

Lake of the Woods Lioness Lions LOWDOWN

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www.lowlioness.org

President's Corner

By Heidi Brown, LOW Lioness Lions President

This is my final submission for the Lowdown as your President. I have mixed emotions about that. But let's dive in.

Thank you to Mary Lou and Teresa for hosting small get togethers in their homes over the last month or so. They are always a lot of fun.

The Independence Day parade is 27 June this year. Teresa Wisniewski turned in our application to participate. She will be asking for volunteers to assist. This is a great time, so please join in.

I can't believe my time as your President is nearly over. I must admit there were times when I thought time had stood still. But as I reflect on the last year, the time has flown by. I can't thank each and every one of you enough for your support—not just over the last year, but throughout my time as a Lioness.

We have accomplished a great deal over the last year. While some of our service projects seem "routine" (eyeglass recycling, food pantry, book sale, coat drives, toy drives, etc....) they are anything but routine. To the recipients they are critically important. Like the military, we serve individuals whom we may never meet. But they are grateful. You matter. What you do with each hour of service to this community matters. On behalf of those people who aren't able to thank you personally, I thank you.

I want to thank all my board members. You all supported me so very much over the last year. I know that you will provide all that and more to Mary Lou as she takes over next month.

Heidi

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.

Wrapped candy to be handed out at the Independence Day Parade (no chocolate, please)

What will I find inside this LOWDOWN?

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

Quick High-Level Recap of May Meeting

- Great fun was had with Heidi tattoos created by Lynne Kovach. Everyone wanted one—even the servers and Clubhouse staff!



- Scholarships were presented to Germanna recipients: Tyler Leann Kibble, Julia Haney, Shelbylee Violette, Ugochi Udemba, Youlee Ko. Their accomplishments are very impressive! Congratulations!



- Danielle Pilon, sponsored by Emily Florence, was inducted into our club. Congratulations, Danielle!



- Additional guests were Ruth Golden, Cami Miller, and Louise Hoh



Happy Birthday!!!

Wendy Witherspoon 6-2

Donna Morrissey 6-8

Janice Johnston 6-10

Jean Ann Daniels 6-14

Mina Snead 6-15

Cathy Kutz 6-16

Gail Hardin 6-21

Kathy Phillips 6-24

Susan Bergner 6-28



May Birthdays!!!

Deborah Baird, Val Protive, and Beth Newton!!!

MIGHTY LIONESS

It has been my pleasure to be the Tail Twister for the last two years. For my farewell meeting in May, we played the Right/Left game where I told a story of bringing two adorable Old English Sheepdog puppies to their new owners in Indiana. A gift envelope was passed in the proper direction each time I said 'right' and 'left.' The envelope contained a beaded bracelet with the words "Be Kind," which was opened by the Lioness holding the envelope at the end of the story. In a world where you can be anything, Be Kind.

In the event you do not have 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!

How Can I Serve?

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

BOOK SALE:

Note: **The next book sale is June 20th** to avoid a conflict with the Independence Day Parade. We have a large selection of books for sale, including children's books, at bargain prices! Come visit us at the Ferris building.

FOOD PANTRY:

The Pantry will be open June 5, 19, and 26 for all clients, including USDA. June 12 is an Overstock Day.

Did You Know? Miscellaneous Club News & Information

LOW LIONESS 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!

Honoring Major General (Ret.) Heidi V. Brown: A Leader Who Lifted Others



This spring, our very own Heidi V. Brown — President of the Lake of the Woods Lioness Lions Club — received a remarkable honor at the Air Defense Artillery Musical Tattoo in Lawton, Oklahoma. During this annual celebration of heritage and service, Heidi was recognized for her extraordinary career and was inducted into the Air Defense Artillery Hall of Fame. It is one of the highest distinctions in her branch of service, reserved for those whose impact has shaped the Army and the nation.

For many in our club, Heidi is the friendly face who leads meetings with humor, humility, and steadiness. But her story stretches far beyond Locust Grove. Over her 36-year Army career, Heidi broke barriers, commanded in combat, and helped transform how the Army trains and protects its soldiers. She was the first woman to command a Patriot missile battalion, the first woman to lead an Air Defense Artillery Brigade into combat, and later served as a Major General overseeing global operations, logistics, and strategic missions.

Yet when asked about these “firsts,” Heidi is quick to wave them away. She told me recently that her service was never about being the first woman to do anything. What mattered to her — what still matters — is that she endured difficult experiences for a reason... so she could help others through theirs. She believes those challenges gave her the ability to relate to soldiers on a deeper level, to understand their fears and pressures, and to help them become the best versions of themselves.



Throughout her career, Heidi led soldiers through some of the most demanding moments of the Iraq War. She carried the weight of loss, the responsibility of command, and the constant pressure of decisions that affected thousands of lives. But she also carried compassion. She listened. She encouraged. She pushed her soldiers to believe in their own strength. And because of that, they trusted her — not because she was a general, but because she understood them.

That, she says, is the real legacy she hopes to leave behind.

