



T R E N D

(Thinking Retired Employees Need Direction)
Retired Employees of Kern County

Volume MMXII-IV

July & August 2012

www.reokc.org

Phil Franey, President (661)872-4530

M. L. Bennett, Editor (mlbennett36@sbcglobal.net)



President's Message Phil Franey

Our mission is to promote the education and earned benefits of all retirees of Kern County, advocate the safeguarding and continuation of Kern County retiree pension and health benefits, provide avenues of support and information for Kern County retirees and beneficiaries, ensure proper and necessary representation on the Kern County Board of Retirement, and participate as an integral contributor in our Kern County communities quality of life.

For our May luncheon, Nan Coke of Optimal Hospice presented a very interesting program on hospice related matters. Hospice care is about helping patients live each day of their lives to the fullest extent possible and providing support for patients and families. Most insurance programs cover hospice care that may not only be in the home, but may be in a nursing home, assisted living facilities, and residential care facilities. Hospice care is covered by Medicare, Medical, Medicaid, and most private insurances. Hospice care is for individuals of all ages facing a life-limiting illness. Hospice provides comfort care to patients as well as respite and emotional support to family members. This is a great program not only for the patient, but also for family members and other care givers. For more information on this very important program, please contact Optimal Hospice at 661-716-4000 or access www.optimalcares.com.

In the July-August of 2011 TREND, I discussed palliative care - often confused with hospice care. Palliative care focuses on helping patients with their pain and symptoms, offering counseling and other services. Palliative care is about making the most of life whether the disease is terminal or not. Palliative care takes a team approach, providing a doctor, nurse, social worker, and chaplain working together to go beyond strictly medical issues to address all of the patient's needs. According to the Center to Advance Palliative Care and by 2009, about 63 percent of hospitals had palliative care teams with a total of 1,568

programs recorded nationwide.

At our June luncheon, Leanne Morgan of Kern County Aging and Adult Services presented another interesting program on their many functions. Kern County Aging and Adult Services is the gateway to numerous senior services. Some of the services are: homemaker services, transportation, financial assistance programs, nutritional programs, home access grants, housing assistance, senior referrals, volunteer support programs, Medicare counseling, and adult protective services (1-800-277-7866 or 661-868-1006). The information and services are important to all adults and seniors. General information requests to Kern County Aging and Adult Services may be obtained by calling 661-868-1000, 1-800-510-2020 or you may access online <http://www.co.kern.ca.us/aas/>.

Under the umbrella of interests concerning adult protective services, a study released by MetLife Mature Market Institute, the National Committee for Prevention of Elder Abuse and Virginia Tech University, stated that nationwide individuals over 60 years lost at least \$2.9 billion in 2010 to financial exploitation - ranging from simple home repair scams to complex insurance swindles. This figure was up 12% from 2008. So be very careful and make sure you trust those you deal with in any financial matter. Unfortunately and sadly, many of these crimes are committed by family and friends as well as strangers.

Our membership health fair will be July 10 (9:00A-3:00P) during the day of our BBQ luncheon (free to our members and their spouses). This year's health fair will be a similar format as last year. The health fair was very successful last year with many positive responses from our membership. As with last year, retirees will be offered health information and health screenings from Kaiser, San Joaquin Hospital, and CSUB Nursing Program.

Your REOKC Board of Directors recently approved our scholarship program. In the program's first year we are awarding two \$750 scholarships to selected high school seniors. The first REOKC scholarships winners this year are Alexis Dodenhoff, Garces Memorial High School and Shane Spencer, Bakersfield Christian High School - congratulations!

The Social Security Administration recently launched a secure Internet tool that will provide access to various aspects on an individual's personal status. You will be able

(President's Message continued on page 3)



YOUR RETIREMENT BOARD

by **Norman Briggs**

Hello Again - As I predicted our triple digit temperature days are here again. Find some shade, stay hydrated and diversified within your portfolios. The market volatility has not abated.

