

Lake of the Woods Lioness Lions LOWDOWN

Volume 40 | Number 11 | June 2025



www.lowlioness.org

President's Corner

By Darcy Jennings LOW Lioness Lions President

June: Wow, that month came up quickly.
Welcome to Summer!

We still need volunteers! While everyone has participated in one way or another, fewer people are stepping up to lead or be a chairperson for an event. The best example is the May yard sale, which was really a "flop," considering all the Lioness hours put in to make it happen. Using clichés to make my point should help. With no chairperson coordinating the event, many things "fell through the cracks."

This is easy to remedy, but "it takes a village."
"A well-oiled machine works better than one that has been ignored." And finally, "More hands make for less work for everyone."

It's not so hard. One or two people can chair the event and form committees to divide tasks. Job description notebooks will guide the chairperson. Updates and changes are possible each year as the chairperson writes her wrap-up.

Please look on the Lioness website to see what jobs need to be filled. <https://lowlioness.org/>

We have lots of upcoming events:

- 4th of July parade
- St Jude's donation (LGA)
- Selling 50/50 raffle tickets at the August 22 Concert on the Point
- Card Party on September 22

In the upcoming year, (Heidi's year) we will again be coordinating the coat drive with the Lions and working with them on school hearing and sight testing. See below for a list of all the things our Lioness group did this year.

We already have many ways to serve, but let's not limit ourselves to "the things we always do."

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What Shall I Bring to this Month's Meeting?

Annual dues check for \$85.

Reminder: 2025-2026 dues are \$85 and are due by June 30, 2025. Beth Newton will be collecting checks at the June dinner or checks may be mailed to the Lioness Club at P.O. Box 811, Locust Grove, VA 22508. Thank you!

Individually wrapped candy (no chocolate) for the July 4th parade.

Our Bench... Have You Enjoyed the View?



What will I find inside this LOWDOWN?

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Pg 13 – **Incoming 2025-2026 Board of Directors**

The Insider's View

Board of Director's (BOD) Meeting Minutes Thursday, May 22, 2025 at 5:30pm at Community Center, Room 2

BOD meeting called to order by **President** Darcy Jennings at 5:41PM

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

Absent: **2nd Vice President:** Teresa Wisniewski; **Directors:** Ellen Bearden and Nicki Buell

Secretary's Report: Gloria Bishop Oliveri

1. **Motion** to approve Minutes from the **April 24, 2025**, which were previously submitted.
Motion made by Darcy Jennings and seconded by Barbara Tomayko. **Motion** passed.
2. **Monthly Reports** from Committee Chairs for: **April 2025**
PS=3,964 L=138 H=543 \$= \$392.00*
***Book Sale:** \$251.00; **50/50:** \$71.00; **Director's Social Event:** \$70.00
3. **Old Business**
 - a. **A Reminder from LOWDOWN Editors:** All articles/announcements for publication must be turned in no later than the 20th of the month. Minutes will always be submitted closer to the last day of the month since our board meetings are always held every 4th Thursday of the month.
 - b. **For the record:**
 - i. On Tuesday, May 13, 2025 the BOD majority voted, via email, to donate \$500.00 to LOW Wood Workers.
 - ii. On May 8, 2025, B Tomayko presented the 2025-2026 BOD to membership. **Motion** to approve by D Jennings and seconded by B Tomayko. Unanimously approved by membership.
 - c. **Update on the Medicine Bottles Challenge:** As of last count, we turned in 173 bottles and raised \$749.27.
 - d. **Constitution and Bylaws update:** Heidi Brown submitted final copy of our Constitution and Bylaws. It was approved by the BOD on March 23, 2025, and by LOW Lioness Lions Membership on April 10, 2025. As required, signatures from **President:** D Jennings, **Secretary:** Gloria Bishop Oliveri and **Constitution and Bylaws Committee Chairperson:** B Tomayko were obtained.
4. **Resignation** Lioness Jan Lemieux resigned after 27 years of service. Thank you, Jan, for your dedication and commitment!
5. **We have been invited** to "Lions Day at the Farm" at Rappahannock Education Farm. It is being held on Wednesday, June 4, 2025 from noon to 2 PM. Lunch will be served.

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

1. **Total Receipts:** \$251.00
2. **Total Expenses:** \$156.59
3. **Adjusted Bank balance:** \$85,916.65
4. **Savings Balance:** \$10,222.62
5. **2025-2026 Proposed Budget:** **Motion** to approve by D Jennings, seconded by E Florence. **Motion** passed.

