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Board of Directors

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

Officers

Roxanne ChericoPresident
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 Dawn Harrell Treasurer
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Directors

Danita Cole Director
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Newsletter

Danita ColeEditor
 Dawn Harrell Tech Writer



LOAF NEWSLETTER

PO Box 7207, Houston, TX 77246-7207

loafhoustontx@gmail.com

Issue: No. #2023-9

September 2023

September 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

- Sunday, September 3** **NO Seafood Sunday THIS MONTH**
Flying Fish
- Sunday, September 3** **Singer Songwriter Showcase**5:30 pm
BFE Rock Club
- Monday, September 4, 11, 18, 25**..... **Mexican Monday**2:00 pm
Los Cucos
- Saturday, September 9**..... **WOTM**5:00 pm
Neon Boots
- Saturday, September 9**.....**ActiveLOAFers Kayaking**9:45 am
Buffalo Bayou
- Thursday, September 14**.. **Board of Directors Meeting**.....6:00 pm
Online via Zoom
- Saturday, September 16**.....**Social**.....9:45 am
Buffalo Bayou Park Cistern (Sound Healing)
- Sunday, September 17** **Meet-n-Greet**3:00 pm
Bowling at Delmar
- Saturday, September 23**..... **Newsletter Deadline**..... **COB**

Welcome Back!

Sandra Simmons

Deborah Folsom



Sunday Funday with Narissa Bonds

Contact Narissa for info @ bondnarissa@gmail.com



September 3, 2023

Singer Songwriter Showcase

Beginning at 4 pm

BFE Rock Club
11528 Jones Road
Houston, TX 77070

Tickets \$15

In Memoriam - September

- 1989 Jo Stewart
- 2007 Kathy Lendstrom
- 2008 Ricci Bronson
- 2012 Charlotte Doclar
- 2013 Darlene Allen
- 2014 Judy Clancy
- 2014 Ann Reid
- 2015 Kay Van Cleave
- 2015 Nancilyn Mahan
- 2018 Nancy Flannigan
- 2018 Sally Frye
- 2020 Trish Frye



September Birthdays

- 9/1 Alice Tomasello
- 9/2 Janet Youngker
- 9/7 Cindy O'Bannion
- 9/9 Sandra Uhland
- 9/12 Jennifer Berger
- 9/12 Tessa Haynes
- 9/13 Pam Moore
- 9/15 Brenda Munson
- 9/17 Judy Buehlman
- 9/18 Tamasin Artru
- 9/27 Jill Seikmeier



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.
- Gladys Deering's newsletter was returned to LOAF as Deceased. May she Rest in Peace and Condolences to her friends and family.

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.

LOAF Laughs

Domestic Bliss by Deb Murphy



Meet-and-Greets

September 17th: LOAF Goes Bowling

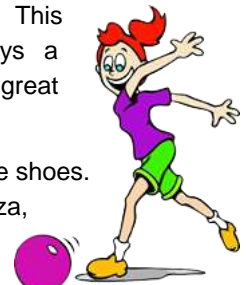
ST ARNOLDS BREWERY HAS BEEN CANCELED



Join us at Delmar Lanes, 3020 Mangum Rd, Houston, TX 77092, on Sept. 17th from 3-5 pm to bowl a few games and have a little social interaction. This activity is always a

good time, and we usually have great participation.

LOAF will pay for the bowling and the shoes. Snacks will be served, pizza, appetizers, and drinks; any other expenses are up to you. After the bowling is wrapped up and we have worked up a bigger appetite, those that are interested are invited to join us around the corner at Los Cucos to grab a bite to eat.



This event is made possible by various grants and donations.

October 15th: Halloween Party

Come to the dark side, we have cookies!

You are invited to our Halloween Game Day Meet-n-Greet, October 15th at the Montrose Center from 2-5. Costumes encouraged! If you've got it, haunt it! Witching with love, too cute to spook, scare factory, I love being witchy or ghosts have the real spirit...come as whatever speaks to you!



So come on out, play some games and share some witches brew and boo bites!

November 19th: Thanksgiving Meet-n-Greet/Social

It's time to eat turkey and yams and cranberries just like the Pilgrims used to do...Just kidding!!

