



The Mountain Lines

RPEA



15 April 2021

Volume 1, Issue 16

Chapter 078



Charlie Chaplin *lived 88 years.*
He left us 4 statements:

(1) Nothing is forever in this world, not even our problems. (2) I love walking in the rain because no one can see my tears. (3) The most lost day in life is the day we don't laugh. (4) Six best doctors in the world...:

1. The sun, 2. Rest, 3. Exercise, 4. Diet, 5. Self-respect 6. Friends.

Stick to them at all stages of your life and enjoy a healthy life...

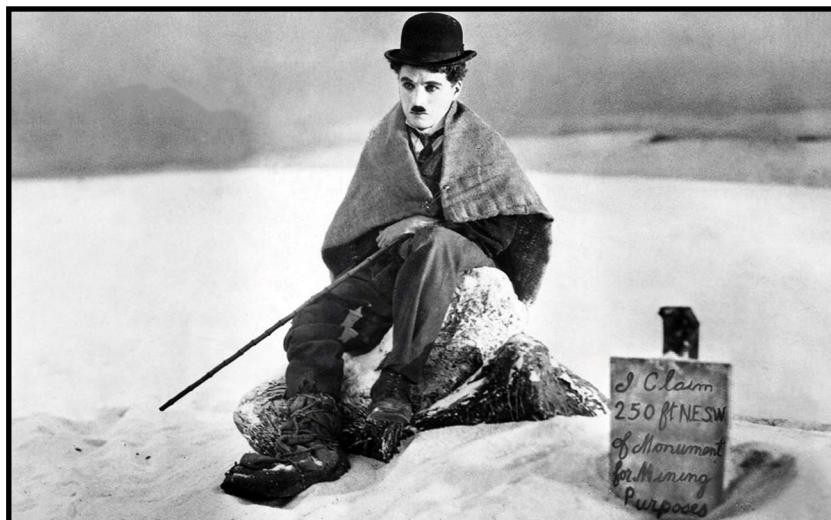
If you see the moon, you will see the beauty of God...

If you see the sun, you will see the power of God...

If you see a mirror, you will see God's best creation. So believe it.

We are all tourists, God is our travel agent who has already identified our routes, bookings and destinations... trust him and enjoy life.

Life is just a journey! Therefore, live today!



From the President/Legislative Chair's Desk by Evelyn Naake



Hello and Happy New Year to all my fellow RPEA Chapter 078 members. If you are like me, you are getting a little tired of "Sheltering in Place". I have been trying to find things to occupy my time but unfortunately it always seems to center around food. Especially during the holidays a lot of baking took place. (See my favorite Snickerdoodle recipe below). I did manage to share some baked goods with neighbors, practicing our "social distancing" of course. Holidays this year were not so fun. I did put up some Christmas decorations to lift our spirits and did get to see two of my children on Christmas day.

Lately I discovered on [Meetup.com](https://www.meetup.com) a local walking group that is just getting underway. The host, John Mueller, is the organizer of the weekend walks. I went on my first walk and found that our friend and Newsletter Editor, Louise Jones, is a member. We had a nice walk on the Tribute Trail in Nevada City. I discovered just how out of shape I'm in. Hopefully they will get easier as I go on a few more walks with the group. It is a wonderful way to enjoy our very mild winter weather, get some fresh air, exercise and meet new people. Everyone wears a mask and practices social distancing.

I hope you all have found ways to entertain yourselves during this awful Pandemic. I have witnessed people not taking it seriously, which upsets me and hopefully you are all staying safe and well.

I understand you can get free testing at the new Senior Center in Grass Valley at 231 Colfax Avenue. You must make an appointment at www.lhi.care/covidtesting or call 1-888-634-1123. A few of my family members in other cities have come down with COVID-19 and one cousin passed away in Arizona; so I take it very seriously. A vaccine is hopefully coming soon. You can find out more about what tier you are in by going to www.mynevadacounty.com/3148/get-vaccine-information.

If you are like me, you are so happy the 2020 elections are over. It has been a very trying time for our country and we all need to stick together and heal the wounds.

