

LAKE OF THE WOODS LIONESS LIONS LOW DOWN

Volume 38 Number 10 - April 2023



President's Corner

By Lioness Lion Nicki Buell, LOW Lioness Lions President

www.lowlioness.org

Spring arrived on March 20th and for many of us it couldn't have come soon enough. With longer days and warmer temperatures, spring marks a time of growth and renewal in nature. I always feel the impact of the approaching season, too. Our dormant social and creative energies may return after a long winter spent mostly isolated and indoors. Spring cleaning invites us to throw open the windows and enjoy the freshness of the season, while early gardening allows us to reconnect with nature. This season, perhaps more than any other, is also a time that brings a sense of anticipation that can inspire us to commit to new goals and new beginnings.



Hello Spring!

Just like the joys of spring, I am so happy to welcome our new lionesses, Ann, Brenda, Sharen, Deborah, Arlene, and Beth. I hope you find a niche that makes you happy with our club. It was a great pleasure meeting you. Thank you for wanting to be Lionesses.

Kathy Merritt, what a great slate you put together. It has always been a pleasure working with you. I'm not going to spoil the news but what A GREAT TEAM you put together for next year's board. Thank you.

Teresa Wisniewski, I think you have had the longest running one day (school supply day) event in Lioness history. Thank you for staying with this. You have done such a great job. A motion was made to rename the school supply drive to the "Claudia Low School Supplies Drive". Many of you know what a passion Claudia had for this event. I don't know a greater honor for us to bestow in the memory of Claudia.

Thanks for the incredible work the Mardi Grass Dinner Dance committee did. Lynne, you were a great chair. Darcy, the baskets were wonderful. Kathy, the centerpieces were lovely. Kathy and Mary Lou, I only wish I had won the "Best of Orange Basket". Lorretta, you are the best, the hours you put in the books were amazing. And to all the ladies who were at the dance just to help, thank you. It was a HUGH success. It was all about teamwork. We have had some successful fundraisers this year, but this has put us over the top for next year.

IMPORTANT



Contact Karen Cakouros
(540) 412-2872 or
(732)-672-1198



From the Tamers:

Just a couple of reminders for you all. If you leave a phone message or send an email or text to one of the tamers, you will ALWAYS get a confirmation that we received the message and you are excused from dinner.

If you don't receive the confirmation, we did not get the message. Additionally, all lionesses attending the dinner meeting are expected to pay for the meal. We are not allowing lionesses to skip the meal and attend the meeting.

**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.

2022—2023 Board of Directors

President

Nicki Buell
113 Edgemont Lane
Locust Grove, VA 22508
(540) 412-0104

Secretary

Judy Ludvigsen
104 Gold Valley Road
Locust Grove, VA 22508
540-972-1514

Treasurers

Loretta Lafley
Open

1st Vice President

Barbara Tomayko

2nd Vice President

Gail Hardin

3rd Vice President

Darcy Jennings

Lioness TAMERS

Heidi Brown
Ellen Bearden
Claire Donohoe

Tail Twister

Mary Lou Ambrose

Membership

Donalda Lovelace
Jan Stockman

Directors

Susan Bergner
Toni Keating
Arlene Rich

Past President

Kathy Merritt

THE INSIDER'S VIEW

**Minutes from the
March 23, 2023
BOD Meeting**

The meeting was called to order at 7:02 pm by President Nicki Buell. The following Board members were present: President Nicki Buell, Secretary Judy Ludvigsen, Treasurer Diane Pittman, 1st Vice President Barbara Tomayko, 2nd Vice President Gail Hardin, 3rd Vice President Darcy Jennings, Tamers Heidi Brown, Ellen Bearden, and Claire Donohoe, Membership Directors, Arlene Rich, and Susan Bergner, Past President Kathy Merritt and Teresa Wisniewski, Co-Chair of the School Supplies Drive.

SECRETARY'S REPORT:

- The minutes of the February 2023 BOD meeting, which were previously distributed, were approved. Motion made by Heidi Brown, and seconded by Darcy Jennings to approve the minutes was passed unanimously.
- Committee Chairperson's monthly reports totals for February were announced as follows: PS - 400 L - 35 H - 322 \$ - \$429

TREASURER'S REPORT: Loretta Lafley

In the absence of Treasurer Loretta Lafley, Nicki reported a balance of \$17592.59 at the beginning of the month, with a closing balance of \$16805.02

PRESIDENT: Nicki Buell

Nicki commented on the success of the Mardi Gras Dinner Dance held on March 4th at the Clubhouse. Basket raffle was very successful and the quality of the baskets was very good. Some basket ideas were discussed such as a basket of gift cards. The Reunion Band was excellent and the food especially good due to our two new chefs. The new chefs will be introduced to our members at the next dinner meeting.

