



KIT Keeping in Touch

JUNE
2024

The Newsletter of the Marin County Association of Retired Employees
Member California Retired County Employees Association (CRCEA)

www.mcareinfo.org

“VALUE, VOICE and VISIBILITY”

MCARE is the Voice of Current and Future MCERA Retirees

PRESIDENT’S MESSAGE

by GENE PENNINGTON



We are actively recruiting a volunteer to step up and serve out the remaining few months of the vacant Sgt. At Arms Board position (an Officer). Other Board Members and volunteers have stepped forward and will manage our monthly luncheons and other events until such time as another volunteer steps forward and is willing to serve as our Sgt. At Arms for the balance of 2024. Please note that Internet access, a computer, and a valid e-mail address are needed for this position. We rely on the web for access to many applications.

If you are interested in serving out the remaining 7 months of the term of office, please contact me by e-mail at President@MCAREInfo.org or phone at (415) 254-3839.

Congratulations to the MCARE 2024 Scholarship winners! They will be introduced at our July 9, 2024, luncheon. Please read Ken Holmes' article on page 2 for more information.

Edith Simonson and I attended the CRCEA 2024 Spring Conference via Zoom on April 24, 2024. This was a business meeting only, with 18 out of 20 Associations present and all the Executive Committee Members present. Doug Fletcher, MCARE, submitted his resignation as CRCEA's Vice President. There was a presentation by Amy Brown, CRCEA's lobbyist. She provided an update on myriad legislative issues and pending legislation. Her presentation will be available soon on CRCEA's website.

In addition to the usual business meeting items, the Ad Hoc Conference Committee's recommendations were presented via a PowerPoint presentation. It will be available soon on CRCEA's website. Several major changes were presented, but with a motion to delay a final vote on them until the Fall 2024 CRCEA Conference. This will give each association time to check, again, with their Board and make sure their Board supports the changes.

The Fall 2024 CRCEA Conference is set for November 3-6, 2024, at the Embassy Suites Hotel in Walnut Creek. The CCCREA (Contra Costa County Retirees Association) is the host association. Elections for the President and Treasurer positions will be held at that time.

Highlights of what is coming up.

- Tuesday, July 9, 2024 – Scholarship Awards Presentation/Luncheon at The Club Restaurant, San Rafael
- August 1, 2024 – Nominations open for five (5) Officers
- Tuesday, August 13, 2024 – Luncheon at Café Bellini, Petaluma

(cont'd on page 2)

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PRESIDENT'S MESSAGE *(cont'd from page 1)*

- Tuesday, September 10, 2024 – Luncheon at The Club Restaurant, San Rafael
- October 1, 2024 – MCARE election starts for five (5) Officers
- Tuesday, October 8, 2024 – Luncheon at China Village, Cotati
- Tuesday, November 12, 2024 – Election for five (5) Officers ends
- Tuesday, November 12, 2024 – Annual Membership Meeting and luncheon at The Club Restaurant, San Rafael
- Tuesday, December 10, 2024 – Annual Holiday Party at The Club Restaurant, San Rafael

MCARE SCHOLARSHIP PROGRAM

by KEN HOLMES



The Marin County Office of Education has selected the recipients for MCARE's 2024 Scholarships. The four \$3,000 Scholarships will be awarded at our July 9 luncheon where we will have the opportunity to meet the recipients. MCARE and the Scholarship Committee extend a congratulations to this year's recipients:

JORDAN FILIPPI

Grandchild, Clifford Vern Phillips, Dept. of Public Works
St. Mary's College, Moraga CA

JORDYN BEACH

Grandchild, Mark Hedeem, San Rafael Police Dept.
Dominican University, San Rafael CA

QUIN SOMERS

Child, Teresa Ellen Somers, Public Health Dept.
St. Augustine's University, Raleigh NC

TANAYA RAIVES

Child, James Raives, Marin County Parks | Open Space Planning
Samuel Merritt University, Oakland CA



MONTHLY LUNCHEONS

by GENE PENNINGTON



The MCARE Annual BBQ on May 14, 2024, was a great success! The location at Stafford Lake was beautiful and the weather was outstanding. Debbie Ghiringhelli Catering served 41 meals and everyone agreed the food was great! Our guests included Laurie Murphy, MCERA Chair, and Jeff Wickman, MCERA Administrator. We were entertained by the Larkdales, a country western band whose music was entertaining and thoroughly enjoyed. In keeping with the country western theme, two cash prizes were awarded for the best dressed woman and man. Ken Holmes won for best-dressed man, and Oregon Helms-Sims (guest of Yolanda Granucci) won for best-dressed woman.

