

Your All Retirees Newsletter



Karen's February News...

So, we're ten months into the pandemic, wearing masks, washing our hands, socially distancing and staying home for the most part. Frankly, I'm getting bored and restless and I know some of you are as well. What are you doing to stay active mentally, physically and emotionally?

As for me, I'm watching way too much television, although I've seen some good stuff, "The Queen's Gambit" for one, the nightly News is horrifying! Did you hear that the tuna sandwich at Subway isn't "really" tuna? WTHeck is it? Like that fake crab meat stuff? Why can't they just call it "Near Tuna" like the Near Beer sold in Utah? Or Pseudo Tuna. Or just Fake Tuna, "Not real tuna, but we think you'll like it on honey wheat bread with lots of mayo and all the vegies." Whatever...I'll not be ordering it ever again.

I've been reading...a lot! A friend of mine posted on Facebook that her goal this year is to read 50 books. Heck, I read that many in two months! Really! The library reopening in October(?) made my heart jump for joy. I have a pretty large collection of books at home, but the library provides free reading opportunities.

While waiting for it to reopen, I read all my books by Nevada Barr (13.) She worked as a Park Ranger when I met her in Cortez many years ago and writes her books "on location" at the parks where she has served. Highly recommend her Anna Pigeon mysteries.

Also reread Aimee and David Thurlo's Ella Clah (7) series. Ella, an FBI Investigator in Los Angeles, comes home to work as a Navajo Tribal Police Officer on the Reservation and you will recognize Cortez, Mancos, Shiprock and the surrounding areas. Her brother is a Hataalii (medicine man) and her mother an herbalist. I recommend these easy-to-read books as well.

I read for the second time Glennon Doyle's Untamed. One of my favorite books.

Diane Mott Davidson's mysteries with Goldie the baker, share recipes and is fun to read. Also reread all my books by Terry Tempest Williams, (6) mostly non-fiction based on her travels and a trip to the Prado Museum to view the Garden of Delights by fifteenth century Flemish painter Hieronymus Bosch. (Yes, I had to look up how to spell that first name!) I saw the original painting when Caliente Choir toured Spain a few years ago. It is magnificent!!! Her book, When Women Were Birds is one of my favorites.

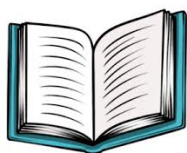
All my books by Anne Lamott (4) and Brené Brown (4) are good a second or third time.

When the library finally opened its doors on a limited schedule, I hurried in to find tables filled with new books and new authors to discover. (No chairs during the pandemic, so don't plan to get comfy and peruse a bunch of books. Just pick 'em up, check 'em out, and take 'em home. I grab 10 or 12 in my library bag (grab one FREE!) every 2 weeks or so. I've been enjoying reading Ellie Alexander's series with brewer/bartender Sloan Krause making beer and solving crime. I know more about hops and fermentation than a non-drinker really needs to know, but it's been fun reading The Pint of No Return, Death on Tap and Beyond a Reasonable Stout.

One more interesting book I've enjoyed is Poetry Will Save Your Life, a memoir by Jill Bialosky. I first checked it out at the library, then bought my own copy to mark up and highlight. Poetry, an English teacher's dream.

Mary Kubica is a writer of twisty, turny, psychological spookiness. You might enjoy her books. I was introduced to her by my friend Linda who was Mary's neighbor in Illinois. Mary had written a new book, Local Woman Missing, and was looking for someone to review her draft, sometimes referred to an ARC, Advanced Reader Copy. I offered and I was hooked! The book was a really good read and kept me guessing until the very end. I wrote to Mary about two typos and questions about word choices and she wrote back her thanks and sent me a gift of two other books already published, The Other Mrs and When the Lights Go Out. Before becoming a working writer, Mary taught high school history. She is a fellow educator, so we ought to be supportive of her work. Check these books out if you're looking for something good to read. Trust me...

So, what are you doing with your time in isolation? Do you have a tried and true, go-to recipe to share or a book to recommend? Why not send it to Trish for the YARN so we can all look for something new. By the way, did you see the email from NMRHCA about the book club they are starting this month? Not sure what the book will be, but they are limiting members to the first 100. Ready...Set...Go!!!



