



Retired Public Employees' Association of California

NEWSLETTER

Modesto Vintage Chapter 023

November - Issue No. 30

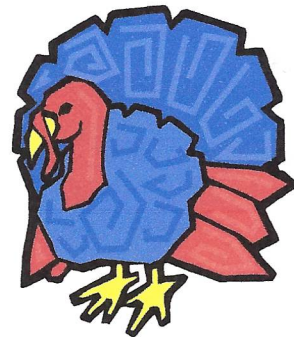
*CHAPTER OFFICERS

*President:	Janet Harwood	
	209-595-8060	jharw2305@gmail.com
*Vice President:	Vacant	
*Secretary:	Mary Kailes	
	209-529-9250	mckailles@yahoo.com
*Treasurer:	Ray Bingham	
	209-523-3424	mdbingham@comcast.net
*Sunshine:	Kathleen DuBose	
	209-324-2060	vkdu97@gmail.com
Monthly Callers:		
Kathleen Dubose:	209-324-2060	A-C
Florence Cardenas:	209-968-1284	D-G & L-R
Dora Bingham:	209-523-3424	H-K
Lori Davidson:	209-524-6487	S-Z
Newsletter:	Mary Kailes	
	209-529-9250	mckailles@yahoo.com
Area Director:	Al Fillon	
		akfintl@msn.com

Special November Dates

* November 3:	Daylight Savings Time Ends -- Set your clocks back one hour
* November 5:	Election Day
* November 11:	Veterans' Day
* November 19:	Chapter Luncheon, 12 Noon
* November 28:	Thanksgiving Day
* November 29:	Black Friday

President's Message:



Hello to all RPEA Chapter Members,

As we know, our Chapter President, Denise Ducot, and Vice-President, Frances Valdez, resigned their positions from our Modesto Chapter. Our Chapter Treasurer, Barbara Baylard, has wanted to take a break from her position, which she has held for a number of years. At the October meeting, I volunteered to take the position of President Pro Tem, but needed someone to take the position of Secretary. Mary Kailes volunteered to act as Secretary Pro Tem. Since voting for the positions is in January, we will be acting Pro Tem. After the meeting, Ray Bingham volunteered to take over the position of Treasurer.

We need to take the time to see where we can help, and I thank those who have stepped up. However, we are still in need of a Vice-President. So, please give it some thought to help.

As acting President Pro Tem, I'd like to bring positivity. We need to be thankful for the retirement we are receiving and to protect it. I will be posting on my personal Facebook information regarding RPEA, encouraging those who are retired to join, notifying them when and where we meet, and welcoming them to the group. This is just a small step; if we all do something, our chapter can grow. In the meantime, I am looking forward to acting as your President Pro Tem until January, when voting occurs.

When you receive the RPEA magazine in the mail, I suggest everyone read it. It has a lot of great information about our RPEA Board, Health Benefits and so forth.

Janet Harwood
President Pro Tem

MARK YOUR CALENDARS!

Future Meetings & Location:

The Season's
945 McHenry Avenue, Modesto
12 Noon—\$7.50

Reservations are requested. If you haven't been called, please phone your "monthly caller" listed on the first page. If you indicate to your caller you are coming, and then you don't attend, we still get charged for your meal — \$15.00!!

2019: Nov.19; and Dec. 17

2020: Jan. 21; Feb. 18; Mar. 17; Apr. 21 and May 19

Your lunch is COMPLIMENTARY in the month of your birthday. Drawings are held at the conclusion of each meeting usually for a chance to win a box of SEE'S CANDY!



Birthdays

Best wishes are sent to all members who are celebrating a November Birthday.

Please let your "caller" know if you have a birthday in November when you are called to confirm your attendance for our November luncheon. And, if you plan to attend, your lunch is on the house!

Illnesses

Get well wishes are sent to all who are not feeling well at this time.



