



# The Golden Gazette

October 2023

Treasure of the Hills Senior Center

Volume XXXIII

Number 10

## TOTH TALK

by Ellen Fannin, Lisa Leirvaag, and Ann Mignoli

### FROM THE PRESIDENT

Thank goodness it's beginning to feel like Fall! And the rain has been a real blessing! Reminded me of when I was a kid and would go wading in the mud puddles after a rain.

We've had a busy September and I want to highlight two of the events.

On September 13<sup>th</sup>, Andrea Coles of Senior Health Professionals presented a very helpful program addressing all the Medicare calls we get, especially this time of year. She'll be presenting another program on October 11<sup>th</sup> on "Getting Ready for 2024 Medicare Enrollment," where she will be going over changes in Medicare coverage. Be sure to sign up for that program.

The Salt Kitchen provided lunch for the September presentation. It was the first of four meals that they will be making for us. The meal was a delicious lasagna, Caesar salad and fresh fruit, and it was all gluten-free, even the croutons! The Salt Kitchen is a culinary program that is part of the non-profit Jail to Jobs, which provides employment-based mentoring and training for youthful offenders. I encourage you to learn more about their programs at their website, [jailtojobs.com](http://jailtojobs.com). Chef Felix is the Culinary Director with the Salt Kitchen program. He is from the Virgin Islands and was trained at Le Cordon Blue in Orlando. He has cooked for US presidents, artists and other influential people, and now he is cooking for us.

The next lunch he will be making is for the October 25<sup>th</sup> PEC presentation. You don't want to miss this program or this meal! Be sure to sign up in advance. Chef Felix asked for suggestions on what we would like for our meals. Please let us know in the office if you have suggestions.

In addition to the October lunch, Salt Kitchen staff will be making our Annual Thanksgiving lunch on November 15<sup>th</sup> and our Holiday lunch on December 13<sup>th</sup>.

The Game Day and Bake Sale event on September 16<sup>th</sup> was so much fun! A huge thank you to Frank Mignoli who organized the Game Day, including the Silent Auction and lunch. A thank you to Ann Mignoli, who organized the Bake Sale, and all those who contributed to it!

Be sure to vote for Board members. Voting begins on Monday, October 2<sup>nd</sup> and continues until noon on Wednesday, October 18<sup>th</sup>. There is a special area where you can vote that has a poster with the candidates' photos with a brief bio.

### ADMINISTRATIVE NOTES

If you haven't noticed, be sure to check out the beautiful new windows we have at the Center. Thanks to the City of Cedar Park — these new double-paned windows will help insulate the building, as well as beautify the building.

### BOARD SECRETARY REPORT

The following items were discussed at the September Board Meeting:

- The Board approved MarEllen Basalyga to fill the Vice Presidency for the remainder of this year.
- President Fannin recommended a non-standing Committee be formed to do a total review or revision of the current Bylaws.
- The City installed new windows September 11th-13th.
- TOTH is now accepting credit cards, which is working well.
- The Nominating Committee Chair reported the slate for the 2024 Officers and Board Members.
- Voting will be from October 2nd until noon on October 18th.
- The Chili Cook-Off Event is upcoming October 7th.
- Another Salt Kitchen free lunch is scheduled for October 25th.



# TREASURER'S REPORT

by Denny Clauson

August income \$4,095.

August expenses \$5249.

Investment account value decreased by \$6,776.

Memorial account value decreased by \$2,088.

Our actual expenses versus our budgeted expenses are \$6,000 better than expected due to very good Senior Expo results and profitable meal costs. For the year we are still \$3,708 in the red.



