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## Your Board of Directors

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

### Officers

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



# NEWSLETTER

PO Box 7207, Houston, TX 77246-7207

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

Issue: No. #2022-07

July 2022

## July 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						

- Saturday, July 9** ..... **ActiveLOAFers** ..... **7:45 am**  
 Memorial Park, Walk the Purple Trail
- Saturday, July 9** ..... **Womyn on the Move**.....**5:00 pm**  
 Neon Boots
- Thursday, July 14** ..... **Board of Directors Meeting** .....**6:00 pm**  
 Online Via Zoom
- Sunday, July 17** ..... **Meet and Greet** .....**2:00 pm**  
 Pinot's Palette
- Thursday, July 24** ..... **Newsletter Deadline** ..... **COB**
- Thursday, July 24** ..... **Monthly Social** .....**2:00 pm**  
 Batl Houston

## ActiveLOAFers

### July: Hike

**Saturday, July 9, 2022, 8:00 AM - Gather at 7:45 AM**

We will gather behind Lorraine's white Prius at Memorial Park, S. Picnic Lane in the parking lot at 7:45 a.m. We will start walking promptly at 8 a.m. The Purple Trail is considered EASY, and we can usually accommodate a variety of walking levels. It will take about 1 hour. It is mostly a dirty trail with some up and down, so, if you prefer, bring your walking stick. Bring plenty of water too. We did this one in April and had a great time.



Click here to Register: [Register Here](#)

## August: Pickleball



Sunday, August 7 at  
8:30am - 10:30am

554 Lockwood Dr.,  
Houston, TX, 77011

ActiveLOAFers had soooo much fun last time, everyone wanted to do it again. We have one court reserved for 2 hours. Balls and paddles are provided by LOAF. We will play doubles and if we have more than 4 players, we will rotate players. No experience necessary. The website says there is a restaurant, but at this time they have food trucks which we can enjoy after we play. There is also a bar.

<https://bumpypicklehtx.com/>

Reminder - water, sunscreen, hat.

Sign up here so you receive updates: [Register Here](#)

## Womyn On The Move in July

On July 9<sup>th</sup> we will be dancing our way through another Second Saturday of the month with **Womyn On The Move**. From 5-7 pm we have a chance to dance, visit and mingle at a comfortable and friendly place. Debbie Storrs welcomes us back after being away so long.

### NOTE THE TIME CHANGE FOR EVENT



Dust off them boots or whatever you put on your 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!

## Join our Facebook Group!



Did you know LOAF has a Facebook Group? Well, we do - and you can easily find many of our announcements and meeting links there. Also, we post additional local information and stories that we feel are of

interest, but we don't have enough space to include it in our Newsletter. Our Group is a "private" group and will not show up on your personal Facebook page. Contact one of our Admins and request to join; then we can send you an invitation. Admins are Janis Smith, Danita Cole, or Dawn Harrell.

## Welcome New Members!

Chris Souza



## July Birthdays

7/06	Beverly Taylor
7/09	Lisa Fitzgerald
7/11	Melody West
7/12	Lee Utley
7/12	Dee Wigal
7/25	Donna Meade Hawkins
7/27	Melissa Stephens, DC
7/29	Paula Restivo
7/31	Jana Bowen

## In Memoriam - July

1997	Marleugen Biehle
2016	Karen Bourque
2017	Debbie Hunt
1989	Johnnye Kebodeaux
2017	Jean Lloyd
2010	Doris "Junior" Vaiani

## Thoughts and Prayers

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

- Molly Milstead could use some prayers. She had emergency surgery to remove a ruptured appendix. Well wishes can be sent to: [MollyMilstead@outlook.com](mailto:MollyMilstead@outlook.com)
- LOAF member Karen Green passed away after a long illness. Condolences to her partner Melanie Nau.
- Condolences to Brenda Krueger.
- Susan Fronek (she is house bound) 713-861-8427 2829 Timmons Lane, #147, Houston, TX 77027.
- Continued Prayers for healing and recovery for Jo Boardman who is awaiting to have surgery and currently in the RollingBrook Rehab Center. Her email is [Jo8294550@outlook.com](mailto:Jo8294550@outlook.com)
- Deborah Bradford is requesting affirming prayers for her fiancée Jan Mann, who is making rounds to doctors to discover the cause and solutions for her current condition.

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).

## Meet-n-Greets

### July: LOAF Paints the Town 2022



Join us for LOAF's second paint and sip event on Sunday, July 17<sup>th</sup>, from 2-4 pm at Pinot's Palette, 2406

Taft St., which is less than a mile from the Montrose Community Center. If you have never participated in a Paint party before, painting parties are fun and energetic experiences. We will be choosing the portrait soon, but whatever is selected, it will be sure to add color to your home, OR you can give it as a gift to a friend! **ABSOLUTELY no art experience is needed.** A professional local artist will provide step-by-step instructions, so every participant will have a good time and end up with a beautiful, finished product. All supplies will be provided, including the 16" x 20" canvas. All you would need to have on hand would be a creative attitude and your beverage of choice! Reservations and a small refundable deposit are required. A \$10 deposit will reserve the artist and save our booking time. The deposit only helps us reserve your spot and will be 100% refunded the day of the event.

