

Lake of the Woods Lioness Lions LOWDOWN

Volume 42 | Number 2 August 2026



www.lowlioness.org

President's Corner

By Mary Lou Ambrose, LOW Lioness Lions President

What a wonderful dinner meeting we had in July. The energy in the room was contagious, and it was great to see everyone so upbeat and happy. Congrats to our Newly Inducted Board members, and a special thank you to our Membership Committee for bringing three new Lionesses into our club. We also extend our sincere appreciation to our guest speaker, Seidah Armstrong, for sharing her inspiring story, her strength and wisdom with us.

Congratulations to Teresa Wisniewski and her team for representing our club in the Lake of the Woods Fourth of July Parade. We're proud to celebrate the Lionesses' award for Most Patriotic Participants. And our very own Julie Phend, Lioness and author whose latest novel, "Sculptor and Spy", launched July 15th. We are so proud of you, Julie!

The Lioness Club was invited to participate in the LOW Primary and Elementary School Carnival on July 17th. We set up a booth and gave out some goodies. Our annual school supply drive was another great success, thanks to the leadership of Teresa Wisniewski and Sharon Marks, as well as all the volunteers. Your dedication will make a meaningful difference for students in our community. And in case you haven't noticed, we finally have our new shed to store the Lioness paraphernalia in! It was purchased and delivered and sits next to the Lions Shed near the Verona Building. More to come on getting all our belongings organized, labeled and stored in the shed. Appreciate all you did, Barb Tomayko, to make that happen.

Barbara Tomayko has been working on the Card Party scheduled for September 25th at the Clubhouse from 9:00 AM until 3:00 PM. Please contact Barbara (703-618-6023) if you'd like to help solicit auction items. Your support will be greatly appreciated. Reservation & pricing information will be coming soon.

Coming up in October is our new event, The Fall Fling, being held on October 10th from 4:00 – 7:00 at Fareway's. We will be asking you to sell tickets (\$20.00 pp) prior to the event. We must sell 200 tickets. You may sell them to friends, neighbors, kids, grandkids, anyone. There will be a drawing every ten minutes for two hours. Each winner will win \$100.00, with the last winner winning \$500.00. Once drawn, the ticket goes back in the hopper for more chances to win—and you do NOT need to be present to win! Talk this event up and get your families excited about it. Nicki Buell and I are heading this event. More info to come.

Hope this finds all of you enjoying the rest of the summer. The lakes have been beautiful this year with some outstanding sunsets and sunrises!

What Shall I Bring to this Month's Meeting?

Donations for SAFE HOUSE.
Includes children's books,
cleaning products, women's
personal hygiene products.

Thank you!

What will I find inside this LOWDOWN?

Pg 1 - **President's Corner**

Pg 1 - **What Shall I Bring to this
Month's Meeting?**

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Month's Meeting**

Pg 3 - School Supply Drive & LGES
Carnival photos

Pg 4 - August Birthdays

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Pg 7 - Save the Date-Card Party

Pg 8 - **White** House Ornament

Pg 9 - LOWLINC

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PG11 - BOD Minutes

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

Induction of New Board Members



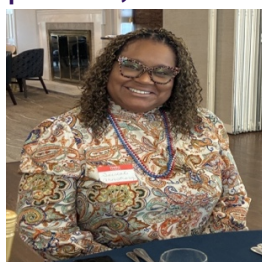
Passing the President's Gavel: Heidi and Mary Lou



New Member Induction: New members Ruth Golden, Jacq Mills, Louise Hoh



Guest Speaker, Seidah Armstrong



The School Supply Support Drive Committee would like to thank our Lioness members who donated supplies, cash, and time to make this year's School Supply Drive a big success. On a hot July day, our volunteers came together to collect and organize donations for LOW Primary and Elementary Schools. Thanks to the generosity of our community, we received many needed supplies and monetary donations that will help students, provide additional items, and support educational field trips. We also enjoyed participating in the LOW Primary and Elementary Schools' Back-to-School Carnival with our Lucky Duck game. Students rolled the dice, rang the bell, and picked out a duck and pencil. We gave away 185 ducks and 185 pencils, and our event was featured on the Orange County Public Schools Facebook page.

Thank you to everyone who helped make these events successful!



Happy Birthday!!!

Upcoming August Birthdays:

Bobbie Stone 08-03

Charlene Fines 08-05

Louise Hoh 08-11

Jean Ann Daniels 08-14

Gloria Bishop-Oliveri 08-16

Emily Slunt 08-18

Cam Miller 08-18

Moiria Ricketts 08-31

A picture of July Birthdays was not taken, we will take during the August meeting

FOOD PANTRY:

The Food Pantry will be open three Fridays in August: August 7, 21, and 28, and CLOSED on August 14. The Pantry will also be open on Wednesday, August 12 from 4:30-6:30. Volunteers will need to muster at 4:00 pm. The Pantry is adding the Wednesday opening as a three-month experiment. Volunteers are welcome!

