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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. #2023-5

May 2023

May 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

- Sunday, May 7** **Seafood Sunday** 11:00 am
Flying Fish
- Sunday, May 7, 21** **HWSL** 9:00 am
Herman Brown Softball Complex
- Monday, May 1, 8, 15, 22, 29**..... **Mexican Monday**2:00 pm
Los Cucos
- Thursday, May 11**..... **Board of Directors Meeting**6:00 pm
Online via Zoom
- Saturday, May 13**..... **WOTM**5:00 pm
Neon Boots
- Saturday, May 20**..... **May Social**2:00 pm
Geronimo Adventure Park
- Sunday, May 21** **Meet and Greet** 10:00 am
LOAF Day at HWSL
- Sunday, May 21** **Newsletter Deadline** COB
- Thursday, May 25** **Forever Motown!**.....8:00 pm
Miller Outdoor Theatre
- Saturday, May 27** **ActiveLOAFers**9:00 am
Bumpy Pickle

Welcome New Members!

Cindy Brandt
 Judy Buehlman
 Deb Gudelman
 Lynn Hewitt
 Theresa (Terri) Stanaback

Welcome Back
 Brenda Munson



Socials

May 20th: Geronimo Adventure Park



6749 Farm to Market 2920, Spring, TX 77379

Join us on Sunday, May 20th at 11:00 am for an adventure-filled day in Spring at the Geronimo Adventure Park. LOAF will pay your entry to the park. Some of the activities are listed below. Some activities 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>

June 4th: It's a Pool Party!



Let's get together and have some fun while honoring our Lesbian organizations for their community service and engagement (LOAF, AssistHers, Thursday Book Club). What better way to have fun than frolicking with your friends in a pool...and it will be heated as needed, for our comfort.

When: June 4, 2023, 1 pm

Where: Vickie McClanahan & Regina Dotson's home, 14527 Dunsmore Place, Cypress, TX 77429

Bring your swimsuit, a towel and come join us. Snacks, dinner & nonalcoholic beverages will be served. **BYOB.**

Please RSVP by May 30!

Email: vickie.mcclanahan55@gmail.com

Text: 713.206.2505

Carpooling highly suggested. Shuttling may be an option. Looking into it.

May Birthdays

- 5/12 Karen Meyer
- 5/13 Dawn Harrell
- 5/14 Narissa Bond
- 5/14 Tina Theriot
- 5/17 Deb Gudelman
- 5/17 Phyllis Palmer
- 5/17 Annise Parker
- 5/21 Rose Gutierrez
- 5/22 Kim Bowman
- 5/24 Barbara Young
- 5/25 Lavita Marks
- 5/25 Chris Souza
- 5/30 Sue Ramirez



In Memoriam - May

- 2005 Sharon Gilmore
- 2006 Gayle Birk
- 2006 Dot Brooks
- 2008 Carol Parsons
- 2016 Ellen Goodrich
- 2016 Kiki Santikos
- 2016 Ramona Hagler
- 2020 Ashley Blakely
- 2021 Hazel Lee
- 2021 Renata Reibel

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. 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

May 21st: LOAF Day at HWSL



Join us for **LOAF Day at HWSL!** Houston Women's Softball League (HWSL) wants to celebrate LOAF with their own special day on Sunday, May 21st. Softball games begin at 9 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 with LOAF Vice President Lavita Marks throwing out the first pitch for our LOAF-sponsored team Houston Havoc's 2nd game of the day! Wear your LOAF shirts to show our appreciation of HWSL's support of our organization!

After the game, festivities move to **Cactus Cove**, 3333 West 11th, Houston, 77008, for our usual Meet-and-Greet at 2 p.m. (rain or shine). LOAF will provide appetizers and fun games, with prizes! We are also participating in a group 50-50 raffle! You won't want to miss this special day with the young-uns of a sister organization.

[Herman Brown Softball Complex](#)



<https://www.cactuscovehouston.com>

June 18th: Becks Prime Under the Tree



June 18, 2023
2:00-4:00 pm

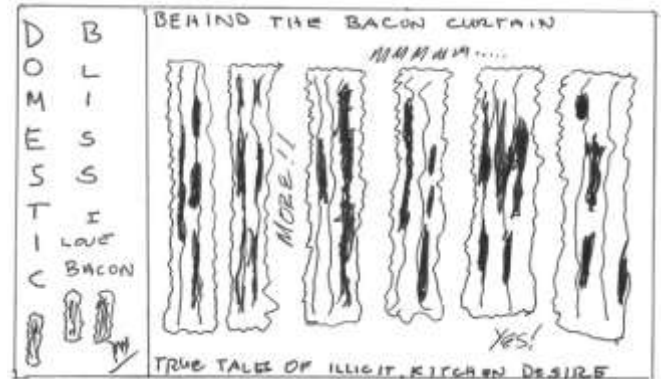
Becks Prime
2615 Augusta Drive,
Houston, TX 77057

LOAF is reserving a spot on the back patio for our gathering and will provide appetizers to get the party started! You may order your own meal and drinks for a more substantial fare.

