

LAKE OF THE WOODS LIONESSE LIONS LOW DOWN

Volume 39 Number 12 - June 2024



President's Corner

By Lioness Barbara Tomayko, LOW Lioness Lions President

Dear Lionesses,



This is my last letter to all of you as your President. As I look back at the past year, I can't believe how fast the time went by. There were some challenges but most of all there were many successes. We had a great BOD that supported me and I couldn't have done my job without them. I want to thank them from the bottom of my heart. I also want to thank all the members who encouraged me and said job well done throughout the year.

My thanks also go out to our wonderful members who volunteered throughout the year at all the events and projects that our club does. These events and projects enable us to continue to support our community. Thank you all for giving me the opportunity to serve as your President and I look forward to the coming year and the great things to come!

Barbara Tomayko



June Dinner Program

High School Recipients of our Scholarships will be awarded at the June Dinner.

www.lowlioness.org

WHAT TO BRING TO THE MEETING?



School Supplies
See Page 6 for list of items needed.



Membership

Dues **\$80.00**



If anyone needs a **MEMBERSHIP PIN**, please notify Cindy Coover or Billie Cooke

**Lake of the Woods Lioness
Lions Club**

Post Office Box 811
Locust Grove, VA 22508

Meetings are held at the LOW Club
House on the 2nd Thursday of each
month. Social hour at 5:15 p.m.

2023—2024 Board of Directors

President
Barbara Tomayko
110 Pleasant Grove
Locust Grove, VA 22508
(703) 618-6023

Secretary
Gloria Bishop Oliveri
14612 Junction Court
Fredericksburg, VA 22407
(909) 772-2716

Treasurers
Loretta Lafley
Beth Newton

1st Vice President
Darcy Jennings

2nd Vice President
Joan Litschert

3rd Vice President
Emily Florence

Lioness TAMERS
Heidi Brown
Claire Donohoe
Emily Florence

Tail Twister
Mary Lou Ambrose

Membership
Billie Cooke
Cindy Coover

Directors
Ellen Bearden
Susan Bergner
Toni Keating

Past President
Nickie Buell

THE INSIDER'S VIEW

**Minutes from the
May 23, 2024
BOD Meeting**

The meeting was called to order at 7:02 PM on Thursday, May 23, 2024 by
President, Barbara Tomayko

The following board members were **present**:

President: Barbara Tomayko; **Secretary**: Gloria Bishop Oliveri; **Treasurers**: Loretta Lafley; Beth Newton; **1st Vice President**: Darcy Jennings; **Tamers**: Heidi Brown and Claire Donohoe; **Tail Twister**, Mary Lou Ambrose; **Director**: Toni Keating; **Membership**: Billie Cooke and Cindy Coover; **Immediate Past President**: Nicki Buell

ABSENT: **2nd Vice President**: Joan Litschert; **3rd Vice President**: Emily Florence;
Directors: Ellen Bearden; Susan Bergner

SECRETARY'S REPORT: Gloria Bishop Oliveri

1) The minutes of the **May 2, 2024 (rescheduled from April 25, 2024)** BOD meeting, which were previously distributed, were approved. Motion to approve made by Heidi Brown and seconded by Darcy Jennings. Motion carried.

2) Committee Chairpersons monthly reports for: **April 2024**:

PS= 4,794 **L**= 198 **H**= 755 **\$**= \$200.00 (Bookstore)

3) Old Business:

A. **Inductees Pending**: Janice **Johnston**, sponsored by Kathy Merritt; Wendy **Witherspoon**, sponsored by Nancy Bidus and Jean **Poole**

B. BOD positions description – In progress by Darcy Jennings.

C. Slate of candidates for 2024/2025: On Tuesday, May 08, 2024 at 10:58 AM the 2023-2024 BOD voted via email on the slate of BOD for the year July 1, 2024 – June 30, 2025 and was passed unanimously by a vote of 15 yes with one not responding.

