South Austin AARP
Chapter 2426

Website: **southaustinaarp.org**

December 2023

Meeting December 20,2023

Message from the President
Crespin Guzman

The President's Message…

December and all its festivities have already begun and I hope that each of you has plans to enjoy them as much as possible! Besides the *3 F's, Fun, Food and Fellowship,* **also think in terms of Giving and Helping others.** We are all blessed in many ways and during this month of giving find another opportunity to share your blessings.

As a member of the South Austin AARP Chapter 2426 there will always be such opportunities presenting themselves to you. However, you must act on them or else they will pass you by. 2024 represents a New Beginning for us all; so why not make the most of it? **Vounteer, Get Involved and/or Participate in a Committee or better still become a Leader at any level of the Chapter!**

In the meantime, you can look forward to being part of our **Christmas Event at SASAC where the 3 F's will rule the day! See you there.**

Wishing you a **MERRY CHRISTMAS AND A HAPPY NEW YEAR!**

From Where I Sit

Nancy Crowther, Vice President, AARP Chapter 2426

A grand year.
In recognition of the chairpersons of the various committees, I extend my profound appreciation for keeping it together. Although I am the vice chair, I have found that the volunteers with AARP are the glue. From trips out of town, trips in town, food, donations and signing in to paying Bill's.
Christmas is always a wonderful time to be together. Much good news, recognitions, and ideas for 2024 will be had at our next meeting. We are also donating food to the food bank. A time-honored tradition and a time when generosity shines.

As the membership committee works toward filling the slots for the 2024 Chapter board just know that if you want to fill-in, these are the slots we need fill: President, Secretary, and assistance secretary (back-up), Treasurer, and the two additional members of the board currently with Maria and Wanda in those positions. They are ONLY leaving the positions on the board; they are not leaving our chapter. Onward to an active and prosperous year!

Promising ideas for decent food donations

In all the years I have donated food on the Holidays, I bought what I *thought they wanted*, but have never asked. I am glad I did. If you are helping a Family this Christmas, this can help you tailor it more. It does for me! So, I spent some time at a Food Bank today, and spoke to the people getting food. Here are some things I learned from those in need:

1. Everyone donates Kraft Mac and Cheese in the box. They can rarely use it because it needs milk and butter (perishables) which is hard to get from regular food banks.
2. Boxed milk is a treasure, as kids need it for cereal which they also get a lot of.
3. Everyone donates pasta sauce and spaghetti noodles.
4. They cannot eat all the canned veggies & soup Some people need can opener
5. Oil is a luxury but needed for Rice a-Roni which they also get a lot of.
6. Spices or salt and pepper would be a real Christmas gift.
7. Tea bags and coffee make them feel like you care.
8. Sugar and flour are treats.
9. They fawn over fresh produce donated by farmers and grocery stores.
10. Seeds are cool in Spring and Summer because growing can be easy for some.
11. They rarely get fresh meat (perishable). Canned Tuna, salmon, etc. will help with protein
12. Tuna and crackers make a good lunch.
13. beHamburger Helper goes nowhere without ground beef perishable).
14. They get lots of peanut butter and jelly but usually not sandwich bread, breads, buns.
15. Butter or margarine may NOT . be donated
16. Eggs are a real commodity.
17. Cake mixes, and frosting makes it possible to make a child's birthday cake.
18. Dishwashing detergent is expensive and is always appreciated.
19. Feminine hygiene products are a luxury and women will cry over that.
20. Everyone loves Stove Top Stuffing.
21. Canned Meats
22. Canned Tuna and Salmon
23. Peanut Butter
24. Jelly (no glass)
25. Canned or Dry Soups
26. Canned Stews and Chili
27. Tea Bags
28. Coffee (ground no beans)
29. Canned Pasta
30. Canned Vegetables
31. Canned Fruit
32. Canned Pasta (Spaghetti "O's")
33. Hot and Cold Cereals
34. Rice
35. Cake Mixes
36. Pancake Mix
37. Syrup
38. Packaged Pasta
39. Single use drink mixes (Crystal light, Kool aid)
40. Juice Boxes
41. Canned Juices
42. Canned Beans
43. Spam
44. Canned Gravy
45. Baby Food & Cereal (glass jars accepted)
46. Baby Formula (Enfamil/Similac)
47. Granola Bars
48. Cereal Bars

What not to donate to a food bank

The number one rule to remember is this: if your donation is perishable, i.e., it's something that has a limited shelf life if not refrigerated, food banks won't accept it. But there are other categories of food that you can't donate. We've broken it all down into this handy list:

