

# LAKE OF THE WOODS LIONESS LIONS LOW DOWN



Volume 39 Number 8 - February 2024

## President's Corner

By Lioness Barbara Tomayko, LOW Lioness Lions President

[www.lowlioness.org](http://www.lowlioness.org)

President's Letter  
By Barbara Tomayko

*February*

Happy February to everyone! I just got back from my trip to Costa Rica, and it was great. One of the greatest parts was it was 17 degrees here when we left and 90 degrees in Costa Rica when we landed. Costa Rica was beautiful, and we really enjoyed ourselves.

The worst thing about vacation is all the work you must catch up on when you get back.

We have exciting news – we are going to be able to continue our Book Sales at the Ferris Building. LOWA has agreed to pay half of the cost to condition the crawl space, provided the Lions, Lionesses and the LOW Players split the other half. Our Board voted to share the cost. Our portion is \$514.00. There is still a bit of work that needs to be done but, the Book Sale should be up and running soon.

The Lioness Club Board is offering mini socials that, so far, seem very Successful! There will be signup sheets at the tables this coming Thursday for anyone wanting to attend one of these events. These socials are for new and old (not meaning age) members alike. It's a great way to meet other members, make new friends and share thoughts and ideas about our club.

I am looking forward to our dinner Thursday. I will be in my PJs – This is not required! I'm looking forward to a fun dinner meeting.

~ Barbara

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

Each player is given a free SINGO card with the names of popular songs in the squares instead of numbers. While your SINGO host plays clips from randomly chosen songs, you sing along while matching up the song titles on your card. If you are the first player to mark five songs in a row and shout out "SINGO!" — you win!!



## BRING YOUR DONATIONS FOR THE MARDI GRAS DANCE

- Experiences such as behind-the-scenes tours, private lessons, theatre tickets.
- Travel gifts to get away and make memories, such as vacation rentals.
- Sports and music items of favorite teams and artists, such as memorabilia, tickets, or autographs.
- Artwork and jewelry that are unique, limited edition, or custom-made by local artists or craftsmen.
- **Bottles of wine are always welcome!**



If anyone needs a  
**MEMBERSHIP PIN,**  
please notify

Cindy Coover or Billie  
Cooke

before the meeting's end.

## 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  
VACANT

#### 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 February 1, 2024 BOD Meeting

The meeting was called to order at 7:01pm on Thursday, February 1, 2024 by **President**, Barbara Tomayko.

The following board members were present: **President**: Barbara Tomayko; **Secretary**: Gloria Bishop Oliveri; **Treasurer**: Loretta Lafley; **1<sup>st</sup> Vice President**: Darcy Jennings; **3<sup>rd</sup> 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 and Toni Keating; **Immediate Past President**: Nicki Buell

**ABSENT**: **2<sup>nd</sup> Vice President**: Joan Litschert, **Tamers**: Karin Mollard;

#### SECRETARY'S REPORT: Gloria Bishop Oliveri

- 1) The minutes of the December, 2023 BOD meeting, which were previously distributed, were approved. Motion to approve by Heidi Brown and seconded by Susan Bergner.
- 2) Committee Chairpersons monthly reports for **September 2023**:  
**November 2023: PS= 1,686 L= 111 H= 346 \$= 0**  
**December 2023: PS= 1,060 L= 54 H= 245 \$= 0**
- 3) Penny Schultz, sponsored by Billie Cooke and Janice Johnston, sponsored by Karin Mollard, will be inducted at our March 2024 dinner meeting.
- 4) **Resignations**: Karin Mollard: As of date, I do not have any written notice of her resignation. Heidi Brown will contact her and request her to send me an email with her resignation.

#### PRESIDENT'S REPORT: Barbara Tomayko

- 1) Nicki Buell is handling nominations for our 2024-2025 BOD
- 2) Mini Socials will continue: signup sheets will be at every table at our February dinner meeting.
- 3) We need a Tamer now. Heidi is addressing.
- 4) Ferris Building update: The Eyeglass Recycling has resumed. They meet every Monday morning at 9:30 to 11AM. Darcy will address with more detailed information.
- 5) Constitution and Bylaws: Heidi will get together with Donalda to get actual electronic Constitution and Bylaws.
- 6) Barbara will announce at our February dinner meeting that we still need an Administrative Treasurer.

#### FOUNDATION TREASURER'S REPORT: Loretta Lafley – Foundation Funds

- 1) Karen Cakouros Fund as of January 31, 2024 is at \$3,475.00
- 2) Bank Balance year to date: as of January 31, 2024: \$93,572.55

#### ADMINISTRATIVE TREASURER'S REPORT: Barbara Tomayko

- 1) Ending Cash Balance as of January 31, 2024: \$16,521.45

#### 1<sup>st</sup> VICE PRESIDENT: Darcy Jennings

- 1) The Ferris building resolution and need for approval. Darcy read letter from Carolyn Brodeur, LOWA Assistant Manager
  - A. Helping Hands will be scheduled to complete the following: Remove old crawl space insulation; Hang new R19 insulation; Install reinforced vapor barrier
  - B. Total cost is **\$2,860.00** which will be shared as follows:  
**LOWA: \$1,430.00; LOW Lions: \$515.00; LOW Lioness: \$515.00 and LOW Players: \$400.00**

Darcy called for a motion for us to pay our share. Mary Lou Ambrose made motion and Billie Cooke seconded. BOD voted and approved. Ms. Brodeur will notify us once work is scheduled.