## IN MEMORIAM

Joe Gleaton  
Bob Manaske (former member)



## MEMORIAL FUND

Contributions were made in honor of Joe Gleaton by:

Gail Brennen  
Carolyn and David Brewer  
Barbara Duprey  
Lisa Leirvaag  
Ann Marie Logrippo  
Barbara St. Marie  
Henri Stanford  
Lyle Williamson

*A Thank You....*

*Ken and I would like to thank everyone for their prayers and good wishes during his bout with lymphoma...as of Sept 7, he IS CANCER FREE !!*

*Mary Riordon*

# POKER EVENT

We've lowered the price of the "Texas Hold 'Em Poker" fundraiser event on Saturday, November 4th, at Treasure of the Hills Senior Center. The games will begin at 10 am. We'll break for a light lunch at noon, and then continue playing at 1 pm until the last person is standing. It is now only a \$20 buy-in, and you will receive \$3000 worth of chips. Prizes will be given to the top three winners. Participants only need to be a senior (50+), you do not have to be a member of Treasure of the Hills. Whether you think you're a good poker player or not, you are invited to come join in the fun. Sign up and pay in the front office. We now take credit cards.



## BOARD OFFICER AND MEMBER ELECTIONS

The Nominating Committee chair, Gail Brennen, presented the slate of candidates for the Board at the Board meeting on September 11th. The slate was presented at the "Meet the Candidates" meeting (and Ice Cream Social) on September 27th. Linda Rettinger was nominated from the floor as Treasurer.

The slate of candidates is:

President – Ellen Fannin  
Vice President – Chris Campbell  
Treasurer – Denny Clauson  
Secretary – Zane Lowenstein  
Board Members (two positions open for election) – Becky Goad, Sandy Williams

An area in the front office is set up for voting from Monday, October 2nd until the Annual General Meeting begins, at 12 noon on Wednesday, October 18th, when voting is closed.

Lunch will be served at the meeting, so please register if you plan to attend.

In addition to the election results, there will be reports from the officers and standing committee chairs and an "In Memoriam" honoring members who have passed in the previous year.



## SIT & FIT

by Pat Fiero

DID YOU KNOW that:

1. Seniors should get 150 minutes of exercise a week? Yep, that's 30 minutes 5 times a week.
2. The biggest cause of falls is poor balance.
3. Injuries due to falls top the list of injuries at the E.R.
4. Every time you sit, stand, or get in or out of the car you "squat" — one of the best exercises.
5. Over half of the senior population suffers from depression.

Sit & Fit can help with all of this!! In just 35-45 minutes 3 times a week we work on everything in that list.

I can tell you from experience that you will feel stronger, more flexible, have better balance, and just feel better overall. Come for a visit and see for yourself. You don't have to come all three days if that is too much for you, one or two days in the beginning may be what is right for you, but make it a priority to start taking care of yourself! I would love to welcome you with open arms!



## 2023 TOTH CHILI COOK-OFF FUNDRAISER

by Denny Clauson

CHILI COOK-OFF ALMOST HERE!

October 7th is the date for chili and Longhorn Football. Cooks and eaters, sign up in lobby; \$5 for non-cooks. Relatives of members can also cook their best chili. Sign up soon!

Drinks, cornbread, chili fixings, and dessert are provided.

The Longhorn vs Sooners game will be on the big screen (game time TBD, will be sent out on email blast when known).

(Note: don't be discouraged knowing I am cooking chili, there is still a second place prize!)



## CRUISE

by Mary Riordon

13 "Recycled Teen" cruisers in eight cabins are looking forward to the Carnival Cruise out of Galveston on the Carnival Dream.

Barry Atlas, our personal vacation planner at Carnival, will help with cabin choice, cabin pricing, and other questions about the cruise on April 20-28, 2024. Call 800-819-3902 ext 82327 or email [BATlas@Carnival.com](mailto:BATlas@Carnival.com). Call me at 512-260-8876 (landline so no texts) if y'all have questions, are looking for a roommate or are interested in a charter bus to Galveston. The cruise is a round trip and, in the past, no passport was required, but an original birth certificate would be accepted - confirm with Barry. Happy Cruising!!



