



You're invited to
**REA's 50th
Anniversary
Celebration**

Tuesday, September 13, 2016

- Where:** War Memorial Building
3325 Zoo Drive, Balboa Park, San Diego, CA 92101
- Time:** General Meeting starts at 11:00 am,
Followed at 11:15 by the entertaining monthly program with Richard Lederer who will provide his observations on language, particularly focusing on the presidential campaign.
Lunch will be served after Richard's presentation at approximately 12:15 and the 50th Anniversary celebration will begin after lunch.

Program: History of 50 years of REA's accomplishments, the opportunity for REA members and former board members to share REA/City stories.

Special invitations have been extended to nearly 40 REA Board Members who have served us in the past. Come by to renew some old acquaintances and make some new ones!

Catered by Guillermo's:

3 tacos (chicken, beef and/or pork) with sides of mulitas, cheese, quesadilla, guacamole, rice & beans, spicy pickled carrots, red & green salsa, radishes, lemons, chips, grilled green onions, hot peppers, hibiscus drink or fresh homemade lemonade

Cost: \$10 for members, \$12 for non-members

RSVP by Friday, September 9, 2016 to Brad Jacobsen at (619) 295-8764 or send an email to hospitality3@csdrea.org



Newsletter

Vol. 23, Issue 9 September, 2016

Visit our web site at www.csdrea.org

Jim Baross, President (619) 280-6908

Vacant, SDCERS Board Representative

Address and phone number:

CSDREA
1286 University Avenue #396
San Diego, CA 92103
888-730-4935

SDCERS Board Trustee Representative Election –

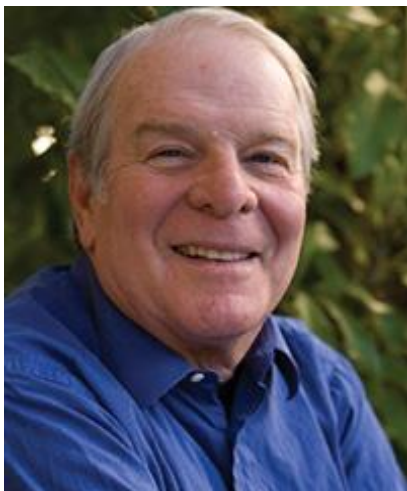
Postmark on mailed envelope required by September 2, 2016.

REA Recommends voting for Chris Brewster.

Postcards were mailed in August to all REA members. Chris has been active in REA activities and is highly recommended by Dick Wilken, who was our representative until moving out of state this summer; and REA members including those on the Advocacy committee.

By the time of our meeting, the election will be over! So remember to mail in the stamped envelope received from SDCERS!

The Tuesday, SEPTEMBER 13, 2016 Monthly REA meeting is in the WAR MEMORIAL BUILDING, at the north end of the Zoo parking lot. We have a full schedule and we will do our best to adhere to these times for the various activities. The General Meeting starts at 11:00 AM and we anticipate it to be a short business meeting, approximately 15 minutes long. At 11:15, our guest speaker, the monthly program speaker Richard Lederer will begin his hour long program. Lunch will be served when Richard finishes his presentation around 12:15. During lunch the REA 50th Anniversary Celebration program will be presented.



Richard Lederer who is returning for his second visit will offer a Treasury of insights into the feats, fates, families, foibles, and Firsts of our American presidents, including the patterns of their elections. Richard is the author of more than 50 books about language, history, and humor, including his best-selling *Anguished English* series and his current books, *Amazing Words*, *Lederer on Language*, and *Monsters Unchained!* Dr. Lederer's column "Lederer on Language" appears weekly in the *San Diego Union-Tribune*, and he is a founding co-host of "A Way With Words" on KPBS Public Radio. He has been named International Punster of the Year and Toastmasters International's Golden Gavel winner.

The speaker and meeting schedule for Tuesdays through the end of 2016 at the War Memorial Building on Tuesdays at 11:00 AM:

October 11: SDCERS yearly financial update

November 8/Election Day: Carl Luna/political wrap-up to 2016

December 13/Annual Holiday Party back at favorite location Bali Hai

Please welcome 12 NEW members: Andrew Shaw, Catherine Nance, Charles Rivas, Isam Hasenin, James Galloway, Kathy Peeks, Lydia Medina, Richard Brown, Sally Zumalt, Sandra Addison, Skyla Wallmann, and Tim Labadie! We hope that new members can join us for programs and activities!

MESSAGE FROM PRESIDENT JIM BAROSS –Hello Retirees! You should have received from SDCERS your ballot and information about the Retired Trustee Election Candidates. Here is your opportunity to help make a difference in how the SDCERS is handled. Yes, even you who do not even live in or near San Diego are able to weigh in about who our next Retired Trustee will be. If you did not receive or have misplaced your ballot, contact SDCERS. Your REA Board has reviewed the available candidates and recommends you vote for B. Chris Brewster. I certainly agree that Chris is our best choice (even though I don't know what the "B." is for).

I hope that many of you will be able to attend our Anniversary Celebration, 50 years of service to and from City Employee Retirees Sept. 13. We have researched and found some pretty amazing actions and achievements REA people have done over the half-century. Many previous Board members and significant contributors are expected to attend; you too?

SDCERS Announcement by Patti Karnes and Chris Brewster

If you are at all interested in the financial security of SDCERS in the future, be sure to catch SDCERS Board discussion/vote on increasing longevity expectations, following their actuary's presentation at their Friday, September 9th Board meeting, by attending that meeting, City TV replays, or on the City/SDCERS Internet site and see your newly elected Retiree Representative on the Board as well.

