

Your All Retirees Newsletter



A LETTER FROM THE PRESIDENT

October 2021

It's been a few weeks/months since I first started feeling tired all the time. More than usual. For at least 18 months I have been limiting my activities to going to the pool in the morning, spending time reading or watching re-runs of Rizzoli & Isles in the afternoon and evening. For whatever reason these few activities required a significant amount of "activation energy." I felt exhausted doing even the slightest activity.

Then I read an article that explained a few things. Google searches for "Why am I tired, all the time?" have been at their historical highs between July 2021 and September 2021. Of course, there are reasons for this: the pandemic and social unrest to name a couple. But something else is going on. According to this article we are replacing excitement with anxiety. Our body and mind need occasional periods of excitement. We need movement between lethargy and activity. We haven't been going to concerts, sporting events, movies, taking a vacation or even going out to eat. Now that we, the vaccinated, are getting more "brave," we are still not stress free. Every decision to do something away from home requires some "decision stress" (...should we go out; is it worth the risk?) and nervousness follows these decisions. As a result, many of us are going out less often and thus have a lack of "excitement" in our lives. We replace our longing for "positive" excitement with anxiety and the long-term effects of that psychological "negative" anxiety. But how do we change that? Psychological fatigue often benefits most from action. So don't just stand there...do something.

Related to this feeling of weariness is another new phenomenon: decision fatigue. Creating more stress with too many options makes us feel overwhelmed, anxious, and out-of-sorts. During Covid, things that used to require no thought or effort now require a lot of planning...Go or not go; mask or no mask; alone or with friends. We haven't had practice making decisions under these circumstances. Some decisions carry with them some level of risk which may lead to anxiety which can impair our ability to take in information and decide. Decision Fatigue may make it harder to exercise self-control when it comes to eating, drinking, exercising or shopping. I can vouch for that online shopping thing. I now know on a personal level my mail carrier, three UPS drivers and the FedEx man.

Let's all get together for lunch at No Worries on the 12th and share our stories. The only decision you'll need to make is what to order for lunch!

Karen Morrison
President



Send in your dues now, or ask a friend to join. Enjoy monthly programs, and support activities that enhance the lives of San Juan County retirees who receive a pension check from the ERB.

SJAER BOARD

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Karen Morrison

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SUNSHINE

Nancy Tyson

SCHOLARSHIP

Joan Lewis

SJRM C REPRESENTATIVE

Karen Morrison



2021-2022 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**

Unit Sponsored by _____ **San Juan AER**

September Guest Speaker

Our guest speakers for Tuesday, October 12 will be cast members of the upcoming fundraising event at the Aztec Museum and Pioneer Village. They will provide a sneak peak of Ghosts of Aztec Past: An Evening in Pioneer History scheduled for Oct. 22. One member will share the history of Miss Gail's Inn and her ghost experiences. The meeting will be at No Worries Sports Bar & Grill at the Farmington Airport.



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SJAER Meetings

SJAER meets on the second Tuesday of each month at 11:30 a.m. Currently, we are meeting in-person! Hooray! The meetings will be 11:30 a.m. at No Worries Bar and Grill located at Farmington Airport. A couple of \$8 or \$10 specials will be available or members can order off the menu.



Join or Renew Your Membership



2021/2022 Membership Report

OCTOBER BIRTHDAYS	
Crowley, Jana	10/7
Kavadas, Dennis	10/7
Cook, Betty	10/10
Gallegos, Dolores S.	10/14
McBee, James Weaver	10/18
Gilbertson, Patricia	10/19
Farley, Joann Marie	10/20
Foster, Darlene	10/20
Laurel, Dillard	10/23
Lippe, Catherine	10/24
Bell, Sandy	10/31

	AUTO	NMAER	SJAER
SEPTEMBER	7	17	25
OCTOBER	7	1	8
NOVEMBER			
DECEMBER			
JANUARY			
FEBRUARY			
MARCH			
APRIL			
MAY			
TOTAL	14	18	33

See page 2 for 2021-2022 Membership form.



