

LAKE OF THE WOODS LIONESS LIONS LOW DOWN



Volume 40 Number 8– March 2025

President's Corner

By Lioness Darcy Jennings LOW Lioness Lions President

www.lowlioness.org

WHAT TO BRING TO THE MEETING?

Our weather is finally warming up. It is also a reminder of how “warmly” we treat one another and those we serve in the community. A member mentioned that she was bothered by people on social media tearing down others because of differences in opinions. Cathy Hix, the president of the LOW Lions, wrote a great introduction to her meeting, which she said I could share with you.

“Social media, both local and national, often divides us, creating echo chambers and fostering divisiveness. Yet, amidst this chaos, we must remember that we are part of a community far greater than the screen in front of us. This community is grounded in collective efforts and shared values.”

Please remember that as Lionesses, we have pledged to serve, which you all have done extremely well, and have represented us as the non-political group we are as part of the global group, the Lions Club International (LCI). Our service is reflected all over the world. You should all be proud to carry on the tradition of serving. Thank you all.

On to some business, what's coming up? So many of you have been putting a great deal of time and energy into making the upcoming Mardi Gras dinner dance, on March 8th, a big success.

Anyone interested in helping with the hearing and sight clinics for the school-aged children, you are welcome to attend a short training session on Thursday, March 6, at 10:00 at the Community Center. We will be working with the Lions group on this project.

May 10th we are having our large yard sale fundraiser in the Sweetbriar pavilion. Pull out those items that you would like to donate. Remember one person's trash can be another person's treasure. You will be getting more information about this event on flyers at our next meeting, Volunteers are needed.

We will be receiving our first TREX bench which we hope to have placed on the Point. There will be an inscription: “Donated by the LOW Lionesses: We Serve”.

We are continuing to collect plastic bags and other “stretchable, clean” plastic. Please turn your bags inside out to remove any crumbs and remove any paper. The collection boxes will remain at 419 Wilderness Drive and 319 Liberty Blvd. We are still in need of a third location, close to the back gate.

Anne LeHuray has gotten us our first bench. Now it is time for others to volunteer. Different jobs are available that require a minimal bit of work each week. There will be sign-up sheets and descriptions of each task on a flyer at our dinner meeting. You can also just call me (Darcy) to volunteer anytime.

Please note that the Lions' blood drive (see article in the LOWDOWN) is headed up by Mary Damone, a former active Lioness who wanted to join a service group with her husband. Any help you would like to give to Mary would be greatly appreciated.

See you at the Clubhouse for our March meeting. *Darcy*

PLASTIC

We are now collecting for a 2nd Bench!

Bread bags
Produce bags
Newspaper sleeves
Pallet wrap & stretch film
Salt & Ice bags
Case overwrap
Bubble wrap
Wood pallet bags
Plastic shipping envelopes
Dry Cleaning bags
Ziploc & other closable food storage bags



THE INSIDER'S VIEW

Minutes from the
Thursday, February 27, 2025
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

Arlene Rich

Lioness TAMERS

Mary Lou Ambrose
Linda Corsones
Emily Florence

Tail Twister

Nicole Pappas

Membership

Cindy Coover

Directors

Mary Lou Ambrose
Ellen Bearden
Nicolette Buell
Claire Donohoe

Past President

Barbara Tomayko

BOD Meeting call to Order by President, Darcy Jennings at 7:00 PM

Present:

President: Darcy Jennings; **Secretary:** Gloria Bishop Oliveri; **Foundation Treasure:** Loretta Lafley; **Administrative Treasurer:** Beth Newton; **1st Vice President:** Heidi Brown; **3rd Vice President:** Arlene Rich; **Tamers:** Mary Lou Ambrose, Linda Corsones, Emily Florence; **Tail Twister:** Nicole Pappas; **Membership:** Cindy Coover; **Directors:** Mary Lou Ambrose, Ellen Bearden, Claire Donohoe; **Immediate Past President:** Barbara Tomayko

Absent:

2nd Vice President: Teresa Wisniewski; **Director:** Nicki Buell

Secretary's Report: Gloria Bishop Oliveri

1) **Motion** to approve Minutes from the **January 23, 2025**, which were previously submitted.

