

Lake of the Woods Lioness Lions LOWDOWN

Volume 41 | Number 2 | August 2025



www.lowlioness.org

President's Corner

By Heidi Brown, LOW Lioness Lions President

What an exciting July we had! Congratulations to Arlene Rich who, as the chairperson for our part in the 4th of July parade, inspired her committee to decorate our "float" and win the best appearing float in the parade. Well done!

More congratulations go out to Teresa Wisniewski and her school drive committee who collected a plethora of supplies and money for Orange County schools.

And, congrats also go to Barbara Tomayko and Pat Licata, co-chairs of our membership committee, inducted three new Lionesses in July.

Like I said, what a July! It really starts with committee chairs building their teams and putting that into action. Speaking of committee chairs, I'm still looking for two such leaders: One for the Spring Yard Sale and another to write articles in Lake Currents.

As we look ahead to August, please remember our District Governor (DG) will be our guest. DG Dan Visone is a visionary and an inspirational speaker. It will be a very exciting dinner meeting.

Teresa Wisniewski will head the 50-50 at the Concert on the Point raffle in August. This is a great opportunity to make a little money for our foundation account.

Lastly, I want to thank Lynne Kovach for getting our advertising up on the TVs and Mary Lou Ambrose for running things while I've been in Tanzania. I'll see you in August.

Heidi

What Shall I Bring to this Month's Meeting?

Bring your smiling face! 😊



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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The Insider's View

Board of Director's (BOD) Meeting Minutes Thursday, July 24, 2025 at 5:30pm at Community Center, Room 2

BOD meeting called to order by **1st Vice President** ML Ambrose at 5:30 PM 1st.

Secretary's Report: G Bishop Oliveri

1. **Amendment to 6/26/2025 Minutes: President's Report, item #4:** Card Party Bridge Coordinator – Rani Manhard will organize and Barbara Tomayko *will take reservations* and collect monies.
2. **Motion** to approve **amended minutes** made by D Jennings and seconded by A Turner. **Motion** passed.
3. **Monthly Reports** from Committee Chairs for: **June 2025**
PS=4,413 L=145 H=510 \$= \$323.00*
***Book Sale: \$217.00; 50/50: \$52.00**
4. **Resignations**
 Judith D. Ludvigsen resigned in July. Judy is moving to Richmond, VA. Judy has been a Lioness since 1995 and has held many positions within our club, including president. We wish you the very best and thank you for your service. **Motion** to approve made by S Corner and seconded by C Donohoe. **Motion** passed.
5. **Change of Status**
 Cathi O'Brien requested to change her status to AFL. **Motion** to approve made by A Turner. Seconded by A Rich. **Motion** passed.
6. **Old Business**
 - a) Subject of Lionesses being able to attend dinner meetings without having/paying for dinner came up again. BOD will continue discussion and vote next month when President H Brown is present.
 - b) Constitution & Bylaws: B Tomayko delivered approved and signed documents to our attorney, Walter Dierks.

Treasurer's Report (Foundation) for June 2025: L Lafley

1. **Total Receipts:** \$456.00
2. **Total Expenses:** \$915.87
3. **Adjusted Bank balance:** \$68,343.95
4. **Savings Balance:** \$10,225.17
5. **Scholarships:** The Scholarship Committee would like to grant \$1500.00 scholarships to five Germanna students and \$2000.00 scholarships to five High School graduates, as a 4-year college is more expensive. We believe those awards would have a higher value. This will start in 2026. This does not impact the total budget of \$18,000. **Motion** to approve made by L Lafley. Seconded by D Jennings. **Motion** passed.

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

1. **Total Income:** \$6,322.00
2. **Total Expenses:** \$3,123.79
3. **Account Balance:** \$24,609.06



