



T R E N D

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

Volume MMXVI-IV

July & August 2016

www.reokc.org

Phil Franey, President

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.

During a previous luncheon, a program was presented by Gordon Isen (661-868-1656) who heads the real estate fraud unit in the District Attorney's Office. His program titled "DON'T BE A VICTIM!" discussed not being a victim of fraud or a scam. Some of the more important points made by Gordon were:

- You are the boss of your money and property so be diligent and careful.
- Identify who you are dealing with is your best weapon – verify identity.
- If it seems urgent, beware. Don't let anyone rush you into anything.
- Get disinterested advice from someone you trust before you sign.
- Watch your stuff and inventory your valuables.
- Watch your friends and their stuff. Use the buddy system.
- ***If you have trouble or are confused get help from: Adult Protective services, District Attorney's Office, Better Business Bureau, law enforcement agencies, and stopfraud.gov.***
- Do not follow emails with website links; instead, if Interested, use a search engine.
- Day after your birthday, check: annualcreditreport.com

- Buy and use a shredder for all disposed documents.
- Get a secure mailbox.
- Sign all checks with gel ink that is difficult to chemically lift from checks.
- Beware of all prize offers and awards, calls asking for money, etc.

The National Center for Victims of Crime says that Americans age 65 and older are more likely to be targeted by scammers and more likely to lose money once targeted. The group puts the annual cost of financial fraud in the \$40 billion to \$50 billion range. So be very careful and make sure you trust those you deal with in any financial matter.

The REOKC membership health fair will be during the day (10:00A-2:00P) of our July 12 BBQ luncheon (free to REOKC members and their spouses). This year's health fair will be a similar format as last year. Steve Pettee of Pacific Group Agencies, Inc. (PGAI) is coordinating an effort to have representatives of various supplemental benefit providers at this luncheon. Pacific Group Agencies' Supplemental Benefits Program is a **separate program from that of the County's health insurance benefit program. The Supplemental Benefits Program is administered by PGAI, not KCERA.** The program is endorsed by REOKC to offer additional benefits to retirees and beneficiaries, such as legal services and other insurances to include: home and auto policies, dental, vision, pet, and accident/travel. Eric Barthel of Hub International, health care consultant for REOKC, will also solicit the services of local health care providers in offering health information and testing for cholesterol, blood pressure, etc. Similar to last year, retirees will be offered the health information and health screenings from such providers as Kaiser, San Joaquin Hospital, Bakersfield Heart Hospital and CSUB Nursing Program.

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. We also thank

(President's Message continued on Page 2)

KCERA Retirement Board

By

Phil Franey, KCERA Retiree Trustee

“A retirement system board’s duty to the system’s participants and their beneficiaries shall take precedence over any other duty” (Section 17(b) of Article XVI of the California Constitution).

The KCERA Board (Board) is experiencing a busy 2016. Dealing with the management of investments, budgets, actuarial studies, audit reports, disabilities, and other pension administration programs takes a significant amount of time and effort. With more than \$3.5 billion in assets and over 17,900 members (retired and active), the administration continues to provide the necessary support to address the many operational efforts.

In June the following business was conducted by the Board and Committees: **Finance Committee** met to review and recommend approval to the Board the proposed Fiscal Year 2016-17 KCERA Operating Budget presented by Executive Director Gloria Dominguez and Retirement Finance Officer Sheryl Lawrence. The 2016-17 Budget of \$5.9 million is only 2% more than last year’s budget of \$5.8 million, due mostly to salary and benefits as well as some Board expenses. Key events during the 2015-16 Budget included three new board members, imaging/indexing old hard copy files, investment award recognition, and Assistant Executive Director Recruitment. **Investment Committee** met to recommend strategic asset allocation policy mix to the Board, and to discuss emerging market equity manager finalist presentation by Verus (KCERA investment consultant) and KCERA Chief Investment Officer (CIO) to include performing the necessary due diligence. **Regular Board** met to approve the consent agenda (routine and noncontroversial items); receive and file the presentations on Real Estate and Private Credit and 1st Quarter Investment Performance Review for the period ending March 31, 2016 presented by Verus; discuss and approve the Fiscal Year 2016-17 Operating Budget as presented by Gloria Dominguez, Sheryl Lawrence, and Finance Committee; adopt resolution of the Kern County Hospital Authority in KCERA as a District under current law; and hear designated staff and committee reports before adjournment.

As well as member benefit information, summary and some reporting information may be obtained from the KCERA website at www.kcera.org. For more detailed information, access to all public records on the preceding matters are available at the KCERA administration.

