

FRIENDS AND NEIGHBORS WOMEN'S CLUB

# WELLOME

Our monthly General Meetings are BACK, and we want to see everyone on Tuesday, September 3rd for the new FAN season!

George H.W. Bush Community Center • 6827 Cypresswood Drive Coffee & Social Mixer at 9:30 a.m. • Club Business & Program at 10 a.m.

### President's Message

Kim Gerrish, President

**House-Open:** September 3,

2024 @ 9:30 a.m.

**The Lot:** George H.W. Bush

Community Center

Crafty: get your coffee, water,

and/or tidbit

**Call:** pick-up your directory **Call:** sign-up for activities

Call: sign-up to attend and volunteer

for the Let It Snow Holiday Charity Luncheon

Call: sign-up to attend the Painted Churches Day Trip

Call: visit with current and new friends

**Places everyone!** Camera on the set @ 10:00 a.m.

Features: Now Showing

**Finale:** Silverback Self Defense's Robert Webre with basic

techniques on how to effectively defend ourselves

See you later ...



### Proposed Budget to FAN Members

Kim Gerrish, President

On August 23rd, all members will receive an email with the Board

Approved Proposed Budget along with the September 3rd General Meeting reminder. Please send comments regarding the Board Approved Proposed Budget in writing to **Kim Gerrish** at <a href="mailto:kimgerrish@yahoo.com">kimgerrish@yahoo.com</a> by August 30th for a response during the September General Meeting prior to the Membership vote. For the sake of brevity, there will not be open comments from the floor during the General Meeting.

### HEAR YE! HEAR YE! HEAR YE!

Barbara Pack, Directory Chair

At our first FAN meeting of the year, September 3, our new 2024-2025 membership directories will be here.

There are a lot of new ads and other changes made to the directory. For the nominal price of one **signature** you too can own one. Yes, you can pick up a directory for a friend, but you will have to sign for it, too.

I want to thank Shelley Gross, Lin Fish, Tina Snodgrass, Laurie Nimberger, Jennifer Banks, Merry Keith and Eddie Pratz for helping to get the ads. Thank you Susan Butler for all your advice.

The cover was designed by my brother and sister-in-law, Steve and Luanne Zemanek.

I especially want to thank **Laurie Nimberger** for creating ads,
editing the directory and being a
great source of information with
this journey.

I hope you all enjoy the new directory as much as I did putting it together!

### September General Meeting Program:

### Stay Safe and Empowered: Self-Defense Seminar for Seniors

#### Sandy Darst,

1st Vice President of Programs

Welcome back to FAN 2024-2025! Our first program features a nationally known speaker, Robert Webre, who has 20 years of experience as a self-defense trainer, possesses a black belt in martial arts, is a Team USA coach, and is a keynote speaker in self-defense and personal protection. He has owned Cypress Martial Arts and Fitness for over 15 years and founded Silverback Self-Defense (silverback -selfdefense.com). Robert is skilled in many areas of personal safety, including a 6 -degree Black Belt in taekwondo; he is a certified taekwondo ITF International instructor and is also an international competitor at the world championship level. Robert is also a certified KMG Krav Maga Instructor. If you are wondering...Krav Maga is an Israeli self-defense system used worldwide to train military and special forces. Robert holds numerous instructor certifications, including a Texas License to Carry instructor and NRA's 'Refuse To Be a Victim' program. In addition to his self-defense training, Robert is enthusiastic about wellness and fitness, and is a personal trainer and Kettlebell instructor.



Robert Webre

Robert's seminar will equip you with the knowledge and skills to protect yourself. You'll learn:

- Situational Awareness: Sharpen your awareness at home and while you're out.
- Predatory Tactics: Understand how criminals target seniors and how to avoid becoming a victim.
- De-escalation and Avoidance: Learn the best practices to stay safe and minimize risk.
- **Self-Defense Techniques:** Master simple yet effective methods to handle common grabs and holds, even with limitations.

I am excited about the upcoming year, and I hope to see you at our first meeting in September!



Mary Ales, Charity Chair

MCWC provides trauma-informed care using a strengths-based model of empowerment. MCWC says "It is our privilege to provide services to victims of domestic and sexual violence who courageously walk through our doors to begin their personal journey of healing." It is such a wonderful and worthy organization, and I am honored to chair and work with them.

