

Lake of the Woods Lioness Lions LOWDOWN

Volume 41 | Number 9 | March 2026



www.lowlioness.org

President's Corner

By Heidi Brown, LOW Lioness Lions President

I was going to start this month's submission with how wonderful the weather is getting to be until today's forecast stopped me in my tracks. It has been beautiful the last week and this cold spell shall pass.

I want to thank Mary Lou Ambrose for hosting February's dinner meeting and the wonderful hospitality all of you showed to our guests, especially the LOW Lions. They returned the favor this past Thursday when 11 of us attended their dinner meeting. Sheila Carney, President of the LOW Lions, and I are thrilled at the cooperation between our two clubs. Mary Lou and Alex Salustri will take it even further next year.

What do we have coming up? The first major event is the Shimmery Shamrock Gala on 14 March. Many of you are attending as well as volunteering to help make it a spectacular event. Thank you to Teresa and Sharla for leading this wonderful event.

In cooperation with the Lions, the Listen Up! Preschool Hearing Health Outreach Program is coming to the lower level of the Clubhouse on 11 April at 3:30 pm. We will put out more information about this wonderful program soon. You'll need to register to attend.

Rather than having our own Spring Yard Sale, we will participate in the Community event on 18 April with a rain date of 19 April. Darcy and Mary Lou have graciously agreed for us to store items in their garages. I am looking for volunteers to price items, set up our space at Sweetbriar, and assist with selling. I plan to be there, along with Ann Turner and Mary Lou Ambrose. Please sign up to assist. This is a great time to clean out your garage, basement, attic, etc.... while donating to the yard sale, too.

We need a volunteer to take over the production element of the LOWDOWN from Sharla. The last LOWDOWN she will complete will be the month of May. She has done a fabulous job in partnership with the very talented Julie Phend, but since Sharla went from part-time to full-time work and is caregiving for her parents she needs to step down. She will assist/teach whoever steps up to do this essential task for our club – and you will still be working with Julie! Please volunteer as soon as possible so you can shadow Sharla over the next two months.

Thank you for all that you do for this community and thank you for all you do for each other. I'll see you at the March dinner meeting.

---Heidi

What Shall I Bring to this Month's Meeting?

Your smiling face! No need to bring anything this month... Thanks for all you do – your time is a HUGE contribution!! 😊



What will I find inside this LOWDOWN?

Pg 1 - **President's Corner**

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

Pg 2 - **We Missed You!** – High-level Recap of Last Month's Meeting

Pg 5 - **How Can I Serve?** – Upcoming Service Opportunities

Pg 8 - **Calendar of Events**

Pg 9 - **Monthly Stuff (not service related...)** – Menu, Birthdays, etc.

Pg 10 – **Blood Drive flyer**

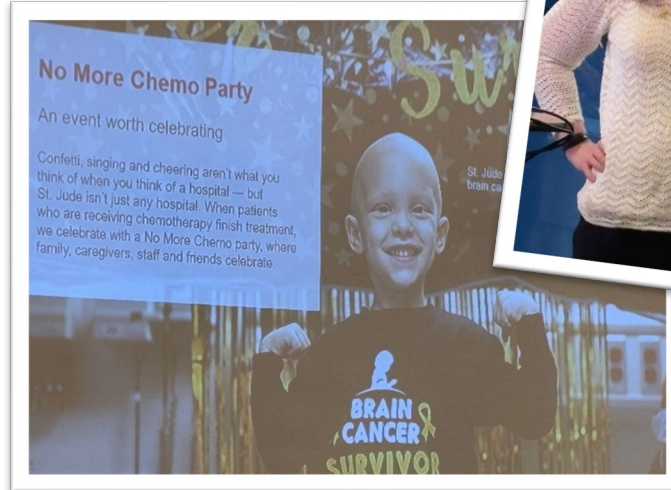
Pg 11 – **LOW Lioness Lions Board of Director's Meeting Minutes**

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

Quick High-Level Recap of the February 12 Meeting

PROGRAM

We had a wonderful speaker, Caroline Coblar, from St. Jude Hospital, talk with us about the special place St. Jude Hospital is – all the good work they are doing to research and cure childhood cancer. She was a very engaging speaker and had many heart-warming stories.



