



San Diego Chatter

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CALIFORNIA STATE RETIREES

CHAPTER 17 - SAN DIEGO/IMPERIAL COUNTIES

District G

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Chapter 17 President's Report - Diane Whorton, President

The new year is fast approaching and the pages on 2016 soon to close. I am so proud of our chapter as we have seen many new faces at our meetings, lots of questions to be answered and interest shown by everyone regarding CalPERS, Health Benefits and our organization. Thank you all for attending. Come on back, keep being part of our family and help us make it better for state retirees. If you haven't been to a meeting before start out by enjoying our

HOLIDAY MEETING – December 8, 2016

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 MEMBER and Guests.**
Notice and reservation slip is on the last pages of this newsletter.



This year we are asking for a \$15.00 deposit to guarantee your seat. Please mail back the reservation slip with your check to Elaine Edwards Yahraus, Chapter Treasurer by November 30th. Seats must be confirmed and count turned into hotel for food preparations.

Menu will include vegetarian selections.

PREPARING FOR YOUR FUTURE

In our last two issues of the newsletter we talked about:

- Power of Attorney
- Wills and Trusts
- Master Document or Folder with all of your important information i.e. house, insurance, income, POA, etc
- Personal Identification – ID card in wallet and at home, ID Bracelet, DNR form

What's next you say?

TALKING TO YOUR FAMILY

This is the most critical part of your future. So many times we find ourselves "so busy" we don't stop and smell the flowers. We all need to take a moment and just sit. Find a quiet place that provides you a place to think – or not – and let things go.

Make a time when you sit with family and have "the talk". It is not an easy task but it is something that needs to be done. Ask people to be responsible for you when things get tough and you can't do it for yourself.

A reminder of this is when something happens to someone else and you reflect on yourself and realize you haven't taken care of business. We always take care of others and don't get our own stuff done. It is time, whether you think so or not. Life is not guaranteed from one minute to the next.

You've received some helpful information – take a moment and decide how important it is to you and your family. There are great resources if you are a Google user.

Each month we will add more information for you to think about.

RECIPE FOR HEALTHY EATING

It's the holidays. Set your goal to not over do it.

Try this. This is a fun one. Cook it in a slow cooker and carry it to your potluck or family gathering.

Mixed Berry Cobbler **(Slow Cooker Recipe)** Makes 12 servings



Ingredients

- Nonstick cooking spray
- 1 - 14 ounce package frozen loose-pack mixed berries
- 1 - 21 ounce can blueberry pie filling
- 2 - Tablespoons sugar
- 1 - 6 1/2 ounce package blueberry or triple-berry muffin mix
- 1/3 cup water
- 2 - Tablespoons cooking oil

Directions

1. Lightly coat a 3-1/2- to 4-quart slow cooker with nonstick cooking spray; set aside.
2. In a bowl combine frozen mixed berries, pie filling, and sugar. Place berry mixture in the bottom of the prepared cooker.
3. Cover and cook on low-heat setting for 3 hours. Turn cooker to high-heat setting.
4. In a medium bowl combine muffin mix, water, and oil; stir just until combined. Spoon muffin mixture over berry mixture.
5. Cover and cook for 1 hour more or until a wooden toothpick inserted into center of muffin mixture comes out clean. Remove liner from cooker, if possible, or turn off cooker. Let stand, uncovered, for 30 to 45 minutes to cool slightly before serving.
6. To serve, spoon warm cobbler into dessert dishes.

Happy Holidays Everyone!!!



California State Retirees Chapter 17 Annual Holiday Meeting

FUN TO BE HAD BY ALL

**If you haven't joined us before come check us out –
Meet your fellow retirees and have some fun!!!**

We will hold our meeting prior to food, entertainment and fun!

