Navigating Through Life’s Transitions

Speaker - Life Coach Ingrid Sarrat

March 20 at Chez Zee

Virtually everyone in Austin Newcomers has a story to share about the path that has brought them to this point in their lives. Some of us have dealt with many changes at once, others have taken a more linear road. All have experiences that have changed us. Some have managed transitions well, others fear to attempt. But, certainly, change is inevitable.

Life Coach Ingrid Sarrat is our guest speaker at the March luncheon. Change and transition have been constant companions in Ingrid’s adult life. Born in Delft, The Netherlands, she moved many times as a young adult, spent a year living in Paris, and has visited family across Europe. Since marrying, she has moved 15 times, and has been involved in multiple business ventures. These personal experiences have helped her move toward helping others to navigate their way through life’s challenging and winding paths.

Ingrid Sarrat is an ICF (International Coach Federation) Certified professional life coach. She specializes in personal and professional transitions and transformations. She works with individuals and groups on challenges, which she calls ‘opportunities’. These include marital changes, retirement, geographical re-location, family dynamics, self care, career changes, family and professional caregivers, to name a few. Ingrid received her training at the Hudson Institute in Santa Barbara, CA. In addition, she holds a Master’s Degree from the University of Pennsylvania in Educational Leadership.

Ingrid has lived in Austin for 5 years with her husband Fernand. She is an active member of Austin Newcomers.

ANC Luncheon & Program - March 20

Chez Zee Bistro
5406 Balcones Dr. Austin 78731
11:00 a.m. - social hour
12:00 p.m. - lunch & program
$30/person

Pay online before noon, March 18, or mail check and reservation form (page 14) by March 13.
March has been described as "In like a lion, out like a lamb." I suppose that description is meant to describe the weather in March. The month of March, in terms of fun things to do locally and with Austin Newcomers, remains strong like a lion all month long.


Our March Luncheon is on the 20th, the first day of Spring. Spring is the time of renewal and change. Our speaker, Ingrid Sarrat a life coach and active ANC member will speak about life transitions and transformations. I know you won’t want to miss Ingrid’s presentation.

I thought you might be interested activities special to Austin. SXSW 3/8 - 3/17 and Rodeo Austin 3/16 - 3/30.

According to Austin Events Calendar the Bucket List Activities for March are:
Honk!Tx - 3/29-30 Brass Bands on the streets of Austin info at: honktx.org
Rodeo Austin
Rock the Park - 3/1 Family friendly concert series at Mueller Lake Park info at: kutx.org

March for Newcomers is filled with our favorite activities and I encourage everyone to try at least one new activity this month. You might meet a new friend to rodeo around town with. I look forward to seeing you at the following Newcomer activities:

SXSW Breakfast Event - Four Seasons Hotel 3/15 See Welcome Mat for information.
ANC Monthly Luncheon 3/20
**SXSW Breakfast Event**

**When:** Friday, March 15, 7:00 to 11:00 a.m.

**Where:** Ballroom, Four Seasons Hotel Downtown
98 San Jacinto Blvd,

**Hosts:** Theresa Green/Pattie Webster

**Cost:** Pay for tickets at the door.

**RSVP:** No deadline but please email Theresa Green, theresagreen464@gmail.com, if you are planning on coming so that she will know how many to expect.

**Details:** Early birds really do get the worm, at least when it comes to one of South-by-Southwest’s longest running events for local music fans. Join the enthusiastic music fans for a live concert in the Four Seasons ballroom at 7:00 am on Friday March 15. KUTX 98.9 will broadcast live from 7:00 - 11:00 am.

KUTX Live at Four Seasons is open to the public on a first-come, first-served basis. Admission is $10 per adult and $5 per child (ages 10 and under) per day, with all money collected benefiting the Seton Shivers Cancer Center. Admission includes a breakfast taco, granola bar and bottomless coffee. The SXSW edition of KUTX Live has raised nearly $200,000 for Seton over the past six years. Parking is available at the hotel for $5.00.

