

LAKE OF THE WOODS LIONESS LIONS LOW DOWN

Volume 40 Number 2 - August 2024



President's Corner

By Lioness Darcy Jennings LOW Lioness Lions President

The dog days of summer may (or may not) be behind us, but we are all looking forward to our fall plans with the Lionesses.

September brings our Sock Hop on Saturday, September 21st at the Community Center. Also coming up is the wonderful day filled with playing cards, or other games, enjoying a fashion show and sharing a nice lunch with friends at the annual Card Party - Friday, September 27th, 9-3 at the Club House. Further information is in this edition of the Low Down and on our Lioness website.

Our Directors, Nicki Buell, Claire Donohoe, Mary Lou Ambrose and Ellen Bearden are planning some 'come as you are' get togethers. The first is planned for Thursday, September 5th at 5:00 p.m. Everyone is invited to the Pleasant Grove beach on Pleasant Grove Road for an informal get together. Bring a chair and what you would like to drink. Hors d'oeuvres will be provided as we all enjoy a beautiful sunset. Don't worry, local Lioness neighbors will have bathrooms open for our use. In addition, if anyone would like to open their home for a Meet and Greet 2-hour session, please volunteer so we can keep these mini events on our calendars.

I had asked for ideas for service projects and how to make a change to the Lioness meetings and you all responded very nicely. First, I want to apologize for the lack of having a useable microphone for our meeting. It was working when we did our pre meeting check... but we are all familiar with the glitches that happen frequently when using that microphone. In August, we will be borrowing the Lion's microphone. It has a cord, so we want to see if it meets our needs. We will then be ordering a new microphone and speaker that will be used for all Lioness events. If anyone is knowledgeable about Microphone systems, please get in touch with me with any pertinent information as we order our own microphone.

Service ideas were wonderful including: more work with battered women's shelter, offer a tutoring schedule in the schools, set up a welcome group to give flyers and community info to all new residents of LOW, (perhaps through a new marketing committee), get more involved in Bridges, now here in Locust Grove.

Presently we are relooking at the Dolly Parton book program for Orange County. We are also exploring ways to work with the Head Start programs and two other elementary schools in Orange County that would benefit from our help. Thanks for some great ideas for us to explore in the future.

I will be trying to keep our dinner meetings relevant, informational, fun and, hopefully, a bit shorter. Remember August is one of our FUN meetings. There will not be a speaker but have no fear you all will be entertained.

**** IMPORTANT ****

Due to rising food and Clubhouse operating costs,
the Lioness Dinner will be increasing to \$30.00 beginning September.
More information will be discussed at the August meeting.

www.lowlioness.org

WHAT TO BRING TO THE MEETING?

Membership Dues are



\$80.00



NEXTREX RECYCLING CHALLENGE
PROGRAM

Plastic for the
NexTrex Challenge
Bring your plastic!

THE INSIDER'S VIEW

Minutes from the
July 27, 2024
BOD Meeting

Lake of the Woods Lioness
Lions Club
Post Office Box 811
Locust Grove, VA 22508
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
Ellen Bearden
Nicolette Buell
Claire Donohoe

Past President

Barbara Tomayko

The meeting was called to order at 7:00 PM on Thursday, July 27, 2024 by **President**, Darcy Jennings

Present:

President, Darcy Jennings; **Secretary**, Gloria Bishop Oliveri; **Administrative Treasurer**: Beth Newton;
1st Vice President: Heidi Brown; **2nd Vice President**: Teresa Wisniewski; **3rd Vice President**: Brigitte Still; **Tamers**: Mary Lou Ambrose, Emily Florence, Linda Corsones; **Tail Twister**: Nicole Pappas; **Membership**: Billie Cooke; **Directors**: Mary Lou Ambrose, Nicki Buell, Claire Donohoe

Absent:

Foundation Treasure: Loretta Lafley; **Membership**: Cindy Coover; **Immediate Past President**: Barbara Tomayko

