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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

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

### Newsletter

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



# LOAF NEWSLETTER

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Issue: No. #2021-10

November 2021

## November 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, November 11.....Board of Directors Meeting .....6:00 pm**  
 Online Via Zoom

**Sunday, November 21 .....**Meet and Greet .....2:00 pm  
 Online Via Zoom

**Tuesday, November 23 .....**Newsletter Deadline ..... COB

## Meet-n-Greet, November 21<sup>st</sup>, 2:00 pm

### Mama's Black Sheep in Concert for LOAF



The last performance of our 2021 Concert Series will be held by a by the popular lesbian group, Mama's Black Sheep. After our business part of the meeting these ladies will share some of their awesome musical talents. These ladies have

a special performance lined up just for LOAF.

Mama's Black Sheep is the soulful collaboration of singer-songwriters Ashland Miller (guitar/vocals) and Laura Cerulli (drums/vocals). They have been touring together since 2008, extensively throughout the continental U.S. and the Caribbean, playing nearly 200 shows a year. These ladies love to rock to their own beat, sharing songs of life and love, and empowering the listener to live boldly beyond the barriers.

If you want to read more about these two and the amazing career they have made for themselves go visit their website before the concert to check them out @ <https://www.mamasblacksheep.com/>

## November Birthdays

- 03 Regina Dotson
- 03 Deborah Folsom
- 03 Sandra Simmons
- 03 Serena Tripi
- 05 Page Allen
- 07 Martha Barvin
- 08 Megan Cavanagh
- 11 Vivian Blaha
- 12 Cathleen Sheil-Hopper
- 19 Molly Milstead
- 21 Julie Fischer
- 24 Judy Van Kirk
- 30 Margo Mendoza

## In Memoriam - November

- 1993 Billie Carter
- 2012 Delma Cummings
- 2009 Phyllis Downey
- 2017 Flo Fluharty
- 2017 Lou Ivy
- 2014 Betty McCambridge
- 2018 Mar McDowell
- 2001 Barbara Pyle
- 2001 Barbara Seitz
- 2017 Patti Simon
- 1988 Bonnie Whaley

## Thoughts and Prayers

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

- Positive thoughts and prayers to Dawn Harrell as she recovers from a traumatic spine injury.
- Condolences to Brenda Krueger.
- Condolences to Suzy Lovejoy on the 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 [loafhoustonx@gmail.com](mailto:loafhoustonx@gmail.com).

## Community Happenings

### Gumbo Cookoff

One of our LOAF members, Tina Theriot, is participating in a Gumbo Cook Off coming up in November. If you are interested in going, I am sure she would appreciate your support ... and of course so would the Fulshear Police Foundation! While tasting the different entries don't forget to vote for her team!!

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

## Newsletter Edits

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



December newsletter articles are due by November 21<sup>st</sup>.

# LOAF Spotlight

## Dining In The Dark

By Jana Buchanan



We all know the pandemic has been hard on couples; stressful for those of us stuck in the house together 24/7, as well as those of us that have been unable to get together for any sort of quality time. A true date event for my partner and I during the last year and half has consisted mostly of picking up take out and going to the park. But recently, between the relaxing of mask mandates and this new COVID surge, my partner and I had the opportunity for a special date night ... we had reservations at Savoir, a pretty upscale eatery at 1344 Yale in the Heights. This was an "event dinner" aptly named Dining in the Dark. There is an area of the restaurant, referred to as their "speakeasy", located behind the main dining room. The speakeasy is dark, quite secluded, and there's a bar. I don't know, but maybe they just charge extra for this area and exclusive dining experience because of the ambience, but that's another discussion ...

