

Lake of the Woods Lioness Lions LOWDOWN

Volume 42 | Number 1 July 2026



www.lowlioness.org

President's Corner

By Mary Lou Ambrose, LOW Lioness Lions President

Congratulations to Heidi and her Board of Directors for a successful year. I thank all of you for your leadership kindness and general passion for our mission, **We Serve**.

I am looking forward to serving as your president. I recently attended a Lions Leadership Zoom Class and we were asked to reflect on Why we joined Lioness and Why we are still here. One thing came to my mind immediately, and that is Friendship.

Friendship is the foundation of everything we do. It is what first brings many of us through the door. It is what keeps us coming back and it is what transforms a group of volunteers into a family. Over the years, we have shared laughter, celebrations, challenges and countless hours of service. We have worked side by side at fundraisers, community events and projects that make a difference in the lives of others. Through these **shared** experiences, we have built friendships that extend far beyond our meetings.

As president, my goal is to foster an atmosphere where every member feels welcomed, valued and appreciated. I want our club to continue to grow not only through service projects but through the friendships that make those projects meaningful.

I am fortunate to have filled all the Committee Chair positions for our upcoming year except one. I first want to thank all of you have volunteered. Together we will succeed and have fun doing it. I am still in need of someone to chair the Spring Yard Sale, which I chaired myself this past spring. We participated in the LOWA Spring Yard Sale which made it much easier. Please consider volunteering for this position.

Our new Directories are in the works and hopefully will be ready by our August meeting.

I look forward to the year ahead. Together, let us make this a year filled with friendship, purpose and a positive impact in our community.

What Shall I Bring to this Month's Meeting?

School Support Drive Donations: See page 8 for a list of needed supplies.

Don't forget to wear Red, White, and Blue to celebrate the nations 250th Anniversary!



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 - Birthdays

Pg 4- Tamer's Announcement

Pg 4 - **July Diner Menu**

Pg 5 - Ice Cream Social

Pg 5 - Independence Parade

Pg 6- 7 - **Did You Know?**

Pg 8 - School Supply Drive

Pg 9 - **White** House Ornament

Pg 10 - Blood Drive

Pg 11 - **Board of Director Minutes May Meeting**

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

Quick High-Level Recap of June Meeting:

- Scholarships were presented to Orange County HS winners:

Amber Trask

Claire Gomez

Caroline Quimper

Jennifer Benedetto

Elise Hall



- In addition to scholarship recipients and their families, we welcomed the following guests: Ruth Golden, Jacq Mills, Cara Miller, and Louise Hoh.



- Heidi entertained us with funny stories and gave heartfelt thanks for a great year as Lioness President.

Happy Birthday!!!

Upcoming July Birthdays:

Barbara Tomayko 7-1
Marti Legge 7-7
Julie Phend 7-9
Nicki Buell 7-10
Pam Derreberry 7-14
Marian Rood 7-15
Heidi Brown 7-20
Teresa DiCicco 7-22
Jonnie Feterle 7-26
Carol Greeney 7-26
Sherri Lasover 7-29

June Birthdays!!!



**Wendy Witherspoon, Donna Morrissey, Janice Johnston, Jean Ann Daniels, Mina Snead,
Cathy Kutz, Gail Hardin, Kathy Phillips, Susan Bergner**

TAMERS IMPORTANT ANNOUNCEMENT:

Effective Immediately!

Due to a change in requirements from the LOW Clubhouse, the deadline for notifying the Tamers about your attendance and meal preference for the Lioness Dinners had to be changed. You must *send an email to all three Tamers by noon on the Thursday prior to the dinner*. As a reminder, correct change, \$30, and having your check ready before you get to the check-in desk is appreciated.

