

# CALIFORNIA STATE RETIREES



Vol. 10

A PUBLICATION REPRESENTING CALIFORNIA STATE RETIREES

OCTOBER 2024

## Welcome Back To The 2024 Delegate Assembly

The CSR 2024 Delegate Assembly is almost here! The triennial Delegate Assembly will be held on October 21 and 22 in Sacramento. At the two-day event, Delegates will gather to hear from their elected leaders and make decisions vital to our organization's future. Day one includes subject committee meetings and an orientation for all CSR Delegates. On the second day, all elected CSR Delegates will vote on the 3-year budget and Bylaw changes.

Delegates will also cast ballots for CSR's statewide officers—the President, Executive Vice President, Vice President, and Chief Financial Officer. As our membership grows, so does our number of delegates. Each chapter is allocated delegates at the ratio of one delegate for every 200 active members or major fraction thereof. This will be our biggest Delegate Assembly yet! Lorenzo Cuesta will join us as the parliamentarian and will provide guidance on parliamentary

procedures throughout the event. CSR will provide lunch to Delegates and First Alternates both days. There will also be a President's Reception on Monday evening, from 6pm – 8pm, where Delegates and First Alternates can enjoy live music from saxophonist Ralph Gordon. Best of luck to all the candidates running for Statewide Officer positions. Candidates will answer questions from the election committee and give a 3-minute

speech on the floor. Delegates will then cast their secret ballot votes and wait for the final tally. Once the votes are counted the results will be announced and the elected candidates will serve a three-year term. If you have any questions about the 2024 Delegate Assembly, please call 888.808.7197 or email [CSRinfo@CalRetirees.org](mailto:CSRinfo@CalRetirees.org). We look forward to seeing you at the 9th Delegate Assembly!

## DELEGATE ASSEMBLY | OCTOBER 21-22 2024 | SACRAMENTO, CA

••DATED MATERIAL – PLEASE DO NOT DELAY••



CALIFORNIA STATE RETIREES  
3000 Advantage Way Suite 100  
Sacramento, CA 95834



### Are You Interested In Serving CSR As A District Director? The Elections For District F & G Are Coming Up

CSR is looking for activists who wish to run for one of two seats up for election on the California State Retirees Board of Directors. The CSR Board of Directors is the governing body of California State Retirees and usually meets three times per year at locations throughout the state. Board member duties include attending Board meetings, helping to coordinate chapter activities, helping chapter presidents and members understand the issues affecting member welfare, participating in political action and providing overall leadership. The terms for Board members in Districts F and G will conclude at the first CSR Board of Directors meeting in 2025. An election

in each of the districts will be conducted only if more than one eligible candidate has consented to serve by the November 15, 2024, filing date. Candidates may also submit a brief 200-word statement regarding their qualifications. The election coordinator reserves the right to disallow any statement material that is considered inaccurate. Ballots in the contested race(s) will be sent to the electorate December 2, 2024, and are due at CSR Headquarters by January 2, 2025. District directors are elected by chapter members within their respective districts. To be eligible to run, you must be a member in good standing. Candidates must also reside within the district holding the election and

in a chapter assigned to the district. Tim Behrens currently holds the district director position for District F, representing Chapters 5, 11, 16, and 35. Patsy Jimenez holds the district director position for District G, representing Chapters 6, 12, 17, and 34. If you are interested in running you must file a Candidate Consent Form, located on page 8, by November 15, 2024. If you are interested in running for these positions or need more information, please contact Corinne Celentano at **888.808.7197** or [CCelentano@CalRetirees.org](mailto:CCelentano@CalRetirees.org) with any questions.

CALIFORNIA STATE RETIREES  
STATEWIDE OFFICERS

**Stephanie Hueg**

President

TEL: 831.588.5061

EMAIL: Sjh Santacruz@gmail.com

**Elnora Hunter-Fretwell**

Executive Vice President

TEL: 916.320.3461

EMAIL: EHunter-Fretwell@CalRetirees.org

**Mary McDonnell**

Vice President

TEL: 415.509.1914

EMAIL: MMcDonnell@CalRetirees.org

**Gerald "Jerry" Fountain**

CFO/Secretary

TEL: 559.967.9691

FAX: 559.935.5884

EMAIL: JFountain@CalRetirees.org

**CSR DISTRICT BOARD  
DIRECTORS**

**Sharon Stoltzman**

TEL: 424.228.2820

EMAIL: SStoltzman@CalRetirees.org

District A: Ch. 4, Ch. 9, Ch. 20

**Susanne Paradis**

TEL: 916.919.4091

EMAIL: SVParadis@yahoo.com

District B: Ch. 10, Ch. 26, Ch. 31, Ch. 36

**Maria Aguilar**

TEL: 408.706.0366

EMAIL: Md12Aguilar@yahoo.com

District C: Ch. 1, Ch. 3, Ch. 21, Ch. 23

**Vincent Herrera**

TEL: 916.804.6613

EMAIL: VHerrera@CalRetirees.org

District D: Ch. 8, Ch. 13, Ch. 14, Ch. 19

**Keith Umemoto**

TEL: 916.429.2768

EMAIL: kumemoto@att.net

District E: Ch. 2, Ch. 15, Ch. 165

**Tim Behrens**

TEL: 559.920.0371

EMAIL: TBehrens@CalRetirees.org

District F: Ch. 5, Ch. 11, Ch. 16, Ch. 35

**Patsy Jimenez**

TEL: 909.862.7615

EMAIL: PJimenez@CalRetirees.org

District G: Ch. 6, Ch. 12, Ch. 17, Ch. 34

**Contact us!**

**CALIFORNIA  
STATE RETIREES**

**Headquarters**

3000 Advantage Way

Suite 100

Sacramento, CA 95834

TEL: 916.326.4292

FAX: 916.326.4201

TOLL-FREE: 888.808.7197

EMAIL: csrinfo@CalRetirees.org

WEB: www.CalRetirees.org

501(c)(5)

# CALIFORNIA STATE RETIREES

## Membership Application

\_\_\_\_\_  
**First Middle Initial Last Name**

\_\_\_\_\_  
**Social Security Number Chapter**

\_\_\_\_\_  
**Home Address City State Zip**

\_\_\_\_\_  
**Home Phone Email**

\_\_\_\_\_  
**Retirement Date From what State Agency did you retire?**

\_\_\_\_\_  
**How did you hear about us? Recruiter**

### Type of Membership (Check One)

**Retired Membership** Available to state retirees only. See Dues Table.

**Associate Member** Available to persons not eligible for retired membership. Dues are \$72.00 per year (payable annually).

**Dues Table for  
Retired Members**

Monthly PERS Allowance (Base + COLA)	Monthly Dues
\$0 - \$399	\$1.00
\$400 - \$799	\$2.25
\$800 - \$1,199	\$3.25
\$1,200 - \$1,599	\$5.00
\$1,600 - \$1,899	\$6.50
\$1,900 - \$2,299	\$8.00
\$2,300 - \$2,699	\$8.50
\$2,700 - \$3,099	\$9.00
\$3,100 - \$3,499	\$9.50
\$3,500 - \$3,999	\$10.00
\$4,000+	\$12.00

Office Use Only

I hereby apply for membership in California State Retirees, an affiliate of the California State Employees Association, and I authorize CSR to withhold dues from my monthly PERS allowance. I understand my membership rights are set forth in the CSR and CSEA bylaws, policies and procedures. As a member of CSR, I agree to abide by the CSR bylaws, policies and procedures.

Signature \_\_\_\_\_ Date \_\_\_\_\_

To join, please fill out the application completely and mail it back in an envelope to:  
California State Retirees 3000 Advantage Way Suite 100 Sacramento, CA 95834

[www.CalRetirees.org](http://www.CalRetirees.org)

### Did you know?

**The NEW CSR website is live!**

**Check it out:**

**[www.CalRetirees.org](http://www.CalRetirees.org)**

- New Calendar
- Members on the Move Gallery
- Member Resources
- New Chapter Map
- and much more!

# SAVVY SENIOR

## Savvy Senior: How to Find Legal Help When You Can't Afford a Lawyer

Dear Savvy Senior,  
Can you recommend any programs or organizations that provide free or low-cost legal services to seniors? I believe I need some professional legal help but have limited income and very little savings.

