



# NEWS BRIEFS

Published Quarterly by  
**SACRAMENTO COUNTY RETIRED EMPLOYEES ASSOCIATION**  
Post Office Box 573, Fair Oaks, CA 95628  
[www.saccountyretirees.com](http://www.saccountyretirees.com)

**2023 Winter Issue**

**Pamela Thomas, Editor**



## PRESIDENT'S MESSAGE

*By Randal Angeloni, President*

Hello SCREA Members...The holidays are approaching and my home was attacked by Halloween, next will be Thanksgiving and then Christmas. My wife's purpose in this is to acknowledge and celebrate the holidays.

I got to thinking about PURPOSE. As a high school student, I drifted through with little concern about what is to come. Once graduation approached, I had to think of what to do next. College, a job or the military. My high school counselor said 'he wouldn't write me a letter to be a farmer', I didn't want to work for my dad, so I joined the military. In Vietnam I finally had a purpose. Although scary, I never slept better because I had a mission. When I got back to the States, I entered college and my wife and I started a family. Working for the county all those years provided me an identity and purpose. I found that you have to re-define yourself after retirement. As my dad said, "you don't retire from... you retire to". It's never too late to create a new you. New retirees can define their purpose by volunteering, traveling, projects, taking care of family or whatever provides you a level of satisfaction to continue. It's hard watching someone who has not redefined their reason to go on or ask "why am I still here"? Having watched 50, 60 and 70 years go by I realized it is too late to go back, so let's try to enjoy the time left, keep looking for activities that fulfill us and no more of, "I'll do it later"!

The list below is reprinted from the 2019 Vol #4 Newsletter (available on our website). It provides some volunteer organizations that are available. For more information go to our website, [www.saccountyretirees.com](http://www.saccountyretirees.com) and look at the Enrichment for Seniors article by Carol Summers.

- AARP Experience Corps
- United Way
- Points of Light
- Boys and Girls Clubs
- HandsOnSacramento.org
- Local, State or Federal Parks Departments
- ReadingPartners.org
- RebuildingTogether.org
- Sixdegrees.org
- VolunteerMatch.org
- CreateTheGood.org
- Sacmuseums.org
- Sacramento Public Library: [saclibfriends.org/volunteer](http://saclibfriends.org/volunteer)

The deduction for SCREA member dues increased to \$2.00/month for members and \$1.00/month for spouse/associate. This took effect on the September 29, 2023. This is the first membership dues increase since 1975.

I hope to see everyone at the Christmas luncheon on December 11. Hilton Sacramento Arden West, 2200 Harvard St. Doors open at 10:45 a.m.

### IN THIS ISSUE...

- Page 2. Deceased Retirees  
3. Welcome New Members & See's Candies  
4. Christmas Luncheon Flyer  
5. Fidelity Investments  
6. Update from Employee Benefits Office  
7. Important Phone Numbers  
8. SCREA Reminder  
9. Sacramento State Renaissance Society Learning for Adults  
10. Nominating Committee Update & Change of Address Form  
11. Chinese Community Service Center/AARP Seeking Volunteers  
12. Christmas Luncheon Reservation Form



November 11



**SCREA extends our deepest sympathy to family and friends of retirees listed below. This list identifies those reported in July thru September 2023**

William Anderson, Public Works  
 Vaughnene Ashby, Sheriff  
 Richard Bowser, County Counsel  
 Beverly Britton, Probation  
 Ronee Broughman, Human Assistance  
 Angelina Chavez, Human Assistance  
 Ben Cox, Sheriff  
 Stephen Day, Airport  
 Elizabeth Engelhardt, Child Support Services  
 Gilberte Freeman, Sheriff  
 Yoneko Fujioka, Public Works  
 William R. Gordon, Assessor  
 Bonnie Huffman, Welfare  
 Mary Jackson, Sheriff  
 Alan Lancaster, Sheriff  
 Byron Marks, District Attorney  
 Diane McCafferty, Sheriff  
 Don McFadden, Probation  
 Marilyn Miller, Child Support Services  
 Patricia Northrup, OCIT  
 C. Edward Parsons, Public Works

Judy Peterson, Human Assistance  
 Ben Pugh, Public Works  
 William Puthuff, Public Works  
 Ada Sampson, Human Assistance  
 Violet Silveus, Human Assistance  
 Barbara Smith, Human Assistance  
 Alfred Souza, Public Works  
 Ronald Snyder, Sheriff  
 Mary Stahl, Health & Human Services  
 Leon Stone, Coroner  
 Jan Summer, Airport  
 Ruby Thompkins, Sheriff  
 William Tubbs, BHA  
 Michelle Wachter, Human Assistance  
 Comer Watkins, SETA  
 Erma Waxman, UCD/MC  
 George Wilkins, Human Assistance  
 DeAnne Wolthoff, Assessor  
 Maurice Woodson, Waste Mgt & Recycling  
 Richard Yang, Human Assistance

**CORRECTION:**

We apologize for the announcement of Merrill Starr (Voter Registration) as a deceased retiree in our Fall 2023 News Briefs. Merrill is very much alive!

