



# SAN BERNARDINO CONNECT

Retired Public Employees' Association

Chapter 33 – Area VI

February – March 2020

Volume 10 – Issue 1



*You're Invited to Our March Luncheon!*

**When?** Tuesday, March 10 11:30 a.m. to 2:00 p.m.

**Where?** Fellowship Hall, First Presbyterian Church  
1900 North "D" St., San Bernardino

**Important!** Reservations are required by March 3 at the latest!

Phone June Cople at 909-583-1082 or Kathy Pollard at 909-229-5167. Be sure to give us the name and phone number for each person who will attend. Our catering order must be accurate; so if you RSVP and then find you can't attend, let June know right away.

**PLEASE REFER TO PAGE TWO FOR AN ARTICLE RE: "NO SHOWS" CHANGE OF POLICY.**

**Menu:** Corned Beef and Cabbage, Peas and Carrots, Tossed Green Salad, Irish Soda Bread, and pie for dessert [Thomas Catering]

**Lunch Prices:** Member: \$5 Member with lapsed dues: \$10 Member's spouse: \$5  
New member attending for the first time: FREE  
One caregiver (if needed): \$5; Second caregiver: \$10  
Guest of member or additional family member: \$10  
Non-member: First time \$5; thereafter \$10

**Program:** "Retirement with A Purpose!"

Our guest speaker will be Chapter 33's Vice President Stephen Patereau. As a volunteer himself, he will be exploring what volunteer opportunities are available, how to find ways to get involved, and what the benefits are for our community. Becoming a volunteer is a great way to enhance retirement!

- Drawings for door prizes will follow the program.
- Bring used books and recent magazines to participate in the chapter exchange.

Oh so  
**LUCKY**  
to have  
you!

**WELCOME NEW MEMBERS!**

Carol Allen	Florida
Calvin Bagani	Colton
Allan Borgen	Redlands
Charles Brugnola	Helendale
Vera Davis	San Bernardino
Joseph Diaz	Colton
Anita Guy	San Bernardino
William Hoyd	Fontana
Francisco Jimenez	Rialto
Margarita Ramirez	Colton
Thomas Sandoval	San Bernardino
Florentine Saucedo	Colton
Dennis Watson	Victorville
Lester Williams	Michigan

**NEW “NO SHOW” POLICY**

Because there have been a number of “no shows” for the past several luncheons (19 in September and 23 in December), the chapter has had to pay \$486.33 for meals ordered by those who did not attend.

Our Board will be recommending the following policy: After TWO luncheon RSVP’s within a year in which the member does not attend or notify the Vice President by Friday at six p.m. to be excused, an invoice for the second missed meal will be sent to the absent attendee (except in an emergency situation). We urge you to attend in March so we can discuss and vote on this policy change.



*In Remembrance...*

Eugene Bragdon	Oregon
Brenda Kuehnau	Alabama

**CHAPTER 33 BOARD MEMBERS’ CONTACT INFORMATION**

June Dyer, President	909-743-6061
Stephen Patereau, Vice President	909-641-9440
Kathy Patereau, Treasurer	951-899-5678
June Copple, Membership	909-583-1082
Elaine Graves, Hospitality	909-672-7292
Alan Dyer, Legislation	909-233-9486
Barbara Emilio, Communications	909-213-1078
Kathy Pollard, Sunshine	909-229-5167
Patsy Hollis, Magazine & Book Exchange	909-862-7615
Linda Stonebreaker, Newsletter Editor	951-784-1060
Susan Nelson, Past President/Area Director	909-794-2017

(Leave a message including your name & chapter number.)



## **RPEA PROJECT TO FOCUS ON OUR VOLUNTEER POWER!**

Last fall, RPEA Chapter 43 in Woodland initiated a grass roots movement designed to combat all the negative publicity about pensions and benefits that our retirees have EARNED and receive. It's important to debunk the inaccurate information and slanted data that public employees are an economic burden. We know that retirees continue to be productive members of society and that our volunteerism is beneficial to the economy.

The State RPEA Board has authorized chapters to participate by gathering information. We want to highlight the value of RPEA members' volunteer hours to state and local communities! How is this done? By producing "hard numbers." All volunteer hours will be included and a proven formula developed to calculate the monetary benefit to communities. Susan Nelson, our Area VI Director and a member of Chapter 33, has volunteered to be on the state RPEA committee to coordinate this effort. So keep track of all your volunteer hours! As the project develops, you will be kept informed and asked to participate.

## **UNDERSTANDING RISKS FOR DEMENTIA**

In a November 2019 article by Lindsey Tanner, Medical News Reporter for the Associated Press, she described an interesting 2018 study published online in JAMA Neurology which suggests that seniors inaccurately estimate their chances for developing dementia and have not discussed with their doctor how to prevent it. The study's findings raise concerns because doctors can help people manage conditions such as high blood pressure and diabetes that have been linked to dementia risk. Research has shown that regular exercise, a good diet, limiting alcohol and not smoking make dementia less likely. Mental stimulation is thought to help, but more challenging methods than puzzles are better: playing chess, taking a class, and reading about unfamiliar topics. Supplements such as fish oil and ginkgo have not been shown to help. According to the Alzheimer's Association, one in three seniors die with Alzheimer's or other dementia. Keith Fargo, who oversees their research and outreach programs, cautions, "There's lots of work to do...to educate the public so they can take some actions to protect themselves."

**Know someone who might be interested in joining RPEA?  
Please share this luncheon invitation!**

**Retired Public Employees'  
Association, Chapter 33  
P.O. Box 22091  
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**CHAPTER 33 LUNCHEON MEETINGS  
PLEASE SAVE THESE 2020 DATES!**

**March 10  
June 9  
September 8  
December 8**

**“THERE IS NO  
STRENGTH  
WITHOUT  
UNITY.”  
IRISH PROVERB**

**GOOD LUCK TRYING TO GET LOVE, HONESTY,  
TRUTH OR RESPECT FROM A NARCISSIST.**

**A LITTLE IRISH FUN!**

- ❖ **Why do leprechauns love to garden?** They have green thumbs!
- ❖ **What happens if a leprechaun falls into the ocean?** He gets wet, of course!
- ❖ **Why shouldn't you borrow money from a leprechaun?** Because they're always a little short.
- ❖ **Do leprechauns make good secretaries?** Sure, they're great at shorthand!