All members are encouraged to attend Retirement Board Meetings on the second Wednesday of each month.

PRESIDENT’S MESSAGE—concluded from page 1

all of our retirees and families who volunteer for many other organizations in our and other communities.

As an ongoing reminder to save publishing and mailing costs, all of our 5,000 plus members are encouraged to request placement on REOKC’s email list by contacting Mary Lou Bennett at mlbennett36@sbcglobal.net to receive timely notices concerning important retirement matters. You may also access past TREND issues and other important retiree information at reokc.org.

Don’t forget our BBQ and Health Fair Luncheon will be on July 12 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 10:00A to 2:00P.

“People are taking their comedians seriously and the politicians as a joke.”

~ Will Rogers

‘LIFE’ THOUGHTS

1. Why do we choose from just two people to run for president and over fifty for Miss America?
2. Don’t argue with an idiot; people watching may not be able to tell the difference.
3. Wouldn’t you know it....Brain cells come and go, but FAT cells live forever.
4. The older we get, the fewer things seem worth standing in line for.
5. We find out too late that happiness in old age requires some accomplishments to look back on.
6. Sometimes it seems that the only reason we have elections is to find out if the polls were correct.
7. Count that day lost in which you haven’t tried to do something for someone else.
8. Happiness depends so much less on the quantity of fortune than on the power of enjoying what we have.
9. Faith is not about everything turning out OK. It’s about being OK, no matter how things turn out.
10. Two of the shortest words in the English language—Yes and No—are those which require the most thought.

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 2016,
30 volunteers worked 90 hours assisting 1,086 visitors at the County Administrative Building.

During the month of May 2016,
31 volunteers worked 93 hours assisting 1,371 visitors at the County Administrative Building.

Since 1992 our volunteers have worked over 28,900 hours assisting more than 350,900 visitors to the County Administrative Center at 1115 Truxtun Ave.!

There is always a need for volunteers; please contact Barbara Goodlow at 304-0677 if interested.

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!

TRAVEL TIPS

IT'S THE 3RD THURSDAY—WHAT ARE YOU DOING?

July 21, 2016: Wine Tasting in Paso Robles \$100.00

August 18, 2016: Hearst Castle \$75.00

July 19 & August 23, 2016: Chukchansi Casino

Bus 8:00 a.m.—7:00 p.m. \$15.00 per person (Tuesdays)

Alaska Cruise Season 2017—NOW OPEN

7 Night E. Caribbean Cruise July 1—8, 2017:

From \$1,379.00 per person, plus Airfare

Call **Julie** at **The Cruise Port**, (661 324-6910) with any questions or to make reservations for these or other trips.

UPCOMING EVENTS

July 12 REOKC Health Fair 10:00 am—2:00 pm

Norris Road Veterans' Hall

REOKC FREE Luncheon—Tickets required

(For Members and Spouses Only)

Norris Road Veterans' Hall

Lunch served from 11:30 am to 12:00 noon

July 13 KCERA Board Meeting:

Investment/Regular Board 8:30 am

KCERA Office, 11125 River Run Blvd., Bakersfield

August 9 REOKC Board Meeting 10:00 am

Norris Road Veterans' Hall

August 9 REOKC Lunch 11:30 am—noon

General Meeting 12:00 noon

Norris Road Veterans' Hall

August 10 KCERA Board Meeting:

Investment/Regular Board 8:30 am

KCERA Office, 11125 River Run Blvd., Bakersfield

UPCOMING REOKC PROGRAMS

July 12, 2016:

Elvis will appear at our luncheon for our entertainment.

August 9, 2016:

Dr. Vinod Kumar from the Vascular and Leg Center will be our speaker.

LUNCHEON MENUS

July 12th, 2016

Hamburgers & Hot Dogs

Ranch Beans

Fresh Fruit Salad

Peach Cobbler

Iced Tea, Coffee, Water



August 9th, 2016

Salisbury Steak

Mashed Potatoes/Gravy—Rolls

Green Salad—Creamy Broccoli

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 REOKC.

- 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 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 _____

Email (optional) _____

Social Security # _____

Signature _____

Date _____

Clip out completed form and send to:

REOKC / PO Box 2592 / Bakersfield, CA / 93303

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

CA CHILDREN SERVICES: Cherri Duran

CHILD SUPPORT: Ester Adams; Sharon Dowell; Paula Dunaway; Candi Gagnon; Vicki Largent; Cheryl Mathews

COURTS: James L. Compton; Elva R. Marquez

DISTRICT ATTORNEY: Holly N. Mitchell; Calvert R. Powell, Jr.; Jay Winn

FIRE: Brian Borst; Dennis Ray Sumlin; Charles Truvillion, Sr.