## JEWELRY MAKING

by Mary Riordon

"Connie's Crew" is meeting on the 1st and 3rd Wednesdays, and "Donated Jewels" on the 2nd and 4th Wednesdays.

## CRAFT SALE

by Mary Riordon

The craft sale is scheduled for October 21st from 10 to 2 in the TOTH Great Room. If you would like to be a vendor, we are splitting the proceeds with TOTH - 80% to the vendor and 20% to TOTH. We are hoping to have our credit machine working - more news as it happens... Sign up in the reception area to join the group of vendors. Call me with any questions at 512-260-8876 (a landline, so no texts).



## JOKER

by MarEllen Basalyga

Exciting News! Introducing a new game, Joker.

This is a board game played with marbles and a deck of cards. Lotsa Fun! And easy to learn. Anyone interested in learning this game please contact me at 512-905-1102.



The first meeting/lesson will be Friday, October 13th at 1 pm in the library.

# A CAPELLA

by Frank Mignoli

A Capella Texas is presenting “Melodies of Gratitude, Celebrating America’s Spirit through Song,” on November 11th at 2 pm at the Brentwood Christian School Theater, 1908 N Lamar Blvd, Austin, TX 78753.

## GAME DAY, BAKE SALE AND SILENT AUCTION

by Frank Mignoli

Around 56 card players participated in Game Day on Saturday, September 16th. The Bake Sale provided a variety of baked goods and was a huge success. Items for the Silent Auction included free golf from Crystal Falls Golf Club; gift cards from HEB. Jardin Corona on Bell Blvd, Bella Sera Italian Restaurant (located on Hwy 183 near Crystal Falls Pkwy), and Maggiore’s in the Randalls shopping center on Cypress Creek Blvd; and depression glassware previously donated to the Center. Game Day was able to raise over \$900 for the Center!

A light lunch with hoagies, chips, and drinks was served for the participants. Thanks to Pat Fiero, Lisa Leirvaag and Gail Brennen, who helped to prepare the sandwiches.

The Bridge Game was directed by Carolyn Patrick with assistance in setup and card shuffling by Joyce Francis and David Sechrest. The Bake Sale was ably run by Ann Mignoli and Maggie Ingraham. The other card games were run by MarEllen Basalyga, Bobbie Mckissick and Pat Thomas. Thank you also to Lori Rainey who handled some payments for the Bake Sale and Silent Auction (using our new credit card reader).

### Bridge Winners were:

NS	1 <sup>st</sup> – Ken Birdwell & Denny Clausen	2 <sup>nd</sup> – Joyce Francis & David Sechrest
	3 <sup>rd</sup> – Sharon Killough & Jim Williams	4 <sup>th</sup> – Bonnie Meyer & Frank Mignoli
EW	1 <sup>st</sup> – Joan Neely & Helen McGarrah	2 <sup>nd</sup> – Carol Hastings & Richard Stein
	3 <sup>rd</sup> – Barbara Johnson & Sheila Perkins	
	4 <sup>th</sup> (Tie) – Mick & Mary Ann Sandgarten and Al & Zane Lowenstein	

### Silent Auction winners:

Free Golf – Frank and Ann Mignoli; HEB gift cards – Gay Lynn Anderson and Doc Rainey; Bella Sera – MarEllen Basalyga; Jardin Corona - Gay Lynn Anderson; Maggiore’s – MarEllen Basalyga; Depression Glassware – Lisa Leirvaag. Ann Mignoli & Gay Lynn Anderson

In the other card games, 8 winners were determined by drawing numbers for \$10 HEB gift cards.



### Hitori

Shade in cells so that (1) No number appears more than once in a row or column; (2) No shaded cells are adjacent vertically or horizontally; and (3) In the completed puzzle, the unshaded cells form a contiguous area of horizontally and vertically connected cells.

