

Lake of the Woods Lioness Lions LOWDOWN

Volume 42 | Number 3 | Sept 2026



www.lowlioness.org

President's Corner

By Mary Lou Ambrose, LOW Lioness Lions President

I must be enjoying my role as President of the Lioness because the months are flying by. September is here and the Fall Season is just around the corner.

For those not at the August dinner meeting, I handed out purple sashes to everyone. These will be worn at the more formal events we attend when our purple shirts may not be quite appropriate. If you weren't at the August meeting, I'll have your sash available between the tamers and the 50/50 at the next few meetings.

The Lioness shed is ready to store our Lioness items. Please contact me (703-581-5577 or ambrosemarylou@gmail.com) if you have items to store. I'm happy to pick them up. Currently all the items in the shed have been gone through, organized, inventoried and labeled. Once I have collected everyone's items, I'll share a complete inventory.

On September 18, Lioness will be working the 50/50 at the next Concert on the Point chaired by Nicole Pappas. Stay tuned for volunteer opportunities.

Our annual card party is Sept 25 at the clubhouse. I want to thank Craig Tebbe for working with us on keeping our price to \$40.00 per person. There is a flyer in this LOWDOWN with more information. Thank you, Barbara Tomayko, for your continued hard work on making this a successful event.

Lioness will also participate in the LOWA Fall Festival October 3 at Sweetbriar Park from 10:00am – 4:00pm. If anyone is willing to chair this event, I would appreciate it. We have already reserved our spot. This is a fun, family event. More to come on this, but we'll need volunteers to set up, do face painting, organize games for children, and possibly judge some contests. Please save the date. Sign-up sheets will be available at our next dinner meeting.

October 10 at Fareways will be our first Fall Fling fundraiser. Tickets will be available at our September dinner meeting. \$20.00 a ticket, with the ability to win up to \$500.00! We must sell 200 tickets. Flyer attached with more detailed information.

What Shall I Bring to this Month's Meeting?

If interested in participating in the following two events, please bring:

- Money for the Card Party – please give to Arlene Rich
- Money for the Fall Fling – please give to Mary Lou Ambrose



What will I find inside this LOWDOWN?

Pg 1 & 3 - **President's Corner**

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

Pg 2 - **We Missed You!** – High-level Recap of Last Month's Meeting

Pg 4 - **How Can I Serve?** – Upcoming Service Opportunities

Pg 6 - **Did You Know?**

Pg 7 - **Monthly Stuff** – Menu, Birthdays, etc.

Pg 8 – **Flyers** – Fall Fling, Blood Drive, White House Ornaments

Pg 11 – **LOW Lioness Lions Board of Director's Meeting Minutes**

Continued page 3

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

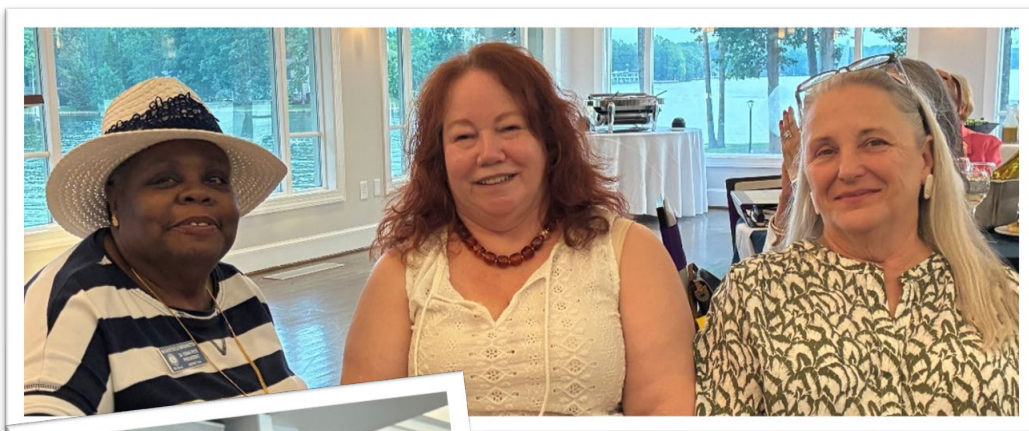
Quick High-Level Recap of the August 13 Meeting

PROGRAM

Guest Speaker, Edna Reid, retired FBI analyst, spoke about the prevalence of scams targeting the elderly, and a new Lions initiative to provide training in how to recognize scams and what to do if you're targeted. The trainers will then go out into the community to teach elderly residents. The goal is to increase scam awareness and learn how to recognize them in a fun, interactive way.