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

1. **Total Income:** \$2,166.00
2. **Total Expenses:** \$2,312.98
3. **Account Balance:** \$19,949.08

The Insider's View

April BOD Meeting Minutes, continued

President's Report: Darcy Jennings

1. **"A Ball for All"** for vision-impaired children in Zone G. This is a project which will allow these children to be active in their school and at home. These balls are designed to rattle as they move in the air or on the ground. Each ball costs \$35.00. We have already donated 3 balls for \$105.00. President Darcy would like us to donate a few more.
2. **Job Description for "Notebooks"** – Darcy and Barbara need comments from all current committee chairs so we may pass on to new committee chairs
3. **Spring Yard Sale update** – We had a lot of items left over which were donated to LOW Lions. We raised \$731.10.
4. **2025-2026 Committee Chairs** – We need to fill all positions and will be having a Committee Fair at our dinner meeting in July.

2nd Vice President: Teresa Wisniewski

School Supply – School Supply committee met and set date for Saturday, July 12th.

3rd Vice President: Arlene Rich

4th of July Parade – Arlene and her committee have been very busy preparing for this event.

Membership: Cindy Coover

New Member Application – Emily Florence is sponsoring Michele McKeown. **Motion** to approve by Nicole Pappas, seconded by Mary Lou Ambrose. **Motion** passed. Michele will be inducted at our July dinner meeting.

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 7:24 PM.

Respectfully submitted,

Gloria Bishop Oliveri, LOW Lioness Lions Secretary

Next BOD Meeting: June 26, 2025, at 5:30 PM at the Community Center

2024-2025 Board of Directors

**Please see page 13 for the new 2025-2026 Board of Directors*

President – Darcy Jennings

Secretary – Gloria Bishop Oliveri

Foundation Treasurer – Loretta Lafley

Administrative Treasurer – Beth Newton

1st Vice President – Heidi Brown

2nd Vice President – Teresa Wisniewski

3rd Vice President – Arlene Rich

Immediate Past President – Barbara Tomayko

Membership – Cindy Coover

Tail Twister – Nicole Pappas

Lioness Tamers:

- Mary Lou Ambrose
- Linda Corsones
- Emily Florence

Directors:

- Mary Lou Ambrose
- Ellen Bearden
- Nicolette Buell
- Claire Donohoe

Have a Question, Suggestion or Concern?

lionessclub@lowlioness.org

Reach out via the email above or contact our president or secretary directly via phone, email or direct mail.

Darcy Jennings

419 Wilderness Dr
Locust Grove, VA 22508
(703) 772-2080
2darcyj@gmail.com

Gloria Bishop Oliveri

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Fredericksburg, VA 22407
(909) 772-2716
gloria@cubicles-and-more.com

❤️ We Missed YOU! And here is what you missed...

Quick High-Level Recap of the May 8 Meeting

Program

Our scholarship committee, led by committee chair Pat Licata, introduced us to this year's very deserving recipients. We learned highlights of their many accomplishments and got a chance to hear each of them speak a bit, as well. It was energizing to see these young people as they are getting started in their careers and know that we are giving them a little boost... 😊

Here are the amazing accomplishments of our scholarship winners!



Luc Aristhene is working full-time at Germanna Community College while pursuing his undergraduate degree in general studies. He has completed 45 credit hours and has earned a 3.3 GPA. He is from Haiti, where his parents currently live. His ultimate goal is to move on to graduate school and receive a master's degree in cybersecurity. He believes this scholarship will provide the financial stability to continue his education, as he doesn't have the luxury of any direct support.



Marie-Rose Yanzakpe Wathy-Zonga currently has a 4.0 GPA and works part time as a CNA at Mary Washington Hospital. In addition to supporting herself, she also provides as much financial support as she can to her family (a single mom with 6 children). She will also serve others as a nurse.



Alhely Choquenair Child came here from Peru by herself. As an international student, she pays full tuition and cannot work, per her student visa. She has earned a 4.0 GPA and is studying nursing.



Alyssa Curtis-Cruz works part time at Germanna and has earned a 3.74 GPA in Applied Mathematics, no less! That already sounds impressive! The scholarship will allow her to take advantage of academic opportunities with less financial stress.



Keren Eicher has completed 57 credits and has earned a 4.0 GPA. She is doing the concurrent BSN program with ODU, so of course finances are quite tight. She wants to serve others as a nurse.

New Member Induction! 😊 A BIG Welcome to Judy Pendergrass!

