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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  
 Lorraine Schroder ..... Director  
 Margaret Thibodeaux..... Director

### Newsletter

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



# LOAF NEWSLETTER

PO Box 7207, Houston, TX 77246-7207

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Issue: No. #2022-11

November 2022

## November Calendar

		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

- Saturday, November 5** .....**Social**.....**8:00 am**  
 Walk to End Alzheimer's
- Sunday, November 6**.....**Seafood Sunday** ..... **11:00 am**  
 Flying Fish
- Monday, November 7, 14, 21, 28...****Mexican Monday** .....**2:00 pm**  
 Los Cucos
- Monday, November 7, 14, 21, 28...****Ladies Bowling**.....**6:45 pm**  
 Delmar Bowling Lanes
- Thursday, November 10**..... **Board of Directors Meeting** .....**6:00 pm**  
 Online Via Zoom
- Saturday, November 12**.....**Womyn on the Move** .....**5:00 pm**  
 Neon Boots
- Saturday, November 19** ..... **ActiveLOAFers** .....**8:45 am**  
 Bumpy Pickle
- Sunday, November 20**..... **Meet and Greet** .....**2:00 pm**  
 Montrose Community Center
- Saturday, November 23** ..... **Newsletter Deadline** ..... **COB**

## Socials

### November: Walk to End Alzheimers



**November is Alzheimer's Awareness Month! TEAM LOAF is ready to go**

**Date:** November 5, 2022 @ 8:00

**Location:** U of H at Lynn Eusan Park

You aren't required to make/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 if you just want one!

Join the team @ [TEAM LOAF](https://www.teamloaf.com) Contact Lavita to let her know you have joined @ [lavitasm@aol.com](mailto:lavitasm@aol.com) so she can bring your T-Shirt!!

## December: Winter Moon



400 Main Street, Houston, TX

December 3rd at 7pm and December 4th at 3pm

Advance tickets \$25/Senior (65+) \$20/Door Sales \$30

All seats general admission. Wheelchair accessible seating. Livestream tickets are \$15 [Order Tickets Here](#)

We are getting a group together and going to this event. One of our members, Lorraine, is going to be part of the ensemble!

<https://matchouston.org/events/2022/winter-moon>

## ActiveLOAFers

### November: Pickle Ball Returns



Saturday, 11/19/22 at 10 a.m.

554 Lockwood Dr.,  
Houston, TX, 77011

<https://bumpypicklehtx.com/>

We love Pickleball! No experience necessary. LOAF has one court reserved for 2 hours. Balls and paddles are provided by LOAF. We will play doubles and rotate players after short games. Reminder - water, sunscreen, hat. Be sure to sign-up to get updates.

[Click here to Register](#)

### December: Walk & Game Watch

Sunday, December 11, 2022  
10AM & 12PM

The Color Trails at Memorial Park are fun, easy to moderate hikes. It will take about 1.5 hour for 2-3 miles. It is mostly dirt trails with some up and down so if you prefer, bring your walking stick. The hike will be followed by a jolly time watching the Texans / Cowboys Game at noon at a local venue (TBD). We will meet at S Picnic Lane in the parking lot at 9:45 am. Sign up here



## Newsletter Edits

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

## November Birthdays

- 11/3 Regina Dotson
- 11/3 Serena Tripi
- 11/5 Page Allen
- 11/11 Vivian Blaha
- 11/12 Cathleen Sheil-Hopper
- 11/19 Molly Milstead
- 11/21 Julie Fischer
- 11/24 Judy Van Kirk
- 11/29 Vickie McClanahan
- 11/29 Barbara Williams
- 11/30 Margo Mendoza



## In Memoriam - November

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

## Thoughts and Prayers

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

- Our founder, Arden Eversmeyer is back in the hospital with long-COVID symptoms. She is in the HCA CY-FAIR. Hwy 290 at Huffmeister, Room 107, East Tower. If you have the time, please try to visit; she is feeling very isolated. She can't really do a long visit as she tires quickly.
- Susan Fronck (she is house bound) 713-393-7664 2829 Timmons Lane, #147, Houston, TX 77027.
- 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](mailto:Jo8294550@outlook.com)
- Deborah Bradford is requesting continued affirming prayers for her fiancée Jan Mann, who is making rounds to doctors to discover the cause and solutions for her current condition.
- Long-time member, Lou Martin is in St. Joseph's. Lou is 99 and is bound to have more than one issue. If you know Lou, she would appreciate hearing from you.