HARVEST FOOD BANK: ENDLESS POSSIBILITIES BY WORKING TOGETHER

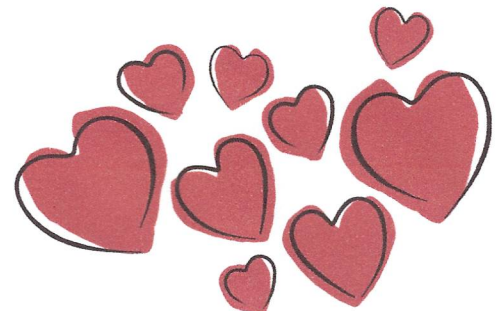
The Harvest Food Bank Helps over **35,000** Individuals in need each month in San Joaquin and Stanislaus Counties! It acquires and stores donated and purchased food and effectively organizes and delivers it to its partner agencies and program sites, where it is then prepared and distributed out to those in need.

In years past, the Modesto Vintage Chapter 023 has made this an annual charitable fund-raiser at our November meeting. Please open your hearts and bring your cash or checkbooks to our November 19th meeting and contribute to this worthwhile cause. Bill Houk volunteered to deliver our donations to the Harvest Food Bank.

If you'd like to donate but are unable to attend the meeting, you can send donations to:

Harvest Food Bank
1220 Vanderbilt Circle
Manteca CA 95337

Thank you, thank you, thank you!!



FUN/INTERESTING FACTS ABOUT THANKSGIVING

Thanksgiving's history isn't all sunny. As you enjoy your turkey and stuffing, spare a moment to remember that Thanksgiving didn't come about entirely peacefully. After the pilgrims arrived, years of conflict took place between European settlers and the Wampanoag people, which resulted in the deaths of millions of native people.

- **The first Thanksgiving was actually a three-day celebration:** Today, Thanksgiving takes place on one glorious, food-filled day — *maybe* two if you count **Black Friday**. But that wasn't enough for the original Pilgrims. In November 1621, the settlers' first corn harvest proved successful and Governor William Bradford invited the Plymouth colonists' Native American allies to enjoy the fruits of their labor. Members of the Wampanoag tribe came bearing food to share and as they joined the Pilgrims, the revelers decided to extend the affair.
- **It's unclear if colonists and Native Americans ate turkey at their feast:** Nobody is quite sure if the almighty bird that now marks the centerpiece of our table was even on the menu back in 1621. However, they did indulge in other interesting foods like lobster, seal, and swan. The Wampanoag even brought five deer to the feast, so if you also enjoy venison at your autumn table, consider yourselves right in line with longstanding tradition.
- **Today, a part of Plymouth, Massachusetts, looks just as it did in the 17th century:** Modeled after an English village and a Wampanoag home site, the historic Plymouth Plantation stays true to its historic roots. And if you want to go way back to the original Thanksgiving table, you can. Guests can order tickets as early as June (May for members) to attend a Thanksgiving dinner complete with authentic courses like a corn pudding and fish fricassee, tales of colonial life, and centuries-old songs.
- **Thomas Jefferson refused to declare Thanksgiving as a holiday:** Presidents originally had to declare Thanksgiving a holiday every year. History says Jefferson refused to recognize the event, because he strongly believed in the separation of church and state. Since Thanksgiving involved prayer and reflection, the president thought making it a national holiday would violate the First Amendment. He also thought it was better suited as a state holiday, not a federal one. But he never really explained himself to the public, so he went down in history as an anti-Thanksgiving leader.
- **The woman behind "Mary Had a Little Lamb" is also responsible for Thanksgiving's recognition as a national holiday:** Writer and editor Sarah Josepha Hale convinced President Abraham Lincoln to officially declare Thanksgiving a national holiday that recurred every year after years of persistent lobbying. The author also founded the American Ladies Magazine, which promoted women's issues long before suffrage. She wrote countless articles and letters to persuade the president to recognize the holiday federally, which she believed could help unify the Northern and Southern states amid gathering tensions and divisions. Hale kept at it, even after the Civil War broke out, and Lincoln actually wrote the proclamation just a week after her last letter in 1863.
- **In 1939, Thanksgiving was celebrated on the third Thursday in November — not the fourth:** You might think President Roosevelt could predict the future, as he channeled a "Black Friday" mindset when he decided when to celebrate Thanksgiving during his presidency. Even though the holiday had been celebrated on the fourth Thursday since Lincoln officially recognized the federal holiday decades before, Roosevelt bumped it up a week. That effectively added seven more shopping days to the holiday season, but it also angered football coaches who had Thanksgiving games scheduled that became regular weekday games and calendar-printers who now had incorrect dates. Americans, to say the least, didn't love the change, so it was officially (and legally) switched back in 1942.
- **There are four places in the country named Turkey:** Diehard Thanksgiving fans can actually move to a town named after the foods of their favorite holiday. The U.S. Census has identified another four called Cranberry, and a grand total of 34 dubbed Plymouth.

