Page 2
Retired Annuitant application

Page 5
District G elections

Page 6
Members on the move

Page 11
Savvy senior

CALIFORNIA STATE RETIREES

SERVING CALIFORNIANS FOR 86 YEARS

Vol. XXXII No. 12 | A PUBLICATION REPRESENTING CALIFORNIA STATE RETIREES | DECEMBER 2018

# CSR-endorsed candidates win big

November's General Election brought great results for CSR-endorsed candidates. In sum, they won in 94 of the 101 races in which CSR took a position. One race in which CSR endorsed a candidate is still too close to call at this time.

**Statewide Races**

Seven of the 8 CSR-endorsed candidates running for statewide office – including gubernatorial candidate Gavin Newsom – prevailed in their races. Newsom will be sworn in as Governor on January 7, 2019. Other successful CSR-endorsed candidates were Xavier Becerra for Attorney General, Betty Yee for Controller, Fiona Ma for Treasurer, Alex Padilla for Secretary of State, Ricardo Lara for Insurance Commissioner, and Tony Thurmond for Superintendent of Public Instruction. Unfortunately, Senator Dr. Ed Hernandez was unsuccessful in his bid for Lieutenant Governor.

**Legislative Races**

In the Assembly, the CSR candidate won in 74 races and lost in two, with one race still too close to call. In contested open seat contests, CSR was 2-0, including victories by Robert Rivas (D-Hollister) in AD 30 and Tasha Boerner Horvath (D-Carlsbad) in AD 76.

In AD 38, CSR-endorsed candidate Dante Acosta (R-Santa Clarita) was unable to beat his Democratic challenger Christy Smith. Similarly, CSR candidate Matthew Harper (R-Huntington Beach) was defeated by Democrat Cottie Petrie-Norris in the race for AD 74.

In AD 77, incumbent Brian Maienschein (R-San Diego), CSR's endorsed candidate, currently leads his Democratic opponent Sunday Gover by less than 1 percent as of print deadlines. We will have to wait and see who will come out on top.

Thirteen of the 16 state Senate candidates endorsed by CSR prevailed on Election Day. In open seat races, CSR was 2-1.

In what was considered the biggest partisan Senate face-off, CSR-endorsed candidate Anna Caballero (D-Salinas) was successful in her bid for SD 12. CSR-endorsed candidate Maria Elena Durazo (D-Los Angeles) was victorious in SD 24, but Mike Eng (D-Los Angeles) was defeated in the race for SD 22. Two CSR-endorsed Republican incumbents – Andy Vidak in SD 12 and Janet Nguyen in SD 34 – were defeated somewhat surprisingly by Democratic challengers.

**Overall Total**

94 wins, 5 losses and one too close to call.

To see the complete election results, please visit page 4 of the *Retiree*.

# Transparent CA vs. CalPERS lawsuit

Transparent California is a database that provides easily searchable information on the compensation of public employees and retirees in California. Transparent California previously issued a public records act to CalPERS requesting information showing the names, amount and type of benefits being received. CalPERS refused to disclose records indicating the type (traditional service credit, disability, or industrial disability) of benefit received claiming sensitivity of information.

On August 17, 2018, Transparent California filed a public records lawsuit against CalPERS in an effort to force disclosure of this information of disability retirees. Four CalPERS-affiliated organizations (California Correctional Peace Officers' Association, CAL FIRE Local 2881, California Association of Professional Firefighters, and California Association of Highway Patrolmen) have since filed an application for intervention, adding support to CalPERS in opposing Transparent California's effort.

CSR will continue to monitor this lawsuit and supports CalPERS in protecting the information of vulnerable retirees.

For more information, please contact CSR HQ **888.808.7197** or **CSRinfo@CalRetirees.org**.

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Sacramento, CA 95814

RETURN SERVICE REQUESTED

# RETIRED ANNUITANT PROGRAM

## Are you interested in a part-time state job? Take advantage of this perk of membership

To increase your chances of hiring for Retired Annuitant positions with the state, consider applying to be on the California State Retirees' (CSR) Retired Annuitant Program List (RA Program List).

According to the State Controller's Office, the state employs 3,672 retired annuitants in a variety of departments.

CSR maintains its popular RA Program List to assist members in their current retired annuitant job search. The names and qualifications of members who apply to be on the list are distributed biannually to state department officials who request them when they are hiring part-time workers.

The list is one of the many benefits CSR offers exclusively to its members. If you know a nonmember who wants to participate in the program, advise him or her to fill out a membership application online.

Applicants to the RA Program List should return the completed form to California State Retirees by **Friday, Jan. 4, 2019**. The names collected during this period will make up the 2019 California State Retirees' Retired Annuitant Program List. An application will also appear in the May 2019 issue of the *California State Retiree*. Be sure to print or type your information. CSR cannot process applications that are illegible.

If you've sent in your application already or applied online, you do not have to send in another application. We keep all applications on file as a convenience to our members. If you'd like to remove yourself from the list, please contact us to do so. If you'd like to apply online, visit **www.calretirees.org**

California state law allows state retirees to work up to 960 hours per fiscal year at a state job without losing any state pension benefits.

The service by California State Retirees is limited to compiling the list of retirees interested in temporary work with the state and sending it to state personnel departments. Personnel officials from those departments will contact applicants if they need further information or résumés.

While California State Retirees encourages retiree annuitant involvement, it does not provide individual formal representation for retirees who return to work as retired annuitants.

## Where retired annuitants work

As of November 20, 2018, the state employed 3,672 retired annuitants, according to the State Controller's Office.

Below is a list of the 15 state departments with the most retired annuitants.

| | |
|---|---|
| Corrections and Rehabilitation | 324 |
| Department of State Hospitals | 260 |
| Developmental Services | 220 |
| Forestry and Fire Protection | 220 |
| Transportation | 194 |
| Justice | 162 |
| Social Services | 133 |
| Water Resources | 126 |
| Parks and Recreation | 116 |
| Fish and Wildlife | 106 |
| Consumer Affairs | 85 |
| Department of Public Health | 84 |
| Employment Development Department | 68 |
| CA Exposition and State Fair | 66 |
| Education | 58 |

PLEASE PRINT OR TYPE 12/2018

### Retired Annuitant Application

☐ Yes, I would like to be considered for a temporary job with the state. I understand the information I provide here will be sent by California State Retirees to all state departments, and it is up to the interested employer - not California State Retirees.

Last four digits of Social Security Number_____

Name_____
last first

Phone_____ Email_____

Address_____

City_____ State_____ Zip_____

Most recent job classification_____

Do you type? ☐Yes ☐No Do you have computer experience? ☐Yes ☐No

Last two state classifications:

2._____

3._____

Location where you want to work (Check one only)

**This form must be received at California State Retirees no later than Jan. 4, 2019.**

| Area | Counties |
|---|---|
| ☐Los Angeles | Los Angeles |
| ☐San Diego | San Diego |
| ☐Southern Coast | San Luis Obispo, Santa Barbara, Ventura |
| ☐South Central Valley | Imperial, Inyo, Mono, Orange, Riverside, San Bernardino, Kern (east of the Tehachapi Mountains) |
| ☐Bay Area | Alameda, Contra Costa, Marin, Monterey, Napa, San Benito San Francisco, San Mateo, Sonoma, Santa Clara, Santa Cruz, Solano |
| ☐Central Valley | Amador, Calaveras, Fresno, Kings, Madera, Mariposa, Merced, San Joaquin, Stanislaus, Tuolomne, Tulare, Kern (west of the Tehachapi Mountains) |
| ☐Sacramento Area | Alpine, Colusa, El Dorado, Nevada, Placer, Sacramento, Sierra, Sutter, Yolo Yuba |
| ☐Northern California | Butte, Del Norte, Glenn, Humboldt, Lake, Lassen, Plumas, Mendocino, Shasta, Siskiyou, Tehama, Trinity |

RETURN THIS FORM TO: Attn: Retired Annuitant Program, California State Retirees
1108 O St., Suite 300, Sacramento, CA, 95814

PLEASE NOTE: If you sent in your application in the past or applied online, we have your application on file. There is no need to reapply. If you sent us an application and would like to be removed from our list, please send an email to csrinfo@calretirees.org or call 916-326-4292.

