

LAKE OF THE WOODS LIONESSE LIONS LOW DOWN



Volume 40 Number 3 - September 2024

President's Corner

By Lioness Darcy Jennings LOW Lioness Lions President

Fall is almost upon us..... I hope. Personally, I like cool and cold temperatures, so Fall is a semi-favorite, with Winter being my number one. We all have our preferences. We all, also, have unique skill sets. We can put these skills, passions, or whatever you want to call them, to good use as we serve the community through our Lionesses' Club.

For example, someone is making a pink crocheted blanket for the Card Party's silent auction. Another Lioness likes to weed the garden in front of the clubhouse to de-stress (I promise you that it is NOT me.) We have extraordinary bakers, golfers, card sharks and readers among us. Why not think of your specialty and find a way to donate it to the Card Party's silent auction. I make greeting cards, so I can put together a little box of cards. Someone could offer a free garden weeding session or design a gift card to build someone a detailed spread sheet (the kind you never get around to doing yourself) or put together a group of your favorite books. The possibilities are endless. So be creative and offer some fun service as an item in the silent auction and send them to me or Barbara Tomayko. Also, if you know of any business that would like to donate their services or items, please ask!

Our Fall schedule is going to be busy with the Card Party, Luncheon & Fashion Show, Coat drive, Toy Collection, Halloween on the point, providing bags of potatoes to the food pantry's Thanksgiving baskets, giving gifts to people through the Bridges program and more.

Here are some ways to help. Price items for the Kris Kringle market, offer your garage to store all the goodies we will be selling, change the recycle plastic bag holders and learn how to take them to get weighed and turned in. If you are willing/able to help in any of these ways and more, contact Gloria, our illustrious secretary, or me. We will put you in touch with the person who could use you for any project.

Thanks for filling out the survey about our dinner meetings. Heidi will be sharing the results and they are on page 5 of the Low Down. Ultimately, most members prefer to continue our dinner meetings as they are now, even though there is a cost increase. We, the Tamers and Board, are exploring a way to allow those who do not want to eat, or don't like that month's menu to come later to attend the meeting. Many pointed out the need to support our local amenities and keep the meetings close to home. So, let's continue to enjoy sharing time with our friends monthly. Don't forget to mark your calendars for the September 5th "Meet at the Beach" gathering. There has been a great response already, so don't forget to let Tamers Mary Lou Ambrose and Linda Corsones know that you plan to attend.

Please remember **We Serve**, so step up to contribute some time and energy to help our community.

"That's all folks" for now!

~ Darcy Jennings

September Speaker: Bryan Nicol, District 5 representative on the Orange County Board of Supervisors

www.lowlioness.org

WHAT TO BRING TO THE MEETING?

Bring CANDY for Halloween on the Point



THE INSIDER'S VIEW

Minutes from the
August 22, 2024
BOD Meeting

Lake of the Woods Lioness
Lions Club
Post Office Box 811
Locust Grove, VA 22508
Email: lionessclub@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 7:08 PM on Thursday, July 27, 2024 by
President, Darcy Jennings

Present:

President: Darcy Jennings; **Secretary:** Gloria Bishop Oliveri; **Foundation Treasure:** Loretta Lafley; **Administrative Treasurer:** Beth Newton; **1st Vice President:** Heidi Brown; **2nd Vice President:** Teresa Wisniewski; **Tamers:** Mary Lou Ambrose, Emily Florence, Linda Corsones; **Tail Twister:** Nicole Pappas; **Membership:** Billie Cooke, Cindy Coover; **Directors:** Mary Lou Ambrose, Ellen Bearden, Claire Donohoe; **Immediate Past President:** Barbara Tomayko

Absent:

3rd Vice President: Brigitte Still; **Director:** Nicki Buell

Secretary's Report: Gloria Bishop Oliveri

Minutes from the July 25, 2024 were amended to include the following:

