



Shores
Report



Co-presidents: Dorothy and Dennis Drake

Editor: Fran Rodenberg

Volume XXV

March—April, 2010

Number 4

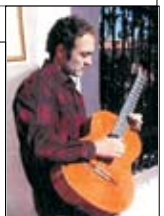
Non-profit Newsletter Published Bi-monthly for Members of the California Retired Teachers Association
 Core Purpose: To enhance and protect the benefits of retired educators
<http://www.area11.calrta.org> www.calrta.org

Date:	Wednesday, March 10, 2010	Date:	Wednesday, April 14, 2010
Time:	11:30 a.m.	Time:	11:30 a.m.
Place:	Admiral Baker Field Clubhouse	Place:	Admiral Baker Field Clubhouse
Price:	\$16.00	Price:	\$16.00
Program:	Professor Justin Brooks, Director California Innocence Project	Program:	Payam Larijani Guitarist <i>Extraordinaire</i>



For programs, see p. 3.

Innocence has nothing to dread. —*Phèdre*, Act III, Jean Racine [1639-1699]
 Crime like virtue has its degrees; and timid innocence was never known to blossom suddenly into extreme license. —*Ibid*, Act IV
 This music crept by me upon the waters,
 Allaying both their fury, and my passion,
 With its sweet air. —*The Tempest*, Act I (1611-12), William Shakespeare [1564-1616]



Reservations

Telephone Committee volunteers will call members during the week before each meeting to obtain a count of luncheon reservations. If you are not called and would like to be on a telephone list, please call Jeannette Smith, 858-278-0528. If you would like to make a reservation, please call Jeannette or Lin Danly, 619-223-8447, by 5:00 p.m. on Thursday before the luncheon. To cancel a reservation, call Jeannette by 5:00 p.m. on Monday before the meeting.

To make a reservation for Wednesday, March 10, call by Thursday, March 4.

To cancel a reservation, call by Monday, March 8.

To make a reservation for Wednesday, April 14, call by Thursday, April 8.

To cancel a reservation, call by Monday, April 12.

If you make a reservation and then find that you cannot attend the meeting, but do not cancel before the deadline, you will be billed for the cost of the luncheon.

STARS THAT SHINE

... **Fran and Ed Rodenberg**—for putting in overtime to get our new directories to us in January even after editing four division newsletters, including ours, during the holiday season

... **Joanne Climie**—for shopping and picking up the scrumptious cupcakes for our CalRTA birthday/New Years/new venue celebration

... **Jan Davis**—for gathering the items for the January opportunity drawing to benefit the scholarship fund and for providing her snow people for our table decorations

... **Jeannette Smith**—for donating the big basket of goodies to the January drawing

... **Abby Bisson**—for filling in for Edie Andrew-Akita and handling the February drawing

... **Tom and Judy Ascher Parry**—for providing flowers from their own gardens to decorate our tables in February

President's Message
Dennis Drake, Co-president



Co-presidents Dorothy and Dennis Drake

After many years at Tom Ham's Lighthouse Restaurant, we made a successful transfer of our luncheon meeting location to the Admiral Baker Club on Wednesday, January 13. There were a few glitches, which were quickly resolved with the able help of staff and members. There's that volunteer spirit again! We had a very good turnout, too. There were eighty people in attendance. The majority of the comments about the food were in the plus column. The program was—once again—superb. What wonderful entertainment from sixteen barber-shop voices! What better way to start a whole new year for CalRTA North Shores Division 78.

In this new year, we are going to be presented with some challenges. Within our own division, we need to work on membership. Every one of us must be a recruiter. We need to approach present and future retired teachers and let them know what important roles they can play as members of CalRTA in the advancement of education in California. Let them know of the Scholarship Foundation and the legislative action that the organization affects. Make them aware of the positive effects they can have on education and the retirement system in California as active members of CalRTA Division 78.

