



We are active and retired California Public Employees working together to maintain the quality of the lives of our members by protecting and improving retirement, medical and other benefits

Mission Statement

## Retired Public Employees Association Of California Chapter 46 North San Mateo County

# *In Touch!*

*October & November 2017*

*Editor: Sharon Albera*

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### **CHANGE IN LOCATION AND DATE**

Chapter 46 meeting will be held on the 3<sup>rd</sup> Wednesday of November at:

Basque Cultural Center  
599 Railroad Ave.  
South San Francisco,  
California  
10:30 a.m. to 1:00 p.m.

**The Menu will be Chicken Cordon Bleu**

### **UP-COMING PROGRAMS:**

**11/15/17** - For our first meeting at the Basque Cultural Center, we will have The South San Francisco's Historical Society give us a presentation about the history and development of SSF. Sylvia Payne, the President of the Society, and Valerie Sommer, a member as well as SSF Library Director, will be presenting the information.

**1/17/18**

Our Third Annual White Elephant Gift Exchange and Entertainment by Ken Sosa, singer extraordinaire, donated by your Chapter 46 North San Mateo County RPEA Board

*The Prez Sez*

*by Anita Alvarez*

Hello everyone. The change of venue for our November meeting is in place. Our last luncheon at the San Mateo Elks was on September 21, 2017. It was a bittersweet departure, because the room the club had us use, was spacious, clean and well lighted. The buffet lunches were excellent and food was always plentiful and delicious.

We announced the need to move at our May 18<sup>th</sup> meeting at the Elks Club.

**THE NEXT MEETING IS:**

**Wednesday NOVEMBER 15, 2017**

**AT THE BASQUE CULTURAL  
CENTER,**

**599 RAILROAD AVE, SOUTH SAN  
FRANCISCO, CA.**

**NEW SCHEDULED DAY – THIRD  
WEDNESDAY OF THE ODD MONTHS**

**The price will be \$25.00 prepaid,  
members and guests**

**You can also pay at the door, just call  
Carrie Potts and let her know you plan to  
be there.**

The paper shredding event was very successful after our July meeting. The San Mateo community became more aware and involved, and we actually had lines of people there to get some free shredding done! We are not sure if we will be able to continue the shredding at our new location next year. We will work on it and let you know in the future.

Our Chapter 46 Board's Officers terms are expiring as of October 31, 2017. We must vote for a new board of directors for the new fiscal year beginning November 1, 2017 to October 31, 2018. Your current board members have unanimously offered to re-run for their positions. We have called for nominees by e-mail and during our September luncheon meeting. Our Nominating committee members, Joan Stringer and chaired by Dan Porter, have conducted the call for nominations at the

September luncheon meeting. Please send in your nominations for each position of President, Vice President, Secretary and Treasurer. If there are nominations for the same office, the elections shall be by ballot. The candidate receiving the most ballots shall be elected. We will follow our By-law rules for Chapter 46, if further rules or definitions are needed.

Please plan to attend our next few meetings and be a part of these exciting changes and have some fun. Bring your partner, spouse, friend to have a reasonably priced meal mid-day, instead of eating out for a higher priced dinner. I hope to see you all soon!

*Health News*

*by Sharon Albera*

### **10 Foods That Fight Pain**

**Ginger-**A staple of traditional medicine, this pungent root is probably best known for its anti-nausea, stomach-soothing properties. But ginger can also fight pain, including achy muscles from exercise as well as menstrual cramps. One study found ginger capsules worked as well as over-the-counter anti-inflammatory drugs like ibuprofen at relieving period pain.

**Blueberries-**These little juicy gems have lots of phytonutrients that may fight inflammation and lessen pain. If it's not berry season, frozen blueberries can have the same or even more nutrients than fresh. Other fruits with antioxidants and polyphenols, including strawberries and oranges, can have a similar soothing effect.

**Pumpkin Seeds-**Pepitas are a terrific source of magnesium, a mineral that may cut the number of migraines you get. It may also help prevent and treat osteoporosis. But despite what you may have heard, it doesn't seem to stop leg cramps at night. For more

magnesium, add almonds and cashews, dark green leafy vegetables (like spinach and kale), beans, and lentils to your diet.

**Salmon**-Loaded with anti-inflammatory omega-3 fatty acids, salmon makes just about all of the "good for you" lists. It's considered heart-healthy and may relieve joint tenderness if you have rheumatoid arthritis. Other varieties of cold-water fish, including tuna, sardines, and mackerel, are good choices, too. Avoid tilapia and catfish, though: Their higher levels of omega-6 fatty acids may promote inflammation.

