

Your All Retirees Newsletter



A LETTER FROM THE PRESIDENT

November 2022

The start of the holiday season seems to be getting earlier and earlier each year. For me it has some really mixed messages and feelings. I yearn for what I remember as a slower paced time when we were able to celebrate each holiday and have time to enjoy it before starting the next one. There is something just wrong with shopping for candy for Halloween and listening to Christmas Carols.

Having said that, how many of us have said we wished the spirit of Christmas, the wishing well to others, the spirit of giving to others and just the general time of celebration could last all year long. I know I have.

As we move into the Holiday of Thanksgiving, I hope we will each take time to reflect on what we have to be thankful for, and how we can carry that thankful feeling forward and be present for the celebration it brings before we move on to the joys of Christmas.

I wish all of you a time of joy as you celebrate this day of Thanksgiving.

Marilyn Montoya,
President

There is
Always
something to be
Thankful
for.





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

Marilyn Montoya

VICE PRESIDENT

Karen Morrison

PAST PRESIDENT

Karen Morrison

TREASURER

Kathy Martin

ASSISTANT TREASURER

Sandy Allred

SECRETARY

Connie Alley

MEMBERSHIP

Phyllis Meier

PROGRAMS

Karen Morrison

PUBLICITY: NEWSLETTER

Debbie Klein

PUBLICITY: WEBSITE

Chuck Culpepper

SUNSHINE

Nancy Tyson

SCHOLARSHIP

Jim Conyers

SJRM C REPRESENTATIVES

Karen Morrison

Jim Conyers



2022-2023 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.

_____ \$5.00 enclosed for **associate** 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

November Program

Our program for Tuesday, November 8 is Cathy McDonald, school nurse. She will share her story of 30 years of school nurse supervising & training. 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. The meetings will be at No Worries Bar and Grill located at Farmington Airport. A couple of \$8 or \$10 specials may be available or members can order off the menu when they arrive.

November Birthdays



Join or Renew Your Membership



2022/2023 Membership Report

NOVEMBER BIRTHDAYS	
Lewis, Joan T	11/4
Morrison, Karen	11/6
Park, Dana M.	11/8
Sona, Ruth	11/13
Farm, Sharon	11/17
Ricketts, Karen	11/19
Meier, Phyllis	11/22
Ryan, Janel	11/24
Holmsten, Vicki	11/27

	AUTO	NMAER	SJAER
SEPTEMBER	9	13	23
OCTOBER	9	2	11
NOVEMBER			
DECEMBER			
JANUARY			
FEBRUARY			
MARCH			
APRIL			
MAY			
TOTAL	18	15	34



"Go to Google, then type: How To Uncook A Turkey."

SJAER Executive Board Meeting 10-11-22

10:45 am at No Worries Sports Bar and Grill

Board Members Present: President-Marilyn Montoya, Vice President/Programs-Karen Morrison, Secretary-Connie Alley, Asst. Treasurer-Sandy Allred, Membership-Phyllis Meier, Webmaster/Legislative Rep.-Chuck Culpepper, Volunteer Hours/In Memoriam -Trish Murphy, Scholarship/SJRM Rep.-Jim Conyer, YARN-Debbie Klein **Absent:** Treasurer-Kathy Martin, Sunshine-Nancy Tyson

Meeting was called to order by Marilyn Montoya. Agendas were provided.

Committee Reports

- **September 13, 2022 minutes** were approved.
- **Treasurer report:** Sandy will deposit the money that was collected for membership fees and the check from the We Care Grant.
- **Membership:** We have 28 paid members. last year.
- **Programs:** Tammy Riser is our presenter today.
- **Scholarship:** Jim brought the bucket for donations
- **San Juan Hospital:** Jim will attend their meeting at the end of the month.
- **YARN:** The letter concerning copywrite issues was a scam.