As Heidi completes her year as President of the LOW Lioness Lions Club, we are reminded that leadership takes many forms. Whether commanding troops in a combat zone or guiding a room full of volunteers, Heidi leads with the same philosophy she has carried since her days at West Point: **be firm, be fair, be consistent, and be compassionate.**

We are proud of her national recognition, proud of her service, and proud to call her our friend. And while she will soon step into the role of Immediate Past President, her influence — like her leadership — will continue to shape and strengthen our club.

Congratulations, Heidi, on this well-deserved honor. Nothing is impossible when you lead with heart.

Written by Sharla Bailey



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 JUNE DINNER:

Backyard BBQ

Garden Salad – Ranch & Balsamic

BBQ Pulled Pork

Mac & Cheese

Coleslaw

Cornbread

Peach Cobbler

Alternate Menu: Stuffed Portobello Mushroom



LOW Independence Day Parade – Lioness Participation

Theme: “250 Celebrations of Our Country”

The LOW Independence Day Parade will be held on Saturday, June 27th, 2026, and the Lionesses are excited to participate again this year!

We are currently looking for walkers to join us in the parade. We may also have limited room for one or two members to ride on the flatbed, depending on participation.

If you are interested in walking in the parade, please contact Teresa Wisniewski at teresawish@msn.com or 703-901-9023, so we can get a participation count.

A sign-up sheet will also be available at the June 11th meeting.

Additional Hints for Parade Volunteers:

Julie Davis is collecting wrapped candy for the parade to throw out along the route. Please no chocolate, as it melts in the heat and cannot be thrown during the parade.

Candy donations may be brought to the June 11th meeting or left on Julie Davis’s porch at 113 Washington St.



Parade Attire:

Participants should wear Lioness purple shirts with white shorts or white pants.

If you need a Lioness T-shirt, please contact **Barbara Tomayko by phone call or text at: 703-618-6023**



Float & Decoration Setup:

We will meet on Friday, June 26th at Julie Davis’s home, 113 Washington St., to decorate the flatbed for the parade. More information will be provided regarding the time for decorating the trailer at Julie Davis’s house on Friday, June 26th, as well as information about decorating the golf carts.



SCHOOL SUPPLY SUPPORT DRIVE

Helping Local Students Start the School Year Strong!

It's that time again! We are excited to launch our annual School Supply Support Drive to help students at Locust Grove Primary & Elementary Schools, Head Start, and other selected Orange County schools get ready for a successful school year

How to Donate:

Bring items to dinner meetings:

- June 12th
- July 10th

OR

Final Drop-Off Event: LOW Clubhouse – Lower Parking Lot– Saturday, July 18th
9:00 AM – 11:00 AM



What to Bring

- Composition notebooks (wide ruled)
- Spiral notebooks (wide ruled)
- Crayons (24-pack)
- Colored pencils
- Markers & highlighters
- Pocket folders
- #2 pencils
- Pencil boxes & pouches
- Scissors (blunt & pointed)
- Glue sticks
- Dry erase markers
- Headphones / earbuds
- Tissues
- Sanitizing wipes
- Ziplock bags (quart & gallon)



Volunteer Opportunity

A sign-up sheet will be available for anyone who would like to help volunteer at the July 18th drop-off event. Your time and support are greatly appreciated!

Minutes for the Board of Directors Meeting Lake of the Woods Lioness Lions Club Thursday, May 28, 2026, at 5:30 p.m.

Community Center, Room 2

BOD Meeting called to Order by President Heidi Brown at 5:34 p.m.

Present: **President:** Heidi Brown; **Foundation Treasure:** Loretta Lafley; **Administrative Treasurer:** Beth Newton; **1st Vice President:** Mary Lou Ambrose; **2nd Vice President:** Teresa Wisniewski; **Tamers:** Ann Turner; **Temporary Tamer/Director:** Emily Florence; **Directors:** Caroline Collantes, Claire Donohoe; **Tail Twister:** Nicole Pappas; **Membership:** Pat Licata

Absent: **Secretary:** Gloria Bishop Oliveri; **Membership:** Barbara Tomayko; **Immediate Past President:** Darcy Jennings; **Director/Tamer,** Nicki Buell; **3rd Vice President:** Arlene Rich; **Tamer:** Sharon Corner.

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

Secretary's Report: Gloria Bishop Oliveri

- 1) **Motion** to approve Minutes from the **April 23, BOD meeting**, which were previously submitted.
Motion made to approve made by Claire Donohoe and seconded by Mary Lou Ambrose. The motion was carried.
- 2) **Monthly Reports:** Committee Chairs for: **April 2026**