Please note there is one new Tamer, Diane Wiard. Our heartfelt thanks goes to Emily Florence for serving as Tamer Advisor this past year. We appreciate Nicki Buell volunteering to serve as a Tamer and look forward to her leadership in the future,

Ann Turner anntturner@gmail.com

Shaaron Corner andiprayed@gmail.com

Diane Wiard dkwiard2001@yahoo.com

JULY DINNER MENU:

Lemon Herb Chicken Dinner

- Garden Salad – Ranch & Balsamic
- Lemon Herb Roasted Chicken
- Rice Pilaf
- Steamed Broccoli
- Dinner Rolls
- Lemon Layer Cake

Alternate Vegetarian - Mediterranean Vegetable Plate

CHILDHELP ICE CREAM SOCIAL:

On June 1st Lionesses Emily Florence, Lynne Kovach, Mary Lou McFarland, and Marian Rood provided an Ice Cream Social for the children at Childhelp. This was in conjunction with their Bike Safety Day in which the children compete against Culpeper County policemen. After riding their bikes, everyone got to make their customized ice cream TREAT! Lots of smiling faces, please and thank you's from all the children. It was a hot day, so the cool treat was enjoyed tremendously by kids and teachers!



INDEPENDENCE DAY PARADE:

Because of your enthusiasm, hard work, community spirit, and the Lionesses who donated candy, the **LOW Lioness Club** was honored to receive the **Most Patriotic Participant award**. This recognition belongs to every Lioness who helped decorate, participated in the parade, donated candy, or came out to cheer us on. It was wonderful to see so many smiling faces representing our club and celebrating our community together. We truly appreciate everyone who pitched in to make it all happen.



You can see more photos from the parade on our Facebook page or the LOW Lioness website. Thank you again for your support, enthusiasm, and teamwork. We couldn't have done it without all of you!

Did You Know?

Lions of Virginia 103rd State Convention in Bristol, VA

The 2026 Multiple District 24 State Convention was a remarkable event, recognized for its commitment to service, leadership, and fellowship. This convention embodied the ideals that Lions strive for, creating an environment where these values were celebrated and strengthened.

Convention Highlights and Achievements

The convention hosted 250 attendees, who participated in a variety of educational sessions and enjoyable events. Over the three-day gathering, members learned from fellow Lions across the region about innovative ways to engage in new service projects, develop fresh fundraising ideas, and recruit and retain members. This knowledge gained will be shared with our club in the future.

We, Gloria Bishop Oliveri, Darcy Jennings, and Barbara Tomayko had the privilege of representing the LOW Lioness Lions Club at the convention held in Bristol, VA in May. We attended many activities together and decided to divide up at times to maximize our learning experiences. Darcy participated in the session titled “Leading with Pride”, while Gloria attended “Mission Control Secretary Central”, and Barbara joined “Roar and Recruit”. Additionally, we all attended a workshop called “Work Smarter, Save Time and Amplify Your Service Impact – AI for Lions.”

LOW Lioness Recognition

During the event, LOW Lioness received an award patch for **March Madness Membership**, which will be displayed on our new banner.

Support for Vision Walk

In April 2026, **Lion Davita Luehrs** reached out to our club, seeking support for the Vision Walk organized by the Foundation Fighting Blindness. We contributed to her cause. Gloria was honored to meet Lion Davita and **Lion Chubbs**, her working puppy. Lion Davita shared that, thanks to the generosity of clubs like ours, she surpassed her fundraising goal. Lion Davita also offered to visit our club in the future and bring **Lion Chubbs** to meet everyone.

Community Service and Media Recognition

The convention was highlighted on a local TV station, which filmed Lion members packing bags of personal care items for the Children’s Advocacy Center of Highlands Community Services.

Ongoing Programs

Among many services, three significant programs were presented at the convention. The first, “Balls for All” provides blind children with audible soccer balls, enabling them to participate in sports activities. The second, the “Listen Up!” Program has already screened over 1,000 children for hearing issues. The third, the Leo Club Program is a youth service initiative sponsored by local Lions Clubs. It is specifically designed for young people between the ages of 12 and 30. Through participation in this program, young individuals receive and develop essential leadership skills while actively making a positive impact in their communities. Let’s consider starting a Leo program.

