

# FANfare

Friends And Neighbors Women's Club

January 2023

## FAN General Meetings

FAN typically meets on the *first* Tuesday of each month at 10:00 A.M. **except in January 2023.**

Houston Northwest Church  
19911 State Highway 249  
Houston, TX 77070

Social Hour begins at 9:30 a.m.

**The next General Meeting is Tuesday,  
January 10, 2023.**

## PRESIDENT'S MESSAGE

By all accounts, I believe our **Red Velvet Holiday Charity Luncheon** was a great success. I saw lots of smiling faces, and lots of interest in raising money for Shield Bearer. The venue was stunning. Thank you, **Susan Butler and Lin Fish**, for leading the effort to make this a FANTastic event.

The Nominating Committee is being formed. I am looking for two alternates to be on stand-by in case any of the two board members and three general members cannot serve. This year will be particularly challenging as five of the nine Executive Board Members will have reached their term limit of two years. Please don't be shy about raising your hand if you are interested in an Executive Board position.

Wishing you a **Happy New Year**! May it be filled with love, laughter, and joy.

**Kathy Court**, President

## JANUARY PROGRAM



### Steps to Safeguard Yourself Against Fraud

Ladies, it happens every day around you, and you aren't even aware!!! What is it??? YOUR IDENTITY being stolen.

Who are you being today? How important is your reputation? Who stole the title to your home? When was the last time you had surgery? How many states have a warrant for your arrest? Ambassadors Cynthia Jones and Karan McKoy, with Ladies of Justice, will educate us on Identity Theft. Sit back. Buckle in. We have the keys to help you unlock and protect you and your family's most valuable information. See you at the January 10 General Meeting.

**Karren Sims**, 1st VP Programs

## MEMBERSHIP

*"A Friend is one of the nicest things you can have, and one of the best things you can be."*

As of December 16, FAN has the following member count:

### 243 Total Members

47 NEW Members (19.3% of total members)

**Red Velvet Holiday Charity Luncheon**  
Attendance:

**161 Total Ticket Sales** (58% of total paid members including those who joined at the luncheon)

135 Members

23 Guests

3 New and renewing members

We have one new and two renewing members since the November General Meeting:

**Cheri Bell**

**Penny Clissold**

**Judy Williams**

Remember to tell your friends and neighbors about FAN and encourage them to come to an activity or meeting with you so they can see for themselves what a fun group we are!

**Claudia Gallagher, 2nd VP Membership**

**NOTE:** El Zócalo Mexican Restaurant has changed the business name to Las Mañanitas Mexican Restaurant. Gift cards from El Zócalo will be accepted. The menu, phone number and atmosphere remain the same; only the name has changed and additional family members are the new owners. Please continue to support our wonderful and generous advertisers.

## SUNSHINE

Congratulations to **Etta Gager** on becoming a great-grandmother to Donna Bethleen, weighing in at 7 lb. 11 oz. How exciting for the family!

**Patsy Justice** is in rehab for a chipped hip bone. Please wish her well.

We wish **Marie Morgan** a speedy and complete recovery.

Text 832-428-3027 for all your get-well, sympathy and happy news!

**Shelley Gross**, Sunshine Chair

## JANUARY BIRTHDAYS

Name	Birthday
<b>Jeanne O'Sullivan</b>	1/1
<b>Leslie Pelezo</b>	1/1
<b>Judy Stacy</b>	1/1
<b>Jeanne Henderson</b>	1/2
<b>Tee McNearney</b>	1/6
<b>Cheri Bell</b>	1/7
<b>Merry Keith</b>	1/10
<b>Patricia Broccard</b>	1/11
<b>Ida Spearman</b>	1/11
<b>Ada Hart</b>	1/15
<b>Barbara Kerr</b>	1/15
<b>Jacqueline Webster</b>	1/19
<b>Loni Dennis</b>	1/23
<b>Connie Reimer-Cobb</b>	1/23
<b>Jennifer Banks</b>	1/24
<b>Lena Habiby</b>	1/24
<b>Janet Gartner</b>	1/28
<b>Pat Prentice</b>	1/28
<b>Clarita Doussan</b>	1/30
<b>Ellen Payne</b>	1/30

## CHARITY — Following is a reprint of an email sent to FAN from Shield Bearer:

Thank you, FAN!

