

In this issue ...

| | |
|---|---|
| March Calendar | 1 |
| Socials..... | 1 |
| March: Camping Trip | 1 |
| April: LOAF Picnic..... | 2 |
| May: Geronimo Adventure Park..... | 2 |
| Thoughts & Prayers..... | 2 |
| March Birthdays | 2 |
| In Memoriam - March | 2 |
| ActiveLOAFers | 3 |
| March: Pickle Ball Returns..... | 3 |
| April: Botanical Gardens | 3 |
| Meet-and-Greets | 3 |
| March 19 th : Bollo Pizza & more | 3 |
| April 16: Flying Fish | 3 |
| Past Events: February | 3 |
| LOAF Paints the Town 2023..... | 3 |
| LOAF Bingo | 3 |
| WOTM Tea Dance @ Neon Boots..... | 4 |
| SPRY..... | 4 |
| TheatreLOAFers..... | 4 |
| Health and Wellness | 5 |
| 4 Easy Ways to Start Downsizing Now | 5 |
| LOAF Laughs: | 5 |
| Domestic Bliss by Deb Murphy | 5 |
| Open Invitation | 5 |
| Newsletter Edits | 5 |
| Other Social Opportunities | 6 |
| Womyn on the Move: March 11th | 6 |
| Mexican Mondays, Every Monday | 6 |
| Bowling League, Mondays, 6:45 pm | 6 |
| HWG, Sundays, 10:30 am | 6 |
| About LOAF..... | 6 |
| Join our Facebook Group! | 6 |

Our 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

Directors

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

Newsletter

Danita Cole Editor
 Dawn Harrell Tech Writer

REMINDER: Administration Fees were due in January! See Page 6 for ways to pay.



LOAF NEWSLETTER

PO Box 7207, Houston, TX 77246-7207

loafhoustonTX@gmail.com

Issue: No. #2023-3

March 2023

March 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

Friday-Sunday, March 3-5..... LOAF Camping 12:00 pm
 Huntsville State Park

Monday, March 6, 13, 20, 27..... Mexican Monday 2:00 pm
 Los Cucos

Monday, March 6, 13, 20, 27 Ladies Bowling 6:45 pm
 Delmar Bowling Lanes

Thursday, March 9..... Board of Directors Meeting 6:00 pm
 Online Via Zoom

Saturday, March 11..... WOTM 5:00 pm
 Neon Boots

Saturday, March 18 ActiveLOAFers 3:00 pm
 Bumpy Pickle

Sunday, March 19..... Meet and Greet 2:00 pm
 Bollo Pizza

Friday, March 24 Newsletter Deadline COB

Socials

March: Camping Trip

Friday, March 3 through Sunday March 5

Huntsville State Park, 565 Park Road 40 W, Huntsville, TX 77340

Get your camp on! Our 1st LOAF camping trip should be fun. If you don't have a campsite reserved perhaps you could come up for the day. You can check it out on the website.



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



We are all going to try and get together on Saturday night for s'mores at one of the campsites. 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.

April: LOAF Picnic

April 23rd, 11:30 am: Picnic in the Park

It's SPRING!! The plants are blooming, the air is clear! Join LOAF on April 23rd for a day at Memorial Park.



ActiveLOAFers

will be doing a hike through the Color Trails of Memorial Park before the Picnic. on April 23 We will gather behind Lorraine's white Prius at Memorial Park S Picnic Lane (indicated on the map on the sign-up form) in the parking lot at 9:45 am. This hike will be easy to moderate and 2-3 miles. It will take about 1.5 hour. It is mostly a dirt trail with some up and down so if you prefer, bring your walking stick. Sign up here: [Picnic Walk](#).



Lunch will be at 11:30, Sandwiches, chips, and cookies will be provided. Water will be available, but feel free to bring a different beverage if you prefer Last year was so much fun! Hope to see you there! We might even have a game to play after lunch.

May: Geronimo Adventure Park



Join us on Sunday, May 7th, for an adventure-filled day in Spring at the Geronimo Adventure Park. Some of the activities available are a Ninja Obstacle Course, Hammocks & Swings, Log Jam Balance Challenge, Giant SeeSaw, Box Hockey, Giant Jenga, 9 Square in the Air, GaGa Ball Pit, Lawn Games (Cornhole, Ladder Ball, Bocce Ball), Tetherball, Picnic Tables, and a Fairy Garden. LOAF will pay your entry to the park. Some of the activities listed above carry an additional charge; those will be available to you on a self-pay basis.

