



CITY RETIREE ASSOCIATIONS

Retired Los Angeles City Employees, Inc. (RLACEI)



Ed Harding, RLACEI President
www.rlacei.com
Contact him: (800) 678-4145 Ext. 703
E-mail: edwardjharding@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 Mary Beetz, call (800) 678-4145 Ext. 711

Three Retirees Groups Hold Events; Make Sure You're at the Right One

Reservation Lines:

RLACEI events: (800) 678-4145, Ext. 701
DWP events: (626) 445-7376 (Dolores Foley)
LARFPA: (888) 288-5063

- Aug. 14:** RLACEI annual picnic, Grace E. Simons Lodge, 1025 Elysian Park Dr., Los Angeles
- Sept. 3:** LARFPA general meeting, 10 a.m., Grace E. Simons Lodge, 1025 Elysian Park Dr., Los Angeles
- Sept. 18:** RLACEI annual corporation meeting and elections, 11:30 a.m., Friendship Auditorium, 3201 Riverside Dr., Los Angeles
- Dec. 3:** LARFPA general meeting, 10 a.m., Grace E. Simons Lodge, 1025 Elysian Park Dr., Los Angeles
- Dec. 4:** RLACEI holiday party, noon, Friendship Auditorium, 3201 Riverside Dr., Los Angeles
- Dec. 7:** LARFPA Christmas Party, 11 a.m., Sportsmen's Lodge, 12825 Ventura Blvd., Sherman Oaks

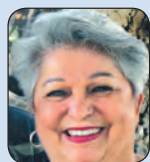
RLACEI Website

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 the LA City Employees Retirement System

The Los Angeles City Employees Retirement System is at 202 W. First Street, Suite 500, (LA Times Building), Los Angeles, CA 90012. Hours: 8AM-5PM. 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. www.lacers.org

DWP Retirees Association



Dolores Foley, President
Phone: (626) 445-7376
E-mail: vincedolores@gmail.com
www.dwpretirees.org

Los Angeles Retired Fire and Police Association (LARFPA)



Paul Enox, President
Phone: (323) 283-4441
Fax: (626) 285-1461
9521 Las Tunas Dr. #4,
Temple City, CA 91780
www.larfpa.org

RLACEI

Real Estate Holdings an Important Part of Pensions

2010 Club Excellence Award Recipient



Ed Harding

By Ed Harding,
RLACEI President

I wish to thank the Board of Directors of the Los Angeles Retired Fire and Police Association for extending a personal invitation for our editor, Mary Beetz, and me to attend the Association's annual barbeque celebration at the Grace E Simons Lodge, June 4.

It was a very well-prepared event. More than 100 people

attended.

Of note, attending this event was Sam Hochberg, a Retired Convention Center Superintendent and RLACEI member who sat next to me. He stated that he read about the picnic under "Retiree Upcoming Events" in *Alive!* and thought it was an RLACEI picnic he was attending. Therefore, it is important that I ask you to please read carefully the section under "Upcoming Events" listed in

Alive! It not only shows RLACEI events, but also shows events for Fire and Police as well as the DWP. (RLACEI is the only one that does not charge our members for our events!) *Alive!* has made listing changes recently to clarify which events pertain to which association.

The RLACEI picnic is scheduled for 11:30 a.m. Aug. 14 at the Grace E. Simons Lodge. Be sure to make your reservation.

See you there!

Why LACERS Invests In Real Estate



Michael R. Wilkinson

From time to time I like to give you background on how your retirement plan works. This month's topic is real estate, one of the important components of the investments that support your pension.

To ensure that we will always have enough money to support the pension and health benefits, LACERS diversifies using carefully thought-out plans to spread investments among different asset classes. The plan uses asset allocation to diversify into stocks, bonds, real estate and alternative investments, since the ups and downs (volatility) of each class tends to be on a different cycle. That is, when stocks are going down, other classes such as bonds or real estate may be going up or holding their value.