Another challenge we have before us concerns not just our division, but education as a whole in California. I am referring to the Pension Reform Initiative. At a recent breakfast meeting of

Directions to Admiral Baker Field Clubhouse

Take Friars Road to Santo Road where there is a traffic light. Turn north (the only way you can turn). After a very short distance, turn right onto Admiral Baker Road which curves to the left and goes down a hill. There is a stop sign at the bottom of the hill; after stopping, proceed straight ahead. The road goes along the golf course, turns right (keep to the right), and goes into the parking lot. After parking, enter the clubhouse; someone will then direct you to the meeting site.

Mission Bay High School retirees, I took it upon myself to remind those present not to sign the petitions for the initiative. I wish that I'd had David Walrath, Ken Hewitt, and Joanne Climie with me. It seemed that not too many people knew what I was talking about. I passed on what I knew and asked them not to sign any of the petitions. I realized from this encounter that to help prevent the initiative and others connected to it, we have to gain information, pass that information to others, and definitely, **not sign any of the petitions.**

If we meet our challenges head on, we can succeed in overcoming them and make CalRTA North Shores Division 78 a better, stronger organization.

Scholarship News
Thalia Smith, Chair
Scholarship Foundation, Inc.



Thalia

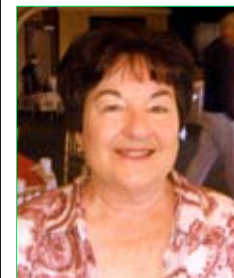
Members of the Scholarship Foundation Board extend our gratitude to you for your great response to the Heartfelt Donation Campaign. You can look forward to seeing the red hearts filled with the names of donors in the May-June newsletter.

By the time you read this, the Scholarship Foundation Board will have reviewed and screened the student scholarship applications, selected the applicants we feel are most capable, and scheduled personal interview times with those candidates. Interviews will be held

in the first week of March. Following these interviews, we will select recipients for the four scholarships that we offer. The students selected will be presented to you at the May 12 luncheon. At that meeting, you will have an opportunity to meet and congratulate these very special young people. We hope that you will join us.

Please continue with your generous "heartfelt donations." **EVERY LITTLE BIT COUNTS!** Thank you so much for your kindness and generosity.

Scholarship Donations
Sally Syren, Treasurer
Scholarship Foundation, Inc.



Sally

We appreciate the donations we have received and are looking forward to having more members support our Scholarship Heartfelt Donation

Campaign. The student recipients are grateful that our Division 78 has allowed them to continue with their degree programs and their work toward California teaching credentials. We can see the results since some of our past awardees are teaching in San Diego.

Your donations are very much appreciated and we thank every one of you. Since the publication of the last newsletter, we have received donations from the following:

Undesignated

- Book Sales
- Bridge Group A
- Bridge Group B
- Opportunity Drawings



Housework!! **From the Palomar Division 63 *Starlight***

I hate housework! You make the beds, you do the dishes, and six months later you have to start all over again. Joan Rivers
A good laugh is sunshine in a house. William M. Thackeray
Be it ever so humble, there's no place like home! John Howard Payne

Programs

Judy Ascher Parry and Tom Parry
Co-1st Vice Presidents—Program Chairs

March 10, 2010

We are thrilled to have Professor Justin Brooks, Director of the California Innocence Project, as our March speaker. While teaching at California Western, Prof. Brooks has served as counsel on several high profile cases that have resulted in exonerations of inmates who were wrongfully convicted. Prior to coming to California, Brooks practiced as a criminal defense attorney in Washington, D.C., Michigan, and Illinois, where he represented inmates on death row and obtained the reversal of a death sentence. He has published extensively on the death penalty, corrections and sentencing law, and other criminal law issues.

The California Innocence Project (CIP) is a law school clinical program dedicated to releasing wrongfully convicted inmates and providing an outstanding educational experience for the students enrolled in the clinic. Founded in 1999, CIP reviews more than 2,000 claims of innocence from California inmates each year. While participating in the year-long clinic, students work alongside CIP staff attorneys on cases for which there is strong evidence of factual innocence. They assist in investigation and litigation by locating and re-interviewing witnesses, examining new evidence, filing motions, securing experts, and providing support to attorneys during evidentiary hearings and trials. CIP has trained more than 100 lawyers while securing the release of many innocent people who might otherwise have spent the rest of their lives in prison.

