

LAKE OF THE WOODS LIONESS LIONS LOW DOWN

Volume 39 Number 5 - November 2023

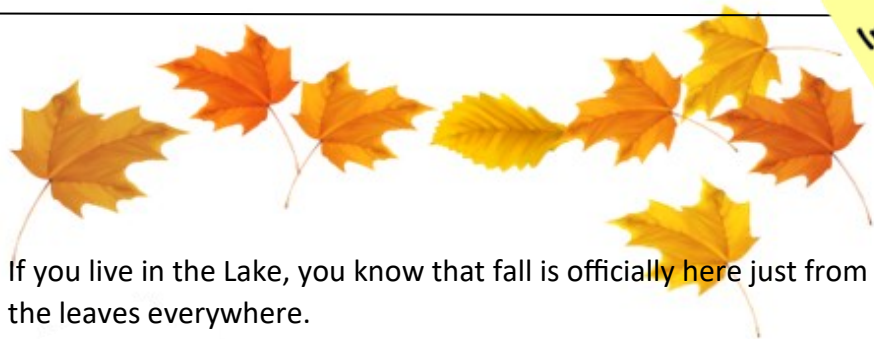


President's Corner

By Lioness Barbara Tomayko, LOW Lioness Lions President

www.lowlioness.org

Important



If you live in the Lake, you know that fall is officially here just from all the leaves everywhere.

Thanksgiving is just around the corner, and I'd like to use this time to reflect on the things I am most thankful for.

I am truly thankful for my God, family and my many friends I have found at the lake. While it has been a challenge at times, I am thankful for the opportunity to serve as your president of our Lioness Lions Club. I know some may laugh at that, but I believe that everyone who is a Lioness should find some way to "Serve" whether it is through serving on the Lioness board or volunteering for the many opportunities in our club and community.

I look forward to seeing you at the November 9th dinner meeting.

Barbara

Don't forget to turn your clocks back on November 5.

Just a reminder to turn
back your clocks.



Unfortunately only one
hour, not twenty years.

THINGS TO BRING TO THE DINNER MEETING



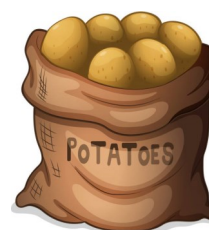
Household cleaning
products and supplies.
Since cold weather is
coming please also consider
warm hats, scarves, gloves
etc.

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.

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
October 26, 2023
BOD Meeting**

The meeting was called to order at 7:01pm on Thursday, October 26, 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; **3rd Vice President:** Emily Florence; **Tamers:** Heidi Brown and Claire Donohoe
Membership Directors: Billie Cooke; **Directors:** Susan Bergner and Toni Keating

ABSENT: Director: Ellen Bearden; **Tamer:** Karin Mollard; **Tail Twister:** Mary Lou Ambrose; **Membership:** Cindy Coover and **Immediate Past President:** Nicki Buell

SECRETARY'S REPORT: Gloria Bishop Oliveri

1. The minutes of the **September, 2023** BOD meeting, which were previously distributed, were approved. Motion made by Joan Litschert and seconded by Susan Bergner
2. Committee Chairpersons monthly reports for **September 2023:**
PS= 2,124 **L=** 162 **H=** 582 **\$=** \$4,698.90
3. Resignations submitted for **October 2023:**
No resignations in October 2023. Beth Ross' pending resignation was accepted by the BOD effective 09/28/23
4. **LOW Lioness Lions Member Handbook 2023-2024** will be available at our upcoming Dinner Meeting, November 09, 2023. Please make sure you get yours!