D. On Thursday, May 09, 2024 the slate BOD for the year July 1, 2024 – June 30, 2025 (previously approved by the BOD) were presented to LOW Lioness Lions membership for voting at our dinner meeting. Motion to approve made by **Anne LeHuray** and seconded by **Millie Davis**. Motion carried as witnessed and documented by **Gloria Bishop Oliveri**, LOW Lioness Lions Club Secretary.

4) **Resignations**: No resignations to report

PRESIDENT'S REPORT: Barbara Tomayko

1) Barbara requested ideas from the board for raising funds specifically to go toward our administrative budget.

2) Barbara presented the Committee to review our Constitution and Bylaws:

3) Susan Bergner, Heidi Brown, Brigitte Still, Barbara Tomayko and Darcy Jennings.

THE INSIDER'S VIEW (Continued)

LOW Lioness Lions Club Foundation Budget		
July 1, 2024 - June 30, 2025		
Receipts		
Book Sales	4,000	
Card Party Luncheon	8,900	
Dinner Dance /Mardi Gras	20,000	
Flea Market / Yard Sale	1,500	
Golf Selven Powell Tournament (Food Pantr	2,000	
Christkindlemarkt	1,500	
Miscellaneous Projects/Donations	3,550	
Claudia Low School Supplies Drive	2,000	
Sock Hop	7,500	
White House Ornaments	12,000	
Total Receipts		62,950
Expenses of Fundraisers/Service Projects		
4th of July	300	
Foundation Fees	25	
Card Party Luncheon Expense	5,000	
Dinner Dance /Mardi Gras	10,000	
Flea Market Expense	75	
Trick or Treat	70	
Kristkindlemarkt expense	180	
Sock Hop	2,500	
Claudia Low School Supply Drive	2,000	
Selvin Powell Golf Tournament	100	
Supplies/Stamps/Checks	100	
White House Ornaments Purchase	9,000	
Subtotal		29,350
Vision ,Hearing & Health		
Lions Sight Foundation	1,500	
Diabetes Association	1,500	
Saint Jude Hospital	1,500	
Subtotal		4,500
Other Lions		
Lions Leader Dog	1,000	
Lions Service Dogs of Virginia	1,000	
Lions of VA Fund (LOVF) Disaster Relief	500	
Subtotal		2,500
Local Community		
Child Help (ice cream social) Expense reimt	100	
Germana Heights Senior Community (Exper	100	
Junior Golf Club	300	
LOW Fire & Rescue	2,000	
Lake Youth Foundation Fishing, Santa etc.	300	
Orange County Animal Shelter	200	
Orange County Free Health Clinic	1,000	
Piedmont Dental Clinic	500	
SAFE House	1,000	
Subtotal		5,500
Education/Schools		
Head Start	500	
Locust Grove Primary School Library	500	
Locust Grove Elementary School Library	500	
Locust Grove Middle School Library	500	
Orange County High School Library	500	
Orange County Office on Youth After Prom P	300	
Orange County HS Robotics Team	300	
Subtotal		3,100
Higher Education Scholarships		
Germanna Students (3)	9,000	
High School (3)	9,000	
Subtotal		18,000
Grand Total Expenses		62,950

FOUNDATION TREASURER'S REPORT: Loretta Lafley

- 1) Bank Balance YTD: \$94,483.45
 - 2) LOW Lioness Lions Spring Yard Sale brought in \$1,007.40
- Motion to approve Foundation report made by Beth Newton and seconded by Billie Cooke. Motion carried.

ADMINISTRATIVE TREASURER'S REPORT: Beth Newton

- 1) Income and Expenses:
Total Income: \$2,789.00
Total Expenses: 1,778.18
- 2) Bank Balance YTD: \$16,290.55
Motion to approve Administrative report made by Cindy Coover and seconded by Claire Donohoe. Motion carried.

1st VICE PRESIDENT: Darcy Jennings

- 1) Darcy continues to work on BOD job descriptions, committees and projects.
- 2) Billie Cooke and Cindy Coover submitted their Membership guidelines/ policy to Darcy.

