



**RETIRED PUBLIC EMPLOYEES ASSOCIATION**

**SAN DIEGO**

**CHAPTER 027**

***.NEWSLETTER for***

***April, May & June 2024***

*A Message from the President*

**WELCOME to FRIENDS from CH 065**

I have been informed that RPEA Chapter 065 will be closing operations and all members will be transferred to Chapter 027. Lets give them all a big WELCOME with a special meeting on April 23 with a special program including gifts for all and “mixer “fun for all.

**BIG NEWS FOR LOCAL CHAPTERS**

For the first time in the 20 years that I have served at this post, RPEA headquarters has scheduled their bi-annual **General Assembly**, (convention), here in San Diego. I have traveled to LA and Sacramento a few times each and, also to San Bernardino but this is a first time it is scheduled in San Diego. It is planned for September 9 though September 12 at the Hard Rock hotel near the Petco Park in the Gaslamp area of downtown San Diego.

**CALL FOR VOLUNTEERS**

There is a need for **REGISTRATION volunteers** on September 9 from 8 AM to 1:30 PM to serve at the registration desk. And **GREETERS** on Sept 9 from 8 AM to 1:30 PM to serve as greeters giving directions to rooms and other sites in the building. A bonus for those volunteers helping in either position is that they will be authorized to attend any portion or all of the General

Assembly as well as breakfast buffets, lunch buffets, and other receptions open to all. (*Members ONLY, no insurance coverage for friends or family*).

You can contact Nancy Santos via email at [nancyjamm@aol.com](mailto:nancyjamm@aol.com) or by phone at 925-228-9216 or contact HQ at 800-443-7732, but you must let them know by July 1, 2024.

**A plug for help at Chapter 027**

Please read the list of officers on the back of this newsletter to see if any of the empty spots might be a good fit for your great talents. This request includes any and all of those joining us from Chapter 065 who can help build our strength with the combined talents learned from broader experience.

None of the leadership spots require a great deal of time or effort to take on a small task of keeping the rest of us informed and connected.

*(continued on page 3)*

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***Next Meeting***

***April 23, 2024 - 11AM***

***Denny's 2691 Navajo Rd  
at the corner of Navajo Rd  
& Fletcher Parkway***

***La Mesa, CA***

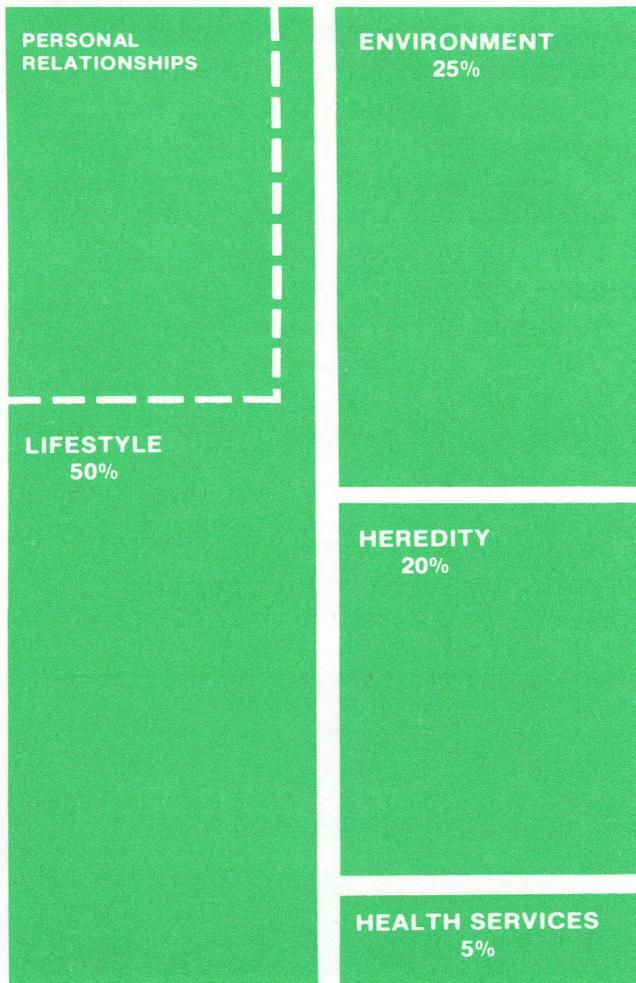
***(619) 460 – 6420***

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## Chart Your Health

The chart below shows the major influences on our physical and mental health. Doctors estimate that about 20% of our chances for a long and healthy life come from our heredity. Another 25% is related to our environment. Although the health care system contributes mightily to the treatment of illness, it accounts for only 5% of the *maintenance* of our health. That leaves 50% of our chances for a healthy life in our own hands, determined by the way we live and the personal choices we make. We know about the effects of smoking, drinking, exercise and nutrition. But overlooked until recently is the importance of supportive relationships with others.