LACERS not only diversifies to invest five percent of its total assets into real estate, but it also makes diversified investments inside of the real estate portfolio. It would be unwise, for instance, to put all of the plan's money in a shopping center in Portland, Ore., when any number of unforeseen events could cause that investment to lose value. The old adage, "Don't put all your eggs in one basket," certainly applies. Instead, LACERS diversifies its investments several ways:

- By style (comparatively low risk core properties along with more volatile, but higher returning strategies called value added [medium risk] and opportunistic [higher risk]).

- By geography (United States: east, south, Midwest, west, as well as international).

- By property type (apartment, office, industrial, retail, hotel and other).

LACERS' newly hired real estate consultant, the Townsend Group, just gave a report to the Board on our performance compared to two benchmarks used in the industry to measure how we are doing; our performance was very good. Here are the returns over the following time periods:

- One year: 12.2 percent;
- Three years: 11.9 percent; and
- Five years: 3.3 percent.

The multi-year totals are the average return per year over the time period.

Cost of Living Adjustments (COLA) In Public Pensions



Michael Karsch

While in California there is little consideration of reducing or eliminating cost of living adjustments (COLAs) in public pensions, across the country there is.

In the City of Los Angeles, COLAs are mandatory for pensions up to three percent a year (the LACERS board determines the COLA based on the federal Consumer Price Index as spelled out in the Administrative Code); if the CPI is higher than three percent, any further increase is

up to the Council and mayor. COLAs for active employees can and have been reduced pursuant to labor agreements.

Between 2010 and 2013, 17 states enacted legislation that reduced, suspended or eliminated COLAs for current workers and often for current retirees. New Jersey, Rhode Island and Oklahoma essentially eliminated the COLA for the foreseeable future (*Wall Street Journal*). Eight other states (Colorado, Florida, Illinois, Minnesota, Montana,

New Mexico, Ohio and South Dakota) either reduced or temporarily suspended the guarantee or shifted to a CPI-Linked COLA. Of the 17 states that reduced their COLA, 12 have been challenged in court. The courts have ruled in nine states, and in all but one case, the cuts have been upheld. In summary, the *Wall Street Journal* article noted that COLAs are not considered to be a contractual right in most of these states. COLAs are viewed very differently than core benefits.

LACERS Update



Mary Beetz

Important News About Your Pension Information

In response to a California Public Records Act (CPRA) request, LACERS has been advised that it must release information regarding all of its Retired Members, including their names, pension amounts, years of service, and retirement year.

This information was provided to *Transparent California* and

may be published on its website, www.transparentcalifornia.com, which has published information from many other pension systems.

We wanted to let you know that your retirement information may be more available than it had been in the past so that you can take any appropriate precautionary measures to help protect yourself from identity theft or financial scams.

LACERS Well Program Coordinator Appointed

Tara Miller was appointed as the

LACERS Well Program Coordinator and will be overseeing many wellness events for our Retired Members. These events include lectures, health events, fitness classes, and social activities. Tara is a Registered Dietitian/Nutritionist, wellness specialist and fitness enthusiast.

Watch for emails and flyers about upcoming events, incentives, challenges, and more. For more information, visit the LACERS Well webpage at www.LACERS.org/LACERSWELL.

Life After Retirement

As a Reminder:

If you have news about yourself, family or other retirees that you would like to share with our readers, send it and we will publish it.

If you would like to contact a former City Employee that you met or worked with, send your contact information and we will publish it so they can contact you.

Note: Due to our confidentiality policy, we do not give out any information without authorization.

Mail information to:

Mary Beetz at
137 Westmont Drive,
Alhambra, CA, 91801
or Email
mbeetz4841@aol.com



Nick Buckroff cooks hotcakes.

Camping With Friends

Retiree Nick Buckroff, Rec and Parks, enjoys getting together with fellow retirees for monthly cookouts. He reports:

"Since retiring in 2001 from Recreation and Parks (Pacific and Valley Division), I always enjoyed outdoor cookouts and camping with other former employees. I organize (as the coordinator) these monthly outdoor cookouts at the Montecristo camp-

grounds in the Angeles Forest with friends. Our friendship started as City Employees, and it continues today as we enjoy cooking breakfast and the aroma of fresh coffee. Each person is responsible for bringing something from the pre-chosen menu. We all participate in the event by building a fire and food preparations. After the morning meal, we sit around the campfire and enjoy some good conversation. We have been doing this for four years now!