Go to [Becks Prime](#) to check out the menu.

LOAF Laughs:

Domestic Bliss by Deb Murphy



ActiveLOAFers

May 27th: 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!](#)



June 10th: Let's do a Bike Ride



This month we are going for a bike ride. Don't have a bike? No problem. We are meeting Saturday, June 10, 2023, 9:00 a.m. at Eleanor Tinsley Park, Houston B Cycle station where you can rent a bike. Here is the website for the location and details about renting: <https://houston.bcycle.com/station-map>. Parking is all along Allen Parkway. Renters will need to download the B cycle app. We will ride 5-10 miles at a slow to moderate pace on pavement along the bayou. We can divide into slow and moderate groups if there are enough riders.

Please sign up [HERE](#) so I know who to expect.

TheatreLOAFers

Current Performances

If you would like to be added to the Theatre list email Juliefmtl@gmail.com

Rec Room- <https://www.recroomarts.org/wolf-play>

- April 6-May 6
Wolf Play, Use code WOLF15 for \$15 tickets

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

- April 14- May 7
Sherlock Holmes and the Case of the Jersey Lily

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

- May 12
The Garden Theatre - Louder Than Words -A Cabaret for the Soul
- May 26- June 10
Dirt Dogs Theatre Co. Presents August: Osage County
- Music at **Match** – April 29- May 14
International Voices Houston -At the Movies: Hollywood to Bollywood

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

- June 28-July 23 Smoke on The Mountain

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

- May 25- June 17 Fairview

Hobby Center -

<https://www.thehobbycenter.org/visit/sarofim-hall/>

- May 16-28 Rent
May 31-July 2 Wicked

Art Factory (www.artfactoryhouston.com)

- June 16-July 2 HAIR
- July 28- Aug 6 Our Town
- Aug 25-Sept 10 The Great American Trailer Park Musical



May 25th: Forever Motown!



Join LOAF on Thursday, May 25th, as we attend the direct from New York performance of The Original Cast of **FOREVER MOTOWN!** Nine all-star performers featuring Theo Peoples, Original Lead Singer of THE FOUR TOPS, Glenn Leonard, former Lead Singer of THE TEMPTATIONS and Traci Robinson former lead singer of THE MARVELETTES and an All-Star live band. This full stage production includes all of your favorite hit songs from ALL THE MOTOWN LEGENDS and is sure to have us dancing in our seats! The performance begins at 8 p.m.

LOAF is coordinating an effort to obtain hill space and covered seating tickets for all of us. RSVP to loafhouston.tx@gmail.org and provide the following:

1. How many of you will attend?
2. Do you need chair space on the hill? Or covered seating down in front?

Casino Night, June 3rd



Join us as we support Texas United Charities, Inc.'s annual Casino Party at Neon Boots on Saturday, June 3rd, 3 p.m. There is no cover charge to get in, only to gamble or partake in the food. A food ticket is only \$10. A \$35 buy-in gets you \$1,000 in chips to gamble.

Botanic Gardens Annual Pass



We got a great deal on an annual pass for the Houston Botanic Gardens and all members can use the pass throughout the year. Four people can go at one time. A member just has to email loafhouston.tx@gmail.com to get our account number. Then you just give that account number at the ticket window. We hope you can take advantage of this opportunity.

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, May 13th

Second Saturday of the month dances at Neon Boots with **Womyn On The Move**, from 5 to 7 p.m. 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.



Seafood Sundays, May 8th

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. [Herman Brown Complex](https://www.hermanbrown.com/)

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.

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/>

Recipe

Cheddar Pickles, Submitted by Adena Carlisle

1. Sprinkle shredded Cheddar Cheese on bottom of cubby holes in a baking pan.
2. Dry sliced pickles off with paper towel, then place on top of cheese.
3. Add more cheese on top of that.
4. Bake at 400* for about 15 minutes to make cheese crispy.
5. Pop onto a paper towel to cool and absorb excess grease.



We like to dip ours in a spicy ranch dressing!

How to Use Rideshare Apps More Safely



Your car is in the shop. You're no longer comfortable driving at night, or in certain situations. You've had a few drinks at a holiday party. These are all scenarios where a rideshare app may come in handy. A rideshare service is like a taxi — but everything from calling the car to payment is done through an app on your phone.

Many companies offer these services, and two of the most popular rideshare platforms are Uber and Lyft. While they can be helpful in many situations, it's important to take a few precautions. Here are 6 tips to help you to stay safe while using rideshare apps.