**Kayaking Lady Bird Lake**

**When:** Saturday, April 6th, 1:00 p.m.

**Where:** Rowing Dock at Zilker Park
2418 Stratford Drive, Austin

**Hosts:** Marj Lowe/Theresa Greene

**Cost:** Pay at dock. Approximate costs:
Single Kayak: $15 for 1st Hour; max $35
Double Kayak: $20 for 1st Hour; max $45
Canoe: $25 for 1st hour; max is $55

**RSVP:** Register online by Saturday, March 30.

**Details:** Rowing Dock has everything you need to enjoy a day of paddle boarding, canoeing and kayaking in Austin. The dock is just west of Zilker Park, and they can help you choose the watercraft rental that is right for you. At Rowing Dock their mission is to make Lady Bird Lake activities available to everyone, and to provide an all an outstanding experience.

The Dock, located on the south shore of Lady Bird Lake, just west of Zilker Park, is the ideal location for kayaking, canoeing and paddle boarding in Austin. You can head westward on Lady Bird Lake to explore the quiet beauty of the West End and circle around Red Bud Isle. Or you can paddle east to cruise through the Barton Creek inlet and take in the city-scape of downtown Austin.

Come on down and join us for a wonderful day on the lake. You will see Austin from a totally different on-the-water perspective!

For more information. Contact Marj Lowe at loweandlowe@ameritech.net or Pattie Webster Schieck at pattie@pattiewebster.com
Live Music - Old-School Honky Tonk

When: Sunday, March 24, 4 - 8:00 p.m.
Where: Ginny's Little Longhorn Saloon, 5434 Burnet Road Austin 78756
Cost: Music is free but tips for musicians are appreciated.
RSVP: N/A
Details: Jason Roberts, old school honky-tonk musician, plays 4-8 at Austin's honky-tonk country music home. Come early if you want to sit.
Chair: Ellen Honey, eshoney10@mac.com, (737) 703-5248

Art Treks - Demonstration and Lecture of Traditional Japanese Woodblock Printmaking

When: Saturday, March 23, 2:00 - 4:00 p.m.
Optional Lunch 12:45 at Winner Winner Diner
Where: Daryl Howard's Studio
14100 Nutty Brown Road 78737
Lunch: 9300 Hwy 290 in a Train Car
Cost: Send $20 check to Karen Werner
358 Desert Willow Way 78737. Include your email and address
RSVP: Online by March 20. Please let Karen or Linda know if you will be having lunch
Details: This is not to be missed and we have a group discount!
Learn traditional wood-making techniques and history starting in 600 AD Japan. Daryl will demonstrate the process she learned in Japan by studying under Hodaka Yoshida. Also included is the history of Ukiyo-e, which translates into "pictures of the floating world" or pleasures in the Edo period. You can visit the website to see her beautiful, amazing art at www.darylhoward.com.

Winner Winner, family-owned and operated, is housed in a restored 1949 dining railroad car. The fare, made from scratch, is seasonal farm to table. Winner Winner is on the right hand side of 290 going away from Austin.
Chairs: Linda Poyser, 713-291-7545
lindap@sprintmail.com
Karen Werner, 817-896-4905
Karentwerner20@aol.com

Austin 101

When: Sunday, March 10
Where: Laguna Gloria Gallery and Sculpture Park
3809 W. 35th St.
Cost: Adults $5, Seniors $3
RSVP: Online or email Janna Smith at email below by Thurs., March 7
Details: The weather forced us to cancel our visit in November, so we're trying again in March! The complimentary gallery to downtown's Jones Contemporary Gallery, the Laguna Gloria is a 14-acre site on Lake Austin. It includes the Driscoll Villa, Gatehouse Gallery, the Art School, and the Betty and Edward Marcus Sculpture Park. Let's get together to tour the historical home/museum, toss a coin in the fountain, and see intriguing sculptures, gorgeous landscaping, and (hopefully) a flock of peacocks!
Chair: Janna Smith, jannaks55@gmail.com, 314-477-3618