California State
RETIREE

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**Gaspar Luna Oliveira**
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**CONTACT US!**

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**TEL:** 916.326.4292
**FAX:** 916.326.4201
**TOLL-FREE:** 888.808.7197
**EMAIL:** csrinfo@CalRetirees.org
**WEB:** www.CalRetirees.org

# NEWS

## CalPERS | 2019 pay days

Benefits are paid at the beginning of the month for the previous month's benefits. For tax reasons, your December retirement check is always dated the first day of the new year. The State Controller's Office issues checks and determines mailing dates. If you have direct deposit, contact your financial institution to see when funds are placed in your account.
The State Controller's Office distinguishes Northern and Southern California using ZIP codes:
Southern California is between 90000 through 93599
Northern California is between 93600 through 96199

| Benefit Month | Southern California/Out of State Mail Date | Northern California Mailing Date | Direct Deposit Date |
|---|---|---|---|
| January | January 29 | January 30 | February 1 |
| February | February 26 | February 27 | March 1 |
| March | March 26 | March 27 | March 29 |
| April | April 26 | April 29 | May 1 |
| May | May 28 | May 29 | May 31 |
| June | June 26 | June 27 | July 1 |
| July | July 29 | July 30 | August 1 |
| August | August 27 | August 28 | August 30 |
| September | September 26 | September 27 | October 1 |
| October | October 29 | October 30 | November 1 |
| November | November 22 | November 25 | November 27 |
| December | December 27 | December 30 | January 2, 2020 |

## UPCOMING EVENTS 2018

**December 18 & 19**
**(Tuesday & Wednesday)**
CalPERS Board of Administration
Lincoln Plaza North
400 P St.
Sacramento, CA 95814

**December 24**
Christmas Eve-HQ closed

**December 25**
Christmas Day-HQ closed

**December 31**
New Year's Eve-HQ closed

**January 1**
New Year's Day-HQ closed

**January 22 & 23**
**(Tuesday & Wednesday)**
Offsite location - TBD

# ELECTION RESULTS

*continued from page 1*

**Assembly Candidates**

AD 01 Brian Dahle (R-Bieber)
AD 02 Jim Wood (D-Healdsburg)
AD 03 James Gallagher (R-Yuba City)
AD 04 Cecilia Aguiar-Curry (D-Napa)
AD 05 Frank Bigelow (R-O'Neals)
AD 06 Kevin Kiley (R-El Dorado Hills)
AD 07 Kevin McCarty (D-Sacramento)
AD 08 Ken Cooley (D-Rancho Cordova)
AD 09 Jim Cooper (D-Elk Grove)
AD 10 Marc Levine (D-San Rafael)
AD 11 Jim Frazier (D-Oakley)
AD 12 Heath Flora (R-Modesto)
AD 13 Susan Eggman (D-Stockton)
AD 14 Tim Grayson (D-Concord)
AD 15*No Endorsement
AD 16 Catharine Baker (R-Dublin)
AD 17 David Chiu (D-San Francisco)
AD 18 Rob Bonta (D-Alameda)
AD 19 Phil Ting (D-San Francisco)
AD 20 Bill Quirk (D-Hayward)
AD 21 Adam Gray (D-Merced)
AD 22 Kevin Mullin (D-South San Francisco)
AD 23 Jim Patterson (R-Fresno)
AD 24 Marc Berman (D-Menlo Park)
AD 25 Kansen Chu (D-San Jose)
AD 26 Devon Mathis (R-Visalia)
AD 27 Ash Kalra (D-San Jose)
AD 28 Evan Low (D-Campbell)
AD 29 Mark Stone (D-Scotts Valley)
AD 30*Robert Rivas (D-Hollister)
AD 31 Joaquin Arambula (D-Fresno)
AD 32 Rudy Salas Jr. (D-Bakersfield)
AD 33 Jay Obernolte (R-Big Bear Lake)
AD 34 Vince Fong (R-Bakersfield)
AD 35 Jordan Cunningham (R-San Luis Obispo)
AD 36 Tom Lackey (R-Palmdale)
AD 37 Monique Limón (D-Santa Barbara)
AD 38 Dante Acosta (R-Santa Clarita)
AD 39 Luz Rivas (D-Los Angeles)
AD 40* No Endorsement
AD 41 Chris Holden (D-Pasadena)
AD 42 Chad Mayes (R-Yucca Valley)
AD 43 Laura Friedman (D-Glendale)
AD 44 Jacqui Irwin (D-Thousand Oaks)
AD 45 Jesse Gabriel (D-Encino)
AD 46 Adrin Nazarian (D-Sherman Oaks)
AD 47 Eloise Gomez Reyes (D-San Bernardino)
AD 48 Blanca Rubio (D-West Covina)
AD 49 Ed Chau (D-Arcadia)
AD 50 Richard Bloom (D-Santa Monica)
AD 51 Wendy Carrillo (D-Los Angeles)
AD 52 Freddie Rodriguez (D-Pomona)
AD 53 Miguel Santiago (D-Los Angeles)
AD 54 Sydney Kamlager (D-Los Angeles)
AD 55 Phillip Chen (R-Diamond Bar)
AD 56 Eduardo Garcia (D-Coachella)
AD 57 Ian Calderon (D-Whittier)
AD 58 Cristina Garcia (D-Bell Gardens)
AD 59 Reggie Jones-Sawyer (D-Los Angeles)
AD 60 Sabrina Cervantes (D-Corona)
AD 61 Jose Medina (D-Riverside)
AD 62 Autumn Burke (D-Inglewood)
AD 63 Anthony Rendon (D-Lakewood)
AD 64 Mike Gipson (D-Carson)
AD 65 Sharon Quirk-Silva (D-Fullerton)
AD 66 Al Muratsuchi (D-Manhattan Beach)
AD 67 Melissa Melendez (R-Lake Elsinore)
AD 68 Steven Choi (R-Irvine)
AD 69 Tom Daly (D-Anaheim)
AD 70 Patrick O'Donnell (D-Long Beach)
AD 71 Randy Voepel (R-Santee)
AD 72*No Endorsement
AD 73 William Brough (R-Dana Point)
**AD 74 Matthew Harper (R-Huntington Beach) LOSS**
AD 75 Marie Waldron (R-Escondido)
AD 76*Tasha Boerner Horvath (D-Carlsbad)
**AD 77 Brian Maienschein (R-San Diego) UNKNOWN**
AD 78 Todd Gloria (D-San Diego)
AD 79 Shirley Weber (D-San Diego)
AD 80 Lorena Gonzalez Fletcher (D-San Diego)

**74 W | 1 L | 1 TOO CLOSE**

**Senate Candidates**

SD 02 Mike McGuire (D-Healdsburg)
SD 04 Jim Nielsen (R-Gerber)
SD 06 Richard Pan (D-Sacramento)
SD 08*No Endorsement
SD 10 Bob Wieckowski (D-Fremont)
SD 12*Anna Caballero (D-Salinas)
**SD 14 Andy Vidak (R-Hanford) LOSS**
SD 16*No Endorsement
SD 18 Bob Hertzberg (D-Van Nuys)
SD 20 Connie Leyva (D-Chino)
**SD 22*Mike Eng (D-Los Angeles) LOSS**
SD 24*Maria Elena Durazo (D-Los Angeles)
SD 26 Ben Allen (D-Santa Monica)
SD 28 Jeff Stone (R-Temecula)
SD 30 Holly Mitchell (D-Los Angeles)
SD 32*No Endorsement
**SD 34 Janet Nguyen (R-Garden Grove) LOSS**
SD 36 Patricia Bates (R-Laguna Niguel)
SD 38*No Endorsement
SD 40 Ben Hueso (D-San Diego)

**13 W | 3 L**

**CSR NON-PARTISAN CONSTITUTIONAL OFFICE CANDIDATE ENDORSEMENTS**

**Governor***
Gavin Newsom
**Attorney General**
Xavier Becerra
**Controller**
Betty Yee
**Treasurer***
Fiona Ma
**Secretary of State**
Alex Padilla

**Lieutenant Governor***
**Ed Hernandez LOSS**
**Insurance Commissioner***
Ricardo Lara
**Superintendent of Public Instruction***
Tony Thurmond

**7 W | 1 L**

*** Non-Incumbent**

# CSR BOARD OF DIRECTORS I DISTRICT G DIRECTOR

**All active members (excluding associate) of Chapters 6, 12, 17, and 34 will soon be receiving a ballot for the position of District G Director on the CSR Board of Directors.**
**The term of office is from 2019 - 2022.**
**Please read the ballot instructions and the candidate statements below before marking your ballot.**

1. Vote for one candidate. More than one vote will invalidate your ballot. No write-ins.
2. On your ballot card, place an "X" to the right of the candidate's name of your choice.
3. Place your ballot card in the small envelope marked "Ballot" and seal it.
4. Place your sealed "Ballot" envelope in the postage-paid blue envelope addressed to California State Retirees, seal and return it to CSR. *Be sure to PRINT YOUR NAME on the return envelope in the designated location. Failure to print your name will invalidate your ballot.
5. Ballots must be received in CSR headquarters office on January 2, 2019 by 5 p.m
6. If you spoil your ballot, a replacement ballot may be requested by calling 888.808.7197.
7. Election by plurality of vote (the candidate with the most votes wins).
8. The order of names on the ballot was determined by lot.
9. Election protests must be in writing and received in headquarters office on January 21, 2019 by 5 p.m.

## District F

**Race uncontested – R. Connie Lira was the only candidate. She will be sworn in at the February 2019 Board meeting. Congratulations, Connie!**

**District G Candidate Statements for Representative to the Board of California State Retirees**

## Samuel Jurado

I have differences with the Board of Directors.

The Board of Directors presented a motion at the November Delegate Assembly to control the budget. The delegates, including myself, rejected this power grab.

By comparison, my motion to increase member voting rights has been sent to the February meeting of the Rules and Bylaws Committee.

We should have people not talking about themselves but about the Board activities.