I hope we are all able to get together for our lunch meeting sooner rather than later. The Chapter 078 Board is going to hold its first ZOOM meeting. If all goes well, we will try a Chapter meeting using that online tool.

In case you are missing all those political ads – This is Evelyn Naake and I approve this message!!!

Evelyn's Favorite Snickerdoodle Recipe

1 cup unsalted butter softened to room temperature	1 teaspoon cornstarch
4 oz cream cheese softened to room temperature	1½ teaspoon cream of tartar
1¾ cup sugar	½ teaspoon baking soda
2 large eggs	¾ teaspoon salt
1 teaspoon vanilla extract	½ teaspoon ground cinnamon
3¾ cups all-purpose flour	
Topping: ½ cup granulated sugar	1 Tablespoon ground cinnamon

1. Combine butter and cream cheese in the bowl of a stand mixer (or in a large bowl and use an electric mixer) and beat until creamy. 2. Add sugar and beat until light and creamy and well-combined. 3. Add eggs and vanilla extract. Stir well. 4. In a separate bowl, stir together flour, cornstarch, cream of tartar, baking soda, salt, and cinnamon. 5. Gradually add flour mixture to butter mixture until completely combined. Cover bowl with plastic wrap and transfer to refrigerator to chill for at least 30 minutes. 6. Once dough has nearly finished chilling, preheat your oven to 350F and line a baking sheet with parchment paper. Prepare your topping by stirring together sugar and cinnamon until well-mixed. 7. Remove chilled dough from refrigerator and scoop by 1 ½ Tablespoon-sized portions. Roll into a smooth ball between your palms and roll through cinnamon/sugar topping mixture until completely coated. 8. Place on prepared cookie sheet at least 2" apart and bake on 350F for 10-13 minutes. 9. Cookies may still seem very soft in the center when finished baking, allow to cool completely on cookie sheet where they will finish baking without becoming overdone and dry.

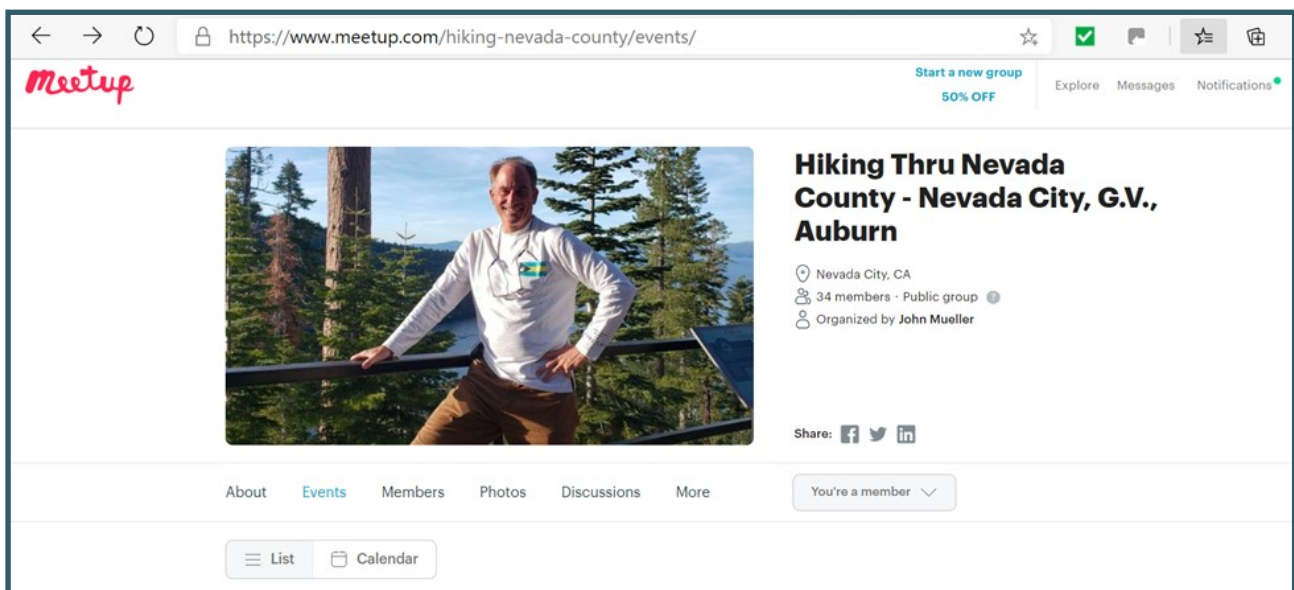
Hiking Thru Nevada County – Nevada City, G.V., Auburn

