

In this issue ...

June Calendar	1
TUC Casino Night, June 3rd.....	2
Thoughts & Prayers.....	2
Socials.....	2
June 4th: It's a Pool Party!.....	2
July 27th: Pearl Bar Steak Night.....	2
June Birthdays.....	2
In Memoriam - June	3
Meet-and-Greets	3
June 18 th : Becks Prime Under the Tree.....	3
July 16th: Star Pizza	3
Botanic Gardens Annual Pass.....	3
ActiveLOAFers	3
June 10 th : Let's do a Bike Ride	3
July 15 th : Beat the Heat.....	3
LOAF Laughs:	3
Domestic Bliss by Deb Murphy	3
TheatreLOAFers.....	4
Current Performances.....	4
Other Social Opportunities	4
Womyn on the Move, June 10 th	4
Mexican Mondays, Every Monday	4
Seafood Sundays, June 4 th	4
HWSL, Sundays from 9 am to 1 pm	4
HWG, Sundays at 10:30 am	4
Members Out & About.....	5
Evelyn's Park By Janice Martinez.....	5
Cherry Delight	5
Past Events	6
Miller Outdoor Theater.....	6
LOAF Day at HWSL and Cactus Cove ..	6
Geronimo Park.....	6
ActiveLOAFers @ Pickleball.....	6
Checking Your Blood Pressure Could Save Your Life	7
SPRY.....	8
Open Invitation	8
Newsletter Edits & Deadline	8
About LOAF.....	8

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. #2023-6

June 2023

June 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, June 3.....Texas United Charity Casino Party3:00 pm**
 Neon Boots
- Saturday, June 3.....TUC Casino Party3:00 pm**
 Neon Boots
- Sunday, June 4, 11, 25HWSL9:00 am**
 Herman Brown Softball Complex
- Sunday, June 4Seafood Sunday 11:00 am**
 Flying Fish
- Sunday, June 4Pool Party1:00 pm**
 Member Home
- Monday, June 5, 12, 19, 26.....Mexican Monday.....2:00 pm**
 Los Cucos
- Thursday, June 8.....Board of Directors Meeting6:00 pm**
 Online via Zoom
- Saturday, June 10.....ActiveLOAFers Bike Ride.....9:00 am**
 Eleanor Tinsley Park
- Saturday, June 10.....WOTM5:00 pm**
 Neon Boots
- Sunday, June 18Meet and Greet2:00 pm**
 Beck's Prime
- Saturday, June 24.....Newsletter Deadline COB**

Welcome New Members!

**Laura Leffler-Fernandez
 Ana Fernandez**



TUC 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. They support us and we want to show our appreciation so lets get together and have a little fun.

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.

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.
- 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 wheelchair 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.

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.



Socials

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.**

RSVP's were requested by May 30!
 Email: vickie.mcclanahan55@gmail.com
 Text: 713.206.2505

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

July 27th: Pearl Bar Steak Night



July 27, 2023
4216 Washington Ave, Houston, Texas 77008
<https://www.pearlhouston.com>

Thursday Steak Night, from 6-9 pm at the Pearl Bar is an experience like no other. Enjoy steak, baked potato with all the fixings, and a salad. Mix and mingle and strike up a conversation while enjoying the outdoor patio. Julie Mabry, owner of Pearl Bar, will be cooking and calling out your order when it's up. She always makes us feel welcome & comfortable. Check out the website for upcoming events. **RSVP to loafhoustontx@gmail.com no later than July 20th.**

June Birthdays

- 6/7 Karen Edwards
- 6/7 Peg Schmitz
- 6/13 Mary Wilson
- 6/16 Lynn Hewitt
- 6/17 Debbie Murphy
- 6/19 Clara Sandel
- 6/20 Beatrice Stewart
- 6/24 Thomasina Strange
- 6/27 Iris Sizemore
- 6/30 Janice Martinez



In Memoriam - June

2002 Virginia Butler
 2002 Mary Oates
 2016 Pat Saucier
 2017 Dee Yett
 2017 Risa Litt



Meet-and-Greets

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.

July 16th: Star Pizza

July 16 from 2-4 pm. LOAF will be meeting up at yummy **Star Pizza #1, 2111 Norfolk, Houston, Texas 77098.**



Laughter and community are what it's all about! Come on out and join the party, break bread and get your chat on! Bring a friend and let us all tell them about LOAF!

We will be in the Espresso room, which is on the ground floor. The entrance is on the Shepherd side. You can park on the Durham side of Star Pizza, on the street or where 59 used to be.

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 loafhoustontx@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.

ActiveLOAFers

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.

