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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
 Janis SmithSecretary
 Arden Eversmeyer President Emerita

Directors

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

Newsletter

Danita ColeEditor
 Dawn Harrell Tech Writer



LOAF NEWSLETTER

PO Box 7207, Houston, TX 77246-7207

loafhoustontx@gmail.com

Issue: No. #2022-09

September 2022

September 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	

Not Specifically LOAF-Sponsored Event

Sunday, September 4 **Seafood Sunday** 11:00 am

Flying Fish

Monday, September 5, 12, 19, 25 .**Mexican Monday**2:00 pm

Los Cucos

Thursday, September 8..... **Board of Directors Meeting**6:00 pm

Online Via Zoom

Saturday, September 10**Womyn on the Move**.....5:00 pm

Neon Boots

Sunday, September 11 **ActiveLOAFers**3:00 pm

Memorial City Mall

Sunday, September 11, 18, 25**HWSL**..... 10 am to 2:00 pm

Memorial Park Fields 2 & 3

Monday, September 12, 19, 25**Ladies Bowling**6:45 pm

Delmar Bowling Lanes

Sunday, September 18 **Meet and Greet**2:00 pm

Star Pizza

Saturday, September 24..... **Newsletter Deadline** COB

Sunday, September 25 **Social** 12:30 pm

Bee Weaver Honey Farm

ActiveLOAFers

September: Inside Walk

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

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](#)

September Birthdays

9/01 Alice Tomasello
 9/07 Cindy O'Bannion
 9/22 Cindy Daniels

In Memoriam - September

2013 Darlene Allen
 2008 Ricci Bronson
 2014 Judy Clancy
 2012 Charlotte Doclar
 2018 Nancy Flannigan
 2018 Sally Frye
 2007 Kathy Lendstrom
 2015 Nancilyn Mahan
 2014 Ann Reid
 1989 Jo Stewart
 2015 Kay Van Cleave
 2020 Trish Frye

Thoughts and Prayers

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

- Susan Fronck (she is house bound) 713-861-8427 2829 Timmons Lane, #147, Houston, TX 77027.
- 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.
- Continued Prayers for healing and recovery for Jo Boardman who is recovering from several surgeries and is in the Rolling Brook 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.

Welcome New Members!

Tamasin Artru
 Karen Edwards
 Norma Ludwig
 Claudia McFadden
 Rachel Perkins
 Phyllis Palmer



Meet-n-Greets

September: Star Pizza



September 18 from 2-4 pm.
 LOAF will be meeting up at yummy **Star Pizza #1, 2111 Norfolk, Houston, Texas 77098.**

Laughter and community are what it's all about! Come on out and join the party, break bread and get your chat on! Bring a friend and let us all tell them about LOAF!

We will be in the Espresso room, which is on the ground floor. The entrance is on the Shepherd side. You can park on the Durham side of Star Pizza, on the street or where 59 used to be.

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

October: Handgun Safety



Finally! We have been trying to set up a Gun Safety event all year! Major Debbie Schmidt with the Harris County Sheriff's Department will be providing LOAF with a gun safety presentation at the Montrose Community Center, 401 Branard, Houston, TX. Officer Schmidt is a certified firearms instructor through the FBI. Some of the topics being covered include:

- General Firearm Safety
- How to load/unload a firearm
- How to safety store a firearm
- How to choose a firearm

Our Meet-and-Greet begins at 2 PM. Mark your calendars because you won't want to miss this one.

Socials

September: Bee Weaver Honey Farm

On Sunday, September 25, those interested will meet up at the Montrose Center (for in-town folks) or Memorial City Mall (for west-side folks) and those further north can meet us there. The Public Hive Tour begins at 12:30. We can buy tickets in advance so we will need RSVP's



[Farm Activities – BeeWeaver Honey Farm](#)

“Join our Bee Expert in a live hive of bees! You will be comfortably protected in our screened in observation deck. The beekeeper will explain the tools and practices of beekeeping, as well as the biology of the honeybee and parts of a hive. See close up into a hive of bees!”

Anyone interested in this event please contact Lucretia at lucretiacopeland@yahoo.com

October: Halloween Bowling



On October 29, join us for some spooktacular fun at **Delmar Lanes**, 3020 Mangum Rd, Houston, TX 77092 at 2:00 p.m. This year we will have a costume contest with a prize for the best one! Come on out and join in on the fun.

LOAF will pay for the bowling and the shoes. Snacks will be served (pizza, appetizers, and drinks); any other expenses are up to you. After the bowling is wrapped up and we have worked up a bigger appetite, those that are interested are invited to join us around the corner at Los Cucos to grab a bite to eat.

Because this event is sponsored by our John Steven Kellett Foundation, Inc. grant, it is open to LOAF Members Only. Non members are welcome to join us on a self-pay basis.