From left: Mark Meyer, Nick Buckroff, Larry Glotfelty (friend of group) and Scott Ramsey.

"The 'Old Friends Stick Together' list is:

- Nick Buckroff, Rec and Parks, Director; 34 years of City service, Club Member since 2005
- Bob Scheurn, Rec and Parks, AC Tech
- Jim Owen, Transportation, Diesel Mechanic
- Mark Meyer, Rec and Parks, Sr. Painter; and
- Scott Ramsey, LAUSD, Plumber."



From left: Nick Buckroff, Bob Scheurn and Jim Owen.



From left: Bob Scheurn and Nick Buckroff.



From left: Scott Ramsey, Nick Buckroff and Bob Scheurn.

Summer BBQ Brings Strong Pension Fund News



Lee Kebler

By Lee Kebler, LARFPA Director

I attended a great meeting with more than 300 members enjoying the camaraderie of fellow workers and the great barbequed food prepared by the Rattler's Barbeque restaurant (it was so good it almost melts in your mouth). This took place after the meeting, when Fire and Police Pensions General Manager Ray Ciranna presented a superb report on the status of our Fire and Police Pension System.

Ray really got the members attention when he started with the announcement that our pension fund is the highest it has ever been at more than \$18 billion. This was an increase of more than \$2 bil-

lion since June 30, 2013, with a 13.1 percent return on the fund's investments. Wow, what a great achievement of Chief Investment Officer Tom Lopez and his team.

The system is only 83.1 percent funded, but funding should be on the rise if we continue to make double-digit returns on our investments. Combining all of the active personal, retirees and dependent children and parents makes a grand total more than 25,780 members served by the Pension Department. And, to pay for all of the benefits our members receive will cost \$1.16 billion in the fiscal year, 2014-15. These items were just a few of the highlights presented by Ray before he answered many questions from the floor.

The nominating committee made recommendations for Officers and four Directors for the coming year, then opened nominations from the floor. There were no nominations from the floor. The Committee's recommendations are President Paul Enox; Vice President Bob Olsen; Secretary Will Gartland; Treasurer Jimmy Hill; and Directors Ken Buzzell, Jim Chastain, Ray Case, Art Placencia and Garrett Zimmon. Election of the Offices and Directors will take place at the September meeting.

I look forward to seeing you at the September meeting. We will have another great speaker along with coffee and donuts.

LARFPA

For Retired Club Members

The Best Years

CONTACT THE CLUB:



Tiffany Sy
Club Member Services Counselor, In-house
(800) 464-0452, Ext. 202

TSy@cityemployeesclub.com

www.cityemployeesclub.com

RETIREMENT HELPLINE

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 LAFUCU. For information on problems, activities, meetings or membership. Each officer's extension is listed below.

Los Angeles City Employees' Retirement System: (800) 779-8328

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

• Mary Beetz	Ext. 711
• Cliff Cannon	Ext. 715
• Hal Danowitz	Ext. 707
• Americo Garza	Ext. 710
• Edward Harding	Ext. 703
• Michael Karsch	Ext. 704
• Gary Mattingly	Ext. 702
• Phillip Orland	Ext. 709
• Neil Ricci	Ext. 714
• Helen Salgado (membership)	Ext. 713
• Ken Spiker	Ext. 705
• Tom Stemmock	Ext. 708
• Michael Wilkinson	Ext. 712

Questions: Ext. 0
RSVP: Ext. 701

DWP Retirement Plan Office (213) 367-1722

RLACEI:

Officers

Edward Harding: President
Kenneth Spiker: First Vice President
Tom Stemmock: Second Vice President
Hal Danowitz: Secretary/Treasurer

Committee Chairpersons

Mary Beetz: Publicity
Hal Danowitz: Finance
Americo Garza: Picnic, Holiday Party and Installation
Neil Ricci: Health and Nominating
Helen Salgado: Membership
Ken Spiker: Legal and Legislative
Tom Stemmock: Audit and Golf

Directors

Mary Beetz
Cliff Cannon
Americo Garza
Michael Karsch
Gary Mattingly
Phillip Orland
Neil Ricci
Helen Salgado
Michael R. Wilkinson





2013 Club Excellence Award Recipient



By Hal Danowitz, Secretary, RLACEI

Near the Northern Lights

Hal and Co. enjoy a cruise from London to New York, with plenty of stops.