BOOK ROOM:

The August Book Sale will take place on Saturday, August 29. This month, the Book Room is having a blow-out sale, with select hardcovers and paperbacks selling for \$5.00 per bag. Come check it out!

EYEGLOSS RECYCLING:

Eyeglass recycling will take place every Monday in August, but will be closed on Labor Day, September 7.

SAFE HOUSE:

We greatly appreciate the perfect bookcase donated by Deborah Raines for our SAFE HOUSE project of creating a reading corner for children, ages baby to teens. We are presently shopping for beanbag chairs to complete the setting. Please donate books.....new or gently used to fill the shelves. Please bring your books to the August Lioness Club meeting. Thank you in advance! Also, we will be collecting SAFE HOUSE cleaning products, paper goods, and women's personal hygiene items AND anything you might have for this worthy cause!

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.

Ann Turner anntturner@gmail.com

Sharon Corner andiprayed@gmail.com

Diane Wiard dkwiard2001@yahoo.com

AUGUST DINNER MENU:

Homestyle Dinner

- * Garden Salad – Ranch & Balsamic
- * Meatloaf with Brown Gravy
- * Mashed Potatoes
- * Green Beans
- * Dinner Rolls
- * Apple Cobbler

Alternate: Vegetable Fried Rice

LOW Lioness Lions Club

Invites all LOW residents & their friends to

SAVE THE DATE

Friday, September 25th, 2026

9:00 AM to 3:00 PM

For the

***Annual Card & Table Games Party,
Luncheon and Fashion Show***

At Lake of the Woods Clubhouse

**Join us for Cards, Mahjong, Dominos,
Luncheon, Raffles, Fashion & FUN!**



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



LOWLINC

LIVING INDEPENDENTLY IN OUR COMMUNITY

5TH ANNUAL WALK & ROLL

Rain or Shine!



Food | Friendship | Music | Door Prizes
Team Spirit Contest | Games
Vendors & Partners | Walk T-Shirts | Fun!



September 19, 2026
11:00 am - 1:00 pm



LOW Sweetbriar
Park & Trail

Learn More at www.lowlinc.org

Email: info@lowlinc.org

Phone: (855) 569 -5462



LOWLINC is a 501(c)3 nonprofit organization. Our volunteers provide services to members ages 55+, including transportation, light home repairs, and social activities.

FREE ENTRY

OPENING

RECEPTION:

AUGUST 5TH, 2026

ON VIEW:

AUGUST 5TH-

AUGUST 29TH, 2026

LOW ARTS SHOW



VISIT OUR ANNUAL LAKE OF THE WOODS ARTS SHOW EXHIBIT FEATURING
OVER 15 LOCAL ARTISTS OF MANY DIFFERENT STYLES AND BACKGROUNDS



5:30PM-7:30PM
129 E. MAIN STREET ORANGE, VA

Minutes for the Club Board of Directors Meeting Lake of the Woods Lioness Lions Club Thursday, July 23, 2026 Community Center, Room 2

Club BOD Meeting called to Order by Outgoing President, Heidi Brown at 5:35 p.m.

Present: **Outgoing President/Incoming Immediate Past President:** Heidi Brown;
Outgoing 1st Vice President/Incoming President: Mary Lou Ambrose;
Incoming Administrative Secretary: Charlene Fines;
Outgoing Club Secretary/Foundation Secretary/24L Liaison: Gloria Bishop Oliveri;
Administrative Treasurer: Beth Newton;
Outgoing 2nd Vice President/Incoming 3rd Vice President: Teresa Wisniewski;
Tamers: Sharon Corner and Ann Turner; **Incoming Tamer:** Diane Wiard;
Membership: Pat Licata; **Incoming Membership:** Kathy Merritt and Gloria Bishop Oliveri
Directors: Claire Donohoe and Emily Florence; **Incoming Director:** Kathy Merritt
Outgoing Immediate Past President/Incoming Tail Twister: Darcy Jennings

Absent: **Foundation Treasurer:** Loretta Lafley;
Outgoing Director/Incoming 1st Vice President: Caroline Collantes;
Outgoing Tail Twister/Incoming 2nd Vice President: Nicole Pappas;
Outgoing 3rd Vice President: Arlene Rich;
Membership: Barbara Tomayko
Director: Nicki Buell

Outgoing Secretary's Report: Gloria Bishop Oliveri

- 1) Motion requested to approve Minutes from the **June 25, 2026, BOD meeting**, which were previously submitted.
Motion to approve made by Ann Turner and seconded by Pat Licata. **The motion was carried.**

- 2) **Monthly Reports:** Committee Chairs for **June 2026:**

PS= 4,449	L= 194	H= 517	\$268.00*
*Book Sale: \$133.00	*Dinner Meeting 50/50: \$60.00	*School Supplies: \$75.00	

- 3) **New Members:**
The following new members are anticipated to be inducted in **September 2026:**
A) **Angie Laing**, sponsored by Mary Lou Ambrose, application completion pending.
B) **Angie Long**, sponsored by Maggie Broadwater & Cheryl Murray, application completion pending.
C) **Camellia (Cam) Miller**, sponsored by Heidi Brown, approved by BOD on June 25, 2026; Orientation pending.
Secretary will request BOD approval once all completed applications are received.

