



20th Anniversary

2026 Senior Expo Opens on October 3



We are celebrating the 20th anniversary of the Treasure of the Hills Senior Expo! The 2026 Senior Expo will take place on Saturday, October 3, from 9:00 a.m. to 1:00 p.m. at the Cedar Park Recreation Center, 1435 Main St.

Hosted by Treasure of the Hills Senior Center (TOTH), the Expo is our major annual fundraiser. By attending, you're not only exploring valuable resources and making connections—you're also helping support the programs and services that keep TOTH thriving.

This year's Expo will open with a ribbon cutting at 8:45 a.m. to mark the 20th anniversary. Sixty-two local businesses, health-care providers, non-profits, and organizations will all gather to mark this momentous occasion. Whether you're interested in health and wellness, financial services, various types of resources, volunteer opportunities, or senior-friendly housing and services, you'll find it here.

What to Expect:

- Exhibitor booths with valuable information and door prizes offered by many of the vendors
- Informative presentations on a variety of topics for seniors
- A shuttle from the parking lot to the front door for those concerned with mobility issues
- Admission is free, and everyone is welcome—seniors, caregivers, family members, and anyone who wants to learn more about the services available in our area

Mark your calendars, invite your friends, and join us for a day you won't soon forget!

Saturday, October 3—9:00 a.m. to 1:00 p.m.
Cedar Park Recreation Center, 1435 Main St.

2027 Board Elected at Annual Meeting

The Treasure of the Hills 2027 Board of Directors was elected by acclamation at the TOTH Annual Meeting on September 16. They will take office on January 1, 2027.

The Board is as follows:

President – Ellen Fannin
Vice President – Sue Holmes
Secretary – Kathy Bonardi
Treasurer – Denny Clauson
Director – Jeanne Allison
Director – Dru Chrisman
Director – Emma Sue Johnson
Director – Angie Mendoza

Officers were elected for one-year terms; Directors were elected for two-year terms. Jeanne Allison and Emma Sue Johnson have another year on their terms. Directors Jim Anderson and Pat Fiero will complete their terms on December 31, 2026.

In addition to the Board elections, reports were given by Board members and the Office Manager.

Treasurer Denny Clauson reported that TOTH is solid financially. Our investment accounts continue to grow even with large expenditures.

Office Manager Jeanne Allison reported on building and facilities, and Vice President Sue Holmes spoke about on-going programs.

A beautiful memorial slide show of TOTH members who had passed in the last year was created by Lisa Liervaag and shown during the meeting.

President Ellen Fannin reviewed events of the last year as well as the upcoming Senior Expo. She then addressed the possibility of the merger with the City of Cedar Park, explaining the reasoning behind this consideration and the current status.

An outline of the message is on page 5.

A monthly publication of Treasure of the Hills Senior Center, 408 Ridgewood Dr., Cedar Park, TX 78613, 512-331-6000, www.toth-seniors.com. Open Monday thru Friday, 9:00 a.m. to 3:00 p.m. Annual Membership-\$35

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There is nothing quite as constant as change. I've never been afraid of change, although I have to admit I've occasionally been pretty irritated by it. That is how I'm feeling as I write this message. My latest encounter with change involves something I have relied on for more than 20 years: Microsoft Publisher.

My education in computer graphics began in 1998, when I went to the mountains of Colorado to help my sister with her business. She published a weekly trader-type newspaper, similar to the then-popular *Thrifty Nickel*, filled with classified ads and community events. My sister was a Mac person, so I learned ad design on a Mac using Quark.

When I returned to Texas in 2001 and began working at a local church, part of my job was producing the Sunday bulletin and monthly newsletter. The church used PCs, so I had another learning curve ahead of me. This time, the program of choice was Microsoft Publisher.

Publisher wasn't quite as versatile as Quark, but it did everything I needed—and over the years, I became very comfortable with it. In fact, probably 85 percent of the things I produced were done in Publisher. It became my go-to program, and I could make almost anything I needed.

Then came February 2024, when Microsoft announced that it would discontinue Publisher in October 2026.

My immediate reaction was: "Say it isn't so!"

You would think more than two years' notice would have been plenty of time for me to find and learn a replacement. But, like many of us, I ignored the warning. I simply kept plugging along with my beloved Publisher.

Well, here we are. October 2026 is upon us, and Publisher is disappearing in just a few days.

Enter AI—and, more specifically, ChatGPT.

When I finally realized I was going to need another way to produce the *Golden Gazette* and our Weekly Updates, I panicked. People suggested Canva, Adobe Express, InDesign and several

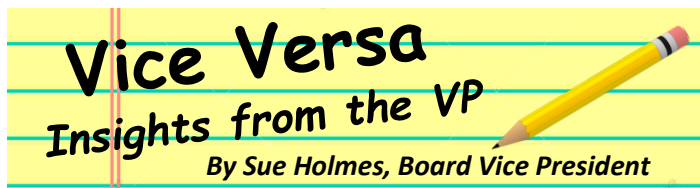
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TREASURER'S REPORT

By Denny Clauson, Board Treasurer

- August income :\$9,442
- August expenses:\$10,211
- Investment Fund: increased \$4,243
- Memorial Fund: increased \$688





No Movie Day in October

After reviewing the upcoming movies, none of them looked appealing, so there will not be a "Movie Day" in October. We'll check again for November, so watch for an announcement.

Austin Jazz Hall of Fame

I also received a request to check into the Austin Jazz Hall of Fame on November 1st. More to come on that. Currently, there are no details to share.

December Activities

Since December schedules fill up quickly, we are letting you know about two upcoming activities that you are not going to want to miss.

Live Theatre at the Palace

On Saturday, December 5, we are organizing a group carpool trip for the matinee of the play, "A Wonderful Life," being performed at the Palace Theatre in Georgetown. You can just drive yourself, but know that there is limited parking close to the theatre. The discounted rate for group tickets is \$33 each. TOTH will purchase the tickets so that we can take advantage of the group discount. You can sign up now and pay TOTH.

If people are interested in having a meal following the show, there is a great restaurant right next door.