Almost 70

Dear Almost,  
Whether you need help drawing up a will or a contract, or you're facing some sort of legal jeopardy or dilemma, hiring an attorney can be expensive. Most lawyers today charge anywhere between \$100 and \$300 an hour. Fortunately, there are a number of different programs and organizations that offer free legal advice and may help you find a free or low-cost attorney. Here's where look for help in your area.

**Legal Aid:** Directed by the Legal Services Corporation, legal aid provides free legal assistance to low-income people of all ages. Each community program will differ slightly in the services they offer and income qualifications. Visit [LSC.gov/find-legal-aid](https://www.lsc.gov/find-legal-aid) to locate a program near you.

**LawHelp:** Powered by Pro Bono Net, a national nonprofit organization, [LawHelp.org](https://www.lawhelp.org) is a terrific resource that will help you locate free legal aid near you, get answers to your legal questions and even fill out legal documents.

These free services are for people with low to moderate incomes.

**Free Legal Answers:** This is an online program created by the American Bar Association that matches low-income clients with volunteer lawyers who agree to provide brief answers online for free. This service will not answer criminal law questions and it's



not available in every state. See [ABAFreeLegalAnswers.org](https://www.abafreelegalanswers.org) to look for a program in your state.

**Senior Legal Hotlines:** There are around 30 states that offer senior legal hotlines, where all seniors over age 60 have access to free legal advice over the telephone. To find out if this service is available in your state, go to [ProSeniors.org](https://www.proseniors.org) and click on "Resources," followed by "U.S. Senior Legal Hotline Directory."

**Senior Legal Services:** Coordinated by the Administration

on Aging, this service may offer free or low-cost legal advice, legal assistance or access to legal representation to people over the age of 60. Your Area Agency on Aging can tell you what's available in your community. Call the Eldercare Locator at **800-677-1116** to get your local number.

**Local Law Schools:** More

than 200 university law schools across the country have pro bono programs that offer free legal assistance provided by law students, who are supervised by their professors. See [AmericanBar.org/groups/center-pro-bono](https://www.americanbar.org/groups/center-pro-bono) – scroll down and click on "Directory of Law School Public Interest and Pro Bono Programs" to locate a program near you.

**Pension Rights Center:** This is a nonprofit consumer organization that provides free legal assistance



Send your senior questions to:  
Savvy Senior, P.O. Box 5443  
Norman, OK 73070  
or visit [SavvySenior.org](https://www.SavvySenior.org)

for problems with pension, 401(k) or other retirement plans. Go to [PensionRights.org/find-help](https://www.PensionRights.org/find-help) to search for help in your state.

**Stateside Legal:** For military members, veterans, and their families, [StatesideLegal.org](https://www.StatesideLegal.org) provides access to free legal information and legal assistance in your area.

**National Disability Rights Network:** This is a nonprofit membership organization that provides legal assistance to people with disabilities through their Protection and Advocacy System and Client Assistance Program. If you are disabled, visit [NDRN.org](https://www.NDRN.org) to find help in your state.

**Other Options:** If you can't get help from one of these programs, or find that you aren't eligible, another option is to contact your state or local bar association to see if there are any volunteer lawyer projects in your area or if they can refer you to a low-fee lawyer. To contact your state or local bar association, go to [FindLegalHelp.org](https://www.FindLegalHelp.org).

## Stay Connected to CSR News and Events Through Email



Do you receive chapter meeting invitations in your email?

Many CSR chapters use email to promote their events. We encourage members to stay informed with CSR through email. Our emails provide news about your pension and healthcare benefits, as well as information about chapter events. To find an email invitation to an upcoming chapter meeting, check your inbox and spam folder. If you find a chapter meeting invitation in your spam folder, you can prevent further invitations from falling into spam by selecting the message and marking it as "not spam."

To confirm your correct email address is on file, please contact CSR headquarters.

You can call (916) 326-4292 or (888) 808-7197, or email us at [CSR@CalRetirees.org](mailto:CSR@CalRetirees.org)

To sign up to receive emails from CSR, go to [www.CalRetirees.org/Contact-Us](https://www.CalRetirees.org/Contact-Us).

# TO YOUR HEALTH



By Joe Reynoso, Chair, CSR Health Benefits Committee

Below are updates on 1) Delta Dental, 2) Long-Term Care, Open Enrollment, and 3) Addresses member concerns under “Ask HBC.”

## Delta Dental:

The Open Enrollment period for dental and vision benefits has begun and will run from September 16, 2024, through October 11, 2024. Now is the time to make any changes to these plans you wish. For those who retired from a State Department or from the CSU system, your dental plan enrollment contact is CalPERS at **(888) 225-7377**.

Once the Open Enrollment period has passed, you cannot make any changes until the next open enrollment period unless you experience a change in family status normally referred to as a qualified “permitting event” such as marriage, divorce, or death. For those retirees living in California, there are various dental plans from which to choose, including prepaid and PPO plans. You are encouraged to review the available plans and choose one that best suits your family's needs. For those retirees living outside of California, unfortunately the only option is Delta Dental, either the PPO or the indemnity plan.

We continue to get complaints about the lack of dental providers throughout California as well as from retirees living out of state. I understand the frustration retirees experience when they are unable to locate a dental provider or lose a long-time provider. CSR will

continue to work with CalHR to find a way to increase the number of qualified providers.

We must work together to get and retain access to sustainable dental benefits for retirees. If you have suggestions that might be of benefit in these efforts, please send your suggestions to

**CSRinfo@calretirees.org** or by phone to **(888) 808-7197**.

## Long-Term Care:

As reported in the September article, CalPERS staff announced it was recommending sizable premium rate hikes for the LTC program: a 10 percent increase starting January 2025 and another 10 percent increase starting January 2026. The staff were to seek CalPERS board approval for the two LTC rate increases at the September 16-18 CalPERS board meetings.

During the CalPERS Board meeting on September 17, the CalPERS Board voted to implement the increases of 10 percent for 2025 and 2026. CalPERS continues to pass along significant cost increases to retirees on a fixed income. Hopefully, these increases will be the last time retirees have to shoulder the costs of CalPERS decisions. Additionally, CalPERS has reportedly suspended open enrollment for the Long-Term Care Program due to current uncertainty in the long-term care market. Therefore, until further notice, they are no longer accepting new applications for coverage.

## Open Enrollment:

The 2024 Health Care Open Enrollment period is from September 16 to October 11, 2024. Changes made during Open Enrollment will take effect January 1, 2025.

Things members should do to prepare for Open Enrollment:

- 1) Review your health plan to ensure your enrollment information is accurate. Your health plan statement is available in myCalPERS.
- 2) Review your plan, your costs,

and your network. “Will your plan still be available next year, or is there a better option for you?”

3) Use CalPERS available tools and resources to compare coverage, services, and costs. Members are encouraged to log in to their “myCalPERS” account and use the “Search Health Plans tool to find the best health plan for you and your family.” Remember, if you are not making any changes to your coverage, no further action is needed.

You can make Open Enrollment changes through your myCalPERS account. CalPERS offers a reference guide called, “A Guide to Changing Your Health Coverage” for instructions on how to make a health plan change online. You can also call CalPERS at **(888) 225-7377**, or make changes in writing by mailing your request to:

Health Benefits  
P.O. Box 942715  
Sacramento, CA 94229-2715

## Ask HBC:

I received an email from a retiree who lives outside of California and was concerned about the lack of available dental providers. As I explained to the member, because of the contract CalHR has with Delta Dental, there are currently no other options for retirees living outside of California other than Delta Dental. While I fully understand the frustration retirees have with the lack of dental provider options, CalHR has failed to add any other providers to the network thereby limiting options for retirees who live outside of California. If you are considering moving out of California, you are encouraged to review available medical, dental and vision coverage in the State where you plan to reside to ensure you will have access to the services you require.