PART SIX



My wife, Evelyn, and I took a cruise on the Caribbean Princess from London (Southampton) around the British Isles and then crossed the pond to New York City.

The ports were Southampton, Guernsey (Saint Peter Port), Cork (Ireland), Dublin (Ireland), Liverpool (England), Glasgow (Scotland), Belfast (Northern Ireland), Edinburg (Scotland), Invergordon (Scotland), Le Havre (France), Southampton (England), Bergen (Norway), Shetland Island (United Kingdom), Faroe Island (Denmark), Akureyri (Iceland), Isafjordur (Iceland), Reykjavik (Iceland), Nanortalik (Greenland), St John (Newfoundland, Canada), and New York City. It was two cruises back to back; the first part took 12 days, and part two took 16 days. We departed Aug. 14 and returned Sept. 15.

As we continue the story last Sept. 2, we were at sea with calm waters and over-cast skies. The temperature was just below 50 degrees. Before we were to reach Akureyri, Iceland, we would cross the Arctic Circle.

I found a new drink to enjoy. I always order a Jack Daniel's on the rocks, which cost \$6.95. A server in the bar told me to order a JD Manhattan, but hold the sweet vermouth and the sherry, and put it in a glass with ice. It cost \$7.95, but you get a double shot of JD. Hal then shared this important information with most of the staff on the ship. At first they didn't understand, but then we got an "ah-Ha!" look. — Evelyn

Evelyn went shopping on board the ship at a sale, which was like Filine's Basement or Ohrbach's, if you remember either of them. The ship wasn't scheduled to be in this area again until the summer of 2014, so everything left over from any port between the Mediterranean and Greenland they needed to get rid of. It was really not worth the time or energy unless you wanted a hat or T-shirt indicating someplace you had not been. She came back empty-handed.

We were invited to visit the bridge; we have done this on our last three cruises. We met our group in the lobby just outside the bridge area. There were 12 people, more than we have had before on a bridge tour on other ships. Usually they take only four people. The Officer of the Watch described various equipment. The bridge is wider across than the width of the rest of the ship. There are always two spotters and two officers on a four-hour watch. Things are done as automatically as possible. This was the first time we had been to the bridge without meeting the captain. Anyway it was still an interesting experience, and we enjoyed it.

The next day we were scheduled to visit

the Port of Akureyri, Iceland. We were looking forward to the sail into Akureyri harbor because it was up a very beautiful fjord, and I suspected the scenery would be outstanding. Iceland is about the size of Virginia, with a population of just over 300,000.

We docked at 7 a.m. We didn't have any tours booked, and we left the ship around 9 a.m. It was only a short walk to the center of town. We stopped at the information center and booked an afternoon tour to the Godafoss Waterfall. Godafoss translates to "falls of the gods." It was a two-and-a-half-hour tour and the cost was \$80 each. The ship charged \$109 for the same tour, and a taxi would do the same for \$160 US, which works if you have four people. Akureyri has a population of 18,000 and is called the capital of north Iceland. There were no indigenous people when the Norwegians first sailed, around 900 AD, to Iceland, probably by accident. They found



Evelyn at the map of Akureyri.

so we were able to start the tour. The drive to the falls took about 40 minutes. The ride was through rolling hills and small mountains. It snowed last night and the mountains were covered in white. As I said, the falls are called "the falls of the gods" because this was where the ruler of Iceland made a choice in 1000 AD to choose Christianity over paganism. The falls were impressive, but they were not Niagara. Due to the delay in leaving



Isafjordur.

a green and temperate land, warmed by the gulf current, although they didn't know that at the time.