Christmas Lights

If you love to see Christmas lights, we are planning a bus trip on the evening of Tuesday, December 15th to go to Fort Hood to see the six miles of Christmas lights. We need to get an idea of the number of people interested before we can provide a definitive cost. If you are interested, please sign up. This will help us to know what size bus to get, which will determine the price per person.

Current TOTH Membership

As of September 25, 2026

372

This is the highest membership since the inception of the Center in 1995.

Behind the Desk

by Jeanne Allison, Office Manager



Our membership is growing and people are participating in activities and we are running out of tables. It has been suggested that we need to buy more tables. However, because of a lack of space, we cannot accommodate new tables. To remedy this, each week I will have two long white tables set up to use if we run out of smaller tables for playing activities in the great room.

I have created a preliminary "Volunteer Sign-Up Sheet" for our members to indicate which activities they may be interested in volunteering for. Since this is still a work in progress, I would greatly appreciate your feedback. Please let me know if you have any ideas, suggestions, or feedback to help improve it.

I would like to thank everyone who has helped in setting up tables and chairs for various activities. I also would like to extend a special thank you to Leo Riggi for not only helping with the new Bingo laptop setup, but for writing up rules for various games and, most of all, for just being someone I can rely on and ask for help. Also, a special thank you to Jim Anderson and Lisa Liervaag for their help and support on various things.

Facilities Helpers

When KJ, our summertime facilities helper, went back to school, he found with his college-level classes and other activities that he had to cut back on his work hours, which left a real hole during the week for help with other small chores. He continues to come in on the weekend to help prepare the Center for the church that rents our space every Sunday.

We are thrilled that Morgan Nuñez, Jeanne Allison's granddaughter, is filling in the gap. Morgan comes to the Center weekday mornings around 9:30 a.m. to carry out the trash, fill the small refrigerator with water, and help with other things we might need.

Welcome to TOTH, Morgan! Thank you for your help.

Wisconsin Brats Lunch

Along with fall, we are welcoming in a bit of the great north - Wisconsin, that state known for its cheese and Green Bay Packers. Wisconsin native Denny Clauson, who is also our TOTH Treasurer, is hosting a Bratwurst Lunch on Wednesday, October 21st at noon.



The menu will consist of brats, sauerkraut, cheese curds and dessert. We are limiting the number of participants to 40, so if you like brats, you need to sign up right away. The meal is free for TOTH members; \$5 for guests.

Come enjoy a delicious lunch and we may even learn some new things about Wisconsin!

Wednesday, October 21 – 12:00 p.m.

Holiday Meals for Homebound

Do you know of anyone who is homebound and might appreciate a holiday meal?

Treasure of the Hills would like to provide a meal in conjunction with our upcoming Thanksgiving luncheon on Wednesday, November 18 and our Christmas luncheon on Wednesday, December 16.

The Thanksgiving lunch will be the traditional turkey and dressing. However, this year, for the Christmas Luncheon we have a special treat. The main course will be prime rib. There will be another option for those who do not eat red meat.

If there is someone we could deliver a meal to, contact the front office with the name, address and phone number of the person at least a week prior to the event.



Your Time. Your Talents. Your TOTH.

Every day, our members bring something special to Treasure of the Hills—friendship, laughter, knowledge, creativity and a willingness to help. Now we're putting some of that treasure into action! Each month, we'll feature opportunities for you to share your time and talents with TOTH.

Some may require an ongoing commitment, while others may take only an hour or two. Whether you're ready to take on a new role or simply lend a hand when you can, there's a place for you. Take a look at this month's opportunities and see where you can make a difference!

Flag Monitor – We are in need of someone who is familiar with flag protocol and who will take care of the flag when it needs to be at half-staff. It would help if you were fairly tall as you would need to reach the rope controlling the flag. You can talk with Jeanne in the front office or email board.toth@gmail.com and we will get the message to her. Be sure to include your name, email address and phone number.

Lunch & Learn Helper – This opportunity would be to help with the setup and meals at our Lunch & Learns. Sue Holmes, Board Vice President, is in charge of the Lunch & Learn meals. You would not have to work every time, but only when you are available. It might involve helping to plan the meal or working with the hosting organization to serve the meal. Sue will be happy to talk with you about what is involved. You can either talk with Sue directly or email board.toth@gmail.com and we will get the message to her. Be sure to include your name, email address and phone number.

Graphics Help—Once you read the President's Message, you will understand the help needed. You can either talk to Ellen Fannin in person or email board.toth@gmail.com and we will get the message to her. Be sure to include your name, email address and phone number.



October Lunch & Learns US Coast Guard

Chief Cristina Berrios will speak about the Coast Guard's missions, benefits and what kind of person makes a good candidate to join the Coast Guard. Q & A will follow.



Cristina, who has been with the Coast Guard since early 2007, assumed the duties of Recruiter in Charge (RIC), Recruiting Office Austin, TX in the summer of 2025.

Kristen is a native Texan and married to husband, Eddie. They have three children ages 14, 12 and 11.

Lunch will be provided. Please sign up in advance so plans can be made for the food.

Wednesday, October 7 – 12:00 p.m.

Life Preserver Preserving Records, Relationships, and Legacy

What exactly is meant by "important documents?" Do they include the things your family would need to know about your home, your finances, your digital life, or even what you want done with your private journals?

Life Preserver was created to give peace of mind to both the person filling out the binder and the loved ones who may one day need it. It is an act of love—an act that gives your family time to remember and honor your wishes, rather than become overwhelmed with tasks and unanswered questions.

Founder Kristen Pandhi was inspired to create Life Preserver after watching her best friend struggle to navigate the details of her father's life after his sudden passing. She realized how many small but important pieces known only to us are scattered throughout our lives. Life Preserver brings those details together. Lunch will be provided. Please sign up in advance so plans can be made for the food.

Wednesday, October 28 – 12:00 p.m.

The State of the Center

A Synopsis of the President's Report at the Annual Meeting

In her President's Report at the September 16th Annual Meeting, Ellen Fannin spoke about the state of the Center.