1st Vice President: Barbara Tomayko said she would handle the Card Party on September 22nd. Heidi said that Cabi would be happy to come back to do the fashion show.

2nd Vice President: Gail Hardin introduced Teresa Wisniewski, who will be co-chairing the School Supplies Drive. Teresa said she hoped the BOD would rename the School Supplies Drive The Claudia Low School Supplies Drive as Claudia had been chair of this committee and helped Teresa quite a lot when Teresa took over last year. A motion was made by Ellen Bearden and seconded by Arlene Rich to change the name to honor Claudia. Motion passed unanimously. Teresa noted that many other organizations in the Lake provide school supplies to Locust Grove schools. For example, the LOW church gives each child a backpack filled with supplies. One of the questions was where to hold the one day event as it can get very crowded collecting in the area across from the main entry to the Lake. It was suggested that we could only collect cash donations across from the gatehouse and direct people to the area below the Clubhouse for those donating purchased school supplies as it would be a larger area and cars would have easier entrances and exits. We also get contributions from the Ladies Golf Association and contributions at our dinner meetings.

Teresa asked for suggestions on how to spend cash donations on things needed other than school supplies.

She suggested that we consider donating money to school lunches as some families are unable to pay for those lunches. Last year we purchased socks, underwear and pants for those children who had bathroom accidents and needed dry clothing. A final idea was helping some families with the cost of school bus trips. The school supplies money remaining will be held until school begins next August. Teresa also said we need new signs and Darcy said she had a friend who could make them. Teresa will speak at the next dinner meeting about the School Supplies Issues.

Tamer: Heidi Brown reported that we now have 106 members; 79 members were present at the March dinner meeting; with 8 no shows. She indicated that she will speak to the Clubhouse regarding our dinner costs as they do not agree with the per person cost of \$17.50 for the meal, the sales tax, and the service charge. Our meal for next month will be Fried Pork Chop or Mushroom Wellington.

Heidi also noted that she had received a resignation letter from Arlene DeSimone, effective this month. This resignation was accepted with regret.

Diane Pittman mentioned another event that involved a problem with the bill from the Clubhouse. We had a dessert mixer dinner meeting last year with brownies and wine at each table and were overcharged for the wine served. This issue will be discussed at the next dinner meeting.

Past President – Kathy Merritt

Kathy Merritt discussed the Home and Garden Tour. Only two of our members are planning to go on this tour and they will make their own reservations.

Kathy Merritt is also planning another Winery event. She discussed going to the Unionville Winery and Cake Charm would be the caterer for the event. She is planning to have this event in May and more information will follow.

Kathy Merritt announced the Slate of Officers as follows:

President:	Barbara Tomayko
Secretary:	Gloria Bishop Oliveri
Treasurers:	Loretta LaTerra Lafley and Kathy Gillespie
1st Vice President:	Darcy Jennings
2nd Vice President:	Joan Litschert
3rd Vice-President	Emily Florence
Tamers:	Heidi Brown, Claire Donohoe, Karin Mollard
Tail Twister:	Mary Lou Ambrose
Membership:	Billie Cooke and Cindy Coover
Directors:	Ellen Bearden, Susan Bergner & Toni Keating
Immediate Past President:	Nickie Buell

THE INSIDER'S VIEW (Continued)

Minutes from the
March 23, 2023
BOD Meeting

Director: Arlene Rich announced that we only have one student from Germanna Community College eligible for a Germanna Scholarship. The Germanna employee working with Arlene told her that 80 companies and organizations are also giving scholarships.

This student will receive a scholarship of \$2000.00 and will also be honored as the scholarship recipient in the name of Paula Hornaday.

A discussion followed regarding changing the scholarship requirements next year and possibly making these scholarships open to all students for two of the 3 scholarships and one for single parents.

Arlene also asked about the Lions Insurance Program which is about ½ of \$85 yearly membership fee. Discussion followed going back to 2017 when we became a Lions Club and why we became a Lions Club.