July 15th: Beat the Heat



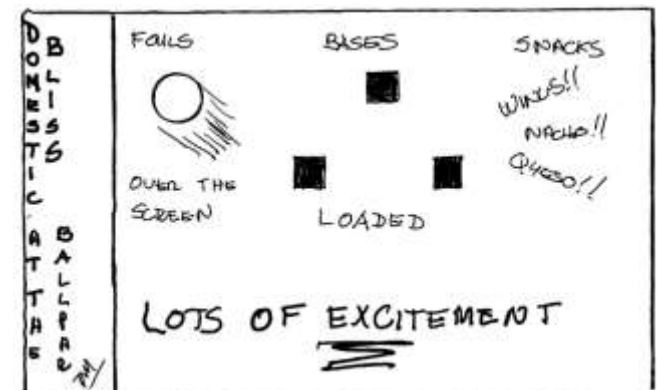
Who said you can't be active in Houston's summer heat. We are hitting the pool for the next two months. We might do a lap or two, or bounce a beachball around. The level of activity is up to you. You will be shown where to park

when you arrive. You [must register HERE](#) to be admitted. Deadline 7/14/23 at 5 pm.

Saturday, July 15, 2023 - 3:30-5:30
Brookdale Memorial City complex

LOAF Laughs:

Domestic Bliss by Deb Murphy



TheatreLOAFers

Current Performances



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

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

June 16-25 All new Alley Festival (see website for info)

June 9-July 2 The Servant of Two Masters

Match (<https://matchouston.org/>)

THE CATASTROPHIC THEATRE

May 26-June 17 - Maroon's Guide To Time & Space

June 25- August 5 Tamarie's Totally True Revue (Plus Lies Too!)

June 9-11 The Gospel Wiz

June 10 Houston Pride Band-Summer Love

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

June 28-July 23 Smoke On The Mountain

July 27 Beyond The Sea-
Christopher Kale Jones sings Bobby Darin

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

July 27-30 Julius Caesar

Ensemble Theatre (<https://ensemblehouston.com/>)

July 27-30 Phenomenal Woman

Hobby Center - ([Sarofim Hall - The Hobby Center](#))

May 31-July 2 Wicked

ART FACTORY (www.artfactoryhouston.com)

June 16-July 2 Hair

June 28- Aug 6 Our Town

MILLER OUTDOOR THEATRE
(<https://www.milleroutdoortheatre.com>)

Filled with nightly events as they celebrate 100 years in 2023

Non theatre – Pride Day at sports events:

- June 10 Dynamo
- June 11 Dash
- June 20 Astros
- June 29 Space cowboys
- June 24 Pride Parade

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, June 10th

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, June 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.



HWSL, Sundays from 9 am to 1 pm

HWSL The ladies of Houston Women's Softball League play on Sundays thru June at Herman Brown Sports Complex: . [Herman Brown Complex](#)

HWG, Sundays at 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.

Members Out & About

Evelyn's Park By Janice Martinez



Lavita, Danita and I recently celebrated a friend's birthday at Evelyn's Park at 4400 Bellaire Boulevard. The park is a hidden gem that everyone should visit. It is a thoughtfully designed 5-acre green space nestled in the heart of Bellaire at the former site of Teas Nursery.

The crown jewel of this park is the life size bronze sculpture of the Alice in Wonderland Mad Hatter tea party! The sculpture is truly amazing and contains 150 different elements from the book hidden within the sculpture. We enjoyed trying to find them all. The park also includes a large green space and pavilion, many tree shaded picnic tables surrounding Betsy's Cafe, a playground area and many beautiful art features.

There are many events held at Evelyn's Park such as live music and classes. Check out their website for a list of events and times. Evelyn's Park has two free parking lots with ample parking. All in all this tranquil and well designed park is just the place to go to relax, reflect, and enjoy the company of friends. Check out the website at www.evelynspark.org and make plans to have an adventure of your own.



Cherry Delight

Having no oven shouldn't be an obstacle to enjoying a homemade, bakery-quality dessert. In fact, Cherry Delight is the best-ever baked good to never actually be baked! Layers of a crunchy, buttery graham cracker crust with creamy whipped topping and jammy cherry pie filling combine to make a dessert that is sweet, indulgent, and relaxingly low stress! For best results, pop the Cherry Delight in the fridge overnight and enjoy this cold treat the next day. It's guaranteed to delight you and everyone you share it with!



Ingredients

- 1 3/4 cups graham cracker crumbs, crushed
- 1/4 cup butter, melted
- 1/3 cup sugar, divided
- 1 (8-ounce) package of cream cheese, softened
- 2 cups whipped topping
- 1/2 teaspoon vanilla
- 1 (28-ounce) can of cherry pie filling

Directions

- Step 1 Grease a 9x9-inch baking pan with butter.
- Step 2 In a bowl, mix the graham cracker crumbs, melted butter, and 1 tablespoon sugar.
- Step 3 Spread the crumb mixture on the bottom of the prepared pan to form a crust.
- Step 4 Beat the softened cream cheese into the whipped topping, adding a little at a time and beating between each addition.
- Step 5 Add the remaining sugar and vanilla into the cream cheese mixture until well blended.
- Step 6 Smooth the cream cheese mixture on top of the crust.
- Step 7 Top with the cherry pie filling.
- Step 8 Chill for at least 3 hours and up to overnight.
- Step 9 Serve cold.

