



San Diego Chatter

Volume 2015 Issue 5
September/October 2015

CALIFORNIA STATE RETIREES
CHAPTER 17 - SAN DIEGO/IMPERIAL COUNTIES
District G

Chapter EMAIL: Chaptr17@gmail.com Chapter WEBSITE: www.CalStateRetirees-Chapter17.info

Happy Labor Day



Chapter 17 - Diane Whorton, President

Our meetings are growing with 39 people in attendance at our August meeting. We had a lot of familiar faces of those who traditionally only come to our Holiday Meeting, some of our newer attendees, our regulars and some new. We are glad to see you all and hope you continue to come and enjoy our meetings.

Our guest speaker was JJ Jelencic, Member at Large on our CalPERS Board. He brought us to date on CalPERS and what is happening there; the Reed/DeMaio initiative and what it would mean to state workers and the new United Healthcare Insurance plan to go into effect January 1st, 2016.

Members also participated in a healthy discussion regarding BP1 which will be voted on at General Council in October. There was discussion on the history of its inception, not passing at the General Council 2012 and the possible impact on members of CSEA (all 4 affiliates).

OPEN ENROLLMENT STARTS SEPTMBER 14TH AND ENDS OCTOBER 9TH. YOU SHOULD NOW BE RECEIVING INFORMATION IN THE MAIL. LOOK IT OVER AND MAKE SURE YOU FILE BEFORE THE DEADLINE – ONLY IF YOU ARE CHANGING PLANS. VSP Vision Plan will also be in open enrollment.

OUR MEETING – WERE YOU THERE???



CHAPTER MEETING –

**October 1, 2015 – 10:30 to 2:00 pm
LUNCH IS FREE TO ALL MEMBERS**

Regular meeting Location: Sizzler, 3755 Murphy Canyon Road, San Diego, CA, (858) 278-6988. Off of I-15 – take AERO DR exit from North or South – go West to Signal -Turn Right. **Go to parking lot behind the building. Entrance to room is at back of building at the parking lot.**

Doors open at 10:30 am. Meeting - 11:00 am to 2:00 pm. Please come early so we can get started on time. OPEN TO ALL CHAPTER 17 MEMBERS

CARL DE MAIO and CHUCK REED File Another Pension Reform Initiative

In our last chapter Newsletter we talked about the Carl DeMaio/Chuck Reed Reform Initiative. You can read plenty about it in the RETIREE and on the internet. This is a dangerous initiative to those of us who are retired as well as those who come behind us.

Tell your family and friends: DO NOT SIGN ANY PETITION REGARDING THIS BILL.

They are now in the signature-gathering phase where they will need 580,000 signatures to qualify for the November 2016 ballot. Those gathering signatures are paid for each signature they get – most times they do not know what they are gathering them for.

TELL EVERYONE – DO NOT HELP THEM – This will hurt all of us.

MARK YOUR CALENDAR

1. **September 26th – Saturday** – Mock GC/DA – 10:00 to 2:00pm – Hunters Steakhouse, Oceanside – **DELEGATES ONLY**
2. **October 1st** – Chapter Meeting – Sizzler, 3755 Murphy Canyon Rd. San Diego, CA 10:30 to 2:00 pm
3. **October 9th thru 12th** – General Council & CSR Delegate Assembly – Sacramento, CA
4. **December 3rd - HOLIDAY MEETING** - Thursday: Mission Valley Resort, 875 Hotel Circle S, San Diego, CA 92108 Phone: (619) 298-8281. I-8 at 163. Hotel Circle exit from either direction on I-8. **OPEN TO ALL CHAPTER 17 MEMBERS**

FOR NEW AND EXISTING MEMBERS ALIKE

Membership applications can be **completed online** at www.CaliforniaStateRetirees.org and go to the JOIN tab. This is a secure website and requires an electronic signature.

Pay attention to The **“CSR News Network”**. CSR is on **Facebook, Twitter, LinkedIn, Google+ and YouTube** (this will have videos this month).
<https://www.youtube.com/user/CAStateRetirees/>

Plenty of places to check us out.

