



T R E N D

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

Volume MMXXIV-IV

July & August 2024

www.reokc.org

Robert Seibly, President

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



President's Message

ROBB SEIBLY

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.

It's here, our "Annual Health Fair" is back

We have been waiting a long time to bring our annual Health Fair back since the COVID issue came upon us a while back. Well, it's time now to start again, so on the day of our next REOKC luncheon, Tuesday, July 9, 2024, we will have our Health Fair. Starting time will be 10 am and will go until 11:30 am at Hodel's Carriage Room. Our Luncheon Meeting will start at 11:30 am as usual. This Health Fair will cover areas like County Insurance; check medications; health Issues like cholesterol levels and blood pressure; KCERA for money and payroll information; and exercise... so it seems like staying healthy is the theme for the day. We will also have the Pacific Group Agencies represented.

So, with all of this going on from 10 am to 11:30 am, I decided to comment on what we all might consider doing to update and enhance our lives toward health and longevity.

With comments made in the July 2023 newsletter, I shared the following (still good information most of us forgot): Maybe a six mile hike or a two mile run to start off our day. OK, OK, I know that will not work for most of us, so what can we do that would benefit us (we are not so young anymore). Sometimes a short walk can be helpful and even working in the garden can be good for us. With all our medical conditions and aches and pains, we need to slow down on strenuous activities and do

something less difficult. Maybe this is something we should talk about at our lunch meetings around our tables while we wait our turn to get our food.

I also found information that some of us might want to consider. But before that, maybe some days the best we can do is putter around the house or just go to the store for some things we need. So, back to some ideas that we might want to consider. Hopping on a bike. Now that might make you a little nervous since many of us haven't been on a bike for years, but don't let that stop you. Cycling is one of the best ways to exercise as we get older (and many of us are "OLDER"). In reading some articles it tells me that it's low impact, so it's often easier than walking or running, especially for those with osteoarthritis or other orthopedic issues. They also say that riding outside also improves stability, balance and spatial awareness. It is also a nice way to be with others as you ride together.

So, with all that said, I have an idea, I know of one thing you can do to be together with old and new friends, and it is not strenuous and it's fun and you even get a lunch with the deal. And that is the second Tuesday of every month we (REOKC) get together for a lunch (it's our General Meeting), normally doors open at 10:45 am, lunch starts at 11:30 am, and you are able to have lunch with approximately 200 friends. Now that can't be to taxing and will be very satisfying. We have fun together; we find old and new friends. Well, if nothing else, it's an idea and a way to get out of the house and be active, and even find new friends. So, how about it, can we count on you to join us this month? This month's lunch meeting will be special and well worthwhile.

This is the opportunity to find a group to do things with, find ways to be active to the level that you can, and "rev up your energy levels" with some sort of activities that would be best for you. To live long and healthy lives, we need friends and activities. Let's do this together. Hope to see you soon. Have a Wonderful, Healthy and Safe, July & August.

Happy 4th of July!





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).

I hope everyone had an enjoyable Memorial Day. I also wish everyone a safe Independence Day with family and friends. In your July pension payment, you may notice a Supplemental Retiree Benefit Reserve (SRBR) adjustment. As always, direct all questions concerning your SRBR adjustment to KCERA Administration. More changes have taken place with quite a bit of Board business as follows:

As a reminder, the boardroom is open to the public for meeting attendance in person. The public still has the option of telecommunication or access to live audio and video Board meetings. Instructions to participate in either manner will be contained on the cover page of any agenda meeting available at KCERA.org.

The foundation for the many responsibilities of the Board and administration, other than the California Law, is a comprehensive governance structure. Governance enforces how a group agrees to work together by establishing chains of responsibility, authority, and communication. The objective of governance is to provide a decision framework so that decisions are made proactively to prevent delays in the operational and implementation processes. KCERA administration and management is a very complex, multifaceted operation. Many consider such pension programs the most demanding and complex public agencies.

In May the Finance Committee heard the KCERA 2024-25 budget presentation by Dominic Brown, Executive Director. The \$12.5 million budget provides services for more than 23,000 members and over \$5.7 billion in assets. The staffing of salaries and benefits resulting in 59 percent of the total proposed budget. The Finance Committee recommended approval of a revised 2024-25 budget to the KCERA Board that was approved during the June meeting.