VISITORS

We welcomed guests from the Mcgayheysville-Massanutten Lions Club: Edna Reid, Michele Initar and Janet Morris.

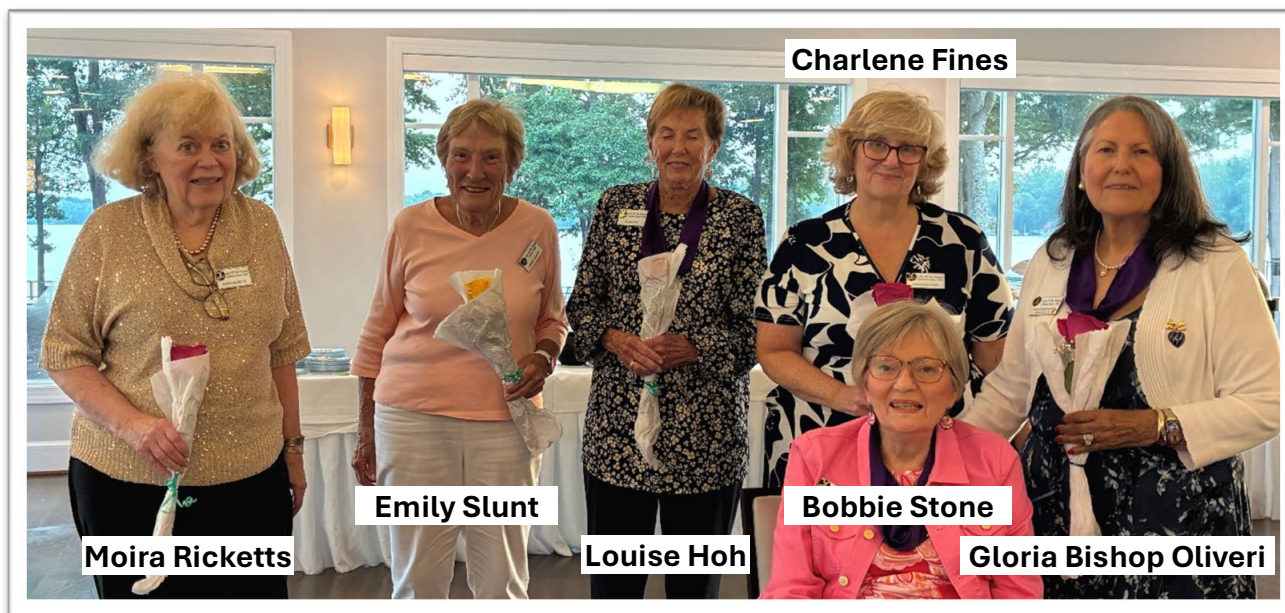


Jacqui Mills also brought a guest, Michelle Funk.

New! PURPLE SASHES FOR SPECIAL OCCASIONS

Mary Lou bought purple sashes for us to wear at more formal occasions (like a funeral). She said we're working with the Clubhouse to determine costs for meetings, dinners, and events.

AUGUST BIRTHDAYS



PRESIDENT'S CORNER (continued)

Our directors have been busy organizing social events for us. First up, we're going to make unique Lioness purple and gold Tie Dye T-shirts on October 15th at 4:00 PM at Nicki Buell's home, 113 Edgemont Lane. The cost is \$20.00, which includes a plain white t-shirt, tie dye materials, s'mores and more. We're hoping for a beautiful fall evening. Please contact one of the Directors to make your reservation and indicate your shirt size.

A big THANK YOU to Heidi Brown for ordering and installing the beautiful new signs for the two benches we received for collecting all that plastic! They look wonderful and proudly display that they were donated by the Lioness Club. Heidi is also responsible for the new Lioness sign on our shed. Thank you, Heidi, for taking care of all of these details and for helping make our Lioness Club's presence in the community something we can all be proud of.