- **Items needing refrigeration:** As we've already mentioned, this is the big one. Food like produce, dairy, and meat can spoil easily and your local food bank may not have the refrigerator or freezer space needed to keep these items fresh. While an individual can't donate a bunch of bananas or a frozen turkey, many food banks do work directly with farmers, retailers, restaurants, and other companies to source these perishable foods for donation. And, Feeding America helps ensure its network has access to these healthy foods year-round.
- **Expired food:** When considering what to donate, think about what you'd be comfortable serving your family. Chances are, you don't eat food that's past its "use-by" or "sell-by" date, so avoid donating anything past those dates to food banks as it could be unsafe to eat.
- **Leftovers:** While it may be tempting to want to share the bountiful food from big meals like Thanksgiving, it's best to keep leftovers for the family. To ensure the people they serve are safe, food banks can't accept leftovers, or anything made in personal kitchens because they aren't individually sealed and the food bank can't verify the ingredients or preparation process.
- **Food with packaging concerns:** This includes food with damaged packaging such as dented or bloated cans, packaging that is already open, or even items in glass containers, which can shatter and cause food safety concerns for any other food they're stored near. A good rule of thumb is if you wouldn't consider buying it new, don't donate it.

Baked goods: Similar to leftovers, since food banks can't confirm how your baked goods were made or their ingredients, they can't be donated. But food banks often have relationships with local restaurants or bakeries which will donate extra food that is properly labeled and handled to nearby pantries, soup kitchens or shelters.

Roll and Stroll Community Service Committee
Pat Thomas and Deborah Fennell

Passport to the World

Join Austin Sister Cities International ASCI on Saturday, December 9 from 12pm - 3pm at Austin Central Library events center (710 W Cesar Chavez) for the Annual Passport to the World International Festival . We will be leaving from Wheatsville at 11:30 to board bus #803 which stops directly in front of the library. We will stay at the event for approximately 2 hours and then reboard the bus headed North to 38th St. to eat at Rudy's barbeque. I debated about Black's barbeque on Barton Springs Rd. but it is easier to get to Rudy's. Not much walking and no bus transfers. We should get back by 5:00 but some riders may want to use this opportunity to visit Central Market (across the street) filled with Christmas gifts and festive foods. I'll make sure everyone get safely home which ever their choice.

Passport to the World is a wonderful opportunity to learn about Austin's sister cities and enjoy live performances, interactive games and and much more! Austin's Sister Cities International include:
Adelaide, Australia - Angers, France -Antalya, Turkey-Gwangmyeong, South Korea
Koblenz, Germany-London Borough of Hackney, United Kingdom-Lima, Peru

I recommend that you eat a big breakfast because you won't get to eat until about 3:00.

==========

Our Roll & Stroll Christmas stroll Thursday Dec. 14 at Library for a sing Along with Conspaire director. We will be starting at 2:00 at the Wheatsville South location and ending around 7:30. The restaurant I'm

considering is on 45th**. (see menu attached https://hpbng.com/austin-hyde-park-bar-and-grill-central-on-duval-menu)** We anticipate eating at approximately 3:15. Doing a little shopping in that area or stopping along the way before arriving at the library by 5:45 to gather in the events center for a very energetic sing along with Comspaire director Craig Hella Johnson. We always view the Austin lights and sing Silent Night on top of the library before heading back home. Certainly if you get tired before that time you can hop on bus in front of library . This will be our 3rd year singing Silent Night. We need to remain flexible because of unpredictable weather but rain or shine we will be singing at the library. We always have a wonderful evening sharing with friends the joy of the Christmas holidays.

==========

Mary Moody Northern Theater/St. Edwards The following item is not a Roll & Stroll but is highly recommended. Get your group of friends together and car pool to this fun event. Senior tickets at $28.00 will sell out fast. Merry Mary Christmas Cabaret Sunday Dec. 10th at 2:00 pm
Step into a winter wonderland of music, laughter and holiday cheer as you have the opportunity to enjoy a talented cast of alumni, guest artists, faculty and students present a musical celebration of beloved classics and contemporary holiday hits. The program features a live band and a festive atmosphere. Proceeds from this event support the performing arts programs at St. Edward's. By attending, you will enjoy heartwarming performances while making a meaningful impact on students and their artistic endeavors. Tickets are available by calling MMNT Box Office at 512-448-8484
==========
COMMUNITY SERVICE – I am in touch with AGE of Central Texas
(South Location) to determine how we can be of help to their clients. Don't have a firm answer yet but it may be simply collecting bingo prizes or donating art supplies and greeting cards. We will send out an alert prior to our Dec. 20th meeting. At our Christmas Party we would present to a representative from AGE all the items we have gathered.
==========

We will remind you to bring packaged/canned food items to our December 20 meeting to be distributed to food pantries on the South side of town.
To request additional information you may contact Deborah Fennell or Pat Thomas at one of the following numbers:
Deborah Fennell – (512) 915-8414 – TEXT ONLY
Pat Thomas 512-574-3490 or text

Travel
Mario Macaluso

The trip to San Antonio to enjoy the lights and feel the season's festive atmosphere is scheduled for Tuesday, Dec. 12, 2023.
Departure from SASAC at 2:30 pm and leaving from San Antonio at 8:30 pm.
First we will stop at the Witte Museum, then by coach we will continue to the River Center where everyone, after stopping for ice cream, will have free time to explore the area, or take a cruise, or eat at a favorite restaurant, or shop.
Please be punctual and never venture around alone!
Cost is $45 pp. Get in touch with Rosie if there are seats still available.
Thank you
Mario Macaluso
Trip Coordinator

. Volunteer Hours

Ed Gonzales

November:169

Year to Date: 2,106

Please turn in your volunteer hours. The form is at the end of the newsletter and may be emailed or mailed.

