



San Diego Chatter

Volume 2017 Issue 3
May - June 2017

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

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



Chapter 17 - Diane Whorton, President

Moving into Spring and Summer after a very wet winter. Hope everyone was able to stay warm and dry.

Our website is being updated making it easier to look through. Topics/articles will be posted under its own heading and tab so you can reference anything you might have missed.

PERPARING FOR YOUR FUTURE was a topic from 2016. If there are specific topics or speakers of interest to you please send us your ideas at Chaptr17@gmail.com. We will do our best to fulfill your recommendation.

Continuing our health and welfare topics at our June meeting we will have Greta Evans Morgan, from Glen Abbey in Bonita, as our guest speaker. She will be talking to us about burials or other options from several different perspectives; veterans, pre-planned, cremation, donation, etc.

CaIPERS by Elaine Edwards-Yahraus

DO YOU WANT TO CONTINUE RECEIVING YOUR DIRECT DEPOSIT INFORMATION IN THE MAIL?

CaIPERS has mailed a tri-fold postcard (**OPEN IMMEDIATELY** on the front) to all members receiving direct deposit information in the mail.

The back states: **Effective July 1, 2017 your direct deposit statements will be online only. Look inside to see the benefits and your options.**

Open this and read the information. If you want to continue receiving your Direct Deposit to **MUST** sent the postcard back June 1, 2017.

The card has an identification number on it – you **DO NOT** have to sign it or put postage on it. Just mail it back.



CaIPERS - What to do in the event of the Death of the Member or Beneficiary

Death Benefits Booklet – Pg 3 – Has contact numbers of everyone who needs to be contacted. Call PERS for paperwork that needs to be completed.

Death Certificate – order enough for everyone you will **need** to give to. Everyone wants originals.

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Changing your beneficiary or monthly Benefit After Retirement – Overview – if beneficiary dies you need to notify CalPERS. If they are receiving medical or on Long Term Care they need to be taken off or you will owe money back to CalPERS for those benefits.

If you have option 2 or 3 and your beneficiary dies your allotment will increase by the deduction amount.

CHAPTER MEETINGS

Our meetings are held on the 1st THURSDAY of the February, April, June, August and October. Our December meeting is the 2nd THURSDAY.

Regular meeting Location:

Sizzler Restaurant, 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.**

Holiday Meeting will be announced.

MARK YOUR CALENDAR

1. **JUNE 1, 2017 – Member Meeting – Sizzler Restaurant – DISCUSSION TOPIC: Burials or Other Options From Several Perspectives: veterans, pre-planned, cremation, donation, etc.** Presented by Greta Morgan from Glen Abbey in Bonita.
2. **June 27th thru 29th, 2017 – CSR Statewide Committees and Board of Directors Meeting – Los Angeles Airport**
3. **AUGUST 3, 2017 – Member Meeting – Sizzler Restaurant – DISCUSSION TOPIC: Open Enrollment – Changes to Health Plans and OptimumRX**
4. **OCTOBER 5, 2017 – Member Meeting – Sizzler Restaurant: DISCUSSION TOPIC: TBA**
5. **October 24th thru 26th, 2017 – CSR Statewide Committees and Board of Directors Meeting – Sacramento Hilton**

DECEMBER 14, 2017 – HOLIDAY MEETING. To Be Announced. OPEN TO ALL CHAPTER 17 MEMBERS

LOSS OF A GOOD FRIEND

PEARL PACHECO, past President of Chapter 17 passed away April 4, 2017 from a long illness. Pearl became a member of CSEA on 4/1/1972. She retired 8/5/1992 from DMV.

Pearl was very active in CSR for many years attending all CSR Board and committee meetings. As well, she served as Vice President, President and Membership chair of Chapter 17. She also served as a CSEA General Council and CSR Delegate.



RECIPE FOR HEALTH

Copied from **COOKING LIGHT** - A collection of healthy diabetic main dishes offer low-carb, low-fat, low-sugar, and low-sodium options that are flavorful and satisfying down to the last bite.



Chicken Breasts with Avocado, Tomato, and Cucumber Salsa

Add a veggie, eat with chips. Most of all enjoy a spring/summer meal.

YIELD 4 servings (serving size: 1 chicken breast half and 3/4 cup salsa)

Baked tortilla chips make a crunchy companion for this simple chicken supper. Try the avocado, tomato, and cucumber salsa another night on grilled [fish](#) or shrimp.

Ingredients

- Cooking spray
- 3/4 teaspoon salt, divided
- 1/4 teaspoon chipotle chile powder
- 4 (6-ounce) skinless, boneless chicken breast halves
- 1 1/4 cups coarsely chopped seeded peeled cucumber (about 1 large)
- 1 cup grape tomatoes, halved
- 1/2 cup pre-chopped red onion
- 1/2 cup chopped peeled avocado
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 jalapeno pepper, seeded and finely chopped

How To Make It

1. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle 1/2 teaspoon salt and 1/4 teaspoon chipotle chile powder evenly over chicken; add chicken to pan. Cook for 6 minutes on each side or until done, and remove from heat.
2. Combine remaining 1/4 teaspoon salt, cucumber, tomatoes, onion, and remaining ingredients in a medium bowl, tossing well. Serve with chicken.