- 4) **Resignations:**
A) **Kathy Phillips** resigned on 06/26/2026.
B) **Linda Bruno** officially resigned as of 07/22/2026.
Motion to approve was made by Sharon Corner and seconded by Claire Donohoe. **The motion was carried.**

- 5) **Software Request:** Sharla Bailey, Communications and Publications Committee Member, has recommended support for appropriation of \$239.00 (yearly rate) for Advanced version of Acrobat Software for Jacqueline (Jacqs) Mills to facilitate incorporation of BOD Minutes and graphics into of the monthly LOWDOWN publication.

Charlene Fines offered to contact Jacqs Mills to discuss a potential work-around (use of "Snipping Tool").

Motion to approve the \$239.00 appropriation was made by Heidi Brown and seconded by Mary Lou Ambrose in the event the Snipping Tool work-around does not address the issue. **The motion was carried.**

Administrative Treasurer, Beth Newton:

June 2026 Report	
Total Income	\$6,778.00
Total Expenses	\$3,162.62
Cash Balance Checking	\$14,356.31
CD Balance	\$10,000.00

Collection of remaining outstanding membership dues underway. Missed dinner meeting fees are also being collected.

Outgoing President's Report: Heidi Brown

Continuing to work Lioness signage for the new bench and new Lioness shed.

Swearing in of Officers not present at the July 2026 Dinner Meeting for 2026-2027:

Darcy Jennings swore in Charlene Fines as Administrative Secretary and Teresa Wisniewski as 3rd Vice President.

HEIDI BROWN TURNED MEETING OVER TO 2026-2027 BOARD OF DIRECTORS at 6:17 p.m.

Present: **President:** Mary Lou Ambrose;
Administrative Secretary: Charlene Fines;
Foundation Secretary/24L Liaison: Gloria Bishop Oliveri;
Administrative Treasurer: Beth Newton;
3rd Vice President: Teresa Wisniewski;
Tamers: Sharon Corner, Ann Turner and Diane Wiard;
Membership: Pat Licata, Kathy Merritt and Gloria Bishop Oliveri
Directors: Claire Donohoe Emily Florence and Kathy Merritt
Tail Twister: Darcy Jennings
Immediate Past President: Heidi Brown

Absent: **Foundation Treasurer:** Loretta Lafley;
1st Vice President: Caroline Collantes;
2nd Vice President: Nicole Pappas;
Membership: Barbara Tomayko
Director: Nicki Buell

President's Report: Mary Lou Ambrose

- 1) The Meal Train has been very successful. The Share and Care Team and the Vice Presidents are encouraged to continue to utilize the Meal Train tool to support Lionesses in need of meals. Meal Train Registration Fees incurred by the Officers may be submitted for consideration for reimbursement under the Club Miscellaneous Expense budget.
- 2) Mary Lou Ambrose, Caroline Collantes and Ann Turner met with LOW General Manager, Bernie Guthrie to discuss pricing for Lioness meals and events. LOW Treasurer, Dan Porter is collaborating with a team to develop club/banquet pricing for the LOW Clubhouse.

Tamers: Sharon Corner, Ann Turner and Diane Wiard

The Tamers are working to clear the backlog of missed dinner meeting fees from Lionesses who did not provide timely advanced notification of missed dinner meetings.

Officers are encouraged to promptly notify Tamers of pending resignations to allow for associated dinner meeting headcount adjustments.

Membership: Pat Licata, Kathy Merritt and Gloria Bishop Oliveri

The Membership Team is scheduled to meet July 24, 2026, to discuss plans and best practices for the 2026-2027 term. The Team is looking to incorporate Lions District Governor, Chuck Schwab's dynamic theme of "Dare to."

Directors: Claire Donohoe, Emily Florence and Kathy Merritt

The Directors are meeting to discuss plans for the 2026-2027 term.

There being no further business to come before the **LOW Lioness Lions Club Board of Directors** at this time, the meeting was adjourned at 6:31 p.m.

