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Your Board of Directors

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

Officers

Roxanne ChericoPresident
 Lavita Marks..... Vice-President
 Dawn Harrell Treasurer
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 Arden Eversmeyer President Emerita

Directors

Danita Cole Director
 Lucretia Copeland..... Director
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Newsletter

Danita ColeEditor
 Dawn Harrell Tech Writer



LOAF NEWSLETTER

PO Box 7207, Houston, TX 77246-7207

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Issue: No. #2022-08

August 2022

August 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			

Sunday, August 7 **ActiveLOAFers** **8:00 am**
 Bumpy Pickle

Thursday, August 11 **Board of Directors Meeting** **6:00 pm**
 Online Via Zoom

Saturday, August 13 **Womyn on the Move**..... **5:00 pm**
 Neon Boots

Thursday, August 18..... **Monthly Social** **2:00 pm**
 HMNS Body Worlds

Sunday, August 21 **Meet and Greet** **2:00 pm**
 Cactus Cove

Sunday, August 21 **Newsletter Deadline** **COB**

ActiveLOAFers

August: Pickleball

Sunday, August 7 at 8:00 am - 10:00 am
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 only have food trucks. There is also a bar. Reminder - water, sunscreen, hat. <https://bumpypicklehtx.com/> Sign up here so you receive updates: [Register Here](#)

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

September: Inside Walk

Memorial City Mall Walk: Sept. 11, 2022 , 3pm



We will meet outside of Dillard's where it enters the mall.

Let's beat the heat and walk inside this month. Since we will probably do laps, the distance is up to each individual. Most of our walkers walk at an average pace, some a bit below average. If you are in the range, we try to make sure others will walk with you. Please **sign-up** so you get day-of communications.

[Click Here to Register for Mall Walk](#)

Kindred Spirit Dance



Saturday, August 27
7PM-Midnight
VIP Decadent Desserts Reception
6-7PM
The Ballroom at Bayou Place
500 Texas St
Featuring DJ Lotus Inferno

New! VIP AssistHers Decadent Desserts Reception
Featuring delicious desserts from local LGBTQ chefs. A decadent spread of deliciousness, plus hosted wine & beer bar, 6-7PM.

Upgrade ticket for the reception is \$20 per guest!

[Get Tickets](#)

Snappy Business Casual Attire
Light Snacks Provided, Cash bar
\$15 On-Site Valet, \$15 Underground Lot
Street Parking Also Available

See more info about this event:
<https://www.montrosecenter.org/>

Womyn On The Move

On August 13th 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



No Cover Charge either. This event is **OPEN TO ALL** and the more the merrier!



Welcome New Members!

Contessa (Tessa) Haynes
Michelle Haynes
Janet Youngker



August Birthdays

- 8/01 Dee Jensen
- 8/02 Lorraine Schroeder
- 8/05 Roxanne Cherico
- 8/08 Mary Beth Carnathan
- 8/09 Sandi Glorifield
- 8/29 Jo Boardman
- 8/29 Jan Russell

In Memoriam - August

- 2004 Marti Sebern
- 2005 Judy Martin
- 2008 Joanna Duncan
- 2015 Connie Moore
- 2017 Mary Morgan

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
- 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
- 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 loafhoustonx@gmail.com.

Meet-n-Greets

August: Cactus Cove



Our August Meet-and-Greet will be held at **Cactus Cove**, a restaurant and sports bar located at 3333 W. 11th Street, Houston, Tx 77008, on August 21 at 2:00 pm. 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 a cornhole tournament! There are PacMan and a Golden T Golf arcade machine if cornhole isn't your cup of tea.



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

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

September: Star Pizza



In September LOAF will be meeting up at yummy Star Pizza. Laughter and community are what it's all about! Come on out and join the party on September 18 from 2-4 pm.

More information coming in next month's Newsletter!

LOAF Laughs:

Domestic Bliss by Deb Murphy



Socials

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. We will meet up 11 a.m. at the museum.



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

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.

September: Gun Safety Class

LOAF is working on a Firearms Safety Class for anyone who has never fired a handgun (or wants a refresher in handling a handgun because it has been a while) and wants to learn basic safety skills in a fun and safe environment. The exact how/when/where and cost has not been nailed down at this time. We will let everyone know when we have come up with an affordable class that can accommodate our group.

Anyone interested in this event please contact Lavita at lavitasm@aol.com.

October: Halloween Bowling

Join us for for some spooktacular fun at Delmar Lanes on October 29th! More details to follow next month!

December: International Voices Houston Holiday Concert

Details still need to be confirmed, but tickets are usually around \$30.

- **December 4, 2022, 3 pm**
MATCH Midtown Arts and Theater Center
Houston
3400 Main Street, Houston, TX



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 or phone: 713-208-1128.

