

## In this issue ...

October Calendar .....	1
Thoughts & Prayers.....	2
In Memoriam - October.....	2
October Birthdays.....	2
Meet-and-Greets .....	2
October 15 <sup>th</sup> : Halloween Party .....	2
November 19 <sup>th</sup> : Thanksgiving Meet-n-Greet/Social.....	2
ActiveLOAFers .....	2
October Pickleball: October 29 <sup>th</sup> .....	2
TheatreLOAFers.....	3
November 12 <sup>th</sup> ~Skin of Our Teeth .....	3
Local Performances .....	3
Current Performances.....	3
Congratulations Narissa .....	4
Crispy Baked Avocado Fries .....	4
Botanic Gardens Annual Pass.....	4
Other Social Opportunities .....	5
Womyn on the Move, October 14 <sup>th</sup> .....	5
Mexican Mondays, Every Monday .....	5
Seafood Sundays-October 1 <sup>st</sup> .....	5
Ladies Bowling League, Every Monday.....	5
HWSL, Sundays from 9 am to 1 pm ....	5
HWG, Sundays at 10:30 am .....	5
SPRY.....	5
Newsletter Edits & Deadline .....	5
Open Invitation .....	5
Past Events .....	6
Buffalo Bayou Park Cistern .....	6
Meet-n-Greet Bowling .....	6
ActiveLOAFers Kayaking .....	6
2024 Members Camping Trip .....	6
Vaccines Every Senior Should Consider ..	7
Join the LOAF Team! .....	8
SportLOAFer's Group?.....	8
About LOAF.....	8

## Board of Directors

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

### Officers

Roxanne Cherico .....President  
 Lavita Marks..... Vice-President  
 Dawn Harrell ..... Treasurer  
 Janis Smith .....Secretary

### Directors

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

### Newsletter

Danita Cole .....Editor  
 Dawn Harrell ..... Tech Writer



# LOAF NEWSLETTER

PO Box 7207, Houston, TX 77246-7207

[loafhoustontx@gmail.com](mailto:loafhoustontx@gmail.com)

Issue: No. #2023-10

October 2023

## October 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, October 1 ..... Seafood Sunday .....11:00 am**  
 Flying Fish

**Sunday, October 8, 15, 22, 29.....HWSL Softball.....9:00 am**  
 Herman Brown Softball Complex

**Monday, October 2, 9, 16, 23, 30 ..... Mexican Monday .....2:00 pm**  
 Los Cucos

**Monday, October 2, 9, 16, 23, 30 ..... Ladies Bowling .....6:45 pm**  
 Delmar Lanes

**Thursday, October 12..... Board of Directors Meeting.....6:00 pm**  
 Online via Zoom

**Saturday, October 14..... WOTM .....5:00 pm**  
 Neon Boots

**Sunday, October 15..... Meet-n-Greet .....2:00 pm**  
 Halloween Game Day

**Saturday, October 21..... Newsletter Deadline..... COB**

**Saturday, October 29..... Social / ActiveLOAFers .....9:30 am**  
 Pickleball Tournament

## Welcome New Members

Melissa Flories  
 Penny Hipp  
 Michelle Hughes  
 Kimberly Lewis



## 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.
- Janice Ives had a tumble resulting in a broken ankle. Send prayers & good thoughts to her and Scotty.
- Judy Woods is having hip issues and not feeling well. Good thoughts her way.
- Molly Milstead hurt her foot...easy does it. Sending good vibes your way.

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](mailto:loafhoustontx@gmail.com).

## In Memoriam - October

- 1999 Helen Cathcart
- 2007 Jerry Sachs
- 2008 Patsy Roush
- 2009 Bobbie Miller
- 2011 Bessie Morris
- 2011 Sandy Clough
- 2013 Vicki Cutbirth
- 2014 Lee Albin
- 2017 Shirley Johnston
- 2017 Sandy Robillard
- 2017 Leandra Valardi
- 2018 Dusty West
- 2019 Sharon Steahle
- 2021 Ann Winkler
- 2021 Ginger Steele



## October Birthdays

- 10/2 Ann Molinaro
- 10/7 Rev. Janice "Vicki" Sheil-Hopper
- 10/11 Cindy Brandt
- 10/15 Barbara Rogers
- 10/16 Helen Moses
- 10/18 Norma Ludwig
- 10/18 Barbara Sue
- 10/19 Scottie Scott
- 10/20 Lucretia Copeland
- 10/20 Georgette Monaghan
- 10/22 Kandace Klingler
- 10/22 Ramona Kolacz
- 10/23 Mary Lawrence
- 10/28 Shirley Box
- 10/28 Janice Macejewski



## Meet-and-Greets

### October 15<sup>th</sup>: Halloween Party

Come to the dark side, we have cookies!

