



We are active and retired California Public Employees working together to maintain the quality of the lives of our members by protecting and improving retirement, medical and other benefits

Mission Statement

Retired Public Employees Association Of California Chapter 46 North San Mateo County

In Touch!

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Editor: Sharon Albera

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**Chapter 46 meeting will be held on the 3rd
Wednesday, January 15th. 2020 at:**

**Basque Cultural Center
599 Railroad Ave.
South San Francisco, California
10:30 a.m. to 1:00 p.m.**

**The Menu will be Salad, Roast leg of lamb
with Veggies and Mashed Potatoes.**

UP-COMING PROGRAMS:

1/15/20_ Chapter 46 Annual White Elephant Celebration.

4/15/20 RPEA's Director of Legislation, Randall Cheek, will inform us about current legislation and will share with us information about what that Committee does in our behalf.

PLEASE MAKE SURE YOU CALL YOUR RESERVATION IN. WE NEED TO GIVE A HEAD COUNT BEFORE THE MEETING.

THANK YOU.

The Prez Says...

by Anita Alvarez

It's not too late! Happy Holidays and a Happy New Year to all! By the time you read this, the very busy holidays will have been over, and you will have just total memories of the events with your loved ones, dancing in your heads! Ah, but we are not done! We are extending the holidays to our RPEA Chapter 46 members and friends to take a moment and make memories for ourselves, by having a our annual White Elephant Gift Exchange luncheon at our Wednesday, January 15 meeting for us to indulge ourselves one more time, so we can say Thank You to each other and express our thanks for the good (or bad) things that we can be thankful for in the past year! See the article about the luncheon in this newsletter!

You may have been expecting this, as I was, but our luncheon provider, The Basque Cultural Center, must raise our lunch price to \$28.00 per person, up from \$25.00 during the past year. They cite the expenses of the mandatory raise in minimum wage and the increase in insurance costs they must bear as the reasons. We are getting the finest hot plated food, served by a waitress at our tables, including hot coffee, tea or water and a baked roll with butter. We try to provide speakers and/or entertainment to interest you in attending this event. Be nice to yourselves and bring a guest! Remember too, that Chapter 2 San Francisco and Marin members will still have their lunches subsidized from RPEA headquarters, until further notice.

This year, 2020, promises to be filled with politics like no other year! Changes have and will affect us as seniors and CalPers retiree members, not in a good way! We must remain diligent and watch for signs of differences in income or benefits that will no

doubt affect us or our younger friends and families negatively. Please read more articles and note the changes that are affecting you. Write letters to you congresspersons, tell them of good or bad factual changes and how they affected you! They need to know how they are doing as our representatives. We can also write to our RPEA representatives to let them know what you need from our California Government. Chins up everyone, we can do it!

Health News

by Sharon Albera

How to Approach Carbs When You Have Type 2

If you are living with diabetes, you've probably gotten the message that you should avoid carbohydrates and build your diet on protein and fat instead. Not only is this extreme approach lacking in scientific evidence, but it can also make people feel so restricted by having to eliminate their favorite foods that they end up weight-cycling, binge eating, or developing an overall unhealthy relationship with food.

So, how do you keep carbs in the mix but still stay on track with your type 2 management? Here are 4 tips for incorporating carbohydrates into your healthy eating plan:

Remember that carbs are not your enemy!

Carbs get a bad reputation for causing weight gain and wreaking havoc on blood sugar. But, in reality, carbohydrates are a critical part of the human diet – they provide the body with energy to perform everyday functions.

When living with diabetes, it is important to remember that carbs, in and of themselves,

are not the enemy. You can maintain a healthy diet while still incorporating carbohydrates; it's simply a matter of choosing nutrient-dense sources of carbohydrates, eating mindfully to keep portion sizes in-check, and pairing carbs with good sources of protein and healthy fats, when possible.

Know your carbs

Many people are surprised to learn that there are different kinds of carbohydrates, each categorized by their chemical structure:

Simple carbs – These sugars are comprised of single molecules like glucose, galactose, and fructose (found in fruit). When these single molecules join together, they form a new chemical structure called “disaccharides,” which are things like lactose (milk sugar) and sucrose (table sugar).

Some Healthy Carbs to Snack On

Nuts

Cheese

Hummus

Eggs

Yogurt

Popcorn

Avocado

Tuna,

Taken from WebMd.

Scam DuJour

by Dan Porter

With the Holidays approaching, and the probability of purchasing of devices like Alexa, Roku, etc as gifts or for oneself, the Better Business Bureau is warning that

scammers have come up with a scheme to rip off the unsuspecting public in charging ‘activation fees’ of those devices. Scammers are skilled at creating look-alike websites with addresses that are spelled slightly different than the official website’s address. The scammers purchase ad space, thus are placed at the top of the search list. When the call is made to the listed phone number, the scammer informs that there is an activation fee to be paid either through a pre-paid gift card or giving a credit card number. As activation of a device is part of the price paid for the device, BBB recommends that the device instruction manual be checked for either an activation phone number or the URL listed.

Editors Note:

****Request:** If you know of a member who is sick or laid up as a result of an illness or operation, please let Carrie Potts know, and she will send out a get-well card!

**WELCOME
TO
NEW MEMBERS:**

Helen Jodoin

****IF EACH ONE OF US GOT A FRIEND TO JOIN RPEA IT WOULD BE VERY HELPFUL TO OUR MEMBERSHIP. PLEASE TALK TO PEOPLE AND TRY TO RECRUIT.**

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Meeting Hostess: Joan Stringer	(650) 367-7947	grumpybill@comcast.net

BRING A FRIEND TO LUNCH !

Make your luncheon reservation for January 15th. 2020. (Third Wednesday of the month)

Name: _____

Number of Attendees: _____ **Amount enclosed:** _____ **@ \$25.00 per person**

Make your check payable to RPEA Chapter 46 and mail this form to Carrie Potts at: 752 Arleen Way, Pacifica, CA 94044.

You can also let us know you are coming by calling Carrie: 650-738-2285 and bring your check to the meeting. Mail your reservation early.
