

**RETIRED PUBLIC
EMPLOYEES
ASSOCIATION
DELTA CHAPTER 069
Membership Meeting**

Spring...
A Season,
Helix,
hydrology,
mathematics,
our garden,
tides, politics
or in your step?



Happy Mothers Day!

THURSDAY May 11

11 AM to 1 PM

**Lone Tree Golf Course Event Center
4800 Golf Course Road, Antioch, CA 94531**

RSVP: Marilyn Placial (925)350-7010

Select Menu Includes; Entree, Salad, Water, Coffee,
Tea, tax and gratuity. \$15.

Call me soon. Marilyn

2017 Calendar

Membership Meetings 2nd Thursday 11 AM

- ❖ **August 10,**
- ❖ **October 12,**
- ❖ **November 9, Chapter Milestones Meet-up**
- ❖ **December 14.**

**Delta Chapter 069
2017 Board Of Directors**

Bethi Carver, President, Membership, Newsletter (925)7082763
 VACANT. Vice President
 Marilyn Placial, Treasurer. (925)350-7010
 VACANT. Secretary
 Joan Tucker, Nomination Chair (925)776-7824
 Gerald Williams, Program Chair (925)755-3508
 Beverly Williams, Board Member (925)755-3508
 Richard Morrison, Board Member (925)775-8085
 Eddie Roberts, Sunshine Chair (925)706-1956

Meeting Notes

Our February 8th meeting was called to order by President, Bethi Carver. Mario Flores lead the pledge of allegiance. Eddie Roberts read the Minutes of the October 2016 meeting, Minutes were approved. Bethi Carver introduced guest speaker, Senatorial candidate, Tom Del Beccaro who presented his new book, The Divided Era, how we got here and the keys to America's reconciliation. Tom gave an excellent talk and discussion about his book and subject, the social changes we are experiencing and the divisive presidential 'debates' and election.

Our Board meeting immediately followed, Minutes of the January board meeting was read and approved. Gerald discussed his ideas for the 2017 program. Chapter officers especially a Secretary to take Minutes. (The Chapter Handbook and Bylaws are available by email PDF file or paper). Beverly felt the Telephone Tree was ineffective, the goal was to increase interest for meetings and activities. We are considering a Facebook page, please send an email if you want to participate.

✚ ***Do you have a fresh approach and relevancy? Does your Pension matter to you? Make some time to be involved, it is your Pension and your Retirement Association Local Chapter to watch your Pension.***

Delta Chapter needs a Secretary, Vice President, Legislative Chair, co-Newsletter Editor and historian. Helpful skills and equipment are Email, phone, printer and computer. Please call Joan Tucker, Nomination Chair.

If you want activities and a more vibrant group, get involved. Your participation in our Chapter makes a stronger Statewide Association. The Chapter Handbook and Bylaws are available by email or paper.

Area III News

The book 'The Race for Relevancy' was written to assist Volunteer organizations improve. RPEA developed a Chapter Strategic Plan for Chapters to stay on track with meetings and timelines.

Membership Report

March 2017 Report: 128 Members
 Thank you to Renewing Members and everyone with Dues Deduction.

RPEA DUES for Active, Associate & Beneficiary
 Annual Member, Affiliate and Associate member
 Annual Dues \$60. Monthly Dues Deduction \$5.

PLEASE RENEW YOUR MEMBERSHIP
UPDATE YOUR CONTACT INFORMATION

RPEA 300 T STREET, SACRAMENTO, CA 95811
(800)443-7732. WWW.RPEA.COM



Retired Public Employees Association

Delta Chapter 069 Area III

RPEA Mission Statement - We are retired California public employees working. Together to maintain and improve the quality of the lives of our members by protecting and improving our retirement and medical benefits.

**Newsletter
May 2017**

Newsletter Editor; Bethi Carver
P.O. Box 2022, Bethel Island, CA 94511
rpea069@nearthefastwater.com (925) 708-2763

Legislative Update

Social Security and Medicare are under attack. Call or write your legislator to voice your opinion about your Social Security account and pension benefits. It seems to me that working a career, paying for retirement and health benefits the whole time, counts for something and supports the local hospitals and health professionals.

Join the RPEA push back efforts.

The RPEA Legislative Committee does a great job keeping track of what is happening in the Legislature. They publish a monthly Tracking Chart including the position RPEA takes either supporting or opposing each bill. You can get on the email update list by contacting RPEA.

The "unfunded liabilities" of state and local pension funds are California's biggest unresolved political issue – at least in financial terms'. Sacto Bee.

