



# San Diego Chatter

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

Volume 2016 Issue 1  
2015 Year End  
January-February 2016

Chapter EMAIL: [Chaptr17@gmail.com](mailto:Chaptr17@gmail.com) Chapter WEBSITE: [www.CalStateRetirees-Chapter17.info](http://www.CalStateRetirees-Chapter17.info)

## Happy 2016!!!



### Chapter 17 - Diane Whorton, President

Our Holiday Meeting was a success although we were missing some familiar faces. It was early in the month this year and we suspect people were still returning from Thanksgiving with family and trying to prepare for the holidays.

We held a brief meeting to approve minutes and adjourned for a buffet lunch and the rest of the day.

**Mark your calendar for next year. DATE: December 8<sup>th</sup>, 2016 – 2<sup>nd</sup> Thursday – at the Mission Valley Resort.**

Our entertainment this year was the competition choir from Helix Charter High School in La Mesa, CA. Wonderful solos, group songs and a preview of two of their musical presentations for a competition coming up soon in 2016. Thank you to all of the students and Michelle Tolvo-Chan, Musical Director for a great event. A chapter contribution was given to the school vocal music program.

Unfortunately I was unable to round up photos before this went to print – I will add them next issue if I get them.

Elections for District G Director were held during December. The election results announcement was recently made to the candidates. The newly elected District Director is J.W. “Jay” Jimenez from Chapter 34. Gene Waggoner the current District Director will attend our February 4<sup>th</sup> meeting and bring Jay with him to start his new 3 year journey.

Welcome aboard Jay.

2016 is going to be another adventurous year. Elections will be coming up. A proposed ballot measure could jeopardize our retirement and who knows what else might be coming down our path.

As a state retiree it is important to get other retirees on board and let them know the concerns and what needs to be done to protect what we worked hard to earn. Remind everyone – retirees, friends and family - you talk to that we worked and PAID into our retirement system – we are not getting anything for free.

Challenges ahead – everyone get on board.

## CHAPTER MEETING –

### Regular meeting Location:

Sizzler Restuarant, 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.**

## MARK YOUR CALENDAR

1. **FEBRUARY 4, 2016 – Member’s Meeting – Sizzler Restaurant, Doors open at 10:30 am. Salad Bar – FREE TO ALL MEMBERS - 3755 Murphy Canyon Rd. San Diego, CA**
2. **February 23<sup>rd</sup> thru 25<sup>th</sup>, 2016 – CSR Statewide Committees and Board of Directors Meeting – Sacramento Hilton**
3. **APRIL 7, 2016 – Member Meeting – Sizzler Restaurant**
4. **JUNE 2, 2016 – Member Meeting – Sizzler Restaurant**
5. **June 28<sup>th</sup> thru 30<sup>th</sup>, 2016 – CSR Statewide Committees and Board of Directors Meeting – Costa Mesa Hilton**
6. **AUGUST 4, 2016 – Member Meeting – Sizzler Restaurant**
7. **OCTOBER 6, 2016 – Member Meeting – Sizzler Restaurant**
8. **October 25<sup>th</sup> thru 27<sup>th</sup>, 2016 – CSR Statewide Committees and Board of Directors Meeting – Sacramento Hilton**
9. **DECEMBER 8, 2016 – Chapter 17 HOLIDAY MEETING. Mission Valley Resort – 10:30 to 2:00 pm.**  
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](http://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](http://www.CalStateRetirees-Chapter17.info)

Chapter 17’s email is:

[Chaptr17@gmail.com](mailto:Chaptr17@gmail.com)

## NEW DISTRICT DIRECTOR ELECTED

Jay Jimenez, a member of Chapter 34, was elected District G Director. Notice was sent out January 6, 2016 to candidates.

Jay is a former Statewide President of CSU and a Past President of his CSU Chapter at Fullerton State University.

Jay has served many years on the Policy and Bylaws committees of CSU and CSEA, most recently CSR. He will be stepping down from that committee when takes the oath of office on February 25<sup>th</sup> and become a CSR Board member.