Past Events

Miller Outdoor Theater



Some were in the seats and some were on the hill enjoying the music of Motown on Thursday, May 25.

LOAF Day at HWSL and Cactus Cove



Meet & Greet after a day at the softball park supporting our sponsored team **Houston Havoc!**



We ate and had a 50/50 raffle. Louisa, a Houston Havoc team member won the raffle and was gracious enough to donate her winnings back to the softball league.



Geronimo Park



A couple of zip liners, a Fairy Garden and a selfie with friends. 😊



ActiveLOAFers @ Pickleball



Checking Your Blood Pressure Could Save Your Life



Keeping your blood pressure in a healthy range is one of the best things you can do for your health. That's because high blood pressure is the single biggest risk factor for heart disease, stroke, kidney disease and other health problems.

Nearly half of adults in the U.S., about 116 million people, have high blood pressure, says the [Centers for Disease Control and Prevention \(CDC\)](#). And only 25 percent of them have it under control.

High blood pressure (HBP) can be deadly. And many people don't know they have it. That's why it's called "the silent killer." The only way to know if you're at risk is to have it checked often.

What Exactly Is It?

Blood pressure is the force of blood against your artery walls as it circulates through your body. Blood pressure often rises and falls throughout the day, but it can cause health problems if it stays high.

Are You at Risk?

Anyone, including children, can have it. Some things that are beyond your control can raise your risk for high blood pressure. These include your age, sex, and race or ethnicity. But you can lower your risk with [lifestyle changes](#). That includes keeping a healthy weight, being physically active, not smoking and eating a healthy diet. Talk with your doctor about what you can do to lower your risk for high blood pressure.

What Are the Signs and Symptoms?

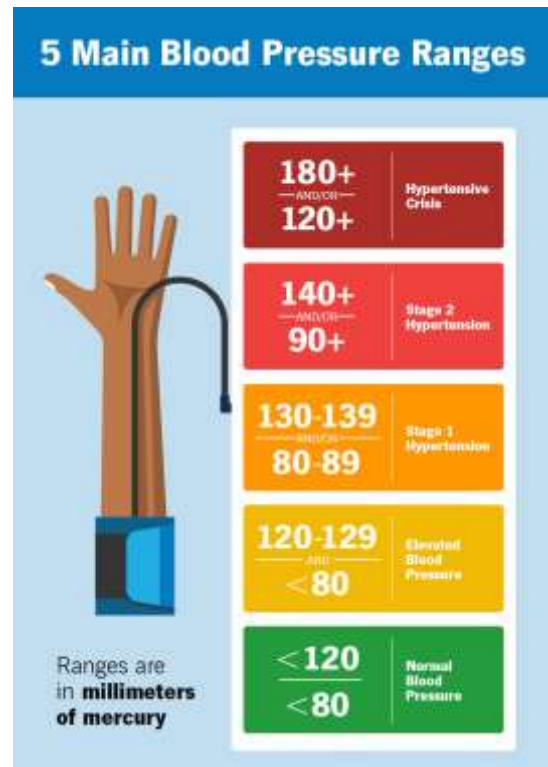
High blood pressure usually has no warning signs or symptoms, so many people don't realize they have it. That's why it's vital to have your blood pressure [checked regularly](#).

How Do You Know if It's High?

Checking your blood pressure is the only way to find out if you have high blood pressure.

Blood pressure readings measure two things. One is the force that pushes on the walls of your blood vessels as they carry blood and oxygen to your organs. That is called systolic pressure. It's the top number.

The second number is the pressure in your blood vessels when your heart rests between beats. That is called diastolic pressure.



If either number is too high, it means that your blood vessels are under too much pressure. That can raise your risk for blood clots and other serious health problems.

One method of checking is at your doctor's office. Most often, they'll check it by wrapping an inflatable cuff with a pressure gauge around your arm to squeeze the blood vessels. Then they listen to your pulse with a stethoscope while releasing air from the cuff.

The gauge measures the pressure in the blood vessels when the heart beats (systolic) and when it rests (diastolic).

Another method is checking your blood pressure at home. Home blood pressure monitors are cheap to buy, often starting at \$20. And they're easy to use. Many store your readings so you can show them to your doctor. It's a good way to track an important measure of your health.

Home blood pressure monitoring can lead to moderate decreases in blood pressure. But many people don't do it. In a [recent study](#) of adults 50 to 80 years old, less than half of those with high blood pressure (hypertension) regularly checked their blood pressure.

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/>

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 loafhouston.tx@gmail.com.

Newsletter Edits & Deadline

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



July articles & picture submittal are due by June 24th.

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 loafhouston.tx@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 loafhouston.tx@gmail.com.