Special Guest: Lynne Kovach

- 1) LOW Lioness Lions Website – Domains renewal and payment are due by November 5th.
 - A. 3-year website & Domain Name (lowlioness.org) + website protection (SiteLock) is \$633.03 and needs to be approved. Motion made by Nicole Pappas and seconded by Teresa Wisniewski. Motion carried.
 - B. Domain Expiration Protection. The domain can be set to auto-renew which is an additional \$9.99. Motion to also include this feature made by Heidi Brown and seconded by Nicki Buell. Motion carried.
 - C. Since Bluehost does not take checks, the Lioness Debit Card will be used for payment and auto renew.
- 2) LOW Lioness Lions Club Member Handbook/Directory
Christine Getty will no longer be producing the Lioness Handbook/Directory. Sharla Bailey has volunteered to take over.
- 3) LOW DOWN - Newsletter
Lynne and Emily Florence will continue as our Editors with Sharla Bailey as their back up.
- 4) Email Communications
Lynne has agreed to continue managing emails and has created a "Lioness" email specifically for this task, (lowlionessclub@lowlioness.org). Lynne requested that all emails for publication go to President Darcy Jennings for vetting. That is the procedure we have used in the past and Darcy agreed.

Secretary's Report: Gloria Bishop Oliveri

- 1) **Motion** to approve the minutes from **June 27, 2024 BOD** meeting, which were previously distributed. **Motion** made by Beth Newton and 2nd by Brigitte Still. Motion carried.
- 2) **Committee** Chairpersons' monthly reports for: **June 2024**
PS= 5,989 L= 169 H= 863 \$= \$1,402.00
***Bookstore: \$538.00; Fifty-Fifty: \$49; School Supply Drive: \$815.00**
- 3) **Old Business:**
Janice **Johnston** and Jean **Pool** have withdrawn their application for Membership. Brigitte Still will have an update on the Constitution & By-laws Update on BOD position descriptions. Darcy will update us under her topics.
- 4) **Resignations:**
Donna **Merryman** resigned on Friday, July 5th 2024. Motion to approve made by Billie Cooke and seconded by Claire Donohoe. Motion carried.

THE INSIDER'S VIEW (Continued)

5) **Membership Status Chane:**

Betty Beck and Susan Bergner requested to have their status changed from active to AFL.
Motion to approve made by Mary Lou Ambrose and seconded by Nicki Buell. Motion carried.

President's Report: Darcy Jennings

- 1) Darcy mentioned that Constitution and By-laws along with BOD job description should be ready by September 2024.
- 2) Upcoming Events for 2024-2025
We will not have a guest speaker for our August 8th dinner, but it will be fun!
Our new District Governor, Charles Schwab, will be our guest speaker for our November 14th dinner meeting.

Administrative Treasurer's Report: Beth Newton

- 1) Income and Expenses for July 2024:
Total Income: \$4,022.00
Total Expenses: \$4,168.00
- 2) Bank Balance YTD: \$18,308.70
Motion to approve budget made by Mary Lou Ambrose and seconded by Nicki Buell.
Motion carried.

1st Vice President: Heidi Brown

- 1) Creative ways to increase our Administrative Fund.
- 2) Reviewed the cost of our dinner meetings.

2nd Vice President: Teresa Wisniewski

- 1) Teresa reported that the School Support Drive was held on July 13th at 9:00 to 11:00am.
- 2) The drive was a huge success. Donations received from several sources were over \$3,000.00. A resident asked that his \$300.00 donation go directly to the Head Start Program.
- 3) There were 17 Lionesses volunteers.
- 4) All thank you notes have been sent.
- 5) The School Support/Supply Drive still has to do the shopping for the schools.
- 6) All supplies will be sorted and delivered by August 2nd.

3rd Vice President: Brigitte Still

- 1) Brigitte has been thoroughly reviewing the 2010 and 2017 Constitution and By-laws and will combine in one document.

Tail Twister: Nicole Pappas

- 1) Will continue with 2 Truths and a Lie.
- 2) Mighty Lionesses Recognition. Nicole will place 3 yellow cards by the entrance, so it will be picked up when coming in. Lionesses, if you wish to bestow this recognition on a fellow Lioness, be sure to share these good deeds on the form and Nicole will publicly call out the 3 Lionesses that are being recognized.
- 3) Nicole will also place white cards to be used in the same manner, except this can be presented privately.

