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Board of Directors

LOAFERS, Inc. is incorporated as a not-for-profit 501(c)3.

Officers

Roxanne Cherico.....President
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Danita Cole.....Editor
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LOAF NEWSLETTER

PO Box 7207, Houston, TX 77246-7207

loafhoustontx@gmail.com

Issue: No. #2023-8

August 2023

August 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, August 5.....LOAF is TUC Beneficiary.....3:00 pm**
Neon Boots
- Sunday, August 6.....Seafood Sunday.....11:00 am**
Flying Fish
- Monday, August 7, 14, 21, 28..... Mexican Monday.....2:00 pm**
Los Cucos
- Thursday, August 10..... Board of Directors Meeting.....6:00 pm**
Online via Zoom
- Saturday, August 12..... WOTM5:00 pm**
Neon Boots
- Saturday, August 19.....ActiveLOAFers Swimming3:30 pm**
Brookdale Memorial City complex
- Sunday, August 20Meet-n-Greet Speed Friending (+) ...2:00 pm**
Montrose Center
- Friday, August 25..... Kindred Spirit Dance7:00 pm**
The Ballroom at Bayou Place
- Saturday, August 26..... Newsletter Deadline..... COB**
- Saturday, August 26..... TheaterLOAFer's7:30 pm**
Always...Patsy Cline
- Sunday, August 27 August Social.....11:00 am**
The Puttery

Texas United Charities Recipient



LOAF is one of the beneficiaries of TUC's latest fundraising efforts. We are truly honored and appreciative of their efforts and passion for supporting the LGBT community.

Join us on August 5th at 3:00 pm at Neon Boots to receive our gift and to thank TUC for supporting LOAF once again.

Kindred Spirit

August 25th - 7-11



**KINDRED SPIRITS
CELEBRATION DANCE**

SAVE THE DATE
FRIDAY, AUGUST 25

Taken from Facebook page:

The Ballroom at Bayou Place

500 Texas St, Houston, Tx 77002

Dance the night away to your favorite songs from the 70s & 80s.

Enjoy elegant chandeliers & balconies overlooking Downtown.

VIP Decadent Desserts Reception:

Like the AssistHers' Decadent Desserts event, the reception will feature delicious desserts from local LGBTQ chefs. A decadent spread of deliciousness, plus hosted wine & beer bar, 6-7 PM.

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.
- Deborah Bradford is requesting continued affirming prayers for her wife Jan Mann that her sight to be restored.

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.



In Memoriam - August

- 2004 Marti Sebern
- 2005 Judy Martin
- 2008 Joanna Duncan
- 2015 Connie Moore
- 2017 Mary Morgan



August Birthdays

- 8/1 Dee Jensen
- 8/2 Lorraine Schroeder
- 8/2 Susan Wells
- 8/4 Kathy Hubbard
- 8/5 Roxanne Cherico
- 8/6 Ana Fernandez
- 8/8 Mary Beth Carnathan
- 8/9 Sandi Glorifield
- 8/9 Paula Watson
- 8/19 Jamie Parker
- 8/23 Rachel Perkins
- 8/25 Laura Leffler-Fernandez
- 8/29 Jo Boardman
- 8/29 Jan Russell



Meet-and-Greets

August 20th: Speed Friending (+)

We will be back at the Montrose Community Center, 401 Branard St, Houston, TX 77006, on August 20th from 2-4 pm.

Have you ever wished it was easier to get to know people in LOAF? This Speed Friending event is just what you need. We will provide fun conversation starters, so whether you are partnered or single, there will be something for everyone. It's your chance to get to know lots of LOAFers (new and old) just a little better. Light refreshments will be provided.

September 17th: St. Arnold's Beer Garden



2000 Lyons Ave.
Houston, TX 77020

713.686.9494

<https://www.saintarnold.com/>

Join LOAF from 2-5 pm for something a little different. St Arnold's is located just north of Downtown Houston. Their Beer Garden & Restaurant serves a full food menu seven days a week. Also in the drink side of things they have ciders, wine and non-alcoholic choices.

Come join us for a relaxed afternoon of community.

Welcome New Members!

Annette Clarabut
Janette Jeffries
Kaye Kidwell
Denise O'Doherty
Janice Reed



Socials

August 27th : The Puttery



1818 Washington Ave, Ste 180,
Houston TX 77007

Check it out: <https://www.puttery.com/locations/houston>

On Sunday, August 27th LOAF will pay the \$18 per person for a Round of a 9-hole course. We will meet up at 11 am to pay out and gather our equipment. Food and beverages are available but will not be included in this price.