PS= 4,196	L= 187	H= 873	\$2,245.79
*Book Sale: \$228.00	*Spring Yard Sale: \$1,309.79	*White House Ornaments: \$625.00	
50/50= \$83.00			
- 3) **New Members:** The Membership Committee has received applications from the following ladies:
 - A) **Louise Hoh**, LOW resident
 - B) **Camellia (Cam) Miller**, LOW resident
Both ladies are in the process of completing the membership requirements. Both Louise and Cam are being sponsored by Heidi Brown.
 - C) **Jacquiline Mills**, LOW resident
 - D) **Angie Lange**, LOW resident
Both ladies are also in the process of completing the membership requirements. Both Jacquiline and Angie are being sponsored by Mary Lou Ambrose.
- 4) **Resignations:**
Beverly Kuhn submitted her resignation via email dated 05/17/26.
Motion to approve made by Loretta Lafley and seconded by Beth Newton. The motion was carried.
- 5) **Old Business:**
 - A) At long last and with Barbara Tomayko's help, the Bylaws and Constitution are ready for both the Club and the Foundation. Barbara has scanned the documents to a thumb drive. Heidi will give the original documents and thumb drive to Loretta Lafley to place in our safety deposit box. Heidi will also provide PDF copies of the documents to Gloria Bishop Oliveri for the club records, and to Deborah Raines to post to the website.
 - B) Gloria received an email expressing gratitude from Lion Davida, who serves as District 24L Sight Chair. The Lionesses donated \$500.00.

Foundation Treasurer, Loretta Lafley:

April 2026 Report:

- 1) **Total Income:** \$2,411.25
- 2) **Total Expenses:** \$2,316.69

- 3) **Adjusted Bank Balance:** \$47,247.70
- 4) **CD Balance:** \$30,430.31
- 5) Loretta Lafley presented the
- 6) **2026-2027 Proposed Budget**

Motion to approve the budget made by Caroline Collantes and seconded by Teresa Wisniewski. The Motion was carried.

Administrative Treasurer, Beth Newton

April 2026 Report:

- 1) **Total Income:** \$2,258.28
- 2) **Total Expenses:** \$2,155.06
- 3) **Cash Balance Checking:** \$10,041.53
- 4) **CD Balance:** \$10,000.00, renewed 4/22/2026 for 6 months
- 5) **CD Int. at maturity, transferred to checking:** \$185.28

President's Report: Heidi Brown

Mina Snead notified Heidi that she planned to resign. After discussing options to continue as an AFL or MAL, Mina opted to resign.

Motion to approve the resignation of Mina Snead was made by Nicole Pappas and seconded by Beth Newton. The Motion was carried.

1st Vice President: Mary Lou Ambrose

- 1) **Bench:** We need to get the small brass plaque and an anchor for the bench so it can be placed. The first bench has been moved to a new location across from the Clubhouse deck.
- 2) **Banner:** We have several suggested potential seamstresses to contact about the embroidery for the new banner. The current banner has no space for new awards and patches.
- 3) **Storage Unit:** Barbara Tomayko is still working on pricing options for a storage unit and available locations.
- 4) **Meal Trains:** Mary Lou felt we needed a system for the increasing number of "meal trains" requested for members. The group decided that Shellee Williams (Share & Care) would be the best point of contact for members requesting assistance. Shellee will notify the three Vice-Presidents, who will organize the outreach and meal train.
- 5) **Directory:** Mary Lou suggested creating the new directory in July, so it is ready earlier in the year. She will contact Sharla.

2nd Vice President: Teresa Wisniewski

- 1) **4th of July Parade:** Teresa shared details for the 4th of July parade and Emily Florence had samples of the friendship bracelets handed to children. Teresa will have a notice in the LOWDOWN reminding members to bring candy to the June dinner meeting.
- 2) **School Supply Update:** The school supply collection will be held on Saturday, July 18th, in the Clubhouse lower parking lot. Sharon Marks is co-chairing the event with Teresa.

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

Ann Turner noted that the number of unexcused absences has been higher than usual for several months. She will send a copy of the absentees to the President each month.

Tail Twister: Nicole Pappas

Nicole shared a tentative schedule of programs for 2026-2027 dinner meetings. She still has a few meetings open so asked members to contact her with suggestions and comments.

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

The next planned activity is the Beach Party on Thursday, June 18, from 5 – 7 p.m., at Happy Creek Beach. There was a sign-up sheet at the dinner meeting. Bring your own chair and drinks, and a snack to share.

Membership: Pat Licata and Barbara Tomayko

- 1) **Ruth Golden** has completed all membership requirements. Anne LeHuray is her sponsor. Pat Licata shared Ruth's application. **Motion** made to approve Ruth's membership made by Teresa Wisniewski and seconded by Claire Donohoe. The motion was carried.
- 2) Pat Licata discussed the Dolly Parton Imagination Library. The Orange County Books & Beyond organization will host a launch party for Growing Readers and Roots on June 6. Pat would like for the Lionesses to support the program as part of our educational donations. Heidi suggested we check with the Lions club and perhaps partner with them in a 5-year commitment of donations. Pat will contact the Lions and report back to us.

There being no further business to come before the **LOW Lioness Lions Board of Directors** at this time, the meeting was adjourned at 7:38 p.m.

Respectfully submitted,

Beth Newton for Gloria Bishop Oliveri, LOW Lioness, Lions Secretary


Next BOD Meeting: Thursday, June 25, 2026, at 5:30 p.m. in the Community Center, Room 2

**Lake of the Woods
Lioness Lions Club**

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Locust Grove, VA 22508

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 www.lowlioness.org

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