

In this issue ...

April Calendar.....	1
NWA Celebration of Life for Arden	1
April Birthdays	2
In Memoriam - April	2
Thoughts & Prayers	2
Meet-and-Greets	2
April 16: Flying Fish	2
May: LOAF Day at HWSL, May 21st	2
LOAF Laughs:	2
Domestic Bliss by Deb Murphy	2
Socials.....	3
April: LOAF Picnic.....	3
May: Geronimo Adventure Park.....	3
ActiveLOAFers	3
April : Botanical Gardens	3
May: Pickleball Returns!	3
Past Events:	4
LOAF 1 st Annual Camping	4
March Pickle Ball	4
TheatreLOAFers.....	4
Health and Wellness	5
The Whys and Hows of Foam Rolling.....	5
LOAF Recommends	6
Narissa Bond Music	6
International Voices Houston	6
Join our Facebook Group!	6
Spicy Broccoli & Cheddar Soup Recipe ..	7
Other Social Opportunities	7
Womyn on the Move, April 8th.....	7
Mexican Mondays, Every Monday	7
Seafood Sunday, April 2 nd	7
HWSL, Sundays from 9 am to 1 pm	7
Bowling League, Mondays, 6:45 pm.....	7
HWG, Sundays, 10:30 am	8
SPRY.....	8
Newsletter Edits	8
Open Invitation	8
About LOAF.....	8

Our 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

Directors

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

Newsletter

Danita ColeEditor
 Dawn Harrell Tech Writer

REMINDER: Administration Fees were due in January! See Page 8 for ways to pay.



LOAF NEWSLETTER

PO Box 7207, Houston, TX 77246-7207

loafhoustontx@gmail.com

Issue: No. #2023-4

April 2023

April 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, April 1	ActiveLOAFers	10:00 am
	Botanical Gardens	
Sunday, April 2	Seafood Sunday	11:00 am
	Flying Fish	
Monday, April 3, 10, 17, 24	Mexican Monday	2:00 pm
	Los Cucos	
Monday, April 3, 10, 17, 24	Ladies Bowling	6:45 pm
	Delmar Bowling Lanes	
Tuesday, April 4	Celebration of Life for Arden	12:00 pm
	Watch Party/Online Zoom	
Saturday, April 8	WOTM	5:00 pm
	Neon Boots	
Thursday, April 13	Board of Directors Meeting	6:00 pm
	Online via Zoom	
Sunday, April 16	Meet and Greet	2:00 pm
	Flying Fish	
Sunday, April 23	Walk & Picnic	9:45 am / 11:30am
	Memorial Park	
Monday, April 24	Newsletter Deadline	COB

NWA Celebration of Life for Arden



JOIN US FOR THE WATCH PARTY!!!

Eva Geer and Pam Moore are hosting a Watch Party at Eva's office for the National Women's Alliance Celebration of Arden's life on April 4th at 2 pm, at the address below. Food provided.

**9432 Katy Freeway, # 380
Houston TX 77055**

RSVP to EVA now at 713-789-3374.

For those of you who cannot attend, an online broadcast of the April 4th presentation will be available. You can register to attend in real time via Zoom **AND** receive a link to a recording of the broadcast afterward. YOU **MUST REGISTER** to receive access to the recorded version. Register at this link: [Celebration of Arden](#)

April Birthdays

- 4/1 Maureen Barber
- 4/2 Catherine Swilley
- 4/3 Susan Fronek
- 4/7 Judy Gaines
- 4/7 Terri Robbins
- 4/26 Bobbie Taylor
- 4/29 Vickie McClanahan



In Memoriam - April

- 1991 Pat McWhirter
- 2009 "Babe" Parker
- 2011 Nicky Baggett
- 2014 Fran Eaton
- 2014 Jean Cope
- 2014 Jo Danz
- 2014 Mo Kennedy
- 2015 Joan Evans
- 2015 June Palmer
- 2016 Rona O'Quinn
- 2018 Charlotte Avery
- 2021 Janan Crowder

Thoughts & 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.
- 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, and a wheel chair when needed. Send her an e-card to 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 who is making rounds to doctors to discover the cause and solutions for her current condition.
- Long-time member, Lou Martin passed away since our last newsletter. At 99 she lived a long and full life with many accomplishments and left a legacy to her community

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.



Meet-and-Greets

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)

May: LOAF Day at HWSL, May 21st



Join us for LOAF Day at HWSL as the Houston Women's Softball League (HWSL) celebrates LOAF's many years of social activity

with their own special day on Sunday, May 21st. Softball games begin at 10 a.m. at the Herman Brown Field complex on the east side of town, see link below. HWSL plays every Sunday, from 9 a.m. to 1 p.m. through June. LOAF festivities begin at the **noon game** on May 21st, with LOAF throwing out the first pitch! After the noon game, festivities move to a place yet to be determined for our usual Meet-and-Greet at 2 p.m. LOAF will provide appetizers and fun games! You won't want to miss this special day!

