



Lago Vista
Women's Club

Newsletter



October

2019

Anna Johndrow
President



Welcome October

October is when we traditionally hold our Welcome event for new members, so please take a moment and look around you to identify those sporting butterfly ribbons on their nametags. They are new members! You will probably see a great many of these butterfly ribbons as we have had many new members join us! Go the extra mile to help them acclimate to the many opportunities offered by our organization and be generous with those big Texas "Howdy's" and smiles! New members are all invited to attend an activity designed just for them at 10 am, right before our October 8 luncheon. We have a light-hearted and focused short program planned that should help orientate all the "newbies." Don't worry...no razing is involved!

As I write this, it is 95° outside and the traditional images of October as a transitional month between summer and fall seem to evaporate. I remember how October meant dusting off Grandma's hot chocolate recipe (instead of packets of "just add water") and prepping the sweaters and pashminas we dutifully stored away for the summer. Maybe, sometime around late November, we may get an opportunity to use a light sweater! In the meantime, I plan on rehearsing my rain dance prowess.

Many thanks to Freth Carroll for September's spellbinding program. Glenn Gold did an excellent job in stressing the

importance of being prepared for active shooter events and the wisdom of A.D.D.-Avoid, Deny and Defend. There were over 200 attendees last month, and we were all **very** attentive!

This month's program promises to be JUST as fascinating and captivating as last month's. Selima Harbison, a local entrepreneur responsible for the ever-expanding Farmers Market, will be enriching our understanding of the curative properties of food! We all know that food can make us feel good or bad about ourselves; depending on how many slices of Aunt Cora's delicious minced meat pie we indulged in, but Selima will add the dimension of using food to help restore a healthy balance in our diets and our bodies.

Please take a moment to visit the SIG tables. There will be some new additions, particularly THE PRESIDENT'S LIST. This is not actually a SIG. I'm asking for people willing to volunteer for unique one-off opportunities and needs the club runs into now and then. Check out the list and if there is something that YOU would be perfect for, jot down your name and email address. This newsletter is also chock full of pictures and details about all the great things done in September and planned for October. Thanks, Tami!

October has always been one of my favorite months because of Halloween. It's when all those spicy aromas start wafting out of ovens and candles, and it brings us closer to our Gala. Preparations are underway (See Ruth Lloyd's article), and our planners are perusing everything Brazilian to complement the Gala theme, *A Night at the Copacabana*. How's your Samba?

See you at the luncheon and remember,
TOGETHER WE SHINE BRIGHTER!

Anna

Together
we SHINE
BRIGHTER!

Special points of interest:

- [New Member Celebration](#)
- [Grant Recipient Greeters for October](#)
- [Box Toppers Mobile App](#)
- [SIG's September Photos](#)



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Making Food Your Medicine Fruits, Vegetables, Herbs & Spice



Selima Harbison
Holistic Health Coach &
Business owner

It's not anything new! Everyone knows carrots are good for your eyes, spinach makes you strong like "Popeye", bananas are full of potassium and oranges have vitamin C. Home remedies cover everything from a little ginger ale to settle an upset stomach, chamomile tea to help you sleep, or add a little lemon and honey to settle that cough. And we all know homemade chicken soup will cure almost anything especially when it's made with love. Choosing the right foods can elevate your diet to a whole new level.

Selima Harbison grew up in the Austin area attending RRISD schools, followed by ACC, and the University of Texas Austin. It was while studying psychology and sociology that she discovered the importance of holistic nutrition for health. Added to an understanding and knowledge of botany and gardening she was able heal



Next Month's Luncheon & Program November 12, 2019

Fall Apple Salad

*Mixed Greens with Apples, Blue Cheese, & Toasted Almonds
Served with Cranberry Honey Mustard & Champagne Vinaigrette*

Turkey Pot Pie with Biscuit Topping

*Roasted Turkey Chunks with Carrots, Peas, & Gravy
Topped with Buttermilk Biscuits*

**Mashed Sweet Potatoes
Cornbread & Butter
Pumpkin Pies**

This Month's Luncheon & Program October 8, 2019

Oktoberfest Menu

**Garden Salad Mixed Greens
Seasonal Vegetables and Two Homemade
Dressings**

**Beer Braised Bratwurst with Vegetables Cheese Kugel
Egg Noodles Cooked with Creamy Cheese Sauce
Bread and Butter
German Apple Cake**

herself with food and herbal remedies. For the past two years, she has studied Herbalism at the Chestnut School of Herbal Medicine which has connected her with the most amazing herbal healers from around the country and thousands of years of herbal folk wisdom.