Prizes for 1st, 2nd, & 3rd highest scores.

RSVP: loafhoustontx@gmail.com no later than 8/23/23.

September 16th: Sound Healing

Buffalo Bayou Park Cistern (Sound Healing)
105 Sabine St, Houston, TX 77007

LOAF will be getting a group together to participate in the Sound Healing Meditation on September 16th. The meditation is 10–10:45 am; please be there by 9:45 to allow for parking and get your ticket.



Find your center and practice meditation in the spacious and tranquil Buffalo Bayou Park Cistern. Offered in collaboration with Union is Creation, this meditation series will feature the use of singing bowls and wind chimes to encourage mindfulness and connectivity.

Guests should bring their own cushions or mats and water only in a non-glass container. No food or non-water drinks are allowed inside the Cistern. Sound Healing Meditation can be loud for those with sensitive hearing. Earplugs will be available for purchase in the visitor's center.

LOAF will pay for this event if you **RSVP to** loafhoustontx@gmail.com no later than 9/6/23.

ActiveLOAFers

August 19th Beat the Heat Part 2



Saturday, August 19, 2023 - 3:30-5:30 pm

Brookdale Memorial City Complex

As promised, we are hitting the pool for August's activity. We might do a lap or two, or bounce a beach ball 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 8/18/23 at 5 pm.**

September 9th: Kayaking

Houston Skyscrapers on a Kayak Tour

Sept. 9, 2023 - 10 am - Please arrive by 9:45 am.

Meet next to Talento Billigue
333 S Jensen Dr, Houston, TX 77003.



\$25 deposit required.

Join us on a guided eco tour of the beautiful Buffalo Bayou water trail. The guide will navigate us and display some knowledge of the history of Houston's landmarks. <https://buffalobayoukayak.com/watersports-rental/>

Kayaks are sit-on-top single and tandem. Life vests are provided. Tours last about 1.5-2 hours. Safety overview and kayaking instructions will be provided. You must be able to sit with your legs outstretched for 2 hours and balance yourself on the boat. You will be required to sign a waiver.

Please wear comfortable clothing (yoga pants, swimsuit, light layers), and flip flops, water shoes or shoes you don't mind getting wet. Bring sunglasses, sunscreen, and a small towel (sometimes you get wet from paddling). Bring water or they have bottled water for purchase. Dry bags are available for \$20. They can hold your keys while you are on the water.

The cost to you is \$25 (LOAF will subsidize the balance of \$35 (total cost \$55 pp) for 10 members. It is first come, first serve. You will not be counted until we receive your payment. The deadline is Wednesday, Sept. 6th at 5 pm. Send payment to loafhoustontx@gmail.com through the Zelle app. In the memo section include your full name (s), and the word Kayak.

TheatreLOAFers

Current Performances



If you would like to be added to the Theatre list email:

Juliefmtl@gmail.com

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

The Murder of Roger Ackroyd – July 21-August 27 - ACTOUT will be August 10th

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

Catastrophic Theater–

Tamarie's Totally True Revue (if you have never seen one of her camp shows it's worth checking out) June 22-August 5th Pay what you can afford tickets!

Main St Theatre –

June B. Jones: Toothless Wonder – June 10-July 30

The Honeycomb Trilogy by Mac Rogers- July 29-August 13

The A.D. Players (<https://www.adplayers.org/>)

Smoke on the Mountain June -June 28 -July 23

RMCC has a group going on Saturday, July 8th - 2:30 pm should you wish to go with them get tickets at <https://www.adplayers.org/smoke-on-the-mountain>

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

Angelica Cheri's Phenomenal Woman - June 29-July 30

The Music Box Theater

(<https://www.themusicboxtheater.com/>)

Feelin' Groovy – Friday and Saturday night through July at Queensbury theater Memorial City area

Hobby Center -Sarofim Hall –

The Musical -1776 – July 18-24

Pirates of Penzance – July 22-30

Smart Financial Center –

RuPaul's Drag Race – July 2-3

The Emerald Theatre –

Drunk Shakespeare – Open Run

Wortham Center –

4th Annual Mariachi festival – August 18-20

August 26th Performance at Stages



Always... Patsy Cline

There will be a TheatreLOAFer's outing to **Always...Patsy Cline** on August 26 at the 7:30 pm performance.

To be a part of the group going: call Stages for tickets (713.527.0123) Mention LOAF – they are giving us \$10 off the ticket price and have reserved 18 seats together until August 4th.

Price Levels are from \$50-\$84, These are great tickets, so if interested kindly book your tickets ASAP. First come, first served.

LOAF Congratulates...