My contact card was blocked trying to reach the members to see how they are doing. Once elected my reach will be to elevate the contact card if elected.

Your welfare is important. I am planning to work with all the chapters in the District and District Labor Councils of Local 1000. I want to include Long Term Care to our benefits. I understand to increasing insurance costs and going on Medical. I believe there is a better way to achieve this goal by working with CalPERS, state and federal legislatures, to make this a reality.

Thank you for your support,
Sam

## Gaspar Luna Oliveira

I am Gaspar Luna Oliveira. I joined Chapter 17 in August 2012 after a 39-year Career with the State and quickly became active (Chair, Legislation/Political Action Committee). In 2015, I was elected a Delegate to the CSR Delegate Assembly. After serving on two stateside CSR Board committees (Membership and Political Action), I now have the honor and privilege to be your District G Director, appointed by your CSR Board of Directors in February 2017. I have attended many Chapter Meetings throughout the District, from San Diego, to Victorville, and from Fountain Valley to Calimesa…I have enjoyed being present and participating in your Membership meetings and activities (e.g., Mock Delegate Assembly Training). I thank all of the Presidents, Executive Committee Officers and Chapter Members for your support and assistance.

I have represented you at CSR Board Meetings, Committee Meetings and Workshops where I have actively participated in the decision making process on many issues, including the development of the CSR Strategic Plan, a roadmap for the 21st century.

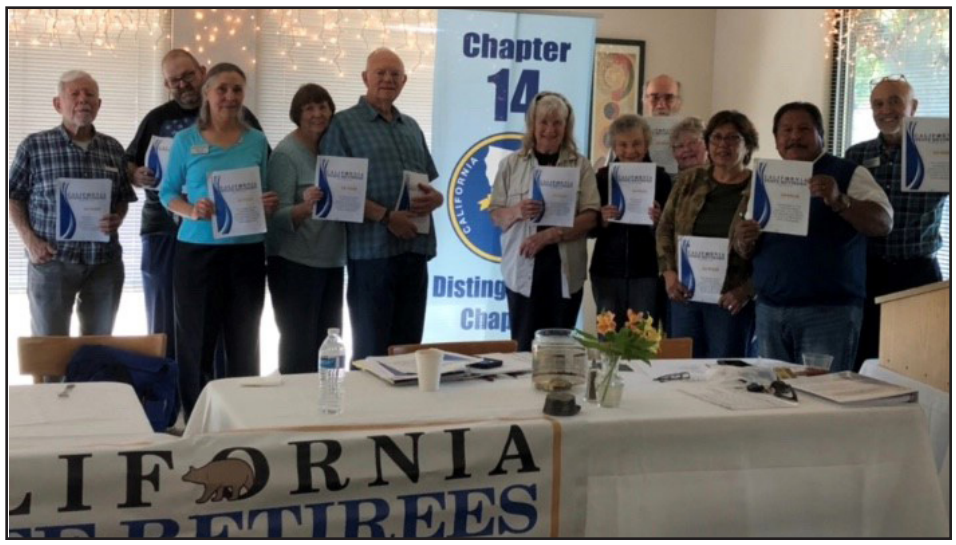
I ask you to vote for me for District G Director. You have my commitment to do my best on your behalf.

If you have any questions, please contact CSR HQ **888.808.7197** or **CSRinfo@CalRetirees.org**

# MEMBERS ON THE MOVE

The Clerk-Recorder of the County of San Luis Obispo appointed CSR member Ophelia Rabanal to serve as a precinct officer for the 2018 General Election on November 6, 2018. Ophelia was one of 1,200 volunteers in her county. Congratulations, Ophelia!

Chapter 20 President Cora Okumura, District A Director Sharon Stoltzman, Delegate David Okumura, PAC Committee member Char Gonzalez, Secretary/Alternate Delegate Norma Gallegos, Joaquin Gonzalez and Vice President/Delegate Raymond Cole at their November meeting.




Chapter 14 members take time to discuss the CSR Strategic Plan at their October chapter meeting. Executive Committee members each had a specific goal to present and discuss. The goals and objectives were well received by all!

Thank you to Assemblymember Marc Berman for taking the time to meet with CSR Executive Vice President Stephanie Hueg and Chapter 23 Vice President Maria Aguilar.

Delegates enjoy themsleves at the 2018 Delegate Assemby in Sacramento. For a full recap, please see the November 2018 edition of the *Retiree*.

# 10 GREAT REASONS TO JOIN THE CALIFORNIA STATE RETIREES

# CALRETIREES.ORG

## 1 Advocacy

CSR has 86 years of experience representing retired state employees. Protecting your rights and benefits is our top priority. We strongly oppose legislation that threatens to undermine the CalPERS system. We work with a highly influential and educated team to protect your rights.

## 2 Member discounts

We have discounts ranging from emergency assistance and insurance to recreational activities and legal services. If you are not a member, you are at risk of losing your CSEA benefits.

## 3 CalPERS coverage

Not everyone can attend CalPERS Board and committee meetings. Our staff and leadership do the work for you. We speak on behalf of our members and make sure your voice is heard.

## 4 Monthly newspaper

The California State Retiree provides valuable information about issues affecting your pension and benefits; services for retirees; and features about retirees like you.

## 5 Community

There are 26 chapters throughout the state. Attend your chapter's meetings to hear interesting guest speakers, find out about possible changes to your pension and medical benefits, partake in social activities, and enjoy a low-cost lunch! Your peers are your best resource. Stay informed and be a part of an amazing community.

## 6 Retired Annuitant Program

Looking to keep busy? Only CSR members are eligible for the CSR Retired Annuitant Program List. State officials at around 200 state offices throughout California contact our annuitant members for temporary, part-time jobs with the state.

## 7 37,000 members strong

Our opinion matters to legislators, our governor, CalPERS and other agencies that can impact the pensions and benefits of state retirees. We are 37,000 members strong and growing. Join us!

## 8 Minimal monthly dues

Our dues are minimal, but the benefits are significant. Our dues range from $1 to $12 per month, depending on your CalPERS monthly allowance.

## 9 Giving back

Our members are active in their communities. They participate in food drives, give student scholarships, work with charities, attend seasonal parties and so much more. Make a difference after retirement while having fun!

## 10 We work together

While we primarily concentrate on state issues that affect the pensions and health benefits of retired state workers, we also collaborate with several retiree organizations on issues that affect all retirees. We advocate alongside the Statewide Coalition of Retired Employees, the California Alliance for Retired Americans, the Congress of California Seniors, and others. There is strength in numbers!

To view a complete list of member benefits go to
**www.calcsea.org/benefits**
To join, fill out an application
**calretirees.org/joinus**

CALIFORNIA STATE RETIREES

Tired of attacks on your pension and health benefits?
Join CSR's Political Action Committee today and help put legislators in the Capitol who will fight for retired state employees.

# YOUR PAC in action

- Helped to pass Proposition 162, the Pension Protection Act, to prevent raids on the CalPERS fund.
- Obtained a comprehensive vision plan for state retirees following an 18-year struggle. AB 2242 by Assembly member Alberto Torrico, D-Newark, established a voluntary, self-paid Vision Services Program (VSP) for retirees, effective July 1, 2007.
- Convinced the CalPERS board to add vision, hearing aid and chiropractic benefits to managed Medicare health plans.
- Gained thousands of dollars for retirees by making sure a new supplemental income program (Purchasing Power Protection Account) was implemented correctly.
- Kept health care premium increases to a minimum.
- Won the enhanced VSP Premier Vision plan for retirees that mirrors the active state employee plan, effective January 1, 2016.
- Worked with lawmakers and CalPERS to pass legislation giving retirees an ad hoc increase of up to 6 percent and reopened Tier I retirement.
- Convinced CalPERS to implement quality control measures for state health plans.
- Developed a Strategic Plan of Action, which includes the legislative resolution: Declaration of Rights for Retirees.
- Consistently succeeded in fighting attacks on our defined benefit pension system and health care.

Support political action that will protect your rights as a retired state employee.

# California State Retirees iPAC Application

(Print) Last Name | First Name | Initial | Social Security No. | Chapter No.

Number and Street | City | State | Zip Code

Retirement Date (MM-DD-YY) | Home Phone | Email

From Which State Agency did you Retire?

How Did You Hear about Us? | Recruiter's Name

**Party Registration** *(optional)* ☐ Democrat ☐ Republican ☐ None ☐ Other _____

I hereby authorize the California State Retirees to withhold a designated amount from my pension for California State Retirees' political action fund. I understand that this political activity amount is a voluntary, non-tax-deductible contribution. This authorization will remain in effect until cancelled by me or California State Retirees and I understand that cancelling my California State Retirees membership will terminate this voluntary contribution.

