

# LAKE OF THE WOODS LIONESS LIONS LOW DOWN

Volume 38 Number 4 - October 2022



## President's Corner

By Lioness Lion Nicki Buell, LOW Lioness Lions President

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

**October**, what a wonderful month. Time to start wearing sweaters, burn off the dust on the heater, and snuggle up by the bonfire with loved ones. It is also time to start thinking about all the upcoming holidays and how thankful we are to have friends and family to share them with. As Lioness, we are a great family so let's make sure none of us are alone this upcoming season.

Some great opportunities are ahead for us. Who has heard about **Amazon Smile**? Smile is part of your Amazon Prime account! Every Amazon purchase you make, a portion goes to a charity of choice. Thanks to Linda Shnayer the Lake of the woods Lioness Lion Foundation inc. will receive .5% of every purchase. With Black Friday and Cyber Monday coming up, make sure you have it ready to go for all your holiday purchases!

October is also **Socktober**. Many charities have asked for help collecting new socks for the needy. The first group to ask us for help is Timberlake Cabinetry based out of Winchester, Virginia. You can either go to Amazon and have them shipped directly or you can give them to me and I can mail the socks to them. This is another great opportunity to use Amazon Smile to purchase socks for this great month of giving!

A project we have been offered to take on is "**Dolly Parton's Imagination Library**" in Orange County Virginia. I will be introducing this new project at our meeting next Thursday. Please feel free to check it out before the meeting. This will be a huge group project and I feel we all should have a vote on this because it will be a long-term commitment.

Lynne Kovach has asked for us to generate some ideas to help the many families that lost everything in **Fort Myers, Florida**. One idea I had was for us to advertise that October book sales proceeds be donated to the cause. I would like to get an article out in the Lake Currents advertising this. What do you think?

A big thank you to Barbara and her whole team for a wonderful Card Party/Fashion show. Heidi, thank you for getting Rachel (the Cabi rep) and putting on a great show. The outfits were amazing. I'll let the team give out their report.

**Please feel free to dress in your favorite Halloween costume at the October Dinner Meeting.**

Thank you for all you do to make this the best club ever. Nicki

## Things To Bring To The October Meeting

### S.A.F.E

Household cleaning products, trash bags, paper towels and TP, personal items and anything to bring comfort. It's our last collection before Christmas. A check or gas card goes a long way. Thanks so much for your generous response!

Bring a bag of  
candy for  
Halloween at  
the Point



### ANNOUNCEMENT

**Karen Cakouros will have purple Lioness shirts of all sizes for sale at the October dinner meeting. The cost for each is**

**\$15.00**



**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**  
**Ellen Bearden**  
**Claire Donohoe**

**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  
September 22, 2022  
BOD Meeting**

The meeting was called to order at 7:10 pm on Thursday, September 22 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, Directors Arlene Rich, Toni Keating, Susan Bergner, Tamers Claire Donohoe, Ellen Bearden, Tail Twister, Mary Lou Ambrose.

**SECRETARY'S REPORT:** Judy Ludvigsen

- The minutes of the August 25 , 2022 BOD meeting, which were previously distributed, were approved. Motion made by Ellen Bearden and seconded by Diane Pittman to approve the minutes. Motion passed unanimously.
- Committee monthly reports total for August:
- PS = 1334 L = 44 H = 317 \$ = 4251
- Judy mentioned that our District is sponsoring a Socktober Fest. Members can bring Socks to our October meeting and will be distributed to either the Food Pantry or Safe House.
- Judy was contacted by Christine Getty who indicated that Fred Getty would like to come to our October dinner meeting to give a final report on the estate of Nora Simpson. He will also see if Nora's two children would like to attend. Our Board Members wanted Fred to also consider the November dinner meeting, or the Old House Winery if the October meeting would not work for him.

