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By Ulda Revollo and Terry Lee Marzell, Co-Presidents

As Co-Presidents of CalRTA Division 80, we fervently hope this issue of the Lemon Twist finds you healthy, both physically and emotionally, and weathering the conditions of the Covid-19 pandemic well.

Division 80 welcomes new members Victoria Corliss, Michelle Hesse, James Lyle, and Cheryl Ogden. Each won a free membership to CalRTA for the coming year in a random drawing held July 13. We also welcome new member Deborah Roberts.

Susan Meyer, a representative of California Association for Retired Americans (CARA), addressed the membership at the General Meeting held June 5 via Zoom. Her presentation, entitled Empowered Elders, covered the topics of healthy aging, hospital stay rights, Advance Health Care Directives, and Durable Power of Attorney forms. To learn more about CARA, see their website at https://californiaalliance.org. For more information about the topics covered in Ms. Meyer’s presentation, click on the website’s “Resources” link.

During her presentation, Ms. Meyer also discussed the Vial of Life program. The program makes all your emergency information available in the event of an unforeseen event. See page 3 for information about the Corona Vial of Life program. For those who don’t live in Corona, seek out your local program.

The Division 80 Board will hold a planning meeting on Fri., Aug. 28, at 9:30 a.m. via Zoom. Everyone is welcome to attend. Use Meeting ID 568 534 2522, Password 150604.
Members participate in Car Caravan protest

Division 80 members participated in a car caravan co-ordinated by CNTA on Tues., July 7. Members who participated included Ulda Revollo, Doris Osko, Beth Kearney, Hal Marzell, and Terry Marzell.

The demonstration was organized to urge District officials to make a plan for safely reopening schools in the wake of the Covid-19 pandemic. Participants met at the CNTA office. Then they drove in a caravan to the District offices, displaying signs and honking horns to call attention to the concern.

“Safety, as always, must come first before instructing and education can be achieved,” remarked Division 80 Vice President Dennis Crane. Co-President Terry Marzell agreed. “Even though we are retired, we still care about the safety of our colleagues and our students. We want them to be safe at school,” she expressed.

On July 17, CNUSD officials announced that when school resumes in the Fall, all instruction will be delivered remotely.

Promoting mental health during Covid-19 pandemic

Dr. Veronica Kelley, Director of the San Bernardino Dept. of Behavioral Health, offered tips for promoting mental health during the Covid-19 pandemic in a webinar held on July 9. Here are some of her tips:

• Prioritize your mental health. Do what you need to do to establish and maintain your mental health.
• Protect your inner peace. Where is your sanctuary? Where do you feel safe? Don’t bring negativity into that space.
• Spend time engaged in joy-based activities.
• Be an activist. Do something on behalf of something greater than yourself. Donate goods to a food bank, sign petitions, etc. Become part of the solution.
• Limit the amount of time you spend watching news reports. Seek data and info from reputable websites instead.
• Limit the amount of time you spend on social media. Make phone calls and write letters to friends and family instead.
• Consciously respect your personal limitations. Give yourself a day of rest.
• Seek services when you need them. Look for professionals with trauma training.
Legislative Report

CalRTA continues to fight for the repeal of the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO). Currently, the organization is asking that these repeals be added to any upcoming Covid-19 relief legislation.

WEP and GPO are unfair Social Security penalties applied to earned benefits. CalRTA asserts these penalties need to be repealed, especially now when the economy is taking a downturn due to the pandemic, to ensure that public servants do not continue to be penalized financially.

To this end, the organization continues to push for the passage of HR 141, also known as The Social Security Fairness Act of 2019. This legislation is a bi-partisan bill introduced by Congressman Rodney Davis (R-IL). CalRTA is also pushing for the passage of SB 521, a companion bill introduced in the Senate by Senator Sherrod Brown (D-OH).

Treasurer’s Report

By Margit Olson
This is the Treasurer’s Report for July 16, 2020.

Checking account balance: $12,350.21
Savings account balance: $4,266.19
2019-2020 Scholarships awarded: $5,500.00
2019-2020 Scholarship donations received to date: $5,764.00

Create your Vial of Life

If you or someone in your household had an emergency that required help from paramedics, firefighters, or police officers, would they have access to important information about you? They would, if you have prepared a Vial of Life.

Contents of the Vial include such information as your health care provider, emergency contact information, a description of your medical conditions, a list of prescribed medications, and important health documents such as an Advance Health Care Directive, a Do Not Resuscitate form, or a Living Will. All of this information is placed in a zip lock bag and secured to the front of your refrigerator. That’s where emergency personnel know to look for it.