_____ Signature

Date (MM-DD-YY)

## CSR Issues PAC

☐ **Payroll Deduction Authorization**
I authorize ☐ $2 ☐ $5 ☐ $10 ☐ Other _____
to be withheld from my monthly pension for California State Retirees' Issues PAC
(NO maximum/month)

☐ **Contribute to the CSR Issues PAC**
I would like to make a contribution to California State Retirees' Issues PAC
**Enclosed is my check for:**
☐ $10 ☐ $25 ☐ $50 ☐ $100 ☐ Other_____
(NO maximum/year)

**MAIL COMPLETED FORMS TO:** California State Retirees • 1108 O Street, Suite 300 • Sacramento, CA • 95814

3983c

The CSEA Foundation is a non-profit, charitable corporation created to fund Scholarships and Disaster Grants to CSEA affiliate members, dependents, spouses and grandchildren (ACSS, CSR, CSUEU, SEIU Local 1000 and UAW). This year the Foundation received a record amount of applications from all affiliates. The Foundation is pleased to announce the 2018 Scholarship recipients. The Foundation awarded a total of twelve scholarships, eight $1500 scholarships and four $1000 for Best Essays that will be posted on the CSEA Foundation web site. The CSEA Foundation Board of Director's extend our sincere congratulations and continuing academic success to recipients and those that submitted applications.

**The CSEA Foundation Inc. Board of Directors is proud to announce the 2018 recipients:**

Kaytlin Greenlaw, Huntington Beach High School, Huntington Beach CA
Sponsoring Member and Affiliate: Judith Traver, California State Retirees, Chapter 34

**Best Essay Recipients**

Krystal Rhaburn, Attending Cal Lutheran University, Thousand Oaks, CA
Sponsoring Member and Affiliate: Lodiawick Henderson, California State Retirees, Chapter 9

Zaylin Jackson, Santa Monica High School, Santa Monica, CA
Sponsoring Member and Affiliate: Zana Wilkins Jackson, California State Retirees, Chapter 6

For more information, please contact Joan Kennedy @ jkennedy.csueu@gmail.com

## WHAT IS AN ASSOCIATE MEMBER?

Associate members have many of the same rights as active members, including the right to participate in all member benefit discount programs. The only exception is the right to vote and hold elective office.

All members have the right to attend and speak at membership meetings of their respective chapters.

Associate member dues are $12.00 per year for members who joined prior to July 1, 2017. Dues for members joining on or after July 1, 2017 are $72.00 per year.

# California State Retirees Member Application

(Print) Last Name | First Name | Initial | Social Security No. | Chapter No.

Number and Street | City | State | Zip Code

Retirement Date (MM-DD-YY) | Home Phone | Email

From Which State Agency did you Retire?

How Did You Hear about Us? | Recruiter's Name

Type of Membership (check one)

❑ **Retired Membership** — Available to state retirees only. See Dues Table.

❑ **Associate Member** — Available to persons not eligible for Retired membership. Dues are $72.00 per year (payable annually).

I hereby apply for membership in California State Retirees, an affiliate of the California State Employees Association, and I authorize CSR to withhold dues from my monthly PERS allowance. I understand my membership rights are set forth in the CSR and CSEA bylaws, policies and procedures. As a member of CSR, I agree to abide by the CSR bylaws, policies and procedures.

Signature | Date (MM-DD-YY)

**Dues Table for Retired Members**

| Monthly PERS Allowance (Base + COLA) | Monthly Dues |
|---|---|
| $0 - $399 | $1.00 |
| $400 - $799 | $2.25 |
| $800 - $1,199 | $3.25 |
| $1,200 - $1,599 | $5.00 |
| $1,600 - $1,899 | $6.50 |
| $1,900 - $2,299 | $8.00 |
| $2,300 - $2,699 | $8.50 |
| $2,700 - $3,099 | $9.00 |
| $3,100 - $3,499 | $9.50 |
| $3,500 - $3,999 | $10.00 |
| $4,000+ | $12.00 |

Office Use Only

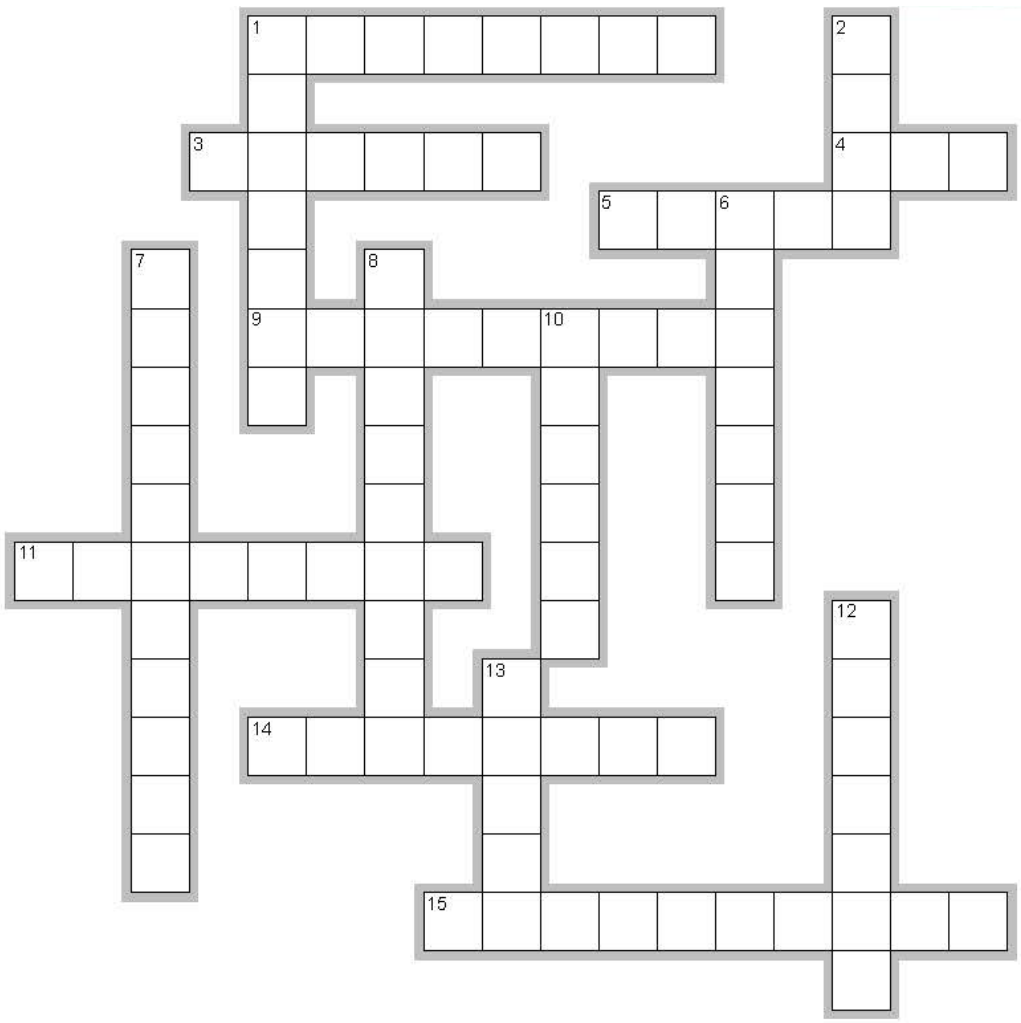
*To join, please fill out the application completely and mail it back in an envelope to:*

California State Retirees • 1108 O Street, Suite 300 • Sacramento, CA 95814
www.CalRetirees.org/joinus

3981a

# PUZZLES Love to Shop!

ANSWERS ON PAGE 13



| ACROSS | DOWN |
|---|---|
| 1. Brides and mothers-to-be often set up a gift ___ in a department store | 1. Sears & ____ |
| 3. JC_____ | 2. You'd find these for ladies in what used to be called the millinery department |
| 4. Child's favorite department | 6. Person who takes your money |
| 5. Famous NYC department store | 7. Place to try on clothes (2 wds) |
| 9. Counter where you can purchase lipstick | 8. Alternative to stairs and elevators |
| 11. Department that sells shirts and ties (2 wds) | 10. Its logo is a red dot inside a red circle. |
| 14. _____ Field & Company | 12. Department that sells bracelets |
| 15. Department for pans & mixers | 13. Go to the ____ center for a family portrait. |

the recipe

## Grinch Cake

**Ingredients**

2 boxes of pound cake mix. (Use whatever ingredients the box calls for)
Heart cookie cutter
Red and green food gel color
Loaf pan
Green and yellow frosting (Blue and green funfetti frosting)
Red heart sprinkles - Optional

**Instructions**

Mix the pound cake mix following the directions on the box.
Add a few drops of red food coloring at a time until you get the red color you like.
Once the cake is baked, let it cool and then cut the cake into even slices.
Then, use a heart shaped cookie cutter to cut out as many hearts as it takes to lay them face to face from one end of the pan to the other end. Make sure it is a snug fit but, leave room at each end for the green cake mix.
Mix the second cake and add some green food coloring.
Pour the green batter around the heart cutouts.
Tap the pan on the counter so the batter will fall down the sides of the hearts.
Bake it according to the package directions.
Next, frost the cake with green frosting and add some heart sprinkles. Enjoy!

