

LAKE OF THE WOODS LIONESS LIONS

LOW DOWN

Volume 38 Number 2 & 3 - August & September 2022



President's Corner

By Lioness Lion Nicki Buell, LOW Lioness Lions President

www.lowlioness.org

*W*ell, another month is upon us and once again all I can think about is how grateful we are to have each other as friends.

What a fantastic job Teresa, Judy, and their team did with the school supply drive. You all have helped so many teachers and students alike.

I think about the card party coming up at the end of the month and the countless hours Barbara and her team have put in to make this a major event, once again, for our club. I look back and think about all the time and effort Jan has put into this event, chairing it for many years. Though I do not play bridge, I know many Lionesses have been taught by Jan and are quite talented players. As well as Jan's generosity in donating teaching money to scholarships.

Finally, a big cheer goes to the ladies doing our monthly book sale. Sherri, Helene, Ann, and your group. You are all incredible. I hope to be off from work on a Saturday to come and say hi.

I am excited about our first social at Old House Winery on September 29, 2022. I hope this will be the first of many fun outings for us. My understanding is we will be a full house! Please remember to bring your money to our dinner meeting on Thursday.

Speaking of Thursday, I look forward to seeing everyone at our meeting. I cannot wait to find out who will be the next "Two Truths and a Lie!"

Because this is our club, I feel sometimes people do not always feel they can voice an opinion on something we are doing. This month after committee reports we will start an open mic time. If you have something you would like to bring up, now is your time. I look forward to the many constructive and collaborative conversations we will have as a group during this time.

"Good friends help you to find important things when you have lost them: Your smile, your hope, and your courage." - Doe Zantamata

So, let us all try to help someone find their smile if only for a minute.

**Lake of the Woods Lioness
Lions 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 5:15 p.m.

2022—2023 Board of Directors

President
Nicki Buell
113 Edgemont Lane
Locust Grove, VA 22508
(540) 412-0104

Secretary
Judy Ludvigsen
104 Gold Valley Road
Locust Grove, VA 22508
540-972-1514

Treasurers
Loretta LaTerra
Diane Pittman

1st Vice President
Barbara Tomayko

2nd Vice President
Gail Hardin

3rd Vice President
Darcy Jennings

Lioness TAMERS
Heidi Brown
TBD

Tail Twister
Mary Lou Ambrose

Membership
Donalda Lovelace
Jan Stockman

Directors
Susan Bergner
Toni Keating
Arlene Rich

Past President
Kathy Merritt

THE INSIDER'S VIEW

**Minutes from the
July 28th 2022
BOD Meeting**

The meeting was called to order at 7:05 pm on Thursday, July 28th by President Nicki Buell. The following Board Members were present: President Nicki Buell, Secretary, Judy Ludvigsen Treasurer Diane Pittman, 1st Vice President Barbara Tomayko, 2nd Vice President Gail Hardin and 3rd Vice President Darcy Jennings, Tamer Heidi Brown, Tail Twister, Mary Lou Ambrose, Membership Directors Donalda Lovelace and Jan Stockman, Directors Arlene Rich, Toni Keating and Susan Bergner, Immediate Past President Kathy Merritt.

SECRETARY'S REPORT: Judy Ludvigsen

- The minutes of the June 23, 2022 BOD meeting, which were previously distributed, were approved. Motion made by Susan Bergner and seconded by Darcy Jennings to approve the minutes. Motion passed unanimously.
- Committee Chairperson monthly reports were announced as follows:
PS = 1407 L = 167 Hours: 652 \$ - 864

TREASURER'S REPORT: Loretta LaTerra

- Foundation Report sent to Secretary by Loretta \$44,572.66

TREASURER'S REPORT: Diane Pittman

- Administrative report - \$17764.43

Discussion was held on having a yearly audit of the books. Donalda felt we did not need a CPA to do this and we would need two people for this and neither could be Board Members.

Diane discussed the problem of collecting the cost of the dinner meeting (\$22) for those not notifying the Tamer (Heidi Brown) that they will not be attending the dinner meeting. It was decided that the Tamer would send the first letter to a Lioness who did not notify the Tamer and, if needed, the Treasurer would send a follow up letter if the \$22 was not paid by the following meeting.

PAST PRESIDENT: Kathy Merritt

Kathy discussed the resignation of Benita Forrest and suggested having a total of 3 Tamers so that if one was unable to attend a meeting, there would always be 2 Tamers to handle dinner meetings, etc. Motion was made by Mary Lou Ambrose and seconded by Gail Hardin. The motion was adopted.

