



THE TIDE

Volume 37	November—December, 2009	Number 2
President: Sara Wood	Editor: Frances I. Rodenberg	
Non-profit Newsletter Published Bimonthly for Members of the California Retired Teachers Association Core Purpose: To enhance and protect the benefits of retired educators www.calrta.org http://www.area11.calrta.org/Div60.html		

President's Message Sara Wood

As we look forward to the new year, it is important to reflect on the benefit of our membership in CalRTA.



Sara

We know that CalRTA's core mission is to help protect and improve the retirement benefits of each California educator, and that this advocacy began over 80 years ago. We are a strong and vibrant organization, but to remain so, we must let our retiring colleagues know about the importance of becoming a part of our organization. To this end, each member has an important role and responsibility. Please be an ambassador for our organization and invite your friends and colleagues to join CalRTA.

I encourage you to visit the CalRTA website. The website is intended to provide members with up-to-date information about association activities, mobilize our grassroots in support of or opposition to legislation or ballot initiatives, and provide materials to help spread the word about CalRTA and its mission to protect and improve California teachers' pensions. It also includes timely information on the status of the Social Se-

curity Fairness Acts, CalSTRS updates, and member benefits. This is a great site for members, but it can also be used as a recruiting tool for new members. Check it out at www.calrta.org.

Week of the Retired Teacher: November 1—7

At this time, CalRTA, local school districts, and communities acknowledge and thank you for the many hours you volunteer. Statewide, CalRTA member logged nearly 2.7 million hours of service to their communities. That's worth more than \$54 million in services! South Shores Division 60 is proud of its members and the contributions you make each year! You are encouraged to keep track of your volunteer hours and report them to Communications Co-Chairs Vivian Ramirez and Jan Ramirez.

Our November 12 holiday luncheon will feature Clear View Elementary School's Musical Movers. This chorus of 3rd—6th grade students is under the direction of Shelly Hendrickson and Brandy Denn. Plan to attend the luncheon and help us continue to celebrate the Week of the Retired Teacher with great entertainment and good food.

Please note that the cost of the luncheon has increased from \$11 to \$13—still a great bargain! Mark your calendars and bring a friend!

Program—November 12 Mary Ann Kane Co-VP—Programs

Our November program will feature a 3rd—6th grade chorus from Clear View Elementary School in Chula Vista. They are called the "Musical Movers" and are directed by



Mary Ann

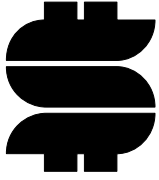
Shelly Hendrickson and Brandy Denn, both third grade teachers at Clear View.

Shelly organized this group several years ago, and they practice twice a week after school. Of course, many students have moved on to middle school and high school to continue their singing. It is such a popular program that there are about 50 students in the whole group. The Musical Movers perform for parents, special occasions such as sixth grade graduations, and often on Fridays during all-school assemblies.

You will thoroughly enjoy the performance by this group of enthusiastic and entertaining students.



**CRTA Division 60
Treasurer's Report
Pamela Kindig**



Pam

Below is the South Shores Division 60 treasury report as of October 12, 2009.

Checking:	\$ 5,330.51
Savings:	3,182.62
Super Plus Cert.:	<u>12,210.30</u>
Total	\$20,723.43

Membership

Merrill Wood, Chair



Merrill

CalRTA South Shores Division 60 has sent out second invitations to the 176 new retirees from our area

schools. To date, we have enrolled 21 new members. That's not a good average from the invitations. You can help in this membership drive. If you have a retired friend who is not a member, please encourage him/her to join. The personal appeal works best. Send me the address(es) and I'll send information and membership forms.

