

LAKE OF THE WOODS LIONESSE LIONS LOW DOWN



Volume 39 Number 9 - March 2024

President's Corner

By Lioness Barbara Tomayko, LOW Lioness Lions President

www.lowlioness.org

Hello Fellow Lionesses,

I had such a blast at our February dinner meeting. Everyone seemed to be having fun and I received so many comments from members saying how much they enjoyed it. We plan on doing it again.



Your Board has been hard at work. We are re-establishing a Committee to update our Constitution and By-Laws. It will take some time, but once it is finished and approved by the Board you will all receive a copy.

We are making final decisions on the distribution of any donations towards the Karen Cakouros Memorial Fund. If you still wish to donate please do so as soon as possible. We are looking at giving scholarship(s) to individual(s) who want to attend a trade school. This was at Karen's request. Also, funds will be given to Child Help and LGA. These are all groups Karen was involved in.

We will be inducting Beth Newton as our new Administrative Treasurer at the March dinner meeting. I want to thank her for stepping up and taking on this important role.

Just to give everyone a heads-up Membership dues should be paid by June 15, as they are due to LCI by July 1. The amount of your dues this year is \$80.00. They can be paid when you attend a dinner meeting or mailed to: LOW Lioness Lion Club, PO Box 811, Locust Grove, VA 22508.

One last important item. We will be voting on an amendment to our By-Laws at the April dinner meeting. The amendment will seek to change the term of Board Officers. We are looking to change the term to a two-year term. A number of our officers feel that it takes a while to learn what they are responsible for in their position and by the time they figure everything out their term is almost over.

Hope to see you at the March dinner.

Barbara

WHAT TO BRING TO THE MEETING?

For SAFE:
Household cleaning and paper products, personal hygiene/health items, office supplies, children and baby items, gas cards and monetary donations.



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
Emily Florence

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 22, 2024
BOD Meeting**

The meeting was called to order at 7:05 pm on Thursday, February 22, 2024 by
President, Barbara Tomayko.

The following board members were **present**:

President: Barbara Tomayko; **Treasurer**: Loretta Lafley; **3rd Vice President**: Emily Florence;
Tamers: Heidi Brown and Claire Donohoe; **Membership Directors**: Billie Cooke and Cindy
Coover; **Immediate Past President**: Nicki Buell

ABSENT: 1st **Vice President**: Darcy Jennings; 2nd **Vice President**: Joan Litschert;
Tail Twister: Marylou Ambrose; **Directors**: Ellen Bearden, Susan Bergner & Toni Keating,
Secretary: Gloria Bishop Oliveri.

SECRETARY'S REPORT: Presented by Emily Florence in Gloria Bishop Oliveri's absence

- 1) The minutes of the **December 2023** BOD meeting, which were previously distributed, were approved. Motion to approve by Heidi Brown and seconded by Nicki Buell.
- 2) Committee Chairpersons' monthly reports for **January 2024**:
PS= 1,724 **L**= 115 **H**= 458 **\$**= \$858.82 – Book Sales
- 3) BOD **approval of New Members**: Penny Schultz and Carolyn Rourke will be inducted at our March 2024 dinner meeting. Janice Johnston cannot attend the March meeting and will be inducted at a later time.
Motion to approve by Loretta Lafley and seconded by Claire Donohoe.
- 4) Resignations: Karin Mollard and Mary T. Szadvari have resigned in writing.
Motion to approve by Heidi Brown, seconded by Billie Cooke.

PRESIDENT'S REPORT: Barbara Tomayko

- 1) Pat Licata has approved our 50/50 raffle for one of the Concert on the Point dates (TBD as we get closer to the start date).
- 2) Shellee Williams is taking over Share & Care. Ann Walker has offered to help.
- 3) Very positive feedback from the February dinner meeting.
- 4) Pat Licata and Anne LeHuray have expressed interest in helping with the Scholarship Committee. Application process needs to start asap.