Statewide Emergency Communication System

One of the major accomplishments of the Virginia Lions this year was the establishment of a statewide communication system to enhance responsiveness during emergency situations. The devastating impact of Hurricane Helene last year highlighted the need for such a system, as Lions groups were unable to provide immediate assistance due to communication barriers. With this new system in place, each group will now be promptly informed of specific needs following disasters, allowing for efficient and targeted assistance—whether that involves water, food, clothing, tools, or manpower—without unnecessary duplication of efforts.

Continued Growth and Recognition of our club

Our ongoing participation in conventions and other events enables us to develop and strengthen our club, not only as individual members but as a collective group. Through these experiences, we continually gain new skills, expand our impact, and foster connections within the broader Lions organization. As we grow, we remain committed to recognizing our role within the larger community, while also being acknowledged for our contributions and efforts as part of this greater entity.

Contributors,

Darcy Jennings, Gloria Bishop Oliver and Barbara Tomayko



Lake of the Woods Lioness Lions Club

SCHOOL SUPPLY SUPPORT DRIVE



Supporting the Locust Grove Primary and Elementary Schools, Head Start, and other selected Orange County, VA Schools

Donations will be collected at LOW Clubhouse Lower Parking Lot Saturday, July 18th from 9:00 AM to 11:00 AM

Prefer to give a monetary donation?

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

(Make checks payable to LOW Lioness Lions Club and write School Supply/Support in the check memo section)

Please donate ONLY NEW items listed below:

- Composition Notebooks (Wide Ruled)
- Single-Subject Spiral Notebooks (Wide Ruled)
- Crayons (24-pack)
- Pocket Colored Folders
- #2 Pencils
- Colored Pencils
- Plastic Pencil Boxes & Pencil Pouches
- Scissors (5" Blunt Point & 5" Pointed)
- Dry Erase Markers (Black)
- Color Washable Markers
- Dry Erase Marker Spray
- Markers & Highlighters
- Glue Sticks (Small and Large)
- Headphones/Earbuds
- Tissues
- Sanitizing Wipes
- Disinfectant Wipes
- Ziplock Bags (Quart & Gallon sizes)

Questions? Please text any of the School Supply Support Drive Committee Members:

| | | | |
|--------------------|----------------|--------------------|----------------|
| Sheran Marks: | (540) 846-6956 | Bobbie Stone: | (540) 388-2880 |
| Cheryl Murray: | (703) 629-9975 | Teresa Wisniewski: | (703) 901-9023 |
| Maggie Broadwater: | (703) 774-6997 | Nancy Bidus: | (703) 475-9854 |

Thank you for your continued support of this important community project!



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



Celebrate

MORE LIFE. GIVE BLOOD.



**American
Red Cross**

Blood Drive

**Lake of the Woods Community
Sponsored by the Lake of
the Woods Lions**

**Community Center
110 Sweetbriar Park Road
Locust Grove, VA 22508**

**Tuesday, July 21, 2026
1:00 p.m. to 6:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: 22508 to schedule an appointment.

**Give blood July 13 to 31 for a Fandango Movie Reward
by email to see a movie on us! rcblood.org/July**



Scan to schedule
an appointment.

[34] • Order ID: 1971884 • Item ID: 10175000 • Qty: 1 of 1 • 385881 • 2026-APL-0121 • AR35 • 255792

Minutes for the Club Board of Directors Meeting Lake of the Woods Lioness Lions Club Thursday, June 25, 2026, at 5:30 p.m.

Community Center, Room 2

Club BOD Meeting called to Order by President, Heidi Brown at 5:38 p.m.

