

# LAKE OF THE WOODS LIONESSE LIONS

## LOW DOWN

Volume 38 Number 1 - July 2022



### President's Corner

By Lioness Lion Nicki Buell, LOW Lioness Lions President

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

Before I start talking about this year there are many thanks that need to be given.

To Kathy, you will be a hard act to follow! You are a wonderful person, a great friend to many and a true leader. I personally feel lucky to have gotten to know you better throughout this past year.

To Karen Cakouros, what would I have done without you by my side the past few years at the Wilderness Food Pantry. Your support has meant the world to me.

To all the Lionesses who put in countless hours at the pantry. We would never have made it through the past few years without your commitment to the pantry.

To the Book Room ladies, the Dinner Dance Committee, the Eye Glass Recycling crew, the Card Party team, School Supply group, Scholarship Committee, and Safe House heroes,

To Helene Burnes and Gail Stoner and all their people for the endless efforts putting on the Christkindlemarket and Spring Flea Market,

To our new Lionesses and their willingness to help wherever they can (I know I have forgotten someone, I am sorry). I sincerely thank you.

What a great honor you have bestowed on me this year. I am not a person of many words, so many of my monthly letters will be short. One thing you all should know is that I love being a Lioness. Some of my dearest friends I have here at the lake, I have met through the Lioness Club. I remember when my friend Carolyn Gordan invited me to go to my first meeting. I could not get over how friendly everyone was, and what considerable pride you all had in your club. Guess what? I joined and have never looked back. I am sorry to say there are many of you I do not know but I look forward to meeting every one of you in the months to come. I want to hear and listen to any Ideas you may have to improve and grow our organization. In the spirit of keeping things short, a quote from Helen Keller: *"Alone we can do so little; together we can do so much"*.

In closing, I ask you to help me make a difference. Whether it is helping a neighbor in need, a school project you hear about, or another group that might need our help. I believe together we can make a difference. Here is to a wild ride in 2022/23. Hold on. I look forward to doing it together.

### Things to Bring to the July Dinner Meeting

**\$\$ DUES \$\$  
\$80.00**

### SCHOOL SUPPLY DRIVE

**See page 6 for a list of supplies**

**School Supply Committee will be collecting school supplies for Locust Grove Secondary and Locust Grove Primary at the July meeting. Please help the children and teachers off to a good start this school year by helping them with much needed new supplies.**

**Lynne Kovach will be at the July Meeting to take photographs for the DIRECTORY**

**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  
June 23rd, 2022  
BOD Meeting**

The meeting was called to order at 7:02 pm on Thursday, June 23, 2022 by President, Kathy Merritt. The following board members were present: President Kathy Merritt, Secretary Gina Davies, Treasurers Loretta LaTerra and Diane Pittman, 1<sup>st</sup> Vice President Nicki Buell (via phone), 2<sup>nd</sup> Vice President Gail Hardin and 3<sup>rd</sup> Vice President Darcy Jennings, Tamers Ann Wood and Rani Manhard, Tail Twister Colleen Cameron, Membership Directors Donalda Lovelace and Jan Stockman, Directors Arlene Rich and Gail Stoner. Also present were Carol Greeney, Toni Keating, Joan Litschert and Judy Ludvigsen.

**SECRETARY'S REPORT:** Gina Davies

- The minutes of the May 26, 2022 BOD meeting, which were previously approved for distribution in the LOW Down, were accepted. Motion made by Gina and seconded by Gail Hardin.
- Committee Chairpersons monthly reports: PS=919; L=179; H=766; \$=\$4,832.12 the projected Administrative (Club) budget for 2022-2023 was sent to the membership by email before the 6/9 dinner meeting. Donalda motioned to accept the proposed budget. Sherri Lasover seconded the motion. The members voted and the motion was adopted.
- The proposed budget for the Foundation was approved by the board at the May 26, 2022 BOD meeting.
- Kathy motioned to approve the members for the BOD for the year 2022-2023. Diane seconded the motion and the motion was adopted by the BOD. The newly elected officers will officially start on July 1, 2022. President Nicki Buell, 1st VP Barbara Tomayko, 2nd VP Gail Hardin, 3rd VP Darcy Jennings, Secretary Judy Ludvigsen, Administrative Treasurer Diane Pittman, Foundation Treasurer Loretta LaTerra, Tamers Heidi Brown and Benita Forrest, Tail Twister Mary Lou Ambrose, Membership Directors Jan Stockman and Donalda Lovelace, Directors Arlene Rich, Susan Bergner and Toni Keating, Immediate Past President Kathy Merritt.