FOUNDATION TREASURER'S REPORT: Loretta Lafley – Foundation Funds

- 1) Karen Cakouros Fund current balance - \$5,021.00.
 - 2) Current distributions are as follows:
 - 3) \$3,000 scholarship fund to Trade Schools, \$1,000 to Child Help to use as needed, and \$1,000 to LGA for memorial bench on #13 tee.
 - 4) Current bank balance - \$88,310.68. Mailed out donations of \$10,300.00. Motion to reinstate contribution to JR Golf Camp was passed. Motion to approve by Heidi Brown and seconded by Nicki Buell.
- 1) Kathy Phillips will be asked to shadow Loretta as a backup treasurer.

ADMINISTRATIVE TREASURER'S REPORT: Barbara Tomayko

- 1) Income \$2,047.00. Expenses \$2,162.87 Deficit of \$115.87
- 2) Current Cash Balance - \$16,373.58
- 3) New Admin Treasurer – Beth Newton
- 4) Dues for the New Year – start payments in May. Should put reminder in the April Low-down.

THE INSIDER'S VIEW (Continued)

1st VICE PRESIDENT: Darcy Jennings

2nd VICE PRESIDENT: Joan Litschert

3rd VICE PRESIDENT: Emily Florence

TAMERS: Heidi Brown, Claire Donohoe –

Constitution & Bylaws Committee needs to be reestablished to create and finalize documents. Barbara will email BOD members for approval of this, and other resolutions not voted on by BOD because of lack of a quorum.

Heidi has provided the BOD with a draft Code of Conduct for our club to be discussed further before presentation to the membership.

TAIL TWISTER: Mary Lou Ambrose

MEMBERSHIP: Billie Cooke and Cindy Coover

- 1) Application for new member, Carolyn Rourke, was approved.
- 2) Two new members will be inducted at the March dinner meeting.
- 3) Name badges ordered but not received as of this meeting.

DIRECTORS: Ellen Bearden, Susan Bergner and Toni Keating

IMMEDIATE PAST PRESIDENT: Nicki Buell

- 1) All positions for the new year's board have been filled except 2nd VP and 2 more Tamers. 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,
Emily Florence

In absence of Gloria Bishop Oliveri, Secretary



IMPORTANT NOTICE

The Nominating Committee **STILL NEEDS 2 MORE VICE PRESIDENTS**
and **2 MORE TAMERS**

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

Dinner Program

LAKE OF THE WOODS FIRE & RESCUE WILL BE SPEAKING AT THE MARCH 14TH DINNER.

Lake of the Woods Volunteer Fire & Rescue Company was incorporated under Virginia's law on August 23, 1971. Located in Locust Grove, VA, Lake of the Woods Volunteer Fire & Rescue Company provides fire protection and emergency response services and prevents the loss of life and property to the Locust Grove community. Our combined volunteer force of over 150 members operates out of two buildings: a 2-story fire building (headquarters and a 1-story rescue building).

Announcements



The first of three collections in 2024 for SAFE HOUSE will be held at our March meeting. As you may know, SAFE HOUSE is actually two working homes that provide shelter, support, and advocacy to survivors of domestic violence and sexual assault. It serves the counties of

Culpeper, Fauquier, Madison, Orange, and Rappahannock. They have many needs: **household cleaning and paper products, personal hygiene/health items, office supplies, children and baby items, gas cards and monetary donations.**

I will have my car parked in front of the Club House before the Lioness meeting, March 14, for your donations.

Thank you in advance!

Val Protiva

LOW Lioness Lions Book Sale

We are pleased to announce that the LOW Lioness Lions book room will reopen on March 30, 2024. We sell used books at bargain prices. We are scheduled to be open from 8:30 to 1PM on the last Saturday of every month, except in December and January. The Book Sale is located in the Ferris Building across from the Lions Yard Sale!

We have had a major reorganization of the book room to allow for more space between the aisles and have had to eliminate some of the categories of books to comply with the space requirements. We no longer have storage space and thus will not be able to accept large donations of books.