November: 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.



Date: November 5, 2022 @ 8:00

Location: University of Houston at Lynn Eusan Park

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 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!

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.

December: Houston International Voices 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



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.



LOAFers, Inc.
 Private group

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.

Past Events:

August Meet and Greet: Cactus Cove

We had a great time snacking, visiting and ordering various choices off the menu. Afterward we played a variation of Cornhole and Bucket Ping Pong, jokingly named Corn Pong or Ping Hole because they misplaced the boards for the Cornhole but had the bean bags and



had the buckets for the Pong but no balls. We improvised.

It was tricky keeping the buckets upright after being hit with the beanbags, but a few of us acted as bucket wranglers and we ended up having a lot of fun.



Melissa & Phyllis placed 1st. Sue & Danita placed 2nd

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

What are “Newsletter Fees”?

Prior to the days of email and the internet, your LOAF Board of Directors used our member’s newsletter fee contributions to pay for printing/production and distribution of our newsletter by snail mail. Most of you now receive your newsletter electronically, which obviously is a lower cost, so we felt you might be interested to know what we are using your contributions for these days. We do have a small contingent of members who do not use email or have internet access, so first and foremost, we use those contributions to pay for hard copy mailing to those members. We also use the contributions to pay for snacks at our Meet-and-Greets or appetizers off-location. In addition, your contributions supplement some of the great functions we have arranged lately, i.e., BatL Axe, Pickle Ball, Bowling, Painting Parties, etc. We have been trying hard to find activities that we can either pay for or at least supplement so that the event is affordable for our members. Your Board of Directors hopes you see value in the areas we have applied your contributions and we appreciate any feedback you may have for us.

Members Camping

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

We will be going to Huntsville State Park. Reservations for these dates are available beginning September 4, 2022, through the Texas Parks and Wildlife website. **Because 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.



October newsletter articles are due by September 24th

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

Ladies Bowling League



The Monday Night Ladies Bowling League starts its 2022 season on Monday September 12th at Delmar Bowling lanes located at 3020 Mangum Road. Come out and join the ladies for fun, camaraderie, and exercise. The league plays for 27 weeks (except for holidays) through mid-April. 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 and house balls are available.

This is a handicap 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.

SPRY

Law Harrington Senior Center
2222 Cleburne St, Houston, TX 77004

SPRY (Seniors Preparing for Rainbow Years) is up and running again, but in a new location at the Law



Harrington Senior Center. You do not need to be a resident there in order to enjoy the activities that include:

- social and recreational activities
- health and wellness education
- and the Montrose Diner drop-in center and free lunch program.

The drop-in center is open **Monday – Friday at 9:30 a.m. Lunch is served at noon.** Arrive early, have some coffee, visit, play games, and join other optional activities as planned.

New lunch guests must be 60+ years old, residents of Harris County, and contact Fred Reninger at (713) 485-5056 or fredreninger@montrosecenter.org to register. Learn more about SPRY services at <https://www.montrosecenter.org/services/spry/>

8 Ways to Boost Your Walking Workout

Studies have indicated that walking may help you ward off cardiovascular disease, is generally good for your bone health, and can be an excellent tool to help you maintain a healthy weight. It's also been touted as a way to help boost your brain health, combat stress and depression in certain individuals, and control your blood pressure. Taking a stroll can also be an enjoyable and relatively easy workout. "You can do it anywhere at any time you want, it can be social, it can be a nice way to get outdoors, and it gets you moving," says Gretchen Zelek, an AFAA group fitness instructor and functional aging specialist.

If you've been walking for some time, you might want to find some ways to make these workouts a little more challenging. You can do this by adding different elements to not only break up the monotony of your walking routine, but also to boost your fitness. Here are 8 ways to take your walks to the next level.



Schedule a time to walk with someone.

Looking to hang out with a friend? Make a walking date! "Keeping accountable to someone increases your chances of adherence to your walking program," explains David Chesworth, an ACSM-certified personal trainer and program director at Hilton Head Health. Consistency, he says, is more powerful than intensity in the long run. If adherence is your goal, find a way to stay accountable.

Switch up where you walk.

"This is a great and refreshing way to supercharge your walking workout while enjoying fresh air and surrounding scenery," says Sean L. Ruff, a fitness and nutrition coach in San Jose, California. Walking in varying terrain, like areas with diverse paths and inclines, presents different demands on the body to adapt as you navigate your way through to the finish. Try finding some areas to walk that have gentle inclines or paths that require you to take some occasional twists and turns.

Go for a walk in the pool.