Motion by Barbara Tomayko and Seconded by Loretta Lafley. **Motion passed.**

2) Monthly Reports from Committee Chairs for: **January 2025**

PS= 2,368 L= 112 H= 504 \$= 0

3) **Old Business:**

Constitution & Bylaws update:

A) Heidi to submit revisions for 3rd Vice President responsibilities.

B) Although we have an Executive Board of 8 members, after discussion, a **Motion** was made by Arlene Rich and seconded by Barbara Tomayko to have entire BOD vote on all matters presented to the board. **Motion passed.**

4) **Resignations: Billie Cooke.** Billie has recently moved from LOW. We wish to thank Billie for all her contributions and hard work as a BOD member and Co-Chair of Membership. Cindy Coover will continue to chair Membership. **Motion** made to approve resignation by Barbara Tomayko and seconded by Nicole Pappas. **Motion passed.**

5) **Status Change Request: Marty Legge** to AFL. Motion made to approve by Mary Lou Ambrose and seconded by Barbara Tomayko. **Motion passed.**

6) **New Members:** Judy Pendergrass, sponsored by Rosemary Butcher, was approved by the BOD on December 19, 2024 and will be inducted at our March 13th dinner meeting.

Treasurer's Report Foundation for January 2025: Loretta Lafley

1) **Total Receipts:** \$1,325.00

2) **Total Expenses:** \$550.00

3) **Bank Balance:** \$91,556.94

4) **Savings Balance:** \$10,215.81

Note: Loretta needs to get a committee for the new budget. Will ask for volunteers. Barbara Tomayko volunteered. Loretta will submit request for more volunteers in the Low Down.

THE INSIDER'S VIEW (Continued)

Treasurer's Report Administrative for January 31, 2025: Beth Newton

- 1) **Total Income:** \$210.00
- 2) **Total Expenses:** \$2,497.03
- 3) **Account Balance:** \$18,430.82

Note: The second half of the LCI dues were due 1/31 so without other activity, the account shows a deficit for the month. But year to date we're only down \$24.36.

President's Report: Darcy Jennings

- 1) Darcy will provide more information regarding the May 16, 17 open market event.
- 2) LOW Community Center offered us a 10x10 table should we wish to participate at the Fall Festival scheduled for October 4th (5th is the rain date).
- 3) We are selling 50/50 tickets for the Concerts on the Point event on August 22nd. Teresa Wisniewski has already secured the date with the Licata Group.
- 4) Plastic Bags Project: We are continuing with this project. Our goal is to get another bench, which we will raffle among our membership so we can contribute funds to our Administrative Fund. Darcy needs at least three more volunteers. Barbara Tomayko volunteered to pick up bags and take to the weighing center.
- 5) Lioness Yard Sale in the Pavilion is scheduled for May 24th, but because it's Memorial weekend, Darcy will request a different date.
- 6) Joint project with the LOW Lions: Sight and hearing clinic. A short training session has been scheduled for Thursday, March 6th at 10AM with Gloria Brady.
- 7) Coming up with another community outreach program; Possible: a mid-year school supply drive for the Orange County Schools. Darcy will provide more information.

1st **Vice President:** Heidi Brown

- 1) Pricing for future dinner meetings is still under negotiation.
- 2) Heidi confirmed that we coordinated with the Licata Group and have August 22nd for our time of selling 50/50 tickets for Concert on the Point.
- 3) Heidi was able to get some reimbursement from clubhouse cost for our Mardi Gras Dance.

2nd **Vice President:** Teresa Wisniewski

- 1) Mardi Gras is almost here, and we just wanted to take a moment to thank everyone for their hard work. Everyone has done a fantastic job, and it would not have been possible without each person's contributions and great ideas.

Tamers: Mary Lou Ambrose, Linda Corsones, & Emily Florence

- 1) Update on future dinner meetings. Tamers and Heidi are still working through this issue. For the moment we know our March 13th dinner is scheduled at the clubhouse and cost is \$30.00

Tail Twister: Nicole Pappas

Nicole and her husband Scott set up a demonstration of **Cold Sparks**, an indoor pyrotechnic. They are donating the use of this fun device(s) for the Mardi Gras Dance.