Check next month's newsletter for additional details on this fun day with LOAF!



Thoughts & Prayers

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

- Susan Fronck (she is house bound) 713-393-7664 2829 Timmons Lane, #147, Houston, TX 77027.
- LOAF member Karen Green passed away after a long illness. Condolences to her partner Melanie Nau.
- Continued Prayers for healing and recovery for Jo Boardman She is doing great. Still not walking on her own but gets around great on a rolling walker. Calls and cards would cheer her up. Dee Wigal is staying with her presently. Her email is Jo8294550@outlook.com
- Deborah Bradford is requesting continued affirming prayers for her fiancée Jan Mann.
- March Long-time member, Lou Martin is now in a small residential home near Missouri City. Lou is 99 and if you'd like to contact her, perhaps we can get an address. I'm sure 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.

March Birthdays

- 3/6 Danita Cole
- 3/7 Barbara Boyett
- 3/7 Diana Reina
- 3/9 Suzanne Bovee Cowden
- 3/13 Jean Gill
- 3/18 Pat McKenzie
- 3/22 Jo Crane
- 3/26 Brenda Flewellen
- 3/30 Kris McGarvey



In Memoriam - March

- 2007 Travis Garrett
- 2007 Minta Tidwell
- 2013 Mickey Miller
- 2013 Myrna Sherill
- 2015 B.A. Jaetzold
- 2016 Kanti Campagna
- 2020 Carolyn Penney

ActiveLOAFers

March: Pickle Ball Returns



Date: March 18th
Time: 3:00-5:00 p.m.
554 Lockwood Dr., Houston, TX, 77011

Pickleball is Sweeping the Country! No experience necessary. LOAF has one court reserved for 2 hours. Balls and paddles are provided by LOAF. We play doubles and rotate players after short games. Be sure to sign up for day-of-event updates. Reminder: water, sunscreen, hat. [Sign up here!](https://bumpypicklehtx.com/)

<https://bumpypicklehtx.com/>

April: Botanical Gardens



**Botanical Gardens – <https://hbg.org>
 One Botanic Lane Houston, TX 77017**

ActiveLOAFers will be visiting the botanical gardens located off of I-45 South. We will have access to the display gardens, natural ecosystem areas, and walking trails, as well as Steve Tobin’s Intertwined: Exploring Nature’s Networks, which features monumental sculptures by the American artist. Everyone is asked to meet at the ticket window no later than 10 am so LOAF can purchase your ticket. Please sign up at the link below so we have a head count. [Sign up!](#)

Meet-and-Greets

March 19th: Bollo Pizza & more



We are going to try a new pizza place to Meet and Greet and mingle from 2:00-4:00, March 19th, at

2202 A West Alabama St. Houston, TX 77098 in Upper Kirby

This place has won all kinds of awards, check out the website: Bollo Woodfired Pizza (bollohouston.com).

Serving authentic Neapolitan pizza baked in an 800° woodfired oven, the menu also includes small shareable plates, salads, entrees and desserts ... with a full bar.

April 16: Flying Fish



FLYING FISH

1815 N. Durham Dr, Houston, TX 77008. 2-4 p.m.

For those who haven’t been able to make the Seafood Sunday’s...well here is your chance to check the place out. The Flying Fish is a “fast-casual” format - come as you are kinda place. The food is good and although it is mostly seafood there are other options as well, like burgers and salads (w/seafood or chicken)

Past Events: February

LOAF Paints the Town 2023



LOAF had a fun group of 19 members and friends attend our 2023 painting event! Our surprise artwork turned out to be a waterfall with rainbow colors in the background. Everyone a fun time. Plan to join us for our next event!

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

LOAF Bingo



WOTM Tea Dance @ Neon Boots



In the spirit of the old Tea Dances and the continued Celebration of Arden and WOTM a bunch of us gathered, danced, ate popcorn and snacks and visited. This picture didn't catch everyone in attendance.

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 freninger@montrosecenter.org to register.

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

TheatreLOAFers

Check out some of the offerings compiled below by LOAF Member Julie Fischer for theatre arts in the Houston area!



