



Love keeps the cold out better than a cloak.

Henry Wadsworth Longfellow  
www.lvwmensclub.com

Founded in 1978

41 Years Strong!

LagoVistaWCNewsletter@gm



The holiday season always puts emphasis on the warm, fuzzy feelings of sharing with family and friends and conjure up the traditional images of hot chocolate, blazing fires, singing together with so much enthusiasm that no one notices if you're off-key and eating just a little bit more than we had intended. As we prepare to practice writing 2020 on our checks, it is also valid to take a moment to reflect on the accomplishments and challenges that have been confronted and overcome. Our club is very blessed to be able to look back at 42 years of steady growth and development and rejoice in how our heritage and commitment are destined to continue contributing to and enriching our lives and the lives of those who live on the North Shore.

On January 25, we will celebrate our annual Gala, this year themed **A Night at the Copacabana**. K-Oaks will be transformed into a Brazilian wonderland of bright colors, tropical flair and much excitement. We can look forward to a lot of hugging, getting our pictures taken, playing a lot of fun games, eating deli-

cious food provided by Alfred's Catering, enjoying a great bottle of wine from the Wine Pull, placing our bids on the silent auction items and preparing for the exciting roller-coaster ride of the live auction. Last year, as every year, our Gala provided the funds with which we help support local civic organizations and scholarships to graduating seniors. After the hard work that goes into producing the fun Gala comes the hard work of judiciously sharing the funds our efforts bring to our coffers. But, like everything we do, it will be done with joy and smiles! Many thanks to Ruth Lloyd and her fearless posse of hardworking visionaries in bringing a little bit of Brazil to our community. *Junte-se para ter uma noite muito divertida.*

Our January 14 luncheon features Mayor Ed Tidwell, and I have heard, through the grapevine, that he is eager to share news about our town with us. After all, there is no other place on the North Shore where he can address so many of the citizens in one sitting! As if by magic, the trappings of the season will

have been stored away until next year, (thanks to Donna Nash and her hardworking Christmas Elves for this!), our tables will be decked out by Betsy Brown and Bev Lee and Alfred has thoughtfully put together a "Resolution" salad bar. Thanks to Carolyn Baranowski-Risi, our Lunch Lady, for taking the lead on a menu that acknowledges post festivities challenges!

As we plan for the New Year, I am reminded of Bill Vaughn's wise words: "Youth is when you are allowed to stay up on New Year's Eve...middle age is when you are forced to." My addendum: "Old age is when you record it on the DVR and watch the celebration in the morning."

Happy New Year, everyone! No matter where you fall in the continuum, may the coming year bring you tons of joy, friendship, and sharing.

Anna



### Special points of interest:

- [Take a Sneak Peek at some of the Gala 2020 Auction Items](#)
- [January Birthdays](#)
- [Free January Luncheon Meal Winner](#)

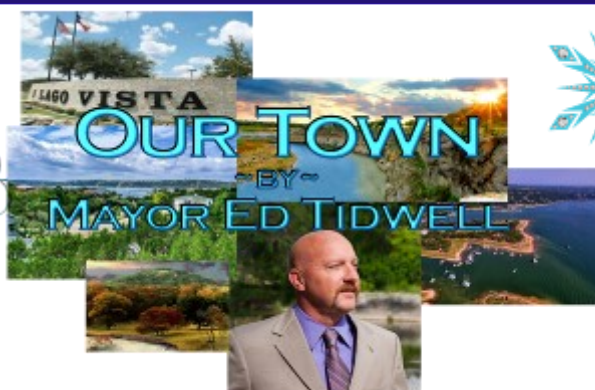


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## This Month's Luncheon & Program January 14, 2020



### Resolution Luncheon

#### Chef's Salad Bar

*Mixed greens & spinach with grilled chicken, bacon, hard-boiled eggs, cheese, seasonal vegetables, and croutons. Served with two salad dressings.*

#### Tomato Bisque

#### Selection of Breads & Crackers

#### Chef's Choice Dessert

Find out where we are as a growing city, what is happening and where we are headed. [CLICK HERE](#) to read more about our mayor or navigate to page 10.



"Love Songs" presented and conducted by Nancy Moore. With Valentine's Day coming right up, Nancy and her group will provide us with some of our favorite love songs to get you in the mood.



