

LAKE OF THE WOODS LIONESSE LIONS LOW DOWN

Volume 39 Number 4 - October 2023



President's Corner

By Lioness Barbara Tomayko, LOW Lioness Lions President

www.lowlioness.org



Hello October!

The last month has been a busy one. We had the Lioness Card Party, Luncheon and Fashion Show. It was a big success. The food, all the raffle and door prize baskets, the silent auctions items and the fashion show were all great. I want to thank everyone who helped to make this a successful event. I don't have the final number on how much we raised but will report at the next dinner meeting. I know that I had a great time and hope everyone else did.

Now that the party is over, I have been spending time as our president working on the Lions learning site. I have taken their course on responsibilities for the club president and treasurer. It has been a wealth of information. I would like to urge everyone to look at the site. I know I was surprised at all the great things that are achieved by the Lions. This includes us as Lioness Lions. I know "Lions" can be a sore subject for some in our club, but if you really look deep into what the Lions do as a national and international organization, I think you might change your mind. We should be proud to be a part of such a wonderful organization. If you are interested, you can go to lionsclubs.org. If you register, you have access to a wealth of information. Please feel free to talk to me about this if you would like.

Hope to see you at the next dinner meeting.

Barbara Tomayko

President

REMINDERS



**Please bring
a Bag of
CANDY
to our next
Lioness
Dinner
Meeting,
Oct. 12**

**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
Kathy Gillespie

1st Vice President

Darcy Jennings

2nd Vice President

Joan Litschert

3rd Vice President

Emily Florence

Lioness TAMERS

Heidi Brown
Claire Donohoe
Karin Mollard

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
September 28, 2023
BOD Meeting**

The meeting was called to order at 7:01pm on Thursday, September 28, 2023 by **President, Barbara Tomayko.**

The following board members were **present:**

President: Barbara Tomayko; **Secretary:** Gloria Bishop Oliveri; **Treasurers:** Loretta Lafley, and Kathy Gillespie; **3rd Vice President:** Emily Florence; **Tamers:** Claire Donohoe; **Tail Twister:** Mary Lou Ambrose; **Membership Directors:** Billie Cooke and Cindy Coover; **Directors:** Ellen Bearden and Susan Bergner

ABSENT: **1st Vice President:** Darcy Jennings; **2nd Vice President:** Joan Litschert; **Tamers:** Heidi Brown and Karin Mollard; **Director,** Toni Keating; **Immediate Past President:** Nicki Buell

SECRETARY'S REPORT: Gloria Bishop Oliveri

The minutes of the **August 24, 2023** BOD meeting, which were previously distributed, were approved. Motion made by Susan Bergner and seconded by Ellen Bearden

Committee Chairpersons monthly reports for **August 2023:**

PS= **1,542** L= **170** H= **737** \$= **\$1,422.00 total**

Resignations submitted for **September 2023:**

1. Beth Ross is pending until we receive her request in writing
2. Mary Lou Ambrose suggested we create a formal Resignation Letter. She will draft it and submit to the Board for approval.

PRESIDENT'S REPORT: Barbara Tomayko

1. The **Card Party was a huge success again this year!** Barbara and her team did a fantastic job.
2. Barbara logged on to MyLCI (lionsclubs.org) and found a wealth of information which was extremely helpful in reviewing all officer positions and description of responsibilities. She also saw great ideas for expanding our service to others beyond our own community. Barbara suggested we all log in and explore! She will continue to explore and report back to us.
3. Barbara spoke at length regarding the Dolly Parton Imagination Library and found it very difficult to commit. We all agreed. She suggested we give a donation once a year instead, but not until a branch opens up in VA.
4. Cindy Coover suggested we give books along with candy next year at Halloween event!

TREASURER'S REPORT: Loretta Lafley – Foundation Funds

1. Bank Balance year to date: \$84,794.62
2. Total numbers for the Card Party aren't in yet, but so far they raised close to \$4,000.

TREASURER'S REPORT: Kathy Gillespie – Administrative Fund

1. Kathy has been successful in collecting Membership Fees.

THE INSIDER'S VIEW (Continued)

Minutes from the
October 28, 2023
BOD Meeting

3rd Vice President: Emily Florence

1. A reminder will be included in the Low Down request for Halloween candy. Emily also mentioned that she has enough volunteers to handle all activities at the Point. She will send a schedule to everyone who signed up to help.
2. As usual, Lynne will be taking pictures!

TAMERS: Heidi Brown, Claire Donohoe and Karin Mollard

1. Clair Donohoe reported that everyone had a lot of fun at the Fashion Show,
2. AND thanks to Heidi and Cabi, the Fashion Show was a great success.
Clair also mentioned that Cabi will be donating \$375.00 to the Lioness!

TAIL TWISTER: Mary Lou Ambrose

1. We were short roses to present to last month's Birthday Lionesses. Mary Lou suggested we always buy 2 extras and Board approved it.