You are invited to our Halloween Game Day Meet-n-Greet on 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 19<sup>th</sup>: 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 Shepard.

Please RSVP to [loafhoustontx@gmail.com](mailto:loafhoustontx@gmail.com) by November 10<sup>th</sup> to ensure you have a place at the table.



## ActiveLOAFers

### October Pickleball: October 29<sup>th</sup>

#### 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. There will be medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> places and a LOAF T-shirt will be handed out to each player in the tournament.



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 [Sign up Here!](#)

**Deadline: 10/27/23 at 5 pm**

## TheatreLOAFers

November 12<sup>th</sup> ~Skin of Our Teeth



TheatreLOAFers is planning to go to the November 12<sup>th</sup> 2:00 matinee performance at the Wortham Theatre. It is recommended to go online to get your tickets early as some of these shows have sold out. <https://tiny.universitytickets.com/muk4t3mj>

This Pulitzer Prize-winning American classic from the author Thornton Wilder of *Our Town* combines inventive comedy and thoughtful social satire to tell the story of the Antrobus family of Excelsior, New Jersey as they narrowly escape (by the skin of their teeth!) one end-of-world disaster after another. The most epic comedy in the history of American theatre takes you on a wild ride from the Ice Age through the rise and fall of human civilization. Directed by Jack Reuler.

## Local Performances



9/15/23 – 10/ 14/23

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.



<https://web.theatresuburbia.org>

## Current Performances



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

[Juliefmtl@gmail.com](mailto: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

Switzerland - October 6-November 12

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

American Mariachi -Sept. 22 -Oct. 22

Little Comedies by Anton Checkhov – October 6-29

**AD Players** (<https://www.adplayers.org/>) – no shows for October

**Match** (<https://matchhouston.org/>)

**Catastrophic Theater**– Waiting for Godot - Sept. 22-Oct. 14

**Main St Theatre** – What the Constitution Means To Me - Sept. 16- Oct. 15

Carmela Full of Wishes Sept. 20- Oct 27

**The Music Box Theater**

(<https://www.themusicboxtheater.com>) at Queensbury theater Memorial City

Broadway at the box – Oct 14-29 weekends only

**Hobby Center** - Sweeney Todd – Oct. 17-29

**The Emerald Theatre** –  
Drunk Shakespeare – Open Run

**Ensemble Theatre** (<https://ensemblehouston.com>)  
Chicken and Biscuits – Sept. 22- Oct. 15

**Mildred's Umbrella** (<https://www.mildredsumbrella.com>)

ENOUGH: Plays To End Gun Violence - November 6

**4th Wall Theatre** (<https://www.4thwalltheatreco.com>)  
The Pavilion - Sept. 22- Oct. 7

**Art Factory Theater** ([artfactoryhouston.com](http://artfactoryhouston.com))  
Reefer Madness Oct 6-22  
The Glass Menagerie by Tennessee Williams Nov. 10-19

**Cone Man Running Theater** ([conemanrunning.com](http://conemanrunning.com))  
Melancholy Play by Sarah Ruhl Oct. 6-21

## Congratulations Narissa



Congratulations to the Houston Songwriters Association Member, and fellow LOAFer Narissa Bond, on being one of the August 2023 Song of the Month Winners with her song titled CELIA! Celia is the true story about a young, enslaved woman who lived and died in Missouri.

Narissa's song was inspired by Melton McLauren's book "Celia" a slave. You can hear her song on their Home website page at [www.houstonsongwriters.net](http://www.houstonsongwriters.net). — with Narissa Bond. Or the YouTube link below. There is also a short documentary of a visit to Celia's home on the Newsome's Plantation in Missouri.

Celia ...the song

<https://youtu.be/brGN8R8KlNg?si=P2KztOBAC7Gu-ik7>

Celia documentary.

<https://youtu.be/XZTbz-UJbi0?si=a683DoPohYJJTAqW>

Here is Narissa at her recent performance at the BFE club where a few of us went out to hear her play on a Sunday afternoon!



## Crispy Baked Avocado Fries

*These easy and crispy baked avocado fries call for just 5 ingredients.*



Total Time: 15 minutes

Yield: 2 – 3 servings

### Ingredients

- 2 large or 4 small avocados, peeled and sliced
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 cup flour, such as garbanzo flour
- 1/2 cup milk of choice
- 1 cup breadcrumbs, gf if desired (Or make your own by processing toasted bread in a food processor) (40g)

### Instructions

1. Preheat oven to 420 F. Grease a baking sheet, and set aside.
2. Combine the garlic, salt, and flour in a shallow dish.
3. Add the milk to a separate shallow dish. Coat each avocado slice in flour, then dip in the milk.
4. Sprinkle breadcrumbs over each slice, pressing down lightly until the crumbs stick.
5. Place on the baking tray. Bake 15-18 minutes, or until golden.

