



For Retired Club Members

The Best Years

RLACEI:

RLACEI Is Analyzing New Healthcare Laws

City Retiree Associations:

DWP Retirees Association



Dolores Foley, President
Phone: (626) 445-7376
E-mail: vinmar@altrionet.com

Los Angeles Retired Fire and Police Association

James R. Wilke, President
Phone: (323) 283-4441
Fax: (626) 285-1461
E-mail: larfpa@pacbell.net or
9521 Las Tunas Dr. #4,
Temple City, CA 91780

Retired Los Angeles City Employees, Inc. (RLACEI)



Ed Harding, RLACEI President
www.rlacei.com
Contact him: (800) 678-4145 Ext. 703
or via E-mail:
postmaster@rlacei.com

Change of Address?

If you change your address, notify Helen Salgado, Membership Chair, at (800) 678-4145 Ext. 713, or write to her at 8372 Arnett Dr. Huntington Beach, CA 92647. Also notify LACERS.

Have News About Yourself?

Contact Phil Skarin, 5301 Norwich Ave., Van Nuys, CA 91411-3910, or call (800) 678-4145 Ext. 709.

Upcoming Events:

June 3: 32nd annual Golf Tournament, Almanson Golf Club, 630 S. Almanson St., Alhambra; 7:30 a.m.

Aug. 12: Annual Picnic, Grace E. Simons Lodge, 1025 Elysian Park; noon.

Oct. 7: Annual Corporation Meeting and Elections, Friendship Auditorium, 3201 Riverside Dr.; 1 p.m.

President, Ed Harding reports:



Ed Harding

"At this writing, I just returned from our April 8 general meeting. We had about 100 in attendance even though LACERS had a group session on the same day and time as our meeting. We wish to thank LACERS for sending Lita Payne, newly appointed Assistant General Manager of the Retirement System, and Alex Rabrenovich, Chief Health Benefits Administration and his staff, to talk to us and answer questions from those present. They also brought with them 20 gift checks for door prizes. I also wish to thank Robert Larios from the City Employees Club for being at

our meeting and taking pictures for *Alive!* and bringing 15 expensive door prizes. Those who missed this meeting missed on a great lunch from Chris and Pitts BBQ and a lot of good information from LACERS and more than 55 great door prizes.

"In speaking with representatives of LACERS, they plan to make our Oct. 7 general meeting and possibly our picnic Aug. 12.

"Our next meeting will be our Golf Tournament on Thursday, June 3, at the Alhambra Municipal Golf Course, with a 'shotgun start' at 7:30 a.m. In speaking with

Tom Stemmock, Chairman, he said that we had 84 golfers last year and expect 88, which about fills the restaurant at lunch.

"I will see most of you Aug. 12 at our picnic at the Grace Simons Lodge at Elysian Park. As I mentioned above, LACERS may make it a joint meeting.

"Also important to mention is that RLACEI supports Ken Spiker for LACERS' Board of Administration Commissioner, and urges you to vote for him on the May 2010 ballot. Keep in mind that the majority of the benefits that you, the retiree, enjoy now are due to Ken Spiker."

LACERS Update: Mary Beetz reports:



By Mary Beetz,
RLACEI
Publicity Chair

LACERS Health Plans and Health Care Legislation: "On March 23, President Barack Obama signed into law the Patient Protection and Affordable Health Care Act. The Act contains provisions that will be implemented over the next several years. A few provisions of the act will have an earlier impact on LACERS health plans. For example, beginning in January, retirees may cover their adult children up to age 26.

"LACERS and its health and welfare consultant, Towers Watson, will continue monitoring the new legislation and will conduct a detailed analysis of the short- and long-term impact on LACERS health

plans. LACERS will keep retirees informed as more information becomes available. Check the LACERS website (www.lacers.org) for future communications from LACERS and updates.

"Spring Wellness Workshop: *Bone Up On Your Health*: The next LACERS carrier-sponsored wellness workshop is entitled *Bone Up On Your Health* and will feature presentations on bone and joint health. LACERS will mail an invitation to retired members in early May. Attendance is by reservation only. Members should RSVP soon after receiving their invitations because these wellness workshops fill up quickly.

"California LACERS Members in Anthem Blue Cross Invited to a Pilot Program: Beginning in late April, Anthem Blue Cross will invite LACERS members who are California subscribers with chronic low-back pain to participate in their Low Back Pain Pilot Program. Anthem will select members based on an analysis of their medical and pharmacy claims. As part of the program, Anthem will send these members a personalized communication called a MyHealth Note, which describes treatment options, tools and resources that can inform them about the risks and benefits of various low back pain treatment."