**TREASURER'S REPORT:** Loretta LaTerra

- Foundation report - the balance as of today is \$43,752.26 after subtracting the \$4,500 for the three High School scholarships.
- LOW Fire & Rescue was inadvertently sent an extra donation in the amount of \$2,000. The high cost of gasoline and the benefit for our community having the LOW Fire & Rescue was discussed. After checking our budget, it was decided to send only \$1,000 for the year 2022-2023 and then go back to \$2,000 for the 2023-2024 year. Loretta made the motion and Gail Hardin seconded it. The motion was adopted.

**TREASURER'S REPORT:** Diane Pittman

- Administrative report - the balance as of today is \$19,573.64.
- Dues report - There are still 19 members who have not paid dues nor indicated that they were not renewing membership for the 2022-2023 year. Diane will be emailing them and asking that they let us know ASAP so we can adjust our membership roll in MyLCI. We are charged by LCI for each member listed in our database. All changes must be made by June 30, 2022.

**June 23, 2022**

**PRESIDENT'S REPORT:** Kathy Merritt

Concert on the Point - We have 13 members who will be selling 50/50 tickets at the Concert on the Point on Friday, June 24th. Tickets will be \$5.00/10 tickets.

4th of July Parade - Kathy will check with Stan Lasover about our official place in the parade.

**2<sup>ND</sup> VICE PRESIDENT:** Gail Hardin

Report from Val Protiva and Mary Szadvari - Thanks from SAFE for the donations of household goods, women's hygiene products and cash and checks totaling \$235.00.

**3<sup>RD</sup> VICE PRESIDENT:** Darcy Jennings - 4th of July Parade report

We will have 2 convertibles, one with Madelyn Smith, our most senior member and Donalda Lovelace the 2022-2023 First Vice District Governor of the Lions Clubs of Virginia District 24-L and the second one with Hilda Valenta-Seary our longest serving member and Nicki Buell 2022-2023 President of LOW Lioness Lions.

Those Lioness Lions walking in the parade will be attired in yellow or purple vests with various decorations depicting how we serve our community. They will also be carrying signs that tell what we do. We will be collecting food for the Pantry along the parade route and after the parade at the Club House Point.

**TAIL TWISTER:** Colleen Cameron

Pools/Community Activities Committee - reported by Carol Greeney and Colleen - A motion was made by Kathy to partner with the Pools/Activities Committee of LOW in their Pool Party activity on August 6, 2022 and Donalda seconded it. The motion was adopted. LOW Lioness Lions will get the insurance needed for \$300.00 and handle selling the tickets through TIX. We will be helping advertise this event through social media posts. This will be a fundraiser for our club and we will also be selling 50/50 tickets.

**MEMBERSHIP:** Donalda Lovelace and Jan Stockman.

Committee Report - Jan motioned to accept Billie Cooke (Kathy Merritt) into the club and Donalda seconded it. She and Cindy Coover (who was accepted at the May 26th meeting) will be inducted at the July 28th dinner meeting.

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 8:27pm. Motion made by Loretta and seconded by Jan. Motion adopted.

Respectfully submitted,

Gina Davies, Secretary 2021-2022

Judy Ludvigsen, Secretary 2022-2023

# Lioness Lions Committees & Activities

## Membership



Dear LOW Lioness Lions Club Members,

Our Fiscal New Year 2023 starts July 1, 2022. Members' annual dues are payable to Lions Club International and Lions of Virginia by that same date.

