

Your All Retirees Newsletter



A LETTER FROM THE PRESIDENT

April 2022

So, it's April and you know what that means...the IRS is out to get you!! If the IRS don't get you, then the crazy wind is gonna blow you away! If the crazy winds don't blow you away, then maybe you'll go stir crazy because we're still mostly sheltering in place to avoid the Covid germs! And, to avoid the covid germs, we're still wearing masks even though the Governor lifted the mask policy for most public places.

Frankly I've noticed massive confusion about mask wearing more in the last few weeks than ever before. When (and if) you go out to eat at a favorite local restaurant, have a drink at your local liquor/beer establishment, or a cuppa joe at your nearby coffee place, * you may remove your mask to eat and drink, while others still sit at their table masked-up until the actual food or drink hits the table. It's a real conundrum folks! Will you or won't you, do you or don't you always wear a mask when away from your own home?!?

I confess to having my own confusion, still. When I volunteer in the hospital Gift Market Monday afternoons, we still require masks be worn. If I go out to a small location where I don't know the people and there isn't much noticeable ventilation, I still wear a mask. If the location is large with windows and doors open or noticeable air movement, I may carry a mask in my pocket rather than wear it inside from my car in the parking lot. I have allergy-induced asthma and in 2022 the pollen scale with the added wind has been way off the charts. I just learned that allergy season usually kicks in the last part of March and early April because that's when pollen usually hits the air. This year due to the continuing effects of global warming, pollens have been flying in the air since February. This has made us allergy sufferers miserable earlier than usual.

And I'm tired!! So tired that it has become a mantra for me Monday through Friday morning when I go to Lions Pool at 8:00am for my water aerobics class. First greetings from me to others in the locker room usually start with "I'm so tired this morning." Other "mermaids" often agree with that sentiment. We haven't even got into the water to start exercising and we are tired. This fatigue isn't just physical. It's also mental and emotional. We are tired of being tired. Tired of the stress and strain from the pandemic and it's confinements.

The best way, in my opinion to get rid of this fatigue is to get outside, breathe fresh air, walk the neighborhood or a nearby park or Riverwalk. Start doing the things we used to do that bring us joy...and be joyful. If music gives you joy, plan to attend the Caliente Choir concert, Tuesday the 19th, 7pm, First Presbyterian Church on Dustin. \$10 at the door. It may kickstart your joy! Oh, happy day!

*Support Tammy at Encore Coffee. She is one of us...unretired, retired educator!

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

PRESIDENT

Karen Morrison

VICE PRESIDENT

Jackie Golumbowski

PAST PRESIDENT

Marilyn Montoya

TREASURER

Kathy Martin

ASSISTANT TREASURER

Sandy Allred

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Connie Alley

MEMBERSHIP

Phyllis Meier

PROGRAM

Marilyn Montoya

Karen Morrison

PUBLICITY: NEWSLETTER

Debbie Klein

PUBLICITY: WEBSITE

Chuck Culpepper

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)

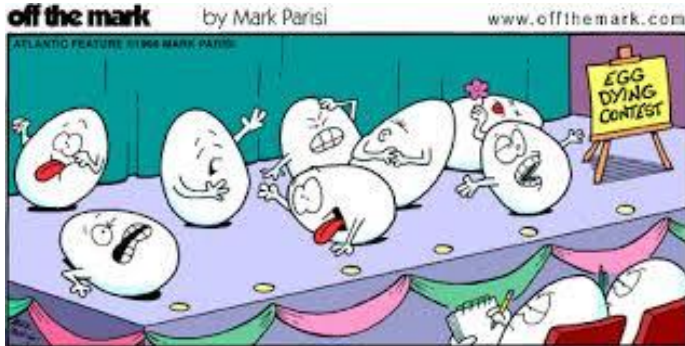
Sponsored by _____ **Phyllis Meier**

Unit Sponsored by _____ **San Juan AER**



March Guest Speaker

Our guest speaker for Tuesday, April 12 will be Heather Holmes with 100 Women Who Care. She'll share a unique way to support non-profit organizations in the area. The meeting will be at No Worries Sports Bar & Grill at the Farmington Airport.