1st Vice President's Report: ML Ambrose

1. Lioness 4th of July float won Best Appearing Float. Thank you, Arlene and your team, for a job well done!
2. August dinner meeting: we are hosting District Governor, Dan Visone. Gloria will confirm visitation.
3. ML Ambrose ran into LOW Lions president, Sheila Carney, and decided to attend their July meeting.
4. **Tamers update:** Please continue to contact me, E Florence, and A Turner with questions regarding dinner meetings. Please find our contact information in the LOWDOWN.
5. We are taking **inventory of Lioness "stuff"** and will store in Sharla Bailey's garage. We need your help locating our banner. If you know its whereabouts, please contact A Rich.
6. **Committee Chairs:** S Corner volunteered to chair as the Lake Currents Contributor. Sharon will write bi-monthly articles/news, etc. to represent our club. Carol Greeney will chair the Lioness Christmas Treasures part of the October 18 event; however, another chairperson must be chosen to coordinate having other vendors at the event. That chair would rent tables and spaces for outside vendors, etc.
7. **Card Party Challenges:** No "outside" food can be brought into the Clubhouse for the Card Party. Rosemary Butcher and Barbara Tomayko are exploring the possibility of an alternate venue.

The Insider's View

July BOD Meeting Minutes, continued

2nd Vice President: T Wisniewski (absent)

School Supply – Very Successful! \$2,230 and 16 boxes of supplies will be delivered to schools in August. Thanks to everyone who contributed their time and energy or provided donations!

Tail Twister: N Papas (absent)

1. Nicole suggested that she could save us close to \$2 per stem (from \$6.99 to \$5) on birthday flowers vs what we are currently spending by buying the supplies and making them herself. She is acknowledging that the roses may not be as magnificent. **Motion** to proceed made by S Corner. Seconded by B Tomayko. **Motion** passed.
2. Nicole also asked that we discuss and appoint a backup to cover for her when she is unable to attend the dinner meeting. It will be addressed at our next dinner meeting.

Directors: N Buell (absent), C Collantes, C Donohoe, and E Florence

The Directors will be hosting a “Day at the Beach” scheduled for Thursday, September 4, 2025, between 5-7pm. More information to follow in the LOWDOWN.

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 6:45pm.

Respectfully submitted,

Gloria Bishop Oliveri, LOW Lioness Lions Secretary

Next BOD Meeting: August 28, 2025, at 5:30 PM at the Community Center, Room 2

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

**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

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

Quick High-Level Recap of the July 10 Meeting

Visitors

Anne LeHuray brought Moira Ricketts, who recently moved to LOW from Florida, where she had moved after many years in NOVA. She has become a regular volunteer on Fridays at the Food Pantry and plans to join us again for dinner in August and has submitted her application to join us as a Lioness! YAY! Welcome, Moira!



Business

New Member Inductions

Our new Lioness **Barbara Fattore** moved to the LOW in 2018. She comes from Cherry Hill, New Jersey, and has lived in Uniontown and Beaver (near Pittsburgh), Pennsylvania.

She has been working at the food pantry on Friday mornings, except during water aerobics season. Her help at the spring yard sale was invaluable and greatly appreciated, as was the help of many Lionesses during the Saturday morning yard sale. In the past, she has been involved with elder outreach organizations. She has held many accounting jobs and is glad to be retired.

She has three children and six grandchildren and enjoys spending time with Claire and Nicole, who live in Stafford.

Her hobbies are many, and she thoroughly enjoys quilting, although she has put that on hold for a while. But I'm sure she has fabric squares as most quilters do, leading to the phrase “the one with the most fabric wins.” Please welcome our new Lioness, Barbara.



Many of us already know **Nancy King**. She and her husband moved to Lake of the Woods from Northern Virginia in 2006, after a friend invited them down for Sunday brunch at the Clubhouse. They bought property here within two weeks!

Nancy has been very active in the community. She's especially known for teaching golf in the Farm Team, where so many of us have learned to play. She's also a member of the Garden Club and active in FLOW. In addition to golf and gardening, she enjoys bowling and playing cards—Billie talked her into Queens, and now she's hooked.

She's interested in helping out with the card party and the food pantry and is excited to finally become a Lioness!

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

Quick High-Level Recap of the July 10 Meeting

We also welcome **Michele McKeown** – Poem by Emily Florence, her sponsor.

Michele With One L

Born in Wheeling, WVA, some 62 years ago,
Michele grew up in Rochester, NY
But that's not all you need to know.

She's lived in Queens, NY and Herndon, VA, too
Now Lake of the Woods is her "Happy Place"
As it is for me and you.



Nine years ago, her neighbors said, "Come see us at the Lake!"
The Rappaports were here and thought
The perfect home it would make.