CalRTA is organizing a five-step strategic plan to increase membership. Step one is called branding. They have changed the acronym and logo from CRTA to CalRTA. Next, they are updating the CalRTA online presence. The third step is a direct mail campaign. This will start in February. All divisions will submit their lists of retirees for the past few years. Staff members will coordinate a large scale, statewide, direct mail campaign using internal lists. CalRTA will also create a new manual of "Best Practices" from divisions which have been

Luncheon Meeting Schedule

Date

Thursday, September 10, 2009

Greeters

Yvonne Palacios
Celia Soto Moody

Agenda

11:00—11:30 Social Time
11:30—12:00 Business Meeting
12:00—12:45 Lunch
12:45— 1:30 Program/Drawing

2009-10 Luncheon Meetings

Our meetings will be held—

At: Holiday Inn South Bay
700 National City Blvd.
National City, CA 91950
(619) 474-2800

On: November 12, 2009
January 14, 2010
March 11, 2010
May 13, 2010

Mark your calendars!

successful in obtaining new members.

Another Reminder: Members who have reached your 90th birthdays

Our division continues its **Golden Years Rewards Program**. The annual dues of \$42.00 will be paid by the division for our members who are 90 or more years of age. Each member has the option of having his/her dues returned by check, or a donation of \$42.00 will be made to our scholarship foundation in his/her name. If you are in this category or know another member in this category, please let me know.

If you know of any member who is celebrating his/her 100th birthday, please let me know. There are special 100th birthday cards which will be personalized and mailed to these members.

Reminder to all members: Please let me know as soon as possible if you have a change of name, address, phone number, or e-mail address. Updates are published in each issue of *The Tide*. Contact Merrill Wood with any changes at (619) 424-7742 or <mswwood@cox.net>.



Holiday Inn—South Bay
Terrace Ballroom
700 National City Boulevard
National City, California 91950
(619) 474-2800

November 12, 2009

Waldorf Salad
Carved Roast Tom Turkey
Giblet Gravy
Herb Stuffing Candied Yams
Bakery Rolls Butter
Pumpkin Pie
Regular or Decaffeinated Coffee
Hot or Iced Tea

Vegetarian Meal
Pasta Primavera

Communications

Vivian Ramirez and Janice Ramirez, Co-chairs



Jan and Vivian

Volunteer Time

Vivian Ramirez

Information from Debbie Pate-Newberry, CalRTA Director of Communications

During Tough Times Retired Teachers Give Back Even More—

CalRTA Members Donate More than 2.7 Million Volunteer Hours

On November 1, 2009, the California Retired Teachers Association announced that in the past year, its members had tallied nearly 2.7 million hours of volunteer service valued at more than \$54.6 million—an increase of 8.8% from the same period last year! During the worst recession this country has seen in years, CalRTA members worked even harder to support their communities.

Members of the association also funded more than \$550,000 in grants and scholar-

ships to schools as well as to current and future teachers.

In recognition of the eleventh annual California Retired Teachers Week, November 1—7, 2009, retired educators throughout the state are spotlighting exceptional volunteers within their ranks who have donated more than 4,000 hours of their time to community activities and urging all Californians to find the time for volunteer service.

"Many hundreds of our members have tallied more than 4,000 hours in volunteer service—the equivalent of working full time for two years," noted Polly Bacich, President of the California Retired Teachers Association. "They can all tell you that the secret to volunteering is that you always get back more than you give."

Even in these tough economic times, when many are struggling to make ends meet, retired teachers continue to pitch in and are proving to be excellent role models for volunteer service. Since 1998, the California Retired Teachers Association has sponsored Retired Teachers Week as a way of not only spotlighting their members' own extensive volunteerism, but also of encouraging others to do the same.

Last year's CalRTA tally of volunteer hours, reported by just 13% of its members, shows that members donated 2,699,132 hours valued at \$54,657,423. In addition, more than \$550,000 was provided in grants and scholarships throughout the state.

"CalRTA urges everyone to 'Make the Time to Make a Difference'," Polly Bacich added. "Now more than ever, it is important that we all work for a tighter-knit community."

Special Recognition

Jan Ramirez

Our first featured Golden Years member is Richard Pena who lives a very active life. He is 90 years old; he is married; and the

Penas have three grown children. The children live in Washington, D.C., and Sacramento, CA.

