

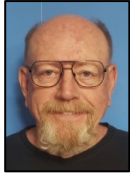


AMCRE

ASSOCIATION OF MENDOCINO COUNTY RETIRED EMPLOYEES

Post Office Box 903 • Ukiah, CA 95482

FRIENDSHIP • UNITY • STRENGTH • GROWTH



AMCRE PRESIDENT'S MESSAGE

AMCRE President

Tom Ingram

The President's message !

Well it looks like spring has sprung, We got some well needed rain!

Now we have some serious decisions to make! The cost of everything has gone up, the cost of the newsletter, postage printing and food costs! We have come to a crossroads we either shut down AMCRE, or we raise the dues. We are hoping to continue with AMCRE, but to do so we have to double the dues! We are asking YOU the membership to raise your dues to \$2.00 a month, \$24.00 a year. That will keep the association going, so that if Sacramento decides to change our retirement laws and regulations, we can still stand with ALL of the rest of California's retirement associations and fight them together.

We had to suspend our scholarships this year as we have no money in our account to pay for them. We had to cut back on mailing out our newsletters, we are working on finding someone to do our website in-house so we can cut costs.

We are working on rebuilding OUR association to work for YOU !!

We have had to shift costs to the members for membership meetings, which will now be \$17.00 per meeting. The summer BBQ will be \$15.00 per person. We do not know what the Holiday Party will cost yet!

Also with belonging to AMCRE comes the benefits of the insurance programs we can and do pay for through OUR retirement association.

SO AGAIN I am asking that all members print, sign, and return the forms to increase our dues by a dollar a Month and continue OUR ASSOCIATION--AMCRE!

THANK YOU ALL

Tom Ingram

President/ CRCEA representative

WELCOME NEW AMCRE MEMBERS

AS OF MAY 2023

1018 Members Strong!

RETIREE NAME	RETIREMENT DATE	DEPARTMENT	YRS OF SERVICE
Anthony Vau	12/8/2022	Russian River Cemetery	13
Benjamin Kageyama	12/31/2022	Transportation	12
Devi Allen	*	Effective: 1/1/2022	*
Cecile Cooke	*	Effective: 1/1/2022	*
Renee Timmons	*	Effective: 1/1/2022	*
Marian Whittaker	*	Effective: 1/1/2022	*
Richard Swanson	1/6/2023	Planning & Bldg	22
Lewis Finch	1/20/2023	Alternate Defender	24
Elaine Chan	2/19/2023	Social Services	16
Debra Olvera	3/19/2023	Social Services	23
Michael Dygert	3/19/2023	Sheriff's Office	29
John Flammang	3/19/2023	Social Services	22
Raymond Madrigal	3/31/2023	Planning & Building	2
Rachael Verdot	4/24/2023	Animal Control	10

*Unkn

ASSOCIATE MEMBERS

Daisy Brown

Ruby Campbell



AMCRE EXTENDS OUR DEEPEST SYMPATHY TO FAMILY AND FRIENDS OF RETIREES LISTED BELOW

RETIREE NAME	DEPARTMENT	DATE
Eugene Lensing	Sheriff's Office	12/21/2022
Elizabeth Woodward	Unkn	12/20/2022
Stephen Swingle	Transportation	1/2/2023
Sandra Allison	Social Services	2/9/2023
Steven McElfresh	General Services	2/19/2023
Mary Mayer	Probation	2/26/2023
Lester Brown	Transportation	3/21/2023
Donna Evans	HHS-A-PH-AODP	4/3/2023
Karen Miltenberger	Social Services	4/16/2023
Deborah Vest	*	4/26/2023
Gordon Campbell	Sheriff's Office	4/28/2023

IMPORTANT INFORMATION IN THIS NEWSLETTER

LETTERS TO THE EDITORS

NEWSLETTER CONTRIBUTION

If anyone would like to share a travel adventure or any other newsworthy information/articles, please email your article and pictures to:

amcremendocino@gmail.com

In Memory of **RENE CHARLES THORNHILL "CHUCK"**

4/14/1948 – 2/13/2023

Our dear friend and Past President Susan Thornhill lost her life partner of 58 years on February 13, 2023. We all always loved Chuck. He would pop in during Board meetings and say hello. He cooked AMCRE's summer BBQ with no effort at all, year-after-year with Sue right there by his side working just as hard. Chuck was a kind soul, a peaceful man and very funny. Rest in Peace dear Chuck. Thank you for all you did for AMCRE and other organizations.



