



# RETIRED PUBLIC EMPLOYEES ASSOCIATION CHAPTER 35

January, February, March

Winter 2024

## CHAPTER 35 QUARTERLY LUNCHEON WEDNESDAY, FEBRUARY 14, 2024

**12:00 NOON (NEW LOCATION!)**

**BUTTERCUP DINNER  
3288 SONOMA BOULEVARD  
VALLEJO**

**Menu, please choose one**

- 1. Chinese Chicken Salad**
- 2. Monterey Chicken Sandwich with fries**
- 3. Prime Rib French Dip with Fries.**

### AGENDA:

- 12:00 - 12:30 Luncheon  
 12:30—1:30 Guest Speakers, Cindy Hays and Melissa Westlie from Solano Mobility  
 130 to 2:00 Chapter Business Meeting

Lunch is \$10.00 for members and guests

Please RSVP to:

Rachel by calling or texting 510 501-2104  
 or by email: [rmaziminia@aol.com](mailto:rmaziminia@aol.com)  
 no later than **February 5th**

**Give name, reservation and meal choice.**

*Join us for lunch and bring a friend*

## CHAPTER OFFICERS AND DIRECTORS 2023-2024

### Officers:

President & Assistant Area 1 Director:  
 Rachel Maldonado Aziminia 510 501-2104  
 Vice-President OPEN  
 Jr. Past President: Dorothy Hays 707 648-3212  
 Secretary: Sylvia Amen 707 319-8794  
 Treasurer: Pat McCarthy 707 643-1157  
 Asst. Treasurer: OPEN

### Directors:

Finance: OPEN  
 Communications: Mary Cecchini 707 644-0321  
 Health & Welfare: Odessa Pinnock 707 864-8049  
 Membership: Marlies Lenigk 707 642-7985  
 Legislative: OPEN  
 Newsletter Editor: Lotte Sather 707 374-1384

### **SUNSHINE—HEALTH AND WELLNESS**

Please contact Odessa, if you know of a member who needs a card. Call Odessa at 707 864-8049 or email [ospinnock@gmail.com](mailto:ospinnock@gmail.com). Leave your name, the name of the member who needs the card and why. Thank you.

### **NEWSLETTER DISTRIBUTION**

If you would like to receive your Chapter 35 newsletters by email, please send an email, including your full name, to Editor Lotte at [rgransather@aol.com](mailto:rgransather@aol.com).

### **MOVING?**

Contact headquarters in Sacramento with your new address. Call 800 443-7732 or email [rpeahq@rpea.com](mailto:rpeahq@rpea.com).

## PRESIDENT’S MESSAGE

### New Year 2024

I wish all our RPEA members the best in 2024! I can’t believe that twenty-four years have gone by! The years go by too quickly as we age it seems to me. But I am in good health and my new year’s resolution is to hit the treadmill at least three times a week. I hope I last longer than January 31—research has shown that 43% of Americans quit their resolution by that date.

The chapter bylaws have been updated and a copy will be distributed at the February membership meeting. A comment about the bylaws. Chairs of committees will now serve on the board. At the January 10, 2024, board meeting, the committees approved for 2024 are: Communications chaired by Mary Cecchini, Membership chaired by Marlies Lenigk, Newsletter chaired by Lotte Sather, and Sunshine chaired by Odessa Pinnock. In addition, below is a draft of the chapter’s 2023-24 projected budget which will be approved by the members at the February 14, 2024, membership meeting.

### RPEA Chapter 035

#### Draft Projected Budget 20323-2024

INCOME	PROJECTED
RPEA Dues	\$5,785.00
Lunch Income	\$1,000.00
<b>Totals</b>	<b>\$6,785.00</b>

### EXPENSES

Newsletter	\$1,300.00
Luncheons	\$2,000.00
Meeting Space	\$1,000.00
Sunshine	\$300.00
Other - Stamps	\$1,300.00
Petty Cash	\$100.00
Chapter Business	\$100.00
<b>Totals</b>	<b>\$6,100.00</b>

NOTE: Lunch Income is calculated by having an average of 25 members at 4 lunches yearly paying \$10 per lunch =  
 $25 \times 4 = 100 \times 10.00 = \$1,000$

This year we will be meeting in different restaurants in Solano and Napa counties. So if you have a favorite restaurant that has a banquet/meeting room, please provide the information to one of the board members and we will follow up. The February membership meeting will be held at the Buttercup Diner in Vallejo. We hope that many of you will be able to attend and hope to see you there.

The Board and I thank you for being a RPEA member because your continued support only makes the RPEA stronger.

Happy Valentine’s Day!

Rachel Maldonado Aziminia



## MINUTES RETIRED PUBLIC EMPLOYEES' ASSOCIATION – CHAPTER 035

The quarterly meeting of Chapter 035 of the Retired Public Employees' Association was held on **November 8, 2023**, at the Vallejo Moose Lodge.

The meeting was called to order by President Rachel Maldonado Aziminia at 12:34 p.m. Twenty-three members and guests were present. All Officers and Directors were present except for Newsletter Editor Lotte Sather.