Richard retired from the San Diego Unified School District in 1979—30 years ago! He was the principal at Chollas Elementary School. Before that, he served 20 years in the Navy; he retired from the Navy in 1957.

These days, Richard keeps very active writing for the *Chula Vista Star News*. He has had a column in that newspaper for 25 years.

Richard also volunteers at the Bonita Museum. He and his wife were original founders and curators of the museum. This project has been their passion for many years.

Now, Richard is the principal caregiver for his wife, and when time permits, he squeezes in a round of golf.

Our best wishes, Richard, to you and your family for good health and happiness in the years ahead.

Legislation

Sheila LeCompte, Chair

Important legislative issues are on the table, and we need to remain alert!

Please send a thank you note to State Assembly Member



Sheila

Torlakson for the passage of AJR10. Now we turn our attention to the U.S. House and Senate to pass the Social Security Fairness Act. Our CalRTA PAC fund now has \$650,000. Use of this fund will start when the attack on our pension system begins in 2010.

Simultaneous WEP/GPO rallies will be held in Pasadena and Sacramento on November 7. We intend to build support for repeal of these Social Security penalties and to raise aware-

ness of the CalRTA position. If you are interested in attending one of these rallies, please contact me.

Also, the coalition is setting up a White House liaison for WEP/GPO repeal and a D.C. rally by CalRTA in 2010. Watch for more details on these events so that we can all fire up! Our 100,000 California teachers deserve our best efforts.

Advocacy Day (the new name for Legislation Day) is scheduled for March 11, 2010, with improvements and added features. The agenda is expected to be ready for distribution in mid-October.

Of course, there is the health care issue. Hopefully, after all the flap and fluster die down, we will have something we can back. There is so much confusion now that it seems wise to wait. You might write to the president and tell him you expect a reasonable plan during his administration. If changes in Medicare B or SBMA will impact you, Google these two topics to get current information.

Please send me your e-mail address at <slcompte@cox.net> so I can alert you when we need to mobilize. We have power. Let's flex it!!!

Here are ways to contact your U.S. legislators:

U.S. government contact information can be obtained through the congressional switchboard: 1-866-327-8670 (toll free) or

<<http://www.house.gov/welcome.shtml>> or

<<http://www.senate.gov/>>

State government contact information can be obtained through

<<http://www.emailyourgovernor.com/>>. Information at this site allows contact with the governor, members of the state legislature, the state supreme court, congressional delegations, and state agencies such as the Education Department.

Don't be shy. They work for us!

Membership Update
Merrill Wood Chair

Welcome



New/Renewed Members

- Aledia, Dolores J.**
2555 Saddlehorn Drive
Chula Vista, CA 91914-4032
619-227-0534
Sweetwater UHSD
- Allen, Raquel M.**
3557 Speyers Way
Bonita, CA 91902-2966
619-267-1324 South Bay USD
- Allison, Debora A.**
4075 South Tropico Drive
La Mesa, CA 91941-6862
619-460-0060
Sweetwater UHSD
r.d.allison@cox.net
- Bauer, Jean M.**
261 Calle del Verano
Palm Desert, CA 92260-2107
760-630-1904
- Green, Jill S.**
43 Palomar Drive
Chula Vista, CA 91911-1413
619-426-2119
jillsgreen@cox.net
- Larsen, Coralie M.**
9246 Three Seasons Road
San Diego, CA 92126-3742
858-566-8829 CVESD
kcalarsen@aol.com
- Lorenz, Barbara J.**
2539 Saddlehorn Drive
Chula Vista, CA 91914-4031
619-482-0704
Sweetwater UHSD
barbdan1@sbcglobal.net
- Narvaza, Cora D.**
6657 Garber Avenue
San Diego, CA 92139-3814
619-475-8483 South Bay USD
- Vorce, Jane A.**
2527 Whispering Palms Loop
Chula Vista, CA 91915-1401
619-656-2154 South Bay USD
abusdteacher@cox.net
- Wysong, M. Ann**
3233 Casa Bonita Drive
Bonita, CA 91902-1732
619-267-8879 CVESD
awysong@cox.net
- Yandall, Bernice K.**
1516 Sherman Drive
Chula Vista, CA 91911-6927
619-271-6686 South Bay USD
makala-y@cox.net