VISITORS



Emily Florence brought Danielle Pilon. Danielle lives here in the Lake and works full time for an insurance company. She has a son, daughter-in-law and two grandchildren in NOVA. She's a volunteer at the Orange County shelter and has volunteered at our food bank. Danielle will be joining us as a Lioness in March! 😊

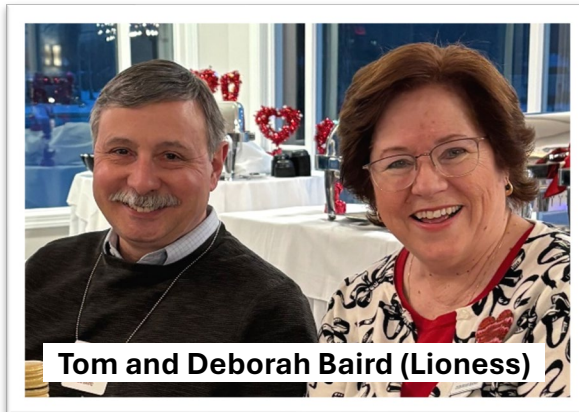
Kathy Merritt brought Charlene Fines - Charlene and Kathy met at the Clubhouse Tea event. Charlene and her husband Ken moved to the lake in 2018 when their first grandchild was born. She retired from Northrop Grumman in 2023 and is looking forward to serving our community with the Lioness Club. Charlene will be joining us as a Lioness in March! 😊



We had several visitors from the LOW Lions Club! It was a real treat to have them join us.



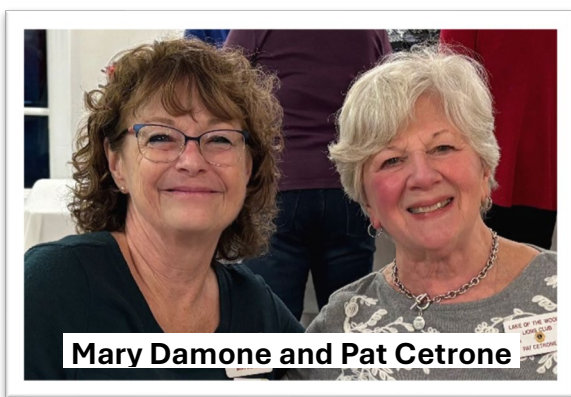
Alex Salustri



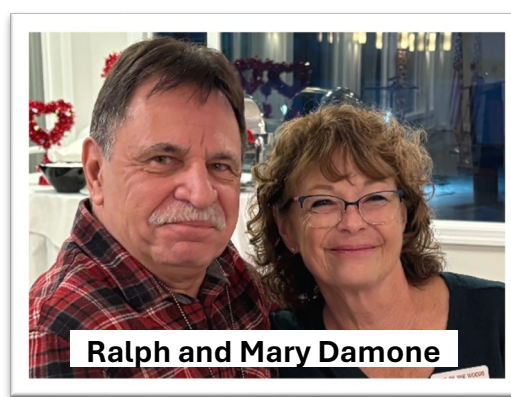
Tom and Deborah Baird (Lioness)



Cindy and Dick Unser



Mary Damone and Pat Cetrone



Ralph and Mary Damone

CHEVRON AWARDS

Gloria Bishop Oliveri presented Chevron Awards to Lionesses for their years of service. These awards are given at 5-year intervals.



Joan Litschert
10 years

Betty Beck
25 years

Kathy Merritt
20 years

Karin Goetz
15 years

Theresa Diccico
15 years

Not present: Jonnie Feterle, 10 years; Ellen Bearden, 20 years; Val Protiva 20 years

FEBRUARY BIRTHDAYS



MIGHTY LIONESSE

We are fortunate and honored to belong to a club whose members, through their character and presence, bring joy and comfort to others. Their acts of kindness, generosity and selflessness show the world the true heart of a Lioness. Whether these acts are modest or far-reaching, each reflects a steadfast commitment to service and **compassion, at a personal or community level.** **We invite you to reflect upon our circle of women, those to whom we turn in times of challenge and those who share in our moments of celebration.** Their unwavering support reminds us that they are always there, and they merit our appreciation.

DONALDA LOVELACE, You Mighty Lioness!

At our February meeting **Donalda Lovelace** was recognized as a Mighty Lioness for inviting the LOW Lions Club to our meeting, and for her ongoing support of the Lioness Club.

