



The Camellia
Retired Public Employees' Association
Area VII -Sacramento, California
Chapter 004 Newsletter

We are active and retired California public employees working together to maintain and improve the quality of the lives of our members by protecting and improving our earned retirement, medical and other benefits.

Volume 25, Issue 3



MAY/JUNE 2020

Presidents Message - Roxanne Woodward

Lunch is **\$5.00** to members and **\$10.00** to guests for all Chapter lunches except

Spring Luncheon and Christmas Luncheon

Members in good standing may attend all meetings. Please reserve your spot.

Failure to make a reservation may result in no lunch available and failure to appear and not cancel a reservation will result in a \$10.00 charge.

To reserve or cancel, contact **Sheryl Zazzi** at redhatzaz@gmail.com or call **(916) 607-8282** by Friday before each meeting.

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UPCOMING EVENTS

RPEA CHAP. 004

MEETINGS

Sacramento, Yolo Areas
Second Wednesday
of each month.

**PLEASE NOTE:
SOME MEETINGS LISTED
BELOW MAY BE CANCELED**

Wed. June 10, 2020

General Meeting, 10:00 a.m.
CANCELED

Future meetings may also be scheduled to be held via electronic means

As of this writing, our Casa Garden (Sacramento Children's Home) meeting venue is still closed. We are uncertain when it may reopen and under what conditions and/or constraints. Even though it may open in the near future, it may be a little early for us to feel comfortable to gather in person. I like the term "when the time is right" and am hopeful that this possibility is just around the corner. We've had to cancel meetings, stay at home, feel cooped up and unable to conduct our business as usual. It was early on during this process that I truly reflected on how important my RPEA family is to me.

In one way or another, we have all been affected by this virus. We've all made personal sacrifices and hopefully have been doing our part by keeping ourselves and each other safe. Although we've not been

After our April Spring luncheon was cancelled in which we were holding our first ever "Be a Friend - Bring a Friend" (recruitment and retention) event, we regrouped. With the technical support necessary, we were able to hold our BAF-BAF event in virtual settings. During the month of May, we held several virtual workshops that covered a number of topics. We learned about the various discount benefits (shopping, dining, travel, etc.) available to us through the Passport to Savings program and it's a free benefit to all RPEA members. Other topics included rising health care costs, changes with Medicare, travel and emergency transportation solutions, protecting retirement assets, etc.



Overall, it was a great experience and I plan to continue to use this platform for future meetings. I received positive feedback from a number of people, including individuals that aren't able to get out and join us at our restaurant meetings. I strongly encourage other chapters to reach out using this platform. It's a great way to get together, see everyone, catch up and stay connected.

These past several weeks, this organization has been my family and our members have been my inspiration, as well as my stars. There are a few people that I'd like to acknowledge. These individuals are all members of our Chapter and/or on the Association's Board of Directors. Specifically, I'd like to acknowledge Marie Reed, our Immediate Past President and my mentor since I first joined this great organization; Vice President and Director of Legislation Randall Cheek for keeping a close eye on legislation that might impact us; Membership Chairperson Patricia Fuller, for her input and support with our "Be a Friend - Bring a Friend" event; Treasurer Bobbi Smith, for keeping the books up-to-date and bills paid; and especially to Harvey Robinson, Director of Health Benefits who has announced his plans to step down from the Board of Directors when his term expires but has agreed to continue as our Health Benefits Committee Chairperson.

Take care of yourself and each other. Reach out when you can. Pick up the phone. Call other Chapter members, friends, neighbors or relatives to say hello and catch up, send a card or reach out by other electronic means. Until we meet again, on-line or otherwise, stay cool, hydrated, healthy and safe. Wishing you a happy Independence Day ahead and we will be in touch.

able to gather in person since our early March 2020 Board meeting, over these past several weeks, we've been able to engage and interact with each other via email, e-cards, telephone, and Zoom video conferencing.

As I knew it might be some time before we are able to get together in person, I decided to embrace using the Zoom platform. My first experience was Easter Sunday with family. Chapter 004 was fortunate to have the technical support necessary to move forward in this direction from our Headquarters System Administrator and our Associations' Member Benefits and Insurance Advisors (AMBIA) team.

RANDOM THOUGHTS FROM THE PAST PRESIDENT

Good Health Tip of the Month

20 Ways to Find, Sustain and Share Happiness

by Carol Tuttle

Carol Tuttle is a Master Energy Therapist and the author of the best-selling book, *Remembering Wholeness: A Personal Handbook for Thriving in the 21st Century*.

Happiness is a choice. The more happiness you choose, the more life presents you with experiences to feel happy about. If you are feeling blue or even downright depressed, you must make the decision to “get happy.”

The following tips can help you; however, if you are seriously depressed, get some professional help. There are many new cutting-edge energy therapies that clear away negative emotions and negative thinking.

Find a professional who is more interested in giving you tools and guidance in generating more happiness than in trying to figure out why you feel the way you do. It is not necessary to find out why we feel sad or depressed to clear these feelings.

The bottom line is, if we give a lot of attention to what we don't want, we create more of it.

1. Choose to be happy rather than right.
2. Repeat aloud: “It doesn't matter.”
3. Pay it forward. For every kind deed offered to you, do a kind deed for someone else.
4. Write thank-you notes frequently. The energy of gratitude feeds happiness.
5. Smile--even if you don't feel like it. You eventually will!
6. “Tap-out” your sad feelings. Using your fingertips, tap all over the top of your head while repeating: “I am free of this sadness. I am now feeling happy.” Tapping on the nerve endings on the top of your head will start to lift this heavy, sad energy.
7. When you think a complimentary thought about someone--tell them.
8. Refrain from making judgments--think something positive instead.
9. Whistle.
10. Skip around your house.
11. Turn on your favorite upbeat song and sing along.
12. Ask your angels to flow to you the energy of happiness.
13. Patch your right eye if you are thinking negative

thoughts. When you put an eye patch on your right eye, you quiet the left brain and its negative chatter.

