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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

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

Issue: No. #2022-12

December 2022

## December 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	31

Not Specifically LOAF-Sponsored Event

- Saturday/Sunday, December 3 & 4 .....Social..... various times**  
International Voices Houston
- Sunday, December 4 ..... Seafood Sunday ..... 11:00 am**  
Flying Fish
- Monday, December 5, 12, 19, 26...Mexican Monday .....2:00 pm**  
Los Cucos
- Monday, December 5, 12, 19, 26....Ladies Bowling.....6:45 pm**  
Delmar Bowling Lanes
- Thursday, December 8 ..... Board of Directors Meeting .....6:00 pm**  
Online Via Zoom
- Saturday, December 10.....Womyn on the Move.....5:00 pm**  
Neon Boots
- Sunday, December 11 ..... ActiveLOAFers .....9:45 am**  
Memorial Park Hike / Texans Game
- Sunday, December 18 ..... Meet and Greet .....2:00 pm**  
Montrose Community Center
- Saturday, December 22..... Newsletter Deadline ..... COB**

## Socials

### December: Winter Moon

400 Main Street, Houston, TX  
 December 3rd at 7 pm &  
 December 4th at 3 pm

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 for Saturday night and some are going on Sunday. Two of our members are going to be part of the ensemble!

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



**January: 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 holidays, mark your calendars for a chance to visit. Come join us January 28 @ 2 p.m.!

**ActiveLOAFers**

**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



**The Phoenix on Westheimer  
1915 Westheimer Rd.**

<http://www.phoenixow.com/dr8/>

We will meet at S Picnic Lane in the parking lot at 9:45 am. **Sign up here**

**January: Pickle Ball Returns**



**Tentative Date:  
January 22, 2023  
1:00 to 3:00 pm  
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.

**Sign up link will be available in our January issue.**



**December Birthdays**

- 12/7 Pam Perry
- 12/14 Deanna Webb
- 12/16 Linda Cecere-O'Bannon
- 12/17 Elizabeth McLane
- 12/19 Donna Junker
- 12/23 Cathy Mahan Steve
- 12/26 Brenda Kruger
- 12/30 Jan Merin



**In Memoriam - December**

- 1991 Margaret Hall
- 1999 Diane Portilla
- 2004 Candy Candelari
- 2006 Carol Pazman
- 2008 Marie Mariano
- 2011 Margaret Meade
- 2011 Lorene Pouncy
- 2012 Casey Davis
- 2015 Rusty Cunnungham
- 2016 Anne Goetshe
- 2017 Stephanie McClain
- 2018 Joan Myers
- 2018 Kim Peirce

**Thoughts and Prayers**

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

- Susan Fronek (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 [loafhoustontx@gmail.com](mailto:loafhoustontx@gmail.com).

## Meet-and-Greets

### December: Christmas Mexican Fiesta

Celebrate Christmas with LOAF at our December 18th 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 😊

### January: Celebration of Life for Arden

**January 15, 2023, will be at the Montrose Center**

Our LOAF founder, Arden Eversmeyer passed away on November 14, 2022. Take a look at this Obituary written by J.D. Doyle.

<https://www.texasobituaryproject.org/111422eversmeyer.html>



LOAF will have a special edition newsletter in January that will highlight members thoughts and tributes for Arden and touch on her tremendous contributions and the heartbreaking loss to our community. If you are interested in participating, please

send a **short statement** to: [loafhoustontx@gmail.com](mailto:loafhoustontx@gmail.com)

The deadline for these tributes will be December 22 so that we may collect and present them at the January Meet and Greet. LOAF is having a Houston and surrounding area celebration of life for Arden also in January. There will be a memorial service for the country in the spring coordinated by Barb Kucharczk.

The Houston Chronicle also honored Arden as a passionate advocate for lesbian seniors in an article at the following link: [Houston Chronicle Tribute to Arden](#)

## 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.

LOAF member Julie Fisher has volunteered to be our Chairperson, so now we can move forward with compiling some events to attend.

**December's event is the International Voices Houston Concert on December 3<sup>rd</sup> and 4<sup>th</sup>.** See [page 1](#) for more information. We hope to see you there!



Stay tuned for additional events in the new year!

If you see something you think we might be interested in, feel free to email me with the details 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.



## 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 [loafhoustonx@gmail.com](mailto: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.

**DEADLINE**

January newsletter articles are due by December 22<sup>nd</sup>.

