

LAKE OF THE WOODS LIONESS LIONS LOW DOWN



Volume 39 Number 2 - September 2023

President's Corner

By Lioness Barbara Tomayko, LOW Lioness Lions President

www.lowlioness.org



It's hard to believe it's September already! The children are back in school, and the pools have closed. I don't know about you, it seems that I blinked, and summer was over. I hope everyone had an enjoyable summer. I am personally looking forward to fall with its beautiful colors and cooler weather.

Your Board has been hard at work making sure everything keeps running smoothly for your club. The Tamers have all our meals for the dinners planned out through the end of the year. Heidi has been working with Ryan on getting a gluten free option. Thank you, Tamers.

The Membership Committee has worked on re-writing the procedures for bringing in new members and provided the documents to the Board for review. I want to thank Cindy Coover and Billie Cooke for their hard work.

I am hard at work planning the next Card Party Luncheon and Fashion Show scheduled for September 22. Thanks to Darcy Jennings for purchasing baskets and items for them and allowing us to use her basement to assemble them. We have all the baskets finished! If you haven't reserved your table yet, be sure to do it soon before they sell out.

I look forward to seeing you at the next dinner meeting on September 14.

Barbara Tomayko

MEMBERSHIP



**KEEP
CALM
AND
PAY YOUR
DUES**



**Checks for the
CARD PARTY
Are due
September 13th**

**Table Captains are
to collect admission
fee for EACH guest
at their table and
forward ONE
check to
Arlene Rich
\$30 per person**

**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
August 24, 2023
BOD Meeting**

The meeting was called to order at 7:05pm on Thursday, August 24, 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; **Tamers:** Heidi Brown, Claire Donohoe and Karin Mollard; **Tail Twister,** Mary Lou Ambrose, **Membership Director:** Cindy Coover; **Directors:** Ellen Bearden, Susan Bergner and Toni Keating; **Immediate Past President:** Nicki Buell

ABSENT: 3rd **Vice President:** Emily Florence, 2nd **Vice President:** Joan Litschert and **Membership:** Billie Cooke

SECRETARY'S REPORT: Gloria Bishop Oliveri

1. The minutes of the **July 27, 2023** BOD meeting, which were previously distributed, were approved. Motion made by Ellen Bearden, and seconded by Susan Bergner
2. Committee Chairpersons monthly reports for **July 2023:**
PS= **1,542** L= **170** H= **737** \$= **\$1,784**
Loretta Lafley reported a donation of **\$1,000** was made to the Diabetes Fund
3. Resignations submitted for **August, 2023:** Carolyn Gordon
Motion to approve Carolyn's resignation made by Darcy Jennings and seconded by Heidi Brown
1. New Member in **August, 2023:** Cindy Dussinger
Motion to approve Cindy's membership made by Susan Bergner and seconded by Ellen Bearden

PRESIDENT'S REPORT: Barbara Tomayko

1. Barbara will be emailing 2023-2024 Budget for all members to review and approve
2. A reminder will be made at the next dinner meeting mentioning/collecting candy for Halloween
3. Will request Lynne Kovach to make/design flyers for Card Party for distribution
4. Barbara will contact individual(s) to perform General Audit of the Lioness accounting books

TREASURER'S REPORT: Loretta Lafley – Foundation Funds

1. Loretta provided a report of the Foundation fund balance
Adjusted Bank Balance: \$87,103.16
CD Balance: \$10,202.99
2. Loretta also mentioned that we still have a balance of \$1,775.25 from the School Supply Drive which will be distributed to the schools to bring a zero balance

TREASURER'S REPORT: Kathy Gillespie – Administrative Fund

We still have 25 members who have not paid their Membership Dues. Kathy will be sending them an email reminder.

THE INSIDER'S VIEW (Continued)

Minutes from the
August 24, 2023
BOD Meeting

TAMERS: Heidi Brown, Claire Donohoe and Karin Mollard

Heidi is working with Ryan to provide Gluten Free options for upcoming Dinner Meetings

Tamers have dinner menus set through December

Heidi mentioned that the Lioness Handbook and Constitution & Bylaws need to be reviewed and updated. It was discussed to form a committee to work on this. We still need to select a small committee to review/combine our Bylaws

TAIL TWISTER: Mary Lou Ambrose

Mary Lou has a working list of volunteers to be Greeters at the dinner meetings

MEMBERSHIP: Cindy Coover

Cindy and Billie Cooke have been working on updating Membership procedures and documents.

Cindy provided the documents for the Board to review. All of documents were approved by the Board, some with minor changes. The Board thanked Cindy and Billie for their hard work. Reviewed Sponsor's responsibilities and will be asking for Sponsors to introduce their own inductee at dinner meeting.

1. Reviewed procedure for handling new member applications
2. Requested availability of handbooks for new members
3. We have two new inductees: Nicole Pappas and Cindy Dussinger
4. Cindy will get more information regarding pro-rated membership fees as well as pricing for replacement badges

DIRECTORS: Ellen Bearden, Susan Bergner and Toni Keating

Ellen, Susan and Toni met after last month's BOD meeting to continue discussion on how we can improve welcoming of our new members. We will have Greeters at the dinner meetings but also go back to having mixers 2-3 times a year

NOTE: Loretta LaFley announced that she had a GREAT honeymoon! Congratulations Loretta!!!

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 8:40 pm.

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



The LOW Lioness Lions Club invites all Lake residents and their friends to attend our Annual Card Party, Luncheon and Fashion Show on **Friday, September 22, 2023**, at the Lake of the Woods Clubhouse. Our clubhouse chef has planned a delicious luncheon; and snacks, coffee and tea will be available throughout the day as well as a cash bar, open from 11:30 AM to 2:00 PM.