I also received communications from several retirees who became concerned when they were told by CalPERS staff they would not receive the full reimbursement rate of \$174.00 for Medicare

payments, but would receive a reduced amount. These retirees previously received the full reimbursement rate. I reached out to CalPERS for an explanation and received the following response, “State retirees will continue to be eligible for a Medicare Part B reimbursement in 2025 up to the allowable amount. The allowable reimbursement amount is limited to the difference between the employer contribution and the plan’s premium, up to the amount of the Medicare Part B premium. CMS has not yet released the 2025 Part B base or IRMAA premiums, so we cannot confirm 2025 Medicare reimbursement amounts.” The CalPERS response did not provide clarification for the concerned members so I reached out to CalPERS again and will post the information, once a response is received from CalPERS.

If you have questions or concerns about your reimbursement, I encourage you to call the CalPERS Customer Service number at **(888) 225-7377**.

If you have any questions about your health or dental benefits which you have been unable to get resolved, please do not hesitate to send a message to the CSR Health Benefits Committee at **CSRinfo@calretirees.org**.



888 CalPERS  
888.225.7377  
[www.calpers.ca.gov](http://www.calpers.ca.gov)  
Mon-Fri  
8 a.m. to 5 p.m.

# PUZZLES Game Show Hosts



## Halloween Word Search

Have some spooky fun as you locate these 30 words!



BATS  
BLACK CAT  
BROOM  
CANDY  
COSTUME  
FIREMAN  
FUN  
GHOST  
GOBLIN  
HALLOWEEN  
HAUNTED HOUSE  
JACK O LANTERN  
MASK  
MONSTER  
MOON  
NIGHT

OCTOBER  
OWL  
PARTIES  
PIRATE  
PRINCESS  
PUMPKIN  
SCARECROW  
SCARY  
SKELETON  
SPIDER  
SPOOKY  
SUPERHERO  
TRICK OR TREAT  
WITCH



## Pumpkin Butter

### Ingredients

1 (3-pound) sugar pumpkin, stemmed, halved lengthwise, and seeded  
1 tablespoon vegetable oil  
1/4 cup apple cider  
1/3 cup light brown sugar  
3 tablespoons honey  
1 teaspoon apple cider vinegar  
3/4 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/2 teaspoon kosher salt  
1/4 teaspoon grated fresh nutmeg  
Pinch of ground cloves

### Directions

Preheat oven to 350°F. Brush cut sides of pumpkin halves with oil. Arrange pumpkin halves, cut side down, on a large rimmed baking sheet lined with parchment paper. Bake in preheated oven until very tender when pierced with a fork, about 50 minutes. Remove from oven, and let cool slightly, about 10 minutes.

Scoop flesh from cooled pumpkin; transfer to bowl of a food processor. Discard pumpkin shell. Add apple cider; process until smooth, about 1 minute, stopping to scrape down sides of bowl as needed. Add brown sugar, honey, vinegar, cinnamon, ginger, salt, nutmeg, and cloves; process until smooth, about 20 seconds, stopping to scrape down sides as needed.

Transfer pumpkin mixture to a saucepan; bring to a simmer over medium, stirring occasionally. Reduce heat to low; cook, stirring occasionally with a rubber spatula to ensure bottom of saucepan does not scorch and sides of saucepan stay clean, until mixture is reduced by one-third and turns slightly darker in color, about 25 minutes. Remove from heat; let cool to room temperature, about 30 minutes.

Store Pumpkin Butter in an airtight container in the refrigerator for 2 to 3 weeks.



Facebook: @CaliforniaStateRetirees  
LinkedIn: @CaliforniaStateRetirees  
Website: [www.CalRetirees.org](http://www.CalRetirees.org)



# Stay active, live healthy

As you get older, exercise becomes more important.

Exercising regularly improves heart health, flexibility, and prevents disease.

See all of the ways Blue Shield Medicare (PPO) can help you on your fitness journey:



SilverSneakers program allows access to fitness locations nationwide



24/7 access to phone or video consultations with physicians



\$0 deductible



See any doctor that accepts Medicare



Nationwide coverage



Worldwide coverage for emergency services and urgent care



To learn more about Blue Shield Medicare (PPO), visit [blueshieldca.com/calpers-retirees](https://blueshieldca.com/calpers-retirees) or call (888) 802-4599 (TTY: 711), 7 a.m. to 8 p.m., seven days a week.

SilverSneakers is a registered trademark of Tivity Health, Inc. © 2024 Tivity Health, Inc. All rights reserved.

Blue Shield of California is a PPO plan with a Medicare contract. Enrollment in Blue Shield of California depends on contract renewal.

Blue Shield of California offers individual and employer group retiree plans to Medicare beneficiaries who have Part A and Part B.

Individual plans are open to all Medicare beneficiaries who reside within a plan's specific service area. Employer group retiree plans are open only to Medicare beneficiaries who are eligible group retirees and who reside within a plan's specific service area. Individual and employer group retiree plans have different service areas, benefits and provider networks.

Out-of-network/non-contracted providers are under no obligation to treat Plan members, except in emergency situations. Please call our Customer Service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

The company complies with applicable state laws and federal civil rights laws and does not discriminate, exclude people, or treat them differently on the basis of race, color, national origin, ethnic group identification, medical condition, genetic information, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age, mental disability, or physical disability.

La compañía cumple con las leyes de derechos civiles federales y estatales aplicables, y no discrimina, ni excluye ni trata de manera diferente a las personas por su raza, color, país de origen, identificación con determinado grupo étnico, condición médica, información genética, ascendencia, religión, sexo, estado civil, género, identidad de género, orientación sexual, edad, ni discapacidad física ni mental. 本公司遵守適用的州法律和聯邦民權法律，並且不會以種族、膚色、原國籍、族群認同、醫療狀況、遺傳資訊、血統、宗教、性別、婚姻狀況、性別認同、性取向、年齡、精神殘疾或身體殘疾而進行歧視、排斥或區別對待他人。

Blue Shield of California is an independent member of the Blue Shield Association  
H4937\_24\_574A\_M 09032024

A53468CLP\_0824

## November Election Fast Approaching CSR's Election Recommendations Aimed at Protecting Your Interests

The 2024 General Election will be here before you know it – Tuesday, November 5! By the time you read this edition of the Retiree you will likely have endured thousands of television, radio, and internet ads and countless glossy mailers and slate cards supporting or opposing various candidates and ballot measures. Additionally, you've probably received multiple phone calls and texts from campaigns, and perhaps the occasional knock on the door, as candidates and volunteers participate in phone banking and canvass neighborhoods looking to drum up support prior to Election Day. The good news is, the election is just around the corner, bringing to an end the bombardment of political ads and asks.

Now, the decision is entirely up to you. It is time to make a plan and vote. If you are not registered or need to reregister, you have until 15 days before the election – October 21 – to do so. You can even register online. All registered California voters will automatically receive a vote-by-mail ballot, including a postage-paid envelope to return it. Ballots will be mailed to voters no later than October 7. Your ballot must be postmarked by November 5 or dropped off in a secure ballot drop box by 8 p.m. that night if you want your vote to be counted. Every American's vote is their very own – but if you are still looking for recommendations on how to best vote your interests, and the interests of all state retirees, please see the list of CSR's

legislative endorsements for 2024 below this column that accompanies this column. The candidates were selected based solely on their support for California state retirees, including state retiree defined benefit pension and health care benefits. Candidates' records on retiree issues in public office, their public statements, returned questionnaires, and their relationships with CSR leaders and chapters were all used in the evaluation and endorsement process. In total, CSR has endorsed candidates in 84 out of 100 legislative seats on the ballot. CSR did not take a position on any of the statewide propositions on the ballot, given that they have little or no impact on the core issues



**Ted Toppin**

important to state retirees. Open seat candidates on the endorsement list accompanying this article are in bold, and those challenging an incumbent are designated by an asterisk (\*). All other candidates are incumbents seeking reelection.