---Mary Lou

2026-2027 Board of Directors

President – Mary Lou Ambrose

Foundation Secretary – Gloria Bishop Oliveri

Administration/Club Secretary – Charlene Fines

Foundation Treasurer – Loretta Lafley

Administrative Treasurer – Beth Newton

1st Vice President – Caroline Collantes

2nd Vice President – Nicole Pappas

3rd Vice President – Teresa Wisniewski

Immediate Past President – Heidi Brown

Membership – Pat Licata, Barbara Tomayko, Kathy Merritt, Gloria Bishop Oliveri

Tail Twister:

Darcy Jennings

Lioness Tamers:

- Diane Wiard
- Sharon Corner
- Ann Turner

Directors:

- Nicki Buell
- Kathy Merritt
- Claire Donohoe
- Emily Florence

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.

Mary Lou Ambrose

114 Pleasant Grove Rd
Locust Grove, VA 22508
(703) 581-5577

ambrosemarylou@gmail.com

Gloria Bishop Oliveri

14612 Junction Court
Fredericksburg, VA 22407
(909) 772-2716

gloria@cubicles-and-more.com

How Can I Serve?

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

CONCERT ON THE POINT – 50/50 TICKET SALES

Mark your calendar for Friday, September 18 when the **Lionesses will be selling 50/50 raffle tickets at the Concert on the Point**. Come sell tickets and dance along with the Reunion Band.

HELP BEAT SENIOR SCAMS

Nancy King and I, Nicole Pappas, joined with members of the LOW Lions Club to learn more about the **Senior Scam Training program** from Edna Ried of the Mcgaheysville-Massanutten Lions Club. We are looking for four more Lionesses who want to become trainers. Edna will provide a four-to-six-hour training program for us. Then we will partner with LOWLINC to train their volunteers over the next six to twelve months. The goal is to provide the LOWLINC volunteers with information they can share with LOWLINC members to help them recognize the signs of a scam.

If you would like to volunteer to sell 50/50 tickets or to become a Senior Scam Trainer, please contact me, Nicole, by text (619-709-5163) or email (pappasnm@gmail.com). Thank you.

THE BOOK ROOM

The September Book Sale will take place on Saturday, September 26.

THE FOOD PANTRY

Fridays @ 9:30am

The pantry will be open three Fridays in September:

September 4, 18, 25 and CLOSED on September 11. The Pantry will also be open Wednesday, September 9 from 4:30-6:30pm. Volunteers are welcome!

For info: Nicki Buell 703-217-5615

EYEGLOSS RECYCLING

Mondays @ 9:30am

Eyeglass recycling will be closed on Labor Day, September 7. It will resume on Monday mornings beginning September 14.

For info: Marian Rood 540-412-0214

LIONESS CARD & GAMES PARTY, LUNCHEON & FASHION SHOW

The Lake of the Woods Lioness Lions Club invites you and your friends to our annual **Card & Games Party, Luncheon, and Fashion Show** on **Friday, September 25, 2026**, from **9:00 AM to 3:00 PM** at **Lake of the Woods Clubhouse**.

The cost is **\$40 per person**, which includes a complimentary continental breakfast and lunch. Complimentary coffee and tea will be available throughout the day, and a cash bar will remain open for the duration of the event.

Meal Choice

Please indicate each person's choice of:

- Chicken salad sandwich on a croissant
- Mediterranean wrap

Both choices come with pasta salad and a watermelon wedge.

Fashion Show

The afternoon will feature a fabulous fashion show presented by **N Style Fashion Gallery of Culpeper**, showcasing the latest seasonal styles. Guests will also have the opportunity to bid on an exciting Silent Auction, purchase chances to win beautiful, themed gift baskets, and enjoy additional raffles following lunch.

Reservations

Bridge players only: To make your reservation, please call Connie Skelton at **703-582-5987**.

All others: Please email your reservation information to Arlene Rich at Arlenerich111@yahoo.com.

When making your reservation, please include:

1. **What game will you be playing?**

Mahjong, Queens, Dominoes, or are you just joining us for lunch and the fashion show?

2. **Table Captain Information**

Please include the table captain's

- First and last name
- Email address
- Phone number

3. **Additional Players**

Please list the first and last names of all additional players at your table.

4. Reservations are also available for guests who would like to attend only the luncheon and fashion show.

Payment

The table captain should collect the **\$40 per person** from everyone at the table and submit **ONE check for the total amount**, made payable to **LOW Lioness Club**.

All payments must be received by September 15. Please mail checks to:

Arlene Rich

[129 Monticello Circle](#)

[Locust Grove, VA 22508](#)

If you have any questions, please call Arlene at **973-670-9678**.