[Herman Brown Softball Complex](#)

LOAF Laughs:

Domestic Bliss by Deb Murphy



Socials

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



6749 Farm to Market 2920, Spring, TX 77379

Join us on Sunday, May 20th, for an adventure-filled day in Spring at the Geronimo Adventure Park. Some of the activities are listed below. LOAF will pay your entry to the park. Some of the activities listed carry an additional charge; those will be available to you on a self-pay basis.

- 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 (Corn Hole, Ladder Ball, Bocce Ball)
- Tetherball
- Picnic Tables
- Fairy Garden
- and more..

To see more about what they have to offer check out the website: <https://geronimoadventurepark.com>

I think this is gonna be lots of fun!!!

ActiveLOAFers

April : Botanical Gardens



April 1, 2012, 10 a.m.

**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!](#)

May: Pickleball Returns!



**May 27, 2023
9:00 am - 11:00 am
554 Lockwood Dr.,
Houston, TX,
77011**

<https://bumpypicklehtx.com/>

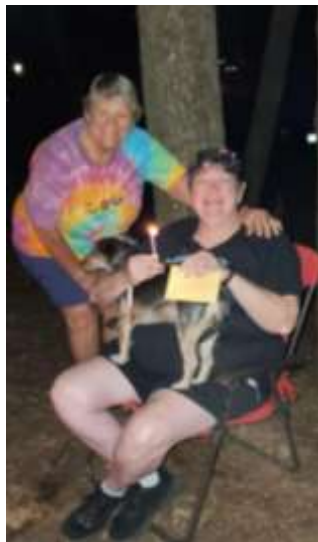
It's time for Pickleball again! No experience necessary. LOAF has one court reserved for 2 hours. Balls and paddles are provided by LOAF. We play doubles and rotate players after short games. Be sure to sign-up to get updates. There is also a bar. <https://bumpypicklehtx.com/> Reminder - water, sunscreen, hat. [Sign up here!](#)

Past Events:

LOAF 1st Annual Camping

LOAF had a fun group of about 26 members and friends attend our 1st Camping trip as a group. There were LOAFers all over the place. Those who did not camp came up for the day to visit. The weather was perfect and the campfire was awesome for visiting and making S'mores.

The Board has already been talking about making this an annual event, maybe a different park (although SHSP was awesome!). Mark your calendars for the 1st weekend in March so you can get your reservations in ASAP.



March Pickle Ball



TheatreLOAFers



If you would like to be added to the Theatre LOAFers distribution list, email Julie at Juliefmtl@gmail.com

Alley Theatre – (<https://www.alleytheatre.org/>)

- The Odyssey March 24- April 16
- Sherlock Holmes and the Case of the Jersey Lily April 14- May 7
- Rec Room has Wolf Play April 6-29

Match (<https://matchhouston.org/>) host a variety of Houston theatres, dance companies and much more.

- Cleansed March 21- April 22
- The Black Man April 7-9
- Steel Magnolias April 21-20
- Acro Cats April 24-28

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

- The Play That Goes Wrong April 19-May 14
- Smoke On The Mountain June 28-July 23

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

Hobby Center - [Sarofim Hall](#)

- Legally Blonde April 4-16
- To Kill A Mocking Bird April 26-30
- Rent May 16-28
- Wicked May 31-July 2

UH Moore School

- Ainadamar (opera) April 13-16

Health and Wellness

The Whys and Hows of Foam Rolling



First things first—what is foam rolling? Well, foam rolling is a self-myofascial release (SMR) technique. It has gained popularity recently, because it can be a great

addition to a warm-up or cool-down at the start or end of your exercise routine. But foam rolling is more than just something to add to your workout. It can also help relieve pain like muscle tightness and soreness and help increase your range of motion.

What are some of the benefits of foam rolling?

Foam rolling isn't just for avid exercisers. It can also be great for people who sit at a desk all day, have joint issues, poor posture or just sore muscles in general.

1. **Help ease muscle soreness and increase range of motion:** foam rolling can help to increase blood flow and elasticity of muscle tissues and joints, which can help with mobility and a reduction of inflammation during the muscle repair process.
2. **Help relieve back pain:** SMR [can help ease pain in the body](#) and may help release tension in the back.
3. **Help manage fibromyalgia symptoms:** [studies suggest](#) that SMR may have promising results for the treatment of fibromyalgia symptoms.
4. **Help you relax:** reducing the tightness in your muscles may help you feel calmer and less tense.

How can you get started with foam rolling?

Don't worry, you don't have to have any experience with foam rolling or a workout routine to begin. Here are a few tips to get you started:

- It might be painful to foam roll at first if your muscles are tight, so start with light pressure and build on it over time. You can adjust the pressure by reducing the amount of body weight you're putting on the roller.
- Roll tender areas slowly for about 10 seconds. Work up to 30 to 60 seconds over time.
- Hydration is key! Drinking water can help with recovery.

Beginning Foam Rolling Exercises

Neck

Step 1: Rest your neck on the foam roller.