Please join LOAF for Thanksgiving at Star Pizza on 2111 Norfolk, Houston, TX, 77098 from 2-4 for salad, pizza, and dessert. We will meet in the large downstairs area off Shepherd.

Please RSVP to loafhoustontx@gmail.com by November 10th to ensure you have a place at the table.



Socials

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

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.

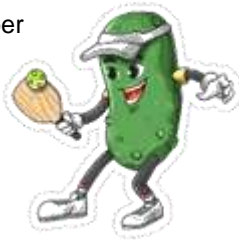
The cost to you is \$25 (LOAF will subsidize the balance of \$35 (total cost \$55 pp) for 10 members. It is first come, first serve. You will not be counted until we receive your payment. **The deadline is Wednesday, Sept. 6th at 5 pm.** Send payment to loafhoustontx@gmail.com through the Zelle app.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



October 29th: Pickleball Tournament

LOAF IS HOSTING OUR FIRST PICKLEBALL TOURNAMENT

LOAF will host our first ever Free Pickleball Tournament on October 29, 2023, at Bumpy Pickle, 554 Lockwood Dr., Houston, TX 77011. Team Selection will begin at 9:30, play will begin at 10:00 am. We will play a doubles bracketed tournament with single



elimination. Your partner will be picked from 2 bags of random numbers, matching numbers will be partners. NO preset partners will be accepted. Pickleball combines elements of tennis, badminton, and ping-pong. It is one of the fastest growing sports in the United States, with an estimated 4.8 million players nationwide, according to the Sports and Fitness Association. Please Register to play https://docs.google.com/forms/d/e/1FAIpQLScOO1Pjsl7c_ElwogZ3yohkullqRCqjP26Jaq-OFXjr2P4l0g/viewform?usp=sf_link

Deadline: 10/27/23 at 5 pm

TheatreLOAFers

Local Performances



SEPT. 15 – OCT. 14, 2023

Fridays & Saturdays @ 8:00 pm
Sundays Oct 1 & 8 @ 2:00 pm



25 years ago, Matthew Shepard was the victim of an assault because he was gay. He was kidnapped, severely beaten, and left tied to a fence in the middle of the prairie outside Laramie, Wyoming. Tectonic Theater Project has constructed a play after interviewing over 200 people after the incident and during the trial of the two men accused of killing Matthew. I can only imagine how moving this show will be. <https://web.theatresuburbia.org>

Current Performances



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

- Stages** - <https://stageshouston.com>
Always... Patsy Cline - July 21 – October 29
POTUS: Or, Behind Every Great Dumbass Are Seven Women Trying to Keep Him Alive - Sept. 7–Oct. 8
- Alley Theatre** – <https://www.alleytheatre.org>
American Mariachi -Sept. 22 -Oct. 22
- AD Players** - <https://www.adplayers.org/>
Forever Plaid - Sept. 6 - Oct. 1
- Match** - <https://matchouston.org>
- Catastrophic Theater**–<https://catastrophictheatre.com>
Waiting for Godot - Sept. 22 - Oct. 14
- Main St Theatre** – <https://mainstreettheater.com>
What the Constitution Means to Me - Sept. 16- Oct. 15
- The Music Box Theater** at Queensbury Theater Memorial City - <https://www.themusicboxtheater.com>
Back to the 80's – Weekends through September
- Hobby Center** – <https://www.thehobbycenter.org>
Jagged Little Pill – Aug. 29 – Sept. 10
Sweeney Todd – Oct. 17-29
- The Emerald Theatre** – <https://www.houston-theater.com/theaters/the-emerald-theatre/theater.php>
Drunk Shakespeare – Open Run
- Ensemble Theatre** - <https://ensemblehouston.com>
Chicken and Biscuits – Sept. 22- Oct. 15
- Mildred's Umbrella's** - www.mildredsumbrella.com
ENOUGH: Plays To End Gun Violence - Nov. 6
- 4th Wall Theatre** - <https://www.4thwalltheatreco.com>
The Pavilion - Sept. 22 - Oct. 7



6 Reasons to Add Seafood to Your Diet

As you get older, your body can become more susceptible to [chronic diseases](#), so it can be helpful to eat a healthy diet filled with essential nutrients. If you're looking for an easy



yet impactful way to be proactive in your health journey, try introducing seafood into your diet. By simply eating eight ounces or two servings of seafood a week, you may experience a [multitude of health benefits](#) that can contribute positively to your overall well-being. Here are some reasons why you should consider seafood for your next meal and several health benefits you may experience by incorporating it into your diet.

