

ASSOCIATION OF MENDOCINO COUNTY RETIRED EMPLOYEES
Post Office Box 903
Ukiah, CA 95482

General Membership Meeting – May 9, 2016

March - April 2016

Co-Editors:
Cyndi Montesonti &
Dorinda Kay Miller



FRIENDSHIP • UNITY • STRENGTH • GROWTH

THE CONNECTION

General Membership Meeting

Date: Monday, May 9, 2016
Time: 12:00 p.m.
Location: Slam Dunk Pizza
720 N.State Street, Ukiah, CA
See Page 8 for more information.

Free Lunch

\$ Raffles \$





AMCRE

ASSOCIATION OF MENDOCINO COUNTY RETIRED EMPLOYEES

Post Office Box 903 • Ukiah, CA 95482

FRIENDSHIP • UNITY • STRENGTH • GROWTH

<http://www.amcre.org>

Issue #2-2016

FROM THE DESK OF...



**AMCRE PRESIDENT
SUE THORNHILL**

Dear Fellow Mendocino County Retirees,

Well winter has come and almost gone here in Mendocino and our water storage is in much greater shape than the last 3 years. Of course, if we experience more drought years in the near future, we will be right back

where we started so many of us are on the defensive and putting in drought resistant landscape, etc.. I know many of you in other parts of the country are under the white stuff and even flooding. If we can put a man on the moon, why can't someone figure out how to get your water to us?

The AMCRE Board of Directors is busy working on the scholarships, planning the summer picnic, working on gathering information in order to be prepared to present our argument to the Board of Retirement if they plan to change the way they calculate our cost of living raises in future years and keeping a close eye on our monthly benefits at the legislative level but for this year we thank the Board of Retirement for our 3% beginning with our April 29, 2016 check. Speaking of which, please be careful what you sign when approached by signature gatherers in front of your local stores. It was brought to our attention at the recent California Retired County Employees Association conference (CRCEA) certain elements are still trying to get pension reform on the ballot and will hide them in other ballot issues that may sound very worthwhile supporting. So please READ, READ, READ.

Our next General Meeting will be held May 9 at 12:00 at Slam Dunk Pizza and AMCRE will be providing lunch at no charge to the retirees. The menu will consist of several different pizzas, salad and drinks. If you need gluten free pizza or other dietary restrictions, please let us know prior to the meeting so we can take care of that in advance. Officer Adams of the California Highway Patrol will be our speaker and should have some great information for us seniors. Hope to see many of you then.

The next newsletter will give all of the details for the summer picnic and that is always a good time. We always have that one evening in August after it cools down and it is always a good time so be sure to plan your travels around that time.

As you will see throughout this newsletter, we are working very hard to put a new face on our association and always appreciate your suggestions and any help you want to give.

Cheers for now
Sue Thornhill, President

WELCOME NEW RETIREES

Please come to our functions.

As of MARCH 2016 - 920 members strong!

RETIREE NAME	RETIREMENT DATE	DEPT	YRS OF SERVICE
CHRIS WARRICK	8/28/15	Planning & Building	29
JAN RASMUSSEN	9/12/15	Transportation	10
COLLEEN CUNHA	12/05/15	CAL WORKS JOB SERVICES	15
ALESE JENKINS	1/01/16	HHSA	
JUDY KILLEN	1/02/16	PROBATION	20.5
DONALD J. CRAWFORD	1/03/16	SOCIAL SERVICES	9
KATHLEEN MOODY	1/03/16	HHSA	10
JANET M. NOE	1/15/16	SUPERIOR COURT	17
RAYBURN KILLION	2/16/16	DISTRICT ATTORNEY	7
FRANKLIN MASTERSON	2/26/16	SHERIFF DEPT.	14
JAMES E. MOCKEL	2/27/16	HHSA	18
JAMES P. MORGAN	3/01/16	Not Provided	?
CANDIE LOMBARDI	3/01/16	Not Provided	?
CHRIS OLDHAM	3/26/16	AUDITOR-CONTROLLER	31



