



RPEANews

Retired Public Employees Association of California
Chapter 064 ■ Newport Beach, California

MARCH 2020



PRESIDENT'S Message

Happy New Year everyone. I hope you are well, ringing out the old and ringing in the new.

Did you have a fabulous Valentine's Day? Also, let's not forget to celebrate St. Patrick's on March 17th. If you're not Irish...who cares? Just another day to celebrate the good life.

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

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Newport Beach

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Please RSVP to Pat Jones at
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Mary Ellen Bowman,
Membership
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Area VIII Director:
Kathleen Collins
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U.S. Department of Health & Human Services • National Institutes of Health



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Complementary and
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JOHN AARON
18 CAMINO ALENZA
SAN CLEMENTE, CA 92673

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23612 LAGARTO
RALPH ABRAHAM

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COSTA MESA, CA 92627

Details & Other News INSIDE

- Learn about your CALPERS investments at our March 14 brunch meeting
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Newport Beach Chapter 064
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Retired Public Employees Association of California
Chapter 064 ■ Newport Beach, California

MARCH 2020



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21872 SUMMERWIND LN
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Newport Beach Chapter 064
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Retired Public Employees Association of California
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MARCH 2020



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U.S. Department of Health & Human Services • National Institutes of Health



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MARCH 2020



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COSTA MESA, CA 92626

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1528 E. WELLINGTON
SANTA ANA, CA 92701

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RIC BROWN
31713 CRYSTAL SANDS DR
LAGUNA NIGUEL, CA 92677

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Details & Other News INSIDE

- Learn about your CalPERS investments at our March 14 brunch meeting
- Navigating senior years is not easy, but there is help

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Newport Beach Chapter 064
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Retired Public Employees Association of California
Chapter 064 ■ Newport Beach, California

MARCH 2020



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NICHOLAS CHAMPION
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HUNTINGTON BEACH, CA 92646

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Newport Beach Chapter 064
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Corona, CA 92883
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Retired Public Employees Association of California
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MARCH 2020



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Kathleen Collins
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U.S. Department of Health & Human Services • National Institutes of Health



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Complementary and
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THOMAS CICCARELLI
20851 HUNTER LN
HUNTINGTON BEACH, CA 92646

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MARCH 2020



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SAN CLEMENTE, CA 92673

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WILLIAM CUNNINGHAM
4053 VIA MANZANA
SAN CLEMENTE, CA 92673

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LAKE FOREST, CA 92630

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RPEANews

Retired Public Employees Association of California
Chapter 064 ■ Newport Beach, California

MARCH 2020



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7092 HEIL AVE APT 3
HUNTINGTON BEACH, CA 92647

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Details & Other News INSIDE

- Learn about your CALPERS investments at our March 14 brunch meeting
- Navigating senior years is not easy, but there is help

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Newport Beach Chapter 064
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Retired Public Employees Association of California
Chapter 064 ■ Newport Beach, California

MARCH 2020



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LOREN DUCHESNE

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HUNTINGTON BEACH, CA 92647

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- Learn about your CalPERS investments at our March 14 brunch meeting
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Newport Beach Chapter 064
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Retired Public Employees Association of California
Chapter 064 ■ Newport Beach, California

MARCH 2020



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34421 CAMINO EL MOLINO
CAPISTRANO BEACH, CA 92624

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Newport Beach Chapter 064
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MARCH 2020



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U.S. Department of Health & Human Services • National Institutes of Health



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2 SAINT ROBERT
DANA POINT, CA 92629

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MARCH 2020



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1187 SIDELING MOUNTAIN TRL
GREAT CAGAPON, WV 25422

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2405 PASEO DEL LAGO UNIT 1304
LAGUNA WOODS, CA 92637

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DONNA HORN

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Details & Other News INSIDE

- Learn about your CALPERS investments at our March 14 brunch meeting
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Newport Beach Chapter 064
Dan Heredia, President
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Retired Public Employees Association of California
Chapter 064 ■ Newport Beach, California

MARCH 2020



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Retired Public Employees Association of California
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MARCH 2020



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2973 HARBOR BLVD #308
COSTA MESA, CA 92626

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MARCH 2020



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DANA KASDAN
23 RAPOSA
RANCHO SANTA MARGARITA, CA
92688

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2027 VIA MARIPOSA E UNIT C
LAGUNA WOODS, CA 92637

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MELINDA LAMB
2169 MINER ST
COSTA MESA, CA 92627

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WILLIAM LAYCOCK
515 VENTAJA
NEWPORT BEACH, CA 92660

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129 NIGHTINGALE DR
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Huntington Beach, CA 92646

Details & Other News INSIDE

- Learn about your CALPERS investments at our March 14 brunch meeting
- Navigating senior years is not easy, but there is help

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Newport Beach Chapter 064
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Retired Public Employees Association of California
Chapter 064 ■ Newport Beach, California

MARCH 2020



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GREGORIO LINSANGAN
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HUNTINGTON BEACH, CA 92647

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Newport Beach Chapter 064
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Retired Public Employees Association of California
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MARCH 2020



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SAN CLEMENTE, CA 92672

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11014 LAVENDER AVE
FOUNTAIN VALLEY, CA 92708

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MISSION VIEJO, CA 92691

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JEAN METCALF
227 SANTA ROSA CT
LAGUNA BEACH, CA 92651

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- Learn about your CALPERS investments at our March 14 brunch meeting
- Navigating senior years is not easy, but there is help

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Newport Beach Chapter 064
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Retired Public Employees Association of California
Chapter 064 ■ Newport Beach, California