We inducted a new member at our meeting, Judy Pendergrass. Rosemary Butcher is her sponsor. Please introduce yourself to her at an upcoming meeting to make her feel right at home with us! ❤️



♥ We Missed YOU! And here is what you missed...

Quick High-Level Recap of the May 8 Meeting, continued

Visitors

Teresa Wisniewski brought Sandy Harrington, District 5 School Board Member, to speak with us about the School Supply needs – and to thank us for contributing!! We will be expanding beyond Locust Grove schools to a few other schools where the needs are extremely high (Title I). Please see the flyer later in the LOWDOWN for more information about the School Supply Drive.



Darcy Jennings brought Barbara Fattore to visit with us. Barbara has already been a wonderful hands-on helper as a volunteer at the food pantry and during our May Yard Sale. She is looking forward to continuing to serve and becoming a Lioness. We sure do look forward to welcoming her soon!



President's Corner, continued

By Darcy Jennings LOW Lioness Lions President

Let's branch out and find new ways to serve our community.

Remember to ask others to join our Lioness group. There are many in our midst who just need an invitation, so think of someone to bring as a guest. I am glad Karen Cakouros suggested, "Come to a meeting with me," when I was new to the lake.

When I came, I looked around the room, and I didn't know anyone. But I saw 80 women talking, laughing, and moving from group to group (some with cocktails). I thought, "Gee, this looks like a fun group!" Thank you, Karen!

To end with another cliché: "That's all she wrote." See you around as we all continue to SERVE!

Darcy

Celebrated May Birthdays!



P.S. Look what we accomplished together in 2024-25!! There are so many other opportunities to SERVE. Join the Fun and Serve your Community!

4th of July Parade
Beach Get-Together
Card Party
School Supply Drive
Book Sales
Eyeglass Recycling
Friday Food Pantry
Food Pick-Ups
Plastic Bag Recycling
New Lioness Directory
Fall VA Conference L-24
Coat Drive
Breast Cancer Awareness
Safe House Donations
Halloween on the Point
Halloween Bingo Game
Bags of Potatoes Donations
Lion Chuck Schwab Speaker

Balls for All
Bridges Gifts
Name that Christmas Tune
White House Ornaments
Christkindlmarkt Market
Christmas Treasures
Bake Sale-Jewelry Sale
Filling Pet Food Bags
Child Help Gift Wrap
Safe House Suitcases
Orange County Speaker
Mini-Man-Mall Outing
VA Conf. 24-L Basket Donation
Miss Orange Settled
By-Laws Updated
Constitution Updated
Valentine Singo
Mardi Gras Dinner Dance

Avocado Outing
Orange Co Adventures Speaker
Scholarships-Germana-4
Orange Co HS Scholarships-5
Child Help Ice Cream Bar
Sweet Vines Outing
50/50 Raffles and Baskets
Nominating Committee
May Yard Sale
Basket Building for '25-'26
St Jude's Donation
LGA Bench Dedication
Monthly Dinner Meetings
Monthly Board Meetings
VA Spring Conference 24-L
Visits to other Lion Groups: LOW
Lions, Fredericksburg Lions,
Spotsy Lions, Culpeper Lions

How Can I Serve?

What Fundraising Events or Service Activities are Coming Up? How Can I Engage?

July 4th Parade

The LOW Independence Day parade is being held on Saturday, July 5th, 2025. Lionesses plan to participate again this year. If you would like to join in the fun, please contact Arlene Rich. Arlene's cell #: 973-670-9678. Her email is arlenrich111@yahoo.com.

ALL who march/ride should wear their Lioness purple shirts with white shorts or pants. If you have a golf cart you would like to decorate and be part of the LIONESS parade, please let Arlene know that as well.

We will meet on Friday, July 4th, at Julie Davis's home to decorate the flatbed that some can ride in the next day.

To buy a Lioness t-shirt, call Julie Davis at 717-253-1187.

Book Sale– JUNE 28 & JULY 26

The LOW Lioness

Book Sale will be held June 28 and July 26.



We are in the Ferris Building across from the Lions Yard Sale and are open from 8:30 AM to 1:00 PM. We look forward to seeing you.

For info: Call Ann Walker 540-972-4338, Sherri Lasover 540-412-9854 or Helene Burns 540- 412-0798 if you have any questions.

Concert on the Point – AUGUST 22

Concert on the Point

Date: August 22

Time: Evening Event

Location: Clubhouse Grounds

Get ready for an unforgettable night! Enjoy the Reunion Band, line dancing, and a **50/50 fundraiser**. Let's come together for music, fun, and supporting local initiatives!

