South Austin AARP
Chapter 2426
Website: www.southaustinaarp.org
January, 2018

Wednesday
January 17  1:00 p.m.
Healthcare for All

The speaker for our program is Doctor Manuel J Martin. He is currently an Assistant Clinical Professor at the Dell School for Medicine. He will be speaking about Healthcare for all and our present healthcare system and the challenges we face.

The January refreshments will be provided by members whose last names begin A-D. Everyone is welcome to bring snacks.

Our chapter presented Ray Vaughn with a certificate of appreciation at our December meeting. Ray has made many contributions to AARP Chapter 2426. He was co-vice president in 2000, President in 2001, 2002, 2004, and 2005. Vice President in 2003, Board member 2000, 2006, 2007, 2008, 2009, 2010, 2011 and Nominating Committee Chair for many years. He started and published the newsletter for many years. Until 2007 he mailed the newsletter to all members AT HIS OWN EXPENSE. In addition, he attended the Community Council Meetings and helped with Chapter Leadership Orientation and AARP Day for many years.

Travel
Mario Macaluso

Waco 2018
Group based on 35 people going
Bus capacity: 56 seats
Cost: $45.00 pp (includes bus, tips for driver, admission to Dr. Pepper Museum, gift to Library, treats, raffle and water, and lots of tender care.)
Destination: Waco, Texas, Tuesday, Feb. 20, 2018
Departure from South Austin Seniors Activities Center at 8:30 am, Leaving Waco at 4:30 pm
Check in at 8 am at SASAC
Program:
1. Guided Tour of Armstrong Browning Library, Baylor University (includes a gift of money to Library)
2. Lunch on your own at Ninfa’s Mexican Restaurant (18% group gratuities)
3. Visit to Dr. Pepper Museum (self-guided tour)
4. Shopping at Spice Village (If time allows.)
Open to members first. Members who are absent on sign-up date (January 17, 2018) must mail a check to Rosie Perez within a week by January 24, 2018. Non–members may sign up and will be placed on the waiting list. After January 24, vacant seats will be assigned to non- members members who register late will be place on the waiting list.
Sign up with Rosie at the January Meeting at which time you will also fill out a Waiver Form. Rosie’s address: Rosie Perez, 2504 Stoutwood Circle, Austin, Texas 78745
Email: rosie9708@gmail.com
Mario Macaluso, Trip Coordinator
mmdm1967@aol.com

The primaries for the November 2018 election will be March 6 and you must be registered to vote by February 5th. To find out more go to: https://www.votetexas.gov/register-to-vote/

New Adventures Planned for 2018
Celebrate Your Youthfulness and Explore the Beauty of Austin Via Public Transportation
The first quarter of 2018 will offer us many opportunities to enjoy new adventures. Dates have not yet been confirmed but the following notes indicate new adventures awaiting you and your friends. You are welcome to join us even if you are not yet 65. A day pass is still a bargain at $2.50. When you reach 65 you can qualify for a reduced fare of $1.25. At least two trips to the new Austin Public Library are planned. Weather needs to be reasonable because we will need to walk 2 ½ blocks. I’m trying to find alternate transportation for those with limited walking ability.

We will have several trips to the Mueller development and the new AARP State office. These trips will probably be in March and April.

We will take a healthy Winter Walk along the boardwalk in southeast Austin. Beautiful water views of Austin skyline, lots of ducks, and kayaks. We will eat pizza at MOD pizza just a short walk from the boardwalk trail. All level of walkers welcome as there are benches along the trail.

Some excursions will have short advance notice because weatherman lets me peek at upcoming 10 day weather forecast. February can be either beautiful or miserable.

Chinese New Year - The Lunar New Year Feb. 16th
Many people in countries such as the United States celebrate Chinese New Year, also known as the Spring Festival or the Lunar New Year. It marks the first day of the New Year in the Chinese calendar. We will celebrate the Lunar New Year between Feb. 16th -25th at an Austin location. We will eat real Chinese food at Chinatown in North Austin. It is customary for Chinese-American families to spend time together and exchange gifts, including money wrapped in red and gold packages that are usually given to children. Various symbols and traditions are seen as part of the celebration. Writings that refer to good luck are often written by brush on a diamond-shaped piece of red paper. Tangerines and oranges are displayed in many stores as a sign of luck and wealth. The color red symbolizes happiness, good luck, success and good fortune. Each Chinese New Year is associated with an animal name. The year of 2018 is the year of the Dog. If you were born in 1922,1934 or 1946 you were born under the sign of the Dog. These people have a good heart, are loyal friends and are happy natured.. They make good teachers and doctors.