Newsletter Editor's Comment: I tried to include some pertinent information to share with you from either RPEA or CalPERS, but the news items I found on their sites have already been printed in either the RPEA Newsletter or CalPERS Newsletter, which as a member you should have already received. Therefore, as a filler for our newsletter, I found the following that might be of interest to you. My husband is a prostate cancer survivor who chose brachytherapy as his treatment, but many do something called "watchful waiting," and some are successful as they choose to maintain healthy eating habits to slow down or "starve" their cancer cells. I hope you will find this "medical tidbit," copied from the Prostate Cancer Foundation, interesting.

Cancer's Worst Enemies Food-based Antioxidant Anti-Inflammatory Compounds

Even elemental foods, like the ones found in the PCF periodic table, contain a complex mixture of many thousands of naturally occurring chemicals. Contrast this with a drug that your physician may prescribe, which can contain only a single chemical, and you'll see why nutrition can be such a complex and often controversial subject.

Eating foods that contain the compounds listed below increases your body's ability to defend against oxidizing cell damage. That means less damage to your DNA from lifestyle choices and environments.

Flavonoids

There are about 10,000 types of flavonoids, which are one of the most-studied plant-based food compounds. Isoflaones are a class of flavonoid found in soy, and early research suggests they help increase efficiency of cancer treatments like chemotherapy and radiation. Other flavonoids, such as quercetin, have been shown to promote apoptosis (a natural process of programmed cell death or cell suicide) while leaving alone normal cells, and can be found in broccoli, apples, and strawberries.

Carotenoids

This class of phytochemicals gives foods yellow, orange, or red color; dark-green leafy vegetables are also rich in carotenoids, but their color is masked by chlorophyll. Lycopene is a red-hued carotenoid found in tomatoes, watermelon, and grapefruit that has been linked with decreased risk of several cancers. This is due to carotenoids' antioxidant activity: they neutralize free radicals, which are unstable molecules that contribute to cancer development.

Ellagic Acid

Ellagic acid is another naturally-occurring antioxidant found in berries, grapes, and nuts. It has been shown to halt the cell cycle of bladder cancer cells, preventing their replication, and trigger apoptosis of colon cancer cells.

Glucosinolates

Glucosinolates are found in many of the foods you were forced to eat as a kid (but hopefully have grown to appreciate!), cabbage, broccoli, cauliflower, and Brussel sprouts. They have a variety of anti-cancer properties -- they promote cellular excretion of mutation-causing carcinogens, aid with antioxidation activities, and arrest cancer cell growth.

The following foods are listed on the "Periodic Table of Microbiome-Friendly Foods."

Ar Artichoke	Bl Blueberries	Sp Split Peas
Cg Collard Greens	Ap Apple	Bp Black Eyed Peas
K Kale	Ba Banana	Gb Garbanzo Beans
Dg Dandelion Greens	Pr Pear	Kb Kidney Beans
Ag Asparagus	Fg Fig	Bn Black Beans
Bs Brussels Sprouts	Da Dates	Lb Lima Beans
Cr Carrot	Gb Green Banana	Wb White Beans
Bt Beet	Gp Green Peas	Pb Pinto Beans
Br Broccoli	Ed Edamame	Al Almonds
Av Avocado	Sw Seaweed	Sf Sunflower Seeds
Sp Sweet Potato	Co Coconut	Ps Pumpkin Seeds
M Mango	Pu Prunes	Ss Sesame Seeds
Pm Persimmon	Am Amaranth	Fx Flax Seeds
Gu Guava	Sc Swiss Chard	Pe Peanuts
Rb Raspberries	Au Arugula	Pn Pine Nuts
Bb Blackberries	Cs Chia Seeds	Pa Parsnip
Sb Strawberries	Ln Lentils	S Spinach

