



President's Corner

By Lioness Beth Sundberg, LOW Lioness President

www.lowlioness.org

Junior High. Remember how it felt? Everyone else seemed to have "it" together! I made a dreadful mistake before beginning the first day of school. My family had just moved from Chicago to North Carolina. I assumed saddle shoes were "in" like they were at my former school and bought a new pair for the first day of school. Wrong! NO ONE wore saddle shoes, only penny loafers. That mistake only added to my feeling of being new and out of place.

We've all experienced being new to a group. You feel a little uncomfortable not knowing where to fit in. I call it my "junior high syndrome", and it can happen at any age.

Have you walked into our Lioness club meeting only to find all the chairs "reserved" with no place to sit? You kind of feel like you're back in junior high again not knowing where or who to sit with for lunch.

Our occasional mixers give us an opportunity to extend ourselves. Let's be known as a welcoming club and embrace others who may not feel as comfortable as we do.

Perfect weather, good food, fantastic prizes, beautiful jewelry, great cause and fun time with good friends! That's what we experienced on September 26! Bubbles, Bangles & Beads jewelry, card party, and luncheon was a huge success. Congratulations to our chairperson Kathy Walters and her hard-working committee Linda Ogletree, Karen Cakouros, Carol Greeney, Betty Girman, Maureen Otero, Carol Lee, Joan Litschert, Sue Merna, Arlene DeSimone, and Flo Clarke. And we appreciate Jan Lemieux for her help in coordinating the

bridge games and her on-going support. Thank you all!

As you know, our new Membership Handbooks were distributed at our September meeting. Due to the very poor quality of some that made it into the stack, they will be re-printed and replaced. So if you were one of the "lucky" ones who received a Handbook where you can't make out **anyone's face** in the picture section, please bring them to the October meeting for replacement!

Looking forward to seeing you all in costume on October 10!

Visit the Lioness Webpage for Information

Want to know what's for dinner at the next Lioness Meeting? Go to the Lioness webpage: www.lowlioness.org Click on *Newsletters* (in the rose-colored navigation bar near top of page). Then click on the latest *Lowdown*.

Lioness webpage is maintained by Pat Berry and Su Bielmeier

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.

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
September 26, 2013
BOD Meeting

The meeting was called to order by President Beth Sundberg on September 26, 2013, at 7:00 p.m. and the following board members were present: Lucy Churchill, Elaine Freeland, Karen Cakouros, Ann Walker, Karin Goetz, Jean Priest, Roselynn Edwards, Joan King, Pat Betty, Connie LeMay, Maureen Otero, Carol Lee and Phyllis Taylor.

Minutes from the August 22, 2013, meeting had been previously distributed, and the board accepted them as written.

The Treasurers' Report was accepted and filed for audit.

- Treasurer Elaine Freeland stated that the last set of 27 handbooks were printed separately and will be reprinted due to the unacceptable quality of the photographs. The goal is to distribute these at our next dinner meeting to those who received a defective copy.
- Continuing with the Treasurers' Report, a discussion was held with respect to moving our accounts to Stellar One. After some research, it was believed advisable at this time to remain with our current banking service.

President's Report – Beth Sundberg

- Correspondence - Letters of resignation were received from Janet Buccola and Barbara Lee and accepted with regret. A six-month MAL status was requested by Jan Lemieux and a three-month leave of absence by Pat Confroy, both of which were approved. Furthermore, it was noted that Pat Confroy, who was unable to attend the luncheon and card party, made a most generous donation instead to our benevolence fund.
- President Beth Sundberg reported that she attended the Lions District 24C Fall Conference in Staunton, Virginia, on September 7, and was informed that our club would be receiving an achievement award.

First Vice President's Report – Karen Cakouros

- The luncheon and card party went extremely well and all comments were most positive.

Directors' Report – Pat Berry, Connie LeMay and Maureen Otero

- The next dinner meeting will be a mixer with a Halloween theme.

Committee Reports

- Carol Lee stated that although the Pig Roast fund-raiser with the Lions Club was cancelled, in order to recover their deposit, the Lions are inviting the Lionesses to participate at their January dinner, which will be a catered pig roast, either by attending or purchasing a carry-out meal. Further details will be provided.

New Business

- President Beth Sundberg proposed that in lieu of neo-natal caps the Lionesses knit scarves for women who are undergoing medical treatments to wrap around themselves to keep warm, and she brought with her a sample that she received. The board members felt this was a definite possibility and Maureen Otero will look into a prospective pattern.

Lioness Committees & Activities

Share and Care

By Lioness Ann Walker

- Donaldda Lovelace's husband, George, is in intensive care at Walter Reed due to complications after undergoing back surgery.
- Jean Peterson underwent shoulder surgery in Charlottesville on September 25 and will be continuing on to a rehab facility.
- Pat Logan's husband, Jim, broke both wrists and is going through a slow healing process; he is in soft casts now, but experiencing considerable pain.

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

October Program

By Lioness Theresa DiCicco

At the October dinner meeting we will be entertained with a singing program featuring Rachael Zello.