The scholarship raffle raised \$127! Two signed autographed books by Weldon Travis, Retired Marin Co. Sheriff, were given away as a special raffle prize. His book is titled *Resident Deputy Sheriff Continuum, 1964 to 2023 ... and Beyond!* Thank you, Weldon, for the donation.

Please note that there is no luncheon in June. Our next luncheon is July 9, 2024, at The Club Restaurant at Mclinnis Park Golf Center in San Rafael. We will recognize the MCARE 2024 Scholarship recipients at this luncheon. The menu includes your choice of one of the following entrees: Chicken Toscana, Grilled Salmon, or Penne Pomodoro. Register online, make your menu selection and pay with a credit/debit card: mcareinfo.org/event-5508057

Congratulations

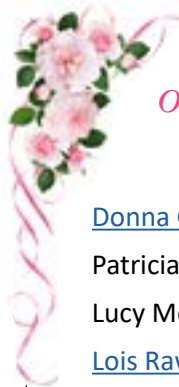
NEW RETIREES

Jonathan Berg	Marin County Courts
Edward Chiu	City of SR
Mary Colla	IST
Logan Collier	Public Defender
Scott Freedman	Novato Fire Protection District
Geneva Dicochea	Novato Fire Protection District - DRO
Carolyn Glendening	BoS
Matthew Hymel	Office of the County Executive
Dean Joyner	Office of the County Executive
Filemon Lacap	Sheriff/Coroner
Yoke Leow	Department of Finance
Eric Lueder	DPW
Julie Magnus	Library
Daniel Maples	Sheriff/Coroner
Michael McPeck	Assessor-Recorder-County Clerk
Susan Medina	Sheriff/Coroner
Bettina Murphy	H&HS
Kathryn Nishimura	H&HS
Maureen O'Connell	Child Support Services
Steven Perl	County Counsel
Michelle Pitts	Probation
Timothy Pratt	Southern Marin Fire Protection District
Holly Price	DA
Brian Robinson	H&HS
Bridget Scheiner	Assessor-Recorder-County Clerk
Mark Sedlack	City of SR
Jim Selmi	IST
Rosemary Slote	DA
Philip Smith	Marin/Sonoma Mosquito & Vector Control District
Matthew Stott	Sheriff/Coroner
Cordi Sullivan	Southern Marin Fire Protection District
Margie Todd	H&HS
Eva Wihardja	Probation

welcome

New MCARE Members

Cynthia Brown	HR
Jennifer Vuillermet	County Counsel
Donald Wick	Sheriff
Judith Williams	H&HS



IN MEMORIAM

Our Deepest Sympathy is Extended to the Friends and Families of:

Donna Galli *	County of Marin - Beneficiary
Patricia Gurin	DA
Lucy Mellor	City of SR - Beneficiary
Lois Rawson *	Public Defender
Toby Richards	Marin County Courts
James Robertson	DPW

**Click to view obituary*

A surviving spouse is eligible for MCARE membership. For enrollment, email: esimonson1@verizon.net



TREASURER'S REPORT

by RICH ARROW

APRIL 2024

CHECKING/PETTY CASH	\$45,343
CD/MONEY MARKET FUND	<u>42,308</u>
TOTAL BALANCE	<u>\$87,651</u>

UPDATE YOUR MEMBER PROFILE

Please check your member profile on our website at www.MCAREInfo.org and update your e-mail address and mailing address if necessary. Many e-mail addresses are no longer valid. If you're unable to log in to the website, send Gene Pennington an email: president.MCARE@gmail.org.

2024 MCARE OFFICERS ELECTION

by JEANNE VILLA, MCARE NOMINATIONS & ELECTIONS COMMITTEE



Join us on the MCARE Board to help decide the future of our organization. We do important work, but we're also a fun group.

We will elect/re-elect our Officers in 2024: President, Vice President, Secretary, Treasurer, and Sgt. at Arms. We look forward to receiving your nominations. If you are interested or you want to nominate someone for any position, please contact me at: jv1@comcast.net or 415-827-0237.