Did you know February is **National Library Lover's Month**? (according to daysoftheyear.com)

February is National Heart Month

Please take care of your heart and health!

Once every 80 seconds a woman in the U.S. dies of heart disease. This is more than all forms of cancer deaths combined.

Remember the acronym for symptoms of a heart attack: **F.A.S.T.**

F=Face drooping **A**=Arm weakness
S=Speech difficulty **T**=Time to call 911

February 15 is Presidents' Day

Let's have some fun with First Lady trivia!

Who was the first First Lady to hire a press secretary?

Her real first name was Thelma, though everyone called her Pat.

Who were the two First Ladies who only had one child?

She was dubbed "The Secret President" after her husband suffered a stroke in 1919.

(Answers on page 10 .)



SJAER BOARD

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SJRM

REPRESENTATIVE

Karen Morrison

SJAER -- Who we are: We are a dynamic group of retirees who have worked in all different job positions at all public schools in San Juan County. We promote the quality of life of our members by helping to protect our State pensions and health care benefits, and by providing social activities and programs during the academic year.

SJAER Meetings

SJAER meets on the second Tuesday of each month at 11:30 am.

This month, February 9, 2021, it will be a Zoom meeting. There are two ways to log into the meeting:

1. Click on the link below (or copy & paste it into your URL box). Then follow the instructions on the screen:
<https://www.google.com/url?q=https://us02web.zoom.us/j/6767515138?pwd%3DYjlvRFJFWlh2QVFMWHhzRTBEeFFqZz09&sa=D&source=calendar&ust=1612220558627000&usg=AOvVaw2gu3GoSkZSayUO49WIpUcY>
2. Go to our website (SJAER.org), click on the "Meeting Dates and Locations" link, and then click on the "February 9" link.

If you are uncertain how to navigate Zoom, an informative slideshow can be accessed on the SJAER website (SJAER.com) on the home page (just to the right of the SJAER logo).

Each month check your e-mail or the website for the latest details concerning our SJAER meetings.

"To-do" Checklist for Members



1. Send a greeting card to a Namaste House resident. See page 7 of this newsletter for details.
2. Send your volunteer hours to Trish (trishshsh@live.com). See page 6 of this newsletter for details.
3. Pay your SJAER annual dues if you haven't yet. Get the payment form on page 10 of this YARN.
4. Take care of yourself! ☺



San Juan Association of Educational Retirees

Minutes

SJAER Executive Board Meeting 1-12-21 A Zoom Meeting

Members present: Karen Morrison, Jackie Golombowski, Connie Alley, Laura Busch, Sandy Allred, Chuck Culpepper, Phyllis Meier, Marilyn Montoya, Nancy Tyson, Trish Murphy. and Joan Lewis.

Meeting was called to order by Karen Morrison.

- **Secretary Report:** The 12-18-20 minutes were approved.
- **Constitution:** The Constitution and Bylaws were printed in the Dec & Jan YARN. The January YARN was emailed to members along with the zoom code for today's general meeting. Voting will proceed at today's general meeting.
- **Legislative Report:** Nothing at this time.
- **Treasurer report:** The treasurer report was listed in the YARN. No changes or corrections were given.
- **Website:** Support our website. It moves higher on the search listings according to the number of visits it receives.
- **Zoom:** Thank you Chuck for setting up our meetings today.
- **Membership:** We still hoping more people will send in their membership forms and dues.
- **Programs:** Marilyn is hoping to have Phyllis Martinez, from Ladera Elementary, talk about the journey and experiences of becoming a Blue-Ribbon school.
- **Volunteer Hours:** Working as a SJAER Board Member counts as volunteer hours. Time that you spend at SJAER board/committee meetings and working on your assignments count. Attending the general meeting does not count because it is considered more of a social event. No details are needed. Just email the number of volunteer hours to Trish.
- **YARN:** Trish did another outstanding job for the YARN.
- **Sunshine:** Kathy Martin just got home from surgery on her shoulder.
- **Scholarship:** We have \$300 budgeted for scholarship. With member donations we have been able to provide up to \$500 in the past. We don't have any applicants at this time.

Next Executive meeting: February 9th at 11:00am. The zoom code will be e-mailed to the board members.

SJAER-GENERAL MEETING 1-12-2021 A Zoom Meeting

Meeting was called to order by President Karen Morrison.