Membership: Cindy Coover

- 1) Since Billie Cooke's resignation, Cindy will continue to chair Membership through this term by herself. Thank you Cindy!
- 2) Should Cindy receive applications for new membership with no sponsor, Mary Lou Ambrose, Gloria Bishop Oliveri, Nicole Pappas and Emily Florence have volunteered to sponsor.

Directors: Mary Lou Ambrose; Ellen Bearden, Nicki Buell (absent) and Claire Donohoe

- 1) Mary Lou will provide us with more information via the Low Down on the two outings our Directors are planning:
 - A. Sweet Vines Winery located at 14376 Tower Rd, Unionville, VA 22567
 - B. My Avocado located at 100 Berry Hill Rd, Orange, VA 22960

Immediate Past President: Barbara Tomayko

Barbara is starting to prepare for nominations for our 2025-2026 BOD

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 8:47 PM.

Respectively submitted, Gloria Bishop Oliveri, Low Lioness Lions Club Secretary. **Next BOD Meeting: Thursday, March 27, 2025**

Important Dinner Meeting Information

Our March dinner meeting will be held at the Club House on March 13th. We will have a minimum of 2 rooms available for our set up. The price per person for dinner will again be **\$30** because of a generous donation to offset an increase in costs.

Details will be discussed at the meeting about changes to come, though one change that everyone needs to be aware of **immediately** is that we need to give our number of members attending the dinner to the Club House staff by **Thursday, March 6**. In the future, they are asking for **2 weeks notice** prior to our dinner meetings (a change which needs further discussion).

1. **Call or email the Tamers if you CANNOT make the meeting. Do this by Thursday, March 6 and be sure you get a reply.**
2. **Call or email the Tamers by Thursday, March 6, if you are bringing a GUEST! Be sure you get a reply.**
3. **Call or email the Tamers by March 6 if you want an ALTERNATIVE meal. Be sure you get a reply.**

The menu is as follows:

Dinner:

- Garden salad with Ranch and Balsamic Vinaigrette
- Chicken Marsala with mushrooms in wine sauce
- Herb roasted potatoes
- Roasted carrots with thyme
- Dinner rolls

Alternate Meal: TBD, but it will be Vegetarian

Dessert:

Pumpkin pie

Thank you for being patient while we work to try and make these changes as manageable as possible.

Volunteers Needed

Board Volunteers Needed

By Barbara Tomayko

It's that time of year when you might ask yourself "How can I serve" as a Lioness?

We are looking to fill several positions on the Lioness board for the next term, July 1, 2025, to June 30th, 2026. Please consider being part of the board.

I will have descriptions of each position at the March dinner meeting so you can decide what you would like to do.

If you would like more information before that, you can give me a call at 703-618-6023 or email me at:

barbara@bandkproperties.com

Wanted: Service-Minded Lionesses

Loretta Lafley, Foundation Treasurer

I am looking for one or two Lionesses who would like to help me prepare next year's budget.

This will not be a large commitment in hours, one meeting should be sufficient.

I would like some new eyes and ideas on our community investments and projects.

If you would like to serve our club in this way, please contact me at:

Llaterra@msn.com or 970-218-4010.



If you have a gently used suitcase or travel bag you no longer need, please take it to Val Protiva's house the week of March 16-21. The suitcases can be left outside the garage and Val will be checking frequently to transfer the suitcases into the garage. She will deliver them to SAFE after the 21st.

Val's address is 104 Beachside Cove

Spring Yard Sale



WHEN: Saturday, May 10, 8:00 AM—1:00 PM

WHERE? The Sweetbriar Pavillion

A coordinator (or team) is needed to run this fundraising event and **VOLUNTEERS** are also needed! Especially early risers, as we will be setting up early.

First shift 6:30-9:30

Second shift 9:30-12:30

The late shift will be cleaning up and “left overs” will go to Goodwill.

Since we don't have anyone's garage to start gathering items, we would like each Lioness to pull out your items to sell, price them and then bring them to the pavillion at 6:30 (yes that early!) so we can help unload, sort and get ready for the sale. If you can't bring your items at that time please arrange to drop off your items for another Lioness to bring your priced items. Pricing stickers will be available at the March and April Lioness meetings.