**Be sure to say "Hello" to our October Grant
Greeters: Candlelight Ranch, Lago Vista
Library, and Friends of Lago Vista Library.**

They will be in the Ballroom as you arrive for the luncheon!



WOMEN IN THE MILITARY

Next month's luncheon program will be "Women in the Military." This eye-opening topic will be presented by Emily Dieckmann. In honor of our veterans, Emily will recount some of her experiences in the military and the role women have a do play in defending our country!



Last month we announced the 2020 Gala, "A Night at the Copacabana." This beautiful night will be held on January 25, and we are looking forward to an evening of socializing, a delicious dinner, enjoyable music, fun drawings, the silent auction, and an exciting live auction, all toward our goal of giving back to our community.

There are many ways you can contribute to our success, regardless of whether you are able to attend the Gala. The live and silent auctions depend upon your generosity in volunteering your time to collect items or to personally donate an item such as gift baskets, artwork, jewelry, vacation packages or golf outings, and gift certificates. Auction items should be new, or if previously owned, heirloom quality. If you would like to help by donating something, look for a Donation Form, which must be submitted with your item, on your table at our luncheon. This form is also available on the Gala page of the LVWC website.

Again this year, the Chamber of Commerce office (20624 FM1431, #8) has offered to serve as the drop off location for your items. If you would like to serve on the Auction Committee or have questions regarding the auction, please contact Ruth Lloyd, Gala Chair at 661-645-8439 or Sandra Faske, Silent Auction Chair at 512-589-4342; or simply drop off your donations with the Donation Form at the Chamber of Commerce.

There are other ways you can contribute, as well. Rose Melican will once again manage our Wine Pull, and to help, you can donate a bottle of wine or champagne, valued at a minimum of \$20. If you prefer, give a cash donation of \$20 or more to Rose who will gladly purchase wine on your behalf. These donations may be given to one of them at the luncheon, or you may contact them to arrange to have your donation picked up. Also returning this year will be the popular "Pick A Star" board full of gift cards/certificates valued at a minimum of \$20, many of which are much more. All donations to this drawing are greatly appreciated! If you would like to help fill the board with a donation, please contact Kari (Kati) Monahan at 832-788-8335.

We will begin the sale of tickets to the Gala at our November luncheon. To purchase tickets, you must complete the Ticket Information form. If you are purchasing tickets for others at your table, **you must list each additional couple or individual on the Ticket Information form.** This form will also be available on the October/November luncheon tables, as well as on the Gala

page of our website. If you are unable to attend the November luncheon, you may send your form with a friend who is attending, along with your payment, to purchase on your behalf at the luncheon. If you need a form and cannot print one from our web site, please contact Melony Kempf at 512-466-0773, melonykempflvwc@gmail.com.

January will be here before we know it, so please consider what you can do to help make our Gala a big success! The involvement of our members is so very important and is truly appreciated! A big thank you to the members who have already committed to donating and helping us with this worthy event.

If you need more information regarding the Gala, you may contact Ruth Lloyd, Gala Chair, 661-645-8439, ruth.lloyd@yahoo.com.



The Gala 2020 decorating committee is in need of the following items: tropical greenery (plants, leaves especially palm), flowers, artificial fruit, balloons of various sizes and colors, large baskets, rough sawn wood boxes or crates, straw hats, maracas, ukulele, broken golf umbrellas. If you have any of these items that you could donate or loan to us for the 2020 Gala, A Night at the Copacabana call or email Patty Nixa at 512-971-2942 or patricianixa@gmail.com

NEW MEMBER CELEBRATION!

OCTOBER 8, 2019

Are you new to our organization? It certainly can seem overwhelming coming to our luncheons where you are greeted by a flurry of activity. Don't worry! We know how easy it is to get lost in the crowd. This is why every year we hold a special meeting before the October Luncheon at K-Oaks in the Johnson Room, where you are the star of the show! No need to worry that you are under any pressure to perform a song and dance or a microscope for us to examine. The fun starts at 10 a.m.

