



The Golden Gazette

November 2023

Treasure of the Hills Senior Center

Volume XXXIII

Number 11

TOTH TALK

by Ellen Fannin, MarEllen Basalyga, Lisa Leirvaag, and Ann Mignoli

FROM THE PRESIDENT

At the October Board meeting, your Board of Directors voted unanimously to raise the dues from \$25 to \$35 annually. There has been much discussion about this over the last year, and it was not an action that we took lightly.

The reasons behind this are several. First and foremost is that we run at a deficit the majority of months throughout the year. Membership dues are a significant source of income for TOTH. When the board had to adopt a deficit budget earlier this year, we knew we needed to do something. We have approached the solution to the budget in several different ways.

With our current membership of 284, the raise in the dues will boost our income by almost \$3000 annually. The new rate of \$35 is also very much in line with other centers in our area.

Due to the work of our previous TOTH President, Carolyn White, and Treasurer Denny Clauson, the City of Cedar Park has included a line item in their budget to pay for our utilities. This will help by approximately \$700 per month at our current rates.

The Senior Expo is also one of our major fundraisers. This year, with the implementation of sponsorships and ad sales, we were able to boost the income on the Expo significantly.

Meals continue to be a positive revenue stream, and this year, with our arrangement with Salt Kitchen, we will not have any expenses for our Thanksgiving meal and our Holiday meal.

We have also added additional fundraisers to help with the bottom line. The Game Day and

Bake Sale brought in almost \$1000. The Chili Cook-Off was another fundraising event. The Craft Show on October 21st was an additional income producing event, with 20% of sales revenue going to TOTH.

I want to encourage everyone to participate in such events and bring friends who might also become members. We are open to other ideas, so please share your ideas with any board member. We will be having an annual planning meeting to schedule events for 2024.

All this is to say that we are working diligently to balance the budget. We appreciate your understanding of why we felt it necessary to increase the dues and thank you for your continued participation.

The board has also tasked a team to update the bylaws. Al Lowenstein is heading that committee, and Pat Thomas and Ann Mignoli are working with him. We anticipate being able to offer the bylaws revisions sometime early next year.

I love it when new members jump in and get involved immediately. And that is exactly what Becky Goad has done. You may have noticed our beautiful bulletin boards. Becky is the one responsible for designing and upkeep of the bulletin boards.

Thank you to all those who have either led a team, headed up a game, or are any way responsible for an activity here at TOTH. Whether I have mentioned your name or not, please know that you are appreciated for the work you do and the time and effort you devote to TOTH.



(continued on Page 2)

TOTH TALK

(continued from Page 1)

I want to personally thank Lisa, our tireless Managing Director, for the incredible dedication she has for our Center and how she keeps things running so very smoothly that it makes my job as president easy. We are so very fortunate to have you here making things happen, Lisa. Thank you!

Lastly, let me thank each one of you for your participation and interest in our Center. Without each and every one of you, we would not be here. Thank you for supporting our programs and caring for each other. It is an honor to serve as your president.

ADMINISTRATIVE NOTES

The Parks Department trimmed the trees and removed broken and loose branches. This makes our grounds safer and tidier, so thank you, Cedar Park.

BOARD SECRETARY REPORT

The Board approved holiday lights for outdoors, plus a banner for a greeting.

The review of the current Bylaws continues.

Twenty-seven members attended the "Meet the Candidates" membership meeting.

We had a fun football afternoon and Chili Cook-off in October.

Another Salt Kitchen free lunch is scheduled for the Thanksgiving luncheon on Wednesday, November 15th.

MEMBERSHIP DUES

Members can renew for 2024 starting in November, and must renew by February 15th to retain membership privileges. New members who join in November or December get the rest of 2023 free.

Did you know that the Rex Reed Benevolent Fund is available for people who are financially unable to pay the dues? Rex Reed, who established this fund, was a former member who died in 2006. If you or someone you know needs this assistance, apply in writing to the Treasurer. The request may be approved by the President or Executive Committee.

