



The Camellia
Retired Public Employees' Association
Area VII -Sacramento, California
Chapter 004 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.

Volume 30, Issue 3



May/June 2025

PRESIDENTS MESSAGE - Roxanne Woodward

Hello All --.

Likely, by the time you receive this newsletter, summer will officially be here. The days will get longer and the heat will set in. We held our June meeting earlier this month and were able to both hold our elections and approve a budget for our new fiscal year. More information on both of these topics is reported on page 2. Please note that our July Board meeting will be held on the third Wednesday of the month (July 16, 2025) as the restaurant will be closed on our regular meeting day. Our bylaws were recently approved by the Associations' Board of Directors. Let me know if you would like a copy.

COLA: We received our retiree cost-of-living adjustment (COLA) last month. The power of compounding growth works to our advantage as each year's adjustment builds on the prior year. Our pension grows alongside inflation, helping to keep our buying power strong and our retirement more secure.

Membership: Our membership at the end of May was 932. We gained 2 new members but lost 9 (reported deceased). Currently, our Membership Committee is gearing up to focus our recruitment on our local area contracted CalPERS entities. The Membership Committee is seeking additional volunteers to assist in this effort. Please let me or our Membership Chair, Diane Buffington know if you are interested in assisting.

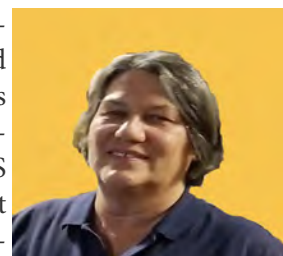
CalPERS (CP) NEWS

Elections: With regard to the upcoming election for two positions on the CP Board of Administration, RPEA recently endorsed Dominick Bei for Seat A, and Jose Pacheco for Seat B. Hopefully, chapters across the state will get the word out and vote as voting begins August 29, 2025. Additional information, may be found at: <https://www.calpers.ca.gov/about/board/board-elections>

PERF Update: As of May 31, 2025, the PERF was valued at \$542.1 billion. We should be hearing from CP soon on the investment gains/losses for the fiscal year that is coming to a close.

Update on Blue Cross Negotiations - Blue Shield and UC Health System Potential Termination: As you may know, the contract between Blue Shield of California and the University of California (UC) Health System has a potential termination date of June 30, 2025. Although I have not seen

anything official from CP, I am hearing that negotiations may go beyond the end of June. Please note, there is **no impact** to CalPERS members enrolled in the PERS Gold and PERS Platinum Medicare Supplement plans or Blue Shield's Medicare Advantage PPO Plan. The potential termination affects the entire UC Health System, which includes UC Davis, UC Irvine, UCLA, UC Riverside, UC San Diego, and UC San Francisco hospitals as well as associated children's hospitals, facilities, and medical groups. If there is a contract termination, it would impact Blue Shield of California members enrolled in: PERS Gold PPO; PERS Platinum PPO; Blue Shield Access+ HMO and EPO, and Blue Shield Trio HMO. Recently I recently came across "**CalPERS Policy on Health Provider Disruptions**". It may potentially give you more information about how CP's is handling the current situation. The policy may be found at: <https://www.calpers.ca.gov/documents/policy-health-provider-disruptions/download>



Experian Identity Works – Contract Term Nearing Expiration: As this was a severe data breach, 2-years of id protection is not nearly enough! This CP contract is due to expire at the end of this month. CP needs to extend this contract for an additional period of time. You are urged to weigh in (show up and/or testify in person or by phone) on this important matter that is on the agenda at the upcoming CP Board of Administration meeting. Also, not sure if this is old news but I recently became aware that Google, Apple, and Facebook are part of a major data breach with nearly 184 million users wherein 200 million records were exposed. The breach includes login credentials for Google, Apple, Meta, and more. The stolen information contains usernames, passwords, and login URLs connected to services like Spotify, PayPal, and Netflix. If exploited, cybercriminals can use this information to commit identity theft. You are encouraged to revisit your privacy and security settings within these apps.

Wishing you a wonderful summer ahead. Have fun, be safe, and stay hydrated!