We spent about two hours walking around the town, buying souvenirs and such. Iceland is not cheap and may be more expensive than Bergen. The weather when we left the ship was about 45 degrees, sunny with no wind. It was pleasant to walk around. On our way back to the ship, the winds picked up, making it feel a lot colder. We brought heavy coats and gloves, so we were toasty.

We saw a group of preschoolers crossing a street with their teachers, and all of them wore child-sized neon-colored safety vests. Even the adults did; they looked so cute. And it is a good idea.

After lunch, we met the tour and found out they had overbooked by one person. Luckily one lady gave up her seat,

because of the number of people on the tour, the tour company brought coffee and cake at the cafe for us, and they offered the woman who gave up her seat a different tour for the afternoon. On the way back to the ship we had a photo stop overlooking the bay. The area is very big in agriculture, sheep, and thermal energy.

Back aboard, we set sail for Isafjordur, and sailing out of the fjord was picturesque.

We had dinner with the bridge director and his wife and a couple from Connecticut. Everyone had interesting stories, and it made dining very enjoyable.

The next morning, we awoke to the sound of the tenders being lowered for our visit to Isafjordur, Iceland. The sound would wake the dead.

That day was \$20 laundry day — you

stuff as much as you can into a paper-thin bag and the crew will wash it for \$20. We will never have to do that again on Princess because, on our next cruise, we will have Elite status and have free laundry. Hal can't wait. — Evelyn

We get a lot of perks from Princess because of their loyalty program. Like the airlines, cruise lines want you to choose them for your travels. By picking one cruise line you get the benefit of the loyalty program faster than if you spread your cruising around.

Isafjordur is the municipal center of the West Fjords peninsula. It is one of the least-populated and oldest inhabited areas of Iceland. The population of Isafjordur is about 1,300.

We decided to have breakfast in the dining room, but there was a long line so we ended up in Sabatini's instead. I still wanted to try the dining room to compare with the breakfast in the buffet.

With our tender passes, we didn't have to wait in line to go ashore. The walk from the dock to the information center is about a half-mile. We picked up a map, but I don't think we could have gotten lost. The town center is about two streets, four or five blocks long. We managed to find a magnet with the town name on it.

It is a fishing village, and we saw them icing down the fish for shipment. We went into the supermarket to check out the local prices. It was more expensive here, but most everything is imported. We spent around two hours, which was more than enough. The weather in Isafjordur was cool, 50-plus degrees with no wind and mostly sunny. We needed just a warm coat.

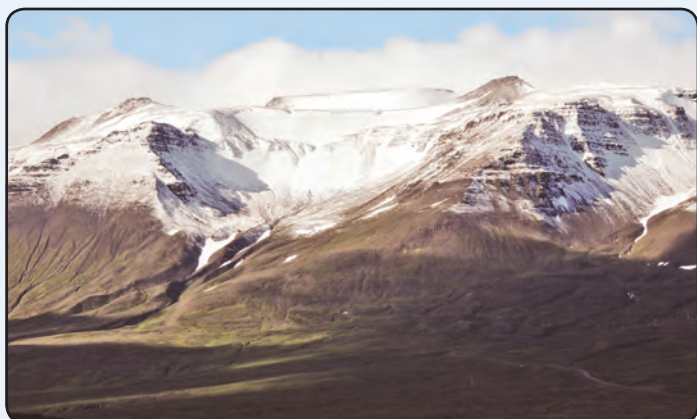
We hoped to see the Northern Lights. We talked to someone who was able to see them the night before from the ship from 10 to 11 p.m.

Rosh Hashanah, the Jewish New Year, started that night, and there was going to be services with a rabbi, which we would attend. The service was nice, not too short or long. There were about 40 people in attendance. The rabbi was from Israel, but was American.

We had dinner in the buffet to try it out. It was good, but the dining room feels better. It was probably due to the portions and the presentation.

We stood out in the cold for two hours waiting for the Northern Lights to appear. No luck that night, but we would try again the next night. The skies were clear, with very few clouds.

The next day we were to dock in Reykjavik, the capital of Iceland. More next month.



