



# The Golden Gazette

FEBRUARY 2022

Treasure of the Hills Senior Center

Volume XXXII

Number 2

## PRESIDENT'S MESSAGE

*by Carolyn White*

I'd like to welcome all our new members that have joined us. TOTH is a great place to meet new friends.

Due to our community being at COVID Stage 5 status, your Board of Directors strongly recommends that we be vaccinated and wear masks at all times. I know this is not always easy, but we are trying to keep our members safe to allow everyone to continue getting together and playing games.

There was no response for the Super Bowl party so that has been cancelled. We hope to continue with Soup Day and Breakfasts, so watch for the signup sheets. Please do not forget to sign up for any class.

We started a new t'ai-chi class in January; that was a welcome addition to the Center. It is a weekly class held on Thursdays at 10.a.m. Class size is limited, so be sure you get your name in on the signup sheet.

For those of you that haven't been able to get to the Center yet, we are still filling out our New Reaffirmation Forms. This is necessary for our insurance, so please work with us. **This is the last month to pay your 2022 dues.** If you were active on dues in 2021, your dues will only be \$12.50. This covers you until December 31, 2022. Dues paid after February 15<sup>th</sup> will be considered as new members and therefore at the rate of \$25.00.

In closing, I look forward to this coming year and being your President, and I welcome any ideas for our "new" center.

**Don't forget to sign in and out when you are at the Center.**

## VP NOTES

*by Denny Clauson*

Just a couple quick COVID related notes this month.

Hopefully everyone got our revised email regarding COVID rules for the center: vaccines and masks are strongly recommended for everyone in the center, although not mandatory.

When selecting masks (or a face shield), guidelines from CDC indicate cloth masks are 50% effective, surgical masks are 75% effective, KN95 are 95% effective and N95 masks are 99% effective.

Personally I hate wearing masks, especially for extended periods. But let's look out for each other and stay safe until this is behind us.

## GOLFER WANTED

*by Frank Mignoli*

Hackers and Duffers golf group is looking for another golfer to join the group. We golf on Wednesday mornings, weather permitting, at Crystal Falls Golf course.

If interested contact the Head Hacker, Frank Mignoli, at 512-249-7963.

Happy

Valentine's

Day!



## **FROM THE DIRECTOR**

*by Lisa Leirvaag*

It's February already! Unbelievable how fast 31 days can go by!

Dr. Tom Barrett taught the first t'ai-chi class on January 13th. Eight members attended. T'ai-chi helps reduce stress and it helps increase balance and flexibility.

The Bridge players are usually very good about signing up for their games. I encourage our members who enjoy playing Canasta or Bunco to do likewise. Both games are very dependent on a certain number of players. If you are unable to sign up in person, or if you signed up but have to cancel, please give us a call. By the way, Canasta now starts at 10 a.m. every Tuesday.

As a rule, if there is a dated signup sheet on the bulletin board, please sign up for the activity you want to participate in.

I believe some years ago Treasure of the Hills had a book club. If there is any interest in starting it up again, please sign your name and telephone number on the signup sheet on the bulletin board.

Happy Valentine's Day!



## **TOTH BOARD NOTES**

*by Beverly Ball*

Dues were discussed, and it was determined that current members owe \$12.50 by February 15<sup>th</sup>; new members, or those paying after that date, owe \$25. Carolyn would like the dues deadline to be earlier next year (by the 15<sup>th</sup> or 31<sup>st</sup> of January), in order to have an accurate roster, especially to establish the 15% quorum number.

Because January can mean extra expenses for some members, there was consideration of changing the fiscal year to begin in June. It was also suggested that the Gazette should mention the financial assistance available from the Benevolent

Fund. A member needing dues assistance can make a confidential request through any TOTH officer.

The Super Bowl party was cancelled due to food service restrictions for COVID [and also insufficient interest].

The Senior Expo is planned for August 13, 2022. C W Clark is gathering info to send out vendor letters in early March. All Board members participate, along with other volunteers, monitoring entrances, giving out raffle tickets, and doing setup and cleanup.