HR 1391. Social Security 2100 Act. to protect our Social Security system and improve benefits for current and future generations. Support.

Reed-DeMaio initiative pushback efforts are detailed online and in the statewide newsletter.

With the nonstop discussions about our Constitution, I signed up for an online class at Hillsdale College. [The U.S. Constitution, a reader.](#) Hillsdale College Press. ☐

Letter from the Editor

"If someone calls and asks, 'Can you hear me?', do *not* answer yes," advised the Better Business Bureau. "Just hang up. Scammers change their tactics as the public catches on, so be alert for other questions designed to solicit a simple yes answer." The new technologies of Robocalls have advanced voice recognition. Be careful when answering the phone. A recorded "yes" could also be used to deny refunds to any consumer who complains or purchase something by a scammer. Walker, the UC Santa Cruz computer wiz, has been teaching computers how to speak since the 1980s, when she worked as a researcher for the Natural Language Project at Hewlett Packard Laboratories in Palo Alto. She's also done stints at Mitsubishi Electric Research Laboratories in Cambridge, Mass., and AT&T Labs in New Jersey.

☐ Articles, jokes, anecdotes and an assistant editor are welcome. Contact Newsletter Editor, Bethi Carver. ☐

Health Notes ☐

The family-oriented documentary called "**STINK!**" shines a bright light on the unregulated use of toxic chemicals in U.S. consumer products, from baby wipes and shampoo to floor cleaners and laundry detergents. The idea for the film originated from director Jon Whelan's experience in tracking down the source of a strong chemical odor that wafted off new pajamas he'd purchased for his two young daughters. After discovering the toxic stench was a trade secret held by the parent company of popular American tween store Justice, Whelan began investigating the fragrance industry, which he suggests is valued at \$100 billion.. According to the Campaign for Safe Cosmetics, the European Union Cosmetics Directive, which was adopted in January 2003 and revised in 2013, bans 1,328 chemicals from cosmetics that are known or suspected to cause birth defects, cancer, genetic mutation or reproductive harm. To date, the FDA has banned only 11 chemicals from cosmetics in the U.S....

Because the U.S. federal government has traditionally taken a passive role in terms of regulating the addition of chemicals in consumer products, individual states, such as California, have taken action on their own. California's well known Proposition 65, or Prop 65 was enacted in 1986. Eleanne van Vliet, director of toxic chemical research for As You Sow, sees value in state-enacted regulations: "*Prop 65 prohibits businesses from knowingly exposing consumers to chemicals known to cause cancer or birth defects. Companies have to either reformulate the product to use less toxic ingredients or remove the product from the market completely.*"

April 7, 2017 Dr Mercola. 'STINK!' Available Mercola.com. ☐

Relevant Connections

- ❖ RPEA group Insurance benefits AMBA 800.258.7041
www.myambabenefits.info/association/rpeaca
 - ❖ RPEA Facebook and RPEA Media Daily
kelly@marketplacecommunications.co
 - ❖ CalPERS 888-225-7377. <https://my.calpers.ca.gov>
 - ❖ Sunshine. Know a member who can benefit from a get well card? Call Sunshine Chair, Eddie Roberts.
 - ❖ CityofHope.org cancer treatment thru nutrition
- Good reading.....**
- ❖ [The Divided Era, how we got here and the keys to America's reconciliation.](#) (ISBN-13: 978-1-62634-199-9. \$26.95. TomDelBeccaro.com gbgpress.com)
 - ❖ [The U.S. Constitution, a reader.](#) Hillsdale College Press



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More Health Notes

Hydrogen Peroxide And Cancer: This Is What You Must Know. Livingtraditionally.Com. August 4, 2015

Cancer is dangerous. Don't flirt with disaster. Don't eat it and don't go near it. Don't drink it. Don't put it on your skin. Yes, this is a warning not to put cancer on or inside your body. Cancer is in GMO pesticide DNA seed designs and the treatments used on vegetables and fruit. Cancer is in sun block lotions full of toxins that hold in your sweat and block out the vitamin D you would normally get from the sun. Cancer is in cosmetics, makeup, soaps, toothpaste and shampoos. Cancer may be lurking in your refrigerator, your pantry and in your medicine cabinet, but it has an archenemy. Cancer has a rival that destroys it like an M-60 leveling a field of enemy soldiers. It's called "hydrogen peroxide," and the "lame-stream," mainstream media will tell you how "dangerous" it is at 35%, but they won't tell you that you can drip a couple drops in a glass of water each day and end cancer. Yes, it's true.