## Next Month's Luncheon & Program February 11, 2020

### That's Amore

#### Caesar Salad

*Romaine Lettuce with shaved parmesan, crutons and Caesar Dressing*

#### Build Your Own Pasta Bar

*Penne pasta with sides of grilled chicken, beef meatballs, creamy Alfredo and marinara Sauce*

#### Seasonal Vegetables

#### Bread & Butter

#### Chef's Choice Dessert





Are you excited yet? Is your anticipation growing? We are fast approaching our long-anticipated "Night at the Copacabana," and this fun-filled evening should be a blast for all who attend! Renee Jones will return again this year, providing us with her amazing auctioneering skills. The Prodigy Music Group will provide music for our listening and dancing pleasure. Alfred will once again provide a delicious meal as we are surrounded by colorful and exotic décor created by the talented

Patty Nixa and the Gala Gals!

Everyone on the Gala committee, along with so many of the generous ladies in LVWC, has been busy working on the details and gathering items for our live and silent auctions. We have some exceptional live auction items, some of which would be perfect for bidding with a group of friends, as they would accommodate several people. Our live auction items include: a three-night stay at a 4110 square foot vacation home in Santa Fe, New Mexico; a week's hotel stay in New Orleans; a two-night Bed & Breakfast stay in Fredericksburg; a sunset pontoon boat cruise with appetizers served onboard and a dinner for 4 included across the lake; we have two exquisite items of jewelry, one from Whitestone and another from a generous member; a wine tasting class for 20 at Total Wine & More; an exotic animal safari at a local ranch; two



gourmet dinner offerings and an aviation experience – details of which are being finalized.

Silent auction item donations continue to come in, and there will be a wide range of items on which to bid, including jewelry, art, golf packages, entertainment and restaurant gifts, hand-crafted items, and beautiful gift baskets of a wide variety. Rose Melican will be busy at the popular Wine Pull table, where for \$20 donation, you receive a bottle of wine valued at \$20 or more. And once again, you may participate in Pick A Star. Behind each star is a gift valued at a minimum of \$20, many valued higher, and you can pick your star for a \$20 donation. We are bringing back the Lotto Ticket drawing along with the Heads & Tails game. Also, we are introducing a 50/50 raffle, so there will be something for everyone at this year's Gala!

It's not too late to donate an item to our live or silent auctions. We will be collecting items through January 18, and those can be dropped off at the Chamber of Commerce office or brought to the January luncheon. If you would like someone to come by and pick up your item, we are happy to do that! Contact Ruth Lloyd (661-645-8439) or Sandra Faske (512-589-4342), and we will make arrangements. And remember, if you would like to attend the Gala but did not purchase a ticket, we have a few tickets left, please contact Melony ([melonykempflvwc@gmail.com](mailto:melonykempflvwc@gmail.com)) to buy tickets, once we're sold out we will start a waiting list.

See you at the Gala!

Ruth Lloyd,  
Gala Chairwoman

### Gala Wine Pull

Donations of red and white wine, as well as champagne are still needed and appreciated for the Gala Wine Pull.

- Bring your bottle of wine to Rose Melican at the January luncheon.
- It is requested that the wine you donate have a minimum value of \$20.
- You can make a cash donation in lieu of wine to Rose, Dorothy or Vicki (see contact information below) and we will be happy to shop for you.

Thank you for supporting our Women's Club Gala and by extension, all of the community programs and scholarships that benefit as well.



As of the time of publication, there are still a few seats left. If you've lost track of the time, you may still be in luck to purchase your tickets for the 2020 Gala Event, "A Night at the Copacabana." Please contact Melony Kempf at (512) 466-0773 to see if there is a seat still available for you and your company.

### ~Gala 2020 Menu~

#### Garden Salad

*With seasonal vegetables  
with two dressings on the side*

#### Herbed Pork Loin

*Pork loin with fresh herbs, roasted and  
served with a red wine sauce*

**Seasonal Roasted Vegetables**  
*drizzled with a red wine sauce*

#### Yellow Rice

**Brazilian Bread/Cuban Bread**  
**Coconut Pineapple Cake**



Rose Melican (512) 466-8514  
Dorothy Gudgell (512) 267-3717  
Vicki Perrin (214) 766-7441

Need something to fight off the chill of a Texas January while whetting your appetite for all things Copacabana? Maybe you'd like a little preview of some of things available for auction during our 2020 Gala Event, "A Night at the Copacabana."

