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Your Board of Directors

LOAFERS, Inc. is incorporated as a not-for-profit 501(c)3.

Officers

Roxanne Cherico President
 Lavita Marks Vice-President
 Dawn Harrell Treasurer
 Janis Smith..... Secretary
 Arden Eversmeyer.....President Emerita

Directors

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 Lucretia CopelandDirector
 Margaret ThibodeauxDirector

Newsletter

Janis Smith..... Co-Editor
 Danita Cole Co-Editor
 Dawn Harrell.....Typesetter



PO Box 7207, Houston, TX 77246-7207

loafhoustonx@gmail.com

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June 2021

June Calendar

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Thursday, June 10 Board of Directors Meeting6:00 pm
 Online Via Zoom

Thursday, June 17 Steak Social.....6:00 pm
 Pearl Bar, 4216b Washington Avenue

Sunday, June 20 Meet and Greet2:00 pm
 Speaker meeting with Marilyn Mooney

Monday, June 24..... Newsletter Deadline COB

Meet-n-Greets

June 20th

Marilyn Mooney, LPC Associate. Marilyn is a member of LOAF, a motivational speaker, LGBTQ+ advocate, and licensed therapist who values community, service, and excellence. She is on a mission to share the power of showing up, speaking out, and letting ourselves be seen. She is interested in speaking on several topics:



- The Power of Owning Our Story: Queer, Disabled, and Over 50
- Self-Care & Self-Compassion
- Coping Skills Bingo

Marilyn has been through her own struggles and becoming a counselor has made it a continuing source of healing through helping others. She deals with varied issues and is available for a free consultation. Asking for help is the first step to finding your own healing. To find out more about Marilyn please go to:

<https://marilynmooney.com>

www.joanneketch.com/marilyn

<https://www.psychologytoday.com/us/therapists/marilyn-mooney-katy-tx/828373>

July 24th

At Neon Boots from 2-4 pm. We are Celebrating LOAF returning to the “new” normal. It has been a while since we could all gather and see each other Face-to-Face. We will reserve a few tables and have a few snacks for the party. Come out and visit with everybody. Let’s get back into the groove of things!

Note: As of the time of this publication **FACE MASKS ARE STILL REQUIRED AT NEON BOOTS** -- your temperature will be taken when you walk in.

LOAF 2021 Concert Series

Gaye Adegbalola..... 2:30 pm August 15
Mama's Black Sheep 2:30 pm November 21

June Birthdays

- 06/01 Sandra Delagarza
- 06/01 Tanya Gregory
- 06/02 Brenda Daugherty
- 06/17 Debbie Murphy
- 06/19 Clara Sandel
- 06/20 Beatrice Stewart
- 06/24 Thomasina Strange
- 06/25 Diane Wynn
- 06/26 Heather Chandler
- 06/26 Margaret Zepeda
- 06/27 Iris Sizemore
- 06/29 T.J. Heiser
- 06/29 Pat Walker
- 06/30 Janice Martinez
- 06/30 Debbie Young



In Memoriam - June

- 2002 Virginia Butler
- 2002 Mary Oates
- 2016 Pat Saucier
- 2017 Risa Litt
- 2017 Dee Yett

Newsletter Edits

If you have a correction or addition for our newsletter, please send an email to loafhouston.tx@gmail.com.



July newsletter articles are due by June 24th.

About LOAF

LOAF is a social networking and support group for lesbians fifty (50 years of age and older, and their partners, whatever their age). LOAF is incorporated without a formal membership, so we do not have dues, but instead request contributions. This allows us to avoid submitting membership rolls to the State. This money is then used to cover the cost of the newsletter, website, supplies for some of the socials, etc. **Contributions are \$30 per single and \$45 per couple.**

Please Zelle contributions from your bank to loafhouston.tx@gmail.com or mail contributions to

- LOAF
 PO BOX 7207
 Houston, TX 77248-7207

Contributions will be prorated. All participants are to renew their membership in January of each year. A lapse of 3 months will prevent individual distribution

of the newsletter. We offer a trial period for distribution of the newsletter to interested prospective members for 3 months. If, after the trial period has expired, the prospective member has not become a member, distribution will be discontinued.