April 14, 2010

Do you enjoy classical guitar? If so, you will love our April program by Payam Larijani. Payam is not only a fine guitarist, but he also possesses a beautiful voice. Artists whose work has influenced him include Andrés Segovia, the great classical Spanish guitarist. He also enjoys creating an eclectic blend of classical guitar with other musical styles. What makes Payam interesting and different is his approach toward performance of the classical guitar and the specific repertoire that he plays. He brings a well-rounded, thinking approach toward music which soothes the soul and intrigues the mind. You can expect a wide variety of music from Payam, ranging from classical guitar to the Beatles. If you would like to learn more about this accomplished musician or hear samples of his music, check out his website:

www.weloveguitar.com

Membership
Joy Woodward and
Zorka Casselman, Co-Chairs



Joy; Zorka

Yes, Virginia, there is a Santa Claus AND a free lunch!

Did you know that you and the new member you recruit get a free lunch at Admiral Baker Field? That's a combined value of \$32. Remember to write your name as the recruiter on the membership application and both parties will get separate lunch coupons to use at any meeting.

An excellent recruiting tool is the February, 2010, issue of the CalRTA *Contact Magazine* which features the legislative attacks on defined benefits pensions. It is time for those of us who are retired to alert those still working, especially those planning retirement in the near future, that their welfare is being tampered with quite aggressively. This assault on defined benefit pensions is critical for those thinking about a career in teaching, and we can demonstrate that we care about future teachers as much as we care about ourselves. Share the information and have a blank application tucked inside your pocket or purse.

Volunteer Hours

If you have not yet reported your volunteer hours, please contact Gloria Piscopo right away. (See her information under Changes in the center column of this page.) Remember that all of the time you donate counts—helping others, driving, traveling, tutoring, knitting, giving blood, cooking, attending meetings, and all other unpaid services.

Membership Update



New Members

- Berg, Karen**
 4320 Mount Foster Avenue
 San Diego, CA 92117-4861
 858-571-4753
 dabergs@aol.com</HTML>
- Gardner, Dr. Maruta R.**
 726 Avalon Court
 San Diego, CA 92109-8208
 858-488-8956
 Birthday: 2/20
- Wigent, Carol J.**
 13816 Lewiston Street
 San Diego, CA 92128-4319
 858-674-1521

Changes

- Barnes, James L.**
 Tel.: 619-226-2745
- McKenzie James R. (Bob)**
 Tel.: 858-481-2177
- Piscopo, Gloria**
 13120 Pomerado Rd #224
 Poway, CA 92064-4237
 858-486-2514
 gpiscopo@cox.net

In the January-February edition of the *North Shores Report*, members were requested to notify Mardi Covill, Zorka Casselman, or Joy Woodward about members who are 90 or more years of age—our Gold Star Members. The telephone number for Mardi was incorrect; the correct number is 858-272-1694.

All of the Gold Star Members will be honored at our luncheon meeting on June 9.

Directory Correction

Jenkins, Tim
 8480 Scarf Place
 San Diego, CA 92119-1945
 619-460-1392

Unfortunately, Tim's name was omitted from the 2009-2011 Membership Directory. He is also President of the San Diego Education Association—Retired (SDEA-R), and we are happy to be able to claim both him and Barbara as members of Division 78, too.

Happy Birthday!



Birthdays for March and April are listed below. If your date has not been reported, please call Fran Rodenberg at 619-276-4957 and let her know the month and date of your birth. We would like to acknowledge your special day.