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

By Helene Burns



Announcements



NEXTREX RECYCLING CHALLENGE PROGRAM

START SAVING YOUR PLASTIC BAGS NOW!

The two collection bins are located at
419 Wilderness Drive & 319 Liberty Boulevard

We are looking for a third location (Volunteer)

Contact Anne LeHuray (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 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.



Membership

Dinner Guests at the February Meeting



Carolyn Collantes



Carolyn Rourke



Marcia Hastbacka

WELCOME!

Fun Stuff

"Grace" by Lynne Kovach

Grace was a "Senior Rescue" dog we adopted in May 2020. Her background was awful before she ended up at "Squishy Face Rescue" in Fredericksburg. Confiscated from Southern Virginia with her daughter and four sons, she and her daughter were always bearing large litters. She gave birth to 8 puppies shortly before we adopted her!

We rescued a terrified dog. She was terrified of us, toys, sticks, stones, other dogs, sharp noises, the kitchen floor, and even going on walks. She would slink down the road, with her head down and her tail between her legs looking around as if something awful was about to happen to her. For a month we dealt with this fearful dog and, I was on the verge of returning her to the SFR because I felt I had not rescued a dog if she was terrified of us. I wanted her to feel loved and comfortable. However, although she had bonded to me and was an obedient and smart dog, she was still scared of my husband Joe...and I felt she was miserable. We surmised he must look just like the man who had abused her!

We consulted with one of the Board members of the Rescue and they gave us two options. We could return her (she had been returned after two weeks by another person) or free training. I chose the training. I was not ready to give up on this sweet dog. They were thrilled we wanted to try and keep her in spite of her issues. Grace flourished under Cara's two weeks of training. She was a new dog! She still does not play and has a wee bit of separation from me anxiety, but she is calm, relaxed, loves to swim and is adventurous now!

Almost four years later, we have a smart, funny, affectionate dog who is aging gracefully and will live out her days in comfort with us.



Tired Mama



1st couple of days



She loves to swim!



Conversation with Joe



Sweet Grace (Unknown Breed)

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

Clubhouse Garden Salad w/White Balsamic or Ranch Dressing

Dinner

Corned Beed & Cabbage
Roasted Red Potatoes

Alternate Meal

Portabella Mushroom stuffed w/onions, peppers and mushrooms in phyllo dough topped w/red pepper cream sauce

Dessert

Guinness Cupcakes

Dinner Price is \$25.00

TWISTER CORNER



BE LUCKY

LIVE on purpose

UTILIZE your strength daily

be a CATALYST for change

KNOW who you are meant to serve

be YOURSELF



Happy
Birthday!

MARCH BIRTHDAYS

Teresa Wisniewski 3/1

Sharon Thornton 3/3

Gina Davies 3/17

Julia Davis 3/17

Pat Licata 3/17

Anne LeHuray 3/18

Kathy Haynes 3/19

Gail Stoner 3/19

Sheran Marks 3/21

Sharon Corner 3/22

Rosemary Butcher 3/24

Darcy Jennings 3/24

Arlene DeSimone 3/25

Denise Wright 3/27

Teri Fitzpatrick 3/29

Gayla Crow 3/30

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 Mardi Gras Dinner Dance	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 Lioness Book Sale REOPENS 8:30AM - 1:00 PM	31 <i>Easter Sunday</i>

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8 Eyeglass Recycle 9:30-11:00 AM	9	10	11 DINNER MEETING	12 Food Pantry 9:00-10:30 AM	13	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 BOARD MEETING	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					

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.

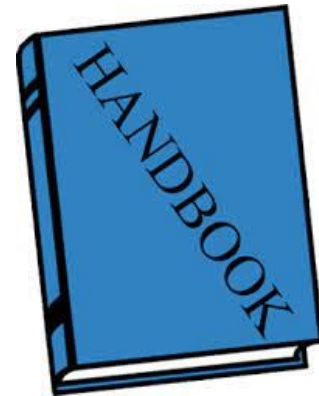
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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

Book Sale

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