TREASURER'S REPORT

by Denny Clauson

September Income: \$3,714

The main sources of income were church rental, fundraising events, and Senior Expo.

September Expenses: \$6,040

Unusual expenses were a higher electricity cost and our fire insurance premium.

Unrealized Gain/Loss: Investment account decreased \$4,117; Memorial account decreased \$1,032.

Special note: after 18 months of discussions with City of Cedar Park, the City will now cover TOTH costs for electricity, natural gas, and telephone/internet services, starting in their 2024 fiscal year which began October 1st. This will save the center about \$8,000 annually. The city had previously covered costs for water and sewer as well as building repairs.



MEMORIAL FUND

Contributions were made in honor of Joe Gleaton by:

Pat Fiero

Becky Goad

Paula Kenmuir

Marilyn McCarthy



The bad news is time flies. The good news is you're the pilot.

Michael Altshuler

JEWELRY MAKING

by *Mary Riordon*

Jewelry making class continues meeting on the 1st and 3rd Wednesdays, with our instructor, Connie, and her assistant, Betsy.

On the 2nd and 4th Wednesdays, we continue having access to the donated jewels and making individual creations.

CRUISE

by *Mary Riordon*

We leave Galveston on April 20, 2024, going to Key West, Florida, and several destinations in the Bahamas (Freeport, Half Moon Cay, and Nassau), before returning to Galveston on April 28, 2024. We are hoping to have group transportation from TOTH. to and from Galveston. For prices and cabin information, contact Barry Atlas at BATlas@Carnival.com or 800-819-3902 ext 82327. I am the local contact - 512-260-8876 (landline, no texting).



JOKER

by *MarEllen Basalyga*

I'm excited about 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.

A meeting/lesson is planned for 1 pm November 17th in the library.



CHILI COOKOFF

by *Denny Clauson*

This event was very popular. Thanks, all you cooks and eaters! Ann Mignoli won first place with her chili. Too bad the Longhorns did not do as well in their contest!

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 more than 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.



CRAFTERS & HOBBYISTS!

Do you have a special talent for a craft or with a hobby that you can share with other TOTH members? Floral design, photography, cross-stitch, the perfect golf swing, making bread? Maybe a new game? What do you do to relax and have fun?

We would like to schedule some instructional classes that would be only an hour to an hour-and-a-half. It could be focused on one item or topic, or be more general. Come share your talents and knowledge.

Contact the front office if you are interested in being a presenter.

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.

ANNUAL MEETING COMMENTARY

The Treasure of the Hills Senior Center Annual Meeting was held on Wednesday, October 18. Attendance was light at 25. The Bylaws state that 15% of members are necessary to have a quorum. The current membership is 285. Forty-three members would constitute the needed quorum. Fortunately, no motions were on the agenda that required a vote.

President Ellen Fannin thanked the officers, directors and Managing Director Lisa Leirvaag for their hard work throughout the year. She also presented an excellent agenda that included reports from the Golden Gazette editor, Barbara Duprey: board officers; managing director; and standing committee chairmen. Each reported on what has happened so far this year and where we’re headed for next year. Denny Clauson, as chair of the Finance Committee, gave an excellent review of where we stand financially and why we have to raise the dues for 2024 to \$35.

The agenda included presenting an award to Phyllis Walker for her excellent work and diligence in her role as the chair of the Publicity and Public Awareness Committee. Lisa Leirvaag prepared a beautiful slide show, “In Memoriam,” recognizing TOTH members who have passed in the past year. Each slide included a photo and a brief bio.

The major reason for the Annual Meeting is to announce the election results. The 2024 Board is: Ellen Fannin, President; Chris Campbell, Vice President; Zane Lowenstein, Secretary; Denny Clauson, Treasurer; Becky Goad and Sandy Williams, incoming Directors. Remaining on the Board are Pat Thomas and Frank Mignoli.

A Q&A period followed prior to adjournment.