She first addressed the concerns the board has for the long-term future of TOTH. These concerns stem from our difficulty in finding individuals to run for the board, the need for additional volunteer help from the members and our reliance on the City in the form of the use of the building, utilities and maintenance.

When the idea of merging with the City was brought up at the 2025 Annual Meeting, there were concerns regarding the preservation of what makes TOTH special, and the Board listened.

We were able to get a full slate of candidates for the Board and are extremely grateful to those who stepped up. However, Ellen reminded everyone, *"We bought ourselves another year. We didn't solve the problem."*

We will be facing leadership issues for 2028. Ellen, Sue Holmes, and Denny Clauson do not plan to run for office again. Because so much of the work has fallen on their shoulders. All three are experiencing burnout.

Conversations with the City continue, however, due to the recent departure of critical staff members from the Parks & Recreation Department, there is a great deal of uncertainty about any progress. Despite this, the underlying reasons for the conversations have not changed.

The question remains "How do we sustain TOTH?"

Now is the time to address these issues because we can do it from a position of strength. The issue is future leadership. We want TOTH to be here for future generations of seniors. What are you willing to do to help make sure Treasure of the Hills is still here five or ten years from now?

"The State of the Center is strong in many ways. Our programs are strong. Our community partnerships are strong. Our Expo is strong. Our members are engaged. But our leadership pipeline is not strong enough. And that's the piece we have to work on."

President's Message

(continued from page 2)

other programs. All were good options, but all would require learning something new—and I simply didn't have the time.

So I turned to ChatGPT.

I had already been using it for several months to edit and polish my writing, and I was amazed at how helpful it was. I had even given my ChatGPT a name. I call him George. However, I had never tried using AI for graphics, layout or design.

I decided to start small. I asked George to create an invitation. Within minutes, I had a professional-looking, attractive invitation.

Well, if it could do that, why not try something bigger?

I explained my Publisher dilemma and asked if George could help me create the newsletter. He asked me to upload a previous issue so he could become familiar with its format and personality. Then he told me that, yes, he could help produce the newsletter. I would simply provide the articles, photographs and instructions.

My first venture for this newsletter was to create the monthly calendar. Once I had all the information, I put it into ChatGPT. The first iteration was pretty boring and plain. I told George that I wanted something more festive. The second iteration is the newly formatted calendar which is now part of the newsletter. I love it!

What I have since discovered is that producing the entire newsletter is much more complex. There are specific headers and ways to layout stories, especially those with photos and graphics, certain ways to do headlines and continuations of stories. But, George and I are working on it.

This month's newsletter mostly looks like it has for the last couple of years with the exception of the calendar. It looks fabulous, thanks to George, who is a much more professional graphic artist than I am.

So, perhaps there is a lesson here: Change may be irritating, but sometimes it opens the door to something we never expected. It may take some work and some time, but change is coming, whether we like it or not.

Early Voting begins on October 19

Early voting begins on Monday, October 19 and continues through Friday, October 30. Polls are open Monday through Saturday, 7:00 a.m. to 7:00 p.m.; Sunday, 12:00 p.m. to 6:00 p.m.

The most convenient voting location to Treasure of the Hills is the Cedar Park Recreation Center, 1435 Main St., 78613 in the San Gabriel Room. Other Williamson County voting locations can be found at wilcotx.gov.

Election Day is Tuesday, November 3rd.

Make sure you are registered to vote.

To check to make sure you are registered to vote, go to Texas.gov and follow the prompts. Be sure to check that you are inputting the correct information. (I put my date of birth in wrong, so it told me I wasn't registered. Once I corrected it, I got the message I was registered.) The last day to register to vote is Monday, October 5th.



SEWA Painted Bags

Last June, during the 90-Minute Craft session, the Austin Chapter of SEWA International hosted a "Paint a Bag" workshop. Attendees were invited to paint and decorate two canvas tote bags; one to keep and one that the SEWA organization would use to distribute food and other items to people in need.

We received word that our bags were used at an event where they had a burrito assembly event and the recipients received the burritos in the painted, reusable bags.





CREATE
LEARN
CONNECT

October Craft:

October ushers in the fall and what better way to acknowledge it than a stunning wreath on your front door.

Join Ellen Fannin as she demonstrates different wreath techniques that you can use as you create your own fall wreath. Wreath forms, ribbons, and other supplies will be furnished. However, if you have something special you would like to have on your wreath, you are encouraged



to bring it with you. Ellen will also demonstrate different bow techniques.

Supply fee is \$10, a real bargain for a wreath. The class is limited to 10 participants, so sign up early.

Wednesday, October 28 – 10:30 a.m.

Pressed Flower Cards

Pressed Flower Card classes continue in the library on the third Wednesday of the month at 10:30 a.m. Taffy Gauger provides all the materials you'll need and is available to help guide you. Supplies cost \$5 per person. Sign up in advance. Payment can be made at the class.

Here is a testimonial and photo from Elaine Allan who is a regular attendee of the Pressed Flower Card class:

"From my pressed flower card class. All these grow in Austin and Cedar Park. Taffy Gauger is a kind, patient, creative, artistic lady. She is a friendly and intelligent teacher who also knows a lot about life. I really enjoy her."



Wednesday, October 21—10:30 a.m.—\$5

Interested in Teaching a Class

If you would like to share your talents at an upcoming 90-minute Craft session, contact Ellen Fannin at fannineellen@gmail.com.

Cruisin' with Recycled Teenagers

by Mary Riordon



The Recycled Teenagers had an eventful cruise at the end of August. Between Darryl St. Marie having to be medevacked off the ship and several cruisers coming down with COVID once we returned, the trip provided some questionable memories. Despite all these setbacks, most of us had a good cruise.

That is why we want to start planning another cruise as soon as possible. I am looking at the possibility of a cruise sometime in the spring.

If you are interested and would like to explore the possibilities, let me know. I am at the Center front desk on Mondays and Wednesdays, although I will be gone the last week of October.

Recycled Teenager Cruisers taken the last night of the cruise at dinner.