**Turmeric**-The compound in the spice that gives curry its bright orange-yellow color can affect several processes in your body, including inflammation. Studies of people with rheumatoid arthritis and osteoarthritis who took supplements of curcumin found they could walk better and without the side effects of taking drugs. Black pepper can help your body absorb it, so try a blend of the spices steeped with ginger and honey into a tea.

**Tart Cherries**-In one study, runners who drank tart cherry juice starting 7 days before a race and on race day (12 ounces, twice daily) had significantly less muscle pain than a group who swigged a similar-tasting beverage with no natural juice. It could be from the antioxidants and anti-inflammatory compounds in the fruit.

**Virgin Olive Oil**- Feel that peppery tingle in the back of your throat? That's a compound called oleocanthal, and it works like ibuprofen. Extra-virgin olive oil also has lubricin, which keeps joints sliding smoothly and protects cartilage from breaking down. It might help people with osteoarthritis. Stick to lower temperatures (less than 410 degrees)

when you cook with olive oil so you don't lose any of its many benefits.

**Chili Peppers** -Capsaicin, the stuff that gives chilies their heat, is well known for its painkilling properties in creams and patches. Some early research suggest that eating hot peppers, instead of putting them on your skin, may reduce and prevent inflammation, too. The "burn" also tricks your brain into releasing endorphins, which block pain signals.

**Mint**-Peppermint oil relieves the painful cramps, gas, and bloating that are the hallmarks of irritable bowel syndrome. Peppermint tea is a good soother for occasional tummy upset. In early research, Brazilian mint tea (made from the plant *Hyptis crenata*) has been as effective as a prescription painkiller.

**Red Wine**-Early research suggests a compound in the skin of red grapes, called resveratrol, could ease the disk swelling that can lead to back pain. But don't drink that whole bottle for your stiff bones yet. (Women, stick to one glass; men can have two.) While resveratrol is promising, we need more studies to come up with a treatment.

*Scam DuJour*

*by Dan Porter*

The EQUIFAX security breach is being used by a variety of scammers to get unsuspecting people to give the scammer personal information through phone calls and emails that appear to be genuine in that the phone ID has been spoofed to appear as an EQUIFAX number or the email address has been masked as from that company. Do not respond as EQUIFAX has made it clear that they will not be initiating contact to obtain personal information.

**WELCOME TO NEW MEMBERS:**

*Editors Note:*

**\*\*Request:** If you know of a member who is sick or laid up as a result of an illness or operation, please let Carrie Potts know, and she will send out a get-well card!

**Thomas Marriscolo  
Robert Matejcek  
Vallachi Narayanan  
John Sanchez**

**\*\*IF EACH ONE OF US GOT A FRIEND TO JOIN RPEA IT WOULD BE VERY HELPFUL TO OUR MEMBERSHIP. PLEASE TALK TO PEOPLE AND TRY TO RECRUIT.**

<b>President: Anita Avarez</b>	<b>(650) 878-5164</b>	<b>alanita@aol.com</b>
<b>Vice President: Sharon Albera</b>	<b>(650) 992-2052</b>	<b>salbera@aol.com</b>
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<b>Treasurer: Carrie Potts</b>	<b>(650) 738-2285</b>	<b>cjp617@att.net</b>
<b>Membership: Ginnie Ervin</b>	<b>(650) 588-4994</b>	<b>gebear@comcast.net</b>
<b>Media Mogul: Dan Porter</b>	<b>(650) 207-6401</b>	<b>djporter13@sbcglobal.net</b>
<b>Meeting Hostess: Joan Stringer</b>	<b>(650) 367-7947</b>	<b>grumpybill@comcast.net</b>

**BRING A FRIEND TO LUNCH !**

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**Make your luncheon reservation for November 15<sup>th</sup>. 2017. (Third Wednesday of the month)**

**Name:** \_\_\_\_\_

**Number of Attendees:** \_\_\_\_\_ **Amount enclosed:** \_\_\_\_\_ **@ \$25.00 per person member or non-member**

**Make your check payable to RPEA Chapter 46 and mail this form to Carrie Potts at: 752 Arleen Way, Pacifica, CA 94044.**

**You can also let us know you are coming by calling Carrie: 650-738-2285 and bring your check to the meeting. Mail your reservation early.**

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