Directors: Mary Lou Ambrose, Nicki Buell and Claire Donohoe

Our Directors are busy planning fun and exciting social events:

- 1) September 5th, 5pm to sunset at Pleasant Grove Beach
- 2) January 16th, 10:30am to Minute Man Antique Mall
- 3) Sweet Vines in the Spring

More outings are being planned and Lionesses will be able to read all the details in the Low Down

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 8:58 PM.

Respectfully submitted,

Gloria Bishop Oliveri, Secretary

Next BOD Meeting: Thursday August 22nd, 2024



Membership

New Lionesses inducted at the July Meeting

Sponsor Nancy Bidus with new Lioness Wendy Witherspoon



New Lioness Linda Bruno w/sponsor Kathy Merritt



Wendy Witherspoon

Hi, my name is Wendy Witherspoon. I was born in Toronto, Ontario, Canada. I moved to the California Bay Area with my family at the age of 13.

I met my husband Tim at San Jose State and were married in December 1977.

We have two children, Josh and Lindsay. Lindsay lives in Clarksburg, Maryland with her husband Jeff, and Josh lives in the Locust Grove area.

We moved to Virginia three years ago, in order to be close to our Grandchildren, of which we have one (Lola) who is a soon to be a two-year-old, with one more one the way in October.

We both love it here at the Lake, and consider ourselves very fortunate to be living here.

Linda Bruno

I am a Virginia Native. My family has lived in Prince William County for over 287 years in the Woodbridge/Dumfries area.

My husband John is a retired assistant Warden for the Va Corrections Dept. We have 3 grown children, 3 Grandchildren and 2 great grandchildren. Our Dog Lucas, a Yellow Lab runs our household. We have lived at the lake for 6 yrs.

I have an associate's degree in Business and many certifications in Real Estate as well as a Broker's license. I am the primary Broker of a small real estate company in Fredericksburg Va. I have been a realtor for 34 years.

I owned 2 shoe stores Named the "Little Shoe Box" prior to entering real estate. I am a member of Zoan Baptist Church, the Women's Club of Fredericksburg, a member of the International Safari Hunt Club and have worked with the wounded war projects until the past 2 years.

My family, the Dents and Bargs of Woodbridge worked for 5 years to build the family homeless shelter in Woodbridge named after my mother, Hilda Barg. We raised 2 million dollars to see that families stayed together as 1 unit whenever possible. We still work to support their efforts and their Clothes Closet. The Clothes closet helps people have good clothes for jobs and interviews. We have turned it over to a Non-Profit which is run by many churches in the Woodbridge area.

I joined the Lioness to do more for the community in which I live, as my other groups are in Fredericksburg Va

I am a Canasta card playing fanatic. My other hobbies are reading and cooking.

Upcoming Events



Lioness Directors, Nicki, Claire, Ellen, & Mary Lou
invite you to join them for a

Lioness Social at Pleasant Grove Beach



Thursday, September 5th at 5:00 PM until 7:30 PM

Appetizers will be provided.

Please bring a lawn chair and your beverage of choice.

Ridesharing is encouraged.

Sign up sheets will be on the tables at the
August 8th dinner meeting.

Upcoming Events

Card & Table Games Party, Luncheon & Fashion Show

\$35 per person includes tea, coffee and snacks in morning and throughout the day, a lovely lunch and the Fashion Show. Please get it to me no later than Friday, Sept. 20th.

Hand & Foot, Samba, Queens , (For Bridge: Call **Jan Lemieux (540) 972-8888**) Mahjongg, Dominoes or just the Fashion Show Luncheon please send an **Email to Arlene Rich at arlenrich111@yahoo.com** with the following information:

1. Decide on a Table Captain who will email the First Name, Last Name, for EACH player to hold a table.
2. The Table Captain collects the entry fee (\$35.00) for each player and sends ONE check for the Entire Table made out to the LOW Lioness Club and mailed to Arlene's address below .

Arlene Rich, 129 Monticello Circle, Locust Grove, VA 22508

Table space fills quickly so act quickly to get in on all the fun!



Annual LOW Lioness Lions Club

Card & Table Games Party, Luncheon and Fashion Show

At Lake of the Woods Clubhouse

Join us for Cards, Mahjong, Dominos, Luncheon, a Silent Auction, Raffles, Fashion & FUN!

