles, Bangles and Beads

**By Lioness Carol Greeney, Publicity**

Plans are well underway for our September 26 Card Party and Jewelry Show, *Bubbles, Bangles and Beads*. The menu has been finalized and will consist of a chicken salad croissant, fresh fruit and the ever popular brownie delight for dessert. A vegetarian option of a pasta salad and fresh fruit will also be offered.

The festivities will begin at 11:00 a.m. with a social hour, cash bar and time to peruse and purchase the jewelry presented by many of our local artists. Lunch will be served at noon and play will begin at 1:00 p.m.

This is one of our most popular events each year and is always a sell-out, so be sure to get your tables together soon and call Jan LeMieux at 972-8888 if you are playing traditional, progressive Bridge and Linda Ogletree at 972-7713 to make reservations for all other games. Your check is your reservation.

\*Please note that all transactions will require cash or a check. Credit cards will not be an option for purchasing jewelry items.

# Lioness Committees & Activities

## Annual Drive for School Supplies

By Lioness Sharon Allen

Again this year we will be collecting school supplies at our August meeting for Locust Grove Primary and Elementary Schools. The schools have a program to identify needy students, and will see that they receive the donated supplies. Outfitting children for school represents a serious financial burden for many families, and our help will be greatly appreciated.

Please limit donations to the following items, which are gleaned from the various grades' supply lists that children are expected to bring with them on the first day of school. These lists are very specific and contain the only items students are permitted to use:

Backpacks (NO ROLLING ONES), #2 pencils (12, 24, and/or 48-pack), dry erase markers, packages of pencil-top erasers, colored pencils, large or small glue sticks, yellow highlighters, scissors, marble composition notebooks (sewn pages), 3-ring binders (1-inch), WIDE-ruled loose-leaf paper, spiral notebooks, 2-pocket plastic folders, 3x5 index cards, 5"x8" pencil (school) boxes, crayons (48 or 24 count), Ziplock bags (quart and gallon), tissues, hand sanitizer, Clorox wipes.

Please help get the school year off to a great start with generous support for our community's students and their teachers!

## Result of the Quilt Raffle

By Lioness Claudia Low

I would like to thank the following Lionesses for their support and help with the quilt raffle: Karen Cakouros, Michelle Senft, Norma Ervin, Ellen Bearden, Sharon Allen, Linda Ogletree, Donaldal Lovelace, Maureen Otero, Pat Watterworth, Carolyn Gordon and especially Betsy Flanigan for going with me to seven different activities.

Sgt. Michael Courtemanche of the Orange County Police Department drew the winning ticket. The quilt was delivered to the Nestor family of Spotsylvania on Sunday, July 7. They were delighted to have the quilt.

With everyone's help we raised a total of \$1,122 to be donated to the Wilderness Food Pantry.

Thanks everyone for your support, I couldn't have done this without all of you.

## Share and Care

By Lioness Ann Walker

- George Hernan, husband of Lioness Barbara Hernan, received good news recently; following treatments, his brain tumors are totally gone. He is still limited, due to COPD, but they are most grateful that his treatments proved successful.
- Pat Watterworth is doing relatively well under medication after being hospitalized for high blood pressure last month.

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

## Did You Know — Betty Girman's Story

By Lioness President Beth Sundberg

"He promised me the world and boy did I get it!" So says Betty Girman. Sweethearts since high school, Betty and Bob married soon after college graduation. Bob's career was the Navy so they moved to Rhode Island, Georgia, California, Midway Island, Virginia, he to Vietnam, Virginia Beach, D.C., New Orleans, the Outer Banks, and finally to LOW, a total of 19 moves. Squeezed into all the moves, she was an operating room nurse and birthed 5 wonderful daughters. Since Bob was a Captain and gone much of the time, her greatest challenge was keeping up with the girls and making sure they were on track. The girls attended parochial or on base schools depending on where they were at the time. As a result, Betty could keep her eye on them. Knowing their friends' parents was a plus. Some years ago one of her daughters was asked by her teacher what she wanted to do when she grew up. She answered, "My mother hasn't told me what to be yet!" This continues to be a family joke. All daughters graduated from college and now 6 of the 9 grandchildren are college graduates while 2 others are in process. As to the youngest grandchild now in 10<sup>th</sup> grade, Betty jokes, "we haven't told her what she will be yet!" One of her daughters is Joey Welsh, our clubhouse manager, who we all know well and couldn't do without!