- A flag was held as we said the Pledge of Allegiance.
- 19 people attended the meeting by zoom.
- **The Constitution and Bylaws** were printed in the December and January YARN. It was also emailed to members along with the zoom code for today's general meeting.

- It was opened for discussion.
- Chuck Culpepper made the motion to accept the Constitution and Bylaws.
- Nancy Tyson seconded it.
- It was passed, 19-0.
- **Presentation:** First Tee Four Corners by director Tina Pacheco-White
 - First Tee is a youth program that teaches Character Values and Life Skills through golf. Character Values include honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy, and judgement. Life Skills include interpersonal communication, decision making, setting personal standards, goal setting and achievement, conflict resolution, physical and mental wellness, respecting others, appreciating diversity, and preparing for the future
 - They have reached over 12,000 youth each year. Their program has been well received in 27 schools, the Aztec Boys & Girls Club, and Sycamore Park. Classes can be set up at any of the golf courses in Farmington, Kirtland, Cortez, and Durango.
 - The program is funded by the Cares Act, fund raising, and private donations.
 - If you missed the presentation, want more information, or wish to sign someone up for a class visit <https://firstteefourcorners.org/> or call Tina (505) 334-4291.
- **Health:** We need to take care of our health.
 - You can get an At Home Test Kit from https://www.togethernm.org/?utm_source=Google&utm_medium=SEM&utm_campaign=DOHTestingAndTracing&gclid=CjwKCAiAouD_BRBIEiwALhJH6LyTHsnuENY2OnszknPINZZWt1gTdDBOjyTRFAaXNarm9LbCTjLGEBocOOoQAvD_BwE. The site will walk you through the registration. Your kit will arrive via UPS in 2-3 days. Connect with them on zoom to go through the saliva collection process. Drop it off at your UPS site. Your results will be emailed to you in 2 days.
 - Karen has posted a link to register for the COVID vaccine in the January YARN. She has received her first vaccine. <https://cvvaccine.nmhealth.org/>
- **Volunteer Hours:** Have you provided a curbside service for a friend? Have you spent time making get well cards? Have you made a meal and dropped it off for an ailing neighbor? Have you made masks for someone? All of these support efforts count as volunteer hours. No details are needed. Just email the number of volunteer hours to Trish.
- **Suggestions by Members:** If you're looking friends and something to do, ENCORE/SJC has a variety classes on-line and through zoom.

Next General Meeting: February 9th at 11:30am. The zoom code will be e-mailed to members.

 In Memoriam, 2020-2021

Lila Mae Archuletta	4/2/2020	Donita Woolfolk	8/6/2020
Ronald Maas	5/12/2020	James Williams	8/15/2020
Cheryl Maness	5/27/2020	Leroy Ransom	10/12/2020
Millard I. Glass	7/11/2020	Daniel Atencio	10/17/2020
Louis Rodriguez	8/2/2020	Christine Ann Carter	11/2/2020

Financial Report for February 2021
Reported by Laura Busch, Substitute/Temporary Treasurer

No financial activity has occurred between last month's report in the January YARN and now. The bank balance is the same as last reported: \$3,244.67.



February Birthdays

Name	Date
Charline Gaston	Feb 02
Nicky G. Jaquez	Feb 03
Nancy K. Tyson	Feb 08
Denise Corcoran	Feb 10
Ruben E. Gonzales	Feb 10
Ann L. Thompson	Feb 15
Lynn K. Alexander	Feb 19
Mary Keith	Feb 23

2020-2021 Membership Report

Month	Auto	NMAER	SJAER
Oct	13	22	40
Nov	2	6	8
Dec	6	1	7
Jan	0	0	1
Feb		1	1
Mar			
Apr			
May			
TOTAL	21	30	57

Volunteer Hours

So far, 843 volunteer hours have been submitted. There have been 470.5 regular hours, such as working for a community agency, and 372.5 caregiving hours, such as helping others in need (whether through an agency or on your own as a good neighbor).

Do you volunteer in the community? Do you perform any kind of caregiving service? Babysitting grandchildren, shopping for an elderly/disabled person, driving someone to an appointment, and even sending greeting cards to Namaste House residents count as caregiving volunteer hours. These hours can be reported to SJAER for NMAER's statewide initiative to recognize the value of retirees toward their communities. Check the SJAER.org website for previous YARNs (Nov. 2019, p. 1 and Sept/Oct. 2020, p. 8) for more articles about this project.