No, this is a New Member Meet-and-Greet. It is relatively quiet compared

to the luncheon that will follow. Here you can meet the president and her council, as well as learn about the SIGs (Special Interest Groups,) and why so many visit their sign-up tables before each luncheon. You may be enticed to join them! And you'll hear about the big fundraising gala in January, and volunteer opportunities.

We will also get to know you a little better too—something we really look forward too. So please make plans to join us early on October 8 at 10 am. Contact [Fran Plemmons](#) for more info. We'll save a seat for you!



Halloween Riddle # 1:

Why don't angry witches ride their brooms?
(Answer on page 9)





LVWC October 2019 Events & Special Interests Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sa |
|-----|---------------------------------------|--|-------------------------------------|--|--|----|
| | | 1 | 2 * Mah Jongg 1:00 - 4:00 | 3 | 4 *Learning Bridge 10:00 - 12:00 *Party Bridge 1:00 - 4:00 | 5 |
| 6 | 7 *Cooking Pot 10:30 - 3:00 | 8 *New Member Reception *Musical Notes 11:30 *LVWC Luncheon | 9 *Hand & Foot 1:00 - 4:00 | 10 | 11 *Learning Bridge 10:00 - 12:00 | 12 |
| 13 | 14 *Bunco 1:45 - 4:00 | 15 *Birding Group 9:00 - 10:00 *TED Talks 12:00 - 2:00 *Literary Group 12:30 - 3:00 | 16 *Mah Jongg 1:00 - 4:00 | 17 *Out & About 9:30 CVS Carpool *Kick the Bucket | 18 *Artistic Divas 1:00-4:00 *Party Bridge 1:00 - 4:00 | 19 |
| 20 | 21 *LVWC Wine Tasting 5:00 - 7:00 | 22 *Lunch & a Movie | 23 *Hand & Foot 1:00 - 4:00 | 24 | 25 *Learning Bridge 1:00 - 4:00 | 26 |
| 27 | 28 *Chef's Hat 12:00 - 3:00 | 29 | 30 *Mah Jongg 1:00 - 4:00 | 31 | | |

- Oct 2 — Mah Jongg 1:00 - 4:00
Primrose Room
- Oct 4 — Learning Bridge
10:00 - 12:00
Bluebonnet Room

Party Bridge 1:00 - 4:00
Bluebonnet Room
- Oct 7 — Cooking Pot 10:30 - 3:00
Info at Sign up table
- Oct 8 — New Member Reception
Johnson Room before luncheon

Musical Notes 11:30
Johnson Room

LVWC Luncheon
K-Oaks
- Oct 9 — Hand & Foot 1:00 to 4:00
Sunflower Room K-Oaks
- Oct 11 — Learning Bridge
10:00 to 12:00
Bluebonnet Room
- Oct 14 — Bunco 1:45 to 4:00
Bluebonnet Room
- Oct 15 — Birding Group
9:00 to 10:00
Arrowhead Park
More info at the sign up table

TED Talks 12:00 to 2:00
Lago Vista Public Library

Literary Group
12:30 to 3:00
Bluebonnet Room
- Oct 16 — Mah Jongg 1:00 to 4:00
Primrose Room



Halloween Riddle #2:

What did the ghost teacher say
to her class?
(answer on page 9)

- Oct 17 — Out & About
9:30 at CVS Carpool
Equine Rehab of C. Texas
More info at sign-up table

Kick the Bucket
More info at sign-up table
- Oct 18 — Artistic Divas 1:00-4:00
Library Meeting Room

Party Bridge 1:00 to 4:00
Bluebonnet Room

- Oct 21 — LVWC Wine Tasting
5:00 to 7:00
Sign-up required
- Oct 22 — Lunch & a Movie
Info at sign-up table
- Oct 23 — Hand & Foot 1:00 to 4:00
Sunflower Room K-Oaks
- Oct 25 — Learning Bridge 1:00 to 4:00
Bluebonnet Room
- Oct 28 — Chef's Hat 12:00 to 3:00
Info at sign-up table
- Oct 30 — Mah Jongg 1:00 to 4:00
Primrose Room

For more September SIG information turn the page & keep reading!