THURSDAY – DECEMBER 8th, 2016

11:00 to 2:00 pm

DOORS OPEN AT 10:30

WHERE

Mission Valley Resort (map on back)
875 Hotel Circle South
San Diego, CA 92108
(619) 298-8281 (for directions only)

**PARKING ON EAST SIDE AND BACK OF
HOTEL with ramped entrance**



**Buffet Lunch
Door Prizes
Entertainment**

Short meeting prior to lunch – Approval of Annual Budget

LUNCH

**\$15.00 deposit per person required
with all reservations**

Reservations **MUST** be received
NO LATER than November 30, 2016

RESERVATIONS MUST BE MADE
NO EXCEPTIONS



ENTERTAINMENT

Helix High School Competition Chorus



RESERVATIONS AND CHECKS MUST BE RECEIVED by 11/30/2016

RESERVATIONS MUST BE MADE TO HAVE A SEAT

MEMBER NAME			
ADDRESS			
PHONE NUMBER		EMAIL:	
HOW MANY PEOPLE	# MEMBERS	# NON-MEMBERS	\$

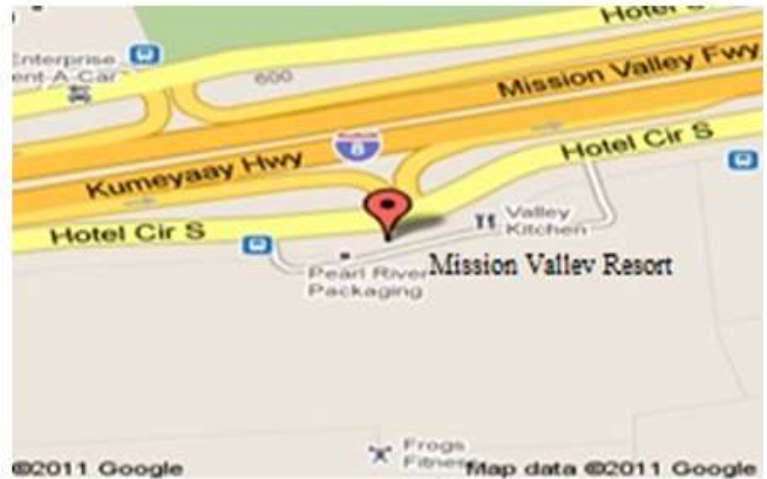
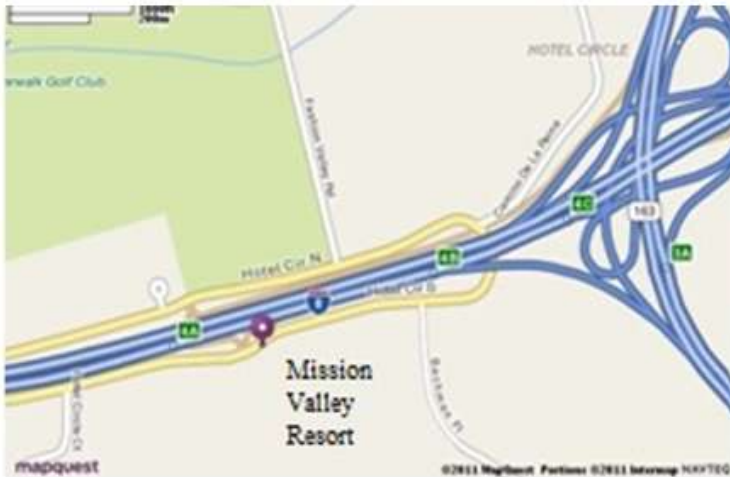
MAIL TO: Elaine Edwards-Yahraus - 316 C Avenue Coronado CA 92118-1406

QUESTIONS Contact: ELAINE: (619) 435 - 4044 or DIANE: (619) 467- 7861

TIME SENSITIVE



California State Retirees Chapter 17 Annual Holiday Meeting



Between 5 and 163 on Interstate 8 - Exit Hotel Circle Drive from either direction on I-8

From 163 South

- Exit Hotel Circle
- At stop sign make a right. **Stay in right lane**
- Drive under the bridge and make a right
- Hotel is on the left side before to you get to freeway entrance

From 8 West:

- Exit Hotel Circle - same as 163 exit – **stay in left lane**
- Follow directions above (163 South)

From 163 North

- Exit I-8 West
- Follow directions for Hotel Circle

From 8 East:

- Exit Hotel Circle.
- Hotel is directly in front as you come off the freeway