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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

PO Box 7207, Houston, TX 77246-7207

loafhoustonTX@gmail.com

Issue: No. #2022-01

January 2022

January Calendar

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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, January 13 Social: Georgia O'keefe Exhibit 11:00 am
 Museum of Fine Arts

Thursday, January 13 Board of Directors Meeting 6:00 pm
 Online Via Zoom

Sunday, January 16 Meet and Greet 2:00 pm
 Online Via Zoom

Sunday, January 22 Newsletter Deadline COB

January Meet-n-Greet

January 16th, 2:00 pm



At LOAF's January 16th Meet N' Greet, we will be making Valentines, the old-fashioned

way! Bring on the construction paper and hearts, maybe even some lace! Plan to join us for this refreshing way to show your loved one that you care and maybe get some of those creative juices flowing.

For those who wish not to create Valentines we will be having a fitting game of Hearts! Although the objective of Hearts is to get as few hearts as possible, it is always fun to play games with the members and have the opportunity for lighthearted (pun intended) laughter and fun.

Standard COVID protocols will be followed. All Indoor activities will practice social distancing and have antibacterial gels available. Just don't forget your masks!

Newsletter Valentine Messages



Send your special someone a message in the February LOAF Newsletter! All you have to do is provide the name of your "Object of Desire", add your special message, then your signature. The signature can be your actual name, or a nickname, or you can even give an anonymous signature if you want to send a flirt! What a fun way to wish a special day to a very special person! Send the details of your Valentine's message to loafhoustonx@gmail.com no later than January 20th.

January Birthdays

04	Eva Witkowski
05	Rhea Jared
07	Lynn Smotherm
13	Sara Fernandez
14	Pam Kunkle-Moberly
14	Edna Wright
16	Deborah Bell
18	Judy Woods
31	Eva Geer

In Memoriam - January

2011	Maribel Allport
2015	Bonnie Anslem
2011	Ouida Ellis
1999	Jean Lantz
2016	Marie "Red" Mahoney
2021	Barbara May
2021	Connie Moberley
2008	Judy Olin
2003	Gwen Parker
2000	Betty Rudnick
2000	Zarina Sufi
2002	Barbara Suter

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.

Newsletter Edits

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

December Meet-n-Greet

We had a great showing at the Montrose Center on December 19th. There were 25+ folks attending and several new members were there for their first in person meeting. One guest plans on joining and we have several other perspective members!

All the current Board members were voted in and stayed to continue serving another year. Lorraine Schroeder was voted in as a new Director. She will join the board in March.

Thoughts and Prayers

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

- LOAF member Karen Green passed away after a long illness. Condolences to her partner Melanie Nau.
- Please keep Cindy Cecere-O'Bannion in your prayers. She had back surgery on December 8th and could use our good thoughts and well wishes.
- Please send continued prayers for recovery and healing for Dawn Harrell
- Condolences to Brenda Krueger.
- Condolences to Suzy Lovejoy on the passing of her mother, July 9th.
- Susan Fronck (she is house bound) 713-861-8427 4010 Feagan Street, #2, Houston, TX 77007.
- Pam Kunkle-Moberley still grieving her wife Connie, has had her brother pass. Continued Prayers to her & her family. 832-275-0724, kunklepa@sbcglobal.net
- Judy Woods is doing well and recovering from back surgery. Healing prayers appreciated
- Susan Brown is having knee surgery January 5th and would appreciate prayers for a speedy recovery.

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.



Community History; Ricci Cortez , 1924-2008 by Dawn Harrell

I recently found out some Houston history that I thought you ladies might be interested in hearing. Some of you may even remember Ricci Cortez; here is her story...



After having been raised partially in an orphanage, partially as a foster child, and partially by her father and stepmother, Ricci Cortez (born Ethyl Bronson) was fiercely independent. She quit school at age 16 and went to work at a local sugar factory making little roses to decorate birthday cakes, and when the factory had to close due to sugar rationing (during WWII), she went on to waitressing in a bar because the tips were higher than in a restaurant. One of the bars was a strip joint. While she clearly remembers declaring she could never do such thing, a seed was planted. After a brief attempt to live with her father and stepmother that was a disaster all around, Ricci didn't hesitate to answer an ad for a well-paying job as an exotic dancer. She'd been a dancer all her life and when it came to taking her clothes off, she thought, "Why not? I've nothing to lose. It's a job and I get to do what I enjoy, dancing. So I take a few things off!"

That was the beginning of a lifelong career that took her all over the country. Ricci became known in the entertainment industry as "The Sleepytime Gal". She performed on the biggest stages from New York to Los Angeles. Madison Square Garden and many of the

stages in Las Vegas promoted her to sellout crowds. Ricci is enshrined in the Burlesque Hall of Fame in Las Vegas and is designated a "True Legend" in the Exotic World Museum in that City. Along the way, Ricci was in a very short traditional marriage, quickly realizing that wasn't for her and that her interests lie elsewhere. She had one daughter from her marriage, and did her best, but given her lifestyle, traveling to perform, the relationship with her daughter was difficult, at best. Ricci's first serious relationship with a woman that lasted ten years. In her next relationship, she and her partner opened and ran the first gay girls bar in Houston. Ricci continued to perform for special occasions into her early 80s, dying in 2008.

Ricci was interviewed for the Old Lesbian Oral Herstory Project (OLOHP). Her Herstory is archived at Smith College and a condensed version of her story appears in *A Gift of Age: Old Lesbian Life Stories* and at the following link: <https://olohp.org/ethyl-bronson.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 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.