<https://www.meetup.com/hiking-nevada-county/>

It was through an announcement on the computer application NextDoor Neighborhood that I found what I was looking for. From the beginning of the COVID-19 shutdown last April, I have started hiking with my dog MacKenzie. I live on Washington Ridge in a neighborhood that borders the Tahoe National Forest. Hiking from my front door is always available. MacKenzie and I have covered the greater neighborhood and local national forest in the last 8 months. At the end of all of our local adventures, we were looking for more. Then an announcement came my way for Sunday hikes and Saturday fun runs compliments of one organizer: John Mueller.

John is a native Californian. He enjoys running the 5k distance and participating in 5k run events, some for charity. He also enjoys working out, meditation, yoga and attending music festivals. Recently, he started up Hiking Thru Nevada County in order to meet others with the same interests and lead them on weekly excursions for fun and exercise.

The hub of John's organizing is on a computer application called MeetUp. MeetUp is for the purpose of joining and organizing groups of people for a whole range of subjects of interest. You can download MeetUp on your smartphone or handheld or run it in your browser. MeetUp's link to Hiking Thru Nevada County is listed at the top of this article. Simply go to the link, create a MeetUp account for yourself and attach yourself to the Hiking Thru Nevada County group. The first thing that will happen is you will get a Welcome email from John.



Then you will get invites and information on all the activity regarding the events. Events take place on Saturday and Sunday. Most are dog friendly. So far the group has 50 members. If the emails get to be too much for you, you can tune them in your settings.

There is a Weekly Fun Run/Walk on Saturdays at 10:00 a.m. This Weekly 5k fun run/walk (3.1 miles) is generally at Litton Trail, Sierra College, Grass Valley. Meet at parking lot across from BriarPatch Market on Sierra College Drive.

Hiking Thru Nevada County, on Sundays at 1:00 p.m., is at different venues in Nevada and Placer Counties. Hikes are from 3 to 5 miles. Each week a different trail is chosen and maps and contact information is provided.

John recommends downloading of the smartphone apps AllTrails and Adidas Running. Because of my knees and not being a runner, I did not download Adidas Running. I did download AllTrails and found it most informative for locating hiking trails nearby. MacKenzie and I have so far hiked two new trails with others like ourselves. For us it has become addictive and we are now regulars on Sunday.

Louise Jones

11 Things You Really Should Stop Recycling



As someone who aspires to produce “zero” waste, I can find myself relying on my recycling bin more than I should.

While my household trash has dwindled, my blue bin is almost always full. And when I do have something to toss, and it seems like it should be recyclable but am unsure, I most often will add it to recycling and hope for the best. In my mind, it’s better to send the item in question to a place where it might be recycled or composted versus straight to landfill...right?!

With the growing spotlight on recycling, and especially recycling contamination, it got me to wonder—am I doing it right, or am I part of the problem? According to the Waste Management, one out of every four items that ends up in the blue bin doesn’t belong. And China, previously one of the world’s largest importers of recycling waste, recently set strict limits on what they will accept to reduce “yang laji,” or foreign trash—throwing a major curve ball at the U.S. recycling industry.

“Wishful” or “aspirational recycling” happens when people mean well, but actually do more harm than good. Your household trash might be near empty, but placing the wrong item in recycling can contaminate the entire pile, and potentially an entire truckload, sending it straight to landfill. Recycling contamination also can break recycling equipment, slow down operations, create unsafe work conditions (especially when sharp or hazardous materials are involved), and can increase service costs.

For this reason, many municipalities have pleaded with customers—“when in doubt, throw it out.” I decided to look into some of the most common offenders contributing to recycling contamination, and admit that I found more than a few I was guilty of.

