



CONTRA COSTA COUNTY  
RETIRED EMPLOYEES ASSOCIATION, LOCAL ONE

PO Box 6783, Concord, CA 94524 • 5034 Blum Road, Martinez CA 94553  
Phone: (925) 228-1600 • Toll Free: 1-800-585-0054 • E-Mail: [cccreea@peu1.org](mailto:cccreea@peu1.org)  
*Representing the Past, Present & Future*

January/February 2006

## Local #1 Toy/Food Drive Delivers Again!

Local #1 Members and Retirees donated generously again for our 4<sup>th</sup> Annual Holiday Toy/Food Drive. On December 22<sup>nd</sup> we were able to drop off cash donations of more than \$300 to the *Contra Costa Food Bank* and two large barrels of non-perishable food items. We also delivered more than 100 toys and more than \$100 to a local organization called *Christmas for Everyone* for distribution to needy families on Christmas Day.

We thank our Local #1 Members and Retirees for contributing to this effort yet again. It is not an easy time for many people to give, but it is gratifying to see how many people still do what they can despite their own difficult financial circumstances.

Thank you especially to our Retirees who were eager to help again with this annual effort. We look forward to being able to do more next year. Thank you for your willingness to be a part of this!



## The Year At A Glance

Here are the meetings and luncheons planned thus far for 2006.

There may be more to come! See the back page for more info!



**March 9 - Spring Luncheon at Zio Fraedo's**

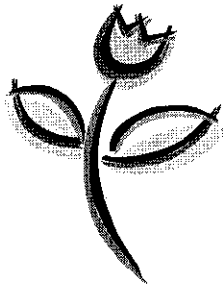
**April 26 - Day at the Races at Golden Gate Fields**

**June 8 - Summer Luncheon at Zio Fraedo's**

**August 10 - BBQ at Waterfront Park In Martinez**

**September 14 - Fall Luncheon at Zio Fraedo's**

**December 14 - Christmas Luncheon at Zio Fraedo's**

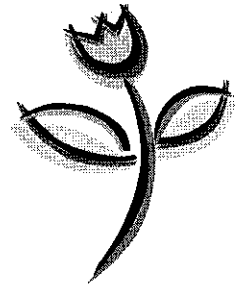


# Spring Luncheon

Thursday, March 9, 2006

Zio Fraedo's

611 Gregory Lane, Pleasant Hill



11:00 am

No Host Cocktails

12:00 pm

Chicken Piccata

**\$10 Members**

Registration deadline is March 3!

**\$20 Guests**

Call (925) 228-1600 for more info

*“Determine never to be idle...It is wonderful how much may be done if we are always doing.”*

**-Thomas Jefferson**

## Contra Costa County Retired Employees Association

### Board of Directors

Mary Lou Williams, President  
(925) 685-1415  
email: mlou1015@aol.com

Carl Doolittle, Vice President  
(925) 439-1321  
email: carldoo@earthlink.net

Marilyn Cramlett, Recording Secretary  
(510) 245-7648  
email: mcramet@aol.com

Executive Director (Vacant)  
(925) 228-1600  
email: info@peu1.org

### Board Members

Arlene Baker	Dean Baker
Bonnie Cannata	Vicki Doolittle
Eileen Kenyon	Erwin Loretz
Betty Owiecki	George Snell
Sandra Venerable	Lou Welke

## Welcome New Members!

Marion L. Fritchett  
Retirement Date: 1977

Maria Catanese  
Retirement Date: 12-16-05

Barbara I. Mowry  
Retirement Date: 4-1-04

Margaret "Lynn" Lerch  
Retirement Date: 12-31-05

David A. Foley  
Retirement Date: 1-31-05

Jon Katayanagi  
Retirement Date: 2-1-06

Diane Margelony  
Retirement Date: 2-28-06





Mary Lou Williams,  
President

## President's Corner

Spring is coming. I can see early signs in my yard already, the first robin, new foliage on a Japanese Maple, and longer daylight hours. My tools have been cleaned and sharpened and gloves rescued from my German Shepherd, Bear. Oh yes, the spring batch of field mice babies have arrived too.