If you would like to assist the Nominations and Elections Committee by finding nominees or answering questions about the duties of the Officers standing for election, please feel free to reach out to me. I would greatly appreciate your assistance.

Are you considering a run for office? Great! If you want information about any of the above positions, please contact me at the above email address. We can also have the current holder of the position share details as to what is involved. Their contact information can be found at mcareinfo.org/Contact.

Here is our timeline for the upcoming election:

- Nominations for Officers open on August 1 and close on September 15.
- Membership voting for Officers will be conducted electronically and with mail-in ballots, commencing on October 1.
- At the Annual Membership Meeting to be held on November 12 at the Club Restaurant at McInnis Park in San Rafael, members who have NOT voted by electronic or printed ballot can vote.
- Nominations also may be made by Members from the floor at the time of the Annual Membership Meeting.
- Elected Officers will be introduced at the Holiday Party held on December 10.

As the Sgt. at Arms position is currently vacant, we highly encourage members to contact us as soon as possible to indicate their interest in standing for election to this important and exciting office.

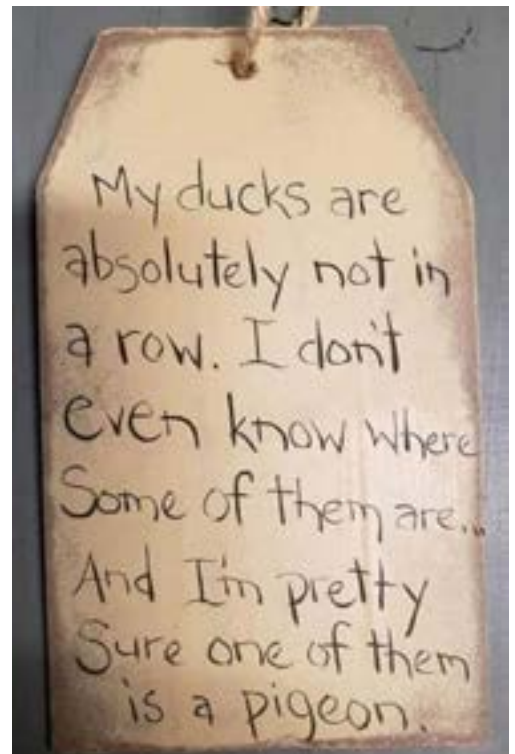
Currently, two of our four officers represent the City of San Rafael, and two represent the County of Marin. Members who retired from other agencies are encouraged to stand for election so as to have a diverse representation of our retiree agencies. (At Large Directors represent the Novato Fire District, Southern Marin Fire, and the County of Marin.)

The following agencies are currently not represented on the Board, so retirees from these agencies are particularly welcome to seek election as Officers:

- LAFCO
- Marin City Community Services District
- Marin/Sonoma Mosquito & Vector Control District
- Marin County Superior Court
- Tamalpais Community Services District

As an Officer, you have an opportunity to serve your fellow MCARE members by approving the MCARE Annual Budget, developing MCARE policies, working on Board committees as needed, and attending Board meetings every other month. MCARE Board meetings are held at the Marin County Employees' Retirement Association (MCERA) offices at One McInnis Parkway, Suite 1, in San Rafael. Officers can also attend Board meetings remotely by Zoom.

Please contact Jeanne Villa, MCARE Nominations & Elections Committee Chair, at jv1@comcast.net or (415) 827-0237, if you wish to stand for election or would like additional information about the Officers' positions.



MARIN TRIVIA

by MARY ANN GALLARDO



MIWOK PARK

For those who don't know the Coast Miwok history in Marin, they occupied these lands for thousands of years. No one knows if there are any Miwok descendants in the Bay Area.

On April 27, 2024, the Museum of the American Indian at Miwok Park in Novato reopened after being closed four years due to the pandemic. This small but important museum located at 2200 Novato Blvd. hosts artistic, historical, and cultural reproductions and exhibits of the Coast Miwok. It opened in 1968 and is managed by the City of Novato and Marin Museum Society. Visiting hours are Wed–Fri from 11am to 4pm and weekends 11am to 5pm. Admission is free.

Needless to say, the fact that such a museum even exists here is miraculous. Many schools sponsor field trips for students, and I hope this continues for many years.

