



# San Diego Chatter

Volume 2017 Issue 5  
September-October 2017

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

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



### PRESIDENT'S REPORT - Chapter 17 – Diane Whorton, President

**CalPERS Election is NOW.** Look for your ballot in the mail after September 1<sup>st</sup>. **New this year: 3 ways to VOTE –**

- 1. By mail:** Follow the instructions in the Candidate Statement Booklet and complete the ballot included in the ballot package mailed to you. You must sign your name in the designated area on the paper ballot.
- 2. One the phone:** **Call (800) 270-7146 \*** and follow the automated voice instructions. **You will need your Personal Identification Number (PIN), which can be found on the ballot card mailed to you.**

**3. Online:** Go to [www.calpersboardelections.com](http://www.calpersboardelections.com) \* and follow the instructions on the screen. **You will need your Personal Identification Number (PIN), which can be found on the ballot card mailed to you.**

CSR has endorsed the following:

**SEAT A: Co-endorsement: Michael Flaherman and David Miller**

**SEAT B: Margaret Brown**

Please check the RETIREE for ALL candidate Bios.

## OCTOBER 5, 2017 – Membership Meeting

**LOCATION: Sizzler Restaurant.** 3755 Murphy Canyon Road, San Diego, CA (858) 278-6988. Off I-15 – take AERO DR exit from North or South. Go West to Signal. Turn right on Murphy Canyon Rd. Go to parking lot driveway. Sizzler is in far south corner. There is some parking behind the building. **Entrance to room is at the back of the building at the parking lot. DO NOT GO THROUGH THE LINE.**

**Doors Open at 10:30. Lunch from 11:00 to 12:00. Meeting from 12:00 to 2:00pm**

**TOPIC: Estate Planning - SPEAKER: Loan T. Shillinger, Attorney.**

Attorney Loan T. Shillinger, principal at Shillinger Law established her practice in 2009 with an initial focus on estate planning. It was a decision based on a medical crisis while traveling with her young daughter. She realized the folly of not planning for the future of her family could easily result in chaos, unnecessary court involvement and even displacement – all of which could be minimized or avoided entirely.

Come join us and learn the things we need to do.

## CSR ELECTIONS ARE COMING UP

It's that time again. Every three (3) years CSR has elections for chapter officers. Any member in good standing can run for office. Chapter Officers are: President, Vice President, Secretary and Treasurer. These officers will take their seats effective July 2018.

On the same ballot we will elect Delegate to Delegate Assembly that takes place in October 2018.

If you are interested in running for a chapter officer or delegate go to the CSR WEBSITE and download a consent form. This must be completed and turned by the nomination meeting date.

## CalPERS Has A Heart

9/1/2017 – from a recent email

**Subject: CalPERS Retired Members in Hurricane Harvey Area**

Valued Stakeholders – with the awful hurricane and flooding that has been inundating the Houston area this week, our thoughts are turned towards the CalPERS retirees living in the region.

Our customer service team determined that there are 61 CalPERS retirees living in areas that had been declared a disaster. These 61 all receive “live” paper warrants, not direct deposit, which means their benefit payments might not get to them on time if they were living in areas where the postal service was unable to deliver the mail. Our team members called each one of them to see what help we could provide. Half were not affected by the flooding (good news!), and some we could not reach at all or left voice messages on their cell phones.

Eight of the retirees we reached asked us to switch them over to direct deposit to help ensure that they receive their pension benefits in case the mail got interrupted. We are working with those members now to make that happen as soon as possible.

I thought this is was an great show of commitment and dedication by our customer service team, and I thought you'd appreciate knowing that we're doing what we can to help give some peace of mind to retired CalPERS members in the Houston area.

Thanks,

David Teykaerts | Stakeholder Strategy Manager | CalPERS | [\(916\) 795-2195](tel:9167952195)

## SAVE THE DATE



### Holiday Meeting

Thursday, December 7<sup>th</sup>, 2017

**LOCATION: Best Western Seven Seas – Mission Valley**

411 Hotel Circle South, San Diego 92108.

OPEN TO ALL CHAPTER MEMBERS

**CHAPTER MEETINGS** Our meetings are held on the 1<sup>st</sup> Thursday of February, April, June, August and October. Our December meeting is either the 1<sup>st</sup> or 2<sup>nd</sup> Thursday, arranged according to availability of the venue

## Regular meeting location:

Sizzler Restaurant, 3755 Murphy Canyon Road, San Diego, CA (858) 278-6988. Off I-15 – take AERO DR exit from North or South. Go West to Signal. Turn right on Murphy Canyon Rd. Go to parking lot driveway. Sizzler is in far south corner. There is some parking behind the building. **Entrance to room is at the back of the building at the parking lot. DO NOT GO THROUGH THE LINE.**

