

Lake of the Woods Lioness Lions LOWDOWN

Volume 41 | Number 11 May 2026



www.lowlioness.org

President's Corner



By Heidi Brown, LOW Lioness Lions President

I think it actually might really be Spring! The birds are chirping, flowers are blooming, and April showers are over. I need to thank a lot of people for things that they've done this past month.

In April we voted on the next board of officers. They will take their respective positions on 1 July.

At our April board meeting, Gloria signed the Foundation Bylaws completing our rewrite of our Club and Foundation Constitution and Bylaws. We approved the Club Constitution and Bylaws last year. I will give Deborah Raines a copy to load onto our website. And I have to say, thank goodness this is complete!

A huge thank-you to Mary Lou Ambrose who organized and ran the yard sale on 18 April. As items were delivered to her garage, she priced them. She stayed on top of this so that there weren't hours spent the day prior trying to price everything. She had plenty of volunteers who loaded up everything in their cars, spent over seven hours at Sweetbriar Park, and then packed and loaded items for the Lions to sell at their yard sale a week later. Thank you to everyone who volunteered their time and to those who donated items for the sale. We made over \$1200. We decided that this is the way we want to go next year as well. More hands make lighter work and more money!

Thank you to Pat Licata and the scholarship committee for conducting all of the interviews and choosing the right students to receive our scholarship money. This is important to the community and something that Lioness is known for.

As I'm winding down my time serving as your President, I want to thank all of you for the support you've given me throughout this year. I never imagined all those years ago that I would be in this position. I never would have even considered it had it not been for the ladies who are the LOW Lioness. I'm truly blessed knowing each and every one of you.

What Shall I Bring to this Month's Meeting?

Membership dues for 2026-2027 will remain at \$85.00, no change from this year. Dues need to be paid by **June 30**. You may pay by cash or check. Or you can mail your payment to LOW Lioness Lions Club, P. O. Box 811, Locust Grove, VA 22508.



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 Months
- Pg 3 - Tail Twister
- Pg 4 - Blood Drive Flyer
- Pg 4 - Board Of Directors
- Pg 5 - **How Can I Serve?** - Upcoming Service Opportunities
- Pg 6 - **Did You Know?**
- Pg 7 - Menu for May Meeting
- Pg 8 - **White House Ornament**
- Pg 9 - **LOW Lioness Lions Board of Directors' Meeting Minutes**

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

Quick High-Level Recap of April Meeting

PROGRAM

- Six guests visited from Greater Falls Run Lions Club: Tim Hogan, Marie Garney, Christine Frescas, Yolanda Atkins, Mary Quinn, and Teri Loretoni.



- Prospective Lioness Danielle Pilon also attended with her sponsor, Emily Florence.



- Our speaker was Rich Larochelle from Rappahannock Education Farm, a volunteer-based, non-profit in Fredericksburg. Their mission is to reduce food insecurity by donating what they grow to their Food Bank and local food pantries. To learn more visit their website www.rappahannockfarm.org



- We elected new board members for the 2026-2027 year, which begins in July.

Happy Birthday!!!

- Deborah Baird 5-1
- Val Protiva 5-8
- Beth Newton 5-10
- Rani Manhard 5-12
- Deborah Raines 5-20
- Suzi Wright 5-26



Jean McLallen, Barbara Fattore, Claire Donohoe, Nicole Pappas!

MIGHTY LIONESSES

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.

Marylou Ambrose, You Mighty Lioness! You make us proud! You went above and beyond when you stepped in to chair and accept the donations for the LOW Yard Sale. Your leadership brought everyone together. **Cheers to you, my friend!** 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!



Blood Drive
Lake of the Woods Community

Community Center
110 Sweetbriar Park Road
Locust Grove, VA 22508

Tuesday, May 26, 2026
11:00 a.m. to 5:00 p.m.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: LotW to schedule an appointment.

Maximize your blood donation. Help more patients.
If you are an eligible type O, B - or A - donor, consider making a Power Red donation.
Red blood cells are the most commonly transfused blood component.

Get summer ready! Come to give blood May 18-31 for an exclusive Red Cross beach towel, ltd. qty!



Scan to schedule an appointment.

Give Blood.

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

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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.

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14612 Junction Court
Fredericksburg, VA 22407
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gloria@cubicles-and-more.com

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

How Can I Serve?

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

CHILDHELP ICE CREAM SOCIAL:

The LOW Lioness Lions will be providing an Ice cream social for the children at Childhelp on Monday, June 1st from 1:00 to 4:00. If you would like to help, please contact Marian Rood at 540- 412-0214 or 540-270-7554.

