

LAKE OF THE WOODS LIONESSE LIONS LOW DOWN

Volume 39 Number 10 - April 2024



President's Corner

By Lioness Barbara Tomayko, LOW Lioness Lions President



Well Spring is upon us. I love seeing all the flowers and blooming trees around us. It lets us know that summer is just around the corner.

As many of you know the Madi Gras dinner/dance was a big success and fun was had by all. I want to personally thank all those who worked so hard to pull this together. This is our biggest fundraiser of the year and allows us to do great things for our community.

It was great to have Mike Scienci at the March Dinner Meeting teaching all of us how to identify if someone is having a stroke and the steps to take in getting help.

Your Board has formed a committee to update our By-Laws and Constitution. We could still use a couple of volunteers. If you may be interested, please give me a call.

The mini socials are continuing, and everyone is having a great time. We will have sign up sheets at the next dinner. If you are interested in hosting one please give me a call.

Look forward to seeing you all at the April 11 dinner meeting.

Barbara

HELLO
April

www.lowlioness.org

WHAT TO BRING TO THE MEETING?

1. A smile
2. A guest
3. An idea
4. A positive attitude



If anyone needs a
MEMBERSHIP PIN,
please notify
Cindy Coover or Billie
Cooke
before the meeting's end.

THE INSIDER'S VIEW (Continued)

FOUNDATION TREASURER'S REPORT: Loretta Lafley

1. Bank Balance YTD: \$101,660.84
2. Karen Cakouros Fund: Total collected is \$5,621.00 and will be distributed as follows:
 - A) Child Help will receive \$1,207.00
 - B) LGA will receive \$1,207.00
 - C) Scholarship to a trade school: \$3,207.00

ADMINISTRATIVE TREASURER'S REPORT: Barbara Tomayko

1. Totals for March 2024:
 - A. Income: \$2,268.00
 - B. Expenses: \$4,530.96; under by \$2,262.96
 - C. Cash Balance: \$14,110.62

1st VICE PRESIDENT: Darcy Jennings

1. Darcy is working on BOD job description, committees and projects

2nd VICE PRESIDENT: Joan Litschert

3rd VICE PRESIDENT: Emily Florence

TAMERS: Heidi Brown, Claire Donohoe

1. Heidi MUST have RSVP counts no later than Sunday eve prior to the Thursday dinner meeting
2. Clair Donohoe and Emily Florence met with Ryan and have menus set up through July 2024 dinner meeting.

TAIL TWISTER: Mary Lou Ambrose

MEMBERSHIP: Billie Cooke and Cindy Coover

DIRECTORS: Ellen Bearden, Susan Bergner and Toni Keating

IMMEDIATE PAST PRESIDENT: Nicki Buell

1. Nicki and Ellen reported their "Mini Social" was very successful and had a very pleasant afternoon.
2. Their guest mentioned and discussed Mixers and would like to have it at our April 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 9:05 PM.

Respectfully submitted,

Gloria Bishop Oliveri, Secretary

April Dinner Program—TBD

Important Information



LOW Lioness Lions Committee Chair Data Reports

Hello my Fellow Lionesses,

Part of my responsibilities as Secretary of our club is to gather and report the many ways we come together to make a positive impact in our communities and beyond. Our actions make a difference. **We** make a difference! Our motto after all is “We Serve”

Each month, I contact our Committee Chairpersons and ask for the following information:

- 1) How did we serve this month?
- 2) How Many people did we help/serve?
- 3) How many Lionesses volunteered and for how many hours?

For Example: For the Month of February 2024 we did the following:

People Served: 3,184

Volunteered Lionesses: 134;

Hours Served: 551

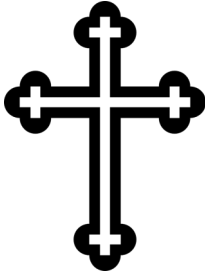
Did we have any fundraisers? If so, how much did we raise? I can tell you that for the month of March 2024, we raised \$9,752.68 via the Mardi Gras Dinner Dance. We also re-opened our bookstore and raised \$275.00

Not only do I report this to all of you via the BOD minutes published in the Low Down, but I also have to report this data to Lions International via MyLCI website/portal. Lions International in turn uses this information gathered from ALL the clubs throughout the world to demonstrate the impact each club makes and **this helps them in requesting assistance/donations from the large corporations globally.**

It is your job to volunteer and continue to make a difference, and my job to report all the good work that you do to make sure we, the Lioness Lions Club, get credit for that work!

by Gloria Bishop Oliveri, Secretary

Announcements



There will be a mass for Karen Cakouros on **Friday, April 26th at 9:00 AM** at St. Mary of the Immaculate Conception Roman Catholic Church, 1009 Stafford Avenue, Fredericksburg, VA 22401.