As luck (and Kathy Merritt) would have it, they found a place
(It's just down the street from me)
And Michele became a familiar face.

With her husband, Kerry, still working, it was a weekend getaway
Her kids, Tara and Chad, were off on their own
And Michele was ready to play.

Traveling is her #1 passion, starting when she was young
5 times camping across the country
State and National Parks, all done.

A college semester at sea, took her around the world
From Seattle to Port Everglades
A wanderlust was unfurled.

So 32 years as a flight attendant with Eastern and United
Seemed a perfect occupation
And kept Michele excited.

Now a permanent resident, Michele gets to enjoy
Walking, reading, researching
And using all her lake toys.

She is now ready to serve and has met folks through eyeglasses
We'll benefit from her talents and resources
Let's welcome her to LOW Lionesses.

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

Quick High-Level Recap of the July 10 Meeting

Business, continued

Thank You for Your Service!

Darcy Jennings, our immediate past president, awarded the 2024-2025 Board of Directors with tote bags with the Lioness Lions Club logo on them to thank the BOD members for their service while she was president and to also do some good ol' fashion marketing for the club! Pretty tote bags, Darcy! Thank you!



July Birthdays!



Theresa DiCicco

Jonnie Feterle

Julie Phend

Pam Derreberry

Carol Greeney

Marian Rood

Barbara Tomayko

Nicole Pappas

How Can I Serve?

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

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 meetings to **sell 50/50 tickets** and provide moral support.

Book Sale–AUGUST 30 and SEPT 27

The LOW Lioness

Book Sale will be held

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.

Food Pantry | Fridays 9:30 AM

The pantry will be open five Fridays in August

August 8 and 29 will be overstock days with August 1, 15, and 22 as regular USDA days.

Pam Derreberry would like to thank the following Lionesses who stepped up to help fill the shortage volunteers on a key day last month. **Deborah Raines, Nancy King, Janice Johnston, Sue Powers, Beth Newton, Emily Florence, Barbara Tomayko, Rosemary Butcher and her grandson.**

Thank you all!

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!

Note: We will not be meeting on Labor Day!

For info: Marian Rood 540-412-0214

Card Party – SEPT 28

The LOW Lioness Lions Club invites all Lake residents and their friends to attend our Annual Card Party, Luncheon and Fashion Show at the Lake of the Woods Clubhouse.

Friday, September 26, 2025 | 9:00 am until 3:30 pm | \$40 per person

(see flyer on the next page for more info)

All types of card games are encouraged and are not limited to: Hand and Foot, Samba, Queens, Canasta, Mah Jong, Mexican Train Dominoes, Bridge (bridge players should sign up with a partner)

To register, we are asking that a table captain collect the money and provide the names of all people in their party.

Registration – Contact Barbara to reserve your table (payments **due by SEPTEMBER 16th**)

Barbara Tomayko | 540-445-1442 | barbtomayko@comcast.net



The LOW Lioness Lions Club
invites all LOW residents and their friends to the

Annual Card Party, Luncheon, and Fashion Show

Date: Friday, September 26, 2025

Time: 9:00 am until 3:30 pm

Location: LOW Clubhouse

Cost: \$40 per person

Price includes:

- **Lunch** - plated Chicken Taco Salad with a vegetarian option available and chocolate mousse with whipped cream for dessert
- **Beverage station** - regular and decaf coffee, hot or cold tea, water throughout the day
- **Fun and Games ALL day**
- **Fabulous Fashion Show**

All types of card games are encouraged and are not limited to:

- Hand and Foot
- Samba
- Queens
- Canasta
- Mah Jong
- Mexican Train Dominoes
- Bridge (bridge players should sign up with a partner)

All about Fashion and Fellowship?

Join us for the fashion show and luncheon only and skip the games. Please arrive at 11:45 am. The price for that reservation is also \$40.

How do I Register?

Act as a table captain, convince your friends how much fun you will have, collect the money from them and register all your names as a group that will play together. If you are playing bridge, you can register as partners instead. Or convince one of your friends to act as the captain! 😊

Register by contacting Barbara Tomayko | 540-445-1442 | barbtomayko@comcast.net

Payments are **due by September 16.**

All proceeds from the raffles, gift baskets and 50/50 benefit Lioness supported charities in our community. Please bring cash to bid on gift baskets, raffle items, and 50/50.