Present: President: Heidi Brown; **Secretary:** Gloria Bishop Oliveri; **Foundation Treasurer:** Loretta Lafley; **Administrative Treasurer:** Beth Newton; **1st Vice President:** Mary Lou Ambrose (via phone); **2nd Vice President:** Teresa Wisniewski; **3rd Vice President:** Arlene Rich; **Tamers:** Sharon Corner, Ann Turner; **Temporary Tamer/Director:** Emily Florence; **Directors:** Caroline Collantes, Emily Florence; **Membership:** Pat Licata, Barbara Tomayko; **Immediate Past President:** Darcy Jennings

Absent: Directors: Nicki Buell, Claire Donohoe; **Tail Twister:** Nicole Pappas **Guest:** New Member, **Charlene Fines**

Secretary's Report: Gloria Bishop Oliveri

1) Motion requested to approve Minutes from the **May 28th, BOD mee2ng**, which were previously submitted.

Motion to approve made by Darcy Jennings and seconded by Sharon Corner. **The motion was carried.** 2) **Monthly Reports:** Committee Chairs for: **May 2026**

PS= 4,193. L= 177. H= 874 \$295.00*

***Book Sale: \$293.00 *Dinner Mee2ng 50/50: \$48.00 *Tail Twister: \$2.00**

3) **Lions of VA, 103rd State Convention**, was held on May 28th through May 31st, 2026, in Bristol, VA.

Darcy Jennings, Gloria Bishop Oliveri and Barbara Tomayko attended.

A) LOW Lioness Lions Club was recognized and received the **March Madness Emblem**, and it will be displayed on our new banner.

2. b) Gloria had the honor of meeting **Lion Davita Luehrs** and **Lion Chubbs**, her working puppy.

Lion Davita serves as **District 24L Sight Chair for the Foundation Fighting Blindness**. Lion Davita shared that, thanks to the generosity of clubs like ours, she surpassed her fundraising goal. She also offered to visit our club in the future and bring Lion Chubbs to meet everyone.



3. C) Darcy Jennings recommended submitting a brief write-up regarding the State Convention to the LOW Lake Currents.

3) New Members:

The following new members are being inducted in **July 2026**:

A) **Louise Hoh**, sponsored by Heidi Brown.

B) **Camellia (Cam) Miller**, also being sponsored by Heidi Brown. C) **Jacqueline Mills** is being sponsored by Mary Lou Ambrose.

Motion to approve new members made by Barbara Tomayko and Seconded by Ann Turner. **The motion carried.**

D) **Ruth Golden** was previously approved by the BOD (05/29/26) and will also be inducted in July. Ruth is being sponsored by Anne LeHuray.

Note: **Angie Lange**, sponsored by Mary Lou Ambrose, is still in the process of completing the membership requirements and will be inducted at a later date. 4) **Change of Status Request:**

A) **Cathy O'Brien** requested to return from AFL to Active membership, effective immediately.

Motion to approve made by Darcy Jennings and seconded by Loretta Lafley. **The motion carried.**

5) Resignation:

A) **Margaret Haight** submitted her resignation via email dated 06/03/26 and effective July 1, 2026. Margaret is moving to Colorado.

B) **Kathy Kutz** emailed her resignation to Heidi. Kathy has been a lioness since October 2024.

C) **Ann Rosenfeld** emailed her resignation to the Tamers. Ann has been a Lioness since March 2025. **Motion** to approve made by Barbara Tomayko and seconded by Beth Newton. **The motion carried.**

Administrative Treasurer, Beth Newton May 2026 Report:

1) **Total Income:** \$2,745.00

2) **Total Expenses:** \$2,045.60

3) **Cash Balance Checking:** \$10,740.93 4) **CD Balance:** \$10,000.00

5) **Membership Dues:**

Receipt of membership dues underway. 48 Members have paid to date. **Missed dinner meeting fees** are also being collected.

President's Report: Heidi Brown

1) **LOW Lioness Bench** – Heidi to coordinate placement of new bench) **Banner** – Barbara Tomayko has agreed to create the second Lioness Banner.