Glen Pierson	3/14
Carol Miller	3/16
Edie Andrew-Akita	3/23
Florence Johnson	3/27
Nancy Buchanan	4/ 7
Ed Rodenberg	4/ 9
Mary Fergin	4/16
Cathy Doss	4/23
Jessie Bruntsch	4/28

Ballot Initiative Workshop

David Walrath and Ken Hewitt will lead a CalRTA Ballot Initiative Workshop on Saturday, April 10. The workshop will focus on how to educate the public about our issues and defeat ballot initiatives that would place our retirement benefits/organization priorities in jeopardy. It will be held from 9:30 a.m. through lunch at the Hilton La Jolla Torrey Pines, 10950 North Torrey Pines Road, La Jolla.

The meeting including lunch will be paid for by the state CalRTA, but space is limited. It is first come, first served. If you are interested in attending this important and timely workshop, tell Dorothy or Dennis Drake at our meeting on March 10 or call them at (619) 441-9736 by March 26.

Communications Information from David Walrath and forwarded by Norma Huhn and Dr. Angela Aschbrenner



Norma



Angela

In California on February 25, the Senate Public Employees and

Retirement Committee and the Assembly Public Employment, Retirement, and Social Security Committee held a joint hearing on Iran divestiture. Current law requires the California State Teachers Retirement System and the Public Employees Retirement System to divest from investments in companies that are doing specified business in Iran and not to make future investments in those companies. The purpose of the hearing was to determine how the retirement systems were implementing the law. Both CalSTRS and PERS indicated that they were implementing the law, but it is a complex law that can not be implemented quickly while meeting California Constitutional requirements for fiduciary responsibility.

Californians for Fiscal Responsibility announced that neither Governor Schwarzenegger nor Gubernatorial Candidate Meg Whitman would provide financial support for the pension reduction initiatives. This is good news; however, it does not mean there will not be other interests providing financial support for these initiatives. The Governor Davis recall also did not appear to have the financial support to be successful, but it found late funding to enable its being placed on the ballot. It is too early to count the initiatives as failed.

Resource Services Mardi Covill Calling 511



Mardi

Some 40 states and/or metro areas offer 511 service from which you can receive up-to-the-minute traffic conditions. Many state departments of transportation also offer online updates. Before you get on the road, check the travel conditions and you'll be less likely to be surprised by what you encounter. Visit

<www.fhwa.dot.gov/trafficinfo/511.htm> to find your traffic information web site.

Living Longer by Knowing Your Numbers

- Cholesterol Check—Know your cholesterol number.
 - » Under 200 mg/dL is most desirable.
 - » Between 200 and 239 mg/dL is borderline high risk.
 - » 240 mg/dL or higher is considered high risk.
 - » Learn more at <americanheart.org/cholesterol>.
- Daily Exercise—Know your daily exercise number.
 - » The American Heart Association recommends that adults get at least 30 minutes a day of moderate to vigorous exercise to maintain a heart-healthy lifestyle.
- BMI—Know your BMI number.
 - » Your **Body Mass Index** number measures your body weight relative to height and the amount of body fat. Get your BMI by multiplying your weight in pounds by 703, divide by your height in inches, and then divide again by your height in inches.
- BMI values of:
 - » Less than 18.5 are considered underweight.
 - » 18.5 to 24.9 are healthy.
 - » 25 to less than 30 are overweight.
 - » 30 and higher reflect obesity.
 - » BMI's of 25+ indicate a greater risk of heart and blood diseases.

For more information, contact the nearest American Heart Association or call 1-800-242-8721 or online at www.heart.org/today.

Skip Pesticides: Companion Planting and Beneficial Insects

Marigolds, herbs and ladybugs are heroes in the home garden. Plant marigolds among your veggies—they deter soil nema-

todes that can turn tomato roots into sawdust. Also If you don't notice ladybugs in your garden, buy a carton—they keep the aphid population down. Carrots are good companions for tomatoes; they nurture the tomato roots. Mint fends off the tomato hornworm.

Other good teams:

- ▣ basil, tomatoes, and peppers
- ▣ bush beans and corn
- ▣ sage and beets
- ▣ cucumbers, savory, and onions

No Yard Required

All of the plants listed below can be grown in pots on your patio, deck, or balcony. However, if you have space, a fruit tree offers a huge return in edible rewards. Our southern California climate is ideal for endless varieties including the following:

- Mission fig
- Royal apricot
- Utah Sweet pomegranate
- Hachiya persimmon
- Double Delight yellow nectarine
- Big Jim loquat
- Valencia orange
- Moro blood orange
- Improved Meyer lemon

For more garden resources, go to lismag.com.