At the last KCERA Board meeting the Board interviewed two firms regarding the placement of approximately \$105m in emerging market debt. It was decided to split this investment between the two finalist firms. Each firm (Gramercy and Stone Harbor) have different strategies to attain alpha returns in the emerging markets. This decision was supported by our Chief Investment Officer and our consultant from Wurts. Alpha can be viewed as a measure of the value added by a manager above beta. Our consultant also reviewed KCERA's performance for this year's first quarter ending 3/31/2012. The following data is from Wurts' report on KCERA's 1st Quarter performance review for 2012:

MARKET VALUE OF OUR PORTFOLIO

<u>AS OF 12/31/2011</u>	<u>AS OF 3/31/2012</u>
\$2,730,975,006	\$2,888,196,706

EXCERPT FROM THE ATTRIBUTION BY ASSET CLASS REPORT

SEGMENT	SEGMENT RETURN(%)	INDEX RETURN(%)
DOMESTIC EQUITY	14.1	12.9
INTERNATIONAL EQUITY	12.7	11.3
GLOBAL FIXED INCOME	1.7	0.3
REAL ESTATE	10.5	2.6
ALTERNATIVE INVESTMENTS	3.5	3.8
CASH	0.1	0.0
OTHER	1.1	0.0
TOTAL FUND	7.6	6.5

If you wish to review this report in its entirety, which I recommend, it may be accessed at KCERA's website: www.kcera.org.

The coming fiscal year's 2012-2013 operating budget was reviewed and approved by the Board. The approved budget was \$4,640,940 which is well under the statutory allowable limit which is \$5,777,426 for KCERA. Again the detailed budget may be viewed on KCERA's website. This budget is the administrative cost of KCERA's operations. Investment fees charged by our managers whom we have hired to invest our funds is outside of this administrative budget. Over the past five years (2007-2012) these fees on the average were less than 48bp of our total fund (bp = basis point, which 1 bp is .01% or 100 bps equals 1%).

Enough numbers, but if you want more, these reports are posted on the above website; they encompass almost 400 pages and our editor barely gives me two columns!

Once again I urge you to attend one of our board meetings. I am confident that you will learn something and be a better informed member of KCERA. Keep the faith, as recovery from prior years' downturns is still down the road. We are making progress and I am optimistic as slow as the economy is growing it will continue in a positive vein. Be well and stay cool this summer.

Norman



WE WILL ALWAYS REMEMBER OUR DECEASED REOKC MEMBERS:

Gladys Ashworth—Kern Medical Center
 John Baker—Fire
 Carmen Balch—ER Medical Service
 Esmond Carroll—Sheriff
 James Childs—Kern Medical Center
 Helen Elliott—Human Services
 Florentino Florez—Human Services
 Sally Fote—Sheriff
 Kenneth Gibson—District Attorney
 Hazel James—Fire
 James McCullough—Fire
 James Morton—Probation
 Bettye Myers—Sheriff
 Charles Poston—Sheriff
 Bernice Rector—Kern County Water Agency
 Norma Robinson—Deferred/Reciprocal
 Marjorie Stuart—Fire
 Jane Terrell—Health
 William Turner—Fire

(Our condolences are extended to the family and loved ones of our deceased members who provided years of public service in Kern County.)

DO YOU HAVE INTERNET ACCESS?

TREND EMAIL LIST CONTINUES TO GROW!

Thanks to all of you who have signed up for membership in the TREND Email list. We are almost up to saving **\$3,475.00 per year** and that's not chump change!

We need to keep this "trend" going. :) So, if you have internet access, please email Mary Lou Bennett to sign up and help our budget.

To receive the TREND newsletter electronically: Send an email to mlbennett36@sbcglobal.net with your name, current mailing address and your email address. (Subject: TREND mailing list).

Host/Hostess Project

During the month of April 2012, 33 volunteers worked 103 hours assisting 998 visitors at the County Administrative Building.

During the month of May 2012, 36 volunteers worked 111 hours assisting 953 visitors at the County Administrative Building.

Since 1992 our volunteers have worked over 24,300 hours assisting more than 304,500 visitors to the County Administrative Complex at 1115 Truxtun Ave.!

There is always a need for additional volunteers. Please contact **Mary Lou at 871-5270** if interested.

President's Message continued from page 1

to review such information as your annual earnings history and see estimates of your benefits depending on the age you will start benefits. You may access the social security website at <http://www.ssa.gov/pgm/retirement.htm>.