### Assembly Candidates

AD 02 Chris Rogers (D-Santa Rosa)  
AD 04 Cecilia Aguiar-Curry (D-Winters)  
AD 06 Maggy Krell (D-Sacramento)  
AD 07 Porsche Middleton (D-Citrus Heights)  
AD 09 Heath Flora (R-Modesto)  
AD 10 Stephanie Nguyen (D-Elk Grove)  
AD 11 Lori Wilson (D-Fairfield)  
AD 12 Damon Connolly (D-San Rafael)  
AD 13 Rhodesia Ransom (D-Tracy)  
AD 14 Buffy Wicks (D-Oakland)  
AD 15 Anamarie Avila Farias (D-Martinez)  
AD 16 Rebecca Bauer-Kahan (D-Orinda)  
AD 17 Matt Haney (D-San Francisco)  
AD 18 Mia Bonta (D-Oakland)  
AD 19 Catherine Stefani (D-San Francisco)  
AD 20 Liz Ortega (D-San Leandro)  
AD 21 Diane Papan (D-San Mateo)  
AD 22 Juan Alanis (R-Modesto)  
AD 23 Marc Berman (D-Menlo Park)  
AD 24 Alex Lee (D-San Jose)  
AD 25 Ash Kalra (D-San Jose)  
AD 26 Tara Sreekrishnan (D-Santa Clara)  
AD 27 Esmeralda Soria (D-Fresno)  
AD 28 Gail Pellerin (D-Santa Cruz)  
AD 29 Robert Rivas (D-Hollister)  
AD 30 Dawn Addis (D-Morro Bay)  
AD 31 Joaquin Arambula (D-Fresno)  
AD 34 Tom Lackey (R-Palmdale)  
AD 35 Jasmeet Bains (D-Bakersfield)  
AD 36 Joey Acuna (D-Coachella Valley)  
AD 37 Gregg Hart (D-Santa Barbara)  
AD 38 Steve Bennett (D-Ventura)

AD 39 Juan Carrillo (D-Palmdale)  
AD 40 Pilar Schiavo (D-San Fernando)  
AD 41 John Harabedian (D-Pasadena)  
AD 42 Jacqui Irwin (D-Thousand Oaks)  
AD 44 Nick Schultz (D-Burbank)  
AD 45 James Ramos (D-Highland)  
AD 46 Jesse Gabriel (D-Encino)  
AD 47\*Christy Holstege (D-Palm Springs)  
AD 48 Blanca Rubio (D-Baldwin Park)  
AD 49 Mike Fong (D-Alhambra)  
AD 50 Robert Garcia (D-Rancho Cucamonga)  
AD 51 Rick Chavez Zbur (D-Los Angeles)  
AD 53 Michelle Rodriguez (D-Pomona)  
AD 54 Mark Gonzalez (D-Los Angeles)  
AD 55 Isaac Bryan (D-Los Angeles)  
AD 56 Lisa Calderon (D-Whittier)  
AD 57 Sade Elhawary (D-Los Angeles)  
AD 58 Clarissa Cervantes (D-Riverside)  
AD 60 Corey Jackson (D-Moreno Valley)  
AD 61 Tina McKinnor (D-Los Angeles)  
AD 62 Jose Solache (D-Lynwood)  
AD 64 Blanca Pacheco (D-Downey)  
AD 65 Mike Gipson (D-Carson)  
AD 66 Al Muratsuchi (D-Torrance)  
AD 67 Sharon Quirk-Silva (D-Fullerton)  
AD 68 Avelino Valencia (D-Anaheim)  
AD 69 Josh Lowenthal (D-Long Beach)  
AD 73 Cottie Petrie-Norris (D-Irvine)  
AD 74\*Chris Duncan (D-San Clemente)  
AD 76 Darshana Patel (D-San Diego)  
AD 77 Tasha Boerner (D-Encinitas)  
AD 78 Chris Ward (D-San Diego)  
AD 79 Colin Parent (D-La Mesa)  
AD 80 David Alvarez (D-San Diego)

### Senate Candidates

SD 03 Christopher Cabaldon (D-West Sacramento)  
SD 05 Jerry McNerney (D-Stockton)  
SD 09 Tim Grayson (D-Concord)  
SD 11 Scott Wiener (D-San Francisco)  
SD 13 Josh Becker (D-Menlo Park)  
SD 15 Dave Cortese (D-San Jose)  
SD 17 John Laird (D-Santa Cruz)  
SD 19\*Lisa Middleton (D-Palm Springs)  
SD 21 Monique Limón (D-Santa Barbara)  
SD 23 Kipp Mueller (D-Santa Clarita)  
SD 25 Sasha Renee Perez (D-Alhambra)  
SD 27 Henry Stern (D-Los Angeles)  
SD 29 Eloise Gomez Reyes (D-Colton)  
SD 31 Sabrina Cervantes (D-Inland Empire)  
SD 33 Lena Gonzalez (D-Long Beach)  
SD 35 Michelle Chambers (D-Compton)  
SD 37 Josh Newman (D-Fullerton)  
SD 39 Akilah Weber (D-San Diego)

# CALIFORNIA STATE RETIREES

## 2025 District Director Election – F & G

### CANDIDATE CONSENT STATEMENT

PLEASE PRINT FULL NAME AS IT IS TO APPEAR ON THE BALLOT

I \_\_\_\_\_, self-nominate and/or consent to be a Candidate for the office(s) of \_\_\_\_\_/Delegate \_\_\_\_\_

\_\_\_\_\_  
Name Chapter No: Last 4 SS# or Member ID #

\_\_\_\_\_  
Address City Zip Code

\_\_\_\_\_  
Telephone No. E-mail

Candidates may submit a brief, factual, biographical statement of no more than 200 words regarding their qualifications. Such biographical statements must be received in the Corporate Office by **November 15, 2024**, to be distributed with the ballot. The contents of these statements must be in accordance with approved guidelines.

By signing below, I certify I am a member in good standing as defined in Governing Rules 2.02.

\_\_\_\_\_  
Signature: Date:

### 2025 District Director Election Timeline Districts F & G

#### 2024

**October & November:** A blank candidate consent form will be printed in the CSR November newspaper.

**November 15:** Deadline for candidates to submit their Candidate Consent forms and their 200-word candidate statement.

**December 2:** Deadline for corporate office to mail ballots.

#### 2025

**January 2:** Deadline for return of ballots.

**January 10:** Deadline for candidates to be notified of the election results.

**January 20:** Election protest deadline.

**February:** Election results will be printed in the CSR newspaper.

District F-elect and District G-elect shall be installed at the first regularly scheduled Board meeting following the election.



# Welcome Aboard, New Members!

Now that you have become a member of the largest and most experienced state retiree organization in California, we want to properly welcome you aboard. California State Retirees (CSR) has 26 different chapters statewide, and there is one just right for you. Members who don't specify which chapter they want to be in are automatically placed in the chapter within their zip code. Just let us know if the chapter you have been assigned is where you want to stay. A phone call to your chapter president or a visit to your chapter's next meeting is the best way to become acquainted with everything CSR has to offer. Check out pages 10 and 11 for the phone and email information of your chapter president. Each chapter encourages new members to attend their meetings, where state retiree issues are discussed; a variety of speakers appear and lunch is served. At some chapters, new members receive complimentary lunches.

## Chapter 1

John Hopkins  
Chiqueta Beasley  
David Eberwein  
Frank Lester  
Leonil Distor  
Jose Alvarez  
Cynthia Green  
Robina Escalada  
Sukhwinder Sandhar

## Chapter 2

William Walker  
Bryan Macias-Cicott  
Wendy Anderson  
Dorette Posey  
Edwin Perez  
Tina Hopper  
Matthew Baldwin  
Peggy Huang  
Bonniesue Barrow  
Lesia Willis-Carlsberg  
Kenneth Barrow  
Noralee Cole  
Marilyn Yee  
Stephanie Logan  
Lawrence Williams  
Zina Tarver  
Rodney Colvin  
Asa Goldsby  
Kristina Marchant  
Dreigh Peck  
Leon Carson  
Laura Frank  
Maria Arisman  
Virginia Luna  
Jan Spanos  
Armando Estevez  
Lan Soohoo  
Pamela Rasada  
Maria Bem  
Lynn Macias  
Marcela Rodriguez  
Matilda Rodrigues  
Shelly Bali  
Natalie Mchughes  
Hua Wei