**Get ready Jay – here we are!**



## SAVE THE DATE –

## MARK YOUR CALENDAR

**HOLIDAY MEETING**

**2<sup>nd</sup> Thursday, December 8, 2016**

**Mission Valley Resort**

**875 Hotel Circle S, San Diego, CA 92108**



**MORE INFORMATION TO COME**

# RECIPE FOR HEALTH

## Orange Roasted Salmon

"I like to make this for company since you can get it ready ahead of time up until the final baking step. It looks both pretty and impressive, and the orange flavor is more subtle than you'd expect. This is a healthy and elegant meal (not to mention delicious) when served with a leafy salad, brown rice, and asparagus."



### INGREDIENTS

- 2 Oranges, sliced into rounds
- 1 Onion, thinly sliced
- 1 ½ Tablespoons Olive Oil
- 5 (6 ounce) Salmon Filets
- 1 Tablespoon Lemon Pepper
- 1 ½ Teaspoons Garlic Powder
- 1 Tablespoon Dried Parsley
- ½ Cup Orange Juice
- 1 ½ Tablespoons Lemon Juice
- 1 Tablespoon Honey

### DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. In a small bowl or cup, stir together the lemon pepper, garlic powder, and dried parsley. Place the slices from one of the oranges in a single layer in the bottom of a 9x13 inch baking dish. Place a layer of onion slices over the orange. Drizzle with a little bit of olive oil, and sprinkle with half of the herb mixture.
3. Place the dish in the preheated oven, and roast for about 25 minutes, or until the onions are browned and tender. Remove the dish from the oven, and increase the temperature to 450 degrees.
4. Push the onion and orange slices to the outer edge of the baking dish, and place the salmon fillets in the center. Season with the remaining half of the herb mixture. Whisk together the orange juice, lemon juice and honey in a small bowl. Pour evenly over the salmon.
5. Bake for 12 to 15 minutes in the preheated oven, or until the salmon is opaque in the center. Remove fillets to a serving dish, and discard the roasted orange. Garnish fillets with roasted onions and fresh orange slices.

California State Retirees – Chapter 17  
c/o Diane Whorton  
7563 Central Avenue  
Lemon Grove, CA 91945-2337

**Time Sensitive**

## IMPORTANT CONTACT INFORMATION

### CHAPTER OFFICERS

#### President/Newsletter Editor

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[dlw.union@gmail.com](mailto:dlw.union@gmail.com)

#### Vice President

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[raceready13@gmail.com](mailto:raceready13@gmail.com)

#### Secretary

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[kochgloria303@gmail.com](mailto:kochgloria303@gmail.com)

#### Treasurer

Elaine Edwards-Yaharus  
(619) 435-4044  
[EYaharus@gmail.com](mailto:EYaharus@gmail.com)

#### Past President

Vacant

#### District G Director (CSR Board of Directors)

Gene Waggoner  
(760) 868-0968  
[sagwaggs@aol.com](mailto:sagwaggs@aol.com)

#### J.W. "Jay" Jimenez

(714) 926-6409  
[JayJ46@roadrunner.com](mailto:JayJ46@roadrunner.com)

### SUB CHAPTER – IMPERIAL VALLEY

#### Chair

Thomas Stroud – (760) 353-1749  
[stroudtom@hotmail.com](mailto:stroudtom@hotmail.com)

#### Recording Secretary

Ray Vialpondo – (760) 353-2445  
[raynov1@roadrunner.com](mailto:raynov1@roadrunner.com)

### COMMITTEES

#### Finance Committee - Chair

Steve Haley – (619) 441-8769  
[raceready13@gmail.com](mailto:raceready13@gmail.com)

#### Legislative Committee – Co-Chairs

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

Steve Haley – (619) 441-8769  
[Raceready13@gmail.com](mailto:Raceready13@gmail.com)

#### Membership Committee –

David Juarez (619) 379-4269  
[Maxjuarez555@gmail.com](mailto:Maxjuarez555@gmail.com)

Therese Juarez – (408) 390-8006  
[terez.juarez@gmail.com](mailto:terez.juarez@gmail.com)

**\*\*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](http://www.californiastateretirees.org)

#### CSEA Member Benefits

800 952-5283  
[www.calcsea.org/benefits](http://www.calcsea.org/benefits)