IMPORTANT INFORMATION FROM MCERA:

MCERA currently requires members to submit certified copies of vital records for both themselves, and any beneficiary named to receive a continuance of the member's retirement benefit after death. Vital records include the following:

- Original or Certified copy of the Member's Birth Certificate, or Passport, or Passport card, or CA Real ID.
- Original or Certified copy of the Spouse/Registered Domestic Partner's Birth Certificate, or Passport, or Passport card, or CA Real ID.
- Original or Certified copy of the Member's Marriage Certificate or State Certificate of Registration of Domestic Partnership.

Retired members who retired before this requirement should submit these documents to MCERA as soon as time allows. Providing these documents now will save your surviving beneficiary from having to provide these documents later.

Judy Zeller | Retirement Analyst
(707) 467-6473 - Office | (707) 467-6472 – Fax
Judy.Zeller@mendocinocounty.org

DUES INCREASE! IMPORTANT ARTICLE – PLEASE READ

DUES INCREASE EFFECTIVE IMMEDIATELY.

Our treasury is the lowest it has ever been due to the rising costs of everything. We could barely pay out the four scholarships for the 2022/2023 year. AMCRE Board of Directors has charged \$1.00 per month per retiree since the organization was formed. Due to rising costs of stamps, printing and mailing of our newsletter, and maintaining our website, AMCRE Board of Directors voted on Monday, April 10, 2023, to increase our membership dues from \$1.00 per month per retiree to **\$2.00** per month per retiree. New retirees begin immediately paying \$2.00 per month to join AMCRE. Most of the retiree associations in the State of California raised their dues this year because of costs going up. We have made many changes to help our treasury grow again; starting with everyone will receive the newsletter via email unless they filled out the form requesting a mailed hard copy. That will save quite a bit of money. **On that note, in this newsletter please tear out, fill out and sign a new affidavit agreeing to have your dues voluntarily increased to \$2.00 per month.** According to MCERA, they are not legally allowed to take an additional amount from your pension checks unless you sign the enclosed affidavit just as you had to sign for the \$1.00 amount to join when you retired which is currently on file at MCERA.

AMCRE is working with Mendocino County Employees Retirement Association (MCERA) to change all the pertinent paperwork for new retirees and the current retirees. We thank all of you in advance for your understanding and cooperation in returning this affidavit as quickly as possible to keep the paperwork accurate. Should you have any questions regarding the signing of this affidavit, please contact MCERA at their office.

If you have other questions related to dues increase, please send your questions and contact information to AMCRE email: amcremendocino@gmail.com

One important item that must be mentioned: You are required to maintain membership in AMCRE to have coverage under any Pacific Agency Group plans and coverages may be terminated without warning should your AMCRE membership lapse.

If you have further questions on any of this, please email AMCRE.

Dear AMCRE Members,

We are so proud to have you as a valued member of Association of Mendocino County Retired Employees (AMCRE). Our organization truly wouldn't be the same without you.

AMCRE is committed to being a powerful voice representing retirees at the Retirement Association Board, County Board of Supervisors, and at the state level with our partnership with the California Retired County Employees Association (CRCEA).

AMCRE also serves a vital role as a community and social organization for retirees and their spouses continue. AMCRE's opportunities and benefits include:

- A tireless advocate for County retirees
- General Membership luncheon meetings
- The Connection newsletter
- Scholarships for college or trade school for children or grandchildren of members (Unfortunately, this year 23/24 we had to cancel scholarships due to lack of money.)
- Holiday Party and Summer BBQ
- AMCRE website for online access to newsletters, breaking news, AMCRE board members
- Voluntary Benefit Plans-like dental, vision, legal and travel plans, among others!