It's High in Important Nutrients

Seafood is a source of [essential nutrients that many people are lacking](#), including omega-3 fatty acids, protein, iron and vitamins D and B. Fatty fish, including salmon, trout, sardines, tuna and mackerel, are sometimes considered to be the healthiest option because they can provide fat-based nutrients that our body can't produce on its own.

But don't take our word for it — listen to science. [Studies indicate](#) that seafood is a good source of fats, protein, vitamins and minerals that help promote overall health.

It May Help Improve Heart Health

According to the [American Heart Association](#), fish and seafood are consistently associated with a lower risk for cardiovascular disease because they are concentrated sources of omega-3 fatty acids. [Omega-3 fatty acids](#) are a type of unsaturated fatty acid that may work to benefit heart health by helping to:

- Decrease triglycerides levels
- Increase beneficial HDL cholesterol levels
- Reduce the risk of irregular heartbeats
- Reduce blood pressure
- Reduce platelet aggregation and blockages that can clog arteries
- Decrease risk of stroke and heart failure

It Can Help Prevent Vision Loss

Having a seafood-rich diet can help ensure that you're getting plenty of omega-3 fatty acids that may not only help benefit your heart health, but can also help protect your vision. Evidence suggests that the omega found in seafood can [help fight against age-related macular degeneration](#) — a common eye disorder that causes blurred or reduced central vision and even blindness.

While many types of seafood contain small amounts of omega-3 fatty acids, the highest amounts can be found in salmon, tuna, or mackerel.

It May Help Promote Bone Health

As you get older, your bones can naturally lose density, and while this can be a normal part of the aging process, this can make you more susceptible to broken bones and fractures, which can be life-changing events for seniors.

Consuming seafood is one proactive action you can take to help increase your bone density. According to [this study](#), there may be a positive correlation between the consumption of seafood and bone health that may help seniors lower their risk of developing [osteoporosis](#). Why is this? Seafood is rich in vitamin D, which may help the body use calcium and phosphorus, key minerals for bone health. Try eating salmon, mackerel, herring, and sardines if you're looking to find good sources of vitamin D.

It May Help Ease Joint Pain

Suffering from stiffness in your joints? Partaking in a seafood diet may help to provide some relief. Omega-3 fatty acids can help [decrease the production of certain inflammatory chemicals in the body](#), and the vitamin D they contain can help [decrease joint swelling and pain](#). Even if you don't suffer from stiffness in your joints, by consuming omega-3 regularly, [research](#) suggests, you may be less likely to develop [rheumatoid arthritis](#).

It Can Help Promote Brain Health

Brain health is seriously important as you get older. [Research](#) suggests mild cognitive impairment, which is characterized by problems with memory, language, thinking or judgment, appears in 10–20% of adults aged 65 years and older.

You can take proactive measures to help increase your brain health by regularly consuming fish, which has been [shown to help improve cognitive ability](#). The omega-3 fatty acids that are found in fish can play a vital role in preserving cell membrane health and supporting cognition and memory — but since our bodies do not produce omega-3, it can be essential that we get them through our diet.

Looking to be more hands-on with your dietary health, but not sure where to start? Check out this article on [How to Read Nutritional Supplement Labels](#) for more in-depth information on how to navigate a healthy, nutrition-filled lifestyle.

The above content is shared for educational purposes only. You must consult your doctor before acting on any content, 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 here.

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, September 9th

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-CANCELED THIS MONTH

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.

Newsletter Edits & Deadline

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

Ladies Bowling League



Join the Monday Night Ladies Bowling League for fun, camaraderie, and exercise. The league begins September 11 and plays for 27 weeks (except for holidays) through mid-April.

