



TCREA
TULARE COUNTY RETIRED
EMPLOYEES ASSOCIATION
 P.O. BOX 6981
 VISALIA, CA 93290-6981

MAR/APRIL EDITION
 Volume 28 Issue 2
 March 2024—April 2024
 Members: **2279**

Editor: Valerie Barnhart
 Cell: 559-280-9679
 Email: Admin@tc-rea.org

PRESIDENT’S MESSAGE

By Kevin Mizner



Spring has arrived again...and another beautiful Spring it is! I have really enjoyed the periodic storms with a nice period of warm weather in between to soak up the water. After each storm, it is amazing to see the beauty of the Sierra-Nevada range, with all the snow covering the peaks. At the writing of this article, the California Regional Snow map was reporting 100% of normal for this time of year in the Central Sierra region.

As Spring approaches, Bonnie and I are going to try something new – gardening! My Dad was a great gardener, growing almost anything in his backyard garden. Everything from sweet corn to tomatoes to citrus. We don’t have a lot of unused space in our backyard, so we are going to experiment with one raised planting bed (16 sf) and a navel orange tree (dwarf). If this goes well, we will see about adding an additional bed each year. Now, we are certainly not doing it to save money, because the combined cost of the planter bed, the potting soil, plants, watering system, and orange tree well exceed what we might spend on oranges and vegetables over the next few years, but we are looking forward to the experience and to tasting the fruit of our labor. We will see how it goes... insects be warned!!

One year ago, this month, I made my first announcement that after 15 years, I would like to begin to recruit a new Board President. I feel that it is time to bring some new thoughts and new energy to the position and I will continue to support the Board as the Past President. So far, I have not had anyone reach out to me to discuss the position. In fact, we have several Board members who are getting older and have devoted many years to the Board, and we need to begin thinking about those positions as well. We have almost 2,300 members, many who still live in the Tulare County area, so I know there are any number of people who not only could do well but would enjoy representing this wonderful organization. It is far from a full-time job – as President, I average 2-3 hours weekly – overseeing the Board meetings, emceeding the luncheons, preparing articles for the newsletters, and I also help with the bus trips.

Members of the Board help to take care of other activities such as luncheon planning, reservations, bus trip oversight, scholarships, and general help at the luncheons. Please give some thought on how you can help! Give me a call with any questions you may have.

We had a great Valentine’s Luncheon in February with Dr. Jay Hobbs, a local chiropractor, who offered us an overview of steps that can be taken to maintain spinal health. It is particularly important as we age, and spinal health and flexibility can be accomplished with simple exercises that can be done at home with minimal equipment. As always, we enjoyed a great buffet lunch and great fellowship.

Our next luncheon is scheduled for Thursday, May 16, in Exeter. This is our annual scholarship luncheon, where we will award four \$1,000 scholarships. In addition, we have moved our annual classic car event to May from August, because it is just too hot in August to bring the cars out. I am hopeful that we will get a few more cars this way – special parking will be blocked out for the cars to be displayed. Please join us - \$11.00 per person for the member and a guest – you can hardly buy a Big Mac combo for that today!

Special points of interest

There are always many things to do when you move to a new address. One of the most important is to let the Retirement Board know your new address so you won’t miss receiving your pension check.

Inside this issue

President’s Message.....1-2
 Luncheon Info.....2
 Email Newsletter Info.....3
 Recipe.....3
 Square Reader.....3
 2024 Board of Directors.....4
 2024 Dates.....4
 TCREA Website info.....4
 Bus Trip.....4
 Luncheon Minutes.....5
 Important Note.....5
 Welcome New Members.....6
 Memoriam.....6
 Important Notice.....6
 Thank You to Dr. Hobbs.....6
 Article.....7
 Pacific Group Agencies Ad.....,8

The TCREA NEWS is published five times each year. The information in the TCREA NEWS is believed to be from reliable sources. However, no responsibility is assumed by the TCREA NEWS for inaccuracies contained herein.

