

LAKE OF THE WOODS LIONESSE LIONS LOW DOWN

Volume 40 Number 9– April 2025



President's Corner

By Lioness Darcy Jennings LOW Lioness Lions President

www.lowlioness.org

It's April!

Ahh Spring, warmer weather, longer days, the daffodils are out, the tulips will follow, Red Bud bushes have their pink flowers and soon everything will be covered with layers of yellow "dust". What's not to love?

After six months of relentless effort, Heidi, Emily, Mary Lou, and Linda have restored our monthly meetings to the usual location, price, and time. We appreciate their dedication and hard work. Thank you.

We can finally put our resources and time back to our general purpose - "We Serve".

This month, I urge everyone AGAIN to find areas where your talents and time can help achieve our goals. How???? We need more volunteers for upcoming activities such as collecting plastic for a second bench, assisting with the May Yard Sale, joining the Board next year, finding someone to audit our books, supporting Safe House, the Food Pantry, Eyeglass Recycling, helping with the Book Sale, bagging pet food, working with Bridges, AND promoting our Lioness club to RECRUIT new members.

I'm looking forward to hearing from any of you who can help in any way!

Darcy Jennings,
President
2darcyj@gmail.com

WHAT TO BRING TO THE MEETING?

Pill Bottles
filled with coins



(See Page 6
for explanation)

THE INSIDER'S VIEW

Minutes from the
Thursday, March 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 1st Vice President, Heidi Brown at 7:01PM

Present:

Secretary: Gloria Bishop Oliveri; **Foundation Treasure:** Loretta Lafley; **Administrative Treasurer:** Beth Newton; **1st Vice President:** Heidi Brown; **2nd Vice President:** Teresa Wisniewski; **3rd Vice President:** Arlene Rich; **Tamers:** Mary Lou Ambrose, Linda Corsones and; **Membership:** Cindy Coover; **Tail Twister:** Nicole Pappas; **Directors:** Mary Lou Ambrose, Ellen Bearden, Nicki Buell and Claire Donohoe; **Immediate Past President:** Barbara Tomayko

Absent: President: Darcy Jennings; **Tamer:** Emily Florence.

Secretary's Report: Gloria Bishop Oliveri

- 1) Motion to approve Minutes from the February 27, 2025, which were previously submitted. Motion made by Ellen Bearden and seconded by Barbara Tomayko. Motion passed.
- 2) Monthly Reports from Committee Chairs for: **February 2025**
PS=3,176 L=141 H= 629 \$= \$298.00*
***Book Sale:** \$168.00; 50/50: \$114.00; **Tail Twister:** \$16.00
- 3) Old Business
 - a. Judy Pendergrass, sponsored by Rosemary Butcher, was approved by the BOD on December 19, 2024 and will be inducted at our May dinner meeting.
 - b. BOD recently approved, via email, to donate \$500.00 to 2025 Foundation Fighting Blindness VisionWalk.
- 4) Resignations: Gayla Crow and Toni Keating. Motion to approve both resignations made by Barbara Tomayko and seconded by Beth Newton. Motion passed.
- 5) Status Change Request: Nancy Strain wishes to change to AFL. Motion to approve status change made by Ellen Bearden and seconded by Teresa Wisniewski. Motion passed.

Treasurer's Report (Foundation) for February 2025: Loretta Lafley

- 1) Total Receipts: \$15,518.00
- 2) Total Expenses: \$18,900.00
- 3) Adjusted Bank Balance: \$88,174.94
- 4) Savings Balance: \$10,215.81
- 5) Ladies, please think of any projects you want to do that are not in our budget. Also any charities you want to fund that **are not** in the current budget.

Treasurer's Report (Administrative) for February 2025: Beth Newton

- 1) **Total Income:** \$2,230.00
- 2) **Total Expenses:** \$2,331.18
- 3) **Account Balance:** \$18,329.64
- 4) We received 2 additional donations after the anonymous donation to assist with the dinner costs issues. Darcy received \$100 cash from a member for the Admin account, and the \$670 50/50 winnings from Mardi Gras was donated to admin, which puts us in great shape.
- 5) **Membership Dues:** There has not been an increase in club dues over the last number of years. Our Administrative Fund has been subsidizing member dues in order to keep the cost down for our members. There was an increase from Lions International this year. So, in order to cover this and previous increases, the Board discussed an annual increase of \$5.00 per member.
Motion made by Nicole Pappas and seconded by Mary Lou Ambrose. **Motion** passed. New membership dues will be \$85.00 starting July 2025.

