

Lake of the Woods Lioness Lions LOWDOWN

Volume 40 | Number 12 | July 2025



www.lowlioness.org

President's Corner

By Heidi Brown, LOW Lioness Lions President

Congratulations to Darcy and her Board for a successful, albeit challenging year. I learned a great deal this past year from Darcy and will not hesitate to ask for your advice and counsel.

I look forward to the next year serving as your President. I'm sorry I won't be at the July meeting with the new board in place. I'm on a trip to Tanzania that is both fun and also charitable as we are going to visit villages and schools loaded with supplies. Mary Lou Ambrose is looking forward to running the July dinner meeting. (Maybe I exaggerated a little.)

I have two goals for this next year. The first is to grow our membership. And the second is to fill our committee chair positions as soon as possible. Let me talk about each one briefly.

We've lost a number of Lionesses over the last year for a variety of reasons. We are a wonderful service organization that knows how to have fun while serving. Let's get the word out as often as we can that we want people to join us. I've enjoyed serving the community through Lioness, and I must say, I've had a lot of fun doing it.

Serving others takes time. I always remember that more hands make lighter work. And that's why it is important to fill our committee chair positions. Volunteering to chair a committee just means you get to pick who you want on your committee to work with you. Please sign up for these positions. It takes a village to do all the things that we Lionesses need to do.

I look forward to serving with you and will see you at the August dinner. Let's have a wonderful year together!

What Shall I Bring to this Month's Meeting?

School Supplies from the list on page 8 or a monetary donation for the School Supplies Drive on July 12.

We will be collecting for SAFE HOUSE at the July meeting. See inside on page 7 for more details.

Our Orange County High School Scholarship Winners!



Details about their accomplishments inside...

What will I find inside this LOWDOWN?

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Pg 1 - **What Shall I Bring to this Month's Meeting?**

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Pg 15 - **Monthly Stuff (not service related...)** – Menu, Birthdays, etc.

The Insider's View

Board of Director's (BOD) Meeting Minutes Thursday, June 26, 2025 at 5:30pm at Community Center, Room 2

BOD meeting called to order by **President** D Jennings at 5:35 PM for 2024/2025 BOD, 6:30 PM for 2025/2026 BOD.

Present: **President:** D Jennings; **Secretary:** G Bishop Oliveri; **Foundation Treasurer:** L Lafley; **Administrative Treasurer:** B Newton; **1st Vice President:** H Brown; **2nd Vice President:** T Wisniewski; **3rd Vice President:** A Rich; **Tamers:** ML Ambrose, L Corsones and E Florence; **Membership:** C Coover; **Directors:** ML Ambrose, E Beardon, and C Donohoe; **Immediate Past President:** B Tomayko

Absent: **Tail Twister:** N Pappas; **Director/Tamer:** N Buell

Secretary's Report: G Bishop Oliveri

1. **Motion** to approve Minutes from the **May 2025**, which were previously submitted.
Motion made by D Jennings and seconded by B Tomayko. **Motion** passed.
2. **Monthly Reports** from Committee Chairs for: **May 2025**
PS=3,785 L=254 H=663 \$= \$990.27*
***Book Sale:** \$185.00; **50/50:** \$56.00; **Medicine Bottles with coins:** \$749.27 (donated to **LCIF**, did not go into our account)
3. **Old Business**
 - a. Michele McKeown was approved by the BOD on 5/22/2025 and will be inducted at our July 10, 2025 dinner meeting.
 - b. Membership has two applications. C Coover will cover.
4. **Resignations**
Lionesses Roselynn Edwards, Carolyn Rourke, and Janite Hamilton resigned. We thank them for their service and wish them the best. **Motion** for approval made by L Lafley and seconded by D Jennings. **Motion** approved.
5. **Change of Status**
Suzanne Herr requested her status change to AFL. **Motion** for approval made by A Rich. Seconded by B Newton. **Motion** approved.