ROBERTA HEATH	Planning & Building	1/13/16
ROBERT HICKOK	District Attorney	1/17/16
VIOLET VICE	Hospital	1/30/16
ABBIE OJANPERA	Treasurer/Tax Collector	2/05/16
LOUIS LOMBARDI	Transportation	2/16/16
RICHARD MADDEN	Sheriff's Office	2/16/16
JOSIE BARTOLOMEI	Auditor	2/17/16
DELBERT MAHAN	Public Works	2/21/16
BARBARA MORGAN	Social Services	2/20/16
BONNIE HOLMES	Courts	2/23/16
JAMES "JAY" MILLER	Sheriff's Office	3/11/16
EMILY VALENTINI	District Attorney	4/08/16

Board of Directors

PRESIDENT

Sue Thornhill

VICE-PRESIDENT

Tom Liberatore

SECRETARY

Cyndi Montesonti

TREASURER

Raylene Lucchesi

C.R.C.E.A. DELEGATE

Tim Knudsen

DIRECTORS

3-year

Tom Desroches

Dorinda Kay Miller

2-year

Marilyn Heath

Jim Tusso

1-year

Shirley Christensen

Richard Stenback

NON-ELECTED POSITIONS

MEMBERSHIP COMMITTEE

Dorinda Kay Miller

THE CONNECTION:

Co-Editors ~

Cyndi Montesonti

Dorinda Kay Miller

SUNSHINE COMMITTEE

Shirley Christensen

ASSOCIATION OF MENDOCINO COUNTY RETIRED EMPLOYEES'

MINUTES OF THE GENERAL MEMBERSHIP MEETING

February 8, 2016, 12:00 p.m.

Sheriff's Office

Ukiah, CA

1. CALL TO ORDER –

INTRODUCTIONS: President Sue asked for introductions of the retirees and their guests. There were approximately 50 people attending the luncheon. Board Members Absent: Richard Stenback

2. PLEDGE OF ALLEGIANCE:

President Sue Thornhill to call on Jim Tusso to lead the pledge.

3. SPEAKER:

Sheriff Tom Allman introduced by President Sue Thornhill

Sheriff Allman briefed us on the following Sheriff's Office issues: Every deputy slot will be filled by June 30th; this is the 6th year that units were purchased using 100% marijuana restitution money and not tax money; and he discussed the mental health crisis issue in Mendocino County and he will be pushing for a initiative to be

placed on the ballot this fall to address this issue.

4. INVOCATION & LUNCH: President Sue Thornhill to call on Doug Sawyer for the invocation. Sheriff Allman made an opening statement welcoming us and directed members to the Chicken Green Enchiladas and Cheese Enchiladas lunch that his kitchen staff had prepared.

5. REPORTS:

TREASURER'S REPORT-Raylene Lucchesi: \$7,496.51 in the General Fund, which includes the \$297.00 Scholarship fund and \$1,499.15 in the Legal Fund.

MEMBERSHIP-Cyndi Montesonti: 917 members

FUTURE SPEAKERS-Tom Liberatore: Officer Adam, California Highway Patrol will be the speaker for the General Meeting held on May 9, noon, at Slam Dunk Pizza.

SCHOLARSHIPS-Tim Knudsen: As one additional scholarship was added, we currently have awarded four. Reminder, any AMCRE member's child/grandchild can apply and these scholarships are not just for college, they can be used for trade schools! New

application forms are being worked on and will be available soon.

CRCEA OR RETIREMENT REPORT-Tim Knudsen: The BOS and Retirement Board Joint Meeting was well attended by retirees. Some people in attendance were negative to retirees as they have no retirement. We need to be vocal, so we can be heard.

Report: Unfunded liability will be paid off by 2040. Pension Liability Fund – 8 million – will be paid off in approximately 8 years – which will free up 8 million dollars. Supervisor McCowen assured our members that we will get our retirement. New hires, when they retire, they will not receive any COLAs. And the Retirement Board keeps reminding people – they do not set benefits, it's the Board of Supervisors authority to do so.

Cost of Living: The Retirement Board is still pushing for the Bay Area index not the Western Regional!

6. OLD BUSINESS:

➤ The AMCRE banner will be used outside where meetings are held.