MEMBERSHIP: Billie Cooke and Cindy Coover

1. New Membership Applications for the following:
Nancy Bidus, Sponsored by Lynne Kovach
Mary J. Damone, Sponsored by Kathleen Phillips
Mina Smith, sponsored by Yvette Ruiz; Note: Mina is a former Lion
Bobbie Stone, Sponsored by Sheran Marks
Nicole Papas has gone through orientation AND was previously approved by the BOD
2. We will have 5 new Lionesses inducted at our November Dinner Meeting
3. \$8.00 is the current cost for badge replacement

DIRECTORS: Ellen Bearden, Susan Bergner and Toni Keating

1. Susan brought up discussion designating our February meeting as Pajama Night and that the Directors will take the lead on planning it.

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 8:16 pm.

Respectfully submitted,

Gloria Bishop Oliveri, Secretary



Lioness Lions Committees & Activities

Our program for the October Lioness Dinner Meeting will be
Donalda Lovelace speaking about

LIONS INTERNATIONAL



Treats on the Point

Tuesday, Oct. 31, 6:00-9:00 p.m.

Please bring **A BAG OF CANDY** to our next
Lioness dinner meeting, Oct. 12

OR

Call Emily Florence to pick up your
candy donation!
571-239-0591



Start thinking about how many tables/guests you would like for the

Save
The
Date

2024 Mardi Gras Dinner Dance!

March 9, 2024

Lioness Lions Committees & Activities

Winter Coat Drive



We are coordinating with the Lions Club on the Winter Coat Drive again this year. Starting October 6th we will be collecting **coats, hats, gloves, scarves, etc.**

Once again, we will focus on **children and teens so that extras can be shared with OCPS.**

Important dates related to the drive:

Collection:	October 6-November 10
Sorting of Collected Items:	November 14- afternoon
Distribution:	Friday, November 17th during the Food Pantry
Rain Date:	Saturday, November 18th

I am looking for Lionesses to help with this effort. Your help is needed in the following areas:

Collecting: You will be assigned a location in LOW which you would check weekly, collect donated materials and drop them off at my house. (1439 Lakeview Parkway, 1/2 mile west of the back gate on the lake side.)

Sorting: Help sort, organize and prepare for distribution at the sorting event on Tuesday, Nov. 14.

Distribution: Onsite at the Food Pantry to set up and help distribute the coats on Friday, Nov. 17 or on the rain date of Saturday, Nov. 18

Please email me if you want to help and let me know what you'd like to do.

Thanks,

Nan Lamb

nelambva@gmail.com

540-388-2875

Lioness Lions Committees & Activities

Donalda was awarded a special Gavel for her service to the Lioness Lions Club and her recent appointment as District Governor.



Welcome



Cindy Dussinger was inducted into the Lioness Club at the September Dinner Meeting.

Cindy and her late husband lived most of their lives in Lancaster, PA, where she worked as a nurse for over 50 years. She moved to Twin Lakes last year to be close to her daughter, who is a LOW resident. She has enthusiastically become a regular in the eyeglasses recycling program and looks forward to serving with the Lioness' for a long time to come.

Welcome Cindy!

Lioness Lions Committees & Activities

Eyeglass Recycling

The **Eyeglass Recycling** committee needs a few volunteers to help wash and dry glasses on Monday mornings. **We meet from 9:30 to 11:00 every Monday morning** at the Tom Walker 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.



SHARE AND CARE is a way for our Lioness Club to let the members know when someone is ill, in the hospital or has had a death in the family.

The only way to let our members know is if you let me know by phone or email. I would appreciate your call or email so that I can get a message out right away. I will then send a card to them that is signed from The Lioness Lions Club.

Thank you so much for your help with this.

Karen Cakourus: 540-972-9043 or 540-840-4692



Lioness Lions Committees & Activities

CARD PARTY & FASHION



Lioness Lions Committees & Activities

The Principals from the Locust Grove Elementary & Locust Grove Primary Schools attended the September Lioness Dinner Meeting to thank the Lioness Club for their generous school supplies collection!

Lee Finger

Principal, Locust Grove Primary School



Dr. Eileen Oliver-Eggert

Principal, Locust Grove Elementary



The supplies and monetary contributions we collected are being utilized to purchase more critically needed materials, and help fund educational field trips. Our contributions are helping to alleviate any economic barriers to making every child's school year a success.

Lioness “Reporters”

Thick and Beefy BEANLESS Chili - Lynne Kovach

This is a fairly mild chili. Feel free to add jalapenos along with the onions and poblanos, some hot sauce or some chopped chipotles in adobo sauce. All would be delicious and add some good, hot spice!