**The surviving spouse** of a member is eligible for SCREA membership. The application is available on our website at [www.sacountyretirees.com/forms](http://www.sacountyretirees.com/forms). For enrollment assistance, please contact Sue Murray, Chair, Membership Committee at [msmurray03@gmail.com](mailto:msmurray03@gmail.com) or at 916-359-6394.

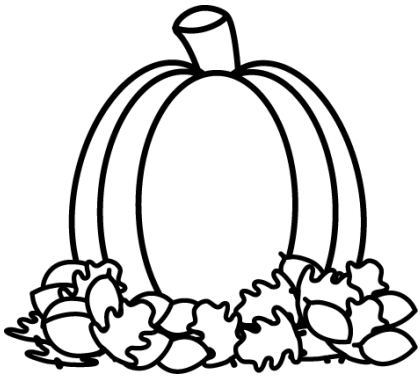
Jane Smith, Chair, Sunshine Committee, sends **sympathy cards** to families of our members when we are notified of a death. Jane also sends get well cards to our members who are experiencing health problems. If you know of a member who would be cheered by receiving a card from SCREA, please contact Jane at [district-fiveretired@yahoo.com](mailto:district-fiveretired@yahoo.com) or 916-786-6502.

**REMEMBER** that if you do lose a spouse that is a retired County employee, be sure to contact SCERS for your burial benefit of \$4,000. SCERS phone is 916-874-9119.

Visit SCREA'S website at [www.sacountyretirees.com](http://www.sacountyretirees.com) to get updated info and stay informed on numerous issues affecting County employees and retirees.

## WELCOME NEW SCREA MEMBERS!

Susan Baxter, Human Assistance  
 Barbara Cordero-Hill, OCIT  
 Susan Estenson, Sheriff  
 Joy A. Kodani  
 Lorena Salazar



## MEMBERSHIP

As of October 1, 2023, SCREA now has a total of **4,759 members**. Members consist of retired Sacramento County employees and/or their spouses.

The membership application for retirees and/or a spouse is available on our website, at [www.saccountyretirees.com/membership](http://www.saccountyretirees.com/membership).

If you have any questions, please contact Sue Murray, Chair, Membership Committee at 916-359-6394 or at [msmurray03@gmail.com](mailto:msmurray03@gmail.com).

## SCREA SEPTEMBER 2023 RANDOM RAFFLE WINNERS by Nancy Gust

**Congratulations** to our drawing winners Sharon O'Brien and Robert Ulep, Jr. Both will be receiving \$25 Amazon gift cards via the mail.

## SEE'S CANDY SALES By Nancy Gust, Chair, Program Committee

See's \$25.00 gift cards are available at a discounted price of \$20.00. If you would like to purchase any, please email me at [njgust@hotmail.com](mailto:njgust@hotmail.com) or call (916) 725-6752 and tell me how many you would like. For mail orders it will be check only. If you purchase at the holiday luncheon, cash will also be accepted. These gift cards can be used at any See's Candy Store.

You also have the option of taking your current pay advice to one of the See's Discount Stores to receive a discount. The stores are located at 10395 Folsom Blvd, Rancho Cordova, CA 95670 or 1009 L St, Sacramento, CA 95814. Your county discount is only available at these two stores.

## ANNUAL SCREA HOLIDAY LUNCHEON

*By Nancy Gust, Chair, Program Committee*



DECEMBER 11, 2023, Monday 11:00 – 2:00 pm (Doors open 10:45 am)

We held our Annual Kiyoshi “Pat” Adachi Picnic at Mather Lake Regional Park. It was a beautiful day. Eric Stern, SCERS CEO and Alice Krueger, Sacramento County Benefits Manager, joined us for lunch and a chat. Thank you to all the SCREA Board of Directors who helped set-up and clean-up.