THE INSIDER'S VIEW (Continued)

President's Report: Darcy Jennings, Absent

- 1) Darcy requested that I remind you of the 102nd State Convention, which will be held in Williamsburg. Darcy, Donald and myself have already registered for this event.
- 2) Darcy also mentioned that she has booked her room for 2 nights and would welcome any Lioness interested in joining her. You don't have to attend from May 1st to May 4th. You can just attend one day.

1st Vice President: Heidi Brown

- 1) **Constitution & Bylaws:** Need vote from the BOD to approve so we can present to membership. Motion to approve made by Arlene Rich and seconded by Mary Lou Ambrose. **Motion** passed. Constitution & Bylaws will be presented to membership at our dinner meeting in April.
- 2) **Volunteers:** We are in need of new volunteers for committees and projects. **Nicki** Buell suggested a job fair to be organized by Committee Chairs and introduced to membership at our next dinner meeting. Mentoring from seasoned Lionesses to new members will also help.
- 3) **Lowdown:** Lynne Kovach and Emily Florence will be stepping down. This is their last edition. **We wish to thank Lynne and Emily for their faithful dedication and service** in always publishing it in a timely manner. **Sharla Bailey with the help of Julie Phend** have graciously accepted the Editor responsibilities. **Thanks to you both!**
- 3) **Mardi Gras** Dinner Dance will remain. Saturday, March 14, 2026 has been selected as the date.

2nd Vice President: Teresa Wisniewski

- 1) **Mardi** Gras Recap: **Profit: \$12,001.10**

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

- 1) **You** MUST contact the Tamers no later than the Monday of dinner week.

Tail Twister: Nicole Pappas

- 1) Nicole will continue with "Mighty Lioness"

Membership: Cindy Coover, Absent

- 1) Judy Pendergrass will be inducted at the May meeting, since she could not attend our March Meeting. Barbara Tomayko will be inducting Judy.

Directors: Mary Lou Ambrose, Ellen Bearden, Nicki Buell and Claire Donohoe

- 1) Review our last social: My Avocado outing. We had a great time, great food AND we made \$85.00 toward Administrative Fund.
- 2) Update on future outings. Next outing will be to Sweet Vines. More information will be available in the Low Down.

Immediate Past President: Barbara Tomayko

- 1) Nominations for 2025-2026. Barbara has been gathering names for BOD 2026-2027

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at: 8:45

Respectfully submitted,

Gloria Bishop Oliveri.

LOW Lioness Lions Secretary

Next BOD Meeting: April 24, 2025

Dinner Meeting Attendance



The management at the Clubhouse has agreed that the Lioness Tamers may give them a "**minimum number of attendees**" for any given monthly meeting 2 weeks before the meeting date. The Tamers will then update that number by the Monday before the dinner meeting. Anyone who cannot attend the meeting **MUST** contact the Tamers by that Monday. After that day, you **will** be billed \$30 for the missed event. Also, please let Tamers know about any **guests or alternate meal requests** by that Monday.



March Invocation

March 2025 Invocation for Lioness

The Challenge of Change

By Julie Phend

First, let me say that the Mardi Gras dance last Saturday night was spectacular! It was a joy to see so many Lionesses working together to create a beautiful, welcoming, FUN event. We owe everyone who worked so hard, especially event coordinators Sharla and Teresa, a huge thank you for a job well done!

Tonight, I want to talk about the challenge of change. I'm sure I'm not alone in feeling buffeted by crosswinds of change that seem to be blowing at me from every direction. Some changes are personal—the challenge of aging, changes facing family members and friends. Changes at Lake of the Woods as our community faces budget shortfalls. Changes in policy that affect our Lioness Club. Change in our country with a new administration changing things with breakneck speed.

So much change can have a real impact on our health. Change can trigger anxiety and fear, which may cause sleeplessness, depression, headaches, or stomach upset. Change often leads to anger, which contributes to division and distrust. You see this everywhere: in our homes, our community, on social media. It's a tough cycle.

So how do we deal with all this change? Here's my unscientific five-point prescription:

1. **Recognize that change is inevitable.** We *will* age. We *will* face challenges and loss. The world will change, too. As Bob Dylan reminds us, "There is nothing so stable as change."
2. Recognize there are things we can't control. This is hard—as humans, we want to control our lives. But sometimes, we need to let go of that urge and simply accept. Writer Wilder Poetry reminds us, "Letting go is hard, but being free is beautiful."
3. **Continue to recognize good.** When you're feeling anxious, it helps to turn the leaf over and find the positive. Be grateful for every good thing in your life.
4. **Continue to *do* good.** Be kind, help others, enjoy their company, and applaud their efforts. We can all support one another.
5. **Use your voice.** We can't control everything, but we *can* make a difference. Advocate for the things you're passionate about. Claudia Flores tells us, "Remember that our voice is a precious gift, and we must use it."

