

LAKE OF THE WOODS LIONESS LIONS LOW DOWN

Volume 38 Number 5 - November 2022



President's Corner

By Lioness Lion Nicki Buell, LOW Lioness Lions President

www.lowlioness.org

When I look outside, I can't believe how beautiful the leaves are this year.

I guess it took the week of no power, the summer of massive heat, and the many times we had rain even when we didn't want it because it spoiled our plans. We have no control of many things. What we do have control of is the ability to listen to someone in need even though we really don't know a friend needs us.

Listening is an important part of how we can connect with others in the world. Being a good listener allows us to better understand those around us, to see through their eyes, to empathize, and ultimately, to understand ourselves better in return.

We can practice listening any time we wish, even if there isn't anyone around. Try closing your eyes and notice what you hear. Right now, Ken went upstairs. The only reason I know this is because the fourth stair creaks. Sounds will present themselves in even the quietest of places if you are observant enough to hear them. Take a moment, when you're able, and count how many sounds you can hear. Use those skills in your next conversation. Truly pay attention to what someone is saying. They might be reaching out for help, and they don't know how to say it.

Listening is a practice of generosity. Without saying a word, you can send a message that what someone is saying is important and that you care! With all the holidays coming up and the stress we put on ourselves, let's try to listen and be there to help someone in need.

That being said:

Thank you, Darcy, and company, for organizing the trick or treating at the point on Halloween and taking on the sale of the White House Ornaments. To Gina Davies and crew, thank you for volunteering to work on Christkindlmarkt and all the effort that entails. Thank you to Mary Lou McFarland for allowing us to be part of giving to Bridges, again, this year. It doesn't take much if we all work together.

Ok you say, I liked it better when you kept it short. Lastly, let me say, thank you for being my friend, thank you for listening, thank you for making this the best club I've ever been part of.

Ken and I wish you all the very best Holiday season, even though it is just starting. But 2023 will be here before you know it.

Final thought, a quote from one of the greatest women ever, Audrey Hepburn:

"I believe, every day, you should have at least one exquisite moment."

I hope I'm a good enough listener to recognize yours when you tell me!

Things To Bring To The Dinner Meeting



WINTER CLOTHING DRIVE

Please bring gently used or new coats, sweaters, gloves, scarves, hats and boots.

**Mens, Womens
&
especially items for Teens**



A 5 lb. bag of POTATOES!



For the Food Pantry

**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, 202
BOD Meeting**

The meeting was called to order at 7:10 pm by President Nicki Buell. The following Board Members were present: President Nicki Buell, Secretary Judy Ludvigsen, Treasurers, Diane Pittman and Loretta Lafley, 1st Vice President Barbara Tomayko, 3rd Vice President Darcy Jennings, Tamer Ellen Bearden, Director Arlene Rich, Membership Director Jan Stockman, and Past President Kathy Merritt.

SECRETARY'S REPORT: Judy Ludvigsen

- The minutes of the September 22nd BOD meeting were approved. A Motion was made by Judy Ludvigsen and seconded by Darcy Jennings to approve the minutes. The Motion passed unanimously.
- Committee Chairpersons monthly reports were announced as follows:
- PS = 545 L = 45 Hours = 400 \$ = 4111
- The BOD decided to hold the November-December BOD meeting to be held on December 1st at a restaurant rather than the Community Center. The meeting cannot be held in the Trophy Room as it is unavailable to us that night.

TREASURER'S REPORT: Loretta Lafley

- Foundation Bank Balance as of 10/24/22 \$52,711.88
- Savings Account as of 10/24/22 \$10,199.07

ADMINISTRATION REPORT: Diane Pittman

- Bank Activity Report Balance: 10/27/2022 \$19,040.7
- Mary Lou Ambrose wanted to report that the dead Christmas tree at the upper level parking area was to be replaced and wanted to thank Diane Pittman for speaking to Phil about this, and the Association has already planted the new tree.