Chapter 17's local website is:
www.CalStateRetirees-Chapter17.info

Chapter 17's email is:
Chaptr17@gmail.com

CHAPTER DELEGATE – MOCK GC-DELEGATE ASSEMBLY

All elected **Delegates and Alternates** will be expected to attend a “Mock GC”.

- Saturday, September 26th, 2015
- 10:00 to 2:00 pm
- Hunter's Steakhouse, 1221 Vista Way, Oceanside, CA 92054.
- This is right off the freeway – 1-5.

This will be an opportunity to go over the resolutions for CSEA General Council and the resolutions for CSR Delegate Assembly.

This will be an open discussion and a time to get your questions out on the floor and hear other people's opinions.



HOLIDAY MEETING
Thursday, December 3, 2015
Mission Valley Resort
875 Hotel Circle S, San Diego, CA 92108

All Members – FREE
All Guests \$15.00 each person
MORE INFORMATION TO COME





CHAPTER 17 – San Diego Member Meeting

August 6, 2015
10:30 am to 2:00 pm

AGENDA

- Call To Order** Diane Whorton, President
- Pledge of Alligence** Steve Haley
- Roll Call of Officers** Diane Whorton, President; Steve Haley, Vice President; Gloria Koch, Secretary - Excused; Elaine Edwards-Yahraus, Treasurer
- Delegates** Diane Whorton, Elaine Edwards-Yahraus, Nellie Sayer-absent, Marva Roddy, Patricia Oneill-absent, Mark Flahan-absent, Pearl Pacheco-absent
- Committee Chairs** Laurianne Bella and Steve Haley, Co- Chairs PAC Committee
David Juarez and Therese Juarez, Co-Chairs Membership
- Introductions**
- Gene Waggoner, District G Director
 - JJ Jelincic, Past President of CSEA and CalPERS Board Member At Large
 - Donna Snodgrass, Past Vice President of CSEA
- Approval of Minutes** December, 2014 – Gloria Koch
April 2, 2015 –in newsletter
June 4, 2015 – in newsletter
- Treasurer’s Report** Elaine Edwards

Beginning Balance 7/1/2015 \$13,393.01 + Dues received \$1,056.24 – Expenses \$0 = \$14,451.88.
Purchase of projector and printer was reported and their costs will be reflected on the next report.
Motion by Gaspar Oliviera, 2nd by Danny Morales to accept Treasurer’s report. Carried

Welcome new members

4 members traveled from the Imperial Valley to attend – Ray, Manny, Liz & Bea. There were 5 new members attending today’s meeting. Diana Blanks, CSUSD, Maureen – DMV, Michael Miller – CDCR, Jennifer Poole DFEH (San Jose), missed name of 5th person

President’s Report Diane Whorton, President

It is important that you know the priorities Chapter 17 has set for ourselves:

1. To present the most recent updates with regards our Retirement Pensions and Health Benefits, to make sure they improve
2. To focus on what we can do to improve the public perception of California State Retirees
3. To become more visible in the community
4. To raise awareness of our value to them while we were working and as retirees
5. To recruit new members

We are always looking for good ideas and volunteers. Please contact one of the officers or committee

chairs. Or use the chapter email address: CHAPTER17@gmail.com (no e)

Committees Reports

PAC/Legislative – Laurie Bella – Steve Haley
Laurie touched on pension reform efforts and status of AB-1234.

Membership - David Juarez – Therese Juarez

Therese & David – Meetings being scheduled at State Buildings, will be set up soon

CalPERS – Elaine Edwards-Yahraus
CalPERS report by Elaine Edwards-Yahraus and J.J. Jelincic. In depth conversation about pension fund, LTC and new health plans.

Security Roundtable-San Diego Retiree Groups Laurie Bella – Elaine Edwards- Yahraus
Meeting in October

Old Business General Council/ Delegate Assembly
Delegates: Mock General Council on Sept. 26, 2015. Travel information – make reservations ASAP

BP1 – Resolution for G.C. discussed at length. J.J. and Donna spoke against the proposal

Speaker JJ Jelincic, CalPERS Board Member

Initiative – will affect Retirees down the line – could actually cause health benefits to go up for vote. Still at Attorney Generals for Title and Summary. If it gets on the ballot it will be very expensive.