Changes

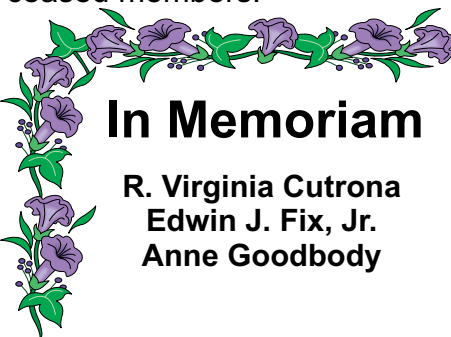
- Bardtman, Barbara A.**
619-600-4271
- Dudgeon, Genevieve M.**
31372 Alisa Place
Valley Center, CA 92082-3833
- Jacks, Marie**
2045 Skyline Drive, #108
Lemon Grove, CA 91945-4221
- Kennedy, Mary**
Zip: 91910-3512
- Klein, Frances S.**
P. O. Box 16156
San Diego, CA 92176-6156
- Olbersen, Mary—Name**
Should be: Olbersen
Tel.: 619-746-5593
- Pruitt, Micky**
Tel.: 619-422-2525
- Savage, Dick**
Tel.: 619-271-2323
Retired from Haywood USD
- Spaulding, Frankie D.**
c/o Peggy McEldoff
5906 Palomino Drive
Saint Joseph, MO 64505
816-232-5609
- Thompson, Marie M.**
Tel.: 619-207-4814
E-mail: mtmarieth@gmail.com

Undeliverable Addresses/ Missing Phone Numbers

Armstrong, Virginia D.
Foelber, Herb L.
Lynn, Mary E.
Ortega, Francisca
Rubio, Elsa
Scott, Maxine H.

Condolences

We extend our sympathy to the families and friends of our deceased members.



In Memoriam

R. Virginia Cutrona
Edwin J. Fix, Jr.
Anne Goodbody

Lives of great men remind us
We can make our lives sublime
And, departing, leave behind us
Footprints on the sands of time.
—Henry Wadsworth Longfellow

Those who have passed from this world die only when we whom they loved forget them.

Insurance

Keith Campbell, Chair **Important Dates and Options**



Keith

In October, you should receive the new *Medicare & You 2010* booklet. **Don't throw it away—and don't lose it!** You may

not need the information right away—or ever, maybe, but you never know for sure.

You should be aware of some important dates. **November 15** is the first day Medicare Advantage health plans and Part D Plans can accept enrollment forms for an effective date of January 1, 2010. **December 31** is the last day forms may be received. You can join or switch plans during this enrollment period; however, if you already have a plan and don't want to change, no action is necessary.

Between January 1 and March 31, 2010, you can change plans again, but you can't join or switch to a plan with prescription drug coverage during this time unless you already have Medicare prescription drug coverage (Part D). Also, you can't drop a plan with prescription coverage or join, switch, or drop a Medicare Medical Savings Account Plan during this period. Consult the *Medicare & You* booklet for some exceptions to this rule. All Medicare plans offered in San Diego County and throughout the state are summarized in the booklet.

Even if you are happy with your present plan, you should take a look at the coverage that other plans offer and compare them with yours. Each, or most, of the plans will have a "Member Quality Rating" indicating how plan members rated the plans over-all quality from the 2009 Consumer Assessment of

**California Retired Teachers Association South Shores Division 60
Reservation for Luncheon Meeting on Thursday, November 12, 2009**



Lupe Garcias
and Carmen
Contreras

Enclosed is my check made payable to **CalRTA Division 60** for \$ _____
to cover _____ reservations at **\$13.00** each for the November 12 luncheon.

Mail to: Lupe Garcias
516 Madrona Street
Chula Vista, CA 91910-3512
(619) 422-0990

For information, call:

If you make a late telephone reservation, please have your check made out in advance or have the exact amount of cash available.

