



## Santa Clara County Chapter 031 Newsletter

Volume 59 #01  
January 2024

*An Association of CalPERS Annuitants committed to the goal of helping all public employees maintain their physical and economic health during retirement*

### **NEXT MEETING –**

**Wednesday, January 31<sup>st</sup>, 2024,  
at 12:15 PM at China Stix**

**2110 El Camino Real, Santa Clara, CA 95050  
The Door opens at 11:00 am and lunch is served at 11:30 am. Please check the flyer enclosed in this newsletter, or check at the back of last issue of the newsletter on the website.**

**OUR GUEST SPEAKER WILL BE  
KARLA NUBLING, PT FROM KAISER  
SUBJECT – BRAIN FITNESS**



**M**s. Karla Nubling, PT, represents the educational part of Kaiser Permanente. She will present **Brain Fitness** where you will learn its importance, engage in

exercises, and acquire tips to keep the brain fit throughout the life span.

As a health care professional for almost 30 years, Ms. Nubling has created wellness plans and programs for individuals, their family, and caregivers. Primarily working as a Physical Therapist in Neurologic Rehabilitation and Acute Care, she has also provided care in the Outpatient and Community Adult Education settings.



### **SIMON BHANGAL**

The presenter for the webinar scheduled for February 28<sup>th</sup>, 2024 at 10 am.

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**IN MEMORIAM:** Our deepest sympathy to the families and loved ones of Esther Acosta, Robert Bright, Robert Brown, Robert Clarke, Wayne Fluss, Carole George, Carmelita Kakar, Charlene Lilie, James Natrass, Carol Parisie, Rita Pearl, Ronald Rico, William Scott, Florence Silverman, and Eugene Simmons.

*They will truly be missed.*

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### **A VERY WARM WELCOME TO OUR NEW MEMBERS!**

**F**ollowing are the names of new members – Sally Aguilar, Valerie Dimmick, Phuong Duong, Amos Grogan, Kim Hicks-Burns, Danh Huynh, Linda Indira, Samantha Klinger, Phuonglieu Ma, Narjeet Randhawa, Elisa Rodriguez, Martha Rodriguez, Julia Santa Anna, Shinjin Shih, Jacqueline Smith, Eddy Tucker, Merlyn Valdez, and Romel Valdez

*Welcome Everyone!*

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### **OPPORTUNITY FOR OUR MEMBERS WHO CAN'T JOIN US IN JANUARY**

**W**e are fortunate that our January presenters from Kaiser have offered to give an online presentation in February for those Chapter members who can't join us for the in-person January 31<sup>st</sup> meeting. Live locally but can't make the lunch meeting? Live farther away and can only join online? Then save the date! The online presentation on Brain Health will be given on February 28 at 10 am. It will be presented by Simon Bhangal. We will let you know how to sign up for this Webinar in the next newsletter, on our website, and via an email sent out to all members from RPEA Headquarters. Once you sign up for the Webinar, they will send you the link; if you cannot catch it on that date and time, it will be recorded so you can watch it at your convenience.

## THE HISTORY CORNER

### Marianne Damon, RPEA Chapter 031 Historian A LOOK BACK AT OUR CHAPTER'S 2023 ACTIVITIES

Our first meeting of the year was online, as this has been our “new norm” for the past several years. Loran Vetter, Chair of RPEA’s Give Back Campaign, spoke to us about the importance of recording our volunteer hours, and how to do so. A positive aspect of online meetings has been the ability of members outside our area to join in. However, we felt it was time to start meeting again in person. The Elk’s Club was still being renovated with no completion date given, so we looked around for a place to meet. Member John Brigandi gave us the contact information for the China Stix restaurant, and we were able to assess its suitability and book a room for our April meeting. Your Board settled on the meal price of \$20 with the Chapter contributing tax and tip. Members enjoyed meeting together again in person and approved of the new location. At this first in-person meeting, Rhonda Schmidt gave the annual presentation on benefits changes. We learned that Capitol printing has raised their rates for our newsletter. A call went out to members to volunteer for the Volunteer of the Year Committee. Members were informed that elections, on hold during the pandemic, will be held this year.

Our Chapter Picnic at Vasona was held on June 28<sup>th</sup>. Our Volunteer of the Year was awarded to treasurer Brian Mark. We had an attendance of 71 people!

