The September program will be a presentation by Cinde Weatherby, President of the Austin Area League of Women Voters. The League of Women Voters, a nonpartisan political organization, encourages the informed and active participation of citizens in government and influences public policy through education and advocacy. She will provide updated information on recent changes to the voter id law, current issues being researched by the LWV-AA, and an upcoming conference they are hosting that will address the Austin Mayor’s Task Force on Systemic Racism.

Cinde Weatherby is the 2016-18 President of the Austin Area League of Women Voters (LWV-AA). Prior to May 2016, she was VP for Community Relations and coordinated the League’s Capitol Corps. The Capitol Corps delivers position-driven LWV testimony and policy information to members of the Texas Legislature. Cinde also serves as the LWV-Texas Chair for Voting Rights and Elections Law issue. She began League service after retiring from a long public and private sector transportation career. Cinde moved to Austin in 2009 and is a native Texan.

1) The trip to the Painted Churches has been rescheduled for October 24, 2017. If you cannot make it, and you know now, please call Caryn Gulas immediately and try also to find a replacement to assure that we do not end up in debt.

2) The Clifton Norwegian Christmas is set for December 2, 2017. Sign-up will take place on September 20 at the monthly meeting. The cost is $58 per person based on 35 people. It is a day-trip that you should not miss. Thank you.

Please remember to bring your volunteer forms to the meeting.

Most older adults have some symptoms of dry eye syndrome according to the American Optometric Association. The severity varies from people who only have dry eyes in the winter to those who experience it every day. Our eyes only have a few sources of moisture created from glands found in the upper outer quadrant of the eye and some embedded in the undersurface of the eyelid. Tear production slows as we age and dry eye syndrome can result from medications, underlying conditions (like thyroid problems or diabetes), your environment, eye surgery, contact lenses, and even looking at electronic gadgets too long. Don’t let dry eyes go untreated as it can lead to infections. Artificial tears or medicines that increase tear
production such as Restasis can help. Warm compresses have also been recommended. Usually a fairly easy thing to remedy but can cause problems if not attended to. **Join us in October when we will have a speaker on eye health.**

These members packed Welcome Kits at the State AARP office for refugees from Hurricane Harvey.

Terry Snipes, Mary Ragland, Petr Skalnik, Gail Glick, Debbie Galloway. Not pictured, Pat Thomas.

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**RIDE WITH US FOR NEW ADVENTURES**

**THURSDAY SEPT. 7TH**
- Twilight stroll departing Wheatsville at 3:00.
Weatherman has promised us our first cool front. We will still be traveling to LO-BURN (lower Burnet Road) to explore book and thrift stores. We will eat dinner at the Blue Star Cafe and should return to Wheatsville at around 7:30. For additional info contact Pat Thomas at 512-441-1485 or pthomas1@austin.rr.com. I currently have 8 individuals signed up for the Thursday Sept 7th Twilight Stroll.

**Free Museum Day - Sunday Sept 17th**
- Meet at 12:00 noon at Wheatsville to travel downtown on #803 and transfer at the Capitol to get us headed towards the LBJ Library. We will visit the Briscoe Center for Southern History (45 minutes) and then go to the adjacent LBJ Library for a special exhibit.

At the LBJ Library we will view the current exhibit: **On the Air: 50 Years of Public Broadcasting** On the way back home we plan to eat at Hancock Center (Jason's Deli). We hope to catch bus #338 back to Wheatsville. We should return **between 6:30-7:00.**

**AUSTIN MEDITERRANEAN FESTIVAL** **Sept 29th-30th**
The Austin Mediterranean Festival is one of the oldest and most popular food festivals in Austin: An Austin tradition for more than 80 years! The 85th Mediterranean Festival (2017) will be held on Friday, September 29th, 6 pm to 11 pm and Saturday, September 30th, Noon 'till 11 pm. Greek and Arabic dancing and music. Small admission charge. St. Elias Orthodox Church 408 E. 11th st.

**Thursday in October** - Explore the new library and try out their restaurant. Walk around Seaholm to view exciting changes in the downtown landscape. The date depends on when the new library actually gets open.

**The 2017 Texas Book Festival will be held November 4-5, 2017.** The Festival runs from 10 a.m. – 5 p.m. on Saturday and 11 a.m. – 5 p.m. on Sunday. The Texas Book Festival Weekend is free and open to the public at the State Capitol and surrounding grounds. One of the largest and most prestigious literary festivals in the country, the annual Texas Book Festival features live music, local food trucks, family activities, and countless opportunities to meet authors and fellow book lovers. Founded in 1995 by First Lady Laura Bush, the Festival has hosted thousands of notable and award-winning authors over the year. Live music, cooking demonstrations and lots of fun. No admission charge.

For additional info contact Pat Thomas at 512-441-1485 or pthomas1@austin.rr.com. I currently have 8 individuals signed up for the Thursday Sept 7th Twilight Stroll.
A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

'Yes, I'm afraid so,'" the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'."

Barbara Fetonte
8301 Washita Dr, Austin, TX 78749
CIVIC AND/OR COMMUNITY SERVICE BY SOUTH AUSTIN AARP CHAPTER 2426 VOLUNTEERS

PLEASE BRING THIS INFORMATION TO THE CHAPTER MEETING

AND TURN IN TO: ED GONZALES

Name__________________________Address______________________Phone____________

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Total Volunteer Hours

Roll and Stroll
On Friday, August 11th members explored Jefferson Square area with lunch at Russell’s Bistro. They visited also visited the shops at Kerby Village, Seton Cove and All Things Celtic. They cooled off by visiting a florist shop with a large refrigerated storage room full of flowers and warmed up with coffee at Anderson’s coffee and tea shop.