



# LEOH (Life Enrichment of Houston)

October 20, 2022 Newsletter



**WELCOME to LEOH - Our 42nd Year!**  
Fellowship Hall, Bellaire UMC



## RECOVERY CORNER

We hope for a speedy recovery for the following members who underwent surgery recently:  
Ida Cuellar, Shirley Lloyd, and Maura Rodriguez

## MORNING ACTIVITIES AND SPEAKERS—FELLOWSHIP HALL

**LUNCHTIME PRAYER/WORDS OF INSPIRATION SIGN-UP** pad will continue to be available for anyone who wishes to offer a prayer or inspirational thought(s) just prior to lunch on a LEOH meeting day. Please check the sign-up pad—a couple of slots are still available!

**REFRESHMENTS (coffee, tea, snacks)** are available to everyone prior to and between speakers.



10:00 a.m. **WHAT'S UP HOUSTON?** Joe Powers, President, Houston Beekeepers Association, will inform us on the Association's encouragement and promotion of beekeeping throughout the Houston Metro area.



11:00 a.m. **TOWN HALL:** Lauren Stadler, PhD, Assistant Professor, Department of Civil and Environmental Engineering, Rice University, works closely with the Houston Health Department. She will discuss the "wastewater-based epidemiology system". Rice and the Health Department were at the forefront in tracking covid, and now deal with monkeypox, polio, and whatever comes next.



## LUNCH AND AFTERNOON ACTIVITIES

11:55 a.m. **WEEKLY LUNCH DRAWING, ANNOUNCEMENTS, and PRAYER/INSPIRATIONAL THOUGHT (Fellowship Hall)**

On the first Thursday that a member attends, they should add their name to the LEOH bowl upon arrival that morning. Each Thursday, the lucky person, whose name is drawn by our 11:00 speaker, will enjoy a free lunch. Last week's winner was **Tom Williams!**



12:00 p.m. **LUNCH (Fellowship Hall)**

Enjoy a sub, along with a cookie and chips, from **Firehouse Subs**, plus a drink and ice cream cup! All for \$7.



12:45 p.m. **SOCIAL BRIDGE (Fellowship Hall)** coordinator Paula Koehn

1:00 p.m. **YEAR-ROUND BRIDGE (Room 131)** coordinator Pat Roberts

1-3:30 p.m. **WATERCOLOR PAINTING (Room 122)** instructor Marie Schaer

1-1:50 p.m. **SPANISH CLASS (Room 123)** instructor Maura Rodriguez



## KEEP THOSE SUGGESTIONS COMING, PLEASE!

For your convenience, a note pad and pen/pencil will be on each table this week, and every week, to write down your ideas for future speakers, topics, and trips, as well as your thoughts on how to make LEOH better! Please fold them in half and leave on the table for pick-up following lunch. **We continue to receive suggestions . They are appreciated— please keep it up!**





## WEEK FOUR (10/13/22) MEMORIES



Kelly Cervenka introduced LEOH member **Jim Burrough**, to discuss composting. Jim's planned speaker was unavailable, due to a health issue, so Jim ably filled in. We learned what materials work best for composting, what containers can be used, and how to maintain your compost for this form of natural recycling. Want to know more? Ask Jim!

Judy Bristol introduced **Sondee Chalcraft**, VP of Development at SEARCH. We learned of the many ways her organization assists the homeless with programs, finding housing for individuals and families, and even providing schooling for a family's children. Part of Sondee's presentation included an impressive graph which illustrated how Houston is leading other major Texas cities in reducing homelessness over the years. Learn more, including how you can help, at the web address below, or by emailing Sondee.



### PRE-LUNCH ANNOUNCEMENTS AND PRAYER FOR OCTOBER 13TH

**Patsy Frederick** read a heartfelt letter of thanks for the donated food items for ROM (Residents of Midtown). And another donation was received at this week's meeting!

**Vickie Fella** announced that since October was breast cancer awareness month, Barbara G. Davis had donated some themed socks and pins for members who wanted them. It was also mentioned that numerous other items free to members were on the display tables (featured items included brand-new pruning shears). Different items will be available each week, so everyone should check out those tables!

**Julie Larson** reminded everyone that Election Day was fast approaching, and that anyone interested in participating in or assisting her in election day clerking duties should please contact her. It's a great opportunity to participate in an additional way in our country's election process! Following Julie's announcement, she gave a prayer prior to lunch.

### NEXT WEEK'S SPEAKERS—October 27, 2022

**10:00 a.m. WHAT'S UP HOUSTON?** Tom Jackson, Trustee, Texas Society of the Sons of the American Revolution, will talk about contributions of the Irish to the American Revolution; also its 250th anniversary.

**11:00 a.m. TOWN HALL** Sandra Moreno, Manager of Volunteer Engagement, BakerRipley, notes that BakerRipley, which operates numerous Community Centers in the Houston area, strives to bring resources, education, and connection to emerging neighborhoods. How can that be accomplished?

### WEEKLY REMINDERS

#### LEOH Trips — Trip Coordinator Ann Fairchild

**Upcoming: This Friday, October 21st: A trip by Precinct One bus to visit BAPS Swaminarayan Mandir, Stafford.**

The trip will also include a stop for lunch, followed by a Hindu workshop back at the Church Parlor.

There may be a waiting list, so please contact her at [fairann@sbcglobal.net](mailto:fairann@sbcglobal.net) or **281-686-1325** if you are interested.

Remember, you can check out the details/pictures of previous trips as well as other LEOH activities at our [leohtexas.org](http://leohtexas.org) website!

#### Book/Magazine/Puzzle Exchange/Etc. Etc.

Borrow a book or puzzle, and return when done; keep what you choose from a selection of items, including greeting cards, calendars, and magazines.



#### LEOH Member Care Coordinator

LEOH member **Jean Kopp** will send an appropriate card to a LEOH member or their family, upon request.

Contact Jean at 713-665-7210.