## Chapter 3

Diane Desmond  
Linda Schaffer  
Louis Torres

## Chapter 4

Michael Windover  
Monica Mccullom  
Cassandra Anderson  
Alonzo Brown

## Chapter 5

Martina Cadsap  
Andrew Scholl  
Carlene Lopez

## Chapter 6

Yvonne Hicks  
Roderick Shackelford  
James Wilson  
Robin Heim  
Jean Colyer  
Mary Kopcho  
Greg Cross  
Laura Collins  
Robert Gilbert  
Beatriz Sanchez  
Eduardo Quiroz  
Severiano Gutierrez  
Irma Jimenez

## Chapter 8

Kathryn Tikkanen

## Chapter 9

Norma Cardenas  
Janet Washington  
Robbie Boswell  
Estela Velazquez  
Larry Diaz  
Jose Garibay

## Chapter 10

Nannette Cain  
Cecilia Boudreau  
Ninette De Young  
Jason Brown

## Chapter 11

Kenneth Harris  
James Gonzalez  
Michelle Baker  
Mee Xiong  
Olivia Martinez  
Brian Haskins

## Chapter 12

Diana Mendonca  
Deborah Elliott  
Jason Presson  
Cordell Darden  
Karen Goddard

## Chapter 13

Lynda Henderson  
Richard Worsfold  
Keleigh Dougherty

## Chapter 14

Lee Hemphill  
Pete Austin  
Nancy Hardt-Elloway

## Chapter 15

Maryann Thomas  
Arthur Hager  
Jasen Johnson  
Michele Nowakowski  
Richard Brown  
Kenneth Hutter  
Dioscoro Segovia

## Chapter 16

Santiago Ochoa  
Diane Vargas  
Lawonda Smith  
Calvin Hiraga

## Chapter 17

Jennifer James  
Agnes Caccam  
Rhonda Graves  
Kimberly Cole  
Enrique Rodriguez  
Sandra Esparza  
Lourdes Rosas  
Adriana Parrela

## Chapter 20

Eulalia Sistona  
Franklin Rudas

## Chapter 21

Jennifer Carden  
Bertha Velasquez  
Lisa Warner  
Nelson Thompson  
Benjamin Nelson  
Lita Acosta  
Gerard Webb  
James Matsuda  
Andrea Wilmes  
Fe Calabiao  
Grace Johnson  
Joji Page  
Asuncion Oba  
Je Ygnalaga

## Chapter 23

Antonio Castaneda

## Chapter 26

Jacqueline Nichols  
Sonia Montes

## Chapter 31

Nicholas Giacona  
Gloria Johnson  
Delia Kubasek

## Chapter 34

Sarah Sanchez  
Norimichi Arakawa  
Mary Windham  
Jamie Robinson

## Chapter 35

Michelene Romao  
Pamela Watson  
Karen Encinas  
Ariadna Gonzales

## Chapter 36

Wilbert Tucker  
Mavis Perez

## Chapter 165

Debra McNulty  
Sunday Balalis  
Michael Santos  
Michelle Jones  
James Francisco  
Robert Keeler  
Colin Piotrowski  
Eric Hummel  
Caroline Allen  
Beverly Davidson  
Richard Sonnenleiter  
Steven Ridgley  
Michael Urata  
Isabel Rodriguez  
Beverly Fisher  
Alisandra Lorenzo  
Carmen Harp  
Roberta Farris  
Daniel Gonzales  
Nathan Bonilla

**Don't fret if you joined CSR but don't see your name here. Processing at CalPERS, the State Controller's Office and CSR can take a few months. Check again for your name within the next two months.**

## Puzzle Answers from Page 5

### Halloween Word Search Answers

R	M	O	R	E	H	R	E	P	U	S	X	N	O	O	M
E	A	N	I	Y	V	R	V	E	M	U	T	S	O	C	H
T	J	A	C	K	O	L	A	N	T	E	R	N	O	A	R
S	H	T	T	D	S	P	W	V	O	R	N	U	D	E	
N	G	N	A	I	A	U	K	F	I	F	H	N	S	E	C
O	U	H	P	E	M	C	R	P	N	T	N	B	T	T	
M	G	C	O	P	R	E	K	I	P	E	C	A	V	A	O
E	L	Y	K	S	D	T	L	C	D	L	T	H	R	R	P
N	P	I	K	I	T	B	R	H	A	S	C	E	I	I	R
A	N	A	P	O	O	N	O	W	L	B	K	C	P	I	
M	H	S	R	G	O	U	O	O	K	O	B	Y	A	G	N
E	X	I	R	T	S	P	R	T	T	C	V	O	N	T	C
R	O	J	H	E	I	C	S	C	E	G	I	F	D	H	E
I	W	W	F	K	E	E	O	L	X	L	I	R	Y	G	S
F	L	V	S	R	W	A	S	G	H	T	E	H	T	I	S
N	B	A	A	E	N	U	F	V	I	F	L	K	Y	N	C
O	M	C	W	L	E	B	R	O	O	M	I	D	S	E	I
C	S	H	A	L	L	O	W	E	E	N	S	C	A	R	Y



# CHAPTER MEETING NOTICES

Please send an email to [CSRInfo@CalRetirees.org](mailto:CSRInfo@CalRetirees.org) by the 15th of the month with your meeting information you would like to have printed in the next issue of the CSR newspaper.

## CHAPTER 1

### ALAMEDA/CONTRA COSTA COUNTIES

**President:** Russell Kilday-Hicks, (415) 310-3823, [rkildayhicks@gmail.com](mailto:rkildayhicks@gmail.com); **Vice President:** Nathan Johnson (510) 304-9270, [nathan.johnson0406@yahoo.com](mailto:nathan.johnson0406@yahoo.com); **Secretary:** Rose Greeff, [rosegreeff@gmail.com](mailto:rosegreeff@gmail.com); **Treasurer:** Peter Greeff, [petergreeff09@gmail.com](mailto:petergreeff09@gmail.com) **Meeting:** Tuesday, Nov. 12, 11:30 a.m. **Where:** Fairview at the Metropolitan Golf Links, 10051 Doolittle Dr., Oakland. **Program:** TBD. **Cost:** \$10.

**Reservations required:** To RSVP, send a check (made out to CSR) by Nov. 4 to Russell Kilday-Hicks, 1208 Carleton St., Berkeley, CA 94702. (For other arrangements, please contact Russell directly).

## CHAPTER 2

### SACRAMENTO/YOLO AREA

**President:** Phyllis Johnson, (279) 333-9446, [sacyolocsr2@gmail.com](mailto:sacyolocsr2@gmail.com); **Vice President:** Suzanna Nye (916) 741-1209, [suzannanye@yahoo.com](mailto:suzannanye@yahoo.com); **Treasurer:** Kathleen Elwell (916) 804-6560; **Secretary:** Diane Welsh, (916) 682-7810. **Note:** See you the second Monday in November. **Meeting:** Monday, Nov. 11, noon. Setup committee admitted from 10:30 a.m.-11 a.m. for smooth entry, preparation. Doors open for all members at 11 a.m. Meet, greet, and eat with us from 11 a.m. to noon. Official meeting is from noon to 2 p.m. **Where:** Sierra 2 Center for the Arts and Community, 2791 24th St., Sacramento. Meeting is a hybrid format (choice of in-person or Zoom) **Program:** As always, meeting will provide important current information for retirees. **Menu:** (one choice only) Roast beef, tuna, or turkey sandwiches. The vegetarian/vegan option is black bean salad with no oil. The roast beef can be ordered with gluten-free bread. **Reservations required:** RSVP by Oct. 21 at 5 p.m. to Phyllis Johnson at [sacyolocsr2@gmail.com](mailto:sacyolocsr2@gmail.com) or (279) 333-9446, Monday through Friday between 9 a.m. and 5 p.m., only. For all other times, please email or send voicemail. Include method of attendance (in-person or Zoom). Include any special meal considerations (gluten-free, vegan, vegetarian, or other). On all reservations, please include first name, last name, member, or guest. Include member's full name as it appears on your retirement paperwork. Include full names for guests. We will not serve lunch to attendees who arrive without reservations until all

RSVP's receive their orders. **For more information:** Please contact Phyllis Johnson. **Meeting:** Monday, Nov. 11. Reservations required by Oct. 28 to Phyllis Johnson.