A nice view of the Icelandic fjords.



Hal with... something he can't quite describe.



Godafoss Waterfall.

RETIREES:

Enjoy These Great Member Benefits



City Employees Club of Los Angeles

Celebrating the Lives of City Employees

Full Club Membership

Full Club Membership, including:

- **The cheapest tickets in the City – UP TO 60% OFF**
- Great Club apparel and gifts
- Group-rated insurance products for purchase
- Club-exclusive events
- E-mail notices about upcoming events and promotions
- Access to Club Website
- And much more!

For Retired Club Members

As a member of the City Employees Club of Los Angeles, you'll enjoy these amazing benefits:

The *Alive!* Newspaper

Your own personal edition of *Alive!*, delivered to you each month. (Sent to all RLACEI members in good standing). Stay connected to RLACEI, and to all your Retired City friends, read about exciting City projects, take full advantage of free *Alive!* classifieds, and much more.

For more information, contact the Club:



Tiffany Sy
Club Member Services Counselor, In-house
(800) 464-0452, Ext. 202
 TSy@cityemployeesclub.com
 www.cityemployeesclub.com

Retirements

Here's a listing of all those who retired from the City this month. To all we say, welcome to the Best Years!

NAME	TITLE	DEPT	YEARS	NAME	TITLE	DEPT	YEARS	NAME	TITLE	DEPT	YEARS
Abrams, Jeannie	-	DWP	-	Hall, Wendy C.	For. Print Spec. III	LAPD	30	Roberts, Adina	-	DWP	-
Adams, Bernita	-	DWP	-	Haynes, Sharon	-	DWP	-	Robinson, Gregory	-	DWP	-
Afkari, Hussein	-	DWP	-	Heavelin, William	-	DWP	-	Rohaly, Richard L.	Bu. Mech. Ins.	Building & Safety	14
Alfaro, Leslie H.	Sr. Clerk Typist	LAPD	32	Hudson, Janet K.	Veterinary Tech.	Animal Services	12	Rothwell, John A.	Const. Inspector	Public Works	22
Aranda, Anita	-	DWP	-	Hunau, Robert A.	Electrical Inspector	Building & Safety	14	Salas, Diana	-	DWP	-
Barco, Martin	Housing Inspector	Housing	6	Jansen, David	-	DWP	-	Santiago, Dante	-	DWP	-
Benedict, Robert	-	DWP	-	Jew, Steven	Sr. Sys. Analyst II	Public Works	30	Serrano, Robert	Crossing Guard	Transportation	2
Black, Gregory	-	DWP	-	Jimenez, George A.	Street Ser. Supv. II	Public Works	27	Scott, Jack W.	Sr. Real Est. Officer	General Services	13
Bozoian, Elizabeth	-	DWP	-	Kass, Donald J.	Asst. City Attorney	City Attorney	30	Shahlapour, Shahrokh	-	DWP	-