1st VICE PRESIDENT: Barbara Tomayko

- The Card Party will be held on 9/23/2022; cost is \$30 per person with a maximum of 175 tickets to be sold. Reservations will be made by one person for her/his table and one check per table due before first week in September. Arlene Rich will handle non-Bridge reservations and Jan Lemieux will handle Bridge reservations after Aug. 1st. Heidi Brown has arranged the fashion show with Cabi Fashions and we will have 7 models. Fashion show to last 45 minutes. Other members: Mary Lou Ambrose – Baked Goods and Fruits, Teresa DiCicco will handle the Silent Auction, Lynne Kovach will handle publicity, and Karen Cakouros will handle the lunch menu.

July 28th, 2022**2nd VICE PRESIDENT:** Gail Hardin

Needs a list of Committee Chairs for this year.

- Teresa Wisniewski reported a total of \$2170 collected in cash and checks for the School Supplies list and all the school supplies donated (not including donations from the LGA Golf Members) have been delivered to the schools. Judy Ludvigsen (co-chair of this committee) asked if we could purchase additional supplies needed with cash collected if we kept receipts to verify our purchase. Board approved this request. Discussion was held on providing basic clothing for students and members also raised the idea of providing basic warm clothing items for the winter months.

3rd VICE PRESIDENT: Darcy Jennings

- Darcy talked about the "Snarky" baskets for the upcoming Card Party. She is making 21 small baskets and asked if anyone could contribute wine or liquor for these. Tables with baskets will be set up so that people can walk on both sides of the tables.
- Ticket for the upcoming Pool Party on August 6th are available on www.LowLioness.org

TAIL TWISTER: Mary Lou Ambrose

Mary Lou plans to be close to the check in desk at the Dinner Meetings to collect 25 cents for any member not wearing her Lioness pin. Be forewarned!

TAMERS: - Heidi Brown

- Heidi reiterated what Kathy Merritt discussed and the importance of having three Tamers. She also wanted to remind members that they need to notify the Tamers if they are not going to attend the Thursday dinner meeting so as not to be financially responsible for the cost of the dinner.

MEMBERSHIP DIRECTORS – Donalda Lovelace and Jan Stockman

- Jan announced that we have two new members to be inducted: Kathy Haynes sponsored by Vickie Shew and Terri Fitzpatrick sponsored by Jan Stockman.

DIRECTOR – Arlene Rich

- Arlene said she had received requests from a number of members to hold Induction Ceremonies every quarter rather than monthly. Those members felt the induction ceremony was too routine and members did not give the ceremony their attention and that new members still could go to meetings and work on committees until their induction.
- Donalda said it was not their intent to have an induction ceremony every month but felt that it was important to have new members inducted as soon as possible
- Board members suggested having the Induction Ceremony every other month and see how that works. Because of the Holiday season it was suggested that inductions would take place every September, November March, and May.
- Motion made by Darcy and seconded by Heidi to have Induction Ceremonies on September, November, March and April passed with one no vote.

There being no further business to come before the LOW Lioness Board of Directors at this time, the meeting was adjourned at 8:58 pm. Motion made by Darcy and seconded by Arlene.

Respectfully submitted.

Judy Ludvigsen, secretary

**Lake of the Woods Lioness
Lions 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 5:15 p.m.

2022—2023 Board of Directors

President

Nicki Buell
113 Edgemont Lane
Locust Grove, VA 22508
(540) 412-0104

Secretary

Judy Ludvigsen
104 Gold Valley Road
Locust Grove, VA 22508
540-972-1514

Treasurers

Loretta LaTerra
Diane Pittman

1st Vice President

Barbara Tomayko

2nd Vice President

Gail Hardin

3rd Vice President

Darcy Jennings

Lioness TAMERS

Heidi Brown
TBD

Tail Twister

Mary Lou Ambrose

Membership

Donalda Lovelace
Jan Stockman

Directors

Susan Bergner
Toni Keating
Arlene Rich

Past President

Kathy Merritt

THE INSIDER'S VIEW

**Minutes from the
August 25, 2022
BOD Meeting**

The meeting was called to order at 7:02 pm on Thursday, August 25th by President Nicolette Buell. The following Board Members were present: President Nicolette Buell, Secretary Judy Ludvigsen, Treasurer, Loretta LaTerra, 1st Vice President Barbara Tomayko, 3rd Vice President Darcy Jennings, Tamers Heidi Brown and Claire Donohoe, Tail Twister, Mary Lou Ambrose, Membership Director Jan Stockman, Directors Arlene Rich, Toni Keating, and Susan Bergner and Immediate Past President Kathy Merritt.