PRESIDENT'S REPORT: Barbara Tomayko

1. The Ferris Building – On 10/25/23 Barbara met with LOW AGM, Carolyn Broder and a representative from Orkin.
 - a. Barbara was informed that there is mold in the crawl space and a mice infestation. Barbara was also advised that no one is allowed to use the building and all books, etc. must be removed and discarded. Barbara requested that announcement be made in the LOW DOWN regarding this situation.
 - b. Although Orkin submitted bid to take care of the problem, Barbara asked BOD if another bid should be presented to have a second opinion on the building and book situation. Motion was made by Susan Bergner and seconded by Darcy Jennings and approved by board.
2. Orange County Tutoring - Per OC School Superintendent, Dr. Daniel Hornick and Renee Honacker, Empowering Students program, OC received 1 million Grant for tutoring Math and Reading to students of primary, elementary and middle school. Tutoring will take place in the schools 2 days a week. Barbara suggested an announcement be made to all Lionesses. Emily Florence made motion and seconded by Darcy Jennings. Approved by the BOD.
3. A motion was made and approved to move Jan Lemieux's MAL Status to May

TREASURER'S REPORT: Loretta Lafley – Foundation Funds

1. Bank Balance year to date: as of October 2023: \$82,399.76
2. Official Total numbers for the Card Party: \$4,233.00
3. Expenses for the White House Ornaments: \$5,135.00
4. Expenses as of October 2023: \$5,385.00

TREASURER'S REPORT: Kathy Gillespie – Administrative Fund

1. Budget for Administrative Fund 2023/2024 came in at \$28,108.00
A motion was made and seconded by the Board to approve the Budget as presented. It will be presented to the members at the next dinner meeting, November 9 for approval.
2. Bank Balance year to date is approximately \$18K

1st Vice President: Darcy Jennings

1. Darcy brought up the point that we haven't had a Committee for Miss Orange Scholarship in 3 years and should be removed from our Member Handbook. We still have a little over \$13K receipt pending. Barbara will call our District Governor, Donalda Lovelace to discuss allocation of funds and remove from our books.

2nd Vice President: Joan Litschert

1. Joan reported 10 Volunteer hours for Publicity for October 2023
2. We still need Chairperson for Toy Drive Committee. Barbara will contact Barbara Francis to see if she has information that can be provided on how the toy drive works.

3rd Vice President: Emily Florence

Sent schedule to all volunteers for Halloween Treats at The Point
Hours: 5:30pm-9pm

Guest: Sherri Lasover from the Book Sale Committee

Sherri wanted to know about the situation in regard to the Ferris Building.
Barbara reviewed the problems and clarified that she had just found out yesterday and officially informed the BOD this evening.

TAMERS: Heidi Brown, Claire Donohoe

1. Dinner Meeting Decorum
Maybe not all Lionesses are aware that, as a Professional Organization, we have certain expectations from our membership when attending our Dinner Meetings. The most obvious offense is when a Lioness gets up and leaves as our Guest Speaker begins his/her program.
2. The BOD requested Heidi to share the Code of Conduct that they have in place for the LOW LGA. The Board will be writing a formal Code of Conduct for the LOW Lioness Lions Club. Once completed it will be posted in the Low Down and our Lioness handbook.
3. It was discussed to look into a new sound system so speakers at the podium will be heard better.

TAIL TWISTER: Mary Lou Ambrose

Mary Lou prepared and asked Emily Florence to present to the board the "Member Resignation" letter.

MEMBERSHIP: Billie Cooke and Cindy Coover

1. 3 New Applicants

- ◆ Maggie Broadwater sponsored by Cindy Dussinger
- ◆ Cheryl Murray sponsored by Cindy Dussinger
- ◆ Susie Wright sponsored by Arlene Rich

2. 9 New Members To be inducted at November Dinner 2023

- ◆ Nancy Bidus, sponsored by Lynne Kovach
- ◆ Mary J. Damone, sponsored by Kathleen Phillips
- ◆ Mina Snead, sponsored by Yvette Ruiz; Note: Mina is a former Lion
- ◆ Bobbie Stone, sponsored by Sheran Marks
- ◆ Nicole Pappas, sponsored by Mary Lou Ambrose was previously approved
- ◆ Maggie Broadwater, sponsored by Cindy Dussinger
- ◆ Cheryl Murray, sponsored by Cindy Dussinger
- ◆ Susie Wright, sponsored by Arlene Rich
- ◆ Janice Johnston, sponsored by Karin Mollard

Great Job Billie and Cindy!