RANDOM THOUGHTS FROM THE PAST PRESIDENT

The weather is cooperating and has been lovely for the last several days in Sacramento. It is very enjoyable to be able to sit in the yard and enjoy the breeze in from the Delta, a natural air conditioning here. Would that it could remain as nice all summer, but we know we will be experiencing those triple digit days before the summer is over.

Chapter 004 held its election of officers at our General Membership meeting recently. It was rather disappointing that of our total membership of 900+, only twenty-four members turned out for this important event. In addition, the budget for the coming fiscal year was on the agenda. Fortunately, it was approved so the chapter is ready for the new fiscal year and can continue to pay our bills timely.

Regarding the election of officers, most of the positions on the ballot held only one individual's name, or fewer names than the required total to be voted upon. That left only the position of Delegate to General Assembly as a contested election, all other positions being elected by acclamation. The new slate of officers for the 2025-2027 term is as follows: President-Roxanne Woodward; Vice President-Randall Cheek; Secretary/Treasurer-Marie Reed. Directors at Large are Sheryl Zazzi, Diane Buffington, Julie Edul, Johnnie Young-Craig, and John Eng. Our delegates to the next General Assembly are President Roxanne Woodward, Diane Buffington, Marie Reed and alternate delegates are Linda Roberts, Johnnie Young-Craig, and Penny Felix. Should our membership number increase sufficiently between now and the next General Assembly, those elected alternate delegates may be moved up to become delegates. The Chapter is entitled to one delegate for every 300 members above 451. This currently allows for three delegates. Our President is an automatic delegate per our Bylaws, so need not stand for election as a delegate.

Flyers for the upcoming Summer Card Bingo were available at the recent meeting and several in attendance took advantage to sign up for this fun event. The flyer is also available in this newsletter, so all who are interested in attending can still send in your reservation and plan to join us.

Since June is "Internet Safety Month", I'm receiving many email messages about the possibility of phishing, smishing and other tactics to gather personal information. I will continue to include some of this information for you on the pages of this newsletter. Following are some of the more recent tips I've received.

Impersonation scam

Scammers may pose as a bank, to try and gain access to your account. They often use a fake caller ID that shows up as the bank and tell you there've been fraudulent transactions on your account. The scammer will have you make payments to reverse the fraud and protect the account. In a different version of the scam, the caller will ask for sensitive information that they can use to access your account and make fraudulent transactions.

Smishing scam

Smishing—a twist on email phishing using SMS—happens when scammers send text messages that appear to be from a trusted company in an attempt to steal your money and personal information. These messages can be convincing because they pose as well-known businesses, like a delivery service or toll payment system. The texts will urge you to click a link where you're prompted to share payment details or other personal information.

Social media deposit refund scam

Scammers will pose as artists on social media, flattering users and offering to buy their photos. They'll send a seemingly valid check and then ask victims to send back a portion of the funds for "supplies." Though the check appears to clear, it's fraudulent. By the time the bank discovers the fake check, the scammers already have the money sent by victims.

Warning: Call Back Phishing Attacks.

In a callback phishing attack, the target is placed under pressure and a telephone number is often the only contact method given. It can be either an email message or a phone call with a message left if unanswered.

Common methods are:

- An outstanding invoice for a product you did not purchase
- A subscription that you did not purchase
- A message about a supposed security vulnerability in your operating system

It's important to remember, though, that a callback phishing email could be about anything.

How you can protect yourself? Do not call the number listed in the email. Find a customer service number yourself and do not trust the information in the suspicious email. If, despite all the warning signs, you decide to call the number given, be especially careful when making the call.

- Do not disclose sensitive information.
- You should not allow remote access to your computer.
- Do not download software from any subsequent emails.
- Do not open attachments or click on links.

Update your privacy settings on Social Media

Set the privacy and security settings to your comfort level for information sharing. This is not a one-and-done process, since social media platforms often update and change their settings. So, from time to time, check the settings to make sure they are at the safety level you want. It's also important to disable geotagging, which allows people to see where you are.

SUMMER CARD BINGO

RPEA, Chapter 004



Join us in the park for our annual summer card bingo, fun, camaraderie, and door prizes!