RLACEI Website

Hal Danowitz asks you to visit the RLACEI Website at www.rlacei.com to find the latest retirement news. If you find it helpful, or have suggestions for improvement, call Hal at (800) 678-4145 Ext. 707.

Contact LACERS

The Los Angeles City Employees Retirement System is at 360 E. Second Street, second floor, Los Angeles, CA 90012. Phone (213) 473-7200 or (800) 779-8328. Contact them to arrange direct deposit of your retirement checks, change your tax withholding or beneficiary, or for questions about your health plans.

The Best Years

ADVENTURES
with HAL!

A view of Sorrento from the highway.

By Hal Danowitz,
Secretary, RLACEI

Retiree Hotlines

Who to call? Call the Helpline to reach the officers of RLACEI. For information on problems, activities, meetings or membership, call the helpline. Each officer's extension is listed below.

City Employees Retirement System: (213) 473-7200

RLACEI Retirement Counselors and Retiree Helplines: (800) 678-4145

• R.S.V.P.	Ext. 701
• Edward Harding	Ext. 703
• Phil Skarin	Ext. 709
• Michael Karsch	Ext. 704
• Jerry Bardwell	Ext. 706
• Harold Danowitz	Ext. 707
• Jack Mathews	Ext. 712
• Helen Salgado (membership)	Ext. 713
• Americo Garza	Ext. 710
• Tom Stennock	Ext. 708
• Mary Beetz	Ext. 711
• Neil Ricci	Ext. 714

DWP Retirement Plan Office: (213) 367-1722

RLACEI:

Officers

Edward Harding, President
Kenneth Spiker, First Vice President
Tom Stennock, Second Vice President
Hal Danowitz, Secretary
Michael Karsch, Treasurer

Committee Chairpersons

Jerry Bardwell, Budget
Hal Danowitz, Bylaws
Ken Spiker, Legal and Legislative
Helen Salgado, Membership
Phil Skarin, Publicity
Tom Stennock and Phil Skarin, Golf
Tom Stennock, Audit
Americo Garza, Picnic
Americo Garza, Holiday Party and Installation
Jack Mathews, Senior Citizens
Neil Ricci, Health
Neil Ricci, Nominating
Phil Skarin, Parliamentarian

Directors

Michael Karsch
Americo Garza
Helen Salgado
Phil Skarin
Jack Mathews
Neil Ricci
Mary Beetz



Their Life in Ruins

■ Hal and Co. continue their European cruise, this month stopping in Pompeii.

Evelyn and I took a 35-day trip with our cousins, Myrna and Don. The cruise included a self-guided week in Italy and then a 28-day cruise with ports in Italy, Croatia, Greece, Spain, Morocco and Portugal before an ocean crossing to Fort Lauderdale, Fla. This month, we pick up our travels in Naples, Italy, aboard our Holland-America (HAL) ship, the Oosterdam.

We awoke this morning docked in Naples, Italy, with clear skies and calm seas. The temperature was a little cool, but it felt good.

Naples is in the region of Campania in southern Italy, about two hours south of Rome. It sits on the coast on the northern edge of the Bay of Naples, one of the most beautiful bays in Italy. Its harbor is the most important port in southern Italy.

It is the third most populous city in Italy and the biggest city in southern Italy.

We had an all-day tour of Pompeii (17 miles southeast of Naples) and Sorrento. Our first stop was Sorrento, about an hour and a half drive in traffic. It is a small city in southern Italy with some 16,500 inhabitants, and it's a popular tourist destination about 20 miles from Naples.

The drive was very picturesque, and we had great views of the Bay of Naples, Capri and Sorrento. We were dropped off at a store that produces and sells inlaid boxes and furniture. Myrna priced an inlaid wooden box at the store for \$50 and found the same box in a store down the street for \$16. We walked around for an hour and bought a few souvenirs. Lunch was included in the tour. We had a group lunch in a lovely restaurant with glass greenhouse ceilings and walls. The greenery directly outside included beautiful, mature citrus trees laden with lemons and oranges. The area is known for its citrus and olives.

We continued to Pompeii, the highlight of the tour. Pompeii is Italy's most famous archaeological site. With an excavated area of 44 hectares (almost 109 acres), Pompeii is unique in the world. Discovered by chance during excavations for a canal in

the 16th century, the ruins of Pompeii were not recognized for what they were until further explorations in the 18th century. Scientific excavations started only at the end of the 19th century, but continued steadily until most of the ancient town was uncovered; the excavations are still ongoing today. Based on calculation of the city walls -- only partly excavated -- Pompeii covered an area of 66 hectares (163 acres). Originally an Etruscan and then a Samnite town, it was colonized by the Romans in 80 B.C. At the time of the Mt. Vesuvius eruption, which buried (and preserved) the town in 79 A.D., experts estimate the town counted about 35,000 inhabitants.