Past Events: July

LOAF Paints the Town 2022

If you missed this event, you missed a fun one! But it was great to see those of you who were able to make it. On Sunday, July 17th, we painted an ocean sunset at the Montrose Community Center. Less than optimal Pinot's Palette facilities prevented our initial plan of painting at their location, but the artists set us up at the Community Center where there was plenty of space and the event turned out great.



Bat! Houston Axe Throwing

Those who participated in this event had a blast! I know I did. It was nice and cool indoors and up until the last 45 minutes or so we had the place all to ourselves. Once we were given instructions, the rules and a few tips, we were able to play on our own without supervision 😊



With a little practice some of us were able to make some good throws and rack up some points!



Ladies Bowling League



Join the Monday Night Ladies Bowling League for fun, camaraderie, and exercise. The league begins mid-September and plays for 27 weeks (except for holidays) through mid-

April. We bowl at Del-Mar Lanes located at 3020 Mangum Road. Start time is 6:45 pm each Monday.

The cost is about \$20-25 per week plus a onetime \$25 membership fee to USBC (United States Bowling Congress). The weekly fee includes shoe rental.

This is a handicapped league, so players of all skill levels are welcome including first time bowlers. Come by yourself or with a friend and we will put you on a team or bring a team (four members). End of league cash prizes are awarded for team and individual play.

For more information, please email Janice Martinez at jansm8@gmail.com.

2022 Walk to End Alzheimers



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! You aren't required to take donations but they of course are appreciated.

If you sign up for the LOAF team you will receive a free lavender LOAF T-shirt with our logo. You can also purchase one for \$20 if you want to stand on the side lines for support or just want one!

Date: November 5, 2022 @ 8:00

Location: University of Houston at Lynn Eusan Park

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 for more information about our team and let her know you are excited to join in.

Members Camping

Get your calendar and mark March 4-5, 2023, as Camping With LOAF!

We will be going to Huntsville State Park. Reservations will be available beginning September 4, 2022, through the Texas Parks and Wildlife website. The campsites are very quickly spoken for. We suggest you make your reservation as soon as possible (first day recommended) after the reservation site opens up.

Please make your reservation for your choice of camping site (cabin, screen shelter, tent or trailer site) and send your site number to Roxanne at isis8555@yahoo.com so we can keep a list of where everyone will be. Thanks!

Stay tuned for more information!

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 campground shelters. We will not all be staying together but we can all have fun together.



Join the LOAF Team!



LOAF is now accepting nominations for our Annual Election for officers and directors. Elections are held at our December Meet-and-Greet.

Please consider giving back to our group by serving on the Board. Definitions of the responsibilities of each position are provided below. If you have an interest, please email Arden at arden1931@att.net and loafhoustonx@gmail.com. The nominating committee will vet** all candidates and then recommend a slate for election.

Definitions and Responsibilities of Board Positions

President: supervises the business of LOAF, presides over meetings, other duties as prescribed by the Board of Directors. The President does not make unilateral policy decisions as LOAF Board operates by consensus, not a mere voting majority.

Vice-President: presides in the absence of the President; coordinates program events; performs other duties as assigned by the President or the Board of Directors.

Secretary: takes minutes of the meetings; records minutes of the annual meeting held in December; and delivers a copy to Moore & Hunt, our Corporate Attorneys. Files any required paperwork with the Texas Secretary of State.

Treasurer: receives monies; makes bank deposits; pays bills; prepares annual financial statement; prepares records for tax return (Hubbard Financials); must have a working knowledge of bookkeeping and banking. Keeps membership records.

Director(s): they help plan LOAF functions like our Socials and Meet-and-Greets, and/or help prepare content for our monthly Newsletter...it is also a great way to get involved.

** Vet means to perform a background check to protect the members of LOAF.

Newsletter Edits

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

DEADLINE

September newsletter articles are due by August 21st

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

5 Senior-Friendly Sports to Try in Retirement

For the last 50 years or so, it has been commonly accepted that exercise is good for you. But did you know that a research study determined that [9.9% of deaths in older](#)



[adults](#) between the ages of 40 and 69 may be attributed to physical inactivity? If you are one of the estimated [31% of adults age 65 or older](#) who haven't exercised in the last 30 days, there's good news in store. You don't have to be an athlete to reap the benefits of exercise. There are five low-impact activities you can consider trying even if you've never stepped foot into a weight room. When it comes to these five activities, the perks are well worth the mild perspiration.

Read on to learn about five sports that may help you feel more connected, feel less pain, walk faster and get stronger!

1. **Swimming** may be great for your bones. Even if you don't love water, there are plenty of reasons to love swimming as an active senior. Swimming is a low-impact sport that can be gentle on joints, while other studies have suggested that swimming may also help [increase bone density](#) and in turn help [reduce the risk of osteoporosis](#). Even better, swimming may be able to help limit the worsening of age-related pain. In 2005, Stanford University published a [longitudinal study](#) indicating that seniors who participated in regular aerobic exercise did not experience a progressive increase in musculoskeletal pain that other, less-active seniors did. Need more persuading? Check out these [6 reasons why swimming can be good for you](#).