TRAVEL WITH TOTH

"Travel with TOTH" is a new program being offered at the Center. It will be held on the first Monday of each month, beginning October 5th at 10:30 a.m.

Melissa Norris, Travel Specialist, will host this group each month. Melissa plans to bring in representatives from cruise lines and tour companies to talk about the many travel opportunities that are available.

For the October 5th session, Melissa will introduce herself has invited a representative from Collette Tours to speak.

If you are interested in learning about travel opportunities, be sure to attend.

Monday, October 5 – 10:30 a.m.



By Chris Campbell

After some consideration, it was decided to disband “The Cedar Hills Book Club,” due to low attendance effective in October. We will still continue with the “Rated PG Book Club” that will meet on the second Friday of the month at 9:30 a.m. The book club is always open to anyone who would like to join in the discussion.



The October book is *The Diva Haunts the House*, by Krista Davis. The book is available in paperback, on audiobooks and Kindle. The Rated PG

Book Club is open to all and drop-ins are welcome!

Friday, October 9—9:30 a.m.

November Book

The book that was originally scheduled for the BCH Book Club now becomes the November book for the “Rated PG Book Club.”

The book for the November 13th discussion is *The Murder of Roger Ackroyd*, by Agatha Christie. This book is available on Kindle. The book club discussions are led by TOTH members.

If you have questions or comments for the Book Club, please send them an email at tothbookclubs@gmail.com.

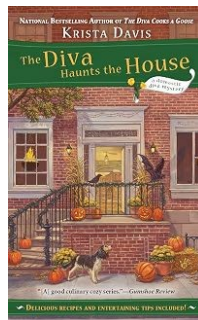
We are always open to new book recommendations. Come and share why you like it!

Conversational Spanish

The Conversational Spanish class is taking a Fall Break the first two Thursdays in October. Class Instructor Leslie Blanton will be traveling and will resume the class on Thursday, October 15.

The Conversational Spanish class is for all levels of learners. They meet weekly on Thursday mornings from 10:30 to 11:30 a.m. The fee, which helps with copies and other items, is \$5 per class.

Now is the time to join! The group is planning another lunch at a local restaurant in the near future. The only stipulation at lunch is everyone must order in Spanish.



COME JOIN THE FUN!

**October 2026 Session:
Monday, October 19
3:00 to 5:00 p.m.
Great Room**

Bring your favorite snack to share;
\$2 per card/No card limit
(2 max is recommended)

Cash Prizes

**Music Genre for October:
60s & 70s Mix**

Here's a tip if you've never played before:

Download the Shazam app
on your phone in advance
to help you identify the songs.



**Wanna sing along?
Join us at the Sing-Along Table!**

Painted Coasters

At the September 90-Minute Craft class, Angie Mendoza instructed participants on paint pouring techniques. Each person created four ceramic coasters. Here is Vee Cocke showing off her handiwork.





By Pamela Haynes

Have you ever thought that your life is just a series of stories and that you have been aching to share? If so, you would be joining a famous Australian therapist, Michael White. Or you could join our Scribblers group! Topics for our September meetings were “middle school” and “humorous experiences.”

In October we will be meeting at 9:30 on the 14th and 28th.

Our submission for this Gazette is an insightful story by Ellen Fannin about her relationship with her sisters, entitled “Comparable Siblings.”

Comparable Siblings

By Ellen Fannin

According to the experts, comparing ourselves to others is “a normal and fundamental part of human psychology.” The real challenge isn’t that we compare ourselves—it is what we do with the conclusions we draw from those comparisons.

I was the fifth of seven children: two boys, one at either end of the family and twenty-one years apart, with five girls sandwiched in the middle. Like most children, I constantly measured myself against my siblings. Sometimes those comparisons motivated me. Other times they left me feeling inadequate.

Let me introduce you to my sisters because they were usually the measuring sticks by which I judged myself.

The oldest was Myra, although everyone simply called her “Sister.” She was strong-willed and determined—or at least that was how she appeared to me. During her teenage years, she often clashed with Mother and Daddy. When Mother returned to work to help support the family, Sister became responsible for the younger children and shouldered much of the burden of raising us. The summer between her junior and senior years of high school, she took a job at Big Bend National Park. There she met Les, and before long they ran off and got married. Mother and Daddy tried everything they could to have the marriage annulled, but Sister stood her ground. Looking back, I suspect she married as much to escape the weight of family responsibility as she did for love. She wanted a life of her own.

Next came Ann. She was the demure, feminine one. She and Sister were especially close, partly because of their ages, but also because Sister naturally led and Ann was content to follow.

Jo came next. As a child I somehow got the impression that she was slow. Later I realized that wasn’t true at all. She struggled with poor eyesight and hearing, which often made her seem withdrawn. In reality, she was every bit as intelligent as the rest of us. She simply preferred the background to the spotlight.

Then there was me. My siblings always accused me of being Daddy’s favorite. I had been the baby of the family for seven years, and looking back, I probably took full advantage of that position.

Seven years later, Sandy arrived and promptly replaced me as the baby. I didn’t pay much attention to her when she was little, but as she grew older, she became another person against whom I quietly measured myself.

As you can imagine, I had plenty of material for comparisons. I wasn’t as fearless as Sister or as pretty as Ann. I assumed I was smarter than Jo, and when Sandy came along, I felt she had stolen my place in the family.

Fast-forward more than forty years.

For reasons none of us can now remember, the five sisters gathered for a slumber party.

By then, life had taken each of us down very different paths.

Sister had five children and had been married three times. Her first husband had been killed in a tragic gun accident. Her second husband, a thoroughly unpleasant man, had died of cancer. Her third husband, Bob, was a kind man who finally brought joy and stability into her life.

Ann was married to Sam, and they had one son. Sam had a knack for collecting grudges

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“Comparable Siblings”

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against various members of the family, making relationships...interesting.

Jo was in her second marriage and had one daughter. Her husband, David, also had a daughter from his first marriage. After earning her college degree and discovering that teaching wasn't for her, Jo helped run David's insurance business.

Sandy was living in Colorado with her long-time companion, Bob. They never married, yet their relationship has lasted longer than the marriages of any of the rest of us.

