



The Rearguard

TUCSON-SOUTHERN ARIZONA
CHAPTER 103

Retired Public Employees Association
of California

Volume 11, Number 4

October 2019

PRESIDENT'S MESSAGE

There are several changes on our Board of Directors to report. Stephen and Sandra Pustelnik have had to move back to California for health reasons so they can be nearer to family. Stephen set up our chapter website and maintained it. Sandra served as our Secretary, with Stephen's help, for a couple of years and served as our Sunshine Chair until their move. We thank Stephen and Sandra for their years of service and wish them well.

Helen de Lara has agreed to take over the responsibilities of the Sunshine Chair. And, new Secretary Nancy Davis has volunteered to become our Newsletter Editor, starting with the January 2020 issue. I want to thank Nancy for taking on this job and both she and Helen for stepping up. We have the best Board members on earth.

As we have advised the membership before, our next Membership Meeting will be at the Golden Corral on 22nd Street, see insert with this newsletter for details.

Our speaker for the July Membership Meeting was Lorraine Wolfsohn, an expert in household downsizing and de-cluttering. She gave the group many tips which our children will appreciate, see more about her presentation elsewhere in this newsletter.

CalPERS has determined that Henry Jones is the unofficial winner of the election for the Retired Member position on the Board of Administration by about a two to one margin over challenger JJ Jelincic. As a reminder, JJ Jelincic was endorsed by RPEA. Henry Jones retains his seat on the Board.

A couple of years ago, your Board members began posting biographical statements about ourselves in the newsletter so you, the membership, would have better idea of who we are and where we come from. This program stalled a bit but we're starting up again with our Treasurer, Vicki Guapo, see her biographical statement elsewhere in this newsletter.

The next Membership Meeting is October 16, 2019 at Golden Corral on 22nd Street in Tucson at 11:30 am. Door prize winners will receive one of five \$10 lunch reimbursements in addition to our regular door prize. We look forward to seeing you there.

Ken Burns, President
Tucson-Southern Arizona Chapter 103

OCTOBER 16 PROGRAM
EMERALD WELCH, MSW
RECOGNIZING ALZHEIMER'S DISEASE

Our speaker for this program will be Emerald Welch. Ms. Welch has a Masters Degree in Social Work and serves as the Southern Arizona Community Resource Manager for the Desert Southwest Chapter of the Alzheimer's Association.

The subject of her talk will be the highly rated ten-point presentation on the signs and signals of Alzheimer's disease, how these signs and behavior patterns differ from normal brain aging and on the need for early detection and the treatment and care options that are available.

If Ms. Welch is not available, she will send one of her well-qualified associates.

Tom Hanley

Highlights of Presentation by Lorraine
Wolfsohn on Downsizing

We often keep things because of emotional memories, rather than their functional use. Take photos of the items that have brought you joy, then decide what to do with those items. Keep only the things that have real meaning.

We assume our children would like to have our possessions after our death. Ask your children if there is anything they would like to have. If so, put their name on it, or better yet, give it to them now.

Our home should be a sanctuary. The goal of downsizing/de-cluttering should be to have 20 – 30% of our home uncluttered. To get started, create a space for a staging area. Work on one room at a time. You will need four boxes, one for each category, Keep, Donate, Throw Away, and Unsure.

After downsizing or decluttering your home, keep like things together and don't buy a year's supply of anything!

Lorraine ended her presentation with a description of the five stages of "hoarding", which is usually brought on by a major life change, such as a debilitating illness or the loss of a spouse.

Bev Burns

MEET VICKI GUAPO

Hello! May I introduce myself? I am Vicki 'Vic' Guapo currently your RPEA Chapter 103 Treasurer and I would like to provide my biography.

I was born in Wichita, Kansas raised in a Catholic household and from my Mother's side I gained farm life experiences. I was in judo classes, music studies, drum corps, concert bands, marching bands, and most sports. After high school, I was on my own and worked several jobs to make ends meet. Then in 1973, I applied for a position with the City of Wichita, Traffic Engineering Division, Public Works Department, through an Emergency Employment Act (EEA)---I got the job! Apparently, I performed well enough and they offered me a full time position as a 'Traffic Investigator.'

I left my job in Kansas and moved to Northern California in August 1979 and in October, I accepted a position with the City of Cupertino as a 'Traffic Technician.' A complex position consisted of designing traffic signals, timing plans, congestion management, communications with systems, designing infrastructure, learning all computer programs necessary to perform my duties, and much more. Within a few years, I was promoted to 'Senior Traffic Technician' adding more duties and training.

I added two more sports to my list while in California, rugby (13 years) and golf (in progress). I finished two degrees in California, AA & AS with honors. I was hoping to use the AS (Horticulture) to apply for a golf course job in Arizona. Instead, I joined three (3) women's golf leagues in Arizona and I still belong to Northern California Golf Association (NCGA).

I retired from Cupertino in December 2007 at the age of 54. To this day, I am still a member of the Institute of Transportation Engineers (ITE) and International Municipal Signal Association (IMSA).

Currently, I have a ranch job where I groom horses and harness them up for training and exercise. Besides golf, I am learning English riding so horses are my study. I never married so all my kids have paws. I also have a HAM radio license (FCC call sign KG6JPW) and CCW license.

WHO WON WHAT

At the July Membership Meeting the following prizes were awarded:

The five \$10 lunch reimbursements were won by Terry Windels, Jim Mc Govern, Helen de Lara, Mary Wood and Bob Rubio.

A \$25 Gift Card for the Cheesecake Factory was won by Freda Thompson.

A \$10 lunch reimbursement was given to first-time attendee Emily Wilt.

The Attendance Drawing for \$39 was won by Bob Rubio.

NEW MEMBERS

We welcome the following new members to our Chapter:

Robert Wample
Stanley Mocek
Anthony Apolloni
Kathleen Kinsey (transferred from another Chapter)

The membership of Chapter 103 now totals 91, higher than at any time since our Chapter was established in 2009.

IN MEMORIAM

We extend our most sincere condolences to the family of James Key

2019-2020 CHAPTER 103 BOARD

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Chapter 103 Website: calrpeachapter103.com

TREASURER'S REPORT

The Chapter 103 bank balance was \$3,338.92 as of October 6, 2019.

SCAM ALERT

I'm sure you're heard the caution to **not click on any links** in emails you receive from unknown senders. I'm seeing in more of these unwanted emails I receive, a link to Unsubscribe.

This is tempting to click Unsubscribe because you don't want to receive future emails from this sender. But what you would be doing is **clicking on a link**. If you click Unsubscribe, you may be allowing that sender to access your computer and worse, your financial information.

If you no longer want to receive unwanted emails, it may be best to place that sender on your Blocked Senders List

Ken Burns

CHAPTER 103

QUARTERLY LUNCHEON MEETINGS

Meetings are held on the 3rd Wednesday of January, April, July and October
Take a minute and mark your calendar for all meetings this year.

We meet at 11:30 AM at Golden Corral at 4380 22nd Street, just east of Columbus. Please join your fellow CalPERS retirees for conversation, lunch and interesting program speakers, plus chances to win door prizes plus a cash prize!

2019 QUARTERLY LUNCH DATES

October 16, 2019

2020 QUARTERLY LUNCH DATES

January 15, 2020

April 15, 2020

July 15, 2020

October 21, 2020