Please keep in mind that these lists are only partial as the lists expand daily.

In case you missed it in Ruth Lloyd's article on the previous page...

### A Few of the Live Auction Items To Keep You Up At Night Dreaming

- A three-night stay at a 4110 square foot vacation home in Santa Fe, New Mexico
- A week's hotel stay in New Orleans
- A two-night Bed & Breakfast stay in Fredericksburg
- A sunset pontoon boat cruise with appetizers served onboard and a dinner for 4 included across the lake
- A wine tasting class for 20 at Total Wine & More
- An exotic animal safari at a local ranch
- Two gourmet dinner offerings
- An aviation experience – details of which are being finalized.

### Sneak Peek at Some of the Silent Auction Items Already Rounded Up

- 24 Collectable Cats; 3 Piece Display Case (Valued at \$50.00)
- Metal Oven Rack ( included with a Basket item) (Valued at \$10.00)
- Black leather Vibrator Chair (Valued at \$50.00)
- Shiner Bock Mirror (Valued at \$50.00)
- Menchie's Frozen Yogurt (Valued at \$44.95)
- Truluck's Restaurant (Valued at \$150.00)
- Point Venture (2) Golf Lessons (Valued at \$178.00)
- Bella Sera Italian Restaurant (Valued at \$50.00)
- William Chris Vineyards - Winemaker's Choice tasting for 6 (Valued at \$120.00)
- Lago Vista Municipal Golf Course (Valued at \$160.00)
- Flat Creek Estate Winery (Valued at \$70.00)
- Custom-made Birdhouse by Sam Albus (Valued at \$200.00)
- Hand beaded blue/Gray necklace and earrings by Bonnie Rupprecht (Valued at \$50.00)
- Pink Robe (Valued at \$20.00)
- Framed handcrafted Silk Butterfly portrait (Valued at \$50.00)
- 14k gold necklace with Signity Star Zirconias (letter of appraisal included) (Valued at over \$200.00)
- Costume Jewelry: Silver Bracelet with Austrian Crystals, Black and Gold necklace with earrings, and Clip on earrings (Valued at \$84.00)
- Tequila, Triple Sec, Vodka and Margarita glasses (Valued at \$75.00)
- Point Venture Round of Golf for 4 Golf carts included (Valued at \$160.00)
- William Chris Vineyards - Winemaker's Choice tasting for 6 (Valued at \$120.00)
- Handmade State of Tx barndwood wall hanging with a Star beer cap to mark Austin (Valued at \$50.00)
- Alamo Cinema Tickets (6) (Valued at \$80.00)
- Lake Travis Map Serving Tray (Valued at \$169.00)
- Sun Auto Service (Valued at \$140.00)
- Custom Made Wine Rack (Sam Albus) (Valued at \$125.00)
- Hand beaded necklace (Shoe Theme) by Jeanie Haynes (Valued at \$150)
- Custom Frame and Poster of Rio (Valued at \$300.00)
- 6 placemats featuring flowers of Australia; Black Table Runner, 8 Burgundy napkins with ring holders (Valued at \$70.00)
- Galvanized copper trim Texas Sconce (Valued at \$200.00)
- Susan Chambers 2 Haircuts, 1 hair color (Valued at \$195.00)



## LVWC SIG & Special Events January 2020 At-a-Glance Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 *Mah Jongg 1:00 - 4:00	2	3 *Christmas Elves 9:00 - 12:00 *Learning Bridge 10:00 to 12:00 *Party Bridge 1:00 to 4:00	4
5	6 *Cooking Pot 10:30 - 2:00	7	8 *Hand & Foot 1:00 - 4:00	9	10 *Learning Bridge 10:00 - 2:00 *Artistic Divas	11
12	13 *Bunco 1:45 - 4:00	14 *Musical Notes 11:30 *LVWC Luncheon	15 *Mah Jongg 1:00 - 4:00	16 *Kick the Bucket	17 *Learning Bridge 10:00 - 12:00 *Party Bridge 1:00 - 4:00	18
19	20 *Wine Tasting Around/World 4:00-6:00	21 *Birding Group 9:00 - 10:00 *Literary Club 12:30 - 3:00	22 *Hand and Foot 1:00 - 4:00	23	24 *Learning Bridge 10:00 - 12:00	25 LVWC GALA: A NIGHT AT THE COPACABANA
26	27 *Chef's Hat 11:00—2:00	28 *Lunch & a Movie *Firearms Group 9:00—10:30 *TED Talks 12:00 -1:00	29 *Mah Jongg 1:00—4:00	30	31 *Learning Bridge 10:00—12:00 *Party Bridge 1:00 - 4:00	