To continue our advocacy and social offerings, we find it necessary to increase our membership dues. AMCRE have not increased since its inception. AMCRE membership dues will increase from \$1 per month to \$2. If you would like to continue your access to our invaluable resources and events, please sign and return the *Application for Membership And Authorization for Automatic Deduction* that is in this newsletter. As always, your membership dues will be conveniently deducted from your MCERA retirement benefit.

Thank you
Board of Directors



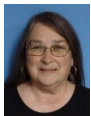
Tom Ingram
President – CRCEA Delegate



Cyndie Richardson
Treasurer



Russell McCutcheon
2-Year Director



Anita Toste
Vice-President



Tom Desroche
3-Year Director



Donna Glass
2-Year Director



Cyndi Montesonti
Secretary



Dorinda Kay Miller
3-Year Director



Juanie Cranmer
1-Year Director

MEETINGS

Below are the listed months that the Board of Directors and the General Membership meet. These meetings are usually held the 2nd Monday of the month. Board meetings are usually held at 12:00 p.m. at Slam Dunk Pizza. General Membership Meeting, places to be announced.

BOARD OF DIRECTORS' MEETINGS: January, April, July, October (special meeting for Board of Directors nominations) and November.

GENERAL MEMBERSHIP MEETINGS: May, August and December. **FREE RAFFLE INCLUDED**

SCHOLARSHIP INFORMATION FOR 2023/24



Due to AMCRE's current financial situation, sadly, the Board of

Directors voted on Monday, May 1, 2023 to suspend scholarships for the 2023/2024 school year in order to revamp the scholarship program and improve our fiscal situation so that we can return to giving out scholarships for the 2024/2025 school year. We apologize from the bottom of our hearts, but just can not afford to give any out this year. If you have any concerns or comments or questions, please email them to amcremendocino@gmail.com to the attention of Cyndi Montesonti and Tom Ingram/Scholarship Co-Chairs.

PLEASE NOTE:

At the Special Board Meeting on May 1, 2023, the AMCRE Board of Directors voted to cancel the January Board of Directors' Meeting and the February and May General Membership meetings. (See above for meeting schedules.) We will have our Summer Picnic on the second Monday in August at 5:00 p.m. at Lyon's Park, Redwood Valley, CA. We voted to charge \$15.00 per person to help cover the costs of food and the park rental. We will continue to have our holiday dinner on the second Monday in December at the Broiler Steakhouse. Details for both will come later in the year.

HOMEMADE DOG BISCUITS

Ingredients

- ✓ 1 cup plain yogurt
- ✓ 1 cup pumpkin puree

Directions

1. Mix pumpkin and yogurt together in a bowl
2. Divide the mixture evenly into an ice tray or molds
3. Freeze for 24 hours
4. Pop the treats out of the mold and put into a freezer bag for storage. You can also leave them in the ice tray if you have space in your freezer!



ALWAYS CHECK OUR WEBSITE FOR BREAKING NEWS AND HAPPENINGS.

AMCRE WEBSITE IS UP AND RUNNING:

AMCRE.ORG

✓ **SENIOR DISCOUNTS:...** BEST RULE OF THUMB...ask ask ask!

✓ **MOVING, or any notification changes?**

Notify the Membership Committee at amcremendocino@gmail.com, so AMCRE's records stay correct. Be sure you ALSO connect with the Mendocino County Retirement Association 625-B Kings Court, Ukiah, with any address change, telephone and email change (if applicable) as well.

Write to:

AMCRE

P.O. Box 903 Ukiah, CA 95482

Email to: amcremendocino@gmail.com

CROCKPOT ITALIAN CHICKEN

You only need 3 ingredients for this crockpot Italian chicken with Italian dressing and Parmesan cheese.

Prep Time: 5 mins

Cook Time: 8 hrs

Total Time: 8 hrs 5 mins



Ingredients

- ✓ 1 (16 ounce) bottle Italian dressing (such as Olive GardenSM Signature Italian Dressing)
 - ✓ 1/4 cup grated Parmesan cheese
 - ✓ 4 boneless skinless chicken breasts
1. Stir Italian dressing and Parmesan cheese together in a bowl.
 2. Place chicken in a slow cooker, and pour dressing mixture over chicken. Cover and cook on Low until chicken is tender, no longer pink in the center, and the juices run clear, about 8 hours.

