

## **PRESIDENT'S**

## Message

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### Learn the dollars and sense of your CalPERS retirement investment at our membership brunch meeting March 14

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#### Saturday March 14, 2020 10:30 a.m. Cost: Only \$5

(FREE for curious first-time attendees! Spread the word)

THE CHICKEN COOP 414 Old Newport Blvd. **Newport Beach** 

Reservations are required. Please RSVP to Pat Jones at (949) 548-8987 by March 12, 2020. Clearly state vour name and number in your party.

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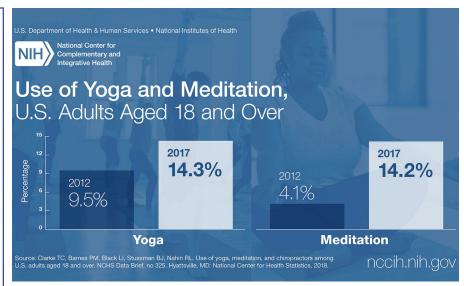
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THOMAS BRASHEARS HUNTINGTON BEACH, CA 92647

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MISSION VIEJO, CA 92691 PEGGY BURKLIN

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CHAPTER 064

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J.S. Department of Health & Human Services • National Institutes of Health NIH) Use of Yoga and Meditation, U.S. Adults Aged 18 and Over 2017 14.2% 4.1% 9.5% Meditation Yoga urce: Clarke TC, Barnes PM, Black LI, Stussman BJ, Nahin RL. Use of yoga, meditation, and chiropractors among 5. adults aged 18 and over. NCHS Data Brief, no 325. Hyattsville, MD: National Center for Health Statistics. 2018. nccih.nih.gov

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The guest speaker at our March 14th brunch meeting will be CalPERS Board Member Margaret Brown. She will be giving us an update on what's happening with CalPERS investments and benefits. Our State Legislature is back in session, and since they got very little accomplished last session, they will be concentrating on the homeless and housing, in addition to other issues they didn't finish. One priority issue in my opinion is the monies owed to CalPERS for State employee's retirement. They should pay off this debt before giving our funds to Sanctuary Cities.

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National Center for Complementary and Integrative Health

Use of Yoga and Meditation,

U.S. Adults Aged 18 and Over

15
12
2017
14.3%
2012
4.1%

Yoga

Meditation

Source: Clarke TC, Barnes PM, Black LI, Stussman BJ, Nahin RL. Use of yoga, meditation, and chiropractors among U.S. adults aged 18 and over. NCHS Data Brief, no 325. Hyattsville, MD: National Center for Health Statistics. 2018.

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HONTINGTON BEACH, CA 92646 STEVEN LARSON

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J.S. Department of Health & Human Services • National Institutes of Health NIH) Use of Yoga and Meditation, U.S. Adults Aged 18 and Over 2017 14.3% 14.2% 4.1% 9.5% Meditation Yoga urce: Clarke TC, Barnes PM, Black LI, Stussman BJ, Nahin RL. Use of yoga, meditation, and chiropractors among 5. adults aged 18 and over. NCHS Data Brief, no 325. Hyattsville, MD: National Center for Health Statistics. 2018. nccih.nih.gov

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RETURN SERVICE REQUESTED Corona, CA 92883 4270 Stonebriar Circle Dan Heredia, President Newport Beach Chapter 064 Retired Public Employees Association of California





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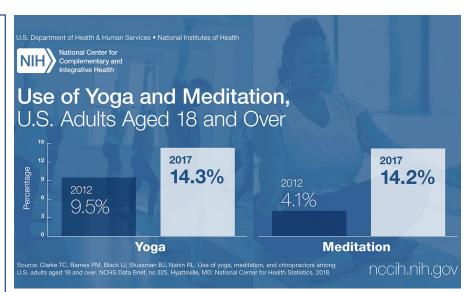
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The guest speaker at our March 14th brunch meeting will be CalPERS Board Member Margaret Brown. She will be giving us an update on what's happening with CalPERS investments and benefits. Our State Legislature is back in session, and since they got very little accomplished last session, they will be concentrating on the homeless and housing, in addition to other issues they didn't finish. One priority issue in my opinion is the monies owed to CalPERS for State employee's retirement. They should pay off this debt before giving our funds to Sanctuary Cities.

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The guest speaker at our March 14th brunch meeting will be CalPERS Board Member Margaret Brown. She will be giving us an update on what's happening with CalPERS investments and benefits. Our State Legislature is back in session, and since they got very little accomplished last session, they will be concentrating on the homeless and housing, in addition to other issues they didn't finish. One priority issue in my opinion is the monies owed to CalPERS for State employee's retirement. They should pay off this debt before giving our funds to Sanctuary Cities.

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LAKE FOREST, CA 92630 22975 STARBUCK RD PAULEY

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MEMPORT BEACH, CA 92663 2515 MARGARET DR

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PO Box 680
Cottonwood, CA 96022

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SAN CLEMENTE, CA 92673 SAN CLEMENTE, CA 92673

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HONTINGTON BEACH, CA 92605 PO BOX 4261 SUSAN WILKINSON

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PERRIS, CA 92572
PO BOX 1421
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