



The **EVERGREEN** Newsletter

## UTHRO June Event

### Sam Houston Boat Tour-June 18



Embarking from Port Houston's Sam Houston Landing, visiting sightseers aboard the M/V Sam Houston can enjoy passing views of international cargo vessels and operations at the port's Turning Basin Terminal. The 95-ft vessel holds up to 100 passengers and features air-conditioned lounge seating, as well as standing room outside on the boat's deck. Backpacks, oversized purses and other large bags are prohibited aboard the vessel. Passengers' personal belongings may be subject to searches in accordance with federal regulations. Cameras are allowed on the tour; however, Port Houston must provide consent for any photographs to be published.

Our bus will leave OCB at 9:00 AM sharp on June 18th and arrive at the port by 9:30. The tour leaves port at 10:00 AM and returns at 11:30. We will have lunch at the Monument Inn from 12:00-1:30 PM and return to OCB after 3:30 PM. The tour is free, but you will pay your own way at lunch.

RSVP to Janice Thomas by June 11, email [uthro@uth.tmc.edu](mailto:uthro@uth.tmc.edu).

Validation for parking will be provided.

*By Glenn Schreyer*

## Cinco de May Loteria

On May 7, we got together for a Taco lunch, provided by the Executive Committee, and some Loteria (Mexican Bingo).



As you can see, the cards have pictures instead of numbers. We played ten games and gave away small prizes to the winners.



Hope you can join us for our next event at the Ship Channel.

# UTHRO Travelers



Among more than two dozen stops in the United Kingdom, UTHRO travelers visited the English port of Liverpool, made famous in the 20th century as hometown of The Beatles.

You can read about a place, see it in movies and on TV, but absolutely nothing beats going there in person. Just ask any of the 27 travelers recently back from UTHRO's "Best of England and Scotland" trip through Prelude Tours.

UTHRO President Barbara Kelly led the group that included 16 UTHRO members, relatives and friends; eight travelers who signed up through Prelude Tours, plus three of her personal friends who had traveled with UTHRO before.

Our group left Houston on British Airways the afternoon of April 24 and landed the next morning at London's Heathrow Airport. After a connecting flight to Scotland, we were in Edinburgh by the afternoon, powering through jet lag for the sake of adventure. As promised, a good night's sleep helped us adjust to being six hours ahead of Houston time.

After a Scottish guide joined us, our roomy tour bus took us through the countryside to see 12th century Stirling Castle, to ride a boat on misty Loch Katrine (of Sir Walter Scott's "Lady of the Lake"), and to explore 15th century Rosslyn Chapel, seen in "The DaVinci Code" movie (2006).

At the border, the Scottish guide signed off and a guide from Liverpool joined us for the rest of the trip through England. From prehistoric Stonehenge to Roman structures still in use today, our itinerary took us past windswept moors, hedgerow-lined pastures, and onto the narrow streets of York. Shops have replaced the medieval meat markets that once lined Shambles Street, not far from York Minster Cathedral that took generations to build.

We visited hometowns of William Shakespeare, Sir Winston Churchill, The Beatles and others of fame and lore, finding history at every turn. In Oxford, a mosaic cross on a sidewalk marked where Protestant Archbishop Thomas Cranmer was burned at the stake in 1556 by order of Queen Mary, the Catholic daughter of King Henry VIII.



The tour's grand finale was London, the United Kingdom's capitol and largest city, where our group spent three days visiting Buckingham Palace, Big Ben, London Tower Bridge, St. Paul's Cathedral, the British Museum, Westminster Abbey, the Tower of London, Parliament, plus retail stores and restaurants. Outside of London, Windsor Castle completed the itinerary.

This trip was UTHRO's first to the UK, and more might be coming, as Kelly has had inquiries about Northern Ireland and more of Scotland, as well as the Republic of Ireland. She's currently organizing a trip to Greece and Turkey but noted that, "It's really up to the membership to tell me where they want to go."

Future trips will be announced in the newsletter, email, on UTHRO.org and on Facebook at UTHRO Retirees and UTHRO Travels. For more information or to make suggestions, contact Kelly at [uthro@uth.tmc.edu](mailto:uthro@uth.tmc.edu).

*By Rhonda Whitmeyer*

## A Hurricane Story

The phrase "bayou city" never meant much to me as a native Houstonian. Even after building my home in 2002, I never really thought much about that moniker, considering behind my house sits one of the many waterways flowing through the city. It was not until August 2017 that the phrase became permanently ingrained in my mind. Sunday, August 27, 2017, the day the rains from Hurricane Harvey took over my home, giving me a new appreciation of the phrase bayou city and an enhanced hurricane preparedness plan.