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

Respectfully submitted,

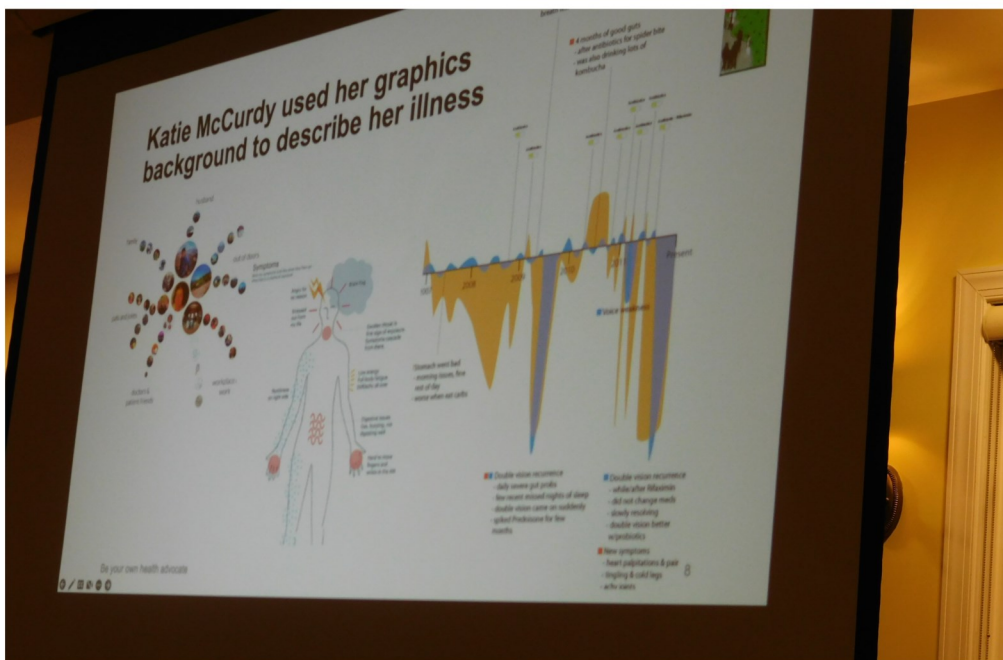
Judy Ludvigsen, Secretary



Be Your Own Advocate

Jan Oldenburg gave a fascinating presentation encouraging us to be our own advocate for our medical care by making sure our medical team understands us, and we understand our care.

She is the principal editor of the book Participatory Healthcare told from the perspective of consumers, patients, and caregivers about their health journeys and how healthcare could be different if truly designed from the perspective of patients and caregivers.



Lioness Lions Committees & Activities



The BIG Annual Yard Sale is BACK!
Saturday, May 20th, from 9:00-1:00

Sweetbriar Pavilion beside The Community Center

Everything must go!



Sponsored by the LOW Lioness Lions Club

The LOW Lioness Yard Sale will be held on Saturday, May 20, 2023, from 9:00 am to 1:00 pm at the Lions Pavilion at the Community Center. We will be collecting your gently used household items (kitchen stuff, purses, knickknacks, jewelry), garage sale goodies and anything you think will catch someone's eye. We will be accepting donations at the pavilion at Sweetbriar Park starting at 7:30 on Saturday, 5/20/23. If you are Spring cleaning early, we have two Lioness members who have offered space in their garages.

Billie Cooke's garage is available for dropping off your items on **Tuesdays and Thursdays from 10:00 am to 12:00 noon, starting Thursday, March 30, 2023.** Her address is **127 Harrison Circle**. If those times don't work for you or if you have big items that you need to drop off, just call or text her beforehand. Her number is **(804) 914-0666**. Billie's garage will be **unavailable from 5/1/23 to 5/11/23**.

Joan Litschert's garage is also available starting **3/30/23** on **Tuesdays and Thursdays from 10:00 am to 12:00 noon, she would like a phone call in advance.** If those times don't work for you or if you have big items that you need to drop off, just call or text her beforehand. Her address is **320 Yorktown Blvd** and her number is **(561) 398-3554**

Sign-up sheets will be at the April dinner meeting
for those of you who would like to help out at the actual sale.