Cont. from page 1

We have a full bus for our April bus trip to the Gene Autry Museum of the American West on April 9th. We will spend a few hours there and then head over to the nearby Glendale Galleria for quick shopping and lunch. We are still working on our September destination, but we have confirmed our October trip to Laughlin. We did not have a strong interest in our planned trip to Reno last year and had to cancel, but we have never had to cancel our trips to Laughlin over the past years. So, we are going to give it another try – October 6-9, 2024 (3 nights) and we will be back at the Aquarius Resort and Casino. Check the newsletter for more information on the trip – get your reservation in early!

Looking forward to seeing many of you in May – have a great kick-off to your Spring!



MAY LUNCHEON
Exeter Memorial Building
324 N. Kaweah Ave, Exeter, CA
May 16, 2024
12:00 Noon



Join us for a great time of food and fellowship at our May 16, 2024 TCREA Luncheon at the Exeter Memorial Building. We are looking forward to enjoying a buffet luncheon prepared by Kristy McGill of the Hometown Emporium. The buffet will include **Meatloaf, Deep Pit Pork, Mashed Potatoes & Gravy, Mixed Seasonal Vegetables, Salad, Dinner Rolls, water, tea, coffee and Chef's Choice for Dessert.** Cost is \$11.00 per member and \$11.00 for one guest. Each additional guest is \$20.00. Payments can be made at the door by cash, check or debit/credit card. We will have a “tip” bag on each table for you to place your gratuity for our host for the delicious meal she has prepared for us. Please join us in blessing her.

- ◆ Raffles
- ◆ Great lunch provided by Kristy McGill/Hometown Emporium
- ◆ Fellowship with fellow Tulare County Retirees
- ◆ Scholarship Winners
- ◆ Classic Car Recognition

Please reserve your spot as soon as possible but no later than May 9, 2024 by calling or texting Valerie Barnhart at 559-280-9679.

Notice: We no longer can accept late reservations or cancellations. If you cancel your reservation after May 9, 2024 or fail to attend the luncheon, we are asking that you kindly mail your payment to TCREA.

Thanks for your attention in this matter. Payments for the cancellation can be mailed to P.O. Box 6981, Visalia, CA 93290-6981 or call our Treasurer, Terrie Saenz at 559-972-1734 if you want to pay with credit/debit card.



This Edition of the Newsletter Recipe is provided by Gloria DiBenedetto:

I started in the Public Works Department (now RMA) in 1991 in the County Surveyors Office as a Drafter I. I had various duties mostly related to providing archive survey information to private surveyors and to the public as needed. I was promoted to Engineering Technician while in this position, and also was part of RMA's Solid Waste Division. I left for a while to work at the City of Tulare, but returned to work in RMA's Design Division, where I used computerized survey data used in the preparation of CAD engineering plans for road projects. During my time in RMA, I was a big supporter of the Sunshine Club, and a major contributor every month when it was time for "Breakfast Treats". However, in 2013, my youngest daughter was diagnosed with Stage 4 Breast Cancer, and I took early retirement to care for her and for my baby Grandson. She has fought a long fight, and I am glad to say that she is now in a stage they call, N.E.A.D. (No Evidence of Active Disease). Her treatment will continue, but we are optimistic about her future.

As for me, I have been involved with a Facebook group called "The Pink Slipper Project", where women from all over the country make handmade washcloths for battered women's shelters. I love to cook, and am attempting to write a cookbook. I love heirloom quilts, and I have made various baby quilts for my grandchildren. This year, my husband surprised me with an Embroidery sewing machine. I am learning to use it, and have plans for various projects in the near future. My husband and I also have a 30 foot Class A motorhome, and we enjoy visiting the central coast when we can.

Simple Chicken and Spinach Soup

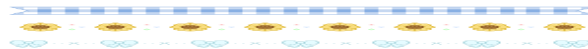
- 1 cup cubed raw Chicken Breast
- 1/2 cup chopped Red Bell Pepper
- 1/2 cup chopped onion
- 1 smashed clove Garlic
- 2 Cups fresh baby Spinach leaves
- 1/2 cup white rice
- 3 Cups Chicken Broth
- salt and pepper to taste



Start in a Dutch oven, Sauté onion until translucent. Add red peppers, a smashed garlic clove, the rice, cook for a minute, and then add the chicken. Salt and pepper as needed. Cook for 5 minutes on medium heat. Add the fresh Spinach and cook until it starts to wilt, then add chicken broth. Cook on medium heat for about 10 minutes more or less.