LOW Lioness Lions Book Sale

The next book sales will be held on April 27th and May 25. The book sale is located in the Ferris Building across from the Lions Yard Sale!

We no longer have storage space and thus will not be able to accept large donations of books.

We look forward to seeing you. Please contact Ann Wood at (540) 972-4338, Sherri Lasover at (540) 412-9854 or Helene Burns at (540) 412-0798 if you have any questions.



The **LOW Lioness Yard Sale** will be held on **Saturday, May 18, 2024, from 9:00 am to 1:00 pm** at the Lions Pavilion at the Community Center. We will be collecting your gently used household items (kitchen stuff, purses, knick knacks, jewelry), garage sale goodies and anything you think will catch someone's eye. We will be accepting donations at the pavilion at Sweetbriar Park starting at 7:30 a.m. on Saturday, 5/18/24.

If you are Spring cleaning early, **Billie Cooke's garage** is available for dropping off your items on the following

Thursdays: 4/11, 4/18, 5/2, 5/9 and 5/16 from 10:00 a.m. to 4:00 p.m.. Her address is **127 Harrison Circle**. If you have any questions about drop off, her phone number is **(804) 914-0666**.

We will have **sign-up sheets** at the **April dinner meeting** for those of you who would like to help out at the actual sale.

Announcements

Lioness "Inductee for May", **Janice Johnson** collected 120 bags in less than 3 months!
Thank you Janice!



START SAVING YOUR PLASTIC BAGS NOW!

The two collection bins are located at
419 Wilderness Drive & 319 Liberty Boulevard
We are looking for a third location (Volunteer)

Contact Anne LeHuray
(alehuray@comcast.net)
or (703) 300-8744).

Any Lioness is always welcome to volunteer at
THE FOOD PANTRY each Friday morning from **8:30**
to 10:30 to hand out food items to our clients.
You can volunteer one Friday a month or more if you
like.

It is a very rewarding activity !



Eyeglass Recycling

We meet from 9:30 to 11:00 every Monday morning at The Ferris Building (the same building as the Book Sale). We wash, dry, and have good conversations. It is a great way to start the week and we usually finish the morning with a trip to Fareways for lunch!
You are not committed to come every Monday, just when it is convenient! Thank you.



March Dinner Program

The March Dinner Program featured Lake of the Woods Fire & Rescue's Mike Scienci. Mike and his daughter Isabella stressed the importance of early action when you suspect stroke symptoms. Know the signs of a stroke and call 911.

What can you do? B.E. F.A.S.T.

Sudden trouble walking or loss of **BALANCE**

Sudden trouble seeing in one or both **EYES**

Sudden numbness or weakness of the **FACE**, face drooping

Sudden **ARM** numbness or weakness

Sudden trouble **SPEAKING** or understanding others

TIME: If you observe any of these signs, call **911** immediately



KNOW THE SIGNS OF A STROKE

BE FAST CALL 911

Stroke is a medical emergency. Every second counts. Any one of these **SUDDEN SIGNS** could mean a **STROKE**.

B.E. F.A.S.T

					
Sudden trouble walking or loss of BALANCE	Sudden trouble seeing in one or both EYES	Sudden numbness or weakness of the FACE - face drooping	Sudden ARM numbness or weakness	Sudden trouble SPEAKING or understanding others	TIME: If you observe any of these signs, call 911 immediately

Be Stroke Smart | Stay Stroke Smart | Be a Stroke Smart Champion



Membership

New Lionesses inducted at the March Meeting



WELCOME!

It's a great honor to introduce you to **Carolyn Rourke**, inducted into our own LOW Lioness organization last month.

Many may know Carolyn for her dedicated work with LOWLINC, but you may not know she comes to us from Chillicothe, Missouri, famous for sliced bread being first offered for sale there.

Carolyn lived in Maryland and other parts of Virginia, before claiming residency here at LOW in 2005. She settled here to enjoy its location, history, and rural feeling. She enjoys many activities we all enjoy in this community. She is particularly interested in devoting time and energy to our Food Pantry.

Welcome Carolyn!

Penny Shultz comes to us from Portland Maine, upstate New York and then Gordon Road in Fredericksburg.

Penny met her husband Joe in high school, just before he joined the Air Force. They were happily married for almost 50 years. They loved to boat on the Rappahannock River and tinker around their home. Penny retired from Crysler City, Northern VA and she and Joe had some fun plans for retirement, however Joe died unexpectedly seven days after she retired.

She was an office manager for many years, so she doesn't want to lead any activities, but is a willing helper as needed. She started playing cards with friends here at the lake and downsized and moved here in 2020.

A night owl, she loves knitting, baking, reading, and watching sports, especially the Braves. Her good-natured demeanor and a constant smile have helped her make new friends here at the lake. She just joined LOWLINC and enjoys giving rides to its members. Please welcome Penny to our club.