**Doors open at 10:30 am.** Lunch 11:00 to 12:00. Meeting 12:00 to 2:00 pm. Please come early so we can get started on time. **OPEN TO ALL CHAPTER MEMBERS.**

## MARK YOUR CALENDAR

1. **October 5, 2017** Member Meeting – Sizzler Restaurant – DISCUSSION: Estate Planning
2. **October 24<sup>th</sup> to 26<sup>th</sup>, 2017** – CSR Statewide Committees and Board Meeting. Sacramento, CA
3. **December 7, 2017** – Best Western Seven Seas – 411 Hotel Circle South, San Diego 92108. **OPEN TO ALL CHAPTER MEMBERS**

## RECIPE FOR HEALTH

### Lightened-Up Shrimp Scampi

From: **Food Network** *Yield: 5 cups*



#### Nutritional Analysis Per Serving

Calories	330
Total Fat	8.5 grams
Saturated Fat	1 grams
Cholesterol	130 milligrams
Sodium	400 milligrams
Carbohydrates	35 grams
Dietary Fiber	4 grams
Protein	26 grams

### Ingredients

- 6 ounces multi-grain spaghetti
- 1/4 cup multi-grain croutons, crushed
- 1/4 cup chopped fresh flat-leaf parsley
- 1 1/2 tablespoons grated lemon zest
- 1 tablespoon olive oil
- 1 shallot, thinly sliced
- 1 garlic clove, minced
- 1/4 teaspoon crushed red pepper
- 16 large shrimp, shelled and deveined,
- 1/4 teaspoon salt
- 1/4 cup low-sodium chicken broth
- 1/4 dry white wine
- 1 tablespoon lemon juice
- 1 tablespoon or 6 black pitted and chopped olives such as Kalamata

### Directions

Cook the spaghetti according to package directions. Drain; set aside.

Combine the croutons, 1/2 tablespoon of the parsley, and 1 tablespoon of the zest in a small bowl; set aside.

Heat the oil in a large nonstick skillet over medium heat. Add the shallot, garlic, and red pepper. Cook, stirring until the shallots are soft, about 1 minute.

Add the shrimp and the salt, and cook, over medium-high heat, turning occasionally, until the shrimp are opaque, 1 to 2 minutes.

Stir in the broth, wine, lemon juice, and olives. Bring to a boil and cook for 1 minute, then reduce the heat to medium.

Stir in the spaghetti, the remaining 3 tablespoons parsley, and the remaining 1/2 tablespoon zest, tossing to coat well; remove from the heat.

Transfer to a large bowl. Sprinkle with the crouton mix. Serve at once

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

Diane Whorton – (619) 467-7861  
[DLw.union@gmail.com](mailto:DLw.union@gmail.com)

#### Vice President

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

#### Secretary

Gloria Koch – (858) 455-1917  
[Kochgloria303@gmail.com](mailto:Kochgloria303@gmail.com)

#### Treasurer

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

#### District G Director (CSR Board)

Gaspar Luna Oliveira  
(619) 548-4793  
[GasparLunaOliveira@gmail.com](mailto:GasparLunaOliveira@gmail.com)

### SUB CHAPTER – IMPERIAL VALLEY

#### Chair

Tom 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

#### Review Committee (Finances)

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

#### Legislative Committee

Laurie Bella – (619) 435-3688  
Email: [lbella@san.rr.com](mailto:lbella@san.rr.com)  
Gloria Koch – (858) 455-1917  
Email: [Kochgloria303@gmail.com](mailto:Kochgloria303@gmail.com)

#### Membership Committee

David Juarez - (619) 379-4269  
[Maxjuarez555@gmail.com](mailto:Maxjuarez555@gmail.com)  
Terez 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 Social Security # ready)

#### California State Retirees, Inc (CSR)

(888) 808-7197  
[www.CalRetirees.org](http://www.CalRetirees.org)