Taste and add a drop of hot sauce if desired. Serve with warm crusty bread.

It's a nice light soup with lots of protein and veggies. I hope you'll try it.



SQUARE READER

We now have a Square reader where we can accept payments by debit or credit card. A small fee is assessed on larger purchases such as for our bus trips, however you **will not** be charged a fee for paying for your luncheon tickets. Are you ready to save time in lines paying or having to mail in a check? If you would like to pay for any events in advance, contact our treasurer, Terrie Saenz at 559-972-1734

Get your newsletter by email...no printed copy

****Full color version**
Save paper
Reduce our cost of mailing**

If you would like to receive your newsletter by email, please send an email to Val Barnhart at Admin@tc-rea.org and include the following information: Last name, First name, home address, and email address (use the spelling as is on your retirement checks)

TCREA OFFICERS 2024

President

Kevin Mizner - 623-6638

Directors - at- Large

1st. Vice - President—CRCEA

Delegate

Mike Barnhart— 799-0255

Dora Anaya—936-3892

Elva Strawn—936-9643

2nd. Vice - President -

Thelma Telford— 381-0125

Jorge Abad—690-4337

Karen McVaigh—799-1716

Secretary— CRCEA Alt.

Delegate

Peggy Gilreath—331-4626

Valerie Barnhart—
280-9679

Treasurer

Terrie Saenz—972-1734

Thelma Telford—381-0125

Betty McGill—300-2223

Retirement Board Member

Roland Hill—372-7240

Newsletter Editor

Valerie Barnhart—
280-9679

George Finney— Alt.

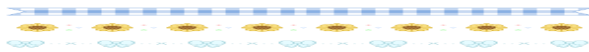
Member -

909-2099



Past President

Jerry Pundt - 361-0430



2024 DATES

Luncheons
May 16, 2024
August 15, 2024
October 17, 2024
December 19 , 2024

Board Meetings
April 9, 2024
July 9, 2024
September 10, 2024
November 12, 2024

TCREA Website is now available

Visit us at

www.tc-rea.org



**LAUGHLIN BUS TRIP
OCTOBER 6-9**

Plan to join us on another fun filled 4 day, 3 night trip to Laughlin. We will be staying at the Aquarius Hotel and Casino.

Trip includes: Room, bus trip, bingo, goodie bags.

More information will follow in the upcoming newsletters.

Please RSVP your room. Call Val at 559-280-9679.

Cost is: \$260 per person, double occupancy



**TULARE COUNTY RETIRED EMPLOYEES ASSOCIATION
BUSINESS MEETING/LUNCHEON
December 14, 2023**

Kevin Mizner opened the luncheon meeting at 12:00 p.m. He led the Pledge of Allegiance and Invocation. Lunch was served. Lunch was provided by Kristi McGill, Hometown Emporium and served at the Exeter Memorial Building. The menu was Tri-Tip, Stuffed chicken, scalloped potatoes, green beans, salad, rolls, water, tea, coffee, and Cookies for Dessert. The food was enjoyed by everyone in attendance. Thanks to Kristi McGill and her crew for their service.

Kevin welcomed the new members. He shared that we have close to 2300 members.

Kevin introduced our guest speaker, Dr. Jay Hobbs. He shared a Power Point presentation on Spinal Hygiene. He handed out flyers, magnets and cards that showed a variety of exercises for helping your back.

Kevin asked who the newest married couple was. The winner was Karen and Terry Taylor who had been married for 7 years. He also recognized the longest married couple. The winner was Bill and Jackie Montgomery who had been married for 57 years. Each couple received a box of chocolate candy.

There was no retirement update at this time due to Roland Hill being ill.