We are happy to report the dues amount, **\$80.00**, has remained unchanged, as has the new member initiation fee of \$35.00. **For those of you who have not paid your dues yet, please mail them to LOW Lioness Lions Club, PO Box 811, Locust Grove, VA 22508.**

- **Please write "dues" in the memo line and on the back of the envelope.**
- Checks may be made payable to LOW Lioness Lions Club—**BLUE** or **BLACK** ink only.
- **PLEASE DO NOT post date your checks.**

Thank you for your membership and service to the community.

Thank you,  
Diane Pittman, Admin. Treasurer, LOW Lioness Lions Club



# Lioness Lions Committees & Activities

Three Seniors in High School who reside at Lake of the Woods were awarded \$1000 scholarships. The recipients were Juliet Daniel and Sarah Johnson , who will both be attending Savannah College of Art and Design in Savannah, Georgia, majoring in the areas of Fashion. Sydney Wynn (did not attend the dinner) will be attending St. Joseph's University in Philadelphia, Pennsylvania with a major in Sports Medicine.



Lionesses Ellen Bearden & Marian Rood with Sarah Johnson



Sydney Wynn



Lionesses Ellen Bearden & Marian Rood with Juliet Daniel

# Lioness Lions Committees & Activities



*Lake of the Woods Lioness Lions Club*

## SCHOOL SUPPLY DRIVE

*School starts **AUGUST 10, 2022***

The LOW Lioness Lions Club holds an annual School Supply Drive to support the **Locust Grove Primary and Elementary Schools**. We help these two schools by providing supplies needed to ensure a successful school year for the teachers and students.



### Donations will be collected at the FRONT GATE

**Saturday, July 23<sup>rd</sup> from 9:00 AM to 12:00 Noon**

Or you may donate a check for The Lionesses to purchase the items listed below

Please mail checks to P.O. Box 811, Locust Gove, VA 22508

(Make checks payable to "LOW Lioness Foundation" and write "School Supply" in the check memo section)

**Please donate ONLY the items listed below:**

Locust Grove Primary School (Grades K-2)	Locust Grove Elementary School (Grades 3-5)
<ul style="list-style-type: none"><li>• Composition Notebook (Wide Ruled)</li><li>• Crayons (24 pack)</li><li>• Plastic Pencil Box</li><li>• Pocket Folders</li><li>• Scissors 5" Blunt Point</li><li>• Dry Erase Markers (Black and Blue)</li><li>• Markers</li><li>• Tissues</li><li>• Hand Sanitizer</li><li>• Disinfectant Wipes</li><li>• Glue Sticks</li><li>• Construction Paper</li><li>• Ziploc Bags (only Quart &amp; Gallon sizes)</li><li>• Refillable Water bottles (Dollar Store)</li></ul>	<ul style="list-style-type: none"><li>• Composition Books &amp; Single Subject Spiral Notebooks</li><li>• Colored Pencils and Markers</li><li>• Highlighters</li><li>• Glue Sticks</li><li>• Headphones/Ear Buds (Dollar Tree \$1.00)</li><li>• Plastic Pencil Boxes &amp; Pencil Pouches</li><li>• Pencils</li><li>• Protractors</li><li>• Black Dry Erase Markers</li><li>• Colored Folders</li><li>• Crayons (24 pack)</li><li>• Hand Sanitizer</li><li>• Disinfectant Wipes</li><li>• Ziploc Bags (only quart and gallon sizes)</li><li>• Tissues</li><li>• Refillable water bottles (Dollar Store \$1.00)</li></ul>

**Thank you for your continued support of this important project.**

**Questions: Teresa Wisniewski 703-901-9023 or Judy Ludvigsen at 540-760-4982**



# Lioness Lions Committees & Activities

## Membership New Inductee

**Cathi O'Brien** (sponsored by her sister, Gina Davies )  
Cathi was born in Camp LeJeune NC (Marine Corp brat), the first of 5 kiddos in a very loud Irish / Italian family. Gina's husband – Dave Davies – was first to coin them "the Loud Family".

Cathi has lived all over the USA, east coast, west coast, gulf coast, and everywhere between. She is still working in healthcare staffing – going on 30 years. Due to covid, the office was temporarily closed, and Cathi moved to Locust Grove.