Store leftovers in the fridge 2-3 days.

\*For a larger batch, feel free to double the recipe!

## 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@gmail.com](mailto:loafhouston@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, October 14<sup>th</sup>

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-October 1<sup>st</sup>

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.



### Ladies Bowling League, Every Monday

Come out and watch (or join in as) the ladies bowl at Del-Mar Lanes located at 3020 Mangum Road. Games begin at 6:45 pm each Monday.



### HWSL, Sundays from 9 am to 1 pm

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



[Map to 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](mailto: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 [freninger@montrosecenter.org](mailto:freninger@montrosecenter.org) to register.

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

## Newsletter Edits & Deadline

If you have a correction or addition for our newsletter, please send an email to [loafhoustontx@gmail.com](mailto: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](mailto:loafhoustontx@gmail.com).



November articles & picture submittal for the newsletter are due by October 22nd.

## 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](mailto:loafhoustontx@gmail.com).



## Past Events

### Buffalo Bayou Park Cistern



### Meet-n-Greet Bowling



### ActiveLOAFers Kayaking



## 2024 Members Camping Trip

Friday March 8th to Sunday the 10th, 2024 (or longer)

### Bayou Bend State Park

<https://tpwd.texas.gov/state-parks/brazos-bend>

**Because the campsites are very quickly spoken for, we suggest you make your reservation as soon as possible. They are going fast! Suggestion of October 8 at 10:00 am**

Day pass entrance permits may be reserved up to one month before your visit. Day passes are especially important for weekends and holidays and at our busiest parks.

Please make your reservation for your choice of camping site (cabin, screen shelter, tent or trailer site) and send your site number to Roxanne at [isis8555@yahoo.com](mailto:isis8555@yahoo.com) so we can keep a list of where everyone will be. Thanks!

Stay tuned for more information!

If you reserve a spot and are unable to make it there will be no refund, but you may be able transfer it to someone else. Note: Shelter reservations may require a cleaning deposit

#### WHAT LOAF WILL NOT DO:

- Clean and prep any shelter spaces. This is the responsibility of the women staying in the shelters.
- Provide cleaning supplies.
- Clean up shelters after people leave. If shelters are dirty, deposits will be forfeited.
- Arrange transportation to / from campground.
- Decide who sleeps in what shelters. Shelter space will be assigned as people reserve and pay. Swaps are allowed but we must be notified.
- Provide any handicap accommodations beyond what the campground offers.
- Provide food.
- Pay for anyone's medical care. In addition, participating in this activity is at your discretion, LOAF is not responsible for any costs incurred as the result of illness or injury.
- Resolve interpersonal disputes.

Please understand women will be staying at a variety of camping options. Full hookup, electrical and water, primitive camping, and campground shelters. We will not all be staying together but we can all have fun together.



## Vaccines Every Senior Should Consider



Every fall, as the leaves change and temperatures begin to cool, you usually hear reminders to get your flu shot. That is because cooler temperatures can weaken your immune

system, strengthen the outer shells of viruses, making them more resilient and easier to spread from person to person.

But if you are 65 or older, the flu shot is probably not the only vaccine you should be thinking about. August is National Immunization Awareness Month, so let's talk about the other shots you should consider adding to your vaccination schedule. Think of vaccinations as an investment in your wellness—preventive care that may help you stay healthier. Our immune systems naturally tend to weaken over time, putting us at higher risk for certain diseases as we age.

Pharmacies provide easy access so you can stay up-to-date on your vaccinations. [CDC-recommended vaccines](#) for people 65 years and older typically include influenza, COVID-19, Zoster (Shingles), Pneumococcal, RSV and TDAP. As new vaccinations are approved and become available, pharmacy providers will make them available.

It is recommended to take a proactive, preventative approach to health and wellness. Here's a little more about [vaccinations](#) that the CDC recommends for most adults 65 and older:

### 1. COVID-19

The [primary two or three-dose immunization series](#), for those who have not been vaccinated for COVID-19, is still recommended for adults 65 and over. The initial monovalent Moderna and Pfizer BioNTech mRNA vaccines are [no longer recommended](#) and have been replaced with bivalent mRNA vaccines which protect against both the original strain of COVID-19 and the omicron variant.

A bivalent booster shot (Moderna or Pfizer-BioNTech) is recommended for adults 65 and older.

### 2. Influenza

You probably already know that an annual flu shot is a must-have for older adults. If you are 65 or older, the CDC recommends getting a high-dose flu vaccine. There is a misconception that the vaccine has a higher dose of the virus in it, which could be dangerous for older adults with weaker immune systems. Actually, high dose really means the vaccine has four times the amount of antigen—the part of the vaccine that promotes antibody creation within the body—which helps the body's immune system respond better to the

vaccine. A high dose flu vaccine is [24 percent more effective in preventing the flu in individuals age 65 and older](#), relative to a standard-dose vaccine.