14. Hug someone--tightly.
 15. Ask your children to tuck you in bed and read you a story for a change.
 16. Stay in the present. Let the future be just that: the future.
 17. Hold a newborn baby and welcome them into the world.
 18. Give some service to someone who is more needy than you.
 19. Exercise regularly.
 20. Pray and meditate.
- And, just because I like to give a little extra, because it makes me happy,
21. Love yourself and make the choice to “BE HAPPY.”

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**UNTIL FURTHER NOTICE
THE DAYS OF THE WEEK
ARE NOW CALLED:
THISDAY, THATDAY, OTHERDAY,
SOMEDAY, YESTERDAY,
TODAY and NEXTDAY!**

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GENERAL ASSEMBLY NOTICE!!!!

The Board of Directors has been meeting via teleconference and voted to postpone General Assembly, 2020 until March 29-April 1, 2021, at the same venue (Hilton Sacramento-Arden). Should there be items that require delegates to vote, ballots will be sent to the delegates who were sworn in at General Assembly, 2018. Currently, only one seat on the elected Board of Directors is open for nominees as all other office holders have opted to retain their office. The one opening is for Director of Health Benefits. If any member wants to run for election to this office, please notify RPEA Headquarters and provide a candidate's statement.

There is still plenty of time to firm up any proposed resolutions and our volunteer efforts for GA.

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Other Happenings

Legislation: The two (2) pieces of RPEA sponsored legislation that are being carried by Assembly Member Cooper are on hold until next years' session due to higher priorities in the legislature related to the budget deficit and COVID-19. The bills may be viewed at: leginfo.legislature.ca.gov.

AB 2378 - PERS: Post Retirement Death Benefit

AB 2394 - PERS Allowances: Cost of Living Adjustment.

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Newsletter Articles Wanted!

Share with us what you've been doing, your thoughts or reflections on retirement, any positive stories that might be of interest to our Chapter. Write for our newsletter. To get you started...

- Have you taken any interesting trips, foreign or domestic?
- How about hobbies...do you like to garden, Zumba, sing, write poems, fish, sail, practice yoga?
- Have you joined a club or organization that could be of interest to the rest of us?
- Have you participated/volunteered in a special event?
- How about books or films? Seen a good opera, play or concert?
- If you've moved out of state, has it been a good experience? We have much in common. Just send us a letter or an email to the addresses on the back page and we can publish it in the next Newsletter.

MORE FROM THE PAST PRESIDENT:

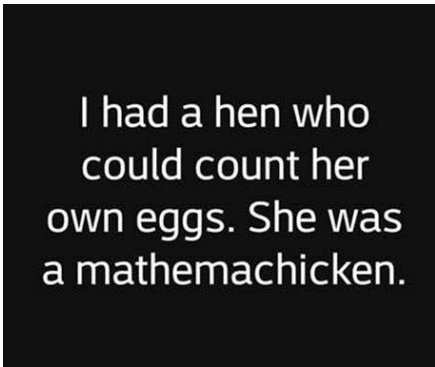
Lately, we have been fortunate to have our benefits partners, AMBIA, share information about the benefits provided to our members. I urge you to check these out, as there are some "screaming" deals there for the taking. I recently found myself in need of replacing my highly used computer and found a great deal using myambadiscounts.com. By checking this site, you may find any number of opportunities for savings in items you normally would be purchasing anyway. Also, once travel and dining restrictions are lifted, there are many, many listed discounts for these two often used items.

Back to our membership - RPEA is a very important organization to belong to, especially at this time of downward spiralling investment returns. We see daily attacks on our pension benefits, not only because of loss of earnings, but because of political attacks on what we worked so hard to gain. If CalPERS investments do not reach a return of 7%, employers will be called upon to increase their contributions to keep the Public Employees Retirement Fund (PERF) viable. Right now, the fund stands at about 70% funded. The familiar "CalPERS Buck" shows employers are paying \$0.29, members are paying \$0.13 and investment returns are at a low of \$0.58 into the fund. This means the unfunded liability of the PERF will cause employers to be required to pay more. This will lead to more attacks to change our defined benefit plan to something less desirable. We must join together to fight against these attacks. This means our voice must be greater than those joining the attacks. Please reach out to your friends who have worked so hard and long to earn their pensions and ask them to join with us in this fight to protect our pensions. .

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While you're sanitizing and wiping everything down, be sure to wipe hatred and jealousy out of your hearts. They're a virus, too. Be Kind!

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I had a hen who
could count her
own eggs. She was
a mathemachicken.



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TAKE THE 100% LOCAL PLEDGE
 SHOP Local
 STAND With Small Businesses
 SUPPORT Those Who Employ Our
 Neighbors
 We Will Come Back From This Together!

JOIN US AT A MEETING

NEED TRANSPORTATION?

CALL ONE OF OUR OFFICERS TO SEE IF RIDE
 SHARING MIGHT BE ARRANGED.

I COULD HAVE BEEN AN E-MAIL!

Save your Chapter mailing costs and receive me in color!
 Contact marie.reed@comcast.net

2020-22 CHAPTER 004

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NOTICE!!

**If you have moved or changed your address for
 delivery of this newsletter, please notify:**

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2020-22 Chapter 004

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