



By Mary Beetz,
RLACEI Publicity Chair

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.

RLACEI UPCOMING EVENTS:

Here's a listing of all the RLACEI events,
dates and locations for 2011:

June 9: Golf tournament, Alhambra Municipal Golf Course, 630 S. Almanson St., Alhambra. Start: 7:30 a.m., lunch 12:30 p.m.

Aug. 11: Annual picnic, Grace E. Simons Lodge, 1025 Elysian Park, Los Angeles. 11:30 a.m.

Oct. 6: Annual corporation meeting and elections, Friendship Auditorium, 3201 Riverside Dr., Los Angeles. 11:30 a.m., meeting 1 p.m.

Dec. 1: Holiday party, Friendship Auditorium, 3201 Riverside Dr., Los Angeles, noon.

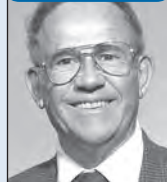
Call (800) 678-4145
ext. 701 for reservations

RLACEI:

Prescriptions Through the Mail Could Save Money

President, Ed Harding reports:

2010 Club Excellence
Award Recipient



Ed Harding

"I would like to thank *El Pueblo* and Taix Restaurant and all who remembered my birthday.

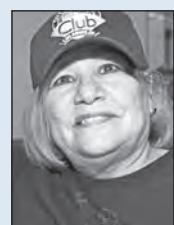
"Since Spring Break came during my birthday, Martha was able to go with me to our second home in Nevada, where we have four children who put themselves out in celebrating my birthday.

"I have received several

requests from retirees who live in the Valley to have at least one of our general membership meetings at the newly reconstructed Van Nuys Senior Citizens Center. Therefore, I have asked Americo Garza, our Entertainment Director, and his committee to visit the center and see that, if it can accommodate our retirees, we

should have our April 12, 2012, general meeting there.

"I am looking forward to seeing all our golfers at our 33rd annual golf tournament at the Alhambra Municipal Golf Course. We are going to have another great lunch, and several golf trophies as well as a lot of raffle prizes."



Mary Beetz

LACERS Update by Mary Beetz:

"Prescriptions by Mail: You can save money by using generic drugs instead of brand-name drugs. You can save even more by having your prescriptions sent by mail order instead of having them filled at your local retail pharmacy. "SCAN and UHC Secure Horizons have similar offers using their mail order prescription drug benefit.

"To find out if using generic drugs as an alternative to brand-name drugs is right for you, first talk to your physician. Then contact your LACERS medical plan to learn more about the benefits of ordering your prescription drugs through their mail order service. To compare prescription drug co-pays, visit the Medical Plans Comparison Chart in the 'Health Benefits' section of LACERS Website (www.lacers.org/retired).

"Here's a chart to see possible cost savings by ordering through the mail:

Cost for 90-day Supply of Brand Name Drug from In-Network Pharmacy:	
Anthem:	\$75
Non-Medicare Kaiser Permanente:	\$75
Cost for Generic Equivalent through Mail Order:	
Anthem:	\$10
Non-Medicare Kaiser Permanente:	\$20 (for a 100-day supply)
Mail Order Savings:	
Anthem:	\$65
Non-Medicare Kaiser Permanente:	\$55

"Website Workshop: You're invited to attend a LACERS Health Plan Website Workshop and get hands-on training on how to use your medical and vision plans' Websites, as well as an introduction to the LACERS Website. This workshop will teach you how to:

- Find a doctor/primary care physician and urgent care center near you
- Order prescription drugs online

for delivery by mail

- Take advantage of your health plans' disease and wellness programs
- Save money by ordering generic prescriptions and eyeglasses online

"The Health Plan Website Workshop is scheduled for July 21. Currently, LACERS is not taking reservations for the workshop. Information on when to call LAC-

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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!



Hal with a new friend in Ensenada.

2010 Club Excellence
Award RecipientBy Hal Danowitz,
Secretary, RLACEI

Retiree Hotlines

Who to call? Call the Helpline and reach the officers of the Retired Los Angeles City Employees, Inc. If you move or change your address, contact Helen Salgado. Also notify LACERS, ACEBSA, and LAFCU.

