

LAKE OF THE WOODS LIONESS LIONS LOW DOWN



Volume 39 Number 7 - January 2024

President's Corner

By Lioness Barbara Tomayko, LOW Lioness Lions President

www.lowlioness.org

Important

*Happy
New Year*

Happy New Year to Everyone! I hope all of you had a wonderful holiday season.

There are so many exciting things happening this coming year. We are starting out with a pajama party at our February dinner meeting. If you don't feel comfortable wearing PJs, you don't have to. In place of a speaker, we will be playing SINGO. I know we had a great time when we played SINGO before and I am looking forward to playing again.

We have been given the OK to open the Ferris Building for the Lioness book sale & eyeglass recycling. Make your way over there to pick out some new books to read.

Currently we are looking for someone to take over the Treasurer position for the administrative account. This person should have some bookkeeping experience, be proficient using Excel and have a computer and printer. It is not a time-consuming job, and I will be willing to train. Please give me a call if you are interested.

I am looking forward to 2024 and all the great things I know our club will be doing for our community and beyond.

See you in February,

Barbara Tomayko

**THERE IS NO
DINNER
MEETING IN
JANUARY**

**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
VACANT

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
December 7, 2023
BOD Meeting**

The meeting was called to order at 7:02pm on Thursday December 7, 2023 by
President, Barbara Tomayko.

The following board members were **present:**

President: Barbara Tomayko; **Secretary:** Gloria Bishop Oliveri; **Treasurer:** Loretta
Lafley; **1st Vice President:** Darcy Jennings; **3rd Vice President:** Emily Florence; **Tamer:**
Claire Donohoe **Tail Twister,** Mary Lou Ambrose, **Membership Directors:** Billie Cooke
and Cindy Coover; **Director:** Susan Bergner;

ABSENT: Treasurer: Kathy Gillespie; **2nd Vice President:** Joan Litschert, **Tamers:** Heidi
Brown and Karin Mollard; **Directors:** Ellen Bearden and Toni Keating; **Immediate Past**
President: Nicki Buell

SECRETARY'S REPORT: Gloria Bishop Oliveri

- 1) The minutes of the **October, 2023** BOD meeting, which were previously
distributed, were approved. Motion to approve by Mary Lou Ambrose and
seconded by Billie Cooke.
- 2) Committee Chairpersons monthly reports for **September 2023:**
PS= 2,303 L= 83 H= 290 \$= 50/50: \$61.00; Shirts: \$50.00
- 3) Resignations submitted for **November 2023:**
Brenda Agnew is moving and resigned as of 11/02/23
Motion to approve by Clair Donahoe and seconded by Billie Cooke

PRESIDENT'S REPORT: Barbara Tomayko

The **Ferris Building** – Several Lionesses, Dick Unser, LOW Lions President and a few
others met with Phil Rodenburg, LOWA Manager, and his assistant, Carolyn
Broder. They informed us that an inspection revealed there was mold in the
crawl space and mouse droppings in the attic and insulation, making it unhealthy
for anyone to work inside the building. Phil also mentioned that it was decided 2
years ago, the Ferris Building had outgrown its useful life and LOWA would not
put any money into repairing it.

Therefore, the Ferris Building has been permanently closed. This affects the
Lioness' Bookstore and the Eye Glass Recycling. **UPDATE: We have since been**
granted permission to reopen the Ferris Building.

Environmental Projects – Barbara presented the NexTrex plastic bags recycling
program. Lioness Club would collect specified plastics bags and take to a
designated drop off NexTrex location. Once we reach 1,000 pounds we will
receive a bench which we then can donate or raffle. Barbara is still researching,
but will discuss at our next Lioness Dinner Meeting.

Meeting with all members – In efforts to get to know all our Lionesses better,
Barbara suggested to have small get-togethers. Board discussed and
approved.

Darcy Jennings will host on Thursday, January 11, 2024 at 1-3pm

Billie Cooke will host on Thursday, January 18, 2024 at 1-3pm

Mary Lou Ambrose and Emily Florence will host on Thursday, January 25, 2024 at
10- 11:30am.