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.



MARCH BIRTHDAYS

SHAW, SHEILA D	3/2
MENAPACE, SARAH	3/4
FAULKNER, BETTY SUE	3/6
FLYNN, NORMA J.	3/8
ROWELL, VERNA	3/9
CHAVEZ, ROBERT L	3/10
ESTRADA, AIDA S	3/11
MILLER, SYLVIA A	3/20
McDONALD, CAROLINE R	3/23
BARFOOT, GAYLE	3/29
WOODERSON, JUDITH D	3/29
CORCORAN, DENISE	3/31
CULPEPPER, CHUCK	3/31

Join or Renew Your Membership



2021/2022 Membership Report

	AUTO	NMAER	SJAER
SEPTEMBER	7	17	25
OCTOBER	9	9	18
NOVEMBER	1	2	5
DECEMBER	0	0	0
JANUARY	0	0	0
FEBRUARY	0	1	1
MARCH	0	0	0
APRIL			
MAY			
TOTAL	17	29	49

See page 2 for 2021-2022 Membership form.

Our two treasurers report that we have a current balance of \$3095.41.

SJAER Executive Board Meeting 3-8-22

11:00 AM at No Worries

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

Meeting was called to order by Karen Morrison.

- **President:** Welcome.
- **Lunches:** We order off the regular menu.
- **Business:** Karen names and year of past Outstanding Members.
- **Secretary report:** The minutes for 2-8-22 are printed in the YARN.
- **Treasurer report:** The monthly financial report is listed in the YARN.
- **YARN:** Thank you Debbie Klein for the YARN publication.
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- **Programs:** Mayor Nate Duckett

Next Executive meeting: 11:00 AM on April 12th at No Worries

We Are Awesome!



Volunteers are priceless, but NMAER puts a price on our heads anyway! The volunteer hours that we submit to the State gets converted into a cash amount had someone actually hired us for that service. Each year New Mexico retired educational employees contribute multi-million dollars' worth of services to our communities. One of NMAER's objectives is to encourage volunteerism among the members. So, please help us contribute to their Statewide objective. This can be done 2 ways: simply report your hours when you sign in at our local lunch meeting, or report your hours online to Trish Murphy at trishshsh@live.com

What do you report? Just about anything! Work in any service organization, church, school, political party, government agency, or business counts. Private volunteer work with friends, neighbors and family counts – such as making meals for shut-ins, driving disabled people to do their errands, sending greeting cards to nursing homes, childcare, tutoring, pet sitting, lawn care, or anything you do for free that someone would otherwise pay for.

When do you report? You can report monthly, at the very end of the year, or any time in between. The year starts September 2021 and ends August 2022. You may submit your hours retrospectively -- just don't duplicate your hours once you've submitted them once. Deadline to get the hours in will be August 1st (so estimate your August hours in advance.)

It's a "win/win" situation! When you volunteer, you help other people, but you also help yourself! Wes Moss, author of What the Happiest Retirees Know, launched multiple studies of over 2000 retirees. Under the "social data" category, he said that the happiest retiree had 4 core pursuits: travel, activities with their kids and grandkids, participating in hobbies or sports, and (quote) "by far, number one, VOLUNTEERING." Chances are, if you volunteer, you are a happy person!

So far this year, we SJAER members have reported **2027** volunteer hours. However, we suspect that there are many more people out there who volunteer, and don't report. So please take time out of your busy schedule and let us know, ok?

Thanks. And, yes, we ARE awesome!



SJAER-GENERAL MEETING 3-8-22

11:30 AM at No Worries

26 people attended the today's meeting.

Meeting was called to order by President Karen Morrison.

