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❄️ **Happy Winter 2022** ❄️

**Happy New Year**

**RPEA Chapter 096 Zoom General meeting**

**Friday, January 14th @ Noon (Mountain Time).**

**I will send out the email Zoom invitation the Thursday before the scheduled meeting day.**

**Please join us!**

Questions about how to Zoom, contact Evelyn McGarry @ 408-839-2278 or [mcgarrye2004@yahoo.com](mailto:mcgarrye2004@yahoo.com).

🎂 *Happy Winter Birthdays* 🎂: *Donald Baker, Delmar Bergen, Ben Gillespie, Floyd Roberts*

Our current chapter bank account balance is \$3,967.29.

**In Memoriam**

~ Iola Robinson ~

~ Barbara Desilets ~

## Lucy's Corner

As we welcome in 2022, let's dedicate ourselves to being the best we can to ourselves and one another. Let's strive to do and be better. During this season of vacations, family gatherings, and other events, please remember to stay diligent in your efforts to deal with Covid matters. Continue to use safe practices by washing your hands, wearing face coverings, and practicing physical distancing. Lastly, please consider the New Mexico Department of Health's recommendation to get vaccinated. Let's bring in the New Year with new hope and the promise of a bright future. Stay Safe.

# Do You Have Undiagnosed Diabetes?

## STATEPOINT

More than 34 million people in the United States are affected by diabetes, and one-in-five of them are undiagnosed, according to estimates from Centers for Disease Control and Prevention.

"As is the case with many medical conditions, timely diagnosis and treatment of diabetes is impacted by persisting health inequities that affect certain populations," says Dr. Mandeep Brar, Cigna medical director and board certified endocrinologist.



One of the most simple ways to detect diabetes is with annual blood screening.

However, according to Dr. Brar, early diagnosis is critical: "When diabetes is left untreated, it will progress, causing complications such as neuropathy, kidney disease, diabetic ulcers and wounds, amputations and other serious issues. If you're living with diabetes, the sooner you're aware of that, the more quickly you can learn to manage your condition."

According to Cigna, here are three steps everyone can take today:

**1. Understand signs and symptoms.** Sharing any new symptoms with your primary care provider can be crucial in early detection and timely treatment. Symptoms can include frequent urination, excessive thirst or hunger, unexpected weight loss, cuts or bruises that are slow to heal, frequent infections, very dry skin, extreme fatigue, and blurry vision.

**2. Get screened.** Schedule an annual preventive check-up or diabetes screening. Regardless of symptoms, one of the most powerful ways to detect diabetes is to be screened with a blood test.

**3. Assess risk factors.** Some people are more likely to develop diabetes than others. In addition to being 45 years or older, risk factors include being overweight, having a

parent or sibling with Type 2 diabetes and being physically active fewer than three times a week. Additionally, African Americans, Hispanics, Native Americans, Asian Americans and Pacific Islanders are at higher risk. If you have any of these risk factors, get screened with your provider.

For a quick, online Type 2 diabetes risk test, visit [diabetes.org/risk-test](https://diabetes.org/risk-test).





# Running on Empty

Best advice: Refuel with gas still in the tank

BY PETER BOHR ♦ ILLUSTRATION BY NEIL WEBB

I once owned an ancient Volkswagen Beetle that had no fuel gauge. If the engine began to sputter for lack of gas, VW instructed the driver to quickly flip a lever under the dash that provided an additional bit of fuel, presumably enough for the car to reach a gas station.

I once forgot to reset my Beetle's lever after a fill-up, and when the engine sputtered, there was no reserve. I was pushing 65 mph on the freeway with a big semi nipping at my exhaust pipe as my engine was dying, causing me to anticipate my own demise unless I pulled off the road fast enough.

Today, it's unimaginable that a car wouldn't have a basic fuel gauge. Most modern vehicles also have electronic doohickeys that calculate a car's fuel economy and show how many miles remain before the tank runs dry. Despite all this information, folks still run out

of gas—AAA's Roadside Assistance gets about a half million such calls a year.

Running out of gas can be dangerous for you and your passengers—and for your bank account, too. Unlike my primitive Beetle, which had a mechanical fuel pump that wasn't damaged by a lack of gas, modern cars typically have an electric fuel pump buried inside the gas tank that is lubricated and cooled by the gasoline. The electric pump serves a finicky, finely tuned fuel-injection system. Without gasoline, the electric pump can self-destruct, sending debris into the fuel injectors and requiring costly repairs.