Vaudeville! - A new exhibit at the Ransom Center Jan.29,2018 - July 15, 2018
For more than a century, vaudeville was the most popular form of American entertainment and one of the country’s largest cultural exports. At the Ransom Center we will have a docent tour and learn the history of vaudeville. Learn what life on the road was like for the thousands of entertainers who traveled around the country performing in theatres that were part of a vast network of venues. Learn about the mid-century revival of vaudeville's relevance in musical theatre, radio, film, television, and the internet. See artifacts related to some of Vaudeville's best-known performers—Harry Houdini, Mae West, W. C. Fields, Bert Williams, George M. Cohan, and Burns & Allen .The exhibition features the Ransom Center's extensive holdings of Harry Houdini, Tony Pastor, and Florenz Ziegfeld. Group tours must be scheduled two weeks in advance. Contact Pat Thomas, pthomas1@austin.rr.com or 512-441-1485 for information and to give your suggestions.

I encourage you to teach others how to Roll and Stroll.
Additional information will be provided at the AARP#2426 meeting on January 17th. I recommend you remember to say thank you to CapMetro’s Lonny Stern for his help in guiding us to new adventures. He will be providing us with a class on how to use the CapMetro web page. I guess we need to learn how to find our way back home after a day of exploring and eating.

**January Celebrations**

**Birthdays**

- Sue Thurston 2
- Jan Farmer 3
- Mitsuko Stonkus 5
- Lydia Flores 6
- Teresita La Rosa 8
- Pam Farley 9
- Bernice Pounds 9
- Rose M. Gonzales 14
- Ada Angler 14
- Shirley Koeller 18
- Yasmin Tiwana 19
- Teresa Parra 24
- Terry Snipes 24
- Kay Nicholson 25
- Bonnie McDonald 29
- William Nicholson 31
- Kittie Greenough 31

**2018 Officers And Committee Chairs**

**Officers**

- President: Pete Skalnik 214-704-9562
- Vice President: Elaine Benton 512-799-2224
- Secretary: Ed Gonzales 512-444-3335
- Assistant Secretary: Marilyn Totten 512-280-8030
- Treasurer: Barbara Fetonte 512-282-1944
- Assistant Treasurer: Caryn Gulas 512-897-8106

**Board of Directors (in addition to officers):**

- Mary Ragland 512-280-8661
- Barbara Kaiser 512-282-0960
- Al Prewitt 512-287-9847

**Committee Chairs**

- Community Svc: Pat Thomas 512-441-1485
- Greeters: Marilyn Totten-512-280-8030
- Health: Barbara Kaiser –512-282-0960
- Gail Glick 512-547-4153
- Hospitality: Al Prewitt 512-287-9847
- Legislative: Debbie Galloway 512-217-1566
- Membership: Margaret Hughes 512-956-3297

**Newsletter Editor And Web Manager:**

- Diane McGowan 512-892-4416

**Newsletter Distribution:**

- Ray Vaughn 512-292-0982

**Program:**

- Open

**Phone Committee Chair**

- Elaine Benton 512-799-2224

**Sunshine:**

- Doris Thorne 512-382-9130

**Travel**

- Mario Macaluso 512-432-5255

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**Healing Humor**

**Holiday Weight And You**

After all that eggnog and bacon strudel, a few scientific tricks can help you reach your ideal weight...

**Dark Chocolate**

This is the “good” chocolate, so eat the exact amount of weight you want to lose.

**Genetics**

Much of your weight is controlled by your genes, so you should use radical therapy to change them.

**Exercise**

By thinking about exercise, you’ll realize you don’t want to do it. That will change your “ideal” weight and allow you to remain seated.

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**Treasurer’s Report**

**Barbara Fetonte**

Savings $25.00
Regular Checking $2,294.84
Travel $564.24

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**Volunteer Hours**

**Ed Gonzales**

December Volunteer Hours: 1087
Total for 2017: 6509
Total for 2016: 5,995 hours
2017 Holiday Party
Sing along with Tom Bauer and Bobbi Erb and Petr Skalnik.

Members enjoyed singing with guitar and harmonica.

Stephanie Braddock and members pose with the generous gifts to Drive a Senior clients.

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

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