As for me, I was living in Austin with my daughter. After three failed marriages, I had finally accepted that my greatest weakness wasn't marriage itself—it was my remarkable ability to choose the wrong husbands.

We spent the evening eating, laughing, reminiscing, and playing games. Sometime around one or two in the morning, our conversation drifted to an unexpected topic: how each of us had compared ourselves to the others while growing up.

I was stunned by what I heard.

Sister confessed that she had felt deeply insecure around her friends in high school. I had always seen her as confident, popular, and fearless, yet she had wrestled with feeling "less than," just as I had.

Ann admitted that people noticed her looks but rarely saw the person behind them. She longed to be known for more than a pretty face.

Quiet Jo shared that she often felt invisible, overshadowed by siblings with stronger and more outgoing personalities.

Then Sandy surprised me by saying that she had spent much of her life living in our shadows—especially mine—and had always felt she needed to work harder and accomplish more just to measure up.

And I confessed that I had spent years trying to cover my own insecurities by striving to be smarter, better, or more accomplished.

As each sister spoke, a remarkable realization settled over the room. Every one of us had admired qualities in the others that we believed we lacked ourselves. Every one of us had secretly envied someone else. Every one of us had carried

insecurities that no one else had suspected.

That night changed the way I look at people.

We spend so much of our lives comparing our private doubts with everyone else's public strengths. We assume the people we admire are more confident, more content, more successful, or somehow more complete than we are. Yet beneath the surface, they are often fighting the very same battles.

The comparisons I made as a child were real, but the conclusions I drew from them were not.

That long-ago slumber party taught me one of life's most valuable lessons: we are far more alike than we realize. The people we place on pedestals have fears, disappointments, and insecurities of their own. Knowing that doesn't diminish my admiration for them. Instead, it replaces envy with compassion—and reminds me that we all deserve a little more grace, especially from ourselves.



Never argue with a stupid person. They will drag you down to their level and then beat you with experience.

A Bridge Player's Wedding Night: The newlywed couple gets to their hotel room, and the husband immediately answers the phone to talk about a bridge hand for two hours. In tears, the wife says, "How can you be so inconsiderate?!" The husband replies, "You're right, honey. All he had to do was take a finesse."

Senior Wisdom: Two seniors were sitting on a park bench. One turned to the other and said, "You know, the ability to speak several languages is a wonderful asset."

The other senior nodded wisely and replied, "Yes, but the ability to keep your mouth shut in any language is priceless."

Recent Medical Results: Studies by Johns Hopkins University, Mayo Clinic, and the National Institute of Health indicate that members of US Congress have the strongest jaw muscles among the US Population. Preliminary results of an upcoming study indicate that common sense may be inversely proportional to Jaw Strength.

Better Sleep:

Simple Tips for Falling—and Staying—Asleep

Getting a good night's sleep can become more challenging as we get older. We may fall asleep easily but wake up in the middle of the night, or lie awake worrying about the next day. The good news is that a few simple habits can help improve both the quality and consistency of our sleep.

Start the Day Right

- Get some morning sunlight. Try to spend 10–30 minutes outdoors soon after you wake up. Morning light helps set your body's internal clock and can make it easier to feel sleepy at night.
- Wake up at about the same time every day. A consistent wake-up time helps keep your sleep schedule on track, even after a restless night. Get some daytime exercise. Regular movement can improve sleep, but try to finish vigorous exercise several hours before bedtime.

Prepare Your Body for Sleep

- Dim the lights about an hour before bed. Bright light in the evening can signal your brain to stay alert. Lowering the lights helps your body transition toward sleep.
- Keep your bedroom cool. Around 65–68°F works well for many people, although comfort is the most important consideration.
- Keep the room dark and quiet. Blackout curtains, an eye mask or earplugs can help if light or noise is disturbing your sleep.
- Keep your feet warm. If your feet tend to get cold, try a pair of comfortable socks. Warm feet can help your body release heat through the skin, which may make it easier to fall asleep. Develop a relaxing bedtime routine. Gentle stretching, reading, listening to quiet music or practicing slow breathing can signal that it's time to wind down.

Watch What You Put in Your Body

- Cut off caffeine early. Caffeine can remain in your system for many hours. Try avoiding coffee, tea, cola and other caffeinated drinks after noon—or earlier if you are particularly sensitive.
- Go easy on alcohol in the evening. Although alcohol may make you sleepy initially, it can cause more fragmented sleep later in the night.

Limit fluids close to bedtime. If bathroom trips are interrupting your sleep, try drinking more of your fluids earlier in the day.

If You Wake Up During the Night

- Don't watch the clock. Seeing “2:37 a.m.” can immediately start the mental countdown of how many hours of sleep you have left. Turn the clock away if necessary.
- Don't reach for your phone. Checking email, social media or the news can quickly turn a sleepy brain into an alert one.
- Try slow breathing. The 4-7-8 technique is one option: inhale for 4 seconds, hold for 7, and slowly exhale for 8. If those numbers feel uncomfortable, simply concentrate on slow, relaxed breathing with a slightly longer exhale.
- Don't fight to fall asleep. Trying too hard can make you more alert. Instead, let yourself rest and focus on something quiet and repetitive. If you're wide awake, get out of bed. If you've been awake for roughly 20–30 minutes, go to another room and do something quiet in dim light, such as reading a few pages of a book. Return to bed when you feel sleepy again.

A Few More Things to Consider

- Don't go to bed simply because the clock says it's bedtime. If you routinely spend a long time awake during the night, you may be going to bed earlier than your body actually needs.
- Try sleeping on your left side if you experience acid reflux. Left-side sleeping can reduce nighttime reflux for some people. Don't expect perfection. Brief awakenings during the night are normal. The goal is to make it easier to return to sleep.

One Last Thought

Good sleep isn't usually the result of one magic trick. It's more often the result of several small habits working together. Try a few of these suggestions, give them some time, and pay attention to what works for you.

And if you regularly have trouble sleeping, check with your healthcare provider. Persistent sleep problems can sometimes have an underlying cause that deserves attention.