Reservations: Due by Monday, November 9, 2009!!!

Signature: _____ Guest(s): _____

Fruit plate for _____ person(s) _____

Add your e-mail address for the Division 60 directory: _____

November Greeters

Yvonne Palacios and Celia Soto Moody

Volunteer! [Check the box below to let us know that you will help.]

I'll be a greeter from 11:00 to 11:30 a.m. on: January 14 March 11 May 13

Do you need a ride? Can you provide a ride? If so, please check the appropriate box below.

- I would like to attend, but I need a ride; if you can arrange for transportation, I'll pay at the door.
 I can provide transportation from my area.



Healthcare Providers and Systems (CAHPS) Survey.

Often, a person chooses a Medicare Advantage plan because it includes coverage not offered by Medicare alone, such as hearing, vision, and prescription drugs. This is a reason why CalRTA endorses discount plans to cover such areas. It is worthwhile to look into these options. In some instances, the CalRTA discount plans may offer better coverage than a Medicare Advantage plan.

Are you so attached to your doctor that you would not consider another plan for fear of not being able to go to him/her? Well, maybe your doctor accepts your preferred plan. Many dentists accept multiple dental plans as well. Also, doctors are a good source for making a recommendation on health plans.

Bottom Line: Do your homework. Be prepared. Investigate and look into all of the options available to you, if only for peace of mind knowing that you have chosen the plan(s) that best meet(s) your needs.

**Resource Services
Mollie Solorzano, Chair
Libraries**



Mollie

Have you been to the public library recently? What you can find there continues to surprise me. Don't go to just one; try several. Coronado has continuous displays as well as the usual tapes and CDs; they also have a great program for children. The children's librarian worked very hard for the space and equipment for crafts and for children's productions. These library opportunities are a far cry from what we remember from library visits when we were kids.

One of the smallest libraries—if not THE smallest—is the Lincoln Acres Library located in National City. When I stopped in there one day, adults and children were using the com-

puters, popcorn was being served to the kids, and their knitting group was being discussed by a group of adults. It seemed to be one of the happiest and busiest places in the community. Lincoln Acres has a proposed drawing displayed for a library expansion scheduled to begin next year.

Funding cuts have caused most libraries to cut their hours and have also reduced funds available for basic supplies. If you're headed to a library and have a few extra pens, pencils, and scratch pads, please contribute them. The library could certainly use them.

Y's and Other Sites

What about the area Y's? A monthly membership of about \$35 gives seniors a wide variety of things to do. Again, you need to visit several to see what they have to offer.

Different community centers also have senior-type programs. I'll keep checking these out and keep you posted.

Remember: The closest one may not have all that you may be seeking. Try others!



The Tide 11-12/09
Non-Profit Bi-Monthly Newsletter
CALIFORNIA RETIRED TEACHERS ASSOCIATION
SOUTH SHORES DIVISION 60
1372 CALIFORNIA ST
IMPERIAL BEACH, CA 91932-3216

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SAN DIEGO CA
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CHANGE SERVICE REQUESTED

**California Retired Teachers Association
South Shores Division 60
Scholarship Foundation, Inc.
Donation Form**

Donor's Name: _____

Address: _____

City/State/Zip: _____

Enclosed is my contribution to the Scholarship Foundation, South Shores Division 60, California Retired Teachers Association.

Amount: \$ _____ In honor of: _____

This donation is for a:
Memorial _____ Bequest _____ Special recognition _____
Birthday _____ Other _____ (Specify: _____)

Please send an acknowledgment of this contribution to:

Name: _____

Address: _____

City/State/Zip: _____

The acknowledgment recipient is
the person being honored _____ the next of kin _____

Make checks payable to:
South Shores Division 60 Scholarship Foundation, CRTA, Inc.

Mail donations to:
South Shores Div. 60 Scholarship Foundation, CRTA, Inc.
PO Box 1935
Bonita, CA 91908-0135

All donations are tax deductible in accordance with
IRS regulations [501(c)(3)].

We appreciate your support. **Thank you!**