➤ We are checking with printing businesses to get a quote to see about them mailing *The Connection*.

➤ Retirement checks do not change unless: 1) you authorize a change, and 2) there is a COLA added.

➤ REACH – the issue about the membership fee has been straightened out, if you have problems please contact them. Next year has been corrected as well. If you paid \$65, they are supposed to reimburse you. Also contact Medicare/supplement to see if they pay for helicopter.

7. NEW BUSINESS: No new business

8. RAFFLES: RAYLENE LUCCHESI -

\$20.00 (1) Jon Lehan,

\$10.00 (3) Suzanne Welsh, and Sue Thornhill- and Shauna Heiselt donated theirs to the Scholarship fund

9. ANNOUNCEMENTS OR MEMBER COMMENTS: PRESIDENT SUE THORNHILL

Next General Meeting is May 9th, noon, at Slam Dunk Pizza. There will be the usual free raffle ticket for a chance to win 4 money prizes. The Guest Speaker will be Officer Adam, California Highway Patrol. And a free pizza lunch will be provided. Hope to see you all there!

10. ADJOURNMENT: 1:19 p.m.

Respectfully submitted,
Dorinda Kay Miller

THANK YOU GRANVILLE BENNETT POOLE, FOR DOING AN AWESOME JOB OF KEEPING UP THE AMCRE WEBSITE! We encourage everyone to check it out at <http://www.amcre.org>. There you will find current minutes, up-to-date information, discounts and featured articles. Scholarship information will also be on line sometime in April.

ASSOCIATION OF MENDOCINO COUNTY RETIRED EMPLOYEES'

MINUTES OF THE REGULAR BOARD OF DIRECTORS MEETING

April 18, 2016, 12:00 p.m.

Slam Dunk Pizza, 720 N. State Street, Ukiah

1. CALL TO ORDERCALL TO ORDER: President Sue Thornhill called the meeting to order at 12:07 p.m.

2. ROLL CALL: Conducted with the following Board members present: Sue Thornhill, Tom Liberatore, Cyndi Montesonti, Raylene Lucchesi, Dorinda Miller, Tim Knudsen, Marilyn Heath, Tom Desroches, Jim Tusso, Richard Stenback and Shirley Christensen.

3. APPROVAL OF MINUTES: Motion was made by Tom Deroches to approve the February 8, 2016 General Meeting Minutes. Motion was seconded by Marilyn Heath. **PASSED.**

4. REPORTS:

TREASURER'S REPORT: Treasurer Raylene Lucchesi reported the balance in the treasury for February 2016 in the checking account was \$8,234.10, which included \$297.00 Scholarship Fund and \$1,499.15 Legal Fund. The balance for March 2016 was \$8,642.02, which included \$297.00 Scholarship Fund and \$1,499.34 Legal Fund. Raylene also reported that the second Scholarship payments went out to Breann Dunkin and Trent Williams because they submitted their proof of enrolling in the second semester and their grades.

MEMBERSHIP REPORT: Secretary Cyndi Montesonti reported that AMCRE membership has reached 920, and that we had 7 retiree deaths in the last two months. Dorinda Miller has agreed to take over the Membership Chairmanship. Cyndi organized everything and passed on the boxes to her.

SCHOLARSHIP REPORT: Tim Knudsen reported that he has acquired scholarship applications from a service club that AMCRE can use for our scholarship applicants. There will be an article in *The Connection* this month and on our website when it's time for Mendocino County Retiree's, who must be a member of AMCRE and in good standing, children or grandchildren - who will be graduating high school and attending a college, to apply for AMCRE scholarships. There are three \$500 (\$250 per semester) full-time scholarships for seniors attending college, a university or trade school with proof of enrollment. It was decided that applicants will have until May 27, 2016 to submit their applications. They can print them off the amcre.org website or contact Tim Knudsen. This year we are requiring 3 complete packets to be submitted. Cyndi Montesonti and Marilyn Heath are also on the Scholarship Committee. It will be too late to do the presentation at the meeting; therefore, the winners will be presented certificates at a later meeting if they are able to attend.

