

LAKE OF THE WOODS LIONESS LIONS LOW DOWN

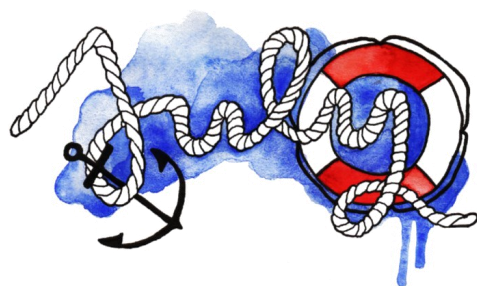
Volume 39 Number 1 - July 2023



President's Corner

By Lioness Barbara Tomayko, LOW Lioness Lions President

www.lowlioness.org



I am excited to begin my year as your President of our Lioness Club. I have to admit I am also a little scared, this is a huge responsibility, and I will do my very best to make all of you proud.

I want to thank Nicki Buell for the great job she did last year as President and for all the other many things she volunteers for. I also want to thank the past Board for all their hard work and look forward to working with the present Board.

Some history about my journey as a Lioness. I joined Lioness in 2013 and was excited to be a part of such a great organization. When I joined, I was still working and did not know very many people. I would come to the meetings, and I felt out of place and uncomfortable, everyone seemed to have their own group of friends and believe it or not I am not an outgoing person among people I don't know. I considered quitting but hung on. I am so glad I did. I have so many great friends now and love spending time with everyone, either at the dinner meetings, social events or volunteering. Enough about me.

All that being said, I would like to make sure that this never happens to another person who joins our club. We are a great group of women, which I am proud to be a part of. We need to make sure that any new member is made to feel welcome and included.

I look forward to the coming year and working with all of you to keep our club great.

Barbara Tomayko

IMPORTANT

School Supply Collection

Bring school supplies and clothes for the Locust Grove Secondary & Primary Schools to the July Dinner Meeting.

The list of supplies needed are on page 7!

Independence Day Parade

Saturday, July 1, 2023
10:00 a.m.

Come walk or ride with us and show your Lioness spirit!
Contact Emily Florence if interested in participating.

emilyjflorence@aol.com
571-239-0591



**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.

2023—2024 Board of Directors

President

Barbara Tomayko
110 Pleasant Grove
Locust Grove, VA 22508
(703) 618-6023

Secretary

Gloria Bishop Oliveri
14612 Junction Court
Fredericksburg, VA 22407
(909) 772-2716

Treasurers

Loretta Lafley
Kathy Gillespie

1st Vice President

Darcy Jennings

2nd Vice President

Joan Litschert

3rd Vice President

Emily Florence

Lioness TAMERS

Heidi Brown
Claire Donohoe
Karin Mollard

Tail Twister

Mary Lou Ambrose

Membership

Billie Cooke
Cindy Coover

Directors

Ellen Bearden
Susan Bergner
Toni Keating

Past President

Nicki Buell

THE INSIDER'S VIEW

**Minutes from the
June 22, 2023
BOD Meeting**

The meeting was called to order at 7:05 by 1ST Vice President Barbara Tomayko. The following present Board Members in attendance: 1st Vice President Barbara Tomayko Secretary Judy Ludvigsen, Treasurer Loretta Lafley, 1st Vice President, 2nd Vice President Gail Hardin, 3rd Vice President Darcy Jennings, Directors Susan Bergner, Arlene Rich and Toni Keating, Tamers Ellen Bearden, Claire Donohoe, Past President Kathy Merritt, Membership Chairs Donaldal Lovelace and Jan Stockman, The following new Boards Members in attendance were Secretary Gloria Oliveri, 2nd Vice President Joan Litschert, 3rd Vice President Emily Florence, Membership Billie Cooke and Cindy Coover

Secretary's Report:

