



THE RETIRED CONNECTION

Retired Public Employees Association
Chapter 34 -Redding, CA Newsletter

We are active and retired California public employees working together to maintain and improve the quality of the lives of our members by protecting and improving our earned retirement, medical and other benefits.

November 2017



CHAPTER OFFICERS

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GREETER	KATHERINE MARSHALL	

PRESIDENTS CORNER

We will be electing Chapter Officers for the next fiscal year at our next meeting in November. Some of us have been Officers for several years. I believe a healthy organization tends to encourage members to step up and serve. Often times these results in new ideas and direction that benefits our membership. This is important because our Chapter's purpose is support the overall mission to help insure that our CALPERS system is healthy. We want to make sure that the retirement system will be there not only for those of us currently retired, but, those who follow us. Please send me an email if you are interested in serving. My email address is as follows:

dfcurtis530@yahoo.com

Don Curtis, President

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EDITOR'S RAMBLINGS

You noted that there were some changes in this edition of the newsletter. I indicated last month January 1, 2018 I would retire my computer and the chapter would need a new editor/reporter. I was approached and asked "if the newsletter was reduced to the 1-1/2 pages will you stay on?" I indicated I'd think about it. This newsletter is designed to give me a feel for content/ effort. **I would also appreciate input from you, the reader, as to how you feel about the**

newsletter. In all probability, the cartoons would be few and far between.

November's meeting will be the first reading for new officers. As Don pointed out, a healthy organization encourages membership involvement. We want to hear your ideas and suggestions. We have new members in our chapter and we all would like the opportunity to greet and meet them at our meetings. Remember, your first meal is "on the house".

Paraphrasing an old saying, "**Your Chapter needs you**". Each one of our members is important to the chapter in many ways. You are the one with 'the rubber to the road.' You know past and present work associates. You have a better Idea what's on their minds than we do. Talk to them about joining. Think, or better yet, put yourself in action and help the chapter grow so our voice can be heard loud and strong. Pension storm clouds are building up & it will be a **strong and long event**. The changes being called for are being aimed at both working and retired. Believe that some of the attacks will be insidious and hurt us badly. **Get active** within our chapter, not someday, but **now!**

George Otterbeck

OCTOBER MEETING SYNOPSIS

April Maddox, One Safe Place Prevention Supervisor outlined the various programs that they are involved in. It carried an amazing bread of area from the anticipated Domestic Violence, Sexual crimes to dealing with Child Abuse and Camp Mc Cumber. The statistics both in the number of event occurrences and the numbers of individuals they have assisted were amazing. For those interested in greater involvement with One Safe Way, contact April at244-0118 for info.

VP Peggie Linville advised us that November's speaker will be George Linn, current RPEA President.. It should be an interesting meeting.

MEMBERSHIP CHANGES

WELCOME TO NEW:

Carolyn Garfield	Christine McKinney
Mr. & Mrs. Dino Johnson	
Mary Nixon	Elaine Rafferty
Brenda Russ	

We express our sorrow & extend our prayers to the families of:

Charles Genthe	Frances Hafer
Shirley George	Hazel McKim
Christine Messer	



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Our next meeting will be on November 7 at Shasta Senior Nutrition Center located at 100 Mercy Oaks Dr., Redding, CA 96003 (East 1.13 mile of the intersection of Churn Creek. and College Dr.) Our featured speaker will be **George Linn**, current RPEA President. George has held numerous positions in RPEA, both Chapter and in HQ; giving him unique insight that he will share with us at the meeting. Bring your questions, concerns, ideas, and join fellow retirees for an interesting meeting.

Thought to ponder

A psychology professor walked around on a stage while teaching stress management principles to a classroom of students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or half full" question. Instead, with a smile on her face, she asked, "How heavy is this glass of water I'm holding?" Students shouted out a range of answers. She replied, "From my perspective, the absolute weight of this glass does not matter. It all depends on how long I hold it. For a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass. In each case, the weight of the glass doesn't change; but the longer I hold it, the heavier it feels to me." As the class shook their heads in agreement, she continued. "Your stresses and worries in life are much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache. Think about them all day long, and you will be incapable of doing anything else until you drop them."

Founded in 1958, RPEA is an association focused on protecting retirement benefits for all public employees (retired and currently employed) and their beneficiaries. With over 20,000 members and 87 active chapters, RPEA is supported by membership dues and is the only statewide association representing all PERS members.