7	7	2	3	2	5	1	3
7	7	4	4	3	8	2	1
5	6	7	2	8	3	1	4
7	5	6	4	3	2	8	3
6	5	1	6	2	8	7	8
3	1	4	8	5	2	6	2
7	4	5	4	6	7	2	8
1	3	8	6	7	1	4	5

(Answer on Page 6)

## CALENDAR NOTES

- No Movie Day in October.
- Voting starts for BOD on Monday, October 2nd.
- TOTH Dinner Club is on October 5th at 6 pm at Salerno Cucina Italiana, 1310 Cypress Creek Rd #120, Cedar Park.
- The Chili Cook-Off is on October 7th.
- On October 11th at noon, Andrea Coles of Senior Health Professionals is giving a presentation on 'Getting Ready for 2024

### Medicare Enrollment.

- Meet & Eat is on October 17th at 1 pm at Dahlia Café, 2450 Ranch to Market Rd, Liberty Hill
- The Annual General Meeting is on October 18th at noon. Free lunch provided.
- The Craft Sale is on October 21st beginning at 10 am.
- Pedernales Electric Company is giving a presentation on October 25th at noon. Free lunch provided by Salt Kitchen.



**OCTOBER 2023**  
  
**VOLUNTEER**  
**OF THE MONTH**

*by Ellen Fannin*

If you have been in the TOTH front office on a Friday, or attended a luncheon or breakfast, chances are that you have seen the smiling face of our October Volunteer of the Month, Gail Brennen.

**TOTH Membership**

Gail joined TOTH in 2014 after talking with a friend whose father was a member. The father spoke so highly of the activities and friendships he had developed that Gail knew it was something she wanted. However, by her own admission, she was not all that involved during the first few years, but it was always her intention to become more active.

**Volunteer Activities**

When Gail did become involved, approximately two years ago, she jumped in with both feet. In order to meet more of the TOTH members, she decided that the front desk was the best place to do that. She has been part of the receptionist team ever since, helping at the front desk and checking people in at the monthly breakfasts and other meals. She also took on the duties of historian which involved maintaining the scrapbook of TOTH. When she accepted the position of Nominating Team chairperson this year, she felt she needed to step away from the historian duties in order to focus on providing a great slate of candidates for the 2024 board. Once she has completed her duties on the Nominating Team, she wants to continue on the history of TOTH because, as she says, she “loves it and would like to take it further.”

She volunteers because she wants to contribute to the community, and she appreciates that volunteering provides the opportunity to meet new people from all walks of life.

**Getting to Know Gail**

As a youngster, Gail lived in the Seattle area and got involved, with her sister, in the AquaFollies, a water show in the region. This is where she developed her love of swimming and artistic, synchronized swimming. She and her sister were coached by an Olympian and went on to join a local team. Later, as an adult, Gail coached 6- and 7-year-olds, some of whom went on to the Olympics.

She and her husband of 50 years, Patrick, owned a printing, mailing and fulfillment business, which she loved, in the Seattle area. After 15 years, they sold the business and moved to Austin. She worked for JC Penney’s in HR and helped with setting up new stores. After she retired from Penney’s, and following the death of Patrick, she knew she needed to get out and meet people. TOTH and other volunteer activities answered that need.

She continues her love of swimming, especially at Port Aransas, but she has added a love of T’ai-chi. She highly recommends the class at TOTH. She says that it helps her stay calm and centered. Travel is another love, which is what she would do if she could do anything at all. She has travelled to over 30 different countries, but her favorite place is Whistler, Canada where her family had a time-share. Her favorite type of travel is cruising.

She is proud of her family, which along with her friends, make her laugh. She loves to laugh and be silly. “Life should be fun,” she says.

Thank you, Gail, for bringing your joy to the Center. Congratulations on being the October Volunteer of the Month!