1st VICE PRESIDENT: Barbara Tomayko

- Barbara reviewed the Card Party and she discussed the changes she would recommend for next year's card party. The final profit was \$3,716.38

2ND VICE PRESIDENT: Gail Harden

- Gail Hardin was unable to attend but wanted to announce that Val Protiva and Mary Szadvari delivered a trunk full of personal and cleaning items along with \$430 in cash checks and gas cards to SAFE. The next collection will be in February, 2023.

3rd VICE PRESIDENT: Darcy Jennings

- Darcy announced that she has received the White House Ornaments. You can text Darcy to purchase them and she will also have some at the Dinner Meeting. In addition, after the BOD meeting we will be helping Darcy to prepare the candy bags (450) for Halloween at the Point.

MEMBERSHIP DIRECTORS:

- Jan announced that we will induct two new members, Sharon Corner and Gloria Bishop-Olivera, at the November Dinner Meeting.

PRESIDENT:

- Nicki announced that she will be receiving a video from the Dolly Parton Imaginary Book Program for children ages 0-5 yrs old and that video will help us decide how to proceed with this program.
- She also announced that the 2nd District Governor and his wife will attend our November dinner meeting.

The Meeting was adjourned at 7:50 pm so that members present could help Darcy fill about 450 bags with candy for the children who will be at Halloween at the Point.

Respectfully submitted, Judy Ludvigsen, Secretary

November Program

Julie Phend



The program for our November Lioness meeting will be Annette Barrett, owner of the **Flower Cottage** in Locust Grove, who will demonstrate how to make a winter floral arrangement. At the end of the meeting, her demo arrangement will go to the lucky winner of a second drawing after the 50/50 raffle. Come and join the fun!

- 2nd District Governor James Cech from the Montclair, VA Lions Club and LOW Lions Club President Ken Buell will also be a guests at the November meeting

October Guest Speaker/Program



Sally Day from Virginia Service Dogs gave us a wonderful presentation with service dog "Nonny". Nonny was trained from 8 weeks old to assist individuals with disabilities, diabetes, PTSD and other conditions that would benefit from these wonderful dogs. Sally demonstrated some of Nonny's skills including a peek a boo trick she had been taught by her original handler (an inmate of a correction facility!).

Service Dogs of Virginia is a 501 (c)(3) non-profit organization that raises, trains, and places dogs to assist people with disabilities. Highly trained dogs perform a multitude of tasks that allow greater personal freedom and independence. They serve clients residing in the Commonwealth of Virginia, and are based in Charlottesville, Virginia.

It costs approximately \$40,000 over a two-year period to raise, train, and place a successful service dog. Through the generous support of caring individuals, businesses, and foundations, Service Dogs of Virginia is able to provide service dogs at no cost to those in need.

You may donate money, sponsor a dog, volunteer or purchase some of their great gifts on their website. www.servicedogsva.org



Lioness Lions Committees & Activities

TREATS ON THE POINT—HALLOWEEN 2022



WHITE HOUSE ORNAMENTS

The 2022 White House ornaments are HERE!
The excellent Lioness price is \$22.00.

Call: Darcy Jennings: 703-772-2080

Kathy Gillespie: 540- 972-2541

All orders can be picked up on Darcy's porch,
419 Wilderness Drive.



CHRISTKINDLMARKT

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, wreaths, small trees etc. We are one of the many vendors that will participate in this happy Christmas event.

With Christmas decorating season quickly approaching, please keep us in mind as you bring out your own decorations. Any gently loved decorations that you no longer need or use would be great for our sale tables. If it has to do with Christmas, we'll sell it!

Set up times have been confirmed for Friday, December 2nd, 5:00pm to 8:00pm and for Saturday, December 3rd, 8:00am to 9:00am.

At the November Dinner meeting, our **sign up sheet** will be on the end of the 50/50 table near where we pay for dinner. This way, all the available slots for volunteers can be filled in on one sheet of paper.