Our July meeting featured State Senator Dave Cortese as our speaker. Elections were announced and members were encouraged to run for the two-year term positions of president, vice-president, secretary, treasurer, and sergeant-at-arms. Kathy Miller announced that after 15 years as our Chapter president she was stepping down. Our vice-president, Mary Chaboya, had recently resigned her position. Our secretary, Lynne Jorgensen, announced she would not be running again. So, we had a number of positions to fill! We also had been without a program/speaker chair and had hoped to interest someone to fill that position.

Around this time Headquarters notified all members of a data breach involving several public agencies, notably CalPERS. They facilitated information on how to obtain more information and how to protect our personal data.

At our October meeting we learned that there will be no more need for volunteers at the 70 West Hedding Information Desk. Having provided volunteers since August of 1982, our Chapter’s Info Desk program has come to a close. Nominations for Chapter offices were solicited. We also learned that a committee worked on minor revisions to our chapter bylaws which will be submitted to headquarters; most of the changes are to update the move to quarterly vs. monthly meetings.

Our last event of the year was our holiday luncheon on December 6<sup>th</sup>, also held at China Stix. Outgoing President Kathy Miller was surprised by a tribute given by Brian Geer and was presented with a bouquet of yellow roses, her favorite. She was then given a plaque of appreciation by RPEA President (and our newly elected Chapter President) Rosemary Knox, who also gave a tribute to Kathy. Election results were announced, and our new officers took their oath of office. The raffle gifts were plentiful and appreciated by all recipients. Our newsletter continued to send out news to our members via ten issues per year. Some featured History Corner articles included two which concluded the Guadalupe River series: A Return to Our Guadalupe River: The Conservancy, and The End of the River at the End of the Bay. Also related was the Alviso Salt Marsh Safari. There was also Train Time on Light Rail! and Meet our Volunteer of the Year: Brian Mark.

Many of our Board members have covered more than just their assigned duties. Brian Geer, Sgt.-at-arms, did inventory of our storage unit supplies and picked up and delivered items for our picnic from storage. Sue Farr, our Sunshine chair, also headed up the Volunteer of the Year Committee along with Mary Chaboya and Lynne Jorgensen (our secretary). Sue also served on the Bylaws Revision Committee with Marianne Damon and headed by Kathy Miller. Brian Mark, treasurer, filled in as the check-in greeter for our in-person meetings. Mary Mitchell is both our Newsletter Editor and our Webmaster. Thanks to all who made this year memorable!



## WELCOME, PRESIDENT-PRESIDENT KNOX!



**W**ait, is that a typo? No, it signifies recognition that our newly elected RPEA Chapter 031 President, Rosemary Knox, is also our current RPEA (State) President! She is a one-of-a-kind double-double!

Rosemary stepped forward to run for the office of chapter president when no one else had. She so believes in the importance of our chapter, which has the largest membership in the state, that she is willing to invest her time and effort into maintaining 031 as a viable chapter. But she needs our help! Current members of the Board will be supporting her full-heartedly. However, the Board has vacancies! We still need a vice-president and a secretary. And it would be so great to have a person or persons to find and coordinate speakers for us. We encourage you to follow Rosemary's example and join us!

## IN MEMORIAM



**W**e are so saddened to announce the passing of long-time member Josephine Pugsley on January 2, 2024. Jo, as we knew her, was a member of our Chapter Board and for years was the Program Director. She loved finding interesting people to come talk to us and enjoyed visiting with them over lunch prior to their presentation. She also served on numerous committees, including the Volunteer of the Year Awards Committee. Jo worked for the County for 26 years. As she stated for one of our newsletter articles, "As we were taught by our parents, the good you get out of life, you give back." She certainly did, and we are all the better for it.



**RPEA SANTA CLARA COUNTY CHAPTER 031**  
**P.O. Box 111865**  
**Campbell, CA 95011-1865**

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**DATED MATERIAL**

This RPEA Chapter 031 Newsletter is published ten times a year. Views expressed are those of the writers and not necessarily those of RPEA or Chapter 031. Send address changes to RPEA, 300 T St., Sacramento, CA. 95814-6912, phone 800-443-7732, fax 916-441-7413.

