

LAKE OF THE WOODS LIONESS LIONS LOW DOWN

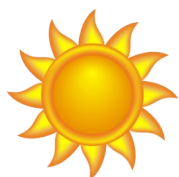
Volume 39 Number 2 - August 2023



President's Corner

By Lioness Barbara Tomayko, LOW Lioness Lions President

www.lowlioness.org



August

Wow, July sure was a hot month! I hope everyone was able to find ways to stay cool.

July also was an extremely busy month as I settled into my job as President of our club. I worked on finding Committee Chairpersons for all our Lioness activities and I want to thank everyone who so generously volunteered. We have such a great group of women who are always so willing to give of their time. I will have Karen Cakouros send the list of Committee Chairs to everyone.

We received the large *L* medallion for everyone's name badge. Please make sure you wear your name badge to the August meeting as we will be attaching the medallions to badges that don't have one. Also, if you need a name badge, please let Cindy Coover or Billie Cooke know. The badges are free for new members and there is a small charge for replacement badges for existing members.

Anne LeHuray has been hard at work finding us guest speakers for our upcoming meetings. Heidi Brown again has arranged some great meals for our dinner meetings. Several women worked on making baskets for various events at Darcy Jennings' house.

There were Lionesses at the Clubhouse Point Friday night selling 50/50 raffle tickets. We had to end early due to a downpour, but we made \$168, plus the gentleman who won gave us back \$50. What a generous person.

Plans for the upcoming Card Party and Luncheon are underway. Tables are already filling up so be sure to make your reservations now.

I look forward to seeing you at the next dinner meeting.

Stay cool!

Barbara Tomayko

IMPORTANT



Start thinking about how many tables/guests you would like for the
2024 Mardi Gras
Dinner Dance!

More information to come

**Lynne Kovach will be taking
DIRECTORY photos at the
August 10, Dinner Meeting.**

**Please let her know if you
would like a new photograph
for the 2023 - 2024
Lioness Club 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.

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

Nickie Buell

THE INSIDER'S VIEW

**Minutes from the
July 27, 2023
BOD Meeting**

The meeting was called to order at 7:01pm on Thursday, 27, 2023 by **President**, Barbara Tomayko.

The following board members were **present**:

President: Barbara Tomayko; **Secretary:** Gloria Bishop Oliveri; **Treasurers:** Loretta Lafley, and Kathy Gillespie; **1st Vice President:** Darcy Jennings; **2nd Vice President:** Joan Litschert and **3rd Vice President:** Emily Florence; **Tamers:** Heidi Brown and Claire Donohoe; **Tail Twister,** Mary Lou Ambrose, **Membership Directors:** Billie Cooke and Cindy Coover; **Directors:** Ellen Bearden, Susan Bergner

ABSENT: Toni Keating; Nicki Buell and Karin Mollard

SECRETARY'S REPORT: Gloria Bishop Oliveri

- The minutes of the JUNE, 2023 BOD meeting, which were previously distributed, were approved. Motion made by Susan Bergner and seconded by Darcy Jennings
- Committee Chairpersons monthly reports for JUNE 2023:
PS= 600 L= 42 H= 203 \$= \$410.00
- Resignations submitted for July 2023:
Mary Ann Bolgert, Susan DeMalo, Nancy Dorseff, Teri Fitzpatrick, Mary Tait, Vicky Shew and Joyce Whitfield.

Motion to approve all resignations made by Ellen Bearden and seconded by Loretta Lafley.

TREASURER'S REPORT: Loretta Lafley

- Presented Proposed Budget for 07/2023 to 06/2024 compared with 2022-2023 Budget.
- Actual 2023-2024 Budget approved. Motion made by Darcy Jennings and seconded by Joan Litschert
- Foundation Fund Report at end of July 2023: \$85,465.95

TREASURER'S REPORT: Kathy Gillespie

- Club Dues: Kathy is working on entering and updating dues received AND will be forwarding a formal letter to members who have not paid Membership Fee

THE INSIDER'S VIEW (Continued)