We need your hours, starting from September 2020 to now. There is no need to include which organizations you volunteer for – just the hours. However, please separate the “caregiving” hours from the other hours, because a separate award is given at the annual State convention for caregiving hours. Then, continue reporting until August 2021. Report to:

trishshsh@live.com

(Please put SJAER in the subject line, so it isn't accidentally mistaken for junk mail!)

SAN JUAN REGIONAL MEDICAL CENTER CORPORATION REPORT January 2021

The quarterly Hospital Corporation meeting was cancelled again. Coronavirus has made all large gatherings impossible, but we did get some work done virtually. I confess to missing the in-person meetings. Seeing all the hospital administrators and department level leaders along with volunteers and representatives from all the community organizations and businesses comprising the “ownership” of SJRMC. We are not a hospital that is part of a big “system” rather a community owned, independent medical center responsible to the surrounding counties, cities, towns and villages.

Two positions on the Board of Directors came open and the Nominating Committee selected two candidates while John Byrom renewed his seat for another three-year term. Corporation members were sent a mail-in ballot to vote for (or against) the two nominees.

Named were Jon Moore representing Animas Credit Union, and Shaña Reeves, representing the City of Farmington.

Moore has lived in Farmington for 20 years and is active in the community. He is a graduate of NMSU.

Reeves is the head of the City’s Parks, Recreation and Cultural Affairs department and is Farmington born and raised. She too has a degree from NMSU, in Education, as well as a Master’s degree in Business Administration from NM Highlands U.

Byrom represents Four Corners Economic Development.

If elected, the three will be installed at the annual meeting in April.

Appointments to the Board do not require a vote. Appointees are Dr. Jason Lucas, Chief of Staff and Bradley Scoggins, Vice Chief of Staff, joined by Anna Buffington, who represents the Auxiliary.

The week of January 15 reported 75 Coronavirus patients hospitalized with another 15 awaiting test results. Seven Persons were on ventilators.

Stay safe! Wear a mask when away from home. Distance yourself from others, 6 feet. Wash your hands often.



Valentine’s Day is coming up! Why not take a little time to remember a resident (or two, or three...) at Namaste House? Address your card to:

Namaste House, Resident
800 W. 30th Street
Farmington, NM. 87401

Note: To avoid confusion in the recipient’s mind, please identify yourself as a member of the community, or of our organization, or as “a secret admirer,” or even as a neighbor, so they don’t think it’s from a long-time friend or family member that they don’t remember. Thank You!

SJAER Legislative Update-1/30/2021

Currently, the items of interest to educational retirees are:

1. General Budget Appropriation (HB2)

a. Legislative Appropriation	\$20,999,600
b. Judicial	321,648,400
c. General Control	159,184,200
d. Commerce and Industry	67,422,700
e. Agriculture, Energy and Natural Resources	85,150,200
f. Health, Hospitals and Human Resources	1,967,149,100
g. Public Safety	476,335,900
h. Transportation	547,944,000
i. Other Education	41,110,600
j. Higher Education	866,990,200
k. Public School Support	3,298,434,000

2. Proposal to exempt Social Security from Income Tax (HB49)

3. Retiree Health Care Act (SB21)

- a. Amends definitions of active employees, etc. to conform to the Affordable Care Act
- b. Repeals Sections 10-7C-17 through 10-7C-19 NMSA 1978 effective 7/1/2021 (start of the new fiscal year); repealing provisions of the law relation to the Discount Prescription Drug Program. This bring NM statute in line with the Affordable Care Act

Since this is a 60 day session, expect changes to these bill and additional bills of interest to be filed.

To see the actual wording on these bills, go to <http://SJAER.org/Updates/Updates.html> and follow the links to the actual bills.

If you wish to contact your local legislator, go to <http://sjaer.org/Legislators/Legis.html> and click on their email link. Their office addresses are also included, however, email is the most effective method contact while the legislature is in session.