Betty has literally seen the world having traveled with friends to Paris, London, and Amsterdam, Berlin, then renting a car with other couples to England, Spain, Italy, and France. They traveled to Prague, Budapest, the Greek Islands, and Egypt. She has learned to say "How much?" and "Where is the bathroom?" in many languages. On one of their many unusual trips in the U.S. or abroad, she fell backwards off her camel in the Sahara desert when he suddenly kneeled down at a rest stop. She refused to go to a hospital in Cairo and convinced Bob to bring her back to the ship and head home.

As many of us know, Betty faces ongoing medical treatment with prayer and excellent health care. Of great personal loss was the death of her dear husband, Bob only a year and a half ago. Despite these difficult challenges, Betty is upbeat and outgoing. Though I have only known Betty for a short time, I know her to be a most caring and concerned friend.

Never a dull moment in her life, she is off again on August 20 to Sweden, Norway, and Russia with good friend and fellow Lioness, Sue Merna. They plan to see the Bolshoi ballet so we are to watch for her new dance moves when she returns.

The final wish on her bucket list is to have her last check bounce and to be buried with her husband in Arlington Cemetery. I would expect nothing less from Betty! Thank you Betty for sharing your life with us!

### REMINDER — DUES ARE DUE

Your membership dues for 2013-2014 are now due!

The Treasurers will be on hand at the August dinner meeting to accept payment —(\$30.00)

**Please pay by check made out to: LOW Lioness**

If you cannot attend the August dinner meeting, please submit them via mail to:

LOW Lioness Club  
Attn: Lucy Churchill/Elaine Freeland, Treasurers  
P.O. Box 811  
Locust Grove, VA 22508

## From the Tamers

By Lionesses Jean Priest and Roselynn Edwards

The Lake of the Woods Lioness Club August 8th 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, August 5th 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](mailto:sunnysez@gmail.com)

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

### Dinner

Garden Salad  
 Chicken Piccata  
 Pasta  
 Green Beans Almandine  
 Lemon Cake  
 Coffee or Tea

**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.**

## Twister's Corner

By Lioness Joan King

Here we are in August-good old summertime! First, thanks to all you ladies who knew the answers from last month. They were—Andrew Jackson (7<sup>th</sup> President) and “Maryland”, the 7<sup>th</sup> state to join the union. This month we are going to stay in the State of Maryland and go to the Ocean. What is the largest Ocean Resort Town in the State? What is the name of the famous Restaurant (est 1956) there? What is the name of the stand on the boardwalk for delicious French Fries? The Twister is going to ask!

A big thank you to Barbara York for filling in as greeter last month.

Don't forget your nametag!

Greeters this month are:

Loretta LaTerra  
 Pat Logan

## LOW Lioness 2013-2014 Calendar

August 8	Lioness Dinner Meeting
August 22	BOD Meeting
August 31	Lioness Book Sale
September 22	Lions Pig Roast
September 26	Card Party & Jewelry Show

Happy Birthday  
 Lionesses!

August 3	Betty May	August 18	Nancy Rauch
August 5	Barbara Young	August 18	Emily Slunt
August 11	Pat Berry	August 26	Connie LeMay
August 14	Jean Ann Daniels	August 28	Mary Villalobos
August 17	Pat Watterworth		

**From the Editor**

By Lioness Gail Hardin  
Editor, Lioness LOW DOWN

The deadline for submission of newsletters articles for the September LOW DOWN is August 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.)

**Resignations:**

Pat See

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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