Anyone interested in more Miwok history can find it at Olompali State Historical Park located three miles north of Novato. It has a recreated Miwok Village, gardens with native plants, and traditional Miwok housing. It is open Wed–Sun from 9am to 5pm, with a parking fee.

Now that summer is almost here, these are two inexpensive places to get out and visit.

Museum of the American Indian: marinindian.com/

Miwok Park: novato.org/Home/Components/FacilityDirectory/FacilityDirectory/58/

Olompali State Park: parks.ca.gov/?page_id=465



Don't Shun These 7 Foods: Their Bad Reputations Are out of Date

Science and guidelines have changed, so your choices can too.

By Kim Painter, AARP | Published March 07, 2023

Here's what you need to know about some perfectly nice foods that might be on your naughty list.

1. Eggs

Eggs are high in cholesterol, with about 200 mg in every yolk. Health groups, including the American Heart Association, long recommended eating no more than three or so a week for that reason. But it turns out that the cholesterol in our diets is only weakly related to the harmful, artery-clogging cholesterol in our bloodstreams. So, recommendations have changed.

Since 2015, the federal government's Dietary Guidelines for Americans have set no specific cholesterol limit. The guidelines say eggs can be part of a healthy diet. More recently, in proposed new rules, the Food and Drug

Administration said eggs can be labeled a healthy food.

The heart association now says that an egg a day is fine for most people and that older adults with normal blood cholesterol and a heart-healthy diet can safely eat up to two. People with high cholesterol should be more cautious about consuming cholesterol, the group says.

"The egg is a packed nutritional powerhouse," says Angel Planells, a registered dietitian in Seattle and spokesperson for the Academy of Nutrition and Dietetics. The nutrients in eggs include plenty of protein and vitamin D, he says.

Egg yolks also are an especially rich source of the "brain nutrient" choline, says Dawn Jackson Blatner, a Chicago registered dietitian and author of Superfood Swap.

(cont'd on page 6)

2. Avocados

While it might seem that avocados are now a well-known superfood, Blatner says she still hears from people concerned about their fat content. And avocados do have a lot of fat: 22 grams in a medium one, according to the Harvard T.H. Chan School of Public Health. But “this is healthy fat ... the types of fats that help to lower your heart risk,” says Lena Beal, a registered dietitian in Atlanta and spokesperson for the Academy of Nutrition and Dietetics. Beal says she urges clients to “go for the guacamole.”

A classic healthy recipe could include just avocados, cilantro, lime, salt and a little (sugar-free) salsa, if you like it a little spicy. Some people include onion and jalapeños. Make it your own but skip the sour cream, spice packets and processed versions full of additives.

In addition to healthy unsaturated fats, avocados are surprisingly rich in fiber, Blatner says: “Avocados are so smooth and creamy,” she says, but they can have 14 grams of fiber. Even half an avocado has more fiber than an apple, she says. U.S. dietary guidelines say someone eating 2,000 calories a day should aim for 28 daily grams of fiber.

3. Popcorn

People often assume that popcorn belongs in the same category as pretzels and crackers, which are rarely made from whole grains, Blatner says. But popcorn “actually is this fun food that people already enjoy that happens to naturally be a whole grain,” she says.

Beal says popcorn “has wonderful fiber in it.” The healthiest popcorn is a batch you pop at home, with an air popper or a little vegetable oil, Beal and Blatner say. A tub of heavily buttered stuff from a movie theater is a completely different matter. That movie theater tub can contain up to 1,090 calories and 2,650 milligrams of sodium, according to the heart association.

Beal adds that it’s important to read labels when buying bags of grocery store popcorn: Some types are too high in sugar or salt for people with health conditions such as diabetes and high blood pressure, she says.

4. Coffee

A few decades ago, coffee was listed as a “possible carcinogen” by the World Health Organization. That changed when newer studies showed coffee actually reduced certain cancer risks and was probably wrongly maligned because so many coffee drinkers also smoked, according to Harvard’s public health website. Today, there’s a “flow of pro-coffee research,” suggesting the brew lowers risks of diabetes and heart disease, as well as cancer, Blatner says. Coffee might also lower risks of depression and suicide, Harvard says.

One big reason coffee might boost health is that it contains high levels of antioxidants, substances that prevent or delay cell damage.