PERS Investments - it goes up and down each year. Nothing to worry about. We are not losing money

Health Care – Big Change is in Medicare Program. PPOs are safe. Kaiser Safe. Non-Kaiser HMOs – eliminated all programs except United Healthcare. Looks like an HMO with some exceptions. Glich – cannot handle having two people in two different plans. One is Medicare one is basic. United is currently in 22 counties – 23rd county will be San Diego. Two choices, PERSChoice or Select or Kaiser.

United Healthcare does not cover Imperial Valley. Not there yet.

Long Term Care – feels it is stable now and everything is covered.

New Business: President Diane Whorton presented a new resolution to be submitted to CSEA for General Council moving G.C. to every 4 years to be sponsored by Chapter 17.

Motion by Donna Snodgrass, 2nd by Danny Morales to sponsor resolution. Carried

District G Report Gene Waggoner
Emphasized; “Pay attention to ballot initiatives”

Meeting Adjournment 1:50 pm

Submitted By: Donna Snodgrass, Acting Secretary

RECIPE FOR HEALTH



Roasted Vegetables

with

Baked Lemon Chicken Breast



Roasted Vegetables

A casserole dish of seasonal vegetables that is so easy to prepare. It can be made a day ahead - just reheat before serving. Can also add other vegetables if you desire. This is a fun dish and great for leftovers.

Ingredients

- 1 Small butternut squash, cubed (I used zucchini and yellow squash)
- 2 Red bell peppers, seeded and diced
- 1 Sweet potatoes, peeled and cubed
- 3 Yukon Gold potatoes, cubed (I used mini reds, purple & small yukons – cut in half or cubed)
- 1 Red onions, quartered
- 1 tablespoon Chopped fresh thyme
- 2 tablespoons Chopped fresh rosemary
- Balsamic vinegar (Lemon juice can be substituted)
- Salt & freshly ground black pepper

Directions

Preheat oven to 475 degrees F (245 degrees C).

1. In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.
2. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
3. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Lemon Chicken Breast

Ingredients

- 3 tablespoons butter, melted
- 2 tablespoons lemon juice
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup seasoned bread crumbs
- 4 boneless skinless chicken breast halves (4 ounces *each*)

Directions

1. In a shallow dish, combine the butter, lemon juice, garlic, salt and pepper. Place bread crumbs in another dish. Dip chicken in butter mixture, then coat with crumbs.
2. Place in a greased 13-in. x 9-in. baking dish. Drizzle with remaining butter mixture. Bake, uncovered, at 350° for 25-30 minutes or until a meat thermometer reads 179°.

Yield: 4 servings.

ENJOY EVERYONE!!!

WE ARE LOOKING FOR GOOD RECIPES TO SHARE. IF YOU HAVE ONE PLEASE SENT IT TO THE CHAPTER 17 EMAIL.

California State Retirees – Chapter 17
c/o Diane Whorton
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Lemon Grove, CA 91945-2337

Time Sensitive

IMPORTANT CONTACT INFORMATION

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Vacant

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COMMITTEES

Finance Committee - Chair

Steve Haley – (619) 441-8769
raceready@usa.net

PAC Committee – Co-Chairs

Laurie Bella – (619) 435-3688
Email: lbella@san.rr.com

Membership Committee – Vacant

**** If there is a committee you wish
to help with please contact the
President so you can be assigned

IMPORTANT NUMBERS (have your SS# ready)

CSR Retirees, Inc.

888 808-7197
Fax: 916 326-4364
www.californiastateretirees.org

CSEA Member Benefits

800 952-5283
www.calcsea.org/benefits
916 444-8134

CalPERS Headquarters Retired Members

Phone: 888 CalPERS

(or 888-225-7377)

TTY: (877) 249-7442

Fax: (800) 959-6545

Beneficiary

916 326-3848

800 352-2238

www.calpers.ca.gov

Social Security

800 772-1213

www.ssa.gov

Medicare

800 633-4227

www.Medicare.gov