Minutes from the
July 27, 2023
BOD Meeting

PRESIDENT'S REPORT: Barbara Tomayko

- Our foundation was inactive with the State of VA at the time Barbara went to the bank to get new signature cards. Barbara paid and we were reactivated. All signatures in place and able to get checking account
- Barbara mentioned Carol Lee's status. Heidi Brown already has listed her as excused.
- Email from Donalda Lovelace, our new District Governor, stated she wishes to be the speaker at our August, September or October dinner meeting. Heidi Brown will speak with Anne LeHuray, Programs Chairperson.
- Audit of our books is coming, but Barbara will get more information.
- **1st Vice President**, Darcy Jennings mentioned that all baskets are finished. Lynne Kovach picked up her baskets for the Mardi Gras Dinner Dance; Card Party picked up theirs, etc.
- Darcy still has enough baskets for the next 2 years.
- **Tamer**, Heidi Brown mentioned that she will need programs from Programs Chair Anne LeHuray, so she can add Speaker Guest(s) to our dinner meetings and also to prepare items the speaker may need.
- Heidi also mentioned that she and her Tamers have dinner menus for August-December. She gave us a peek of September's menu: "Fiesta" with street corn!
- Heidi brought motion forward for St. Jude Organization to receive \$1,000.00 donation from us. Seconded by Billie Cooke. Motion passed.
- Heidi also mentioned that we need to review our By Laws because it is incomplete. It is missing the responsibilities of **ALL** of our officers. We all agreed that in the course of next year we will codify ALL positions. Main reason for this is not only to help us understand our own duties, but also to insure a smooth transition of incoming BOD.
- **Tail Twister**, Mary Lou Ambrose continued discussion on how we can improve our acceptance of visiting/new potential members and to welcome them into our Lioness Family. Mary Lou mentioned that now that we are aware that we may have been lacking in this, we will begin to mend it. One way is she will reactivate her "greeters" group. Everyone in the BOD is committed to help as well!
- Mary Lou is sponsoring a new Member: Nicole Pappas

MEMBERSHIP: Billie Cooke and Cindy Coover

- Clarification on the payment schedule for prospective members and their first two meals: Sponsors will be responsible to pay for the first dinner and prospective member is responsible for all other dinners leading to her becoming a Lioness. The club will pay for the dinner of her induction.
- Discussion and approval of a new membership application and acceptance letter for incoming members. The form was reviewed and after a small change, Membership can start using it.
- Guidance on distribution of new flat metal emblems for name badges: there are enough for all members to receive one and will be distributed at our August meeting.
- Membership can order name tags now. Kathy Gillespie will provide vendor and pricing information. Remember, every new member gets it for free. We all have to pay for any additional ones.

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 9:11pm. Motion made by Barbara Tomayko and seconded by Emily Florence
Respectfully submitted,

Gloria Bishop Oliveri, Secretary

Lioness Lions Committees & Activities



Lioness Card Party September 22nd

9:00 AM to 3:30 PM

Lake of the Woods Clubhouse



- ♦ For ALL GAMES (*except Bridge -Jan Lemieux 540-972-8888)
- ♦ When signing up for the card party please have this information:
 - * Type of Game First
 - * Examples are Hand & Foot, Samba, Mahjong, Dominoes
 - * Then List ALL the players
 - * The first person listed is the table captain and is in charge of collecting all the money and then making out ONE CHECK for the total amount of players at the table to LOW Lioness Club. The card party, luncheon and fashion show is **\$30 per person**.
 - * **First Name, Last Name, Phone , email address of table captain** and then just First Name, Last Name of All the players under them.

Once you have all the information for your table please send it to:

arlenerich111@yahoo.com with the subject line CARD PARTY RESERVATION.

For questions call (973) 670-9678

Checks need to be in by Wed, Sept 13th!!!! Although it is preferable to have ALL the above information emailed as soon as possible to hold your table and then **One Check** for the table to LOW Lioness Club mailed to:

**Arlene Rich
129 Monticello Circle
Locust Grove**

We had a packed house last year and we expect the same this year. Please come out and have some fun, eat lunch and enjoy the fashion show.



Lioness Lions Committees & Activities



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 22rd, 2023

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 15th

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



Lioness Lions Committees & Activities

Membership Committee News By Cindy Coover and Billie Cooke

The Membership Committee will order name tags after the August 10, Lioness dinner meeting. Please see Billie Cooke or Cindy Coover if you need a name tag. There will be no cost for a first-time tag. Replacement tags will be ordered at cost. (The exact cost will be available at the August 10, meeting.)

In response to several inquiries, the policy regarding any prospective new member is as follows: The sponsor will pay for the prospective member's **first** dinner. Subsequent meals will be the responsibility of the prospective member. Then, at the new member's induction, the Club will cover the dinner costs.

A new member, Nicole Pappas, has been approved and will be inducted into the club at the September meeting. (Bio details to follow.)

If a Lioness would like one of the new, larger metal club insignias to glue onto their current name tags, these will be available at the meeting in August. Please see Billie or Cindy to get yours.



Leslie Drakes, guest and sister of Donalda Lovelace



Nicole Pappas, Janie McCourt
guests of Lioness Mary Lou Ambrose

Lioness Lions Committees & Activities



Judy and I would like to thank everyone for making the school support drive so successful on Saturday. What a great job our volunteers did working the Clubhouse parking lot, Lakeview Parkway and the Front Gate. In only two hours, we collected \$1047.00 and at the Thursday dinner meeting we collected \$330.00.