- 1) Darcy Jennings reported that a folder inside a bag was delivered to her house. This folder contained checks and cash from the Lioness Dinner Meeting of April 13, 2023. *All the cash will be deposited immediately and Heidi Brown will start contacting all the Lionesses that paid with a check and request that a new check replacement be issued.* An update as well as steps to prevent this from ever happening again will be discussed at our August 22, 2024 BOD Minutes.
- 2) Update on cash & checks replacement from the **April 13, 2023 dinner meeting:** \$260.00 was recovered and deposited to our Admin account in July 2024 \$1,122.00 was recovered and deposited to our Admin account in August 2024
- 3) **Motion** to approve the Amended minutes from **July 22, 2024 BOD** meeting, which were previously distributed. **Motion** made by: Ellen Bearden and **seconded** by Emily Florence. Vote was taken and motion carried.
- 4) Monthly Reports from Committee Chairs for: **July 2024**
PS= 6,289 L=176 H= 895 \$= 2,325.00*
*Bookstore: \$242.00 *50/50: \$83.00 *School Supply Drive: \$2,000.00
- 5) **Old Business:**
 - a) Cash & Checks found: Darcy will discuss steps to take so we can have check and balances in place to prevent this in the future.
 - b) Darcy to update us on the Constitution & Bylaws since Brigitte Still is absent
 - c) Update on BOD position descriptions by Darcy Jennings
 - d) Janice **Johnston** will be inducted at our dinner meeting on September 12, 2024.
 - e) Darcy will update on BOD positions.
- 6) **Resignation:** Christine **Getty** submitted her resignation on August 13, 2024. **Motion** to approve was made by Darcy Jennings and seconded by Mary Lou Ambrose. Vote was taken and motion carried.

THE INSIDER'S VIEW (Continued)

- 7) **Membership Status:** On August 6, 2024 Helene Burns submitted her request to be placed under AFL status. **Motion** to approve made by Heidi Brown and seconded by Emily Florence. Vote was taken. Motion carried.
- 8) **President's Report:** Darcy Jennings
- To insure that cash and checks are secured after our dinner meetings, Darcy requested that Tamers count and verify all receipts right after collection and give to Beth, our Admin. Treasurer. Beth in turn, will notify Darcy when deposit is made.
 - Kriskindlemark:** We are still looking for a Lioness(es) to chair this committee.
 - Update **on Bylaws:** They are finished and will have a draft to BOD for review by early September. Committee's next meeting is on Tuesday, September 3, 2024 at 3PM
 - Update on Officers Positions:** All descriptions are completed and will be in notebooks. Sharla Bailey will
 - post on our website.
 - Results of survey** regarding dinner price increase:
 - Most lionesses are willing to pay \$30.00
 - Not have dinner, but attend the dinner meeting only.
 - Cost for dinner meetings is now \$30.00 per Lioness.
 - Review of meeting protocol:**
 - Only one person may speak at a time since some of us are having hearing issues.
 - Be respectful and don't interrupt.
 - Miss Orange Fund:** Darcy will draft a letter to take to the attorney so we can use the money for scholarships in Orange County schools.
- 9) **Foundation Treasurer's Report:** Loretta Lafley
- July 2024 Report:**
Adjusted Bank Balance: \$91,699.75
CD Balance as of 07/31/24: \$10,215.81
- August 2024 Report:**
Opening Balance: \$91,699.75
Total Income: \$1,637.22
Total Expenses: \$6,963.96
Bank Balance: \$86,373.01
- 10) **Administrative Treasurer's Report:** Beth Newton
- Income and Expenses for August 2024:**
Total Income: \$4,050.00
Total Expenses: \$1,855.65
Bank Balance YTD: \$20,816.46
- 11) **1st Vice President:** Heidi Brown
- We are still looking for creative ways to increase our Administrative Fund.
 - Heidi had mentioned and described to have a Clothes Drive and mentioned that our Directors will take on the task.

THE INSIDER'S VIEW (Continued)

12) **2nd Vice President:** Teresa Wisniewski

a) **School Supply Fund:**

- We received a total of \$3,016.00
- We have spent \$1,878.68: We bought items for the Eagles Nest Closet and books for the Head Start Program. We also bought the following items: Chapstick, socks, underwear, headphones etc.

b) **Mardi Gras Dance:** Teresa and Sharla Bailey are co-chairing the Mardi Gras event this year. The date has been set for Saturday, March 8, 2025. Both the Band and Clubhouse have been secured.

13) **3rd Vice President:** Brigitte Still, Absent

14) **Tail Twister:** Nicole Pappas

Nicole indicated that the "Mighty Lioness" recognition has been received as a very positive move and will continue with it at our dinner meetings.

