

AFTER CLASS

Newsletter of the Antelope Valley California Retired Teachers Division #48

President's Message

by Faye Hall

It is so great to begin this newsletter with such a positive, upbeat message. Our speaker for the January meeting, James Bruce Joseph Sievers, was fantastic. He recited from memory several of his poems and they were all very upbeat. The group of 30 members really enjoyed the program. He is available to speak to different organizations. I would highly recommend him as he does present an excellent program. Just call Betty Ann Jones or me and we can give you the information on how to get in touch with him or go to (theamericanpoet.com).



The donations for "Dollars for Scholarship Fund" continues to grow. We received over \$30 at the meeting and an anonymous donor will match \$25 more, making more than \$55 for our scholarship fund. Please send any amount that you can to Elizabeth Rutledge. The amount of money for our scholarships depends on the amount, we as members,



give. There will be a meeting on membership, Friday, February 19, at California State University Northridge's Orange Bistro. Several from Area VII are planning on going. If you are interested in attending let me know. Hopefully we will have enough people going to carpool. Remember the emphasis is on membership and the more members we have, the stronger CalRTA will be.

Carol Moore gave us a very timely Resource Service report. She reminded us with so many earthquakes happening we need to have an earthquake kit for our home and one for our car. Being prepared is very important. As I write this newsletter it is the 16th anniversary of the 1994 Northridge earthquake. So we know they can strike close to home.

It is time to begin thinking of officers for 2010-2011. Anyone who is interested in serving Area VII as an officer or as a board member please let us know. We will be discussing election for new officers and selecting a nominations committee. I have enjoyed being involved and I think you would also. Let me know if you are interested and I can pass the message to the board and nominations committee.

If my article seems shorter this time it's because Jewel, her husband Ed, my two sisters Marty and Nancy and I will be flying to Miami to leave on a seven day Grand Ole Opry country music cruise to Cozumel, Isla Roatan, Belize and Grand Cayman. I hope to come back refreshed and ready for the February 2nd board meeting at the Rancho Village Retirement Center.

Butterfly Fact: *The Hackberry Butterfly of Connecticut flies in a fast and erratic manner and rests upside down on tree trunks.*

See you at the meetings...



March Meeting

by Betty Ann Jones, Vice President

Our March speaker will be a member of the STRS Board, Harry M. Keiley, the K-12 Classroom Teacher Representative. He is a high school teacher with the Santa Monica-Malibu Unified School District, and was elected to the Teachers' Retirement Board in 2007. He has served as the president of Santa Monica-Malibu Classroom Teachers Association and chair of the California Teachers Association Political Involvement Committee.

He will be able to tell us the current state of our retirement system and answer questions about its future. Please invite any teachers who are thinking about retirement to join us for this meeting. Please RSVP @ AVCalRTA@aol.com. We will move our meeting to a larger venue if necessary.

GENERAL MEETINGS

10:30 A.M.

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

2010 Meetings

March 20, 2010

April 17, 2010

June 5, 2010

BOARD MEETINGS

9:00 A.M.

**The Mall
Greenhouse Cafe**

2010 Meetings

February 2, 2010

(Rancho Village Retirement Center)

April 6, 2010

May 4, 2010

CalRTA

Enhancing and dignifying
the lives of retired
educators...



February, 2010

Volume 49, Number 6

www.calrta.org
www.CRTAvii.org

CONTACTS

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Bakersfield, CA 93309
Phone: (661) 327-3611
Fax: (661) 637-0867
www.house.gov/mccarthy

Legislation Update

by Joann Wayland, Legislation Committee Member

An update from Dave Walrath: "While the Governor's budget manipulates Proposition 98 and limits funding for numerous other programs, it does include \$1.25 billion for the state's contribution to CalSTRS. Of this, approximately \$630 million is for the Supplemental Benefit Maintenance Account (SBMA) (Purchasing Power Protection) and an additional \$57 million to SBMA for the interest payments owed from our successful litigation to require the state's contribution to SBMA."

The initiative against public pensions is still an important topic. Please talk to your friends about it and urge every one not to sign. If passed, retired teachers could never receive an increase in the purchasing power percentage or any pension equity changes. If you see any one with the petition please contact Lauri Hickert or me as to location.

We still need letters and phone calls to get the WEP and GPO repealed. Please continue.

Legislative Advocacy Day is March 11, in Sacramento. We are very fortunate to have some new members attending this year. Wanda Hurst and Jan LaBarge will visit Senator George Runner and Lauri Hickert and Jackie Multanen will visit State Assembly Representative Steve Knight. It is a big day in Sacramento, and all Divisions will have members attending and visiting their representatives. Direct contact proves to be very important.

The Legislative Committee is very happy to welcome a new member, Betty Stiers. Betty was in the Palmdale School District as a teacher and principal.

Uses for Coffee Grounds

by Carol Moore, Resource Chair

1. Sprinkle a thin layer of grounds over the dirt and precipitation will release nitrogen from the grounds in the soil and will help develop new growth on your plants.

2. After coating steaks with olive oil, combine 1/3 cup grounds and ground pepper and rub into steaks. Refrigerate 30 min. Makes tough meat more tender.