As I mentioned in the last Trend, every day our retirees and their families unselfishly volunteer their time and effort for community projects and causes. Many retirees and spouses have volunteered their time at the information desk in the Kern County Administrative Building lobby on Truxtun Avenue. Since 1992 to this past May, the volunteer program has assisted more than 304,500 visitors for 24,300 hours of public service. In recognition of this effort, the 20th annual luncheon was hosted by the Board of Supervisors and General Services for our volunteer retirees and spouses. Later that afternoon, the Board of Supervisors proclaimed Volunteer Host and Hostess Day in Kern County. Congratulations to our volunteer retirees and

(President's Message concluded on page 6)



Ju-
10

ly

Health & Wellness Fair 9:00 am—3:00 pm
Norris Road Veteran's Hall
REOKC FREE Luncheon—Tickets required
(for Members and Spouses Only)
Norris Road Veteran's Hall
Lunch served from 11:30 am to 12:00 noon

July 11 KCERA—Investment Committee 7:30 am
Investment/Regular Board Meeting 8:30 am
KCERA Office, 11125 River Run Blvd., Bakersfield

August 8 KCERA—Investment Committee 7:30 am
Investment/Regular Board Meeting 8:30 am
KCERA Office, 11125 River Run Blvd., Bakersfield

August 14 REOKC Board Meeting 10:00 am
Norris Road Veteran's Hall

August 14 REOKC Lunch 11:30 am—noon
General Meeting 12:00 noon
Norris Road Veteran's Hall

SUNSHINE COMMITTEE NOTICE

If you know of any of our members who could use a get-well or sympathy card, please contact **JOSIE DE LA TORRE** at (661) 348-4222
Thank you!

LUNCHEON MENUS
July 10th, 2012



Hamburgers/Hot Dogs
Chili Beans
Cole Slaw—Fresh Fruit Salad
Peach Cobbler
Iced Tea, Coffee, Water



August 14th, 2012



Sirloin Tips—Sinful Potatoes
Green Beans with Bacon
BLT Salad—Macaroni Salad
Pyrenees Rolls
Strawberry Shortcake

Iced Tea, Coffee, Water

PAYROLL DEDUCTION FORM

To sign up for (or stop) payroll deduction, check the box(es) below, complete the form, and submit it to the KCERA office.

- REOKC Luncheon Payment**
By checking this box, I authorize KCERA to deduct \$4.00 per month from my pension benefit as an additional elective payment to REOKC. This deduction shall begin with my next pension payment.

(Sign up for the luncheon payroll deduction and save \$1.00 per meal!)

- REOKC Membership Dues**
By checking this box, I authorize KCERA to deduct \$2.00 per month from my pension benefit as dues for my REOKC, Inc. membership and to pay that organization. This deduction shall begin with my next pension payment. I understand my authorization and REOKC membership are voluntary and may be revoked by me, in writing, at any time.

Name (print): _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Signature: _____

Date: _____

Detach form and send to:

KCERA / 11125 River Run Blvd. / Bakersfield / 93311

STOP DEDUCTION(S)

- Check box to stop your deduction for the luncheon.
- Check box to stop your deduction for REOKC membership dues.



"WELCOME!"

NEW MEMBERS OF THE RETIRED EMPLOYEES OF KERN COUNTY

ANIMAL CONTROL: Minerva Infante

ASSESSOR: Richard Armstrong; Lynna Blakemore; Robert Lisenbee; Jacquilyn Waggoner

CHILD SUPPORT: Dorothy Phipps

COUNTY COUNSEL: Arthur Curran

ENGINEERING & SURVEY: Randall Smith

ENVIRON HEALTH SERVICES: Janet Whitfield

FIRE: Robert Heimiller; Steven Kinsey; Terry McVey; Luis Monterroso; John Peterson;

GENERAL SERVICES: Carmen Gomez

HEALTH: Angelita Chaidez; Elida Reyna

HUMAN SERVICES: Sharon Gates; Kathleen Geyer; Beverly Hughes; Paul James; Kathleen Lochrie; Jacque Proffer; Robert Stein; Linda Swift; Michelle Trent; Ethel Tritch; Penny Valdovinos; Vickie Woolfolk