Friday, September 27th, 2024

9:00 AM to 3:30 PM

Cost \$35.00 per person (Non club members welcome)

Payment due before noon Friday, September 20th

No tickets will be sold "at the door"

RSVP: For Bridge –Jan Lemieux - (540) 972-8888

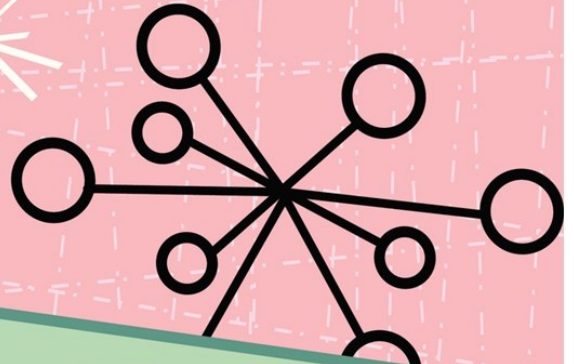
For other Games and Luncheon reservations

Arlene Rich – (973) 670-9678

Fashions by *cabi*



Upcoming Events



Yesterday Once More

Featuring Sherril Lasover & Bill Feterle

Sponsored by the LOW Lioness Lions Club

Saturday, September 21st, 2024

7:00 - 10:00 pm

At the Lake of the Woods

Community Center

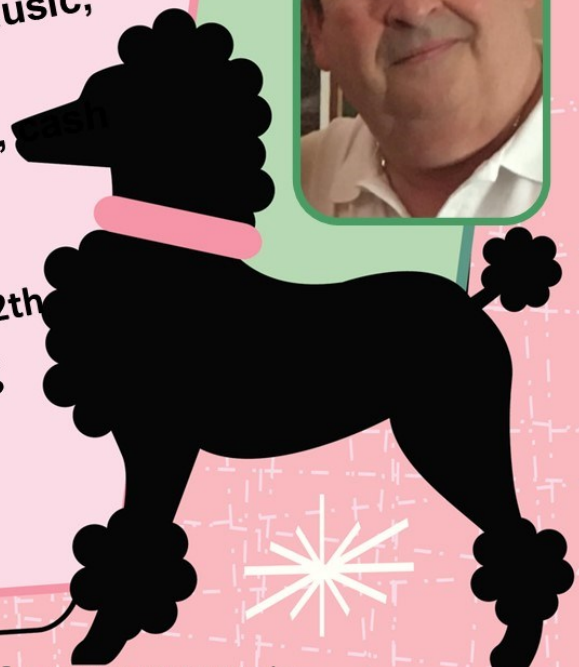


Join us for a night of 50's & 60's music,
dancing, contests
& prizes, photo prop background,
bar & snacks!

Tickets: \$30.00

Order tickets online starting August 12th
at www.lowlioness.org

If you have questions call
Phone: (330) 931-9287



All proceeds support the Lioness Lions Foundation, Inc. to serve our community

Announcements



Lynne Kovach will be taking Headshots for the 2024-2025 Directory at the August Dinner Meeting. Please let her know if you need/want your photograph taken!



Halloween is Around the Corner!

Candy will be collected at the September and October meetings.

We will also ask for volunteers to help distributing the candy ON THE POINT.



Membership Dues are due!
\$80.00

Please bring a check to the August Meeting
or

PLEASE MAIL YOUR DUES TO:

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

Make checks payable to:

LOW Lioness Lions Club

Announcements

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 August 31st**.

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.



NEXTREX RECYCLING CHALLENGE PROGRAM

What can be recycled?

All plastic must be clean, dry and free of food residue.



Nan Lamb stopped at Costco recently and there were employees unwrapping paper goods from their plastic wraps. Nan asked them what they did with the plastic wrap and they told her they throw it away. The employee gave enough of the plastic wrap to fill one big clear plastic trash bag! As Nan was leaving Costco, she stopped at the Customer Service Desk and asked if we could have their discarded plastic and they said YES.

So any time one we go to Costco we can go to that back area and ask them for whatever plastic wrap they have. This would be a huge boost to reaching the goal of 1,000 pounds by the end of the year!

Eyeglass Recycling

We meet from 9:30 to 11:00 every Monday at The Ferris Building (the same as the Book Sale). We wash, dry, and recycle them. This is a great way to reduce waste in the morning for you. You are not committed to come every Monday, just when it is convenient! Thank you.