Jan 1 — Mah Jongg 1:00 to 4:00  
Primrose Room-Activity Center

Jan 3 — Christmas Elves 9:00 to 12:00  
Un-decorating at K-Oaks  
Learning Bridge 10:00 to 12:00  
Bluebonnet Room  
Party Bridge 1:00 to 4:00  
Bluebonnet Room

Jan 6 — Cooking Pot 10:30 to 2:00  
Info at sign-up table

Jan 8 — Hand & Foot 1:00 to 4:00  
Sunflower Room K-Oaks

Jan 10 — Learning Bridge 10:00 to 2:00  
Bluebonnet Room  
Artistic Divas 12:30 to 3:30  
K-Oaks Sunflower Room  
Perpetual Calendar

Jan 13 — Bunco 1:45 to 4:00  
Bluebonnet Room

Jan 14 — Musical Notes 11:30  
Johnson Room  
LVWC Luncheon

Oaks  
Jan 15 — Mah Jongg 1:00 to 4:00

Primrose Room-Activity Center

Jan 16 — Kick the Bucket  
Info at sign-up table

Jan 17 — Learning Bridge 10:00 to 12:00  
Bluebonnet Room

\*Party Bridge 1:00 to 4:00  
Bluebonnet Room

Jan 20 — Wine Tasting Around/World  
4:00-6:00 Sign-up required

Jan 21 — Birding Group 9:00 to 10:00  
Info at sign-up table

Literary Club 12:30 to 3:00  
Bluebonnet Room

Jan 22 — Hand and Foot 1:00 to 4:00  
Sunflower Room K-Oaks

Jan 24 — Learning Bridge 10:00 to 12:00  
Bluebonnet Room-Activity Center

Jan 25 — LVWC GALA:  
A NIGHT AT THE COPACABANA  
tickets required

Jan 27 — Chef's Hat 11:00 to 2:00  
Info at sign-up table

Jan 28 — Lunch & A Movie  
Info at sign-up table

Firearms Group 9:00 to 10:30  
Bluebonnet Room

TED Talks 12:00 to 1:00  
Lago Vista Library

Jan 29 — Mah Jongg 1:00 to 4:00  
Primrose Room

Jan 31 — Learning Bridge 10:00 to 12:00  
Bluebonnet Room

Party Bridge 1:00 to 4:00  
Bluebonnet Room



### Artistic Divas

Here's the scoop on the next project the Artistic Divas will tackle.

#### Creating: **Wooden Perpetual Calendars**

**Date:** Friday, January 10, 2020

**Time:** 12:30 – 3:30

**Place:** K-Oak's Sunflower Room

**Cost:** \$20.00

**Class Size Limit:** 15



We have room for 3 more people and will create a waiting list after that. Please contact Mindy Hensen if you are

interested. 512-636-0423 or [mindyhensenlvwc@yahoo.com](mailto:mindyhensenlvwc@yahoo.com).

Glancing Ahead: In February, the Artistic Divas will tackle the art of Acrylic Pouring.



### Birding Group

Mark your calendars for Tuesday, January 21, 2020. We will be birding at the ranger station of Balcones National Wildlife Refuge which is just 5 miles away from our CVS. And bonus - the refuge will have a park ranger go birding with us to point out specifics. We will carpool from CVS. Meet at the lower parking lot of CVS at 8:45 am. We will bird from 9:00 to 10:00 am.



### The Cooking Pot

It is always some new taste treat and cooking technique with this group. Next month we are off to Sheila Nichols house for our annual pot luck. Since we will not be preparing the food there, we will gather at 11:00 to once again laugh, share each other's company and break bread together



### The Chef's Hat

The Chef's Hat meets on the 4<sup>th</sup> Monday of each month, from 11:00 until approximately 2:00.