INFO TECH SERVICES: Marc Holiwell

KERN COUNTY WATER AGENCY: Cheryl Murphy

KERN MEDICAL CENTER: Elizabeth Apperson; Tami Battenfield; Mae Black; Shirley Black; Alice Cameron; Pawnee Chamberlin; Evelyn Conger; Lorraine Hernandez; Edward Joe; Grace Juarez; James McNairn; Leticia Nunez; Steven O'Connor; Kathleen Panos

LIBRARY: Diane Duquette; Scott Frederick

MENTAL HEALTH SERVICES: Helen Morin

PARKS & RECREATION: Judith Lutz

PLANNING/DEVELOPMENT: Cheryl Casdorff

PROBATION: Teresa Boss; Stephanie Massey; Renee Roraback; Larry Sanford

PUBLIC DEFENDER: Robert Brandenburg; Charlotte Clarke; Arthur Gonzalez; Bruce Groesbeck; Larry Smith

RISK MANAGEMENT: Richard Holdcraft

ROADS: Michael Huerta; John Redfeairn; Jane Talbot

SAN JOAQUIN VALLEY UAP: Sylvia Alamano; Michael Buss

SHERIFF: Mark Baldwin; Stanley Chaidez; Linda Christopher; Gregory Collins; Diana Craig; Vicki Fennell; Joseph Giuffre; Jeanine Gregory; David Nelson; Bill Pilkington; Darlene Poston; Melinda Poulton; Craig Rennie; Anna Zaragoza

SUPERIOR COURT: Judith Garner; Mary Guzman; Roberta Rangel

VETERANS SERVICE: Charles Bikakis

WATER MGMT. ENTERPRISE: Guadalupe Soria

KERN COUNTY HISTORY



POLITICAL HUMOR AND CYNICISM

By **WALTER E. STEWART**

We are in the middle of a political year when we choose the leaders we want to govern our country. Americans have made fun of our politicians since our country was founded. What has been said about politicians is both laughable and appalling. Let's regress to an ancient time and experience the causticity of what Aristotle, the Greek philosopher, said about bureaucrats. Then let's work our way forward through history.

Aristotle (384-322 B.C.) studied under Plato (427-347 B.C.E.) and tutored Alexander the Great (356-323 B.C.E.). It is recorded Aristotle wrote this ribald comment three centuries before Christ: "Politicians are not born, they are *@#!%."

Thomas Jefferson (1742-1826) asserted. "When a man casts an eye on public office a rottenness enters his soul."

Over 130 years ago, the American politician, Simon Cameron (1799-1889) quipped, "An honest politician is one who when bought will stay bought." Hey, that sounds like today.

Mark Twain (1835-1910) was famous for his political lampoonery. Twain said, "Congress is the only native American criminal." He also said, "We have a criminal justice system second to none. The only problem is trying to find 12 honest people who can't read."

Will Rogers (1879-1935) made us laugh with his homespun humor. He remarked, "I had a friend who's oldest son was a Congressman; his youngest was no good either." He also said, "Outside of traffic, there's nothing that has held this country back as much as committees." Rogers unmercifully satirized politicians when he said, "Once a man holds public office, he is absolutely no good for honest work."

Charles de Gaulle (1890-1970) asserted, "A politician never believes what he says, he is always astonished when others do."

Eighty-nine year old Emma Blackburn from Lewiston, Maine said, "I never vote, that only encourages them."

Here are four statements made by anonymous cynics:

1. Members of Congress all row in the same boat in different directions.
2. Good legislators come and go, bad ones accumulate.
3. The American political system never saw a surplus it wouldn't squander.
4. What does a congressman say to another congressman on Tuesday? Have a nice weekend.

Harry S. Truman (1884-1972) said, "If you want a friend in Washington, get a dog." Truman summed up the political spectrum on a serious note by saying, "It's not the hand that signs the law that holds the destiny of America—it's the hand that casts the ballot."

Benjamin Franklin (1706-1790) must have foreseen the present-day political boondoggle when he wrote, "We must indeed all hang together, or most assuredly we shall all hang separately."