No Recycling on September 2nd



day morning building as the Book Sale. We have good conversations. It starts the week and we usually finish with a trip to Fareways for lunch! You are not committed to come Monday, just when it is convenient! Thank you.

Fundraisers



The White House Christmas Ornaments

The 2024 White House Ornament is designed in honor of President Jimmy Carter. Carter was the only President to attend the Naval Academy, and he was also the only President to serve on a submarine.

Ornaments will go on sale October 1, 2024

For further information or to place orders

Contact/Text:

Kathy Merritt 540-538-6605

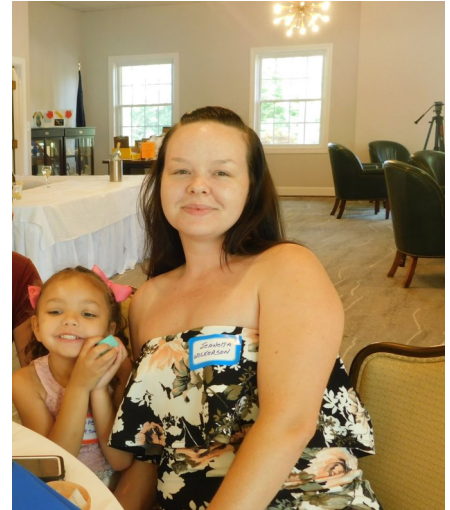
or Jan Stockman 703-943-9314

Price \$25.00

College Scholarship Recipients

Congratulations to the College Scholarship recipients!

Jeanetta Wilkerson's goal is to become an Information Security Specialist. She has completed 41 credit hours as of the spring semester. She works part time for Fun House driving the train for kids in the mall and has earned a GPA of 3.4. Jeanetta shows resilience and commitment by returning to school to provide a better life for herself and her three year old daughter.