TAMERS: Heidi Brown, Claire Donohoe

- 1) Menu for our dinner meetings is set through July.

TAIL TWISTER: Mary Lou Ambrose

MEMBERSHIP: Billie Cooke and Cindy Coover

- 1) New Inductees:
Wendy **Witherspoon**, sponsored by Nancy Bidus
Jean **Poole**, sponsored by Teresa Wisniewski
Janice **Johnston**, sponsored by Kathy Merritt
- 1) Billie and Cindy brought up for discussion incentives for existing members who assist/bring in new members.
Gloria Bishop Oliveri, reminded the board that as long as the LOW Lioness Lions Secretary reports **SPONSORS** of new Lionesses on MyLCI, those sponsors will be recognized and pins awarded. On 11/09/23 **Kathy Merritt** received the "Membership Advancement Key" for sponsoring 5 or more new members and **Yvette Ruiz** received the "Membership Key" for sponsoring 2 or more new members.
- 1) Membership dues and fees – a schedule fee chart was presented and although LCI increased dues this year, LOW Lioness Lions is subsidizing the difference so members don't have to pay more.

IMMEDIATE PAST PRESIDENT: Nicki Buell

- 1) Nicki is one of our new Directors, along with **Mary Lou Ambrose** and **Claire Donohoe** for 2024-2025 and they are already planning activities which they will oversee. Examples: socials, outside mixers, trips to Sweet Vines, Antique Malls etc.

Motion to adjourn made by Darcy Jennings and seconded by Mary Lou Ambrose. There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 8:29 PM.

Respectfully submitted, Gloria Bishop Oliveri, Secretary.

Lake of the Woods Lioness Lions Board Members



Introducing – Our 2024 – 2025 Officers

President:	Darcy Jennings	c: 703-772-2080	419 Wilderness Dr. Locust Grove, VA	22508	2darcy@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	h: 540-412-2441	600 Gold Valley Rd. Locust Grove, VA	22508	Llaterra@msn.com
Administrative Treasurer:	Beth Newton	c: 574-248-0526	105 Taylor Court, Locust Grove, VA	22508	newtonern@gmail.com
1st VP:	Heidi Brown	c: 703-402-8773	208 Limestone Ln. Locust Grove, VA	22508	hvbrown59@gmail.com
2nd VP:	Teresa Wisniewski	c: 703-901-9023	115 Crystal Court, Locust Grove, VA	22508	teresawish@msn.com
3rd VP:	Brigitte Still	c: 352-446-6144	33 Montauk Ave. Fredericksburg, VA	22406	bstill@mac.com
Tamer:	Emily Florence	c: 571-239-0591	109 Pleasant Grove Rd. Locust Grove, VA	22508	emilyiflorence@aol.com
Tamer:	Mary Lou Ambrose	c: 703-581-5577	114 Pleasant Grove, Locust Grove, VA	22508	ambrosemarylou@gmail.com
Tamer:	Linda Corsones	c: 914-466-2610	114 Butler Circle, Locust Grove, VA.	22508	lindacorsones@gmail.com
Tail Twister:	Nicole Pappas	c: 619-709-5163	115 Pleasant Grove Rd. Locust Grove, VA	22508	pappasnm@gmail.com
Membership:	Billie Cooke	h: 804-914-0666	127 Harrison Circle Locust Grove, VA	22508	billie6205@gmail.com
	Cindy Coover	c: 407-414-4274	502 Gold Valley Rd. Locust Grove, VA	22508	coover21@gmail.com
Directors:	Nicolette Buell	c: 703-217-5615	113 Edgemont Ln. Locust Grove, VA	22508	nbuell113@comcast.net
	Claire Donohoe	c: 703-447-0235	506 Gold Valley Rd. Locust Grove, VA	22508	cfdonohoe@hotmail.com
	Mary Lou Ambrose	c: 703-581-5577	114 Pleasant Grove Locust Grove, VA	22508	ambrosemarylou@gmail.com
Past President:	Barbara Tomayko	c: 703-618-6023	110 Pleasant Grove Rd. Locust Grove, VA	22508	barbtomayko@comcast.net