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<b>President:</b>	<b>Rosemary Knox</b>	<b>408-926-6664</b>	<b>rknox@sbcglobal.net</b>
<b>Vice President:</b>	<b>Vacant</b>		
<b>Chapter Secretary:</b>	<b>Vacant</b>		
<b>Treasurer:</b>	<b>Brian Mark</b>	<b>408-314-5684</b>	<b>t8h5305@outlook.com</b>
<b>Sgt.-at-Arms:</b>	<b>Brian Geer</b>	<b>408-720-1672</b>	<b>rpeachapter31@yahoo.com</b>

**DIRECTORS / COMMITTEE CHAIRS**

<b>Program:</b>	<b>Vacant</b>		
<b>Director at Large:</b>	<b>Mary Chaboya</b>	<b>408-971-9918</b>	<b>rpeachapter31@yahoo.com</b>
<b>Benefits &amp; Ins.:</b>	<b>Vacant</b>		
<b>Sunshine:</b>	<b>Sue Farr</b>	<b>650-444-4262</b>	<b>rpeachapter31@yahoo.com</b>
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**Website: [rpea-31santaclaraco.org](http://rpea-31santaclaraco.org)**  
**Email: [rpeachapter31@yahoo.com](mailto:rpeachapter31@yahoo.com)**



**RETIRED PUBLIC EMPLOYEES' ASSOCIATION  
(RPEA)**

P. O. Box 111865 — Campbell, CA 95011-1865  
Chapter Website: [www.rpea-31santaclaraco.org](http://www.rpea-31santaclaraco.org)  
Headquarters Website: [www.rpea.com](http://www.rpea.com)

**R P E A**

Rosemary Knox  
*President*  
Chapter 031

# January 31, 2024

The January 31, 2024 meeting will be held at China Stix Restaurant, 2110 El Camino Real, Santa Clara, CA 95050. There will be a speaker for this meeting. There will be a representative from the Kaiser Education Department. The subject of the presentation will be “Brain Fitness”.

Each attendee must pay \$20.00 in advance for lunch. The menu will be Chinese Chicken Salad, Broccoli Beef, Sweet & Sour Chicken, Pork Fried Rice, String Beans Western Style (vegetarian in soy and brown sauce), Tea, and Water (they do not serve coffee). Each dish will be placed on a Lazy Susan at the tables and attendees can serve themselves.

**In order to provide a count of attendees to China Stix a \$20 payment for each attendee must be received no later than January 24, 2024.. No late payments will be accepted, no payments will be accepted at the China Stix Restaurant on the day of the meeting and there will be no refunds. NO EXCEPTIONS. We cannot accommodate those who choose to attend the meeting only.**

## Doors open at 11:00 a.m. Food will be served at 11:30 noon

Complete the form below and send with payment to Brian Mark, 800 Blossom Hill Road, Unit M250, Los Gatos, CA 95032 no later than January 24, 2024. Make payment out to RPEA Chapter 031.

Sincerely,

Chapter 031 Board Members

**Please Print**

Name \_\_\_\_\_ # Attending \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_

(Please list all persons included in your payment)

**Make checks payable to RPEA Chapter 031 and mail to  
Brian Mark, 800 Blossom Hill Road Unit M250, Los Gatos, CA 95032  
Payment must be received no later than January 24, 2024.**

**No late payments accepted**

**No payments allowed at China Stix on the day of meeting**

**Sorry, no refunds**

**Please do not arrive before 11:00 a.m.**

**Meeting Date: January 31, 2024**



**RETIRED PUBLIC EMPLOYEES' ASSOCIATION  
(RPEA)**

**R P E A**

P. O. Box 111865 — Campbell, CA 95011-1865  
Chapter Website: [www.rpea-31santaclaraco.org](http://www.rpea-31santaclaraco.org)  
Headquarters Website: [www.rpea.com](http://www.rpea.com)

**Rosemary Knox**  
President  
Chapter 031

# April 24, 2024

The April 24, 2024 meeting will be held at **China Stix Restaurant, 2110 El Camino Real, Santa Clara, CA 95050.** There will be a speaker for this meeting. Ms. Rhonda Schmidt, Benefits Director of S.C.Co.