We had two hours to walk among the ruins. I was here 41 years ago, and it was still very impressive. We got an odd feeling walking the streets of this old city and seeing how it was 2,000 years ago. What was so amazing is that all of Pompeii was covered in ash, not lava. This is what allowed the buildings to survive. Most of the relics (plates, bowls, paintings, jewelry and amphora, etc.) have now been moved to the museum in Naples. Frescoes still survive on some of the plastered interior walls. The Roman architects planned a square city with a square in the middle. City buildings, temples and retail bordered this square. Homes, other shops (laundry, barber shop and other retailers) catering to daily needs were on streets off the main square. This included the red-light district. Needless to say, there was no electricity, so "red light" isn't exactly accurate. What the buildings did have was a carved marble plaque of a she-wolf. That was the symbol for the oldest profession. By the ruts in the street (paved in stone), there was a lot of chariot traffic there.

A piece of trivia: The distance between chariot wheels is 4 feet 8 inches, the same as modern trains.

The inhabitants of Pompeii also had water piped into homes and other buildings. Unfortunately the pipes were made of lead. Needless to say, the life expectancy

was not great, as lead poisoning greatly contributed to an early death.

On the ride back to the ship, we made a stop at a cameo factory, which only delayed us getting back to the ship. We were all pretty tired and ate in the Lido buffet. We saw the 9 p.m. show, which was Leo Ward doing his magic and comedy. He is very good; this guy could do Vegas.

The next day we were in Civitavecchia, the port for Rome. It is about two-and-a-half hours by car or bus, or 90 minutes by train to Rome. We decided not to go back to Rome but instead to visit Civitavecchia. That morning the weather was cool, in the mid-60s. A shuttle bus took us from the ship to the entrance of the port. There were four cruise ships in port that day, with a lot of visitors walking around. The port is guarded by Fort Michelangelo, which is now a naval office. Our first stop was the Archeological Museum, which houses artifacts from the fort. The highlight of our three-hour walk was the central market -- meats, fish, cheese, green grocery and a general flea market. It was very interesting. The locals shop every day, more out of custom than anything. The variety of fish was amazing; it included shellfish, calamari, squid and all varieties of fish. We continued our walk around the harbor area and saw lots of new construction going on. The weather turned a little dark, and we saw a few drops of rain. There was a large storm north of us, and we got a little of that weather. By early afternoon, the sun was shining again. We continued to have great weather.

The next day, Evelyn and I were to take the train to Pisa (only 15 miles away from Livorno -- the port for Florence).

Evelyn: You've heard of a wild goose chase -- well, Hal took me on a wild goose walk. He had a map of the Civitavecchia that showed some old ruins, and we must have walked two miles looking for them. It was still a great way to see the city and walk off breakfast.

We docked in Livorno, Italy, which is the port for Pisa and Florence, around 7



a.m. The weather that morning was cool, in the mid-50s, but with clear skies. Evelyn and I were going to Pisa, and Don and Myrna were staying in Livorno. The ship did not have a tour that covered just Pisa, so our plan was to take the train. The trains run every half-hour and take about 15 minutes to get to Pisa. During breakfast, we were told there was a tour bus from the Piazza Grande (where the shuttle bus from the ship stops) that we could take to Pisa. When we boarded the shuttle bus (5 round trip), we were told that for 20, we could take the tour bus to Pisa at 10 a.m. and return at 1 p.m. This would allow for two hours in Pisa for sightseeing. Even though it was more expensive than the train (5 round trip), the bus would be more convenient. We left at 10 a.m. with a full bus (there were six cruise ships in port that day) and arrived in Pisa in about 45 minutes. Pisa is a city in central Italy, on the right bank of the mouth of the Arno River. Pisa is known worldwide for its Leaning Tower, which is about a 15-minute walk from the bus terminal (the main parking area for the Leaning Tower of Pisa).

Evelyn: Hal had seen the Tower in 1968, but he did not remember how impressive the Tower,



The fish market in Civitavecchia.

together with the Duomo and Basilicas, are. The restoration has made them a thing of beauty. We enjoyed them as much as Rome and Pompeii.

We stayed about an hour and then did our shopping on the way back to the bus. Lining the route to the bus were rows of souvenir stands and lots of independent sales people selling handbags, fake watches, jewelry and just about most anything that says Pisa on it.

Our return bus was right on schedule, and we were back in Livorno and on the ship by 2 p.m., a very successful day.