A Vial of Life should be a part of the disaster preparedness plan of every household. To learn how to create your own Vial of Life, click on this link to www.corona.gov.
Division 80 awards 11 scholarships

by Kathleen Shepardson

Division 80 presented 11 scholarships in May, 2020. In addition to two CalRTA scholarships, the following memorial scholarships were presented: Walter Dunderman Memorial Scholarships at Centennial High School and Norco High School; Mary LaBourde Jones Memorial Scholarships at Corona High School, Lee V. Pollard High School, and Santiago High School; a Jana Bradberry Memorial Scholarship at Eleanor Roosevelt High School; a Julio Revollo Memorial Scholarship at JFK Middle College High School; a Harold Fielding Memorial Scholarship at Lee V. Pollard High School; and an Erma Paloma Memorial Scholarship at Norco High School.

It was due to the generous gifts of those who honored their former colleagues or family members that our division was able to provide so many awards. The checks for $500 each were mailed to the recipients in May along with award certificates designed and printed by Trish Mutka.

I would like to thank the CalRTA members who helped to choose our award winners: George Corwin, Melanie Murphy-Corwin, Dennis Crane, Jean Kleih, Beth Kearney, Maggie Little, Terry Marzell, Nancy Morgan, Margit Olson, Ulda Revollo, Kathy Shepardson, and Lura Staffanson.

Even though we were not able to have in-person interviews due to the pandemic, we were extremely impressed by the high caliber of the candidates. We can be proud of the wonderful preparation provided by the teachers of CNUSD and the dedication and talent of our students!

Gifts to the Division 80 Scholarship Fund can be given at any time and will provide money for awards to next year’s candidates. Please consider a gift to honor someone who valued education, or someone who still does.

Thank you for all you do.

Scholarship Gift

CalRTA Corona Norco Division 80 Scholarship Donation Form

Donor’s Name: ____________________________ Date __________ Amount ________
Donor’s Address: __________________________
In Memory of: ______________________________
Please check one: You may use my name in the newsletter under Scholarship Donations.
____ Yes ______ No
Make check payable to CalRTA Div. 80 Scholarship Fund
Mail to Margit Olson, 2407 S. Cota Ave. Corona, CA 92882-5918
Scholarship recipients send thanks to CalRTA

Dear Mrs. Shepardson,

I am extremely grateful that you and the California Retired Teachers Association have given me the generous gift of the $500 CalRTA Scholarship. I will be attending Cal Poly San Luis Obispo this fall as a Liberal Studies major in the college of math and science, and the check you have provided will certainly aid in various student fees. Despite the difficulties COVID-19 may impose on my future academic endeavors, I am determined to further my path to a higher education, and cannot fully express my gratitude for your investment in my success.

Best regards,

Lauryn Kim
Corona High School

I feel very honored to be chosen to receive this scholarship. Thank you for selecting me. It means a lot. It will be helpful towards my school expenses. I will be continuing my education at Norco College and later transfer to a 4 year university. I plan to major in Biology and hopefully become a teacher one day. I plan on getting involved with tutoring, to help others understand the subject. I’m proud to share that I recently received the State Seal of Biliteracy, which would hopefully benefit me in the future. My goal is (to) gain as much as I can in college, and bring it back to share with the community.

On mine and my family’s behalf, thank you and take care.

—Brianna Vargas

Have You Heard?

Olsons lose son Michael

Division 80 sends its most heartfelt condolences to Margit Olson and her husband, Larry, who lost their son, Michael Olson, unexpectedly on June 29, 2020. He was 45. As a youngster, Michael attended Vicentia Elementary, Raney Junior High, and Corona High School. Due to pandemic restrictions, a memorial is being planned for family members only.

Original Hayashibara poem becomes part of art exhibit

A poem written by Division 80 member Wayne Hayashibara has become the subject of a work of art created by Madeleine Stober. Stober is an active elementary school teacher in the Pajaro School District. The Hayashibara poem she selected to depict is entitled “Midnight Glass.” She entered the collaborative effort in an art exhibit co-ordinated by Pajaro Valley Arts in Watsonville, California.

Share your exciting news! Tell us about your vacations, adventures, anniversaries, special occasions, or any new additions to your family. Recommend a good book or movie, or share a great recipe, work of art, or poem. Share photos, too. Send your news to Lemon Twist editor Terry Marzell at terrymarzell@gmail.com.
Directory Updates

June/July UPDATES for Lime 2019-2020 Directory. Send updates to Beverley Rouse at beverleyrouse@sbcglobal.net or call (951) 689-9861.