WHEN: Wednesday, **August 13, 2025**
(please RSVP by August 5)

WHERE: Oki Park
2715 Wisseman Drive, Sacramento, CA 95826
Oki Park is located in the College Greens/Glenbrook Neighborhood

Directions via south Watt Avenue: turn right onto Folsom Blvd. then turn right onto Wisseman Drive; continue on Wisseman Drive through a couple of stop signs to the park.

TIME: 09:30 – 9:45 a.m. Check In
09:45 – 11:30 a.m. Card Bingo
11:30 – 12:00 noon Box Luncheon & Raffle

COST: \$12.00 for Members and \$15.00 for Guests - Bring a prospective member!

Receive an extra raffle ticket by bringing in your pull tabs, used greeting card fronts, and/or non-perishable food item(s) for our giving back programs.

Please **RSVP no later than August 5, 2025**. Indicate your box lunch item and send your reservation and payment to our Reservations Chairperson: Sheryl Zazzi, 1709 Lakewood Drive, West Sacramento, CA 95691; text (916) 607-8282, email to redhataz@gmail.com. Make check payable to RPEA, Chapter 004. Failure to RSVP timely will result in no box lunch being available. **Payment must be received prior to the event.**

SPECIFY NUMBER OF PEOPLE FOR THIS RSVP _____ NAME(S)/CONTACT INFO.

Email Address _____ Telephone _____

BOX LUNCH SELECTION: Mark appropriate item(s) below. Box lunch includes either a sandwich (*lettuce, tomato, & pickle*), *pasta salad, potato chips, and a cookie*, **or a salad**, *fresh roll and butter, a cookie, and a dressing packet*. *Mayonnaise and mustard packets will be provided. No substitutions please.* RPEA will provide bottled water. *If you would like something other than water to drink, please bring it.*

<i>Sandwich</i>		<i>Salad</i>	
<i>Turkey</i>		<i>Chicken Caesar</i>	
<i>Ham</i>		<i>Asian Chicken</i>	
<i>Roast Beef</i>		<i>Chef</i>	
<i>Vegetarian</i>		<i>Cashew Chicken</i>	

Several members of Chapter 004 volunteered to help Area VII Director Ken Brown at the El Dorado County Fair in June. In attendance on Thursday, June 12 were Linda Roberts, Roxanne Woodward, Sheryl Zazzi and Marie Reed. Dianne Buffington and John Eng volunteered to assist on Friday, June 13. Photos weren't available for all participants, however the one below shows the booth and three volunteers.



At the ElDorado County Fair, from left: Sheryl Zazzi, Marie Reed and Roxanne Woodward are here to tell the RPEA story.



Newly elected officers after installation by member Chuck Wiseley. Back row from left: Johnnie Young-Craig, Roxanne Woodward and Linda Roberts. Front row from left: Diane Buffington, Marie Reed, John Eng and Julie Edul. Congratulations on your election!

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Surprising Other Uses for Automatic Dishwasher Detergent

Dishwasher detergent is the cleaning solution to many of our problems. Dishwasher pods are wonderful cleaning agents for more than just dishes. James McDowall/Shutterstock, By Mary Hunt Updated: 6/4/2025

It's no secret that dishwasher detergent is specifically formulated to be used in automatic dishwashers whether it comes

as powder, pods, pacs, liquid, or gel. What may come as a big surprise is that these products' grease and dirt-busting abilities can be used outside the dishwasher in many useful ways. Case in point: my microfiber cloths. I have a stack that I use for wiping up spills, dusting furniture, cleaning windows, countertops, floors, woodwork, and appliances. The enemy of microfiber is laundry soap that does not get 100 percent rinsed away. A potential buildup of soap or other laundry products will ruin the effectiveness of microfiber. That's the reason I don't use laundry detergent with them.

In the past, I have laundered microfiber clothes in hot water and borax, using the hottest water setting on my machine, plus an extra rinse. That has worked well but doesn't get out all the stains. I know, what's the big deal about stains in cleaning cloths? I guess the answer there is that it just bothers me.

And then it hit me—dishwasher detergent. I'd recently read a tip about using dishwasher detergent outside the kitchen, so, on a whim, I threw a pile of dirty, stained microfiber cloths into the washer along with one Cascade automatic dishwasher pod. I set the wash temp to hot and gave it an extra rinse. The results were amazing—super clean, effective microfiber with no stains at all.