SECRETARY'S REPORT: Judy Ludvigsen

The minutes of the July 28, 2022 BOD meeting, which were previously distributed, were approved. Motion made by Darcy Jennings and seconded by Susan Bergner to approve the minutes. Motion passed unanimously

Committee monthly reports total for July

PS = 1220 L = 176 H = 781 \$ = 2499

TREASURER'S REPORT – FOUNDATION: Loretta LaTerra

- Foundation Report \$49,239.18 – includes \$12,000 for Miss Orange Pageant
- Orange County Sheriff send letter regarding National Child Safety Council program to see if we are interested in donating to this program. Nicki will research this for next Board meeting.
- Loretta is having trouble obtaining credit card for our Lioness Club with Atlantic Union. It would be helpful to have this when purchasing White House Ornaments, etc. Getting a debit card was discussed as it is easier to obtain. Loretta will keep in touch with the bank regarding this card.

1ST VICE PRESIDENT : Barbara Tomayko and Arlene Rich reported that the Card Party ticket sales were moving right along with 28 for Bridge (Jan Lemieux) and 88 for other card games to date. Food to be served: Taco Bowl or Stuffed Tomato (vegetarian)

2ND VICE PRESIDENT: Gail Hardin was unable to attend tonight's meeting. Judy Ludvigsen spoke about the School Supplies Drive held in July. We have delivered all of the donations and have purchased other supplies the schools wanted. We have over \$1000 remaining and Teresa Wisniewski (co-chair) has had requests from the schools for jackets. Teresa wanted the BOD's thoughts before purchasing anything else. Nicki made a motion, seconded by Arlene, to hold the money until the second semester (Feb 2nd) and to give coffee gift cards to all the school employees and school bus drivers to thank them for all they do. Nicki suggested we hand them out to the bus drivers, and all school employees to show them our appreciation.

3RD VICE PRESIDENT: Darcy Jennings announced that she will be collecting donations at the October dinner meeting for Halloween at the Point to be held on October 31st.

TAIL TWISTER : Mary Lou Ambrose said that 2 Truths and 1 Lie was a big success at the last dinner meeting. A number of Lioness members have volunteered to participate in this regular event.

August 25th, 2022

TWISTER : Heidi Brown reported that very old decorations that have been accumulating for decades have been moved. She is also in the process of updating names and addresses of Lioness members to Lowdown.

She also discussed for the need to have a second Secretary. We have 2 Treasurers, 3 Tamers, and the secretary's job is too big for one person. In addition, we need a second secretary to fill in if the secretary became ill or not able to continue her job. After much discussion it was decided that I would outline the duties of the secretary and how the job could be divided at the next dinner meeting in hopes that someone would volunteer. A motion was made by Heidi and seconded by Darcy to appoint a second secretary. The motion passed unanimously.

MEMBERSHIP DIRECTORS: Jan Stockman announced that Bev Kuhn has applied for membership in the Lioness Club. Her sponsor is Karen Mollard. She will be inducted at the September Dinner Meeting and Kathy Merritt will induct her.

IMMEDIATE PAST PRESIDENT: Kathy Merritt spoke about the Dinner to be held on Sept. 29th at the Old House Vineyards from 6pm to 9 pm. This event is sold out and Kathy is now taking a waiting list of names in case of cancellations.

President – Nicki Buell gave an account of the Wilderness Pantry. It is busier than ever, normally serving 45 families a visit. There will be a coat drive coming up soon. This year there will be 70 thanksgiving turkey dinners and Nicki will be checking other organizations to make sure a family is not on more than one list for a dinner. Three food drives will be coming up and we will be asked to donate to one of them.

- There will be a golf tournament coming up on September 16th in memory of Selven Powell.
- The 2nd District Governor and his wife will attend our dinner meeting in November.
- Nicki brought up our participation in the annual Orange County Beauty Pageant and proposed we discontinue this event. She suggested we support Dolly Parton's Imagination Library program. Its goal is to inspire a love of reading in children ages from birth to five. Children registered with the program receive a free, age-appropriate book mailed to their home each month until age five.

A motion was made by Nicki and seconded by Heidi to discontinue participation in Miss Orange County Pageant and support the Dolly Parton's Imagination Library program. Motion passed unanimously.