3. Place a bowl of filtered grounds on the bottom shelf of your fridge overnight to eliminate unpleasant odors.

4. Coat the grease spots left by a oil drip with 1 cup of dry, used grounds. Let sit for 5 min. The grains soak up the oil and you can sweep away the mess.

5. For a sluggish drain, dump 1/2 cup used grounds down the drain, then follow with 4 cups warm water. Repeat once a week to keep pipes clear and running smoothly.

6. To touch up nicks on a wood surface, steep 2 Tbs. coffee grounds in 1/2 cup boiling water for 5 min. Dip cotton swab in liquid and apply directly to the nick.

7. To restore faded black clothes, brew 10 cups of strong coffee (using 1/2 c of grounds) and pour the liquid in the washing machine. Add clothes and wash on gentle cycle.

Membership Committee

by Rachel Roach

February reminder. This past month has been very interesting. Our scholarship committee sent envelopes with the newsletter, hoping to receive donations for the scholarship fund. Liz Rutledge was very surprised when she started getting dues checks instead. She and I would have loved it if the checks had been from the members with outstanding balances—some for up to 8 months, but most of these checks were for 6-8 months in advance!!! Thanks for being on the ball you guys.. You are great. We are open to ideas to help you remember your dues payment. We all say, "PAY-ROLL DEDUCTION" is the answer. To make it easier still, use the application form included right in this paper.

Please keep your membership up to date.

We have not had any new members in about three months. Contacts are made continuously. As the new retirees make their decision known, we must be ready to make our contacts and show new people our value. This is up to all of us. Are you carrying a little information about CalRTA with you? We can get you some for sure.

Address change:

Joan Wrin

A.V. Senior Network

by Kiem Tan

The A.V. Senior Network will present geriatrics specialist Dr. Samuel Silao, who will speak on "Why Urgent Care?" & "Geriatric Care" on February 10, 2010, from 2:00—4:00 P.M. at the Larry Chimbole Cultural Center, 38350 Sierra Highway, Palmdale, CA 93550.

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

AFTER CLASS

Volunteers

by Jan LaBarge

CalRTA Volunteers continue to amaze me with their dedication and contributions to our communities. It is this time of year that we take time out to say "Thank You" for all you've done. Please help us to do so by filling out your end of year form on the back of February's excellent newsletter. This form can be cut off the newsletter, filled out according to the instructions, folded in half, taped together, then mailed to the address on the outside. We will know who it came from because your address label will be on the inside of the mailing. Taking the time to do this saves us innumerable hours. You are so appreciated!

Brenda Taylor-Johnson is our new co-chair for recognition, not Brenda Johnson Robinson. I think the powers that be are trying to get me to recruit Brenda Robinson as well. Any chance I can make that happen Brenda R?

Community Service (HELP!)

by Jan LaBarge

I'm hoping for one of you to chair our CalRTA's Community Service Project. We do this once a year, preferably in March or April. We are looking for a permanent project that we can contribute to each year and are asking for your suggestions. Please email, write, or call me (Jan LaBarge), or bring your ideas to the February meeting. We want to sponsor or co-sponsor projects based on scope of reasonable attainment, limitations of time, interest and number of active volunteers available, and public relations value. We need your help on this one—please send ideas our way.

Public Relations

by Jan LaBarge

Hats off to Jim Allen and Jewel Warfield for the excellent job they are doing publicizing CalRTA.

Jim's newsletters are admired throughout the State for their professional quality and eye for detail. It's fun to show his work off!

Jewel has been getting us more news space than we've had, perhaps ever. I'm amazed each time I pick up the Valley Press only to find another article on CalRTA.

Many thanks to you both for the incredible job you are doing.

P.S. We're currently looking for a webmaster and graphic artist to join this terrific twosome in getting the word out. Who out there is ready to take the plunge?

Scholarship Committee

by Elizabeth Rutledge

Quite a few members have donated to our scholarship fund in memory of family and loved ones. We would like to extend our condolences to those who have lost loved ones.

We thank our members for these generous gifts.

Donor	In Memory of
Mr. & Mrs. Pat Duffy	Mr. Herb Helton
Dr. & Mrs. Monroe Pederson	Mrs. Grace Galliher
Dr. & Mrs. Monroe Pederson	Mr. Herb Helton
Mr. & Mrs. Frank Wayland	Mrs. JoElla Wilson
Mr. & Mrs. Frank Wayland	Mrs. Pat McMurrin
Ms. Sally Phillips	Mrs. JoElla Wilson
Mrs. Wanda Spencer	Mr. Robert Spencer
Mrs. Wanda Spencer	Mrs. Pat McMurrin
Mrs. Wanda Spencer	Mr. Gerald Dufour
Mrs. Laurel McCrary	Mrs. JoElla Wilson
Mr. Neil McMurrin	Mrs. Pat McMurrin
Mrs. Judith Helton	Mr. Herb Helton

If you are donating to the AVCRTA Scholarship Fund in memory of a loved one, please include an address so that I may inform the family member of your gift.

CONTACTS

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steve.knightr@asm.ca.gov

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

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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 Lancaster, CA**

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