So, learn from my mistakes and stop wishful recycling by avoiding these 11 common offenders:

1. Plastic Bags: You’d be surprised how many people add soft plastic bags to their recycling bin, or even bag their recyclables in plastic before adding them to their cart. The problem with soft plastic bags is that they can clog machines and slow down operations while workers remove the bags by hand. Bring your own reusable tote with you when you’re out shopping to eliminate the need for a plastic bag. You can also recycle soft plastic at many grocery stores. Plastic Film Recycling provides a handy directory by zip code to find a drop-off location near you.

2. Pizza Boxes: If it’s got food stains or grease on it, it doesn’t belong in recycling. Lucky for us pizza lovers, cardboard boxes can be composted as can other food-soiled paper, so long as they’re not lined with plastic. A good example is take-out boxes—check the bottom of the box to see if it is labeled as compostable. Boxes with a shiny interior are most often lined with plastic and cannot be recycled or composted, unless your local municipality accepts them. Napkins and paper towels should always go in the compost.

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11 Things You Really Should Stop Recycling

3. Gift Wrap: Shiny, metallic wrapping paper and decorative ribbons do not belong in recycling. Glittery cards are also non-recyclable and can contaminate an entire bin of paper. When wrapping a gift, opt for an unlaminated paper like newspaper, paper bags or butcher paper. A good way to test if your gift paper is recyclable is to crumple it into a ball—if it stays bunched up, it's most likely recyclable. If not, re-use it or throw it away.

4. Small metal bits: While bits of metal like soda can tabs and aluminum candy wrappers are technically recyclable, their small size makes them hard to detect and they often jam recycling machinery. To avoid this issue, keep soda tabs attached to the can or drop them inside the can when you're done. Save bits of aluminum foil until it forms a large ball or place them inside an aluminum can and crimp the top shut before you place the entire can into recycling.

5. Receipts: While the thermal cash register receipts you receive from a grocery store or boutique are made from paper, they also contain Bisphenol A, aka BPA, the nasty cancer causing chemical. When you recycle receipts, the BPA that they contain gets processed with other paper pulp and contaminates the recycled paper products that are being produced. It's best to ask for no receipt when you're shopping, or throw it away and wash your hands.

6. Food Residue: Cleaning out food and beverage containers before you recycle them is just as important as placing them in the right bin. Food residue and liquids left in take out containers, peanut butter jars and even wine bottles can contaminate an entire truckload of recyclables. Containers don't have to be perfectly clean, but they should be rinsed and washed with soap if they're greasy.

7. Broken Crockery: We're all prone to breaking things. Unfortunately, broken plates, ceramics, porcelain, mirrors, light bulbs, cups, wine glasses and pyrex have different melting points and chemical compositions compared to recyclable glass and belong in the trash. Donate plates, cups and glasses in good working condition, and reuse broken crockery for another purpose at home or a craft project.

8. Diapers: Yuck, and no! Hopefully, it's no surprise that dirty diapers and sanitary products have no place in the recycling bin. Whether they are clean or dirty, they go in the trash. There are some compostable diapers, but most municipalities do not accept them in municipal compost bins. Look into a compostable diaper service that drops off clean diapers and picks up dirty diapers to compost at a dedicated facility, or switch to reusable cloth diapers and reusable pads or a menstrual cup.

9. Shredded Paper: This one surprised me. Shredded documents and small bits of paper are too small to be valuable to recyclers and fall through the cracks or can even clog equipment. The good news is shredded paper can be composted! If composting isn't an option, you can collect shreds in a paper bag, staple it closed and place it into recycling.

10. Coffee Cups: Most to-go coffee cups are lined with a plastic film that makes them liquid proof, and difficult to recycle. The plastic lid might be recyclable, but it will depend on what type of plastic is accepted by your local municipality. The paper heat sleeve that goes around the cup to protect your hand is really the only part of a to-go coffee cup that is likely recyclable or compostable. Better yet, say no to disposable cups and bring your own reusable coffee cup with you when you're on the go.