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

If you forget your Name Badge when attending our monthly meeting, please drop \$1.00 in the basket at the check-in table, and write yourself a temporary name badge. We may remember your lovely face, but not always your name. Thank you!

How Can I Serve?

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



Shimmery Shamrock Gala

Is Almost Here!

The Shimmery Shamrock Gala is just weeks away, and our Shamrock Committee has been working hard behind the scenes to create a festive and memorable evening for our community.

We are incredibly grateful to everyone who has donated auction items and purchased tickets. Your generosity allows us to continue supporting important local causes through this annual fundraiser.

Ticket Information

A limited number of tickets remain for *the Gala on March 14* and are available on a first-come, first-served basis. If you or your friends would like to “shake your shamrock” with us, now is the time! For ticket availability, please contact: Nicki Buell nbuell13@comcast.net

Auction & Payment Information

Guests are encouraged to bring cash or checks, as this helps us avoid credit card processing fees. Credit cards will be accepted for silent auction purchases; however, raffles and special ticketed items will require cash or check only.

We look forward to a wonderful evening of fun, friendship, and community spirit. The committee is excited to create a special evening for all and we can't wait to shake our shamrock with you! Hope to see you there!



THE BOOK STORE

The next book sale is **March 28**. Upcoming book sales will be on April 25 and May 30.

Please contact Ann Walker, Sherri Lasover or Helene Burns if you have questions or need help when the Book Store is closed.

THE FOOD PANTRY

Fridays @ 9:30am

The pantry will be open four Fridays in March.

March 6, 13 (overstock), 20, 27

Normal hours are 9:00-10:30, Overstock Day is 9:00 until gone.

For info: Nicki Buell 703-217-5615

EYEGLOSS RECYCLING

Mondays @ 9:30am

When we meet, 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

SPRING YARD SALE

April 18

Please stay tuned for more information about how to get involved. For now – start organizing and setting aside items that you are ready to part with and have a cleaner, clearer future house!!

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

2026 WHITE HOUSE ORNAMENT FOR SALE

This year's Official White House Ornament is also the 250 Commemorative Ornament. The ornaments are available early this year due to the theme of the United States 250th Year Anniversary Celebration and are available now for purchase through the Lake of the Woods Lioness Club. This will make a nice gift for any occasion throughout the year.

The cost of the ornament is the same as the past years – no price increase \$25. To purchase or place your order call or text:

Jan Stockman (703-943-9314) or Kathy Merritt (540-538-6605)



LOWDOWN

Looking for a creative outlet and a way to serve? Creating the LOWDOWN is a fun way to get involved and ensure our membership stays informed. A team (Sharla Bailey and Julie Phend) works together to publish the LOWDOWN. Julie gathers the content and Sharla creates the actual document. Sharla will work with you over the next few months to show you the template to make the regular features straightforward – allowing you tons of license to do your own creative elements however you like! Please reach out to Sharla directly if you are interested. May is the first month you would be on your own - with Julie, as your partner, of course! 😊

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.

Calendar of Events

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

| MARCH 2026 | | | | | | |
|------------|---|------------------------|-----|----------------|------------------------|-------------------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Eyeglass Recycling 9:30 – 11am | | | | Pantry Open 9-10:30 | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | RSVP for Dinner Mtg by Noon; Eyeglass Recycling 9:30 – 11am | | | Dinner Meeting | OVERSTOCK 9 till gone | Shimmery Shamrock Gala 6-11pm |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | Eyeglass Recycling 9:30 – 11am | Blood Drive 12:30-5:30 | | | Pantry Open 9-10:30 | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | Eyeglass Recycling 9:30 – 11am | | | BOD Meeting | Pantry Open 9-10:30 | Book Room Sale |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| | Eyeglass Recycling 9:30 – 11am | | | | | |

| APRIL 2026 | | | | | | |
|---------------|---|-----|-----|----------------|-----------------------|------------------|
| SUN | MON | TUE | WED | THU | FRI | SAT |
| | | | 1 | 2 | 3 | 4 |
| | | | | | Pantry Open 9-10:30 | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Easter Sunday | RSVP for Dinner Mtg by Noon; Eyeglass Recycling 9:30 – 11am | | | Dinner Meeting | OVERSTOCK 9 till gone | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | Eyeglass Recycling 9:30 – 11am | | | | Pantry Open 9-10:30 | Spring Yard Sale |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | Eyeglass Recycling 9:30 – 11am | | | BOD Meeting | Pantry Open 9-10:30 | Book Room Sale |
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |
| | Eyeglass Recycling 9:30 – 11am | | | | | |