Did You Know?

Miscellaneous Club News & Information

DISTRICT 24 MEETING

We were well represented at the most recent Lions District 24 meeting!!!



FROM THE TAMERS

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 andi prayed@gmail.com
Diane Wiard dkwiard2001@yahoo.com

SHARE AND CARE

Share and Care is a way for us to let members know when someone is ill, in the hospital or has had a death in the family. Please call or email me so I can get a message out to let our members know right away. I will send a card signed from The Lioness Lions Club.

Thank you for your help with this! Shellee Williams 571-277-8618 or bufsof@msn.com

FROM THE EDITORS

Editors: Jacq Mills 540-538-1497 jacqmills6@gmail.com
Julie Phend 630-854-4126 julie.phend@gmail.com

Please submit information, articles and photos for the LOWDOWN to Julie Phend via email no later than the 20th of the month before the first of the month when the newsletter comes out. Call Julie if you don't have access to email.

Monthly Stuff (not service related)

Menu, Birthdays, etc.

DINNER MENU FOR SEPTEMBER MEETING



Italian Dinner

Caesar salad
Baked Ziti with Italian Sausage
Roasted Vegetables
Garlic Bread
Chocolate Cake

Alternate Menu: Spinach and Cheese Stuffed Shells

SEPTEMBER BIRTHDAYS



Ann Turner	9-01
Emily Florence	9-09
Nan Lamb	9-09
Ann Wood	9-14
Mary Altman (MAL)	9-18
Donalda Lovelace	9-18
Betty Beck (AFL)	9-19
Bonita Doubleday (AFL)	9-19
Caroline Collantes	9-22

**Lake of the Woods
Lioness Lions Club**

PO Box 811
Locust Grove, VA 22508

 lionessclub@lowlioness.org
 www.lowlioness.org
 [LOW Lioness Lions Club](https://www.facebook.com/LOWLionessLionsClub)

FALL

Fling



CASH DRAWING

- A Fun Evening Supporting the -
Lake of the Woods Lioness Lions Club



**SATURDAY
OCTOBER 10,
2026**



**CHECK IN AT
3:30 PM**
DRAWINGS BEGIN AT
4:00 PM
EVERY 10 MINUTES!



FAREWAYS

Join us for an afternoon of

FUN, MUSIC & CHANCES TO WIN!

DJ TIM CORNER



**FOOD &
BEVERAGES
AVAILABLE
FOR PURCHASE**



**CASH PRIZES
FROM
\$100 TO \$500!**

DRAWINGS WILL BE HELD EVERY 10 MINUTES!

Beginning at 4:00 PM

Your ticket goes back into the drawing
after each pull, giving you multiple
chances to win - including the

\$500 GRAND PRIZE!

**TICKETS
ONLY**

\$20

**ONLY 200 TICKETS
AVAILABLE -
Get yours early!**

TICKETS AVAILABLE FROM:
Mary Lou Ambrose (703) 581-5577
Nicki Buell (703) 217-5615

PROCEEDS SUPPORT THE LAKE OF THE WOODS LIONESS LIONS CLUB COMMUNITY SERVICE PROJECTS. ❤️

Carve out a
new tradition.

Give Blood!



**American
Red Cross**



Lions - Red Cross - Blood Drive

September 22, 2026

12:30 - 5:30 PM

Lake of the Woods
Community Center
110 Sweetbriar Park Rd
Locust Grove, VA 22508

Sign up today

For an appointment, please visit

RedCrossBlood.org

Or call

1-800-RED CROSS (1-800-733-2767).

**Minutes for the Club Board of Directors Meeting
Lake of the Woods Lioness Lions Club
Thursday, August 27, 2026, at 5:30 p.m.
Community Center, Room 2**

Club BOD Meeting called to Order by President, Mary Lou Ambrose at 5:31 p.m.

