

AFTER CLASS

Newsletter of the Antelope Valley California Retired Teachers Division #48

President's Message

by Faye Hall

I am getting back in the swing of things after an excellent cruise with my sisters Martha Blake and Nancy Mardis as well as Ed and Jewel Warfield but it wasn't easy. I still think of the 80 and 90 degrees that we enjoyed at the different Caribbean islands. Now I must get to work and update you on the activities of AVCalRTA.



There was a membership workshop at CSUN on Friday, February 19. Those attending are Jewel Warfield, Faye Hall, Sharon Hotton, Brenda Johnson Taylor, Rachel Roach, Jan LaBarge and Lauri Hickert. Keeping and recruiting members is one of our primary goals of California Retired Teachers. The larger our numbers are the louder we speak in Sacramento. We hope to bring back information to help us increase our membership in the Antelope Valley.

Some exciting news! AVCalRTA Division 48 will have a drawing for a \$50 gift card for those who get their volunteer hours in by March 15th. Jan had the information in the February issue of *After Class*. Remember we volunteer in schools, classrooms, hospitals and libraries. All those volunteer hours save the schools and other places lots

of money. We are proud of our volunteers. Please remember to report them to AVCalRTA.

The Legislature Advocacy Day in Sacramento will be March 10th and 11th. We try to visit our local state Senators and Assembly people on those days. It gives us an up close time to meet and discuss issues pertaining to retired educators with our elected officials. Jan LaBarge, Jackie Multanen, Lauri Hickert and Wanda Hurst will represent Division 48.

It is with a great deal of pleasure that I announce the recipients of the \$100 grants awarded to the teachers in the Antelope Valley. The eight teachers are Lawrence Rowland, Nydia Ivey, Mary Beauregard, Kimberly Schmidt, Cheryl Hulgán, Jeremy Rosati, Jim York and Julie Plaisance. Each teacher showed us that they know how to stretch \$100 and get the most bang for the buck. Congratulations to all of the recipients.

Our next general meeting will be March 20th and our speaker will be Harry Keiley, a member of the STRS Board. Jan LaBarge will provide all of the needed information in her article in the *After Class*. Please invite teachers who are thinking of retiring and prospective members to this meeting.

May the "Luck of the Irish" be with you. Happy St. Patrick's Day.

Butterfly Fact: *The Tawny Emperor butterfly of Delaware almost never visits flowers. They like tree sap and rotting fruit.*

See you at the meetings.



March Meeting

by Betty Ann Jones, Vice President

Hey, guys. We have a change of venue for our March meeting, on Saturday, March 20. We are going to meet in the theater at Lancaster High School. The address is: 44701 North 32nd Street West. We will have a short business meeting starting at 10:30. Our speaker will begin at 11:00 a.m. We have speaking Harry Keiley, a member of the STRS board. He will tell us the state of our retirement monies. If you have friends who are currently teaching, you may want to invite them to this meeting. I hope to see you there.

GENERAL MEETINGS

10:30 A.M.

**Camille's
Sidewalk Cafe**
15th Street West &
West Avenue J-8
Lancaster

2010 Meetings

March 20, 2010
(Lancaster High School Theater)
April 17, 2010
June 5, 2010

BOARD MEETINGS

9:00 A.M.

**The Mall
Greenhouse Cafe**

2010 Meetings

April 6, 2010
May 4, 2010

CALRTA

Enhancing and dignifying
the lives of retired
educators...



March, 2010

Volume 49, Number 7

www.calrta.org
www.CRTAvii.org

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Legislation Update

by Joann Wayland, Legislation Committee Member

In the January 20, 2010, issue of the *Los Angeles Times*, there was an article regarding the California State Teacher's Retirement System. It was stated in the article that as of June 30, 2009, STRS could meet only an estimated 77% of its future pension obligations. The system has been there before and increased its obligations to 100%. The Board recently met for a three day meeting to see what could be done to remedy the situation. There were many ideas and suggestions made from increasing the percent withheld from teacher's pay to changing the types of investments. Our chapter is very fortunate to have as a speaker, Harry Keiley, who is our CalSTRS K-12 Teacher Representative to the STRS Board. He will speak at the Lancaster High School Theater on Saturday, March 20, 2010, at 11:00 A.M. Now is your chance to hear directly what STRS has planned. There will be a question and answer period. Please attend and bring an active teacher as your guest.