FIND US ONLINE OR VISIT WWW.CALRETIREES.ORG

If you need the CSR logo, please email csrinfo@CalRetirees.org

CALIFORNIA STATE RETIREES

# SAVVY SENIOR

# How to manage restless leg syndrome

Send your senior questions to:
Savvy Senior, P.O. Box 5443
Norman, OK 73070
or visit **SavvySenior.org**

**Dear Savvy Senior,**
**What can you tell me about restless leg syndrome? I'm 58 years old, and frequently have jerky, uncontrollable urges to move my legs, accompanied by a tingling sensation, and it keeps me awake at night.**
**Jumpy John**

**Dear John,**

If an irresistible urge to move your legs has you kicking in your sleep, then chances are pretty good you have restless leg syndrome (RLS), a condition that affects 7 to 10 percent of Americans. Here's what you should know.

RLS, also known as Willis-Ekbom Disease, is a nervous system problem that causes uncomfortable sensations (often described as a creepy-crawly feeling, tingling, itching, throbbing, pulling or aching) and an irresistible urge to move one or both legs while you're sitting or lying down, and the symptoms usually get worse with age. It typically happens in the evenings or nights while resting. Moving eases the unpleasant feeling temporarily.

While RLS is not a life-threatening condition, the main problem, other than it being uncomfortable and annoying, is that it disrupts sleep, leading to daytime drowsiness, difficulty concentrating and even depression.

What exactly causes RLS is not known, but researchers suspect it could be linked to several things including iron deficiency, an imbalance of the brain chemical dopamine, and genetics – about 60 percent of people with RLS have a family member with the condition.

**Treatment Options**

While there's no cure for RLS, there are things you can do to alleviate the symptoms. Depending on the severity of your case, some people turn to RLS medications like gabapentin enacarbil (Horizant), an anticonvulsant, and dopamine agonists ropinirole (Requip), rotigotine (Neupro) and pramipexole (Mirapex). But be aware that these drugs have side effects including nausea, lightheadedness, fatigue and insomnia. And, while these medications can provide short-term relief, they can also make symptoms worse in many people who use them long term.

So before turning to medication, you should consider some of the following natural RLS treatments first, which are very effective for most people.

**Check your iron levels:**

Iron deficiency is believed to be one of the major contributors to RLS, so make an appointment with your doctor and get a blood test to check for this. If you test positive for iron deficiency, your doctor may recommend iron supplements.

**Exercise:**

Getting moderate, regular exercise like walking, cycling, water aerobics and yoga can relieve symptoms, but overdoing it or exercising late in the day may intensify them. Daily leg stretches – include calf, hamstring, quadriceps and hip flexor stretches – are also helpful.

**Check your medications:**

Certain drugs including antinausea drugs, antipsychotic drugs, some antidepressants, and cold and allergy medications containing sedating antihistamines can make RLS worse. If you take any of these, ask your doctor if something else can be prescribed.

**Avoid triggers:**

Alcohol, caffeine, nicotine and refined sugar can all make RLS symptoms worse.

**Try these remedies:**

Soaking in a hot bathtub and massaging your legs can relieve symptoms, as can applying a hot pad and/or ice pack to your legs. Pressure can also help, so consider wearing compression socks or stockings. There's also a new non-drug FDA approved vibrating pad on the market called Relaxis that interrupts RLS episodes and can provide relief to those who use it.

## CSR members: We want your photos!

For a chance to be featured in our Members on the Move section of the *California State Retiree*, please send CSR HQ your photos! Photo ideas: chapter meetings, political events CSR-related activities, community affairs, holiday events, "then and now" photos, and more. Get creative. We want to feature you! Please send your photos to csrinfo@CalRetirees.org or mail them to: CSR Newspaper Staff, 1108 O St., Suite 300, Sacramento, CA 95814.

**Sign up for the CSR E-Newsletter and stay updated on what's going on at CSR**

**www.castateretirees.org/csrnewsletter**

# CalPERS cuts risk adjustment in 2019

At the September CalPERS Board of Administration meeting, the Board directed CalPERS staff to communicate the elimination of risk adjustment to stakeholders. During the November Stakeholder Engagement Briefing, reasons for ending risk adjustment were presented by CalPERS staff. When risk adjustment was first implemented in 2013, the initial goals were to control cost trends and pay plans fairly for the risk they assume, to provide choice of plans, to increase data quality and transparency, and to improve disease management.

During the 2014 – 2016 years, risk adjustment challenges emerged which included inconsistent and lack of uniform data submitted from health plans, administrative complexity, and legal risks. Due to the challenges posed by risk adjustment, CalPERS performed a rigorous external evaluation during the fall of 2017. This evaluation included input from health plans, actuarial analyses from expert consulting firms, and an independent market analysis from Economist Inc.

During the evaluation, it was discovered that risk adjustment goals were being met but through other means and not by risk adjustment. Cost trends were being controlled by using the rate development process (RDP), flex funding and quarterly business reviews; plan choice was encouraged due to fostering competition as sought by the CalPERS Board; data transparency was now being mandated through carrier contracts and the RDP process; and improving disease management was being accomplished by standardizing the population health model and adding contractual performance measures.

Given that risk adjustment goals were being met through different means and that eliminating risk adjustment would improve the benefits for most members, the CalPERS Board decided to remove risk adjustment altogether.

# CalPERS diabetes prevention program

In early 2017, all CalPERS health plans began offering a diabetes prevention program (DPP) at no cost to eligible members.

The CalPERS Diabetes Prevention Program is designed to slow and prevent type 2 diabetes among CalPERS members who have prediabetes - a condition in which a person's blood sugar level is higher than normal, but not yet high enough for the individual to be considered diabetic.

The DPP curriculum promotes realistic lifestyle changes, emphasizing weight loss through exercise, healthy eating, and behavior modification. Sessions are led by trained lifestyle coaches who will empower you to take charge of your health and focus on lasting results.

Program benefits include:

- Improved nutrition
- Increased physical activity
- Motivation to sustain behavior changes
- Peer support
- Stress management

The program lasts one year, and consists of 16 sessions over the first six months and at least one session a month for the next six months.

You can choose in-person, online,

or a combination of both types of sessions.

**How to Participate**

**Step 1:** Get tested.

Early diagnosis is important. Prediabetes can often be reversed through lifestyle and diet changes, but if left untreated it may develop into type 2 diabetes. To find out if you may be prediabetic, ask your primary care physician to order bloodwork for you.

**Step 2:** Confirm your eligibility.

To participate in the program, you must meet the following requirements:

- Be at least 18 years old
- Have a body mass index (BMI) of at least 24 (22 if Asian)
- Have no previous diagnosis of type 1 or type 2 diabetes
- Have received a blood test result in the prediabetes range in the past year, or have been previously diagnosed with gestational diabetes (diabetes or high blood sugar when pregnant)

You cannot participate in the program if you:

- Are pregnant
- Have already been diagnosed with either type 1 or type 2 diabetes

**Step 3:** Enroll in the program.

If you meet the eligibility criteria, contact your CalPERS health plan to participate in the diabetes prevention program.

To learn more about diabetes prevention and find out if you're at risk of prediabetes and type 2 diabetes, visit the Centers for Disease Control and Prevention's National Diabetes Prevention Program. For additional information on the CalPERS Diabetes Prevention Program, please contact your health plan.

CalPERS

**Website**: www.calpers.ca.gov
**Phone**: 888.CalPERS or 888.225.7377
**TTY**: 877.249.7442
**Fax**: 800.959.6545
**Hours**: Monday - Friday 8 a.m. to 5 p.m.

**HAVE YOU MOVED?**
Don't miss an issue of the California State *Retiree!*

To update your information, please call us at
**916.326.4292 | 888.808.7197**
or email
**csrinfo@calretirees.org**

# Welcome aboard new members!

Now that you have become a member of the largest and most experienced state retiree organization in California, we want to properly welcome you aboard.

California State Retirees (CSR) has 26 different chapters statewide, and there is one just right for you. Members who don't specify which chapter they want to be in are automatically placed in the chapter within their zip code. Just let us know if the chapter you have been assigned is where you want to stay.

A phone call to your chapter president or a visit to your chapter's next meeting is the best way to become acquainted with everything CSR has to offer. Check out pages 14 and 15 for the phone and email information of your chapter president. Each chapter encourages new members to attend their meetings, where state retiree issues are discussed; a variety of speakers appear and lunch is served. At some chapters, new members receive complimentary lunches.