Step 2: Turn your head to the right in a slow motion. Hold where you feel a tightness.

Step 3: Exhale and turn your head to the left.

Step 4: Repeat for 30 seconds.

Calves

Step 1: Sit on the floor with your legs extended. Position the foam roller under your calves.

Step 2: Lift your body up, so your weight is resting on the foam roller. If you are ready for added pressure, cross your right leg over your left.

Step 3: Slowly roll your left calf back and forth on the foam roller. Support yourself with your arms.

Step 4: Continue for 30 seconds. Then switch to the opposite leg and repeat.

Upper Back

Step 1: Start by lying on your back with the foam roller positioned under the upper part of your back. Bend your knees with your feet flat on the floor. Position your arms by your sides or crossed on your chest.

Step 2: Engage your core, and lift yourself up into a shallow bridge position.

Step 3: Slowly roll up and down between your lower neck and mid-back. Stop at tight areas to give them additional attention.

Step 4: Repeat for 30 seconds.

Foam rolling can be a little bit painful, especially when you're just getting started. If you have pain in a specific area, that can mean your muscle is tight and might need extra attention. Ease into it, don't push yourself too hard, and sensitivity should decrease the more you roll out the muscles.

The above content is shared for educational purposes only. You must consult your doctor before acting on any content on this website, especially if you have a medical condition. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Never disregard professional medical advice or delay in seeking it because of something you have read on our site.

LOAF Recommends

Narissa Bond Music

Narissa Bond is a singer, songwriter, and guitarist who is also a member of LOAF! To find out more about her see: narissabond.com. Narissa is playing at a showcase at the **Heights House Hotel on Sunday, April 2, 2023**

Heights House Hotel.
100 West Calvacade Street
Houston, Texas 77009

Narissa is performing 12:30-1 p m. (All Showcases are from 11-2 pm).

LAUNCH MUSIC LAB PRESENTS
SONG CAMP

AGENDA

MARCH 31 FRI FREE with registration
 6PM
MUSIC MIXER

APRIL 1 SAT \$15 with registration
 7 - 11 PM
CONCERT

2 SUN Free
 11AM - 2PM
ACOUSTIC SHOWCASE
 Mary Hammer
 Jim Robison
 The Good Heart
 Narissa Bond
 Luba Devorak
 Mark Winters

@ HEIGHTS HOUSE HOTEL
 SCAN FOR TICKETS - HOTEL IN COLLABORATION WITH

LAUNCHMUSICLAB.COM

kojak's

Narissa Bond

Thu, Apr 13, 6:30 pm - 9:00 pm

Narissa is also performing at **Kojak's!**

1912 W 18th Street
Houston,
Texas 77008
Thursday, April 13,
2023, 6:30-8:30 pm

International Voices Houston

MATCH

MIDTOWN ARTS & THEATER CENTER HOUSTON

MATCH and International Voices Houston present **At the Movies: Hollywood To Bollywood**, featuring Bollywood Performers: Infused Dance Company



Houston's premiere multicultural choir takes you on a cinematic adventure, celebrating silver screen melodies spanning from "Hollywood to Bollywood." Enjoy captivating favorites from films like *The Wizard of Oz*, *Skyfall*, *Lord of the Rings*, *Oh Brother Where Art Thou?*, *Sister Act*, *Invictus*, *Les Choristes*, *Slumdog Millionaire*, *Bombay*, and more. Also featuring a special guest appearance by Bollywood performers: Infused Dance Company.

Saturday, April 29, 2023 at 3:00 PM and 7:00 PM

GET TICKETS

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.

Spicy Broccoli & Cheddar Soup Recipe



This creamy soup is sure to keep you warm. It's full of spice from Thai chilies and cayenne pepper but stays balanced with delicious cream and cheese.

Ingredients

- 3 Thai chilies
- 1 carrot, peeled and roughly chopped
- 1 onion, roughly chopped
- 3 cloves garlic
- 2 tbsp. butter
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. cayenne pepper
- 2 cups chicken broth
- 1 cup heavy whipping cream
- 1 cup cheddar cheese, shredded
- 1 green onion, chopped

Directions

- Step 1 In a food processor, add Thai chilies, carrot, onion and garlic. Process until finely diced.
- Step 2 In a large saucepan over medium-high heat, add butter. Add diced mixture and broccoli. Cook until softened. Stir in salt, pepper, cayenne pepper and broth. Simmer about 10 minutes.
- Step 3 Stir in cream and cheese. Cook until melted.
- Step 4 Serve with green onion and refrigerate leftovers.



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, April 8th



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.

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:

- 3rd
- 17th
- 10th
- 24th



Seafood Sunday, April 2nd

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 9 am to 1 pm

The ladies of Houston Women's Softball League play on Sundays thru June at Herman Brown Sports Complex.



[Map to Herman Brown Complex](#)

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 10:30 am 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.

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 to register.

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

Newsletter Edits

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



May newsletter articles are due by April 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 loafhoustontx@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 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.

