



LEOH Spring Program – our 45th Year!



Fellowship Hall, Bellaire UMC | April 2, 2026

Welcome once again to new LEOH members!

Peggy Ascherl, Jeanne Bauer, Clay Burns, Susan Bradford, Marilyn Budolfson, Nancy Carter, Nori Gabert, Elizabeth Haynes, Mary Morrisette, Nancy Owen, Emilie Ramos, Wilhelmina Ryland, and Valerie Wing

We hope you're enjoying LEOH thus far!

Morning Activities – Beginning at 9:30 a.m.

REGISTRATION – Coordinator Jane Shinn

Pick up your name tag at the registration table in the Welcome Center, just outside Fellowship Hall, and return it when leaving (for safekeeping until the next meeting).

REFRESHMENTS (Coffee, Tea, Water, Snacks)

Snacks and beverages are available to everyone prior to lunch.

THIS WEEK'S SPEAKERS

- Provided by speaker committee members Kelly Cervenka and Vickie Fella

10:00-11:00 a.m. WHAT'S UP HOUSTON

THE ROSE

Chris Noble, Director of Corporate and Community Relations, relates its history and mission. The Rose has provided a full range of breast health services to over a million patients since 1986. The focus of the talk will be on breast health rather than breast cancer.

11:15-12:15 p.m. TOWN HALL

WORLD AFFAIRS COUNCIL, GREATER HOUSTON

Ronan O'Malley, Chief Programs Officer, Director of its Global Affairs & U.S. Foreign Policy Institute, discusses their focus on China, Russia, and other countries.

PLEASE SILENCE YOUR PHONE (AND YOURSELF) DURING THE SPEAKER PRESENTATIONS!

Lunch & Afternoon Activities – Fellowship Hall, unless otherwise noted

12:15 p.m.

WEEKLY LUNCH DRAWING, ANNOUNCEMENTS, AND PRAYER/INSPIRATIONAL THOUGHT

Add your name to the LEOH bowl the first time you attend (just once only, not each week thereafter)! Each Thursday, a name will be drawn, and the lucky winner will enjoy a free lunch that day. Last week's winner was *Linda Shea*!

LUNCH – Coordinators Patsy Frederick & Sandra Williams, Treasurer Rosalie Thurbon

Enjoy a sub from **Firehouse Subs**, plus a salad, drink, and ice cream cup! All for \$8. You may pay anytime, but preferably not during speaker presentations. You will receive a lunch "ticket" when you pay, and you will then turn in the ticket to the assigned member of the "kitchen crew" when you pick up your food. These returned tickets will assist our treasurer when tallying lunch receipts vs any donations. New members attending for the first time will enjoy a free lunch.

12:30-3:30 p.m. YEAR-ROUND BRIDGE (Room 131)

Coordinator: Pat Roberts

12:45 p.m. SOCIAL BRIDGE (Fellowship Hall)

Coordinator: Paula Koehn

1:00-2:00 p.m. SPANISH CLASS (Room 123)

Instructor: Ana Moore

1:00-3:00 p.m. WATERCOLOR PAINTING (Room 122)

Instructor: Marie Schaer

1:00-3:00 p.m. EVERYTHING YARN & THREAD (Fellowship Hall)

Instructor: Mary Mahon

Enjoy working on an individual needlework project. If you want to learn a new skill or just observe, you are welcome to join them!

1:00-3:00 p.m. GAMES/TABLE TALK (Fellowship Hall)

Bring your favorite game (Scrabble, Rummikub, etc.) to play with fellow members, or join others to relax and enjoy a round-table discussion on topics of interest.

CARING THOUGHTS Your kind thoughts can be sent to another by way of an appropriate card on LEOH's behalf, upon your request. Please contact **Kelly Cervenka, Vice-President and Coordinator** at kcervenka39@gmail.com; 281-814-6721

TRIPS Ann Fairchild, Coordinator – fairann@sbcglobal.net; 281-686-1325

Complete details/firm dates as they become available will be on our website, at meetings, and in emails; sign-up will be closer to the dates. Transportation is by bus unless otherwise noted.

Wednesday, April 22 (Earth Day) - Artist Boat & Coastal Heritage Preserve in Galveston

NOTE: Trip is fully booked – contact Ann to be placed on the wait list

Wednesday, May 20 - Galveston Railroad Museum

June 10 or 11 – Brookwood Community

Week of July 20-24 - Amazon Distribution Center

BOOKS/DISPLAY TABLES Vickie Fella, Coordinator vickiesue.fella@gmail.com

Borrow a book and return it when done for others to enjoy. Display table items are free to keep (except books). Feel free to donate books, as well as new or lightly used items for the table.