DIRECTORS: Susan Bergner and Toni Keating

1. We are definitely having our **February Dinner Meeting as Pajama Night!** More information to follow.

NOTE: Joan Litschert, have a safe trip and a wonderful time in FLORIDA!

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 8:45pm.

Respectfully submitted,

Gloria Bishop Oliveri, Secretary

Our next BOD Meeting will be held on December 7, 2023

Upcoming Events



IMPORTANT

FERRIS BUILDING CLOSURE

Until further notice, the Ferris Building (**Book Store and Eye Glass recycling center**) will be closed to attend to mold and other issues. The Lioness Board voted to obtain an independent appraisal of the air quality issues and how they pertain to our book collection and reopening. Membership will be kept informed of the findings. If you have specific questions or concerns, please contact any of the Lioness Board members. Thank you.

~~Cancelled~~



ORANGE COUNTY CHILDREN'S



CHRISTMAS
TOY BOX



The Annual **TOY DRIVE** is now actively collecting.
Collection boxes will be at the **Clubhouse**,
The Licata Group (next to Food Lion), **Fairways**
and the foyer of the **Holcomb Building**.
The cut off date for collection is December 10th.

Please contact **Kathy Merritt** If you would like to help!
(540) 538-6605

Upcoming Events



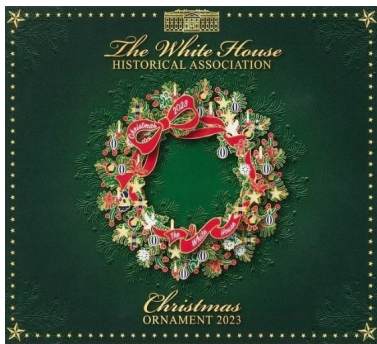
Rappahannock Rapidan
Community Services

The November Dinner Program will be the Drive for Christmas gifts for the developmentally disabled adults served by Bridges.



Supervisor **Brian Beerhoff** will be speaking about the Bridges Program .

The 2023 White House Ornaments



The 2023 White House Ornaments will be on sale at the November Dinner Meeting for **\$25.00**.

This year, the Official White House Christmas Ornament is a festive holiday wreath, adorned on the front with decorations inspired by the handcrafted Christmas ornaments used in the White House during the Gerald R. Ford Jr., administration. Dozens of dolls, cherubs, doves, stars, flowers, gingerbread men, candles, and pentagon balls, in bright, cheery colors are featured with red ribbons at the bottom bearing the words "Christmas 2023" and "The White House."

To purchase an ornament, please **Call or Text** – for orders or questions:
Kathy Merritt, (540) 538-6605 or Jan Stockman, (703) 943-9314.



Services To Abused Families, Inc.

We will have the **last SAFE HOUSE collection** of this year at the **November 9th meeting**. Please be as generous as always with your donations of household cleaning products and supplies. Since cold weather is coming please also consider warm hats, scarves, gloves etc. Thank you very much in advance!

If you would like to drop off your donations at my house.

104 Beachside Cove.

Val Protiva (540) 972-7975

Upcoming Events

WINTER COAT DRIVE

We are coordinating with the Lions Club on the Winter Coat Drive again this year. Starting October 6th we will be collecting **coats, hats, gloves, scarves, etc.**

Once again, we will focus on **children and teens** so that extras can be shared with OCPS.