Vaccination Check-up

Don't assume that vaccinations received during childhood will protect you for the rest of your life. You were probably vaccinated years ago against a number of infectious diseases. The government requires vaccinations for entry to schools; vaccinations are also required for entrance to many camps and colleges and also for some occupations.

Most vaccinations are given during a person's first 20 years; for several reasons, however, even older adults need an occasional shot in the arm. One reason is that some adults were never vaccinated as children.

[Continued on p. 6]

California Retired Teachers Association



Area XI Newsletter



Director: Norma B. Huhn

Editor: Frances I. Rodenberg

Volume XIII

Spring 2010

Number 2

A non-profit newsletter published twice yearly for members of the California Retired Teachers Association
Core Purpose: To Enhance and Protect the Benefits of Retired Educators

Director's Message

Norma B. Huhn, Director, CalRTA Area XI



Norma

I hope 2010 is off to a good start for all of you. A Leadership Council meeting for division presidents and area committee chairpersons will be held on March 2. Area XI Membership Chair Patti Bender will provide plans for increasing membership. Another topic will be how to develop leadership in the divisions; this new program will be presented by Dr. Angela Aschbrenner, Area XI Communications Chair. Division presidents will have an opportunity to report on things that are happening in their divisions.

Advocacy Day in Sacramento will be held on March 11. The purpose of Advocacy Day is to "advocate for (or against) a specific bill or issue which impacts CalRTA." Advocacy Day gives CalRTA members an opportunity to educate legislators about what CalRTA is and what we stand for. We also have the opportunity to learn more about each of our legislators and what they stand for.

Division members have the experience of visiting their legislators' capitol offices and meeting staff members. I hope that divisions will be able to send their legislation chairpersons to Sacramento for Advocacy Day, and I hope to see many of you in Sacramento on March 11.

South Shores Division 60

Sara Wood, President



Sara

South Shores Division 60 began the new year with a great program. Peggy Plett, CalSTRS Deputy Chief Executive Officer for Benefits and Services, spoke to us about pension security. Her presentation entitled "Promises Made, Promises Kept" was an excellent overview of CalSTRS and the status of our pensions—present and future.

A highlight of our January meeting was the recognition of our Golden Years Members. Twelve of these wonderful 90+ year old members attended the luncheon, and each was presented with a bouquet. They shared highlights of their teaching careers with us. What an inspirational time for everyone present!

Our March 11 meeting will feature Karen Hesley and the Tremble Clefs. This group provides a program of therapeutic singing for people with Parkinson's Disease. They rehearse weekly and perform for a variety of venues. There are approximately 10 Tremble Clef groups throughout the country. The two San Diego groups were started in 2001, and their members enjoy singing and performing together in a supportive environment.

We meet at the Holiday Inn in National City and everyone is welcome. To make reservations, please contact Lupe Garcias at 619-422-0990 or ggarcias@sbcglobal.net.

Palomar Division 63

Suzan Reiner, President



Suzan

As usual, Program Chairs Mary Beth and Royce Moore scheduled some sterling speakers for our group. In September, we

San Diego Division 4

*Barbara Bethel and Vi Huprich
Co-presidents*



Barb and Vi

"You are the key to our success" is our theme for this year. Membership has been our main focus, and we are pleased that five of our new members have joined the division board or the Scholarship Foundation Board. In legislation, we continue to fight the good fight for the repeal of Social Security penalties. At each meeting, we honor current members: Membership Team, Precious Gems, and Volunteers.

We are adding a special segment to our meetings to feature the accomplishments of Division 4 members. We will begin by recognizing our division authors and artists. In the months ahead, we look forward to Canine Companions for

Independence and Noah Tafolla of KPBS Wonderland fame. Our June meeting is dedicated to awarding \$1,500 scholarships to deserving high school seniors. Come join us.