How to make sense of change? I keep coming back to this prayer: "God grant me the **serenity** to accept the things I cannot change, the **courage** to change the things I can, and the **wisdom** to know the difference."

S.A.F.E.

On Monday, March 24, with the help of our neighbor, Lion Jim Poole, Jim and I delivered 50+ pieces of luggage to SAFE HOUSE. They valued the donation at \$1200. They were very grateful for the donation.

The generosity of our Lionesses is amazing!



Low Down Newsletter Announcement

This April 2025 Low Down will be the last newsletter that Emily and I will be publishing.

Thank you for your input and loyal readership these past 4 years.

Lynne Kovach & Emily Florence

Many thanks to **Sharla Bailey & Julie Phend** who have taken on this fun and informative project that keeps the Lioness Club up to date on projects, activities and our community.



The Newsletter

Club Visits and State Convention

Our club visits to other clubs aim to foster fellowship, share best practices, and promote growth in membership, leadership, and service activities, often strengthening both clubs. District 24L recognizes clubs for their visits, knowing that it strengthens the clubs and, ultimately, the District. Over the last four months, we have been actively visiting other clubs in our area.

I encourage visits to clubs in our zone, such as Chancellor Host, Spotsylvania Courthouse 100 Lions Club, and closer to home, LOW Lions Club. Please call or email me, and I will provide the club's point of contact and will follow up with the club to ensure our credit. Go with another club member because of our size; we don't get credit unless two members from our club attend. We want to get credit for our visits to the District. Our next group visit will be on April 22nd at Noon at Greater Falls Run Lions Club. More information will follow.

The registration is open for the 102nd Lions of Virginia State Convention, which will be held in Historic

Williamsburg from May 1 to 4, 2025. This is a significant event, and we have several delegate slots. You can represent our club and vote for the next District Governor, First Vice District Governor, and Second Vice District Governor. It's an honor to be able to do so. Please let me know if you will attend so we can get visitation credit, and ask Lioness Secretary, Gloria Bishop

Oliveri, to mark you as a delegate on the LCI Portal. Forms are on the LOW Lions' website (www.lowlions.org). I don't believe any of the races are contested, unlike when I ran against two other Lions. While the race is uncontested, the candidates still must get a certain number of votes.



One last thing about the State Convention: The district is planning a fundraiser for the Lions Clubs International Foundation (LCIF). This is not just a fun event but a crucial one. Each club must submit one coin-filled bottle per member to receive 100% LCIF participation credit. LOW Lions Club will receive credit for all the donations. The district's goal is 100% club and member participation. Please bring filled medicine bottles with change to the April Lioness Dinner Meeting so they can be

taken to the State Convention. Let's all come together to help the District become the world's first Multiple District to reach this goal. Funds will be donated to LCIF, and the bottles will be recycled. Also, clubs will receive credit for an LCIF donation and a recycling project by reporting on the Lions Portal. The bottles will be collected at the 2025 MD24 State Convention, May 1 - 4, 2025 Fort Magruder Hotel in Williamsburg, VA.

Please bring medicine bottles filled with change to the April meeting.

PDG Donalda Lovelace

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.

Director's Social Events

The Directors organized a very successful get together at **My Avocado Restaurant** in Orange on Wednesday, March 19. About 20 Lionesses (and 1 future member) carpoled and met at the restaurant where we were treated to delicious bowls of freshly made Mediterranean food. We were also able to speak to one of the owners who explained the origin story of the restaurant. Good food, good company on a lovely weather day made for an exceptional outing. If you want to give your taste buds something to sing about, please give **My Avocado** a try and let them know you're a Lioness. They have been great supporters of our fund raisers.

Stay tuned for information about another Director's event at Sweet Vines Winery.

Mary Lou Ambrose

Claire Donohoe

Ellen Bearden

Nicki Buell

Tail Twister Corner By Nicole Pappas

If anyone would like to nominate a
Mighty Lioness,
Please contact Nicole Pappas
At pappasmn@gmail.com



Lioness Social



Ladies, Ladies, Ladies!