## CHAPTER 3

**SAN FRANCISCO PENINSULA**  
**President:** Stephen McVeigh, (415) 378-8931, [SMcVeigh@CalRetirees.org](mailto:SMcVeigh@CalRetirees.org); **Vice President:** Clarice Moody, [CMoody@CalRetirees.org](mailto:CMoody@CalRetirees.org); **Secretary:** Bridget Blount; **Treasurer:** Patricia Nguyen **Meeting:** Friday, Dec. 20, 11:30 a.m. - 2 p.m. **Where:** Basque Cultural Center, 599 Railroad Ave., South San Francisco. **Program:** Delegate Assembly report; learn about IT security for retirees. **Menu:** Prime rib, salmon, or vegetarian meal. **Cost:** \$10 **Reservations requested:** By Dec. 10 to Stephen McVeigh by email or phone above; Please include meal choice.

## CHAPTER 4

**GREATER LOS ANGELES**  
**President:** Marta Zaragoza, (310) 204-0484; **Vice President:** Cynthia Frison, (424) 227-6489; **Secretary:** Virginia Griffin, (323) 290-3655; **Treasurer:** Emma Johnson, (213) 258-8796 **Meeting:** Thursday, Oct. 17, 12:30 p.m. - 2:30 p.m. **Where:** Petrelli's Steakhouse, 5615 Sepulveda Blvd., Culver City. **Program:** TBD. **Reservations required:** RSVP by Oct. 13 with your request to Marta Zaragoza by phone. **Meeting:** Thursday, Dec. 19, 12:30 p.m. - 2:30 p.m. **Where:** Petrelli's Steakhouse, 5615 Sepulveda Blvd., Culver City. **Program:** TBD. **Reservations required:** RSVP by Dec. 15 with your request to Marta Zaragoza by phone.

## CHAPTER 5

**CENTRAL VALLEY FOOTHILLS**  
**President:** Diane Padilla (209) 233-0473; [DPadilla@CalRetirees.org](mailto:DPadilla@CalRetirees.org); **Vice President:** Martha Acevedo, (209) 761-2034 **Secretary:** Korryn Koplen (209) 577-8376; **Treasurer:** Vacant. **Sonora Meeting:** Tuesday, Nov. 12, 11 a.m. **Where:** My Garden Café, 14270 Mono Way, Sonora. **Program:** Guest speakers from the Blue Zones Project of Tuolumne County, an organization who promotes health and wellness in local communities. **Cost:** \$5. **Reservations required:** RSVP to Diane Padilla by Nov. 5 at phone number above. **Merced Meeting:** Wednesday, Nov. 13, 11 a.m. **Where:** Elks Lodge, 1910 M St., Merced. **Program:** Guest speaker Rene Garza, California

Department of Rehabilitation. **Cost:** \$5. **Reservations required:** RSVP to Diane Padilla by Nov. 6 at phone number above. **Jackson Meeting:** Wednesday, Nov. 20, 11 a.m. **Where:** Castle Oaks Golf Course Bar & Grill, 1000 Castle Oaks Dr., Ione. **Program:** TBD. **Cost:** \$5. **Reservations required:** RSVP by Nov. 13 to Diane Padilla at phone number above. **Modesto Meeting:** Thursday, Nov. 21, 11 a.m. **Where:** Masonic Lodge, 800 Rose Ave., Modesto. **Program:** Guest speakers Channce Condit, Stanislaus County Board Supervisors, and Rene Garza, California Department of Rehabilitation. **Cost:** \$5. **Reservations required:** RSVP by Nov. 14 to Diane Padilla at phone number above.

## CHAPTER 6

### SAN BERNARDINO/ RIVERSIDE COUNTY

**President:** J. Dee Stoddard, (909) 553-9744; **Vice President:** Frank Ornelas, (909) 948-8758; **Secretary:** Yolanda Ornelas, (909) 948-8758 **Treasurer:** Erlinda Ochoa, (909) 822-4128. **Meeting:** Thursday, Oct. 10, noon (doors open at 11:30 a.m.) **Where:** Sizzler, 1461 Rimpau Ave., Corona. **Program:** TBD. **Cost:** Free to members. **Reservations required:** By Oct. 7 to Frank Ornelas at phone number above. **Meeting:** Thursday, Dec. 12, noon (doors open at 11:30 a.m.) **Where:** Old Spaghetti Factory, 11896 E. Foothill Blvd, Rancho Cucamonga. **Program:** TBD. **Cost:** Free to members. **Reservations required:** By Dec. 9 to Frank Ornelas at phone number above.

## CHAPTER 8

### NORTH COAST AREA

**President:** Veronica Avila, (707) 487-0235, [VAvila@CalRetirees.org](mailto:VAvila@CalRetirees.org); **Vice President:** Steve Avila, (707) 487-0235, [59avilasteve@gmail.com](mailto:59avilasteve@gmail.com); **Secretary:** Kimberly Wiley, (707) 740-9155, [kimberlyannwiley@gmail.com](mailto:kimberlyannwiley@gmail.com); **Treasurer:** Vacant

## CHAPTER 9

### LOS ANGELES AREA

**President:** David Matanga (323) 434-3474, [dematanga@hotmail.com](mailto:dematanga@hotmail.com); **Vice President:** Joe Chacon (562) 282-8005; **Secretary:** Sandra Garcia (626) 814-0966, [claire01@peoplepc.com](mailto:claire01@peoplepc.com); **Treasurer:** Maria Vazquez Bauer, (909) 519-8055 [mavazbauer01@verizon.net](mailto:mavazbauer01@verizon.net) **El Monte Meeting:** Wednesday, Oct. 9, 11 a.m. Sign-in at 10:40 a.m. **Where:** El Sombrero Restaurant & Sports Bar, 3550 Santa Anita Ave., El Monte. **Program:** Discuss CSR Delegate Assembly. **Cost:** Members

pay \$5 at sign-in. Guests and non-members pay \$20. Price includes buffet and soft drink. **Reservations required:** RSVP by Oct. 4 to David Matanga by phone or email above.

## CHAPTER 10

### SAN LUIS OBISPO

**President:** Leticia Soria, (805) 574-0109, [LSoria@CalRetirees.org](mailto:LSoria@CalRetirees.org); **Vice President:** Sally Mendez, (805) 598-6404; **Treasurer:** Marsha Epstein, (805) 704-0723; **Secretary:** Lori Williams, (805) 550-3510, [lori.p.w@gmail.com](mailto:lori.p.w@gmail.com) **Meeting:** Thursday, Nov. 21, 11 a.m. **Where:** Gina's Italian Cuisine, 138 E. Branch St., Arroyo Grande. **Program:** TBD. **Cost:** Members free, guests \$10 **Reservations required:** RSVP by Nov 15 to Lori Williams at contact information above. **Meeting:** Thursday, Dec. 19, 11 a.m. **Where:** United Church of Christ, 11245 Los Osos Valley Rd., San Luis Obispo **Program:** TBD. **Cost:** Members free, guests \$10. **Reservations required:** RSVP by Dec. 13 to Lori Williams at contact information above.

## CHAPTER 11

### MID VALLEY

**President:** Christy Christensen-Fountain, (559) 707-7067; [CChristensenFountain@CalRetirees.org](mailto:CChristensenFountain@CalRetirees.org); **Vice President:** Jose Gutierrez, (559) 917-4577; **Secretary:** Claudine Edwards-McDougall, (559) 696-2628; **Treasurer:** Gigi Subilosky-Perlingieri, (559) 269-5380

## CHAPTER 12

### EASTERN MOUNTAIN AND HIGH DESERT AREAS

**President:** Linda Currie, (661) 273-6390, [lcurrie197@roadrunner.com](mailto:lcurrie197@roadrunner.com); **Vice President:** Blanca Rodriguez, (909) 553-5625, [secrtrycsr@outlook.com](mailto:secrtrycsr@outlook.com); **Secretary:** Stephanie Pryzbeski-Gilbert, (661) 941-4169; **Treasurer:** Barbara Griffin, (661) 266-1130, [bgrif1275@gmail.com](mailto:bgrif1275@gmail.com); **Barbara Griffin**, (661) 266-1130, **Meeting:** Tuesday, Oct. 8, noon. **Where:** Steer 'n Stein 12224 Mariposa Rd., Victorville. **Program:** TBD. **Reservations required:** RSVP by Sept. 26 to Barbara Griffin or Stephanie Gilbert.