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).

## TheatreLOAFers

### New Group Now Forming!

Have you ever wanted to go to a play, musical, or concert but ...

- You didn't know what opportunities were out there?
- You didn't have anyone to go with?
- You realized that a ticket for you and a date to a downtown venue might cost you more than \$250?

Many of your fellow LOAFers have felt these same limitations and we know there are several local stages around town with more reasonably priced events. So like-minded LOAFers would like to get together informally to attend some of these offerings. These attendances would not be underwritten or partially funded by LOAF. To create our new group, we need your help with a couple of things:

1. We need those of you who are in the know regarding these local venues and events to send us the information.
2. We need someone willing to "chair" our new group.

Your LOAF Board of Directors is already very busy with normal duties, so we need someone who is willing to review the information provided by members and coordinate the event once selected. We would guide you, but we desperately need someone who is willing to do the legwork to volunteer to help us. We are hoping to be able to plan something at least every other month.

For a first event, we would like to consider a local event with tickets priced in the \$15-20/pp range. **If you are interested in helping "chair" this group for us, email me at [dr.harrell13@yahoo.com](mailto:dr.harrell13@yahoo.com).**



## 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.

## Meet-and-Greets

### November: Thanksgiving Italian Feast

Be sure to mark your calendar for our November 20<sup>th</sup> Meet-and-Greet at the Montrose Community Center, 401 Branard, Houston, TX. LOAF is providing an Italian Feast as a respite to the weekend full of Turkey, family, and shopping.



Please email RSVP by November 11<sup>th</sup> to Lucretia at [lucretiacopeland@yahoo.com](mailto:lucretiacopeland@yahoo.com), so that we will be able to accommodate those who plan on participating.

### December: Christmas Mexican Fiesta

Celebrate Christmas with LOAF at our December 18<sup>th</sup> Meet-and-Greet at the Montrose Community Center, 401 Branard, Houston, TX. We will be providing a traditional Mexican Fiesta banquet as we cast our ballots in our annual election for your LOAF Board of Directors.



Please take a look on page 4 of this newsletter for the definitions and responsibilities of the Board positions. We need members to get involved! Any current board member will gladly tell you all about how much fun we have helping keep LOAF alive. We need fresh faces to help out. Consider coming aboard 😊

## Past Socials

### October: Halloween Bowling

On October 29, spooktacular fun was had at Delmar Lanes, This year we had a costume contest with a prize for the best one...the Nun won! Snacks were served (pizza, appetizers, and drinks); After the bowling wrapped up those that interested drove around the corner to Los Cucos to continue the fun.





## 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](mailto:arden1931@att.net) and [loafhouston.tx@gmail.com](mailto:loafhouston.tx@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.



## Members Camping Trip

Friday March 3 to Sunday the-5th, 2023, (or longer)

**Huntsville State Park.** Reservations so far: (by site)

We have peeps at 16, 17, 20, 21, 22, 23, 30, 31

<https://tpwd.texas.gov/state-parks>

**Because the campsites are very quickly spoken for, we suggest you make you reservation as soon as possible. They are going fast!**

•Day pass entrance permits may be reserved up to one month before your visit. Day passes are especially important for weekends and holidays and at our busiest parks.

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](mailto: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.



## 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, November 12<sup>th</sup>

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. November dates are:

- 7th
- 14th
- 21st
- 28th



### Seafood Sundays, November 6th

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.



