



# REAVC NEWSLETTER

## SEPTEMBER 2018

*Dedicated to those that have already served*

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Left to right – Jim Crow, Will Hoag, Don Greenberg, Colleen Bruns, Ray Holzer, Butch Britt, Anne Dana, Roberta Griego, Nancy Settle, Art Goulet, Colleen House, Ken Cozzens (not shown – Paul Callaway, Tom McEachern, Maryellen Benedetto



### **PRESIDENT'S MESSAGE - BY NANCY SETTLE**

I hope you have been staying cool and safe over the summer months.

Our next luncheon will feature a speaker, Phil Chandler, Certified Senior Advisor, to discuss Alzheimer's and related dementia. Alzheimer's and related dementia is considered the health care crisis of the century. The number of people in Ventura County living with Alzheimer's is projected to increase from about 14,000 in 2015 to 25,481 by 2030. Nationally 5.7 million Americans are living with Alzheimer's dementia in 2018. Almost two-thirds of Americans with Alzheimer's are women. Older African-Americans are about twice as likely to have Alzheimer's or other dementias as older whites. Hispanics are about one and one-half times as likely to have Alzheimer's or other dementias as older whites. Among all Americans alive today, if those who will get Alzheimer's disease were diagnosed in the mild cognitive impairment (MCI) stage — before dementia — it would collectively save \$7 trillion to \$7.9 trillion in health and long-term care costs.

Those of you who may be dealing with family members who have Alzheimer's or related dementia know that it can be an emotional roller coaster as well as demanding and stressful. You are certainly not alone. It was a learning process for my father and me as we dealt with the impacts of dementia which would swing from the tragic to the hilarious. New drugs such as Aducanumab being tested by Biogen are designed to stop the advance of Alzheimer's. Hopefully, these drugs will be proven effective and made available in the near future. In the meantime, awareness and planning will help with caregiving and long-term costs. There are some things you can do to reduce the likelihood of Alzheimer's. In addition, to some recent studies that claim 3-5 cups of coffee per day improves cognitive function, there is growing evidence that physical, mental, and social activities may reduce the risk of Alzheimer's disease.

Some of the resources available to help caregivers and families dealing with Alzheimer's include:

Alzheimer's Association - [www.alz.org](http://www.alz.org)

Ventura County Area Agency on Aging - <https://vcaaa.org/about-us/advocacy/dementia-friendly-ventura/> ;

California Central Coast Alzheimer's Association - <https://www.alz.org/cacentralcoast>

AARP [www.arp.org/caregiving](http://www.arp.org/caregiving)

Our luncheon speaker will be discussing this important topic and will provide up to date and helpful information. We'll provide you with the important points of his presentation in an upcoming newsletter.

You may have also noticed that we now provide information on Collette Tours. Collette provides presentations and trip information at the Camarillo Library. Read further for the next scheduled presentation. Please let us know about your experience if you have traveled with Collette.

We continue to receive mostly positive comments on our luncheon venue at Sterling Hills Golf Course. We'll request management to provide better maneuverability at the upcoming September luncheon and also a more viewable setup for the projector screen. Many thanks to those that work to make the luncheons a success, Anne Dana, Judy Sewell, Cindi Mathieu, Tom McEachern! Looking ahead, we will be holding the December luncheon at the Tower Club in Oxnard on December 4, 2018 because it can accommodate more people. Let us know what you think.

We thank you for your support of REAVC and hope to see you at a future luncheon.