The Board discussed how to react to COVID risk levels; as of mid-January we are at Stage 5 in this fourth spike. We decided to have mandatory vaccination and masking for participation [later reduced to "strongly recommended" consistent with Gov. Abbott's position].

In the short term, TOTH will buy 100 KN95 masks to have at the reception desk for those who want them. The optimal long-term response would involve HEPA filters in heavy-duty air handlers, which would be a significant expense. Denny will be meeting with Cedar Park City Council member Heather Jeffs to discuss possible involvement in filtration system upgrades, as well as parking lot lighting, and will invite her to participate in the January Saturday Breakfast.

Support for the Saturday Breakfast will need additional volunteers as chefs and in other roles.

## **DONATIONS TO HOMELESS**

*by Carolyn Patrick*

As of February 1, I will no longer be taking donations for the homeless.

I want to thank all of you who have donated to the homeless for the past several years. Your donations have meant that homeless people had toiletries, clothing, a warm blanket, and sometimes a bit to eat as well as miscellaneous items.

I hope you will continue to donate items or money to an entity such as a food bank or a thrift store. Donating can put a smile on your face and on the face of homeless people as well.

Thanks again.



## MEMORIAL FUND

For Joan Parker from  
Bobbie McKissick  
Lynne Bounds  
Rhoda Lloyd

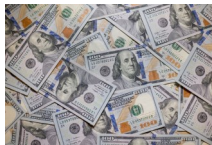
## TREASURER'S REPORT

by Dick Planck

Our income for December was \$1,846.20 and expenses were \$2,098.75, for a negative income of \$252.55. The main source of income was rental revenue from the church of \$1,700. There were no unusual expenses.

I expect that we will continue to have months when our expenses will exceed our income until we can start some fundraising activities such as Soup/Salad Days, game days and Senior Expo. However, we are fortunate that we have sufficient funds left from the insurance payment to continue our activities.

Our investments increased in value by \$1,334.64.



## CALENDAR NOTES

The Executive Committee meeting is on the Thursday before the Board of Directors meeting, which is on the second Monday.

Thursday's Rubber Bridge is cancelled indefinitely for lack of participation.

Canasta is now Tuesdays at 10:00.

February Jewelry Making classes will be on the first and third Wednesdays (2nd and 16th).

Tai-chi has been added on Thursdays at 10:00.

Soup Day is on Monday February 21st.

## T'AI-CHI

by Dr. Tom Barrett

T'ai-chi ch'uan (translated "great ultimate boxing") is one of three methods of kung fu originating in China and not brought in from the outside. "Great ultimate," rather than being an immodest title, refers to the cosmological concept of the harmony of yin and yang. It is essentially the concept of yin and yang expressed in motion.

Prior to 1900 it was mostly practiced as a martial art. Since then it is typically practiced for its exercise and health benefits. Often referred to as "moving meditation," it is a low to moderate intensity exercise that has been shown to reduce stress, improve balance, lower blood pressure, and increase the body's immune response.

It has also been shown to help with osteoporosis, arthritis, traumatic brain injury, and post-traumatic stress disorder, as well as other maladies. T'ai-chi is considered to be the equivalent of walking 2.5 to 3.5 miles per hour in terms of kilocalories used.

I am an on-going student of t'ai-chi for 25 years, and certified to teach at Level 7 (instructor level) by the Northwest T'ai-chi ch'uan Association and Chinese T'ai-chi ch'uan Association of Canada. For a more complete list of benefits, and more about the Yang style that I teach, you can go to [www.dotaichi.com](http://www.dotaichi.com).

(Answer to Kakuro on page 5.)

	3	1	2		2	1	
	2	4	1	3	9	2	
		2	3	5	1	4	
1	2	3		6	4	3	1
3	1		3	1	2	6	2
		1	5	2	9	7	
3	1	2	4		3	5	1
2	3		1	4	5	7	3
4	6		2	1	2	1	

# COVID-19 UPDATE

by Frank Mignoli

## COVID-19 Cases and Vaccinations

The Omicron variant has descended upon us and has created another crisis for the health experts. Cases and hospitalizations have steadily increased since Christmas. Those that have been fully vaccinated or even received a booster have been infected with the Omicron variant. Fortunately, the cases are milder and impact the upper respiratory system and not the lungs. However, this makes the virus easier to transmit to others. Also, children are more susceptible to getting the virus.