Cancer thrives in an acid-heavy system, where the blood and the organs are flooded with processed salt, sugar, animal fat and artificial food. The heart and brain struggle to filter out the toxins found in most conventional forms of food, like antibiotics, hormones, pesticides, insecticides, herbicides, bleach, ammonia, fluoride, heavy metals and much more. This is why the doctors and oncologists tell chemo patients not to eat alkalizing foods like kale, because it will "interfere with the chemotherapy." God forbid you should try to alkalize all that acid that's killing your GOOD cells.

Most cancer patients die as a result of the chemotherapy and radiation damage to their non-cancerous cells. In other words, your good cells that are trying to help your body beat cancer are deprived of oxygen also, leading to new cancers and often death within 5 years. "The most overlooked solution to all manner of illness and disease is perhaps the simplest. All pathogens, viruses, and parasites are anaerobic. They thrive in the absence of oxygen, but cannot survive with an abundance of oxygen. Even cancer cells cannot exist in oxygen. They depend on fermenting glucose to survive and multiply."

What should you do, whether you have cancer or not? Alkalize your body, that's what. Now keep in mind, hydrogen peroxide does not rebuild the immune system or repair the cells damaged by toxic chemo; however, there's no better time to welcome that "change of season" for the regeneration of new cells, skin, hair and organ cells than right now. This is preprogrammed in your DNA.

Getting enough hydrogen peroxide inside the cancer cells is key. It has been clinically demonstrated that the spread or metastasis of cancer is "inversely proportional to the amount of oxygen around the cancer cells." That means that the more oxygen, the slower the

cancer spreads. Conversely, the less oxygen, the faster the cancer spreads. If cancer cells get enough oxygen, they will die! Hydrogen peroxide kills cancer cells, because cancer cells do not have the mechanism to break down the hydrogen peroxide and stop it from doing its work.

The key to curing cancer with hydrogen peroxide is getting ENOUGH hydrogen peroxide INSIDE the cancer cells. There is a scientific description of this: Proteolytic enzymes, also called pancreatic enzymes, literally cut apart the thick protein coating that covers cancer cells, so the immune system can recognize the cells as cancerous. Well, you don't have to be a scientist to understand that! By cutting apart the protein coating, the hydrogen peroxide then gets inside the cancer cells. You won't hear about that on any CNN "cancer special" or on "Dr. Oz." Science has known this for 50 years

Nobel prize winner Dr. Otto Warburg demonstrated OVER 50 YEARS AGO the basic difference between normal cells and cancer cells. Both derive energy from glucose, but the normal cell requires oxygen to combine with the glucose, while cancer cells break down glucose without oxygen, yielding only about 1/15 of the energy per glucose molecule that a normal cell produces. This is why cancer cells have such a huge appetite for sugar and why people who are obese get cancer more often. It's called the "biochemical cascade."

Hydrogen peroxide and several other oxygen therapies are proven to be safe and effective. Pay attention to what you buy though, because 35% food grade hydrogen peroxide is the only grade recommended for internal use. Beware of the 3% "Pharmaceutical Grade." This is the grade sold at your local drugstore or supermarket. This product is not recommended for internal use, because it contains an assortment of stabilizers which shouldn't be ingested. Home use advice: Some individuals add a cup of 35% food grade hydrogen peroxide to a bathtub of warm water and soak for 20 to 30 minutes. The hydrogen peroxide is absorbed through the skin, which is your largest organ. Others drink a glass of water with several drops of food or reagent grade hydrogen peroxide. Also look into digestive enzymes. Researchers have noted for years a correspondence between low levels of enzymes and cancer; in fact, enzyme therapy has been used with good results against cancers in Europe and by some doctors in the United States.

http://www.naturalnews.com/042577_cancer_treatment_hydrogen_peroxide_alternative_medicine.html#ixzz3qUcZu4Pe

Sources for this article include:

<http://www.new-cancer-treatments.org>

<http://www.burzynskiclinic.com>

<http://www.cancertutor.com>

<http://www.agedefyingbody.com>

<http://www.naturalnews.com>

<http://www.gundrymd.com>

<http://www.ewg.org>

<http://www.new-cancer-treatments.org>



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Newsletter May 2017

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PERSONAL CARE PRODUCTS

'Other steps are bigger, such as Target's decision to require full ingredient disclosure by 2020 for all baby care, household and personal care products, as well as a ban on formaldehyde, parabens and phthalates in those products. Furthermore, by 2022, Target wants to remove flame retardants and per-fluorinated chemicals from all its textiles.