Reserve your spot ASAP and get the opportunity to vote on the artwork we select by sending your deposit via Zelle to [loafhoustonTX@gmail.com](mailto:loafhoustonTX@gmail.com) or mail your check to LOAF, PO Box 7207, Houston, Texas 77248-7207. I will confirm all reservations. **Put "LOAF Paints the Town 2022" in the memo section.** Complete details will be provided after your reservation is received.

If you have questions about this event, email [loafhoustonTX@gmail.com](mailto:loafhoustonTX@gmail.com).

***This event is made possible by our John Steven Kellett Foundation, Inc. grant.***

### August: Cactus Cove



Our August Meet-and-Greet will be held at **Cactus Cove**, a restaurant and sports bar located at 3333 W. 11<sup>th</sup> Street, Houston, Tx 77008, on August 21 at 2:00 p.m. We have the side room reserved. LOAF will start us off

with a few appetizers and any other food and drinks will be on your tab. After lunch we will play corn hole. We can do tournament! There are PacMan and a Golden T Golf arcade machine if corn hole isn't your cup of tea.



The menu can be found on their website: <https://www.cactuscovehouston.com>

## Socials

### July: Axe Throwing



We have been signing folks up for Axe throwing to take place July 24 @ 2. p.m. at **Batl Houston**. 1431 W 20th St Unit B, Houston, TX [Map](#)

They have food and adult beverages for people who want to watch. This event is for LOAF members only, unless you are just coming to watch.

- **EVENT TIME:** Please arrive 15 minutes before your scheduled event start time to get signed in and ready to throw. Please don't be late - it cuts into your throwing time. Your BATL Casual event is 2 hours of throwing including coaching and instruction.
- **CLOSED-TOE SHOES REQUIRED:** Let's keep those feet safe

If you have not signed up yet email Lavita at [lavitasm@aol.com](mailto:lavitasm@aol.com) and come join in on the fun.

For more information go to:

<https://batlgrounds.com/axe-throwing-houston>

***This event is made possible by our John Steven Kellett Foundation, Inc. grant & open to LOAF members only. Non-members are welcome on a self-pay basis.***

### August: Body Worlds at HMNS



On August 18th LOAF is going to the Houston Museum of Science to see BODY WORLDS & The Cycle of Life. **Stay tuned for more information on this event.**

See website for more info: [BODY WORLDS & The Cycle of Life | Houston Museum Of Natural Science \(hmns.org\)](https://www.hmns.org)

### September: Gun Safety Class

A Firearms Safety Class at **Athena Gun Club 10814 Katy Fwy Houston, TX**



**77043** is being planned for our September Social. The Firearms Safety Class is designed for anyone who has never fired a handgun and wants to learn basic safety skills in a fun and safe environment. A refundable deposit of \$10 will reserve your spot.

**Equipment Required:** None **Prerequisite:** None

More information forthcoming next month. For those interested, please contact Lavita at [lavitasm@aol.com](mailto:lavitasm@aol.com).



## Past Meet-n-Greet: June



Unfortunately, with a call the day of to confirm our reservation, the establishment advised they weren't taking reservations that day and it was first come, first serve; no apologies. Needless to say, we will not try to go back there.

Scrambling for a place, our President Roxanne was able to grab the back room at a nearby restaurant. **Spaghetti Western** on Shepherd accommodated us with great service and yummy food. A few appetizers and beverages were provided by LOAF, then pizzas were ordered for those that showed. There was visitation and laughter while we all broke bread. We had a quick meeting to catch up what is going on in LOAF and if you weren't full when you left, it was totally on you.

June 19<sup>th</sup> LOAF had reserved space for us to gather at the **Karbach Brewery**.



## Past ActiveLOAFers



Ten ActiveLOAFers had a blast playing pickleball in June at the Bumpy Pickle. Although most had never played before, everyone caught on quickly to the game. By playing short games up to 6 points, we switched out 4 players about every 10 minutes. We were all able to pace our energy and stamina. It also gave us a chance to socialize with each other and our spectators.

## 2022 Walk to End Alzheimer's

**YAY!! GO TEAM LOAF! Mark your calendars! Get them walking shoes ready!**

LOAF has established a team for the Alzheimer's Association walk in Houston. It is several months away but we can join up and get our team together. For those interested this could be a chance to visit, get some exercise and be in community while raising money for an awesome cause!

**November 5, 2022**

**Time:**

- Event Start at 8:00 am
- Opening Ceremony 9:15 am
- Walk Start 9:30 am

**Location:**

- University of Houston at Lynn Eusan Park
- 4800 Calhoun Rd.
- Houston, TX 77004

We will be talking about this more as it gets closer. Here are the walk details: [2022 Walk to End Alzheimer's - Houston, TX: Event Information | Walk to End Alzheimer's](#)

Please email Lavita at [lavitasm@aol.com](mailto:lavitasm@aol.com) for more information about our team and let her know you are excited to join in.