N. San Diego County Div. 45

Kathy O'Leary, President



Kathy

This has been a very good year for Division 45. Our move to St. Michael's Church in Carlsbad has enabled us to charge less for our lunches and attendance is up!

The board set goals for the year, and we are well on our way to achieving them. One new thing we are doing this year is giving grants to active teachers. Another new project is that in May we will provide goody baskets with fresh fruit and bagels to four targeted schools.

Our programs have been excellent and Joline Gesino is providing valuable Resource Services information at every meeting.

heard from Kathy Shirley who spoke about "Project Live," an innovative program in the Escondido Union School District that enhances education through the use of technology and has proved to be incredibly successful in increasing student achievement.

October brought Professor Chuck Hanlen back to our division with a fascinating talk about D-Day and the invasion of Normandy. The Hidden Valley Middle School Performing Chorus, under the direction of Shaye Johnson, once again entertained us with holiday music, even doing a piece or two that were new to our ears. Katie Ragazzi, Executive Director of the Escondido Education Foundation, introduced many of us for the first time to the fine work that organization does in the Escondido Union School District through the development of partnerships of parents, educators, business people, and community volunteers. We look forward to our springtime meetings knowing that they, too, will be exemplary!

Division 63 has continued to work to increase membership in CalRTA and to disseminate information concerning renewed attempts to affect teachers' pensions in the State of California.

Imperial County Division 64
Anita Ramirez and Lillian Sidhu
Co-presidents



Anita

Division 64 has had an increase in attendance for our monthly luncheon meetings from eight people a year and a half ago to 45 at our meeting in January. We thank Lillian Sidhu and her efforts to secure the Old

Rose School for our meetings at the Pioneers Museum. Our programs have been interesting and informative; we are looking forward to bluegrass music in March.

We celebrated the Week of the Retired Teacher in November by honoring our members who had been with our division the longest. At our luncheon in January, we celebrated our Nifty Nineties and Eager Eighties. Before we know it, the Day of the Teacher will be here, and we will present small tokens of recognition to each teacher in Imperial County. Then comes the annual Delegate Assembly in Sacramento in May.

Our last meeting of the year will be in June; then we will go dark for three months. All of this would not be possible without the help of our great members and their willingness to volunteer their time, energy, and creativity to make our organization enjoyable and informative.

East County SD Division 69
Richard Hoy and Aaron Landau
Co-presidents



Co-presidents (l-r) Dick and Aaron

Division 69 has had a great start to a new year. Our February meeting/luncheon featured

entertainment from Valhalla High School Drama Department students. They featured many numbers from their spring musical, *Thoroughly Modern Millie*. Some 100 CalRTA members enjoyed the program.

Our day trip to Los Angeles to see the musical *Chicago* on April 24 is already sold out.

We continue to educate our members about the initiative attacks on CalSTRS. Our Scholarship Committee is busy selecting winners for this year's awards.

North Shores Division 78
Dorothy and Dennis Drake
Co-presidents



Dot and Dennis

The first half of our CalRTA Division 78 year has been very rewarding.

Through our programs, we have learned about everything from Afghanistan to flutes and the hammered dulcimer. In November, just by chance, CalRTA State Legislation Chairman Ken Hewitt paid us a visit when CalRTA Legislative Advocate David Walrath was our scheduled speaker. We were able to hear from both of them, getting informed and motivated to face the legislative challenges ahead of us.

In January, we made a money-saving move from Tom Ham's Lighthouse to the Admiral Baker Club. We got the new venue and the new year off to a great

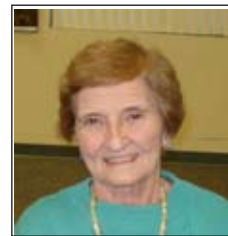
start with eighty members in attendance. Our goals now are to increase our membership and to help put a stop to the anti-pension initiatives.