I just wanted to pass along our gratitude for choosing to support Shield Bearer Counseling Centers this year. I've included a short video: [Watch THANK YOU VIDEO from Shield Bearer](#). Your contribution will save lives. This is not an understatement. I want you all to know that you made an enormous contribution to your community and we are very grateful for your support and generosity.

One of our young clients who had been abused and assaulted for years, and is now raising her own child recently said:

"I'm finally happy again when I look in the mirror. My world is opening back up. I could have chosen death, but because Shield Bearer stood beside me, I didn't. God is not done with me yet and my child is a gift.

He has a future. We both have a future. I am so thankful for those who have donated to Shield Bearer and that they were here when I was at the lowest point in my life. I don't believe my son and I would be here if it weren't for their kindnesses." - Susan

1. I also wanted to let you know that we would love to send our clinical experts to speak to your group if you have any need. We can speak on any topic dealing with mental health or social topics dealing with mental health. Such as:
  - Healing and relief from depression and loneliness for mature women
  - Creating healthy relationships as we age
  - How traumatic events change the brain and how to heal
  - Any other topics that you desire!
2. We also invite your activity groups to use our community outreach rooms to meet if it is convenient for them. We're located on Jones Road and Cypress North Houston Road. It would be a great location for Dominoes, Bunco, Bingo, Book Club, Knitting or other groups.
3. If any of FAN would like to volunteer and assist in the planning or execution of any of our yearly fundraisers or other community activities we would be happy to have them!
  - Golf Tournament
  - Shield Bearer Luncheon
  - Casino Night
  - Sip & Shop
  - Family Fall-Festival
  - Monthly First Tuesday Breakfast
  - Or others!

We hope you all have a blessed Christmas and Joyous New Year! Thank you for helping Shield Bearer make a difference and give hope to those who are suffering. May you all be blessed for the good you bring into the world!

Please stay in touch!

Thad Cardina

Executive Director

Shield Bearer Counseling Centers

12337 Jones Road, Suite 114

Houston, TX 77070

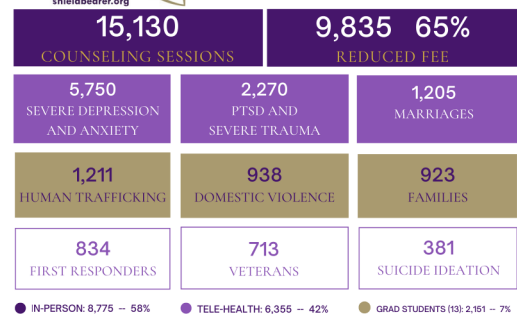
Main: 281.894.7222

Direct: 832.604.2063

[Shield Bearer – Fighting for Hearts](#)

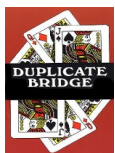
Diane Webb, Charity Chair [dianewebbis@yahoo.com](mailto:dianewebbis@yahoo.com)

### SHIELD BEARER 2022 YEAR IN REVIEW



## ACTIVITIES

HAPPY NEW YEAR to all ..... It's the New Year and we have some NEW activities and OPENINGS in several groups. Please contact the leads with any questions or to join.



### Duplicate Bridge

Intermediate or better players ONLY  
4th Monday each month at 10:00 A.M.

Contact Lead **Rayne Castle** at [rclc60@sbcglobal.net](mailto:rclc60@sbcglobal.net) for any questions.



### Hand & Foot Canasta

Training for beginners available.

1st Wednesday each month from 5:00 P.M. — 9:00 P.M.

Contact Lead **Tiffany Cady** at [tiffcadymore@gmail.com](mailto:tiffcadymore@gmail.com) for any questions.



### Character's Mah Jongg—Wright-Patterson

Experienced players ONLY

2nd & 4th Thursday each month from 1:00 P.M. — 4:00 P.M.

Contact Lead **Jacque Stamates** at [jacque1942@att.net](mailto:jacque1942@att.net) for any questions.



### Crazy Quilters

Beginner through expert are welcome.

Every Monday from 1:00 P.M. — 3:00 P.M.

Contact Lead **Vernadine Shouse** at [vernashouse@bellsouth.net](mailto:vernashouse@bellsouth.net)



### Line Dancing

We need a lead as **Maggie Farhadi** will not be able to teach this year. It's a fun activity and great exercise. Please let me know if you are interested in leading this group.