As Acorn Squash	Po Potato	By Barley
Bq Butternut Squash	Cf Cauliflower	Bu Bulgur
Pm Pumpkin	Z Zucchini	Tp Tempeh
Y Yam	Cl Celery	Ms Miso
Bg Beet Greens	Ov Olive	Kc Kimchi
Nb Green Beans	Lk Leek	Sk Sauerkraut
Ok Okra	On Onion	Pk Pickles
Tn Turnip	G Garlic	Yg Yogurt
Sm Shiitake Mushroom	Sl Shallot	Kf Kefir
Bm Button Mushroom	Br Bean Sprouts	Km Kombucha
P Portobello Mushroom	Rd Radish	
C Corn	Jc Jicama	
Pc Popcorn	Ja Jerusalem Artichoke	
Fn Fennel	Bi Brown Rice	
Eg Eggplant	Q Quinoa	
Cb Cabbage	Bw Buckwheat	
Tm Tomato	Oa Oats	

HUMOR

No Senior Discount for Reading This!

Lying around, pondering the problems of the world, I realized that, at my age, I don't really care anymore.

If walking is good for your health, the mailman would be immortal.

A whale swims all day, only eats fish, and drinks water, but is still fat.

A rabbit runs, hops, & only lives 15 years, while a tortoise doesn't run, does mostly nothing, yet it lives for 150 years. And they tell us to exercise? I don't think so.

Now that I'm older, here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats are mostly enjoyed with berries and all-bran.
3. Funny, I don't remember being absent-minded.
4. Funny, I don't remember being absent-minded.
5. If all is not lost, then where the heck is it?
6. It was a whole lot easier to get older, than it was to get wiser.
7. Some days, you're the top dog, some days you're the hydrant.
8. I wish the buck really did stop here; I sure could use a few of them.
9. Kids in the backseat cause accidents.
10. Accidents in the backseat cause kids.
11. It is hard to make a comeback when you haven't been anywhere.
12. The world only beats a path to your door when you're in the bathroom.
13. If God wanted me to touch my toes, he'd have put them on my knees.
14. When I'm finally holding all the right cards, everyone wants to play chess.
15. It is not hard to meet expenses. They're everywhere.

16. The only difference between a rut and a grave is the depth.
17. These days, I spend a lot of time thinking about the hereafter. I go somewhere to get something, and then wonder what I'm "here after".
18. Funny, I don't remember being absent-minded.
19. It is a lot better to be seen than viewed.
20. Have I sent this message to you before? or did I get it from you?!?!

(Contributed by Bill Houk — Thanks, Bill)

- ♦ My family told me to stop telling Thanksgiving jokes, but I told them I couldn't just quit "cold turkey."
- ♦ A lady was picking through the frozen turkeys at the grocery store for Thanksgiving Day, but she couldn't find one big enough for her family. She turned to the stock boy and asked, "Do these turkeys get any bigger?" "No, ma'am," he replied. "They're dead."
- ♦ Q: If Pilgrims were alive today, what would they be known for?
A: Their age!
- ♦ Q: What do you call a turkey on the day after Thanksgiving?
A: Lucky.
- ♦ Thanksgiving is the only holiday where you eat the mascot.
- ♦ Q: If April showers bring May flowers, what do May flowers bring?
A: Pilgrims.
- ♦ Q: If Pilgrims traveled on the Mayflower, what do college students travel on?
A: Scholar ships.
- ♦ Q: What do you get if you divide the circumference of a pumpkin by its diameter?
A: Pumpkin pi.