Eyeglass Recycling

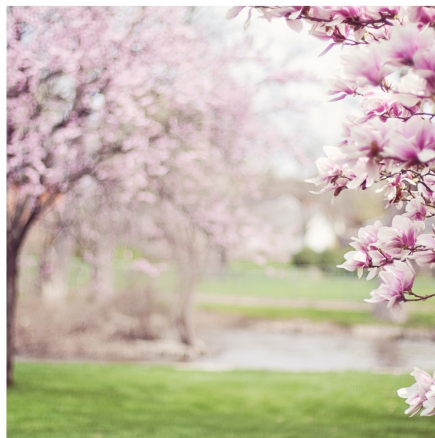
The **Eyeglass Recycling** committee needs a few volunteers to help wash and dry glasses on Monday mornings. **We meet from 9:30 to 11:00 every Monday morning** at the Tom Walker building (the same building as the Book Sale). We wash, dry, and have good conversations. It is a great way to start the week 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.



Lioness Lions Committees & Activities

MEMBERSHIP



Dinner guests/prospective Lionesses included Brit Lewis, Ann Rosenfeld, sisters Brenda Agnew & Sheran Marks, Cindy Dussinger, Beth Newton, Yvette Ruiz, Donna Merryman, Arlene Messina & Kathy Philips,

Lioness Lions Committees & Activities

MEMBERSHIP



New Lionesses Inductees:

Debbie Baird, Sheran Marks, Brenda Marks, Ann Rosenfield, Arlene Messina and Beth Newton.

Welcome new Lionesses!

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 Cakouros (540) 412-2872 or (732)-672-1198



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
Ellen Bearden: (540) 222-7390 bebearden@verizon.net
Claire Donahoe: (703) 447-0235 cfdonohoe@hotmail.com

If you are bringing a guest, please call the Tamers

DINNER MENU

DINNER

- * Clubhouse Garden Salad w/White Balsamic & Ranch Dressing
- * Rolls & butter
- * Fried Pork Chop w/brown gravy
- * Garlic Mashed Potatoes
- * Asparagus & Apple Sauce

ALTERNATE CHOICE

- * Mushroom Wellington (Portabello mushroom stuffed with onions, peppers & mushrooms wrapped on Phyllo dough and topped with red pepper cream sauce)

DESSERT

- * Carrot Cake or Lemon Berry Marscarpone

Twister Corner By Marylou Ambrose

HAPPY EASTER
HAPPY SPRING
HAPPY, HAPPY EVERTHING!



If some of you don't start forgetting your badges once in a while...I'll be out of a job.





APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 Eyeglass Recycling 9:30-11:00 AM	4	5	6	7 Food Pantry 9-10:30 AM	8 Historic Garden Tour	9 
10 NO EYEGLOSS RECYCLING	11	12	13 LIONESS DINNER MEETING	14 Food Pantry OVERSTOCK 9:00 until gone	15	16
17 Eyeglass Recycling 9:30-11:00 AM	18	19	20	21 Food Pantry 9-10:30 AM	22	23
24 Eyeglass Recycling 9:30-11:00 AM	25	26	27 BOARD MEETING	28 Food Pantry 9-10:30 AM	29 Lioness Book Sale 8:30-1:00 PM	30



MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Eyeglass Recycling 9:30-11:00 AM	2	3	4	5 Food Pantry 9-10:30 AM	6	7
8 Eyeglass Recycling 9:30-11:00 AM	9	10	11 LIONESS DINNER MEETING	12 Food Pantry OVERSTOCK 9:00 until gone	13	14
15 Eyeglass Recycling 9:30-11:00 AM	16	17	18	19 Food Pantry 9-10:30 AM	20	21
22 Eyeglass Recycling 9:30-11:00 AM	23	24	25 BOARD MEETING	26 Food Pantry 9-10:30 AM	27 Lioness Book Sale 8:30-1:00 PM	28
29 MEMORIAL DAY	30	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 **Monday, April 25th**. The newsletter will be distributed on or about the first of the month.

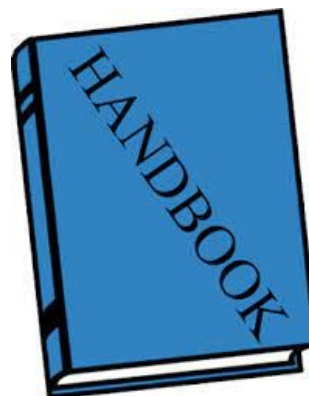
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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