- **The Pledge of Allegiance** was led by Sandy Allred.
- **Lunch:** Members ordered off the menu as they arrived.
- **Executive Board Officers 2022-2023 Slate to be approved in April**
 1. President - Marilyn Montoya
 2. Vice President - Karen Morrison
 3. Secretary - Connie Alley
 4. Treasurer - Kathy Martin
 5. Asst. Treasurer - Sandy Allred
 6. Membership - Phyllis Meier,
 7. Legislative Rep./Webmaster - Chuck Culpepper
 8. Programs - Karen Morrison
 9. YARN - Debbie Klein
 10. Sunshine - Nancy Tyson, Jackie Golombowski,
 11. Memoriam - Trish Murphy
 12. Scholarship - Joan Lewis
 13. Volunteer Hours - Trish Murphy

There were no other nominees from the floor.

➤ **Past Outstanding Members Recognitions**

- 2012-2011 Bob & Flo Irwin
- 2011-2012 Janet Kittell
- 2012-2013 ?
- 2013-2014 Marie Chavez
- 2014-2015 Joan Lewis
- 2015-2016 ? (a red headed member)
- 2016-2017 Gary & Suzy Fisher
- 2017-2018 Sandy Bell
- 2018-2019 Caroline Mc Donald
- 2019-2020 COVID - no one
- 2020-2021 Trish Murphy

➤ **We will vote at our April meeting for our 2021-2022 Outstanding Member**

- **The nominees in alphabetical order are:**
Connie Alley, Chuck Culpepper, Phyllis Meier,
Colleen Miskell, Karen Morrison, and Nancy Tyson

➤ **Legislative Report:** printed in the Yarn and on the SJAER.org website.

➤ **Programs:** Mayor of Farmington, Nate Duckett.

- He discussed many of the issues and accomplishments in Farmington.
- The city has money above the budget this year mostly due to the online sales tax. They are using some of the money for repairs/replacement items that had to be put on hold for 15+ years.
- On Saturdays at noon, he is a host on Money Belt Radio 1390AM/92.1FM. The Mayor's Table is posted 2/month on You Tube.
- He discussed issues raised by our members.

➤ **Up-Coming Programs:** to be announced

➤ **Door Prize:** Colleen Miskell won a burrito holder.

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

SJAER PROJECTS

If you have ideas for possible meeting programs, 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@dives-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



Volunteer Hours

Month	Volunteer Hours
September	105
October	132
November	57
December	278
January	596
February	297
March	562
April	
May	
Total	2027



You may submit your volunteer hours at each meeting when you sign in or by emailing them to Trish: trishshsh@live.com

Volunteers are paid in six figures: S-M-I-L-E-S.
~Gayla LeMairesk
How beautiful a day can be When kindness touches it!
~George Elliston



In Memoriam, January 2021 -- April 4, 2022

Name	Date	Name	Date
Vanessa Atencio	Jan 1	Kevin Budai	Feb 4
Brenda Sue Birchfield	Jan 3	Henry Todacheeney	Feb 6
Vera Jack	Jan 3	Lynn Hurst	Feb 7
Linda Hogue	Jan 9	Christina Lahti	Mar 10
Marlene McGee	Jan 19	Lonna North	Mar 13
Gordon Glass	Jan 22	Elaine Zobrist	Mar 18
Max Maestas	Jan 23	Margaret Carter	Mar 20
Winona Chase	Jan 26	Charlotte Curley	Mar 22
Mamie Jim	Feb 1	William McQueen	Apr 4

*Always Loved,
Never Forgotten,
Forever Missed*

2021-2022 Meeting Dates and Programs

Apr. 12, 2022	Heather Holmes 100 Women Who Care
May 10, 2022	Year End Barbeque



Volunteers do not necessarily have the time; they just have the heart.

~Elizabeth Andrew

It's nice to be important, but it's more important to be nice. ~Author Unknown

Karen and Debbie would like to invite you to an evening of music and fun!

The concert will feature a wide variety of music by and for past monarchs, such as "Zadok the Priest", "Pastime With Good Company" and "Come, Ye Sons of Art". In addition to the serious side of royal music, Caliente will perform noble selections by Queen, Lorde and Abba many with choreography. This concert will prove to be as resplendent and illustrious as its title! We hope you can join us at the First Presbyterian Church at 7:00 pm.

