

# THE STRONG REPORT

3RD QUARTER 2022, ISSUE #63



## A NOTE FROM JENNIFER:

As we find ourselves already two thirds of the way through yet another year, we start looking toward Fall and holiday times. It's certainly been an interesting couple of years to say the least and now we are seeing bumps along the road with the real estate market, stock market and the economy. It's important to remember that these bumps are a normal occurrence and, while certainly not comfortable to go through, we expect them to happen now and again. It's important to remember the long term nature of our investments and to make sure we are staying the course through the ups and the downs and try to not react in an emotional way. Everyone here at Strong Financial Network remains committed to you and your needs and, as we enter this season of gratitude, we continue to be thankful for all of you!



## Save-the-date

Invitations for each event will be mailed directly to you.

**Tuesday, November 15**

5:30 pm – Life Planning Workshop

**December 5-9**

Toy Drive, SFN Office



### Strong Financial Network Team

(L-R) Christian Chapman, LPL Financial Advisor;  
Ashley Underwood, Client Services Associate;  
Michele Carson, Client Relationship Manager;  
Megan Tredway Carter, LPL Registered Admin. Associate;  
Jennifer Strong, CFP®; Gabe Strong, LPL Financial Advisor

**Not pictured:** : Lori Braun and Pam Sloan, Remote Assistants

*Celebrating 24 Years of Service*

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## “THE STRONG REPORT” NEWSLETTER BLOOPERS

Thank you to everyone who called in with the bloopers from last quarter's newsletter. The winner is Rae Powell. She received a gift certificate to O'Meara Bros. Brewing Company located in Lakeport.

Remember, all you have to do is find the misspelled word(s) or incorrect punctuation in this newsletter, then give us a call at 262-1880 to be entered into the drawing to win a gift certificate to a local business. We appreciate your participation...you could be the next winner!

# How to Plan Now for Health Care Costs Later:

No matter when you plan on retiring, health care costs impact your budget at every stage of life. Some things to consider are:

## 40s

- Maximize employer benefits
- Maximize health savings account (HSA) contributions for retirement saving
- Evaluate health care needs

## 50s

- Make catch-up HSA contributions starting at age 55
- Evaluate early retirement health care needs
- Evaluate health care needs
- Maximize HSA contributions

## 60s

- Continue HSA catch-up contributions until age 65
- Evaluate early retirement health care needs
- Use HSA savings to pay for long-term care or COBRA premiums

## 65+

- Choose a Medicare plan
- Sign up for Medicare Part D prescription drug coverage
- Understand retiree coverage from employer
- Use HSA savings to pay for Medicare premiums and out-of-pocket expenses

How will health care costs affect your retirement savings? Now is the time to find out. Call our team today to make plans for a healthy financial future.



# Konocti Challenge: The Final Ride

On October 1st, the Lakeport Rotary Club held the final ride after 30 years! As many of you know, Jennifer has been the Ride Director for the Konocti Challenge cycling ride for the last 25 years. The Lake County community can't thank Jennifer and Lakeport Rotary enough for the years of memories, friendships, tears, laughter, and business brought into the county! Many of our clients who are members of service clubs gave their all to make the rest stop competitions a big reason to attend the Konocti Challenge! It takes a village...and what a village we have to showcase to so many visitors over the years. Great job everyone! Lake County ROCKS!



Lake County Women's Civic Club **Gabe** was the man of the hour at the first meeting of the 2022-23 season for the Lake County Women's Civic Club. He spoke to them about the Behavior Gap--our relationship with money, encouraging them to recognize differences between emotional and practical, wants and needs, instant gratification vs. long term satisfaction and...to stay on the look out for the next "Apple".



Can you believe it? **Michele** recently celebrated her 5 year anniversary with Strong Financial Network! We are so lucky to have her smile, positive energy, and dedication.



**Christian** was recently presented with the Rising Star Award in recognition of his hard work,

enthusiasm and dedication given as a member of The Carlsbad Hi-Noon Rotary Club. Great job Christian!



We're over the moon excited for **Ashley!!** She recently passed the Series 7 Securities Licensing Exam...on the first try!!! We're so proud of you Ashley!!!

# CLIENT CORNER

## Bernie & Lynne Butcher

Bernie grew up in the San Fernando Valley. Lynne is from Danvers, Massachusetts (north of Boston)...several of the Salem "witches" came from there too! Bernie earned a BA and MA in History from Stanford University and a MBA from Columbia University. Lynne was an Economics major at the University of New Hampshire. Bernie was introduced to Lake County by a college roommate whose family had a summer house in Buckingham.