Treasurer's Report (Foundation) for April 30, 2025: L Lafley

1. **Total Receipts:** \$951.10
2. **Total Expenses:** \$18,264.18
3. **Adjusted Bank balance:** \$68,603.57
4. **Savings Balance:** \$10,222.62

Treasurer's Report (Administrative) for May 31, 2025: B Newton

1. **Total Income:** \$3,700.00
2. **Total Expenses:** \$2,238.23
3. **Account Balance:** \$21,410.85

President's Report: D Jennings

1. **Focus on volunteers** this will be one of the new president's (H Brown) key focus areas.
2. **New Members** – Losing some long-time members, which will continue. Need to “advertise” ourselves to make our club more visible and understood by community.
3. **Appreciating those who have served**
4. **Card Party Bridge Coordinator** – Rani Manhard will organize, and Barbara Tomayko will collect monies.
5. **Articles for Lake Currents** – We need to add a position and find someone to do this in the future. Goal is to have an article in the Lake Currents each month.
6. **Thank you to everyone**

The Insider's View

June BOD Meeting Minutes, continued

1st Vice President: H Brown

1. October 4, Community Fall Event, Heidi will explain to the members at our August dinner meeting.
2. October 18 (set up October 17) is our Christmas Treasures sale. Carol Greeney, chairperson.
3. District Governor to attend our August dinner meeting.
4. Heidi will not be at the July dinner meeting so the 1st VP, Mary Lou Ambrose, will preside over the meeting.

2nd Vice President: T Wisniewski

School Supply – \$550 raised so far from the LGA. \$40 from our members at the June dinner meeting. The Drive will take on July 12, 9-11am. Volunteers are welcome to come help.

3rd Vice President: A Rich

4th of July Parade – Our Lioness banner needs to be found. Need folks to ride/walk in the parade. Lioness purple shirts are available from Julie Davis (\$25) if you don't have one to wear in the parade.

Membership: C Coover

Two New Member Applications – Barbara Fattore sponsored by Darcy Jennings and Nancy King sponsored by Kathy Merritt. **Motion** to approve – by A Rich, seconded by B Tomayko. **Motion** passed. New members 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.

Respectfully submitted,

Emily Florence for Gloria Bishop Oliveri, LOW Lioness Lions Secretary

Next BOD Meeting: July 24, 2025, at 5:30 PM at the Community Center

**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.

Heidi Brown

208 Limestone Ln
Locust Grove, VA 22508
(703) 402-8773
hvbrown59@gmail.com

Gloria Bishop Oliveri

14612 Junction Court
Fredericksburg, VA 22407
(909) 772-2716
gloria@cubicles-and-more.com

2025-2026 Board of Directors

President – Heidi Brown

Secretary – Gloria Bishop Oliveri

Foundation Treasurer – Loretta Lafley

Administrative Treasurer – Beth Newton

1st Vice President – Mary Lou Ambrose

2nd Vice President – Teresa Wisniewski

3rd Vice President – Arlene Rich

Immediate Past President – Darcy Jennings

Membership – Pat Licata, Barbara Tomayko

Tail Twister – Nicole Pappas

Lioness Tamers:

- Nicki Buell
- Sharon Corner
- Ann Turner

Directors:

- Nicki Buell
- Caroline Collantes
- Claire Donohoe
- Emily Florence

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

Quick High-Level Recap of the June 12 Meeting

Program

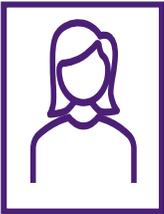
article by Pat Licata

On Thursday, June 12th, at our Lioness Club dinner, on behalf of the Scholarship Committee, I had the honor of presenting five incredibly talented Orange County High School students who are the recipients of our scholarships. Each recipient earned above a 4.0 GPA and rank from 2-14 in their class of 360+ students! Their volunteerism and involvement in school activities are impressive, and all are members of the National Honor Society.

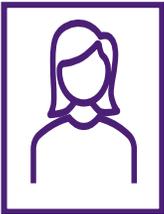
I'd like to sincerely thank Mary Lou Ambrose, Colleen Cameron, Linda Corsones, Julie Davis, Loretta LaTerra, and Ann Walker for their time and interviewing skills. We chose a great group of students!