Narissa Bond was the Winner of the June songwriting contest of the Houston Songwriting Association with her song about the Kerrville Folk Festival entitled "Church of Souls". Click here to listen: <https://www.youtube.com/watch?v=7AWNxyppC4s>



Sunday Funday with Narissa Bonds



September 3, 2023
 Singer Songwriter
 Showcase

BFE Rock Club
 11528 Jones Road
 Houston, TX 77070

Tickets \$15

bondnarissa@gmail.com for more information

Recipe: No-Mess Bacon

No splatter! No drippings! No more wiping down literally every surface of the kitchen! It's time for some No-Mess Bacon! The bacon is as crispy, succulent, and salty as ever, but by using the oven, the cleanup becomes an afterthought rather than an obstacle. Plus, at just 20 minutes, it doesn't take that much longer to make than bacon in the traditional way, so whether it's breakfast, lunch, or dinner, No-Mess Bacon can make some strips of pork goodness in a flash! Now this is how you get your protein on!



Ingredients

12 ounces bacon, sliced

Directions

- Step 1 - Arrange the oven rack in the middle of the oven.
- Step 2 - Preheat the oven to 400 degrees F.
- Step 3 - Line a rimmed baking sheet with parchment paper or foil, allowing for overhang on all 4 sides.
- Step 4 - Arrange the bacon on a baking sheet in a single layer with no overlap.
- Step 5 - Bake the bacon until it is deep golden-brown and crispy, about 14-18 minutes depending on the thickness of the slices.
- Step 6 - Transfer the bacon to a paper-towel-lined plate to drain.
- Step 7 - Serve.

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, August 12th

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, July 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.



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.



National Girlfriend's Day - August 1, 2023

Pool Exercises for a Fat-Burning Water Workout

Haven't tried a water-based workout before? Here's what you need to know to get started.

Water creates natural resistance that will make your muscles work, but also simultaneously reduces stress on joints.



When it comes to building lean muscle, burning fat, and reaching your fitness goals, water may very well be the best exercise tool you're not already using.

And no, we're not just talking about swimming: You can check out water-based fitness classes, like aqua cycling and aqua yoga, or build your own water-based resistance workouts. They aren't just for injury rehabilitation and older adults, says [Dan Daly, CSCS](#), a New York City-based competitive swimmer and performance coach of elite and professional level athletes.

"In my opinion, all athletes and exercise enthusiasts could benefit from [cross-training](#) in the water," Daly says.

Why Exercising in the Water Is Good for You

Pool-based exercises can offer the [health-boosting benefits](#) of other workouts: burned calories, strengthened muscles, [improved cardiovascular health](#), and more balanced mental health. But they also carry some unique benefits, most of which are down to two facts:

Water Reduces Body Weight

Movements you do in the water are less taxing on your joints and bones because water reduces the load of your body weight, [research](#) shows. This makes pool workouts ideal for strengthening muscles without the stress that running and other weight-bearing exercises can inflict on knees, ankles, and other joints, says New York City-based [Todd Sinett](#), a doctor of chiropractic who is also author of *Sit-Ups Are Stupid & Crunches Are Crap*.

This reduced stress on joints and bones makes pool exercises a great option for people with aches or pains due to injury or chronic conditions that affect the joints, like [osteoarthritis or rheumatoid arthritis](#), Dr. Sinett says. "Aquatic exercise is also quite beneficial for the elderly because as we age, we tend to lose our flexibility and tend to be achier and stiffer," he notes. "A less taxing exercise environment [such as a pool] is great for everyone, but even better for the elderly, whose body aches and pain may not be so forgiving."

Water Provides Constant Resistance

"Horizontally, water is 800 times denser than air, providing unique multidirectional resistance," Daly says. That means when you walk forward through water, your body is fighting the resistance of all of the water around you — vertically, horizontally, and rotationally. (That's why it takes so much more effort and time to take a few steps in a pool versus on dry land.) This challenges your muscles in unique ways, says Daly: "It requires your muscles to fire and contract harder to overcome the extra resistance of the water."

That said, no matter how beneficial pool workouts are, Sinett emphasizes that it's important to perform them in a way that's appropriate given your swimming abilities. For example, if you aren't able to swim for extended periods of time, performing your water exercises in a shallow pool or with the assistance of a float is key.

Also, if you have any chronic condition or health issue that could interfere with your ability to safely exercise (or safely exercise in water), it's a good idea to check with your doctor before trying this type of workout.

7 Fat-Burning Pool Exercises

Daly recommends trying these pool exercises that require zero swimming and can torch major calories to help you meet your fitness goals. These multijoint, multimuscle resistance exercises help you build muscle mass, which in turn helps you burn fat, Daly explains.