Note: The legislative update above was provided by Chuck Culpepper, our Legislative Liaison. As of last night, Russell Goff of NMAER said both SB 42 and SB 21 received a DO PASS in the Education Committee, and now they are in the Senate Finance committee for a week or so. There is still time to contact those Senators. The New Mexico legislative website (<https://www.nmlegis.gov>) is very easy to navigate when you want to find out which committee a bill is in, and which Senators are in that committee. Also, see our website (SJAER.org) for more details about the bills, and what NMAER recommends on each. For example, I found out HB 49 proposes exempting Social Security from being taxed on our Income Tax. (Great job, on the website, Chuck!).

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DATE	DAY	TIME	EVENT	LOCATION	COST
2/13	Sat	5:00 pm	Food for Love Benefit Concert for NM Food Banks; over 60 celebrities; Local: Chevel Shepherd, Delbert Anderson; National: Lyle Lovett, Jackson Browne, Ali McGraw, etc.	Facebook or YouTube	Free; asking donations
Now thru 2/19	Call	Call	Call for Photos; Submit your photographs for the annual vacation guide	Convention & Visitor Center, 3042 E. Main	Free
2/18	Thur	6-8 pm	Author visit: Katherine Brooks, "What Color is Your Parachute 2021" (retiree ideas?); register on library Event Calendar; 599-1270	Zoom	Free
2/19	Fri	6:30 AND 7:30 pm	AstroFriday: "The Need for Speed". 566-3361; logon website for access	SJC Planetarium: Zoom	Free
Now thru 2/18	Thur's thru Mon's	10am-5pm Sun: Noon-5pm	Grid Iron Glory Pro Football Hall of Fame exhibit; 599-1174	Farmington Museum	\$6.00 to \$8.00
3/8	Sat	7:30 to 8:30	San Juan Symphony; 970-382-9753 or their website	Virtual	\$25.00 to \$99.00
3/17 thru 3/19	Wed	7:00	"Ireland with Michael" live stream; sponsored by Farmington Civic Center; 877-599-3331 or website	Virtual	\$25.00 to \$50.00
Ongoing	Thur	6:00 pm	Trivia Night; Each night is a different subject; register on library Event Calendar	Farmington Library: Zoom	Free
Ongoing	24/7	24/7	Virtual Programs on Demand; online	Farmington Library: website	Free

Virtual Activities from AARP: <https://local.aarp.org/virtual-community-center/?tag=entertainment>

February

11th—Don't cry over spilled milk day
 15th—Gumdrop day
 16th—Fat Tuesday
 17th—Random acts of kindness day
 20th—Love your pet day
 22nd—Cook a sweet potato day
 26th—Tell a fairy tale day

March

1st---Share a smile day
 2nd---Dr. Seuss day
 3rd---I want you to be happy day
 5th---Learn what your name means day
 6th---Oreo cookie day
 7th---Be heard day
 8th---Popcorn lovers day

Ask a Friend to Join Us!

Share this membership form with a friend, so they can join SJAER!

Membership dues at the State level help support our lobbyists who protect our pensions and health care benefits. Dues at the local level help support our monthly activities here.

Answers to the First Ladies trivia, from page 2:

1. Jacqueline Kennedy
2. Pat Nixon
3. Bess Truman and Hillary Clinton
4. Edith Wilson

The longer
I stay
home,
the more
homeless
I look!



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auntie acid

A WORD THAT
CONTAINS
A SYNONYM INSIDE
IT IS CALLED
KANGAROO WORD

MASCULINE
CHICKEN
HONORABLE
BLOSSOM

2020-2021 MEMBERSHIP FORM

Name _____

Social Security # _____

Address _____

City _____

State _____

County _____

Zip Code _____

Phone # _____

E-Mail
Address _____

Birthday _____

Would you like to receive a reminder call before each meeting? NO YES

____ I hereby authorize the Educational Retirement Board to deduct NMAER state dues from my retirement check in the amount of \$2.50 a month. I understand this authorization makes me a continuing member of the association and can be canceled only by a written notice from me.

____ Already on automatic state dues.
____ \$30.00 enclosed for annual state dues.
____ \$10.00 enclosed for annual local dues.

Signature of Retiree

Date

Make checks payable to SJAER

Mail to: SJAER Membership Chair
Phyllis Meier
3305 N. Cochiti
Farmington, NM 87401
(505)-320-7536

(Dues are NOT tax deductible)

Sponsored by _____ Phyllis Meier
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