SDCERS does not expect the new Board Trustee to be in place in time for the September meeting.

ADVOCACY – Reported by Mike Bresnahan

Meetings are scheduled for fourth Thursdays – September 22, and October 27, 2016. Issues discussed are health care plans, potential changes, and options. All meetings are in the Mission Valley Library (in a conference room on the west side in the library) from 9:30 AM to 11:15 AM.

August 9, 2016 General Meeting Minutes: Reported by Brad Jacobsen

The Minutes of the July 2016 meeting and the July 2016 Treasurer's Report were approved.

Jessica Packard of SDCERS reported that the election material for the vacancy on the CERS Board will arrive in mailboxes shortly. Members will have from August 22 to September 2 to vote. Due to technical problems, phone voting will not be available; mail-in ballots must be postmarked by midnight September 2. Online voting will be available soon.

Jim Baross announced that the REA Board has voted to endorse Chris Brewster for the vacancy on the SDCERS Board.

Mike Bresnahan announced that the Advocacy Committee is investigating possible insurance plans for REA members. Plans could cover dental, vision, travel, and pet insurance. Mary Ann Stepnowsky reminded members that the September 13 meeting will be the 50th anniversary of REA's founding and we will have a wonderful celebratory party.

PROGRAM

The program was Dr. Todd Coleman of UCSD speaking about future innovations in healthcare. Coleman is an MIT-educated engineer who is working at UCSD to develop electronic patches that can be taped to a patient's body. These patches will transmit the patient's vital signs – including sleep patterns – directly to the nurses' station, eliminating the need for cumbersome wires and electrodes. The patches can also be used to monitor the possible development of symptoms of Fetal Alcohol Syndrome in infants as young as six months and to remotely track physical therapy exercises for frequency and correctness; the latter is especially important for stroke-recovery patients who have trouble swallowing. Dr. Coleman also addressed privacy issues, noting that data collected by the patches can be downloaded onto the patient's smart watch instead of being transmitted to the medical professional.

Volunteer Opportunity:

At the San Diego Zoo Safari Park, volunteers play an active role in the organization and help make a difference for wildlife. Volunteers benefit by working in a fun and engaging environment, making new friends, and being out-of-doors. In addition, they receive unlimited entry to both the Safari Park and San Diego Zoo, and other perks based on the number of hours they volunteer.

We, retired City of San Diego employees, have been recommended as retirees who would make excellent volunteer candidates. This award winning program is currently recruiting new volunteers. Minimum requirements include being 18 years old and willing to give 60 hours a year of your time on order to help save animals from extinction. Active volunteers receive great perks and continuing education opportunities.

For more information and to apply online visit www.sandiegozoo.org/volunteer. Thank you. This request was sent by Robin N. Kendall, San Diego Zoo Safari Park Volunteer Services on behalf of Andy Schucker, San Diego Zoo Safari Park Operations Manager, Volunteer Services (760) 738-5061 cell: (760) 705-6973; 15500 San Pasqual Valley Road, Escondido, CA 92027-7017

REA Members who are 80 years, or more, celebrating September birthdays: Nancy Assaf, Clarence Berger, Albert Coburn, Martin Judd, Walter Newbern, Patricia Salmon, Giles Schmitt, and Beatriz Tagle! Happy Birthday to All!

The ADDRESS for ALL CSDREA correspondence is:

**CSDREA
1286 University Avenue #396
San Diego, CA 92103**

And the toll free telephone number is 888-730-4935

This telephone is answered by a person during business hours Monday through Friday.

To reach the San Diego City Employees' Retirement System (SDCERS) information - those numbers are toll free 800-774-4977 or local 619-525-3600.

This is for you to be in touch, update your information, and help keep our data as accurate as possible. Please let us know when you change your address, telephone number and/or e-mail address, we do not get changes in information you may provide to SDCERS for your pension check. When you are about to turn 80, let us know and furnish a birth date, so you can be included in our birthday listing, and get a birthday card mailed to you.

CareCounsel's health advocacy program supports employees, retirees and their families through a toll free number (1-888-227-3334) that is staffed by expert health advocates. With CareCounsel, you can become effective healthcare consumers. Lots of information is on the link to the San Diego SDCERS web site. There is also information about death benefits and about updating any personal information. It is very important to keep your records up to date!

REA WEBSITE

The [REA website](#) is Open to all. Read all the recent postings on subjects important to retirees. You will also discover helpful links to other resources.

Reminder - The [Retired Fire & Police Assn.](#) has welcomed REA members to visit their website. Log-on to see the mutually important retiree information they publish.

REA BOARD MEMBERS

To send a message with your comments, suggestions, or questions, to an officer or board member, copy their E-mail address below and paste into your email providers' 'Send To' Line.

Board members who have consented to listing their phone numbers in the newsletter have done so to provide you another way to contact them.

Position	Name	E-mail Address
President	Jim Baross (619-280-6908)	president@csdrea.org
Past President	Nancy Acevedo (619-579-5930)	pastpres@csdrea.org
Vice President Programs	Dave Twomey	ypprograms@csdrea.org
Vice President Advocacy	Mike Bresnahan	vpadvocacy@csdrea.org
Secretary	Brad Jacobsen	secretary@csdrea.org
Treasurer	Karen Butler	treasurer@csdrea.org
Membership (Emeritus Membership Chair)	Automated Sylvia Tatum	membership@csdrea.org
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Luncheon Reservation	Luncheon Reservation	hospitality3@csdrea.org