PREP TIME 20 minutes

COOK TIME 1 hour

TOTAL TIME 1 hour 20 minutes

YIELD: 8 Servings

INGREDIENTS

- 4 pounds ground beef
- 1 large sweet onion, chopped
- 2 medium poblano peppers, chopped
- 3 tablespoons chili powder
- 1 teaspoon chipotle chili powder
- 1 teaspoon ancho chili powder
- 1 1/2 teaspoons ground cumin
- 2 14- ounce cans tomato sauce
- 3 14- ounce cans fire-roasted diced tomatoes, do not drain
- kosher salt & freshly ground black pepper, season it well!!



INSTRUCTIONS

Stovetop

In a large pot or Dutch oven, cook ground beef until almost no pink remains. Drain off fat. Add onions and poblano peppers, cook another 2-3 minutes. Add spices, cook another two minutes or so, stirring occasionally. Add tomato sauce and diced tomatoes, stirring well. Bring to a boil then reduce heat and simmer, mostly covered with just a small amount of space for heat to escape, for at least another hour (and up to two or three if you've got the time). SEASON TO TASTE (be sure to add enough salt until the flavors really pop)!

Top with sour cream, shredded cheese, diced poblano and/or jalapenos, chopped green onion and anything else you prefer!

Slow Cooker

Cook ground beef in a large skillet over medium-high heat until browned.

Drain off fat and transfer beef to a slow cooker.

Add onions, poblano peppers, spices, tomato sauce and diced tomatoes.

Cook on low 8 hours or on high for 5-6 hours. SEASON TO TASTE (be sure to add enough salt until the flavors really pop)!

Top with sour cream, shredded cheese, diced poblano and/or jalapenos, chopped green onion and anything else you prefer!

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
Karin Mollard: (540) 412-0420 kmollard@comcast.net

If you are bringing a guest, please call the Tamers

DINNER MENU

DINNER

- * Clubhouse Garden Salad w/White Balsamic or Ranch dressing
- * Rolls & butter
- * Salmon Your Way—Maple Glazed
- * Asparagus
- * Rice Pilaf

ALTERNATE CHOICE

- * Risotto w/Roasted Red Peppers, Mushrooms & Coconut Milk (no cheeses)

DESSERT

- * Pound Cake w/Mixed Berry Sauce

Dinner price is \$25.00.



TAIL TWISTER—MARY LOU AMBROSE

Attitude is everything...

Think *positive,*

have *fun*

and

look for

the

good

in your days.

OCTOBER BIRTHDAYS

Joyce Morland	10/5
Bev Kuhn	10/9
Cathi O'Brien	10/17
Kathy Merritt	10/23
Debby Attilis	10/24
Ellen Ambroziak	10/29
Suzanne Herr	10/31





2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 Eyeglass Recycle 9:30-11:00 AM	3	4	5	6 Food Pantry 9:00-10:30 AM	7	8
9 Eyeglass Recycle 9:30-11:00 AM	10	11	12 LIONESS DINNER MEETING	13 Food Pantry OVERSTOCK	14	15
16 Eyeglass Recycle 9:30-11:00 AM	17	18	19	20 Food Pantry 9:00-10:30 AM	21	22
23 Eyeglass Recycle 9:30-11:00 AM	24	25	26 BOARD MEETING	27 Food Pantry 9:00-10:30 AM	28 Lioness Book Sale 8:30-1:00 PM	29
30 Eyeglass Recycle 9:30-11:00 AM	31 TREATS ON THE POINT 6:00-9:00					

November 2023

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 LIONESS DINNER MEETING	10 Food Pantry 9:00-10:30 AM	11	12
13 Eyeglass Recycle 9:30-11:00 AM	14	15	16	17 Food Pantry 9:00-10:30 AM	18	19
20 Eyeglass Recycle 9:30-11:00 AM	21	22	23 THANKSGIVING	24 Food Pantry OVERSTOCK FRIDAY 9:00 - Gone	25 Lioness Book Sale 8:30 AM- 1:00 PM	26
27 Eyeglass Recycle 9:30-11:00 AM	28	29	30			

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.

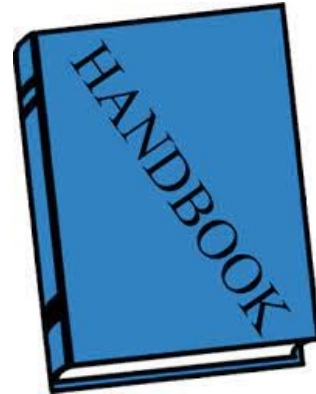
Forward your articles or information by email at the address below, or call Emily if you don't have access to email.

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

HANDBOOK CORRECTIONS

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

to
Christine Getty at
fcfmgetty@comcast.net



The LOW DOWN is published monthly by the
Lake of the Woods Lioness Lions Club
Lynne Kovach, Editor.

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 or Karen Cakouros, 540-972-9043

Book Sale

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