Daytrippers

Daytrippers won't be "tripping" in March, so enjoy SXSW and we'll plan something really fun for April. We're thinking about an overnight trip to maybe Dallas or Fort Worth. If you see me around or have a second to email, we'd love to know if you think that's a good or bad idea and if you'd ever be interested in participating in a two-day outing. Thanks! Susi Spies

Chairs:
Susi Spies, susi.spies@gmail.com, (310) 291-4150
Dale Truitt, daledtruitt@gmail.com
Happy Hour

When: Tuesday, March 19, 4:00 - 6:00 p.m.

Where: Zax’s Restaurant and Bar, 312 Barton Springs Road

Cost: Separate checks for cost of food and drinks.

RSVP: No deadline. Register online.

Details: A Happy Hour favorite with free parking.

Chairs: Charlie Brown, 512-994-6709, charlieb7127@gmail.com
Saj Maqsood, sajidmaqsood268@gmail.com

TGI Social - (Thank Goodness It’s Social)

When: Sunday March 31, 5:00-7:00 p.m.
Hosts: Debbi and John Highbarger
2421 Vista Lane 78703
Cost: $1 per person for paper goods
RSVP: Online or tgisocial@austinnewcomers.com by March 30.
Details: It is Spring! Time for T.G.I. Social. Couples and Singles are welcome. Make new friends, reconnect with old friends. Join us for our monthly get together. Relax, kick back and enjoy. Couples bring a hearty appetizer and a drink of choice (wine, beer, sodas, tea, lemonade etc.) to share. Singles bring a hearty appetizer or a drink of choice (wine, beer, sodas, tea, lemonade etc.) to share.
Chairs: Janie and Jim McClam, jilmcclam@icloud.com
512-301-9230

Come to Dinner - Bring a Plate

Come to Dinner – Bring a Plate is a monthly dinner group for single ANC members who enjoy cooking and socializing. We meet in small groups in a member’s home the fourth Saturday of the month, and each guest brings a dish based on a menu selected by the host. In July and August we meet in a restaurant.

Contact the chair to be placed on the list to receive the monthly invitation, which is sent out early in the month. Click the Yes or No box in this email to RSVP, and your name will be added to the attendee list. Once the guest list is complete, the hostess sends out menu information and the address and directions to attendees.

When you join the list and come to dinner, we expect your commitment to be a host or co-host at least once every 12-18 months.

Chair: Lynne Marcus, lmarcus08@gmail.com
**Out-to-Lunch Bunch**

**When:** Friday, March 22, 11:30 a.m.

**Where:** Rosewood  
1209 Rosewood, Austin 78702  
(Just across from Hillside Pharmacy on East 11th in the big Victorian House )

**Cost:** Separate checks

**RSVP:** Online by Wednesday, March 20 at noon.

**Details:** This beautifully restored Victorian mansion with its pretty outdoor seating seems like a perfect place to lunch in March. Hopefully the weather will cooperate and we'll have Spring weather without heat or rain. (I'll make sure we have an inside option as well, just in case!) For those of you who don't know it, Rosewood is now almost a year old and was an Open Table Diner's Choice Award-winner for 2018. It's delicious menu celebrates the traditions and inspirations of South Texas cuisine and features the best offerings of local farmers and ranchers as well as Gulf Coast fishers.

Delightfully, there's street parking as well as free parking in the restaurant's adjacent parking lot. So no excuses, come join us!

**Chair:** Susi Spies, susi.spies@gmail.com, 310-291-4150

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**New Member Welcome Party**

**Sunday, April 28, 3-6 p.m., Circle C Area**

Please come and meet fellow Austin Newcomers, board members and our many interest group chairs and learn about all we have to offer our members each month. Couples please bring a hearty appetizer AND a beverage to share. Singles please bring a hearty appetizer OR a beverage to share.