Lioness Lions Committees & Activities

Lioness Card Party, Luncheon and Fashion Show

The LOW Lioness Lions Club invites all Lake residents and their friends to attend our Annual Card Party, Luncheon and Fashion Show on **Friday, September 23, 2022**, at the Lake of the Woods Clubhouse. The event will take place from **9:00 AM to 3:30 PM**. Our clubhouse chef has planned a delicious luncheon; and snacks, coffee and tea will be available throughout the day as well as a cash bar, open from 11:30 AM to 2:00 PM.

All types of card games are encouraged. Bridge players should sign up with a partner, and players of other games must include the names of all persons in their party when they make their reservations. If you do not wish to play cards or games, **reservations are available for the luncheon and the fashion show only.**

Invite your friends, neighbors and card groups and join us for a fun-filled day!



**Annual Lioness Lions Club
Card Party, Luncheon and
Fashion Show**

Lake of the Woods Clubhouse
**Join us for Cards, Mahjong, Dominos, Luncheon,
a Silent Auction, Raffles, Fashion & FUN!**

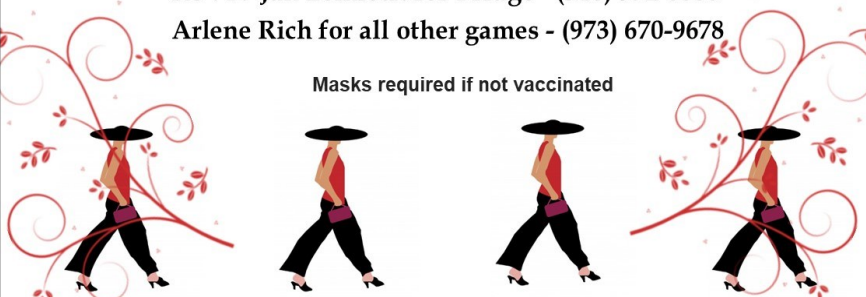
Friday, September 23rd, 2022
9:00 AM to 3:30 PM
Fashions by Cabi

Cost \$30.00 per person (Non club members welcome)

Payment due before noon Friday, September 16th
No tickets will be sold "at the door"

RSVP: Jan Lemieux for Bridge - (540) 972-8888
Arlene Rich for all other games - (973) 670-9678

Masks required if not vaccinated



Lioness Lions Committees & Activities

★ **SAVE THE DATE SEPTEMBER 29, 2022**



Time: 6:00-9:00 pm

Wine Dinner At OLD HOUSE VINEYARDS

★ *LOW Lioness Social Committee is inviting Members & their guests to join us for Dinner in the Irish Pub at Old House Vineyards. Price is \$33.00 per person for Three course dinner (choice of main Entrée). Cash bar. Reservations Limited to 65 persons. Price includes Tax & Gratuity.*

Contact Persons—RSVP/Questions

Ellen Bearden: bebearden@verizon.net

Kathy Merritt: Text/Call 540-538-6605

Dinner Menu--

Starter: Fall Salad of field greens tossed w/Goat Cheese. Dried fruits, toasted pine nuts & homemade Dijon vinaigrette

Entrée (choice of 1) served w/Lyonnaise Potatoes. Green Beans & Bread & Butter—

*Petit Filet Mignon seared w/Chasseur Sauce of Tomato, Mushrooms, Lardons & OH Bacchanalia

*Salmon grilled w/French Curry Cream Sauce w/Chardonnay topped w/Golden Raisin & Kale Relish

*Eggplant Roulade w/Mushroom & Ricotta
Duxelles Tomato Fennel Ragout (Vegetarian)

Dessert: Homemade Chocolate Pie w/Artica Cherry

RSVP by September 1 2022

Payment Due by September 8, 2022 (Payment can be given to Ellen or Kathy at Lioness Sept 8th Dinner Meeting)

Lioness Lions Committees & Activities

Membership - July Inductees

BILLIE COOKE

Billie was born in Norfolk, VA. She has also lived in Covington, Powhatan, Chesterfield, and Fredericksburg, Virginia as well as The Villages in Florida.

She is a retired teacher, having worked in Chesterfield County.

She has 2 sons and 2 grandchildren.

What brought her to LOW was a “roll of the dice”. She needed to be near a lake with a community feeling and here she is!

Billie is interested in visiting wineries and playing Mah Jongg. She is also hoping to start a Samba card playing group. She says Samba is similar to Hand and Foot.

She finds many of the Lioness projects appealing. Her volunteer projects were done at the eyeglass recycling and food pantry. She has also volunteered with Canine Companions for Independence and was a puppy raiser. Billie is happy she ended up here at LOW! Please welcome Billie!