## Chapter 1

Teresita Urbano
Lisa Zachan
Chin-Rong Chen
Cesar Lazaro
Kyna Taylor
Peter Greeff
Raquel Arcia
Sandhya Patel
Angeles Santos
Imogene Chacon
Wilfred Manner
William Loo
Barbara Pollins
Connie Cherry

## Chapter 2

Gail Pingree Thompson
Arcadio Jose Jr
Elizabeth Caples
Patricia Landaker
Ronald Spingarn
Damian Scribner
Sandra Murray
Maria Gonzalez
Vincent Tancreto
Shao-Siang Tseng-Liu
Erin Olivas
Judy Clingman
Valerie Riazi
Vicki Gonzalez
Stephen Crabill
Christopher Gray
Julie Southern
Lourdes Aguirre
Richard Hoff
Kenneth Owens
Diane Strategos
Kerry Danis
Donald Mount
Rainer Schwertschkow
Audrey Egan
William Vantine
Nancy Renke
Sandra Steffen
Roger Brewer
Christle Lewis
Angelita Pontino
Cheryl Crawford
Thelma Mc Intosh
Aurelia Palomino
Victor Fong
Mary Hopkins
Ruthy Dansby

## Chapter 3

Glenn Tiongco
Flerida Cruz
Irma Herstein
John Reliha

## Chapter 4

Ronald Carter
Ruth Davis
Jeanette Taylor
Doug Reyes
Glenda Keller
Gale Trahan
Melody Goodman

## Chapter 5

Nancy Roddy
Velita Dickson
Katherine Quellich

## Chapter 6

Kathryn Hobbs
Darvin Henderson
Cami Howard
Judith Crosson
Brenda Burns
Karen Anadio
Dianne Mcdougal
Kimberly Martin
Julius Gill
Brenda Whitfield
Mary Murillo
Phillip Schooley

## Chapter 8

Alice Orr

## Chapter 9

Kam Fong
Lee Ma
Cheng Lee
Joann Caudillogarcia
Robin Moore
Rajni Chopra
Juanita Hernandez
Pei-YingLee

## Chapter 10

Aleta Mowry
Vicky Obrien
Laura Brown
Judith Wooten
Christine Hawkins
Susan Craite

## Chapter 11

Barbara Morris
Irma Valles
Sandi Perez
David Ceronsky
Uriel Hansen

## Chapter 12

Maria Lozano
Elliott Morris
Peter Salisbury
Dawn Hottinger
Jesse Loring
Deborah Zitella
Vincente Coppola
Christina Grundgeiger

## Chapter 13

Christine Hawkins
Susan Craite

## Chapter 14

Terry Wilson
Carolyn Ebel
Dante Callegari
Lori Velasco
Debbie Stevenson
Pamela Schoch

## Chapter 15

Dorothy Hicks
Judy Eng
Karen Roth
Kristine Howes
Mark Williams
Kimberly Chambers
Dieter Rohfleisch

## Chapter 16

Cynthia Covington
Annielyn Reyes
Margaret Nelson
Virginia Medina
April Ary

## Chapter 17

Lynn Garcia
Lorenzo Hernandez
James Rollings
Anna Ellrott
Leonardo Pomare
Donald Downes
Leticia Brown

## Chapter 20

Betty Courtney
Dean Arnold
Ruben Pereda
Linda Smoot

## Chapter 21

John Wyman
Natalie Allen
Romeo Ramos
Aurora Laforteza
Margaret Kilian
Louise Crichton
Danilo Apilado
Agenor Ferreira
Luann Mcclure
Harold Mcclary
Marie Sanchez
Theresa Jouaneh
Joan Willson
Corey Jennings
Peggy Baker
Carol Johnson
Teresa Jones
Luisa Calacsan
Rosalina Austria

## Chapter 23

Dave Daley
Stuart Ho

## Chapter 26

Debbie Montoya
Loretta Ramirez
Jeffery Polonio
Esther Garcia-Lara

## Chapter 31

Connie Devaney
Maria Castellon
Marites Sandoval

## Chapter 34

Valna Wilson
Rosalie De Loera
Rupali Roy
Pamela Phan
Alfonso Ramirez
Bob Brycsak
Farida Ezzat

## Chapter 35

Carolyn Brown
Tawnya Henderson
Elizabeth Salinas
Elizabeth Barba
Norberto Estrada

## Chapter 36

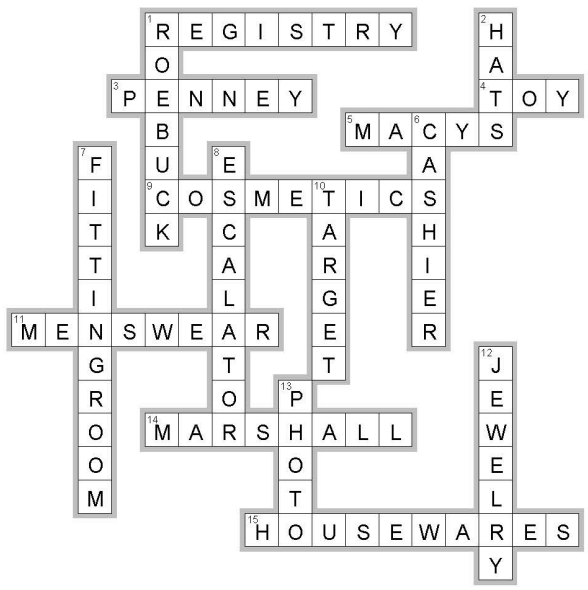
Diane Miller
Alfredo Corona
Renee Casillasskelton

**Don't fret if you joined CSR but don't see your name here. Processing at CalPERS, the State Controller's Office and CSR can take a few months. Check again for your name within the next two months.**

## Chapter 165

Shelley Leide-Lynch
Jacqueline Ruiz
Cristine Hancock
Mary Hawkes
Davona Barnes
Richard Maynard
Patricia Dixon
Sylvia Ding
Kevin Webster
Joann Tobias
Janet Filosena
Graciela Clement
Carol Gaytan
Maryanne Parsons
Laura Poole
Pearl Mayo

*Answers from page 10*



# CHAPTER MEETING NOTICES

## CHAPTER 1

**ALAMEDA/CONTRA COSTA COUNTIES**

**President:** Carol Bowen , (510) 527-5131, csrchapter1@gmail.com; **Vice President:** Stella Torrez; **Treasurer:** Digna Laureano

***Meets three times per year.***

**Meeting**: TBA

## CHAPTER 2

**SACRAMENTO/YOLO AREA**

**President:** Louis Espinoza, (916) 397-2526; LEspinoza@CalRetirees.org; **Vice President/Membership:** Phyllis Johnson, (209) 471-2192; johnsonphyllis010@yahoo.com; **Treasurer:** Kathleen Elwell, (916) 395-3717; **Secretary:** Dianne Welsh, (916) 682-7810

***Meets on the first Monday of every month, unless otherwise announced***

**Meeting**: Jan. 7, 11 a.m. to noon lunch. Meeting starts at noon. **Where: Sierra 2 Center**, 2791 24th Street, Sacramento. **Program**: It's Bingo Time! **Menu:** Tuna salad on roll with pasta salad and oatmeal cookie. Veggie: Toasted hummus with cucumber on roll. Gluten free and vegan (no previews available) with prior reservation only. **Cost:** Members eat free. Guests $3. **Reservations are required:** Reservations must be received by December 24 to Phyllis Johnson at johnsonphyllis010@yahoo.com or by cell at (209) 471-2192. Voice mail messages are encouraged. **Note:** Meals cannot be served without advanced reservation. **For additional information:** Contact Phyllis Johnson.

## CHAPTER 3

**WEST BAY AREA**

**President:** Skip Charbonneau, (415) 648-4946; **Vice President:** Al Darby, (925) 788-6068; **Secretary:** Cora Fernandez, (650) 952-4885; **Treasurer/Chapter Membership Chair**: Erlinda Villa (415) 407-7905, aida.b.villa@gmail.com; **Chapter Legislative Chair:** Robert Lehman, (415) 584-5434

***Usually meets on the second Friday of March, June, September and December***

**Meeting:** Friday, Dec. 14, 11:30 a.m. **Where: United Irish Cultural Center**, 2700 45th Ave., San Francisco. **Program:** Holiday Party! Guest speaker HICAP counselors. **Menu:** Steak or fish. **Cost:** $10 for members and $12 for guests. **Reservations are required:** Please contact Erlinda Villa by December 6. **Note:** Meals cannot be served without a reservation. **For more information:** Contact Skip Charbonneau.

## CHAPTER 4

**GREATER LOS ANGELES**

**President:** Marta Zaragoza, (310) 204-0484; **Vice President:** Cynthia Frison,(424) 227-6489; **Secretary:** Meryl David, (323) 939-0620; **Treasurer:** Virginia Griffin, (323) 290-3655.

**Note:** Please be on time to our meetings to insure that you get all the information that our speakers will be providing.

**Meeting**: Thursday, Dec. 20, 11:30 a.m. **Where: Taix Restaurant,** 1911 Sunset Blvd., Los Angeles. **Program:** Holiday Party! We will be holding our Annual Toy Drive for Needy Children. Please only new unwrapped toys valued at $5+ will be accepted. **Cost:** Members, speakers and invited guests eat free and nonmembers pay $15.

## CHAPTER 5

**CENTRAL VALLEY FOOTHILLS**

**President:** Anita McCabe, (209) 602-7775; **Vice President:** Joaquina Canedo, (209) 524-7219; **Secretary:** Korryn Koplen, (209) 577-8376; **Treasurer:** Tom Hill, (209) 524-6650; ***Usually meets after each CSR Board meeting***

**Meeting:** TBA

## CHAPTER 6

**SAN BERNARDINO/ RIVERSIDE COUNTY**

**President:** J. Dee Stoddard, (909) 862-1870; **Vice President:** Bob Rice, (909) 744-2279; **Secretary:** Patsy Hollis, (909) 862-7615; **Treasurer:** Jacqueline Carr, (909) 874-8955

***Will meet every other month***

**Meeting:** Friday, Dec. 14, 10:30 a.m. **Where: Bob's Big Boy,** 540 Sandalwood Dr., Calimesa. **Program:** Holiday meeting. $10 gift exchange. **For more information:** Please contact one of the officers listed above.

