



## Retired Public Employees Council of Washington (RPEC) Chapter 46 APRIL, 2024 NEWSLETTER

Join us at Noon  
Wednesday April 17th  
Family Pancake House 17521 Redmond Way

### Plan 1 COLAs— History and Predictions

Our presenter will be **Warren Warfield**, who recently transferred to Chapter 46. Warren has been a part of the COLA Work Group, now the **Pension Policy Workgroup**, which recently submitted several proposals for consideration by the Office of the State Actuary (OSA). Knowing this information is vital so that we will all be on the same page as we prepare for the target legislative year for a **permanent** PERS 1 and TRS 1 COLA!

Order anything from the wide Family Pancake House menu. **Members pay \$10 for lunch, no matter what you order.** Feel free to bring a spouse or recently retired friend. **Guests pay \$15.**

#### Also at our April meeting: Election/Swearing-in of Officers

**Charles Gelslechter** ([cjgelslechter@gmail.com](mailto:cjgelslechter@gmail.com)) chairs the Nomination Committee. Annette McCully ([amccully@aol.com](mailto:amccully@aol.com)) and Marianne Wilkins ([maiiannew@msn.com](mailto:maiiannew@msn.com)) also serve on the Nomination Committee. Contact one of them if you wish to nominate someone. A partial slate of candidates was developed, so nominations will be reopened at the April meeting. Here are the nominations to this point. *You may self-nominate or nominate another chapter member with their permission.*

**President: no nominations** (*Board members and officers have stepped forward agree to take over preparation of the newsletter, procurement of meeting presenters and contact with new members so that the job of President would correspond to duties as described in the Chapter Bylaws*).

**Vice President: Marianne Wilkins** (*current incumbent*)

**Secretary: Linnea Mulder** (*current incumbent*)

**Treasurer: Dennis Montgomery** (*current incumbent*)

**Executive Board Members** (four): Represent the interests of the membership at executive board meetings. **Mark Adams, Annette McCully** (*current incumbents*)

**Trustees** (three): **Jan Hemingway, Warren Warfield**

**These names and those identified by the Nominations Committee in the interim will be placed in nomination and voted on at the April meeting.** Please consider whether it is your turn to step-up for Chapter 46, or if you recognize another member who should be considered for an office and let a member of the nominating committee know.

## **CHAPTER NEWSLETTER DELIVERY ALTERNATIVE**

Thank you to those of you who responded to the survey about what format to use for the Chapter 46 Newsletter going forward. Some of you want a print copy to write on and follow-up. Some would be satisfied with an electronic copy, delivered by email.

Based on that response, the chapter passed two motions: To **offer an online version to those who want this**, saving paper and postage as well as some trees, and **continuing the print copy for those who prefer that delivery method**.

The second motion is procedural, to encourage each member who wants an online version to individually contact the council office with that request. **Address your email to: Jakob Canup, Membership Coordinator at [jakob.canup@repcwa.org](mailto:jakob.canup@repcwa.org), indicate you are a member of Chapter 46 and would like to receive the newsletter by email.**

## **RPEC 2024 CONVENTION**

Chapter 46 gets 13 official delegates based on our membership of 324 as of the end of February. The Convention will be held in Wenatchee from September 25<sup>th</sup> and 26<sup>th</sup>, with committee meetings the day before on the 24<sup>th</sup>. A block of rooms has been reserved at the Coast Wenatchee Center Hotel. The last day to register is July 1<sup>st</sup>. The chapter will choose delegates at its April meeting and will reimburse registration and hotel fees for delegates. All registrations have to be verified by the Chapter President or Secretary. There is a separate fee for guests and their meals. Full information is on the RPEC website [www.rpecwa.org](http://www.rpecwa.org)

Committees include: Constitution, Elections, Legislative, Registration, Resolutions, RPEC PAC Raffle, Rules, and Sergeants-at-Arms. If you are interested in serving on a committee, indicate that on your registration form. Committee members will be chosen by the Executive Board President following the Monday July 1<sup>st</sup> Registration deadline and notified during the summer. They will meet in August, probably over Zoom, to get clarification.

Please consider attending the Convention and even serving on a Committee. It is a great way to learn more about the organization and meet RPEC members from across the state.

## **PREVENTING FRAUD**

**Ford Van Winkle** Client Advisor, Freestone Capitol, brought us a presentation from CENTS: Consumer Education and Training Services on preventing fraud. Some high points were:

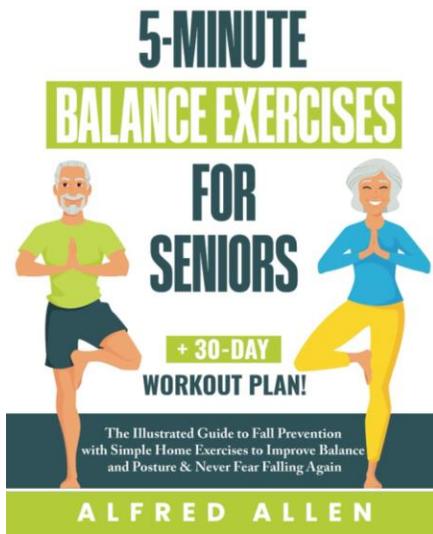
- Choosing a trustworthy financial advisor
- Planning ahead for back-up in case you can't handle your finances
- Order annual copies for your credit reports
- Shred all materials with confidential information
- Get details of financial proposals in writing
- Lock up your check books
- Use credit cards and checks to document purchases

## SAVE THE DATE

The chapter voted to meet in May and hold the date of **May 15<sup>th</sup>** for a noon meeting at the Family Pancake House. We are working to procure a speaker that can help us understand the spectrum to senior housing from senior living facilities to advanced care. Watch the newsletter to confirm the program and speaker.