Each attendee must pay \$20.00 in advance for lunch. The menu will be Chinese Chicken Salad, Broccoli Beef, Sweet & Sour Chicken, Pork Fried Rice, String Beans Western Style (vegetarian in soy and brown sauce), Tea, and Water (they do not serve coffee). Each dish will be placed on a Lazy Susan at the tables and attendees can serve themselves.

**In order to provide a count of attendees to China Stix a \$20 payment for each attendee must be received no later than April 17, 2024. No late payments will be accepted, no payments will be accepted at the China Stix Restaurant on the day of the meeting and there will be no refunds. NO EXCEPTIONS. We cannot accommodate those who choose to attend the meeting only.**

## **Doors open at 11:00 a.m. Food will be served at 11:30 noon**

Complete the form below and send with payment to Brian Mark, 800 Blossom Hill Road, Unit M250, Los Gatos, CA 95032 **no later than April 17, 2024. Make payment out to RPEA Chapter 031.**

Sincerely,

Chapter 031 Board Members

-----  
**Please Print**

Name \_\_\_\_\_ # Attending \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_

(Please list all persons included in your payment)

**Make checks payable to RPEA Chapter 031 and mail to  
Brian Mark, 800 Blossom Hill Road Unit M250, Los Gatos, CA 95032  
Payment must be received no later than April 17, 2024.**

**No late payments accepted**  
**No payments allowed at China Stixon the day of meeting**  
**Sorry, no refunds**

**Please do not arrive before 11:00 a.m.**

**Meeting Date: April 24, 2024**

**HERE ARE SOME EXPLANATIONS ON HOW TO REGISTER FOR THE  
WEBINAR SET FOR FEBRUARY 28<sup>TH</sup>, 2024 AT 10 AM PRESENTED BY  
SIMON BHANGAL  
SUBJECT – BRAIN FITNESS**

Webinar

- Reminder emails will be sent 2 days before the event and 2 hours before the event time.
- Registration is now available and will remain open through the end of the event.
- Participants can register and join the workshop via computer or mobile device using the link provided, no app's or plugins are required. After registration, participants can add the webinar to their calendar via Outlook or iCal.

Joining on the Day Of

- Participants who join more than 15 minutes before scheduled started time will be admitted into a “lobby” waiting area until the event officially begins. They will hear classical music playing while they are waiting.
- Optional Video – the first 50 people to join will have the option to be on camera. They may opt to turn it off if they prefer to be off camera.
- Audio capability – our webinars will now have audio capabilities. While all attendees will be muted upon entry and during the webinar to avoid background noise, for some select webinars attendees will be prompted to raise their hand, and if called on unmuted to speak and answer a question via audio.
- Attendee Chat – all attendees can engage in the webinar by entering messages in the attendee chat.
- Participants **MUST** use Google Chrome or Microsoft Edge to join the session – webinar will not work in Internet Explorer.

Recording

- The webinar recording is accessible via the same Audience Link to join the session about 24 hours after the webinar.

## Registration

  
**KAISER PERMANENTE® thrive**

### Overview

**Title:** TEST Nick Master Template July 9  
**Date:** Sunday, July 31, 2022  
**Time:** 09:00 AM Pacific Daylight Time  
**Duration:** 1 hour

### Summary

ENTER WEBINAR DESCRIPTION HERE. ENTER WEBINAR DESCRIPTION HERE.

### Register Now

[Already Registered?](#)

First Name\*

Last Name\*

Email\*

Department\*

**Are you a Kaiser Permanente Member \***  
 Yes  No

**By checking this box I confirm that I have reviewed and agree to the recording and privacy notice on this page. \***

**By checking this box I authorize the use and disclosure of my personal information as described on this page. KAISER ENTITIES WILL NEVER SELL, SHARE OR USE YOUR INFORMATION FOR MARKETING OR ADVERTISING PURPOSES. \***

I'm not a robot   
reCAPTCHA  
Privacy - Terms

\* Denotes required.

