

# LAKE OF THE WOODS LIONESS LIONS LOW DOWN

Volume 40 Number 1 - July 2024

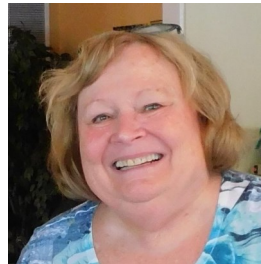


## President's Corner

By Lioness Darcy Jennings LOW Lioness Lions President

Where has the year gone?

A year ago, I accepted the Lioness 1st VP position. My job was to help Barbara accomplish last year's goals, including keeping the Bylaws up to date with a thorough rewrite and creating accurate job descriptions with useable notes on each position that could be passed along with the job each year. Another goal she established was setting up small meet-and-greet groups. Fortunately, these will be continued, as those sessions have been a fun way to meet new and more established (not old!) members.



Now we all face a new year, which puts me in the quite daunting position of president. So here are some of the goals that I will focus on for the next 12 months.

First, I would like to find more ways for the LOW Lioness Lions to SERVE in and around our community. The whole focus of the Lion's organizations worldwide is to Serve. This means looking into other community service projects that we can combine to help in different ways.

For example, we could possibly provide more assistance to battered women and their families. A few years ago, the Lionesses collected bras, all shapes and sizes, to pass on to the shelters. We could continue with similar initiatives. Others have mentioned an array of worthy groups we could also serve, such as supporting local animal organizations and establishing clothes closets for families in the local schools.

Of course, let's not forget some fun and camaraderie along with everything else. The friendships I have made through the Lioness group have had some major positive impacts on my life, as I hope others have experienced.

Using this acronym will help define the focus for the coming year:

Darcy

**L. A. I. D. - back Meetings**  
(no switching tables will be involved)

L - Laughter

A - Amusement

I - Interaction (with one another & the community we serve)

D - Discovery So stick around for some fun and surprises this year

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

## WHAT TO BRING TO THE MEETING?



**School Supplies**  
See Page 5 for list of  
items needed.



**House cleaning  
products, personal  
hygiene products, gas  
cards, laundry  
essentials, trash bags,  
baby wipes,  
toothpaste,  
paper towels & toilet  
paper, etc.**

**Membership Dues**

**\$80.00**

Please mail to:  
Post Office Box 811  
Locust Grove, VA 22508

**Lake of the Woods Lioness  
Lions Club**  
Post Office Box 811  
Locust Grove, VA 22508  
[lowlionessclub@lowlioness.org](mailto:lowlionessclub@lowlioness.org)

Meetings are held at the LOW  
Club House on the 2nd Thursday  
of each month.  
Social hour begins at 5:15 p.m.

**2024 - 2025 Board of Directors**

President  
**Darcy Jennings**  
419 Wilderness Dr.  
Locust Grove, VA 22508  
(703) 772-2080

Secretary  
**Gloria Bishop Oliveri**  
14612 Junction Court  
Fredericksburg, VA 22407  
(909) 772-2716

Treasurers  
**Loretta Lafley-Foundation**  
**Beth Newton-Administrative**

1st Vice President  
**Heidi Brown**

2nd Vice President  
**Teresa Wisniewski**

3rd Vice President  
**Brigitte Still**

Lioness TAMERS  
**Mary Lou Ambrose**  
**Linda Corsones**  
**Emily Florence**

Tail Twister  
**Nicole Pappas**

Membership  
**Billie Cooke**  
**Cindy Coover**

Directors  
**Mary Lou Ambrose**  
**Nicolette Buell**  
**Claire Donahue**

Past President  
**Barbara Tomayko**

The meeting was called to order at 7:04 PM on Thursday, June 27, 2024,  
by **President**, Barbara Tomayko

First order of business is to confirm and swear in 2024-2025 Board Members who  
were absent at our dinner meeting on Thursday, June 13, 2024:

**President:** Darcy Jennings; **Director and Tamer:** Mary Lou Ambrose, **Membership:**  
Billie Cooke and Cindy Coover

**President:** Barbara Tomayko confirmed and swore in **Membership:** Billie Cooke and  
Cindy Hoover

**NOTE: President:** Darcy Jennings; **Director and Tamer:** Mary Lou Ambrose; **Tail  
Twister:** Nicole Pappas were absent at this meeting and will still need to be sworn  
in.