## CHAPTER 8

**NORTH COAST AREA**

**President:** Veronica Avila, (707) 487-0235, veronicacupcake57@gmail.com; **Vice President:** Karen Smith-Sayer (530) 277-7357, kpsayer@charter.net; **Secretary/ Treasurer:** Patti Falk, (707) 445-1196, pmfalk@earthlink.net.

***Meetings are usually held quarterly***

**Meeting:** Tuesday, Dec. 4, 11:45 a.m. **Where: Eureka Elks Lodge**, 455 Herrick Ave., Eureka. **Program:** Christmas Party. **Reservations are required:** By November 27. **For more information:** Please contact a chapter officer listed above.

## CHAPTER 9

**LOS ANGELES AREA**

**President:** Luanna Allard, (323) 227-4287, estebanos@sbcglobal.net **Vice President:** Raelene Allard, (323) 221-6010, raeleneallard@ymail.com; **Secretary/Treasurer:** Donna Hernandez, (562) 405-1387, donnacooker@msn.com.

***Usually meets on the second Wednesday of each month***

**Meeting:** Wednesday, Dec. 12, 10 a.m. executive board meeting, lunch 11 a.m., general meeting 12:00 p.m. **Where: Rosewoods Restaurant**, 10769 South St., Cerritos. **Program:** Holiday Party! **Cost:** Chapter pays $15 per member. Guests pay for themselves. **Reservations:** Not required.

**Meeting:** Wednesday, Jan. 9, 10 a.m. executive board meeting, lunch 11 a.m., general meeting 12:00 p.m. **Where: Rosewoods Restaurant**, 10769 South St., Cerritos. **Program:** TBA. **Cost:** Chapter pays $15 per member. Guests pay for themselves. **Reservations:** Not required.

## CHAPTER 10

**SAN LUIS OBISPO**

**President:** : Ranell Bailey, (805) 610-4400; **Vice President:** Ron Garcia, (805) 543-2511; **Secretary:** Pearl Cole, (805) 489-5194; **Treasurer:** Marc Laxer, (805) 546-8470.

***Meets on the fourth Thursday of January, April, July and October***

**Meeting:** TBA

## CHAPTER 11

**MID VALLEY**

**President:** Christy Christensen-Fountain, (559) 707-7067; chrschrs90@aol.com; **Vice President:** Joyce Jarrett, (559) 348-7845; **Treasurer:** Gigi Subilosky, (559) 269-5380; **Secretary:** Claudine Edwards-McDougall, (559) 696-2628.

***Usually meets the first Wednesday of March, June, September and December***

**Meeting:** Saturday, Dec. 8, 11:30 a.m. **Where: Armenian Church**, 2226 Ventura St., Fresno. **Program:** Our chapter team has been working to make this a memorable and supportive event for you to attend. We are waiting to hear from you to reserve your spot at our Chapter 11 Annual Holiday Luncheon. We have scheduled some very special guest speakers for this event. **Cost:** $15 each for members and spouses; $18 for each nonmember. **For more information:** Please call (559) 920-7277 or (559) 707-7067 (leave a message including name, phone number and the number of people you're bringing.)

## CHAPTER 12

**EASTERN MOUNTAIN AND HIGH DESERT AREAS**

**President:** Linda Currie, (661) 273-6390, lcurrie197@roadrunner.com; **Vice President:** Stephanie Pryzbeski-Gilbert, (661) 537-3811, stefva22@hotmail.com; **Secretary:** Jayne Gerber, (760) 240-4134, gerber@hotmail.com; **Treasurer:** Barbara Griffin

***Usually meets on the second Wednesday of even months***

**Meeting:** Wednesday, Dec. 12, 11:00 a.m. **Where: Lancaster Elks Lodge #1625**, 240 East Avenue K, Lancaster **Program:** Holiday Party. Bring non-perishable food items to donate to a shelter and receive a ticket for the holiday drawing. Plan to attend and bring a friend. **For more information:** Contact Barbara Griffin at (661) 266-1130 or Stephanie Pryzbeski-Gilbert at (661) 537-3811.

## CHAPTER 13

**NO. CALIFORNIA/REDDING**

**President:** Warren Schlatter, (530) 605-1588, kandws2@gmail.com; **Vice President:** Robert Black, (530) 722-0511, bob_linda@charter.net; **Secretary:** Audrey Sandeen, (530) 221-3500, theswede8243@gmail.com; **Treasurer:** Georgene Gibson, (530) 529-0277, rbjeepman10@hotmail.com; **Chapter Membership Director:** Ed Huey, (530) 246-9456, csrchapter13@gmail.com.

***Usually meets on the third Monday of every month***

**Meeting:** Monday, Dec. 17, noon. Arrive at 11:30 a.m. if you are ordering a meal. **Where: Country Waffle**, 2300 Athens Ave., Redding. **Menu:** Order from the menu. **Cost:** Complimentary to CSR members and associates. **Reservations:** Not required.

## CHAPTER 14

**NORTHERN CALIFORNIA/CHICO**

**President:** Vincent Herrera, (916) 804-6613, tberreta@yahoo.com; **Vice President:** Karen Ash, (530) 877-9793, kash480@comcast.net; **Secretary:** Joyce Finch, (530) 873-1165, joycef14@sbcglobal.net.

***Usually meets on the third Wednesday of every month***

**Meeting:** Thursday, Dec. 19, 11:00 a.m. **Where: Creative Catering**, 2565 Zanella Way, Chico. **Program:** Holiday Party! **Reservations required:** RSVP to vincenth12ga@gmail.com. **Cost:** Free to chapter 14 members. Guests pay $15. Make checks payable to CSR Chapter 14. Checks must be received by Dec. 15. Mail to Vincent Herrera, 5 Carol Lee Ct., Chico, CA 95928. **For more information:** Call, text or email Vincent Herrera.

**Lassen/Plumas Subchapter**

***Meets on the first Tuesday in April, June, August and October***

**Meeting:** TBA

## CHAPTER 15

**SIERRA FOOTHILLS**

**President:** Joann Stewart, (916) 412-2075; **Vice President:** Vacant **Treasurer:** Marshall Conner, mconner139@gmail.com; **Secretary:** Frank Weinstein, (916) 223-5957, ch15secretary@hotmail.com.

***Meets on the first Tuesday of even months***

**Meeting:** Tuesday, Dec. 4, 1 p.m. to 4 p.m. **Where: Auburn Sizzler**, 13570 Lincoln Way, Auburn. **Program:** Holiday Soiree. Nominations will be accepted to fill the vacant office of Vice President. **Cost:** Free to members, $18 for guests. **Reservations:** Not required. **For more information:** Contact Frank Weinstein.

**Meeting:**Tuesday, Feb. 5, 1 p.m. to 4 p.m. **Where: Auburn Sizzler**, 13570 Lincoln Way, Auburn. **Program:** Election of chapter Vice President. **Cost:** Free to members, $18 for guests. **Reservations:** Not required. **For more information:** Contact Frank Weinstein.

## CHAPTER 16

**SAN JOAQUIN COUNTY**

**President:** Evelyn (Evie) Poppa-McKenna, (209) 608-2149, suzzypoppa@yahoo.com; **Vice President:** Marina Estrada, (928) 592-7087; **Secretary/Treasurer:** Sheila Ward-Shaw, (209) 915-1020, sheilaws2@yahoo.com.

***Uusally meets three times annually on the third Friday of March, July and November 2018***

**Meeting:** TBA.

## CHAPTER 17

**GREATER SAN DIEGO**

**President:** Elaine Edwards Yahraus, (619) 435-4044, eyahraus@gmail.com; **Vice President:** Steve Haley, (619) 441-8769, raceready@usa.net; **Secretary:** Gloria Koch, (619) 455-1917, kochgloria303@gmail.com; **Treasurer:** Diane Whorton, (619) 467-7861, dlw.union@gmail.com

***Meets on the first Thursday of even months***

**Meeting**: Thursday, Dec. 13, 11 a.m. to 2 p.m. **Where: The Best Western Seven Seas**, 411 Hotel Circle South, San Diego. **Program:** Chapter 17 End of Year meeting. **For more information:** Please contact Elaine or Diane at the above numbers.

# CHAPTER MEETING NOTICES

## CHAPTER 19

**NORTH COAST AREA**

**President:** Skip Hulet, (707) 279-4643; **Vice President:** Natalie Daugherty, (707) 485-8857; **Treasurer:** Dorothea M. Parsons, (707) 462-1209; **Secretary:** Marilyn Saegert, (707) 513-8943.