Message from State/State Convention

- 49 delegates from 15 units attended the State Convention this year.
- 167,198 Community Service hours were reported equaling a value of \$5,007,580.10.
- They recommended each unit Adopt a Legislator to write and communicate with before and during each session. You may contact your legislator with concerning issues and support. Chuck will keep us up to date.
- Recruitment of new retirees and members who have become in-active is a goal for each unit.
- Phyllis Meier was announced as our Out Standing member.
- The 2023 Convention will be held in Albuquerque.
- We received a check from the We Care Grant for \$400.00. \$200 will go toward our Scholarship Fund and \$200 will go into the general fund.

Old Business

- **Scholarship:** We have tickets for the 50/50 drawing to raise money for our Scholarship Fund.
- **Membership:** We can send out postcards again.
- **Meal Ordering:** We will continue ordering through the waitress.

New Business

- **Credit/Debit cards.** We are considering Square or other card processing company to be able to accept credit/debit cards. It will make it easier for members to pay their membership dues. There will be a fee for each use that will be passed on to the
- **Health and Wellness Fair will be held from 1:00pm to 4:00pm on Monday, October 17.** Switching enrollment is available. We have been approved to set up a booth during this time. We will have our brochure and membership forms. Marilyn and Sandy volunteered to go. Switch Enrollment for insurance will be Thursday, November 3 from 9:30am to 11:30am at SJC room 9008.
- **In Memoriam.** A new format was discussed and tried. It adds information about a person's educational career.

Community Announcements to be made at the General meeting

- Health Fair
- Caliente's performance
- Echo Food Bank

Next Meeting – 10:45 am Tuesday November 8th at No Worries Sports Bar and Grill.

The meeting was adjourned at 11:30

SJAER General Meeting 10-11-22
11:30 am at No Worries Sports Bar and Grill

Mingle:

- Member sign-in, record of volunteer hours, donation and selling tickets to help our Scholarship Fund grow took place while lunches were ordered.

Meeting was called to order by Marilyn Montoya at 11:32

- **Pledge** was led by Sandy Allred.
- **Prayer** was given by Marilyn Montoya
- **Welcome** - New and returning guest were recognized.
- **In Memoriam** – The new format was discussed and approved.

Announcements

- **October 15 – 2K Run for All Ability Park Foundation** 9:00 to 1:00 at Tibbets. You will receive a t-shirt and lunch.
- **October 17 - COVID and Flu Shots** are available at the Farmington Central office on 30th Street from 1:30 to 4:30.
- **October 22 - Caliente's Cabaret Concert** – They will be performing at 6:00 pm and 7:30 pm.in the Connie Gotsch Theatre at San Juan College.
- **November 3 – Health Fair** at SJC room 9008 from 9:30am to 11:30am is open to anyone needing to make changes in their health plan.
- **Echo Food Bank** – Due to the timing of other collections we will move our food collection to January. We suggest bringing canned goods or money, allowing them to buy food that matches their needs.

Guest Speaker – Tammy Riser

- Tammy graduated from Farmington High School in 1980.
- Tammy taught 25 years. She shared her many experiences.
- After teaching she bought the building that used to be a home, a bridal shop, the Paddock, and a catering store. Now she is the proud owner of the Encore Coffee Shop. She shared her many trials and successes in opening a new business.
- Everything is made in house now. Encore has space for entrepreneurs to sell their wares such as macaroons, soap, jewelry, salsa, jams, etc. It is a place for locals to gather. They have group meetings, baby showers, Bridal showers, Mom & Me groups, Open Mic from 5-7 on Thursdays, and live music on Fridays.

50/50 Bucket – Laura Busch was the recipient of \$31.50 & \$31.50 went into our Scholarship Fund.

Next Meeting – 11:30 am Tuesday November 8th at No Worries Sports Bar and Grill.

Treasurer's Report – Kathy Martin reports we have \$3259.42 in checking and \$295.00 in Scholarship fund. We are continuing with the donation basket and the 50/50 drawing each meeting to build the scholarship fund.

SJAER PROJECTS

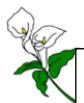
If you know of community people, projects, or news that would make an interesting SJAER meeting program, please contact Karen Morrison (klm3@earthlink.net).