**Favorites**

**Favorite Sport:** Swimming

**Favorite Movie:** Too many to decide, but mostly comedies

**Favorite Color:** Yellow

**Favorite Food:** Lasagna and/or Sandwiches

**Morning or Night person:** Morning

**Chocolate or Vanilla:** Chocolate





## OCTOBER BIRTHDAYS

Angie Adams	01
Jan Clark	02
Carol Kitto	03
Lillie Heim	04
Larry Hagler	06
Claudia Minter	07
Lois Carlson	08
Ann Burford	13
Mingchen Keller	14
Betty Dubelbeis	16
Mary Ann Pacocha	18
Myra Burke	19
Denise Fitzgerald	20
Pat Fiero	21
Darryl St. Marie	26
Rosanna Chan	27
Frank Elrod	29
Helen Marburger	29
Evelyn Diamond	30



## OCTOBER ANNIVERSARIES

Pat and John Harlan	02
Gerri and Jim West	26

(Answer to Hitori on Page 4)

5	4	1	7	9	8	3	1
8	2	7	6	4	5	4	7
2	6	2	5	8	4	1	3
8	7	8	2	6	1	5	9
3	8	2	3	4	6	5	7
4	1	3	8	2	7	6	5
1	2	8	3	4	4	7	7
3	1	5	2	3	2	7	7



## NEW MEMBERS

Darleen Crews  
 Paul Flatley  
 Ed Garcia  
 Karen Julien  
 Debra Larkin  
 Jean Luke  
 Cathy Meister  
 Claudia Minter  
 Deborah Montgomery  
 James Nickerson  
 Mary Richmond  
 Barbara Seales  
 Joan and Victor Sitton  
 Jeannie Wiggermann  
 Diana Yanez

## RETURNING MEMBER

Jeri Finn

## FROM THE EDITOR

*by Barbara Duprey*

Just couldn't resist having a puzzle in this issue, there's been so much going on there hasn't been room in months.

The fundraising has been going very well, so thanks, everybody!

Please send feedback on the Gazette to [bduprey@austin.rr.com](mailto:bduprey@austin.rr.com).

*A hug for you, my friend*



Ann Gleaton and Family  
 Ellen Fannin  
 Rhoda Lloyd



Ken and Mary Riordon

**BOARD OF DIRECTORS**

President: Ellen Fannin  
Vice President:  
MarEllen Basalyga  
Treasurer: Denny Clauson  
Secretary: Ann Mignoli  
Directors:  
Frank Mignoli  
Pat Thomas  
Floresa Williams  
Philip MacDonald

**MANAGING DIRECTOR**

Lisa Leirvaag  
toth.director.tx@gmail.com

**GOLDEN GAZETTE**

Editor: Barbara Duprey  
bduprey@austin.rr.com

**COMMITTEES**

Finance: Denny Clauson  
Nominating: Gail Brennan  
Hospitality:  
MarEllen Basalyga  
Special Events & Resource Dev.:  
Ellen Fannin  
Publicity & Public Awareness:  
(Open)

**OPERATIONS**

Building Maintenance:  
City of Cedar Park  
(contact Lisa Leirvaag)  
Kitchen Mgr: Lisa Leirvaag  
Supplies: Lisa Leirvaag

**OPERATIONS (CONT.)**

Membership:  
Lisa Leirvaag,  
Jeanne Allison,  
Barbara Duprey  
Receptionists: Mary Riordon  
Bookkeeping: Lori Rainey  
Memorials: Jan Clark  
Sunshine: Jan Clark  
Memorial Garden:  
Lisa Leirvaag  
Historian: Ruby Banks,  
Gail Brennan  
Library: Ruby Banks  
Bulletin Board: Becky Goad  
Website Review: Becky Goad,  
Pat Daniels



**ACTIVITIES**

Breakfast \*: Pat Fiero,  
Frank Mignoli  
Salad/Soup \*: Frank Mignoli  
Meet & Eat \*:  
MarEllen Basalyga  
TOTH Dinner Club \*:  
MarEllen Basalyga  
Golf: Frank Mignoli  
Sit & Fit: Pat Fiero  
T'ai-chi: Dr. Tom Barrett  
Crafts/Jewelry Making \*:  
Mary Riordon  
Quilting Bee: Cindy Glenn  
Movie Day:  
MarEllen Basalyga