#### 2018 BOARD MEMBERS

<b>President – Nancy Settle</b>	805 658-1507	<a href="mailto:nancycassbill@sbcglobal.net">nancycassbill@sbcglobal.net</a>
<b>1<sup>st</sup> VP – Roberta Griego</b>	805 889-7674	<a href="mailto:Rrodriguez367@roadrunner.com">Rrodriguez367@roadrunner.com</a>
<b>2<sup>nd</sup> VP – Ken Cozzens</b>	805 647-2954	<a href="mailto:kencozzens53@gmail.com">kencozzens53@gmail.com</a>
<b>Secretary – Will Hoag</b>	805 644-3491	<a href="mailto:willhoag10@yahoo.com">willhoag10@yahoo.com</a>
<b>Treasurer – Ray Holzer</b>	805 644-3702	<a href="mailto:rayholzer2@aol.com">rayholzer2@aol.com</a>
<b>Past Pres. – Art Goulet</b>	805 482-9818	<a href="mailto:artgou@aol.com">artgou@aol.com</a>
<b>Butch Britt</b>	805 312-4895	<a href="mailto:wbbritt@gmail.com">wbbritt@gmail.com</a>
<b>Colleen Bruns</b>	805 488-9798	<a href="mailto:crb_runs@yahoo.com">crb_runs@yahoo.com</a>
<b>Paul E. Callaway</b>	805 658-1340	<a href="mailto:Paul.callaway@roadrunner.com">Paul.callaway@roadrunner.com</a>
<b>Jim Crow</b>	805 701-8262	<a href="mailto:JimC0294@gmail.com">JimC0294@gmail.com</a>
<b>Anne Dana</b>	805 320-6408	<a href="mailto:ggdana@roadrunner.com">ggdana@roadrunner.com</a>
<b>Don Greenberg</b>	805 642-2915	<a href="mailto:liondongreenberg@gmail.com">liondongreenberg@gmail.com</a>
<b>Colleen House</b>	805 485-0445	<a href="mailto:clhouse@adelphia.net">clhouse@adelphia.net</a>
<b>Tom McEachern</b>	805 630-8284	<a href="mailto:tandcmac1@yahoo.com">tandcmac1@yahoo.com</a>
<b>Maryellen Benedetto</b> Associate Member Representative	805 647-0292	<a href="mailto:benedettolcsw@gmail.com">benedettolcsw@gmail.com</a>

#### BOARD OF RETIREMENT REPORT - BY ART GOULET



VCERA's portfolio market value decreased slightly in June from the prior month end but increased 1.3% over the quarter, with the System's assets closing at approximately \$5.36 billion for the fiscal year ending June 30. A preliminary report projected a total portfolio one-year, net of fees rate of return of 8.8%, absent the not-yet-available June real estate valuations. I will update this number in the next newsletter, after VCERA receives the final quarterly report from

our consultant, NEPC. If past years are predictive, the final return will be higher. For information, at the end of the 2016-2017 fiscal year, VCERA's assets were valued at approximately \$4.94 billion.

Preliminary estimates for their respective fiscal years ending June 30, CalPERS reported net earnings of 8.6%, and CalSTRS reported 9.0%, which puts VCERA right between them.

As mentioned in my last report, VCERA added a new asset class of private credit to the fixed income component of investments and, at its July 6 meeting, approved investing \$25 million in Monroe Credit Fund III. At the same meeting, VCERA continued increasing its private equity portfolio by committing \$30 million to Adams Street Partners Co-Investment Fund IV. This brings VCERA's total commitments to date to various Adams Street funds to \$281 million.

VCERA will conduct an election this Fall for the General Member slot, currently filled by Maeve Fox, for a term beginning in January 2019. As you may recall, Maeve assumed office in June 2017, after she was elected to fill the unexpired term of Dee McCormick, who had passed away.

The Board of Retirement did not meet in August. They will reconvene on September 10th.



**REAVC SCHOLARSHIPS – BY DON GREENBERG**

**SIX \$1,000 SCHOLARSHIPS TO BE AWARDED AT THE SEPTEMBER 4 LUNCHEON!!!**

Six very deserving students will be awarded \$1,000 REAVC scholarships at our upcoming luncheon on September 4 at the Sterling Hills Golf Course in Camarillo.