CRCEA REPORT: Sue Thornhill attended the April 2016 CRCEA Conference in Bakersfield. Tim Knudsen was unable to attend. A report of the important issues from the meeting will be discussed in *The Connection* newsletter to go out soon. She brought up issues we have obtaining contact info of our Association members with our Retirement Office due to confidentiality issues. The Pension Reform Act died due to lack of signatures. Sue will discuss that in her report along with

Proposed Assembly Bills and Senate Bills. Sue and Tim discussed the proposed AB 1853 regarding future changes in Retirement Offices being more autonomous from their County in setting salaries for the Retirement Administrator. It will be a long time before that happens here. Sue said she made great contacts at the meeting. Next meeting will be October 2016 in Contra Costa County.

5. OLD BUSINESS: Discussion and Possible Action Regarding:

SPEAKERS AND DATES: Tom Liberatore has booked Officer Adams, California Highway Patrol, for the May 9, 2016 General meeting. The Association will buy the pizza, salad and soft drinks. No other speakers have been booked yet. The summer picnic will be held in August. Watch for details in a future newsletter.

CONTRACT WITH REACH AND ISSUES REGARDING RATES: Sue Thornhill had no additional news to report on this issue. However, the plan for next year will be to have us under the fold of the County.

RETIREMENT OFFICE: Sue Thornhill has contacted numerous other counties to see what the relationship is between their association of retirees and their retirement office. According to the emails Sue received back, all other counties are working with the retirees association. After reading several, Tim took the emails to discuss them with the County Retirement Office at their meeting tomorrow. Tim Knudsen felt that one of the reasons we may be having so much difficulties getting information from the County Retirement Office may be because in Sonoma County there has been a lawsuit (regarding what is considered confidential); its currently trying to be resolved.

THE CONNECTION: Dorinda/Cyndi working on draft. The information cut-off date is Wednesday, April 20th. We are just missing the President's Report and her report from CRCEA. Sue will email to Dorinda by Wednesday. Dorinda reported that she contacted Creative Workshop about printing and presorting the newsletter for mailing. Creative Workshop could print it all out for us and then take it to a company called Express-It to do the presorting and mailing. They will actually put on all the tabs, run the address labels and provided to them by the Retirement Office and will not charge us any tax because it will go from business (Creative Workshop) to business (Express-It) to handle. They will take care of the postage at a savings of \$165 per month. We print 960 newsletters and mail about 920 out. Some are hand-delivered to the Retirement Office, and some goes to the CRCEA meetings, and a few are put in permanent records. The cost will be cheaper, because postage will be half price. Dorinda Miller moves to have Creative Workshop to continue to print the newsletter, but have them send it to Express-It to pre sort and mail at a savings of \$165 per month. Seconded by Raylene Lucchesi. **PASSED.** Tim Knudsen will discuss with the Retirement Administrator tomorrow about providing the mailing address list to Express-It.

6. NEW BUSINESS:

DISCUSSION OF RETIREES TO ATTEND BOS AND RETIREMENT MEETINGS WHERE RETIREES COLAS AND PENSIONS ARE DISCUSSED: Tim Knudsen will give the AMCRE Board notice so we can send a group email to have members show up at Board meetings for support.

DISCUSSION OF SUGGESTED STATES LIVING EXPENSES: Research Committee discussed for the future. In the fall, the Retirement Board will tackle again what area to use when trying to figure out COLAS. We may need to research and have

members show up for support. Increase in minimum wage discussed.

DETAILS FOR THE MAY 9, 2016 GENERAL MEETING: Sue Thornhill reminded everyone that this meeting will be at Slam Dunk Pizza. Details will be in the newsletter.

7. PUBLIC EXPRESSION: None

8. ADJOURN: 1:20 p.m.

Respectfully Submitted,
CYNDI MONTESONTI



SCHOLARSHIP ANNOUNCEMENT

The members of the Association of Mendocino County Retired Employees (A.M.C.R.E.) are proud to announce we are now offering four \$500.00 scholarships for the children or grandchildren of Mendocino County Retirees who are members in good standing with AM.C.R.E. Each scholarship will be paid in two installments, one at the beginning of each semester, with proof of enrollment.