## THE INSIDER'S VIEW (Continued)

2) Karen Cakouros was very passionate about Child Help; LGA and Food Pantry. Darcy suggested we set up a Child Help scholarship for Trade School/College. Mary Lou Ambrose made motion and Ellen Bearden seconded. Motion approved.

Will discuss details at our next BOD meeting. Darcy is also working on a Child Help proposal for a baseball diamond to be named after Karen Cakouros.

3) Darcy is also working on putting together notebooks for each Board position in efforts to have full and accurate description for duties and responsibilities. Again, Heidi Brown will connect with Donalda to get electronic data.

**2<sup>nd</sup> VICE PRESIDENT:** Joan Litschert (Absent)

1) I would like to see a group formed to address the issue of our committees and board members not having guidelines of their duties upon taking office; would like to form a group to research and draft descriptions of job duties Heidi Brown and Darcy Jennings working on the preliminaries steps toward this goal.

**3<sup>rd</sup> VICE PRESIDENT:** Emily Florence

1) Discuss the results of our decision to have Mini Socials in January and how to proceed (or not) with that idea? Darcy Jennings and Billie Cooke's Mini Social originally scheduled for January had to be cancelled.

2) Mary Lou Ambrose and Emily Florence held their Mini Social and both indicated that it was very successful and new members who attended found it very informative

3) Yes, we will continue to have them. **Darcy has scheduled hers for Thursday, February 22, 2024 at 10 to 11:30AM; Nicki Buell and Ellen Bearden: Friday, March 22, 2024 at 1-3PM and Barbara Tomayko and Emily Florence: Thursday, April 4, 2024 at 4:30-6PM.**

**TAMERS:** Heidi Brown, Claire Donohoe

1) Tamers need to replace Karin Mollard now. They need someone who can step up immediately and stay on through June 2024 AND continue through 2024-2025 for smooth transition and continuity. Emily Florence volunteered to start now.

**TAIL TWISTER:** Mary Lou Ambrose

1) Discuss the mini-get together I hosted w/Emily Florence. Again, discussed earlier. It was a great success and will continue to have them.

**MEMBERSHIP:** Billie Cooke and Cindy Coover

1) Will have two, maybe 3, prospective members to mention for the March meeting.

2) Submitted a new application for Penny Schultz.

3) Prizes for February Singo? Yes, Nicki Buell is handling.

**DIRECTORS:** Ellen Bearden, Susan Bergner and Toni Keating

**IMMEDIATE PAST PRESIDENT:** Nicki Buell

1) Prizes for February Singo? Yes, there will be 5 prizes.

2) Karen Cakouros: Nicki will speak with Karen's family regarding Food Pantry. LGA plan on having a bench dedicated to Karen by the 15<sup>th</sup> hole on the LOW golf course. Scholarship to trade school/college approved. Child Help: Mary Lou Ambrose suggested a bike rack.

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 8:56pm.

Respectfully submitted,

Gloria Bishop Oliveri, Secretary

# Announcements

## IMPORTANT NOTICE

The Nominating Committee will be meeting soon and needs two At Large members. This involves working with past Club Presidents to come up with a slate of candidates for next year's officers. It may require contacting members to establish interest in particular positions.

The Committee does this during February and March and presents next year's slate of officers to the members at the April dinner meeting.

If interested in being on the Nominating Committee or in any board position, please contact past president, **Nicki Buell** ([nbuell113@comcast.net](mailto:nbuell113@comcast.net), (703) 217-5615).



We need  
**VOLUNTEERS**  
to sell 50/50 tickets

at the  
Mardi Gras Dance  
Contact Heidi Brown

(703) 402-8773

[hvbrown59@gmail.com](mailto:hvbrown59@gmail.com)

## THE MARDI GRAS COMMITTEE NEEDS YOUR HELP

*Items are STILL needed for Silent Auction*

Have you anything to donate or know someone who does?

Feel free to be 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**



## Announcements



NEXTREX RECYCLING CHALLENGE PROGRAM

**START SAVING YOUR PLASTIC BAGS NOW!**

**Three collection bins have arrived!**

**They will be set up on front porches around the lake.**

**Details at the February dinner.**

**Contact Anne LeHuray ([alehuray@comcast.net](mailto:alehuray@comcast.net) or (703) 300-8744).**



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.