Gloria Bishop Oliveri, LOW Lioness, Lions Foundation Secretary/24L Liaison

and

Charlene C. Fines, LOW Lioness, Lions Administrative Secretary

Next Club BOD Meeting: Thursday, August 27, 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, July 23, 2026, Following Club BOD Meeting
Community Center, Room 2**

Foundation BOD Meeting called to Order by **President**, Heidi Brown 6:31 p.m.

Present: **Outgoing President/Incoming Immediate Past President:** Heidi Brown;
 Outgoing 1st Vice President/Incoming President: Mary Lou Ambrose;
 Incoming Administrative Secretary: Charlene Fines;
 Outgoing Club Secretary/Foundation Secretary/24L Liaison: Gloria Bishop Oliveri;
 Administrative Treasurer: Beth Newton;
 Outgoing 2nd Vice President/Incoming 3rd Vice President: Teresa Wisniewski;
 Tamers: Sharon Corner and Ann Turner; **Incoming Tamer:** Diane Wiard;
 Membership: Pat Licata; **Incoming Membership:** Kathy Merritt and Gloria Bishop Oliveri
 Directors: Claire Donohoe and Emily Florence; **Incoming Director:** Kathy Merritt
 Outgoing Immediate Past President/Incoming Tail Twister: Darcy Jennings

Absent: **Foundation Treasurer:** Loretta Lafley;
 Outgoing Director/Incoming 1st Vice President: Caroline Collantes;
 Outgoing Tail Twister/Incoming 2nd Vice President: Nicole Pappas;
 Outgoing 3rd Vice President: Arlene Rich;
 Membership: Barbara Tomayko
 Director: Nicki Buell

- 1) **Foundation Secretary's Report:** Gloria Bishop Oliveri
- 2) Motion requested to approve the Foundation Minutes from the **June 25th, Foundation BOD meeting**, which were previously submitted. **Motion** to approve made by Ann Turner and seconded by Pat Licata. **The motion was carried.**

- 3) **Monthly Reports:** Committee Chairs for: **June 2026**

PS= L= H=

I will have reports and collected funds separated from Club funds starting with the July 2026 reports.

Foundation Treasurer, Loretta Lafley:

June 2026 Report:

- 1) **Total Income:** \$446.00
- 2) **Total Expenses:** \$10,568.68
- 3) **Adjusted Bank Balance:** \$31,338.54
- 4) **CD Balance:** \$30,695.50

President's Report: Heidi Brown

- 1) Shed has been delivered, painted, insulated and shelves installed. Barbara Tomayko has arranged for painting the shed in accordance with the LOWA Environmental Control Committee (ECC) requirement.

HEIDI BROWN TURNED MEETING OVER TO 2026-2027 BOARD OF DIRECTORS at 6:39 p.m.

President: Mary Lou Ambrose

1) **Lioness Lions Shed:**

- A) Keys were made for the shed and in process of determining who gets keys assigned.
- B) We need to acquire a ramp since the step up to shed is very high. Will also need when delivering items on hand-truck. Diane Wiard has a 5' ramp she would donate to club.
- C) We are still working on the mini split.

1) **LOWLINC Walk:**

- A) LOW Lioness Lions have allocated \$1,000.00 for the upcoming LOWLINC Walk.

3) **The Card Party Fashion Show** and Luncheon has been scheduled for Friday, September 25, 2026, and will be held at LOW Clubhouse. Cost still needs to be determined. N Style Fashions will be providing garments for fashion show. Barbara Tomayko is asking for volunteers to seek out vendors for silent auction. Will also consider "services" by individuals to be included in silent auction.

4) **Fall Fling** is scheduled for Saturday, October 10, 2026, from 4-7pm at Fareways Cafe. We will need to sell 200 tickets at \$20.00 each. Teresa Wisniewski will create a flyer for advertising purposes. Sharon Corner volunteered her husband to be DJ for the evening.

3rd Vice President: Teresa Wisniewski

- 1) Teresa reported that she had so many volunteers sign up to help with the School Supply Drive. They collected a lot of supplies and received \$1,763.00 in donations. She will continue to accept donations through the end of July 2026. She is also hoping to get tarp/tent which will have our name & logo.

Tamers: Sharon Corner, Ann Turner and Diane Wiard

- 1) Each year, Sharon crochets a special blanket to support Breast Cancer Awareness Month, commonly referred to as "Pink October." This international health campaign, observed every October, aims to promote breast cancer screening, provide educational resources, and raise funds for vital research.
Sharon's handmade blanket will be donated and raffled as part of the awareness efforts. The proceeds from the raffle will be contributed to breast cancer initiatives, helping to spotlight the importance of early detection and ongoing research.

There being no further business to come before the **LOW Lioness Lions Foundation Board of Directors** at this time, the meeting was adjourned at 6:57 p.m.

Gloria Bishop Oliveri, LOW Lioness, Lions Foundation Secretary

Next BOD Meeting: Thursday, August 27, 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



[LOW Lioness Lions Club](#)