In any organization such as ours, we cannot stress enough the importance of members taking an active role in the workings of the Center, especially gatherings such as the Annual Meeting. This is an organization for senior citizens. It has a budget that now exceeds \$55,000 annually and has other assets of over \$200,000. It is imperative that leadership has input from all members. We certainly understand there are valid reasons anyone might have had for not attending. However, if the low attendance was an indication of a change that is needed, the Board is asking for your input.

If there is something you would like to communicate to the TOTH leadership, please let us know in a note placed in an envelope you can leave with the receptionist. Your name is not necessary. We will analyze your information and draw conclusions about required changes, if any. Please submit your response no later than Friday, November 10th. Your cooperation is appreciated.

CALENDAR NOTES

- On November 1st at 10:30 there will be a presentation on Caregiving by Bonnie How from AGE of Central Texas.
- Dinner Club is November 2nd at 5:30 pm (note time change) at Snow Pea Asian Bistro, 14028 N Hwy 183.
- Our Thanksgiving meal, prepared by the Salt

Kitchen, is November 15th at noon.

- Movie Day is November 18th at 1 pm. The movie is *Home for the Holidays*, with Holly Hunter and Robert Downey, Jr.
- On November 22nd at noon there will be a presentation on Downsizing by Allyson Carter, with a light lunch included.



THANKSGIVING TABLE DECORATION

We’re looking for volunteers to decorate tables for our Thanksgiving luncheon. Members interested in ‘adopting’ a table should get in touch with Lisa Leirvaag, toth.director.tx@gmail.com.

NOVEMBER 2023

OF THE MONTH

by Ellen Fannin

If you have been in the front office at TOTH almost any day of the week, you have seen the smiling face and heard the infectious laugh of our November Volunteer of the Month, Mary Riordon.

TOTH Membership

Mary has been a member of Treasure of the Hills since February 2004. A co-worker at Penney's first brought Mary to the Center. At that time, we had a Red Hat Lady Group that really appealed to Mary, and along with the different crafts that were offered, Mary knew this was the place for her.

Volunteer Activities

It would be easier to note the activities Mary has not been involved in. A few things are that she has served on the TOTH Board as President and is currently the team lead of the receptionist team. She organizes and leads the Craft Sales and is responsible for coordinating the cruises TOTH members participate in. She did say that she stays out of the kitchen, but whether it's puzzles, decorating, cleanup, phones, or crafts, if help is needed, Mary is there.

She says she volunteers because it is a great way to make friends. Because she doesn't have children, she has the time to do things she likes, and volunteering is one of those things.

Getting to Know Mary

Mary is the oldest girl of five siblings and was cooking by age seven and crafting at age eight. Prior to retirement, Mary worked in the Penney's Catalog Department for 18 ½ years, where she took phone orders. She has worked for answering services and at Brackenridge Hospital...you guessed it... answering phones.

She and her husband, Ken, have been together for 50 years, something she is very proud of. Something else she is very proud of, especially in light of all the news we hear nowadays, is that she graduated from college debt-free. Also, she has been cancer-free for 15 years.

When asked what she would do if she could do anything...anyone want to guess? Cruise, of course! She has been on 46 cruises and has three more scheduled next year.

She loves cross-stitch, reading, basket-weaving, working with stained glass and (of course!) relaxing on a cruise. Good, clean jokes make her laugh.

Thank you, Mary, for letting us get to know you and for all you do at Treasure of the Hills! Congratulations on being our November 2023 Volunteer of the Month!

Favorites

Favorite Sport & Team(s): Used to play basketball, but now watching football and hockey. Washington Huskies are her favorite team.