On the evening of our "Dining in the Dark" experience, we were escorted into the speakeasy, the lights turned down

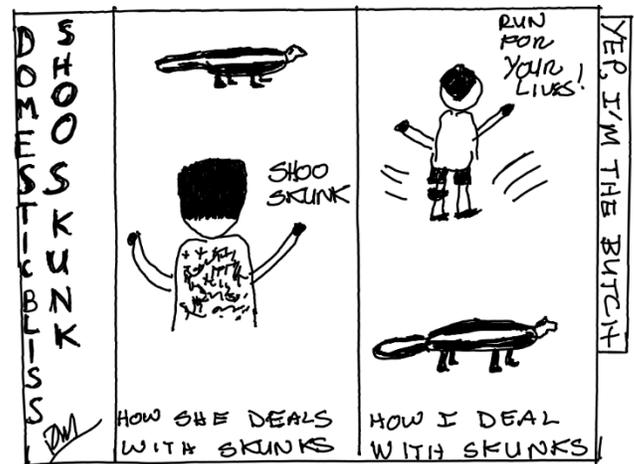


exceptionally low, and we were each given a silk blindfold to prevent our vision of the food we were going to eat. We were able to choose between a fish dinner, a red meat dinner, or a vegan dinner. My date chose the fish and I chose the red meat because we really wanted to sample as much as possible and neither one of us are vegan. Once blindfolded, our server started bringing the courses to our table. He revealed some things about what was on our plates and then made suggestions, such as "... you will want to eat this with a fork and knife ..." or "... you may prefer to pick this one up taco fashion ...". The entire time that you are dining, the silk blindfold remains in place.

I was very pleased with the red meat dinner, consisting of a meat loaf pasta appetizer, a brisket entre', and a Strawberry Shortcake type dessert. My overall review is, if you are looking for a romantic evening, then this is the thing to do. However, if you are trying to save money, this would definitely not be the thing to do. The final total was approximately \$300 for a couple. I imagine you are paying for the ambience, the romance, and the very different experience. And even though I had my doubts initially, we thoroughly enjoyed the experience

# LOAF Laughs:

## Domestic Bliss by Deb Murphy



# 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 for more information.

## Past Social

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



October 21, 2021 was our latest LOAF Steak Night Social at Pearl Bar!! This gathering was quite a bit smaller with only six folks in attendance, but we still managed to not let it stop us from having a good time. We

picked a spot over on the deck and found some working fans. Julie Mabry cooked the steaks just right.

We found out the weekend before was Pearl's 8th Anniversary. Congratulations were definitely in order to Julie Mabry has struggled to keep Pearl alive during these odd and difficult times. I know I am grateful we still have a lesbian bar in Houston, Texas.

I met Julie's Mom and found out she is a member of a women's group called **Sisters on the Fly**. I will be writing up more information about this women's group in an upcoming newsletter so stay tuned.

To check out Pearl Bar online, visit [www.pearlhouston.com](http://www.pearlhouston.com).

## 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 we did in October at Pearl Bar on Washington. This event was 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.

## Potpourri:

### Getting a Good Night's Sleep



Sleep is where the body and mind are repaired, reordered and readied for the next day. Going without adequate amounts of sleep won't just leave you tired and irritable, it can be a

detriment to your overall well-being.

Not only does the quantity of your sleep matter, but the quality of your sleep is important as well. People whose sleep is frequently interrupted or cut short might not get enough of certain stages of sleep. In other words, how well rested you are and how well you function the next day depend on your total sleep time and how much of the various stages of sleep you get each night.

#### Physical Benefits

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Source: <https://medlineplus.gov/healthysleep.html>

#### Mental Benefits

Getting enough quality sleep at the right times helps you function well mentally throughout the day. People who are sleep deficient are less productive. They take longer to finish tasks, have a slower reaction time, and make more mistakes. After several nights of losing sleep-even a loss of just 1-2 hours per night, your ability to function suffers as if you haven't slept at all for a day or two.

According to the National Sleep Foundation, as people age they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. It is a common misconception that sleep needs decline with age.

Older adults need about the same amount of sleep as all adults-7 to 8 hours each night.

Source: <https://www.sleepfoundation.org/how-sleep-works/why-do-we-need-sleep>

#### Tips for Better Sleep

- Exercise regularly
- Go to bed and rise around the same time every day
- Keep your bedroom cool
- Avoid looking at your phone or tablet right before bed
- Eat-but not too much
- Avoid excessive alcohol and caffeine
- Relax before bed
- Get checked by your doctor if you have continued trouble sleeping

Source: <https://medlineplus.gov/healthysleep.html>

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