We appreciate your prompt signing and returning of this affidavit to MCERA asap. Thank you.

AMCRE BOARD OF DIRECTORS

Adopted 4/10/2023



ASSOCIATION OF MENDOCINO COUNTY RETIRED EMPLOYEES

Application for Membership

AND

Authorization for Automatic Deduction

By signing and submitting this form, I agree to become an Association of Mendocino County Retired Employees (AMCRE) member.

I hereby authorize Mendocino County Employees Retirement Association (MCERA) to deduct from my retirement benefit the **current membership dues*** and pay that amount to AMCRE.

Such deduction shall continue without requiring my reauthorization of the deduction, until I provide written notification to revoke this authorization.

Name Phone Number

Mailing Address

City State Zip Code

Email Address

Date Retired Years of Service Department

Signature Date

RETURN TO: Mendocino County Employees Retirement Association:

MCERA

625-B Kings Ct. Ukiah, CA 95482

* **Currently \$2 per month.** AMCRE will provide members with at least 60-days advance of any change in membership dues. You are required to maintain membership in AMCRE to have coverage under any Pacific Agency Group plans and coverages may be terminated without warning should your AMCRE membership lapse. Membership dues are paid in arrears and are deduction from the retirement benefit – i.e., the April dues are deducted from the benefit payment issued April 30th.

ARE YOU WRITING YOUR NAME IN THE DUST ON YOUR FURNITURE? IS CLUTTER MAKING YOU CRAZY?

Here are helpful tips.

If your closets are bursting or your desk is topped with piles of disorganized papers, you may want to take some steps toward a neater home or workspace. While a bit of chaos might have some upsides -- at least one study suggests that a messy room spurs creativity -- it has many more downsides. It can even be damaging for your physical and mental health

MESS=STRESS: When everything is in order, you know exactly where you put your glasses and keys so you can grab them and go on with your day. That saves time and a whole lot of hassle.

IT DOESN'T GET EASIER: If you're a bit scatterbrained because your space is scattered, don't wait to neaten up. Research has shown that adults in their 50s who have too many piles of stuff are more likely than younger folks to put off making decisions about what to get rid of. The study also found that those piles can make you less satisfied with your life. Ask your kids what they want. Give it to them now if there is something they want to have and you hardly use. You will feel pleasure seeing your kids enjoying the item.

YOUR MIND WANDERS AND PASS THE TISSUES: It is so hard to focus if everything is disorganized. Do a little bit at a time to clean up, get rid of, and do your filing to clean up paperwork. People stop by unexpected and you feel embarrassed about your house. Shutting people out can take a toll on relationships and make you feel sad and lonely. Disorganization makes it harder for your brain to focus. It also makes people cry and feel anxious. A neat, tidy house feels inviting, both for the people who live there as well as guests. Dust away. Give away. Throw away. A cluttered home may feel the opposite.

SLIPS AND FALLS: Living with lots of clutter puts you at risk of getting injured. When your floor is covered with boxes, heaps of clothing, or even too much furniture, it's that much easier to trip. Shelves stuffed to the brim with books and knickknacks can also be a hazard if something falls off or a piece of overloaded furniture topples over. Start getting rid of books you read and probably won't pick up again. If you have a box on the floor, have someone move it to a safe location.

UP ALL NIGHT: A study showed that people who have a hoarding disorder also seem more likely to have insomnia. The link between the two isn't totally clear, but sleep is important for clear thinking and decision-making. If you're sleep-deprived, you might be more likely to make questionable decisions, including ones that involve getting more stuff you really don't need.

F. SCOTT FITZGERALD

For what it's worth... it's never too late, or in my case too early, to be whoever you want to be. There's no time limit. Start whenever you want. You can change or stay the same. There are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. I hope you see things that startle you. I hope you feel things you've never felt before. I hope you meet people who have a different point of view. I hope you live a life you're proud of, and if you're not, I hope you have the courage to start over again.