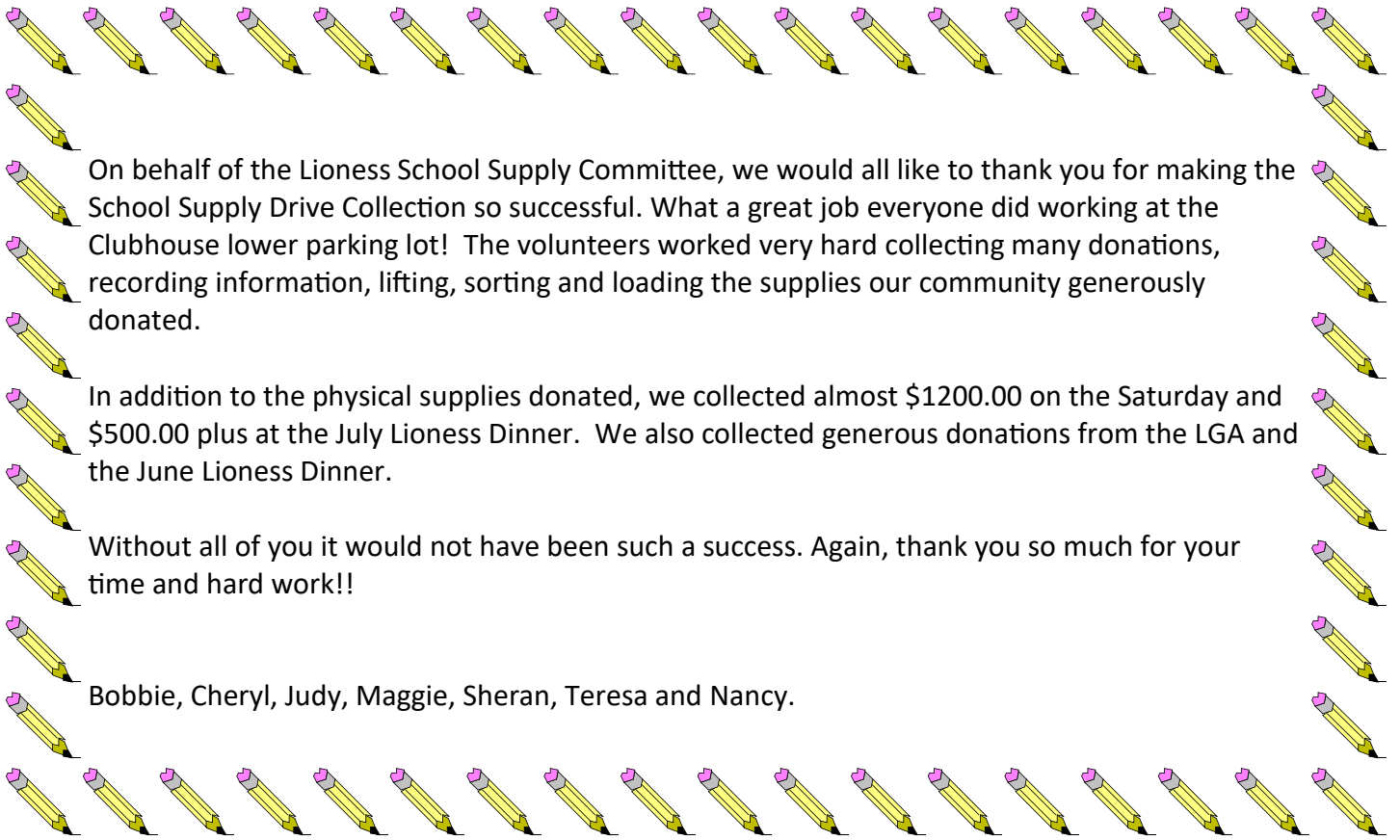


Karla Aguilar's goal is to become a Registered Nurse. She has completed 51 credit hours as of the spring semester. She has earned a 3.3 GPA while working part time at West End Plastic Surgery as well as being mom to four kids, ages 2-10. Karla is motivated to fulfill her educational, professional, and personal aspirations.

Tamika Sturges' goal is to obtain her BSN and work in a hospital. She is a single parent to three children, age 4-13. She has completed 53 credit hours as of the spring semester, earning a 3.5 GPA and works full time at Digital Gaming Corp. Tamika is also committed to building a better life for herself and her family.



School Supply Drive



On behalf of the Lioness School Supply Committee, we would all like to thank you for making the School Supply Drive Collection so successful. What a great job everyone did working at the Clubhouse lower parking lot! The volunteers worked very hard collecting many donations, recording information, lifting, sorting and loading the supplies our community generously donated.

In addition to the physical supplies donated, we collected almost \$1200.00 on the Saturday and \$500.00 plus at the July Lioness Dinner. We also collected generous donations from the LGA and the June Lioness Dinner.

Without all of you it would not have been such a success. Again, thank you so much for your time and hard work!!

Bobbie, Cheryl, Judy, Maggie, Sheran, Teresa and Nancy.



Four Fun Facts

Lulworth Cove, Dorset, England

Lynne Kovach

Last September Joe and I visited Lulworth Cove on Dorset's Jurassic Coast . Stunning views, fascinating history, beautiful weather and fresh lobster from this beautiful Cove for dinner made the trip a memorable experience and inspired me to paint!

Four Fun Facts:

1. One of the most striking sites on Dorset's Jurassic Coast, Lulworth Cove is world famous for its pre-historic geology and landforms. Today, it is a popular tourist spot for geologists and sunbathers alike.
2. Lulworth Cove was formed by the sea breaking through a thin layer of hard Portland stone that runs parallel to the shoreline. Once the sea broke through, the waves allowed for the much softer clays to be eroded more quickly and thoroughly.
3. The area around Lulworth Cove also contains a fossil forest, the remains of an ancient submerged forest from Jurassic times. It is thought to be one of the most complete fossilised forests of any age.
4. 19th-century fossil collector Mary Anning lived in the area, and was responsible for major discoveries of marine reptiles and other fossils at a time when the study of palaeontology was in its infancy.



Inspiration



Sent by Mary Damone

It is said that before entering the sea
a river trembles with fear.
She looks back at the path she has traveled,
from the peaks of the mountains,
the long winding road crossing forests and villages.
And in front of her,
she sees an ocean so vast,
that to enter
there seems nothing more than to disappear forever.
But there is no other way.
The river can not go back.
Nobody can go back.
To go back is impossible in existence.
The river needs to take the risk
of entering the ocean
because only then will fear disappear,
because that's where the river will know
it's not about disappearing into the ocean,
but of becoming the ocean.