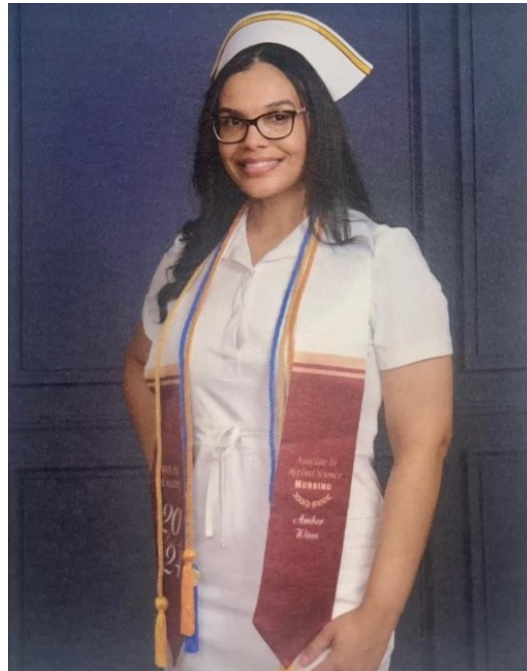
Announcements

The 2022 Lioness Germanna Scholarship winner, Amber Winn, Graduates with Honors!

LOW Lioness Lions are delighted to announce that **Amber Winn**, who was awarded one of the Germanna Scholarships in 2022, has graduated Nursing School with Honors.

Amber would like to thank the Lionesses for their support.

Congratulations **Nurse Amber Winn, RN**. There will be some lucky women who will have you in the Labor & Delivery department at INOVA.



LOW Lioness Lions Book Sale

The next book sale will be held on **June 29**. 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 Walker at (540) 972-4338, Sherri Lasover at (540) 412-9854 or Helene Burns at (540) 412-0798 if you have any questions.



Upcoming Events



Lake of the Woods Lioness Lions Club

SCHOOL SUPPLY SUPPORT DRIVE



Supporting the Locust Grove Primary and Elementary Schools

Donations will be collected at **LOW Club house Lower Parking Lot**
Saturday, July 13th from 9:00 AM to 11:00 AM

Or you may donate a check for The Lionesses to purchase the items listed below:

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

(Make checks payable to "LOW Lioness Lions Club" and write "School Supplies" in the check memo section)

Please donate ONLY NEW items listed below:

- | | |
|---|---|
| Composition Notebooks (wide ruled) High Need | Headphones/Earbuds (Dollar Tree) |
| Crayons (24 pack) | Refillable Water Bottles (Dollar Tree) |
| Single Subject Spiral Notebooks (wide ruled) | Hand Sanitizer |
| Loose Leaf Paper (wide ruled) | Disinfectant Wipes |
| 1" Binders | Ziploc Bags (only quart and gallon sizes) |
| Two Pocket Colored Folders | Backpacks |
| Pronged Colored Folders | Books New and/or Gently Used (Board Books,
Picture Books & Read Aloud Books
(Ages Infant – 1st Grade) |
| Colored Construction Paper (including black
and white) | Glue Sticks (regular size) |
| Blue and Black Ballpoint Pens | Glue Sticks (large) |
| Pencils | Colored Washable Markers |
| Erasers | Dry Erase Markers (black) |
| Pencil Top Erasers | Highlighters |
| Plastic Pencil Boxes | Tissues |
| Pencil Pouches | Tee Shirts (Sizes 2-14) |
| Colored Pencils | Shorts and Sweatpants (Sizes 2-14) |
| Handheld Pencil Sharpeners | Underwear (Sizes 2-14) |
| Plastic Cups | Leggings (Sizes XS- XL or 4-14 for Girls) |
| 5" Scissors (blunt point) | |
| 5" Scissors (pointed) | |

Thank you for your continued support of this important project.