The Directors have planned another event for us to enjoy our time together at a winery that has been very supportive to our causes.

Sweet Vines Winery

14376 Tower Road
Unionville, VA

On

Friday, April 25th

12:15 pm in the lower parking lot

Cost is **\$25.00** per person

(payable that day in the parking lot, check made out to Mary Lou Ambrose or cash)

Includes transportation if required, the tasting paired with gourmet popcorns, a shared charcuterie after the tasting so we can purchase a glass and enjoy our companionship just a little while longer.

Sign up sheets will be at our next dinner or you can RSVP to
Nicki Buell, Mary Lou Ambrose, Claire Donahoe or Ellen Bearden

Hope you can join us!



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

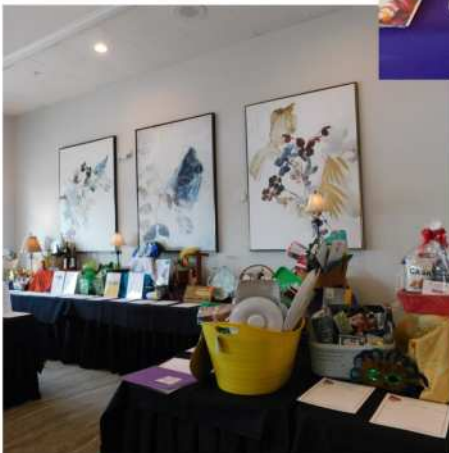
Second shift 9:30-12:30

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 pavilion 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

Mardi Gras 2025



Mardi Gras 2025



Mardi Gras 2025



Announcements

LOW Lioness Lions Book Sale

The next book sale will be held on **Saturday, April 26, 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.



**No Eyeglass Recycling on
May 26th (Memorial Day)**

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



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				

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 BOARD MEETING (April)	2 Food Pantry 9:00-10:30 AM	3	4
5 Eyeglass Recycle 9:30-11:00 AM	6	7	8 DINNER MEETING	9 Food Pantry OVERSTOCK 9:00-GONE	10	11
12 Eyeglass Recycle 9:30-11:00 AM	13	14	15	16 Food Pantry 9:00-10:30 AM	17 SPRING YARD SALE 9:00-1:00	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 NO Eyeglass Recycle MEMORIAL DAY	27	28	29	30 Food Pantry 9:00-10:30 AM	31 Lioness Book Sale 8:30AM - 1:00 PM	

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.

The management at the Clubhouse has agreed that the Lioness Tamers may give them a "**minimum number of attendees**" for any given monthly meeting 2 weeks before the meeting date. The Tamers will then update that number by the Monday before the dinner meeting.

Anyone who cannot attend the meeting **MUST** contact the Tamers by that Monday. After that day, you **will** be billed \$30 for the missed event. Also, please let Tamers know about any **guests or alternate meal requests** by that Monday.

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

DINNER MENU

Dinner: Italian Pasta Feast

- * Cavatappi & Penne Pastas
- * 3 Sauces: Bolognese, Alfredo, Marinara
- * Caesar Salad
- * Sliced Italian Sausage
- * Roasted Vegetables
- * Garlic Bread

Alternate Meal—Gluten Free

Dessert: Ricotta Chocolate Pie

Dinner is \$30.00 per person

There are TWO umbrellas hidden in this issue. Find them!



April



Carol Lee	4/4
Marcella Brennan	4/14
Yvette Ruis	4/14
Nicole Pappas	4/20
Nancy Strain	4/22
Jean McLallen	4/24
Arlene Rich	4/27
Claire Donohoe	4/29

FROM THE EDITOR

Editor: Lynne Kovach
Phone: (540) 920-8528
Email: lynnehbkovach@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.

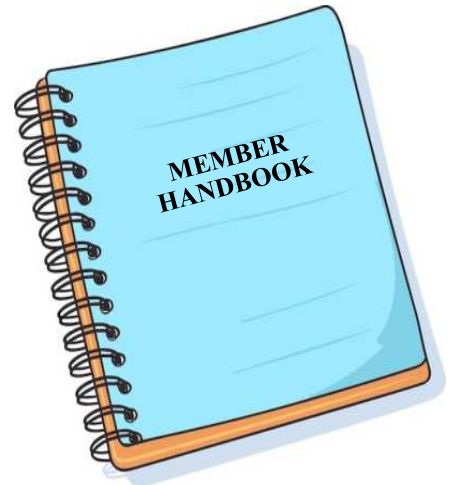
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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



[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