**Questions: Please call our coordinators:**

**Lynn Tannehill 254-541-5832**

**Kathy Lincoln 512-656-6896.**

**Chef Becky Pfile 832-797-4560.**



### Firearms Group

**Next meeting:** January 28th

**Time:** 9:00 am

**Place:** Bluebonnet Room of the LVPOA Activity Center

- This will become the group's regular club meeting time. (*The 4th Tuesday*)
- Members will go to shoot as a group in January, date TBA (Nancy Hamilton will send an email to club members).
- The next basic safety pistol course will be scheduled for after the holidays.
- At the January meeting Concealed Carry Licenses will be discussed.



### Care Group

We are a group of  
**Compassionate,**  
**Attentive,**

**Reassuring and Encouraging** 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](mailto:lvwccaregroup@gmail.com)

Christy Ordener 432-349-5492

Trish Aikman 512-786-9615

# SIG & Special Events February 2020 Preview Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 *Cooking Pot 10:30-2:00	4	5 *Mah Jongg 1:00-4:00	6	7 *Learning Bridge 10:00- 12:00 *Party Bridge 1:00-4:00	8
9	10 *Bunco 1:45-4:00	11 *Musical Notes 11:30 *LVWC Luncheon	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29 <i>Leap year!</i>



**Feb 3 — Cooking Pot** 10:30 to 2:00  
Info at sign-up table

**Feb 5 — Mah Jongg** 1:00 to 4:00  
Primrose Room

**Feb 7 — Learning Bridge** 10:00  
to 12:00

Bluebonnet Room

**Party Bridge** 1:00 to  
4:00

Bluebonnet Room

**Feb 10 — Bunco** 1:45 to 4:00  
Bluebonnet Room

**Feb 11 — Musical Notes** 11:30  
Johnson Room

**LVWC Luncheon**  
K-Oaks



## January 2020 Birthdays!

Starting the year off right —celebrating the day of your birth!

Shirley Fenley 1  
Maggie Prather 1  
Lisa Walker 4  
Vicky Lockwood 5  
Suzanne Chandler 6  
Dorothy Runge 6  
Rachel Deaton 7  
Tiina Johnson 9  
Madilyn McFarlin 11  
Joy Modawell 11

Reasa Burton

13

Shirley Boleman

19

Susan Galvan 20  
Mary Bill Royder 20  
Debby Smith 20  
Annie Kouse 21  
Jane Russell 22  
Beverly Lee 25  
Edna Nance 30  
Beth Breault 31  
Nora Skaff 31  
Rhonda Treaster 31



Our party was held at Donna White's house. The bubbly theme (honestly, what a way to start, pineapple mimosas) was "Bon Voyage." Donna is building a new home, and so this was the farewell party to her present lodgings.

Our planners were Donna, Susan Hashem, Ro Cass, and Robyn Burkhart.

Once again, it was delicious. Cups of tomato/basil soup with mini grilled cheese sandwiches were followed by baked teriyaki chicken accompanied by pineapple and coconut rice and roasted Brussel sprouts.

Of course, since we did not have enough to eat, the meal was finished off with TWO deserts, mini-Baileys no-bake cheesecakes and Raspberry meringue shooters with spun-sugar nests. They were works of art. Sadly, there are no pictures of the yummy confections as they were devoured too



In December, the Artistic Divas met and created Christmas trees by covering Styrofoam cones with vintage jewelry, buttons, and even small Christmas ornaments.

Susan Hashem and Mindy Hensen led the group.

Susan painted some of the trees silver, and others were green, so participants were able to choose which would go better with the decor that they brought.



Are you a glue gun queen? Do you aspire to be a craft wizard? Wanna really help tackle a massive craft project?

We are looking for helpers making a fabulous Women's Club 4th of July float!

Please let Anna Johndrow know if you are game to assist!

At the January Luncheon our scheduled Grant Recipients are: The Lago Vista Players, and The Lake Travis Music Theater. Make a point of saying "hi" to their representatives and give them a warm LVWC Texas welcome!

Congratulations to Dee Phipps, winner of a free lunch at January's luncheon! YAY!

2020  
LOADING.....



FYI—wine is available before and during lunch for a nominal donation. Proceeds go directly into our charitable account for scholarships and grants. (Special thanks to all those who have donated wine for this cause!)