Avocado Division 81

Sandra Bell and Lucile Reeder
Co-presidents



Sandy



Lucile

The highlight of the first six months of the 2009-10 term has been the presenting of 12 teacher grants to classroom teachers in Fallbrook schools. We tried some new things this year. First, we opened the application process up to include the high school, and we had a recipient from Fallbrook High School. Second, this was the first year that we were able to present so many grants. Finally, we made our presentations at the recipients' schools. Our motive was twofold—to have the recipients recognized in front of their peers and to do a little publicity for retired teachers. It seemed to be quite successful, and we plan to do the presentations in this manner again. We gained some inroads with the Elementary District and were able to send an enclosure with information regarding CalRTA in their annual letter to retirees.



Three board members present a teacher grant to Cheri Jeralds at Vallecitos Elementary School

Our division is looking forward to member participation in the annual Fallbrook Variety Show in February and a field trip to the Torrey Pines Reserve in May.



[Continued from p. 5]

Vaccination Check-up (Cont.)

Also, since the time when today's adults were children, numerous new vaccines have become available. In addition, as we age, immunity can fade, leaving us susceptible to serious diseases caused by common infections. Also we may travel to areas where certain infectious diseases are much more common than they are where we live.

The CDC Advisory Committee on Immunization Practices (ACIP) has added several new vaccines to the list recommended for adults; not everyone needs all of these vaccines. For example, the recently approved vaccine against sexually transmitted strains of the human papillomavirus (HPV) that causes cervical cancer is recommended only for girls and young women ages 9 through 26. The reason is that it works best if it is given before a young woman becomes sexually active and is exposed to HPV. On the other hand, the zoster (shingles) vaccine is recommended for everyone over age 60 to prevent shingles and reduce its excruciating pain (post-herpetic neuralgia).

Vaccinations protect not only you as an individual, but also the entire community through a phenomenon called "herd immunity." When you become infected, your vaccine-primed immune system limits the time you remain contagious, which minimizes the risk that you will infect others. If everyone around you has been vaccinated, you are less likely to get infected. If enough members of a community have vaccine protection, everyone in that community—even the unvaccinated—is less likely to get sick. Therefore, stay up to date with your vaccinations. Be sure to check with your doctor to identify any allergies you may have.

Commonly recommended vaccines for adults age 50 and over are the following:

- Influenza
- Pneumococcal
- Tetanus, diphtheria, pertussis
- Measles, mumps, rubella (MMR)
- Zoster (shingles)
- Varicella (chickenpox)
- Hepatitis A
- Hepatitis B
- Meningococcal

Legislation
Information from David
Walrath dated January 11
and forwarded by
Dr. Angela Aschbrenner,
Area Communications Chair



David

The anti-pension initiatives are due out from the attorney general's office shortly. They have been "held" for a time and this works in our favor. The

longer they sit, the harder it is to gather signatures and it also becomes more costly to do so. No known major financial sponsor has come forward and we hope that no one will. Waiting to file for the November election works in our favor because that election will have a bigger turnout and might include more people who would oppose an initiative. The message to all of is **DO NOT SIGN!** You know this, but it cannot be said enough times.

Initiative ramifications which might affect us include creating a "fixed pool" of funds to support pensions if there were to be a two-tiered pension system. It is possible that contributions by second tier people might fund our pensions, but not necessarily. If second tier people got smaller pensions, they might want greater salaries so beginning salaries might have to be increased thus causing a general flattening of salary schedules. It is unclear whether or not contributions by second tier people would or could be

used to fund first tier retirees. Therefore, there is a question regarding what to do about the CalSTRS unfunded liability. If school contributions were raised, there would be less money for schools and for active teachers' salaries.

If the initiative should reach the ballot, be assured that we will do everything possible to defeat it. State legislators are positioning themselves for the next "step." New alliances are being negotiated, new positions are being staked out, preparations for a new redistricting measure are being weighed. Stay tuned as our politicians morph themselves as they seek reelection and new titles.

A Dog's Purpose [from a six-year-old]



Being a veterinarian, I had been called to examine a ten-year-old

Irish wolfhound named Belker. The dog's owners, Ron, his wife Lisa, and their little boy, Shane, were all very attached to Belker, and they were hoping for a miracle.