- A motion was made by Gail Harden and seconded by Joan Listchert to approve the minutes of the May BOD meeting and passed unanimously.
- Committee Chairpersons monthly totals for May were announced as follows:
PS – 400 L – 40 H – 180 \$ - \$2080.00
- The duly elected slate of officers were inducted at the June dinner meeting. They are as follows: President: Barbara Tomayko, Secretary: Gloria Oliveri, Treasurers: Loretta Lafley, and Kathy Gillespie, 1st Vice President: Darcy Jennings, 2nd Vice President: Joan Litschert, 3rd Vice President: Emily Florence, Directors: Ellen Bearden, Toni Keating, Susan Bergner, Twister: Mary Lou Ambrose, Tamers: Heidi Brown, Claire Donohoe, Karin Mollard, Membership: Billie Cooke and Cindy Coover, Past President: Nicki Buell.
- Membership at this meeting voted unanimously to accept this new Board of Directors.

Treasurer's Report: Loretta Lafley reported a balance as of today of \$87,505.95 and \$12,750 of that amount would go to the Miss Orange Pageant. Donaldal has been trying to find an organization to take over this event. Billie Cooke indicated that they will need reimbursement for expenses on the February Slingo event.

Barbara Tomayko brought up our Committee Chairs and whose responsibility it was to see who will continue as a Chair this coming year. It was decided that instead of a speaker at the July dinner meeting we would have a Committee Fair with a long table and each committee would be identified. Each Chair would speak about the duties of that committee to encourage members to volunteer for a committee.

Barbara then asked each BOD if they had anything to report. Arlene Rich noted that her goal and that of the other Directors, Susan Bergner and Toni Keating, was to make sure new members were quickly involved in our Club.

Judy will put together a list of all the new members from July 1, 2022, to June 30, 2023.

Kathy Merritt discussed the plan for a Social Event at the Clubhouse Point on July 9th at 4-6 pm. The main meal will be provided but members are asked to bring side dishes, desserts, etc. Contact Karin Mollard to let her know if you plan to attend.

THE INSIDER'S VIEW (Continued)

Minutes from the
June 22, 2023
BOD Meeting

Scholarships awarded were discussed. Arlene Rich has turned over the Scholarships to Mary Lou Ambrose who was absent from this meeting. We received a thank you note from one of our recipients, Brendan Hall.

Barbara Tomayko announced that she is starting preparation for the annual Card Party/Fashion Show, and it will be held on the 4th Friday in September. Barbara will hold a meeting on Monday, July 6th to continue plans for this event. Barbara will put a Save the Date announcement in the Lowdown. Darcy Jennings is also making baskets every Monday around 10 am at her house and anyone is welcome to help.

Donalda Lovelace's Installation as Zone Chairperson will be held on July 22nd at the Clubhouse at 12 noon. Members are welcome to attend.

Carol Lee is moving to Spring Arbor along with her husband and we will need to find a Lioness to replace her for the Share and Care position.

With no additional discussion our meeting was adjourned, and our new BOD proceeded with their agenda.
Respectfully Submitted

Judy Ludvigsen



Lake of the Woods Lioness Board Members

Introducing - Our 2023 - 2024 Officers

President:	Barbara Tomayko
Secretary:	Gloria Bishop Oliveri
Treasurers:	Loretta LaTerra Lafley and Kathy Gillespie
1st Vice President:	Darcy Jennings
2nd Vice President:	Joan Litschert
3rd Vice-President	Emily Florence
Tamers:	Heidi Brown, Claire Donohoe, Karin Mollard
Tail Twister:	Mary Lou Ambrose
Membership:	Billie Cooke and Cindy Coover
Directors:	Ellen Bearden, Susan Bergner & Toni Keating
Immediate Past President:	Nickie Buell



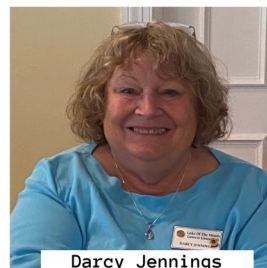
Gloria Bishop Oliveri



Loretta Lafley



Kathy Gillespie



Darcy Jennings



Emily Florence &
Joan Litschert



Barbara Tomayko



Billie Cooke &
Cindy Coover



Mary Lou Ambrose &
Nicki Buell



Heidi Brown, Clare Donahoe
& Karin Mollard



Ellen Bearden, Susan Bergner
& Toni Keating

We Serve



If you have not paid your 2023 - 2024 DUES

**Please bring a check for \$80.00
to the July Dinner Meeting**

**Or, mail a check to P.O. Box 811
Locust Grove, 22508**



Lioness Social on The Point

A summer social is planned for **July 9 at the Clubhouse Point from 4:00 PM – 6:00 PM.**
If it rains, the event will take place at the Holly Field Pavilion.