### RECORDING AND PRIVACY NOTICE

This webinar will be recorded, including your verbal, written and video contributions. Please do not share personal information during the webinar that you would not want others to know. The following items may be seen or heard by anyone attending the webinar or anyone who views the recording of it, including your co-workers, your employer and others who may have access to the live webinar or recording of it: Attendee List - Your name may be visible in an on-screen attendee list seen by others; What You Write - Anything you write, including chat, Q&A posts, poll responses and post-event survey responses, may be seen along with your name by others; What You Say - Anything you say may be heard by others; Your Video - Anything visible from your camera may be seen by others; Break-out Room Participation - Anything you share in break-out rooms, including in written, spoken or video form, may be seen or heard by others. If you are not comfortable with or do not agree to being recorded, or do not agree with to your information being available to others as described above, please do not attend the webinar.

### AUTHORIZATION FOR USE AND DISCLOSURE OF PERSONAL INFORMATION

By registering for and attending this webinar you authorize Kaiser Entities\* and their administrative vendor(s) to use and disclose between and among themselves the information you provide on this form, the fact that you registered for and/or participated in this webinar and any other information that you may disclose during the webinar, and to share this information with your employer/union and/or their administrator(s) for operations and administration purposes, including but not limited to incentives administration, program operations and program evaluation. Kaiser Entities\* will not condition treatment.

**You will be prompted to complete a registration form when you click on the webinar link before, during or after the scheduled webinar start time. If you complete registration beforehand, you will receive reminder emails and can automatically add the event to your calendar.**

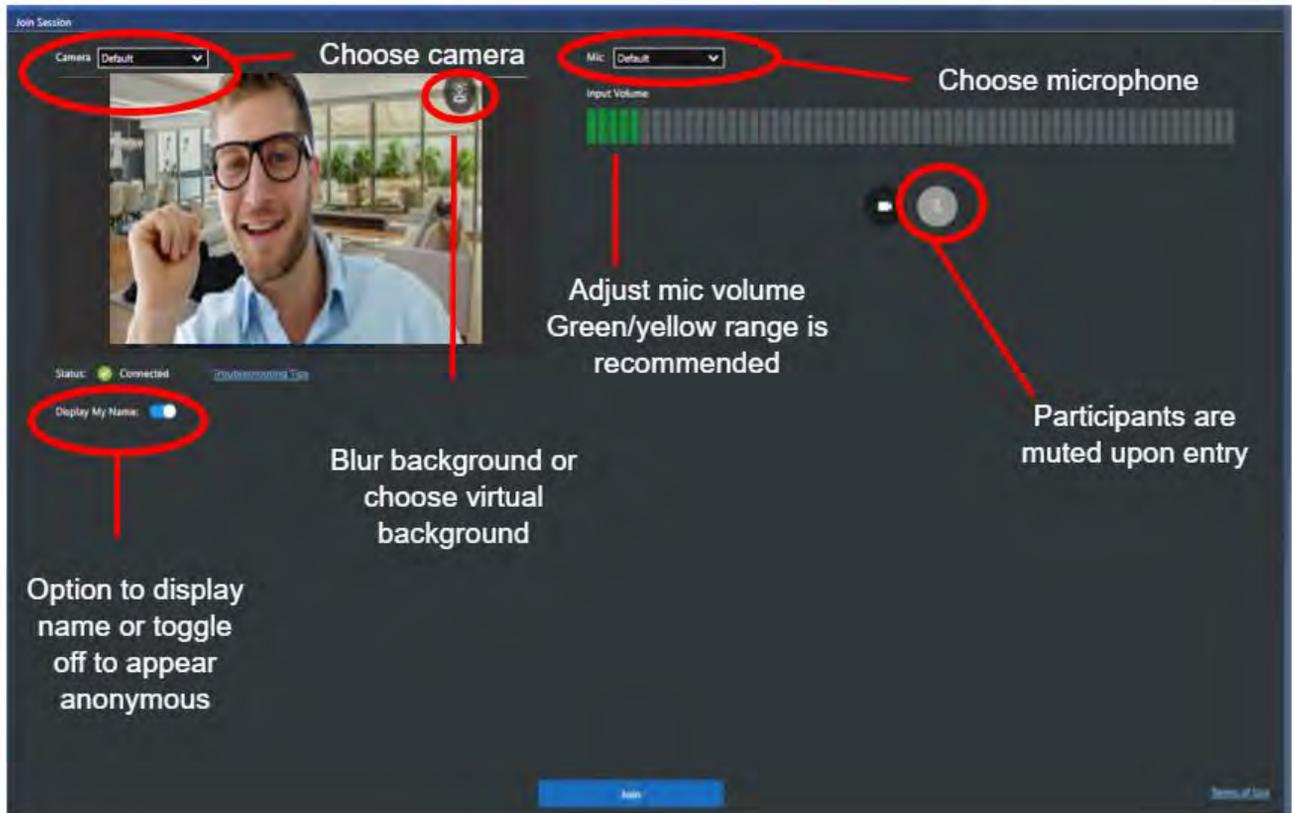
**Overview** – This section outlines webinar details, including title, date, time and duration.