Please join us for our Annual Holiday Luncheon at the Hilton Hotel Ballroom  
2200 Harvard Street, Sacramento, CA

**11:00 a.m. NO-HOST BAR – 12:00 p.m. LUNCH**

Raffle after lunch

The menu this year will include three (3) choices:

- ◆ Chicken Picatta w/Lemon Beurre Blanc & capers and Yukon Gold Mashed Potatoes, or
- ◆ Roasted Pork Loin with Caramelized Apples & Cranberries and Yukon Gold Mashed Potatoes, or
- ◆ House made Vegetarian Lasagna with Marinara

Each dish comes with a Mixed Green Salad with grape tomatoes, cucumbers, carrots and a choice of Ranch or Italian Vinaigrette dressings, Fresh Vegetables du Jour, wheat/white soft dinner rolls w/butter, fresh brewed coffee, regular or decaffeinated, hot or iced tea, water. For dessert they will alternate Mango Cheesecake and Red Velvet Cake.

**COST: MEMBERS ARE \$25.00 AND NON-MEMBERS ARE \$ 49.00**

**Please let me know if you have any special dietary requests on your reservation form.**

Please complete the reservation form found on the back of this News Briefs and return by the deadline Wednesday, November 22. If you put your check in the mail close to or on the deadline, PLEASE email [njgust@hotmail.com](mailto:njgust@hotmail.com) or call me at (916)725-6752 so I can have the correct count. All meals given for the final count must be paid for. No refunds after November 22.

Raffle prizes will be provided by SCREA, Sacramento Credit Union, John Descamp’s Annual Christmas Gift Fund, Lawrence Effinger Estate Fund, and Adachi Memorial Fund. John Descamp, former CEO of Sacramento County Employees Retirement System, made donations to SCREA to fund \$500 worth of raffle prizes for the Holiday Luncheons only. The Lawrence Effinger Estate Fund and Adachi Memorial fund are to be used for raffle prizes at all luncheons. Special thanks to John Descamp, Sacramento Credit Union, the Lawrence Effinger Fund, and the Adachi Memorial Fund.

**Directions:** Coming from Roseville on Hwy 80, exit at Arden Way 10A, turn right at light, right on Harvard Street, right into the Hilton parking lot. Coming from the South or Hwy 50 take Arden Way Exit 9B, keep left to take Arden Way W ramp, keep left and then a slight right onto Arden Way. Follow the above directions from Harvard Street on. Parking is free and is in front and on the sides of the hotel. If you must take a parking ticket you will not have to pay to exit; the arms will be up when we leave.

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As a retiree, you have options when it comes to deciding what to do with your retirement savings. Did you know that you can continue to keep your retirement savings in the County of Sacramento 457(b) Deferred Compensation Plan, even when you no longer work for the County?

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In addition, you can meet with Mike Gomes, Fidelity Workplace Financial Consultant dedicated to the County of Sacramento, for a complimentary one-on-one consultation, so you can make informed decisions and keep your retirement plan on track.



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Fidelity Workplace  
Financial Consultant

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## **UPDATE FROM THE EMPLOYEE BENEFITS OFFICE**

*By Alice Krueger, County Benefits Officer*

### **Annual Review**

As we head towards the end of the year, it is a good time to take stock of all the blessings in our life, including our family and friends and all the things we have done together throughout the year. It is also a good time to review our health and finances and look forward to planning for the new year.

From the County, you may have several resources for your use in retirement.

### **Retiree Health Savings Plan (RHSP)**

Back in 2007, the County began to put \$25 per pay period into a Retiree Health Savings Plan (RHSP) towards your retiree health expenses. Some bargaining units decided not to have or continue with this benefit (002, 004, 008, 022, 023, and 025), so you may not have an account or may have a smaller account. All other bargaining units have RHSPs. This account offers tax-free reimbursement of health expenses, like medical, dental, vision, prescriptions, premiums, and Medicare Part B expenses for you, your spouse, and/or some dependents. The current RHSP carrier is MissionSquare and the claim administrator is Meritain. Due to the rules for a RHSP, it is better to exhaust this account prior to using other Medical Savings Accounts. Please take advantage of the RHSP to cover your healthcare expenses.