Volunteers needed: Please watch for sign-up sheets at the July meeting to **sell 50/50 tickets** and provide moral support.



Eyeglass Recycling | Mondays 9:30 AM

We meet from 9:30 – 11:00 AM Mondays at the Ferris Building. We wash, dry, and have good conversations. It's a great way to start the week, and we usually finish the morning with a trip to Fareways for lunch. Please join us when you can. Thanks!

For info: Marian Rood 540-412-0214

Food Pantry | Fridays 9:30 AM

The pantry will be open four Fridays in June. Our regular USDA days will be June 6, 20, and 27. Those days generally benefit from having more volunteers. Overstock day will be June 13.

For info: Nicki Buell 703-217-5615

Note: Food Pantry will be closed on July 4

How Can I Serve? continued

What Fundraising Events or Service Activities are Coming Up? How Can I Engage?

School Supply Support Drive – JULY 12

It's that time of year again! The Lionesses are hosting their annual School Supply Support Drive to help local students get ready for the upcoming school year.

We will be collecting supplies at the dinner meetings on June 12 and July 10. Please bring your donations to either meeting. Monetary donations are also welcome—you can write a check or contribute financially to support the cause.

If you can't make it to the dinner meetings, we will also be collecting supplies at the Lower Clubhouse parking lot on July 12 from 9:00 AM to 11:00 AM.

There will be a sign-up sheet available if you'd like to volunteer to help on July 12. Your time and support are greatly appreciated!

Attached is the flyer and a full list of needed supplies. Look for our collection area at the dinner meetings or at the Lower Clubhouse parking lot on July 12.

Thank you so much for your continued support!

Here are some fun photos of Lionesses at School Supply Support Drives over the last two years!





Lake of the Woods Lioness Lions Club

SCHOOL SUPPLY SUPPORT DRIVE



**Supporting the Locust Grove Primary and Elementary Schools, Head Start,
and other selected Orange County, VA Schools**

**Donations will be collected at LOW Clubhouse Lower Parking Lot
Saturday, July 12th from 9:00 AM to 11:00 AM**

Prefer to give a monetary donation?

Please mail checks to P.O. Box 811, Locust Grove, VA 22508

(Make checks payable to LOW Lioness Lions Club and write School Supply/Support in the check memo section)

Please donate ONLY NEW items listed below:

- | | |
|--|---------------------------------------|
| • Composition Notebooks (Wide Ruled) | • Color Washable Markers |
| • Single-Subject Spiral Notebooks (Wide Ruled) | • Dry Erase Marker Spray |
| • Crayons (24-pack) | • Markers & Highlighters |
| • Pocket Colored Folders | • Glue Sticks (Small and Large) |
| • #2 Pencils | • Headphones/Earbuds |
| • Colored Pencils | • Tissues |
| • Plastic Pencil Boxes & Pencil Pouches | • Sanitizing Wipes |
| • Scissors (5" Blunt Point & 5" Pointed) | • Disinfectant Wipes |
| • Dry Erase Markers (Black) | • Ziplock Bags (Quart & Gallon sizes) |

Questions? Please text any of the School Supply Support Drive Committee Members:

Sheran Marks:	(540) 846-6956	Bobbie Stone:	(540) 388-2880
Cheryl Murray:	(703) 629-9975	Teresa Wisniewski:	(703) 901-9023
Maggie Broadwater:	(703) 774-6997	Nancy Bidus:	(703) 475-9854

Thank you for your continued support of this important community project!

Did You Know?

Miscellaneous Club News & Information

2025-2026 Budget

	2024-2025	Actual 2024-2025	Projected 2025-2026
Receipts			
Book Sales	4000.00	2392.50	3470.00
Breast Cancer	0.00	196.00	0.00
Card Party Luncheon	8900.00	7646.00	10000.00
Christkindlemarkt	1500.00	1577.65	2000.00
Dinner Dance	20000.00	23588.60	25000.00
Fall Fling	0.00	0.00	4000.00
Flea Market / Yard Sale	1500.00	0.00	2000.00
Miscellaneous Projects/Donations/void ck	3550.00	4895.19	4000.00
School Supplies Drive	2000.00	2723.55	3000.00
Whitehouse Ornaments	12000.00	9635.00	11000.00
Vintage Ornaments	0.00	516.15	700.00
Total Receipts		0.00	65170.00