Questions? Contact memberservices@austinnewcomers.com.

Register online by April 25.

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**Friends Connection**

The Friends Connection brunches is for singles (or not) and are another opportunity to meet and get to know one another. We will not be meeting in March; however, be watching for details regarding a late Sunday brunch in April. We'll be hoping spring weather is available and that we can have brunch at one of the many fun outside dining spots that Austin has to offer. Be sure to join us in April!

**Chair:** Lynne Davis, elcdavis@sbcglobal.net, 512-368-5660
**Art House Cinema North**

**When:** Friday, March 8 at 7:15 p.m.

**Cost:** $1/person at the door

**RSVP:** RSVP to email sent to group each month. No deadline but there is a limit to meeting size. If you are new, please sign up online.

**Details:** Each month the group selects a film to see before the next meeting. We see the film and then discuss and rate it as a group on the 2nd Friday as well as select a film for the following month. Details of upcoming gatherings for this group are sent in a separate email to group participants with details about the movie selection, location, and any additional information.

**Chair:** Beth Knight, knightfe57@hotmail.com, (806) 368-1088

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**Cinema South**

**When:** Friday, March 8 & 22, 7 p.m.

**Cost:** $1/person at the door

**RSVP:** All members currently on the Art House Cinema South email list will receive an email with details about this event. If you are new, sign up online. Meetings fill up fast so RSVP as soon as possible.

**Details:** We meet at homes of members and discuss and rate two movies selected the previous month. Members choose to attend one of two meetings each month, on either the second or fourth Friday. Each host sets the maximum capacity they can accommodate. Details of meetings will be sent ahead of meeting dates via email once first timers have responded via online and have been added to the email list.

**Chairs:** David/Joan Saidel, dpsaidel@gmail.com 512-666-7704
David/Pattie Schieck, deschieck@yahoo.com 512-924-9923

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**Critics’ Corner**

**When:** Friday, March 8, 7:30 p.m.

**RSVP:** Online by March 6.

**Details:** Critics’ Corner meets at 7:30 on the second Friday of each month. Details of the upcoming gathering, including meeting location and movie selection, are emailed to group participants prior to the meeting. Members see the movie on their own, then meet at the designated member’s house for a discussion of the movie. All attendees are asked to bring a hearty appetizer or dessert and a beverage. Visitors are welcome. Email Tom Taylor for information.

**Chair:** Tom Taylor, tomtaylor9@gmail.com 214-642-3873

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AUSTINNEWCOMERS.COM
Bluebonnet and Yellow Rose Book Clubs

Books for the year (January-December) are nominated and chosen by vote by the Bluebonnet & Yellow Rose members. Most chosen books or authors have won literary awards. Members are allowed to attend either book group if proximity is a problem. We meet at different members’ homes having a half hour social time then a lively discussion for approximately one and a half hours. The two groups have a joint author-presenting luncheon party during the holidays, along with a book exchange. Come and join us. The more the merrier! To join, email Gayle Cannon at gayle.cannon70@gmail.com.

**March 28**

**10:00 a.m. (social), 10:30 a.m. (lively discussion)**

**Bluebonnet**

**Host:** Mary Kevorkian  
Westminster Senior Living  
4100 Jackson Ave., 78731, 512-206-4087

Please park in the North parking lot off Bull Creek. Enter and go through the courtyard. We will meet in the Game Room, which is next to the Bistro.

**RSVP:** By March 20 online.  
**Chairs:** Jayne Polly, jpolly3838@gmail.com  
Alison Seaman, alisonseaman@yahoo.com

**Yellow Rose**

**Host:** Lou Blemaster  
5612 N. Scout Island Circle, 78731

**RSVP:** To Lou Blemaster  
loublemaster@gmail.com  
Or 512-551-2659

**Co-Chairs:**  
Gayle Cannon, gayle.cannon70@gmail.com  
Lou Blemaster, loublemaster@gmail.com

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**Men’s Book Club**

**When:** March 26, 2:00 p.m.  
**Host:** Tom Taylor  
9518 Bully Hill Cove  
**Cost:** Free  
**RSVP:** Online, no deadline.