Regan Morris will be attending UVA, majoring in Biology. While she isn't exactly sure which medical field is her passion, she is currently interested in pediatrics and has the opportunity to shadow her pediatrician. In addition to her academic prowess, Regan has been very active in sports, from swimming to field hockey to soccer.



Grace Murray will be attending Clemson University studying Food Science and Human Nutrition. Grace has also been active in sports, playing soccer and field hockey in high school. She just served as senior class president!



Emma Olson will be attending UVA. She has a wide range of interests and would like to pursue those both familiar and unfamiliar to see where her true passion lies. A well-rounded gal, Emma is a year-round competitive swimmer, a lifeguard, and works as a kennel assistant at Lakewood Animal Hospital.



Katherine Slagle will study Wildlife Conservation at Virginia Tech. She'd love to work in a national or state park upon graduation or as a biologist in Virginia's waterways. Her dream is to educate the public about the importance of conserving our environment. Kate works at QB Enterprises in Orange, swam for OC High School, lifeguards during the summers, and coaches youth swimmers.



Kathryn Trocchio will pursue her Nursing degree at JMU, with the unfortunate declining health of her grandparents being her inspiration. Kathryn is our musician of the group. She was a member of the OCHS Marching Band, Indoor percussion ensemble, pit orchestra, and jazz band! JMU will be a great fit for her because of its award-winning band and superb academics.



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

Quick High-Level Recap of the June 12 Meeting

Visitors

Gina Davies brought Bonnie Cocuzza, who lives on the small lake next door to Gina. Bonnie moved here from Georgia and is interested in joining us. Welcome, Bonnie!



Kathy Merritt brought Nancy King, and while many of us may already know Nancy from playing golf and learning from her, as she is the most patient and kind instructor, we are hoping to have the chance to work alongside her as a fellow Lioness soon.



Business

Darcy Jennings awarded many Lionesses with pins and gifts to recognize their contributions on activities like Mardi Gras, leading committees, and helping her during her year as President of the club, and more.

We also had two special award winners!! Loretta Lafley and Judy Ludvigsen were honored with the Melvin Jones award!



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

Quick High-Level Recap of the June 12 Meeting

Business, continued

We also installed our new Board of Directors. Donalda Lovelace introduced each member of the board with their role and associated their duties and commitment with a type of candy. It was super clever and fun!

2025-2026 Board of Directors



Directors



Nicki Buell Caroline Collantes Emily Florence

Tamers



Nicki Buell Sharon Corner Ann Turner

Treasurers



Beth Newton Loretta Lafley

Secretary



Gloria Bishop Oliveri

Membership



Barbara Tomayko Pat Licata

Vice Presidents



Mary Lou Ambrose Arlene Rich

President



Heidi Brown

Immediate Past President



Darcy Jennings

How Can I Serve?

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

SAFE HOUSE – Bring to July Dinner Mtg

We will be collecting for SAFE HOUSE at the July meeting. Household cleaning products, trash bags, paper products, and personal care items are always needed.

Again, bring old, usable luggage to Val Protiva’s any time before July 10: 104 Beachside Cove

Thank you in advance!
Val Protiva and Lynne Kovach

Book Sale– JULY 26 & AUGUST 30

The **LOW Lioness Book Sale** will be held July 26 and August 30.



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 three Fridays in July (not July 4!). As of the printing of this LOWDOWN we do not have information about which days will be regular USDA days, and which day will be an overstock day.

For info: Nicki Buell 703-217-5615

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 or monetary donations at the July 10 dinner meeting. If you can’t make it to the dinner meeting, we will also be collecting supplies at the Lower Clubhouse parking lot on July 12 from 9:00 AM to 11:00 AM.

Sign-up sheets will be available if you’d like to volunteer 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 meeting or at the Lower Clubhouse parking lot on July 12.

Thank you so much for your continued support!