I, like many in the Houston area, took in water. A lot of water. Inside my home, the water markings were just under 7 feet. The house was ravished by the downstream flow coming from the nearby bayou. That Sunday morning, before the



worst, I could evacuate to higher ground. However, I could not leave the area as the subdivision was an island surrounded by water with no path to leave. Thankfully, a friend who lived on the higher side of the neighborhood invited me in, and I will stay there for the next few days.

In the aftermath of Hurricane Harvey, I learned the true meaning of friendship, humbleness, and resiliency. Details of the cleanup, restoration, and recovery are too much to document for one newsletter. A lesson learned from Hurricane Harvey is how I approach future storms.

Hurricane season begins June 1 and ends November 30 each year. Local officials instruct us to prepare. We should have enough food, water, and medications for a few days. My hurricane preparedness also includes clean out supplies and a hotel reservation.

Besides the standard recommendations, I have a readily available supply of gloves, masks, and gutting tools. All of which are stored safely on higher ground. Also available are wheelbarrows to help move debris. After Hurricane Harvey, these items were in demand. None could be found in hardware stores across the Houston area, leaving volunteers and those helping with cleanup efforts vulnerable to the dangerous airborne particles of the storm and contact with the water-soaked contents, carpet, sheetrock, and insulation. At the onset of each new hurricane season, I check the items, ensure they are easily accessible, and level the tire pressure of the wheelbarrows.

Also, if Houston is in the direct path of a storm, I make a hotel reservation. FEMA hotels are few and far between, not to mention they fill very quickly. Non-FEMA hotels in the area were also full because of the number of people needing shelter. I make a reservation at a hotel for multiple days should I need it, then I cancel should I not need it. I make this reservation at the only decent FEMA-designated hotel in my area. Should a flood affect my home again, I will already be at the hotel and can work out the billing later should I receive FEMA approval.

I take these measures because "an ounce of prevention is worth a pound of cure." I do this to prevent a repeat of the desperation that I, like others, experienced in the aftermath of Hurricane Harvey. These are the practices I include in my hurricane preparedness. Some say it is overkill and no one can prepare for everything, but doing these things makes me feel better prepared for the worst of hurricane season.

*By Efren Pena*

## Looking for Study Participants

Dr. Silveira is faculty in the School of Public Health and is doing research trying to predict falls. She is recruiting older adults to come to our School of Nursing and do some normal activities (like walking, getting up out of a chair) in our smart apartment. You just need to be 65+ and able to walk to participate. They can compensate with \$20 and pay for parking.

For more information or questions, contact the UTHealth Community Health Rehabilitation Research Lab.



UTHealth Houston  
School of Public Health  
Management, Policy,  
and Community Health

Study will include completing standard activities of daily living to collect measurements of movement.

**Qualifications:**

- 65 years or older
- Able to complete informed consent
- Basic usage with smartphones
- Perform movements 25 ft. or without assistive devices
- Own a smartphone with Android or iOS operating systems

If you are interested or have any questions, please contact the Community Health Rehabilitation Research Lab:

Email: [chrhl@uth.tmc.edu](mailto:chrhl@uth.tmc.edu)  
Telephone: 713-500-9490

UTHealth Houston IRB NUMBER: HSC-SPH-24-0509  
IRB APPROVAL DATE: 05/13/2025

## UTHRO OFFICERS 2025

<b>President</b>	Barbara Kelly
<b>Vice-Pres</b>	Cathy Findley
<b>Secretary</b>	Claire Brunson
<b>Treasurer</b>	Margaret Zambrano
<b>Events</b>	Janice Thomas
<b>Web Admin</b>	Pat Grealy Glenn Schreyer
<b>Newsletter Editor</b>	Glenn Schreyer

UTHRO has a general purpose email address: [uthro@uth.tmc.edu](mailto:uthro@uth.tmc.edu). This is a "forwarding" email that will send copies to designated committee members who will then forward to the appropriate person.

Including the recipient's name in your subject will be very helpful; e.g. Subject: For Janice, BBQ lunch.

If UTHRO members already know the phone number or personal email address of an officer then continue using that for your communication needs.

## UTHRO

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To update your address or phone number please contact us at 713 906 0437