***Meets on the second Tuesday of February, April, August and October. The chapter and subchapter hold combined meetings in June and December***

**Meeting:** Tuesday, Dec. 11, noon. **Where: Please note location has changed to Running Creek Casino**, 635 Hwy 20, Upper Lake. **Program:** Combined Holiday Party for chapter and subchapter. **For more information:** Call Marilyn Saegert at the number listed above.

## CHAPTER 20

**SAN FERNANDO VALLEY AND LOS ANGELES AREA**

**President:** M. Cora Okumura, (818) 359-7625, mcokumura@yahoo.com; **Vice President:** Raymond Cole, (818) 898-9613, flipcole@yahoo.com; **Treasurer:** Gaylonn Mayo, (310) 897-7950, gaylonn28@gmail.com; **Secretary/Membership Chair:** Norma Gallegos, (818) 667-2347, norma.2005@gmail.com; **PAC Chair:** Charlene Gonzalez, (818) (818) 317-1327, chargkitty@gmail.com

**Meeting:** Monday, Dec. 10, 11:30 a.m. **Where: Big Jim's Family Restaurant**, 8950 Laurel Canyon Blvd., Sun Valley. **Program:** Holiday Lunch. Toys for Tots drive, white elephant game (gift not less than $10 value), music, dance, raffle and much more! Please come in your true holiday attire. **Cost:** Free for members, $25 for non-members. **Reservations are required:** RSVP by November 20.

## CHAPTER 21

**SONOMA, MARIN, NAPA AND SOLANO COUNTIES**

**President:** Ron Franklin, (707) 938-2288, RFranklin@CalRetirees.org; **Vice President:** Donald Lehnhoff, (707) 795- 9405; **Secretary:** Eric Norrbom, (707) 322-1528

***Meets quarterly***

**Meeting:** Tuesday, January 8, lunch served at noon. **Where: Napa Valley Elks Lodge**, 2840 Soscol Ave., Napa. **Program:** Stephanie Hueg, CSR Executive Vice President and Mary McDonnell, CSR District C Director will speak. **Menu:** Tossed Cesar salad, 3 entrée choices: Rosemary roasted chicken, baked salmon with rice pilaf, chicken fried steak with mashed potatoes and country gravy, seasoned vegetables, Vegetarian option will be available. Apple crisp for dessert. **Cost:** $5 for CSR members, free to first time attendees. **Advanced Reservations required:** Please send check made out to CSR Chapter 21 with lunch choice(s) to Harold Rose, 729 Warren Lane, Santa Rosa, CA 95401-5412 to arrive by January 2, 2019. **Note:** We no longer accept lunch payments at the meeting.

## CHAPTER 23

**SAN JOSE AREA**

**President:** Barbara (Bobbi) Estrada, (408) 373-4220, bobbiestrada898@yahoo.com; **Vice President:** Maria Aguilar, (408) 706-0366, md12aguilar@yahoo.com; **Secretary:** Denise Johnson, (408) 460-1748, dpadres7919@gmail.com; **Treasurer:** Christine Jasper, (408) 373-1655, chris0521@sbcglobal.net

***Will meet in June, September and December***

**Meeting**: Thursday, Dec. 6, 11 a.m. **Where: Three Flames Restaurant**, 1547 Meridian Ave., San Jose. **Program:** Holiday Party! CalPERS updates and political action discussion for upcoming elections. **Cost:** Members $12 and guests $15. **Reservations are required:** RSVP by Dec. 4 to Bobbi Estrada or Maria Aguilar. **For more information:** Please contact Maria Aguilar or Bobbi Estrada at the numbers/

## CHAPTER 26

**BAKERSFIELD/KERN COUNTY**

**President:** Al Fillon, (661) 619-6181; **Vice President:** Henry Mendoza, (661) 725-8604; **Secretary:** Sue Kimbrel, (661) 589-2026; **Treasurer:** Regina Vaughn, (661) 832-6348; **Health Benefits Chair:** Rachel Mendoza, (661) 319-5943.

***Usually meets on the third Thursday of each month***

**Meeting:** Thursday, Dec., 20, 11 a.m. **Where: Lorene's Ranch House**, 6404 Ming Ave., Bakersfield. **For more information:** Please contact any officer listed above.

## CHAPTER 31

**VENTURA/SANTA BARBARA**

**President:** V. Raylene Laverentz, (805) 986-1854, cell (805) 551-2278; **Vice President:** Roberta Aminian, (805) 499-0926; **Secretary:** Manijeh Fatollahi, (805) 795-1968.

***Meets quarterly***

**Meeting:** Tuesday, Dec. 18, 11:30 a.m. **Where: Wedgewood Banquet Center, Spanish Hills** 901 Serling Hill Drive Camarillo, CA 93033. **Program:** Holiday Buffet with music by The Dynamic Duo. **Reservations are required:** Please RVSP by Dec. 8. For more information: Please contact Raylene Laverentz at the numbers listed above.

## CHAPTER 34

**ORANGE COUNTY–SANTA ANA**

**President:** Jenny Hayden, (714) 743-8423, jlhaydenn991@yahoo.com; **Vice President:** Joe Whaling, (714) 349-5393; **Secretary:** Adolfo Zavala, (714) 388-5355; **Treasurer:** Bill Serb III, (714) 826-6029; **Legislative Representative:** Anne J. Spiegel, (714) 846-5150; **Membership Chair:** Jack Vander Bruggen, (949) 857-0955.

***Usually meets on the second Wednesday of every month***

**Meeting:** Wednesday, Dec. 5, 11 a.m. **Where: Claim Jumper**, 18050 Brookhurst, Fountain Valley (in back meeting room.) **Program:** Christmas luncheon. Music and Carolers. Must bring gift of about $20 value to participate in gift exchange. **Cost:** Members and guest eat free. **For more information:** Call Jenny at the number listed above.

**Meeting:** Wednesday, Jan. 2, 11 a.m. **Where: Claim Jumper**, 18050 Brookhurst, Fountain Valley, (in back meeting room.) **Program:** TBD. **Cost:** Members and guest eat free. **For more information:** Call Jenny at the number listed above.

## CHAPTER 35

**SO. CENTRAL VALLEY PORTERVILLE AREA**

**President:** Lou Flores, (559) 362-0689; **Vice President:** Mary McCaig, (559) 359-6069; **Secretary:** Carol Wood-Gilham, (559) 240-0272; **Treasurer:** Larry Long, (559) 781-8761.

***Usually meets on the second Thursday of every month***

**Porterville**

**Meeting:** Thursday, Dec. 13, 11 a.m. **Where: El Nuevo Mexicali Restaurant**, 640 N. Prospect, Porterville. **Program:** 2019 chapter budget to be presented. **Reservations are required:** Please contact Lou Flores at number/email listed above no later than December 10.

## CHAPTER 36

**MONTEREY BAY AREA**

**President:** Quen Quigley, (831) 261-7540, ejqqsq@gmail.com; **Vice President:** Carolyn McIntyre; **Secretary:** Susan Sisson; **Treasurer:** Marilyn Hamilton ***Usually meets the third Thursday of even months at various locations***

**Meeting:** Thursday, Dec. 13, 11:30 a.m. **Where: Gino's Fine Italian Food**, 1410 N Main Street, Salinas. **Program:** A Cowboy Christmas. **Menu:** Order from the lunch menu. **Cost:** Members eat free; guests $20. **Reservations are required:** Contact Quen Quigley by December 10. **For more information:** Please contact Quen Quigley.

## CHAPTER 165

**SACRAMENTO**

**President:** Joe Reynoso, (916) 708-0369, JReynoso@CalRetirees.org; **Vice President:** Gail Fasciola, (916) 386-1553; **Secretary:** John Bowden, (916) 361-8786, jbowden45@comcast.net; **Chapter Treasurer/ Oregon Subchapter Chair:** Geanie Hixon, (541) 646-0925, geanie.hixon@gmail.com

***Usually meets on the first Wednesday of even months***

**Meeting:** Saturday, Dec. 8, 11:30 a.m. **Where: Dante Club**, 2330 Fair Oaks Blvd., Sacramento. **Program:** Christmas Lunch. **Reservations are required:** RSVP by December 1 to Gail Fasciola at number or email listed above. **Cost:** Event is free for verified Chapter 165 members and guests cost $25 at the door. **For more information:** Contact Joe Reynoso.

**Medford, Oregon Subchapter**

***Meets on the third Thursday of even months***

**Meeting**: Thursday, Dec. 20, 11:30 a.m. **Where: Elmer's Restaurant**, 2000 Biddle Road, Medford, OR. **Program:** Christmas Lunch. Youth group choir will entertain guests. **Cost:** Event is free for verified Chapter 165 members and guests cost $10 at the door. **Reservations are required:** RSVP by Monday, December 17 to Geanie Hixon at the number or email listed above.

**Questions about Meeting Notices? Email us: CSRinfo@CalRetirees.org**

Thank you to all our dedicated CSR members for another amazing year working together throughout the great state of California.

We know 2019 will bring us many more opportunities to grow our membership and work on implementing the CSR Strategic Plan.

We wouldn't be where we are today without you. Enjoy the holidays with your friends and loved ones and we will see you in 2019!

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MRM 60967609 August 2018