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 all three of us, the Tamers, by noon on 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 anntturner@gmail.com
- Sharon Corner andiprayed@gmail.com
- Emily Florence emilyjflorence@aol.com (Tamer advisor)

DINNER MENU FOR MARCH MEETING

Italian Pasta Feast

- Caesar Salad
- Three Sauces: Bolognese, Alfredo, Marinara
- Cavatappi and Penne Pastas
- Sliced Italian Sausage
- Roasted Vegetables
- Garlic Bread
- Ricotta Chocolate Pie



MARCH BIRTHDAYS

| | | | |
|-------------------|------|----------------|------|
| Teresa Wisniewski | 3/1 | Gail Stoner | 3/19 |
| Gina Davies | 3/17 | Sheran Marks | 3/21 |
| Julia Davis | 3/17 | Sharla Bailey | 3/21 |
| Pat Licata | 3/17 | Sharon Corner | 3/22 |
| Anne LeHuray | 3/18 | Darcy Jennings | 3/24 |
| Kathy Haynes | 3/19 | | |



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

Lake of the Woods Lioness Lions Club

PO Box 811
Locust Grove, VA 22508

-  lionessclub@lowlioness.org
-  www.lowlioness.org
-  [LOW Lioness Lions Club](#)



Blood Drive
Lake of the Woods
Community Center

March 17, 2026

New Hours: 12:30 - 5:30 PM

110 Sweetbriar Park Rd
Locust Grove, VA 22508

Sign up today

For an appointment, please visit RedCrossBlood.org

Or call 1-800-RED CROSS (1-800-733-2767).

Give Something that Means Something[®]

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

**Agenda for the Board of Directors Meeting
Lake of the Woods Lioness Lions Club
Thursday, February 26, 2026, at 5:30 p.m.
Community Center, Room 2**

BOD Meeting called to Order by President, Heidi Brown at 5:33 p.m.

Present: President: Heidi Brown; **Foundation Treasurer:** Loretta Lafley; **Administrative Treasurer:** Beth Newton; **1st Vice President:** Mary Lou Ambrose; **2nd Vice President:** Teresa Wisniewski; **Tamer:** Ann Turner; **Temporary Tamer/Director:** Emily Florence; **Tail Twister:** Nicole Pappas; **Membership:** Pat Licata and Barbara Tomayko; **Directors:** Caroline Collantes, Claire Donohoe and Emily Florence; **Immediate Past President:** Darcy Jennings

Absent: Secretary: Gloria Bishop Oliveri; **3rd Vice President:** Arlene Rich; **Tamer:** Sharon Corner; **Director/Tamer:** Nicki Buell.

Secretary's Report: Gloria Bishop Oliveri

1) **Motion** to approve Minutes from the **January 22, 2026, BOD meeting**, which were previously submitted. **Motion** made by Nicole Pappas and seconded by Teresa Wisniewski. **Motion** passed.

2) **Monthly Reports** from Committee Chairs for: **January 2026**

PS= 3,081 L= 131 H= 6614 \$= \$545.00

***Book Sale: \$278.00 *White House Ornaments: \$500.00 *Vintage Ornaments: \$45.00**

1) **New Members:** Susan Haynes, previously approved by the BOD is being sponsored by Julie Phend. Two more applicants will be discussed by the Membership team.

5) **Resignations:** None for February.

6) **Old Business: BOARD OF DIRECTORS NOMINATIONS AND ELECTIONS**

The Board of Directors reviewed Club documents regarding the timeline for annual Board elections and the procedures for nominating and voting at the dinner meeting of Lioness members. The chair of the nominating process is the Immediate Past President.

Nominations begin in February, followed by a nomination committee meeting in March to create a ballot, and elections are held at the April meeting. Allowing for time to notify the members at the monthly dinner, the Board determined that the Immediate Past President should present a preliminary roster of candidates at the March meeting and ask for any interest in unfilled positions as well as nominations from the floor. The nominating committee will present a ballot of candidates for member approval at the April dinner meeting if possible, or at the May dinner meeting if a complete roster takes longer to assemble. Once the final ballot is presented for a vote, no new nominations may be taken.