HUMAN SERVICES: Joyce R. Brown; Irma Castaneda; Mary Davidson; Ines Greenlee; Irene Orbin; Patricia Rodriguez; Margaret A. Smith; Barbara Zimmermann

INFO. TECH. SERVICES: Jerry Bergman; Beatrice M. Camarillo; Francis K. Donoghue

K.C. WATER AGENCY: Phyllis McMasters

KERN MEDICAL: Dianne Braisher; Ophelia Charles; Lori Girard; Gloria Haskins; Lon Lancaster; Ana Moreno; Marlene Rodriguez; Sigrid Spohn; Sonya Ybarra

LIBRARY: Gail Lancaster

MENTAL HEALTH: Karen M. Kniffen

PUBLIC HEALTH: Catherine Berchtold; Nola Sweeney

SHERIFF: Karen M. Engel; Lori Eppler; Alexandra Rossi; Kimberly Trujillo

VETERANS SERVICES: Kelly Tritch

Note: Our apologies to Natalina Davis. She was listed in our last issue (May & June 2016) as being retired from the Sheriff Department in error. She actually retired from General Services. Sorry, Natalina!

QUOTES

We could certainly slow the aging process down if it had to work its way through Congress. ~ Will Rogers

Maybe it's true that life begins at fifty. But everything else starts to wear out, fall out, or spread out.

~ Phyllis Diller

HISTORY



PARTISANSHIP

By **WALTER E. STEWART**

My letter, "Partisanship disheartens World War II veterans," was published in the June 10, 2010, Bakersfield Californian and awarded "Letter of the Month." The letter is reprinted herewith and unfortunately remains current. The letter states:

I hesitated to write this letter because most Americans are good and decent people. This letter is not about good people. There are mean-spirited citizens in our nation so engrossed with prejudiced attitudes they will not admit to, nor recognize themselves in this letter

Rampant partisan hatred that grips too many citizens is far worse today than it ever was in the past. Single political reactionaries and others affiliated with partisan coalitions unashamedly behave hatefully toward political opponents and the leaders of our nation.

The U.S. is not the high-principled country that my comrades and I served during World War II. Tom Brokaw called mine, "The greatest generation." In a short time, the last of us surviving WWII veterans will be gone. It's disheartening to us to see our generation has failed to teach tolerance and civility.



Stop the partisanism This is a narrative of an incident that could occur today: Two American soldiers were near enemy lines, with projectiles bursting overhead. One soldier was mortally wounded when they dove into a ravine. The dying soldier begged his comrade to save himself. The soldier, trying to conceal tears in his eyes, held his dying comrade in his arms and would not desert him. Difficult as it is to comprehend, there are sicko political activists in our country today who would insidiously ask, "Was the dying soldier a conservative Republican or a liberal Democrat?"

Walter Stewart retired from the Kern County Public Works Department in 1992. He started writing for the TREND in 2005 and has written more than 60 articles over the years. Our special thanks go out to Walter for all his work in both preparing his articles and providing his own art work.

Change of Address Form

If your address has changed, in order to receive the TREND newsletter and other important notices from REOKC, you must complete this form and send it to REOKC, PO Box 2592, Bakersfield, CA 93303:

Name _____

(*print*)

NEW Address _____

City, State, Zip _____

OLD Address _____

City, State, Zip _____

Signature _____

REOKC USEFUL CONTACTS

KCERA Administration 661-381-7700

www.KCERA.org

- Retirement Check
- Withholding Forms
- Beneficiary Change
- Address Change (& REOKC) *
- Retirement Board Meetings

Retiree Health Benefits 661-868-3182

- County – Health Insurance Div.

REOKC Endorsed Insurance and Other Supplemental Benefits

- Pacific Group Agencies, Inc.
1-800-817-8838
1-800-511-9065

REOKC Other Related Services

- **TREND Editor**
- **Host/Hostess - Volunteer Program**
- **Membership**
- **Address/Email Change ***
- **Scholarship Program**

Mary Lou Bennett 661-871-5270

mlbennett36@sbcglobal.net

- **Luncheon Reservations**

Brenda Preston 661-204-4386

- **Sunshine (Cards of Expression)**

Josie De La Torre 661-348-4222

KCERA Board Retiree Member

- Phil Franey –
franeyp@bak.rr.com
- Alternate—John De Mario
jjdmario@aol.com

Kern County District Attorney's Office

- **Elder Abuse:** Katie Claborn
661-868-7617 or kclaborn@co.kern.ca.us

REOKC's 6th Annual Health Fair

By Eric Barthel

Well, it's that time of year when REOKC, with assistance from HUB International and Pacific Group Agencies, holds its annual Health Fair! It'll be at the Veteran's Hall, 400 Norris Road, Bakersfield on July 12 from 10:00 AM to 2:00 PM.