All types of card games are encouraged. Bridge players should sign up with a partner, and players of other games must include the names of all the people in their party when they make their reservations. If you do not wish to play cards or games, **reservations can be made for only the luncheon served at 11:45 AM and the fashion show afterwards.**

The cost of this event is **\$30 per person.**

For Bridge: Call Jan Lemieux: (540) 972-8888

For all other Games and Luncheon reservations: Call Arlene Rich: (973) 670-9678.

The fashion show will feature styles by **Cabi**. Find your perfect fit with fabulous styles available in extended sizes.

SIGN UP INSTRUCTIONS

- ◆ For ALL GAMES (*except Bridge –call 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 Lions Club.
 - * **Table Captains:** First Name, Last Name, Phone , email address 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: **arlenrich111@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, VA 22508.

Lioness Lions Committees & Activities



Remember:

- ♦ Halloween is coming soon. Candy will be collected at the October meeting.
- ♦ Sign up sheets for help on the Point will be available as well.



Start thinking about how many tables/guests you would like for the

2024 Mardi Gras Dinner Dance!

March 9, 2024

*Save
The
Date*

Lioness Lions Committees & Activities

Guest Speaker Virginia Derby Jordan, Chair of the Orange County



Virginia encouraged us to VOTE at the upcoming elections

The Electoral Board is a three-member board appointed by the Circuit Court to administer the election laws and other regulations promulgated by the State Board of Elections. The Electoral Board appoints the General Registrar and more than 100 Election Officials and accepts Candidate Contribution Reports from candidates who run for elected office from previous elections. The Electoral Board also supervises the elections to verify compliance with the law and verifies the results to the State Board of Elections. Members of the Electoral Board are appointed to staggered terms.

Guests Nancy Bidus, Bobbie Stone & Cindy Dussinger joined us for dinner!



Welcome

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
and dry glasses on Monday mornings. **We**
every Monday morning at the Tom
Walker building (the same building
dry, and have good
conversations. It is a great
finish the morning with a
You are not committed to
convenient! Thank you.

There will be **NO** eyeglass
recycling on September 4th.



few volunteers to help wash
meet from 9:30 to 11:00

as the Book Sale). We wash,

way to start the week and we usually
trip to Fareways for lunch!
come every Monday, just when it is

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”

KOREAN CHEESY CORN

By Kathy Gillespie

(as seen in the Washington Post)

During the pandemic, many media outlets printed recipes people could try at home. At the end of the year, the Washington Post printed their top 100 and said if you were going to cook only one, make it #4, Korean Cheesy Corn. It's the only recipe I tried but I've made it three times, and I rarely cook.

Preheat oven to 400.

Lightly oil oven proof skillet.

In a large bowl, combine the following:

4 ears of fresh shucked corn, cut off the cob.

½ cup mayo,

2 tsp Sriracha Sauce

1 1/2 tsp sugar

4 oz. shredded mozzarella

Add kosher salt and pepper to taste.

Spread mixture into skillet.

Sprinkle with 4 oz. mozzarella and some chopped green onions.

Cook for 15 minutes. May broil to brown top.

Serve as a side dish or as an appetizer with pita or other sturdy chip.



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) 412-0420 kmollard@comcast.net

If you are bringing a guest, please call the Tamers

DINNER MENU

DINNER

- * **Spicy Chicken or Beef Fajitas w/soft or crunchy corn tortillas, guacamole, sour cream, black olives, jalapeno peppers, cheddar cheese, diced onion, shredded lettuce and salsa**
- * **Refried Beans**
- * **Spanish Rice**
- * **Mexican street corn**

ALTERNATE CHOICE

- * **Stuffed Pepper with rice, black beans, corn, tomato & vegan cheese**

DESSERT

- * **Cinnamon Apple Churros & Mexican Sugar Cookies**



Tail Twister—Mary Lou Ambrose

*If All you have to do is decide...
decide what kind of day you
are going to have.*

*Remember, a beautiful day
begins with a beautiful mindset. Wake up with
gratitude and remind
yourself you are blessed to
see another day.*

SEPTEMBER BIRTHDAYS

Ellen Bearden	9/8
Emily Florence	9/9
Nancy Lamb	9/9
Janite Hamilton	9/10
Ann Wood	9/14
Hilda Valenta-Seary	9/17
Mary Altman	9/18
Donalda Lovelace	9/18
Betty Beck	9/19
Bonita Doubleday	9/19
Denise Russell	9/24
Mary Szadvari	9/28





September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Overstock Friday 9:00 - Until Gone	2	3
4 NO Eyeglass Recycling	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 - Until Gone	16	17
18 Eyeglass Recycling 9:30-11:00 AM	19	20	21	22 Food Pantry 9-10:30 AM CARD PARTY 9:00 AM-3:00 PM	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	



October 2023



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

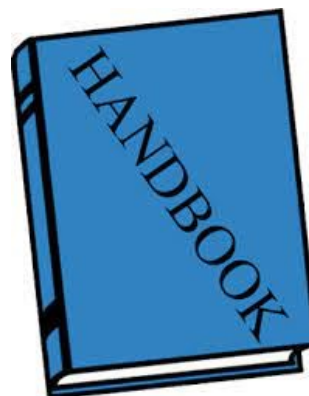
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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, 703-217-5615 or Karen Cakouros, 540-972-9043

Book Sale

Helene Burns, 540-412-0798, Sherri Lasover, 540-412-9854, and Ann Walker, 540-972-4338