This process is intended to provide all members with the opportunity either to be nominated or to submit their own names for consideration, and to guarantee a fair and inclusive nomination process for all members.

Foundation Treasurer, Loretta Lafley:

January 2026 Report:

- 1) **Total Income:** \$545.00
- 2) **Total Expenses:** \$0.00
- 3) **Adjusted Bank Balance:** \$49,632.91
- 4) **CD Balance:** \$30,261.44

Administrative Treasurer, Beth Newton

January 2026 Report:

- 1) **Total Income:** \$0.00
- 2) **Total Expenses:** \$2,377.64
- 3) **Cash Balance Checking:** \$9,700.92
- 4) **CD Balance:** \$10,000.00

The Board discussed the timeline of our agreement with the Clubhouse for the monthly dinners, including pricing, menus, and whether it was necessary for the Clubhouse to continue to provide the "to-go" meals. Ann Turner will follow-up with the Clubhouse staff to extend the current arrangement through June.

President's Report: Heidi Brown

- 1) The Club will hold its spring yard sale as part of the Community Yard Sale on April 18. Mary Lou Ambrose has reserved a 20-foot x 20-foot booth. The Community Yard Sale provides us with free advertising and should attract more customers. Darcy Jennings offered her garage as a site to collect donations. Barb Tomayko will coordinate times to drop off items and dates/times for volunteers to meet and price the items.
- 2) On Saturday, April 11, the Lions are hosting a presentation about the *Listen Up Roadshow* program. The presentation will be at 3:30 p.m. in the lower level of the Clubhouse, and last about 90 minutes. Heidi recommended that Board members attend and many are interested.

2nd Vice President: Teresa Wisniewski

- 1) Teresa provided an update for the Shimmery Shamrock Dinner Dance on March 14. Almost all tables have sponsors and only 6 tickets remain. She added that the baskets are complete, fine wines acquired and a wonderful selection of items were donated. The evening should be a great time!

Directors: Nicki Buell, Caroline Collantes, Claire Donohoe, Emily Florence

- 1) The Directors have multiple events planned; more information to come as they finalize details. On March 31, they plan a visit to Mary Washington University's Great Lives speaker program. The author, Tim Greiving, will discuss his biography of John Williams, the famous film music composer (Star Wars). Future events include reviving the small group get-togethers at member homes (from a few years ago) and attending one of the Culpeper Concert series programs.

Tail Twister: Nicole Pappas

- 1) Nicole visited the Ferris Building to explore storage options and learn about the Used Book Sales. Because the building is shared with other organizations, extra storage is currently unlikely.
- 2) Nicole has not heard from the DECA sponsor. She shared a letter from the Orange County Schools Director of Bands, asking for support in purchasing much needed instruments for the Middle School Band. The expense was quite large. After discussion, Nicole offered to investigate other options to help the schools raise funds. One suggestion was to help sponsor a student concert.

Membership: Pat Licata and Barbara Tomayko

- 1) Barbara has two inductees for the March meeting. Susan Haynes was previously approved by the Board. Barbara presented an application for Danielle Pilon, sponsored by Emily Florence. Danielle has completed her dinner and service requirements. She is interested in helping with the Eyeglass donations, Food Pantry, School Supply Drive and the Yard Sale. **Motion** to approve Danielle's membership was made by Heidi Brown and seconded by Darcy Jennings.
Motion passed.
- 2) Charlene Fines is in the process of sending in an application and her induction is still pending.
- 3) Pat proposed that the Club consider supporting Dolly Parton's Imagination Library. The program supports literacy for children under five years old. Enrolled children receive a free book every month until they are five. A new county non-profit, "Orange County Books and Beyond," is coordinating with the Imagination Library for our area. Pat suggested inviting a guest speaker from the program to provide more information.

Past President: Darcy Jennings

- 1) Darcy discussed the status of nominations for the 2026-2027. She will present the updated list at the March 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 7:29 p.m.

Respectfully submitted,

Elizabeth Newton for Gloria Bishop Oliveri LOW Lioness, Lions Secretary

Next BOD Meeting: Thursday, March 26, 2026, at 5:30 p.m. in the Community Center, Room 2