**TREASURER'S REPORT:**

- Loretta LaTerra was not present at the BOD meeting but did send an email with the following information
- Balance in Checking Account as of 9/21/22 - \$53,037.82
- Balance in Savings Account as of 9/21/22 - \$10,199.07
- She also has the Debit card in hand

**ADMINISTRATION REPORT:** Diane Pittman

- Bank Activity Report Balance: \$20,568.21

**1st VICE PRESIDENT:**

- Barbara Tomayko reported that 175 tickets have been sold for the Card Party to be held tomorrow. The schedule for the day is as follows:  
9:15 – announcements                      1:15 – raffle tickets drawn  
9:30 – games begin                              1:30 – games continue  
11:40 – lunch                                      3:15 – games end  
12:30 – fashion show

**2ND VICE PRESIDENT:**

- Gail Harden asked on behalf of Lynn Kovach if there was anything coming up prior to Halloween and the Toy Box. Nicki mentioned the Wilderness Food Pantry Coat Drive.

**September 22nd, 2022**

**3rd VICE PRESIDENT:**

- Darcy was unable to attend tonight's meeting. Nicki brought up the Dolly Parton Rainbow Reading Program and briefly explained how the program worked. It is for children 0 - 5 years of age. Every month each child would receive a free book and the cost for each child is \$12.50 per month.
- The White House Ornament fund raising program was discussed. Last year we ordered 500 ornaments and then ordered some additional ornaments to handle all our orders. BOD members discussed the possibility of ordering 1000, depending on the lower price per ornament. Once we have a price for ornament orders this year a decision will be made on the number of ornaments to be ordered.

**TAIL TWISTER:**

- Mary Lou Ambrose discussed the fee paid if a member does not wear her Lioness Pin to a Dinner Meeting. The present fee is 25 cents and Mary Lou said that it should be raised. A motion was made by Barbara Tomayko and seconded by Susan Bergner to raise the fee for not wearing your pin to the Dinner Meeting to \$1.00. The motion passed unanimously. This fee change will be announced at the October dinner meeting and begin at the November dinner meeting.
- Nicki also announced that Val Protiva will collect needed items for Safe House at the October Dinner Meeting and we will also have our Wilderness Food Pantry Coat Drive for adults and children at the November Dinner Meeting.
- She also mentioned that if you shop on Amazon Prime you can go to Amazon Smile and your order is the same in all respects and you can identify the LOW Lioness Club and a portion of your charges comes back to our Club.

**DIRECTOR:**

- Arlene Rich announced that the three Directors have been very successful in keeping in touch with our new members. They are also planning a mixer for the February meeting.

There being no more business for the Lioness Board of Directors at this time, the meeting was adjourned at 8:10 pm.

Judith Ludvigsen, Secretary

Karen Cakouros presented LOW Ladies Golf Association a Certificate of Appreciation from LOW Lioness for their many years of support to the Wilderness food pantry .

Pictured are Karen Woods , LGA president and Dottie Lohr member and 18-year organizer of contributions.



# Lioness Lions Committees & Activities

## Two of our Lionesses were recipients of LOWA Honor Awards!

**Mary Lou McFarland** was awarded the **Warren J Lodge Award for Excellence** for her distinguished service as a representative of LOW in so many areas. Mary Lou is the founder and first president of the LOW ChildHelp Auxiliary and continues to serve as a Reading Buddy while also organizing monthly outings at the Alice C. Tyler Village. Serving two terms as district representative to Rappahannock Rapidan Community Services Board, a member of the Lake Youth Foundation where she created and taught the Super Sitters Babysitter Training class. She has chaired a scholarship committee and was named Orange County's "Garvis Huff Outstanding Youth Advocate." Mary Lou also served as Programs Chair and Treasurer for LOW Garden Club. As a Lioness she has chaired the Germanna Scholarship Committee and serving as Tail Twister. She continues to chair the Lioness Christmas giving program for the Rappahannock Rapidan Community Services Board. In addition, Mary Lou formed and still presides over the Turtle Island Book Group.



**Darcy Jennings** was also honored with a **LOW Honor Award** for her seemingly tireless work making beautiful gift baskets. Darcy works all year long finding treasures to create the magnificent baskets that are always a huge hit and best sellers at the Lioness Club and Childhelp Auxillary fundraisers and other club charity events. As a result of her tireless work and exceptional creativity, she brings in donations to benefit the entire LOW community.

## Certificate of Appreciation



**Jan Lemieux** received a **Certificate of Appreciation** for her many years of teaching bridge lessons, establishing the very successful Card Party Event and donating the proceeds to the scholarships the Lionesses present to students each year.