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11 Things You Really Should Stop Recycling

11. Paperboard Boxes: Freezer food boxes and ice cream cartons contain a plastic polymer to prevent freezer burn. Unfortunately, this plastic coating prevents the box or carton from breaking down in the recycling process. Gable-topped milk and juice cartons are also made from a paper/plastic hybrid to prevent leaks and shelf stable cartons (sold in a rectangular box) contain additional plastic and aluminum layers, making them even more difficult to recycle. While some municipalities accept cartons for recycling, many do not, so it is best to check.

Hopefully, this list of recycling offenders has provided some clarity about what does and does not belong in your blue bin. With this new awareness, I'm committed to throw things in the trash when it's unclear where it belongs, as much as it may pain me.

I do want to emphasize that there can be huge variations in recycling policies between cities, even within a few miles. The best thing to do is check your local public works website or give them a call. Some cities also offer tours of their recycling facilities, which sounds like good "clean" family fun to me!



Written by Lily Cameron

October 10, 2019

<https://wildminimalist.com/blogs/news/11-things-youre-recycling-wrong>

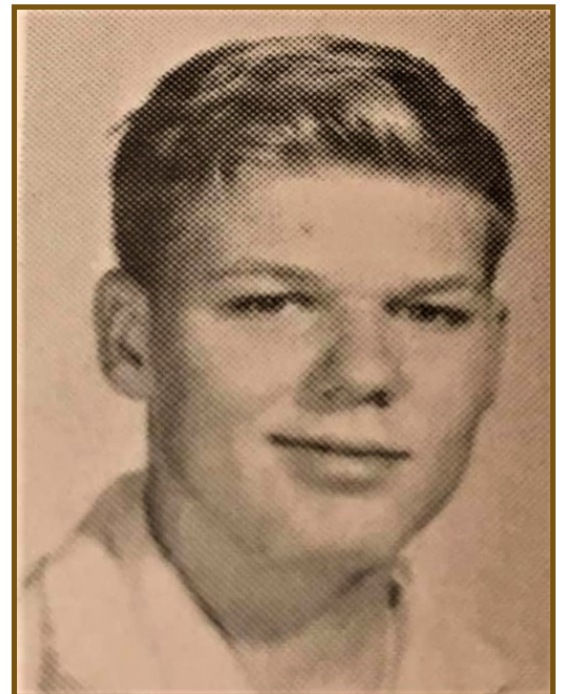
Musings by Bob Hammill

My Grandmother, who raised me, had Grass Valley Phone # 623W. My Great-Grandmother lived across from us, on Depot St. My next door neighbor was Bonnie Dwire (hoping I spelled it right), she was a local phone operator...I was 3-5 and didn't have life's big picture...

I would be at my Great Grandmother's house and would need permission to eat a cookie: I would lift the receiver (the part you used for hearing). And this pretty voice would say, "number please"...I would say, "623W" and the voice would say, "Bobbie, does Mrs. Grenfell (my Great Grandmother), know you are using her phone?" Now fear entered my life, who was this strange woman who knew me, and my family...but I would forge ahead, goal in mind, that cookie..."yes Mrs. Operator...she knows...I just want a cookie"....often that type of scenario, repeated in my life, on a day to day basis...

⌘

John South is my friend. He was a young deputy, here in Nevada County, in the early 1970's, but had to leave his career in Law Enforcement due to an injury he received in Vietnam. He



Musings by Bob Hammill Continued...

went to Divinity College and became a police Chaplain. He was called by people in high places to attend to those who survived the Columbine shooting and then was summoned to "Ground Zero" where he ministered to the many who were on that horrible scene. He was there for many days. John served as a Reserve Army Chaplain, retiring as a Colonel and he also served for many years as a Chaplain with the Phoenix, AZ Police Dept. John has also written a book: "A Journey Through PTSD".

John sent out two messages, and I thought them worth sharing:

Message 1

If you have ever heard the term, "walking the point", it comes from the Infantry which means, when on patrol looking to engage the enemy, one soldier is picked or volunteers to walk the point. He is 25 yards ahead of his group and his job is to look and listen for trip wires or any evidence of the enemy so he can warn his buddies behind him. Many times this will cost the soldier his life because he is there to expose the enemy and take the first hit.