NOTE: Please keep the carted books in strict alphabetical order to assist everyone in finding books by author.

SERVICE PROJECT Nina Quartaro, Coordinator - ninabq@aol.com; 281-507-0224

Service projects allow us to assist those in need in our surrounding communities. This Spring we can donate items/funds for **The Women's Home**, which serves women in our community who have had unfortunate and often abusive backgrounds. Nina elaborated on this worthy organization last week. Please see her for additional details. A copy of the following list of requested items is available for pickup (for your shopping convenience) at the donation box.



<i>Unopened makeup</i>	<i>Unopened lotions</i>	<i>Sample-sized cosmetics</i>
<i>Gum & Mints</i>	<i>Lip Balm</i>	<i>Daily devotional materials</i>
<i>Bath sponges/brushes</i>	<i>Reading glasses</i>	<i>Tampons</i>

QUESTIONS OR COMMENTS ABOUT LEOH? There are several options!

Contact LEOH President David Martin through the Bellaire UMC Office: 713-666-2167; Leave a comment on our LEOH website leohexas.org (your comments are confidential); Take advantage of our *Suggestion Box* – cards and pens are available at each table. Jot down your thoughts (anonymously if desired) and drop a card in the Box on the display table. We welcome your thoughts on how to make LEOH better. Speaker suggestions and topics are also very welcome!

FROM LAST WEEK: LEOH PRESIDENT DAVID MARTIN welcomed everyone, particularly our new members. In other news:

- It is worth mentioning again that Board members and co-chairs of the refreshments and lunch committee, Patsy Frederick and Sandra Williams, along with their spouses, are “retiring” from their committee duties at the end of this session. Fortunately, Julie Larson will be stepping in to co-chair the committee and looks forward to assistance from returning committee members and other interested members.
- Lunch last week included a bowl of chili, as well as a different flavor of ice cream for dessert! Members can continue to look forward to variety this session.
- Ann Fairchild discussed upcoming field trips. At this time, the Precinct One bus will be available each month for transport, an added benefit for travelers!
- From the Suggestion Box – a field trip to Old Town Spring was suggested; our trip coordinator will investigate the feasibility of a trip later in the year.
- Mary Mahon offered a prayer prior to lunch.

OUR SPEAKERS FROM LAST WEEK *courtesy of Heide Vukovic and Judy Bristol*



THE PATH OF TEA
Chris McKann
Co-Founder/Owner
(with assistant Chris)

COMMUNITIES IN SCHOOLS (CIS)
Kathryn Medina, BA, MS
Director of Strategic Partnerships



Chris and his wife Thia opened their shop in 2006. Chris explained that their Japanese styled shop is the only totally organic one in Houston. Thia was the first Certified Tea Master in Texas, teaching/educating Medical Students, Patients, and Caregivers at MD Anderson on the holistic benefits of tea. Chris's assistant for the morning, Chris, treated us to 2 tastings as they were being described to us. We learned of the many health benefits of teas (such as antioxidant properties, as a digestive aid, and good for our skin). Adding cream/milk and sugar to tea negates its benefits - *Stevia* is the only artificial sweetener recommended. We learned that many teas can be resteepped at least once. Enjoy the meditative, relaxing atmosphere of his shop, open daily and located at 2340 W. Alabama, as you peruse teas to purchase, and/or to enjoy a cup on site. Learn more at [THEPATHOFTEA.COM](http://thepathoftea.com)

CIS is a non-profit of 27 local Texas affiliates with a representative on school campuses to offer guidance and counseling to students. They offer health services, such as a dental program, at no cost; tutors; legal and career counseling, involving the parent(s) as much as possible; assistance with food, clothing, and school supplies; referrals for emergency financial assistance; and mentors. They also offer field trips and “career days” to expand student horizons. Across Texas, 58% of K-12 students live in poverty. Of students receiving assistance through CIS, 98% stay in school. To learn more, review their annual 2025 report in one of the booklets Kathryn left with us, or check out their website CISOFTexas.org. Kathryn also left some bookmarks with us that can be more helpful than just being a bookmark! One side gives tips for mindfulness, while the other side gives tips for managing stress. The booklets and bookmarks will be available on the display table.