**Details:** Book to be discussed: Homo Deus: A brief history of Tomorrow by Yuval Noah Harari. “Harari is an intellectual magpie who has plucked theories and data from many disciplines - including philosophy, theology, computer science and biology - to produce a brilliantly original, thought provoking and important study of where mankind is heading” Evening Standard London.

*Directions to Tom’s house: From the South: Take 360 N and turn left on Spicewood Spr., turn right on Yaupon and turn right on Bully Hill Cove. From the North: Take 183 S, exit left on Spicewood Spr., turn left on Texas Plumb Rd, turn right onto Yaupon and then left onto Bully Hill Cove.*

**Chair:** Hector Barrio  
hebate@gmail.com, 512-633-2103

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**Afternoon Mystery Book Group**

**When:** Wednesday  
March 13, 1:00 p.m.

**Host:** Lynne Marcus  
10040 Milla Circle, Austin, 78748

**RSVP:** By Monday, March 11, to Lmarcus08@gmail.com.

**Details:** Book: Murder in Thrall by Anne Cleeland

**Chair:** Susan Nichols  
sunichols222@gmail.com  
512-346-9859
## Knit ‘n Stitch

**When:** Thursday, March 7, 10:00 a.m. to 12:00 p.m.

**Host:** Elaine Doege  
2900 Mossback Lane, Austin 78739

**RSVP:** Space is limited and an RSVP is required to attend; please RSVP by Monday, March 4, online or to Deborah Marks, dmarksny@aol.com.

**Details:** We meet on the first Thursday of each month to knit, crochet, or do laptop needlework projects. Join us for coffee, crafting, and conversation.

**Chair:** Deborah Marks, dmarksny@aol.com

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## Photography - Chair: Bernie Mayoff, bernie@mayoff.com (972) 670-2099

**PhotoShoot**

**When:** March 12, 10:00 a.m.

**Where:** Cathedral of Junk  
4422 Lareina Dr., Austin

**Cost:** $5/person, cash on arrival

**RSVP:** Not necessary

**Details:** This month we’re going to the Cathedral of Junk! Lot’s of opportunities for unusual photos and photos of unusual things. Tripods are allowed. If you have any kind of camera, including cellphone cameras, you’re welcome to join us. This is a private residence. Please park only in front of this home or else around the corner on Southview.

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## PhotoShare

**When:** March 26, Conversation 10:30 am, Share 11:00.

We often adjourn to lunch afterwards.

**Where:** Precision Camera  
2438 W. Anderson Lane

**Cost:** None

**RSVP:** Not necessary

**Details:** Join us as we share photos from this month’s PhotoShoot. Everyone is welcome, whether you take pictures with your phone, a hand-me-down camera, or the latest high-end equipment and software. You don’t even have to share any pictures at all. Your family may not appreciate your works of art, but we will. Information on submitting pictures will be sent to our e-mail list in mid-March. To join our email list, send a note to Bernie.
**French Conversation**

*When:* Wednesday, March 13, 12:30 p.m.
*Host:* Michèle Abriol  
3222 Grimes Ranch Road, Austin, 78732  
*RSVP:* RSVP strictly required by March 8. Kindly respond to host: micheleabriol@mac.com, and cc the group chair at dccavin@hotmail.com. (If responding by phone, please call Michèle at 512-771-3372.)

*Details:* This is a monthly lunch and conversation time, on a topic designated in advance, for those who already speak intermediate or advanced French. We rotate hosting the group in our homes, so there is a practical limit to its size, but francophone new members are accepted whenever space allows. Newcomers interested in joining are asked to e-mail the current chair, Deborah Cavin, at dccavin@hotmail.com. Please put "French Group" in the subject line.