Mission Square: <https://www.missionsq.org/> or (800) 669-7400

Meritain: <http://www.meritain.com/> or (888) 587-9441

### **Health Savings Accounts (HSA)**

If you had a High Deductible Health Plan (HDHP), then you may have also contributed to a Health Savings Account (HSA). HSA funds can be used for qualified medical, dental, vision, and hearing expenses. Once you are age 65+ they can also be used for medical premiums. If you are under age 65 and using HSA funds for non-medical reasons, there is also a 20% tax penalty. If over 65 years or older, there are no penalties. No matter your age, if using these funds for non-medical reasons, they are taxed as income. Using HSA funds for medical purposes is tax-free. If you had Kaiser or Sutter health insurance while employed, you could have had an HSA with Optum Bank. If you had Western Health Advantage health insurance, then you could have had an HSA with Health Equity.

Optum Bank: <http://www.optumbank.com/> or (844) 326-7967

Health Equity: <https://learn.healthequity.com/countyofsacramento/hsa/> or (877) 300-4987

### **Deferred Compensation**

As a retiree who has a deferred compensation account (457(b) and/or 401(a), you can continue to work with the County's provider Fidelity and meet with our contracted Financial Advisor as part of that benefit. See the article in this newsletter from Fidelity (page 5).

### **Other Benefits**

The County offers medical, dental, and vision insurance to retirees. Pre-65 retirees can use Kaiser, Sutter, or Western Health Advantage for their medical insurance. At age 65+, then Medicare Advantage plans are available in the area through Kaiser and United Healthcare. Those living out of area can purchase medical insurance through Kaiser in some states and through WHA Anthem

*Continued on page 7*

## **UPDATE FROM THE EMPLOYEE BENEFITS OFFICE**, continued from page 6

New in 2024, those with UnitedHealthcare coverage have Customer Service Advocates through RetireeFirst who can assist with a wide variety of items, such as billing issues, prescription refills, medical provider approvals, Medicare enrollment, etc. Take advantage of this enhanced customer service to help you navigate your healthcare system.

RetireeFirst: [www.retireefirst.com/countyofsacramento](http://www.retireefirst.com/countyofsacramento) or (916) 226-6004

Two dental plan levels are offered through Delta Dental and new in 2024 two vision plan levels are offered through Vision Services Plan (VSP).

Delta Dental: <http://www.deltadentalins.com/cos> or (888) 335-8227

Vision Services Plan: <http://www.vsp.com/> or (800) 877-7195

You can review all your benefits in the Retiree Benefit Summary here: <https://personnel.saccounty.net/Benefits/Documents/2024%20Retiree%20My%20Benefits%20Summary.pdf>

Please let the Employee Benefits Office know if you have any questions or need further information about your benefits. (916) 874-2020 or [myretireebenefits@saccounty.gov](mailto:myretireebenefits@saccounty.gov)

For your information and convenience, below are some important phone numbers and addresses:

**SCERS:**

916-874-9119, 980-9th Street, Suite 1900, Sacramento, CA 95814-2739

**Employee Benefits Office:**

916-874-2020, 700 H Street, Sacramento, CA 95814-2739

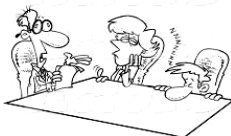
**Deferred Compensation Questions:**

916-874-7061

## **ATTEND A SCREA BOARD MEETING...**

SCREA members are always welcome to join us for our monthly Board meetings. All meetings begin at 9:30 am and are held on the first Monday of each month. If the first Monday is a holiday, the meeting is held the following Monday.

Most of our meetings are held at the Rancho Cordova Police Department, 2897 Kilgore Road, Rancho Cordova.



The SCREA News Briefs is published quarterly. Information presented in our News Briefs is believed to be from reliable sources. No responsibility is assumed by SCREA, the Editor or the writers for inaccuracies in the articles published. However, if you do see an error, please bring it to the attention of Pamela Thomas, SCREA's News Briefs Editor, at [egishome@gmail.com](mailto:egishome@gmail.com).

**SCREA REMINDER** – In the 2024 MY RETIREE BENEFITS SUMMARY pamphlet you received prior to Open Enrollment, there should be a postcard for you to complete and return to the Employee Benefits Office. On this card you can indicate if you want the pamphlet in writing via the U.S. mail (as in the past) next year or if you prefer to view it online.



**QUIZ:** How well do you know these Xmas songs? Fill in the missing sentence...

1. "River" (Joni Mitchell): "It's coming on Christmas. They're cutting down trees. They're putting up reindeer..."
2. "Little St. Nick" (Beach Boys): "Well, way up north where the air gets cold, there's a tale about Christmas that you've all been told, and a real famous cat all dressed up in red..."
3. "Little Drummer Boy" (Ray Coniff Singers): "Little baby, I am a poor boy, too. I have no gift to bring..."
4. "Sleigh Ride" (Ronettes): "Outside the snow is falling and friends are calling, 'Yoo hoo!' Come on, it's lovely weather..."
5. "Run, Rudolph, Run" (Chuck Berry): "Said Santa to a boy child, 'What have you been longing for?' 'All I want for Christmas is a...'"