SJAER Executive Board Meeting 9-14-21 11:00 AM at No Worries

Members present: President-Karen Morrison, Vice President-Jackie Golombowski, Secretary-Connie Alley, Legislative Rep./Webmaster Chuck & Joanne Culpepper, Programs-Marilyn Montoya, YARN-Debbie Klein, Sunshine-Nancy Tyson, Scholarship-Joan Lewis, Treasurer-Kathy Martin, and Asst. Treasurer-Sandy Allred.
Absent: Membership-Phyllis Meier

Meeting was called to order by Karen Morrison.

- **President:** Welcome. We are happy to see everyone's smiling faces here today. No Worries will become our regular meeting place if it works for our officers and the General meeting. If No Worries is acceptable to all, Karen will look into the possibility of meals for about \$10. Ordering off the menu is always available.
- **State Conference:** Karen Morrison, Chuck Culpepper, Phyllis Meier, and Debbie Klein represented our unit. They were able to vote for the state officers and approve the budget.
- **Secretary report:** The minutes for 5-11-21 and 6-29-21 were printed in the 9-14-21 YARN.
- **Treasurer report:** The budget was reviewed. Monthly reports are listed in the YARN.
- **Constitution:** We don't have to review our constitution for another four years.
- **Tax Number:** We need to obtain a tax number for SJAER. It was approved to pay the fee out of our budget. Debbie will research to see if there is an old number that can be reactivated. She will work on the application if needed.
- **Sunshine:** There are three birthdays in September. Nancy was approved to purchase stamps and will turn in the receipt.
- **Volunteer Hours:** We turned in 3,499 volunteer hours. Trish will continue to tally our volunteer hours. Volunteer hours don't need to be separated this year. She will use the form as printed in the 9-14-21 YARN.
- **Membership:** The membership form is printed in the YARN.
- **Memoriam:** We agreed to list people who worked in the field of education with us, even if they are not members. This information may mean a lot to other members. Trish will be our contact for this information.
- **YARN:** Congratulations to Debbie Klein on her first YARN publication.
- **Programs:** Today's program will be presented by Jessica Lazenby, the City of Farmington's Volunteer Coordinator. Gail Aspromonte will present Haunted Hotel Ghosts of Aztec's Past next month.
- **Next Executive meeting:** 11:00 AM on October 12th at No Worries



SJAER-GENERAL MEETING 9-14-21

11:30 AM at No Worries

21 people attended the today's meeting.

Meeting was called to order by President Karen Morrison.

- **Lunch:** Members ordered off the menu.
- **The Pledge of Allegiance** was led by Sandy Allred.
- **Introductions:** Officers introduced themselves. We welcomed new guests.
- **Announcements:** There is no Social Committee this year. No one volunteered to fill this position. The YARN was passed out. We reviewed the membership and volunteer forms. We sang to the September birthday members that were in attendance.
- **Presentation:** Jessica Lazenby became the City of Farmington's Volunteer Coordinator in February. She works with the volunteers throughout the city. A list of agencies needing volunteers was passed out. It included Bonnie Dallas Senior Center, the animal shelter, museum, library and the Heart of Farmington. You may wish to volunteer at one of the upcoming events. They are listed below the volunteer agencies. There is an application at <https://www.fmtn.org/414/Volunteer> for anyone interested in becoming a volunteer. Jessica can be reached at (505) 599-1421.
- **All-Ability Park:** Farmington School District has donated the old Tibbets property to the city for the All-Ability Park. The next step is looking at a Scope & Sequence for the community's needs. Thank you, Marilyn and her team, for their continued push in making this happen.
- **Location:** No Worries was voted as our new meeting place. Look forward to ordering off the regular menu or a special lunch for about \$10.
- **Door Prize:** Sandy won a Tag laser taser. Chuck won a notebook and pen.

Next General Meeting: 11:30 AM on October 12th at No Worries

➤ Financial Report for April 2021 (Updated report unavailable at this time)

DATE	Ck #	EXPLANATION	PURPOSE	EXPENSES	DEPOSIT	BALANCE
		Beginning Balance				3074.67
2/09/21	3257	NMAER	Dues	30.00		3044.67
3/10/21		Deposit	Dues		50.00	3094.67
3/26/21	3259	Farm. Parks & Rec	Civitan Pk.	20.00		3074.67
		TOTALS		50.00	50.00	3074.67
		Cash \$70.00				3144.67

- No checks or deposits were made this past month. Balance of SJAER account remains at \$3144.67.