One of the parameters for determining the severity of Stage Risk of COVID is the number of daily new hospital patients. The criterion for reaching the severest risk stage is 75 new COVID hospital patients daily. Texas Department of Health Services (DSHS) reported a 7-day average in Area O, as of January 16<sup>th</sup>, of over 133. Area O consists of 11 counties including Travis and Williamson counties. These two largest counties represent 75% of the population of the 11 counties.

A new parameter to determine the stage of risk is the Community Transmission Rate (CTR). It is measured using the 7-day daily average of new cases divided by the result of dividing the total population of the community by 100,000. The value for Stage 5 Risk is 100 or above. On January 16<sup>th</sup>, both Travis and Williamson Counties were in Stage 5 with values of 1,264 and 1,026 respectively. This is 10-12 times the minimum value to be in Stage 5 risk.

The CTR values in the last 4 days indicate we may be getting close to the peak. Previously, once the peak was reached it took about 2-3 months to dissipate and decline to near the lowest stages of risk. However, if based on what happened in South Africa, where the Omicron variant began, it took only 2-3 weeks after the peak. We hope, in the United States, the same will come true.

As a reminder Stage 5 is the highest risk level. ***Masks\* are recommended both for high and low risk individuals both indoors and outdoors. Traveling should be avoided.***

---

\*The effectiveness of the masks varied widely: a three-layer knitted cotton mask blocked an average of 26.5 percent of particles in the chamber, while a washed, two-layer woven nylon mask with a filter insert and metal nose bridge blocked 79 percent of particles on average. KN95 respirator masks are made from five layers of filters, and use a mechanical filter to **block up to 95 percent of harmful particles in the air** from your nose and mouth.

*(continued on next page)*

---

(COVID-19 Update continued)

**Vaccination Data**

As of January 16<sup>th</sup>, total vaccinations for the following are:

	Texas	Travis Co.	Williamson Co.
One Dose Administered	19,774,250	990,900	440,400
Fully Vaccinated	16,720,000	854,200	385,800
Booster Shots	5,462,200	339,000	144,800
% of Fully Vaccinated	32.7%	39.7%	37.5%

Both the Pfizer vaccine booster shot and the third (½ dose) of Moderna are now in use.

**Booster Shots**

The CDC recommends the following:

- People who received a primary mRNA COVID-19 vaccine series and are 65 years and older, 50 to 64 years with underlying medical conditions, or 18 years and older who live in long-term care settings **should** receive a booster shot at least 6 months after completing the primary series (which may include an additional primary dose in persons with moderate to severe immune compromise).
- Any of the COVID-19 vaccines authorized in the United States may be taken.



**Kakuro (Cross Sums) – Each across or down clue shows the sum of the indicated digits. Only the digits from 1 to 9 are used, and no digit is used more than once in the sum.**

*(Answer on page 3.)*

		24	21		5	15		10	9
	3			3				10	
3				7					
22								5	
					10				
	16			8					
3				7				3	4
8			6					4	
		18					10		
16						6			
						6			
		15							
	3							5	
	11			10					
	3				6				



## FEBRUARY BIRTHDAYS

Nancy Osuna	01
Marilyn McCarthy	02
Caryn Cuiss	03
Emilie Steude	03
Darlene Reitmeyer	04
Doug Stringfellow	04
Sharon Killough	05
Ann Gleaton	06
Bobbie McKissick	07
Peter Klein	08
Shirley Stewart	08
Trudy New	09
Marsha Cekaj	10
Janet MacFarland	13
Lyle Williamson	13
Kathy Moskwa	15
Lynne Bounds	16
Ken Williams	17
Roger Patrick	18
Nancy Hayter	19
Lila Hurley	19
Helen Ramey	24
Gloria Hoss	25
Jacquee Guida	27

## NEW MEMBERS

Dr. Tom Barrett  
Connie Varon



## FROM THE EDITOR

by *Barbara Duprey*

It certainly will be interesting to see what February brings on the COVID situation, but there are a lot of reasons for hope based on the experience in other countries — Omicron is very transmissible, but tends to peak and wane quickly and seems far less dangerous than the Delta variant.