**Present BOD 2023-2024:**

**President**, Barbara Tomayko; **Secretary**, Gloria Bishop Oliveri; **Foundation Treasure:**  
Loretta Lafley; **Administrative:** Beth Newton; **3<sup>rd</sup> Vice President:** Emily Florence;  
**Tamers:** Heidi Brown, Claire Donohoe; **Membership:** Billie Cooke & Cindy Coover;  
**Director:** Susan Bergner

**Absent: 2023-2024 Board:**

**1<sup>st</sup> Vice President:** Darcy Jennings; **2<sup>nd</sup> Vice President:** Joan Litschert; **Tail-Twister:**  
Mary Lou Ambrose; **Directors:** Ellen Bearden and Toni Keating; **Immediate Past  
President:** Nicki Buell

**Present BOD 2024-2025:**

**Secretary**, Gloria Bishop Oliveri; **Foundation Treasure:** Loretta Lafley; **Administra-  
tive Treasurer:** Beth Newton; **1<sup>st</sup> Vice President:** Heidi Brown; **Tamers:** Emily Flor-  
ence, Linda Corsones; **Membership:** Billie Cooke & Cindy Coover; **Director:** Claire  
Donohoe; **Immediate Past President:** Barbara Tomayko

**Absent: 2024-2025 Board:**

**President**, Darcy Jennings; **2<sup>nd</sup> Vice President:** Teresa Wisniewski; **3<sup>rd</sup> Vice President:**  
Brigitte Still; **Tamer:** Mary Lou Ambrose; **Tail Twister:** Nicole Pappas; **Directors:** Nicki  
Buell and Mary Lou Ambrose

**Secretary's Report:** Gloria Bishop Oliveri

- 1) Motion to approve the minutes from **May 23, 2024 BOD** meeting, which were  
previously distributed. **Motion** made by Loretta Lafley and seconded by Barbara  
Tomayko. Motion carried.
- 2) **Committee** Chairpersons' monthly reports for: **May 2024**  

<b>PS=</b> 5,368	<b>L=</b> 193	<b>H=</b> 893.5	<b>\$=</b> \$1,368.40*
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\***Bookstore:** \$300.00; **Fifty-Fifty:** \$61.00; **Spring Yard Sale:** \$1,007.40
- 1) **Old Business:**
  - A. **Inductees Pending (on hold):** Janice Johnston (Sponsored by Kathy Merritt);  
Jean Poole, (Sponsored by Teresa Wisniewski)

## THE INSIDER'S VIEW (Continued)

- B. Update on the Constitution & Bylaws: Barbara reported that the committee has met several times and are making progress.
  - C. Update on BOD position descriptions:  
Barbara reported she and Darcy are still working preparing books for each position
- 4) **Resignations:** Ellen Ambroziak; Debby Attiliis, Millie Davis and Sandra Loudon.  
Motion to approve made by Heidi Brown and seconded by Susan Bergner. Motion carried

### **President's Report:** Barbara Tomayko

- 1) Barbara indicated that she has been on the new portal numerous times and found a lot of beneficial information and strongly recommended we all take a few minutes to log on and review. Requested Gloria to forward link and instructions to all members.
- 2) Barbara read to us the difference between MAL and AFL status and correction needs to be made for Christine Getty. She is currently listed as MAL status and need to change to AFL. Motion made by Loretta Lafley and seconded by Billie Cooke. Motion carried and Gloria Bishop Oliveri, will make correction.