Constable's Corner

by Constable Jeff Anderson



The Most Powerful Safety Tool You Have:

The Pause Button

A message from the Williamson County Constable's Office – Precinct 2

There is a tool every one of us carries that can prevent a surprising amount of crime. It doesn't require batteries. You don't have to download an app. And it doesn't cost a dime. **It's the ability to stop, pause and think before we act.**

That may sound simple, but criminals today are very good at creating one thing: **urgency**.
"Your bank account has been compromised."
"Your grandson has been arrested."
"There is a warrant for your arrest."
"You missed jury duty."
"Someone has used your Social Security number."
"You need to move your money immediately to keep it safe."

When you hear something like this, your natural reaction may be to solve the problem as quickly as possible. Unfortunately, that is exactly what the scammer wants.

The Federal Trade Commission recently reported that consumers lost approximately \$3.5 billion to imposter scams in 2025, and imposter scams accounted for nearly one out of every three fraud reports. The FBI has also warned that older Americans continue to suffer especially significant losses from fraud and impersonation schemes.

So, I want to suggest something easy to remember:

Use the 10-Second Rule.

Whenever an unexpected caller, text message, email or visitor tells you something frightening has happened and that you need to **act right now**, give yourself ten seconds.

Then ask yourself three questions:

1. Why are they rushing me?

Legitimate businesses, banks, and government

agencies generally give you an opportunity to verify what is happening. Criminals don't want you to have that opportunity.

2. Why can't I call someone else before doing this?

Scammers frequently tell victims not to hang up, not to contact their bank, not to call law enforcement and not to tell family members. There is a reason for that. The moment another person becomes involved, the scam may fall apart.

3. Why are they asking for money in an unusual way?

Gift cards, cryptocurrency, Bitcoin machines, wire transfers, cash deliveries, and instructions to move your savings into a "safe" account should immediately raise a red flag.

The FTC specifically warns that government agencies will not tell you to move money to "protect it," deposit cash into a Bitcoin ATM, or give cash or gold to a courier.

And here's something else I want our seniors to remember:

You are allowed to be rude to a scammer.

Many of us were raised to be polite. We don't like hanging up on people. We don't want to offend someone who says they are calling from the bank, the government or law enforcement. But you do not owe an unexpected caller your time.

If something doesn't sound right, **hang up**.

If the caller says they're from your bank, hang up and call the number printed on the back of your bank card.

If they claim to be from a government agency, locate that agency's official telephone number yourself.

(continued on page 13)



IN MEMORIAM



Charlene Palmer

September 13, 1936—September 13, 2026

Charlene Palmer was born on September 13, 1936, in Texarkana, AR, and she passed away on September 13, 2026 on her 90th birthday. Charlene was an accomplished administrative professional at the University of Texas, where her dedication, work ethic, and talents were highly valued. Her love for nature was evident in her immaculately tended flower garden, which was a testament to her patience and nurturing spirit. A member of Treasure of the Hills from 2002 until 2024, Charlene was an enthusiastic bridge player who reveled in the camaraderie and competition. Charlene's love for her family was the true pearl in her life, and her legacy of love, laughter, and courage will continue to inspire those left behind.



Constable's Corner: The Pause Button

(continued from page 12)

If someone says a family member is in trouble, hang up and call that family member—or another relative—directly.

And if someone claims to be a police officer and says you must immediately pay money to prevent being arrested, **do not send money**. Call the law-enforcement agency yourself using a number you independently verify.

Never trust a telephone number simply because it appears on your caller ID.

**There is no embarrassment
in asking for help.**

One of the most important messages I can give our senior community is this:

**If someone attempts to scam you,
tell somebody.**

Criminals succeed when victims are embarrassed and remain silent.

Talk with your children, grandchildren, neighbors and friends about suspicious calls and messages. Seniors also have something younger gen-

erations don't always have—decades of experience recognizing when something just doesn't feel right.

Trust that instinct.

And look out for one another.

If your friend tells you about an unusual call from “the bank,” ask questions. If a neighbor suddenly mentions withdrawing a large amount of cash for someone they met on the telephone, speak up. That conversation may save someone's retirement savings.

Our goal in law enforcement isn't to make people afraid.

It's to make people prepared.

So, remember:

STOP. PAUSE. VERIFY.

If it's legitimate, it will still be legitimate ten minutes from now.

But those ten minutes might be exactly what keeps a criminal from taking something you spent a lifetime earning.

Stay safe, look out for one another, and never hesitate to contact law enforcement when something doesn't seem right.

UPCOMING EVENTS

October Presentations, Meetings & Events

Sit & Fit

Meets Monday, Wednesday & Friday at 9:00 a.m.

Senior Fun & Fit

Meets Tuesday & Thursday—9:00 to 10:00 a.m.

Tai Chi

Meets Tuesday & Thursday —10:00 a.m.

Senior Expo Vendor Reception

Thursday, October 1 – 5:00 to 7:00 p.m.

20th Annual Senior Expo

Saturday, October 3 – 9:00 a.m. to 1:00 p.m.

Ribbon Cutting at 8:45 a.m.

(see article on page 1)

Travel with TOTH

Monday, October 5 – 10:30 a.m.

(see article on page 7)

Lunch & Learn: U.S. Coast Guard

Wednesday, October 7—12:00 p.m.

(see article on page 5)

Rated PG Book Club

Friday, October 9—9:30 a.m.

(see article on page 8)

Movie Day

No Movie Day in October

Senior Scribblers Writer's Group

Wednesdays, October 14 & 28—9:30 a.m.

(see article & story on page 9)

Conversational Spanish Classes

Thursdays, October 15, 22 & 29—10:30 a.m.

GenLink Technology Session

Saturday, October 17—10:00 a.m.

Music Bingo

Monday, October 19—3:00 p.m.

(see more detail on page 8)

Pressed Flower Cards

Wednesday, October 21—10:30 a.m.

(see article on page 7)

Wisconsin Bratwurst Lunch

Wednesday, October 21 – 12:00 p.m.

