

LAKE OF THE WOODS LIONESS LIONS LOW DOWN

Volume 38 Number 9 - March 2023



President's Corner

By Lioness Lion Nicki Buell, LOW Lioness Lions President

www.lowlioness.org

Hello March! Bring us Spring!

Let me be the first to welcome our new inductee's Sheran, Deborah, Beth, Ann, Brenda and Rosemary. We are so lucky to have so many wonderful women wanting to join the Lioness. I look forward to all the great things we can do together.

Let's all remember starting in March we need to raise the dinner prices to \$25.00. We thank you for understanding. The board also needed to make this decision. Unless you have a dietary restriction, or a meal choice restriction, we would love you to continue to attend and enjoy our dinner meetings. If you choose not to attend we will miss you, but I will be happy to fill you in on what you missed.

What a difference a few days make! A huge thank you to Lynne and the entire Mardi Gras committee for a wonderful evening. I would also like to thank those who did not attend the dinner who chose to come and volunteer to make the dance a huge success. I can't wait to hear the outcome.

Iain S. Thomas is a writer based in Cape Town South Africa. He writes a lot about stress within our self's. One of my favorite quotes he wrote is "Be soft. Do not let the world make you hard. Do not let the pain make you hate. Do not let the bitterness steal your sweetness. Take pride that even though the rest of the world may disagree, you can still believe it to be a beautiful place."

Now that the days are getting longer and the weather warmer, let's all remember how great we have it, and how lucky we are to be able to Serve not only to strangers but to our friends. And yes, I do believe we are a wonderful group of women who care!

See you on Thursday. Nicki



Beginning
March 2023, the
cost of the
Lioness Club
Dinner per
member will be
\$25.00



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 LaTerra
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
February 23, 2023
BOD Meeting**

The meeting was called to order at 7:08 pm by President Nicki Buell. The following Board Members were present: President Nicki Buell, Secretary Judy Ludvigsen, Treasurer Loretta Lafley, 1st Vice President Barbara Tomayko, 2nd Vice-President Gail Hardin, Directors Arlene Rich, Susan Bergner, and Toni Keating, Twister Mary Lou Ambrose, Tamers, Heidi Brown and Claire Donohoe, Membership Directors Donalda Lovelace and Jan Stockman.

SECRETARY'S REPORT:

- The minutes of the January 26th BOD meeting which were taken by Ellen Bearden and previously distributed were approved. Motion was made by Barbara Tomayko and seconded by Jan Stockmen to approve the minutes. Motion passed unanimously.
- Committee Chairpersons monthly reports were announced as follows:
PS – 306 L = 25 H = 235 \$ = 0
LOWDOWN ISSUES – Emily Florence spoke about deadlines needed so that current information is able to be included in the monthly LOWDOWN and that birthday lists, and new memberships rolls will be updated so that there will be no mistakes or omissions.

TREASURER'S REPORT: Loretta Lafley

Loretta reported that the opening balance on January 31, 2023 was \$78656.47. We have income of \$14,354, expenses of \$7,993.35 with a Bank Balance End of Month of \$85017.12.
We also have a Savings Balance of 10,199.07

PRESIDENT: Nicki Buell

Nicki discussed the protocol for AFL and MAL status. For MAL status, members should ask the Board for MAL status with a beginning and ending date so that information can be used by the Tamers. Once their MAL status has ended, they would revert to Regular membership and would have to notify the Tamers if they would not be able to attend a dinner meeting.

AFL status is somewhat different in that when a member is granted Affiliate status they normally do not have an ending date. They would have to notify the Tamers to let them know that they would attend a specific dinner.

School Supplies Drive – Teresa Wisniewski has a balance remaining from the School Supplies Drive and would like to see what the BOD recommends to either find supplies or hold the money for the upcoming school year. BOD members discussed a number of options including donating the money to the breakfast and lunch programs as free meals have now been discontinued; donating the money to cover field trip expenses for those students unable to pay and other things to help the schools. Many other organizations in the Lake, i.e., the LOW Church, provide backpacks filled with supplies and we might want to use the money in other ways to support the students and the school.

THE INSIDER'S VIEW (Continued)

Minutes from the February 23, 2023 BOD Meeting

Barbara Tomayko suggested we contact the teachers before the end of the school year to get any ideas they may have. It was also suggested that we might consider changing the name of School Supplies Committee to something that would describe the changes we would make to help the schools.

Nicki also said she would like to help out Prospect Middle School as many of those students are from low income families.

Susan Bergner made a motion, seconded by Barbara Tomayko, to possibly revamp the School Supplies Drive and to hold the money we have remaining and to poll the teachers by May 30 to see what they would suggest is the best way to support the schools. The motion passed unanimously.

Heidi wanted to review the problems with members who want to inform the Tamers that they are not attending the dinner that month.