The March conversation topic:
Quels sont les livres que vous aimez?

*Directions:* From 360, take 2222 West until 620. Turn left onto 620. At the 3rd traffic light, turn left onto Quinlan Park Road, which is the main entrance to Steiner Ranch. At the 1st traffic light (after the "school lights"), turn right onto Steiner Ranch Boulevard. Then, turn left onto the 3rd street, Grimes Ranch Road (at the right corner you will see the name of the subdivision, "Hancock Hill"). The house is on the right.

*Chair:* Deborah Cavin, dccavin@hotmail.com  
512-401-3831

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**Expats**

*When:* March 16, 6:00 - 8:00 p.m.
*Hosts:* Annie Prasad and Anand Kruttiventri  
4621 Twin Valley Drive, Austin 78731  
*RSVP:* Online by March 9.

*Details:* Expats is a friendly group of people who have lived overseas or enjoy traveling the world. We meet at each others houses and share our experiences with one another. We bring an appetizer and a drink and have fun eating and socializing. We can enrich each others lives and open our eyes to new experiences by sharing our travel journeys. If you feel adventuresome, please join us. You are always welcome.

*Chair:* Sharon King, sharonktraveler@gmail.com

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**Spanish Conversation**

*When:* March 18  
*Cost:* Free  
*RSVP:* Online by March 17.  
*Details:* Host and location TBD. Contact Susana for more information  
*Chair:* Susana Surbek, 512-740-2349  
susana.surbek@hotmail.com
### Canasta
**When:** Mondays, 11 a.m. - 3 p.m.
**Where:** Café Blue (new location)
12800 Hill Country Blvd., G-115
Hill Country Galleria, Bee Cave
**RSVP:** Sunday before gameday
canasta@austinnewcomers.com

**Details:** We meet most Mondays for a relaxing day playing a hand-and-foot version of Canasta, which is easy to learn. New players are invited to join in. You’re welcome to play as often as you like, every week or just occasionally. We begin at 11:00 a.m., break for lunch about 12:30 p.m., and continue to play afterward. We order from the menu and get separate checks. Join us for a fun day of cards and conversation with a group of interesting ladies.

**Cost:** New players pay a one-time fee of $15 when they join to cover the cost of cards and supplies.

**Chair:** Marti Glyer, martiglyer@hotmail.com

### Kitchen Bridge
**When:** Wednesday, March 27, 10 a.m.
**Host:** Barbara Hoffman
5608 Medicine Creek Dr. Austin
**Cost:** $2.25 paid at meeting
**RSVP:** No deadline.
**Details:** Please sign up with Barbara Hoffman ON or after March 1st
hoffy8@yahoo.com
360-421-6877
**Chair:** Hansa Nasta, hnasta@yahoo.com
512-328-1886

### 3rd Thursday Bridge
**When:** Thursday, March 21st, 10 a.m.
**Where:** IHOP
1101 South Mopac
**Host:** Nancy Cosby
**Cost:** $3.00/person at the door
**RSVP:** Email Nancy Cosby ASAP.
**Details:** This is a group of average to expert bridge players who enjoy playing together. We like the competition and challenge of party bridge and the opportunity to meet new people. Bridge is open to all.

**Chair:** Nancy Cosby, ncosby@flash.net, 817-360-0494

### Daytime Buddy Bridge
**Details:** Welcome 2018-2019 Buddy Bridge teams! Sign-up is over for this year but we always welcome subs, so please contact us and let us know if you would like to participate. The Buddy Bridge teams are assigned a different team to play each month and these two teams choose a mutually agreeable date to play. These small groups of four are a wonderful way to get to know one another. Please call or email Sandi or Cathy for details.