HEALTH AND WELLNESS FAIR

REOKC is happy to announce that we are hosting our second Annual Health and Wellness Fair on Tuesday July 10, 2012, from 9:00 AM to 3:00 PM at the Veteran's Hall, 400 Norris Road. There is no charge for this event, and all retirees (and spouses) are welcome, regardless if they purchase their retiree health insurance from the County.

We would like to leverage the success we enjoyed from last year's inaugural event and make this year's Wellness Fair a more interactive and personalized event.

Our health benefit consultants, Eric Barthel and Sharon Catania from Sidles Duncan & Associates are working with Kaiser Permanente, San Joaquin Community Hospital, Liberty Dental, Pacific Group Agencies and VSP to provide information, tools and services that will help you manage your health more effectively and have a positive impact on your health.

Just like last year's Health and Wellness Fair, REOKC is providing a way for members to obtain information from local, credible sources of healthcare information and to continue building on our culture of good health and wellness.

Lastly, a raffle for door prizes will be held at the end of the health fair. You have to attend to participate in the raffle, but do not have to be present at the time of the drawing. We had some pretty good prizes last year, so don't miss out on your opportunity to participate in this year's raffle.

We look forward to seeing you at our second Annual Health and Wellness Fair!

UPCOMING PROGRAMS

July 10, 2012:

- Luncheon Entertainment—Carol Ashbrook and Janie Kennedy will be singing with keyboard and recorded accompaniment.

August 14, 2012:

- Kim Damron from San Joaquin Hospital will be speaking about Palliative care.



HEALTHY NOTES

HEAT RELATED ILLNESSES

by Audrey Cochran, APRN,BC,CCCN

The hot weather has arrived and the age group it affects the most is we who are seniors. That's because – surprise, surprise – most of our body water is stored, not in our blood but in our muscles. Even if you exercise regularly or work up a sweat in your garden, you have less muscle mass than when you were in your twenties. During the WAR (WWII) we were told to take salt tablets in hot weather, and they were issued to our soldiers, but we now know that is NOT a good idea. Just drink lots of water or iced tea or lemonade if you get tired of water. Avoid drinks with high fructose corn syrup (50% of which contain traces of mercury) which was developed by farmers to fatten up their cows. Also avoid aspartame, which can cause headaches, changes in vision, bladder control problems (7 of my patients) and joint pain among many other problems. I tell my continence recovery patients they need to drink half their weight in ounces of water, but to reach that goal gradually. Urine should be the color of lemonade, not apple cider. Concentrated urine is the most common bladder irritant!

If you're sweating because you're working outside, by the time you feel thirsty you are already short of water. Public Citizen in an article in **Worst Pills Best Pills News** which just arrived, suggests if working outdoors drink a gallon a day! (But of course if you have heart or kidney problems and your doctor told you to limit your fluids you have to abide by that advice.) They also list a page and a half of drugs that can impair your response to heat. It includes nine anticholinergics like Detrol; 28 Antidepressants like Wellbutrin; 16 antihistamines like Chlor-trimeton; six antiparkinsonian drugs; 53 heart medicines like Tenorman, Cardura and Lasix; six oral drugs to control diabetes; and four other miscellaneous drugs like Flexeril. Of course your long term goal should be to have normal weight so you are less likely to need drugs for diabetes and most heart conditions, and I noticed when I came to your luncheon in April, many of you do not.

In this hot weather especially, try the tricks I teach my patients: 30 minutes before you eat, drink a full glass of water. That gives the full signal a head start over the 20 minutes it requires to get from the stomach to the brain. Other tricks include eating from a luncheon plate rather than a dinner plate which makes modest servings look more generous. And eat healthy between meal snacks like using a small piece of celery to scoop a bit of peanut butter out of the jar, or a small tomato with a slice of cheese. The more frequently food is coming in, the less likely the body is to store it. This "easy come easy go" response has been documented twice at the UC Berkeley School of

Nutrition in studies about 30 years apart, where students were divided into three groups, their body measurements and activity levels recorded, and caloric requirements calculated. Those who consumed their calories in three meals a day maintained their weight, those who got one meal a day GAINED weight, and those who ate three small meals plus three snacks LOST weight. So why not try it and think of all the money you'll save on food and bigger clothes.

President's Message concluded from page 3

spouses on a job well done and the recognition so well deserved. We also thank all of our retirees and families who volunteer for many other organizations in our and other communities.