CYNTHIA (CINDY) COOVER

Cindy was born in Harrisburg, Pennsylvania. She has also lived in other cities in PA including the Philadelphia area, Hazleton and Hanover. New Hampshire, Syracuse, and Florida are other places where Cindy has lived.

Cindy has 2 children, a daughter in Culpeper and a son in Ellicott City, MD. She has 3 granddaughters, too.

Cindy is a teacher and has been a tutor and continues to do substitute work, mostly in Louisa County. She is also a Sunday School teacher, Vacation Bible School volunteer, and has been very involved in different church activities, both at LOW and other churches.

Cindy came to LOW because she wanted an active community with a lake for boating as well as to be closer to family. She enjoys boating, reading, and swimming.

Cindy's volunteer experiences at LOW included eyeglass recycling and the food pantry. We look forward to her continuing her projects with us. Please welcome Cindy!

Lioness Lions Committees & Activities

Membership - August Inductees



KATHY HAYNES

Kathy was born in Brooklyn, NY and has also lived in East Rockaway (Long Island), NY. She learned that she and Mary Tait, another new Lioness, had that in common.

Kathy retired and moved to Virginia to help with her 3 grandchildren. Her son lives in Culpeper.

Her interests and hobbies include dance classes like ballet, watching old movies, and spending time with family and friends. She is easy going, friendly, loving, and funny and looks forward to finding herself again, after working for 50 years! She hopes to become more familiar with Lioness events and contribute her time to the club.



TERI FITZPATRICK



Teri was born in Pittsburgh, PA. She has also lived in Columbia and Silver Spring, MD and South Stafford and King George, VA.

Teri is married and has a blended family of 5 grown children between the ages of 26 and 35.

She and her husband moved to LOW after a very recent retirement to be in a fun place where they could make new friends.

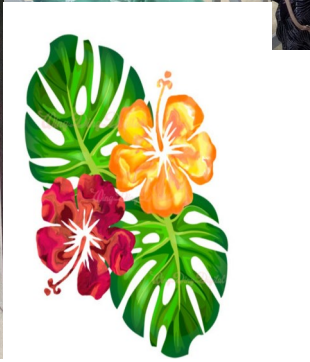
Like Kathy, Teri likes to spend time with family and friends. She enjoys cooking and baking. She also paints, does mixed media and assemblage art, and likes crafting of any kind.

Lioness Lions Committees & Activities

School Supply Drive



Lioness Lions Committees & Activities



Lioness Lions Committees & Activities

Eyeglass Recycling

The **Eyeglass Recycling** committee needs a wash and dry glasses on Monday morn-
11:00 every Monday morning at the Walker building (the same building book sale takes place). We and have good conversa-
way to start the week
ish the morning with
Also, you are not
Monday, just
you.

There will be NO eyeglass recycling on September 5th.

few volunteers to help
ings. **We meet from 9:30 to**
Tom
where the
wash, dry,
tions. It is a great
and we usually fin-
a trip to Fareways!
committed to come every
when it is convenient. Thank



SHARE AND CARE is a way for our Lioness Club to let the members know when someone is ill, in the hospital or has had a death in the family.

The only way to let our members know is if you let me know by phone or email. I would appreciate your call or email so that I can get a message out right away. I will then send a card to them that is signed from The Lioness Lion Club.

Thank you so much for your help with this.

Carol Lee 540/972-8920 or carol.lee4@comcast.net



From the Tamers

By Heidi Brown

The Lake of the Woods Lioness Lions Club September 8th, Dinner meeting will be held at the Clubhouse with a 5:15 p.m. social gathering followed by dinner at 6:00 p.m. Please remember to call or email the Tamers by the Monday, prior to the dinner, if you are not attending or need a special meal.

Dinner will be buffet style. A no-call or no-show will cost you \$22.00 if you are unable to attend this meeting.

NOTICE: We reply to E-mails & phone calls. If you can't attend, you may have your meal picked up—contact Tamers only. Please DO NOT contact the Clubhouse. Also, if you are bringing a guest, please call the Tamers.

Heidi Brown (703) 402-8773 hvbrown59@gmail.com
2nd Tamer TBD

SEPTEMBER DINNER MENU

DINNER

- * Penne Pasta with grilled chicken in Alfredo sauce
- * Caesar Salad w/croutons & parmesan cheese
- * Seasonal Vegetable Medley

ALTERNATE CHOICE

- * Stuffed Ravioli with procini mushrooms topped with a sherry cream sauce and shaved parmesan cheese.