#### CSEA Member Benefits

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

#### CalPERS Headquarters

(888) 225-7377  
[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



## CHAPTER 17 – San Diego Member Meeting

**August 3, 2017**  
12:00pm to 2:00 pm

### MINUTES

- Call To Order** Called to order by Diane Whorton, President at 12:04 pm
- Pledge of Alligence** Conducted by Steve Haley, Vice President
- Roll Call of Officers** Diane Whorton, President; Steve Haley, Vice President; Gloria Koch, Secretary; Elaine Edwards-Yahraus, Treasurer
- Delegates** Diane Whorton, Elaine Edwards-Yahraus, Steve Haley, Gloria Koch, Gaspar Oliveira, Danny Morales, Patricia O'Neil-excused,
- Committee Chairs** Laurie Bella, and Gloria Koch, Co- Chairs PAC Committee  
David Juarez and Terez Juarez, Membership Co-Chairs - excused
- Introductions**
- Tim Behrens, CSR President
  - Jay Jimenez, CSR Vice President
  - Jerry Fountain, CSR Chief Financial Officer
  - Gaspar Oliveira, District G Director
  - Christy Fountain, President of Chapter 11
- Welcome New Members** Linda Bradford, Dusty McGee, Patty Ruiz, Raychel Skeen, Arlene Wright,
- Approval of Minutes** June 1, 2017 – Correction - change heading form Agenda to Minutes. Motion to approve made by Danny, second by Laurie. Passed
- Treasurer's Report** Elaine Edwards Yahraus  
Treasurer's Report – June and July 2017
- The Chapter Resources as of 7/02/17 was \$4,986.47
  - Total receipts for July were \$1,566.56
  - Total disbursements for July \$1,609.56
  - Total Chapter Resources as of 8/02/17 was \$4943.47
- Motion to approve Treasurer's report made by Sharon, second by Linda. Passed
- Speaker Introduction** Elaine Edwards Yahraus introduced **Jamie Pope, CalPERS – Outreach Coordinator, Stakeholder Relations**
- DISCUSSION TOPIC: Open Enrollment Health Care Plans, Costs and More**
- Health Premiums – explained CalPERS 2018 Health Premiums and passed state only fact sheet. There was some confusion regarding the rates when employee was in Medicare and dependents are on regular plans and vice-versa
  - Open enrollment- Sept 11 to Oct 6<sup>th</sup>
  - 2018 Health Plan Summary Books and Evidence of Coverage should be out by end of August- The publications can be accessed at the CalPERS website or by requesting to have them mailed to you.

- CalPERS works very hard to obtain the best quality of care of its members with the lowest cost available. The 2018 combined average of all plans, including Medicare and Basic, is a 2.3% increase over the 2017 rates.
- The 2018 plans will provide a Silver Sneakers wellness program that include free gym memberships, fitness classes, nutrition. For more information visit SilverSneakers.com. JAY can provide you with rebates information through program.
- OptumRx – Jamie mentioned that they continue to work hard to address the members complains.
- Question: has Dental Plan an open enrollment period? – Not really, they tend to follow CalPERS deadlines for true open enrollment period. Delta Pan is managed by CalHR, also if there is a qualifying event (lost coverage, cancellation from another plan, new spouse, etc.) it can be changed outside of open enrollment
- United Health Care functions as HMO until you go on Medicare, then it functions as PPO. Gets easier to use. With a PPO, you can go to any doctor that takes Medicare. For instance, the Medicare member can change from Scripps to Sharp but if the spouse is in a basic plan she/he needs to stay in same plan.
- HICAP (Health Insurance Counseling and Advocacy Program) provides free and objective counseling about Medicare. volunteer counselors can help you understand your specific rights and health care option. It is a valuable resource to consult in case of doubts.
- Advise FIGHT FOR If you are on Medicare and the specialist you want to go is not in the Medicare program, then your secondary insurance won't pick up any of the costs.

## President's Report

Diane Whorton, President

- The Holiday Meeting will be held at the Best Western Seven Sea location in Mission Valley. The cost per dinner is on the same as what we paid for the last several years.
- Joe Renteria turned 100 years old on July 30th. Joe is a member of Chapter 17 and was present at the meeting. The San Diego Union Tribune had a nice article regarding Joe's military career as a Photographer in WWII and his volunteerism the San Diego Indian Communities. He is very much still active today.

## Commitees Reports

### Membership

**David and Terez Juarez** – Resigned as Membership Chairs. They will be moving to the Bay area in mid -September. They will be greatly missed. The Chapter will do something for them as a farewell. Please provide ideas to Diane.

### PAC/Legislation

**Laurie Bella and Gloria Koch**

- July 7<sup>th</sup> - Assemblywoman Marie Waldron(R) was visited by Gloria, Diane, Gaspar. Meeting was well received by senior staff. Did not meet with Assembly Member Waldron,
- July 14<sup>th</sup> – Assemblyman Todd Gloria – Gloria, Laurie, Gaspar Beverly – MR Gloria was very receptive, was on City Council and is very familiar and aware with ours issues.
- August 10<sup>th</sup> – Assemblyman Voegel – Gloria, Laurie, Steve
- August 15<sup>th</sup> –Assemblywoman Shirley Weber. Gloria, Elaine, Raychel

Comments: Jay- legislators need us too. Find out what they want from us. Gaspar this chapter has been very active and relations good. Want to maintain these relationships.