Speaking of volunteers, the county has requested volunteers from our county retirees to staff the proposed Emergency Volunteer Center. The purpose of the request is to assist the county in staffing for disaster situations. Volunteers will be evaluated and trained for the skills they may lend to any disaster relief effort. If you are interested, you may contact Linda O'Neil, Senior Personnel Analyst, at 661-868-3941.

Local June elections closed with two new members and one more to be decided in November for the Board of Supervisors. Our new district supervisors are David Couch, 4th District, and Leticia Perez, 5th District. The undecided 1st District, between Roy Ashburn and Mick Gleason, will be known after the November election. The new June open primary process and recent redistricting by a citizens' committee created some interesting results statewide. Regardless of political affiliation or even being undeclared, it is necessary to take extreme care on how you review the candidates and decide on the various initiatives. On any initiative, pension and other, always consider who is sponsoring the initiative, including the merits and shortcomings.

Don't forget our next luncheon will be on July 10 with serving by table number beginning at 11:30 A.M. The general meeting will begin at 12:00 Noon with no agenda, but the health fair will run from 9:00A to 3:00P.

Wouldn't it be nice if –

"A healthy democracy requires a decent society; it requires that we are honorable, generous, tolerant and respectful."

- Charles W. Pickering

6
NOTICE: The information presented in the TREND is believed to be from reliable sources. However, no responsibility is assumed by REOKC, the Editor, or the writers for inaccuracies in the articles published. Opinions of the writers are not necessarily the opinions of the REOKC Board. REOKC does not sell or disclose information about our members to third parties.



We're committed to you.

Our commitment to Kern County shows by the growing number of members who have come to depend on us when buying a car or home, or seeking the convenience of online banking. We're Kern Federal Credit Union, your local choice in banking.

Home and Vehicle Loans • Money Market, Share Certificates and IRAs • Home Equity and Lines of Credit • Free Checking and Online Banking • Free eStatements

661.327.9461 • www.kernfcu.org

KERN
Federal Credit Union

Your savings federally insured to at least \$250,000 and backed by the full faith and credit of the United States Government National Credit Union Administration, a U.S. Government Agency.



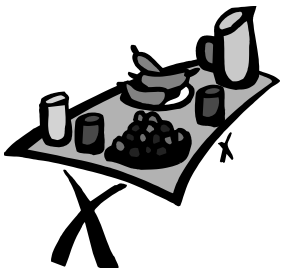
Retired Employees of Kern County
P.O. Box 2592
Bakersfield, CA 93303

PRST-ST
U.S. POSTAGE PAID
BAKERSFIELD, CA
PERMIT NO. 349

July & August 2012
Time Dated Material

Official Newsletter of
The Retired Employees of Kern County Inc.

FREE July Luncheon Reservation—Members & Spouses Only (TICKETS REQUIRED)
July 10th, 2012—Lunch served from 11:30 a.m. to 12:00 noon
Veteran's Hall, 400 Norris Road



If you wish to attend, please complete this reservation form to request your tickets and send it with a stamped, self-addressed envelope to **REOKC, PO Box 40801, Bakersfield, CA 93384-0801** before **July 3, 2012**. (Reservations **not** necessary for payroll deduction members.)

Member's Name _____

Spouse's Name _____ Member's Phone # _____

Total number of tickets requested _____ (This is not a valid ticket)

August Luncheon Reservation

August 14th, 2012 -11:30 to noon, Veterans' Hall, **400 NORRIS ROAD**. If you wish, you may use this form to order tickets for this luncheon. Please send your check, made payable to **REOKC**, together with a stamped, self-addressed envelope to **REOKC, PO Box 40801 Bakersfield, CA 93384-0801**. Deadline for reservations is the Wednesday prior to the luncheon (08/08/12). Phone reservations are not accepted. You may cancel your reservations by calling Brenda Preston at (661) 835-0294 prior to the deadline. Cancellations after the deadline cannot be refunded.

Member's name (\$5.00) _____ Spouse (\$5.00) _____

Member's Phone No. (required) _____ Email _____

Guest (\$8.00) _____ Total tickets _____ Amount enclosed \$ _____