**Mary Ales**, Activities Chair [maryales13@gmail.com](mailto:maryales13@gmail.com)



## NATURE WALKERS

Hopefully you have been to a piece of green forest — a kind of a heaven on earth — where you can find peace. If so, you already have experienced the health benefits of soaking up the beauty of nature. Forest bathing, in Japan where the practice originated, is called Shinrin-Yoku. This is a practice of walking through the forest slowly and quietly as a way to heal body, mind and spirit. Forest bathing has been proven by scientists to benefit physical as well as mental health. Shinrin-Yoku helps to lower heart rate and blood pressure, reduce stress hormone production, boost immunity and mood, and improve overall feelings of well-being. Come join the FAN nature walkers and engage in 'forest bathing.' We walk in forested areas, twice a month on a day that is weather dependent and when most members are available. Send your email address to [jcwebster1@sbcglobal.net](mailto:jcwebster1@sbcglobal.net) to be put on the walker email list.

**Jacqueline Webster**, Nature Walkers Lead





## TECH TUTORS

Apple Watch Class

January 24, 2023

Hi Tech Tutors! Would you like to learn more about your Apple Watch, or are you considering purchasing an Apple Watch and want to learn more ahead of time?! Either way, this is the class for you! We will cover Apple Watches during our January class.

Topics we will cover are health monitoring features, such as blood oxygen levels and ECG, sleep and fitness tracking, and much more!

Send an email to [nimberger@gmail.com](mailto:nimberger@gmail.com) if you're not on the Tech Tutor list and we will send you the invite for January. Also, if you have specific Apple Watch questions, please email ahead of time to make sure those topics are covered during class.

Laurie Nimberger & Debi Swaney, Tech Tutors Leads



## BOOK CLUBS

### Literary Review

Open Group

Date: January 25

Time: 1:30 P.M.

Hostess: **Kathy Michalski**

Book: *The Plot*

Author: Jean Hanff Korelitz

Discussion Leader: **Kathy Michalski**

**Kathy Court**, Literary Review Lead

[kacourt@att.net](mailto:kacourt@att.net)

### Page Turners

Date: January 11

Time: 1:30 P.M.

Hostess: **Adrienne Juno**

Book: *Hamnet*

Author: Maggie O'Farrell

Discussion Leader: **Adrienne Juno**

**Adrienne Juno**, Page Turners Lead

[ahjuno@gmail.com](mailto:ahjuno@gmail.com)



## Keep Those Activity Photos Coming; get a raffle ticket!

Hello FAN Friends,

I hope you enjoyed the **Red Velvet Holiday Charity Luncheon**. What's not to love? Food, friends and fun. I'm sorry to report there were only two people that sent in photos last month. I cover the monthly meetings easily, but I can't be at every FAN activity. So, I need your help with all the groups and events that we have available within FAN. There's a raffle ticket waiting for you next month!

**Linda Comeaux**, Historian



## ♠♦♣♥ Railroad Canasta ♥♣♦♠

FAN Railroad Canasta will not meet during January. Come see everyone at the January 10 General Meeting!

**Kim Gerrish**, Railroad Canasta Lead



December Railroad Canasta Winners: **Barbara Pack**, left, 1st Place; **Donna Morris**, 2nd Place; and **Tina Snodgrass**, 3rd Place.



Wright-Patterson Maj Jongg ladies pose with Frosty and lots of Santas: **Helen Timpe**, left, **Karen Kastendieck**, **Katherine Vanderoef**, **Harolene Hatley**, **Pat Lee**, **Margaret Hein**, **Susan Busler**, **Maria Bocchino**, **Linda Niermeyer** and **Mary Taylor**.



**Diane Webb** reacts with delight at her surprise during the Board Christmas gift exchange.



Railroad Canasta players **Tiffany Cady**, left, **Kim Gerrish**, **Jeanne O'Sullivan** and **Debi Swaney** give a thumbs up on this fun game!



FAN Board members become good friends, even smiling when one pal "steals" a gift from another, as **Sandy Darst**, left, and **Karren Sims** demonstrate.



**Claudia Gallagher**, left, **Jennifer Banks**, **Lin Fish** and **Noemi Sirisaengtaksin** were spotted about town doing brunch at Backstreet Café, enjoying Main Street Theater's *The Wickhams: Christmas at Pemberley*, with a little shopping in between.