President Rachel Maldonado Aziminia led the Pledge of Allegiance and introduced guitarists Mike Sali-ani and Diego Garcia who entertained our members by playing and singing Christmas songs.

President Rachel Maldonado Aziminia welcomed new members Amelia Lalas, Manuel Lalas and Delfina Herrera. She thanked Mike and Diego for the music they provided.

The minutes of the August 9, 2023, Quarterly Meeting were approved as posted in the Newsletter.

Treasurer Patricia McCarthy reported that our beginning balance for this past quarter was \$27,008.94. We had income of \$1,373.70 and expenses of \$1,644.67, leaving a balance as of the end of October of \$26,737.97.

Membership Director Marlies Lenigk reported that we currently have 503 members.

Health & Welfare Director Odessa Pinnock asked that if you know of any member who is sick or has had a death in the family, to contact her and she will send a card. She recently sent flowers to a member who was ill.

Communications Director Mary Cecchini pointed out that Lotte Sather sends out our Chapter Newsletter and that the current one was beautiful. She really appreciates her efforts.

### Old Business:

At the August Quarterly Meeting, copies of the proposed Chapter Bylaws changes had been handed out to all members present. President Rachel Maldonado Aziminia pointed out that the changes to our bylaws were to comply with the State RPEA Bylaws. The title of "Director" will now become "Chair" of a committee. At the beginning of every year the Board will decide which committees will be active for the year. The "Health & Welfare" will now be the "Sunshine" committee. A motion was made by Membership Director Marlies Lenigk to approve the changes to the bylaws. The motion was seconded by Treasurer Patricia McCarthy. After discussion, a vote was taken to approve the bylaws pending clarification of Article II – Objectives (formerly Article III) as to whether to delete the reference to CalPERS regarding our benefits. The motion passed unanimously. Rachel will contact Jim Anderson, Chair of the state Bylaws Committee for clarification.

Membership Director Marlies Lenigk reported that she checked with the Vallejo Senior Center and that they would not have information on trips until January. We will try to post information in our Chapter Newsletter if any trips are available.

### New Business:

President Rachel Maldonado Aziminia talked about having our Quarterly Meetings at a restaurant in the future. If anyone knows of a restaurant in Solano or Napa County that can accommodate at least 25 people for at least 2 hours, please let Rachel know by text, email, or phone call. If we decide on a restaurant that is out of town, if anyone needs help with transportation, please let one of the Board Members know.

Our luncheon today was free. The Board decided to charge \$10.00 for members and guests for future meals and the chapter will pick up the balance.

The next Quarterly Meeting will be on **February 14, 2024**. The location will be posted in the next Newsletter.

The meeting adjourned at 2:05 p.m.

Lunch raffle winners: Rachel Maldonado Aziminia, Leslie Moffett, Carolyn Boyden, and Dorothy Hays.



SYLVIA AMEN, Secretary

# About RPEA

RPEA fights for the well-being of its members in retirement. How? **RPEA retains a professional lobbyist** who represents our interest before the Governor, Legislators and CalPERS Board. We also have access to a federal lobbyist who keeps us informed on federal retiree issues. Plus we partner with organizations like AMBA to provide [quality insurance plans](#) at great group rates.

RPEA is a non-profit association of retirees and active employees who are members of the [California Public Retirement System \(CalPERS\)](#). Our mission is important:

- RPEA represents all public employees - classified schools, public agencies, and state.
- RPEA is the liaison between retirees and CalPERS.
- RPEA is a mutual protective association for all beneficiaries of CalPERS.
- RPEA fights to maintain our current pension and health care benefits and improve these benefits every year.
- RPEA has local chapters in your area - attend meetings to stay informed and hear interesting speakers.
- While we encourage participation in one of our 70 chapters, most of our members participate by reading our bi-monthly newsletter, giving us feedback on their needs and enrolling in one or more of our "members only" supplemental insurance programs.

At \$5.00 per month, RPEA is a bargain that is hard to resist. You need us to fight to protect your earned pensions and benefits. We need you to support our fight to protect our pensions and benefits. Invite your former co-workers to join RPEA.

## THE EASIEST (AND TASTIEST) RECIPE EVER FOR HEALTHY PANCAKES

by RPEA | January 1, 2024

We all love pancakes, right? They're filling, a great winter comfort food, and – oh, yes! – absolutely deeeelicious! But this carb-heavy favorite don't help us stick with our New Year's resolution to lose weight. Or can they?

This recipe is from a reader in Texas. She describes these pancakes as a good source of protein, fiber, and – believe it or not – flavor.

### Ingredients

- 6 egg whites
- 1 cup rolled oats (*dry*)
- 1 cup cottage cheese
- 2 tsp sugar
- 1 tsp cinnamon

1 tsp vanilla

### Instructions

1. Put all ingredients into a blender. Blend until smooth.
2. Heat a large non-stick skillet and spray with non-stick cooking spray or use a non-stick pan. Pour 1/4 cup of the batter for each pancake. Flip when they begin bubbling.
3. Cook until golden brown.

Repeat with the remaining batter.

Tip: You can serve these up however you usually like your pancakes! with some powdered sugar and fresh berries.

*From Blog on RPEA website*