In total we collected \$1377.00. We also have 5 bins full of supplies and some clothes items.

Again, without all of you, it would not have been a success.

Thanks again!
Teresa and Judy

Lioness Lions Committees & Activities



Warm a Heart with a
Winter Coat



The Winter Coat & Christmas Toy
collection boxes are located at Vicky Shew's
house.

Whoever is going to take over these projects
this year, please contact Vicky to pick these
up.

Vicky Shew:(703) 408-4926

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.

Karen Cakourus: 540-972-9043 or 540-840-4692



Lioness “Reporters”

Several Lionesses attended the 2023-2024 Lions Cabinet Installation held on July 22, at the Lake of the Woods Clubhouse.

Lioness Past President **Donalda Lovelace** was installed as District Governor of the Lions of Virginia - District 24L

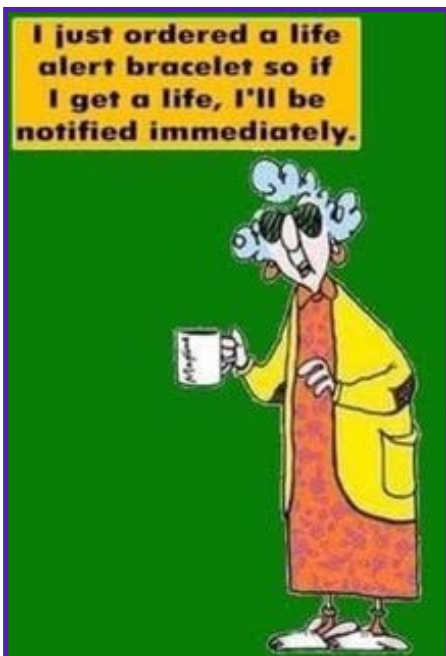
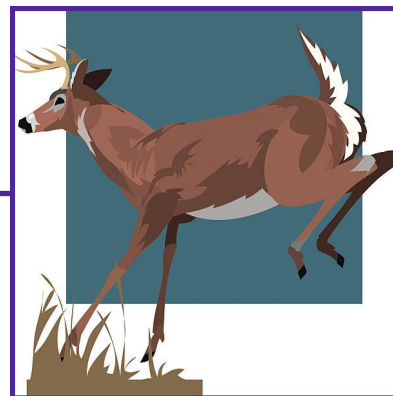


Did you know where the saying originates? “Hightail it out of here.”

A group of deer always have one who “keeps watch” for any possible danger. When there is perceived danger the “watch deer” puts its tail straight up, showing the white fur, it’s called “flagging”. That signals other deer to leave the area immediately.

Thus: high tailing it out of here!

Submitted by Darcy Jennings



Submitted by: Kathy Gillespie

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 cfdonohoe@hotmail.com
Karin Mollard: (540) 717-5700 kmollard@comcast.net

If you are bringing a guest, please contact the Tamers

DINNER MENU

DINNER

- * Clubhouse Garden Salad w/a choice of white balsamic & ranch dressing
- * Rolls & Butter
- * Beef Tips w/Mushroom Gravy over Egg Noodles
- * Seasonal Vegetable Medley
- * Garlic Mashed Potatoes

ALTERNATE CHOICE

- * Quinoa Meatballs served w/noodles and red sauce

DESSERT

- * Vanilla Ice Cream w/Chocolate Chip Cookie

Dinner price is \$25.00.

Tail Twister—MaryLou Ambrose



12 THINGS TO ALWAYS REMEMBER

- 1. The past cannot be changed.*
- 2. Opinions don't define your reality.*
- 3. Everyone's journey is different.*
- 4. Things always get better with time.*
- 5. Judgements are a confession of character.*
- 6. Overthinking will lead to sadness.*
- 7. Happiness is found within.*
- 8. Positive thoughts create positive things.*
- 9. Smiles are contagious.*
- 10. Kindness is free.*
- 11. You only fail if you quit.*



August Birthdays

Gail Jones	8/12
Jean Ann Daniels	8/14
Judy Ludvigsen	8/14
Gloria Bishop Oliveri	8/16



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			

SEPTEMBER 2023

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

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.

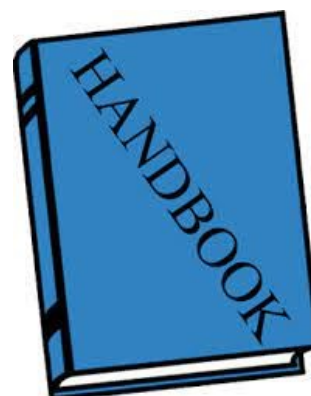
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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