MARCH 2020



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SAN CLEMENTE, CA 92672

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Retired Public Employees Association of California
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MARCH 2020



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NEWPORT BEACH, CA 92662

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Newport Beach Chapter 064
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MARCH 2020



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COSTA MESA, CA 92626

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Newport Beach Chapter 064
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Retired Public Employees Association of California
Chapter 064 ■ Newport Beach, California

MARCH 2020



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JOANN REINHOLD
27781 CALLE NERUDA
MISSION VIEJO, CA 92692

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Retired Public Employees Association of California
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MARCH 2020



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U.S. Department of Health & Human Services • National Institutes of Health



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Newport Beach Chapter 064
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MARCH 2020



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RATHDRUM, ID 83858

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DIANA ROCKWELL

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5477 COUNTY ROAD 1
KINDRED, ND 58051

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LAGUNA BEACH, CA 92651

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31 VIA VILLENA
SAN CLEMENTE, CA 92673

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- Learn about your CALPERS investments at our March 14 brunch meeting
- Navigating senior years is not easy, but there is help

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Newport Beach Chapter 064
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Retired Public Employees Association of California
Chapter 064 ■ Newport Beach, California

MARCH 2020



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SPOKANE, WA 99224

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COSTA MESA, CA 92627

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Newport Beach Chapter 064
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Retired Public Employees Association of California
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MARCH 2020



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CAROL SOTO
29311 SPOTTED BULL WAY
SAN JUAN CAPISTRANO, CA 92675

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Newport Beach Chapter 064
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MARCH 2020



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HUNTINGTON BEACH, CA 92646

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LAGUNA NIGUEL, CA 92677

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17 AMBER CT
POUGHKEEPSIE, NY 12603

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- Learn about your CALPERS investments at our March 14 brunch meeting
- Navigating senior years is not easy, but there is help

Retired Public Employees Association of California
Newport Beach Chapter 064
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Corona, CA 92883
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Retired Public Employees Association of California
Chapter 064 ■ Newport Beach, California

MARCH 2020



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KARL VERHOEF
61 TIMBERLAND
ALISO VIEJO, CA 92656

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Retired Public Employees Association of California
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MARCH 2020



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SAN CLEMENTE, CA 92673

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CAROL WALSH
1399 FELIPE
SAN CLEMENTE, CA 92673

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THOMAS WHISLER
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Huntington Beach, CA 92646

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25002 LA PLATA DR
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(FREE for curious first-time attendees! Spread the word)

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414 Old Newport Blvd.
Newport Beach

Reservations are required.
Please RSVP to Pat Jones at
(949) 548-8987 by
March 12, 2020. Clearly
state your name and
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Thank you!



CHAPTER 064 BOARD OF DIRECTORS

Executive Board:
Dan Heredia, President
(951) 403-4885

Jeffrey Sumners,
Secretary & Newsletter
(714) 305-7533

Sylvia Groh, Treasurer
(714) 894-3032

Mary Ellen Bowman,
Membership
(949) 424-4104

Area VIII Director:
Kathleen Collins
(562) 884-8891

U.S. Department of Health & Human Services • National Institutes of Health



National Center for
Complementary and
Integrative Health

Use of Yoga and Meditation, U.S. Adults Aged 18 and Over



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.

nccih.nih.gov

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SALUTE PUBLIC SERVICE WORKERS MAY 3-9, 2020



PUBLIC SERVICE
RECOGNITION WEEK

Public Service Recognition Week has been celebrated the first week of May since 1985. (beginning on the first Sunday of the month) It honors the men and women who serve our nation as federal, state, county and local government employees.

Learn more at:
<https://psrw.ourpublicservice.org>.
And thank you, dedicated workers

RICHARD ZOOK
17466 MOUNT HENRY ST
FOUNTAIN VALLEY, CA 92708

Details & Other News INSIDE

- Learn about your CALPERS investments at our March 14 brunch meeting
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Retired Public Employees Association of California
Newport Beach Chapter 064
Dan Heredia, President
4270 Stoneridge Circle
Corona, CA 92883
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RPEANews

Retired Public Employees Association of California
Chapter 064 ■ Newport Beach, California

MARCH 2020



PRESIDENT'S Message

Happy New Year everyone. I hope you are well, ringing out the old and ringing in the new.

Did you have a fabulous Valentine's Day? Also, let's not forget to celebrate St. Patrick's on March 17th. If you're not Irish...who cares? Just another day to celebrate the good life.

News from RPEA headquarters in Sacramento is that the Board approved a new five-unit building next to our headquarters at 314 T Street. More information will follow at our General Assembly, which will be held in Sacramento on September 20-24, 2020. I will be attending on behalf of our chapter, as will Treasurer Sylvia Groh. However, any Chapter member can attend. I plan on visiting our headquarters and taking a look at the project site.

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.

Also, be wary of signing petitions and voting for Prop 13. It's a scam initiative to raise our property taxes. Don't be fooled and become a victim of the "Gas Tax." Just vote NO on any proposal to raise taxes, or to buy bonds.

P.S. If your contact status (home address, phone number, email) has changed please let me know at: danheredia58@yahoo.com or (951) 403-4885.



Dan Heredia
Chapter
President

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

Our very special guest will be CalPERS Board Member Margaret Brown, who will update attendees on the status of the board's investments—and YOUR retirement benefits.

The meal is always excellent, the company is always satisfying, and you will learn something, we promise!

Saturday
March 14, 2020
10:30 a.m.
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