A verse close to my heart, when fear is all you have, God says I will walk the point with you. Isaiah 41:10 "Do not fear for I am with you, do not anxiously look about you for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with my righteous right hand."

Message 2

Want to share a follow on verse-from last night.

I'm sure many of you have been told by someone, your getting ahead of God? Well - I have many times (I'm sorry to say) and every time I do, it doesn't work out the way I thought it should, or the way I wanted. The verse is Deuteronomy 1:30-says: The Lord your God who goes "Before" you-will Himself fight for you, just as He did for those in Egypt before your eyes".



Boy, if I could learn that and practice this truth in my life more often - I'm sure I would be blessed and have peace about whatever decision I was making.

Isn't it great to know that the God of the Universe and our Father is walking the point for us.

Psalms 139:5 "You hem me in, behind and before, and lay your Hand upon me"

A Promise the Lord is covering our six and our point at the same time.

⌘

Ask me about the day I DIED....that's a long story...ask me about the people who declared me dead....life is good!

Pen Making by Paul Lastufka:



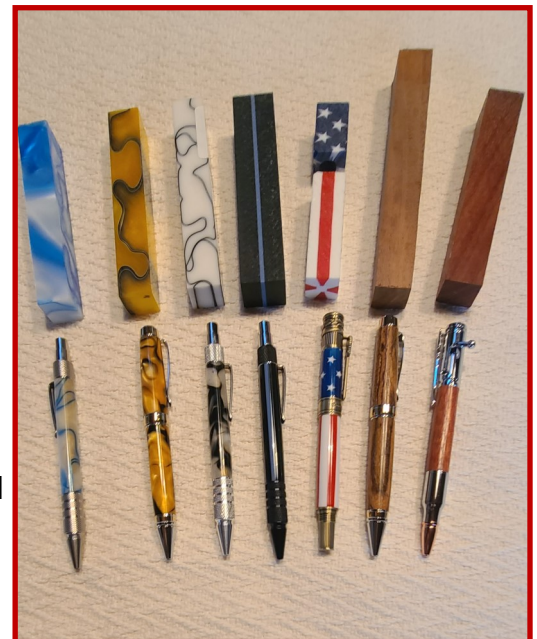
When I retired in 2009 after a 34-year career in law enforcement I knew I wasn't going to be bored, at least not for a while. I knew I had projects that needed to be done. I just didn't know how long all of the things I knew I needed to do would take me. I spent the first few months taking everything out of our garage and throwing away 30+ years accumulation of things that "I might need some day." I remodeled most of our home and built a new deck. I spent about two years looking for homes to invest in. We eventually bought two homes in the Yuba City and Live Oak area. I spent months travelling back and forth daily fixing up both homes. We kept the one in Yuba City for a disabled relative to live in and "flipped" the one in Live Oak. We didn't make a lot of money in the flip but I sure learned a lot.

After a while you run out of major projects and have to find other things to occupy your time. I have always enjoyed wood working. I don't know where I came up with the knack for it but I just have it. Many years ago, I received a pen made from wood as a gift and I just loved it. In the back of my mind, I always had an interest in finding out how they were made but I never pursued it. A couple of years ago a retired friend of mine introduced me to pen making. He had been doing it for a while and schooled me on the fine points of making pens out of wood or acrylics. I was hooked. I purchased all the necessary tools and equipment and started making pens.