There are several ways to help them in addition to our lovely Holiday Charity Luncheon. We will be planning several fundraisers this year, but you can support them now through their Amazon Wish List.

## **Literary Review Book Club**Kathy Court,

Literary Review Lead

Date: September 25th

Time: 1 p.m.
Hostess: **SJ Lewis**Book: *Black Cake* 

Author: Charmaine Wilkerson

### Page Turners Book Club

Adrienne Juno,

Book:

Page Turners Lead

Date: September 11th
Time: 1:30 p.m.
Hostesses: Sue Collins &
Christel Clark

The Exiles

Author: Kristin Baker Kline



# Looking for FAN Paparazzi

**Debi Swaney**, Social Media Chair

We love sharing photos of our FAN activity groups on Facebook. Please take photos of your groups, even if the group is currently closed, so we can share all of the fun that our FAN ladies have each week! Just email your photos to <a href="mailto:debi.swaney6@gmail.com">debi.swaney6@gmail.com</a>. Thanks!



### **Membership Updates**

Gayla Baker,

2<sup>nd</sup> VP of Membership



"A friend is someone who knows all of you, and loves you anyway."

Greetings Ladies,

As of August 12th, 2024, we have 252 paid members who have renewed for the 2024-25 Season of FAN. THANK YOU so much to all who have paid. You will be in the new directory in September, so we are looking for some new members

I am initiating a reward for the member who brings the most members into the club this year, starting with our first meeting on September 3rd through the end of the 2024-25 season, ending May 31st. The reward will be given at the Spring Luncheon.

**Note:** This reward is open to all members who have brought in new members during the summer for the upcoming season. We value each and every one of your contributions to our club's growth.

If you know of anyone who would like to join, just let them know they can send a \$25 check made payable to FAN to Gayla Baker at 7703 Hertfordshire Drive, Spring, Texas, 77379, and call me with their information if they do not want to fill out the application.

We wish to extend a warm welcome to our newest members who have joined since the August newsletter:

- Judy Wilson
- · Heather Pagarani
- Ashley Campbell
- Carolyn Sarvis
- Corliss Long
- Kristy Munoz

Let all your friends and neighbors know about our club and encourage them to come to an activity so they can see for themselves what a great group we are!

They can also check us out at <a href="www.fanwomensclub.com">www.fanwomensclub.com</a>, or email us at <a href="mailto:fanwomensclub@gmail.com">fanwomensclub@gmail.com</a>.

Hugs 'til next month!

### **Hospitality Report**

Merry Keith, Hospitality Chair

We're off to a great start and getting prepared for the first meeting September 3rd! There will be coffee, water, and a delicious "snack" at each meeting, with friendly faces to greet you. We have a wonderful group of ladies on our committee with some really good ideas. If you think you might like to join the Hospitality Committee, please send me an email at <a href="mailto:mheart2keith@gmail.com">mheart2keith@gmail.com</a>.



Lupe Lopez	9/1
Linda Comeaux	9/8
Betty Carew	9/10
Terri Williams	9/10
Sue Due	9/11
Annette Murray	9/13
Yvonne Rogers	9/13
Rayne Castle	9/14
Vee Mann	9/14
Peggy Bell	9/16
Krystyna Warwick	9/20
Sue Behnke	9/22
Frances Elmore	9/22
Pat Lee	9/24
Sondra Sortillo	9/25
Lois Redford	9/26
Lynn Gray	9/30



Mark your Calendar for these upcoming FAN events!

**September 3:** General Meeting Stay Safe & Empowered: Self Defense for Seniors with Robert Webre

**October 1:** General Meeting *Making Floral Arrangements 101 with Cathleen Bickford* 

**October 25:** Day Trip *Visiting the painted churches in Schulenburg* 

**November 12:** General Meeting Community Choir Showcasing Outstanding 3rd, 4th, 5th and 6th Grade Singers with North Houston Children's Choir (NHCC)

**December 3:** Holiday Charity Luncheon

**December 11:** Holiday Goodie Exchange

### Railroad Canasta

Kim Gerrish,

Railroad Canasta Lead

Upcoming date: Tuesday, September 10th

\$2.00 + cost of lunch

Would you like to join? Trained players get together on the 2nd Tuesday of each month. If you need training or want to be added to the contact list, just email <a href="mailto:kimgerrish@yahoo.com">kimgerrish@yahoo.com</a>.