Artistic Divas

Next up for the Artistic Divas: Creating Christmas ornaments for K-Oaks Christmas trees! Once again, our incredibly creative genius of Donna Nash will lead the activity.

Date: Friday, October 18th

Place: LV Library's meeting room

Time: 1:00-4:00.

If you would like a complete schedule of this year's activities so that you can make plans to attend, come by the SIG table before the luncheon and pick up a printed copy. If you would prefer, just snap a picture... don't forget to take a picture of the back of the page also!.



Care Group

We are a group of **C**ompassionate, **A**ttentive, **R**eassuring and **E**ncouraging ladies ready to hear from you! CARE members are here to provide cheer and encouragement to all club members.

Please let us know if you or a member you know is ill, in the hospital, facing an upcoming surgery, or going through a difficult time. We will make phone calls, home visits if desired, provide a grocery service, and library book check out service for members that are ill or homebound.

If you need a ride to the monthly luncheons let us know. We are here for you!

Email us at: lvwccaregroup@gmail.com

Christy Ordener 432-349-5492

Trish Aikman 512-786-9615



TED Talks

On Tuesday, October 15 TED Talks will meet at the LV Library at 12 noon.

The topic **"The Gift and Power of Emotional Courage"** will be presented by psychologist Susan David.



The Chef's Hat

Our chef is Becky Pfile. She is ready to turn on the stove and listen for our ahs and sighs. She has a list of bright cooking ideas, some filled with calories and some easier on the scales. Since each gathering is interactive, our new cooking skills and exciting ideas will provide great pleasure for our own dinner tables.

Menu: Soups and Stews & Homemade Bread

Date: October 28 -Classes will be held on the fourth Monday of each month (exceptions are November 18th and December) 16th due to holidays)

Time: 12:00—Each gathering lasting two to three hours

Place: Becky's Home. See Directory for address.

Fee: Each class costs \$20 and is due at sign-up table. This fee includes wine. If you sign up but are unable to attend, a 72-hour notice will be necessary to receive a refund of the \$20 fee.

Class Size: Each class is limited to 10 attendees, but feel free to add your name to the waiting list in case there are cancellations.

Questions: Please call our coordinators:

Lynn Tannehill 254-541-5832

Kathy Lincoln 512-656-6896.

Chef Becky Pfile 832-797-4560.



Kick the Bucket

Destination: Hindu Temple

Thanks to several of our members asking, "when are we going back to the Hindu Temple," we are now scheduled for Thursday, October 17th at 11:00 am.

Why learn about religions other than our own? Thanks mainly to TV, we now are acquainted with more countries and their various styles of living, religion, and government. Knowledge and understanding bring people together.

A short introduction into the history of the Hindu faith, followed by a vigorous question and answer period is planned. We will conclude our experience by watching a regularly scheduled service in the main temple. Please bring along a scarf to wear on the property.

Yes, lunch will likely be filled with observations of the Hindu Temple experience as well as upcoming events in LVWC.

Meet on the hill on Dawn Drive between Thunderbird and the playground of the ATA building. Plan on car-pooling.

Register at the SIG table at the upcoming LVWC monthly luncheon. Your signature, along with a \$10 luncheon check saves a place for you at the Hindu Temple and luncheon table at a nearby restaurant. Cancellation date is Tuesday, October 15th. Have any questions? Call Ann Murrow at 512- 970-4400 or shoot her an email at

ANN'S NEW EMAIL ADDRESS:

AnnMurrow@outlook.com .



Out & About

Whether you like to horse around or just love horses, you will want to join the Out & About group next month as they head over to the Equine Rehabilitation Central Texas in Leander.

When: Thursday, October 17

Time: 9:30 am.

Meeting Location: Carpooling from the CVS lower parking lot in Lago Vista

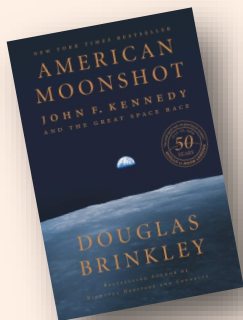
More info at the sign-up table.





The Literary Group

On October 15th, in the Bluebonnet Room, Joyce Coleman, and her daughter, Jacque Havelka will co-present a book review of American Moonshot, John F. Kennedy and the Great American Space Race, written by Douglas Brinkley.



Author: Mr. Douglas Brinkley gives us a unique perspective on the space race and why America was ready to take the lead.