14) **Membership: Billie Cook and Cindy Coover**

New Inductees at our September 12, 2024 Dinner Meeting:

Janice **Johnston**, sponsored by Kathy Merritt (BOD Previously approved on 10/26/23)

Ann **Turner**, sponsored by Darcy Jennings. **Motion** to approve Membership made by Ellen Bearden and seconded by Mary Lou Ambrose. Vote was taken and motion carried.

15) **Directors:** Mary Lou Ambrose, Ellen Bearden and Claire Donohoe. Nicki Buell, absent.

Lioness Social at Pleasant Grove Beach is Thursday, Sept. 5th at 5:00pm until 7:30pm

Mary Lou has plates, spoons and forks, but asked the BOD to help with appetizers.

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

16) **Immediate Past President:** Barbara Tomayko

a) **Card Party:** We are in need of items for the Silent Auction, and are still looking for volunteers. Please contact Barbara Tomayko directly.

b) **Microphone:** We are still in need of a microphone to use at our dinner meetings.

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 September 26 , 2024

Questionnaire Results

	Question	NO	YES
1	Will the \$30 dinner price keep you from coming to dinner meetings?	17	5
2	Should we investigate different types of meetings? (less costly)	8	14
	Appetizers only?	6	11
	Desserts only?	7	10
3	Should we investigate alternative meeting locations?	15	5
4	Should alternative sites offer food/meals, bar access?	10	5
5	Would you be interested in coming for just the meeting (no food) at 6:30 PM	8	6

Suggestions:

- A. Sign up for CC, purchase wine/beer license, cater from local business.
- B. We need to support the CH and keep the dollars in this community!!
- C. A meeting w/o dinner. \$30 is too expensive!
- D. Inform the Lionesses how the \$30 is broken down: how much to Clubhouse? How much to Lionesses? Thanks for requesting input!
- E. An alternative meeting location outside LOW would not be a good idea. Many older drivers do not drive any distance at night.

Upcoming Events

Don't Forget!



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.

RSVP to: ambrosemarylou@gmail.com,
cfdonohoe@hotmail.com or nbuell113@comcast.net

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 **Gabi**



Upcoming Events

This event has been cancelled

Yesterday Once More
Featuring Sherril Lasover & Bill Lett
Sponsored by the LOW Lions
Saturday, Sept
7
Center

prizes, photo prop background,
bar & snacks!

Tickets: \$30.00
Order tickets online NOW!
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

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.**

I need your help with emails!



Due to some serious email issues with the email provider I was using to send emails to the entire club, I have had to change us to another provider.

Therefore;

1. The new email is lionessclub@lowlioness.org
2. Emails will show up in your inbox as **Lioness Club**
3. Please, **put this new email address in your contacts list** so the emails we send you don't end up in Spam or Junk
 - * If you don't know how to do this, I will be happy to help you
4. **Do NOT Reply back to Lioness Club email**
 - * Although this email is monitored by me, please answer the person who's contact information is in the body of the email
 - * Virtually ALL the emails I send are from other people. They need your responses, not me.
If I need a direct response, I will say so in the email or send it via my personal email.
5. This email may also be given out to the public who would like to contact the Lioness Club for information.

Food Pantry

Volunteers Needed!!



Did you know the Orange County food pantry is the only pantry within the state of Virginia that offers dog and cat food?

Some time ago Ann Walker, then a young, energetic volunteer for the Orange County Humane Society, proposed repackaging large bags of dry food into gallon Ziploc bags and offering them to those who may need just a little help keeping their four-legged relatives out of the shelter and home with the family. Different hands have kept this program going through the years.

Before the pandemic, Betty and I replenished the pet supply in the far corner of the pantry whenever stock was low. She did most of the packaging, and I drove the delivery car and carried pallets of baggies I complained were too heavy, while our dogs ran in and out and through the fields.

A lot has changed. Now the repackaged food is delivered to the pantry every other Thursday morning and loaded into the storage shed by Lions volunteers. **Sadly, there are only two of us left in the photo below, and I could use some help.**

Contact Kathy Gillespie for more information:
(540) 841-4746 or at doodledogger@gmail.com.



Chris Grimley, Mark Poyhonen, John Hughes, Betty Hughes, Kathy Gillespie, Holly, Sadie

Food Pantry - continued



Nicki Buell managed to procure 500lbs of bottled water from the Fredericksburg Food Pantry.