The poster gives all the details. Tickets can be purchased on line at calientechoir.org for \$11:00. Funds from this concert will help rebuild our scholarship fund.

Also, don't miss our Broadway for Brunch at PV on May 7. We'll have a nice breakfast, wonderful show, and an awesome Silent Auction for our Scholarship Fund! See Karen or Debbie for details.

*Caliente Community Choir
and
San Juan College Concert Choir
present*

***Kings, Queens,
Coronations
and Crowns***

*A Choral Celebration
of all things Royal*

Tuesday, April 19, 2022

***First Presbyterian Church,
865 N. Dustin Ave,***

7:00pm

***\$10 admission
at the door***

EVENTS

Date	Day	Time	Event	Location	Cost
April 12	Tuesday	7:30pm	The British Invasion - focus on British music that dominated the charts and the airwaves	Farmington Civic Center	\$24 - \$28
April 13	Wednesday	12:00pm - 1:00pm	Brown Bag Birding - Bring your lunch and join Nature Center staff in the observation room to watch wildlife overlooking the wetlands.	Riverside Nature Center.	Free
April 14	Thursday	7:30pm	Johnny Peers & the Muttville Comix - a dozen rescue dogs perform challenging and hilarious tricks as Johnny plays the straight man role in this wonderful family show.	Farmington Civic Center	\$12 - \$18
April 8 April 29	Ongoing	10:00am-5:00pm	San Juan College Spring Art Student Exhibit Henderson Art Gallery - Popular Choice voting	Henderson Fine Arts Center	Free
Mar. 8 - Apr. 22	Every Tuesday	9:00am - 11:00am	Tuesday Morning Birders - Join a group of beginning and experienced birders for a walk	Riverside Nature Center	Free
April 15	Friday	7:00pm	African Drumming Ensemble - high energy drumming by students and community members on djembe hand drums and dununs in the West African tradition.	SJC Connie Gotsch Theatre	Students & Seniors \$6.00 Adults \$8:00
April 16	Saturday	7:30pm	Liz Callaway Concert - a Tony nominee and Emmy Award-winning actress, singer and recording artist.	Farmington Civic Center	\$14 - \$18
April 19	Tuesday	7:30pm	Doo-Wah Riders - Preserving The Heritage of American Country Music since 1978.	Farmington Civic Center	\$14 - \$18
April 22 April 24	Friday, Saturday, Sunday	All Day (No hours listed)	38th Annual Land of Enchantment Indoor & Outdoor Car Show - bringing old and new cars in one place.	MaGee Park	Looks likes it's free
April 22 May 29	Every Friday Saturday Sunday	Post time 2:15pm	Live Horse Racing - special activities and themes are featured weekly.	Sun Ray Park and Casinio	Free
April 23	Saturday	Times ???	Special Olympics Athletics, Bocce, Flag FB	FSH	Free
April 23	Saturday	11:00am - 2:00pm	Earth Day Activities - Create art from recycled materials, learn about curbside recycling and xeriscape gardening among other activities.	Riverside Nature Center	Free
April 28	Thursday	6:00pm - 9:00pm	Reel Readers: Read the Book! See the Movie! "Much Ado About Nothing". Bring dinner.	Farmington Library	Free
April 30	Saturday	4:00pm - 7:00pm	Farmington Historical Walk - meet many of the pioneers & business owners from the early 1900s. - Rio del Sol Kiwanis	Meet at Artifacts	\$15 - Howard's Cleaners & Artifacts
May 1	Sunday	7:30pm	Billy Bob Thornton & The Boxmasters - touches on a wide array of influences, most importantly, the rock and roll of the 1960's.	Farmington Civic Center	\$24 - \$28
May 7	Saturday	10:00am - 12:00pm	Mother Daughter Tea Party - mothers and daughters of all ages. Enjoy a wonderful tea party with crafts, treats and a lot of fun!	Sycamore Park Community Center	\$20 - \$25