Have the GPO and WEP affected your pension? We must not give up on the repeal of these penalties. People who give years to government service should be rewarded, not penalized. Please keep those letters going to our Senators and Legislators and President Obama. If you have a special story telling how you are penalized, write it and send it to the proper people.

Once again, if you are asked to sign an initiative against public pensions please say, "No!" It has been quiet, but we never know when these initiatives will appear.

Membership Committee

by Rachel Roach

Hurray! At the last count, our AV membership in CAIRTA is the second from the TOP. Every division has lost members, but we have lost fewer. It really helps when we are all caught up on our dues. Thanks you, thank you. AND we have three new members this month.

Welcome to CalRTA; AV Division new members in January, 2010:

Baker, Kay B.

Cummins, Alan

Cummins, Pat

Scholarship Committee

by Elizabeth Rutledge

It's just 1 1/2 months until the awarding of scholarships on April 17th. As of today we have \$2,000. We would like to be able to give \$800 or more to our recipients because of the rising cost of attending universities. Our goal is four scholarships. (Am I being too optimistic?) Nevertheless, we do thank everyone who has contributed.

Dollars for Scholars has brought in \$219. Thank you to all who have contributed to the basket at our meetings. Every amount helps.

Many members are still contributing to the memory of our deceased members: Jo Ella Wilson, Patricia McMurrin, Rose Empert, and Herbert Helton who passed away since the printing of our yearbook. We will miss them greatly. I have sent at least 30 cards thanking donors or notifying family members.

Donor	In Memory of
<i>Sara Taylor</i>	<i>Jo Ella Wilson</i>
<i>Mr. & Mrs. Fred Thompson</i>	<i>Jo Ella Wilson</i>
<i>Louise Dumas</i>	<i>Jo Ella Wilson</i>
<i>Faye Hall</i>	<i>Rose Empert</i>
<i>Jewel Warfield</i>	<i>Rose Empert</i>
<i>Judy Klapprott</i>	<i>Rose Empert</i>
<i>Sally Ann Newman</i>	<i>Rose Empert</i>
<i>Helen Stout</i>	<i>Jo Ella Wilson</i>

April Newsletter deadline is Thursday, March 18. Mail articles: Jim Allen.

AFTER CLASS

2 Simple Tests for Heart Disease

by Carol Moore, Resource Chair

1. How flexible are you? Adults over age 40 who were the most limber had 30% less stiffness in the arteries than less-flexible participants in a recent Japanese study. Stretching 10 to 15 minutes a day may keep arteries pliable; they may be affected by the elasticity of the muscles and tissue that surround them.

2. What's your waist-to-height ratio? The size of your abdominal fat cells may be the best indicator of your Type 2 diabetes risk, found new Swedish research. Diabetes increases your odds of stroke and death from heart disease by 2 to 4 times. The size of your waistline relative to your height is the most accurate way to gauge abdominal fat. Measure your waist, then divide by your height (in inches). Aim for a waist-to-height ratio of less than 0.5.
(*Prevention magazine*, March 2010)

CONTACTS

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STRS
(STATE TEACHERS
RETIREMENT BOARD)

*The Members Appointed
by the Governor:*

Jerilyn Harris—

Retiree Representative

Roger Kozberg—

Citizen Representative

Beth Rogers—

Citizen Representative

Kathy Brugger—

School Boards Representative

Peter Reinke—

Citizen Representative

Unsettling News for Current and Retired Teachers!

Los Angeles Times BUSINESS

Pensions

Teachers pension fund is \$43 billion short

The California State Teacher's Retirement System says that as of June 30, 2009, it could meet only an estimated 77% of its future pension obligations—far less than the 100% recommended by actuaries

by Marc Lifsher
January 29, 2010



The Antelope Valley Division 48 of
the California Retired Teachers Association
invites you to enjoy an informative session with:

Harry Keiley

is our CalSTRS K-12 Teacher Representative and is a former Santa Monica-Malibu Classroom Teachers Association president and former chair of the California Teachers Association Political Involvement Committee.