#### 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](http://www.calpers.ca.gov)

#### Social Security

800 772-1213  
[www.ssa.gov](http://www.ssa.gov)

#### Medicare

800 633-4227  
[www.Medicare.gov](http://www.Medicare.gov)

2016



## CHAPTER 17 2015 CALENDAR OF EVENTS

January						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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31						

April						
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February						
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August						
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November						
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March						
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June						
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September						
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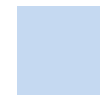
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Chapter 17 Members Meeting



Chapter 17 Holiday Meeting



CSR Statewide Board Directors Mtg

**CHAPTER MEETINGS - will meet on 1st Thursday of even months:** 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. **Entrance at back of building with a parking lot.** Doors open at 10:30 am. Meeting - 11:00 am to 2:00 pm. **OPEN TO ALL CHAPTER 17 MEMBERS**

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# California State Retirees CHAPTER 17 – San Diego and Imperial Counties

## CONTACT INFORMATION 2015 thru 2018

Chapter EMAIL: [Chaptr17@gmail.com](mailto:Chaptr17@gmail.com)

Chapter WEBSITE: [www.CalStateRetirees-Chapter17.info](http://www.CalStateRetirees-Chapter17.info)

- PLEASE VISIT OUR WEBSITE for current information, calendars of meetings, CalPERS updates and more.
- IF YOU WOULD LIKE TO RECEIVE A COPY OF THE CHAPTER NEWSLETTER VIA EMAIL PLEASE CONTACT US AT OUR EMAIL ADDRESS LISTED ABOVE.

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### CHAPTER OFFICERS

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[dlw.union@gmail.com](mailto:dlw.union@gmail.com)

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[kochgloria303@gmail.com](mailto:kochgloria303@gmail.com)

#### Treasurer

Elaine Edwards-Yahraus  
(619) 435-4044  
[EYahraus@gmail.com](mailto:EYahraus@gmail.com)

#### Past President

Pearl Pacheco - (619) 296-0673  
[sppsandiego1@hotmail.com](mailto:sppsandiego1@hotmail.com)

#### District G Director

**Term: 2016 thru 2018**  
**(CSR Board of Directors)**

J.W. "Jay" Jimenez

(714) 926-6409  
[jayj46@roadrunner.com](mailto:jayj46@roadrunner.com)

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[raceready13@gmail.com](mailto:raceready13@gmail.com)

#### PAC Committee – Co-Chairs

Laurianne Bella – (619) 435-3688  
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Steve Haley.- (619) 441-8769

[raceready13@gmail.com](mailto:raceready13@gmail.com)

#### Membership Committee – Co-Chairs

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Fe (Therese) Juarez (408) 390-8006

[terez-juarez@gmail.com](mailto:terez-juarez@gmail.com)

\*\*\*\* If there is a committee you wish  
to help with please contact the  
President so you can be assigned  
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Fax: 916 326-4364  
[www.californiastateretirees.org](http://www.californiastateretirees.org)

#### CSEA Member Benefits

800 952-5283  
CSEA 916 444-8134  
[www.calcsea.org/benefits](http://www.calcsea.org/benefits)

#### CalPERS Headquarters

400 "Q" Street  
Sacramento, CA 95814  
[www.calpers.ca.gov](http://www.calpers.ca.gov)  
888 225-7377 8:00 to 5:00 pm  
Long Term Care 800 982-1775  
Ambassador Prog 916 795-4018

#### Social Security

[www.SSA.gov](http://www.SSA.gov)  
800 772-1213

#### Medicare

800 633-4227

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## HIGHLIGHTS FOR MEMBERS

- ❖ **Chapter Meetings** are held in even months on the 1<sup>st</sup> Thursday. One location in the San Diego area: **Sizzler at 3755 Murphy Canyon Rd from 11:00 am to 2:00 pm. Doors open at 10:30 am.**
- ❖ **Chapter Newsletter, *San Diego Chatter***, is mailed or emailed to ALL members of the chapter 4 to 6 times a year that includes current information, resources, meeting dates, times and locations, special announcements, etc
- ❖ **Informational speakers** are at every meeting i.e Legislators, CalPERS, safety, etc.
- ❖ **Holiday get-together** is held in December for ALL members of the chapter