I examined Belker and found that he was dying of cancer. I told the family we couldn't do anything for Belker and offered to perform the euthanasia procedure for the old dog in their home. As we made arrangements, Ron and Lisa told me they thought it would be good for six-year-old Shane to observe the procedure. They felt that Shane might learn something from the experience.

The next day, I felt the familiar catch in my throat as Belker's family surrounded him. Shane seemed so calm, petting the old dog for the last time, that I wondered if he understood what was going on. Within a few minutes, Belker slipped peacefully away.

The little boy seemed to accept Belker's transition without any difficulty or confusion. We sat together for a while after

CALIFORNIA RETIRED TEACHERS ASSOCIATION (CaIRTA)—AREA XI

New Member Enrollment Form (Do not use for renewals.)

Please check your payment method and complete the enrollment information below. I authorize the California State Teachers Retirement System (CalSTRS) to deduct my association dues. Should the amount of dues be adjusted, as deemed necessary by CalRTA, I authorize that the adjusted deduction shall continue unless I notify the CalRTA business office in writing to the contrary. To terminate dues deductions, I agree to make my request in writing to the CalRTA business office.

Membership Dues

- Dues Deduction (monthly): \$3.50 _____ (for self) \$7.00 _____ (for self and spouse)
 Cash: \$42.00 annually (renewals due on anniversary date of original membership)
 Life Membership: \$840.00 (one time payment)

Enrollment Information

Name: _____ Social Security No.: _____
Spouse Name if joining: _____ Division No.: 78
Address: _____ Phone: () _____
City/State/Zip: _____ Cell: () _____
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JOY L. WOODWARD—Membership Co-chair
CaIRTA NORTH SHORES DIVISION 78
2040 WILBUR AVENUE
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Belker's death, wondering aloud about the sad fact that animal lives are shorter than human lives. Shane, who had been listening quietly, piped up, "I know why."

Startled, we all turned to him. What came out of his mouth next stunned me. I'd never heard a more comforting explanation. Shane said, "People are born so that they can learn how to live a good life—like loving everybody all the time and being nice. Right?" The six-year-old continued. "Well, dogs already know how to do that, so they don't have to stay as long."

A Beautiful Fabric *(An Essay by our Immediate Past President)* **Abigail Bisson**

Fabric—any material structure consisting of connected parts; a structure consisting of human relations or of relations between ideas, expressions, emotions . . .

Our CalRTA North Shores Division 78 is so like a beautiful fabric, intricately woven of colorful fibers. It's the variety of life in these fibers that bring vibrance to our group.

Allow yourself a moment or two to reflect upon the structure involved in our fabric when you scan your new green Division 78 Membership Directory, particularly pages 4 through 8. These are the pages with the names of officers, board members, committee chairs and others including the structural fibers of the Scholarship Foundation. You will find more than 33 names. Some of these precious fibers are woven into more than one section of the fabric. There are other unnamed fibers whose tasks further enrich and strengthen our beautiful fabric.

In this analogy, let us think more about the weaving process. Dorothy and Dennis Drake are the masters of the loom. They guide the shuttle carrying the woof thread—the activities and communications

of our group—through the warp threads—the membership as a whole.

Our threads, or fibers, are strong, resilient. New fibers are welcomed into the fabric, weaving into areas that are ready for enhancement. If you are a fiber awaiting a placement into our beautiful fabric, contact one of those names that you find mentioned in this issue of the *North Shores Report*. You will bring your special glow to our beautiful fabric.

Free Online Games from AARP **[From Palomar Division 63]**

AARP.org has free games online (Sudoku, crosswords, solitaire, and more). Try the AARP Driver Safety Program Word Search.

Go to: <games.aarp.org>.





North Shores Report 3-4/10
 Non-Profit Bi-Monthly Newsletter
 CALIFORNIA RETIRED TEACHERS ASSOCIATION
 NORTH SHORES DIVISION 78
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