Present: **President:** Mary Lou Ambrose
 1st Vice President: Caroline Collantes
 2nd Vice President: Nicole Pappas
 Foundation Secretary/24L Liaison: Gloria Bishop Oliveri
 Foundation Treasurer: Loretta Lafley
 Tamers: Ann Turner, Sharon Corner and Diane Wiard
 Membership: Pat Licata; Kathy Merritt, Gloria Bishop Oliveri and Barbara Tomayko
 Directors: Nicki Buell; Claire Donohoe; Emily Florence and Kathy Merritt
 Immediate Past President: Heidi Brown

Absent: **Administrative Secretary:** Charlene Fines
 Administrative Treasurer: Beth Newton
 3rd Vice President: Teresa Wisniewski
 Tail Twister: Darcy Jennings

Secretary's Report: Gloria Bishop Oliveri **for Charlene Fines**

1) Motion requested to approve Minutes for the **July 23, 2026, BOD Club meeting**, which were previously submitted. **Motion** to approve made by Barbara Tomayko and seconded by Pat Licata. **Motion** passed by a majority vote.

2) **Monthly Reports:** Committee Chairs for: **July 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) **Old Business:**

A) **24-L Visitation and Awards Luncheon** was held on Saturday, 08/22/26 in Remington, VA, hosted by Remington Lions Club. **129 members attended.** Nine Lionesses were there! **Mary Lou Ambrose, Caroline Collantes, Heidi Brown, Loretta Lafley, Charlene Fines, Barbara Tomayko, Kathy Merritt, Teresa Wisniewski and Gloria Bishop Oliveri.**

B) **Awards:** LOW Lioness Lions Club received the following awards.

Visitation Emblem, our club had 13 visitation events.

5 Star Leadership Development, training completed by all 5 officers.

100% Treasurer, Beth Newton

100% Secretary, Gloria Bishop Oliveri

4) **New Members:**

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

A) **Angie Laing**, sponsored by Mary Lou Ambrose.

B) **Angie Long**, sponsored by Maggie Broadwater & Cheryl Murray.

Motion to approve new members made by Barbara Tomayko and seconded by Loretta Lafley. **Motion** passed by a majority vote.

C) **Camellia (Cam) Miller**, sponsored by Heidi Brown, was approved by BOD on June 25, 2026.

5) **Change of Status Request:**

A) **Judy Pendergrass** requested change to AFL status on 08/20/26.

B) **Yvette Ruiz** requested change to AFL status on 08/05/26.

Motion to approve both requests made by Nicki Buell and seconded by Emily Florence. **Motion** passed by a majority vote.

Administrative Treasurer, Beth Newton:

July 2026 Report	
Total Income	\$3,975.00
Total Expenses	\$4,271.02
Income over (under) Expenses	(\$296.02)
Cash Balance Checking	\$14,060.29
CD Balance	\$10,000.00
Total Admin Funds	\$24,060.29

President's Report: Mary Lou Ambrose

- 1) Congratulations to **Beth Newton** on earning the **100% Treasurer's Award for the 2025-2026 term!**
- 2) Congratulations to **Gloria Bishop Olivieri** on earning the **100% Secretary's Award for the 2025-2026 term!**
- 3) **Items for the Lioness shed.** Mary Lou reminded us to bring all items still being stored in homes.
- 4) **Lioness Dinner Pricing.** Mary Lou and her team are still working through Clubhouse pricing. We do know that our dinner meeting for September 2026 is still at \$30.00 per member.
- 5) **Lioness Bench:** The newest bench is at Mary Lou's house and still needs to be placed at an approved designated area. Heidi Brown reported that the signage has been corrected.
- 6) **Fall Festival:** Is a fun LOW Community event which is scheduled for **October 3, 2026, from 10 am to 4 p.m.** Fun games and activities are being planned. **Mary Lou needs a Lioness to chair this event** along with volunteers. Setting up time starts at 9 a.m.
- 7) **Hazardous Materials:** The Lionesses have once again received an invitation to participate along with **LOWLINC** and LOW Lions in collecting hazardous materials for proper disposal. Members and volunteers are asked to meet in the lower parking lot on Friday, **October 16, 2026, from 11 a.m. to 12:30 p.m.**

2nd Vice President: Nicole Pappas

1) Nicole reviewed the 2026-2027 schedule for guest speakers:

July 9, 2026: Seidah Armstrong, Sweet Vines Owner

August 13, 2026: **Edna Reid** spoke to us about her Scam Awareness Lion Program

October 8, 2026: **Jessica Yeager**, Disability Awareness and Support Animal.

November 12, 2026: 24L 2026-2027 District Governor, **Chuck Schwab**

March 11, 2027: **Lauren Wynn**, Safe House Executive Director

Membership: Pat Licata, Kathy Merritt, Gloria Bishop Oliveri and Barbara Tomayko

"Welcome New Membership" Kit: Gloria has ordered and received 15 "Welcome New Membership" kits.