THE INSIDER'S VIEW (Continued)

- 4) **March Conference** – There is an upcoming Regional Lions Leadership Institute (RLLI) Conference on March 1-3, 2024 in Charlottesville, VA. This conference will enhance our communication skills, public speaking, time management and much, much more. District 24L has several spaces left. Barbara Tomayko, President, and Darcy Jennings, 1st Vice President, were invited. Unfortunately Darcy is unable to attend, so Gloria Bishop Oliveri, Secretary, will attend in her place.
- 5) Kathy Gillespie resigned as Administrative Treasurer effective immediately. Barbara will mention it at our upcoming Dinner Meeting and will ask anyone interested in filling this position to please contact her.

TREASURER'S REPORT: Loretta Lafley – Foundation Funds

- 1) Bank Balance year to date: as of November 2023: \$87,373.13

Christmas Ornaments: \$8,450.00; Expenses: \$3,476.76

1st Vice President: Darcy Jennings – Darcy is very passionate about our LOW Community and will continue to work toward getting answers regarding how the closure of the Ferris Building is affecting this community. She will review the needs and advertise in Lake Currents.

TAMERS: Heidi Brown, Claire Donohoe – Claire reported that although it has been a long and slow healing process, Heidi continues to recover from her knee replacement surgery.

MEMBERSHIP: Billie Cooke and Cindy Coover

- 1) **8 New Members To be inducted at our November Dinner 2023**

Janice Johnston, sponsored by Karin Mollard, unable to attend the November Dinner so her induction will be postponed.

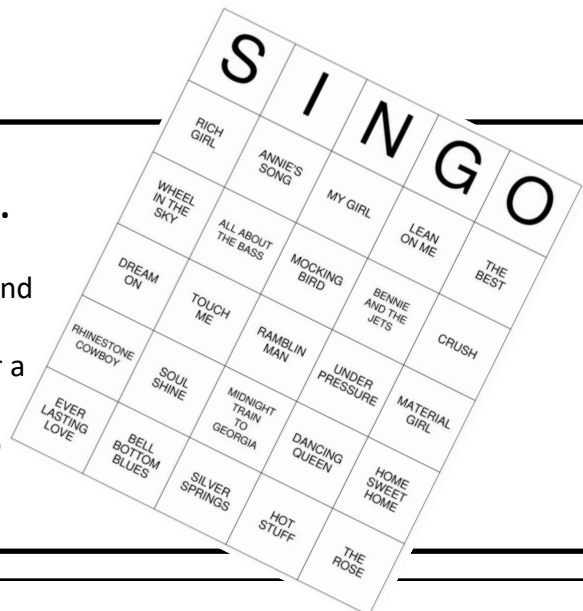
There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 8:50pm.

Respectfully submitted,

Gloria Bishop Oliveri, Secretary

In place of a speaker, we will be playing SINGO.

Everyone loves singing along with their favorite songs and who doesn't love a competitive game of Bingo? SINGO Music Bingo brings together the best of both worlds for a high energy game that is fun for everyone. Simply listen to your favorite music, match the songs to the titles on your music bingo cards,



Announcements



GRASSROOTS MOVEMENT

Our goal is to establish recycling outlets for consumer collection beyond traditional grocery store drop off by removing hurdles that prevent organic growth of local plastic bag/film recycling initiatives.



WHAT CAN BE RECYCLED?

- ✓ Bread bags
- ✓ Produce bags
- ✓ Newspaper sleeves
- ✓ Pallet wrap & stretch film
- ✓ Salt & Ice bags
- ✓ Grocery bags
- ✓ Cereal bags
- ✓ Case overwrap
- ✓ Bubble wrap
- ✓ Wood pellet bags
- ✓ Plastic shipping envelopes
- ✓ Dry cleaning bags
- ✓ Ziploc & other reclosable food storage bags

HOW DOES NEXTREX WORK?

- ✓ Become a centralized drop off location for recycling polyethylene films
- ✓ Trex provides a rebate for baled recyclable films
- ✓ Trex provides upfront financing for a baler or discussion of supplemental backing
 - All or a portion of the rebate pays for the financing of the baler
 - After the baler is paid for, your organization begins to receive full compensation for film
 - Standard bale weight is 750 - 1,000 lbs.
 - Material needs to be stored in a dry location
- ✓ Transportation is provided by Trex at no cost to you
 - 53' trailer that holds a minimum of 40 bales
 - Full or combo load pick-up available



Ability to house and operate baler



750 - 1,000 lb. bale



Trex provides 53' trailer for transportation

WHAT CAN TREX PROVIDE?