Co-Presenter: Jacque retired after 25 years as a biomedical engineer at Johnson Space Center and had the pleasure of

meeting and talking with both Neil Armstrong and Buzz Aldrin. You will love her story of Neil Armstrong telling about landing the lunar module. She has a unique perspective of those times and on the future of space exploration.

Come, bring a friend and your husband too. This will be an experience to remember.



The Mah Jongg Group has moved location from Tutta Italiana to the Activity's Center Primrose Room. The dates and time will remain the same: Wednesdays, October 2, 16, and 30. We hope to see you then!



Dinner & a Movie

Starting back up this month on Tuesday, October 22. Visit them at the sign-up table to get the low down.



Bunco Group

The Bunco group will begin their gaming fifteen minutes later than previously announced. Join them on October 14 at the Bluebonnet Room from 1:45 to 4 pm for fun, fun, fun!

LVWC November 2019 Events & Special Interests

Preview Calendar

| Su | Mon | Tue | Wed | Thu | Fri | Sat |
|----|---------------------------|---|------------------------|-----|--|-----|
| | | | | | 1 *EC Meeting 9:30 *Learning Bridge 10:00-12:00 *Party Bridge 1:00-4:00 | 2 |
| 3 | 4 *Cooking Pot 10:30-3:00 | 5 | 6 *Mah Jongg 1:00-4:00 | 7 | 8 *Learning Bridge 10:00-12:00 | 9 |
| 10 | 11 *Bunco 1:45-4:00 | 12 *Musical Notes 11:30 *LVWC Luncheon | 13 | 14 | 15 *Artistic Divas 1:00-4:00 | 16 |
| 17 | 18 *Chef's Hat 12:00-3:00 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |



Halloween Riddle #3:
Why didn't the zombie go
trick or treating?
(answer page 9)

***Nov 1 — Learning Bridge**
10:00 to 12:00
Bluebonnet Room

Party Bridge
1:00 to 4:00
Bluebonnet Room

***Nov 4 — Cooking Pot**
10:30 to 3:00
More info at sign-up table

***Nov 6 — Mah Jongg**
1:00 to 4:00
Primrose Room

***Nov 8 — Learning Bridge**
10:00 to 12:00
Bluebonnet Room

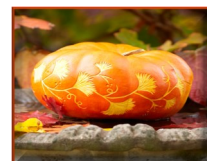
***Nov 11 — Bunco** 1:45 to
4:00
Bluebonnet Room

***Nov 12 — Musical Notes**
11:30 (B/f luncheon)

LVWC Luncheon
K-Oaks

***Nov 15 — Artistic Divas**
1:00 to 4:00
LV Library Meeting Room

***Nov 18 — The Chef's Hat**
12:00 to 3:00
More Info to follow





The Chef's Hat



Box Tops for Education

Box Tops is changing to fit today's families. They have an app! The new and improved mobile app uses state of the art technology to scan your grocery receipt and automatically finds the qualifying products and credits the school you have chosen.

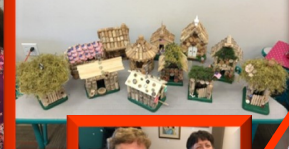
The app is free. No more clipping. Unless you want to. Try it. You may like it.



Birding



Artistic Divas



September LVWC Luncheon



The Artistic Divas met with members of the Garden Club Friday, Sept. 20th to create cork birdhouses. 15 people were in attendance, among them, Barbara Helm, Stephany Morris, Joy Modawell, Judy Lanza, Martha McRae, Carol Bell, Beth Coletta, Susan Huyck, Regina Holmes, Sue Weatherly, Karen Weerheim, Joyce Chong, Debby Spilman, and Mindy Hensen.

A special thank you to our fearless leaders, Rita Davis and Donna Nash who not only showed us how to create them but brought everything we could ever want to adorn our creations with! Everyone had a blast, and the birdhouses that we created will be used for the Garden Club's fundraiser this year. Check out our LVWC Facebook page for more pictures.

Halloween Riddle #4:

Why don't mummies take vacations?

(Answer page 9)





What the Heck?!!



Who says Halloween is for kids?



