



# LEOH (Life Enrichment of Houston)



March 28, 2024 Newsletter

**WELCOME to SPRING at LEOH - Our 43rd Year!**

**Fellowship Hall, Bellaire UMC**

## WELCOME, NEW LEOH MEMBERS!



We know you will enjoy LEOH! We are happy you are joining us, and we welcome your feedback. Please wear your name tag upon receipt; we encourage everyone to wear them, to help everyone know who's who!



## MORNING ACTIVITIES AND SPEAKERS, BEGINNING AT 9:30 a.m. — FELLOWSHIP HALL

**REGISTRATION TABLE:** Registration is ongoing! New and "old" members who still need to register for this Spring can do so at the registration table just outside Fellowship Hall, in the Welcome Center. Current members can also pick up their name tag at the table. For convenience, members can also turn in their name tags upon exiting. Please note: The Spring membership log is being prepared, with hard copies available soon.

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



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**10:00 a.m. WHAT'S UP HOUSTON?** Bob Sewell, President, Houston Archeological Society, discusses their mission of fostering interest and active participation in the discovery, documentation, and preservation of cultural resources for the Houston metropolitan area and upper Texas Gulf Coast region.

**11:15 a.m. TOWN HALL:** Tammy Phillips, Director, Business Operations, Texas Equusearch, reminds us that their organization was founded in 2000 by Tim Miller, in loving memory of his daughter Laura Miller, who was murdered in 1984 at age 16. She explains how the organization has evolved from a few searchers on horseback into hundreds of volunteers using the latest in technology and search methodologies.

**(LEOH members: Please silence your phones (and yourself) to enjoy our speakers!**



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## LUNCH AND AFTERNOON ACTIVITIES (FELLOWSHIP HALL)

**12:15 p.m. WEEKLY LUNCH DRAWING ANNOUNCEMENTS, and PRAYER/INSPIRATIONAL THOUGHT**  
On the first Thursday that a member attends, they may add their name to the LEOH bowl upon arrival that morning. Each Thursday, the lucky person whose name is drawn by our Town Hall speaker will enjoy a free lunch. Kris Lloyd was the lucky winner last week!

### **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. (Donations are always welcome, too!)



**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





# LEOH (Life Enrichment of Houston)

## March 28, 2024 Newsletter (continued)



### MEMORIES FROM LAST WEEK'S MEETING, MARCH 21

#### ANNOUNCEMENTS

Judy Bristol elaborated on the needs of our Spring service project organization, and displayed clothing items already collected, as examples of needed (new) apparel. Monetary donations are also very welcome!

Mary Mahon offered a blessing prior to lunch.



Katherine Samuel and her associate from SETRAC (Southeast Texas Regional Advisory Council) discussed their STOP THE BLEED (STB) program. We were reminded of the importance of having the knowledge to render this type of first aid, with the potential of saving a life before professional help arrives.

The STB initiative came about due to mass casualty and active shooter events. In 2019, HB496 passed, requiring STB training (without funding) in Texas public and charter schools.

Working with the media, the SETRAC STB program has become more well-known over the past several years, with more training available, particularly at schools.

STB kits and training classes are now available to the public via SETRAC. As seen in the photo above, a tourniquet you can apply to yourself (or someone else), gauze, and other essentials are included in the kits. Find out much more at [SETRAC.org](http://SETRAC.org).

Dan Gordon, educator/nonprofit director, with a background in theater and writing, discussed filmmaking as an intervention strategy for youth at the Education Transition Center of the Harris County Juvenile Probation Department.

He began, however, by showing a fun and uplifting film starring children, some of whom wrote the music for the film entitled "My Friend the Library".

When discussing his work with troubled juveniles, he illustrated by sharing writings by one of his students, then donned a mask to explain that some students are able to better express themselves while wearing a mask. He showed another film to illustrate this, starring one of the youth he has worked with. The film illustrates the transformative power of the arts.

Check out his film *Kaavya* on PBS, and learn more about his life and work at [GordonEducation.org](http://GordonEducation.org).

### WEEKLY REMINDERS

#### TRIPS

**Friday, April 12: Precinct One Bus Tour of Mini-Murals and Eclectic Menagerie Park.** Members will view the artistic renderings of local artists on traffic signal boxes in the Meyerland/Bellaire area, then enjoy lunch before traveling south on 288 to view the large metal designs from Texas Pipe Company. Sign-up is in progress now, to ensure a seat on the bus.

**Thursday, May 16: HPD Mounted Patrol Facility.** Members will travel by Precinct One bus; during the tour, take advantage of an opportunity to feed the horses. Lunch and a brief stop at **Graffiti Park** near downtown to view the artwork follows the tour.

Ann may be contacted at [fairann@sbcglobal.net](mailto:fairann@sbcglobal.net) or 281-686-1325. Add your name to a waiting list if a trip quota has been filled. Details and photos from previous trips, as well as information on future trips, may be viewed on our LEOH website, [leohouston.org](http://leohouston.org).

#### LEOH SPRING SERVICE PROJECT

The **HAWC (Houston Area Women's Center)** assists survivors of sexual and domestic abuse. Our donations can make a huge difference in the lives of these women. The HAWC gladly accepts monetary donations, as well as new clothing items in larger sizes, including yoga pants, tops, pajamas, sports bras and panties; plus toiletries and cleaning supplies. We will learn more about this worthy organization from our Town Hall speaker on **April 4th**.

**MEMBER CARE COORDINATOR Kelly Cervenka** can send an appropriate card on LEOH's behalf to a family member, at your request. Contact Kelly at 281-814-6721, or [kcervenka39@gmail.com](mailto:kcervenka39@gmail.com).

#### NEXT WEEK'S SPEAKERS

**10:00: Gerry Aitken**, Speakers Bureau, **Houston Museum of Fine Arts**, tells us about "lions and tigers and bears –oh my", and how art reflects our relationship with animals. We will view the museum's virtual zoo, in the form of artwork.

**11:15: Darendra Dorsey**, Philanthropy and Volunteer Coordinator, **HAWC (Houston Area Women's Center)**, explains how HAWC provides shelter, counseling, and support services to survivors of sexual and domestic violence. Their mission is to stop this violence through prevention, intervention, and advocacy.

#### Questions or Comments?

President Ken Euler at 713-664-5740 or [kenleoh23@gmail.com](mailto:kenleoh23@gmail.com); VP Mary Mahon at 713-530-5653 or [mary-mahon@sbcglobal.net](mailto:mary-mahon@sbcglobal.net)  
Bellaire UMC Office: 713-666-2167; LEOH Website: [leohouston.org](http://leohouston.org); Suggestion Box on display table at LEOH meetings