- ✓ Collection bins provided by Trex at no cost
- ✓ Marketing and PR opportunities available for discussion

PARTNER'S COMPENSATION

- ✓ Trex provides a rebate for baled recyclable films

WHO QUALIFIES?

- ✓ Localities, counties, cities, municipalities via solid waste and recycling
- ✓ Universities/colleges
- ✓ Foodbanks
- ✓ Non-profits
- ✓ Businesses/warehouses that do not meet Trex's commercial criteria
- ✓ Beverage distribution
- ✓ Not sure if you qualify, email recycle@trex.com

trex.com/recycling 540-542-6930

© 2022 Trex Company, Inc.
All rights reserved.

Announcements



NEXTREX RECYCLING CHALLENGE PROGRAM

We are all signed up and our first year started on- New Year's Day! Supplies are on the way. Supplies consist of bins and liners for the bins in which bags to be recycled are placed/collected. Food Lion participates in the program as a drop-off collection point. Anne will coordinate with Food Lion.

The plastic bag recycling project is made possible by a program run by the TREX company - they are known for composite decking and other products made from recycled plastics such as the benches that we hope we will qualify for. To get a bench we will need to collect 1000 pounds of recycled plastic bags. We can only get one bench per year.

Once we get the program going, we'll learn how to deliver the bags to the collection point, which involves taking a photograph, submitting it to the TREX program, and recording the weight on the website.

Any questions, contact Anne LeHuray. (703) 300-8744 alehuray@comcast.net

Eyeglass Recycling

Eyeglass Recycling will begin again on Monday, January 8th!

We meet from 9:30 to 11:00 every Monday morning at the The Ferris 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.



Announcements

We could use some more volunteers at **THE FOOD PANTRY** each Friday morning from **8:30 to 10:30** to hand out food items to our clients. You can volunteer one Friday a month or more if you like. Lion Dan Porter sends out an email before the beginning of each month asking for the date(s) you would like to volunteer.

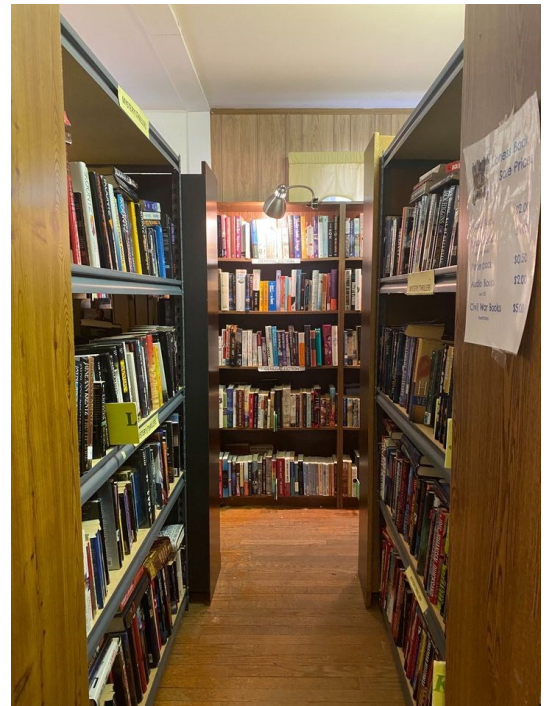
It is a very rewarding activity !



The LOW Lioness book sale will be held on Saturday, January 6, 2024 at the Ferris building near the compactor site.

We must make **DRASTIC REDUCTIONS** in our inventory and will offer great price reductions.

No donations will be accepted.



Upcoming Events



We still have 20 seats (or 2 tables) available for
The Mardi Gras Dinner Dance March 9, 2024
If you would like a seat, a couple of seats
or a whole table, please contact
Nicki Buell or Ellen Bearden!
(703) 217-5615 or (540) 222-7390

**INVITE YOUR RELATIVES, NEIGHBORS AND FRIENDS
to the event of the year and our most profitable fundraiser!**

THE MARDI GRAS COMMITTEE NEEDS YOUR HELP



Items are needed for Silent Auction

Have you anything to donate or know someone who does?
In the past, we've had items such as handmade quilts, Lladro figurines,
special bottles of wine, boat trips with wine and cheese,
gym classes or memberships, and
salon packages, to name a few.