EDITORIAL

Tamra Flournoy

I only need to hang out with my friendly little peeps (i.e., granddaughters) to realize I was born in the wrong century! They're so lucky and don't even know it. Just imagine if I (like they) were to walk around in public in a tutu, with a tiara on my head and a purse that looked like a unicorn battled the Sequin King and, winning, wore the king's hide as a glittering trophy. Of course, in their attire, they are much more prepared than I to burst into spontaneous song and dance—like their favorite Disney heroines—than I in my capris and T-shirt. At least the glitter that flares from my T-shirts and eye shadow grants me admittance into the hallowed halls of the many princess shops with my little...princesses. I guess that makes me a queen, right? I have recently discovered that I can buy—for a small fortune—glitter flats that, considering my height issues, make me feel young again.

Which brings me to one of my favorite topics: acting young. October is a month to celebrate. Not just because we have somehow survived another Texas summer, but because of Halloween! What other time of year can you throw a bunch of Styrofoam tombstones in your front yard and get away with not mowing the weeds so your cemetery will have a more authentic look? When else can you scare the neighbor kids half to death and still be a member of the neighborhood watch? Of course, in Lago Vista, it can be challenging to get trick-or-treaters to come around, and I'm afraid it may become another childhood tradition that will be lost as trunk-or-treats and other activities replace the door-to-door interactions in Lago. I, for one, would be at a loss if this should come to pass during my lifetime. I feel that in the brief exchanges with the youth (and yes, the young-at-heart teenagers) of our community, I have built a relationship of sorts with them that would

otherwise not have happened at all.

Here are my thoughts on having a successful trick-or-treating home experience. 1. Decorate, Decorate, Decorate! The earlier, the better. This is, in effect, advertising that you will be supporting the wholesome experience of trick-or-treating with CANDY! 2. Post on every Lago Vista Facebook group that you will be open for trick-or-treaters. 3. Live on any main thoroughfare. On National, we get plenty of traffic. (Except the first year the LVPD had a party in competition. That year we were eating candy for the whole year!

Why should the kids have all the fun? I have adopted the philosophy that October is all about pretending to be something you are not. Sometimes I dress up all month. One day is Princess Day, one day was Hobbit Day, another was Vampire Day, then Star Trek Day, another Elf Day.

So here is my fun challenge to you. Dress up with me for our October Luncheon. I'll bring a plastic pumpkin full of treats, and if you are dressed up, come see me for a treat! We can pretend we are ten years old! Besides, usually on Halloween, you start out with massive amounts of candy and end up with a pot full of fun memories. Nothing really wrong with that, of course, but it is nice that the Halloween-sized sweets are just the right size for calorie-conscious adults—as long as you eat one and not six or more.

See you at the luncheon!
Tamra Flournoy





OCTOBER BIRTHDAYS

Frighteningly Correct!

| | | | |
|--------------------|----|-----------------|----|
| Nelda Daigle | 1 | Janet Smith | 12 |
| Laura Stewart | 3 | Trisha Upchurch | 18 |
| Miriam Barrett | 4 | Susan Knox | 19 |
| Virginia Hoover | 4 | Kathy Harper | 21 |
| Dottie Reid | 4 | Elyse Ernst | 22 |
| Nancy Didonato | 4 | Ruth Lloyd | 22 |
| Diane (Diny) Payne | 7 | Sybil Arnold | 26 |
| Linda Niblock | 9 | Carol Magrone | 27 |
| Cynthia Lee O'Hare | 10 | Pat McSkimming | 29 |



Answers to Four Halloween Riddles:

- #1: They're afraid of flying off the handle.
- #2: "Watch the board and I'll go through it again."
- #3: He felt rotten.
- #4: They're afraid they'll relax and unwind.



Next month, I'd like to use kids with pumpkins for my clip art. I remembered that I have tons of grandchildren pics posed with them. I bet you do too! If you'd allow me to use some of yours, please send them to me by email by October 15, so I have time to prepare them. I will not name the children in the publication (for obvious reasons.) However, if you like, I will mention whose grandchildren or children they belong to.

Thanks a bunch,
Tamra Flournoy

Remember all submissions for the November 2019 LVWC Newsletter are due by October 25, 2019. Please send all submissions to:
LagoVistaWCNewsletter@gmail.com

Congratulations
To
Rose Mellican
Winner of our
Free Lunch
at our
October Luncheon!