BOOK SALE:

The next book sales are May 30 and June 27th. We have a large selection of books for sale, including children's books, at bargain prices! Come visit us at the Ferris building.

EYEGLOSS RECYCLING:

There will be no Eyeglass Recycling on May 25th.

FOOD PANTRY:

The pantry will be open five Fridays in May---May 1, May 8th (overstock), May 15th, May 22nd, and May 29th (overstock).

SAFE HOUSE COLLECTION:

A huge thank you to all who donated items for safe house! As well as a huge collection of the household and personal care items requested, \$250 in cash and checks was generously added!



Did You Know? Miscellaneous Club News & Information

LOW LIONESSE YEARBOOK PICTURES:

Anyone who takes pictures at a Lioness event: Please consider providing Deborah Raines copies for the 2026 Yearbook highlighting Lioness activities. Committee chairs may want to ensure someone is showcasing their hard work. Send Deborah an email at rainesdk@gmail.com with the name of event and names of people pictured. You can usually attach three or four pictures to an email. Thank you!

Welcome to the LOWDOWN Staff

When our talented LOWDOWN editor, Sharla Bailey, stepped down from the position due to work conflicts, we didn't know who would volunteer to take her place. But allow me to introduce the newest member of the LOWDOWN staff, Jaqueline Mills, who stepped up to the task. Jacq, as she prefers to be called, isn't even a Lioness yet, though she's on her way to membership, sponsored by Mary Lou Ambrose. Jacq shows the true Lioness spirit, stepping in to fill a need. I hope you'll join me in thanking Sharla for all her hard work over the past year, and welcoming Jacq to the LOWDOWN and our Lioness Club.

DINNER MENU FOR MAY MEETING

TAMERS MONTHLY ANNOUNCEMENT:

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 EMAIL OR TEXT all three of 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. (Note: a phone call is no longer accepted notification.)

Notice: A written documentation (email or text from the Tamers) is your proof that your cancellation was received. 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)

MENU FOR MAY DINNER:

Comfort Classics Dinner

- Garden Salad – Ranch & Balsamic
- Salisbury Steak with Mushroom Gravy
- Mashed Potatoes
- Green Beans
- Dinner Rolls
- Chocolate Cake

Alternate Menu

Spinach & Cheese Stuffed Shells



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. To purchase or place your order call or text:
Jan Stockman (703-943-9314) or
Kathy Merritt (540-538-6605)**



Front



Back

Price \$25.00

Minutes for the Board of Directors Meeting Lake of the Woods Lioness Lions Club Thursday, April 23, 2026, at 5:00 p.m. Clubhouse – Lower Level

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

Present: President: Heidi Brown; **Secretary:** Gloria Bishop Oliveri; **Foundation Treasure:** Loretta Lafley; **Administrative Treasurer:** Beth Newton; **1st Vice President:** Mary Lou Ambrose; **2nd Vice President:** Teresa Wisniewski; **Tamers:** Sharon Corner, Ann Turner; **Temporary Tamer/Director:** Emily Florence; **Directors:** Claire Donohoe; **Membership:** Pat Licata, Barbara Tomayko

Absent: 3rd Vice President: Arlene Rich; **Director:** Caroline Collantes; **Director/Tamer,** Nicki Buell; **Tail Twister:** Nicole Pappas; **Immediate Past President:** Darcy Jennings

Guest: Member, **Charlene C. Fines**

Secretary's Report: Gloria Bishop Oliveri

1) **MoFon** to approve Minutes from the **March 26, BOD meeFng**, which were previously submiKed. **MoFon** to approve made by Ann Turner and seconded by Emily Florence.

The moOon was carried. 2) **Monthly Reports:** CommiKee Chairs for: **February 2026**

PS= 4,427 L= 189 H= 1,339 \$= \$10,295.00

***Book Sale: \$201.00 Shimmering Shamrock Gala= \$10,094.00**

3) **New Members:**

A) Danielle Pilon, whose membership was approved by the Board of Directors on February 26, 2026, will be inducted at the May dinner meeOng. Danielle is being sponsored by Emily Florence.

4) **Old Business: Presentation of the 2026-2027 Board of Directors Slate**

A) On April 9, 2026, during our dinner meeting, President Heidi Brown formally introduced the slate of nominees for the 2026-2027 Board of Directors. President Brown requested the membership's approval of the proposed slate.

Approval Process: Following the introduction, a motion to approve the Board of Directors slate was made by Sharon Corner. The motion was seconded by Carol Greeney. The membership then proceeded to vote on the motion.

Motion Adoption: The motion to approve the 2026-2027 Board of Directors slate was carried. The approval was officially recorded at 7:15 PM.

