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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  
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Danita Cole ..... Director  
 Lucretia Copeland ..... Director  
 Margaret Thibodeaux ..... Director

### Newsletter

Danita Cole ..... Editor  
 Dawn Harrell ..... Tech Writer



# LOAF NEWSLETTER

PO Box 7207, Houston, TX 77246-7207

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Issue: No. #2021-9

October 2021

## October 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
31						

**Thursday, October 7 ..... Board of Directors Meeting ..... 6:00 pm**  
 Online Via Zoom

**Sunday, October 17 ..... Meet and Greet ..... 2:00 pm**  
 Online Via Zoom

**Thursday, October 21 ..... Newsletter Deadline ..... COB**

## Meet-n-Greet, October 17<sup>th</sup>, 2:00 pm

### Halloween Mask Contest/Trivia Contest



We will meet October 17<sup>th</sup> on Zoom for some Halloween fun! Wear a mask or try your hand and decorate or create a mask that is fall and/or Halloween themed; maybe with makeup. There will be a prize for the best all-round mask. Bring your lunch and

munch away while we play some Halloween Trivia for more prizes. Also, we will continue to ask you for input and ideas regarding activities/events we can plan for Zoom Meetings and/or perhaps outdoors that would allow social distancing until the current state of the COVID pandemic levels back out again. Join us!

## LOAF 2021 Concert Series

The last performance of our 2021 Concert Series is shown below. This will be a Zoom performance by the popular lesbian group, Mama's Black Sheep. We hope you will join us!

**Mama's Black Sheep ..... 2:30 pm ..... November 21**

## October Birthdays

07	Rev. Janice "Vicki" Sheil-Hopper
15	Barbara Rogers
16	Helen Moses
19	Scottie Scott
19	Carole Wiseman
20	Lucretia Copeland
20	Georgette Monaghan
22	Kandace Klingler
23	B.J. (Betty) Giles
28	Shirley Box
28	Janice Macejewski

## In Memoriam - October

2014	Lee Albin
1999	Helen Cathcart
2011	Sandy Clough
2013	Vicki Cutbirth
2017	Shirley Johnston
2009	Bobbie Miller
2011	Bessie Morris
2017	Sandy Robillard
2008	Patsy Roush
2007	Jerry Sachs
2019	Sharon Steahle
2021	Ginger Steele
2017	Leandra Valardi
2018	Dusty West
2021	Ann Winkler

## Thoughts and Prayers

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

- Condolences to Brenda Krueger.
- Condolences to Suzy Lovejoy on the recent passing of her mother, July 9th.
- Susan Fronek (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

If you would like to be added to this list, or know of someone who should be either added or removed from this list, please send an email to [loafhoustontx@gmail.com](mailto:loafhoustontx@gmail.com).

## Community Happenings

### Women's Softball by Dawn Harrell



Did you know that the Houston Women's Softball league is still in existence? Games are being played on Sundays from 10 a.m. to 1 p.m. at Memorial Park Fields 2 and 3 (off Washington and I-10). There are still 4 more weeks of their fall season (dates below). Come on out to the park. Bring your cooler (and maybe an umbrella for shade). Sit in the bleachers or bring a folding chair and enjoy a morning in the park cheering on our younger sisters in the community! Plenty of dog friendly restaurants in the area (with TVs for you football fanatics) for lunch and camaraderie after the games too! Look for me; I am usually keeping score for somebody. I hope to see you out there!

<https://www.google.com/maps/place/Memorial+Park+Softball+Field+2+3/@29.7749568,-95.4329804,17z/data=!3m1!4b1!4m5!3m4!1s0x8640c72bf42c4f45:0x265357775973133b!8m2!3d29.7749568!4d-95.4307917>

- October 3
- October 17
- October 24
- October 31

## Open Invitation

LOAF BOD meetings are currently being held via Zoom on the 2<sup>nd</sup> Thursday of the month. They are always open to the membership. If you would like to attend, please email your request to [loafhoustontx@gmail.com](mailto:loafhoustontx@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 [loafhoustontx@gmail.com](mailto:loafhoustontx@gmail.com).

## Newsletter Edits

If you have a correction or addition for our newsletter, please send an email to [loafhoustontx@gmail.com](mailto:loafhoustontx@gmail.com).



November newsletter articles are due by October 22<sup>nd</sup>.

## LOAF Spotlight

### The Street Walker & The Jock

By Roxeanne & Margaret



Partnered since 1965, Scottie and Janice are a remarkable couple as well as being remarkable individuals. It has been a couple of years since LOAF has been able to meet, so new members may not have had the opportunity to meet these two.

**Scottie** is a native Houstonian who attended Austin high school; and from a very early age was interested in sports (the Jock). This interest would carry her to Sam Houston State for BS and Masters degrees. At Sam Houston, she would meet life long friends. After graduation, Scottie taught PE and Health, and coached for 33 years in HISD.

After retirement Scottie began to participate in Senior Games until age 84. Earning 300+ medals at the state level in sports like basketball, pickleball, tennis, swimming, shotput, swimming, and badminton. At the National level, Scottie earned 3 medals in Badminton and is in the Texas Senior Athlete Hall of Fame. All this points to the energy and thoughtfulness of others that follows her still.

Scottie's retirement is a reflection of her – volunteering in LHI, AssistHers, LOAF, Angel Flight and other organizations. Many of those interests, and her partner Janice Ives, took them to each of the lower 48 states by motorhome, as well as flying to visit Mexico, Venezuela, Norway and Denmark.