Questions: Nancy Bidus (703) 475-9854 or Sheran Marks (540) 972-3678

Upcoming Events



SAVE THE DATE!

Mark your calendars for the

Rock & Roll Event

Featuring Bill Feterle & Sherri Lasover

Saturday, September 21, 2024

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.



Membership Newly Inducted Members



Caroline Collantes was born in Monterey, CA. She has lived in Paris, London, California, Wisconsin, Pennsylvania, Washington, DC and Chantilly, VA. She was a nurse for 42 years graduating from Radford with a BSN and an MS from George Mason University. Caroline has been married to Caesar for 37 and they have a son, Nick and a one year old grandson, Theodore.

Caroline moved here for the beautiful lake and community engagement and has been here for two years now.

Sharla Bailey is an Army Brat who was born in Fort Belvoir, VA. She lived in Hawaii as a baby and in Iowa and West Germany as well.

Sharla has lived in Lake of The Woods for about 3 ½ years. She moved here because of the lake and various groups. Sharla hopes to enjoy the theater group as well as the Garden Club and the Art Club.

Sharla loves her dogs and enjoys hiking, pickleball and art related activities. She likes to add value any way she can, is super spontaneous and wants us to know that we can call her anytime.

Bridgitte Still comes to us by way of Linz, Austria along with stints in the Netherlands, California, Oklahoma and Florida among others. She intrigues with stories of her grandmother in Europe after WW2 and the daring adventures of her beloved husband, a real hero with the Tuskegee Airmen.

Bridgitte has two adult children who live in California and New Mexico, and she has three grandchildren. She enjoys time with family and friends, swimming, reading, gardening, and making mischief. Her real passion lies in writing flight training manuals, by-laws, constitutions and HOA documents. She is intuitive, enthusiastic and eager to get involved.

A Warm Welcome to our newest Lionesses!

Membership June Dinner Guests

Pam Smariga

Linda Bruno



Hey, Members! Know someone who'd be a good Lioness? Well, then ...

Lettuce
Turnip
The Beet
Bring that friend for us to meet!

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 cfdonohoe@hotmail.com
Emily Florence: (571) 239-0591 emilyjflorence@aol.com

If you are bringing a guest, please call the Tamers

DINNER MENU

Salad: Garden Salad Raspberry vinaigrette and Garlic Ranch dressing
Rolls & butter

Dinner: Beef Tips with Egg Noodles
Slow cooked beef tips in mushroom gravy atop egg noodles
Seasoned Baby Carrots

Alternate Meal: Stuffed Portabella Mushroom
Stuffed with spinach, artichoke, and black beans finished with balsamic glaze

Dessert
Assorted Desserts

Dinner Price is \$25.00

Tamer's Corner

By Mary Lou Ambrose

Imagine...

"If we could look into each other's hearts and understand the unique challenges each of us faces, I think we would treat each other much more gently, with more *love*, patience, tolerance, and care."

-Marvin J. Ashton



JUNE BIRTHDAYS



Billie Cooke	6/1
Carolyn Rourke	6/3
Cheryl Murray	6/7
Donna Morrissey	6/8
Mina Snead	6/15
Gail Hardin	6/21
Kathy Phillips	6/24
Susan Bergner	6/28



June 2024

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

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Eyeglass Recycle 9:30-11:00 AM	2	3	4  Independence Day	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 9:00-10:30 AM	13 School Supply Drive 9:00-11:00 AM	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	28
29 Eyeglass Recycle 9:30-11:00 AM	30	31				

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.

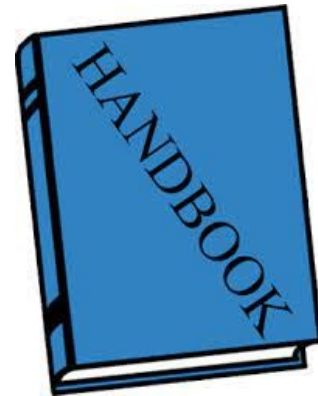
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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

PO Box 811, Locust Grove, VA 22508

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