Six Lionesses & a spouse showed up to hand out water at the Food Pantry. We bagged up the bottles to distribute to people in need.



John & Toni Keating, Emily Florence, Beth Newton & Sue Powers.
Not pictured, Lynne Kovach and Darcy Jennings.

Announcements

IMPORTANT!!

Sharla Bailey will have a complete list of members at the **September Dinner Meeting** to put into the new 2024-2025 Member Directory.

Please, **NOW is the time to make any changes or corrections to your information**, Email, address, phone or name



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.



Eyeglass Recycling

We meet from 9:30 to 11:00 every Monday morning at The Building (the same building as the Book Sale). We and have good conversations. It is a great way the week and we usually finish the trip to Fareways for lunch! You are not committed to come every Monday, just when it is convenient! Thank you.

No Recycling on September 2nd



Ferris wash, dry, to start morning with a

ted to come every Monday, 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 Lions Club.

Thank you so much for your help with this.

Shellee Williams

Phone: (540) 412-9894 or cell (571) 277-8618

Email: bufsof@msn.com



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

Projects—Plastic Recycling

Donna Morrissey reminded Lionesses to save the plastic wrapping around the cases of bottled water we had to use during our no-water debacle. This will be extraordinary amount of recyclable plastic that can be contributed to our Nextrex recycle project!



What can be recycled?

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



What can **NOT** be recycled for this project



Membership

Janice Johnston was born in Altoona, PA. She has also lived in Fort Benning, GA, Augsburg, Germany, Edison, NJ, Manassas, VA, Bakersfield, CA, Roanoke & Lynchburg, VA, and Cranberry Township, PA.

Janice and her husband have two daughters and 4 grandchildren (3 girls and a boy) living in Missouri and Texas. Originally, their daughters were in Maryland and No. Virginia, so she is now a “traveling Granni”.

Janice moved to LOW in March of 2014 after her husband retired. They chose LOW after visiting lake communities within a 5 hour driving distance from family and friends. They chose LOW, in part, because of the amenities and the beauty of the community.

Janice enjoys gardening, landscaping, decorating, power walking and staying fit. She is involved with LOW Auxiliary and Child Help.

Janice has had an adventurous career in different businesses: VP, Resource Development, United Way of Central Virginia, Executive Administrator at both Aera Energy & Westinghouse Nuclear, and Mary Kay Sales Director. She got into Real Estate since moving here to LOW.

When her daughters moved away, they both told her that they don’t worry about being so far away because they know their parents are surrounded by so many caring people and many things to do. Janice and her husband are happy to be living and growing old here at LOW, enjoying all the special people who make this community so special.

Welcome Janice!



Membership

Ann Turner was born and raised in Mason Hall, Tennessee, a very small farming community in the Northwest corner of the state. She graduated from the University of Tennessee with a B.A. in Home Economics, earned her M.A. in Child Development and Family Relations and her PHD in Community System Planning and Development from the Pennsylvania State University. She developed the curriculum and taught family life education in a junior high school in suburban Pittsburgh. She was a member of the faculties of Penn State, University of Maryland and Oklahoma State before discovering the association world. She served in various association positions including Executive Director of three associations – two in Washington, D.C. and the American Association for Laboratory Animal Science in Memphis, Tennessee.

Ann retired and moved to LOW in May 2023 to be nearer family. Her part time job now is being grandmommie to her grandchildren in Arlington, VA and Tulsa, OK.

Ann belongs to the LOW Square Dancers, the Low Community Players, the LOW church and enjoys trivia on Wednesday nights. She is looking forward to meeting and getting to know the Lioness members and serving her community.

Welcome Ann!



You Mighty Lioness

At each meeting we recognize three Mighty Lioness who through acts of kindness, generosity and selflessness, show the world the heart of a Lioness! The first three members to fill out a yellow *Mighty Lioness* form will recognize their Mighty Lioness after we sing the birthday song. The yellow forms will be next to the 50/50 ticket sales. There are also white forms for members to privately recognize their Mighty Lioness.