During the May and June 2024 KCERA Board Meetings, other than approving consent items (routine and non-controversial), the Board received presentations and took appropriate action on the following agenda items:

Asset Allocation Review, Governance Report, Board Self-Assessment Report, Annual Human Resource Report, Communication Plan for 2024-26, Private Market Fund recommendations, 1st Quarter Investment Performance Review for the period ending March 31, 2024, by Verus Consulting, 1st Quarter Hedge Fund Portfolio Review for the period ending March 31, 2024 by Albourne Consulting, approved Risk Analytics System Provider, KCERA Organizational Landscape and Budget Governance, KCERA 2023-2024 Budget and Management Medical Review Organization Update. The preceding list is not all inclusive. During meetings the board may receive educational items to update and inform them on pertinent retirement matters. Board and Committee Agendas and Minutes with supporting documentation also are available for review at www.kcera.org.

During the June Board meeting Verus (Investment Consultant) presentation included the fund balance and investment performance (net of fees) for the period ended March 31, 2024 as follows:

Total Assets -	\$5,745,689, 065
1 Year -	10.3%
3 Years -	5.1%
5 Years -	7.7%
10 Years -	6.4%

As of June 30, 2024, the actuarial assumption rate will be stated at 7.00% (expected long-term investment return) and as of June 30, 2023 current funding ratio of 68.2% (% of fund assets available to pay liabilities).

More detailed information and reporting may be obtained from the KCERA website at www.kcera.org. All members are encouraged to attend the Retirement Board with the choice of in person, by audio or audio and video. The next meeting will be held on August 14, 2024.

“A lie can travel halfway around the world while the truth is putting on its shoes.”
- Mark Twain

CHUCKLES

~ I like to make lists. I also like to leave them laying on the kitchen counter, and then guess what’s on the list when I am at the store.

~ The biggest lie you tell yourself is “I don’t need to write that down. I’ll remember it.”

~ It would be wonderful if we could put ourselves in the dryer for 10 minutes, then come out wrinkle free and 3 sizes smaller.

~ Growing old should have taken longer...

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

Royal Caribbean Cruise Line - Icon of the Seas

**March 1 - 8, 2025
7 Night Western Caribbean Cruise**

RT Miami to Roatan, Honduras - Puerto Costo Maya,
Mexico - Cozumel, Mexico & Perfect Day @ Cococay
Balcony Cabin \$1778.00 per person

**Celebrity Cruise Line - Silhouette
September 29 to October 10, 2025**

RT Boston to Rockland, Maine - Halifax, Nova Scotia -
Sydney, Nova Scotia - Quebec City (overnight)
Charlottetown, Prince Edward Island - Portland, Maine
Balcony Cabin \$2843.00 Per Person

**Globus Escorted Bus Tour - Mackinac Island & the
Great Lakes**

September 7 - 14, 2025

Detroit to Frankenmuth - 2 nights on Mackinac Island -
Charlevoix - Petoskey - Grand Rapids - Chicago
Breakfast every morning, 2 dinners and 1 lunch included.
\$3799.99 per person Single Supplement \$1085.00

Cruise rates are non refundable and based on double
Occupancy. Airfare, travel insurance and gratuities are
additional. All rates are based on availability and could
change at anytime. You must be under deposit by
July 30,2024.

**Julie Salazar-Garcia
(661) 324-6910 cruiseport@sbcglobal.net
The Cruise Port, 1800 Oak St., Suite D
Bakersfield, CA**

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.

Pacific Group Agencies, Inc.

- Supplemental Insurance Plans
Available at Discounted Rates
1-800-511-9065

REOKC Other Related Services

- TREND Editor
- Membership
- Address/Email Change *
- Scholarship Program

Mary Lou Bennett 661-871-5270
mlbennett36@sbcglobal.net

- **Sunshine (Cards of Expression)**
Josie De La Torre 661-348-4222

KCERA Board Retiree Member

- Phil Franey –
franeyp@bak.rr.com
- Alternate—Robb Seibly -
seiblyrl@gmail.com

Kern County District Attorney’s Office

- Elder Abuse: 661 868-2400

Kern County Aging & Adult Services

- 661 868-1000



Levan Institute for Lifelong Learning

By Susan Pinza

We have been told for years that having a community of supportive friends and family, maintaining a healthy lifestyle, and keeping our brains active all contribute to overall life satisfaction and can increase longevity.