Any woman experiencing financial hardship may participate on scholarship, free of charge. Scholarships are confidential. Contact any officer on the Board of Directors.

The newsletter team welcomes input for publication, i.e., articles of interest, poetry, etc. Please contact any Board member or email your submission to loafhouston.tx@gmail.com.

Membership Updates

If you have moved or experienced a phone number change and need to update your membership records, provide that change to any Board member, or email your changes to loafhouston.tx@gmail.com.

Dues Reminder

Dues are due each year in January. Please, if you have not already; mail your 2021 dues donation. \$30 Individual /\$45 Couple to LOAF, P.O. Box 7207, Houston, TX 77248-7207 or Zelle it from your bank to loafhouston.tx@gmail.com.

LOAF SPOTLIGHT

Meet Beatrice Stewart (by Lucretia Copeland)

If you have ever spoken with Beatrice Stewart, you already know she is quite the interesting personality. You may even know she has been a LOAF member since 2015, but did you know she is also a retired Los Angeles Police Officer and a published author? Well, meet Beatrice!



Beatrice was born in Haughton, Louisiana, a town in Bossier Parish, part of today's Shreveport-Bossier City Metropolitan Area. Her family moved to Houston when she was about seven years old, and she found the noise and lack of green space to play in the neighborhood a disappointment. She graduated from Wheatley High School and continued her education at Texas Southern University. She completed her degree in Sociology at Pepperdine University in Malibu, California, and achieved a Master's in Social Science at William Lyon University in San Diego.

Beatrice began her adult life employed at various low-paying clerical jobs with limited opportunities. She moved to California to explore other opportunities. Changes for diversity in policing were being enacted as a result of the Civil Rights Movement. Openings created for policewomen of color, and finding the pay to be more rewarding, Beatrice made the decision to stand in those long lines during the Reagan governorship just for the chance to become a Los Angeles Police Officer. Despite her slim body form, she succeeded in passing the physical, psychological, and intellectual tests. Beatrice loved being a police officer – and she loved California's attitude on Civil Rights and its citizens eagerness to be active politically. The rewards from her positions in community service were many!

Beatrice was a creative child and always believed there would be a career in the creative arts in her future - and there was! Beatrice is a nationally and internationally known professional artist, having her mixed media work exhibited in galleries in California, New Mexico, New York City, and Paris, France. She is also a published author, having written five books. In one, *White Allies: Bending the Scales of Justice*, she describes how one can overcome racism in one's heart and mind. Beatrice's last book, *Poetry During the Trump Years*, illustrates how she survived mentally and physically, to stay out of jail during the hostile years of the last administration. All of Beatrice's books are available for purchase online at www.amazon.com.

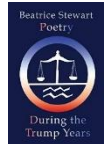
Beatrice loves to learn and educate, and hopes to further the conversation with others who are willing to listen, from all sides of the issues which she writes about, regardless of how they identify themselves or from where they come! She was influenced by the Delany Sisters with their book, *Having Our Say*. That idea is what she hopes to accomplish with her authorship; **Beatrice is "Having Her Say"!**

Future books which she is working on now are the second volume of *White Allies*, and the role of the churches, and a work on the origin of the 'N' word.

Poetry During the Trump Years

Poetry about staying sane, staying healthy, and staying out of jail during the fraught years of Donald Trump's presidency.

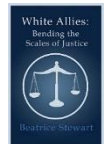
https://www.amazon.com/gp/product/B08X2ZMN7N/ref=dbs_a_def_rwt_hsch_vapi_taft_p1_i0



White Allies: Bending the Scales of Justice

"What a beautiful portrayal of the work of many forerunners who contributed towards bridging lines of relationship between the races in this land. Such books are such a valuable contribution to our national life." - Arcane School, New York

https://www.amazon.com/gp/product/B08QMXZK8D/ref=dbs_a_def_rwt_hsch_vapi_taft_p1_i1



All One: from the Physical to the Spiritual

Beatrice Stewart uses the imagery and lyricism of poetry to explore the deep truths of our relationships - to the world, to ourselves, and to each other. Accompanied by original artwork by the author.

https://www.amazon.com/gp/product/B07NBXT5RK/ref=dbs_a_def_rwt_hsch_vapi_taft_p1_i2