Here's a tweet from the CDC Director:



Rochelle Walensky, MD, MPH  
@CDCDirector

NEW: Study on severity of those infected with the [#OmicronVariant](#) compared to the [#DeltaVariant](#):

- ↓ 53% less risk of symptomatic hospitalization
- ↓ 74% less risk of ICU admission
- ↓ 91% less risk of death
- 0 Omicron patients required mechanical ventilation

[bit.ly/3GiRpBC](https://bit.ly/3GiRpBC)

With luck, by the time you read this we may be out of the woods. But in any case, we expect to keep having fun, safely, here at TOTH!

Feedback on the Gazette can be sent to [bduprey@austin.rr.com](mailto:bduprey@austin.rr.com).



## FEBRUARY ANNIVERSARIES

Dodie and Dennis Domanski	03
Evelyn and Roger Diamond	04
Jo and Harvey Koemer	12
Martha and Gene Miller	12
Adelyn and George Glaeser	14



The Van Osten Family  
(Jayne, Bill, and Vicky)  
Ann Gleaton

**BOARD OF DIRECTORS**

President: Carolyn White  
Vice President: Denny Clauson  
Treasurer: Dick Planck  
Secretary: Beverly Ball  
Directors:  
Frank Mignoli  
Pat Thomas  
Philip MacDonald  
Floresa Williams  
MarEllen Basalyga  
J C Henderson



**COMMITTEES**

Finance: Dick Planck  
Nominating: Pat Thomas  
Hospitality: MarEllen Basalyga  
Special Events & Resource Dev.:  
Denny Clauson  
Publicity & Public Awareness:  
Phyllis Walker

**MANAGING DIRECTOR**

Lisa Leirvaag  
toth.director.tx@gmail.com

**GOLDEN GAZETTE**

Editor: Barbara Duprey  
bduprey@austin.rr.com

**OPERATIONS**

Building Maintenance:  
Carolyn White  
Kitchen Mgr: Lisa Leirvaag  
Supplies: Carolyn White  
Membership: Jeanne Allison,  
Donna Craig  
Receptionists: Mary Riordon  
Memorials: Jan Clark  
Sunshine: Jan Clark  
Setup: Carolyn White  
Memorial Garden:  
Lisa Leirvaag  
Communications:  
Lisa Leirvaag  
Historian: Ruby Banks,  
Gail Brennen

**ACTIVITIES**

Breakfast:  
Salad/Soup: Frank Mignoli  
Golf: Frank Mignoli  
Sit & Fit:  
Rich Stone, Pat Fiero  
T'ai-chi \*: Dr. Tom Barrett  
Crafts/Jewelry Making \*:  
Mary Riordon



**GAMES**

Bingo  
Monday: Barbara Duprey  
Friday: Joe Gleaton  
Bunco \*: Carolyn White  
Canasta \*: Bobbie McKissick  
Cribbage: Stan DeRocher  
Mahjong: Georgia White  
Pinochle: Jeanne Allison  
Poker: Jerry Rubin  
Tables Choice \*:  
Bobbie McKissick

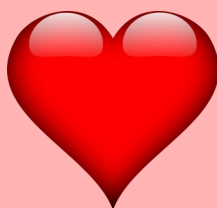
**BRIDGE**

Duplicate Bridge \*  
Monday: Frank Mignoli  
1st & 3rd Tuesday:  
Sheila Perkins  
Friday: Ken Birdwell  
3rd Friday: Charlene Palmer  
Saturday: Carolyn Patrick  
Rubber Bridge \*  
Tuesday: Ed Williams,  
Beverly Ball  
\* Signup Required