## Red Velvet Holiday Charity Luncheon

Co-Chairs

**Susan Butler and Lin Fish**



### *Thank You to Our Business Contributors*

A Dog's Life Pet Salon & Boutique  
A Splash of Sass  
Ambiance Spa and Wellness Centre  
Angel Pets of Houston  
Another Broken Egg Café  
Black Walnut Café  
BRIX Wine Cellars  
Bucks & Belles Jewelry | Natalie Armour  
Campioni Restaurant  
Copper Kettle Chocolate Factory  
Crust Pizza - Louetta  
Cure The Chaos  
Del Pueblo  
Donna's Gifts  
El Zocalo  
FACE / Centrum  
FIRST WATCH  
Forever Flowers  
Foxfire Candle Works  
Gulf Coast Wellness  
Haute Boutique  
Home PC Help | Alan Saber  
Hot Nails & Spa  
Just Love Coffee Café  
Kendra Scott  
Kimmy G's Beauty | NuSkin | Kimberly Gibbs  
La Madeleine French Bakery & Café  
Legacy Mechanical Solutions HVAC  
Lizzy G's Fine Gifts  
Lumiere Nail Spa & Salon Studios

### *A hearty THANKS to all!*

Our friends and neighbors really came through for Shield Bearer Counseling Centers, FAN's 2022 charity.

Rather than ask each activity group to assemble a basket for the silent auction, Co-chairs **Susan Butler** and **Lin Fish** invited every member to gather donations from their favorite businesses. And you ladies *really* acted on that request!

Dozens of gift cards, jewelry, wines, decorative items and more goodies poured in. The dining room at Champions Golf Club bustled with energy as 161 women enjoyed lunch and fellowship. They also bid on auction items, bought raffle tickets, participated in the Wine Pull and Ornament Grab, resulting in a handsome donation to our charity.

Thanks to every member who donated or attended and participated in the auction, raffle, pull or grab!

### *Thank You to Our Business Contributors*

Maricela Martinez at The Demi Suites  
MaryAnn Lucas Art  
Mary Kay | Tanya Russell  
Mia Bella Trattoria  
Minuti Coffee  
O'Suzanna's Boutique  
Pawsitively Fabulous Pet Mobile  
Rodan+Fields | Marilyn DiRaimo  
Rudy's Country Store and Bar-B-Q  
Rudy's Grill & Cantina  
RX Med Spa  
Salata  
Sizzle & Brew Restaurant  
Star Cinema Grill  
Suburban Girl Boutique  
Sweet Greek Pastries  
The Arbor Gate  
The Chef's Table  
The Mind Powers  
The Strudel Divas  
The Whistle Stop Tea Room  
Trattoria Pizza & Pasta  
Truluck's Restaurant  
Turquoise Buckin' Boutique  
UFIT Health  
Unik Design  
Venetian Nail Spa  
Westair AC & Heating  
West End Cypress Pilates

*And A Big Thanks to Our Members Who  
Generously Donated Auction and Raffle Items!*



Checking out their raffle tickets are **Betsy Calabro**, left, **Blaire Calabro**, **Noemi Sirisaengtaksin**, **Barbara Alcamo**, **Lin Fish**, **Claudia Gallagher** and **Sandy Darst**.



Cheers to everyone for supporting **Shield Bearer** at the **Red Velvet Holiday Charity Luncheon**.



WOW! Look at all of the Silent Auction and Raffle items donated by FAN members and businesses! Plus, the Wine Pull and Ornament Grab raised even more funds for Shield Bearer.



Gathering in front of one of many Christmas trees are **Jean Heineman**, left, **Marilyn Ablard**, **Connie Diaz** and **Delma Neeley**.



Almost a greeting card photo for friends **Betty Carew**, left, **Helen Timpe**, **Margaret Hein**, **Linda Niermeyer** and **Mary Taylor**.



Pictured right, Pianist **Tom Bainbridge** plays background holiday music.



**Barbara Pack**, left, **Rosanne Brumley**, **Harriette Kinkade**, **Cydney Miller**, **Eva Griggs** and **Lois Redford** with big smiles.



A herd of sparkly white deer join a pair of snow bears to spy on all the fun at the beautifully decorated **Champions Golf Club**.



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January 2023

Newsletter Editor:

Kim Gerrish  
18318 Theiss Mail Route Rd  
Spring, TX 77379-3941

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**FANfare**

**FRIENDS AND  
NEIGHBORS  
WOMEN'S CLUB**

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[www.fanwomensclub.com](http://www.fanwomensclub.com)



***FAN 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.

**EDITOR'S NOTE**

All articles for the **February 2023** newsletter should be submitted before **January 13** to

**Kim Gerrish @ [kimgerrish@yahoo.com](mailto:kimgerrish@yahoo.com)**

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