City Employees Retirement System:
(213) 473-7200

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

• Mary Beetz	Ext. 711
• Hal Danowitz	Ext. 707
• Americo Garza	Ext. 710
• Edward Harding	Ext. 703
• Michael Karsch	Ext. 704
• Gary Mattingly	Ext. 702
• Neil Ricci	Ext. 714
• Helen Salgado (membership)	Ext. 713
• Phil Skarin	Ext. 709
• Ken Spiker	Ext. 705
• Tom Stemnock	Ext. 708
RSVP:	Ext. 701

DWP Retirement Plan Office: (213) 367-1722

RLACEI:

Officers

Mary Beetz: Publicity Chair
Hal Danowitz: Secretary/Treasurer
Edward Harding: President
Michael Karsch: Treasurer
Phil Skarin: Director
Kenneth Spiker: First Vice President
Tom Stemnock: Second Vice President

Committee Chairpersons

Hal Danowitz: Bylaws
Americo Garza: Picnic, Holiday Party and Installation
Neil Ricci: Health and Nominating
Helen Salgado: Membership
Phil Skarin: Publicity and Parliamentary
Ken Spiker: Legal and Legislative
Tom Stemnock: Audit
Tom Stemnock and Phil Skarin: Golf

Directors

Mary Beetz
Americo Garza
Michael Karsch
Neil Ricci
Helen Salgado
Phil Skarin
Michael R. Wilkinson



One Last (Big) Dinner, Then Home

■ Hal and Co. conclude their cruise to Hawaii and back again.

My wife, Evelyn, and I are aboard the Golden Princess, sailing to Hawaii on a 14-day cruise from San Pedro. Don and Myrna, our cousins, are with us. We have been on board for 10 days. We pick up the story as we sail toward our last stop in Ensenada, Mexico, and then home to Los Angeles.

We moved the clocks forward, and we awoke about 8 a.m. We had that day and the next at sea before we made our stop in Ensenada. It was much cooler that day, and it looked like we were heading into bad weather. Maybe a little rain.

Evelyn and I worked out, and then I had breakfast. Our Chef's Table dinner was scheduled for that night, and I intended to be ready for all the food and wine.

We were nearing the end of the cruise, so I checked out our bill to see if all of the credits we were to receive were there and that all of the charges were correct. While on the ship you don't use cash; everything is charged to your cabin account, even the tips for the staff. Automatic tips go to your room steward and the dining room staff. Bar staff add 15 percent to you tab. If we received extra service, I like to give a little more directly to the person. Our room steward cleaned up after our cocktail parties, and the young ladies in the International Café had been very nice, as had the chef in the Sky Bar, who produced the special parties. These were private receptions each night for suite passengers with different themes and appetizers.

I took the bridge lesson that day.

We had lunch in the International Café, and I ate very lightly because of the Chef's Table dinner to come.

We played bridge that afternoon, and we came in fourth out of eight east/west players. We might have done better, but the instructors played east/west also, and they came in first and second.

We slept in that morning and ate a light breakfast to recover from the Chef's Table dinner the night before. On this cruise there

were three Chef Table dinners held for a total of 28 passengers. The cost is \$75 per person. Executive Chef Jeremy Showden prepared a different menu for each dinner. Ours was the last one for the cruise.

The eight of us were met in the International Café at 6:45 p.m. by the *maitre d'hôtel* Neville Saldanha. We were provided white lab coats and taken into the galley, where we were instructed on washing our hands. There we met the executive chef, who led us to a table where we had four different hors d'oeuvres and champagne. He explained the workings of the galley and the staff. After that, we returned to the Bernini dining room, where a special table had been set for us. The sommelier was there to discuss the wine selection and answer questions. The presentation and quality of the food were outstanding. The main course was roasted filet mignon, scallops and lobster. There was more food than we could eat. Each course with wine was explained by the executive chef and the *maitre d'hôtel*. A photographer took a group photo. Each lady was given a red rose and the official Princess cookbook. They made special note of our

anniversary with a cake (something we really needed at the time; we had it sent to our cabin), and the staff sang happy anniversary. We finished up with a cheese course, a wonderful chocolate dessert served in a sugar bowl created from mouton sugar and special homemade candy prepared by the executive chef. We left the dining room around 10 p.m. Both of us would do this again. It was a truly epicurean delight. No detail was overlooked. It was a dinner to remember.

The next day was our last day at sea, and I just relaxed on deck. The weather was overcast but not cold, and the sea was calm.