**Cost:** $15

**Chairs:** Cathy Cotter, catcot72@gmail.com
512-465-9472
Sandi Ladd, sladdtx@gmail.com
512-250-9339

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**Chair:** Marti Glyer, martiglyer@hotmail.com
**Mah Jongg**

**When:**  Thursdays, March 14 & 28, 1:00 p.m.

**Where:**  Central Market, 4001 N Lamar (upstairs)

**Cost:**  Free

**RSVP:**  No Deadline, [online](http://example.com).

**Details:**  This group plays the American Version of Mah Jongg and uses The National Mah Jongg League card. We welcome anyone who is interested to join us.

**Chair:**  Marsha Hoffer, [mhoffer@gmail.com](mailto:mhoffer@gmail.com)  
(409) 351-4074

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**Bunco**

**When:**  March 19, 10:30 a.m. - 1:00 p.m.

**Host:**  Pat Guarino

**Where:**  Directions will be given when you respond.

**Cost:**  $5

**RSVP:**  To [2cruisin@sbcglobal.net](mailto:2cruisin@sbcglobal.net) by March 15.

**Details:**  Please contact Connie Gardner if you are interested in becoming a regular playing member or substitute.

**Chair:**  Connie Gardner  
[ppelett@aol.com](mailto:ppelett@aol.com), 915-203-4522

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**Mexican Train**

**When:**  March 13, 11:00 a.m. - 2:00 p.m.

**Where:**  Jack Allen’s Kitchen  
3600 N. Capital of Texas Hwy

**Host:**  Eugenie Whalen

**Cost:**  $2.00 (separate checks for lunch)

**RSVP:**  [Online](http://example.com) by March 10.

**Details:**  We start at 11 am, break for lunch, and finish by 2 pm. Mexican Train is fun, easy to learn, but has some challenges. Low/high scores split the pot. Please sign up in advance so I can let the venue know the head count. Questions or comments? E-mail Eugenie.

**Chair:**  Eugenie Whalen, [eswhalen@sbcglobal.net](mailto:eswhalen@sbcglobal.net)  
512-608-0010

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**Second Sunday Scrabble**

**When:**  Sunday, March 10, 1:00 p.m. to 3:00 p.m.  
*Note new time!*

**Where:**  Russell’s Bakery  
3339 Hancock Drive Austin 78731

**Cost:**  Free

**RSVP:**  Email Sandy by March 8.

**Details:**  Join us for some fun and sample some great food and pastry at this independent Austin business.

**Chair:**  Sandy Longstreth, [sandytzone@juno.com](mailto:sandytzone@juno.com)
HEALTH & FITNESS

Happy Trails

When: Saturday, March 16, 9:00 a.m.
Where: 4301 W. William Cannon Dr.
        Austin 78749
        Park at Cheddar’s Scratch Kitchen parking lot
Cost: Free
RSVP: Online, no deadline
Details: Greetings, fellow walkers! Thank you for your patience during my hiatus and recovery from total knee replacement surgery last December. At this writing, I am hopeful that I will be able to lead this easy walk in south Austin at Arbor Trails. Arbor Trails is a well-maintained crushed gravel track around a shopping center (Costco, Whole Foods, Haverty’s, Chuy’s) in SW Austin. The track is 1.42 miles so 2 loops is a nice, almost 3 mile walk with mile markers, a few benches for stretching, plus lots of nature to enjoy and photo opportunities along the trail. The west side of the trail along appropriately named Brushy Creek Rd., is shaded by Ash Juniper plus lots of wild flower ground cover this time of year while the east side has lots of blooming Cacti and a karst cave (sinkhole) that runs into Edwards Aquifer. You may bring your leashed dogs on this one. I cannot promise that I will do two loops, but I will cheer you on if you wish to continue. As always, please dress for the weather and bring water. We will meet in the parking lot of Cheddar’s Scratch Kitchen and will begin our walk there. I look forward to seeing you again--it’s been a long stretch. Feel free to enjoy some shopping after our time together.