~ Khalil Gibran

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 DINNER MEETING	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 BOARD MEETING	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 Lioness Book Sale 8:30AM - 1:00 PM	

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 No Eyeglass Recycle	3	4	5 "Come As You Are" Pleasant Grove Beach Party 5:00 PM	6 Food Pantry 9:00-10:30 AM	7	8
9 Eyeglass Recycle 9:30-11:00 AM	10	11	12 DINNER MEETING	13 OVERSTOCK 9:00 UNTIL GONE	14	15
16 Eyeglass Recycle 9:30-11:00 AM	17	18	19	20 Food Pantry 9:00-10:30 AM	21 "Yesterday Once More" Featuring Sherri Lasover & Bill Feterle	22
23 Eyeglass Recycle 9:30-11:00 AM	24	25	26 BOARD MEETING	27 Food Pantry 9:00-10:30 AM Card/Games/Fashion Luncheon. 9-3	28 Lioness Book Sale 8:30AM - 1:00 PM	29

From the Tamers

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/Balsamic or Ranch Dressing

Dinner: Lemon Cream Chicken over Pasta w/
Squash & Zucchini

Alternate Meal: Tempura Broccoli w/Quinoa

Dessert

Assorted Cookies & Brownies

Dinner Price is \$25.00

**** IMPORTANT ****

Due to rising food and Clubhouse operating costs, the
Lioness Dinner will be increasing to
\$30.00 beginning September.
More information will be discussed at the August meeting.

As the **Tail Twister**, I want to provide a way to recognize acts of kindness, generosity and selflessness so often exhibited by Lionesses... A Mighty Lioness. Think smaller not bigger on this one. Such as, the extra assist you saw a Lioness give to another person in need. The Lioness who gave of themselves without being asked. The Lioness who spoke a kind word when others didn't. In short, the acts that inspire us and exemplify the heart of a Lioness. At each meeting the first three members to fill out a yellow Mighty Lioness form will be asked to recognize their Mighty Lioness after we sing the birthday song. The yellow sheets will be by the 50/50 ticket sales. There will also be white Mighty Lioness forms for members to privately recognize their Mighty Lioness.

At our July meeting I recognized the following Mighty Lionesses: **Emily Florence**, you Mighty Lioness! You made me proud when you included the picture of me and my lovely daughter in the Low Down (thanks also to **Lynne Kovach**). Cheers to you, my friends.

Marty Legge, you Mighty Lioness! You made me proud when you generously paid for Lionesses who were not wearing their name tag at the meeting. Cheers to you, my friend.

As always, I will be prowling the room to request \$1.00 from members who are not wearing their name tags. While this may seem silly, imagine how helpful (and kind) it is for our newer members who are looking to put a face to a name, and vice versa.

Forgot your name badge? Please wear a temporary one.

Lost your name badge? Please order a new one from the Membership Committee.

Cheers to you, my friends.



Nicole Pappas, Tail Twister



AUGUST BIRTHDAYS

Bobbie Stone 8/3
Jean Ann Daniels 8/14
Judy Ludvigsen 8/14
Gloria Oliveri 8/16
Emily Slunt 8/18

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.

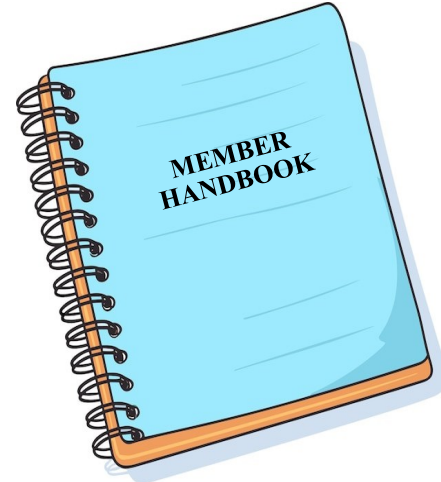
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

Email: emilyjflorence@aol.com
Phone: (571) 239-0591

HANDBOOK CORRECTIONS

Please forward any additions, changes, or corrections to your Handbook/Directory to

to
Sharla Bailey
skbailey1429@gmail.com



There are two little frogs hidden in this issue. Find them!

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 Club
PO Box 811, Locust Grove, VA 22508
Email: lowlionessclub@lowlioness.org

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