Of course, caffeinated coffee also is a stimulant, known for increasing alertness, attention and mood — as long as you don’t overdo it or drink it too late in the day, when it can interfere with sleep, Blatner says. And be aware that too much coffee also can raise blood pressure and lead to anxiety and heart palpitations, the heart association says. Coffee is healthiest with “zero or minimal” adds-ons, such as cream and sugar, Blatner adds.

5. Frozen veggies

Decades of reminders that “fresh is best” have steered too many consumers away from minimally processed frozen fruits and vegetables “picked at the peak of freshness” and full of nutrients, Planells says. “You can have multiple servings of veggies with a microwave in a matter of minutes,” he says.

Blatner says that frozen fruits and veggies are ideal backups for days when you run out of fresh produce: “The frozen spinach can be in your omelet. The frozen cauliflower rice can be in your lunch bowl. The broccoli can be your side dish, the frozen berries can go in your smoothies.”

6. Nuts

Like avocados, nuts are fatty foods. But most nuts, including walnuts, almonds, pistachios, hazelnuts and pecans, are highest in monounsaturated and polyunsaturated fats, which are good for your heart, Beal says. They also provide lots of vitamins, minerals, protein and fiber, she says. Macadamias and cashews are higher in saturated fat, she says, so should be more occasional treats. Just watch your portions: An ounce of nuts has 160 to 200 calories, Beal says.

The FDA says nuts and seeds could be labeled healthy, regardless of saturated fat level, under its new rules.

7. Full-fat salad dressing

If you are still squeezing lemon juice on a bowl of greens and other veggies, you may not have heard the news: The nutrients in raw vegetables are better absorbed when your meal includes some fat. Avocados, nuts and seeds on a salad can help, Blatner says, but so can a dressing made with a healthy olive or avocado oil. “You don’t need to use fat-free salad dressing anymore,” she says.

In fact, Beal says, bottled dressings with reduced fat often have extra sugar or salt to add flavor, making them less healthy choices.

Kim Painter is a contributing writer who specializes in health and psychology. She frequently writes for AARP's Staying Sharp and previously worked as a health reporter and columnist at USA Today.

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CALENDAR OF EVENTS

Luncheons are held on the second Tuesday of each month, with the exception of January & June when there are no luncheons.



THERE IS NO LUNCHEON IN JUNE.



03 MCARE BOARD MEETING

IN-PERSON:

10:00 am at MCERA Offices
One McInnis Parkway, Suite 100, San Rafael

ZOOM: Registration link will be in the June newsletter.

09 MONTHLY LUNCHEON 2024 SCHOLARSHIP WINNERS!

THE CLUB RESTAURANT

McInnis Park Golf Center
350 Smith Ranch Rd., San Rafael

11:30 Social Hour • 12:30 Lunch • \$25

Menu: Your choice of Chicken Toscana, Grilled Salmon or Penne Pomodoro

Register online, make your menu selection, and pay with a debit/credit card:

mcareinfo.org/event-5508057

LAST DAY TO REGISTER IS FRIDAY, JULY 5, 2024.



13 MONTHLY LUNCHEON

CAFE BELLINI

100 S. McDowell Blvd., Petaluma

11:30 Social Hour • 12:30 Lunch • \$TBD

Menu and registration link will be in the July newsletter.



MCARE

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REMINDERS & TO DO LIST

MCARE BOARD MEETINGS

JULY 3, 2024

Attend in person at 10:00 a.m. at the MCERA offices in San Rafael or by ZOOM. See details on page 7.

MONTHLY LUNCHEONS

THERE IS NO LUNCHEON IN JUNE.

TUESDAY, JULY 9

The Club Restaurant at McInnis Park Golf Center
350 Smith Ranch Rd., San Rafael

2024 MCARE Scholarship recipients will be presented at this important luncheon!

Details, menu choices, and registration information:
mcareinfo.org/event-5508057

LAST DAY TO REGISTER IS FRIDAY, JULY 5, 2024.

MCARE ELECTION FOR OFFICERS

See page 4 for information about this year's election of Officers.

Read before you shop

Marin County
Federal Credit Union

5 Steps to Savvy Car Buying

Free

We've helped thousands of members buy cars, and the right loan is only part of how we help.

In this guide, we share ways to get the car you want at the best price.

Download at MarinCU.org

415/499-9780

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