Important dates related to the drive:

Collection:	October 6-November 10
Sorting of Collected Items:	November 14- afternoon
Distribution:	Friday, November 17th during the Food Pantry
Rain Date:	Saturday, November 18th

I am looking for Lionesses to help with this effort. Your help is needed in the following areas:

Collecting: You will be assigned a location in LOW which you would check weekly, collect donated materials and drop them off at my house. (1439 Lakeview Parkway, 1/2 mile west of the back gate on the lake side.)

Sorting: Help sort, organize and prepare for distribution at the sorting event on Tuesday, Nov. 14.

Distribution: Onsite at the Food Pantry to set up and help distribute the coats on Friday, Nov. 17 or on the rain date of Saturday, Nov. 18

Please email me if you want to help and let me know what you'd like to do.

Thanks,
Nan Lamb
nelambva@gmail.com
540-388-2875



Warm a Heart with a
Winter Coat

Upcoming Events

CHRISTKINDLMARKT

LOW Christkindlmarkt will be held this year on **Saturday, December 2, 2023 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 1st, 5:00 pm to 8:00pm and for Saturday, December 2nd, 7:30 am to 9:00 am.

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 decorations in her garage @ 127 Harrison Circle. You can drop off your donations **Thursdays** between **10:00 am and 4:00 pm**, starting on **November 2nd and ending on November 30th**.

(Of course, no drop offs on Thanksgiving Day!) **All other days**, please call her in advance to make sure she is there to accept your stuff. **(804) 914-0666**

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!



SAVE THE DATE for The Mardi Gras Dinner Dance 2024

March 9, 2024: Save the Date and begin making plans for the Mardi Gras Dinner Dance, Lioness's biggest event of the year! Once again, the evening will include appetizers, served dinner, a cash bar, and dancing to the fabulous strains of the Reunion Band.

Because this popular event sells out every year, the club will approach ticket sales in a different way. Instead of using Tix on a first-come, first-served basis, we will appoint 19 table Captains who are responsible for filling their tables with eager attendees. We need you to consider two items **NOW**:

1. Decide if you want to attend this year's event, and if you have other people you would like to invite.
2. Decide if you would like to commit to being a table captain.

There will be a sign-up sheet at the **NOVEMBER dinner meeting** where you may indicate your interest. Table captains will use the sign-up sheets to help them fill spots at their tables. Come to the November meeting to sign up—and to get answers to all your questions.

Announcements

JIGSAW PUZZLE EXCHANGE

Bring a puzzle or two and leave them on the unused table by the window opposite the sign in table. There will be a sign on the table with a sign in/sign out sheet.

You can only take a puzzle if you brought in a puzzle.

Questions? Ask Darcy Jennings at (703) 772-2080



Lioness Lions T-shirts and Polo Shirts are Available for Sale!

Karen Cakouros is accepting orders at the following prices:



T-shirts

\$15

Polo shirts 2 styles \$22 and \$25

Karen will deliver your shirts at our monthly meetings, or you can go to Karen's house and check out sizes and shirt type at 106 Tallwood Trail.

Email: karencak@comcast.net

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.

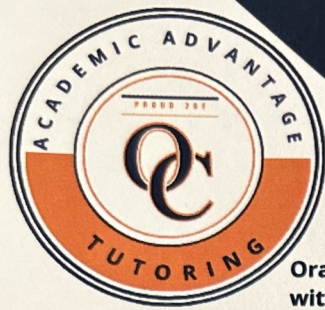
Karen Cakourus: 540-972-9043 or 540-840-4692



Information

Orange County Tutoring

Per Orange County School Superintendent, Dr. Daniel Hornick and Renee Honacker, Empowering Students program, OC received \$1 million Grant for tutoring Math and Reading to students of primary, elementary and middle school. Tutoring will take place in the schools 2 days a week. Go to www.ocss.va.org for more information.



Want to impact students' academic achievement?

Orange County Public Schools is seeking tutors to work with students in grades K-12 in math and reading. Tutors will work with small groups of students, and training will be provided. Pay rates range from \$25 - \$40, depending on education and experience.