Chair: Donna Dauenhauer
donnadau@hotmail.com, (512) 584-5834

Golfing Around Austin

When: Monday, March 11
Where: Course to be determined
Cost: Green fees vary, each individual pays at the course
RSVP: Online by Sunday, March 3.
Details: Our next monthly play date will be Monday, March 11, 2019. Please register online by Sunday, March 3, 2019. We play a best ball scramble at a different Austin area course each month. So far this season, we have played at Lions, Morris Williams, Jimmy Clay, Roy Kizer and Bluebonnet Hill. We are open to golfers of all abilities from beginners to long time players. If you have any questions about the ANC golfing group or Austin golf in general, please feel free to contact John.
Chair: John Cates, jwcates3@gmail.com, 832-814-8402

Hearty Hikers

When: Wednesday, March 27, 9:30 a.m.
Hosts: Laurie Zahn and Dana Thor
Where: Milton Reimer’s Ranch Park
        23610 Hamilton Pool Road
Cost: No Charge
RSVP: By Monday, March 25, to Laurie and Dana.
Details: This hike offers scenic bluff views along the Pedernales River. There are a few rocky climbs, but most of the path is flat. Restrooms are throughout the ranch. A hiking stick is always recommended! If a car has a senior over 62, it is free. Otherwise, it is $10.00/car. We will send more information about carpooling opportunities and a lunch location to all who sign up. If you have questions, please call Laurie at 214-769-2388.
Chairs: Laurie Zahn, laurdon@flash.net, 214-769-2388
        Dana Thor, danathor@gmail.com
Luncheon/Program Reservation - March 20 at Chez Zee

**Price:** $30 per person payable [online](#). Deadline is noon, March 15.

or

Send this reservation form and a check payable to **Austin Newcomers Club**.

Mail to Pamela Craig, 7313 Wolverine Street, Austin, TX 78757. Mail should be posted by March 11.

Name(s) ____________________________________________

Phone ________________________________

Guest ____________________________________________

*Members with dietary restrictions: An alternative menu option is available at regular monthly luncheon meetings. Notice is required with your RSVP. Please include specific information regarding your restrictions. You are financially responsible for menu substitutions made at the event.*

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**Welcome New Members**

Liz Motter Salinas  
3601 Serena Woods Ct. Austin 78759  
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lizmsalinas@gmail.com

Valerie Davis  
708-334-7108  
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kerri.wicklund@gmail.com

Deborah Ruffman  
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druffman3@gmail.com

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irajs89@hotmail.com

Gene and Rebecca Christy  
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ambchristy@gmail.com

Bidisha Roy  
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bidisha.mukherjee@gmail.com

Melody Chatelle  
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512-922-4622  
melody@chatelleandassociates.com

Elizabeth & Dan Lorenc  
lorenc.elizabeth@gmail.com

Sue Anne Vazquez  
7201 Ranch Road 2222, Austin 78730  
817-455-5660  
suesteve44@yahoo.com

Judy Bouffard  
858-776-7201  
jbouffard3@gmail.com

David and Nancy Guillet  
12204 Cascade Caverns Trl., Austin 78739  
512-969-0284  
dwguillet@gmail.com
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AUSTINNEWCOMERS.COM
Welcome Mat

Email vpmembership@austinnewcomers.com for address corrections or changes.

Please submit your Welcome Mat articles or information about your interest group online by the first of the month preceding the publishing month (ex. January 1 is the deadline for February Welcome Mat).

Members may not make commercial solicitations at any meeting or activity, nor use our directory for any commercial solicitations.

ANC Communications Staff
Lynne Marcus, director

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Calendar - Alison Seaman, alisonseaman@yahoo.com
Eblasts - Susana Surbek, susana.surbek@hotmail.com
Welcome Mat - Judy Largent, ancnewsletterjudy@gmail.com
Proofreaders - George Lowe, Bernie Mayoff

Visit our website, austinnewcomers.com for information about our activities and how to become a member.