## CHAPTER 13

### NORTHERN CALIFORNIA/REDDING

**President:** Terry Coyle, (916) 869-2094, [tlc95821@yahoo.com](mailto:tlc95821@yahoo.com); **Vice President:** LaDora Cooper, (530) 949-2131, [Dola27@charter.net](mailto:Dola27@charter.net); **Secretary:** Audrey Sandeen, (530) 604-5289, [theswede8243@gmail.com](mailto:theswede8243@gmail.com); **Treasurer:** Georgene Gibson (530) 524-0662, [rbjeepman10@hotmail.com](mailto:rbjeepman10@hotmail.com) **Note:** Chapter meets

the first Wednesday of every month in Redding, and three times per-year in Yreka. **Redding Meeting:** Wednesday, Oct. 2, noon. Please arrive by 11:30 a.m. to order lunch. **Where:** Country Waffles, 2300 Athens Ave., Redding. **Program:** TBD. **Cost:** Lunch is free to all CSR members. **Yreka Meeting:** Wednesday, Nov. 6, noon. Please arrive by 11:30 a.m. to order lunch. **Where:** Country Waffles, 2300 Athens Ave., Redding. **Program:** TBD. **Cost:** Lunch is free to all CSR members. **For more information:** Please contact Audrey Sandeen. **Meeting:** Wednesday, Dec. 4, noon. Please arrive by 11:30 a.m. to order lunch. **Where:** Country Waffles, 2300 Athens Ave., Redding. **Program:** TBD. **Cost:** Lunch is free to all CSR members. **For more information:** Please contact Audrey Sandeen.

## CHAPTER 14

### NORTHERN CALIFORNIA/CHICO

**President:** Kenneth Todd Mayer, (530) 519-2897, [KMayer@CalRetirees.org](mailto:KMayer@CalRetirees.org); **Vice President:** S.E. Riazzi, (530) 519-2174, [SERiazzi@CalRetirees.org](mailto:SERiazzi@CalRetirees.org); **Secretary:** Robin Keehn, (530) 899-7911, [kkeehnr68@gmail.com](mailto:kkeehnr68@gmail.com); **Treasurer:** Diana King, (530) 310-3454, [LadyDi31481@gmail.com](mailto:LadyDi31481@gmail.com) **Note:** Chico (usually meets the third Thursday of every month). **Meeting:** Thursday, Oct. 17, 11:30 a.m. **Where:** Logan's Roadhouse 1900 E. 20th Street, Chico. **Program:** Guest speaker Summer Moore, Social Security Administration claims specialist. **Reservations:** Requested but not required. **For more information:** Call or text Kenneth Todd Mayer or S.E. Riazzi. **Meeting:** Thursday, Nov. 21, 11:30 a.m. **Where:** Logan's Roadhouse, 1900 E. 20th St., Chico. **Program:** TBD. **Reservations:** Requested but not required. **For more information:** Call or text Kenneth Todd Mayer or S.E. Riazzi. **Susanville usually meets the first Tuesday of the month, March to November, weather permitting.** **Susanville Meeting:** Tuesday, Oct. 1, 11:30 a.m. **Where:** Diamond Mountain Casino, 900 Skyline Dr., Susanville. **Program:** TBD. **Reservations required:** For more information, call or text Diana King or Kenneth Todd Mayer. **Note:** The next Susanville meeting is scheduled for April 2025

# CHAPTER MEETING NOTICES

## CHAPTER 15

### SIERRA FOOTHILLS

**President:** Pamela Robison, (916) 768-1657, PRobison@CalRetirees.org; **Vice President:** Joann Stewart, (916) 412-2075, JStewart@CalRetirees.org; **Secretary:** Shari Lynn Goodwin, (916) 521-7593; **Treasurer:** Lieutenant Coopwood, 916-206-2732, LtCoopJr@gmail.com. **Meeting:** Tuesday, Oct. 1, 11:30 a.m. – 3 p.m. **Where:** Cattlemens, 2000 Taylor Rd., Roseville.

**Program:** Guest speaker Carolyn Washington, education outreach coordinator, Health Insurance Counseling and Advocacy Program (HICAP). **Lunch menu:** Chicken (lemon or teriyaki), ravioli, salmon, or steak. **Cost:** Members free; Non-members \$25 by cash or check payable to CSR Chapter 15. **Reservations required:** RSVP by Sept. 23 to Pam Robison by phone or email. Please include names and meal choices.

**Note:** Zoom access is available upon request.

## CHAPTER 16

### SAN JOAQUIN COUNTY

**President:** Sheila Ward-Shaw, (209) 915-1020, sheilaws2@yahoo.com; **Vice President:** Susan Small, (209) 948-3839; **Secretary:** Vacant; **Treasurer:** Juan Ochoa, (209) 334-1391. *Meets in March, July, September and December.*

## CHAPTER 17

### GREATER SAN DIEGO

**President:** (Carl) Mark Flahan, (619) 977-6275; MFlahan@mac.com; **Vice President:** Gaspar Luna Oliveira, (619) 548-4793, gasparlunaoliveira@gmail.com; **Treasurer:** Diane Whorton, (619) 454-3603, dlw.union@gmail.com; **Secretary:** Vacant. *We will meet on Dec. 5, 2024*

## CHAPTER 19

### NORTH COAST AREA

**President:** Skip Hulet, (707) 279-4643; **Vice President:** Joan Hume, (707) 279-4811; **Secretary:** Reba Hawley, revjimmyv@aol.com; **Treasurer:** Pam O'Toole, (707) 278-0508 *For 2024 we will meet in February, April, June, August, October & December Ukiah* **Meeting:** Monday, Oct. 14, noon. **Where:** Stars Restaurant, 115 S. Orchard Ave., Ukiah. **Program:** TBD. **For more information:** Please contact Skip Hulet. **Upper Lake Meeting:** Tuesday, Oct. 15, noon. **Where:** Running Creek Casino, 635 E. Highway 20, Upper Lake. **Program:** TBD. **For more information:** Please contact Skip Hulet.

## CHAPTER 20

### SAN FERNANDO VALLEY AND LOS ANGELES AREA

**President:** M. Cora Okumura, (818) 359-7625, mcokumura@yahoo.com; **Vice President:** Norma Gallegos, (818) 667-2347, norma.2005@gmail.com; **Treasurer:** Gaylonn Mayo, (310) 897-7950, GaylonnB@gmail.com; **Secretary:** LaVerne Archie (909) 936-9940; **Meeting:** Thursday, Oct. 10, 9:30 a.m. **Where:** Sizzler, 7131 Van Nuys Blvd., Van Nuys. **Program:** TBD. **Cost:** Members eat free from the senior/small menu, including free salad or soup, in addition to coffee, tea, or fountain soda; all others pay their own at cashier. **Reservations required:** RSVP was required by Sept. 30 in prior notices. **For more information:** Please contact Cora Okumura.

## CHAPTER 21

### SONOMA, MARIN, NAPA AND SOLANO COUNTIES

**President:** Owenia Boykins, (707) 980-3343, OBoykins@CalRetirees.org; **Vice President:** Laurel Duncan-Anderson, (916) 397-7125, LadyAnderson60@yahoo.com; **Secretary:** Lorna Wright, (707) 750-5990, CSRChapter21@yahoo.com; **Treasurer:** Christy Morgan, citymorg@comcast.net

*Meets in January, July and October* **Meeting:** Oct. 16, 11 a.m. – 2 p.m. **Where:** Zio Fraedo's, 23 Harbor Way, Vallejo. **Program:** TBD.

**Menu:** House dressing mixed green starter salad; Choose chicken marsala, pan seared salmon, or penne pasta primavera with cream sauce and assorted vegetables; Dessert will be chef's choice. **Reservations required:** RSVP by Oct. 8 to Laurel Duncan-Anderson (916) 397-7125.