New members:

Corliss, Victoria
10026 Baseline Road
Alta Loma, CA 91701
909-770-0268
vickicorliss@hotmail.com

Jefferson

Hesse, Michelle
11881 Sierra Glen Dr.
Riverside, CA 92505
951-218-1571
chellgirl55@gmail.com

Spec Ed

Lyle, James
39700 Spanish Oaks Dr.
Temecula, Ca. 92592
951 440-1564
jlyle56@yahoo.com

Corona Fund

Ogden, Cheryl
24667 Via Melinda
Yorba Linda, CA 92887
(714) 692-9105
cherylaogden@yahoo.com

Barton

Roberts, Deborah
1250 Nina Lane
Corona, CA 92882-5833
(951) 440-2096
debbob78@hotmail.com

Pollard

Change the following addresses:

Donna Carlile
4708 S. Moneta Privado
Ontario, CA 91761-2724

Lucille Madry
2048 Ocean View Blvd.
San Diego, CA 92113-1239

Add or update the following email addresses:

Linda Bohot’s email is lindab1642@gmail.com
Nanci Clark’s email is nanciclark411@gmail.com
Wanda Cook’s email is wjcook12@hotmail.com
Janet Dupre’s email is janet627@verizon.net
Pamela Duke’s email is greetshcp@aol.com
Rudy and Rhonda Granillo’s email is rpgranillo@gmail.com
Joyce Hill’s email is auntieets@gmail.com
Mary Hick’s email is belovenjunior256@gmail.com

Change the following phone numbers:

Rosalind Britton’s new number is (951) 314-0822.
Phone numbers for Janet Dupre, Lynda Folsom, and Jeanne Gray do not work.

In Remembrance
Pat Garrett

Our heartfelt sympathies go
to her family and friends


**Contact Your Elected Representatives**

**State Officials**

**Governor Gavin Newsom**
1st Floor State Capitol, Suite 1173
Sacramento, CA 95814
Phone: (916) 445-2841
FAX: (916) 558-3160
[https://govapps.gov.ca.gov/gov40mail/](https://govapps.gov.ca.gov/gov40mail/)

**Senator Richard Roth (D-31)**
Capitol Building, Room 4032
Sacramento, CA 95814
Phone: (916) 651-4031
[https://sd31.senate.ca.gov/send-e-mail](https://sd31.senate.ca.gov/send-e-mail)

**Assemblywoman Sabrina Cervantes (D-60)**
Capitol Office, PO Box 942849, Room 2016
Sacramento, CA 95814
Phone: (916) 319-2060
FAX: (916) 319-2160.
4740 Green River Rd., Suite 310
Corona, CA 92882
Phone: (951) 371-6860
[https://lcmspubcontact.lc.ca.gov](https://lcmspubcontact.lc.ca.gov)

**Assemblywoman Melissa Melendez (R-67)**
Capitol Office, PO Box 942849, Room 4009
Sacramento, CA 95814
Phone: (916) 319-2067
[https://lcmspubcontact.lc.ca.gov](https://lcmspubcontact.lc.ca.gov)

**Federal Officials**

**President Donald Trump**
The White House
1600 Pennsylvania Ave., NW
Washington, DC 20500
Comments: (202) 456-1111
FAX: (202) 456-2461
[https://www.whitehouse.gov/contact/](https://www.whitehouse.gov/contact/)

**U.S. Senator Diane Feinstein (D)**
Hart Building #331
Washington, DC 20515
Phone: (202) 224-3841
[https://www.feinstein.senate.gov](https://www.feinstein.senate.gov)

**U.S. Senator Kamala Harris (D)**
Hard Building #112
Washington, DC 20515
Phone: (202) 224-3553
FAX: (202) 224-2200
[https://www.harris.senate.gov/contact/email](https://www.harris.senate.gov/contact/email)

**Congressman Ken Calvert (R-42)**
Rayburn Building #2201
Washington, DC 20515
Phone: (202) 225-1986
400 S. Vicentia Ave., Suite 125
Corona, CA 92882
Phone: (951) 277-0042
[https://calvert.house.gov/contact](https://calvert.house.gov/contact)

“Tell Your Rep Thursdays” are the fourth Thursday of each month. But you don’t have to wait until Thursday to contact your elected officials; you can communicate your concerns to your elected representatives any day.
MISSION STATEMENT

The mission of the California Retired Teachers Association is to mobilize retired teachers to advocate for an independent, financially secure, and fulfilling life, and to provide all educators with the tools to achieve a secure retirement.

Calendar of Meetings

Below you will find the schedule of Division 80 meetings for the 2020—2021 year. Meetings will take place on Zoom unless otherwise announced. See pg. 1 for Meeting ID number and password of the next meeting.

Everyone is welcome to attend all Zoom meetings. Board Meetings begin at 9:30 a.m. General Meetings begin at 10:30 a.m.

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<th>Date</th>
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<tr>
<td>August 28, 2020</td>
<td>Planning Meeting</td>
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<tr>
<td>September 25, 2020</td>
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<td>Board, General</td>
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Beverley Rouse, Membership
Corona Norco, Area IX, Division 80
16471 Bightridge Lane
Riverside, CA 92503