In alphabetical order, the students are:

1. Soren Borst who is starting his first year at the University of Mississippi. Soren is going to be majoring in physics and astronomy or in civil engineering. His REAVC member sponsor for this scholarship is his proud grandfather, Paul Callaway, retired from the Public Works Agency.
2. Beau Holladay who is beginning his college career at Washington State University in Pullman, Washington. He will be majoring in psychology and criminal justice. His qualifying REAVC sponsor is his grandfather, Steve Burrage, retired from the Ventura County Fire District.
3. Natalie Marner, now a first-year student attending Ball State University in Muncie, Indiana. Her major will be telecommunications and film production. Her grandfather, Paul Calcaterra, a retiree from the Human Services Agency, is her proud REAVC member sponsor.
4. Evan Palmisano who will be attending Northern Arizona University with a major in photography. His proud grandmother, REAVC member Mary Palmisano, is his sponsor for this award.
5. Cole Purcell who will be starting his college experience at the University of Washington in Seattle. His intended major: Computer Science. His grandfather, REAVC member Fred Baugher, is a retiree from the Ventura County Fire District.
6. Daniel Wetter who is beginning his first year at California State University, Northridge. His major will be communication studies. His father and REAVC sponsor is Robert Wetter, a retiree from the Ventura County Sheriff's Department.

Each of these students is excellent and very deserving. While our one-time REAVC scholarship awards do not go a long way these days in light of the enormous costs of college, each scholarship award provides at least some financial

assistance and certainly an endorsement (and pat on the back) for each of these fine young people. Each has expressed his or her great gratitude and appreciation for this REAVC award.

Our thanks to our scholarship committee: REAVC Board members Mary Ellen Benedetto, Tom Mceachern, Ray Holzer, Colleen Bruns and Don Greenberg – and to the REAVC Board and all REAVC members who through their dues and other contributions to REAVC make these awards possible.

As you know, one of the excellent benefits of REAVC Membership is that members and associate members, and children, grandchildren, or great grandchildren of members or associate members, are eligible to receive these scholarship awards from REAVC.

Scholarship awards are made at our September and December membership luncheons. The deadline for submission of applications for awards to be made at the December REAVC holiday luncheon is October 15.

Full information on the scholarship program and applications are available on the REAVC website – specifically at <http://reavc.org/scholarship-program>

If you have questions, please feel free to contact any REAVC officer or board member.

**WOW! SIX SCHOLARSHIPS AWARDED – WELL DONE!**



**SEPTEMBER LUNCHEON – BY ANNE DANA**

#### **WHEN AND WHERE:**

Our next REAVC LUNCHEON WILL BE HELD ON September 4, 2018, at Sterling Hills Country Club, 901 Sterling Hills Drive, Camarillo. Our speaker will be Phil Chandler, Certified Senior Advisor, to talk about the increasing impacts of Alzheimer's and related dementia. It should be a delicious, fun, and informative luncheon.

#### **COST:**

Members - FREE!  
Guests - \$10

#### **RESERVATIONS:**

The last day to make reservations for the September 4 luncheon was Thursday, August 23.

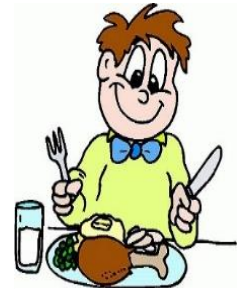
If you've made a reservation, but cannot make the luncheon, it is important that you formally cancel the reservation so that we can accommodate people on the wait list. Remember, a reservation is a commitment. If you make a reservation and don't attend, it costs all of us, and may prevent other members from coming.

If you need to cancel or change your reservation, please call or email:

Judy Sewell, 805/654-8304, [sewellj119@sbcglobal.net](mailto:sewellj119@sbcglobal.net) or  
Cindi Mathieu, 805/525-2885, [cccindi66@gmail.com](mailto:cccindi66@gmail.com)

We also ask members NOT to reserve your table space by turning your chair up against the able. That makes it difficult for members, particularly those with walkers or wheel chairs, to move between tables. Just reserve your spot by placing your napkin on the back of your chair.