### **FOUNDATION TREASURER'S REPORT:** Loretta Lafley

- 1) Bank Balance YTD: \$88,723.43
- 2) Loretta issued \$6,000.00 to Germanna Scholarships

### **ADMINISTRATIVE TREASURER'S REPORT:** Beth Newton

- 1) Income and Expenses:  
Total Income: \$3,799.00
- 2) Total Expenses: 1,651.77  
Bank Balance YTD: \$18,438.18

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

- 1) Emily has been working and preparing for the 4<sup>th</sup> of July Parade and has received help from the following Lionesses: Claire Donohoe, Teresa Wisniewski, Julia Davis and Kathy Haynes.
- 2) Walking participants will hand out patriotic "slap bracelets".
- 3) Riders will be holding signs. Emily will provide members with more information via email and the Low Down.

### **TAMERS:** Heidi Brown, Claire Donohoe

- 1) Claire Donohoe, Emily Florence and Linda Corsones met with Cierra and now have our dinner meeting menu set through December.

### **MEMBERSHIP:** Billie Cooke and Cindy Coover

- 1) New members to be approved:  
Linda **Bruno**, sponsored by Kathy Merritt  
Wendy **Witherspoon**, sponsored by Nancy Bidus  
Motion to approve made by Emily Florence and seconded by Beth Newton. Motion carried.
- 2) Billie and Cindy will have orientation on Tuesday, July 9<sup>th</sup> and Linda and Wendy will be inducted at our July 11<sup>th</sup> dinner meeting.

**Motion** to adjourn made by Billie Cooke and seconded by Claire Donohoe. There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 8:20 PM.

Respectfully submitted,

Gloria Bishop Oliveri, Secretary

**Next BOD Meeting: Thursday July 25, 2024**





# Upcoming Events



Walkers, drivers and/or riders to join the Lioness Club  
for the Independence Day Parade

Please contact **Emily Florence** at [emilyjflorence1@gmail.com](mailto:emilyjflorence1@gmail.com)

**Date: Saturday, July 6, 2024**

**Meet Time: 9:30 AM**

**Where: The corner of Yorktown Boulevard & Lakeview Parkway**



# Upcoming Events



Lake of the Woods Lioness Lions Club

## SCHOOL SUPPLY SUPPORT DRIVE



Supporting the Locust Grove Primary and Elementary Schools

Donations will be collected at **LOW Club house Lower Parking Lot**  
**Saturday, July 13<sup>th</sup> from 9:00 AM to 11:00 AM**

Or you may donate a check for The Lionesses to purchase the items listed below:

**Please mail checks to P.O. Box 811, Locust Grove, VA 22508**

*(Make checks payable to "LOW Lioness Lions Club" and write "School Supplies" in the check memo section)*

### **Please donate ONLY NEW items listed below:**

- |   |   |
|---|---|
| Composition Notebooks (wide ruled) <b>High Need</b>       | Headphones/Earbuds (Dollar Tree)  |
| Crayons (24 pack)   | Refillable Water Bottles (Dollar Tree)  |
| Single Subject Spiral Notebooks (wide ruled)              | Hand Sanitizer  |
| Loose Leaf Paper (wide ruled)                             | Disinfectant Wipes  |
| 1" Binders  | Ziploc Bags (only quart and gallon sizes)   |
| Two Pocket Colored Folders                                | Backpacks   |
| Pronged Colored Folders                                   | Books New and/or Gently Used (Board Books,<br>Picture Books & Read Aloud Books<br>(Ages Infant – 1st Grade) |
| Colored Construction Paper (including black<br>and white) | Glue Sticks (regular size)  |
| Blue and Black Ballpoint Pens                             | Glue Sticks (large)   |
| Pencils   | Colored Washable Markers  |
| Erasers   | Dry Erase Markers (black)   |
| Pencil Top Erasers  | Highlighters  |
| Plastic Pencil Boxes                                      | Tissues   |
| Pencil Pouches  | Tee Shirts (Sizes 2-14)   |
| Colored Pencils   | Shorts and Sweatpants (Sizes 2-14)  |
| Handheld Pencil Sharpeners                                | Underwear (Sizes 2-14)  |
| Plastic Cups  | Leggings (Sizes XS- XL or 4-14 for Girls)   |
| 5" Scissors (blunt point)                                 |   |
| 5" Scissors (pointed)                                     |   |

**Thank you for your continued support of this important project.**

**Questions: Nancy Bidus (703) 475-9854 or Sheran Marks (540) 972-3678**



# Announcements



Lynne Kovach will be taking Headshots for the 2024-2025 Directory at the July 13 Dinner Meeting.