These kits are provided to us completely free of charge by Lions International.

A) **Certificate of Membership:** Each certificate is signed by **Mark S. Lyon, the 2026-2027**

International President. The certificate will also bear the signatures of the member's sponsor and our club president.

B) **Pins:** In addition, each new member will receive both a **Lions pin and a Mission 1.5 pin** as part of their kit.

C) **Sponsor Recognition:** The Lioness who sponsors a new member will also receive a **Sponsor Certificate** as well as a **Sponsor pin and a Mission 1.5 pin.**

Directors: Nicki Buell, Clair Donohoe, Emily Florence and Kathy Merritt

1) **Tie Dye T-shirts:** Claire Donohoe reported that 21 members have already signed up for this event. It has been scheduled for Thursday, October 15, 2026, at Nicki's house. Cost is \$20.00

2) **Christmas Wreaths:** This event is still in the process of scheduling. More information to follow.

There being no further business to come before the **LOW Lioness Lions Club Board of Directors** at this time, the meeting was adjourned at 6:10 p.m.

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

for

Charlene C. Fines, LOW Lioness Lions Administrative Secretary

Next BOD Meeting: Thursday, September 24, 2026, at 5:30 p.m. **in the Clubhouse, Oak Room**

Minutes for the Foundation Board of Directors Meeting
Lake of the Woods Lioness Lions Club
Thursday, August 27, 2026
Immediately Following Club BOD Meeting
Community Center, Room 2

Foundation BOD Meeting called to Order by President, Mary Lou Ambrose at 6:11 p.m.

Present: **President:** Mary Lou Ambrose
 1st Vice President: Caroline Collantes
 2nd Vice President: Nicole Pappas
 Foundation Secretary/24L Liaison: Gloria Bishop Oliveri
 Foundation Treasurer: Loretta Lafley
 Tamers: Sharon Corner, Ann Turner, and Diane Wiard
 Membership: Pat Licata; Kathy Merritt, Gloria Bishop Oliveri and Barbara Tomayko
 Directors: Nicki Buell, Claire Donohoe, Emily Florence and Kathy Merritt
 Immediate Past President: Heidi Brown

Absent: **Administrative Secretary:** Charlene Fines
 Administrative Treasurer: Beth Newton
 3rd Vice President: Teresa Wisniewski
 Tail Twister: Darcy Jennings

Secretary's Report: Gloria Bishop Oliveri

1) Motion requested to approve **Foundation** Minutes for the **July 23, 2026, BOD meeting**, which were previously submitted. **Motion** to approve made by Ann Turner and seconded by Barbara Tomayko. **Motion** passed by a majority vote.

2) **Monthly Report:** Committee Chairs for **July 2026:**

Bake Sale: \$196.00 Book Sale: \$261.00 School Supply Drive: \$1,898.00 TOTAL: \$2,355.00

Foundation Treasurer, Loretta Lafley:

1) Financials:

July 2026 Report	
Total Income	\$2,355.00
Total Expenses	\$6,125.31
Adjusted Bank Balance	\$27,568.23
CD Balance	\$30,782.48
Total Assets	\$58,651.32

2) **2025-2026 Audits:** Loretta mentioned that both Foundation **AND** Club books need to be audited. We need to Find a new auditor. Cathy C. Kutz audited our books last year, but she has resigned from the club.

President's Report: Mary Lou Ambrose

- 1) **Fall Fling:** Both Mary Lou Ambrose and Nicki Buell are co-chairing this fundraising project. It is scheduled for **Saturday, October 10, 2026, from 4-6 p.m.** at Fareways Café. Check in is 3:30 p.m. Tickets are now available for purchase at \$20.00 each. Sharon's husband, **Tim Corner** volunteered to be our DJ.

Nicki explained how it works. The drawing begins at 4:00 p.m. One \$100.00 winning ticket will be pulled every ten minutes and returned for additional chances to win. The final ticket will be pulled for a \$500.00 prize.

You do not need to be present to win.

There being no further business to come before the **LOW Lioness Lions Foundation Board of Directors** at this time, the meeting was adjourned at 6:49 p.m.

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

Next Foundation BOD Meeting: Thursday, September 24, 2026, immediately following the Club BOD Meeting **in the Clubhouse, Oak Room.**