Get the latest on:

- The health of your retirement benefits
- What the future holds for STRS retirees

All active and retired educators serviced by STRS are invited.

RSVP: communications@areavii.calrta.org

Please Note: There will be a Q & A session, but questions must be of general interest; Mr. Keiley cannot answer questions on a particular person's case.

Saturday
March 20, 2010
11:00 A.M.

Business Meeting @ 10:30 A.M.

Lancaster High
School Theater
44701 North 32nd
Street West
Lancaster, CA 93536



Your partner in pension protection.

CONTACTS

STRS
(STATE TEACHERS
RETIREMENT BOARD)

*The Members Elected
by their Constituency:*

Carolyn Widener—
Community College
Representative

Dana Dillon—
K-12 Classroom Representative
Harry M. Kelley—
K-12 Classroom Representative

*The Members by virtue
of Elected to Office:*

Bill Lockyer—
State Treasurer

John Chiang—
State Controller

Jack O'Connell—
State Supt. Of Schools

Michael Genest—
State Director of Finance

*Mailing Address for
all Board Members:*

CalSTRS Board Member
PO Box 15275
Sacramento, CA 95851-0275

California Retired Teachers Association Membership Application Form

Mail to: 800 Howe Ave. #370. Sacramento, CA 95825

Name _____
Phone (____) _____
Address _____
City _____
State _____ ZIP _____ Division 48

Payment Options: Please choose one.

- CHECK \$840 lifetime membership
- CHECK \$42 annually,
- DUES DEDUCTION \$3.50 monthly. Please sign below

Signature _____

Date _____

I authorize the State Teachers Retirement System (STRS) to deduct my association dues. Should the amount of dues be adjusted, as deemed necessary by CRTA. I authorize that the payment shall continue unless I notify the CRTA business office in writing to the contrary. To terminate dues deductions, I agree to make my request in writing to the CRTA office.

Social Security Number (Only if selecting dues deduction)

2009–2010 AVCRTA Board Members

Faye Hall, President

Betty Ann Jones, 1st Vice President

Judy Klapprott, Recording Secretary

Sally Ann Newman, Corresponding Secretary

Doreen Zakar, Financial Secretary

Josephine Kuntz, Treasurer/Reassurance

Lauri Hickert, Legislation Chair/Area VII Legislation Representative CRTA State Legislation Committee

Jewel Warfield, Publicity/Insurance Chair

Jan LaBarge, Communications Chair

Maray Stowell, Ways & Means Chair

Cora Belle Crane (Corky), Settle Scholarship Chair

Rachel Roach, Membership Chair

Elizabeth Rutledge, Scholarship Chair

Joann Wayland, Yearbook, Audit and CRTA/PAC Liaison

Kay Karr, Telephone Chair

Carol Moore, Resource Chair

Jim Allen, Newsletter Editor

Volunteer Hours Mailer Info

Please detach this back page from your newsletter and put it in a place where you will view it often. Starting with last March, fill in the number of hours you've worked each week starting at the upper left corner and progressing through a Z pattern. Put additional days in the week 1 or week 4 slots.

February	
Week 1	Week 2
Week 3	Week 4

When you've completely filled in the calendar, fold it in half so this side is on the outside. Place a stamp in the upper right hand corner, tape the bottom together and pop it in the mail.

Thanks Again! You are **APPRECIATED!**

Fold Here

Stamp

To:
Sharon Hotton

CalRTA Volunteer Hours Calendar

Volunteer's Name _____

March <hr/>	April <hr/>	May <hr/>	June <hr/>
July <hr/>	August <hr/>	September <hr/>	October <hr/>
November <hr/>	December <hr/>	January <hr/>	February <hr/>

Each square equals one month. The cross divides months into four weeks. Put each week's total hours worked in the appropriate square. Fold in half and mail to the address on the opposite side by March 1, 2010. If you don't remember past weeks' totals, please approximate. Thanks!! You are **APPRECIATED!**



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