## Past Socials: June

### RGB Exhibit



Our Notorious RBG adventure on Thursday, June 23, 2022, began with lunch at Fadi's Mediterranean Restaurant near the museum district. Nine LOAFers in attendance enjoyed the gyros, kabobs and vast assortment of grilled and chilled veggies. From there we moved our party to the Ruth Bader Ginsburg exhibit at the Houston Holocaust Museum. This writer's take-away from the exhibit is that RBG was one of the great women of our time and it will probably be a long time before anyone else comes close to the achievements she accomplished.



## Members Camping

LOAF is thinking about having a Member weekend of camping later on in the year...say October? If this is to happen Reservations will need to be made and deposits taken. If you reserve a spot and are unable to make it there will be no refund, but you may be able transfer it to someone else. Note: Shelter reservations may require a cleaning deposit

### WHAT LOAF WILL NOT DO:

- Clean and prep any shelter spaces. This is the responsibility of the women staying in the shelters.
- Provide cleaning supplies.
- Clean up shelters after people leave. If shelters are dirty, deposits will be forfeited.
- Arrange transportation to / from camp ground.
- Decide who sleeps in what shelters. Shelter space will be assigned as people reserve and pay. Swaps are allowed but we must be notified.
- Provide any handicap accommodations beyond what the camp ground offers.
- Provide food.
- Pay for anyone's medical care. In addition, participating in this activity is at your discretion, LOAF is not responsible for any costs incurred as the result of illness or injury.
- Resolve interpersonal disputes.

Please understand women will be staying at a variety of camping options. Full hookup, electrical and water, primitive camping, and camp ground shelters. We will not all be staying together but we can all have fun together.



## Houston Havoc Softball



Houston Havoc finished in 2nd place in the historic 40th Anniversary season of the Houston Womens softball league. LOAF was very honored to sponsor them for the Spring season. The Anniversary celebration was a fun filled day which included an All-Star exhibition game where everyone was able to cheer on the best from each team and a party at Cactus Cove with lunch, games, a silent auction and a bake sale. This lasted well into the evening.

## Recipe: Firecrackers

**Be forewarned!!! \*\*\*\*THESE ARE ADDICTIVE\*\*\*\***

- 1 box of saltine crackers OR I prefer 1 box of the minis
- 1 CUP of vegetable oil
- 2 TBSP of crushed red pepper flakes
- 1-2 TSP of garlic salt (I used garlic salt, course ground with parsley)
- 1 package of dry Ranch Dressing Mix



1. Put all ingredients together in a bowl, (except crackers). MIX WELL.
2. Put crackers in a Ziplock bag, pour the mixture over the crackers and seal bag tightly!!
3. Turn the bag every which way but loose, to mix it all together, several times, and then again. LOL!

### ENJOY!!

~~I probably used more of the pepper and garlic than it calls for, but YUM!!!~~

## 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).

## 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).

## Newsletter Edits

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



August newsletter articles are due by July 24<sup>th</sup>.



## Health and Wellness: Protect Yourself Against Scams



According to a survey conducted by the Investor Protection Trust, about 20% of Americans age 65 or older have been taken advantage of financially in terms of an inappropriate investment, unreasonably high fees for financial services or outright fraud.

*Source: Investor Protection Trust*

Older Americans are less likely to report a fraud because they don't know who to report it to, are ashamed at having been scammed or don't know they have become a victim. Senior fraud victims may not report crimes because they are concerned family members may think they no longer have the mental capacity to take care of their own financial affairs.

Telemarketing fraud targets isolated seniors by building a fake relationship to swindle them out of money. If you are age 60 or older - and especially if you are an older woman living alone - you may be a target of people who sell bogus products and services by telephone. Telemarketing scams often involve offers of free prizes, low-cost vitamins and healthcare products and even inexpensive vacations to desirable destinations.

It's very difficult to get your money back if you've been cheated over the phone. And scammers know it! Before you buy anything by telephone, remember:

- Don't pay in advance for services. Only pay for services after they're delivered.
- Immediately be wary of companies that want to send a messenger to your home to pick up money.
- Don't pay for a "free prize". If a caller tells you the payment is for taxes, he or she is violating federal law.
- Never send money or give out personal information.
- Always ask for and wait until you receive written material about any offer or charity. If you get brochures about costly investments, ask someone whose financial advice you trust to review.
- Before you send money, ask yourself: "What guarantee do I really have that this solicitor will use my money in the manner we agreed upon?"

It can be hard to say no to a pushy or worse, sympathetic, telemarketer, and that can mean financial disaster if you become a victim of a senior scam. To avoid this situation, you can reduce the number of telemarketer calls you receive by registering with the federal government's "Do Not Call Registry". To do this, you can go online at [www.donotcall.gov](http://www.donotcall.gov) or by calling: 1-888-382-1222.

## 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).

## Free Music Lessons

Dawn Duncan is offering free individual lessons to LOAF family members ages 4 to 8 until Sept 1st, 2022. The offer includes **piano, voice, guitar, and ukulele**. Email Dawn @ [dawningmusicla@gmail.com](mailto:dawningmusicla@gmail.com) or phone: 713-208-1128.