Applicants for three of the scholarships must be graduating seniors who are planning to further their education through an accredited college or trade school. The fourth scholarship is available to students who are currently in a college or trade school but are going on to a higher level college or trade school.

To apply, write a one page essay, which should include the name of their parent or grandparent who is a member of A.M.C.R.E. and the department from which they are retired, and information about the applicant's interests and which school and field they plan to work toward. Application should

also include three copies of the A.M.C.R.E. Scholarship Application which is available on the A.M.C.R.E. website (AMCRE.org) and their high school transcript (to date) and two letters of recommendation from high school teachers or administrators. Mail packets to: Tim Knudsen, 1489 Fawnwood Drive, Ukiah, CA, 95482.

Applications must be received by MAY 27, 2016. If no applications have been received by the deadline, applications will be accepted for returning college or trade school students who qualify as above.

SCHOLARSHIP RECIPIENT – Trenton Williams, grandson of Patricia Snyder (retired from Sheriff's Office), receiving his scholarship check for next semester!



Cyndi Montesonti, Sue Thornhill, Trenton Williams, Marilyn Heath

BEST TIME OF YEAR TO VISIT NATIONAL PARKS

This depends on the park, of course. If you're visiting Death Valley, best to go January through March before the heat becomes unbearable. If, on the other hand, you're heading to Glacier National Park, go in June when the weather is warming and the park is in bloom. Just Google "best time to visit <park name>" or visit the park's official website to get recommendations on the best time to visit. The worst time to visit many of the parks is when the weather is the hottest and the crowds are the biggest. That means June and July for most parks when school kids are on summer break. Thankfully, one of the benefits of retirement is the flexible schedule so you can avoid peak crowds and visit in the shoulder seasons (just before or after peak season). September and October are often ideal months because the crowds have gone and the weather is mild. SAFE JOURNEYS WHEREVER YOU GO.

FEBRUARY 2016 GENERAL MEETING

Around 50 people showed up at the Sheriff's Training Center for the February 2016 General Meeting. Sheriff Tom Allman was the speaker and also provided us a wonderful lunch. We never had a turn out that big for the February General Meeting. We had a lot of fun and visited with lots of people. We saw first time attendees at an AMCRE function as well as familiar faces that attend often. Raffle prizes were awarded \$20.00 (1) Jon Lehan, \$10.00 (3) Suzanne Welsh, and Sue Thornhill and Shauna Heiselt and some donated the money back to our Scholarship Fund. Sheriff Allman talked about new purchases for the Sheriff's Office not paid for out of their budget, a future Mental Health program, answered many questions and discussed many other topics. He invited us all back next year. *Thank you Sheriff Allman.*

SPRING 2016 CRCEA CONFERENCE

Since both our California Retired County Employees Association Representative Tim Knudsen and our Alternative Representative Cyndi Montesonti were unavailable to attend the conference it fell to me this year.

The conference was held in Bakersfield on April 11-13, 2016. Beginning Monday morning on the 11th, meetings went from 10 AM to 5 PM with a break for lunch. Meetings continued on Tuesday, April 12, from 8 AM until 5 PM. As representative, I attended all meetings except the one that I did not feel was relative to our County Retirees.

Topics included: Advance Health Care Directives; the California High Patrol Senior Volunteer Program - which was very interesting and will be discussed at our May general meeting; retirement associations relationships with the county retirement departments which are becoming increasingly difficult for many associations; Elder Abuse and Scams; Amputation Prevention; Retirees working together; Legislative issues (which I will discuss in the next paragraph); Ronald McDonald houses needs and information (which I will also discuss in this report); and issues from each system.

Legislation discussion included many issues that relate only to the larger counties but those that could affect Mendocino County Retirees included proposed AB1853, which would give the retirement board the autonomy to set the pay for the system employees. Currently the Retirement Boards are independent for financial and fiduciary responsibility but the County still sets the wages for staff and by doing so they are causing a reduced pool of administrators that will apply for the position.

SB 897 would extend 4850 time for law enforcement injured on the job from one year to two years for individuals severely injured on duty. (4850 refers to the time that a public safety employee is allowed at full salary to recover from an injury incurred while on duty).