Please let her know if you need/want your photograph taken!



We are collecting the following items for SAFE  
(Services To Abused Families, Inc.)



- Household cleaning items
- Laundry Essentials—Soap, Stain Remover, Dryer Sheets
- Trash bags
- Paper Towels
- Toilet Paper
- Light Bulbs
- Personal Hygiene and Health items
- Toothpaste and Toothbrushes
- Hair Products
- Baby Wipes
- Gas Gift Cards

\*Checks and monetary donations are gratefully accepted as well



**Membership Dues are due!**  
**\$80.00**

If you have not paid your dues and are not attending the July meeting,

**PLEASE MAIL YOUR DUES TO:**

P.O. Box 811, Locust Grove, VA 22508

\*Make checks payable to:\*

**LOW Lioness Lions Club**

# Upcoming Events

## LOW Lioness Lions Book Sale

The LOW Lioness Book Sale is back and held the last Saturday of each month except December and January. The next book sale will be held on **Saturday July 27th**.

We are located in the Ferris Building across from the Lions Yard Sale and are open from 8:30 AM to 1:00PM

We look forward to seeing you. Please contact Ann Walker at (540) 972-4338, Sherri Lasover at (540) 412-9854 or Helene Burns at (540) 412-0798 if you have any questions.



## SAVE THE DATE!

Mark your calendars for the

## Rock & Roll Event

Featuring Bill Feterle & Sherri Lasover

Saturday, September 21, 2024



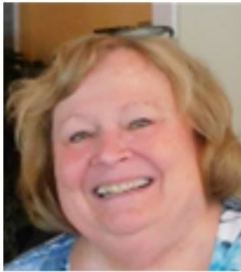
## Eyeglass Recycling

We meet from **9:30 to 11:00 every Monday morning** at 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.



# Meet our new 2024-2025 Board Members!



President  
Darcy Jennings



1st 2nd 3rd VP  
Heidi Brown, Teresa Wisniewski  
Brigitte Still



Membership  
Billie Cooke & Cindy Covver



Secretary  
Gloria Oliveri



Treasurer  
Loretta Lafley



Tail Twister  
Nicole Pappas



Foundation Treasurer  
Beth Newton



Mary Lou Ambrose  
Tamer & Director



Tamers  
Linda Corsones & Emily  
Florence



Directors  
Claire Donahue, Nickie Buell, Mary Lou Ambrose



Past President  
Barbara Tomayko



# High School Scholarship Recipients

## Congratulations to the High School Scholarships recipients!

**Gabriel Holt** has been accepted to the University of Central Florida this fall majoring in mechanical engineering. He is interested in the automobile industry focusing on improving engine design and vehicle safety features. Throughout his high school years, Gabriel played the drums in marching band and indoor drumline and held the position of section leader. Gabriel was graduated from OCHS with a 3.92 GPA.



**Johnathan Leitz**, is looking forward to his freshman year at Virginia Tech, where he will pursue his goal to ultimately work in the field of neuroscience. Once completing his undergraduate years, he plans to pursue a doctoral degree. Johnathan was graduated from OCHS with a 4.35 GPA. Not only has Johnathan excelled academically, but he has given back to his community through many volunteer activities, including serving as assistant director for a Lake of the Woods Church children's musical, among many others. Additionally, he served as an accomplished saxophone player in both the Orange County High School Marching Band and the school's jazz band.