Calendar of Events

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

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

September 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 LABOR DAY No eyeglass recycling today	2	3	4 Day at the Beach Social Activity 5-7pm	5 Food Pantry 9:30	6	7
8 Eyeglass recycling 9:30-11am	9	10	11 Dinner Meeting 5:15 – 8:00 pm	12 Food Pantry 9:30	13	14
15 Eyeglass recycling 9:30-11am NLT No RSVP to Tamers for Dinner Mtg	16	17	18	19 Food Pantry 9:30	20	21
22 Eyeglass recycling 9:30-11am	23	24	25	26 Card Party 9am -3:30pm Food Pantry 9:30	27 Book Sale	28
29 Eyeglass recycling 9:30-11am	30					

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 – emilyflorence@aol.com

Ann Turner – anntturner@gmail.com

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

LOW Lioness Club WINS 4th of July Parade

Eight Mighty Lioness women came together July 4th to decorate a tri-ton boat and truck and were declared winner of this year's parade float. Rosemary Butcher and her husband Tony (boat owners), along with Julie Davis, Diane Wiard, Caroline Collantes, Colleen Cameron, Kathy Phillips, Arlene Rich, and Susie Wright did a fabulous job decorating. In addition, Lionesses had a decorated golf cart and car in the parade. A fun day was had by all!



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 Lionesses recognized at our July meeting.

Claire Donohoe, Marylou Ambrose, Emily Florence, and Linda Corsones

You make us proud! When several of our Lioness sisters faced hardship this past month, you stepped up without hesitation to ensure tonight's dinner would go on without a hitch. Your actions reflect true commitment, unwavering support, and the spirit of sisterhood that defines us.

Cheers to you, my friends!

At the July meeting I told a version of the story, "The Star Thrower" from *THE UNEXPECTED UNIVERSE* by Loren Eiseley. Copyright © 1968.

One day a woman was walking along the beach when she noticed a small girl picking something up and gently throwing it into the ocean. Approaching the girl she asked, "What are you doing?" The youth replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die." The woman said, "don't you realize there are miles and miles of beach and thousands of starfish? You can't make a difference!"

After listening politely, the girl bent down, picked up another starfish, and threw it back into the surf. Then, smiling at the woman, she said..." I made a difference for that one."

Even the smallest acts of kindness and caring make a difference. May we continue to make a difference in the world around us.

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

Did You Know?

Miscellaneous Club News & Information

Sharing the Success of our 2025 School Supply Drive

I'm proud to share that our 2025 School Supply Drive was a wonderful success! We collected an abundance of supplies—16 boxes in total—that will be delivered to two local schools, with the possibility of supporting a third. In addition, \$2,230.00 was raised to help provide even more resources for students and teachers.

A huge thank-you goes out to everyone who donated supplies, contributed funds, or offered support along the way. I also want to acknowledge the committee members who worked with me: Sheran Marks, Cheryl Murray, Maggie Broadwater, Nancy Bidus and Bobbie Stone. Your help meant a great deal.

And to those who helped greet the public and collect supplies on Saturday, including Maggie, Nancy, Cheryl, and myself, along with: Gail Stoner, Cindy Cooper, Darcy Jennings, Ellen Bearden, Barbara Fattore, Jan Stockman, Mary Lou Ambrose, Wendy Witherspoon and Barbara Tomayko.

In my eyes, every woman in this organization is a Mighty Lioness. Whether you gave, helped, showed up, or simply cheered us on—you made a difference. That's what our motto is all about: **We Serve**. And we truly lived that out together.

If you donated and didn't receive a thank-you keychain, I still have plenty—please see me, Teresa Wisniewski, at the next dinner meeting so I can thank you in person.

With gratitude,
Teresa Wisniewski



Great Group of Lionesses!!!



Delivering the supplies to the schools!



Gathering the Supplies

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 540-928-8111

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 August Meeting

- Asian Cabbage Salad with Sesame Dressing
- Vegetable Spring Rolls
- Teriyaki Chicken
- Steamed Jasmine Rice
- Stir-fried Vegetables
- Mango Bread Pudding



August Birthdays!!

Jean Ann Daniels	Aug 14
Gloria Bishop Oliveri	Aug 16
Emily Slunt	Aug 18



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

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