Billie Cooke will be collecting your gently used donations in her garage @ **127 Harrison Circle**. Her garage door will be open on **Tuesdays and Thursdays from 10:00am to 12:00noon, starting on November 1st and ending on November 29th** (Of course, no drop offs on Thanksgiving Day!) No need to call in advance, just put your holiday stuff inside the garage.

If you have **too many donations to move on your own and you need help**, please call or text **Gina Davies (229 669-3666)** and she'll help you out.

We're looking forward to seeing many of you at the Christkindlmarkt. A good time will be had by all!

Thanks for your help!

Margaret Haight & Gina Davies

Lioness Lions Committees & Activities



Eye-glass Recycling

The **Eye-glass 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.



Thanks for all generous donations to SAFE.

Mary Szadvari and I delivered a trunk full plus \$430.00 in cash, checks, and gas cards last Saturday morning. Lioness Club has donated \$880.00 and carloads of personal and cleaning items this year.

Our next collection will be in February 2023.

It's an honor for Mary and me to co-chair this charity.

Val Protiva

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
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

NOVEMBER DINNER MENU

DINNER

- * Garden Salad w/choice of two dressings
- * Honey & Lemon Glazed Roast Chicken
- * Garlic Mashed Potatoes
- * Roasted Squash

ALTERNATE CHOICE

- * Acorn Squash stuffed w/a mixture of jasmine rice, mushrooms, tomatoes & onions topped w/balsamic glaze

DESSERT

- * Apple Pie
- * Cherry Pie

If you are bringing a guest, please call the Tamers

Life is like a book

Some chapters are sad,
Some happy, and some
exciting. But if you **never**
turn the page, you will never
know what the next chapter
has in **store** for you.



Twister Corner By Marylou Ambrose

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!



November 2	Jan Lemieux
November 10	Karin Goetz
November 20	Ann Walker
November 28	Madelyn Carter

NOVEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4 Food Pantry 9-10:30 AM	5	6
7 Eyglass Recycling 9:30-11:00 AM 	8	9	10 LIONESS DINNER MEETING	11 Food Pantry 9-10:30 AM	12	13
15 Eyglass Recycling 9:30-11:00 AM 	15	16	17	18 Food Pantry 9-10:30 AM	19	20
22 Eyglass Recycling 9:30-11:00 AM 	22	23 Food Pantry OVERSTOCK	24 THANKSGIVING 	25	26 Lioness Book Sale 8:30-1:00 PM	27
29 Eyglass Recycling 9:30-11:00 AM 	29	30				

DECEMBER 2022

NOTE: There is no dinner meeting in January, see you February! ❤️

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 BOARD MEETING	2 Food Pantry 9-10:30 AM	3	4
5 Eyglass Recycling 9:30-11:00 AM	6	7	8 LIONESS DINNER MEETING	9 Food Pantry 9-10:30 AM	10	11
12 Eyglass Recycling 9:30-11:00 AM	13	14	15	16 Food Pantry 9-10:30 AM	17	18
19 Eyglass Recycling 9:30-11:00 AM	20	21	22 FOOD PANTRY CLOSED	23	24	25
26 Eyglass Recycling 9:30-11:00 AM	27	28	29	30 Food Pantry OVERSTOCK	31 BOOK STORE CLOSED	

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, November 21**. The newsletter will be distributed on or about the first of the month.

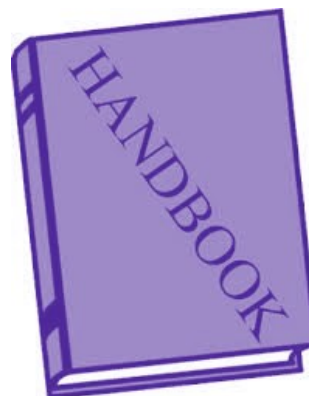
Forward your articles or information by email to the address below, or call **Emily** if you don't have access to email.

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

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