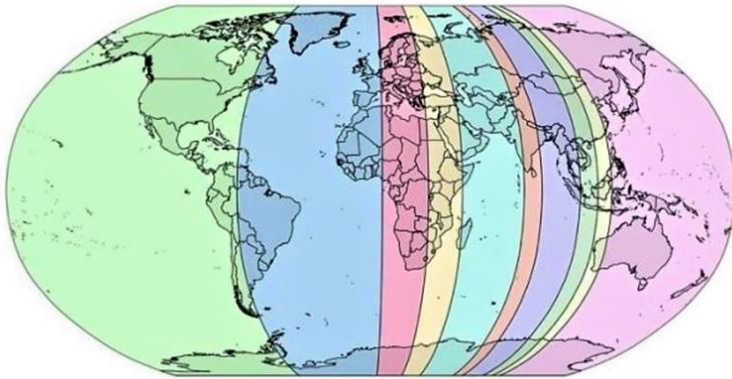
There is quite a variety of pen types you can make. You start with choosing what type of pen you want to make and purchase a kit with all the working components. Then you choose a "blank" of wood or acrylic. The blank is what you eventually will drill, press and lathe into a finished pen. Each medium has a wide variety of colors and patterns. The choices for the type and style of pen are also many. You can make skinny or fat pens, click pens or twist pens. You can make pens with themes for law enforcement, firemen, mechanics, musicians, pool players, breast cancer survivors, baseball fans, football fans, hunters, fishermen etc. etc. Each pen averages about one to one and a half hours from start to a finished product.

I've been making pens now for about 3 years. I don't make pens for profit. I enjoy making them and usually end up giving them away as surprise gifts. I stopped for a while but with the COVID lockdowns making a pen or two is a good way to pass the time. If anyone is interested in starting this fun hobby, I would be happy to give you more information and help you get started.

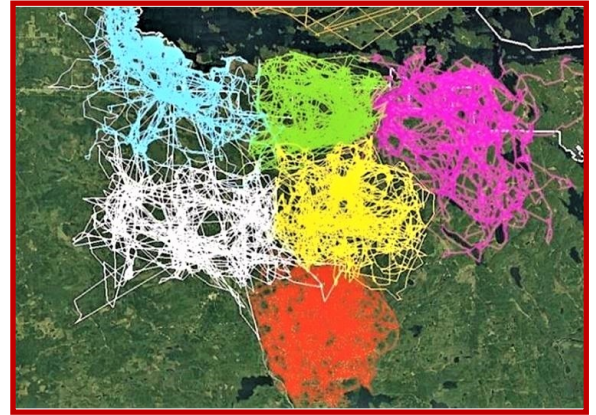
Write to plastufka@yahoo.com



Thought Provoking Maps complements of Mary Ann Trygg



Each Section contains 10% of the World's Population



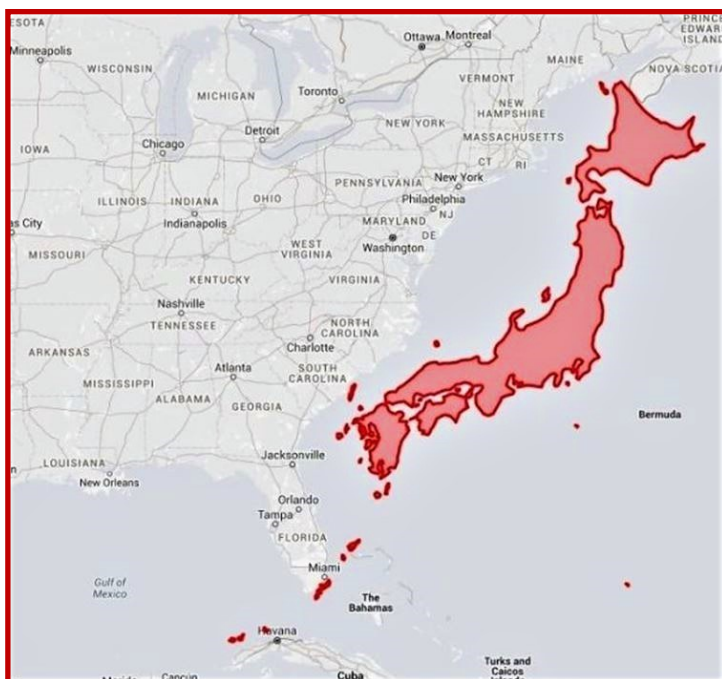
GPS Tracking of 6 different Wolf Packs



List of countries referred to or mentioned in The Bible



Tracking of an Eagle over a 20-Year Period



How big is Japan, really?