**DOORS WILL OPEN AT 11:00 AM**



**HOLIDAY LUNCHEON:** The REAVC Holiday Luncheon will be held December 4, 2018 at the Tower Club in Oxnard. The Holiday Luncheon is always very popular, and the Tower Club will hold more people. We do have to cut-off reservations for this event on November 21, because of Thanksgiving. Please make your reservations early.

<b>REAVC CALENDAR JUNE – DECEMBER 2018</b>		
<p><b>July</b>  <del>1 July – Scholarship Apps Due (For Sept award)</del>                      Aug 23 Cut-off date for luncheon Reservations                      No REAVC Board Meeting</p>	<p><b>August</b>                      Aug 7 – REAVC Board Meeting</p>	<p><b>September</b>                      Sept 4 Luncheon – Scholarships Awarded</p>
<p><b>October</b>                      Oct. 2 REAVC Board Meeting                      Oct 15 Scholarship Apps Due (for Dec)</p>	<p><b>November</b>                      Nov 21 Cut-off date for luncheon Reservations (early cut-off because of Thanksgiving)</p>	<p><b>December</b>                      Dec. 4 Luncheon – Scholarships Awarded                      Dec 11 - REAVC Board Meeting</p>



- |                |                  |                   |                   |
|----------------|------------------|-------------------|-------------------|
| <b>Richard</b> | <b>Ainsworth</b> | <b>Lois</b>       | <b>Darter</b>     |
| <b>Sidney</b>  | <b>Ellis</b>     | <b>Joan</b>       | <b>Ettesvold</b>  |
| <b>Lucille</b> | <b>Hiebert</b>   | <b>Jacqueline</b> | <b>Hull</b>       |
| <b>Marlin</b>  | <b>Koester</b>   | <b>June</b>       | <b>Marsh</b>      |
| <b>Linda</b>   | <b>Marquez</b>   | <b>Robert</b>     | <b>Nonnemaker</b> |
| <b>Elmer</b>   | <b>Schultze</b>  | <b>Roscoe</b>     | <b>Stewart</b>    |



**COUNTY RETIREES – April 2018** – Note: Due to miscommunication, the April retirees were inadvertently omitted last month. Here they are. We did list the May retirees (and some deferred retirements), but we haven't received the June-July information as of press time.

Jeffrey	Auerbach	Health Care Agency	Terrence	Lamb	Fire Protection District
Kim	Bergeson	Sheriff's Department	Raymond	Lambert	Fire Protection District
Roger	Boross	Public Works Agency	Jess	Lemos	Public Works Agency
Janice	Berenstall	Sheriff's Department	Michael	Lindbery	Fire Protection District
William	Breuklander	Fire Protection District	Tanya	Lovelace	Fire Protection District
Sharon	Cabrera	Sheriff's Department	Elda	Mac Donald	Health Care Agency
Reynaldo	Capati	General Services Agency	Christopher	Mahon	Fire Protection District
Rafaela	Carrodegua	Public Works Agency	Beverly	Mears	Human Services Agency
John	Carroll	CEO	Janis	Meler	Health Care Agency
Kevin	Clancy	Sheriff's Department	Albert	Mesa	Sheriff's Department
Bradford	Clifton	Sheriff's Department	Melinda	Meshad	Human Services Agency
Elizabeth	Cox	Health Care Agency	Elisa	Ng	Probation Agency
William	Dederick	Fire Protection District	Erin	O'Connell	Resource Management Agency
James	Dembowski	CEO	Martin	O'Malley	Fire Protection District
Carrie	Dittmar	Probation Agency	Eduardo	Ornelas	Fire Protection District
Kenneth	Dittmar	Probation Agency	Evanglina	Orozco	Health Care Agency
Sherri	Dugdale	Public Works Agency	Katherine	Otani	Air Pollution Control District
Estela	Duran	Human Services Agency	Karen	Richardson	Health Care Agency
Robert	Duran	Sheriff's Department	Edwin	Sabio	Human Services Agency
Michael	Escalante	Health Care Agency	Ronald	Sandor	Fire Protection District
Victoria	Escoto	Public Works Agency	Cheryl	Serr	Public Works Agency
Steven	Francis	Fire Protection District	Craig	Smith	Sheriff's Department