#### **August Winners:**



1st Place: Pat Ramsey 2nd Place: Tina Snodgrass 3rd Place: Pat Lee

Dirt Divas: Galveston

and Seabrook

Etta Gager,

Dirt Divas Lead

On **Tuesday September 24th**, the Dirt Divas will be going to Galveston for the Tree Sculpture Tour. We will then drive to Seabrook and



visit the Maas Nursery. We have a Precinct Bus reserved. This trip will be led by **Cathy Harrison** and **Emily Carter**. Contact me for

more details at egager8@yahoo.com.

#### DID YOU KNOW?

FAN has a Facebook page. www.facebook.com/fanwomensclub

#### DID YOU KNOW?

You can view old newsletters, meeting minutes and more in the member's only section of our website. Click on 'FAN Member Login' at the bottom of our website <a href="https://www.fanwomensclub.com">www.fanwomensclub.com</a> and enter the word FANTASTIC (all caps) as the password.



In each newsletter, we will feature our Membership Directory advertisers. Show them your support!





# Whether you're buying, selling, or both, I can help!



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-5/5 Rating from a Seller



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#### **Barbara Alcamo** Broker Associate

**(** 713.825.1732

🔯 Barbara@BarbaraAlcamo.com







### **Rays of Sunshine**

**Jennifer Banks**, Sunshine Chair

"Spread sunshine all over the place!"

If you or someone you know is in need of a little FAN sunshine, please contact Jennifer Banks at 281-793-7962 or <a href="mailto:jennb6@aol.com">jennb6@aol.com</a>. Tell me who, what or why someone is needing sunshine and I'll take care of our FAN friends so that they'll "put on a happy face!" Thank you!

FAN Day Trip: 'The Painted Churches Around Schulenburg, Texas'

on Friday, October 25th

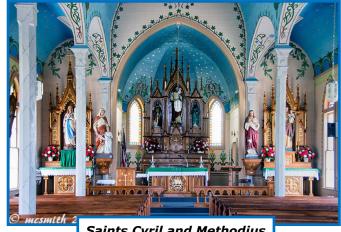
Carolyn Grimes, Day Trips Chair

We are scheduled for a docent-led tour of the painted churches around Schulenburg starting at 10:00 a.m. We will tour St. John the Baptist Catholic Church in Ammannsville, St. Mary's Catholic Church in High Hill, Saints Cyril and Methodius Catholic Church in Dubina and St. John the Baptist Catholic Church in St. John or St. Mary's Church of the Assumption in Praha. German and Czech immigrants built the churches in the late 1800's and early 1900's and painted them to emulate the beloved churches they left behind in Europe.

We will have a catered lunch at Momma's at historic Sengelmann Hall for \$20.00 cash, including tax and tip. Built in 1894, Sengelmann Hall has been restored to its original glory as one of the most unique dance halls in the U.S. It is listed on the National Register of Historic Places. Mr. Pettit catered our lunch in 2021, and it was delicious.

The Precinct 3 bus will depart from the George H. W. Bush Community Center located at 6827 Cypresswood Dr., Spring. The bus will be available for boarding at 7:00 a.m. and will depart at 7:30 a.m. We will have a rest stop en route. We should return around 5:00 p.m.

The cost of the docent-led tour is \$20.00, plus \$20.00 cash for lunch. The lunch money will be collected at the time of bus boarding.



Saints Cyril and Methodius Catholic Church in Dubina



St. Mary's Catholic Church in High Hill – Queen of the Painted Churches

Sign up ASAP at the September 3rd or October 1st General Meeting or by mail. The deadline to pay for this tour will be Friday, October 11th, after which no refunds can be made. Please bring a check for \$20.00 payable to FAN to the General Meetings or mail it to Carolyn Grimes, 8838 Leaning Hollow Lane, Spring, TX 77379. Final details will be emailed to each participant by October 18th.

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**RESERVATION FORM:** Mail to Carolyn Grimes at 8838 Leaning Hollow Lane, Spring, TX 77379

Friday, October 25th: The Painted Churches Around Schulenburg, Texas

Name ( <i>Please print</i> ):					
Full Address (Street, City, Zip):					
Email:		Cell Phone #:			
Emergency Contact Name & Tel. #:					
Check #:	Amount:		Date:		

Save the Date: Holiday Goodie

Exchange

Susan Butler, Holiday Goodie Exchange Chair

Our annual Holiday Goodie Exchange (formerly known as our Cookie Exchange) is expanding this



year to include other treats. Make your best cookie, bar, candy or holiday treat, and join your friends for our Holiday Goodie Exchange featuring 'Glitter and Spice.'