**Madison Richard** will be attending VCU in the fall. Her noble goal is to become a kindergarten or third grade teacher. Madison wants to make a difference in the lives of children, especially those whose home environments don't feel safe. She wants these children to be able to freely communicate and to look at school as a safe haven. Madison was active in school and community activities



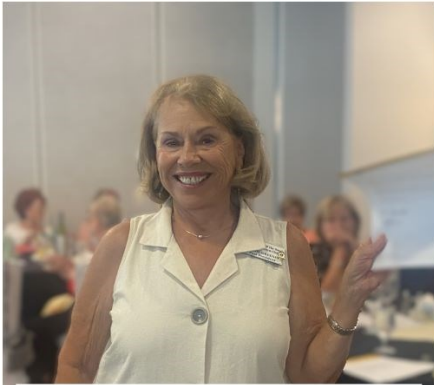
**Johan Solleveld** was graduated from OCHS with 4.4286 GPA and will be attending Virginia Tech in the fall to study engineering. Lake of the Woods, is important to him and he has been involved with the Boys and Girls Club Of Orange and now is helping to develop a vegetable garden. In his senior year he was able to serve as a student mentor and coach to the Orange County Hornet Heroes, which is the athletic team for the high school's special education students. Johan was unable to attend the dinner meeting.



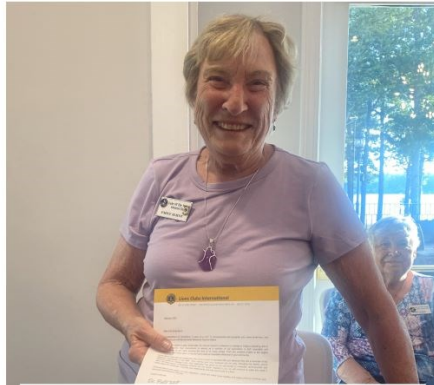
# Membership Chevron Awards



These fabulous Lionesses received a Milestone Chevron Award  
Recognizing their many years of service!



Carol Greeney-20 yrs



Emily Slunt-15 yrs



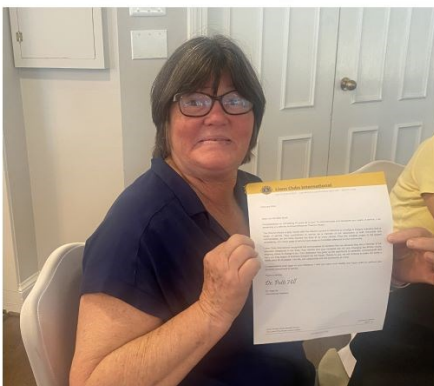
Julie Phend-10 yrs



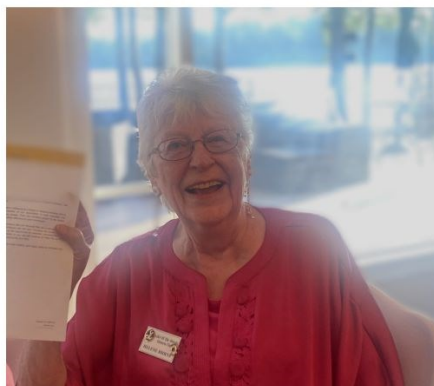
Jan Lemieux-25 yrs



Barbara Tomayko-10



Nicki Buell-10



Helene Burns-10 yrs



Nancy Strain-17



## Membership

# Bring a friend to a meeting!

Friends are the  
fruitcake of our lives.  
Some are nutty, some  
are soaked in alcohol,  
some firm, some  
sweet, but altogether,  
they are great to have  
in your life.



If anyone needs a  
**MEMBERSHIP PIN**,  
please notify  
Cindy Coover or  
Billie Cooke  
before the meeting's end.



# Fun Stuff



## Trivia - Fourth of July Movies

1. Captain Steven Hiller and President Whitmore are on a mission to save the United States... from an alien invasion.
2. Fictional story of a young idealist entering the Senate (hint – starring Jimmy Stewart).
3. If you want to survive fishing season, don't go in the water.
4. No one can forget the epic 4<sup>th</sup> of July scene – adventurous baseball-loving boys will make your kids and you, laugh out loud.
5. James Cagney played George M. Cohan in this classic black and white movie.
6. A peaceful farmer is forced to fight the British to avenge his son's murder.
7. "There's no crying in baseball."



Answers on Page 17.