(see article on page 4)

90-Minute Craft: Fall Wreaths

Wednesday, October 28—10:30 a.m.—\$10

(see article on page 7).

Lunch & Learn: Life Preserver

Wednesday, October 28—12:00 p.m.

(see article on page 5)

Always check the Weekly Update

for changes in events.

Be sure to register for events in advance.

October Shared Meals

Members and friends are invited to join us for any of these events. Please remember that reservations are required! You can register in the front office of the Center or call 512-331-6000.

TOTH Dinner Club

Thursday, October 8 at 6:00 p.m.

Cilantro Grill

325 N. Bell, Cedar Park

(Limit 15)

Contact: MarEllen Basalyga, 512-905-1102

Meet & Eat Lunch Group

Tuesday, October 20 at 1:00 p.m.

Dahlia Cafe

2450 RM Rd 1869, Liberty Hill

(Limit 18)

Contact: MarEllen Basalyga, 512-905-1102

Monthly Breakfast

Saturday, October 24 at 9:00 a.m.

TOTH Senior Center Great Room

(Free for members; \$5 for guests. Sign up in advance; deadline is September 22. Seating is limited to 40 people.)

October Birthdays

Jan Clark..... 2	Rose Hintze 15	Keith Regan 24
Mark Haase..... 3	Debra Bennett 16	Jeromy Tolleson 24
Larry Hagler 6	Evelyn Myers 17	Darryl St. Marie 26
Bill Cocke 8	Rudy Martinez..... 18	Nina Cavanaugh 27
Nanci Heller..... 9	Mary Ann Pacocha 18	Jayn Looper 27
Beda Johanson..... 9	Myra Burke 19	Jim DeFrees 29
Helen Meyer..... 10	Beckie Hicks..... 19	Helen Marburger 29
Sue Nolen 11	Pat Fiero..... 21	Tonya Davenport 30
Kathy Schutz 13	Mark Ress 21	Colleen Sanchez 30



Hugs & Sunshine



Taffy Gauger • Darryl St. Marie
Patricia Zwernemann & son, Jeff Meyer
Pat Thomas

If you or another member of TOTH is experiencing an illness or loss and need a little more sunshine in your life, please contact the front office, 512-331-6000, to let us know.

October Anniversaries



Rebecca & Dennis Moore	3
Donald & Connie Benson.....	14
Magdalena & Aldo Duran	14
Ellen & Joe Esposito	18
Gerri & Jim West	26
Colleen & Keith Regan	30

NEW MEMBER RECOGNITION - Aug/Sept 2026

Welcome to Treasure of the Hills. TOTH is a special place where you can develop some wonderful friendships and participate in fun and entertaining events. Please know how much we appreciate each of you!

August 2026

Kathy Rye
Yoshiko Beckman
Carmelite Wellman
Magdalena Duran
Karlene Marvel
Margaret Fuchsel
Mark Ress



September 2026

Ralph Veloz
Raymond Harper
Joyce Jones
Jeanne Barker
Sally Pringle
Herbert Hintze
Rose Hintze
Beckie Hicks
Roxana Habibi
Jeevan Puri
Guity Kermani
Zhisheng Zhang

welcome!

Cedar Park Spooktacular

Cedar Park Police Department invites you to Lakeline Park on Thursday, October 29, 2026, from 5:00 – 8:00 p.m. for an evening full of Halloween fun! Bring the whole family out for costumes, music, free candy, hot dogs, and more at the 2nd Annual Cedar Park Spooktacular. Kids (and kids at heart) can explore police cars and fire trucks, enjoy interactive booths, and watch movies under the stars. Don't forget your costume because this is one spooky celebration you won't want to miss!



BOARD OF DIRECTORS

President

Ellen Fannin

Vice President

Sue Holmes

Treasurer

Denny Clauson

Secretary

Lisa Leirvaag

Directors

Jeanne Allison • Jim Anderson
Pat Fiero • Emma Sue Johnson

OFFICE MANAGER

Jeanne Allison

Email:

toth.director.tx@gmail.com

512-331-6000

STANDING COMMITTEES

Finance

Denny Clauson

Nominating—TBD

Special Events & Resource Dev.

Sue Holmes

OPERATIONS

Bldg Maintenance: Cedar Park
Bookkeeping: Lori Rainey
Kitchen & Supplies: Lisa Leirvaag
Membership: Barbara Duprey
Reception: Mary Riordon
Memorials: Colleen Sanchez
Sunshine: Colleen Sanchez
Mem'l Garden: Jim Anderson
Historians: Ruby Banks
Gail Brennen
Library: Ruby Banks
Bulletin Board: Angie Mendoza
Newsletter: Ellen Fannin
Website: Outside Vendor

REGULAR ACTIVITIES AND EVENTS

Breakfast (monthly)	Pat Fiero	Sign up Required
Lunch & Learn/Snack & Learn	Sue Holmes	Sign up Required
Meet & Eat Lunch (monthly – locally)	MarEllen Basalyga	Sign Up Required
TOTH Dinner Club (monthly – locally)	MarEllen Basalyga	Sign up Required
Golf (weekly)	Frank Mignoli	
Sit & Fit (3x week)	Diana Hiebeler	
Quilting Bee (weekly)	Cindy Glenn	
Crochet Class (weekly)	Sue Chesnut	
Technology Classes (3rd Saturday)	GenLink Students	Sign up Required
Tai Chi (Tuesdays & Thursdays)	Dr. Tom Barrett	
Book Club (2nd Fridays)	Chris Campbell	
Senior Scribblers (2nd & 4th Wednesdays)	Pamela Haynes	
Conversational Spanish (Thursdays)	Leslie Blanton	
90-Minute Crafts (various Wednesdays)	Ellen Fannin	Sign up Required
Senior Fun & Fit (Tuesdays & Thursdays)	Diana Hiebeler	
Travel with TOTH (1st Monday)	Sue Holmes	Sign up Required