*Answers on page 10*



## Consider Joining The Renaissance Society Lifelong Learning for Adults

Learn



Socialize



Have Fun

The Renaissance Society at Sacramento State provides learning and social opportunities for older adults in a casual and fun atmosphere. Last year over 1,700 people participated. For \$100 per year adults can take unlimited courses and participate in various activities and interest groups. This Fall over 108 programs are in progress including those in American and world history, current affairs, the history of popular music styles, art, health and personal growth, group dinners, reading groups, walking groups, game playing, personal investing, cinema, science and engineering topics, digital photography and many more. No formal education is required. To better understand the kinds of courses and presentations offered take a look at the Fall 2023 catalogue currently on the Society's website (see below).

Most programs during the week can be attended through zoom online. On Fridays over 30 programs are available for in-person participation on the Sacramento State campus (with some also on zoom). In addition many one-time presentations on current topics and other subjects of interest are also offered. These include those researched and presented by member volunteers and those by professional subject matter experts, such as Attorney General Rob Bonta and several scientists from UC Davis who are on this fall's schedule.

Membership registration for the Spring 2024 semester begins November 15<sup>th</sup> and the Spring program catalogue will be available online January 8, 2024. Individual program enrollment will begin January 22 online and an on-campus open house and orientation (open to all) will be held on January 26<sup>th</sup> in the University Union. Classes and activities begin February 5<sup>th</sup>.

To learn more go to the Renaissance Society website at <https://csus.edu/rensoc> on the Sac State web pages or view our Facebook page at <https://www.facebook.com/rensocietysac/>.



**Happy New Year from Sacramento Credit Union!**



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- Credit Cards
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**NOMINATING COMMITTEE UPDATE**  
*By Carol Summers, Chair, Nominating Committee*

There are no SCREA Board vacancies at this time. However, if you are interested in being on our Board, we do keep a list of people wanting to serve.

We are currently actively recruiting for an Editor for our quarterly newsletter, **NEWS BRIEFS**. Anyone interested in applying for the position, please contact me at [mauisummers13@gmail.com](mailto:mauisummers13@gmail.com). For more details regarding the Editor position, please contact Pamela Thomas, [egishome@gmail.com](mailto:egishome@gmail.com).

**2024 Luncheon Dates**

- March 25
- June 14
- September 13
- December 9

*Answers on page 8:*

1. "...And singing songs of joy and peace.
2. "...And he spends all year workin' under his sled".
3. "...That's fit to give our king."
4. "...For a sleigh ride together with you."
5. "...Rock 'n' roll electric guitar."

**MOVING? FORMS TO ADVISE SCERS AND SCREA**

If you plan on moving any time soon, there are **two** very important places to notify.

**First**, notify the Retirement Office (SCERS) by downloading and completing a SCERS Member's Affidavit form from their website, <https://saccountyretirees.com/county-retirement-system>. Once completed, return the form to SCERS at the address listed on page 7. If you prefer, you may call SCERS and request a DocuSign version of the form. SCERS Reception is at 916-874-9119. **If you do not notify SCERS of your new address, you will miss receiving your retirement check!**

**Second**, notify SCREA of your new address by completing the form below and forwarding it to SCREA at the address on the form so you can continue receiving your quarterly News Briefs.

CHANGE OF ADDRESS, TELEPHONE OR EMAIL  
 (for SCREA only)

Please complete and mail this notice to SCREA Change of Address, P.O. Box 573, Fair Oaks, CA 95628

Name(s) \_\_\_\_\_

New Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Effective Date for Change \_\_\_\_\_

## Sacramento Chinese Community Service Center, Inc. and AARP Foundation Experience Corps Seek Volunteers to Help Students in Grades K-3 Become Better Readers

(Sacramento, CA) — Sacramento Chinese Community Service Center (The Center) is seeking 35 volunteers for **AARP Foundation Experience Corps**, an intergenerational, community-based program that engages volunteers ages 50 and older as tutors and mentors to help students in grades K-3 become proficient readers by the end of third grade.