Cathi has a daughter Alexandra – 24 - living in DC – working in the DC charter school system Knowledge is Power Program (KIPP).



Cathi O'Brien & Lioness Jan Stockman

## Lioness Dinner Guests at the June meeting.

Teri Fitzpatrick- guest of Jan Stockman



Arlene Messina and Ann Rosenfeld - guests of Diane Pittman



Bev Kuhn - guest of Karin Mollard    Sandy Teter - guest of Darcy Jennings





# Lioness Lions Committees & Activities

**Concert at The Point  
Lionesses Selling 50/50 Tickets  
and  
4th of July Parade!**





# 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 where the book sale takes place). 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! Also, 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.

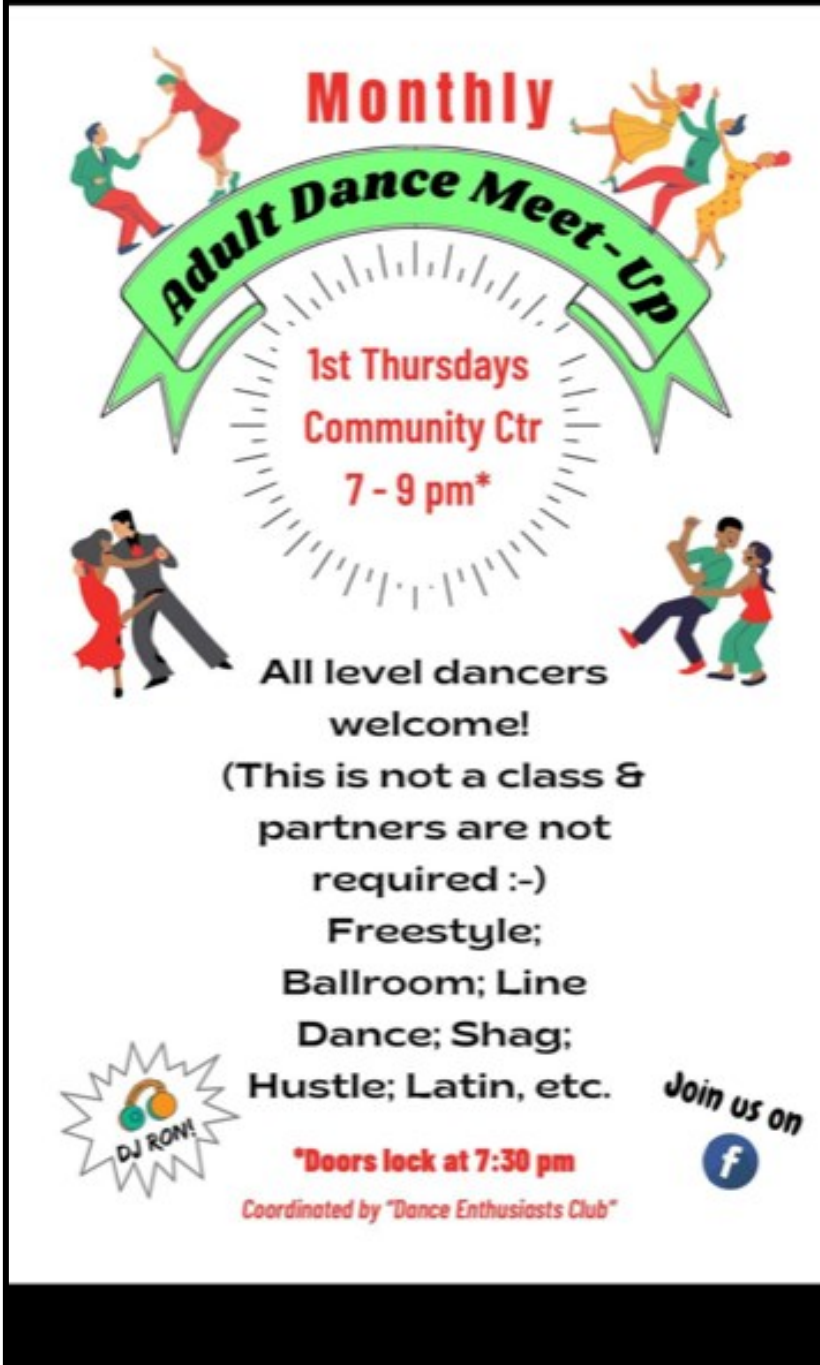
The only way to let our members know is if you let me know by phone or email. I would appreciate your call or email so that I can get a message out right away. I will then send a card to them that is signed from The Lioness Lion Club.