These exercises prioritize large, compound movement patterns to get your heart rate up and work a wide range of muscles at the same time. To begin, Daly advises completing all seven exercises in order as a circuit, completing 30 seconds on and 30 seconds off. Give yourself a two-minute rest between rounds. Start with two rounds and work your way up to eight rounds gradually.

Increase your workout frequency, duration, and intensity as your fitness progresses.

Daly advises performing the workout twice a week as an ideal low-impact conditioning routine for days between other lifting and [aerobic](#) workouts (which should be performed two to three times a week, per [guidelines from the American College of Sports Medicine](#)). There's no minimum to how often you need to perform these exercises to benefit from them, and as long as you factor in rest days (which will promote proper recovery by giving your muscles time to heal), you won't overdo it.

While you can wear water shoes if you prefer to, Daly says if you're doing the exercises in a pool, you likely won't need footwear. And for the exercises that require you to move your feet (the running and the side shuffling, for example), water shoes will add drag and make the moves more challenging.

1. Running

Staying in the shallow end of the pool, run from one edge to the other (the shallower the water, the heavier your bodyweight will feel; but the deeper the water, the more drag or resistance you'll feel working against your movement). You'll need to lean forward from the ankles, pump your arms, and bring your legs into a high-knee position before extending them back down to move forward.

You can increase downward resistance by holding a weighted object at chest level, or you can make moving forward harder by holding a kickboard in front of you with your arms fully extended. Pool-specific ankle weights and swim parachutes (a piece of fabric you attach to your waist that creates drag behind you as you move through the water) can also up the ante.

2. Pool-Edge Push-Ups

Place your hands on the edge of the pool, just over shoulder-width apart, brace your core, shift your weight into your upper body so that your toes lift from the floor of the pool, and raise your torso out of the pool until your arms are fully extended. Pause, then slowly lower your body back to start and repeat.

If this feels too difficult on your chest, shoulders, or triceps, or if you aren't able to perform many reps with proper form, use your lower body for support by using your legs to jump off the bottom. Daly notes this can also help make this a full-body exercise.

3. Squat Jumps

Stand in the shallow end of the pool with your feet shoulder-width apart and toes turned slightly out. Squat down by sitting back into your hips and heels with flat feet, then straighten your hips, knees, and ankles to drive through the balls of your feet and jump up as high as possible into the air. (The water should be shallow enough that squatting does not bring your head underwater). Land on the balls of your feet, then immediately squat back down and repeat. Depending on your comfort level, you can squat low enough to dunk your head under water.

To make the exercise harder, move faster. It will create more resistance, and it'll require you to complete more reps in the same amount of time.

4. Side Shuffling

Stand in the shallow end of the pool, and side shuffle from one edge of the pool to the other. Focus on keeping your core engaged and toes pointing in from of you.

To increase the burn, hold your hands to the side or wear a pool-approved mini resistance band around your legs.

5. Prone Scissor Kick

Start in deep enough water that your feet are not touching the ground. Holding onto the edge of the pool or a flotation device, lift your legs so your body is in a

horizontal position, keeping your spine neutral from the back of your head to your tailbone. Keeping your knee soft, kick from your hip (as if you were kicking a soccer ball), whipping or flicking out through the toes. Repeat using the other leg. Move your legs faster and kick harder to up the resistance (and the workout!) — you should be creating white splashes at the surface of the water.

Focus on keeping your body in one straight line from the back of the head to the tailbone as you kick. This will increase how hard your glutes (your body's biggest muscles) have to work.

You can also loop a resistance band around your legs to add a greater challenge.

6. Press to Row

Start standing holding a kickboard against your torso and lower into a squat position so that your chest is submerged in the pool. Brace your core, and extend your arms and the kickboard forward against the water, then immediately pull your arms and the kickboard back toward your chest. You should feel the muscles of the back working.

7. Jumping Jacks

Stand in the pool with your head above water (as deep as you're comfortable), feet together, and arms down at your sides. Jump your legs out to both sides as you raise your arms straight overhead, then reverse the motion, jumping your feet back in together and bringing arms back down to your sides. If you're distracted by the splashing, only lift your arms up to the height of the water.

Here, the simplest way to up the intensity of the exercise is to increase your speed.

Be sure to consult your doctor before beginning any exercise program.



Newsletter Edits & Deadline

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

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.



September articles & picture submittal for the newsletter are due by August 26th.

Past Events

Star Pizza



Mexican Monday



ActiveLOAFers



Steak Night



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.

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/>

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.