51.

If you have any interest in being on the Board of Directors or running for office, please email AMCRE at amcremendocino@gmail.com before the end of September. Several current members will be leaving at the end of their terms and we need to fill their spots.

Currently the vacant position we have is one 1-year Director.

SUNSHINE COMMITTEE

If you know of any of our members who could use a get-well or sympathy card, please email

*amcremendocino@gmail.com, with any details along with correct names and addresses, if you have it.
Thank you!*



AMCRE ANNUAL BBQ

GENERAL MEMBERSHIP MEETING

Date: Monday ~ August 14, 2023
Time: 5 p.m.
Location: Lions Park in Redwood Valley
Cost: \$15.00 with RSVP
\$20.00 at Door

BBQ – by Chef Tim Marsh Bring your own beverage
Tri-tip, chicken, salad, roll, dessert and a vegetarian dish

The price for AMCRE members and guests is **\$15.00** per person if RSVP has been sent in.
\$20.00 per person at the door if RSVP has not been made.

The Scholarship Jar will be on the registration table if you are interested in donating to it.
Looking forward to seeing everyone.

Any questions email amcremendocino@gmail.com

RAFFLE: Get a free raffle ticket for a chance to win **5 - \$20.00 Prizes** **2 - \$50.00 Prizes**
With the option of purchasing additional raffle tickets for \$1.00 each

----- **TEAR OUT AND RETURN WITH CHECK TO AMCRE** -----

Checks payable to **AMCRE** for \$15.00 per person.

RSVP must be received no later than August 1, 2023, with this coupon and check for \$15.00 per person payable to AMCRE

Mail to: AMCRE - BBQ
Attn: Cyndie Richardson
P.O. Box 903
Ukiah, CA 95482

NAME: _____ /_/Tri Tip /_/ Chicken Telephone Nbr: _____

GUEST NAME: _____ /_/Tri Tip /_/ Chicken

ASSOCIATION OF MENDOCINO COUNTY RETIRED EMPLOYEES

Post Office Box 903
Ukiah, CA 95482

PRESORT STD

U.S. Postage

PAID

Ukiah, CA

Express-It

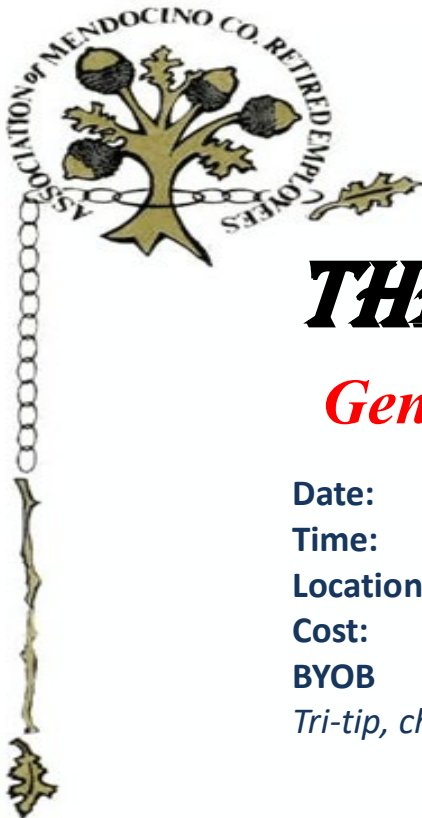
**MOVING, or any
notification
changes?
NOTIFY AMCRE**

Amcremendocino@gmail.com

IMPORTANT INFORMATION IN THIS NEWSLETTER



AUGUST



FRIENDSHIP • UNITY • STRENGTH • GROWTH

THE CONNECTION

General Membership Meeting

Date: Monday ~ August 14, 2022

Time: 5 p.m.

Location: Lions Park in Redwood Valley

Cost: \$15.00 with RSVP \$20.00 at Door

BYOB Bring your own beverage.

Tri-tip, chicken, salad, roll, dessert and a vegetarian dish



SEE RSVP FORM ON PAGE 7