Because a AAA consumer survey indicated that 74% of drivers use their miles-to-empty displays to decide when to fill up, the accuracy of the readings is important. AAA, in collaboration with the Automobile Club of Southern California's Automotive Research Center (ARC), tested

the displays on 16 vehicles to learn more. "We ran the vehicles through different driving situations ranging from cruising at highway speeds to being stuck in traffic to typical city driving," says Megan McKernan, the ARC's manager.

The ARC found that miles-to-empty readings varied significantly for the cars as they progressed through different driving cycles. That's no surprise, because fuel economy differs depending on the cycle—as, for instance, in city versus highway driving. When driving conditions change, the displays likely lose accuracy until their internal algorithms adjust to the new driving conditions.

The displays are likely to be most accurate under consistent driving conditions. Moreover, the ARC found that all the vehicles underestimated miles-to-empty, with between 6 and 55 miles of travel remaining when the displays showed zero.

Regarding fuel-economy displays, only a Mercedes-Benz CLA was spot-on accurate. A Mini Cooper's display overestimated its fuel economy by 2.2 mpg. A Kia Optima's display was not optimistic, underestimating the car's fuel economy by nearly 1 mpg.

None of this suggests that fuel-economy and miles-to-empty displays aren't useful tools for a driver. But there's enough variability that you shouldn't bet your life—or that of your car's fuel pump—on them.

AAA's advice is simple: Rather than risk running out of gas, refuel before the gauge reaches the one-quarter mark. And if gas stations run dry because of supply issues, or if you must evacuate because of wildfire, earthquake, or major storm, you'll be glad you had fuel in the tank.



**PETER BOHR** is an award-winning automotive journalist. Write to Peter at [AAAexplorer@aaaec.com](mailto:AAAexplorer@aaaec.com) or Drive Smart, AAA Explorer, PO Box 25222, Santa Ana, CA 92799-5222.

# **Retired Public Employees' Association (RPEA)**

## **Chapter 096 Zoom General Meeting Minutes**

### **October 8, 2021**

Present: Lucy Lopez, Lou & Lily Silva, Linda Clark, Richard Dick & Evelyn McGarry

- Lucy led us in the Pledge of Allegiance
- Linda Clark was asked to tell attendees a little about herself; Linda moved from CA to NM in 2000 upon retirement of 30 years from Santa Clara County (18 years with Social Services & 12 years with Public Defender); Linda had attended university here in NM then moved after marriage to CA; we welcome Linda to our chapter
- Lucy stated some chapters are having in-person meetings but here in New Mexico people are still getting sick; she said there is no official comment from RPEA headquarters (Sac) about when in-person chapter meetings should start again as RPEA being cautious to avoid any liabilities from Covid-19 illness transmitted at chapter meetings; chapter members thoughts: Linda Clark cautious; Richard Dick okay to have in-person meetings but with Covid-19 precautions; in-person meeting or virtual meeting for January 2022 chapter general meeting dependent on COVID-19 status in New Mexico
- Lucy to ask Larry to write an article for the newsletter
- Discussion about increasing the newsletter printing reimbursement rate from 10 cents to 13 cents per copy; members all in agreement; Evelyn thanked members
- Lucy proposed chapter pay for Evelyn's lunch at chapter general meetings for her duties as chapter newsletter editor; members all in agreement; Evelyn thanked members
- Chapter funds can be used for a chapter member if interested to attend the September 2022 RPEA General Assembly meeting in California; Lucy's expenses are covered by RPEA (Sac) headquarters
- The next chapter 096 general meeting will be on January 14, 2022 @ noon via Zoom, or in-person at local restaurant, Weck's, on Louisiana Blvd in ABQ

Respectfully submitted by Evelyn McGarry

Your participation is always welcome and encouraged. If you would like to contribute to the RETIREWIRE newsletter please contact your newsletter editor, Evelyn McGarry, at [mcgarrye2004@yahoo.com](mailto:mcgarrye2004@yahoo.com)

#### **Your RPEA Chapter 096 Board Members:**

Lucy Lopez: President, Larry Sullivan: V-P, Evelyn McGarry: Secretary & Newsletter Editor, Lucy Lopez: Treasurer & Membership Chairperson

#### **Next RPEA Chapter 096 Meeting:**

**April 8, 2022 at NOON on Zoom or in-person**