**Register Now** – Complete all mandatory information here and click on the Register button. Fields include first & last name, email address, department and Kaiser membership status. Also, you will be asked to agree to recording and disclosure authorizations. **Note** – Kaiser Permanente will not use or sell your personal information for marketing purposes.

**Summary** – This section provides a description of the webinar.

**Help** – For help click the link in lower left corner of registration form.

## Pre Log-in Options



**Next, the first 50 people to join will be taken to log-in options before entering the webinar. Any participants after the first 50 will join in listen only mode and the instructions below will not apply. Instead, you'll see this message and can click join below it.**

The maximum number of participants using camera/mic has been reached. You will join in listen only mode.

**Camera** – If you have more than one webcam connected, choose your webcam source. After selecting a camera source, a preview will be shown. Once your webcam is connected, click on the person icon in the webcam area to choose a virtual background or to blur the background. You may also turn your camera off.

**Display Name** – You may leave this toggled on to display your name or toggle it off to appear anonymous.

**Audio** – All participants will be muted upon entry.

**Join** – Click join after your selections have been made.

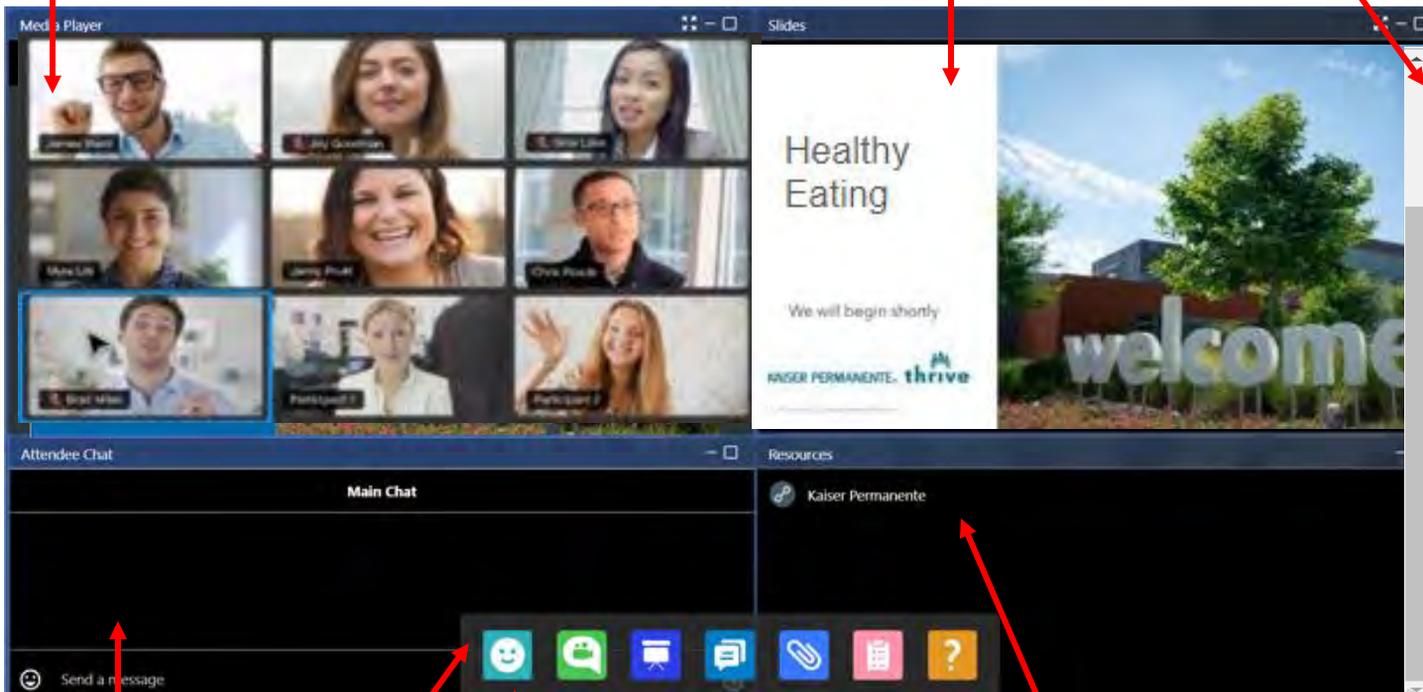
# Kaiser Permanente Workforce Health Education Webinars