This got me thinking and quickly spun me into research mode to understand how and why this worked so well with no effort—no soaking, waiting, or scrubbing. Here's what I learned.

Beyond Dishes: Surprising Uses for Your Dishwasher Detergent You Never Knew

All automatic dishwasher detergents contain powerful surfactants and enzymes with high pH levels to break up and wash away grease, oil, and dirt particles. In its powdered versions, automatic dishwasher detergents are likely to also contain peroxide bleach. That's what makes dishwasher detergent an effective, inexpensive alternative to many kinds of household cleaners. Bleach eradicates stains like coffee and tea, enzymes eat away at proteins and solids, and surfactants tackle dirt. But enzymes and bleach can't play well together in gel products because most bleach in liquid form will kill enzymes. This is the reason dry dishwasher detergent may be our most powerful option for its other uses.

All-Purpose Cleaner

Combine 1/2 cup of dishwasher detergent powder with 2 gallons of hot water. Mix well. Once dissolved, pour the solution into spray bottles. To use: Spray onto a clean cloth and wipe off the area that needs cleaning rather than spraying the area to be cleaned. Rinse the area well with warm water, then dry with a clean, soft rag.

You can use this solution on the exterior and interior of household appliances, vinyl floors, painted surfaces, and

glass. When using this homemade cleaner on glass items, a microfiber cloth promises a streak-free shine.

Bathroom Stain Remover

Got a stubborn toilet ring? Drop a dishwasher pod or tablet into the toilet bowl. Allow it to sit for a few minutes. Scrub the stains away with a toilet brush. I've discovered that a pod will dissolve in the room temperature water in a toilet bowl. Straight powder did not prove as effective for me because unlike the pod, it didn't dissolve well.

Garage and Driveway Stains

Got oil, transmission or other car fluid stains on your driveway or in the garage? Automatic dishwasher detergent to the rescue. You can probably figure out the routine by now, or follow this: Mix 1/2 cup of dishwasher detergent powder with enough hot water to make a thick paste in a plastic container. Scrub the paste onto the stained surface (a stiff brush is a great option). Allow it to sit for a few minutes, then rinse it away with your garden hose.

What About Cost?

And now for the big question: Is it cost-effective? That depends on how much we pay for these products. Purchased on sale or in bulk, I believe it can be. But more than that, if dishwasher detergent is handy when you've run out of laundry detergent, or you don't want to spend a ton on a gallon of driveway cleaner or take time to drive to a store to get it, but you've got that box of dishwasher detergent all ready to go—absolutely!

Your Results

With so many brands and types of automatic dishwasher detergents out there, it's difficult for me to give you definitive results on each and every option. And as compared to my results, your mileage may vary.

What I know based on the tests and experiments I've done is overall, automatic dishwasher detergent has amazing capabilities to clean and remove stains on items and situations that have nothing to do with a dishwasher.

###

WELCOME NEW MEMBERS

MARCH

Joseph Hennesy
Einora Fretwell
Virginia Miyata

APRIL

Sheri Foley

MAY

Marsha Bedwell

UPCOMING MEETINGS

RPEA CHAPTER 004

Sacramento, Yolo Areas
Second Wednesday
of each month.

July 16, 2025

Board Meeting - 10:00 a.m.

Aviators Restaurant

6151 Freeport Blvd. Sacramento

NOTE DATE CHANGE

August 13, 2025

General Meeting - 10:00 a.m.

CARD BINGO IN THE PARK

Oki Park

Flier on page 3

September 10, 2025

Board Meeting - 10:00 a.m.

Aviators Restaurant

6151 Freeport Blvd. Sacramento

Please RSVP if you plan to attend
any of these meetings
Members meals are \$10 to attendees-
except for Spring Luncheon
and Holiday Luncheon

NOW THAT IN-PERSON MEETINGS HAVE RESUMED

Lunch is \$10 for members in attendance at Chapter meetings
and \$15.00 for guests for all Chapter meetings except

Spring Luncheon and

Holiday Luncheon

Members may attend all meetings.