Flu season usually runs from November to March, so early fall is the best time to be vaccinated to give your body time to build up antibodies.

### 3. Shingles

Shingles, or herpes zoster, is a painful skin rash caused by the chickenpox virus, which remains dormant in most adults who had chickenpox as a child. According to the CDC, your risk for shingles increases as you get older, and almost [1 out of every 3 people](#) in the United States will develop shingles sometime in their lifetime. While the painful blisters tend to clear up in two to four weeks, postherpetic neuralgia pain (PHN) can continue for months or even years.

The CDC recommends the shingles vaccine for adults 60 years and older and protection from the vaccine lasts about five years. Shingrix, the zoster vaccine, [has been shown](#) to be more than 90% effective in preventing shingles and PHN in adults over 50 years with healthy immune systems.

### 4. Pneumococcal

Here is a vaccine fewer people know about. While you may not have heard of [pneumococcal](#), you have probably heard of the infections you can develop from these bacteria, such as pneumonia, an infection of the lungs, and meningitis, an infection of the lining of the brain and spinal cord. The CDC reports that pneumococcal disease kills 18,000 adults 65 and older each year. A weakening immune system means that older adults are at greater risk, and can face more severe side effects, especially those who are managing chronic diseases.

There are four [types of pneumococcal vaccines](#), so talk to your doctor about which one you should receive.

### 5. Tdap booster (Tetanus, diphtheria, pertussis)

Chances are you had the DTaP vaccine (Diphtheria, tetanus, and pertussis, also known as whooping cough) as a child followed by the Tdap booster as a teen or adult. If you did not get a booster, you should get one now. This is especially important if you plan to spend time with an infant, as the bacteria that causes whooping cough is [highly contagious](#) and can be life-threatening for children younger than 12 months. The CDC recommends a booster every 10 years throughout your life, to protect against tetanus and diphtheria.

### 6. Respiratory syncytial virus (RSV)

An estimated 60,000 to 160,000 adults 60 years and older in the United States are hospitalized and 6,000 to 10,000 die each year due to [RSV infections](#). The CDC anticipates the RSV vaccine will be available for adults 60 years and older in Fall 2023.

CDC recommends [adults 60 years and older may receive a single dose of RSV vaccine](#), based on discussions between the patient and health care provider.

RSV vaccine may be given at the same time as other vaccines.

*The above content is shared for educational and informational purposes only. You must consult your doctor before beginning any diet or exercise or fitness program, taking any additional or discontinuing any existing medications, or acting on any content in this newsletter, 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.*

## Join the LOAF Team!



LOAF is now accepting nominations for our Annual Election for officers and directors. Elections are held at our December Meet-and-Greet.

Please consider giving back to our group by serving on the Board. Definitions of the responsibilities of each position are provided below. If you have an interest, please email Roxanne at [loafhouston.tx@gmail.com](mailto:loafhouston.tx@gmail.com). The nominating committee will **vet\*\*** all candidates and then recommend a slate for election.

### Definitions and Responsibilities of Board Positions

**President:** supervises the business of LOAF, presides over meetings, other duties as prescribed by the Board of Directors. The President does not make unilateral policy decisions as LOAF Board operates by consensus, not a mere voting majority.

**Vice-President:** presides in the absence of the President; coordinates program events; performs other duties as assigned by the President or the Board of Directors.

**Secretary:** takes minutes of the meetings; records minutes of the annual meeting held in December; and delivers a copy to Moore & Hunt, our Corporate Attorneys. Files any required paperwork with the Texas Secretary of State.

**Treasurer:** receives monies; makes bank deposits; pays bills; prepares annual financial statement; prepares records for tax return (Hubbard Financials); must have a working knowledge of bookkeeping and banking. Keeps membership records.

**Director(s):** they help plan LOAF functions like our Socials and Meet-and-Greets, and/or help prepare content for our monthly Newsletter...it is also a great way to get involved.

\*\* **Vet** means to perform a background check to protect the members of LOAF.

## SportLOAFer's Group?

There have been some conversations and interest in forming a group to watch sports games and maybe go to a game or two. The Board is still discussing if this is something we might want to try. However, for this to happen someone needs to step forward and volunteer to be the Lead for this group.



The responsibilities would include possibly joining the board, finding help to coordinate watch parties and game outings, to get the schedule to the newsletter editor so the activities can be put into the monthly calendar and let the members know what is coming up. This person would be in charge of the RSVPs for events.

If interested email to [loafhouston.tx@gmail.com](mailto:loafhouston.tx@gmail.com) with SportLOAFERers in the subject line. (Name is just thrown out there...ideas for group name open)

Who will be the biggest sports fan?

## 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](mailto: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](mailto:loafhouston.tx@gmail.com).