We bowl at Del-Mar Lanes located at 3020 Mangum Road. Start time is 6:45 pm each Monday.

The cost is about \$25 per week plus a onetime \$25 membership fee to USBC (United States Bowling Congress). The weekly fee does not include shoe rental.

This is a handicapped league, so players of all skill levels are welcome, including first time bowlers. Come by yourself or with a friend and we will put you on a team or bring a team (four members). End of league cash prizes are awarded for team and individual play.

For more information, please email Janice Martinez at jansm8@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 fredreninger@montrosecenter.org to register.

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



October articles & picture submittal for the newsletter are due by September 23rd.

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.

Recipe: Banana Nice Cream

For original banana-vanilla:

- 2 bananas *cut into 1-in. pieces, & frozen solid*
- 1 tablespoon almond milk
- 2 teaspoons vanilla extract
- 1/8" teaspoon salt

For chocolate:

- 2 bananas *cut into 1-in. pieces, & frozen solid*
- 1/4 cup cocoa powder
- 2 tablespoons almond milk *warmed*
- 1/8 teaspoon salt

For strawberry:

- 2 bananas *cut into 1-in. pieces, & frozen solid*
- 1 cup strawberries *stemmed, 1/2'ed, & frozen*
- 1 tablespoon almond milk
- 1/8 teaspoon salt

For peanut butter:

- 2 bananas *cut into 1-in. pieces, & frozen solid*
- 1/4 cup creamy salted peanut butter
- 1 tablespoon almond milk
- 1/8 teaspoon cinnamon

INSTRUCTIONS

Place the bananas and remaining ingredients in the bowl of a food processor. Blend or process until the mixture is the consistency of soft serve, stopping to scrape down the sides and break up any clumped banana chunks as needed.



Serve immediately or transfer to a freezer-safe container and freeze for up to 1 month. If serving from the freezer, allow the nice cream to sit at room temperature for a few minutes, or until it becomes scoopable.

Past Events

Speed Friending



What better way to Meet and Greet than Speed Friending? 2.5 minutes to talk to someone is definitely speedy but we did the best we could with all the unique questions

we had set up to find out about the woman across from us. We ran out of time and not everyone participating got to speak with everyone else, however I think it is safe to say an experience like none other was had by all!



Donation from Texas United Charities

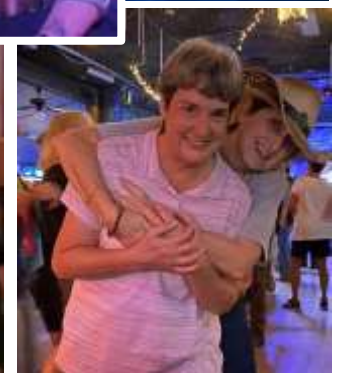
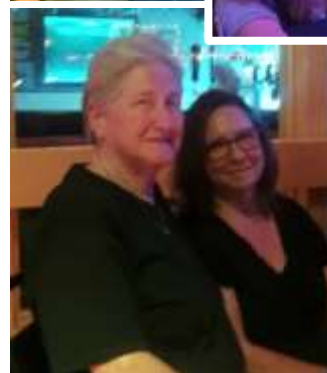


TUC (Texas United Charities) gifted LOAF with \$3,000 from their May Casino Fundraiser.

ActiveLOAFers Swimming



Neon 10th Anniversary



LOAF had fun supporting Debbie Stors at Neon Boots' 10 Year Anniversary Celebration. The place has come a long way and there were many organizations there to help commemorate the occasion including TGRA, TUC, ERISIS, RMCC, The Dianas, and many more.

Always...Patsy Cline



In Photo from left: Vicky, Cathy, Gina, Julie, Regina, and Janis

We had so much fun attending **Always, Patsy Cline**... We laughed, we sang, and we laughed some more. Definitely a fun outing that combined 3 groups: LOAF, HWomansgroup, and women from Keshet (a LBGT+ Jewish group). A few that had tickets were unable to attend and were missed. We hope to see you at our next Theatre outing in October. Phylis was awarded the white Patsy Cline cowboy hat having attended the show 3 times!

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 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.