Bozoian, Paul	-	DWP	-	Kellgreen, Laura	-	DWP	-	Shigg, Carlton	-	DWP	-
Braman, John	Plumber Supervisor	Airports	14	Kennedy, Ronald D.	Ref. Coll. Tr. Opr. II	Public Works	26	Shortridge, Benjamin	-	DWP	-
Bush, Callie	-	DWP	-	Ko, Max Ching	Database Architect	ITA	28	Smith, Brian W.	Equip. Mechanic	Airports	14
Cabeza, Hernando	-	DWP	-	Lackpour, Martin	-	DWP	-	Smith, Darryl	-	DWP	-
Carney, Janet	Clerk Typist	Library	13	Lawrence, Elliott	-	DWP	-	Sparks, Daniel J.	Custodian	General Services	25
Christman, Tania	-	DWP	-	Limtao, Helen G.	Sr. Accountant II	Housing	13	Stillman, Jon C.	Wast. Trea. Opr. III	Public Works	36
Clarke, Norma	Sr. Clerk Typist	LAPD	36	Love, Corliss	-	DWP	-	Tu, Minh-Tri	-	DWP	-
Contreras, Virginia	Spe. Prog. Asst. II	Rec and Parks	1	Ma, John	-	DWP	-	Valentine, Arleen	Legal Sec. III	City Attorney	25
Cortez, Maria H.	Spe. Prog. Asst. II	Rec and Parks	5	Manriquez, Martha	-	DWP	-	Valenzuela, Daniel A.	Air. Police Officer	Airports	30
De La Bretoniere, Martha	-	DWP	-	Martinez, Adrian	Spe. Prog. Assist. II	Rec and Parks	5	Vasquez, Michael	-	DWP	-
Diggins, Donna	-	DWP	-	Mohajer-Rahbari, Asghar	-	DWP	-	Veeraprasit, Kunawat	He. Duty Eqp. Mec.	General Services	14
Dory, James Edward	Env. Affairs Officer	Public Works	35	Naggles, Cheryl	Accounting Clerk II	General Services	17	Villa, Martin	-	DWP	-
Dubinsky, Terri	-	DWP	-	Nunez, Norma	-	DWP	-	Villegas, Joseph	-	DWP	-
Falkner, Frank Jr.	Ref. Coll. Tr. Op. II	Public Works	31	O'Donnell, Toni M.	Aquatic Fac. Ma. III	Rec and Parks	30	Walker, Brenda	-	DWP	-
Fleming, Mark	-	DWP	-	Ordonia, Charles	-	DWP	-	Walker, Cheryl Denise	Pr. Deten. Officer	LAPD	31
Flores, Carlos	-	DWP	-	Padilla, Jorge A.	Const. Inspector	Airports	33	Walker, Eddie	Spe. Program As. II	Rec and Parks	6
Fosselman, Joseph C.	Fl. Sv. Heli. Me. Sp. II	General Services	30	Perez, Jose	-	DWP	-	Wells, Brenda Elaine	Manag. Assistant	Aging	30
Fuentes, Jose	-	DWP	-	Prevost, Dana V.	Engr. Geologist III	Building & Safety	28	Whitaker, Larry	-	DWP	-
Goodman, Gerald W.	Sr. Bu. Mech. Insp.	Building & Safety	27	Putnam, Patricia J.	Transitional Worker	Rec and Parks	16	Williams, Jesse Cary	Transportation Inv.	Transportation	20
Guerra, Art	-	DWP	-	Ramirez, Albert	-	DWP	-	Wolfe, William Reed	Sr. Per. Analyst II	Personnel	32
Hall, John M.	For. Print Spec. III	LAPD	20	Richard, Thatcus (T.C.)	-	DWP	-	Young, Gordon	-	DWP	-



