



Retired Employees of Merced County Association, Inc.
A 501(c)(7) Association (REMCOA) *November 2024*

NEWSLETTER

The quarterly luncheon & business meeting of the Retired Employees of Merced County Association, Inc. will be held on **Tuesday, December 10th** at the Merced Elks Lodge, 19th & "M" St, Merced.

Topic: Speaker will be Stephen Pettee from Pacific Group Agencies. Stephen attends our general membership meeting every September to review other types of insurance that his company provides and the Merced County supports. (i.e. pet, travel, life, dental. etc)

- 10:00 AM Doors Open
- 10:30 AM Presentation
- 11:30 AM Business Meeting
- 12:00 PM Lunch Served

RESERVATIONS ARE MANDATORY and REQUIRED by December 5th to have an accurate head count for food. The following people will accept your reservation:
Lola Barnett (209) 658-5109

Please state if member or guest

Officers and Directors

President	Lori Norman	209-769-5556
Vice President	Open	
Secretary	LaVon Justice	209-722-8202
Treasurer	Richard St Marie	209-201-9057
Director - ByLaws Committee	Bernadette Castaneda	209-777-5118
Director - Registration, Trips	Open	
Director - Photographer/FB Live	Open	
Director - Events (Speakers/Presenters)	Gloria Keene	209-259-9870
Director - Communication/Newsletter/Facebook	Open	
Director - Elections	Open	
Past President	Lola Barnett	209-658-5109

REMCO WEBSITE: www.REMCOMerced.com
MercedCERA WEBSITE: www.mercedcera.com

President’s Corner

Happy Halloween, Happy Veteran’s Day and Happy Thanksgiving! The year is going by so quickly! In between all those holiday’s, I had the opportunity to turn 65 and figure out Medicare. I am so thankful to this group and exposing me to the HICAP organization. I made by appointment, and they walked me through the entire process (including supplemental and prescription insurance). It still took some time on the phone as the agencies I needed to sign up with were not prepared for a customer who already had been through the selection process and knew exactly what I wanted! With my effective date of 10/1/24, I signed up for everything and received all my cards. I thought I was good to go! HICAP had also explained I needed a second appointment to review all the changes for 2025. Guess what? My prescription plan needed to change! It is so important to review your options each year.

Our social at Hunter Farms Pumpkin Patch was small but mighty! Some had never been to the pumpkin patch, and some took advantage of the discounted price. Fun was had by all!

Our December holiday meeting will be full of fun and games. We have music being provided by some talented individuals from Merced Playhouse, members will be playing bingo to win an IPAD (donated by MERCOCO) and several other fun games. Lunch is free for members. (Guests will still need to pay). Please dress in the holiday spirit! (ugly sweaters allowed).

As always. Please feel free to reach out to any of the Board members with any questions or feedback you might have.

See you on December 10th.

Lori

New Directors

I would like to welcome our new directors to the board! Michael Burroughs and Mary Brooks have been voted in. More information to follow regarding their duties and some information about them.

Monthly Draw Winner

The winner of the \$50 Visa Gift Card for this quarter is Amelia Cuen. If she doesn’t attend our December membership meeting, we will mail her the card. Congratulations!

Attendance Door Prize

All members who attend the December meeting will be entered into a drawing for a \$100 gift card to Chicken Ranch Casino.

2025 Meeting Dates

Board Meetings (open to all members)

January 15th

April 30th

July 30th

October 14th

General Membership Meetings (Elks)

March 11th

June 10th

September 9th

December 9th

Volunteer of the Year REMCO recognizes a member each year for their dedication to the community through their volunteer efforts. This year the award will come with a \$50 cash prize. Please send your nominations (including a brief write up) to Bernadette Castaneda at bcastaneda3217@comcast.net no later than November 30th. The winner will be announced at our December Membership meeting.

Organization of the Year REMCO recognizes local non-profit organizations located throughout Merced County each year. Please verify that the money will stay local and be used within the local community. REMCO’s total donation is \$500 and can be used for one organization or divided between several organizations. Please send your nomination (including a brief write up) to Bernadette Castaneda at bcastaneda3217@comcast.net no later than November 30th. The winner(s) will be announced at our December Membership meeting.

By-Laws Clarification Since becoming President. I have had several questions about what qualifications you must have to serve as a Director or Officer of our organization. The By-Law committee met, and it is defined in our By-Laws. If you have any additional questions regarding this topic, please feel free to reach out to me to discuss further.

HOLIDAY EATING TIPS

- 1. Avoid carrot sticks. Anyone who puts carrots on a holiday buffet table knows nothing of the Holiday spirit. In fact, if you see carrots, leave immediately. Go next door, where they're serving rum balls.
- 2. Drink as much eggnog as you can. And quickly, it's rare. You cannot find it any other time of year but now. So drink up! Who cares that it has 10,000 calories in every sip? It's not as if you're going to turn into an eggnog-alcoholic or something. It's a treat. Enjoy it. Have one for me. Have two. It's later than you think. It's Christmas!
- 3. If something comes with gravy, use it. That's the whole point of gravy. Gravy does not stand alone. Pour it on. Make a volcano out of your mashed potatoes. Fill it with gravy. Eat the volcano. Repeat.
- 4. As for mashed potatoes, always ask if they're made with skim milk or whole milk. If it's skim, pass. Why bother? It's like buying a sports car with an automatic transmission.
- 5. Do not have a snack before going to a party in an effort to control your eating. The whole point of going to a Holiday party is to eat other people's food for free. Lots of it. Hello?
- 6. Under no circumstances should you exercise between now and New Year's. You can do that in January when you have nothing else to do. This is the time for long naps, which you'll need after circling the buffet table while carrying a 10-pound plate of food and that vat of eggnog.
- 7. If you come across something really good at a buffet table, like frosted Christmas cookies in the shape and size of Santa position yourself near them and don't budge. Have as many as you can before becoming the center of attention. They're like a beautiful pair of shoes. If you leave them behind, you're never going to see them again.
- 8. Same for pies. Apple, Pumpkin, Mincemeat. Have a slice of each. Or if you don't like mincemeat, have two apples and one pumpkin. Always have three. When else do you get to have more than one dessert, Labor Day?
- 9. Did someone mention fruitcake? Granted, it's loaded with the mandatory celebratory calories but avoid it at all cost. I mean, have some standards.
- 10. One final tip: If you don't feel terrible when you leave the party or get up from the table, you haven't been paying attention. Re-read tips; start over, but hurry, January is just around the corner. Remember this motto to live by:
"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate and wine in one hand, body thoroughly used up, totally worn out and screaming " WOO HOO what a ride!" MERRY CHRISTMAS!!!

REMINDER: If you are on **Facebook**, please join the REMCO Group. You'll find the latest information as well as videos and live stream broadcasts of our Quarterly meetings. Here is a link to the group: <https://www.facebook.com/groups/527512874350767> . The group is a private group so an admin will approve your membership. Be sure and answer the simple questions when prompted.