Heidi will accept voice mail, email or text messages. If a member uses any of these options correctly, Heidi will always send a message back letting that person know she has received the request. If you do not receive an acknowledgement from Heidi, that means that she did not receive your message and you MUST send it again.

Heidi also discussed the issue of members coming only for the meeting and not having (or paying) for dinner. Members are required to attend and pay for dinner.

Mary Lou Ambrose suggested we have business cards for BOD members as they often are needed in various situations. Barbara Tomayko stated they are easy to make ourselves and should contain Lioness Logo, P.O. Box, Website, Name of Member, etc.

Donalda Lovelace has seven new members who will be inducted at the March dinner meeting. They are: Ann Rosenfeld, Brenda Agnew, Sheran Marks, Rosemary Butcher, Deborah Baird, Arlene Messina, and Beth Newton.

Motion made by Arlene Rich and seconded by Judy Ludvigsen to accept the new members. Directors Arlene Rich, Toni Keating and Susan Bergner will be contacting new members.

Donalda also discussed a new round pin to glue to a member's badge. Board Members approved ordering 200 pins at a cost of \$2.55 per pin plus \$50 for shipping

Donalda also discussed the increase in LCI dues over the next 3 years. The total cost for each member over the next 3 years would be \$7.00

Nicki reported that 186 Mardi Gras tickets have been sold.

Kathy Merritt will head the Nominating Committee.

Karen Mollard is working with Kathy on the Garden Tour in Fredericksburg, an event to be held on April 18th.

Nicki also announced that she is still working on the Dolly Parton Imaginary Book Program for children ages 0–5 years old. Monies to get the program started are available and we then encourage local business to help fund this program.

The meeting was adjourned at 8:38 pm

Respectfully submitted,

Judy Ludvigsen, Secretary

Lioness Lions Committees & Activities

Mardi Gras Thank You!

My sincere thanks to ALL the Lionesses who volunteered, donated and helped with our fabulous Mardi Gras Dinner Dance Fundraiser. The success of this event is due to your tireless hard work, your creativity, perseverance and dedication to the details that go into this large project. Every one of you was an integral part of the ROARING success of this event.



A special thanks to the Dance Committee. Every one of you has a special talent you bring to this event, making it THE EVENT TO ATTEND each year.

Photographs of this fabulous event can be seen on Facebook and lowlioness.org.

Thank you, thank you, thank you!

Lynne Kovach, Chair Dance Committee

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.



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 Lion Club.

Thank you so much for your help with this.

Carol Lee 540/972-8920 or carol.lee4@comcast.net



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
- * Corned Beef & Cabbage
- * Roasted Red Potatoes

ALTERNATE CHOICE

- * Stuffed Pepper (Rice, black beans, corn, tomato and vegan cheese).

DESSERT

- * Guinness Cupcakes

Beginning MARCH dinner will be \$25.00.

Twister Corner

By Marylou Ambrose

"Life has taught me I am not always in control. Life is full of experiences, lessons, heartbreak and pain. But it has also shown me love, beauty, possibility and new beginnings. Embrace it all. It makes us who we are, and after every storm comes a clear sky. Enjoy this season of change."



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

Wisniewski, Teresa	3/1	Haynes, Kathy	3/19
Thornton, Sharon	3/3	Stoner, Gail	3/19
Simmons, Mary	3/5	Corner, Sharon	3/22
Davis, Julia	3/17	Jennings, Darcy	3/24
Davies, Gina	3/17	DeSimone, Arlene	3/25
Licata, Pat	3/17	Fitzpatrick, Teri	3/29
LeHuray, Anne	3/18		

MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3 Food Pantry 9-10:30 AM	4	5
6 Eyeglass Recycling 9:30-11:00 AM	7	8	9 LIONESS DINNER MEETING	10 Food Pantry OVERSTOCK 9:00 until gone	11	12
13 Eyeglass Recycling 9:30-11:00 AM	14	15	16	17 Food Pantry 9-10:30 AM 	18	19
20 Eyeglass Recycling 9:30-11:00 AM	21	22	23 BOARD MEETING	24 Food Pantry 9-10:30 AM	25 Lioness Book Sale 8:30-1:00 PM	26
27 Eyeglass Recycling 9:30-11:00 AM	28	29	30	31 Food Pantry OVERSTOCK 9:00 until gone		

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	9 <i>Happy Easter!</i>
10 NO EYEGLASS 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

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, March 27th**. The newsletter will be distributed on or about the first of the month.

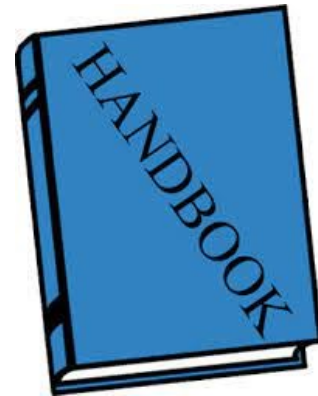
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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