Orange County Academic Advantage is an educational tutoring program designed to help students achieve their academic goals.

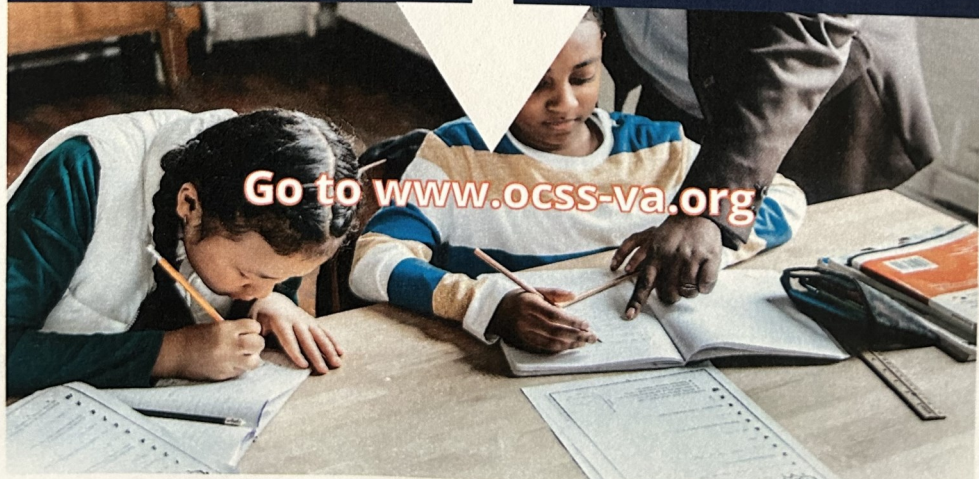
The program offers small-group math and reading tutoring. Times are available before school, during the school day, and after school. Transportation is provided.

All tutors must complete training in order to effectively help students improve their

grades and deepen their understanding of the material.

Test preparation services are available for high school students on standardized tests, including the SAT and ACT exams.

Academic support is strengthened through tutor and classroom teacher collaboration, and progress reports allow parents and classroom teachers to monitor student success.



October Dinner Program

District Governor, Donalda Lovelace spoke at the October dinner meeting. Here are some highlights from her speech.

She thanked the Lioness Club for our almost 36 years of service to the community.

With Lions Club International President Dr. Patti Hill, theme being “Changing the World.” Donalda’s theme for our District 24L is “**Be the Change**”. She wants us to look hard at our clubs to ensure our legacy will continue to ensure our future. Our motto, “We serve” will be the cornerstone of all our efforts, and she is calling on our members and club to develop new programs that are meaningful to the community they serve and creative enough to attract younger members.

A long and fascinating family history or service, Donalda was introduced to Lionism by her late husband. It has been a privilege to serve her community as a member of LOW Lioness Lion and establish long friendships.

As District General, Donalda is charged with motivating clubs in Frederick County in the North, Alleghany County in the South, Highland in the West, and Westmoreland in the East, and all in between. She is in charge of establishing our district goals, conducting conferences, and ensuring that our club officers are trained, and our Zone Chairs are prepared. Our goals are in the areas of Service, Membership, and Leadership. She reminded us the work we are doing is essential and that we are the largest humanitarian organization in the world. Every day, our service changes lives. But it is up to us to make it happen. It is up to us to make every day a wonderful day.

Service: We educate, inspire, and build our legacy by sharing our stories. Donalda encouraged us to set a goal to beat the number of service projects from last year and think about establishing a new service project this year, perhaps an environmental project.

Membership. Teamwork is how we get things done. Encourage others to join our team to continue and build upon your excellent work in your communities and other Lions worldwide. 50% of our clubs added one or more new members last year, but we must challenge ourselves to beat those numbers. Recruiting and retention of members is our greatest challenge. In 2000, the United States had 527,000 Lions. Today, 269,000, a 48% loss. In 2009, our District had almost 4,000 members; today, 2,318. In 2010, our club had 132 members, today 101, with an average age of 74 years old. The stark reality is that membership in our District, State, and Country is declining, and we must look hard to find ways to reverse the trend.