Favorite Book(s): Mysteries; anything by Dick Francis, Janet Evanovich, and others

Favorite Color: Mint Green

Favorite Food: Pasta and Bread

Morning or Night person: Morning

Chocolate or Vanilla: Vanilla





NOVEMBER BIRTHDAYS

Jimmie Marshman	04
Kathie Bacque	05
Nelya Warner	05
Joan Neely	06
Mae Duncan	07
Gus Robbins-Penniman	07
Calvin Allison	08
Jim Anderson	08
Lisa Scheuplein	09
Pat Thomas	15
John DeMarines	16
June Peterson	16
Barbara St. Marie	17
Archana Goel	18
Marie Roycroft	19
Dave Schedler	19
Mary Ann Bird	21
Kathleen Smith	21
Gaylynn Anderson	22
Karen Zabcik	22
Ron Baehl	23
Mick Sandgarten	23
Jerry Rubin	24
Dora Martinez	25
Frank Mignoli	26
Midge Norris	26
Del Darling	29
Warren Klein	29
Jim West	30



NOVEMBER ANNIVERSARIES

Yvonne and David Hale	11
Kay Binger and Raymond Cheesman	15
Rhoda and Bill Lloyd	26
Ken and Lois Birdwell	27

WELCOME!

NEW MEMBERS

Sue Chesnut
Marlene Hahn
Jerry Troyer

RETURNING MEMBER

Milt Shaevel

FROM THE EDITOR

by Barbara Duprey

As I end my second year as editor, I just want to say thanks to everybody who contributes to making it work. Like everything here, participation is key, and I'm very grateful to the team! I really enjoy putting each issue together. It sometimes helps a lot that I like puzzles. In a way, this activity resembles a jigsaw puzzle, collecting and organizing all the pieces to fit them into place. My email gets very busy as each issue is coming together!

Each of our activities here depends on people getting involved, whether as leaders or just to have fun. It's really a shame when there isn't enough participation to continue one. As you can guess, I'm particularly sorry that the Forum is a lost cause. It could really be useful, but....

Hope you'll make the next business meeting, which will probably be the one where we need to vote on the changes to the Bylaws. (There will be food!)

Please send feedback on the Gazette to bduprey@austin.rr.com.

A hug for you, my friend



Ann Gleaton and Family
George DeMarines
Claudia Minter



Ellen Fannin

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.

November 2023

SUN	MON	TUE	WED	THU	FRI	SAT
* Signup Required # Signup Required & Pay in Advance	DAILY: 9 ⁰⁰ Sit&Fit 11 ⁰⁰ '42' 1 ⁰⁰ Cribbage 1 ⁰⁰ Bingo	DAILY: 10 ⁰⁰ RbrBrdg* 10 ⁰⁰ Canasta* 1 ⁰⁰ DupBrdg* 1 ⁰⁰ Poker	DAILY: 9 ⁰⁰ Sit&Fit 9 ⁰⁰ and/or 10 ⁰⁰ Hearts*	DAILY: 10 ⁰⁰ T'ai-chi 11 ⁰⁰ Mahjong 11 ³⁰ Pinochle 12 ⁰⁰ Quilting 1 ⁰⁰ MexTrain	DAILY: 9 ⁰⁰ Sit&Fit 10 ³⁰ Bingo 1 ⁰⁰ DupBrdg*	
			1 DAILY+ 10 ³⁰ Caregiving Pres* 10 ⁰⁰ Jewelry Making* 1 ³⁰ Bunco	2 DAILY+ 6 ⁰⁰ TOTH Dinner Club*	3 DAILY	4
5	6 DAILY	7 DAILY+ 9 ³⁰ DupBrdg*	8 DAILY + 10 ⁰⁰ ExCmte 10 ⁰⁰ Jewelry Making*	9 DAILY	10 CLOSED for VETERANS DAY	11 1 ⁰⁰ DupBrdg*
12	13 DAILY+ 10 ⁰⁰ BOD	14 DAILY	15 DAILY+ 12 ⁰⁰ Thanksgiving Lunch* 10 ⁰⁰ Jewelry Making*	16 DAILY	17 DAILY + 9 ⁴⁵ DupBrdg* 11 ⁰⁰ Finance Cmte	18 1 ⁰⁰ Movie
19	20 DAILY	21 DAILY+ 9 ³⁰ DupBrdg*	22 DAILY + 12 ⁰⁰ Downsizing Pres* 10 ⁰⁰ Jewelry Making*	23 CLOSED for THANKSGIVING	24	25
26	27 DAILY	28 DAILY	29 DAILY	30 DAILY		



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