The representative from Ronald McDonald houses enlightened many of us regarding the operations of the individual houses. I was unaware that they receive no government funding and only the employees' salaries are paid by McDonalds. They are completely funded by donations and small dollars received by the families. I also was not aware that they except families of patients who are from 1 month to age 21 and include all types of illnesses or injuries. The Bakersfield McDonald House representative said they are always in need of all types of "new" items such as toilet paper, paper towels, Ziploc bags, laundry detergent, etc. So the next time you are at Costco or hit a sale, think about these great locations.

Reported by Sue Thornhill, President

TRAVEL

To move, to breathe, to fly to float,
To gain all while you give,
To roam the roads of lands remote,
To travel is to live.

~ Hans Christian Andersen



DayTripping

Check out www.godaytripping.com and learn more about the company by find a list of upcoming day or overnight trips. The 2016 calendar is out for day trips and longer trips.

Email info@godaytripping.com to request to be placed on their mailing list and/or with any questions/requests regarding upcoming trips, or telephone them at (707) 577-8894. They are located in Santa Rosa and Martinez.

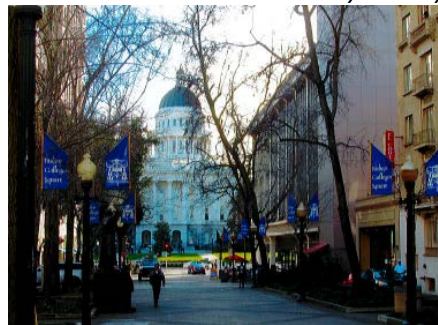
TOM AND GAYLEEN DEROCHES HAVE ATTENDED MANY OF THE DAYTRIPPING EVENTS. HE HAS AN ALBUM OF GORGEOUS PICTURES. BELOW IS AN ARTICLE THAT TOM CONTRIBUTED REGARDING THEIR EXPERIENCE AND TRIPS WITH DAYTRIPPING.

OUR TIME WITH DAYTRIPPING

We have been on many trips with this Daytripping Company out of Santa Rosa. In late December and early January, we traveled to Pasadena to see the Rose Parade and toured with the group to see the preparation of getting the floats together and ready for the parade. It was a very interesting trip. We saw our former Pastor Larry and Judy Ballenger at the parade as well. We toured with this group to a variety of events in San Francisco and Sacramento. We have had lots of fun times. Go on line and check out all their tours. They are worth the price. Here are a few pictures of the Rose Parade trip.



By Tommy and Gayleen Desroches



Should you have any questions regarding the contents of this newsletter, please contact the following people. **PLEASE DO NOT CALL THE RETIREMENT OFFICE.** They have nothing to do with the AMCRE or this newsletter.

HAVE QUESTIONS? PLEASE CALL A BOARD MEMBER!

Sue Thornhill, President

Email: rsthornhill@comcast.net 707-485-7600 or

Cyndi Montesonti, Secretary and Co-Editor/AMCRE

Email: tomcyndichili@comcast.net 707-489-7752 or

Raylene Lucchesi, Treasurer

Email: raylenelucchesi@att.net 707-468-0751 or

Dorinda Miller, Board Member & Co-Editor/AMCRE

Email: dmiller0404@gmail.com 707-489-8564 or

Write to: AMCRE

P.O. Box 903 Ukiah, CA 95482



SUNSHINE COMMITTEE

Consists of

Shirley Christensen~Sheriff's Office.

If you know of any of our members who could use a get-well or sympathy card, for now, please contact Shirley with any details along with correct names and addresses if you have it.

Phone 707-485-7083.

- ✓ **VISIT OUR WEBSITE** at: <http://www.amcre.org>
- ✓ **SENIOR DISCOUNTS:...** BEST RULE OF THUMB...ask ask!
- ✓ **MOVING, or any notification changes?** Notify the Membership Committee -- Dorinda Miller (dmiller0404@gmail.com) or at 491 Chablis Dr, Ukiah, CA 95482, so AMCRE's records stay correct. Be sure you connect with the Mendocino County Retirement Association 625-B Kings Court, Ukiah, with any address change, telephone and email change (if applicable) as well.
- If you have any questions, or cannot find it, you are more than welcome to call any Board member.