## Audience View

Scroll down browser if you're unable to see entire chat window

Media Player

Slides



Attendee Chat

Toolbar

Reactions

Survey

Help

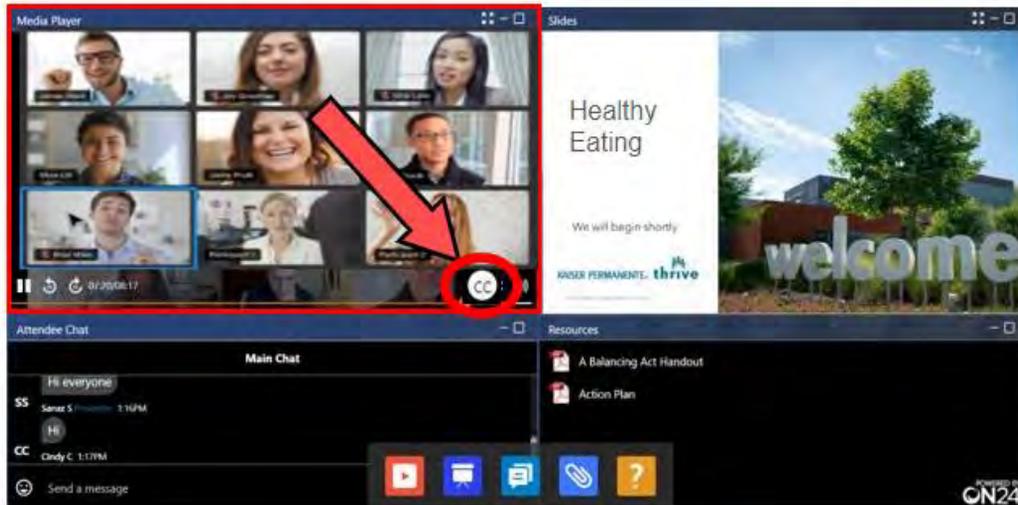
Resources

Kaiser Permanente's workforce health education webinars include different windows that participants can resize and reposition however they want on their screen by simply dragging the corner of a window to resize or dragging the title bar of a window to reposition.

- **Reactions** – Select the reaction icon to select and send reactions, such as clapping or a thumbs up, during the presentation.
- **Media Player** – The presenter, host and up to 7 attendees on camera will appear here.
- **Slides** - The presentation slides will be shown here, as well as polls and video clips.
- **Attendee Chat** – Participants can chat with the webinar participants and the host who monitors the chat here. **HINT – if you're unable to see the full chat window, scroll your browser down.**
- **Resources** – Downloadable resource documents and web links may be posted here.
- **Help** – Clicking here will take you to an online Help Guide that addresses common technical issues and questions.
- **Survey** - A survey will automatically pop up at the end of the event, but if you have to leave early or want to take it before the webinars ends, click here to launch the survey.
- **Toolbar** – If you close a window and want to re-open it, click on its icon here.

# Closed Captioning

## Desktop



## Mobile



As of June 2023, due to technical problems closed captioning is available only on the recorded webinar available after the live session ends. We expect this to be fixed with closed captioning available also during live webinars in August 2023.

For closed captioning, please watch the on-demand/recorded version of the webinar. You can access it 24 hours after this webinar with the same link you used to join today or the link you'll receive in the Thank You email.

Desktop/ laptop computer and mobile device - click on the media player, on the lower left click CC and select your language to turn on Closed Captioning.