Fred	Garcia	General Services Agency	Keith	Smith	Fire Protection District
Alice	Ginn	Fire Protection District	Theodore	Smith	Fire Protection District
Bernardo	Gonzales	District Attorney	Nancy	Snyder	Probation Agency
William	Graham	Sheriff's Department	Valencia	Spaccia	Health Care Agency
Soledad	Guerrero	Health Care Agency	Michael	Sterlin	General Services Agency
Philip	Hadley	Fire Protection District	Alicia	Stratton	Air Pollution Control District
Mark	Haliday	Fire Protection District	William	Therrien	Sheriff's Department
Kenneth	Hazlewood	Health Care Agency	Jason	Tuazon	Health Care Agency
Melissa	Hernandez	Resource Management Agency	Kenneth	Valentini	District Attorney
Paula	Horn	Human Services Agency	Douglas	Watson	Fire Protection District
Steven	Kirby	Sheriff's Department	John	Ybarra	Sheriff's Department
Vicki	Knight	Superior Court	T. Michael	Yzaguirre	Fire Protection District
Lyn	Krieger	Harbor Department	Scott	Zeller	Fire Protection District



### EDITOR'S NOTES: BY BUTCH BRITT

Well I messed up a lot of things last newsletter, but I didn't get fired. At least the rest of this year, I will be your interim newsletter editor. So, if you have problems with the content, you aren't getting your copy etc., let me know at [wbbritt@gmail.com](mailto:wbbritt@gmail.com). We continue to suggest you get your newsletter by email. It's a lot less expensive for all of us, and you can get the newsletter a week earlier than the printed copy.

I really enjoy seeing you all at the luncheons – not to mention the food - and hope to see you there soon. Just look for the fat bald guy at the SEE's Candy table.

### SEE'S CANDY CERTIFICATES: BY BUTCH BRITT

We sell SEE's Candy Certificates to members solely as a benefit to our membership, generally at or below cost. They are redeemable for one pound of candy or a standard SEE's candy box at any SEE's store or outlet.



The cost of each certificate is \$16. This is below the market cost at most locations. The certificates make excellent gifts for Christmas or other holidays. No hassle with holiday crowds, wrapping or shipping. They are easy to mail, and the certificates do not expire.

You can acquire certificates one of three ways:

1. Purchasing at our luncheons
2. Via the postal service @ REAVC, PO Box 7231, Ventura CA 93006
3. Placing your order over the phone @ 805/644-7814

Remember if you order by mail or over the phone, include extra postage for mailing large orders.

## INFORMATION ABOUT COLLETTE TRAVEL:



**When:** Tuesday October 2nd at 1pm

**Where:** Camarillo Library, [4101 Las Posas Rd, Camarillo, CA 93010](#)

### **Trips being presented:**

- **Canadian Rockies by Train** → Vancouver • Stanley Park • Rocky Mountaineer • Kamloops
- Choice on Tour • Banff • Icefields Parkway
- **Countryside of Emerald Isle** → Dublin • Cooking Class • Irish National Stud • Distillery Tour • Kinsale • Choice on Tour • Diner's Choice • Garnish Island • Dingle Peninsula • Cliffs of Moher • Aran Islands

**For more information, please contact:**

**Ginny Wooten • (805) 889-9752 or Carol Yung • (805) 987-5952**

Disclaimer: REAVC has no financial or other interest over Collette Travel. The information above is provided to REAVC members solely for information, and REAVC does not guarantee or represent that Collette Travel is a preferred or otherwise endorsed travel service.

***BE THE REASON SOMEONE BELIEVES IN THE GOODNESS OF PEOPLE***



Retired Employees Association of Ventura County (REAVC)  
P. O. Box 7231  
Ventura, CA 93006-7231