**Contact information for these  
members is available —  
call 512-331-6000.**

# February 2022

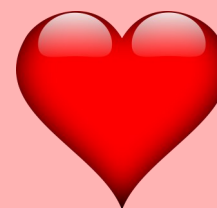
SUN	MON	TUE	WED	THU	FRI	SAT
* Signup Required # Signup Required & Pay in Advance		1 9 <sup>30</sup> DupBrdg* 9 <sup>45</sup> RbrBrdg* 10 <sup>00</sup> Canasta 1 <sup>30</sup> Poker	2 9 <sup>00</sup> Sit & Fit 9 <sup>30</sup> Tables Choice 10 <sup>00</sup> Jewelry Making* 1 <sup>30</sup> Bunco*	3 10 <sup>00</sup> T'ai-chi* 10 <sup>30</sup> Mahjong 2 <sup>00</sup> Pinochle	4 9 <sup>00</sup> Sit & Fit 10 <sup>30</sup> Bingo 1 <sup>00</sup> DupBrdg*	5
6	7 9 <sup>00</sup> Sit & Fit 1 <sup>00</sup> Cribbage 1 <sup>00</sup> Bingo	8 9 <sup>45</sup> RbrBrdg* 10 <sup>00</sup> Canasta 1 <sup>30</sup> Poker	9 9 <sup>00</sup> Sit & Fit 9 <sup>30</sup> Tables Choice 10 <sup>00</sup> Crafts*	10 10 <sup>00</sup> T'ai-chi* 10 <sup>30</sup> Mahjong 1 <sup>00</sup> ExecCmte 2 <sup>00</sup> Pinochle	11 9 <sup>00</sup> Sit & Fit 10 <sup>30</sup> Bingo 1 <sup>00</sup> DupBrdg*	12 6 <sup>00</sup> DupBrdg*
13	14 9 <sup>00</sup> Sit & Fit 10 <sup>00</sup> BOD 1 <sup>00</sup> Cribbage 1 <sup>00</sup> Bingo	15 9 <sup>30</sup> DupBrdg* 9 <sup>45</sup> RbrBrdg* 10 <sup>00</sup> Canasta 1 <sup>30</sup> Poker	16 9 <sup>00</sup> Sit & Fit 9 <sup>30</sup> Tables Choice* 10 <sup>00</sup> Jewelry Making* 1 <sup>30</sup> Bunco*	17 10 <sup>00</sup> T'ai-chi* 10 <sup>30</sup> Mahjong 2 <sup>00</sup> Pinochle	18 9 <sup>00</sup> Sit & Fit 10 <sup>30</sup> Bingo 9 <sup>45</sup> DupBrdg* 1 <sup>00</sup> DupBrdg*	19
20	21 12 <sup>00</sup> SOUP DAY # 9 <sup>00</sup> Sit & Fit 1 <sup>00</sup> Cribbage 1 <sup>00</sup> Bingo	22 9 <sup>45</sup> RbrBrdg* 10 <sup>00</sup> Canasta 1 <sup>30</sup> Poker	23 9 <sup>00</sup> Sit & Fit 9 <sup>30</sup> Tables Choice	24 10 <sup>00</sup> T'ai-chi* 10 <sup>30</sup> Mahjong 2 <sup>00</sup> Pinochle	25 9 <sup>00</sup> Sit & Fit 10 <sup>30</sup> Bingo 1 <sup>00</sup> DupBrdg*	26 9 <sup>00</sup> BREAKFAST DAY #
27	28 9 <sup>00</sup> Sit & Fit 1 <sup>00</sup> Cribbage 1 <sup>00</sup> Bingo					



**Please Remember:**

Sign in and out  
Sign up for classes  
Dues for 2022 by 2/15/2022

Gazette Deadline —  
17th of each month



**Treasure of the Hills Senior Center**

408 Ridgewood Drive, Cedar Park, TX 78613

Phone: 512-331-6000

Open Monday-Friday 9am-3pm

www.toth-seniors.com