# Lioness Lions Committees & Activities

## Membership - September Inductees

Beverly Kuhn, we will call her Bev, was born and raised in Clinton, MD. She moved to Springfield, VA, eventually settling at LOW in 1996. Bev is married to Don. They have a grown daughter who lives in MD. Her grandson is a traveling musician with his own band while her granddaughter is in law school.

The reason for the move to Lake of the Woods was the lake. After first buying a lot, she and her husband became weekend campers at the campground. They enjoyed all the amenities and finally purchased a lake front house in 1996. The lake is the place for Bev as she enjoys all water sports, especially water skiing and paddle boarding.

Bev works as a government contractor, detailed at the Office of Naval Research for over 30 years. She is also a pet sitter and dog walker here at LOW. She has cared for pets for 25 years. Bev was sponsored by Lioness Karin Mollard. Her Lioness projects included working at the food pantry and preparing eyeglasses for distribution. She looks forward to continuing to serve our community through the Lioness Club.

**Please welcome Bev!**



Karin Mollard sponsors Bev Kuhn

## September Guest Speaker

Our Guest Speaker was Tom Wirts of St. Jude Children's Hospital. Tom shared the history of St. Jude and the fantastic cure & survival rates of children with cancer and other catastrophic diseases around the globe. St. Jude shares all their research data with the world.

### Dinner Guests

Gail Jones  
Gloria Bishop Oliver  
Susie Wright



# Lioness Lions Committees & Activities



## Halloween on the Point

Anyone is welcome to help pass out candy on October 31st. There will be a Lioness Table, so join in the fun!

**Any candy donations are appreciated.**



## WHITE HOUSE ORNAMENTS

We will be selling 2022 White House ornaments.  
The excellent Lioness price is \$22.00.  
As a fundraiser The Lioness earn almost \$5 for each ornament sold.

**Call: Darcy Jennings: 703-772-2080**  
**Kathy Gillespie: 540- 972-2541**

All orders can be picked up on Darcy's porch,  
419 Wilderness Drive.  
Ornaments will be available mid to late October.



## Christkindlmarkt 2022

LOW Christkindlmarkt will be held this year on **Saturday, December 3, 2022**, from 9:00am to 3:00pm. Our club reserves three tables each year and sells gently used Christmas decorations, ornaments, cards, wrapping paper, etc. We are one of the many vendors that will participate in this happy Christmas event.

As you are thinking about decorating for Christmas, please keep us in mind. Any gently used decorations that you no longer need, or use would be great for our sale.

Set up for the sale will take place on Friday, December 2. The times for set up are not definite yet. We will have a sign-up sheet at the November dinner meeting for helpers. We will need helpers for shifts during the sale, for setup the day before the sale, for pricing the items in advance of the sale and for cleaning up after the sale.

More information will be coming soon.



# Lioness Lions Committees & Activities

**The Annual Card Party & Fashion Show** was a HUGE success once again.

Over 170 Bridge, Hand & Foot and Mahjong players attended this wonderful event. Also enjoyed were the fabulous Darcy Baskets, 50/50 and Silent Auction items and Cabi fashions modeled by our own Lionesses.





# Lioness Lions Committees & Activities



## Models:

Mary Lou Ambrose, Nan Lamb, Emily Florence, Claire Donohoe, Nicki Buell,  
Teresa Wisniewski, Cindy Coover, Marty Legge



# Lioness Lions Committees & Activities

cabi

20<sup>TH</sup>  
ANNIVERSARY



# Lioness Lions Committees & Activities

## Eyeglass Recycling

The **Eyeglass Recycling** committee needs a few volunteers to help wash and dry glasses on Monday mornings. **We meet from 9:30 to 11:00 every Monday morning** at the Tom Walker building (the same building as the Book Sale). We wash, dry, and have good conversations. It is a great way to start the week and we usually finish the morning with a trip to Fareways for lunch!

You are not committed to come every Monday, just when it is convenient! Thank you.