In previous years, we've had a variety of themes that intersected with healthcare to make the health fairs interesting and useful to our members. This year, we're taking a "back to basics" approach by focusing on preventive screenings.

We've enlisted the services of local healthcare providers to help us better understand what preventive care is available to our members under their health plans, how they access preventive services and why it's important to be up-to-date with your preventive care.



At the Health Fair, you'll get to meet with representatives from Bakersfield Heart Hospital, Kaiser Permanente, Blue Shield (formerly GEMCare) and our new partner, Clinica Sierra Vista to learn what you can do to improve your health and get the most out of your health plans.

Remember to bring a list of your prescription drugs and any over-the-counter medications you take to help the providers assess any risks for adverse reactions. Come to this year's Health Fair to learn how you can take better care of yourself and your loved ones! We look forward to seeing you there!

OUT OF THE MOUTHS OF BABES

A certain doctor plays a game with some of his young patients to test their knowledge of body parts. One day, while pointing to a little boy's ear, the doctor asked, "Is this your nose?" Immediately the child turned to his mother and said, "I think we'd better find a new doctor."



WE WILL ALWAYS REMEMBER OUR DECEASED REOKC MEMBERS:

Elizabeth Aros—District Attorney
Wesley Burrow—Probation
Emma Chandler—Courts
John Doty—Treasurer-Tax Collector
Gail Emberson—Sheriff
Justine Garner—Public Health
Abel Hernandez—Public Defender
Myra Hoogendam—Court Support
Harold Hull—General Services
Bonnie Hummel—Planning & Comm. Development
Dorothy E. Jones—Human Services
Paula Jones—Mental Health
Wynema Ketchum—Info. Tech. Services
Luis Lievanos—Probation
Betty Marion—Development Services
Rosetta McBride—Human Services
Patricia Meadows—KCERA
Leopoldo Mendoza—Agriculture & Measurement
Lee Morales—Development Services
Roy Mushaney—Sheriff
Lucile Nowlin—Auditor-Controller
Roberta Perkins—Public Health
Willard Weddell—Public Defender
Dianna Winchurch—Kern Medical
Harold Yingst—Fire
Wesley York—Risk Management

***"A life well-lived leaves behind
A beautiful bouquet of memories."***

Author unknown

Reminder: The surviving spouse of a retired Kern County Employee is eligible for REOKC membership. Just complete the Payroll Deduction Form on Page 4 and mail to:

REOKC, PO Box 2592, Bakersfield, CA 93303

NOTICE: All views and opinions expressed in the TREND are solely the representation of each writer. REOKC's only intention is to fairly inform our membership. The information presented in the TREND is believed to be from reliable sources. REOKC does not sell or disclose information about our members to third parties.

KERN FEDERAL CREDIT UNION

HOME EQUITY LOANS | 2016

home EQUITY

POOL & PATIO LOANS

**LUSH
LANDSCAPING**
AND THE DECK OF
YOUR DREAMS

**A new patio in
time for summer**

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THE CHOICE IS YOURS

**BORROW
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*Applicant may be eligible to borrow up to 133% of the value of the home for qualified home improvement projects. Kern FCU reserves the right to distribute payments to approved licensed contractors on behalf of the borrower. The interest on the portion of the credit extension that is greater than the fair market value of the dwelling is not tax deductible for federal income tax purposes; please consult a tax advisor. Federally insured by NCUA.



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

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July & August 2016
Time Dated Material

Official Newsletter of
The Retired Employees of Kern County Inc.

FREE July Luncheon Reservation—Members & Spouses Only (TICKETS REQUIRED)
July 12, 2016—Lunch served from 11:30 a.m. to 12:00 noon
Veterans' 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 6, 2016.

Member's name _____ Spouse _____

Member's Phone No. _____ Total tickets _____ (This is not a valid ticket)

August Luncheon Reservation

August 9th, 2016—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 (08/03/2016). Phone reservations are not accepted. You may cancel your reservations by calling Brenda Preston at (661) 204-4386 or Mary Thorp at (661) 832-5578 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 \$ _____