

# LAKE OF THE WOODS LIONESSE LIONS LOW DOWN

Volume 39 Number 11 - May 2024



## President's Corner

By Lioness Barbara Tomayko, LOW Lioness Lions President

Spring has sprung after a pretty mild winter.

All the flowers are blooming, and the trees have their leaves back. The temperatures are getting warmer, daylight is longer and summer fun is just around the corner.

In April, Gloria, our club secretary, and I attended the Lions Virginia State Convention. It was a very busy few days. We met a number of fellow Lions and Lionesses. It was great to talk to different members about what they do in their clubs. We attended our District meeting and as your delegates, we voted on several items such as revisions to the By Laws and Constitution and new officers.

I would like to welcome our new inductees from the March dinner meeting, Carolyn Rourke and Penny Schultz. I look forward to getting to know each of you better and seeing all the great things we can do together. We will have several new inductees at the May dinner meeting.

I want to thank all those who volunteer their time and hard work for our club activities. Without you we wouldn't be able to do all the great things our club does.

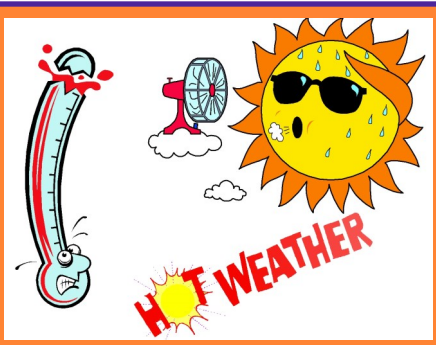
I look forward to seeing everyone at the May dinner meeting.

Barbara

### May Dinner Program

An Encore Performance by  
Lake of the Woods Fire &  
Rescue's Dan Scienci.

Topic: Heat Emergencies



[www.lowlioness.org](http://www.lowlioness.org)

WHAT TO BRING TO  
THE MEETING?



Membership  
Dues should  
be paid  
before  
July 1.  
\$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**

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VACANT

**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**

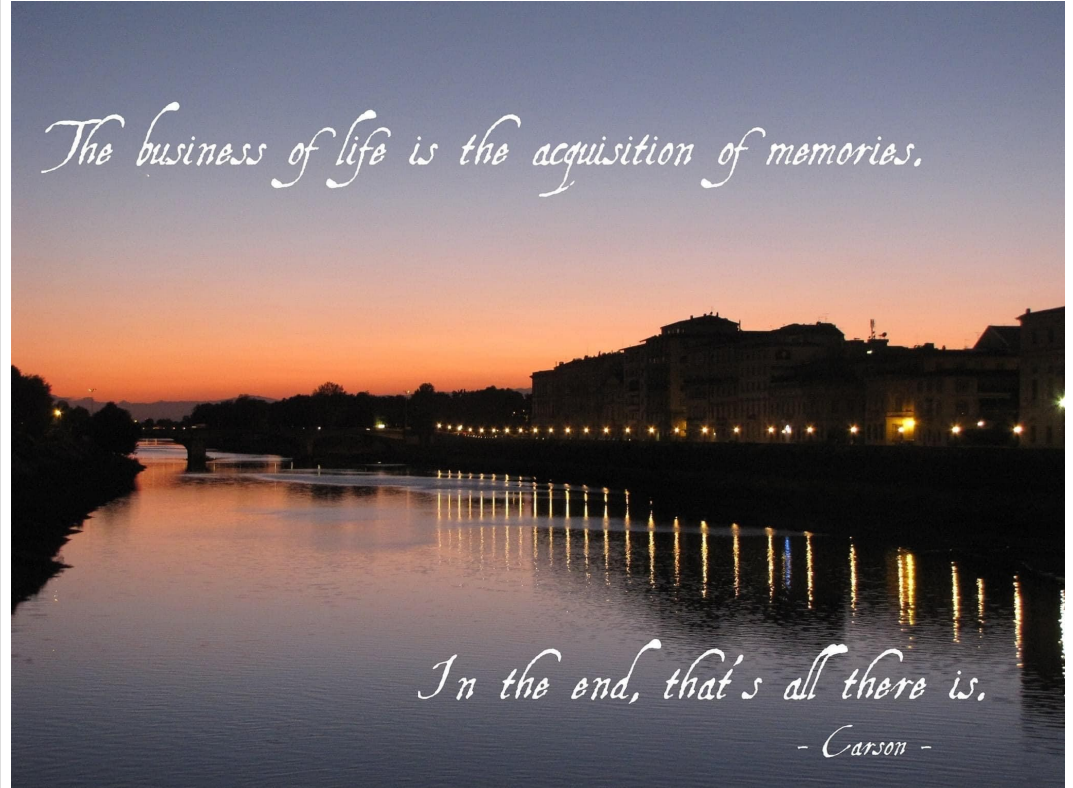
**Past President**

**Nickie Buell**

**THE INSIDER'S VIEW**

**Minutes from the  
April 2024  
BOD Meeting**

The April Board Meeting was held on May 2nd,  
so the minutes will follow in a separate email.