DESSERT

- * Tiramisu

If you are bringing a guest, please call the Tamers

Twister Corner By Marylou Ambrose

Ahhh, August! The Dog Days of Summer. Enjoy your children and grandchildren before they head off to another year of school. Be grateful for all the positive aspects of your life and focus on what you have to be thankful for. Take the time to smile and greet those people you pass today. Make today a better day because you are part of it.



I will be circulating throughout the cocktail hour portion of our meeting checking for badges. As you know, there is a 25 cent donation if you forget your badge!

I look forward to getting to know all of you!



August 6	Carleen Delio	August 14	Jean Ann Daniels
August 7	Diane Pittman		Judy Ludvigsen
		August 18	Emily Slunt
September 8	Ellen Bearden	September 18	Mary Altman
September 9	Emily Florence		Donalda Lovelace
	Nan Lamb	September 19	Betty Beck
September 10	Janite Hamilton	September 25	Nancy Fogg
September 14	Ann Wood	September 26	Mary Ann Bolgert
September 17	Hilda Valenta Seary	September 28	Mary Szadvari

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Food Pantry OVERSTOCK	3
4	5 NO EYEGLASS RECYCLING	6	7	8 LIONESS DINNER MEETING	9 Food Pantry 9-10:30 AM	10
11 Eyeglass Recycle 9:30-11:00 AM	12	13	14	15	16 Food Pantry OVERSTOCK	17
18 Eyeglass Recycle 9:30-11:00 AM	19	20	21	22 BOARD MEETING	23 Food Pantry 9-10:30 AM CARD PARTY 9:00-3:30	24 Lioness Book Sale 8:30—1:00 PM
25 Eyeglass Recycle 9:30-11:00 AM	26	27	28	29 Old House Winery Social	30 Food Pantry 9-10:30 AM	

October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Eyeglass Recycle 9:30-11:00 AM	3	4	5	6	7 Food Pantry 9:00-10:30 AM	8
9 Eyeglass Recycle 9:30-11:00 AM	10	11	12	13 LIONESS DINNER MEETING	14 Food Pantry OVERSTOCK	15
16 Eyeglass Recycle 9:30-11:00 AM	17	18	19	20	21 Food Pantry 9:00-10:30 AM	22
23 Eyeglass Recycle 9:30-11:00 AM	24	25	26	27 BOARD MEETING	28 Food Pantry 9:00-10:30 AM	29 Lioness Book Sale 8:30—1:00 PM
30	31					

From the Acting Editor

Lynne Travis

Acting Editor, Lioness Lions LOW DOWN

Phone: (540) 920-8528

Please submit information, articles and photographs for the LOW DOWN to **Emily Florence** no later than **Monday, September 19th**. The newsletter will be distributed on or about the first of the month. Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

Email: Emily Florence at emilyjflorence@aol.com

REMINDER:

If you know of anyone not receiving the LOWDOWN please have them contact any one of us.

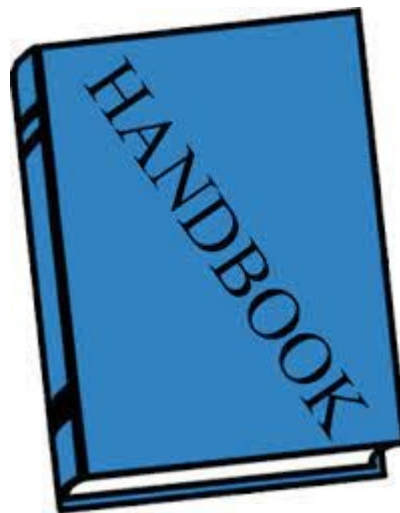
Vicky Shew

Emily Florence

Lynne Travis

Handbook Corrections

Please forward any additions, changes, or corrections to your Handbook/Directory to **Christine Getty** at fcfmgetty@comcast.net



The Lake of the Woods Lioness Lions LOW DOWN is published monthly by the Lake of the Woods Lioness Lions Club, P.O. Box 811, Locust Grove, VA 22508, Lynne Travis, Acting Editor.

Lake of the Woods Lioness Lions

LOW DOWN

PO Box 811, Locust Grove, VA 22508

www.lowlioness.org

Eyeglass Recycling

Nancy Strain, 972-7141

Wilderness Food Pantry

Nicki Buell, 412-0104 or Karen Cakouros, 972-9043

Book Sale

Helene Burns, 412-0798, Sherri Lasover, 412-9854, and Ann Walker, 972-4338