## HEALTH FACTORS



## INTERESTING ITEM ON HEALTH

Above is an item I ran across in a publication from the Calif. Dept. of Mental health, (*any former members out there?*).

It was printed in green and I couldn't find how to turn it to black so we will see it printed in green.

It shows that half of our physical and mental health factors are a result of our lifestyle, and nearly half of our lifestyle is a product of our "personal relationships".

For us seniors, that tells us that **WE** can make the best of our **GOLDEN YEARS** when we continue to keep our friendships open and active. Of course staying connected to our peers from our days of employment, (RPEA), is just one possible means of keeping our mental and physical abilities at their best. Join us for the April 23 RPEA Chapter 027 meeting.

And of course with added feature of a **FREE LUNCH** added to this invitation, how can anyone resist?

I can't guarantee that your time spent with us at any specific meeting will bring any great changes to your life, but I'm fairly positive that we will do no harm.

And with the blending of the two formerly separate Chapters, there just might be a chance that you could meet a friendly former co-worker.

I'd be curious just how many different Public Agencies are represented in the RPEA membership roles. Join us for lunch and tell us where you worked.

## Cost Of Living Allowance COLA

CalPERs has now listed the COLAs coming on May 1. It was a bit tricky to find, I had to create an account, log in and then track down a string of links to find the listing of upcoming COLAs. Most are around just 2%, not much compared to what we pay at the grocery checkout.

Find your spot in the following table.

State & School	Public Agency
Yr retired COLA	Yr retired COLA
'65-'83 4.12%	'65-'88 4.12%
'84 3.68%	'89 2.31%
'85 2.11%	'90-'07 2.00%
'86 2.19%	'08 2.07%
'87-'07 2.00%	'09-'22 2.00%
'08 2.07%	'23 0%
'09-'22 2.00%	
'23 0%	

There are a few other plans based on 3%, 4%, & 5% annual COLAs that apply to special, (*public safety, etc*) classes of employments, but those are few and limited.

### NOW FOR SERIOUS ISSUES

Besides the joy you might get in reconnecting with former cohorts, another more serious issue is the fact that your RPEA membership helps keep our organization alive and actively keeping watch over CalPERS and their regular activities. As a single individual each of us only a small voice to help guide the enormous CalPERS agenda, but with the combined strength of all members of RPEA we speak with much more strength to hold them responsible to keep OUR pension fund on a solid and growing foundation.

A mix of items that I, for one, am more than a little concerned about is how our pension funds are managed, (invested). To expand on that idea, my concern is just how the economy of China is running these days.

“Why China?” you might say. Well if you remember in the not so distant history of CalPERS, there were several Chief **INVESTMENT** Officers who left their position after it was revealed that they had close ties to Chinese financial interests.

### NEW CalPERS CIO

CalPERS has selected Stephen Gilmore as the new CIO, coming from the New Zealand

Super Fund, a sovereign fund of the New Zealand government valued at \$73 billion (NZD).

I'm quite certain that there are lots of worldwide interests looking for any means to get access to the current **\$495 Billion** CalPERS fund. That's not as high as it was a few years back, but it's still a big target to aim at if you need OPM, (*other people's money*) to bail you out. As I write this piece, the news tells of China inviting a cadre of major American corporate heads to a meeting trying to get more US \$\$ invested in China. This, while two major Chinese firms, (*Evergreen & Country Garden*), have been found to be insolvent and those holding the financing will be stuck holding the (*empty*) bag. In a quick check of the CalPERS web I found the following piece.

*“Global Public Equity is the principal asset class providing growth exposure in the strategic asset allocation. Its goal is to provide equity beta exposure plus risk-managed systematic and opportunistic alpha.”*

I'm have no idea what that means, but maybe thats what was intended.

I am totally ignorant in how money is traded around the world, but if any large organization, /country/ need to borrow a big pile of cash, CalPERS is the largest fund in the entire USA. And it uses many diverse means to grow the mixed bag of investments.

And before I sign off, this question comes to mind. I see other organization's newsletters with jokes, cartoons and crossword puzzles, while I try to focus on the hot topics or more relevant issues. What do you think? Should I spend less time on the current hot topics and pad the space with some funnies? Your feedback is appreciated.



Butch Biendara, President  
RPEA Chapter 027



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## RETURN SERVICE REQUESTED

aposition

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**Editor;** Vacant

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**Christmas Luncheon Chair:**  
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