Here in Kern County, the Levan Institute for Lifelong Learning is focused on helping you meet those goals.

The Levan Institute was founded in 2012 by Dr. Robert Allison thanks to the generosity of Dr. Norman Levan (pronounced LEV-en), a local dermatologist, who donated over 22 million dollars to Bakersfield College. With his donation, BC established five endowments: three provide scholarships to current students, one supports the Levan Center for Humanities and Medicine, and one supports the Levan Institute for Lifelong Learning.

Dr. Levan was an advocate of the humanities and sciences, seeing them as working hand-in-hand to help explain and explore the human conditions that shape the world. Levan’s legacy is that he continues to support educational needs in the community for learners of all ages.

Consequently, the Levan Institute offers classes aimed at the interests of those 55+ who want to learn something new, remain active, or just get out in the community. Anyone over the age of 18 can enroll, and classes run during the fall and spring semesters, following the BC calendar.

While most are offered in person throughout the city, several are offered on Zoom, allowing people who live in other areas to participate. We’ve even had students log on for their class from their RV while traveling! Our instructors enjoy sharing their passion with others and many are current or retired professionals who appreciate teaching people who want to learn for learning’s sake.

The class fees vary, but as we’re subsidized by the endowment, these costs are kept to a minimum.

Some of the fall 2024 classes include:

- aqua aerobics
- Bridge
- calligraphy
- ceramics
- comedy improvisation
- estate planning
- Mah Jongg
- quilt making

- soap making
- smartphone videography
- yoga
- local and out-of-the-area field trips and tours
- and, of course, PICKLEBALL!

Class details will be posted on our website — www.LevanInstitute.org — in early July.

If you have wondered about a process, wanted to try a new activity, or wanted to learn something new, check our schedule. Classes change each semester, so be sure to check back regularly. Hopefully, there is one you’ll like and benefit from. Or, like several people, you may find that you “fail” the wine tasting class and have to keep taking it over and over again!

Registration for fall 2024 begins online at 10 a.m., Sunday, July 21st. If you do not have an account with us, go to the site and create one now to save time. Many of the classes fill up within the first fifteen minutes, so mark your calendars!

And if you have a class you’d like to teach (or just an idea for a class), contact me at: spinza@bakersfieldcollege.edu. We offer a stipend for instructors, and would love to have you join our team.

For more information, visit www.levaninstitute.org or <https://www.facebook.com/LevanInstituteForLifelongLearning> on Facebook.

PONDERISMS

~ When you teach your children, you teach your children’s children.

~ A young teenage boy becomes a man when the mark he wants to leave on the world has nothing to do with tires.

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.

Wealth Builder Share Certificate

STRATA

CREDIT UNION

3.75%
APY*



Start with \$100 & set up monthly transfers of at least \$50 from your Strata Credit Union account to the Wealth Builder Certificate.

With a fixed 3.75% APY*, you can predict monthly earnings for steady growth.



Save for the future while meeting today's needs. Useful for financial planning & saving for kids or grandkids.

Want More Info?

661-327-9461

<https://www.stratacu.org>

*Your Financial Foundation
Since 1949*



*APY = Annual Percentage Yield. APY of 3.75% for balances up to \$75,000.00. For balances over \$75,000.00, the rate will be 0.200%. The rate is fixed for the stated term and a penalty may be imposed for early withdrawal. Rate is subject to change. Federally insured by the NCUA.

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

**PRSRT-STD
U.S. POSTAGE
PAID
BAKERSFIELD, CA
PERMIT NO. 349**

**July & August 2024
Time Dated Material**

**Official Newsletter of
The Retired Employees of Kern County Inc.**

REOKC LUNCHEONS AT HODEL'S

5917 KNUDSEN DRIVE, BAKERSFIELD

TUESDAY, JULY 9, 2024

REOKC Health Fair—Carriage Room—10:00 a.m. to 11:30 a.m.

Luncheon—LIBERTY HALL—Doors open at 10:15 a.m.

TUESDAY, AUGUST 13, 2024

LIBERTY HALL (building north end of parking lot)

Members without payroll luncheon deductions will pay at the door each month.

**REOKC members and their spouses \$7.00 each
Guests \$10.00**

Doors will be open at 10:45 a.m. Lunches served at 11:30 a.m.

(Payments requiring no change will be greatly appreciated)