Love, Passion, and Growing Pains

Beatrice Stewart writes about the pain of growing up, discovering love, dealing with being different, and coping with the work of everyday life. Her poetry engages the reader with powerful imagery and language.

https://www.amazon.com/gp/product/B01EPE92L4/ref=dbs_a_def_rwt_hsch_vapi_taft_p1_i3



The Valley of Bones

A pulse-pounding thriller set on the shadowy hills of Los Angeles. A veteran detective must protect her new "pigeon"-a mysterious woman involved in a scheme of illicit sex, extortion, and murder, and on the run from her husband and his henchmen. The stakes are high, but the rewards are even higher, as Trece Roe learns to love, trust, and to give herself in a way she never knew before.

https://www.amazon.com/dp/1480924695/ref=cm_sw_r_fa_dp_U_pR.SAbDDSA19V?fbclid=IwAR2bt1p5pOtr7UAuUCWby_veMXqMmiKYAwH8Qlce4LuoJ_2PFwbTqr20HxA



Editor's Note: As our COVID-19 lockdown comes to an end, LOAF is working on plans for upcoming "in-person" events. Look for Beatrice and introduce yourself or just say "hello" if you already know her. Start the conversation – she has many wonderful stories to share.

LOAF Board of Directors Open Invitation

LOAF BOD meetings are currently being held via Zoom on the 2nd Thursday of the month. They are always open to the membership. If you would like to attend, please email your request to loafhoustonx@gmail.com.

Thoughts and Prayers

Please keep the following LOAF members in mind. A card, email or phone call is always welcomed.

- Janan Crowder passed away April 6, 2021.
Longtime member of LOAF who had moved to San Antonio a couple of years ago.
Condolences to her niece Jerry Morgan and family/friends that loved her.
- Condolences to Phyllis Frye on the loss of her wife of 47 years, Trish Frye, who passed away on September 28, 2020, PRFrye@aol.com, 713-227-1717.
[The legacy of Trish Frye: Finding love and fighting for it](#)
- Susan Fronck (she is house bound)
4010 Feagan Street, #2, Houston, TX 77007
713-861-8427.
- Pam Kunkle-Moberley (condolences for loss of her wife, Connie Moberley)
832-275-0724, kunklepa@sbcglobal.net
[Link to Obituary](#)

If you would like to be added to this list, or know of someone who should be either added or removed from this list, send an email notification to loafhoustonx@gmail.com.



Womyn On The Move

We are Back at Neon Boots

Starting July 10th,
Second Saturdays of
the month from 3-6



pm, is the return of our long-awaited chance to dance at Womyn on the Move! Dust off them boots or whatever you put on them feet and come on out to boot scoot and visit! No Cover Charge either! This event is **OPEN TO ALL** and the more the merrier!

Note: As of the time of this publication **FACE MASKS ARE STILL REQUIRED AT NEON BOOTS** -- your temperature will be taken when you walk in.

Upcoming Socials

June 17: Steak Night

**Steak Night Thursday at
Pearl Bar
6-10 pm**

Ribeye ~ Salad ~ Baked
Potato

*Vegetarian Option:
Beyond Burgers*



RSVP to Lavita at lavitasm@aol.com

This event is sponsored by our John Steven Kellett Foundation, Inc. grant and is therefore open to LOAF Members Only – so JOIN TODAY and be part of the fun!!!

July24: LOAF Goes Bowling

Join us at Delmar Lanes on July 24 from 1-3 pm to bowl a few games and have a little social interaction. This activity is always a good time, and we usually have great participation. Now that is what I'm talking about! LOAF will pay for the bowling and the shoes only; any other expenses are up to you. After the bowling is wrapped up and we have worked up an appetite, those that are interested are invited to join us around the corner at Los Cucos to grab a bite to eat.

Because this event is sponsored by our John Steven Kellett Foundation, Inc. grant, it is open to LOAF Members Only. Non members are welcome to join us on a self-pay basis.

Note: As of the time of this publication **FACE MASKS ARE STILL REQUIRED AT DELMAR LANES** and your temperature will be taken at a kiosk when you walk in.

All LOAF "Socials" events are made possible by our John Steven Kellett Foundation, Inc. grant.