January 2020

## EDITORIAL

Tamra Flournoy

*Every January, I am reminded of the many years I made lists of massive changes I would make to become someone new and improved. If I was lucky, I'd survive about a week of implementing the lofty challenges I created for myself. One of the most significant was to lower my weight and become more healthy. (This wasn't just a few resistant pounds I was trying to shed either, at 5'1" I had maxed out at 283 lbs.) However, the harder I worked at goals in this area, the harder it became to reach them until I am now literally allergic to exercise. (I'm not even kidding.) I finally resorted to surgery to bring my weight into a more healthy range. I recently came across an article I wrote over 25 years ago when I was in the midst of this battle of the bulge and raising my five small children. I hope you won't mind my sharing some of it with you.*

Has it ever happened to you? After months of denial and agonizing hunger, you step on the scale and realize that it's all been for naught? Have you ever wondered if maybe your water makeup was more than the regular 98%? Have you come across jeans that fit you last year and now...well, not so much? I have. In fact, for once, I'd not gained any weight during the year in question. I was sort of in a holding pattern, so I was determined that those pants would be worn. I reasoned that they just needed to be "stretched" a bit. (This was before NASA invented Spandex and Lycra.)

That was when I learned that not all weight was the same. There were a good five inches to close the zipper on those traitorous Levi's. Still, I was determined they would go on. Weirdly, the *Mission Impossible* theme began pounding its rhythm in my head. I discovered that laying on the bed and exhaling slowly allowed me to slowly close the zipper. After thirty minutes of this exercise, I was successful!

So what if I couldn't move. So what if I couldn't even breathe. So what if there was now no hope of ever removing them and was now destined to live the remaining seconds of my life in those jeans and then be buried in them.

After suffering for over thirty minutes, my children managed to break down the bedroom door, where they found me blue in the face with my eyeballs about to pop out.

"Help," I gasped, driving the last remnants of oxygen from my lungs. My youngsters were delighted to finally have permission to call 911 and not get in trouble. After surgically removing my jeans and putting me on pure oxygen, the emergency medical technicians assessed that any brain damage was pre-existing. Why else would anyone attempt something so dangerous? My advice to you is, don't try it. It is not worth the humiliation.

Over the years, I have tried every diet on the planet, most of which are designed to shrink your pocket-book more than your weight. Finally, in desperation, I found that the best way to achieve your ideal weight is to simply adjust your scales.

*Of course, this article was to poke fun at a problem that plagued me for most of my adult life. It was a stress reliever. What I have learned since then, is that whenever you make challenging, grandiose goals to better yourself, you will likely fail. You practically set yourself up for it. Instead, with the end goal in mind, make small goals—work on them one at a time—ones that you can sustain long-term. Celebrate your baby-step goals, and in this way, lasting change can be achieved. Now, if I can figure out what baby steps I should take next...Wait, I am a short person. Every step is a baby step! Problem solved!*



## OUR TOWN—Lago Vista, TX

Presented by Mayor Ed Tidwell



**MAYOR ED TIDWELL**

A few things you may not know about Mayor Tidwell; he was born in 1964 in Lovington, NM and moved to Austin in 1970. He graduated from Westwood High School in 1982 and enrolled at Texas A&M University that fall. In 1984 he joined the United States Marine Corps and retired as a First Sergeant in 2010. In 1995 he moved to Lago Vista and began a career as an Austin Fire Firefighter that same year. In addition to being the mayor, he is still employed as a Fire Specialist with the Austin Fire Department. Together with his wife Kathryn Skurupcy-Tidwell, they have raised seven children; including three step-children, two foster children, and two of his own. All of them have attended school in Lago Vista. As if that wasn't enough, he has served in various civic and youth organizations over the years including: The Lago Vista Jaycees, Lago Vista Pop Warner Football and Cheer Association, North Shore 4-H Club, Lago Vista Lions Club,

American Legion, and the VFW. He was first elected to the Lago Vista City Council in May of 2012. In November 2017 he ran and was elected Mayor. He was re-elected to his second term in November of 2019. In his spare time for relaxation, he enjoys gardening, raising farm animals, scuba diving, running, and traveling as well as spending time with his wife and family.

Mayor Tidwell may be able to tell us a few things that we don't know about Lago Vista and what it means to be mayor.



— HAPPY NEW YEAR —