Halloween at the Retirement Community



Memoriam, 2021-2022

Name	Date	Name	Date
Elued Ortega	April 30	Jeanne Merritt	July 27
Beverly Wilson	May 1	Marinelle Minium	July 29
Jessie Charleston	May 6	Rick Greenaker	August 1
Marian Joppa	May 6	Annie Jo Krivokapich	August 1
Carolyn Velarde	May 14	Martin Wade	August 8
Lois Johnson	May 16	Kathryn May Crandell	August 16
David Garcia	May 21	Mary Lou Breckenridge	August 17
Beverly Higgins	May 22	Carolyn Bowra	August 21
Janet Hamilton	May 31	Larry Dean Osborne	August 23
Leonard Mascarenas	June 5	Tharp, Rosalia	August 28
Terry Sewell	July 1	Rufina Jaramillo	September 2
Kerstin Emerson	July 5	Robert Breckenridge	September 6
John William Rees	July 17	Helen Hennrich	September 10
Della Liebel	July 26	Connie Ulibarri	September 10
		Elizabeth (Betty) Giron	September 24

SJAER PROJECTS

If you know of community people, projects, or news that would make an interesting SJAER meeting program, please contact Marilyn Montoya (Marilyn_montoya@yahoo.com) or Karen Morrison (klm3@earthlink.net).

If you know of members who have been ill or have experienced the loss of a loved one, please contact Courtesy/Sunshine Chair Nancy Tyson (ntyson@dive-2-little.com). SJAER will send a card.

Take a copy of the YARN and use it to invite a friend to join SJAER.

Greeting Cards

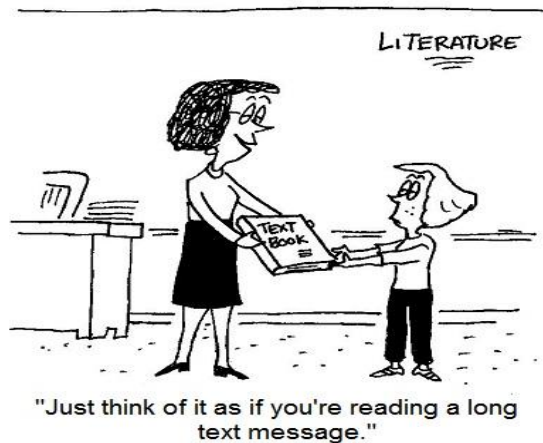
Please take time out to send a cheerful greeting card to a resident at Namaste House, a local assisted living facility which we have “adopted” for the time being. You may address your card as follows: Namaste House, Resident 800 W. 30th Street. Farmington, NM. 87401

State Conference - A summary from Debbie Klein

NMAER State Conference was held virtually on September 24. Rick Scoggins, Interim Executive Director of ERB reported actual membership to be 61,091 which includes 51391 retirees. Net assets up from 13 billion to 16 billion and growing steadily. Association Member Benefits Advisors (AMBA) shared information about policies available to NMAER members such as medical transport, home healthcare, hearing plan, life insurance, and long-term care. Members can also benefit from nationwide discounts on computers, electronics, dining, travel, hotels, etc. Check out www.nmaer.com/benefits for more information. Dr. Joseph Sanchez, State Director AARP New Mexico, reported it is the leading organization of educators age 50 and up and quite a few volunteers of NMAER are working with NMAARP. Dr. Sanchez explained that they will continue to offer hybrid events to reach those who have difficulty getting out. He also mentioned numerous benefits for members and their involvement in the 2021 regular legislative session. Their website, <https://states.aarp.org/new-mexico/> has a great deal of information. David Archuleta, told us about the NM Retiree Health Care Authority. They have been involved in litigation fighting price setting among several drug companies. Q & A sessions will be offered online from Oct 4 through Nov. (2 per week). Go to nmrhca.org for more info. Switch enrollment is scheduled for Oct.1 - Nov. 12. Conference concluded with installation of new officers and award presentations. Next Conference will be live in Clovis in Sept. 2022.