GAMES

Bingo (Weekly on Monday & Friday)	Curt Kubitz/Barbara St. Marie	
Bunco (Weekly on Wednesday)	Ruby Banks/Barbara St. Marie	Sign up Required
Canasta (Weekly on Tuesday)		Sign up Required
Cribbage (Weekly on Monday)	Stan DeRocher	
Hand & Foot (Weekly on Monday)	Ray & Angie Mendoza	
Hearts (Weekly on Wednesday)	Chris Campbell	
Mahjong (Weekly on Thursday)	Georgia White	
Mexican Train (Weekly on Thursday)	Leo Riggi	Sign up Required
Music Bingo (3rd Monday)	Ellen Fannin	Sign up Required
Pinochle (Weekly on Tuesday)	Sue Holmes	Sign up w/Leader
Poker (Weekly on Tues.)	CW Clark	
Skip-Bo (Weekly on Thursday)	Leo Riggi & Linda Staas	

BRIDGE

Duplicate Bridge

Tuesday (weekly)	Frank Mignoli	
Friday (weekly)	Ken Birdwell	Sign up Required
2nd Saturday	Carolyn Patrick	Sign up w/Leader

Rubber Bridge

Tuesday (weekly)	Jacquee Guida	Sign up Required
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 A season of cozy days and great company! ♥				1	2 9 ⁰⁰ Sit & Fit 10 ³⁰ Bingo 1 ⁰⁰ Dup Bridge*	3  8:45 Ribbon Cutting 9:00 am to 1:00 pm 2026 Senior Expo 1:00 Dup Bridge
4 	5 9:00 Sit & Fit 10:30 Hand & Foot 10:30 Travel w/TOTH* 1:00 Cribbage 1:00 Bingo	6 900 Sr Fun & Fit 9:30 Rbr Bridge* 10:00 Tai Chi 10:00 Canasta* 12:30 Poker 1:00 Dup Bridge 1:00 Pinochle	7 9:00 Sit & Fit 9/10:00 Hearts 10:30 Exec Comm 12:00 Lunch & Learn* 1:00 Bunco* 3:00 Crochet Class	8 9:00 Sr Fun & Fit 10/11:00 Mahjong 10:00 Tai Chi 10:00 Skip-Bo 12:00 Quilting Bee 12:00 Mexican Train* TOTH Dinner Club*	9 9 ⁰⁰ Sit & Fit 9:30 Rated PG Book Club 10 ³⁰ Bingo 1 ⁰⁰ Dup Bridge*	10
11 	12 9:00 Sit & Fit 10:30 Hand & Foot 10:00 Board Meeting 1:00 Cribbage 1:00 Bingo	13 900 Sr Fun & Fit 9:30 Rbr Bridge* 10:00 Tai Chi 10:00 Canasta* 12:30 Poker 1:00 Dup Bridge 1:00 Pinochle	14 9:00 Sit & Fit 9/10:00 Hearts 9:30 Senior Scribblers 1:00 Bunco* 3:00 Crochet Class	15 9:00 Sr Fun & Fit 10/11:00 Mahjong 10:00 Tai Chi 10:00 Skip-Bo 10:30 Conv Spanish 12:00 Quilting Bee 12:00 Mexican Train*	16 9 ⁰⁰ Sit & Fit 10 ³⁰ Bingo 1 ⁰⁰ Dup Bridge*	17 10:00 GenLink Tech Session* 
18 	19 9:00 Sit & Fit 10:30 Hand & Foot 10:30 Travel w/TOTH* 1:00 Cribbage 1:00 Bingo 3:00 Music Bingo* Early Voting Begins	20 900 Sr Fun & Fit 9:30 Rbr Bridge* 10:00 Tai Chi 10:00 Canasta* 12:30 Poker 1:00 Meet & Eat* 1:00 Dup Bridge 1:00 Pinochle	21 9:00 Sit & Fit 9/10:00 Hearts 10:30 Press Flw Cards* 12:00 Brat Lunch* 1:00 Bunco* 3:00 Crochet Class	22 9:00 Sr Fun & Fit 10/11:00 Mahjong 10:00 Tai Chi 10:00 Skip-Bo 10:30 Conv Spanish 12:00 Quilting Bee 12:00 Mexican Train*	23 9 ⁰⁰ Sit & Fit 10 ³⁰ Bingo 1 ⁰⁰ Dup Bridge*	24 9:00 Monthly Breakfast* 
25 Good Friends Brighter Days ♥	26 9:00 Sit & Fit 10:30 Hand & Foot 1:00 Cribbage 1:00 Bingo	27 900 Sr Fun & Fit 9:30 Rbr Bridge* 10:00 Tai Chi 10:00 Canasta* 12:30 Poker 1:00 Dup Bridge 1:00 Pinochle	28 9:00 Sit & Fit 9/10:00 Hearts 9:30 Senior Scribblers 10:30 90-Min Crafts* 12:00 Lunch & Learn* 1:00 Bunco* 3:00 Crochet Class	29 9:00 Sr Fun & Fit 10/11:00 Mahjong 10:00 Tai Chi 10:00 Skip-Bo 10:30 Conv Spanish 12:00 Quilting Bee 12:00 Mexican Train*	30 9 ⁰⁰ Sit & Fit 10 ³⁰ Bingo 1 ⁰⁰ Dup Bridge*	31  Happy Halloween!

OCTOBER HIGHLIGHTS



October 8 TOTH Dinner Club
Cilantro Grill – 325 N. Bell Blvd., Cedar Park
6:00 p.m. — Limit: 15



October 20 Meet & Eat
Dahlia's – 2450 RM Rd 1869, Liberty Hill
1:00 p.m. — Limit: 18



October 24 Monthly Breakfast
TOTH – 9:00 a.m. — Limit: 40

Fall is Better Together ♥

LOCATION & HOURS

Treasure of the Hills Senior Center
408 Ridgewood Dr.
Cedar Park, TX 78613
Phone: 512-331-6000
Open Monday–Friday, 9 a.m.–3 p.m.
www.toth-seniors.com
Email: gazette.toth@gmail.com

ACTIVITIES
FRIENDSHIPS
LEARNING
GOOD TIMES
A BRIGHTER TOMORROW

Same Great People ♥ New Adventures ♥ All are Welcome!