AMCRE Meetings UPCOMING EVENTS

Mark your Calendars

Below are the listed months that the Board of Directors and the General Membership meet.

BOARD MEETINGS: January, April, July, October (*special meeting for Board of Directors nominations*), and November. Board meetings are usually held the second Monday of the month. 12:00 p.m. at Slam Dunk Pizza.

GENERAL MEETINGS: February, May, August, and December: usually held the second Monday of the month, 12:00 p.m. LUNCH & FREE RAFFLE INCLUDED. *We try and get speakers for each meeting. May meeting will be at Slam Dunk Pizza with CHP Officer Adams as our speaker.*

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The Mendocino County Board of Retirement voted Retirees a 3% COLA effective April 1, 2016. This will show up on the Retirees May 1, 2016 paycheck.

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KEEP YOUR BRAIN YOUNG AND STAY HEALTHY

DOES EVERYONE SUBSCRIBE TO AND READ THEIR AARP MAGAZINE EITHER IN PRINT OR ON LINE?

Check out some of these articles.

Recently an article appeared on line on "How to Keep Your Brain Young" by Amanda Gardner through the AARP website. She had some excellent tips such as eating a balanced diet, exercise, sleeping 8 hours, reading, do brain puzzles, dancing, play an instrument, play chess, learn a foreign language, change your font on your computer, be social, learn to knit or crochet, write down why you feel stressed, spend more time writing by hand, organize things in your house, nap, play a video game now and then, use your time efficiently, but most importantly, find your purpose.

There were also articles on 10 ways to keep your heart healthy and 10 ways to help prevent diabetes or keep your numbers down. All of these articles are worth reading.

There are many articles out there on traveling with **adult children or college age grandchildren**. The tips they give are rather important. The different articles tell the parents that they must give up control of the plans and let the kids plan for you in hopes that everyone will have a wonderful time and is still speaking at the end of vacation. "The tips: embrace spontaneity (set that guidebook aside), stop second-guessing (try not to second guess what your child might be doing. "go along for the ride"), Give up control, but don't withhold the cash, allow breathing room (it's okay to do things separately while traveling together), Enjoy—you don't know when you might have the opportunity to spend with your adult child or college age grandchildren abroad again."

AMCRE GENERAL MEETING

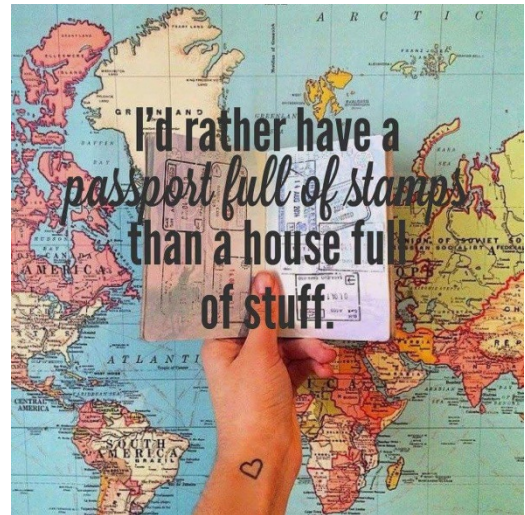
DATE/TIME: MONDAY, MAY 9, 2016 12:00 P.M.

PLACE: SLAM DUNK PIZZA
720 N.State Street Ukiah, CA

RAFFLE: Get a free raffle ticket for a chance to win
1 - \$20.00 Prize
3 - \$10.00 Prizes

SPEAKER: OFFICER ADAMS
CALIFORNIA HIGHWAY PATROL

Free LUNCH: PIZZA, SALAD AND DRINKS
Provided by AMCRE



PLEASE COME AND JOIN US !



MORE FROM THE EDITOR...

Please review the minutes from the board meeting on April 18 regarding mailing/emailing *The Connection!* As AMCRE has had to go to outside vendors to complete the mailing process, it is now out of our hands as far as to email members the newsletter. All members will now get *The Connection* via USPS.

HOWEVER, it is more important than ever for any changes in your contact information be sent to AMCRE as well as county Retirement.