EVENTS

Date	Day	Time	Event	Location	Cost
Ongoing	24/7	24/7	Caliente Community Choir's "Cabaret" as well as "Broadway for Brunch."	YouTube and Facebook	Free
Oct. 15	Friday	6:00pm-8:00p	Frybread Cookoff - Judging begins at 7:00pm	Farmington Library - South Parking Lot	Free
Ongoing	3 rd Wed.	2:00pm	Genealogy Workshop - Learn about vital information that you need to search genealogy records, and good places to start searching.	Farmington Library	Free
Oct. 25	Tues.	6:00pm	Craft Night - 6:00pm - Calligraphy	Farmington Library	Free
Ongoing	Thurs. - Sat.	10:00AM to 4:00PM	Museum of Navajo Art & Culture - celebrates the vibrant art, culture and history of the Diné (Navajo)people	301 W Main Street	??
Ongoing	Mon.- Sat. Closed Sun	10:00am -5:00pm	<i>Seldom Seen</i> - an exploration of the wonderful diversity of art featuring various mediums	Farmington Museum	Free
Oct. 22	Friday	7:00pm	San Juan College Choir Fall Concert - Be a Light A luminous blend of contemporary heart-lightening songs that will inspire reflection and comfort.	Connie Gotsch Little Theater	Adults \$8 Students & Seniors \$6
Oct. 22	Friday	4:30pm & 6:00pm	Ghosts of Aztec Past: An Evening in Pioneer History - Tour of Pioneer Village with portrayals of Aztec Pioneers - Chili, cornbread, & cookies Hayride to haunted Miss Gail's Inn & historic homes	Aztec Museum and Pioneer Village	Tickets \$15 330-4631
Oct. 22	Friday	6:30pm & 7:30pm	AstroFriday.- Check the SJC Planetarium Facebook page for the presentation and format. In-person stargaze follows at 8:30 p.m.	San Juan College Planetarium	Free
Ongoing	Mon.- Sat. Closed Sun	10:00am -5:00pm	"All Dressed Up" exhibit of over 200 of Lola Fuhrman's hats (and more); 505-599-1174	Farmington Museum	Free
Ongoing	Mon.- Sat. Closed Sun	10:00am -5:00pm	Durango Photography Show - Representing all levels of skill from beginner to professional	Farmington Museum.	Free
6/3 to 10/28	Thurs	4:30 - dusk	Downtown Makers Market for locally made and grown treasures!	Orchard Park Farmington	Free entrance
Ongoing thru October	Tues. and Sat.	4 - 6:00 9 -Noon	Growers Market - Sale of locally grown produce and land based craft items	Farmington Museum	Free entrance



One of the goals of NMAER and SJAER is to encourage volunteerism among its members. Volunteer hours are documented and presented to the Governor of New Mexico each year to show the impact that our work has on the economy and quality of life of New Mexicans. You may submit any hours that you volunteer to: trishshsh@live.com These hours will be reported in the YARN each month. Thank you

MEETING DATES 2021-2022

Mark Your Calendars

September 14, 2021	No Worries - Farmington Airport Jessica Lazenby - Volunteer Coordinator - City of Farmington
October 12, 2021	No Worries - Farmington Airport Ghosts of Aztec Past Cast members Gail Aspromonte - Haunted Hotel
November 9, 2021	No Worries - Farmington Airport
December 14, 2021	No Worries - Farmington Airport
January 11, 2021	No Worries - Farmington Airport
February 8, 2021	No Worries - Farmington Airport
March 8, 2021	No Worries - Farmington Airport
April 12, 2021	No Worries - Farmington Airport
May 10, 2021	TBA Year End Barbeque

Volunteer Hours, 2021-2022

Month	Volunteer Hours	Total
September	105	105
October		
November		
December		
January		
February		
March		
April		
May		
Total		

The new year for submitting volunteer hours runs September 1, 2021 through August 31, 2022. There are two ways to submit your hours. At our monthly meetings, you can enter your hours in the designated space on the sign sheet. Just enter the hours you volunteer from meeting to meeting. You may also submit your hours by emailing: trishshsh@live.com at any time. Please put the time frame that your hours cover, such as September 1 to October 22, or September 17 to January 3. Once you send your hours by email, please don't duplicate them – a running total will be kept until August 31, 2022. Thanks for all you do to make our community a better place to live for so many people.