Expenses of Fundraisers/Service Projects	2024-2025	Actual 2024-2025	Projected 2025-2026
4th of July	300.00	129.22	200
Card Party Luncheon Expense	5000	4,392.07	5000
Child Help (ice cream social) Expense reimburseme	100	129.16	100
Christmas Treasures		0.00	25
Coat Drive	0	25.00	25
Dinner Dance /Mardi Gras	10000.00	11,023.90	12000.00
Fall Fling			1700.00
Flea Market Expense	75.00	0.00	75.00
Kristkindlemarkt expense	180.00	100.00	100.00
Scholarship Presentations		0.00	200.00
School Supply Drive	2000.00	3,043.41	2800.00
Trick or Treat	70.00	0.00	0.00
White House Ornaments Purchase	9000.00	6,905.00	7000.00
Subtotal		25,747.76	29225.00

Administrative Expenses	2024-2025	Actual 2024-2025	Projected 2025-2026
Bank fees	0.00	12.00	0
Foundation Fees	25.00	25.00	25.00
Square Fees/TIX	0.00	187.46	100.00
Supplies/Stamps/Checks	100.00	83.86	100.00
Website	0.00	712.98	100.00
Subtotal		1,021.30	325.00

Vision, Hearing & Health	2024-2025	Actual 2024-2025	Projected 2025-2026
American Red Cross of VA			500
Breast Cancer	0.00	500.00	50
Diabetes Association	1500.00	1,500.00	1500
Fisher House			100
Saint Jude Hospital	1500.00	4,500.00	1500
Subtotal		6,000.00	3650

Continued next page.

Did You Know?

Miscellaneous Club News & Information

2025-2026 Budget, continued

Other Lions	2024-2025	Actual 2024-2025	Projected 2025-2026
Balls for All		135.00	70
Lions Leader Dog	1,000	1,000.00	1000
Lions Service Dogs of Virginia	1,000	1,000.00	1000
Lions Sight Foundation	1500.00	1,500.00	1000
Lions of VA Fund (LOVF) Disaster Relief	500	500.00	500
LCIF Disaster Fund	-	2,000.00	0
Foundation Fighting Blindness	-	500.00	0
Subtotal		6,500.00	3570
Local Community Donations	2024-2025	Actual 2024-2025	Projected 2025-2026
Child Help			1000
Junior Golf Club	300	300.00	300
Living Waters Clinic			500
LOWA Pool and Community (fishing derby)	300	300.00	300
LOW Fire & Rescue	2,000	2,000.00	2000
LOWLinc	-	500.00	1000
Orange County Animal Shelter	200	200.00	200
Orange County Free Health Clinic	1,000	1,000.00	1000
Piedmont Dental Clinic	500	500.00	500
SAFE House	1,000	1000.00	1000
Subtotal		5500.00	7800

Education/Schools	2024-2025	Actual 2024-2025	Projected 2025-2026
Head Start	500	500.00	500
Locust Grove Primary School Library	500	500.00	500
Locust Grove Elementary School Library	500	500.00	500
Locust Grove Middle School Library	500	500.00	500
Orange County High School Library	500	500.00	500
Orange County Office on Youth After Prom Party	300	300.00	300
Orange County HS Robotics Team	300	300.00	300
Subtotal		3100.00	3100.00
Higher Education Scholarships	2024-2025	Actual 2024-2025	Projected 2025-2026
Ms. Orange County Contest (MOCC)		0.00	0
Germann Students (5)	9000	0.00	10000
High School (5)	9000	0.00	7500
Subtotal		0.00	17500
Total Expenses			65170.00
Unallocated Expenses			0
Grand Total Expenses			65170.00

Did You Know?

Miscellaneous Club News & Information

Directory Updates Needed, Please

Our Lioness Directory is updated annually and the distributed to the membership in September each year.

To meet this date, Sharla Bailey will pass ONE COPY of a current directory around at the June and July dinner meetings for all Lionesses to make any necessary corrections to this copy.

If you will not be present at the June and July dinner meetings, please email Sharla @ skbailey1429@gmail.com and let her know of any edits, including a new photo, by August 1. Sharla or Lynne will work with you to take your photo, or you can provide a photo to Sharla.

Thank you!



Support Vendors Who Support Us...

There are many vendors who have repeatedly supported us in our fundraising efforts, and we thought many of you might like to know who they are so you can, when making choices of where to eat and shop, support them in return.

In this column each month, we will list some of our supporters...