## CHAPTER 23

### SAN JOSE AREA

**President:** Elvira Acevedo, (408) 550-9273, EAcevedo@calretirees.org; **Vice President:** Brad Geldert, (408) 655-4799, bgeldert@gmail.com; **Secretary:** Christine Jasper, (408) 373-1655, chris0521@sbcglobal.net; **Treasurer:** Rhonda A. Moreno-Nunez, (408) 891-5593 **Meeting:** Wednesday, Dec. 11, 11 a.m. – 2 p.m. **Where:** Three Flames Restaurant and Banquets, 1547 Meridian Ave., San Jose. **Program:** Learn how CSR helps protect the pension and health benefits of state retirees; Compete for raffle prizes. **Cost:** Free for members (and their driver/caregiver); Guests \$15. **Menu:** Steak, chicken, salmon or vegan. **Reservations required:** By Dec 6 to Elvira Acevedo at EAcevedo@CalRetirees.org or (408) 550-9273. Please indicate your menu choice and how many

when you call or email. No exceptions after Dec 6.

## CHAPTER 26

### BAKERSFIELD/KERN COUNTY

**President:** Ophelia Rabanal, ORabanal@CalRetirees.org, (661) 458-6588; **Vice President:** Eva McKenzie, (661) 363-3902, evamckenzie2gmail.com; **Secretary:** Elma Rodriguez, (661) 703-9725, rodriguezelm49@yahoo.com; **Treasurer:** Joe Salcido, (661) 477-2015, joe.salcido@yahoo.com. **PLEASE NOTE:** All chapter meetings will be held on the third Thursday of EVEN Months – June 20, Aug. 15, Oct. 17, and Dec. 12. **Meeting:** Thursday, Oct. 17, 11 a.m. **Where:** Hodel's Country Dining, 5917 Knudsen Dr., Bakersfield. **Program:** "Age well, drive smart." Learn safe driving advice for seniors from a California Highway Patrol officer. **Cost:** Members \$5; All other guests/spouses pay \$15 for their own meals. **Reservations required:** RSVP by Oct. 12 to Ophelia Rabanal. **Note:** For those who RSVP but do not attend, the chapter is responsible for paying for each "no-show" meal. **For more information:** Please call, text, or email Ophelia Rabanal.

## CHAPTER 31

### VENTURA/SANTA BARBARA

**President:** Gustavo Ruelas, (805) 216-0793, gustavoruelas0@gmail.com; **Vice President:** Michael Cheng, (805) 689-6700; **Secretary:** Catherine Jimenez, (805) 746-1204; **Treasurer:** Robert Shiverdecker, (805) 479-4216, codyanniel@gmail.com

**Meeting:** Tuesday, Dec. 10, 11 a.m. – 2 p.m. **Where:** Sterling Hills Golf Club, 901 Sterling Hills Dr., Camarillo. **Program:** Jose Luis Pacheco, CalPERS Board of Administration. **Menu:** Holiday buffet.

**Reservations requested:** RSVP by Dec. 1 at 5 p.m. to Catherine Jimenez. Limit one guest per-member.

## CHAPTER 34

### ORANGE COUNTY – SANTA ANA

**President:** Joe Whaling, (714) 349-5393, joewhaling@aol.com; **Vice President:** Mark Barr, markchef@aol.com; **Secretary:** VACANT; **Treasurer:** William (Bill) Serb III, (714) 826-6029, serbthe3rd@att.net *Usually meets on the second Wednesday of each even month.* **Meeting:** Wednesday, Oct. 9, 11:30 a.m. **Where:** The Old Spaghetti Factory, 110 E. Santa Fe Ave., Fullerton. **Program:** Guest speaker Stephanie Hueg, CSR President. Learn how CSR protects the pension and health benefits of state retirees. **Reservations requested:** RSVP by

Oct. 2 to William (Bill) J. Serb III at the information above.

## CHAPTER 35

### SO. CENTRAL VALLEY PORTERVILLE AREA

**President:** Lou Flores, (559) 362-0689; **Vice President:** Lawana Tate (559) 544-5379; **Secretary:** Don Perkins (559) 630-0314; **Treasurer:** Mary McCaig, (559) 359-6069 **Note:** Usually meets on the second Thursday of every month **Porterville Meeting:** Thursday, Oct. 10, 11 a.m. – 1 p.m. **Where:** El Nuevo Mexicali Restaurant, 640 N. Prospect St., Porterville. **Program:** TBD **Reservations required:** RSVP by Oct. 3 to Lou Flores. **For more information:** Please contact Lou Flores. **Meeting:** Thursday, Nov. 14, 11 a.m. – 1 p.m. **Where:** The Elks Building, 386 N. Main Street, Porterville. **Program:** TBD. **Reservations required:** RSVP by Nov. 7 to Lou Flores. **For more information:** Please contact Lou Flores. **Hanford Meeting:** Tuesday, Nov. 19, 11 a.m. – 1 p.m. **Where:** IHOP, 180 N. 11th Ave., Hanford. **Program:** TBD. **Reservations required:** RSVP by Nov. 12 to Lou Flores. **For more information:** Please contact Lou Flores.

## CHAPTER 36

### MONTEREY BAY AREA

**President:** Maureen Thompson, (831) 236-7741, binovc2@aol.com; **Vice President:** Deborah Anzini (831) 277-9110, danzini@comcast.net; **Secretary:** Susan Sisson (831) 578-1919; **Treasurer:** Abby Bayes, (831) 455-6189

*All chapter meetings are held on the fourth Thursday of even months, unless otherwise noted.*

**Meeting:** Thursday, Oct. 24, 11:00 a.m. **Where:** Ho-Wah Chinese Restaurant, 3116 Del Monte Blvd., Marina. **Program:** Guest speaker Jody Rogers, Alliance on Aging. Special lunch menu will be provided. **Cost:** Free for members, guests \$25. Limit one guest per-member. **Reservations required:** RSVP by Oct. 22 to Deborah Anzini (831) 277-9110.

## CHAPTER 165

### SACRAMENTO/OREGON

**President:** Joe Reynoso, (916) 708-0369, JReynoso@CalRetirees.org; **Vice President:** Gail Fasciola, (916) 612-0939, gailsgab@comcast.net; **Secretary:** John Bowden, (916) 361-8786, JBowden@CalRetirees.org; **Treasurer/Oregon Subchapter Chair:** Geanie Hixon, (541) 646-0925, Geanie.Hixon@gmail.com **Sacramento Meeting:** Wednesday, Dec. 4, noon (sign-in at 11 a.m.) **Where:** Hilton Arden West, 2200 Harvard St., Sacramento. **Reservations required:** Venue capacity is limited to 80 attendees. RSVP to Gail Fasciola at above contact info or Les Reynoso at baskets4les@comcast.net. **For more information:** Contact Joe Reynoso. **Note:** No Sacramento meeting is scheduled for October. **Oregon Meeting:** Thursday, Oct. 17, noon. **Where:** Foxy's Restaurant, 16011 Boat Basin Rd., Harbor, OR. **Program:** Bring a non-perishable food item to receive an extra ticket for drawing. **Reservations required:** Please RSVP by Oct. 15 to Geanie Hixon. **For more information:** Contact Geanie Hixon.



# Why choose Kaiser Permanente?

Get the high-quality care you deserve. Kaiser Permanente has two Medicare health plan options for CalPERS retirees to choose from: Senior Advantage (HMO) and Summit (HMO).

- Get care from the comfort of home when you schedule a phone appointment with a Kaiser Permanente doctor.<sup>1</sup>
- Choose from great Kaiser Permanente doctors and a wide range of specialists. And all of our available doctors welcome Kaiser Permanente Medicare health plan members.
- Open enrollment is September 16 through October 11, 2024.

## 2025 benefit highlights



Rides to and from your doctor visits at no cost<sup>2</sup>



A quarterly over-the-counter (OTC) health and wellness benefit



The One Pass<sup>®</sup> fitness program, where you can find a fitness routine that's right for you whether you work out at home or at the gym<sup>3</sup>



To learn more, call us toll-free:  
**1-855-717-9598 (TTY 711),**  
7 days a week, 7 a.m. to 6 p.m.

**1.** When appropriate and available. **2.** If you have a medical emergency, call **911**. **3.** One Pass<sup>®</sup> is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions and is a voluntary program. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll.