## Eyeglass Recycling

**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.**





# Fun Stuff

## The Jennings' Cats

Feeding time may be the only chance you'll get to see Darcy's three kitties together. Rattling cans, calls of "treatzes" from Darcy, and the smell of tuna lures the girls into the kitchen even though Merlin is already there. They like Merlin well enough but life was simpler before his arrival and, as a younger brother, he really is a pain in the ass.

Anya, a gray tabby, arrived at the Jennings' home on Mother's Day, 2017. Surprisingly, Anya had brought her own gift – a sister Darcy named Asha. Anya became a lap cat for Bob, and Asha worked keeping the yard free of moles and voles. Life was good. Darcy and Bob were free to travel (with the assistance of an amazing cat sitter named Sylvia) and Anya and Asha were happy simply staring out the windows.

Along came Merlin. Darcy told Anya and Asha it was only temporary, until somebody wanted a small black kitten, but nobody ever did (not a surprise to Anya and Asha). When Bob moved to memory care, Merlin became Darcy's buddy. While Anya and Asha sleep somewhere unseen, he follows Darcy room to room like a dog. He greets visitors at the door like a dog and, like a dog, he protects his home and property from intruders. When the printer kicks into gear, Merlin races to the room and, before the paper interloper even hits the ground, Merlin has shredded him to pieces.

When not guarding Darcy, Merlin likes to read quotes by famous people. He really likes: *"Time spent with cats is never wasted."* – Sigmund Freud and *"If man could be crossed with the cat, it would improve man, but it would deteriorate the cat."* – Mark Twain (who once owned 19 cats).

**(If you would like your pet(s) featured in Low Down, please contact Kathy Gillespie at [doodledogger@gmail.com](mailto:doodledogger@gmail.com))**



## 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

**If you are bringing a guest, please call the Tamers**

## DINNER MENU

### Salad

Clubhouse Garden Salad w/White Balsamic or Ranch dressing  
Rolls and Butter

### Dinner

Chicken Roma – Sautéed boneless breast of chicken topped with spinach, mushrooms and a light gruyere cheese sauce  
Roasted asparagus  
Rice Pilaf

### Alternate Meal

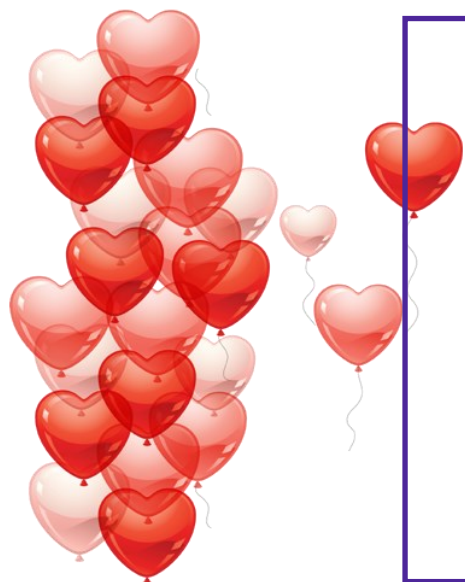
Roasted Acorn Squash stuffed with mushroom, tomato and spinach topped with a Fig reduction

### Assorted Desserts

**Dinner Price is \$25.00**

## Tail Twister Corner By Mary Lou Ambrose

If you want to be happy, you  
Have to be happy on purpose.  
When you wake up, you can't  
just wait to see what kind of  
day you'll have. You have to  
Decide what kind of day  
you'll have.



## February Birthdays

Nancy Bidus	2/3
Mildred Davis	2/6
Helene Burns	2/12
Diane Wiard	2/13
Lynne Kovach	2/20
Joan Litschert	2/23
Sue Powers	2/23
Kathy Gillespie	2/25

# February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 January 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			

# March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4 Eyeglass Recycle 9:30-11:00 AM	5	6	7	8 Food Pantry 9:00-10:30 AM	9	10
11 Eyeglass Recycle 9:30-11:00 AM	12	13	14 Dinner Meeting	15 Food Pantry OVERSTOCK 9:00-GONE	16	17 
18 Eyeglass Recycle 9:30-11:00 AM	19	20	21	22 Food Pantry 9:00-10:30 AM	23	24
25 Eyeglass Recycle 9:30-11:00 AM	26	27	28 Board Meeting	29 Food Pantry 9:00-10:30 AM	30	31 <i>Easter Sunday</i>



### FROM THE EDITOR

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

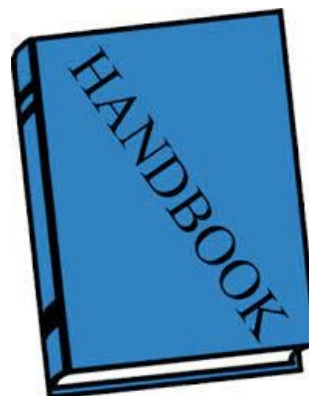
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

Email: [emilyjflorence@aol.com](mailto: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](mailto: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](http://www.lowlioness.org)

### Eyeglass Recycling

Marian Rood, 540-412-0214

### Wilderness Food Pantry

Nicki Buell, 703-217-5615

### Book Sale

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