Leadership: Learning is a lifelong effort no matter what our age. It empowers us to improve our thinking, feelings, communications, and service. Donalda encouraged us to take advantage of the virtual self-directed training provided through the Lions Learning Center. Her best training with Lions was with RLLI, the Regional Lions Leadership Institute. We want to invest in our Lions as our most valued asset.

The M&M’s Donalda handed out were a token for us to remember that Members Matter and we should always have a goal to bring in new members.

For us to succeed, we always need to focus on key steps:

- ◆ Always be on the watch for new ways of doing things and new service projects.
- ◆ Always try fresh approaches. Our future is limited only by your imagination.
- ◆ Be inclusive, value, and practice service. Engage and promote learning.



Dinner Guests & Prospective Lionesses

Mary Damone



Caroline Collantes



Cheryl Murray & Maggie Broadwater



Sandy Harrington

Halloween 2024 - Treats at The Point



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

- * Garden Salad w/White Balsamic or Ranch Dressing
- * Rolls & Butter
- * Oven Roasted Turkey w/Cranberry Sauce, Cornbread Stuffing, Garlic Mashed Potatoes & Green Bean Casserole

ALTERNATE CHOICE

- * Roasted Acorn Squash Stuffed w/Mushroom, Tomato and Spinach topped with Fig Reduction

DESSERT

- * Pumpkin Pie

Dinner price is \$25.00.



*Its Thanksgiving pass the love the
warmth and sharing pass the smiles
the hugs and caring pass the blessing big
and small pass them on to one and all.
Hope this Thanksgiving brings you
generous helping of blessing.
Happy Thanksgivings*

Happy Thanksgiving from
Tail Twister, Mary Lou Ambrose.



NOVEMBER BIRTHDAYS

Jan Lemieux	11/2
Karin Goetz	11/10
Ann Walker	11/20
Madelyn Smith	11/28

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3 Food Pantry 9:00-10:30 AM	4	5
6 Eye Cycle 9:30 AM CANCELLED	7	8	9 LIONESS DINNER MEETING	10 Food Pantry 9:00-10:30 AM	11	12
13 Eye Cycle 9:30 AM CANCELLED	14	15	16	17 Food Pantry 9:00-10:30 AM	18	19
20 Eye Cycle 9:30 AM CANCELLED	21	22	23 THANKSGIVING	24 Food Pantry OVERSTOCK FRIDAY 9:00 - Gone	25 Lioness Book Sale 8:30 - 10 PM CANCELLED	26
27 Eye Cycle 9:30 AM CANCELLED	28	29	30			

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Food Pantry 9:00-10:30	2 Christkindlemarkt	3
4	5	6	7 BOARD MEETING  Hanukkah begins	8 Food Pantry 9:00-10:30	9	10
11	12	13	14 LIONESS DINNER MEETING	15 Food Pantry 9:00-10:30 Hanukkah ends	16	17
18	19	20	21	22 Food Pantry OVERSTOCK 9:00 until gone	23	24 Christmas Eve
25  Christmas Day	26	27	28 BOARD MEETING	29 Food Pantry OVERSTOCK 9:00 until gone	30	31 New Year's Eve

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.

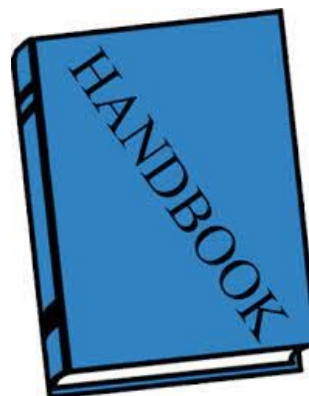
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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
By Lynne Kovach & Emily Florence



[Click HERE to find us on Facebook](#)

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