The event will be held on Wednesday, December 11th, and seating will be limited. More details will be coming soon!

### **Nature Walkers Group**

Jacqueline Webster,

Nature Walkers Lead

FAN nature walkers are on a summer break. We will reconvene

when weather permits for outdoor activity. If you wish to be put on the walker's email list, please send your email to <a href="mailto:icwebster1@sbcglobal.net">icwebster1@sbcglobal.net</a>.





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### Last Summer Fun Day of 2024

Kathy Court, Summer Fun Day Lead

Thank you to everyone who participated in this year's Summer Fun Days. I had a great time, and I hope all of you did as well. Don't forget we have a 5th Tuesday Fun Day coming up on October 29th so get those Halloween costumes ready!



#### **Bingos' Best Card and Worst Card Winners**

Left to Right: Margaret Burgess, Linda Comeaux, Lois Redford, Juanita Thomas, Shelley Gross, Debbie Blailock, Kaye Neiss, Judy Berry, Kathy Michalski, Kim Gerrish, Gail Stone and Etta Gager.

We welcomed some new FAN members!

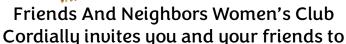
Left to Right: Judy Berry, Juanita Thomas, Kandy Riddle and Ashley Campbell.























### Holiday Charity Luncheon

Because we are all as individual as a snowflake, let's celebrate our uniqueness this magical season. Enjoy a lovely lunch with friends along with a Raffle, Silent Auction, Wine Pull, and Tiny Treasures. Proceeds benefiting the Montgomery County Women's Center.

Tuesday, December 3, 2024

11:00 AM

Northgate Country Club 17110 Northgate Forest Drive Houston, TX 77068

\$45.00 per person

We are accepting Raffle, Silent Auction, Wine Pull (min. value \$20) and Tiny Treasures (min. value \$10) donations from you and/or businesses through November 12. Volunteers are needed.

Please invite your friends! Seating is 10 per table.

Deadline to turn in form with payment OR to cancel is November 12, 2024.

Contact Carol Peterson at <a href="mailto:petersonc01@comcast.net">petersonc01@comcast.net</a> with any questions.

Turn in the form below along with payment to reserve your seat. Make Check payable to FAN and Mail to: Carol Peterson, 11 Hollow Glen Lane, Tomball, TX 77375

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	Name		
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3.	Name	Cell	Payment
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8.	Name	Cell	Payment
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# Antiquers & Junkers: Liberty & Dayton

Etta Gager,

Antiquers & Junkers Lead

Liberty & Dayton

#### On Wednesday September 18th,

the new Antiquers & Junkers season will begin with a trip to Dayton and Liberty. A bus is reserved for this trip. **Gayla Baker** is hosting the trip and will send an email with details at the beginning of September. Email me at <a href="mailto:eqaqer8@yahoo.com">eqaqer8@yahoo.com</a> for any questions.



### **Happy Hour Gals**

Rena Malinowski, Happy Hour Gals Lead GALS

We had a great time at our Happy Hour Gals!

Left to right around the table: Sue Behnke, Tina Snodgrass, Mary Papageorge, Debi Swaney, Susan Kleimann, Kim Gerrish, Eddie Pratz, Etta Gager, Lyle Evans, Dorothy Parmenter, Kathy Ghiselli, Rena Malinowski and Kandy Riddle.



Many thanks to Susan Butler for proofreading the newsletter!

# Classic Lunch Group Kathy Court.

Classic Restaurant Lunch Group Lead

The newly formed Classic Lunch Group had their first outing last Friday. The group has decided to visit 16 old classic Houston restaurants, and they started with Cleburne Cafeteria. Yum!

Front row: Etta Gager, Gaye Ires, Lena Habiby, Claudia Gallagher and Gayla Baker.

Back row: Kathy Court,
Dorothy Parmenter,
Sherry Dunn, Marybeth
Magallanes, Sandy Darst
in back of Shelley Gross,
Carolyn Grimes,
Jacqueline Stamates and
Mary Smith.





#### **FAN Activities**

Donna Morris, Activities Chair

Welcome to the new year of FAN! I am the new Activity Chair for this year, and can be contacted at <a href="mailto:donnawarrenmorris@yahoo.com">donnawarrenmorris@yahoo.com</a> if you have any questions.