B) Reminded BOD of the **103rd Lions of Virginia State Convention. Dates:** May 28 – 31, 2026. **Location:** Delta Hotel by Marriott Bristol, 3135 Linden Drive, Bristol, VA 24202.

Foundation Treasurer, Loretta Lafley

March 2026 Report:

1) **Total Income:** \$11,026.00

2) **Total Expenses:** \$27,925.77

3) **Adjusted Bank Balance:** \$46,153.14

4) **CD Balance:** \$30,430.31

Administrative Treasurer, Beth Newton

March 2026 Report:

- 1) **Total Income:** \$2,304.00
- 2) **Total Expenses:** \$2,080.98
- 3) **Cash Balance Checking:** \$9,938.31
- 4) **CD Balance:** \$10,000.00
- 5) **CD Int. 03/31/26:** \$153.48
- 6) **Reviewed 2026-2027 Proposed Budget: Motion** to approve proposed budget made by Claire Donohoe and seconded by Emily Florence. The motion was carried.
- 7) **Annual Membership Dues Notification:** Beth will begin the process of collecting the annual Membership Dues, which are set at \$85.00. She will initiate requests for payment immediately to ensure timely submission. The request for payment will also be posted in the May issue of the LOWDOWN. This announcement is intended to remind members that the dues need to be paid soon.
- 8) Beth just renewed the CD for another six months. Current earned interest is at 3.8%

President's Report: Heidi Brown

- 1) **ConsFtuFon & Bylaws** are now official and will be posted soon in our Lioness website. 2) **Dinner Meal Pricing** remains at \$30.00 for now.
- 3) **DonaFon request:** Heidi received an email from Lion Davita Luehrs regarding a donaOon to Vision Walk for FoundaOon FighOng Blindness. Heidi requested that we donate \$500.00. **MoFon** to approve donaOon made by Barbara Tomayko and seconded by Pat Licata. The moOon was carried.
- 4) **AppreciaFon for Book Sale Commicee - Recognizing DedicacEon and Commitment** We would like to express our heartfelt gratitude to **Ann Walker, Helene Burns, and Sherri Lasover** for their exceptional dedication and unwavering commitment to our organization.

Continued Impact and Service - These three outstanding Lioness members, along with their committee, have consistently raised funds for our club over many years. Their steadfast service and enthusiasm have made a lasting impact on our fundraising initiatives, and we are truly grateful for everything they have accomplished on behalf of the club.
- 5) Thank you, **Gina Davies**, for accepOng to chair **Book Sale 2026-2027**.

1st Vice President: Mary Lou Ambrose

- 1) **Spring Yard Sale:** Mary Lou reported that our yard sale was a huge success. We raised \$1,241.56. Thank you, Mary Lou and Heidi **AND** the 21 parOcipants that helped.
- 2) **Storage Shed:** Thank you to Sharla for conOning to store Lioness stuff. Barbara will conOnue to research shed size and cost.

2nd Vice President: Teresa Wisniewski

- 1) **4th of July Parade:** The planning has already started. Teresa has already sent paperwork and will report progress. Thank you, Emily Florence, for sharing your knowledge!

Tamers: Nicki Buell, Sharon Corner, Ann Turner and **Temporary Tamer:** Emily Florence

- 1) Ann is still waiting for information from Clubhouse Management but for now meal cost remains at \$30.00

Membership: Pat Licata and Barbara Tomayko

- 1) Membership CommiKee - Danielle Pilon will be inducted at the May dinner meeOng. No new membership applicaOons are presented.

2) Pat gave update on scholarship applications for Germanna candidates. Committee has interviewed final round of Germana applicants and will be meeting to choose finalists. The scholarship committee has yet to discuss the OC High School candidates.

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

1) Claire announced that Directors are working on additional outings and will have more information soon.

Immediate Past President: Darcy Jennings

1) **Proposal for School Donation in Tanzania:** While in her absence, Darcy requested that Barbara inform the Board of her interest in exploring the possibility of donating to the schools visited by Heidi during her recent trip to Tanzania. Heidi will provide the Board with detailed information about these schools and the potential donation at the upcoming board meeting.

There being no further business to come before the LOW Lioness Lions Board of Directors at this time, the meeting was adjourned at 6:26 p.m.

Respectfully submitted,

Gloria Bishop Oliveri, LOW Lioness, Lions Secretary


Next BOD Meeting: Thursday, May 28, 2026, at 5:30 p.m. in the Community Center, Room 2

**Lake of the Woods
Lioness Lions Club**

PO Box 811
Locust Grove, VA 22508

 lionessclub@lowlioness.org

 www.lowlioness.org

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