**GAMES**

Bingo  
Monday: Barbara Duprey  
Friday: Becky Goad,  
Barbara St. Marie  
Bunco \*: Ruby Banks  
Canasta \*: Bobbie McKissick  
Cribbage: Stan DeRocher  
Hearts \*: Chris Campbell  
Mahjong: Georgia White  
Mexican Train:  
MarEllen Basalyga  
Pinochle: (Open)  
Poker: Jerry Rubin  
42: Nancy Kingston

**BRIDGE**

Duplicate Bridge \*  
Tuesday: Frank Mignoli  
1st & 3rd Tuesday:  
Sheila Perkins  
Friday: Ken Birdwell  
3rd Friday: Joyce Francis,  
Sheila Perkins  
Saturday: Carolyn Patrick  
Rubber Bridge \*  
Tuesday: Ed Williams

\* Signup Required



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

# October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
* Signup Required # Signup Required & Pay in Advance	<b>DAILY:</b> 9 <sup>00</sup> Sit&Fit 11 <sup>00</sup> '42' 1 <sup>00</sup> Cribbage 1 <sup>00</sup> Bingo	<b>DAILY:</b> 10 <sup>00</sup> RbrBrdg* 10 <sup>00</sup> Canasta* 1 <sup>00</sup> DupBrdg* 1 <sup>00</sup> Poker [new time]	<b>DAILY:</b> 9 <sup>00</sup> Sit&Fit 9 <sup>00</sup> and/or 10 <sup>00</sup> Hearts*	<b>DAILY:</b> 10 <sup>00</sup> T'ai-chi 11 <sup>00</sup> Mahjong 11 <sup>30</sup> Pinochle 12 <sup>00</sup> Quilting 1 <sup>00</sup> MexTrain	<b>DAILY:</b> 9 <sup>00</sup> Sit&Fit 10 <sup>30</sup> Bingo 1 <sup>00</sup> DupBrdg*	
1	2 <b>DAILY</b> VOTING STARTS	3 <b>DAILY +</b> 9 <sup>30</sup> DupBrdg*	4 <b>DAILY+</b> 10 <sup>00</sup> ExCmte 10 <sup>00</sup> Jewelry Making* 1 <sup>30</sup> Bunco	5 <b>DAILY+</b> 6 <sup>00</sup> TOTH Dinner Club*	6 <b>DAILY</b>	7 Chili Cook-Off*
8	9 <b>DAILY +</b> 10 <sup>00</sup> BOD	10 <b>DAILY</b>	11 <b>DAILY +</b> 12 <sup>00</sup> Medi-care Info* 10 <sup>00</sup> Jewelry Making*	12 <b>DAILY</b>	13 <b>DAILY</b>	14 1 <sup>00</sup> DupBrdg*
15	16 <b>DAILY</b>	17 <b>DAILY+</b> 9 <sup>30</sup> DupBrdg* 1 <sup>00</sup> Meet&Eat*	18 <b>DAILY+</b> 12 <sup>00</sup> Annual Meeting* 10 <sup>00</sup> Jewelry Making*	19 <b>DAILY</b>	20 <b>DAILY +</b> 9 <sup>45</sup> DupBrdg* 11 <sup>00</sup> Finance Cmte	21 10 <sup>00</sup> Craft Sale*
22	23 <b>DAILY</b>	24 <b>DAILY</b>	25 <b>DAILY +</b> 12 <sup>00</sup> PEC Pres* 10 <sup>00</sup> Jewelry Making*	26 <b>DAILY</b>	27 <b>DAILY</b>	28 9 <sup>00</sup> Breakfast Day*
29	30 <b>DAILY</b>	31 <b>DAILY</b>				



**Please Remember:**  
Sign in and out  
Sign up for classes and meals

Missing something? Check the Lost and Found!

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