At our Holiday Luncheon I promised to publish the investment returns for the first 3 quarters of 2005. The 4th quarter was not yet available. These percentages represent the return on all investments of the Contra Costa County Employees Retirement Association. The assumed investment rate for 2005 was 7.9 %. The return for all of 2004 was 13.4 %, 2003-23.5 %, 2002-MINUS 9.5 %, 2001 MINUS 2.4 %, and 2000-2.2 %. The first 3 quarters of 2005 ( Jan.1-Sept. 30, 2005) was 7.4 %. I don't have the 4th quarter or total 2005 return yet.

If any of you are interested in attending any of the Retirement Board meetings, come join me. They meet the 2nd Wednesday of the month at 9:00 AM and usually last until noon. The address is: 1355 Willow Way in Concord. The building is owned by the retirement system and was just redecorated. I would suggest that you call first to let them know you are coming as space could be limited. The phone number is: (925) 646-5741.

Your Board of Directors has been planning some extra activities for you. Besides our quarterly luncheons we have an annual picnic scheduled for August 10th and the always fun "Day at the Races" at Golden Gate Fields on April 26th. I learned last year not to bet on a trifecta. Didn't know what it was but Jacque is to blame for us losing \$10.00. This year's racing schedule runs from February 8th to May 7th, 2006.

It has been mentioned we consider an overnight (or two) bus trip to Reno, depending on the cost per person. Any other social ideas? No, we won't run weekly bingo.

I hope you see you at the March 9th luncheon at Zio Fraedo's but you can always reach me at home. My number is (925) 685-1415 or by email at mlou1015@aol.com. A word to the wise, I don't do e-mail daily as there is too much to do in the garden.

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## Health Tip: Caffeine - Moderate Limits to Live By

Waking up with caffeinated coffee may be a minor vice, but drinking it throughout the day becomes a major concern. Check out the effects of your morning indulgence.

- 1 Cup = Up to 200 milligrams (mg) of caffeine – about the amount in one 12 ounce cup – is probably OK for most people.
- 1 ½ Cups = More that 200 mg caffeine may increase inflammatory chemicals in the blood.
- 2 Cups = More than 300 mg caffeine on a regular basis for three years or more caused bone loss in women aged 65 to 77.
- 2 ½ Cups = Anywhere from 300 to 700 mg caffeine may increase anxiety or cause headaches, nausea or sleep problems.
- 5 Cups = Approximately 1,000 mg caffeine can cause heart palpitations.





The COLA for Contra Costa County Retirees effective April 1, 2006 is 2%.

Contra Costa County
Retired Employees Association
Union Hall: 5034 Blum Rd.
Martinez, CA 94553
Mail: PO Box 6783
Concord, CA 94524-1783
Phone: 925.228.1600
Or Toll Free (800) 585-0054
Fax: 925.228.1099
Email: info@peu1.org

Inquiring Minds Want To Know...

Your CCCREA Board of Directors are wondering what you would like to do for a fun social event for our membership. One idea is to have a train/bus trip to Reno for a one or two night stay. We want to know if you have any other ideas for a social event. Also, how about running a See's Gift Certificate Fundraiser in which the proceeds help offset our costs when we host the CRCEA conference in 2008? If you think this is a good idea, we want to know! Please fill out the questionnaire below and send to Local One. We are excited to provide you new and fun ways to engage our membership! Thank you in advance for your participation

WE'RE ON THE WEB!
WWW.PEU1.ORG

Please detach and return by mail to Local One in the postage paid envelope.

About Reno:

- Yes! I would love to learn more about a trip to Reno. I'd prefer:
Train One Night
Bus Two Nights

No thank you, I prefer this type of activity: \_\_\_\_\_

About A Fundraiser:

- Yes! I think a See's Candy Certificate Fundraiser is a great way to help cover costs when CCCREA hosts the 2008 CRCEA Conference.

No thank you, I've heard a great way to raise money is: \_\_\_\_\_