March Dinner Guests

Jean Poole



Pam Donahue



Sharla Bailey



Not pictured, Debra Conrad

From the Tamers

By Heidi Brown



The Lake of the Woods Lioness Lions Club Dinner meeting will be held at the Clubhouse with a 5:15 p.m. social gathering followed by dinner at 6:00 p.m. Please remember to call or email the Tamers by the Monday, prior to the dinner, if you are not attending or need a special meal. Dinner will be buffet style. **A no-call or no-show will cost you \$25.00** if you are unable to attend this meeting.

NOTICE: We reply to E-mails & phone calls. If you can't attend, you may have your meal picked up—contact Tamers only. Please DO NOT contact the Clubhouse. Also, if you are bringing a guest, please call the Tamers.

Heidi Brown: (703) 402-8773 hvbrown59@gmail.com
Claire Donahoe: (703) 447-0235 cfdonahoe@hotmail.com
Emily Florence: (571) 239-0591 emilyjflorence@aol.com

If you are bringing a guest, please call the Tamers

DINNER MENU

Salad: Clubhouse

Clubhouse Garden Salad w/White Balsamic or Ranch Dressing

Rolls & Butter

Dinner

Chicken Chardonnay

Rice Pilaf

Roasted Asparagus

Alternate Meal

Roasted Acorn Squash stuffed with Mushroom, Tomato & Spinach topped with a Fig Reduction

Dessert

Assorted Desserts

Dinner Price is \$25.00

TWISTER CORNER

I'm not interested in fighting,
hating, blaming or being petty with
whatever time I have left in my life.
I want to be happy. I want to feel
loved. I want to have peace.



APRIL BIRTHDAYS

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

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5 Food Pantry 9:00-10:30 AM	6	7
8 Eyeglass Recycle 9:30-11:00 AM	9	10	11 DINNER MEETING	12 Food Pantry OVERSTOCK 9:00-GONE	13	14
15 Eyeglass Recycle 9:30-11:00 AM	16	17	18	19 Food Pantry 9:00-10:30 AM	20	21
22 Eyeglass Recycle 9:30-11:00 AM	23	24	25 BOARD MEETING	26 Food Pantry 9:00-10:30 AM	27 Lioness Book Sale 8:30AM - 1:00 PM	28
29 Eyeglass Recycle 9:30-11:00 AM	30					

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3 Food Pantry 9:00-10:30 AM	4	5
6 Eyeglass Recycle 9:30-11:00 AM	7	8	9 DINNER MEETING	10 Food Pantry OVERSTOCK 9:00-GONE	11	12
13 Eyeglass Recycle 9:30-11:00 AM	14	15	16	17 Food Pantry 9:00-10:30 AM	18 SPRING YARD SALE 9:00-1:00	19
20 Eyeglass Recycle 9:30-11:00 AM	21	22	23 BOARD MEETING	24 Food Pantry 9:00-10:30 AM	25 Lioness Book Sale 8:30AM - 1:00 PM	26
27 NO Eyeglass Recycle MEMORIAL DAY	28	29	30	31 Food Pantry 9:00-10:30 AM		

FROM THE EDITOR

Lynne Kovach
Editor, Lioness Lions LOW DOWN
Phone: (540) 920-8528
Email: lynnebkovach@gmail.com

Please submit information, articles and photographs for the LOW DOWN to **EMILY FLORENCE** **no later than the Friday before the newsletter comes out.** The newsletter will be distributed on or about the first of the month.

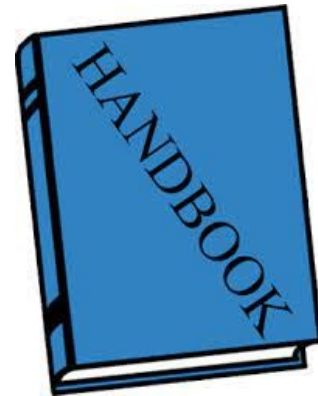
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

Email: emilyjflorence@aol.com
Phone: (571) 239-0591

HANDBOOK CORRECTIONS

Please forward any additions, changes, or corrections to your Handbook/Directory to

Christine Getty at
fcfmgetty@comcast.net



The LOW DOWN is published monthly by the
Lake of the Woods Lioness Lions Club
By Lynne Kovach & Emily Florence



[Click HERE to find us on Facebook](#)

Lake of the Woods Lioness Lions

LOW DOWN

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www.lowlioness.org

Eyeglass Recycling

Marian Rood, 540-412-0214

Wilderness Food Pantry

Nicki Buell, 703-217-5615

Book Sale

Helene Burns, 540-412-0798, Sherri Lasover, 540-412-9854, and Ann Walker, 540-972-4338