The FAN calendar (below) is posted on the FAN website as well as the Activity Leaders information. Additionally, there will be sign-up sheets at each monthly General Meeting for the activity groups.

FAN offers exciting activities almost every day of the week to FAN members! Some groups are limited in size and are not presently open to join. A waitlist is kept for these. FAN is open to creating new groups also, if you wish to lead or have a group interested. We encourage you to bring your friends, but please note that guests are allowed to attend only two FAN activities or meetings and must join to attend more.



#### **Mexican Train II**

#### Randee Saber,

Mexican Train II Lead

Our group is open to new members. Join us on the 3rd Tuesday of each month at 11:15 a.m. at Oriental Gardens Restaurant. Please contact me for more details.



#### **Mexican Train III**

#### Barbara Pack,

Mexican Train III Lead

Our group is open to new members. Join us on the 4th Friday of each month at 11:30 a.m. at Las Mañanitas Restaurant. If you don't know how to play Mexican Train, we can teach you, so don't worry. Please RSVP to let me know if you can attend and would like to be placed on my contact list.

### **FAN MONTHLY ACTIVITIES CALENDAR**

Ready to join an Activity Group? Contact Donna Morris at donnawarrenmorris@yahoo.com

Please note that some Activity Groups are marked as Closed because there is a limit on the number of ladies the group can accommodate.

Once we have enough interest for a particular Closed group, we will Open an additional Activity Group.

KEY: O = Open Group C = Closed Group /S = Subs Needed W = Waitlist Only

Rev. 8.4.24

					Rev. 8.4.24
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st	1:00pm: Mah Jongg (Dragon Ladies) - C 2:00pm: Line Dancing - O	9:30am: FAN General Membership Meeting - O  11:30am: Summer Fun Days - O (June, July & August Only)		10:00am: Party Bridge - C/S 10:00am: Mah Jongg (Flowerettes) - O Noon: First Thursday Potluck Lunch Bunch - O	
2nd	1:30pm: Mah Jongg (Dragon Ladies) - C	10:30am: Railroad Canasta - O 11:15am: Mah Jongg (The Dazzlers) - O	11:30am: Mexican Train I - C 1:30pm: Page Turners Book Club - C	10:00am: Mah Jongg (Flowerettes) - O 10:00am: Mah Jongg (Wright Patterson) - C Noon: Restaurant Lunch Bunch - O 1:00pm: Mah Jongg (Characters) - C/S	
3rd	1:30pm: Mah Jongg (Dragon Ladies) - C 2:00pm: Line Dancing - O	10:00am: FAN Board Meeting 11:15am: Mexican Train II - O	9:00am: Antiquers and Junkers - O  Noon: Original Lunch Bunch - C	10:00am: Party Bridge - C/S 10:00am: Mah Jongg (Flowerettes) - O 4:00pm: Happy Hour Gals - O	11:30am: Classic Lunch Group - O
4th	1:00pm: Mah Jongg (Dragon Ladies) - C	9:00am: Dirt Divas - O 11:15am: Mah Jongg (The Dazzlers) - O	1:00pm: Literary Review Book Club - O	9:30am: Bunco - C/S 10:00am: Mah Jongg (Flowerettes) - O 10:00am: Mah Jongg (Wright Patterson) - C 1:00pm: Mah Jongg (Characters) - C/S	11:30am: Mexican Train III - O
5th	1:00pm: Mah Jongg (Dragon Ladies) - C	11:30am: 5th Tuesday Fun Days - O		11:15 am: Wright Patterson Mah Jongg Training - O (Meets every Thursday from September to December).	Flicks on Fridays - O (Meets on various Fridays throughout the month as movies are released).

**NOTE:** Nature Walkers, Golf, Overnighters, Casino Trips, and Socials Activity Groups are all open groups, and each group will announce planned events to those who have signed up for the group.



#### **Newsletter Editor:**

Laurie Nimberger 18506 Florence Bend Drive Cypress, Texas 77429



### Friends And Neighbors Women's Club

EST. 1979

### **FAN's PURPOSE**

- To provide an opportunity for members to become acquainted with others in the community in an atmosphere of friendliness, goodwill, and helpful information.
- To undertake and to promote charitable and humanitarian projects within the community.
- To form enduring friendships.