Past Social

May: LOAF Goes to the Zoo

LOAF went to the Houston Zoo on **Free Tuesday May 4, 2020!!** Everyone met just outside the Zoo & then went on in for a day of checking out the inhabitants. Whether on foot or by scooter we were all over the place.

The elephant area was bustling with activity. Quite a few of them were out and the newest addition was staying close to Mamma Tupelo. Winnie was born in March, and another calf, Teddy, was born after our trip on May 16 to Mamma Tess. This raises the number of elephants in the Houston Zoo herd to 13 – six males and seven females...nice herd!



A LOAF Member had the **giraffe feeding experience!**

Page Allen was able to feed and get up close and personal to the giraffe. She had to watch out ... they say that one of the giraffes won't let any of the others feed. Seems he doesn't like to take turns!



It took a while, but some of us even found the flamingos!



Then there were the Lions & Tigers & Bears ... oh my!



Volunteer Opportunities

Would you like to help?

If you have 2-4 hours of free time each month and want to reach out to members, contact Roxanne Cherico @ 713.598.6875.

Call for Volunteers

We need volunteers to serve on the many committees, such as Socials Committee and Meet and Greet Committee. Please email Lavita at lavitasm@aol.com for more information.

Potpourri: What is a Chaffle?

(By Dawn R. Harrell)



If you are like me, you are watching what you eat all the time these days. Maybe you are doing the low-carb thing, or the Keto thing, keeping your diet sugar free or gluten free. I sure am! I do not exactly do Keto, but I try to stay away from starches and sugar, and that of course means no bread. And I miss bread the most! Then I came across this “Chaffle” recipe and in it have found the perfect substitute. The chaffle recipe is quick and easy and, coupled with my waffle iron, makes lovely crispy bread that I can use in a number of ways. In its simplest form I have bread for toast or sandwiches. I can add Italian seasonings and then make garlic cheese bread, or pizza! Those tiny waffle indentions hold the perfect amount of garlic butter or marinara and cheese! I can add my favorite artificial sweetener and vanilla and make a sweet bread fillable with fruit or chocolate! I have used it to make toast for an egg and bacon sandwich, I made cinnamon churros, a chocolate brownie, and today I made my own chaffle version of a cherry danish. YUM! Don't worry if you don't have a waffle iron, just cook it in a frying pan like a pancake!

I love this recipe so much, that I wanted to share it with you. This is the basic recipe:

Ingredients:

- ½ cup of shredded mozzarella
- 1 egg
- 2 tablespoons of almond flour
- 1/8 teaspoon of baking powder
- 1 pinch of salt

Instructions:

1. Preheat waffle iron (or frying pan).

2. Mix all the ingredients together in a bowl.
3. Spray your waffle iron or frying pan with non-stick spray.
4. Place half of the mixture on your heated waffle iron and press.
5. Cook the 2nd half of your batter the same way.

That is it! Your waffle iron will give you the perfect crispy bread for a number of things.

Make it Pizza:

- Add Italian seasonings and garlic to the batter.
- Top your cooked Chaffles with marinara from a jar, some shredded mozzarella, and any other topping of your choosing, i.e., pepperoni, sausage, onions, mushrooms, etc.
- Place in oven or toaster oven and remove as soon as cheese topping gets melty.

Make it a Cherry Danish:

- Rinse 1 cup frozen cherries and set aside.
- Add 1 capful of vanilla to the batter.
- Add 1 cup of your preferred sweetener to the batter (I use Splenda).
- Add the cherries you set aside to the batter.
- Cook your Chaffle as instructed above.
- While your Chaffle is cooking, melt ½ stick of butter and mix with sweetener for a drizzle.
- Once removed from waffle iron, pour butter/sweetener mixture across the top of Chaffle like icing.

Make it a Brownie:

- Add 1 capful of vanilla to the batter.
- Add 1 cup of your preferred sweetener to the batter.
- Add the ¼ cup of Hershey's cocoa powder to the batter.
- Cook Chaffle as instructed above.
- While your Chaffle is cooking, melt ½ stick of butter.
- Mix melted butter with more sweetener and chocolate syrup (I use sugar free) for a drizzle.
- Once removed from waffle iron, pour chocolate drizzle mixture across the top of Chaffle like icing.



Get creative! And let me know what you made! I hope you love this Chaffle recipe as much as I do!