Thank you so much for your help with this.

**Carol Lee 540/972-8920 or [carol.lee4@comcast.net](mailto:carol.lee4@comcast.net)**



# Lioness Lions Committees & Activities



The organizers of this FREE monthly event changed the days of this fun event to the 1st Thursday of each month, especially so Lionesses could attend!  
No partner required—come and have some dancing fun!

## From the Tamers

By Heidi Brown & Benita Forest

The Lake of the Woods Lioness Lions Club July 14th, 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

## JULY DINNER MENU

### DINNER

- \* Chef Robert's BBQ Chicken w/clubhouse recipe BBQ sauce
- \* Garden salad with choice of two dressings
- \* Corn bread muffins
- \* Cole Slaw & Macaroni Salad
- \* Roasted red potatoes

### ALTERNATE CHOICE

- \* STUFFED Eggplant Fresh eggplant stuffed with a mixture of jasmine rice, mushrooms, peppers and onions then topped with a balsamic glaze

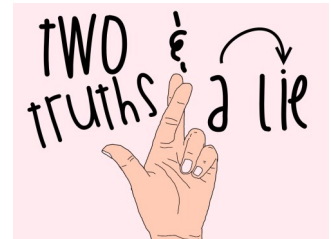
### DESSERT

- \* Fresh baked cookies & brownies

## Twister Corner By Marylou Ambrose

I am delighted to be part of the LOW Lioness Board of Directors for 2022/2023. How fortunate for me to be part of this wonderful, fun & dedicated group of women.

As I said at last month's meeting, I am going to change up the Tail Twister duties by calling on one of you at each dinner to help us all get to know each other better by stating 2 truths and 1 lie about ourselves. It's quick and fun and you'd be surprised how much you will learn about your fellow Lionesses.



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!



**July 1** Barbara Tomayko

**July 7** Susan DeMailo

Margaret Legge

**July 8** Margaret Haight

**July 9** Julie Phend

**July 10** Nicki Buell

**July 15** Marian Rood

**July 25** Beth Sundberg

**July 26** Jonnie Feterle

Carol Greeney

**July 27** Theresa DiCicco

**July 29** Sherri Lasover



# July 2022

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

# August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<sup>1</sup>	<sup>2</sup>	<sup>3</sup>	<sup>4</sup>	<sup>5</sup> Food Pantry 9:00-10:30 AM	<sup>6</sup>
<sup>7</sup>	<sup>8</sup> Eyeglass Recycle 9:30-11:00 AM	<sup>9</sup>	<sup>10</sup>	<sup>11</sup> LIONESS DINNER MEETING	<sup>12</sup> Food Pantry 9:00-10:30 AM	<sup>13</sup>
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**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, July 25th**. 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](mailto:emilyjflorence@aol.com)

**REMINDER:**

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

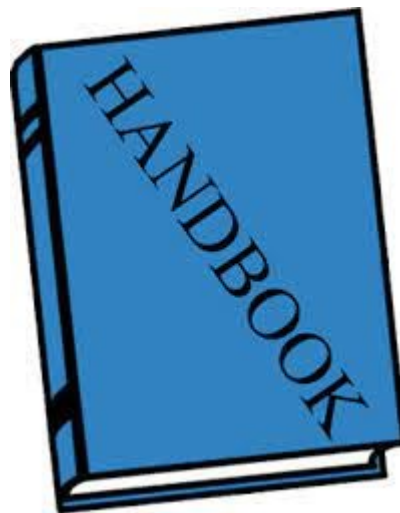
Vicky Shew

Emily Florence

Lynne Travis

**Handbook Corrections**

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