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



In Memoriam 2022-2023



Edward Lawrence, Aztec, former SJAER member
Zelta Baker, 3/3/33 – 9/16/22, Bloomfield, former SJAER member
Mamie A Anderson, 11/8/27 – 9/29/22, Farmington, taught in a country school in Nebraska
Jamie M Sona, 4/16/77 – 10/17/22, Aztec, professor of Veterinary Medicine in Oregon
Lynda Archuleta, 10/20/63 – 10/19/22, Farmington, D.A.R.E. teacher at McCormick
Frances Robinson, 1/27/24 – 10/20/22, Farmington, taught at Apache Elem. for 25 years
Barbara Dell Reynolds, 3/7/42 – 10/22/22, Farmington, school nurse
Lynda Kay McKenzie, 8/6/51 – 10/29/22, Kirtland, taught math & coached at Kirtland H.S.



SJPMC Corporation Meeting October 26, 2022

The San Juan Regional Medical Center Corporation held its quarterly meeting at 6:00 PM on Wednesday, October 26, 2022 at the Farmington Civic Center. Sam Gonzales, Board Chairman, conducted the meeting. Sherry Paxson and Chris Harrelson from San Juan College explained the college's local bond on the ballot. It will provide for a public Mountain Bike Park, upgrades to the Henderson Fine Arts Center& Connie Gotsch Fine Arts Center, retractable bleachers for the HHR and renovations to the physical plant. Dr. Damon Kalich discussed the new da Vinci robot that the hospital has acquired. The robot has greater flexibility than the human hand and will mean less pain and faster recovery for patients. It began being used on October 3.

Kammie Monarch, Chief Nursing Officer discussed some of the challenges facing the hospital. She talked about the need to recruit new people in medical careers. She said staffing is stretched in all areas and expects the challenges to continue for the next 5 years. They emphasize retaining current staff.

It was mentioned that the search for a new hospital CEO is underway. There are two candidates that are scheduled for their second interviews which are scheduled for later in November.

The new member application for the Church of Jesus Christ of Latter Day Saints was approved.

San Juan Regional is expanding health services for women with two clinics for OB/GYN at 610 and 634 West Pinion Street in Farmington.

Free Childbirth classes are being offered to meet the needs of new and expecting parents. Classes are being offered in Newborn care, Pregnant Teen Childbirth Education and Post-Partum. Classes are being taught by Kathy Coleman, a former Bloomfield High School teacher.

As usual, the hospital has received many recognitions. The American College of Cardiology has recognized the hospital for treating patients with chest pains and heart attacks and is available 24/7 every day of the year.

Teresa Becker, Manager of Volunteer services has been appointed President of the New Mexico Hospital Association Auxiliary Board. Deb Tillman will serve as president-elect and Deb Dumont as secretary.

Pet Therapy volunteer Maria Sipes was named Outstanding Auxillian by the New Mexico Hospital Association. Emmy Melendez and Morgan Attaway are the most recent recipients of the DAISY Award.

The main Hospital still requires people to wear masks but they are optional at other locations.

The Hospital continues to demonstrate financial stability. There are continued financial pressures with labor and supply costs remaining high.

Audit reports were good with clean audits for FY 2020, 2021 and 2022

The SJPMC Auxiliary has added 23 new volunteers since February with 17 applications pending. Anyone interested in volunteering should call Teresa at 505-609-61



MEETING DATES 2022-2023	
No Worries Bar & Grill	
Mark your calendars!	
October 11, 2022	Tammy Riser – Educator to Encore Coffee Shop Owner
November 8, 2022	Cathy McDonald - 30 years of school nurse supervising & training
December 13, 2022	Tom Swenk, Director of Human Resources City of Farmington Robyn Woodard & Amber Swenk - holiday music & sing along
January 10, 2023	Marilyn Taylor - professional artist and world traveler - will paint while speaking and offer finished painting for sale
February 14, 2023	TBD
March 14, 2023	TBD
April 11, 2023	TBD
May 9, 2023 Location to be announced.	TBD

Month 2021-2022	Volunteer Hours
September	472
October	520
November	
December	
January	
February	
March	
April	
Summer, etc	
Total	992

The new year for submitting volunteer hours begins September 1, 2022 and ends August 31, 2023. There are two ways to submit your hours. If you attend the monthly meetings, enter your hours in the designated space on the sign sheet at the meeting. You may also submit your hours by emailing: trishshsh@live.com at any time. Once you send in your hours, please don't duplicate them in your next report– a running total will be kept until August 31, 2023.