Kevin announced the upcoming bus trip to Griffith Park in Los Angeles for a visit to the Autry Museum of Western History (35th Anniversary). This is a one-day trip leaving from Visalia on Tuesday, April 9, 2024. After the museum, we will enjoy some free time at the Glendale Galleria for shopping and lunch. And as always, Bingo and snacks on the bus are included. The cost is \$60.00 per person. The bus is currently full; however, Val will have a waiting list in case of cancellations.

Scholarships will close on April 1st and presentations will be made at our May luncheon. There will be 4 \$1,000 scholarships that will be awarded.

May luncheon on May 16th will also be our Classic car show. Kevin encouraged any of those interested in participating to bring them for display.

Kevin promoted the email newsletter. By updating to an email newsletter, it saves approximately \$5.00 per newsletter mailed per year, a savings of approximately \$1500.00 to our organization.

Then the raffles began. Today's winners were David Taylor, Patsy Hogue, Teresa Robles, Dianna McGill, Sandy Jones, Peggy Redfern, Betty McGill, and Teresa Luna. The progressive drawing was for \$250, however, the name drawn was not in attendance. Congratulations to all winners!

Kevin thanked everyone for coming and we are looking forward to our next luncheon on May 16, 2024, at the Exeter Memorial Building. The meeting was adjourned at 1:50 p.m.



IMPORTANT NOTE

It is very important for you to notify your current insurance company in the event of a death of your spouse.

We have been notified that many folks have not reported the death and therefore are still being charged the same fee for their insurance policy.





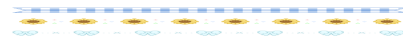
In Memoriam



NEW MEMBERS

MEMBER	DEPARTMENT
Aliser, Ruth	HHS
Arreola, Art	CAO-GS Printing
Guerra, Hector	RMA
Howard, Leslie	Child Support
Miller, Janice	HHS
Richmond, Judith	HHS
Senteno, Laura	HHS
Smith, Carolyn	HHS
Weber, Jan	HHS
Cornett, Duane	Sheriff
Freitas, Heather	HHS
Gist, Mark	Sheriff
Gonzalez, Elena (Helen)	HHS
Hamon, Pamela	HHS
McNair, Amanda	Prob
Pasalakis, Sheryl	Prob
Patterson, Donald	Prob
Powell, Wayne	HHS
Sierra, George	Sheriff
Bean, Jami	HHS
Gutierrez, Maria	HHS
Kelly, Phillip	Prob
Milligan, Joel	Fire
Pasalakis, Steven	CAO-Custodial
Pena, Marcos	HHS
Ruhoff, Aloysia	Sheriff
Salmon, Julian	Sheriff
Staven, Lisa	DA-Family Support

TCREA extends our deepest sympathy to family and friends of retirees listed below

MEMBER	DEPARTMENT
Baker, Janet	HHS
Croft, Elaine	HHS
Huckleberry, Shirley	Unk
McNair, Vernon	Prob
Parlier, Anne	RMA
Bryant, Randall	Unk
Bryant, Alma	Unk
Guinn, Tom	Sheriff
Knoy, Leona	Sheriff
Luna, Ruby	Child Support
McReynolds, Cecil	Unk
Miller, Albert	Fire
Pena, Cynthia	HHS
Rha, Shirley	HHS
Ridgway, Elmer	Unk
Germaine, Clara	HHS
Loy, Kenneth	HHS
Maloney, Michael	RMA
O'Heaghra, MacCrae	Unk
Simmons, Viola	Unk



Thank you Dr. Hobbs for your great presentation and generous donation to our Association.

www.visaliasynergy.com

IMPORTANT NOTICE

If you make **no changes** to your **Pacific Group policy/plan** you are currently signed up for, you **do not** need to complete paperwork each year. This is a great savings of your time.

Scammers are using QR codes to mask harmful URL links

Got a smartphone? You've likely encountered a QR (Quick Response) code. Maybe you've pointed your phone's camera at one, or placed your phone against a scanner to let the machine read a QR code on your screen. It's a quick and useful way to access and share information. However, as with just about every form of technology today, scammers have figured out how to misuse QR codes for their own malicious purposes.