Most common country of origin for foreign born residents
- excluding Mexico

Chapter 078 Notes:

SUNSHINE COMMITTEE:

Our local chapter has a Sunshine Committee. The purpose of this team is to respond to news of illnesses or deaths among our members. Carol Jordan is the chair. If you know of anyone that should be sent a get well card or of any family that should be sent a sympathy card, please get in touch with Carol. Carol can be reached by emailing rpea.chapter.78@gmail.com or call 530-470-0575.

EMAIL ADDRESSES:

Receive this newsletter in living color. We mail fewer than we email and those with email get to see the better looking chronicle. If you would like to join this group send us your email at rpea.chapter.78@gmail.com. That way we can collect your email address and save money sending the semi-annual newsletter to you. You will enjoy it a lot more that way.

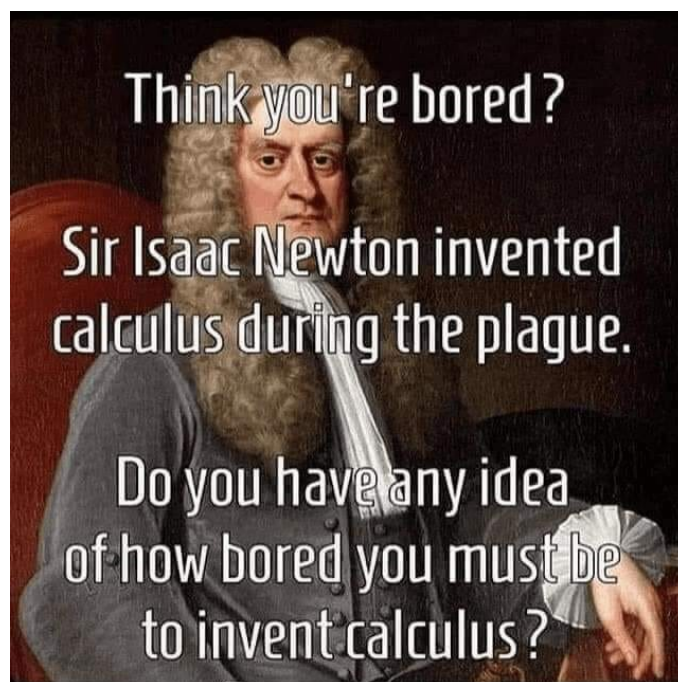
Newsletter Articles! In asking individual members for articles we are finding that there is a lot of talent in Chapter 078. Surely, out there in RPEA078-land there is more to share. To get you started...

- 📖 Interesting places to visit, foreign or domestic?
- 📖 Hobbies... gardening, clock making, poetry, bird watching?
- 📖 Joining groups on MatchUp?
- 📖 Charity work during these difficult times?

Every one of us has a story to tell. Write it to us in a letter to P.O. Box 2086, Grass Valley, 95945 or email to rpea.chapter.78@gmail.com and we can publish it in a future Newsletter.

Scholarship Account Contributions to account number, **210179**.

The Sierra College Foundation's mailing address is 5100 Sierra College Blvd., Rocklin, CA 95677. Thank you so much for your interest in contributing to Chapter 78's Scholarship Fund.



Address: P.O. Box 2086, Grass Valley, CA 95945

Email: rpea.chapter.78@gmail.com

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Other Appointments:

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Sargeant-at-Arms:			

Our File Cabinet has moved to Google Drive. Visit our Chapter 078 File Cabinet at its new location:

https://drive.google.com/open?id=1hrletvx0GsyJ76dVa9zqn3cVDvipP_uF



Chapter 078 By-Laws



Chapter 078 History



Minutes—Board Meetings



Minutes—Member Meetings



Newsletters



Scholarship Fund

Local Chapter Luncheon and

Meeting

Monday, April 13th at Noon

Trolley Junction

400 Railroad Avenue

Nevada City, CA 95959

(530) 265-5824

CANCELLED

UNTIL FURTHER NOTICE

Retired Public Employees' Association
P. O. Box 2086
Grass Valley, CA 95945

ADDRESS SERVICE REQUESTED