Feel free to get creative.

We also need **WINE DONATIONS** for the baskets this year.
If you have something to donate, or have a question about donations,
please call

Kathy Merritt – (540) 538-6605

General



A lovely note from a thankful Bridges recipient of the gifts we give!

Dear Lidnesses,
Thank you so much for the
Wal-Mart gift cards!
It was so sweet and
generous of you all. Our party
at Bridges was so much
fun! I can't wait to go
shopping for cool stuff at
Wal-Mart!
Kind Regards, your friend,
KAITIAT KAUFFMAN

Penny Schultz,
Darcy Jennings guest
at the December
Dinner Meeting



TIPS FOR STORING YOUR HOLIDAY DECORATIONS

- **Take photos:** Before you start packing up, snap some photos of the decorated rooms to use as a reference for next year. It will simplify the unpacking process when you can visually see what you have and where it needs to go.
- **Edit as you go:** Fight the urge to shove everything back into storage bins without editing first. It's a waste of space and energy to pack and then unpack items that shouldn't be there in the first place. Keep a few garbage bags nearby to toss or donate* the items that have reached their expiration date. (*Don't forget the Spring Yard Sale & Christkindlmarkt)!
- **Store in good condition:** If something is broken, fix it or toss it. If something is dirty, clean it. It takes more effort to resurrect an item after its been in storage so just take care of it now so life is easier later.
- **Label everything:** Just because you access these items once a year doesn't mean you should skip labeling. In fact, it's even more of a reason to label because you're even more likely to forget.

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

NO DINNER IN JANUARY

Tail Twister Corner By Mary Lou Ambrose

*Remove “should” from your vocabulary
this year.*

Start your journey of self-love now.

Happy 2024 Lioness Sisters!



JANUARY BIRTHDAYS

Arlene Messina	1/2
Toni Keating	1/5
Loretta Lafley	1/5
Mary Lou Ambrose	1/10
Maggie Broadwater	1/11
Cindy Coover	1/21
Shellee Williams	1/25

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5 Food Pantry 9:00-10:30 AM	6 Special Lioness Book Sale 8:30AM- 1:00PM	7
Clubhouse is closed						
8 Eyeglass Recycle 9:30-11:00 AM	9	10	11 NO DINNER MEETING	12 Food Pantry OVERSTOCK 9:00-GONE	13	14
Clubhouse is closed						
15 Eyeglass Recycle 9:30-11:00 AM	16	17	18	19 Food Pantry 9:00-10:30 AM	20	21
Clubhouse is closed						
22 Eyeglass Recycle 9:30-11:00 AM	23	24	25 NO BOARD MEETING	26 Food Pantry 9:00-10:30 AM	27	28
Clubhouse is closed						
29 Eyeglass Recycle 9:30-11:00 AM	30	31				
Clubhouse is closed						

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Janurary Board Meeting	2 Food Pantry 9:00-10:30 AM	3	4
5 Eyeglass Recycle 9:30-11:00 AM	6	7	8 DINNER MEETING	9 Food Pantry OVERSTOCK 9:00-GONE	10	11
12 Eyeglass Recycle 9:30-11:00 AM	13	14  Valentine's Day	15	16 Food Pantry 9:00-10:30 AM	17	18
19 Eyeglass Recycle 9:30-11:00 AM	20	21	22 February Board Meeting	23 Food Pantry 9:00-10:30 AM	24	25
26 Eyeglass Recycle 9:30-11:00 AM	27	28	29			

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.

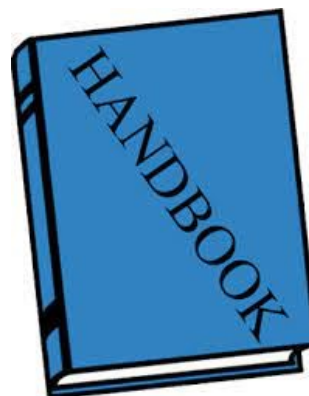
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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