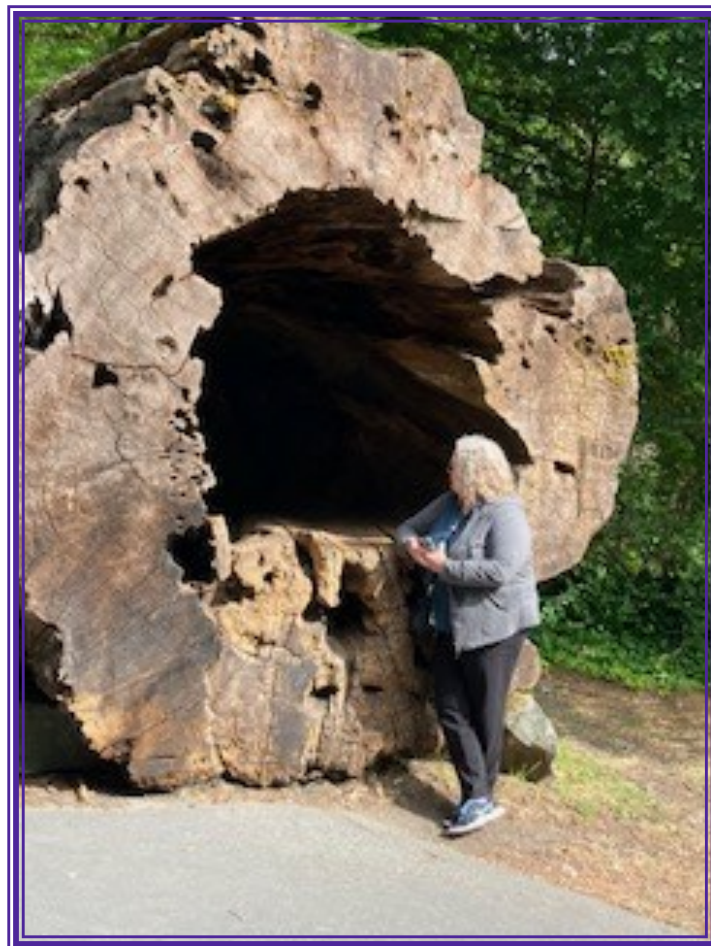
# Fun Stuff

**We are starting a column about places we've visited**  
**(Send us a photo or two and + 4 fun facts about the site)**

**Visiting the Red Wood National park near Eureka, California**  
Darcy Jennings

## **Four Fun Facts:**

- 1) The world's tallest tree is over 360 feet tall. the base can be up to 22 feet in diameter.
- 2) The bark on Redwoods can be 12 inches thick and can protect against fire.
- 3) Some Redwoods have been around before the Roman Empire. They can live 2000 years.
- 4) Redwood national park is almost 80 miles from Sequoia National Park. Redwoods and Sequoias are two different types of trees.



# Recipes

## The History of the Orange Crush

*The famous Ocean City drink debuted at Harborside Bar and Grill in fall 1995.*

Once, Harborside was a favorite watering hole for Ocean City locals. Fishermen gathered there to tell tales of the trophies they caught, or the one that got away.

That is, until the **Orange Crush** happened.

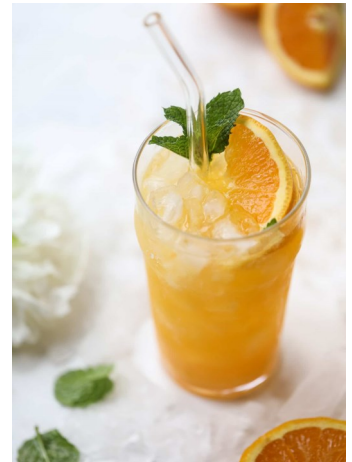
Suddenly, fish was no longer the main topic at the rustic waterfront bar. People were talking fresh squeezed oranges, vodka, triple sec and Sprite.

Harborside Bar and Grill was on the map, and in a big way.

"They wanted to create a signature drink for the restaurant," said longtime bartender Phil Lewis. "But really, they created the signature drink for summer."

Chris Wall, co-owner of Harborside, and his friends Jerry Wood and Kelly Flynn created the now-famous seaside drink.

Since then, the Harborside in West Ocean City has sold crushes by the millions.