2023 Officers and Committee Chairs

Officers

President:	Crespin Guzman	737-222-8155
Vice President	Nancy Crowther	512-808-7486
Secretary:	Ed Gonzales	512-444-3335
Treasurer:	Bill Nicholson	512-481-8464
Assistant Treasurer:	Rosie Perez	512-440-7050

Board of Directors (in addition to officers):

Wanda Hasley 512-280-9276

Marie Martinez 512-276-4771

Committee Chairs

Community Service:	Pat Thomas	512- 441-1485
	Deborah Fennell	512-282-9931
Health:	Laura Dutton	512-740-9370
	Gail Glick	214-808-6622
Hospitality:	Connie Flores	512-536-0694
Legislative:	Vacant	
Membership:	Shirley Paz	512-689-7123
	Isabel Moreno-Orta	512-554-5338
Newsletter Editor and Web Manager:	Diane McGowan	512-923-3218
Program:	Randy His,	512-663-8196
Phone Committee Chair:	Elaine Benton	512- 799-2224
Sunshine:	Kathryn Stone	512-673-9705
Travel	Mario Macaluso	512-432-5255

Chapter 2426 Treasurer's Report

Bill Nicholson

My term as Treasurer will end on December 31, 2023. If you would like to be my replacement contact Nancy Crowther, Chairperson of the Nominating Committee, or me so you can visit about the opportunity.

Checking accounts have positive balances and have been reconciled as of October 31 and financial statements prepared for the upcoming board meeting.

As always, some info from the Membership Committee. There are 130 folks who have paid their 2023 dues and 28 who are exempt from paying dues. That totals an active membership of 158 individuals. Sixty-one members attended the October meeting, and that number includes three new members who are Lewie Barber, Bette Williams-Barber, and Millie Segura. Along with the 61 members, there were 7 guests including the speakers. Since the meeting there is one more new member and that is Kim Pedigo.

As I continue to track events and numbers, I learned yesterday that my neighbor was stopped by the police. He asked the officer: "What am I supposed to do with this speeding ticket." The officer replied: "Keep it. When you collect four of them, you get a bicycle." My neighbor needs two more tickets before he gets his bicycle.

CIVIC AND/OR COMMUNITY SERVICE BY
SOUTH AUSTIN AARP CHAPTER 2426 VOLUNTEERS
PLEASE EMAIL THIS INFORMATION TO ED GONZALES
Edgonzales7@gmail.com. If you do not have email,
mail to: Ed Gonzales, 710 Kinney Avenue, Austin,TX 78704

Note: You do not have to email the form. You may list the category and the hours for that category and the total number of hours.

Name_____Address_____Phone_____

Category	Hours	Category	Hours
AARP Annual Day of Service		Fundraising for Community Service	
AARP Driver Safety Program		Health & Wellness	
AARP Tax Aide		Long-term Care/Nursing Home Support	
Hunger		Independent Living/ In Home Care Giving/Home Repairs	
Advocacy/Legislation/Information/Referral Services		Independent Living: Transportation Services	
Education/Scholarships or other		All Other Volunteer Areas	
Subtotal		Subtotal	
		Total Volunteer Hours	

South Austin AARP Chapter 2426

Check one: __ New Member Application __ Renewal of Membership __ Update/change Information

PLEASE PRINT

Name _____

Address _____

City _____State _____ Zip _____

Phone Number (_____) _____

E-mail Address (Print Clearly) _____

*AARP Member No. _____ Valid Thru (Month & Year) _____ /_____

**(Found on your red membership card)*

Birthday (Month and Day) _____ /_____ Anniversary (Month and Day) _____ /_____

Signature _____ Date _____

Dues are $10.00 paid by cash or check. Dues are waived if you are 85 or older: Yes, I am _____.

Complete and give this form with your payment to the Treasurer (checks payable to South Austin AARP Chapter 2426).

OR mail this form with your payment to:

South Austin AARP Chapter 2426, c/o Bill Nicholson, Treasurer, 12512 Gun Metal Dr., Austin, TX 78739.

Please check any committee(s) on which you are interested in serving:

____ Program	____ Membership	____ Hospitality	____ Telephone
____ Sunshine	____ Legislative	____ Community Serv	____ Health Care
____ Travel (ad hoc)	____ Public Relations	____ Newsletter	