Set up your app ahead of time

Make sure to set up everything in the rideshare app ahead of time so you have your rideshare platform ready to go at all times. The process can be involved, so you don't want to wait until the moment you need a car and are standing on a street corner. Rideshare services often require you to download the app onto a smartphone or tablet. Next, you will be required to create a profile by entering your email address and a new password for the app. You'll then be asked to enter your credit card information, which will stay filed in the app. This will be your payment method of choice and typically your card will then automatically be charged after using the service. Once you have this all set up, take a moment to familiarize yourself with how the app works.

Learn about the in-app safety features

"Most popular rideshare apps incorporate several great safety features," explains Paul Grattan Jr., a policing fellow with the National Policing Institute and graduate of the FBI National Academy program. Uber, for instance, has a [Safety Toolkit](#) feature on the app. For example, with Uber you can select features like "Follow

My Ride," which sends a message to your designated recipients so that they can follow along with your ride in the app and see when you reach your destination.

"Most apps also have a feature that lets you call 911 through the app — which gives you and the 911 operator the added benefit of your exact location as well as information about the vehicle you're in," says Grattan. [Lyft allows you to connect to an ADT security professional via its app if you need help.](#) Before using one of these apps, Grattan suggests taking the time to sit down with a trusted friend or family member to learn which safety features are available on your favorite rideshare apps.

Use another app that has safety-tracking features or tell a friend

You can use other tracking apps to share your location with friends or family — such as Find My Friends, bSafe, or similar applications. These apps let loved ones see your route and to share your locations with one another. "The basic safety tips remain tried and true — let your friends know where you are and where you're going, call a friend and have them remain on the phone with you during your trip, and be mindful of people you don't know approaching you about a ride," says Grattan. Better yet, buddy up and have a friend or family member ride with you.

Ask the driver who they are picking up before you get in

When your ride arrives, confirm that the vehicle and its license plate match the information provided in the app. Your driver should also have a sticker on the front or back window of their car that shows that they work for a specific company, like Uber or Lyft. "Next, before getting into the car, ask your driver who they are picking up," says Grattan. "Wait until they confirm your name." He also recommends asking the driver their name and making sure it's the one listed in the app. Compare the photo of the driver in the app with the driver of the car. Don't get in the car if any of these things do not match. Grattan also recommends waiting for your car indoors so that someone doesn't see you standing on a corner and pretend to be a rideshare driver.

Make small talk ... but don't reveal too much

Rideshare drivers are often notorious for being chatty. You can certainly have a lovely conversation with a driver when they are taking you from point A to B, however, refrain from telling them too much personal information. Don't tell them that you live by yourself, that you have a well-paying job or that you have certain precious cargo at home. For instance, someone with a rare record collection wouldn't want to divulge this to a

stranger. And if you're traveling soon, make sure not to tell your driver that you will be out of town. Don't give out personal information like your email address, social media account handle, or phone number to a rideshare driver.

Keep payments in the app

If you're using an app like Lyft or Uber, you do not need to provide cash or a credit card for any part of the transaction. "Do not provide additional cash payments or credit card information to anyone, including your driver," says Grattan. Gratuities can be paid through the app as well, after your ride. A rideshare drive should be a completely cashless experience. For your own safety,

you don't want to be waving cash around in the back of a car. "Keeping your personal information secure at all times can prevent future incidents as well, not just during your ride – such as someone later using your credit card or banking information or opening unauthorized accounts in your name," adds Grattan.

At the end of the day, trust your intuition. "If something feels off, it probably is," Grattan says. "Our instincts are very powerful, but we often fail to act on them." He also suggests reviewing the above tips every now and then to make sure you have a safety checklist in mind before using a rideshare service.

Past Events

Botanical Gardens



In April, ActiveLOAFERs enjoyed a beautiful sunny morning at the Houston Botanic Gardens. Eight women strolled through the foliage and flowers, and got their steps in on the walking path. A good time was had by all.



Look for your opportunity (and instructions) to enjoy this beautiful park using LOAF's season pass elsewhere in this publication.

Picnic in the Park



Well, the clouds and rain blew in and the picnic was canceled. Still, the sandwiches had been ordered and not everyone got the message it was canceled...so, we still had somewhat of a gathering, including members of the board, and those that were already there for the ActiveLOAFer's walk.

We were sprinkled on and it was a little chilly but we had a quick lunch and a visit. No games this time.



ActiveLOAFERs right after the walk before lunch. Did someone say food?

Flying Fish Meet-and-Greet



**"What Mother Means"
by Karl Fuchs**

"Mother" is such a simple word,
But to me there's meaning seldom heard.
For everything I am today,
My mother's love showed me the way.



*To all the
birth mothers,
adoptive
mothers,
step-mothers,
"aunt" mothers,
friend mothers,
ex-girlfriend
mothers and
any we haven't
mentioned,
LOAF wishes
you the best
Mother's Day
possible!*

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.

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.

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 May 27th