Barboursville Vineyard
 Beer Hound Brewery
 Bees & Trees Farm
 Botanical Dwellings
 Capital Ale House
 Car Doctor
 Clearwater Grill
 Costco
 Dance FXBG
 Death Ridge Brewery
 Defy Medesthetics & Salon
 Favor Chocolate
 Fred Nats
 Fredericksburg Jeweler
 Fredericksburg Visitor Center
 French Man

New Procedures for Submitting to the LOWDOWN

Sharla Bailey and Julie Phend have taken on the job of producing the LOWDOWN each month. Consequently, procedures for submitting have changed.

From now on, please send articles and announcements to [Julie Phend](#) by the 20th of the previous month to allow us time to get the newsletter out by the first of the month.

For example, submissions for the July LOWDOWN should be sent by June 20.

Thanks for your patience and cooperation as we make this transition!

Monthly Stuff (not service related...)

Menu, Birthdays, etc.

From the Tamers

The LOW Lioness Lions Club dinner meeting will be held at the clubhouse with a 5:15 PM social gathering followed by dinner at 6:00 PM on the second Thursday of each month except January.

If you cannot attend the meeting, you **MUST** contact us, the Tamers, by the Monday before the meeting or you will be billed \$30.

Also, please contact us about **guests or alternate meal requests** by that Monday.

Notice: We reply to emails and phone calls. Contact Tamers only. **Please DO NOT contact the clubhouse.**

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 for June Meeting

Grilled Chicken Tacos
Sliced Beef Tacos
Spanish Rice
Mexican Street Corn Salad
Taco Fixin's (Lettuce, Sour Cream, Salsa)
Soft Flour Tortillas and Corn Tortillas
Churros



June Meeting Programming



In June, the dinner program will be the presentation of the high school scholarships awarded by the Scholarship Committee. We look forward to meeting and hearing from these worthy young students!

June Birthdays!!

Wendy Witherspoon 6/2
Caroline Rourke 6/3
Cheryl Murray 6/7
Donna Morrissey 6/8
Darcy Jennings 6/10
Mina Snead 6/15
Cathy Kutz 6/16
Janite Hamilton 6/21
Kathy Phillips 6/24
Betty Beck 6/28



Share and Care!

Share and Care is a way for us to let members know when someone is ill, in the hospital or has had a death in the family. Please call or email me so I can get a message out to let our members know right away. I will send a card signed from The Lioness Lions Club.

Thank you for your help with this!

Shellee Williams 571-277-8618
bufsof@msn.com

From the Editors

Editors: Sharla Bailey 703-989-5519 skbailey1429@gmail.com
Julie Phend 630-854-4126 julie.phend@gmail.com

Please submit information, articles and photos for the LOWDOWN to Julie Phend via email no later than the 20th of the month before the first of the month when the newsletter comes out. Call Julie if you don't have access to email.

Lake of the Woods Lioness Lions Club

PO Box 811
Locust Grove, VA 22508

 lionessclub@lowlioness.org

 www.lowlioness.org

 [LOW Lioness Lions Club](https://www.facebook.com/LOWLionessLionsClub)

Lake of the Woods Lioness Lions Board of Directors



2025 – 2026 Board of Directors

President:	Heidi Brown	c: 703-402-8773	208 Limestone Ln.	Locust Grove	VA 22508	hvbrown59@gmail.com
Secretary:	Gloria Bishop Oliveri	c: 909-772-2716	14612 Junction Ct.	Fredericksburg	VA 22407	gloria@cubicles-and-more.com
Foundation Treasurer:	Loretta Lafley	c: 970-218-4010	600 Gold Valley Rd.	Locust Grove	VA 22508	llaterra@msn.com
Administrative Treasurer:	Beth Newton	c: 574-248-0526	105 Taylor Ct.	Locust Grove	VA 22508	newtonern@gmail.com
1st VP:	Mary Lou Ambrose	c: 703-581-5577	114 Pleasant Grove	Locust Grove	VA 22508	ambrosemarylou@gmail.com
2nd VP:	Teresa Wisniewski	c: 970-901-9023	115 Crystal Ct.	Locust Grove	VA 22508	teresawish@msn.com
3rd VP:	Arlene Rich	c: 973-670-9678	129 Monticello Circle	Locust Grove	VA 22508	arlenerich111@yahoo.com
Lioness Tamers:	Nicki Buell	c: 703-217-5615	113 Edgemont Ln.	Locust Grove	VA 22508	nbuell113@comcast.com
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