The Federal Trade Commission (FTC) recently issued a warning about fraudsters using fake QR codes to trick people into giving away their personal information. There's even a term for it in the cybersecurity industry: quishing, a variation on [phishing](#), in which fraudsters send fake messages designed to steal personal data or download spyware or malware onto devices.

Here's a closer look at QR codes, how scammers can manipulate them, and what you can do to stay protected against this latest risk.

How QR codes work, and where they're found

A QR code is a square-shaped grid that looks like a cross between a product bar code and a complex maze. Each one contains a unique pattern of black boxes and lines against a white background. (It may also include a logo or icon associated with a brand, although that doesn't guarantee its legitimacy.) The size of the code can range from tinier than a postage stamp to larger than the side of a building.

You'll find QR codes just about everywhere: on outdoor signs and advertising, on product packaging, in print publications, on restaurant tables in lieu of menus, on digital tickets for events and flights. They help avoid manual lookups of information or typing long URLs to access websites; in the pandemic era, they can even help you avoid touching or sharing physical items like food menus or medical office sign-in sheets.

When you see a QR code, you point your smartphone's camera at the grid, and it automatically captures and scans it. If the code contains a URL link, the link appears on your phone's screen. By tapping the link, you're taken to a web page. (If you receive a QR code via email on your phone, you can either print the email or open it on another device, and scan from there.)

How scammers exploit QR codes

Scammers might send you an email or text impersonating a legitimate, well-known business, urging you to act immediately by scanning an embedded QR code. They could, for example, pretend to be a package delivery service instructing you to contact them to reschedule a delivery, a retailer telling you there's an issue with your account information, or a bank claiming there's been suspicious activity in your account.

Scammers can also place QR codes in public areas—for example, on parking meters, kiosks, or advertising messages—by creating fake signage or pasting their own fraudulent codes over legitimate ones. There have also been reported cases of scammers placing harmful codes in social media messages and instant messaging apps, and hijacking the "Login with QR code" feature popular among many apps and websites.

Regardless of where you see it, if you click a fraudulent link from a QR code, you could open the door to spyware or malware being secretly planted on your device. Or, if the link takes you to a website that appears legitimate but is actually a scam, you could be risking financial loss or identity theft by entering your login credentials or personal information.

How to protect yourself against quishing

The FTC offers some tips on how to avoid being scammed by malicious QR codes:

- Inspect the URL before tapping to open it. If you don't recognize the URL, know that you could be linking to a scam site. Even if the URL appears to belong to a company or organization you know, check carefully for misspellings or other suspicious errors within the URL.
- If you receive an unexpected text or email containing a QR code—particularly one urging you to act immediately—don't scan it at all. Even if you believe the message is legitimate, contact the company directly via their verified website or phone number.
- Keep your devices' operating systems up to date with the latest security fixes, and use [strong passwords](#) and [multi-factor authentication](#) on all your online accounts.

Beyond the FTC's advice on QR codes, it's important to stay protected in all phases of your digital life.

TULARE COUNTY RETIRED EMPLOYEES ASSOCIATION

P.O. BOX 6981

VISALIA, CA 93290-6981

A plan offered by Pacific Group Agencies for our TCREA membership

Armadillo

Home Warranty, Reinvented

A home repair service plan covers the cost of repairs and replacements of certain appliances and systems in a home caused by everyday wear and tear, or from old age.

- Old HVAC system? \$5,000 cost to replace
- Old Water Heater? \$2,000 cost to replace
- Old Appliances? Over \$1,000 to replace

Exclusive program created for TCREA retired employees

Ensure your HVAC system is covered BEFORE it breaks down during the hot summer months!

- ✓ We can dispatch a qualified technician to your home, but you also have the option to **use your own trusted pro.**
- ✓ **No gotchas!** 80% fewer exclusions than typical home warranty.
- ✓ **100% US-based service.** We won't send your claims overseas!

To Learn More and Enroll visit www.pgagencies.com/tcrea/home

Call Pacific Group Agencies
(800) 511-9065

Call Armadillo
(844) 403-2123