For those interested in retail therapy, Lavonia is the last opportunity for shopping in Italy. The leather goods and shoes, porcelain, stationery and other paper products and other fine items were a joy. However, with the strong Euro and the weak dollar, buying isn't as much fun. (Since our trip the dollar has become much stronger). I will say that, according to all the fashions in the stores throughout Italy, violet is a big color this winter. That is the fashion flash so far.

Our last night on this leg was the last formal night for the first part of our cruise, and it was optional, whatever that means. The next day would be a full day at sea, and we docked in Barcelona, Spain, at 5 p.m. We found out that about 275 of the first passengers would be continuing on to Fort Lauderdale, so there would be a number of new people on board soon.

Next month, we start our visit to Spain.



Hal and Evelyn in Pompeii.



Hal and Evelyn in Pisa.



RLACEI MEMBER NEWS:

Del Grubbs states: "I can't make the tournament this year. I had a fight with a sawhorse in my backyard, and the horse won. I went down on my backside, breaking my right hip. Recovering nicely and will soon be up-and-about again. Here is my small donation to help where needed. Thanks for all your work."

If you have news about yourself or other retirees that you would like to share, send it to Mary Beetz, 137 Westmont Dr., Alhambra, CA 91801, or email the news to: MBetz4841@aol.com

To find out the latest retirement news, visit www.rlacei.com



THOUGHT FOR THE DAY:

*This Memorial Day, at 3 p.m.,
consider taking a three-minute moment of silence for our men and women
who have died, and for those who are still fighting to keep our country free.*

*Memorial Day is a United States federal holiday
observed on the last Monday of May (May 31 in 2010).*



Roobik Gorjian, Club Member, Public Works, Retiree, 23 years.



Henry Starks, Club Member, Public Works/Street Services, Retiree, 40 years.



Janet and Thomas Tsuchiyama, Public Works, Retiree, 31 years of City service.



Leo Rosen, Club Member, Public Works/Engineering, Retiree, 32 years, with his wife, Norma.



Ed Harding, RLACEI President, with Robert Larios, the Club's Director of Operations.

RLACEI's Spring Meeting

■ Retirees Assn. hosts April gathering.

Story and photos by Brent Urban, Club Counselor

The Retired Los Angeles City Employees, Inc. (RLACEI) held its annual spring meeting April 8 at the Friendship Auditorium in Griffith Park. Approximately 100 people attended. The Club thanks everyone at RLACEI for inviting us to this fun annual gathering.



From Left: Icle David, Club Member, Public Works, Retiree, 29 years of City service; and Mr. Ondoy, Public Works, Retiree, 28 years.



John Hyde, Convention Center, Retiree, 32 years, and Nancy Hyde, Library, 11 years.



From left: Beverly Anderson, LAPD, Retiree, 34 years; Shirley Tan, Controller, Retiree, 33 years; Dorothy Tan, Controller, Retiree, 36 years; and Larry Tamashiro, guest.

32nd Annual Retirees Invitational Golf Tournament



The 32nd Annual Retired Los Angeles City Employees Invitational Golf Tournament will be held on Thursday, June 3, 2010 at the Alhambra Municipal Golf Course with a "Shotgun Start" at 7:30 a.m. The course is located at 630 South Almansor Street, Alhambra, CA 91801. Check-in is at 7:00 a.m. **SOFT SPIKES MANDATORY!**

- The tournament is open to retired and active employees and friends. The cost is \$65 for R.L.A.C.E.I., City Club and All City Employee Benefits Service Association members (\$75 for all others) and includes green fees, carts, prizes and lunch at the Almansor Court restaurant. Lunch only is \$25.
- Those interested in participating must complete the reservation form and mail it with their check payable to **"R.L.A.C.E.I."** by **May 20th** to: Tom Stemmcock, Co-Chairman, 4040 Vineland Avenue, Suite 108, Studio City, CA 91604. For any questions, call either Chairman Tom Stemmcock at (818) 487-6789 or Phil Skarkin at (818) 784-0130.

2010 Golf Tournament Reservation Form

Name _____ Phone _____
 Address _____
 City _____ State _____ Zip _____
 Amount Included \$ _____ \$65 for R.L.A.C.E.I. and City Employees Club Members. (\$75 for all others)
 Luncheon: \$25

Make checks payable to R.L.A.C.E.I.

NOTICE: SOFT SPIKES MANDATORY!

FOURSOME

Name

1. _____
 2. _____
 3. _____
 4. _____

Member R.L.A.C.E.I. Member A.C.E.B.S.A. or City Club Guest

(check all that apply)

Reservation deadline: Thursday, May 20th. Mail completed reservation form and check to:
 Tom Stemmcock, Chairman
 4040 Vineland Avenue, Suite 108, Studio City, CA 91604, (818) 487-6789