Volunteer sign up sheets will be on the tables at our March and April meetings or please contact Darcy Jennings via email: 2darcyj@gmail.com

Blood Drive

Former Lioness Mary Damone has taken on the role as the Blood Program Leader for the LOW Red Cross blood drives through the Lions.

As noted in the flyers, this next event will be held from 1:00 - 6:00 PM in the **COMMUNITY CENTER, on March 18th from 1:00 - 6:00 PM.**

This location has been fully approved by our LOW General Manager. To elaborate, in the last two blood drives there was a mix-up of locations and we lost some donors due to this location mix-up.

Our goal is between 40-60 donors and currently have 32 donors signed up so far. This is a great opportunity to give back to our community and help to save a life!

If anyone has any questions, please contact :

Mary Damone

434-531-3044

Mandrews11375@gmail.com



**Blood donation is
more inclusive.**



Blood Drive

Lake of the Woods Community

Community Center
110 Sweetbriar Park Road
Locust Grove, VA 22508

**Tuesday, March 18, 2025
1:00 p.m. to 6:00 p.m.**

Social Event

**THE LIONESS DIRECTORS WOULD LIKE TO INVITE
YOU TO A RELAXING AFTERNOON & LUNCH
AT**

MY AVOCADO

A Mexican grill with a Mediterranean Twist

100 Berry Hill Dr. in Orange (Corner of Rt. 20 & 15)

**This family-owned restaurant has supported our causes
for several years and it would be nice to show them our
thanks.**

All their food is homemade and delicious!

Date: Wednesday, March 19.

**Cost: \$20/person. Includes a small bowl of your choice
(meat, veggies, etc.), a drink, cookie, tax and gratuity.**

**Transportation will be provided (if needed). We will
meet in the Clubhouse lower parking lot at 12:30 p.m.**

**There will be a sign-up sheet at our next dinner
meeting, or you may contact any of the Directors.**

Hope you can join us.

Nicki, Ellen, Claire & Mary Lou



Fredericksburg Club Visitation



Visitation with
Fredericksburg
Host Lions



Darcy Jennings, Kathy Merritt, Gloria Bishop Oliveri and Donalda Lovelace attended the Dinner to meet with the Fredericksburg Lions.

February Dinner Guests



Charmain Fletcher



Nancy King



Stephanie Sakacsi



Joyce Hartwick



Announcements

LOW Lioness Lions Book Sale

The next book sale will be held on
Saturday, March 29, 2025

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 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.



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



March 2025

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

April 2025

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 Food Pantry OVERSTOCK 9:00-GONE	12	13
14 Eyeglass Recycle 9:30-11:00 AM	15	16	17	18 Food Pantry 9:00-10:30 AM	19	20 <i>Easter Sunday</i>
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				

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 **THURSDAY TWO WEEKS** 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. 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:

- Garden salad with Ranch and Balsamic Vinaigrette
- Chicken Marsala with mushrooms in wine sauce
- Herb roasted potatoes
- Roasted carrots with thyme
- Dinner rolls

Alternate Meal

TBD, but it will be Vegetarian

Dessert:

Pumpkin pie

Dinner is \$30.00 per person

There are TWO little Leprechauns hidden in this issue. Find them!



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
Sharla Bailey 3/21
Sharon Corner 3/22
Rosemary Butcher 3/24
Darcy Jennings 3/24

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.

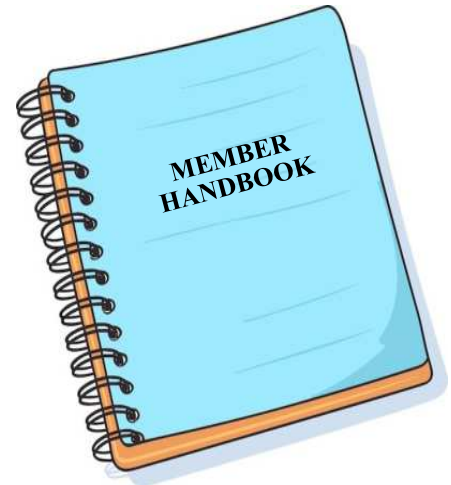
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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



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

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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