## MILESTONES

Since the last newsletter went to press, we have been informed of the passing of **Betty Olsen**, last residing in Sammamish, WA and **Richard Warnke**, last residing in Woodinville, WA. May they rest in peace.



## WHAT I'VE BEEN READING

I ordered "**5 Minute Balance Exercises for Seniors**" by Alfred Allen to discover some balance exercises I could adapt for the water aerobics classes I teach at the Bellevue Y. I realized that this collection of simple exercises for fall prevention is a good recommendation whether you do the workouts in the water or on land. It includes exercises to do sitting, standing or lying down. I've found lots of exercises to incorporate into my daily routine. The step-by-step illustrations are clear and include variations. We can all benefit by restoring balance to our movements and reducing our fear of falling. Don't put this off!

**What-have you been reading**--fiction or non-fiction, serious or just for fun? Let President Frey know at [freybroughton@aol.com](mailto:freybroughton@aol.com) so we can feature it in an upcoming newsletter.

## CHANGE AT THE COUNCIL OFFICE

Jane Hewitt joined the RPEC Council Office in mid-March as the new Finance and Operations Specialist. Jane brings more than 40 years of relevant work experience to RPEC. She is married with grandchildren, originally hails from Great Britain, and is an animal lover with three rescue pets. Jane can be reached at [jane.hewitt@rpecwa.org](mailto:jane.hewitt@rpecwa.org). Please give her a warm welcome to RPEC!

## KEEPING UP WITH LEGISLATIVE ISSUES

Beginning this month, the Council Office Legislative Update ZOOM Calls will be held monthly, the first Friday of each month. Details are available at [www.rpecwa.org](http://www.rpecwa.org).

## LET'S BUILD OUR CHAPTER MEMBERSHIP

Do you know someone who recently retired from a state, city, or county position? Tell them about RPEC. Bring them to a meeting. The most active new members in our chapter seem to be those recruited directly by members. If you bring in two new members in 2024, who identify on their membership form that you recruited them, you will receive an \$84 check (the cost of annual dues)!

## WHY DO WE NEED YOUR EMAIL ADDRESS?

**We only have email addresses for about two thirds of our members**, there are often announcements after our newsletter deadline, we sometimes want to survey our members, and we'd like to send you an up-to-date meeting reminder. These activities are only possible if we have your email address. If you don't currently get meeting reminders, we don't have your current email. Please email it to our Vice-President Marianne Wilkins at [marianne@msn.com](mailto:marianne@msn.com) so we can contact you electronically.

## YOUR 2022-2024 RPEC CHAPTER 46 OFFICERS

Judith Frey, President  
Marianne Wilkins, Vice Pres.  
Linnea Mulder, Secretary  
Dennis Montgomery, Treasurer  
Mark Adams, Board  
Arneta Henninger, Board

Katie Kerfonta, Board  
Annette McCully, Board  
Barbara Gelsleichter, Trustee  
Charles Gelsleichter, Trustee  
Jan Hemingway, Trustee

**If you have questions about contents of the Chapter 46 Newsletter or ideas for upcoming meetings, contact me.**

Judith Frey, President  
[freybroughton@aol.com](mailto:freybroughton@aol.com)

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## **COUNCIL EVENTS:**

Visit [www.rpecwa.org](http://www.rpecwa.org) for a full calendar of Council Office and chapter meetings.

- April 5 Legislative Update Call (2:00 p.m.)
- April 11 Public Employees Benefits Board (9:00 a.m.-4 p.m.)
- April 11 Healthcare Workgroup (3:30 p.m.)
- April 12 Legislative Committee (10 a.m.)
- April 16 Select Committee on Pension Policy (10 a.m.)
- April 19 Pension Policy Workgroup (10 a.m.)
- April 25 Membership Committee (10 a.m.)
- April 25 Healthcare Workgroup (3:30 p.m.)
- May 3 Legislative Update Call (2:00 p.m.)
- May 6 Executive Board Meeting (9:30 a.m.-3:30 p.m.)
- May 7 Executive Board Strategic Plan Work Session (9:30-12:30 p.m.)
- May 8 Public Service Recognition Week (at Heritage Park, Olympia)
- May 9 Public Employees Benefits Board (9 a.m.-4 p.m.)
- May 9 Healthcare Workgroup (3:30 p.m.)