## 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, December 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. November dates are:

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



### Seafood Sundays, December 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.



### 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.

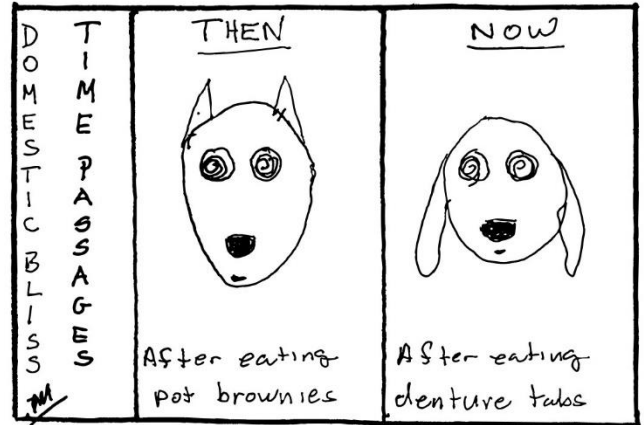


### HWG, Sundays, 10:30 am

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 can contact Fred Reninger at (713) 485-5056 or [fredreninger@montrosecenter.org](mailto:fredreninger@montrosecenter.org) to register

Learn more about SPRY services at <https://www.montrosecenter.org/services/spry/>



## How to Host a Diabetes-Friendly Holiday Dinner



You have the menu planned, the date is set, and the invitations have been sent. You're all prepared to host the perfect holiday dinner for friends and family!

One small problem: You've just been informed that one of your guests was recently diagnosed with diabetes. Your new challenge is to adapt the menu to be diabetes-friendly while keeping it as delicious as usual.

This scenario isn't as far-fetched as you might think. According to the [CDC](#), approximately 34 million adults in the United States have diabetes, and roughly 88 million adults are prediabetic — and many don't even know it.

Fortunately, you have plenty of options available. We're going to walk you through a typical holiday dinner menu and provide suggestions or alternatives to help you reach your diabetes-friendly goal and maintain your reputation as the perfect host!

### Main Course

Here's some good news. If you were planning on serving turkey and stuffing for the main event, you're halfway in the clear already. Turkey meat is a [naturally lean meat with zero carbs](#), so your guests with diabetes can enjoy a healthy portion of the bird with no regrets. Traditional stuffing falls in the high-carb category, however, so consider skipping the stuffing this year. But if your holiday meal won't be complete without it, you could try a new approach. Using a [whole-grain bread and ingredients like walnuts and cranberries](#) can help you provide a healthier (albeit still carb-heavy) alternative to your usual recipe.

Are you looking for a main dish other than turkey? Consider [herb-rubbed roast beef](#), [herb-crusted rack of lamb](#) or a [roasted pork loin with apples and cinnamon](#). Or if you're looking for a meatless option, you can serve [grilled eggplant and roasted fall veggies](#) for a savory, vegetarian main course.

### Sides

Once you have decided on the main course, it's time to choose the sides. Some traditional sides, like [green](#)

[beans](#) and [sweet potatoes](#), are already healthier options. Some, like mashed potatoes, are less healthy options for diabetics. If your meal won't be complete without a fluffy white pile of deliciousness, consider [replacing potatoes with cauliflower](#). And no festive fall meal would be complete without [cranberry sauce](#)!

Of course, no one says you have to stick with traditional side dishes, so why not add your own creative flair to the menu? [From delicious roasted squash recipes to fall salads and toasted parmesan onion strings](#), there are plenty of options you can use to make this year's holiday menu your own. And who knows? Trying a different diabetes-friendly dish could become your new tradition.

### Dessert

You know the taste of fall desserts by heart. Cinnamon, ginger, cardamom, cloves, nutmeg ... and lots of sugar! Capping off a delicious, savory meal with a sweet seasonal treat is one of the best parts of the holidays, which is why it's a good thing that there are plenty of reduced-sugar recipes to round out a diabetes-friendly menu. Recipes for standard fall fare like [apple crisp](#) or [apple pie](#) can easily be adapted to reduce the carbs, and even the king of holiday desserts — [the pumpkin pie](#) — can be made with sugar substitutes. Just don't go overboard with the whipped cream!

If you're looking to complement your menu with flavors other than warm, cozy spices, consider using fruits and nuts. How about [Cranberry almond tarts](#), [hazelnut biscotti](#) and [roasted nuts](#)? They can close out your dinner party on a sophisticated (and not overly sweet) note. Bonus: these dessert recipes pair really well with a nice cup of coffee — something you and your guests will probably need to stay awake after stuffing yourselves on all the gourmet, diabetes-friendly food served at your holiday feast!





## Easy Peanut Brittle

When I was married and my son was young I would help my mother-in-law make this every Christmas. I am not sure it is the same recipe but sounds similar. Grannie lived across the street and her microwave was humming with several batches going and all the ingredients spread out on her counter. On the table were batches she had cooling to later place in containers to give away. It is a special memory. I may have to make a batch. ~Danita

### Norris City Old Timers Recipes



- Mix 1/2 cup light corn syrup and 1 cup of sugar in microwave safe bowl.
- Microwave on high for 4 minutes.
- Add 1 cup of salted peanuts.
- Microwave for 3/5 minutes.
- Add one teaspoon of vanilla and one teaspoon of baking soda.
- (Watch out! It's hot and it foams up)
- Pour onto buttered cookie sheet.
- Break into pieces.

## Newsletter Edits

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

## 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).

## 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)