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

Calendar of Events

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

July 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5 July 4 parade	6
7 Eyeglass recycling 9:30-11am NLT No RSVP to Tamers for Dinner Mtg	8	9	10 Dinner Meeting 5:15 – 8:00 pm	11 Food Pantry 9:30	12 School Supply Drive 9-11	13
14 Eyeglass recycling 9:30-11am	15	16	17	18 Food Pantry 9:30	19	20
21 Eyeglass recycling 9:30-11am	22 Blood Drive	23	24	25 Food Pantry 9:30	26 Book Sale	27
28 Eyeglass recycling 9:30-11am	29	30	31			

August 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Food Pantry 9:30	2	3
4 Eyeglass recycling 9:30-11am	5	6	7	8 Food Pantry 9:30	9	10
11 Eyeglass recycling 9:30-11am NLT No RSVP to Tamers for Dinner Mtg	12	13	14 Dinner Meeting 5:15 – 8:00 pm	15 Food Pantry 9:30	16	17
18 Eyeglass recycling 9:30-11am	19	20	21	22 50/50 Raffle @ Concert on the Point Food Pantry 9:30	23	24
25 Eyeglass recycling 9:30-11am	26	27	28	29 Food Pantry 9:30	30 Book Sale	31

Did You Know?

Miscellaneous Club News & Information

Important Change Re: Tamers

Temporarily, please contact one of the following people if you cannot attend a meeting, wish to bring a guest(s), want the alternate meal choice, etc.:

Mary Lou Ambrose – ambrosemarylou@gmail.com

Emily Florence – emilyjflorence@aol.com

Ann Turner – anntturner@gmail.com

(yes, there are 2 t's in Ann's email)

T-Shirts

The new Lioness shirts are in! They are available to each person who ordered one. There are also a few extra in each size, if you didn't get a chance to order. The shirts are \$25 each, no matter what size or style. Please call Julie Davis to set a time to pick up your shirt.

There are also two gently used shirts, one polo style and one t-shirt style, size Large for FREE.

Julie Davis: (717) 253-1187 113 Washington Street

A Message from Our Tail Twister

We are fortunate and honored to have members who, in just being themselves, bring joy and happiness to others. Their acts of kindness, generosity and selflessness show the world the true heart of a Lioness. Please join me in congratulating the Mighty Lioness recognized at our June meeting.

RANI MANHARD, you Mighty Lioness! You make us proud because you are always there... like last year when you rescued the stranded judges from the 4th of July Parade judging booth. You saw people in need, and you stepped in to help. Your giving nature and zest for life are infectious.

Cheers to you, my friend!

To nominate a Mighty Lioness, contact **Nicole Pappas at 619-709-5163** or pappasnm@gmail.com

Did You Know?

Miscellaneous Club News & Information

LOW Lioness Lions Club Administrative Budget 2025-2026

	Budget 2024-25	Budget 2025-26
RECEIPTS		
Dues	8,000.00	8,330.00
New member fees/badges	350.00	350.00
50/50	700.00	700.00
50/50 on Point	218.00	200.00
Dinner meetings	18,750.00	21,450.00
Shirts	550.00	550.00
Tail Twister	-	40.00
Name tags	-	80.00
Miscellaneous (donation)	40.00	60.00
TOTAL RECEIPTS	28,608.00	31,760.00
EXPENSES		
Flowers	500.00	500.00
Dinner Meetings (members)	18,500.00	21,425.00
Dinner guests	500.00	330.00
Sharing and Caring	250.00	250.00
Shirts	500.00	500.00
Printing	500.00	250.00
Dues to LCI	4,700.00	4,900.00
Dues to State	1,600.00	1,700.00
P. O. Box Rental	52.00	72.00
Misc Supplies (postage, stationery, etc)	400.00	258.00
Misc Supplies-special programs (special programs)	706.00	600.00
State Convention attendance	300.00	600.00
State Corporation Comm annual fee	25.00	25.00
Safe Deposit box rental	75.00	50.00
Name Tags		100.00
Misc		200.00
TOTAL EXPENSES	28,608.00	31,760.00
Net Income/(Loss)	-	-