WANT SOME DESSERT???

Crispy Peanut Butterscotch Pie

FROM: COOKING LIGHT

Ingredients

- 1/4 cup creamy peanut butter
- 1 tablespoon honey
- 1 1/2 cups oven-toasted rice cereal (such as Rice Krispies)
- 1 (1-ounce) package butterscotch fat free, sugar-free instant pudding mix
- 2 cups fat-free milk
- 1 1/2 cups frozen fat-free whipped topping, thawed and divided
- Ground cinnamon (optional)
- Additional oven-toasted rice cereal (optional)

How to Make It

1. Combine peanut butter and honey in a medium microwave-safe bowl; microwave at HIGH 30 seconds, stirring until mixture melts. Stir in rice cereal. Using wax paper, press cereal mixture into bottom of an 8- inch round cake pan.
2. Prepare pudding mix according to package directions for pudding, using 2 cups milk; fold in 1 cup whipped topping. Spoon pudding mixture into prepared pan. Cover and freeze until firm. Let pie stand at room temperature 15 minutes before serving. Spoon remaining whipped topping over each serving. If desired, sprinkle with ground cinnamon and additional cereal.

California State Retirees – Chapter 17
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Time Sensitive

IMPORTANT CONTACT INFORMATION

CHAPTER OFFICERS

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Past President

Vacant

District G Director

(CSR Board of Directors)

Gaspar Luna Oliveira

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SUB CHAPTER – IMPERIAL VALLEY

Chair

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COMMITTEES

Finance Committee - Chair

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Legislative Committee – Co-Chairs

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Membership Committee –

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****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

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



CHAPTER 17 – San Diego Member Meeting

April 6, 2017
10:30 am to 2:00 pm

AGENDA

Call To Order	Diane Whorton, President 12:00 pm
Pledge of Alligence	Steve Haley, Vice President
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, Steve Haley, Gloria Koch-excused, Gaspar Oliveira, Danny Morales, Patricia Oneil-excused,
Committee Chairs	Laurianne Bella-excused, and Steve Haley, Co- Chairs PAC Committee David Juarez and Therese Juarez, Membership Co-Chairs
Introductions	<ul style="list-style-type: none">• Jay Jimenez, Vice President, CSR – Absent• Gaspar Oliveira, District G Director
Welcome New Members	Carmen Hogblom – State Comp; Linda Bradford – State Comp; Art Ojeda –EDD, Diane Blanks;
Approval of Minutes	February 2, 2017 – Tom - Move to approve, 2 nd Gaspar. Passed.
Treasurer’s Report	Elaine Edwards Yahraus <ul style="list-style-type: none">• Treasurer’s Report Get copy of 2 reports Gaspar, 2nd Tom. Passed.
Guest Speaker	None Scheduled
President’s Report	Diane Whorton, President
	Gaspar Oliveira was appointed at the February Board Meeting to be District G Director. Holiday Meeting – 12/14/2017 - Mark Motion to pay Deposit \$500 to venue, Tom 2 nd . Passed.
Commitees Reports	
Membership	David and Terez Juarez Members need to bring in the new members – 2 people a year,
PAC/Legislation	Steve Haley / Mark Flahan - Lobby Day – April 4 th & 5 th , 2017 Steve – SD17 – Drug price transparency bill. Pharm give notification of why price increases. Asking for 90 notification so we have opportunity to discuss. They talked with staff for – Hueso, Anderson, Atkins, Patricia Bates, Randy Volpol, Waldren, Chavez. Mainshein – saw in person. During dinner Tim supported Michael Flahermann- candidate for PERS seat. JJ supports him. Mark: Stayed on the issues. Much more impact if lobbying in the

district.

CalPERS Board seat - Flahermann – has background in finances to keep Board transparent

Employer contribution needs to be sufficient to fund the liability. Because of funding level of CalPERS employers will be making up for along time until PERS is completely funded.

CalPERS Report

Elaine Edwards-Yahraus

Direct Deposit statement – watch your mail – notice will come and you need to OPT IN and send back to CalPERS. May send out quarterly.

Sub Committee

Networking with San Diego Retiree Groups - Security Roundtable -

Laurie Bella – Elaine Edwards- Yahraus. Laurie went to the meeting, is not present to give report.

Gaspar Oliveira, District G Director also attended – behalf of the statewide CSR board of directors. Follow up meeting in September. Information about CalPERS. Pool our resources. Gathering of top notch individuals –impressed. If you have any ideas or opinions you'd like to put in writing - need to be putting together – public need to know.

Handout for Lobby Day available on CSR website.

Discussion Topic:

Elaine Edwards-Yahraus

CalPERS - What to do in the event of the Death of the Member or Beneficiary

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New Business

None Scheduled

Old Business

None

District G Report

Gaspar Oliveira, District G Director – gave report earlier in agenda

Informational

Danny Morales stated – Coke Brother, Walmart and big corporations – we have to take their power away.

Meeting Adjournment

1:44 pm