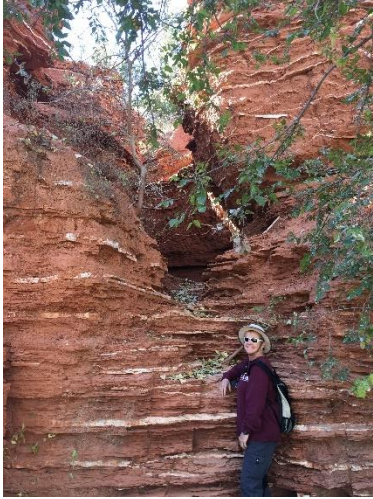
Any woman experiencing financial hardship may participate on scholarship, free of charge. Scholarships are confidential. Contact any officer on the Board of Directors.

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.

LOAF Member Sharings

Palo Duro trip by Janice Martinez

Lavita and I went camping in Palo Duro Canyon State Park in early November 2021. The park is about 25 miles south of Amarillo, Texas so it was a long haul (about 10 hours). But boy was it worth the drive. The canyon is the second largest canyon in the United States. I bet you can guess the largest canyon - yep, the Grand Canyon.



We hiked several trails but the crown jewel was the Lighthouse Trail which is a 7 mile round trip through some of the most

beautiful but desolate land I have ever seen. It was well worth the effort to see the lighthouse shaped rock outcropping. Pictures simply cannot do it justice. It is absolutely huge! We climbed the very difficult trail to the base of the lighthouse outcropping and enjoyed the breathtaking views.

On the way back to the trailhead, I lost my footing and took a less than gracious backwards fall right into some cactus. Thankfully, Lavita was able to extract the thorns from my derriere without laughing too much. But again, it was all worth it!



Loaf Laughs

An old lesbian goes to the doctor and says, "I have this problem with frequent gas.

Fortunately, the farts never smell and are always silent. As a matter of fact, I've farted at least 10 times since I've been here, and I bet you didn't even notice!" The doctor says, "I see. Take these pills and come back next week." The next week the old lady returns. "Doctor," she says, "I don't know what the hell you gave me, but now my silent farts stink like the dickens." The doctor says, "Good! Now that we've cleared up your sinuses, let's work on your hearing."

Health and Wellness

New Year's Resolutions



Happy New Year! Studies show that only 8% of Americans who make a New Year's resolutions actually keep them all year. What is the key to their success? By making your resolutions simple, specific, and achievable,

there is a greater chance that you will keep them throughout the year.

What is your New Year's resolution? If you are out of ideas and open to a suggestion, how about focusing on your well-being in 2022? There are six dimensions of an optimum life that have a powerful impact on the overall well-being on each us. Those dimensions are:

- **Purposeful:** The maintenance of a sense of identity that brings meaning to life
- **Emotional:** A feeling of security and freedom to express the full range of emotions
- **Physical:** Options for exercise and, nutritious food to help promote your health
- **Social:** An ongoing sense of connectedness with others
- **Spiritual:** Lifting spirits in ways that matter and bring peace and joy
- **Intellectual:** To stay engaged with current and new New Year's Challenge

Choose one of the dimensions above to focus on and incorporate one or more of the activities below.

Exercise helps the brain form new brain cells and reduces the risk of dementia, so try to build more activity into your day. Here are a few suggestions: attend a B-Fit class, engage in gardening or knitting, walk briskly or engage in some form of aerobic exercise at least three times a week.

Social well-being leads to purposeful and emotional well-being. Here are a few suggestions: remain involved in your community in personally meaningful ways, build new relationships, laugh more and have fun.

Good food helps maintain healthy emotional and cognitive function. Here are a few suggestions: eat 8-ounces of fish rich in Omega-3 fats weekly; eat unsalted nuts, beans and green leafy vegetables daily; eat seven fist-size servings of fruits and vegetables daily; reduce intake of processed foods and celebrate meals with others.

Spiritual activity helps to turn down the emotional brain and relieve stress. Here are a few suggestions: learn how to meditate, pray daily, practice forgiveness or engage in yoga.

Cheers to your health!

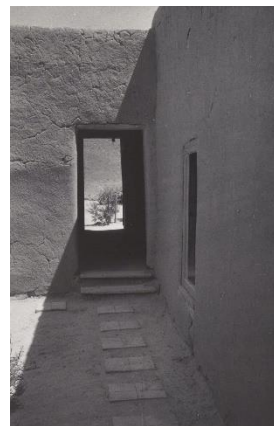
Upcoming Socials

January: Georgia O'Keeffe Photography @ MFAH



LOAF is planning an outing to see the photography works of Georgia O'Keeffe at the Museum of Fine Arts, 1001 Bissonnet St., Houston, Texas, on Thursday, January 13th. Admission is free on Thursday, but you

have to pay for museum parking so carpooling would be a good idea. Parking is \$6 for MFAH members and \$10 for nonmembers for up to 4 hours. The museum opens at 11 am and our goal is to arrive at opening and avoid the afternoon crowds. After



seeing the exhibit, members will have some time to explore the museum and take pictures if they like. The galleries within the museum offer great opportunities for interior architectural images, as well as photographing sculptures and paintings. We can grab lunch nearby afterwards before heading out.

Please RSVP to loafhoustontx@gmail.com no later than **January 7th** so Advanced timed tickets can be obtained.

February: Annual Sudies Luncheon

If you haven't been to one of our Annual gatherings at Sudie's, then we have a treat in store for you! Coming back from the pandemic, mark your calendars for February 12th @ 2 p.m.!



Upcoming Meet-n-Greet

Presentation on Self Defense



Leslie Bonnie is a member of LOAF and was Spotlighted in our December newsletter. She has agreed to instruct us on some basic self-defense techniques.

She is a 1st degree Chayon-Ryu black belt! She can explain this form of martial arts when she meets with us.

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.

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.



February newsletter articles are due by January 22nd