For the last seven years Experience Corps Sacramento has been working to address this problem. The program model is a proven intervention with measurable benefits for both students and volunteers. 40% of last year's student participants reached the grade level benchmark in reading by the end of year. Children are able to improve their literacy and social-emotional learning skills, while volunteers report positive mental and physical benefits from actively serving their communities.

Experience Corps volunteers provide an average of 4 hours of support each week at one of 10 local schools within the Sacramento City Unified School District. Tutoring takes place in-person during after school hours. Students who participate work with their tutor twice a week for 30 minute sessions. To qualify, volunteers must be at least 50 years of age and must undergo a screening process. No teaching experience is necessary as all Experience Corps volunteers receive in-depth training, access to on-going educational workshops and networking opportunities with fellow volunteers.

Tutoring begins in November 2023 with ongoing enrollment through January 2024. To sign up for an info session and learn more about our volunteer opportunities, visit <https://sccsc.org/experiencecorps/> or email us at [volunteers@sccsc.org](mailto:volunteers@sccsc.org).

### CRANBERRY-CHERRY PIE—A great pie for any holiday

#### Filling

1–10 oz. can cherry filing  
1–14 oz. can whole cranberry sauce  
1/4 cup sugar  
3 Tbsp. quick cooking Tapioca  
1 teas. lemon juice  
1/4 teas. cinnamon  
2 Tbsp. butter or margarine  
Milk

#### Pastry

2 cups sifted cake pastry flour  
3/4 teas. Salt  
1 cup shortening  
4 Tbsp. water



Combine all filling ingredients except butter & milk. Let stand 15 minutes.

For pastry, combine flour & salt; then cut in shortening until mixture is uniform (should be fairly course). Sprinkle with water, 1 tablespoon at a time; toss lightly with fork. Work into a firm ball; roll out half for the bottom crust & half for lattice strips.

Preheat oven to 400 degrees. Line 9" pie plate with half pastry; add filling. Dot with butter. Place lattice crust over filling; seal & flute edges. Brush lattice top with milk. Bake 40 to 50 minutes or until crust is golden brown. (Cover edge of crust with foil after 15 minutes to prevent overbrowning.) Makes 1 pie. Enjoy!!



# NEWS BRIEFS

Published Quarterly by  
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### OFFICERS

President Randal Angeloni 916-989-4353  
Vice President Nancy Gust 916-725-6752  
Treasurer Dave Irish 916-207-7437  
Secretary Deb Kanner 916-995-5575

SCREA  
PO Box 573  
Fair Oaks, CA 95628

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### DIRECTORS

Rolfe Appel 916-508-2279  
Rick Griggs 916-704-0896  
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Alice Jarboe 916-202-0902  
Gregory Leafé 916-849-5912  
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Barbara Smith, Past Pres. 916-684-5344  
Carol Summers 808-269-1048  
Pamela Thomas 209-912-4312  
Bob Weil 916-489-0247

### 2023 SCREA HOLIDAY LUNCHEON RESERVATION FORM Hilton Hotel, 2200 Harvard Way, Sacramento, CA 95815 MONDAY, DECEMBER 11, 2023

Member's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Member's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

"New" e-mail addresses ONLY: \_\_\_\_\_

Non-Member's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Non-Member's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

# _____	Member Chicken Picatta w/Lemon Beurre Blanc, Yukon Gold mashed potatoes	\$ 25.00
# _____	Member Roast Pork Loin w/Caramelized Apples/Cranberries, Yukon Gold mashed potatoes	\$ 25.00
# _____	Member House Made Vegetarian Lasagna with Marinara	\$ 25.00
# _____	Non-Member Chicken Picatta w/Lemon Beurre Blanc, Yukon Gold mashed potatoes	\$ 49.00
# _____	Non-Member Roast Pork Loin w/Caramelized Apples/Cranberries, Yukon Gold Mashed potatoes	\$ 49.00
# _____	Non-Member House Made Vegetarian Lasagna with Marinara	\$ 49.00

TOTAL CHECK ENCLOSED \_\_\_\_\_

### RESERVATION DEADLINE: **NOVEMBER 22, 2023**

PLEASE NOTE ON YOUR RESERVATION FORM IF YOU HAVE SPECIAL DIETARY NEEDS. **ALL CANCELLATIONS MUST BE CALLED IN BY THE RESERVATION DEADLINE (11/22/2023).** PLEASE DO NOT SEND CASH. **SEND THIS FORM** AND A CHECK PAYABLE TO SCREA, TO **SCREA, P.O. BOX 573, FAIR OAKS, CA 95628.**