# Announcements

## ***DON'T FORGET!***

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, knickknacks, 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 have items for the Yard Sale, Billie Cooke's garage is now **FULL**. However, **Marti Legge** has stepped up and offered her garage for storage of donated items.

Marti's address is **725 Lakeview Parkway**.

**Dates and times for drop off are:**

**Mon-Fri. 5/6 - 5/10, 11:30 to 4:00 p.m.**

**Wed. 5/15, 11:30 to 4:00 p.m.**



If you have any questions about drop off, her phone number is **(540) 842-7903**

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

For questions regarding this information:

contact **Gina Davies** at [ginadaviesga@gmail.com](mailto:ginadaviesga@gmail.com)

## **LOW Lioness Lions Book Sale**

The next book sale will be held on **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.



# Announcements



## School Supply Drive News

Teresa Wisniewski is stepping down from heading the annual School Supply Drive and wants to thank everyone for their support for the last 3 years.

We are pleased to let you know that the following NEW Lionesses are taking over the School Supply Drive and are, already, doing a great job.

**More information to follow—Any questions, please contact Nancy Bidus.**

**Nancy Bidus 703-475-9854**  
**bidusnancy@gmail.com**

Sheran Marks 540-846-6956  
Joensheran@comcast.net

Maggie Broadwater 703-774-6997  
broadwat5@aol.com

Cheryl Murray 703-629-9975  
murrpcb@aol.com

Bobbie Stone 703-968-2126  
bobbiestone@verizon.net

Judy Ludvigsen 540-072-1514  
judithludvigsen@yahoo.com



# Scholarships

Anyone interested in being on the committee to interview applications for the Lioness Scholarships please let **Pat Licata** know ASAP!

**Cell - 540/735-7998**

# Announcements



## SAVE THE DATE!

Mark your calendars for the

## Rock & Roll Event

Featuring **Bill Feterle & Sherri Lasover**

**Saturday, September 21, 2024**

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.



# April Dinner Guests



**Jean Poole**



**Bridgitte Still**



**Wendy Witherspoon**



**Deborah Conrad**



**Mary Blackmoor**

## 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: Clubhouse

- Clubhouse Garden Salad w/Raspberry Vinaigrette or Garlic Ranch Dressing

### Rolls & Butter

### Dinner

- Beef Tips with Egg Noodles—slow cooked beef tips in Mushroom Gravy
- Seasoned Baby Carrots

### Alternate Meal

- Stuffed Portabella Mushroom—Stuffed with Spinach, Artichoke & Black Beans w Balsamic Glaze

### Dessert

Assorted Desserts

## TWISTER CORNER By Mary Lou Ambrose

### A Delicious and Super Easy Recipe:

- In a casserole, add 3/4 - 1 cup orzo pasta, a couple of handfuls of fresh spinach, followed by some sun-dried tomatoes w/oil.
- Add 3/4 c of Half & Half or whipping cream and 1c of chicken stock.
- Stir all together.
- Put chicken thighs (I use skinless/boneless) on top.
- Put a shake or two of Italian dressing on top of Chicken.
- Salt n Pepper.
- Cover w/foil and bake at 350 for 1 hour.
- Remove foil, put some grated parmesan cheese on top and give it another 5 minutes in the oven.



## Birthdays This Month

## MAY BIRTHDAYS

Debra Baird	5/1
Val Protiva	5/8
Christine Getty	5/10
Beth Newton	5/10
Rani Manhard	5/12
Sandra Loudon	5/18
Deborah Raines	5/20
Susie Wright	5/26

# May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 <b>BOARD MEETING (April)</b>	3 Food Pantry 9:00-10:30 AM	4	5
6 Eyeglass Recycle 9:30-11:00 AM	7	8	9 <b>DINNER MEETING</b>	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 <b>SPRING YARD SALE</b> 9:00-1:00	19
20 Eyeglass Recycle 9:30-11:00 AM	21	22	23 <b>BOARD MEETING</b>	24 Food Pantry 9:00-10:30 AM	25 Lioness Book Sale 8:30AM - 1:00 PM	26
27 <b>NO Eyeglass Recycle</b> <b>MEMORIAL DAY</b>	28	29	30	31 Food Pantry 9:00-10:30 AM		

# 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 <b>DINNER MEETING</b>	14 Food Pantry OVERSTOCK 9:00-GONE	15	16
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24 Eyeglass Recycle 9:30-11:00 AM	25	26	27 <b>BOARD MEETING</b>	28 Food Pantry 9:00-10:30 AM	29 Lioness Book Sale 8:30AM - 1:00 PM	30

### FROM THE EDITOR

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

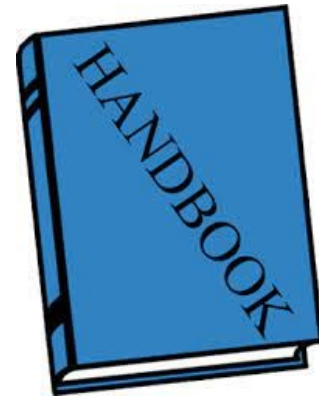
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

Email: [emilyjflorence@aol.com](mailto: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](mailto: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](http://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