3) **Dinner Menu Options and Pricing.** Tamers have selected menus for the next four months. Ann Turner will provide Heidi with a copy of the updated Clubhouse requirements regarding headcount notifications, pricing, etc. to support Heidi's upcoming discussion with LOW General Manager, Bernie Guthrie.

4) **Club Board of Directors** – Responsible for all Club activities.

5) **Foundation Board of Directors** – Responsible for all **Foundation** fundraising and distributing of said funds.

1st Vice President: Mary Lou Ambrose

- 1) **July Dinner Meeting:** The July Dinner Meeting theme will be **Friendship**. Seidah Armstrong, a representative from Sweet Vines Farm Winery will serve as our guest speaker.
- 2) **Beach Social:** Thank you to the Directors for housing a wonderful Beach Social at the Pleasant Grove Beach on June 18, 2026.

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

1) **Update on Deadline Notification for Lioness Dinners**

Due to a recent change in requirements from the LOW Clubhouse, there has been an adjustment to the process for notifying the Tamers about attendance and meal preference for the Lioness Dinners.

A) **Notification Procedure:** All attendees are now required to send an email to all three Tamers by noon on the Thursday prior to the scheduled dinner. This ensures that attendance and meal preference are properly recorded in advance.

B) **Payment Instructions:** As a reminder, it is appreciated if Lionesses bring the correct change of \$30 or have a check prepared before arriving at the check-in desk. This helps to streamline the check-in process and avoid delays.

C) Tamers will communicate with all membership via email and post in the LOWDOWN of all the above changes.

Membership: Pat Licata and Barbara Tomayko

1) Membership provided **Secretary** Gloria Bishop Oliveri the completed applications for **Louise Hoh, Cam Miller,**

Jacqueline Mills and Ruth Golden.

2) The **New Member Orientation** dinner is scheduled for July 2, 2026, at Bella Cucina Italian at 5:00 p.m.

Membership Committee will send invitations to prospective new members, sponsors, and selected board members.

There being no further business to come before the **LOW Lioness Lions Club Board of Directors** at this time, the meeting was adjourned at 6:39 p.m.

Gloria Bishop Oliveri, LOW Lioness, Lions Secretary

Next BOD Meeting: Thursday, July 23, 2026, at 5:30 p.m. in the Community Center, Room 2

Minutes for the Foundation Board of Directors Meeting

Lake of the Woods Lioness Lions Club

Thursday, June 25, 2026, Following Club BOD Meeting

Community Center, Room 2

Club BOD Meeting called to Order by President, Heidi Brown at 6:41 p.m.

Present: President: Heidi Brown; **Secretary:** Gloria Bishop Oliveri; **Foundation Treasurer:** Loretta Lafley;

Administrative Treasurer: Beth Newton; **1st Vice President:** Mary Lou Ambrose (via phone); **2nd Vice President:** Teresa Wisniewski; **3rd Vice President:** Arlene Rich; Tamers: Sharon Corner, Ann Turner; **Temporary**

Tamer/Director: Emily Florence; **Director:** Caroline Collantes, **Membership:** Pat Licata and Barbara Tomayko;

Immediate Past President: Darcy Jennings

Absent Directors: Claire Donohoe, Nicki Buell; **Tail Twister:** Nicole Pappas

Guest: New Member, **Charlene Fines**

Secretary's Report: Gloria Bishop Oliveri

1) **Balls for All:** **Lion Chuck Schwab**, via e-mail, let us know that a ball that we are sponsoring will be given to a child at **Super Summer Camp the week of July 6th**. The child, Sofia, will be given our contact information and maybe she'll reach out to us with her story! Sofia lives near Locust Grove.

2) **Old Business:**

A) **Books and Beyond Initiative** – Pat Licata queried Lions President Elect regarding current support of the Orange County Books and Beyond Initiative (serving as the local sponsor for Dolly Parton's Imagination Library). The Lions confirmed they are currently supporting the endeavor. Lioness will further review to determine potential for providing supplemental Lioness donation. Pat has recommended inviting affiliate DeAnne Marshall to speak at a future Lioness dinner meeting

Foundation Treasurer, Loretta Lafley:

May 2026 Report:

1) **Total Income:** \$1,955.00

- 2) **Total Expenses:** \$7,741.48
- 3) **Adjusted Bank Balance:** \$4,461.22
- 4) **CD Balance:** \$30,605.89
- 5) **Scholarship** activity to be addressed in June figures.