**Janice** was born in San Antonio, went to grade school and junior high there before moving to Victoria for a while, then to Beaumont, where she graduated from Beaumont High. She attended Lamar College of Technology where she studied business and keypunch (then a new field). Janice came to Houston and worked as a keypunch operator for 3 years before joining a printing company owned by a woman. It was during these early years in Houston that she met Scottie through friends ... and as they say, the rest is history.

In 1969, Janice joined the USPS as a letter carrier (the streetwalker) and retired 30 years later (to the day). She

often referred to herself as a Street Walker and basically had the same route in her Westbury neighborhood for 27 years. There she kept an eye on neighbors and made lots of friends.

Janice's hobbies were woodworking, stained glass, glass etching, and photography. Those who have seen examples of her craftwork will tell you ... she is a first class artist. Not only art, but Janice is a first rate humorist; her wit is quick and to the point.

Together, Scottie and Janice were members of RVing Women, the Texas chapter goes by the name of Rambling Roses. Organizing and participating in many rallies, at both the state and national level ... they always took their Scottie Dogs with them. If you don't already know them, hopefully you will get to meet and greet them when in-person meetings start up again

## 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 [loafhoustontx@gmail.com](mailto:loafhoustontx@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 [loafhoustontx@gmail.com](mailto:loafhoustontx@gmail.com).



## LOAF Laughs: Domestic Bliss by Deb Murphy



## October Social Steak Night at Pearl Bar, Oct. 21st



October 21, 2021, is our next LOAF Steak Night Social at Pearl Bar!! Our last gathering was loads of fun if not a little warm. Perhaps fall weather will bless us this time.

If you haven't been to the Pearl Bar lately, check out their Thursday Steak night for \$18 and a casual and comfortable indoor / outdoor setting. Enjoy a steak, baked potato with all the fixings, and a salad. Don't miss out on the fun. Details as follows:

### Steak Night Thursday at Pearl Bar, 6-10 pm

Ribeye ~ Salad ~ Baked Potato

RSVP to Danita at [dacsayshi@aol.com](mailto:dacsayshi@aol.com) by Monday, October 18th

*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!!!*

## 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

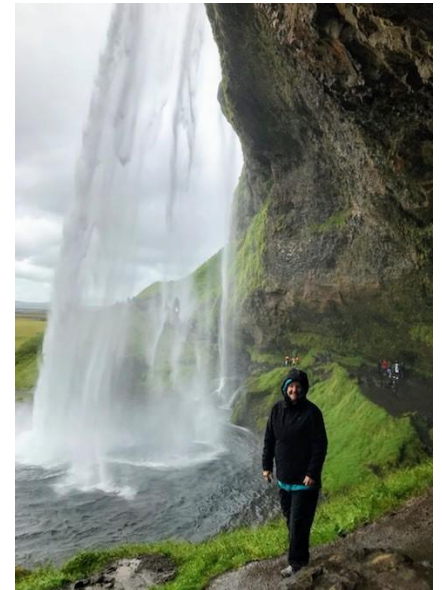
We need volunteers to serve on the many committees, such as Socials Committee and Meet & Greet Committee. Please email Lavita at [lavitasm@aol.com](mailto:lavitasm@aol.com) for more information.

## Potpourri: Hiking Iceland by Lavita Marks



Iceland!! Hiking Iceland has been a dream of mine as long as I can remember.

I joined a small group of my Houston hiking buddies on a GAdventures Tours. We visited the Lava Center, Jokulsarion Lagoon, several different National parks, museums, and Snafellsnes Peninsula.



We walked around Reykjavik, hiked to beautiful waterfalls, visited Geothermal gardens, explored black sand beaches, visited hot springs and spa, pet Iceland horses and so much more.



My favorite hike was on a glacier in Skaftafell National Park. We were out fitted with hard hats, a safety harness and ice clamps on our boots. It was a difficult hike up, and oh so worth the effort, it was beautiful and so quiet. Our guide was great and a



real character. He placed an ice pick across a small water path and, with a push up, lowered himself to the ground to get a drink of fresh natural water without getting wet!

We boiled eggs in a hot spring and ate homemade black bread...YUMMY!

## Coping with Stress

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. **Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.**

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

Healthy Ways to Cope with Stress

- **Take breaks from watching, reading, or listening to news stories**, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.

### • Take care of your body

- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Avoid excessive alcohol, tobacco, and substance use
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider
- Get vaccinated with a COVID-19 vaccine

### • Make time to unwind — Try to do some other activities you enjoy

### • Connect with others — Talk with people you trust about your concerns and how you are feeling

### • Connect with your community- or faith-based organizations — While social distancing measures are in place, try connecting online, through social media, or by phone or mail

## Helping Others Cope

Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

Source: "Coping with Stress", CDC, July 1, 2020

<https://www.cdc.gov/mentalhealth/stress-cope/cope-with-stress/>

## Upcoming Socials

At the August BOD Meeting, your officers decided that we needed to cancel all in-person activities due to the surge of COVID-19 with the new Delta variant. At our September Meet and Greet, we asked YOU how you felt about the current level of the pandemic and if you felt safe enough to participate in activities. What we heard is:

- Outdoor activities should be safe for vaccinated members
- Indoor activities with social distancing and masks required should be safe for vaccinated members.

Because of your input, we are going to test a few activities and see what we can do for our members. We have already planned a Steak Night for this month at Pearl Bar on Washington. This event is an outdoor event. We have other plans in the works, maybe another Paint Nite event, or a games event at Memorial Park or the Montrose Center. Stay turned for updates on our activities.