2. **Pickleball** might be good for socializing. [Pickleball: It's the best-kept secret of sporty seniors](#). Although you might not have heard of pickleball before now, you may very well finish this blog wanting to play. Pickleball is a combination of badminton and table tennis that makes for a rousing competition and a fun low-impact workout for many individuals. In pickleball, players stand on either side of a net and use paddles to launch the ball diagonally over the net to their teammate. The game typically ends at 11 points, but the quicker it's over, the quicker you can redeem yourself in the next round.

3. **Wii™ Bowling** may be beneficial for your balance. Although standard bowling is [generally recommended](#) as a great low-impact sport for seniors — [even after a hip replacement](#) — very few people know

about the benefits of its digital alternative: Wii Bowling. Although the Wii gaming system has been discontinued by Nintendo, the bowling game remains popular. For the last 13 years, the [National Senior League](#) has virtually convened hundreds of seniors annually for a seven-week tournament, the NSL Spring Internet Wii Bowl Championships. Even though the game is highly social and entertaining in nature, these seniors aren't just playing for fun. Much more than a video game, Wii Bowling is an exercise that can have many of the benefits of analog athletics. One study found that playing [Wii Bowling may help improve balance in senior individuals](#). After playing Wii Bowling seated for 30 minutes twice a week over the course of eight weeks, some participants in the study experienced significant improvements in balance measures.

4. **Nordic walking** may improve your gait speed. If you don't particularly enjoy physical activity but do value its benefits for your body, Nordic walking may be an excellent exercise choice for you. Nordic walking differs from regular walking by its use of walking aids called walking poles. These walking poles are not your regular walking sticks. Using slings to holster the crooks of your arms, Nordic walking poles [reposition the distribution of weight](#) in your body. In doing so, Nordic walking poles force your *posture* upright and therefore may help the muscles of your [lower body](#) and your [core](#) to increase in flexibility and strength. And if you're looking to increase your speed, Nordic walking may provide a viable means of doing so. In one study, [Nordic walking was found to be 106% more efficient than regular walking](#) in improving gait speed among seniors.

5. **Tai chi** may improve your balance, bone density and muscle strength. Tai chi is a low-impact ancient Chinese martial art that generally emphasizes deep breathing and slow, controlled movements contrasted with complementary quick movements. Tai chi is not competitive, and it allows participants to move at their own pace. The potential benefits of tai chi are manifold. Studies indicate that tai chi could benefit [balance](#), increase [bone density](#) and may also improve [muscle strength](#). One [study](#) analyzed the impact of a 10-week tai chi program on seniors' bodies, and the results were fairly promising. At the end of the program, various participants reported that they experienced relatively less anxiety and depression after the program, less physical pain or discomfort, and they had seen improvement in their balance and gait speed. If you're looking for a sport with total body benefits, consider giving tai chi a try!

Grilled Shrimp Tacos with Creamy Cilantro Sauce

Ingredients

FOR 12 TACOS

- 2 lb shrimp, deveined & tails removed
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teaspoon dried oregano
- 1 teaspoon cumin
- ½ teaspoon red pepper flakes
- ½ teaspoon salt
- 24 skewers, bamboo or metal
- 4 tablespoons olive oil
- 24 corn tortillas

CREAMY CILANTRO SAUCE

- 1 cup sour cream
- 3 tablespoons fresh cilantro, minced
- 1 teaspoon lime zest
- ¼ teaspoon salt
- 2 tablespoons lime juice
- 1 ½ cups green cabbage
- 1 ½ cups red cabbage
- 1 tablespoon jalapeño, minced

TOPPINGS

- lime wedge
- fresh cilantro

Preparation

1. In a large bowl, season shrimp with paprika, garlic powder, oregano, cumin, red pepper flakes, and salt. Toss gently to combine.
2. Using 2 bamboo or metal skewers, poke through the top and bottom of the shrimp and push down to the bottom of the skewer.
3. Add 3 more shrimp to the same skewer and repeat until all of the shrimp are used.
4. Right before you put the shrimp on the grill, brush each skewer with a generous amount of olive oil, to prevent sticking.
5. Grill over high heat for 3 minutes, brush the top side with more olive oil, flip, and let cook for an additional 3 minutes.
6. Remove from skewers & set aside for taco assembly.
7. In a bowl, combine all creamy cilantro sauce ingredients. Stir well to combine.

8. In a large bowl, combine green cabbage, red cabbage, and minced jalapeño. Pour half of the sour cream mixture over the cabbage, saving the other half for extra sauce to put on the tacos.

9. Assemble the tacos on corn tortillas. Add the cabbage mixture, followed by the shrimp. Top with the creamy cilantro sauce, cilantro, and a squeeze of lime juice.



10. Enjoy!

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.