### Recipe

**Vodka:** 1.5 oz(45ml)

**Fresh squeezed orange juice:** 4 oz.\*

**Triple sec:** 0.5 oz. (or any orange liqueur, Cointreau, Grand Marnier)

**Splash of sprite:** 1 oz. (7-up, or any lemon-lime soda)\*\*

**Orange slice:** 1

\*Try is with fresh squeezed Grapefruit — it's DELICIOUS!

\*\*For the diet or sugar conscious, it tastes just as good with soda water!

## This Stunning Red, White, & Blue Bark Tastes Like FREEDOM!

### Ingredients

- **1 c.** white Candy Melts, melted
- **1 c.** blue Candy Melts, melted
- **1 c.** red Candy Melts, melted
- **1/3 c.** red, white and blue sprinkles
- **2 Tbsp.** edible gold stars (available at craft stores)
- **2 Tbsp.** blue edible glitter (available at craft stores)

### Directions

**Step 1:** On a baking sheet, add spoonfuls of melted white, blue and red Candy Melts, adding twice as many white spoonfuls than red and blue.

**Step 2:** Using an offset spatula or knife, swirl colors together, creating a tie-dye effect.

**Step 3:** Top with sprinkles and edible gold stars and glitter.

**Step 4:** Freeze 20 minutes.

**Step 5:** Break into pieces and serve.





## 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.**

Mary Lou Ambrose: (703) 581-5577 ambrosmarylou@gmail.com  
Linda Corsones: (914) 466-2610 lindacorsones@gmail.com  
Emily Florence: (571) 239-0591 emilyjflorence@aol.com

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

## DINNER MENU

**Salad:** Salad w/Italian or Ranch Dressing  
Corn Bread Muffins

**Dinner:** Chef Nathan's Fried Chicken  
Macaroni Salad  
Red Bliss Potato Salad

**Alternate Meal:** Pan Seared Tofu w/ginger glaze, zucchini noodles and mixed greens

**Dessert**  
Assorted Desserts

**Dinner Price is \$25.00**

Nicole Pappas, our new **Tail Twister**, is currently travelling.

Pictured here with her daughter in Bali.



## JULY BIRTHDAYS



Barbara Tomayko 7/1

Marti Legge 7/7

Julie Phend 7/9

Marian Rood 7/15

Jonnie Feterle 7/26

Theresa DiCicco 7/27

Pamala Derreberry 7/4

Margaret Haight 7/8


Nicki Buell 7/10

Heidi Brown 7/20

Carol Greeney 7/26

Sherri Lasover 7/29

# July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Eyeglass Recycle 9:30-11:00 AM	2	3	4  Independence Day	5 <b>Food Pantry CLOSED</b>	6 <b>LOW Independence Day Parade &amp; Fireworks</b>	7
8 Eyeglass Recycle 9:30-11:00 AM	9	10	11 <b>DINNER MEETING</b>	12 Food Pantry 9:00-10:30 AM	13 <b>School Supply Drive 9:00-11:00 AM</b>	14
15 Eyeglass Recycle 9:30-11:00 AM	16	17	18	19 Food Pantry 9:00-10:30 AM	20	21
22 Eyeglass Recycle 9:30-11:00 AM	23	24	25 <b>BOARD MEETING</b>	26 Food Pantry 9:00-10:30 AM	27 Lioness Book Sale 8:30AM - 1:00 PM	28
29 Eyeglass Recycle 9:30-11:00 AM	30	31				

# August 2024

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

### 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.

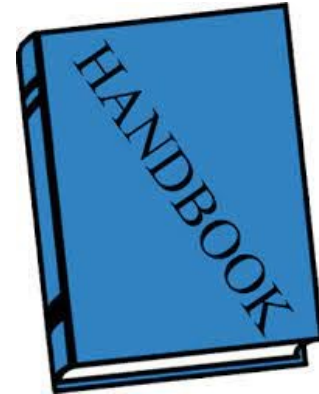
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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)



### TRIVIA ANSWERS

1. Independence Day.
2. Mr. Smith goes to Washington
3. Jaws
4. The Sandlot
5. Yankee Doodle Dandy
6. The Patriot
7. A League of Their Own

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