As I write this, the water restrictions are still in place. Many, but not all, of us were able to work through the logistics of life without tap water. Today I thank the individuals who personally helped those *who were not able to help themselves*. Thank you all for giving. We live in an amazing community with businesses and organizations that brought in water, stores that immediately ordered and stocked water, dozens of volunteers who delivered or handed out water, a hairdresser who gave free hair washes, and friends and family who helped where they could. Thank you, Lionesses, for being a ray of light for someone who needed it during this time.



You Mighty Lioness

We are fortunate and honored to have individuals who, in just being themselves, bring joy and happiness to others. Please join me in congratulating the **Mighty Lionesses** recognized at our **August** meeting.

Teresa Wisniewski, you Mighty Lioness! You made me proud when you keep a positive attitude. (Deborah Raines and Jan Stockman)

Nancy Bidus, you Mighty Lioness! You made me proud when you, as a very new Lioness, took on the School Supply Drive and included the Head Start program (Lynne Kovach)

Mary Damone, you Mighty Lioness! You made me proud when you put such a nice poem in the Low Down. Thanks! (Darcy Jennings).

Four Fun Facts



It was so exciting to see Old Faithful at Yellotwstoe Park. There are geothermal areas all around that area and one blew up right before we drove by it. Thankfully no one was hurt.

We went to Mt Rushmore at night and they light it up then have a beautiful ceremony singing the national anthem and having all veterans on stage to honor them. It is amazing the millions of acres of national parks.

Barbara Tomayko



Four Fun Facts about Mt. Rushmore:


1. The Completed Sculpture Looks Different from the Original Design ...
2. The Carved Heads are Five Stories Tall ...
3. There IS a "Secret" Room Behind Mount Rushmore ...
4. Mount Rushmore is Named After a Man Who Had Nothing to Do With the Sculpture ...



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	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

October 2024

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

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 \$30.00 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 ambrosemarylou@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

Dinner: Steak, Chicken, Mushroom Tacos with Lettuce, Cheese, Onion, Tomato, Jalapeno, Salsa, Sour Cream and served with Flour & Corn Shells

Spanish Rice & Refried Beans

Dessert

Chocolate and Apple Churros

****** IMPORTANT ******
Due to rising food and Clubhouse operating costs, the Lioness Dinner is now \$30.00 beginning September.

It's Paw Paw Season!

You may remember the traditional American folk song, "Where oh where is dear little Nellie? Where oh where is dear little Nellie? Where oh where is dear little Nellie? Way down yonder in the Paw Paw Patch."

Paw Paws are now in season. If you are lucky enough to find a ripe paw paw, you will enjoy a sweet custardy fruit that tastes of banana and mango.

Paw paws are the largest edible fruit indigenous to the United States.

Paw paws are commonly eaten raw but are also used in baked goods and to make ice cream.

The Lewis and Clark Expedition consumed paw paws during their travels.

Thomas Jefferson planted it at Monticello.

Legend has it that chilled pawpaw fruit was a favorite dessert of George Washington

The paw paw fruit matures by September or October. Full ripening often happens only after the fruit falls naturally.

Enjoy!



Nicole Pappas (Tail Twister)

SEPTEMBER BIRTHDAYS



Ellen Bearden	9/8
Emily Florence	9/9
Nancy Lamb	9/9
Janite Hamilton	9/10
Ann Wood	9/14
Mary Altman	9/18
Donalda Lovelace	9/18
Betty Beck	9/19
Bonita Doubleday	9/19
Caroline Collantes	9/22
Denise Russell	9/24



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.

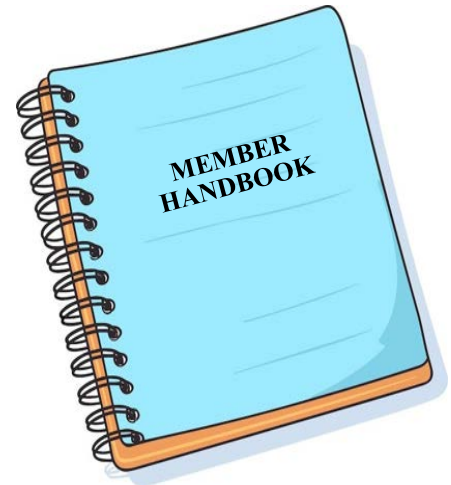
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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 THREE little frogs hidden in this issue. Find them!

The LOW DOWN is published monthly by the
Lake of the Woods Lioness Lions Club
Editors: 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: lionessclub@lowlioness.org

Website: 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