If you want to go to the next level with respect to taking a stand against the continued use and abuse of fragrance in consumer products, below are some tips on how you can get started:

- Choose products that disclose a complete list of ingredients
- Select "fragrance free" products instead of "unscented" ones because unscented products may use fragrance to mask odors
- Be wary of "greenwashing" related to the use of terms such as "natural" or "organic" for personal care products because they are unregulated and can be used regardless of product contents
- Research the product's ingredients prior to purchase by perusing the EWG's Skin Deep database and/or other sources.
- Opt for products using organic essential oils instead of synthetic scents
- Educate your children and make them aware of safer choices for the products they use daily
- Ask the company for specific details about the products you like and find out if they are safe
- Vote with your dollars and stop buying products that you know are unsafe
- Demand action by telling manufacturers and retailers, as well as your state and federal legislators, that you support the full disclosure of ingredients for household and personal-care products and want safer alternatives'

If you want to go further in your exploration of potentially harmful ingredients, check out EWG's Skin Deep® database where you can research the personal care products.

you use and identify less toxic options. EWG also maintains a Guide to Healthy Cleaning which informs you about safe alternatives for household-cleaning products.

<http://www.mercola.com/Downloads/bonus/toxic-personal-care-products/report.aspx>. **By Dr. Mercola**

Mushroom Powder Linked To Lower Psa Levels In Prostate Cancer Patients

May 22, 2015 | Tami Dennis

Mushrooms to Treat Prostate Cancer? | City of Hope

White button mushrooms seem fairly innocuous as fungi go. Unlike portabellas, they don't center stage at the dinner table, and unlike truffles, they're not the subject of gourmand fervor. But appearances can be deceiving when it comes to these mild-mannered Clark Kents of the food world.

Powder made from white button mushrooms appears able to lower PSA levels in men previously treated for prostate cancer.

In a study led by City of Hope researchers, a powder made of white button mushrooms was found to reduce the levels of prostate specific antigen, or PSA, in prostate cancer patients whose PSA levels had been rising. And, even better, the powder caused no ill effects. Here's why that matters. A rise in PSA levels in men already treated for prostate cancer can be a harbinger of disease recurrence. So when those levels rise – and continue to rise – men know that further treatment is likely necessary. Men need a way to keep those PSA levels down or, more to the point, help prevent cancer's recurrence. White button mushrooms could be it. The City of Hope researchers treated 36 prostate cancer patients with the powder, assessing their PSA levels' responsiveness to different doses of the powder and whether the men experienced any ill effects. After months of daily use of the powder, 36 percent of patients experienced some reduction in PSA, with two patients experiencing a remarkable complete response, meaning their PSA levels dropped to undetectable levels. Of note, that complete response continued for 49 and 30 months. The results suggest that chemicals in mushrooms affect the body's immune system, said study author Shiu Chen, Ph.D., professor and chair of the Department of Cancer Biology at City of Hope. "Some data have suggested that mushroom chemicals could upregulate the cancer-fighting power of our immune system," he said. "It has been reported by other investigators that in some prostate cancers, tumor-suppressing activity of the immune system can be compromised." This study, published May 18 in *Cancer*, supports that earlier research. The researchers concluded that using white button mushrooms in this manner appears to actually modulate the biology of biochemically recurrent prostate cancer. In other words: White button mushrooms are not Clark Kent, but a "Superfood." The researchers are now planning a new clinical trial to confirm the findings, as well as additional laboratory studies to understand the apparent immune-modulation mechanism of mushrooms, said Przemyslaw Twardowski, M.D., the study's lead author and a clinical professor of medical oncology at City of Hope. The complete list of study authors is Twardowski, Noriko Kanaya, Ph.D., Paul Frankel, Ph.D., Timothy Synold, Pharm.D., Christopher Ruel; Sumanta K. Pal, M.D., Maribel Junqueira, R.N., Manisha Prajapati, R.N., Tina Moore, Pamela Tryon and Chen. The study authors also thanked colleagues Sharon Dension, Ian Talisman, Gene Hur, Shu Mi and Vivi Tran for their assistance.

** Learn more about City of Hope's Program in Natural Therapies. ** Learn more about becoming a patient or getting a second opinion by visiting our website or by calling 800-826-HOPE (4673). You may also request a new patient appointment online. City of Hope staff will explain what's required for a consult at City of Hope and help you determine, before you come in, whether or not your insurance will pay for the appointment.

☒ This column is not intended to take the place of your medical doctors treatment . Bethi Carver ☒