Lake of the Woods Lioness Lions Club

Annual Card Party

Luncheon

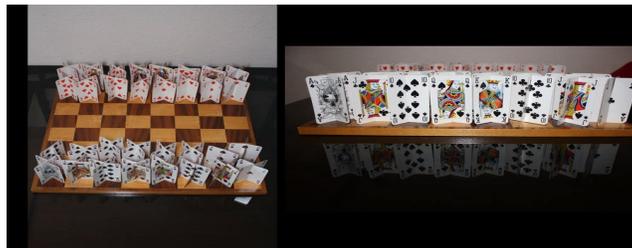
Fashion Show

SAVE THE DATE

Friday, September 26, 2025

9:00am to 3:30pm

Lake of the Woods Clubhouse





American
Red Cross

Every drop counts. Donate blood.



Blood Drive
Lake of the Woods Community

Community Center
110 Sweetbriar Park
Road Locust Grove, VA
22508

Tuesday, July 22, 2025
11:00 a.m. to 5:00 p.m.

****Rain or Shine****

**Register NOW to reserve your time slot. Walk-ins are
accepted only for available spots.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit
RedCrossBlood.org.

**Maximize your blood donation. Help more patients.
If you are an eligible type O, B - or A - donor, consider making a Power
Red donation. Red blood cells are the most commonly transfused blood
component.**



*Celebrating 41 years of art in
Lake of the Woods*

Fine Art Show & Sale

Saturday & Sunday
October 25 & 26, 2025
LOW Community Center

10:00 A.M. - 4:00 P.M.
Both Days

Free Admission

- Painting
- Photography
- Glass
- Fiber
- Jewelry
- Pottery
- Mixed Media
- Woodworking
- Sculpture
- and more

More than 50 artists,
including many new artists,
working in a variety of media

Including
Lake Authors of the Wilderness
& LOW Woodworking Club

Raffle, Silent Auction and Giving Table sales go to support
Orange County Public Schools Art Programs

For more information about LOW Arts and the Show
visit: www.lakeofthewoodsarts.com →



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.**

Ann Turner 540-999-
 Nicki Buell 703-
 Sharon Corner 540-

Important Update from the Tamers!
 Temporarily, please contact one of the following people if you cannot attend a meeting, wish to bring a guest(s), want the alternate meal choice, etc.:

Mary Lou Ambrose – ambrosemarylou@gmail.com
Emily Florence – emilyjflorence@aol.com
Ann Turner – anntturner@gmail.com
 (yes, there are 2 t's in Ann's email)

Dinner for July Meeting

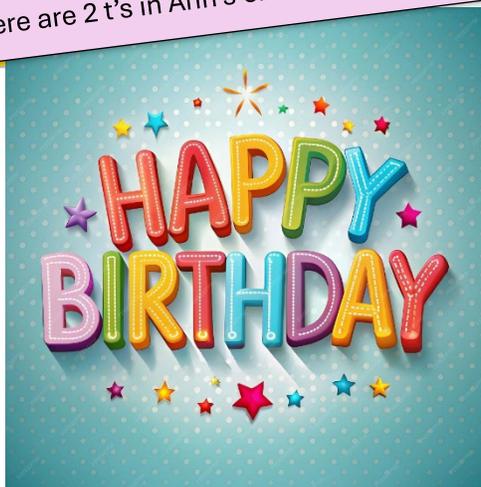
Garden Salad
 Fried chicken legs and thighs
 Macaroni and cheese
 Buttered corn
 Cornbread
 Apple pie

Vegetarian Alternative:
 Stuffed bell pepper with quinoa, black beans, onions & tomatoes topped with cheese.



July Birthdays!!

Barbara Tomayko	July 1
Pam Derreberry	July 4
Marti Legge	July 7
Margaret Haight	July 8
Julie Phend	July 9
Nicki Buell	July 10
Marian Rood	July 15
Maggie Broadwater	July 20
Jonnie Feterle	July 26
Carol Greeney	July 26
Theresa DiCicco	July 27
Sherri Lasover	July 29



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)