The main course includes Italian sausage with fried peppers and onions and will be prepared by a group of Lionesses with superb culinary skills.



To complete this fabulous summer picnic fete, you are requested to bring a **comfortable lawn chair, your beverage of choice and ONE of the following:**



- ♦ **Appetizer**
- ♦ **Salad, or**
- ♦ **Dessert**



We will be giving a shout out “hurrah” and “thank you” to Nicki Buell as she turns the Lioness leadership role over to Barbara Tomayko.

Please RSVP to Karin Mollard at KMollard@comcast.net or texting or calling: 540.717.5700 by July 5.

Looking forward to a fun day in a beautiful setting. Hope to see you all there!!

Lioness Lions Committees & Activities

SCHOLARSHIP COMMITTEE

Congratulations to our Scholarship recipients!



Katlyn Clement

Katlyn was ranked 12th in her class of 345 students this year. She will be attending Va Tech majoring in Biology and Pre-Med. Katlyn plans on continuing in medical school with hopes of becoming a pediatrician. She is passionate about learning and making the world a better place and hopes to achieve that in the field of medicine. She is a member of the Blue Ridge Virtual Governor's School and was involved in volleyball, tennis, youth club and is currently employed as a contract instructor at Orange County Parks & Recreation.

Brennan Hall

This is a quote from Brennan's scholarship application.

"I always thought I wanted to go into mechanical engineering or computer science, but now I question that due to a senior project I did for the Governor's School for adults and children with special needs. The project taught me how to teach those with special needs and how to get them involved within our community.

At this point, I would love to have a career where I design and implement adaptive equipment for those with special needs. While visiting universities to attend, I was amazed at the technology the students were working on. One in particular, a prototype for a cane that will speak to the person to help keep them safe. I thought to myself, I want to be part of something like that, helping those with special needs to live a productive, normal life in society."

Brennan will be attending James Madison this fall.



Avery Morris

Avery maintained a 4.23 average throughout high school. During that time, she also worked very hard and saved her earnings for her college future. She has volunteered at the Orange Fire Soccer Association and the Hornet Heroes which helps students with special needs stay active in sports. She has also participated in the Orange County Fanatics Club, National Honor Society, field hockey, basketball and soccer. Avery will be attending James Madison University majoring in Kinesiology with hopes of becoming a Physical Therapist or Athletic Trainer.

Lioness Lions Committees & Activities



Lake of the Woods Lioness Lions Club

CLAUDIA LOW MEMORIAL SCHOOL SUPPORT DRIVE

*School starts **AUGUST 9, 2023***

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



**Donations will be collected at the
LOW Club House Lower Parking Lot
Saturday, July 22nd from 9:00 AM to 11:00 AM**

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 Support" in the check memo section)

Please donate ONLY the items listed below:

School Supplies

- Composition Notebooks (Wide Ruled)
- Single Subject Spiral Notebook (Wide Ruled)
- 1" Binders
- Colored Folders (Two Pockets)
- Construction Paper
- Pencils
- Pencil Top Erasers & Pink Erasers
- Plastic Pencil Boxes & Pencil Pouches
- Color Pencils
- Handheld Sharpeners for Colored Pencils
- Scissors 5" (blunt point)
- Headphones and ear buds
- Refillable Water Bottles
- Hand Sanitizers
- Ziplock Bags (only quart and gallon size)
- Crayons (24 pack)
- Glue Sticks
- Colored Markers
- Dry Erase Markers (Black and Blue)
- Highlighters
- Protractors