Alley Theatre – (<https://www.alleytheatre.org/>) if you look on their website you can find which night is Out at the Alley

- Cowboy Bob March 3-24
- The Odyssey March 24- April 16
- Adding their spring Sherlock Holmes play April 14- May 7
- Rec Room has Wolf Play April 6-29

Match (www.matchouston.org) host a variety of Houston theatres, dance companies and much more.

- Misery March 3-18 presented by Dirty Dogs Theater Co
- Miss Nelson Is Missing March 5-April 17 presented by Main St Theatre
- Now That You've Seen Me Naked – Relationships uncovered March 9-12 presented by Curiosity lab &
- International drag chanteuse Varla Jean Merman in Ready to Blow March 11
- World Premiere of a new play written & starring local Actress Mary Hooper, The Book of Mary March 23- April 9
- Cleansed March 31- April 22 presented by Catastrophic Theatre

AD Players (<https://www.adplayers.org>)

- The Play That Goes Wrong April 19-May 14

4th Wall Theater (<https://www.4thwalltheatreco.com>)

- Sanctuary City March 23- April 15 (Monday 4/10 is pay what you can)
- Fairview May 25- June 17

Emerald Theatre (A new theatre close to market sq downtown)

- Drunk Shakespeare Feb 23- April 7

Hobby Center - (www.sarofin.hallhouston.org)

- Moulin Rouge Feb 22- March 12
- Comic Theo Von March 23-26

Health and Wellness

4 Easy Ways to Start Downsizing Now



1. Know your “Why.”

A good rule of thumb for maintaining the motivation to complete any unpleasant task is to keep in mind your reason for doing it in the first place.

For some, your “Why” might be having a less-cluttered home that’s safer to navigate, or moving to a brand-new home closer to your children and grandchildren. Whatever your reason for wanting to declutter or downsize is, it should be something personally meaningful and motivational to you. While your motivation may waver, your reason why will stand firm.

2. Start small.

Decluttering decades’ worth of sentimental stuff might seem like a monumental task. But don’t worry — you don’t have to tackle it all at once. The best way to start is 10 minutes. “Don’t do more, don’t do less. Just 10 minutes a night, every night, five nights a week. If you doubt the effect 10 minutes of decluttering can have on the state of your home, you probably aren’t alone — but you may benefit from a change in perspective.

It’s not about what you get done — it’s that you did something. It’s about proving to yourself that you can start, and that you can accomplish.

3. Focus on your legacy.

We’re all going to die at some point — and you only live on if people are telling stories about you. The legacy is the power of the story. Consider the act of decluttering your chance to curate your legacy and to decide how you will be remembered. As you downsize, keep an eye out for objects that have a good story attached. Next, tell the story — and toss the item.

Don’t know where to start? Don’t stress. When considering each item, just start with what you remember:

- What is it?
- How did you get it?
- What do you remember about that day?
- Who gave it to you?
- What makes this item and that person special?

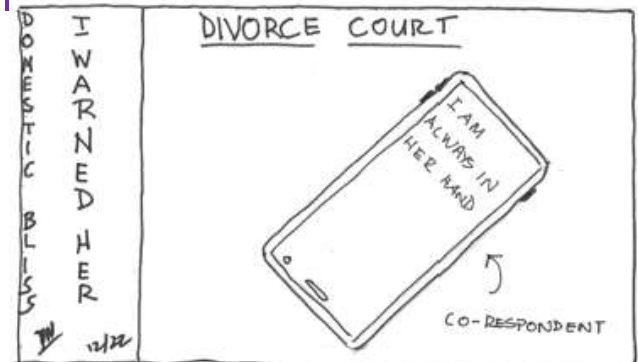
If you can’t recall the details all at once, that’s OK. That’s the best thing about taking a walk down memory lane: Memories start more memories. Once you start talking, you may remember moments you haven’t thought about in years.

4. Tell your story.

Next comes the best part of the process: telling your story. Call your grandchildren, phone a friend, or get the whole gang together on a Zoom call. Or, if you’re more of a writer than an orator, get some stationery and start writing it all down. Whatever method you choose, all that matters is that the stories are told — and that the legacy lives on.

LOAF Laughs:

Domestic Bliss by Deb Murphy



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.

Newsletter Edits

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



April newsletter articles are due by March 25th.

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: March 11th



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

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. February dates are:

- 6th
- 13th
- 20th
- 27th



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.



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 with "Sign Me Up" in the subject line.

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.

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.