### 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 12<sup>th</sup> thru mid-April at Delmar Bowling Lanes.



### HWG, Sundays, 10:30 am

THE HOUSTON WOMEN’S GROUP is a diverse multi-generational feminist group for all women, that meets every Sunday at 10:30am at the First Unitarian Universalist Church, 5200 Fannin at Southmore Blvd. and via Zoom. Each woman defines her own feminisms. After the group adjourns those that choose to do so gather at a nearby restaurant to enjoy a meal and further conversation. To receive the Zoom link and to be added to the announcement list please send an email to: [HWomensGroup@gmail.com](mailto:HWomensGroup@gmail.com) with "Sign Me Up" in the subject line.

## LOAF Laughs:

### Domestic Bliss by Deb Murphy



## 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 [freninger@montrosecenter.org](mailto:freninger@montrosecenter.org) to register. Learn more about SPRY services at <https://www.montrosecenter.org/services/spry/>

## 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)



December newsletter articles are due by November 23<sup>rd</sup>

## Health and Wellness

### Diabetes Awareness

Diabetes is an umbrella term for a group of conditions that cause elevated blood sugar. Normally a hormone called insulin breaks down and stores the sugar that flows through our blood after eating. Diabetes either prevents the production of insulin or disrupts the body's response to it. There are several causes of diabetes, some reversible and some chronic. The good news is that there are things you can do to take control of diabetes and prevent its problems.

*Source: Harvard T.H. Chan School of Public Health*

#### Know the Signs of Diabetes

- Frequent urge to urinate
- Extreme thirst or extreme hunger
- Tingling or numbness
- Wounds take longer to heal
- Frequent and prolonged infections
- Blurred vision

If you experience any of these warning signs of diabetes, be sure to make an appointment with your doctor as soon as possible

*Source: Healthline*

The following lifestyle choices help maintain healthy blood sugar levels in the body:

- Limit sugar and refined carbs. Foods high in sugar and refined carbs cause your blood sugar to spike.
- Exercise regularly and move throughout the day. Choose a form of exercise you enjoy and can commit to doing consistently.
- Choose water over sugary beverages or sodas. Research indicates drinking more water improves the body's response to insulin and helps control blood sugar.
- Choose fiber rich fruits and vegetables over processed foods
- Maintain a healthy weight. Excessive weight increases your risk of diabetes.
- Avoid smoking. Smokers have a higher risk of developing diabetes.

*Source: Healthline*

#### Managing Your Diabetes

If you have diabetes, it is important to be mindful of how different factors can affect your blood sugar.

- Eat balanced meals

- Watch your portions
- Schedule meals and medications
- Exercise safely
- Watch what you drink
- Check in with your doctor regularly

*Source: Mayo Clinic Optimum Life Inspiration*

Your doctor may want you to see other healthcare providers who can help manage some of the extra problems caused by diabetes. He or she can also give you a schedule for other tests that may be needed. Talk to your doctor about how to stay healthy!

Be Well on Purpose!

## 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).



# FYI

## Facts About Cucumbers

I love cucumbers... especially the mini cuc's. I can eat them like candy, all day long.

What happens when you eat a cucumber everyday?



The Bottom Line: They are low in calories (avg cucumber is only 45 calories) but contain many important vitamins and minerals, as well as a high water content. Eating cucumbers may lead to many potential health benefits, including weight loss, balanced hydration, digestive regularity and lower blood sugar levels.

Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

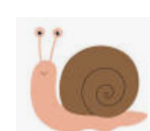


Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.

Eating cucumbers may help support regular bowel movements. Dehydration is a major risk factor for constipation; cucumbers are high in water and promote hydration. Staying hydrated can improve stool consistency, prevent constipation and help maintain regularity. Moreover, cucumbers contain fiber, which helps regulate bowel movements.



Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.



Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in

your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!

Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up



refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.

Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!



Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown the reduce stress in new mothers and college students during final exams.

Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

Looking for a 'green' way to clean your taps, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.



Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!