Emergency Clothes (both boys & girls)

- Shorts and Sweatpants Size 5 to 14
- Tee Shirts Size 4 to 14
- Underwear Size 4 to 14

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

June Dinner Guests



Mitch McIlvene



Mina Snead



Nicole Pappas



Karen Baker

Lioness Lions Committees & Activities

**SAVE THE
DATE!**

Annual Lioness Lions Club

Card Party, Luncheon and Fashion Show

**Join us for Cards, Mahjong, Dominos, Luncheon,
a Silent Auction, Raffles, Fashion & FUN!**

Friday, September 22, 2023



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 Lions Club.

Thank you so much for your help with this.

Jean Ann Daniels (540) 412-2872 or (732)-672-1198



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 \$25.00** 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
Claire Donahoe: (703) 447-0235 cfdonahoe@hotmail.com
Karin Mollard: (540) 717-5700 kmollard@comcast.net

DINNER MENU

DINNER

- * Clubhouse Garden Salad w/a choice of white balsamic & ranch dressing
- * Rolls & Butter
- * Fried Chicken
- * Macaroni & Cheese
- * Baked Beans
- * Cole Slaw

ALTERNATE CHOICE

- * Portabella Mushroom stuffed with spinach, artichoke, black olives & couscous finished with a balsamic glaze

DESSERT

- * Pound cake w/mixed berry sauce

Dinner price is \$25.00.

Tail Twister



Attitude is everything...

Think positive, have fun and look for the good in your days~



If some of you don't start forgetting your badges once in a while...I'll be out of a job.

July Birthdays



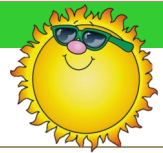
Barbara Tomayko	7/1
Susan DeMalo	7/4
Pamala Derreberry	7/4
Marti Legge	7/7
Margaret Haight	7/8
Julie Phend	7/9
Nicki Buell	7/10
Marian Rood	7/15
Heidi Brown	7/20
Beth Sundberg	7/25
Jonnie Feterle	7/26
Carol Greeney	7/26
Theresa DiCicco	7/27



JULY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1  Independence Day Parade & Fireworks	2
3	4 Independence Day 	5	6	7 Food Pantry 9-10:30 AM	8	9 Social on the Point 4-6 PM
Eyeglass Recycling 9:30-11:00 AM	11	12	13 LIONESS DINNER MEETING	14 Food Pantry 9-10:30 AM OVERSTOCK	15	16
17 Eyeglass Recycling 9:30-11:00 AM	18	19	20	21 Food Pantry 9-10:30 AM	22 Donalda's Installation Clubhouse 12:00 PM	23
24 Eyeglass Recycling 9:30-11:00 AM	25	26	27 BOARD MEETING	28 Food Pantry 9-10:30 AM	29 Lioness Book Sale 8:30-1:00 PM	30



AUGUST 2023

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 LIONESS DINNER MEETING	11 Food Pantry 9-10:30 AM	12	13
14 Eyeglass Recycling 9:30-11:00 AM	15	16	17	18 Food Pantry 9-10:30 AM OVERSTOCK	19	20
21 Eyeglass Recycling 9:30-11:00 AM	22	23	24 BOARD MEETING	25 Food Pantry 9-10:30 AM	26 Lioness Book Sale 8:30-1:00 P	27
28 Eyeglass Recycling 9:30-11:00 AM	29	30	31			

FROM THE EDITOR

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

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

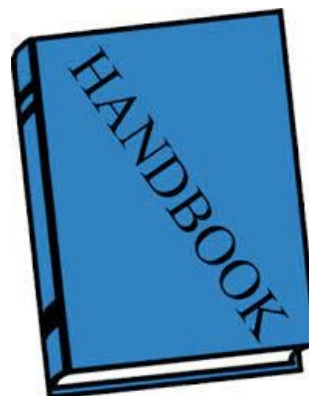
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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

Eyeglass Recycling

Marian Rood, 540-412-0214

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