Make New Friends

By Lioness Connie LeMay—Director

Our October meeting will be a mixer with a Halloween theme. If you would like to – please wear a costume or a mask. As you enter, you will be handed a candy bar and you must find your table that matches up with the type of candy bar that you have. Please do not consume your candy until you find your correct place.

This is an excellent opportunity to meet other Lionesses that you have not had the opportunity to get to know before. We encourage everyone to participate. On the tables, there will be a list of questions to promote your conversation.

As the Girl Scout motto says – “make new friends but keep the old – one is silver and the other is gold”.

AARP



Lions Sponsored Driver Safety Course

By Lioness Su Bielmeier

The LOW Lions are sponsoring AARP's Driver Safety Course for Senior Drivers on Oct. 31 and Nov. 1 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 (Lioness): Su Bielmeier, 1310 Eastover Pkwy, Locust Grove, VA 22508. Please include check, your name, address, telephone number, and email address. For questions, contact **Instructor Su Bielmeier** at **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.

Did You Know—Roselynn Edwards’ Story

By Lioness President Beth Sundberg

A self described “tomboy”, Roselynn was born on a cold Christmas day in Iowa. Her father and mother owned a century old farm where her father primarily raised black angus cattle. She and her brother became adept at just about everything including milking cows and tending chickens and ducks among other farm chores.

Not surprisingly, Roselynn met her husband to be, Terry, in an Iowa cornfield shucking corn. He joined the navy while Roselynn studied accounting in business school. 4 ½ years later they were married. They moved to Chicago while her husband traveled extensively as a computer specialist. Because of his work they moved to Detroit, Arizona, New Jersey, and Massachusetts. Roselynn especially loved living in the southwest.

It didn’t take long before Roselynn developed a love for all things growing. Perhaps this was a carryover from her “roots.” All sorts of plants and weeds were dug up, identified and then cooked, dried, or baked. It was a little ironic because back on the farm, she had disliked weeding the garden, preferring instead to pull out carrots leaving the weeds behind.

From wild asparagus, apples, pears, elderberries to frog legs, the freezer was full. Who else would have thought one could eat cat tail roots? She discovered which weeds could be used in the dyeing process and learned that jewel weed could be used for the treatment of rashes and poison ivy. She would chop and boil the plant until the concoction was a rusty orange. She then would freeze the liquid in ice cube containers to have on hand when needed. She was the perfect mother for 3 active boys in boy scouts. They also joined in her outdoor escapades.

While living in Massachusetts, Roselynn enrolled in a one year electronics course. In the process, she built a radio, her own test equipment, and a 25” color TV which lasted for years.

She was a founding member of The Clever Hand, a craft co-op that is still in business today. Being married to a former sailor, she found knots intriguing and her specialty became Macramé.

The family moved to Richmond, VA in 1980. Not one for sitting still, Roselynn started a baking business from her home, baking for several restaurants and caterers.

After some years they settled in northern Virginia where she worked for 2 Italian chefs baking authentic Italian and traditional American desserts. She became a Pastry Chef for Celebrations Catering for 7 years and baked for Marvelous Market. Depending on the orders, she would make 500 apple strudels at a time. 20-30 pie crusts? No problem! Her kids also learned to bake becoming adept at making such concoctions as sponge candy or almond butter toffee.

Roselynn moved to LOW a couple of years ago and became a Lioness. She serves as co-tamer this year. Though I’ve known Roselynn only a short time, I have found her to be a thoughtful person. And if I ever had to travel cross country in a Conestoga wagon, I’d want Roselynn by my side!

From the Tamers

By Lionesses Jean Priest and Roselynn Edwards

The Lake of the Woods Lioness Club Oct. 10th 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, Oct. 7th 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
Lasagna
Rolls
Chocolate Cake
Coffee or Tea

Vegetarian Menu

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

Twister's Corner

By Lioness Joan King

Scarlet leaves mean the arrival of fall with it's cooler temperatures and awesome colors. It must be October in the "Old Dominion". Don't forget the pumpkins, gourds, apples and cider for sale at the local stands and farmer markets.

How about a drive to Culpeper then onto Sperryville to Route 211 to the entrance of Skyline Drive to view all the beauty of the area during this time of year. When you enter Skyline Drive, do you know the National Park which the Drive is a part of? What US President dedicated this National Park? What river flows thru the Valley to the West? Twister will be asking! Also think about wearing a Halloween costume or a mask to our meeting.

Don't forget to wear you nametag!!

Our Greeters are: Susan Costanzo AND Val Protiva

LOW Lioness 2013-2014 Calendar

Oct 10	Lioness Dinner Meeting
Oct 24	BOD Meeting
Oct 26	Lioness Book Sale
Dec 14	Chriskindl mart

Happy Birthday
Lionesses!

October 1	Martha Grandy	October 15	Diane Ogranovitch
October 10	Sharon Kaltenmark	October 23	Kathy Merritt
October 15	Sharon Allen	October 19	Ellen Ambroziak

From the Editor

By Lioness Gail Hardin
Editor, Lioness LOW DOWN

The deadline for submission of newsletters articles for the November LOW DOWN is October 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.)

Resignations:

Janet Buccola
Barbara Lee

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

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