**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](mailto:carol.lee4@comcast.net)**





## From the Tamers

By Heidi Brown



The Lake of the Woods Lioness Lions Club 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  
Ellen Bearden: (540) 222-7390 bebearden@verizon.net  
Claire Donahoe: (703) 447-0235 cfdonohoe@hotmail.com

## OCTOBER DINNER MENU

### DINNER

- \* Garden Salad w/choice of two dressings
- \* Herb Roasted Pork Loin served w/Apple Chutney
- \* Roasted Rosemary Potatoes & Broccoli

### ALTERNATE CHOICE

- \* Stuffed Portabella Mushroom stuffed with Mozzarella and Fontina cheeses & topped with a Balsamic Reduction.

### DESSERT

- \* Cherry Pie

**If you are bringing a guest, please call the Tamers**

## Twister Corner By Marylou Ambrose

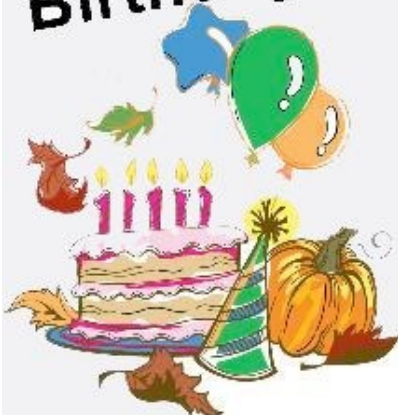
The biggest difference between money and time: You always know how much money you have, but you never know how much time you have. Enjoy every moment of your life!



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

I look forward to getting to know all of you!

## October Birthdays



October 5	Joyce Morlan
October 9	Bev Kuhn
October 23	Kathy Merritt
October 24	Debby Atillis
October 29	Ellen Ambroziak
October 31	Suzanne Herr


# OCTOBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Eyeglass Recycle 9:30-11:00 AM	4	5	6	7 Food Pantry 9:00-10:30 AM	8	9
10 Eyeglass Recycle 9:30-11:00 AM	11	12	13 <b>LIONESS DINNER MEETING</b>	14 Food Pantry OVERSTOCK	15	16
17 Eyeglass Recycle 9:30-11:00 AM	18	19	20	21 Food Pantry 9:00-10:30 AM	22	23
24 Eyeglass Recycle 9:30-11:00 AM	25	26	27 <b>BOARD MEETING</b>	28 Food Pantry 9:00-10:30 AM	29 Lioness Book Sale 8:30-1:00 PM	30

# NOVEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4 Food Pantry 9-10:30 AM	5	6
7 Eyeglass Recycling 9:30-11:00 AM	8	9	10 <b>LIONESS DINNER MEETING</b>	11 Food Pantry <b>OVERSTOCK</b>	12	13
15 Eyeglass Recycling 9:30-11:00 AM	15	16	17	18 Food Pantry 9-10:30 AM	19	20
22 Eyeglass Recycling 9:30-11:00 AM	22	23	24 <b>THANKSGIVING</b> 	25 Food Pantry 9-10:30 AM	26 Lioness Book Sale 8:30-1:00 PM	27
29 Eyeglass Recycling 9:30-11:00 AM	29	30	The Next Board Meeting will be Thursday, December 1 <sup>st</sup> .			



### FROM THE EDITOR

Lynne Kovach  
Editor, Lioness Lions LOW DOWN  
Phone: (540) 920-8528  
Email: lynnehbkovach@gmail.com

Please submit information, articles and photographs for the LOW DOWN to **EMILY FLORENCE** no later than **Monday, October 24**. The newsletter will be distributed on or about the first of the month.

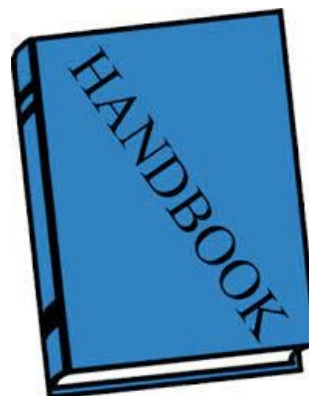
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

Email: **emilyjflorence@aol.com**  
Phone: **(571) 239-0591**

### HANDBOOK CORRECTIONS

Please forward any additions, changes, or corrections to your Handbook/Directory to

**Christine Getty** at  
**fcfmgetty@comcast.net**



The LOW DOWN is published monthly by the  
Lake of the Woods Lioness Lions Club  
Lynne Kovach, Editor.

Lake of the Woods Lioness Lions

LOW DOWN

PO Box 811, Locust Grove, VA  
22508

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