Lynne and Bernie met while both working for Bank of America in San Francisco in 1969 and married in Golden Gate Park in 1971. They lived in Hong Kong and London for a few years each... good bases for exploration; climbed Kilimanjaro, steamboat down the Irrawaddy, motorcycle around Java, etc...

They built a summer house with another couple on Monitor Point in Clearlake in the 1980s. Ten years later they built their own place in Buckingham.

They both love to hike and read. They used to do a reasonable amount of backpacking in the Sierras, photography, and some free-lance writing. They love Lake County's two state parks for their many interesting backroads and vantage points for great sunrises and sunsets.

Their main philanthropic support is of the Lake County Land Trust. There are many highly worthwhile groups providing valuable social services, but they've focused on the work of the Land Trust to preserve the Lake wetlands for posterity.

In 2003, Lynne and Bernie purchased the long vacant, historic Tallman Hotel and began their journey as innkeepers. Under the superb guidance of Candra Scott & Anderson design firm, and the help of numerous local craftsmen, the stately historic hotel was lovingly renovated and restored to period perfection after 40 years of neglect. Remaining true to its original architectural period, the upgraded and expanded Tallman Hotel reopened for guests in June 2006. The Blue Wing Saloon, the hotel's adjacent drinking and dining establishment (torn down during prohibition) re-opened a year earlier.



In 2008, the Tallman Hotel was added to the California Register of Historical Resources as a Point of Historical Interest #SPHI-LAK-010. In 2012, descendants of Rufus and Mary Tallman donated the hotel's original 1902 Kimball upright piano, which is now prominently displayed – and played often in the Blue Wing Saloon.

Lynne and Bernie had no experience in either the hotel or restaurant businesses. Community support for their efforts has been extremely strong since the beginning. They now have a solid management team running both businesses, and they're hopeful it will continue serving Lake County well into the future. They love that they have been able to employ as many local people as they have – and to be able to offer them a structured retirement savings program through Strong Financial. They encourage their staff to become Lake County Certified Tourism Ambassadors so they are able to promote the community to their guests. They have an active music program featuring local artists, and they get great pleasure watching their customers enjoying the hotel facilities as well as the food and ambience at the restaurant.

Thank you Bernie and Lynne for playing a central role in the development of Lake County as a tourist destination.

## Rotary Fly-In

Over Pear Festival Weekend, Jennifer hosted the Rotary Fly-In. Seven members of the International Fellowship of Flying Rotarians (IFFR) along with their spouses spent a fun filled weekend in Lake County. They did wine tastings (at 4 wineries), Farm-to-Fork Dinner, Pear Festival, and experienced some great local flavor along the way. Lake County shined bright that weekend!

George Chaffey, President of the IFFR, said to Jennifer: "On behalf of everyone, THANKS for an incredibly fun and personal event in Clear Lake...where we learned so much about the area, and many of the folks in the area. I've already told you (and others) personally...many times... but this weekend was truly a huge surprise. I had no idea about the Clear Lake area. It is

fabulous, and a real hidden gem. And the program you put together was so good, and so personal, that we've been raving about it to friends down here. You should feel really proud of the event you put on. It was the best. Thanks so much. Based on this weekend...We'll be back."



RETURN SERVICE REQUESTED



## Christian's Best Breakfast Casserole

- 24 ounces frozen shredded potatoes
- salt and pepper
- 12 eggs
- 2 cups half and half
- 1 teaspoon season salt
- 1 1/2 cups cheddar cheese grated
- 1 1/2 cups pepper jack cheese grated
- 2 cups chopped ham  
Or your preferred meat (Christian uses sausage)
- Any veggies (chopped – Christian uses mushrooms & green onions)

### Instructions

1. Grease a 9x13 inch pan.
2. Add the frozen and shredded potatoes to the bottom of the pan.
3. Sprinkle with salt and pepper.
4. In a large bowl, whisk the eggs together.
5. Then add half and half, season salt, cheddar cheese, pepper jack, and chopped ham/sausage.
6. Pour over the top of the frozen potatoes.
7. Cover with foil and refrigerate for 2 hours or overnight.
8. Bake uncovered at 350 degrees for 90 minutes.
9. Let rest for 10 minutes before serving.