## CalPERS Report

**Elaine Edwards-Yahraus**

1. CalPERS Board Elections – Seats A & B
2. In case of terminal illness, the member must have a completed CalPERS's Power of Attorney (Publication 30) on file with CalPERS, You don't need an attorney, you can have two friends as witness. She also recommended that you keep in your records Publication 31 – Death Benefit

## Sub Committee

### Laurie Bella – Elaine Edwards- Yahraus – **Networking with San Diego Retiree Groups - Security Roundtable**

Laurie and Elaine have been on the committee since 2013. Gaspar and Beverly are now members. Grew out of Prop B – abolished retiree defined benefits for a 401 K style retirement Next meeting September 26<sup>th</sup>. Prop B was taken to court and the decision in favor of the City. Issue: The City is losing Fire Fighters and Police because of repercussions of these decisions.

## New Business

- Volunteers for Visits to Legislators
- Post Cards for Meeting Notices – When to mail

## Old Business

Holiday Meeting – December 7<sup>th</sup>, 2017 – Location: Best Western Seven Seas – Mission Valley

## Guest Courtesy

### **Tim Behrens, CSR President**

- ✓ Board has come up with Branding – signs, hats, etc.
- ✓ Event – August 22<sup>nd</sup>, District A – open discussion – input into future membership recruitment. Marina del Ray – Candidates for CalPERS's Members-at-large seat will be present.
- ✓ Last week – CSEA – Building Corp - Golden One in open meeting said they are going to sell their half of the building. CSR does not know the impact. Bldg. does not meet code.
- ✓ PAC – 2 PACS – candidate and Issues. \$2.00/per month. Right now, we have less than 2000 members who currently pay into the PAC
- ✓ Board workshop planning a meeting with all Presidents in the state about direction CSR the meeting will be open to anyone who wants to go.
- ✓ Recommended HICAP for future speakers

### **Jay Jimenez, Vice President**

- ✓ Has new responsibility. He will be heading the Ambassador Program- Ambassadors take Retiree Newspaper to State Agencies.
- ✓ Marylee Colton – going to do a workshop. Depending on rollovers right now. Need to work on recruitment. We need size of membership.
- ✓ October 2018 Delegate Assembly will be held at the Hilton Arden West in Sacramento. It will be the first time at that delegated will be elected by the Assembly.

### **Jerry Fountain, CFO (since February 2017)**

- ✓ Provided overview of corporate finances
- ✓ He is accountable to BOD- responsible for making sure dues are spent right. Financial reports will be updated and will be available to all members

## District G Report

Gaspar Oliveira

- ✓ Congratulate Gloria and Laurie for hitting the ground running with Legislative visits
- ✓ Has had a chance to visit all his other chapters.
- ✓ Retiree has an article about the two candidates endorsed by CSR: Michael Flaherman and David Miller for Position A on the CalPERS board, for the moment the CSR Board has not endorsed a candidate for Position B.

## Meeting Adjournment

- 2:33 pm.

Recorded by *Gloria Koch*, Secretary

# Board Election: Make Your Vote Count

## Three Ways to Cast Your Ballot

Ballot packages begin mailing Sept. 1



### **Vote Online** - Recommended!

Go to [www.calpersboardelections.com](http://www.calpersboardelections.com)\* and follow the instructions on the screen.

You will need your Personal Identification Number (PIN), which can be found on the ballot card mailed to you in your ballot package.



### **Vote by Phone**

Call (800) 270-7146\* and follow the automated voice instructions.

You will need your Personal Identification Number (PIN), which can be found on the ballot card mailed to you in your ballot package.



### **Vote by Mail**

Follow the instructions in the Candidate Statement Booklet and complete the ballot that are included in the ballot package mailed to you. You must sign your name in the designated area on the paper ballot.

*If you spoil your official ballot, you may request a replacement ballot from the CalPERS Board Election Call Center at (888) 492-4763. Do not request a replacement ballot if you have already mailed your official ballot to CalPERS.*

*If you lose your prepaid return envelope, you can use your own envelope by clearly printing the words 2017 CalPERS Board of Administration Member-at-Large Election on the outside of the envelope. Mail your official ballot to: CalPERS, c/o Integrity Voting Systems, PO Box 9050, Everett, WA 98206-9915.*

**Deadline to vote is October 2, 2017**

\* Available after Sept. 1