



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!

May, June & July 2019

Editor: Sharon Albera

In this Issue:

The Prez Sez.....	Pg. 2
Health News.....	Pg. 2
Scam du Jour.....	Pg. 3

**Chapter 46 meeting will be held on the 3rd
Wednesday, July 17th. 2019 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, Roasted New York Steak Strips with veggies and baked potato.

UP-COMING PROGRAMS:

7/17 Virginia Kroger, from Assemblyman Kevin Mullin's Office, will discuss scams that have been perpetrated in our part of the County.

10/16 Mary Feeley, See's Candies, will share about candy making.

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

THANK YOU.

Our last Chapter 46 luncheon at the Basque Cultural Center on April 17 2019, was very successful. Our speaker, Ken Anderson, South San Francisco Emergency Service Manager, was very knowledgeable on the Community Emergency Response Team (CERT) program of San Mateo County. I am sorry I missed it; I was vacationing in Mexico! However, it is an important topic, so we may request his return as a speaker in the future, and I will be there.

Our next speaker for our July 17 2019 meeting, Virginia Kroger of Assemblyman Ken Mullin's Office, will discuss scams that have been perpetrated in San Mateo County, and it will definitely be an interesting topic that is near and dear to my heart.

I have been inundated with scam calls, e-mails and letters requesting donations. I am so sick of it. If I can turn off the scam calls, I will still have many, many calls or letters to deal with, but that would be a good start. Does this happen to you?

Most emails and phone calls are asking for a donation of at least \$5 dollars (usually a lot more) to be given to "their" campaigns. These are candidates, political parties, national groups, charities, even some good causes like veterans or the USO, Special Olympics, etc., some calling from many states, not just California. There are needy kids everywhere in the world, other calls asking you to join their memberships, not to mention e-mails from stores selling clothes, selling items I don't need, gadgets, cars, etc. Here is a calculation of what I deal with daily and how much they are asking me to donate, at the very least, \$5.00 per request.

I estimate that I receive 40 daily e-mails, phone calls and postal mail requests. In a month of 31 days times 40 calls times \$5.00

equals \$6200.a month! This is a minimum amount.

I am asked to donate more than my entire monthly pension! I must be doing something wrong by donating to a few and getting this consequence. I have little success in turning off the bubble machine!

I heard of one solution and I guess I will have to give it a try. Open two e-mails, one for personal mail and one for business. Maybe open a third one for non-desirable mail! Does anyone want to share any other solution to this problem?

I have good news to share. The San Francisco RPEA Chapter 2 has been without leadership or a meeting place, so we are going to invite it's members to join us at our meetings when we meet at the Basque Cultural Center beginning on July 17, 2019. If you know any members of Chapter 2 or other CAL PERS recipients in San Francisco, please invite them to join us! Please get their e-mail address, send it to us and we will contact them.

See you all soon!

Health News

by Sharon Albera

8 Simple Snacks That Won't Spike Your Blood Sugar

Nuts

A small handful of them -- about 1.5 ounces -- can pack a big nutritional punch with a low carb count. Toss back almonds, hazelnuts, walnuts, macadamia nuts, cashews, pistachios, or peanuts for a high-fiber snack full of healthy fats. (Just be sure to hold the salt!)

Cheese

Low-fat types like cottage cheese, ricotta cheese, or mozzarella are high-protein choices that help keep your blood sugar in

check. Enjoy a quarter-cup of cottage cheese with a half-cup of fruit, a piece of low-fat string cheese, or ricotta spread on whole-grain crackers.

Hummus

Yes, it has carbs, but your body digests them slowly. That means they aren't absorbed as quickly as other carbs and won't spike your blood sugar. The chickpeas in hummus give it lots of fiber and protein to fill you up. Use a third of a cup as a dip for veggies or to spread on whole-grain crackers.

Eggs

A scrambled egg white is good for a quick protein fix at home. Or hard-boil a few to keep in the fridge as on-the-go snacks.

Yogurt

Mix some fresh fruit into plain low-fat yogurt for a sweet treat that's light on carbs and a great pre-workout snack. Or if you have a savory tooth, stir in soup mix and use as a dip for veggies or low-salt pretzels.

Popcorn

Put 3 cups of the air-popped kind into a sandwich bag as a grab-and-go option that doesn't overload on carbs. With a dash of salt, it's the perfect savory crunch for an afternoon pick-me-up.

Avocado

It's yummy as-is, but you can also spruce it up for a kick. Mash three avocados, add some salsa, cilantro, and a little lime juice, and voila: guacamole. Keep your serving size to a quarter-cup for a snack that has less than 20 grams of carbs.

Tuna

Half a cup of it paired with four soda crackers is a tasty snack that won't break the blood sugar bank.

Reviewed by Minesh Khatri on 6/19/2017

Scam DuJour

by Dan Porter

Annoying Robo-Scam calls currently are being addressed by proposed legislation in the California Legislature and in the US Congress. However, these bills may either get stalled or passed with loopholes that scammers might find a way to work around. In the meantime, the FCC has ruled the phone companies can provide a blocking service as part of basic service, or for a charge. The companies will start implementing this service and informing customers about the service before the end of 2019. While waiting for the notice from your phone company, a good approach for the public is to follow the recommendation by the FCC. - Block telemarketing calls by registering all your phone numbers on the Do Not Call List. - Don't answer calls from unknown numbers, even if the number appearing on your phone may look like a local number as the caller may have spoofed/disguised the actual number. - If you answer a call that has a recorded message that suggests you hit a button to stop those calls, hang up without pressing any buttons. - Contact the Customer Service Department at your phone service company and inquire if that company has call blocking tools, or, if that company does not have those tools to add to your service, find out what applications work effectively with their phones.

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:**

**Aurelio Alegria
Jeannie Chan
Babb Clifford
Madeline Cummings
Merily Frisz
Dorothy Sestak
Mary Woodland**

****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.**

President: Anita Avarez	(650) 878-5164	alanita@aol.com
Vice President: Sharon Albera	(650) 992-2052	salbera@aol.com
Secretary: Mike Wilkinson	(707) 746-6325	mnwilkinson@gmail.com
Treasurer: Carrie Potts	(650) 738-2285	cjp617@att.net
Membership: Ginnie Ervin	(650) 588-4994	gebear007@comcast.net
Media Mogul: Dan Porter	(650) 207-6401	djporter13@sbcglobal.net
Meeting Hostess: Joan Stringer	(650) 367-7947	grumpybill@comcast.net

BRING A FRIEND TO LUNCH !

Make your luncheon reservation for July 17th. 2019. (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.