Please reserve your spot.

**Failure to make a reservation may result in no lunch
available and failure to appear and not cancel a
reservation will result in a \$10.00 charge.**

To reserve or cancel a reservation
contact **Sheryl Zazzi** at
redhatzaz@gmail.com or text (916) 607-8282
by the Wednesday before each meeting.

NOTICE!!!

If you discard or recycle our newsletter in the trash, please shred it as there are email addresses and telephone numbers listed in it. Our directors are volunteers and we don't want unnecessary solicitations coming our way because of publication of those numbers.

JEOPARDY FOR SENIORS!!

THIS MAY BE HARDER THAN YOU MAY THINK. THE ANSWERS WILL BE ON THE TIP OF YOUR TONGUE, BUT YOU JUST CAN'T QUITE REMEMBER THE CORRECT ANSWER.

Let's see how good your memory is. Don't look at the answers yet, until the end.

The answers are printed below, (after the questions) but don't cheat! answer them first...

01. After the Lone Ranger saved the day and rode off into the sunset, the grateful citizens would ask, "Who was that masked man?"

Invariably, someone would answer, "I don't know, but he left this behind."

What did he leave behind? A _____.

02. When the Beatles first came to the U.S. In early 1964, we all watched them on The _____ Show.

03. "Get your kicks, _____!"

04. The story you are about to see is true. The names have been changed to _____.

05. 'In the jungle, the mighty jungle, _____'.

06. After the Twist, The Mashed Potato, and the Watusi, we 'danced' under a stick that was lowered as low as we could go in a dance called the '_____.'

07. Nestle's makes the very best... _____?

08. Satchmo was America's 'Ambassador of Goodwill.' Our parents shared this great jazz trumpet player with us. His name was _____.

09. What takes a licking and keeps on ticking? _____.

10. Red Skeleton's hobo character was named _____ and Red always ended his television show by saying, 'Good Night, and _____'.

11. Some Americans who protested the Vietnam War did so by burning their _____.

12. The cute little car with the engine in the back and the trunk in the front was called the VW. What other names did it go by? _____ or _____.

13. In 1971, singer Don MacLean sang a song about, 'the day the music died.' This was a tribute to _____.

14. We can remember the first satellite placed into orbit. The Russians did it. It was called _____.

15. One of the big fads of the late 50's and 60's was a large plastic ring that we twirled around our waist. It was called the _____.

16. Remember LS/MFT _____/_____.

17. Hey Kids! What time is it? It's _____!

18. Who knows what secrets lie in the hearts of men? Only The _____ Knows!

19. There was a song that came out in the 60's that was "a grave yard smash." Its name was the _____!

20. Alka Seltzer used a "boy with a tablet on his head" as its Logo/Representative. What was the boy's name was _____.

ANSWERS

01. The Lone Ranger left behind... A silver bullet

02. The Ed Sullivan Show

03. On Route 66

04. To protect the innocent

05. The Lion Sleeps Tonight

06. The limbo

07. Chocolate

08. Louis Armstrong

09. The Timex Watch

10. Freddy, The Freeloader and 'Good Night and God Bless.'

11. Draft Cards (Bras were also burned. Not flags, as some have guessed)

12. Beetle or Bug

13. Buddy Holly

14. Sputnik

15. Hoola-hoop

16. Lucky Strike/Means Fine Tobacco

17. Howdy Doody Time

18. Shadow

19. Monster Mash

20. Speedy

JOIN US AT A MEETING**NEED TRANSPORTATION?**

CALL ONE OF OUR OFFICERS TO SEE IF RIDE

SHARING MIGHT BE ARRANGED.

*A Bit of Humor to
Brighten
Your Day!*

**I'm not saying I
order from
Amazon a lot, but
I just received a
wedding invitation
from one of their
drivers.**



**Felt
uncomfortable
driving into the
cemetery. The
gps blurted out
you have reached
your final
destination.**





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300 T Street
Sacramento, CA 95811-6912
or (916) 441-7732

I COULD HAVE BEEN AN E-MAIL!

Save your Chapter mailing costs and receive me in color!
Contact marie.reed@comcast.net

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