President's Report: Heidi Brown

1) **Storage Shed** – Barbara Tomayko has received approval from the LOW General Manager to install a 10' x 12' storage shed. The shed will be positioned to the leg of the current Lions Medical Equipment building. Prior to receiving this approval, Barbara attended and secured the necessary endorsement at the Spaces and Places meeting. She thoroughly researched various sources and pricing options for the shed, ultimately electing **Capitol Sheds** as the preferred vendor.

A) **Next Steps and Coordination** – Barbara will proceed by negotiating terms with Capitol Sheds. She will also coordinate essential details, including the shed's installation, insulation, procurement and installation of a mini-split system (with possible cost-sharing with the Lions organization), lighting, and painting the shed green to match the Lions building.

B) **Financial Approval** - The board has established a maximum budget of \$12,000 for the purchase and installation of the storage shed. Gloria Bishop Oliveri, requested motion to approve. Barbara Tomayko made the motion to approve this expenditure, which was seconded by Arlene Rich. **The motion carried.**

2) **Card Party Luncheon and Fashion Show** – Barbara Tomayko has agreed to Chair. Co-chair needed. Event is currently scheduled for Friday September 25, 2026. Location pending. Barbara Tomayko to share Location quotes with Heidi.

3) **Concert on the Point (Notorious Birds Band)** – 50/50 Raffle scheduled for September 18, 2026

4) **Gala** currently scheduled for March 13, 2026. Reunion Band confirmed. New Members **Jaqueline Mills** and **Cam Miller** have agreed to co-chair.

1st Vice President: Mary Lou Ambrose

1) **Fall Fling:** Raffle Fundraiser currently scheduled for October 10, 2026, at Fareways Café. **Mary Lou Ambrose and Nicki Buell** to co-chair. They propose selling 200 tickets at \$20 each. \$100 winner will be announced every five minutes with a final \$500 winner at last pull over a 2-hour period.

2) **Storage Shed:** Thank you to Barbara Tomayko for taking the lead on securing the storage shed.

2nd Vice President: Teresa Wisniewski

1) **The 4th of July Parade** scheduled to be held on Saturday, June 27, 2026, is on track. 12 Lioness walkers are currently scheduled.

2) **School supply drive** to be held July 18, 2026, at Clubhouse Lower-Level Parking Lot between 9:00 – 11:00 a.m. Setup begins at 8:00 a.m.

Immediate Past President: Darcy Jennings

1) Darcy recommended leveraging use of the Clubhouse parking lot for yard-sale and/or bake sale fundraisers when using parking lot for other Lioness activities, such as the School Supply drive.

2) **SAFE House** – Darcy has proposed the creation of a dedicated reading corner to enhance the environment for residents at SAFE House.

A) The goal of this initiative is to provide a comfortable and inviting space that encourages reading and relaxation for individuals of all ages. The envisioned reading corner will include a bookcase filled with books suitable for preschoolers through junior adults. To further support a welcoming atmosphere, bean bag chairs will be provided, offering cozy seating options for residents as they enjoy their reading material.

B) Discussions regarding this proposal are actively underway with SAFE House Committee Chair, Val Protiva. These conversations will help refine the details and ensure the reading corner meets the needs of SAFE House residents.

There being no further business to come before the **LOW Lioness Lions Foundation Board of Directors** at this time, the meeting was adjourned at 7:15 p.m.

Gloria Bishop Oliveri, LOW Lioness, Lions Secretary

Next BOD Meeting: Thursday, July 23, 2026, at 5:30 p.m. in the Community Center, Room 2