This, says Ruff, is a great total body exercise. "Water adds resistance that strengthens core, leg muscles and is low impact," he explains. Start with water at about waist level. As you walk in the water, try keeping your torso upright and swinging your arms as naturally as they would walking on land. "The added resistance of the water may

require a slightly more exaggerated arm swing to help you move forward, which is OK," says Ruff.

Use wearable technology such as Apple Watch or FitBit.

"Gamifying your walking exercise or participating in challenges can add a fun new way to spice up your workout," says Ruff. He notes that using wearable technology affords an exerciser the opportunity to track steps, the chance to try and beat previous performances and a way to compete against friends or motivate and encourage each other through the app.

Increase the pace.

"By boosting your walking pace or focusing on decreasing your route completion time, you will benefit your metabolic rate," says Zelek. She explains that if you walk at a constant rate all the time, your body eventually won't feel as much of a challenge, but walking at a brisker pace can often help with weight loss and improving the metabolic rate. "Try increasing the pace in small intervals at a time," explains Zelek. Walk at a fast pace for one minute, go back to your regular pace for two minutes, then repeat this cycle for your entire walk. "A good music playlist filled with upbeat tunes can really help you pick up the pace and make your walk not only brisker, but fun," Zelek says.

Get your arms involved.

"Walking is mostly a leg-focused workout and there isn't a huge fitness gain for the core and upper body," says Zelek. She suggests pulling your arms back as you walk and squeezing your shoulder blades back, simulating the way you would move on an elliptical machine. "This can help you focus not only on strengthening the legs, but now the upper body and core as well," she says. "Because you will have the whole body involved with this style of walking, you will be burning more calories and challenging the cardiovascular system -- and bonus, reinforcing your posture muscles in the upper body."

Add some stretches, mobility and balance exercises.

"Doing some simple standing stretches ahead of your walk will help you loosen up and walk with a greater range of motion," says James P. Owen, author of Just Move! A New Approach to Fitness After 50 and producer of the documentary film The Art of Aging Well. He suggests starting with a runner's stretch for your hip flexors. "Reach for the sky, punch the air in front of you, and bend forward from the hips (keeping your legs straight)," he explains. "Don't forget to include rotational movements, like twisting from your waist to look behind you." Stretch again after your walk as a way to help ease any muscle tightness and avoid soreness. This, says Owen, can also be a good time to work on balance by seeing how long you can stand on one foot.

Pay attention to your breathing as you walk.

"Most of us breathe unconsciously, using only a share of our full lung capacity," says Owen. But a walk, he says, is a great opportunity to focus on breathing more slowly and deeply, emptying the lungs completely before taking another breath. "Not only will this bring more oxygen into your body while expelling more carbon dioxide, it reinforces good posture and helps relax your whole body," adds Owen.

Other Social Opportunities

The following events are not LOAF-sponsored functions but many of our LOAF members participate. Please feel free to attend and enjoy community with each other in different atmospheres.

Womyn on the Move, September 10th

Second Saturday of the month dances at Neon Boots with **Womyn On The Move**, from **5-7 PM**. Join us to dance, visit, and mingle at a comfortable and friendly place. No Cover Charge either.



Mexican Mondays, Every Monday

Meet for a late lunch on Mondays at Los Cucos Mexican Cafe, 10690 Northwest Fwy, Houston, TX 77092. The ladies meet at 2 PM. September dates are:

- 5th
- 12th
- 19th
- 26th



Seafood Sundays, September 4th

Get “fishy” with other ladies on the first Sunday of the month at the Flying Fish, 1815 N. Durham Dr, Houston, TX 77008. Fishiness begins at 11 AM.



HWSL, Sundays from 10 am to 2 pm

The ladies of Houston Women’s Softball League plays on Sundays from September thru the first weekend in November at Memorial Park, Fields 2 and 3.

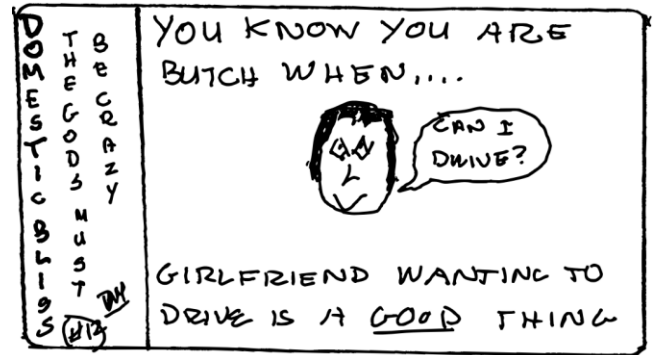


Houston Women’s Bowling League, Mondays, 6:45 pm

Join a team or just come out to visit with the ladies of the Houston Women’s Bowling league on Mondays from September 12th thru mid-April at Delmar Bowling Lanes.

LOAF Laughs:

Domestic Bliss by Deb Murphy



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 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.