LACERS

Get Well With Tara

LACERS adds Wellness Coordinator for healthier retirees.

The Los Angeles City Employees' Retirement System (LACERS) has added a new wellness program coordinator.

Meet Tara Miller, a Registered Dietitian/Nutritionist, wellness specialist and fitness enthusiast who is passionate about creating a health-infused lifestyle.

As the new Wellness Program Coordinator for LACERS *Well*, Tara will be present at lectures, fitness classes, health events and Member socials. She expects to be LACERS' go-to source for all things wellness-related: from utilizing the vast array of wellness resources available through insurance carriers to exploring

fun and informative community health opportunities. Make sure to look for LACERS *Well* emails and flyers, to stay in the loop about events, incentives, challenges and more.

For up to date information, go to the new LACERS *Well* Webpage:

www.LACERS.org/lacerswell

You can also email Tara at LACERSWell@LACERS.org

Welcome, Tara!



The Best Years

RETIREES

AROUND THE WORLD



1

Western Europe

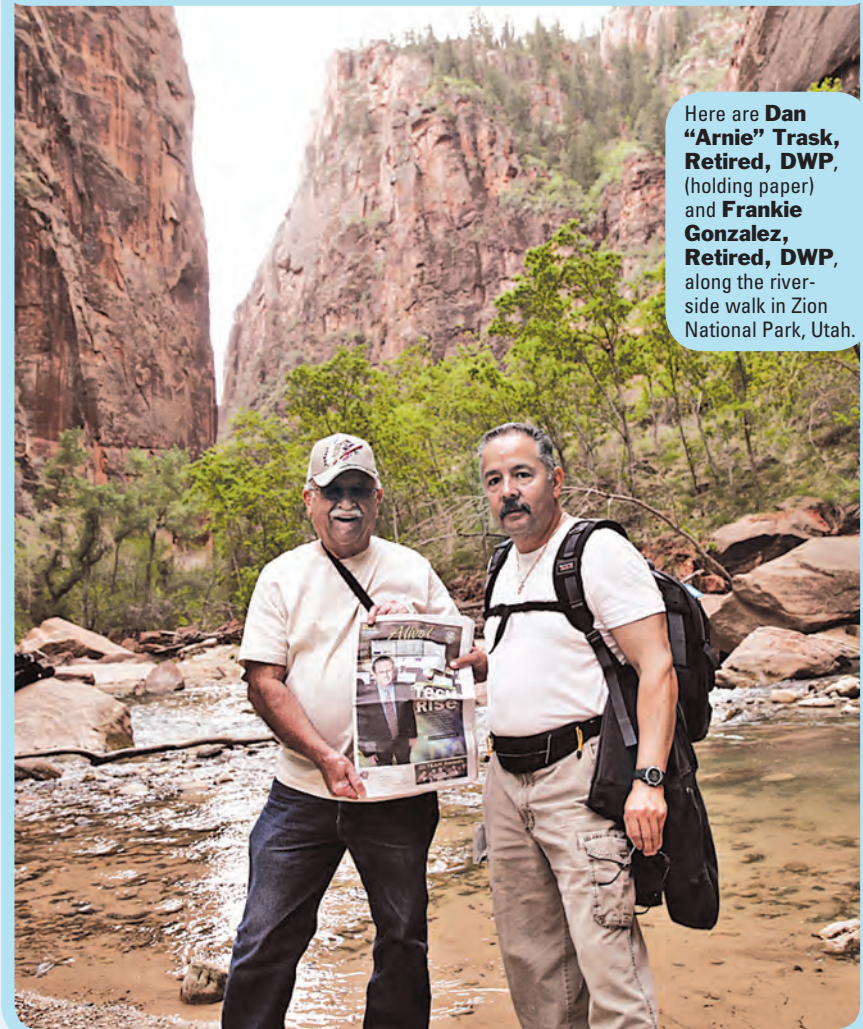


"My husband, Tim, and I took a three-week vacation in May. We spent one week each in London, Paris and Florence. I'm happy to read about current and retired employees who are enjoying life around the world."

- Marjorie Thayne, Retired, Cultural Affairs, and Timothy Thayne, Retired, Building and Safety

2

Utah



Here are **Dan "Arnie" Trask, Retired, DWP,** (holding paper) and **Frankie Gonzalez, Retired, DWP,** along the riverside walk in Zion National Park, Utah.

Show Us Your Grandkids!

Retirees: *Alive!* wants to show off your grandkids! So send in those photos! Here's how:



1. **Make sure to have the permission from their parents.** If you send in a photo, *Alive!* assumes you have already received that permission.
2. Photos with you in them are better, but if not, that's okay, too.
3. Make sure you list the names of your grandkids.
4. Tell us, in a sentence or two, a little bit about them - their school, their accomplishments, what they love to do, how proud you are of them, etc.
5. Digital photos are best! Send them to: talkback@cityemployeesclub.com

Send Prints To:
Grandkids
 City Employees Club of Los Angeles,
 120 West 2nd St.,
 Los Angeles, CA 90012
 (800) 464-0452



If you want the print photo returned, make sure you write your name and phone number on the back.

3

San Diego

"Here is a photo from my recent trip to Mission Valley in Old Town San Diego."

- Dorothy Dillard, Retired, former City Employees Club Board Member



Take the Club with you, wherever you go!

Club members are a well-traveled bunch. Bring your recent copy of *Alive!* with you. Snap a **high resolution** photo with you **holding a copy**, send it in, and we'll publish it. Send to: talkback@cityemployeesclub.com