We played our last duplicate bridge game that afternoon.

That night was the last formal night, and we had invited some friends of Myrna's to have drinks with us in our cabin and then go to dinner. The dinner that night featured lobster, but because I had it the night before, I chose pheasant, which I didn't remember ever eating. It tasted like chicken. We brought our anniversary cake to the dining room and had it for dessert. I was surprised at how good it was.

The next day was our stop in Ensenada.



Hal and Evelyn at the Chef's Dinner.



We were to get there around 2 p.m.

That next morning, the sun was bright, but the seas were very rocky; it was our first experience of the movement of the ship. The ship really creaked as it rolled around. This might have been because of the way it was built – in modules, with materials to make it flexible.

Evelyn and I were in the gym, which had turned into a ghost town.

After breakfast, we all played the last bingo session, where the final coverall was worth \$4,200. We did not win, as usual.

We docked in Ensenada at 2 p.m. Since the last time we have visited about 20 years ago, officials have greatly improved the port area. There was a shuttle from the dock to the main street. The cost was \$2 going and \$1 coming back to the ship. The shuttle people also provided a city tour for \$15 (a lot less than the ship), and it included a ride back to the ship. Princess Cruises tells you none of this.

Ensenada is the third-largest city in the

Mexican state of Baja California, about 70 miles south of Tijuana.

The city is backed by small mountain ranges. Due to its location on the Pacific Ocean and Mediterranean latitude, the weather tends to be mild year-round. The winter rainy season is short and the area is prone to prolonged droughts. Ensenada sits in the heart of a wine country that is widely regarded as the best in Mexico.

The weather was good with a clear sky and not too warm.

We spent more than an hour walking the main drag. Places like Hussong Cantina and Papas and Beer are still there, and they had a large store selling logo merchandise. There were a lot of nice shops and restaurants.

We came back to the ship to pack. We had to have all of our bags outside our cabin by 11 p.m. Because we were driving home, we were going to have an easy time getting off the ship. Our time for disembarking was 10:05 a.m. We have to be out of the cabin by 8 a.m. After breakfast, we could hang out in one of the dining rooms until it was our time to disembark.

For some reason, we gained some weight, so our first task was to lose the extra pounds.

We docked in L.A. early that last morning. We were up at 6:30 a.m., and we were out of the cabin by 8 a.m. as requested. Disembarking was no problem, and we were home by noon.

I enjoyed the cruise. While I don't recommend it for someone who wants to see Hawaii in detail, it is a great vacation just to relax.



Evelyn in her lab coat before the Chef's Table Dinner.



Executive Chef Jeremy Showden.

LACERS Update



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ERS to make reservations and the workshop schedule can be found in your upcoming June paycheck flyer.

Changing Plans: In general, you can make changes to your LACERS health plan or enroll in another health plan only during LACERS Open Enrollment period (Oct. 15 – Nov. 15) or within 60 days of your retirement effective date. Because LACERS administers a group health plan, enrolled members cannot change health plans for the entire plan year (Jan. 1 – Dec. 31).

"The exception is a need for a health plan change due to a qualifying event. Qualifying event is defined as a change in family status, such as a marriage, domestic partnership, the birth or adoption of a child, legal separation, divorce, termination of a domestic partnership, moving in or out of a LACERS HMO plan zip-code service area, or turning age 65 and becoming Medicare eligible. A change in your health condition is not a qualifying event. For more information, contact LACERS at (800) 779-8329 or read the online

Health Benefits Guide by visiting the LACERS Website (www.lacers.org/retired).

Member news: I received a letter from Trinidad Carlos Quiroz, wanting to share some information of a retired coworker and friend, Winfred Calhoun, who retired after 20 years with the City of Los Angeles.

"Mr. Calhoun is doing commercials for Triple AAA Club on Channel 9 and can be seen around 12:15 to 12:25 p.m. He also models for the Triple AAA Club Magazine."

"Thank you, Mr. Quiroz for sharing this information."

Contact Us: I know there are retirees out there with news or information about themselves, their family or other retirees. I am sure readers would enjoy reading about life after retirement rather than the obituary column. Send them to: mbeetz4841@aol.com or (800) 678-4145, ext. 711

"As a wise man once said: 'I shall retire and grow old, but never lose life's zest, because the road's last turn will be the best.'"

For Retired Club Members



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