This project of our State organization is one of our signature projects, bringing attention to our legislature the value of retirees in New Mexico. That has helped the legislators know how important we are in contributing (for free!) to the well-being our fellow citizens. Thanks for all you do, and let's keep up the good work this year.



EVENTS

Date	Day	Time	Event	Location	Cost
Nov. 9	Wednesday	6:00pm	Trivia Night – Fairy Tales Get a team or play individually – No registration required – Snacks	Farmington Library	Free
Nov. 12	Saturday	8:00am-2:00pm	Old Fashioned Holiday Bazaar - buy homemade crafts, & stock up on some delicious pies, candies, cookies & other homemade goodies!	Riverstone Church Gym	Free Entrance
Nov. 12	Saturday	8:00am-2:00pm	CrossRoads Community Church Craft Fair – find great gifts to give to your friends and family this Holiday season	CrossRoads Community Church	Free Entrance
Nov. 12	Saturday	9:00am – 3:00pm	Panteraz Winter Wonderland Craft Fair - an excellent opportunity to buy from local vendors for the holiday season.	Piedra Vista High School	Free Entrance
Nov. 12 Nov. 13	Saturday Sunday	7:00pm 3:00pm	San Juan Chorale Fall Concert - Magnificat & Gloria by John Rutter - based on the prayer ascribed by St. Luke to the Virgin Mary	Riverstone Church	Free
Nov. 13	Sunday	2:00pm	Vienna Boys Choir - The illustrious group of child musicians has been delighting music lovers across the globe for six centuries	Farmington Civic Center	Adult \$18 Stu/Sr/Mil \$14
Nov. 15	Tuesday	10:00am 11:30am	Digital Photo Basics - Learn basic photo editing techniques with PIXLR, an online photo editing tool.	Farmington Library	Free
Nov. 15	Tuesday	6:00pm – 8:00pm	Reel Readers – <u>I Kill Giants</u> – Read the book then watch the movie – Brown bag dinner	Farmington Library	Free
Nov. 15	Tuesday	6:00pm - 7:00pm	TCM Book Club - Tuesday Club Mysteries will be meeting to discuss their most recent book!	Farmington Library	Free
Nov. 17 Nov. 18	Thursday Friday	9:00am – 5:00pm	SJC Charity Bowl Sale - hand-made, one-of-a-kind ceramic creation filled with delicious soup - will also include Christmas ornaments, pottery, scarves, beadwork, etc. Located in 9000s rooms	Henderson Fine Arts Center	\$10/bowl of soup
Nov. 18	Friday	7:00pm	San Juan College Orchestra - Spend a relaxing evening listening to beautiful, lovely, lively music for the full orchestra and strings.	Henderson Performance Hall	Adults \$8 Students \$6 Seniors \$6
Nov. 19	Saturday	9:00am - 3:00pm	Kelly Green Craft Fair - Get your holiday Shopping off to a wonderful start.	McGee Park	Free Entrance
Nov. 22	Tuesday	10:00am-11:30am	Inkscape Basics - Learn the difference between a Vector and Bitmap, create basic shapes and text, convert objects to paths, and convert bitmaps to Scalable Vector Graphics (SVG).	Farmington Library	Free
Nov. 29	Tuesday	10:00 - 11:30am	Google Workspace Basics - learn the basics of google workspace apps and their benefits - focus on google docs, slides, and sheets.	Farmington Library	Free
Nov. 29= Dec. 3	Tuesday - Saturday	Starts 5:30pm Varies	Festival of Trees - charitable benefit for Presbyterian Medical Services – schedule at https://www.pmsfestivaloftrees.org/	Farmington Civic Center	Varies per event
Dec. 3	Saturday	1:00 & 3:00pm	Bar D Wranglers - must reserve your seats in person in the church office, 8 am - 5pm Monday - Friday. – meet the Wranglers after the show.	1 st Baptist Church Aztec	Free

