



**RETIRED PUBLIC EMPLOYEES COUNCIL  
OF WASHINGTON  
CHAPTER 4 – ORTING  
Warren Warfield, President**

**Meeting Date:** May 4, 2012 (meetings are the 1<sup>st</sup> Friday of each month)  
**Time:** 11:30 am  
**Place:** Charlie's Restaurant  
113 E Main, Puyallup, WA

***SPEAKER:*** Bruce Dammeier is a candidate for the State House.

***ELECTION OF OFFICERS:*** Our chapter elected officers in April. The following people were elected: **President:** *Warren Warfield*; **Secretary:** *Connie Clark*; **Vice President:** *Nell Snodgrass*; **Membership Chair:** *Nell Snodgrass*. These people will begin their duties after being sworn in at the District 8 meeting on May 16.

***PEANUT BUTTER:*** If you forgot to bring peanut butter to the April meeting, you have another chance. Bring a jar to the May meeting and we will see that it gets to where it needs to be. Eighteen jars were collected in April.

***RETIREMENT PAPERS:*** If any of you still have your retirement papers that mention the COLA that was promised, please copy or scan them. The attorney's would like to gather as many sets as they can to "prove" that the COLA was part of our retirement package. You can send them to the Council office in Olympia, or bring them to the meeting and Nell will see that they get to where they need to go.

***RPEC Upcoming Events:***

*Executive Board Meeting* **May 21** at Lacy City Hall meeting room.

*President's training* **June 12** for those who would like to learn how to carry out the responsibilities officers are assigned.

*RPEC Convention* **September 11**. This will be a one day convention in Ellensburg.

*Solidarity Day* **September 9**, planned for Pt. Defiance Park again.

**SAVE MAY 16** for a **district-wide meeting of all District 8 RPEC members** at the So Hill (Puyallup) Mazatlan Restaurant (11:00 am-4:30 pm.) There will be scheduled speakers and training with a no-host lunch. **Keynote speaker** will be Julie Anderson, Pierce Co. Auditor and she will discuss voter redistricting.

**Purpose: (Mission Statement)** Our mission is to unite retired public employees for their mutual benefit and welfare. We do this by promoting legislation to improve financial and medical benefits, providing information to and otherwise supporting members and working closely with other organizations.

***Health Tip: Get to know your foods***

Good nutrition and food-types that each one of us need will vary with each person. Nutrition is gained from the proper food input to our bodies that work the best for our needs, i.e. growth, replacement of tissues, etc. Food types (besides being the milk, meat, vegetables, fruit and bread/cereal groups) are basically what our Senior bodies need for a healthy being. Meats could be needed for some of us, and an absolute no-no for others. It is important to remember that each person's needs vary, and it is equally important to check with your doctor just what foods you need (or can tolerate) for your particular health maintenance.

RPEC State Office telephone: 1-800-562-6097      Website for RPEC: [www.rpecwa.org](http://www.rpecwa.org)  
Chapter 4 Membership chair: Connie Clark 253-770-8765 [connierdh@comcast.net](mailto:connierdh@comcast.net)  
Chapter 4 President: Warren Warfield 253-770-5942 [wdwarf@comcast.net](mailto:wdwarf@comcast.net)