



REAVC

MARCH – APRIL 2026

“Dedicated to Those Who Have Already Served”

2026 BOARD MEMBERS AND STAFF

President – Reddy Pakala	Directors	Directors (Continued)
First Vice President – Roberta Griego	Colleen Bruns	Cindy Schneider
Second Vice President – Ben Emami	Anne Dana	Kelly Shirk
Secretary – Will Hoag	Tracey Pirie	Board of Retirement Representative – Art Goulet
Treasurer – Paul E. Callaway	Lyn Krieger	
Immediate Past President -- Nancy Settle	Vacant	Bookkeeper – Butch Britt
Associate Member Representative. – Maryellen Benedetto	Vacant	Executive Assistant - Dee Emami

SCHOLARSHIP APPLICATIONS ARE DUE MARCH 31, 2026!

Attention REAVC members:

Scholarship applications for members’ children, grandchildren, or great-grandchildren attending post-high school education are due no later than March 31, 2026. Go to reavc.org for information, application requirements, and the scholarship application. If you need more information, email info@reavc.org or call (805) 644-7814.

REAVC sincerely appreciates the Ventura County Credit Union for its continued support of the Scholarship Program.



We Need You for the REAVC Board!

The REAVC Board currently has two vacancies. If you are interested, please send your bio, or a list of qualifications, and a brief note expressing your interest in serving on the REAVC Board to: Elections, P.O. Box 7231, Ventura, CA 93006-7231.

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VCERA RETIREMENT BOARD NEWS - BY ART GOULET

As we turn the page into 2026, VCERA's investment portfolio continues to deliver encouraging news. December and January brought positive returns: 0.9% and 1.7%, respectively, pushing the fund to a new high of \$9.81 billion. For retirees, this steady growth helps reinforce the long-term security of the benefits you earned over your careers.

Board leadership for 2026 is now set. At the December meeting, Aaron Grass was elected Chair and Donald Brodt Vice-Chair, both without opposition. Their continued service provides stability as the Board navigates the year ahead.

At its meeting of January 26th, the BoR determined the annual cost-of-living adjustment (COLA) for the affected retirees based on a report from VCERA's actuary. The report indicated the change in the Consumer Price Index (CPI) for the measurement period was 3.01%, which rounds to 3.00% in accordance with the applicable provision of CERL. Accordingly, Tier 1 and Safety retirees will see a 3.0% COLA in their April retirement checks, with no change to their COLA Bank

The following reflects the unchanged COLA banks for Tier 1 and Safety retirees:

Date of Retirement	COLA Bank
On or before 4/1/75	55.5%
4/2/75 to 4/1/76	48.0%
4/2/76 to 4/1/77	40.5%
4/2/77 to 4/1/78	37.0%
4/2/78 to 4/1/79	33.0%
4/2/79 to 4/1/80	28.5%
4/2/80 to 4/1/81	20.5%
4/2/81 to 4/1/82	8.0%
4/2/82 to 4/1/22	6.5%
4/2/22 to 4/1/23	3.0%
4/2/23 to 4/1/24	1.0%
4/2/24 to 4/1/25	0.5%
4/2/25 to 4/1/26	0.0%

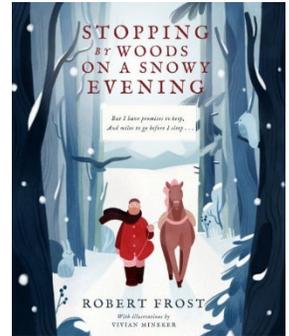
Tier 2 retirees who were represented by SEIU (and who did not withdraw their COLA contributions upon retirement) will receive a 2% COLA in April for service accumulated after March 16, 2003, (or service accumulated after July 7, 2002, if they retired prior to 3/13/2005). Tier 2 retirees who were represented by CNA will receive a 2% COLA for service accumulated after June 25, 2023.

At its February 23rd meeting, the BoR approved a \$40 million investment commitment to Bain Capital's Special Situations Asia Fund III, continuing VCERA's strategy of diversifying its private credit holdings across Asia-Pacific (APAC) credit markets and building upon the strong results of the BoR's \$25 million commitment made to Bain's prior fund in 2021.

Finally, the election for the General Member slot on the BoR, recently vacated by Jordan Roberts, for the remainder of the term, which ends on December 31, 2027, will be held on April 28th.

PAPA B1- BY BUTCH BRITT –A LESSON OF LIFE IN THREE WORDS

Robert Frost is known as one of the greatest American Poets. In High School we had to memorize one of his poems, "STOPPING BY WOODS ON A SNOWY EVENING." I can still rattle off most of this poem just like I did way back then. Not because it was my favorite poem, but because it was simple, short and easy to memorize – and for some reason, I can't un-remember it – over 60 years after I first memorized it. My teacher thought this poem had deep hidden meaning. I just memorized it because I wanted to pass the course and hated every moment. A curse on you, Bobby Frost!



For some reason, this same teacher encouraged me to be a writer. I thought about it for about two minutes and then about my failings, namely spelling, grammar, and trying to string more than two words together at one time. I decided I wanted to be an engineer. I figured that the world would always need sewage and water systems, power and other utility systems, roads, highways, bridges, buildings, and if willing to work a little, I was bound to be able to find a job somewhere. Little did I know back then that the ability to communicate both verbally and in writing was an essential quality in almost any profession.

But despite my distaste for fancy literature, I learned in later years to appreciate the intelligence, audacity, and depth of several of the authors that I once fiercely despised and hated because I was forced to read them and try to understand what they were saying. Why would anyone but a tyrant force a teenager to memorize a soliloquy from Shakespeare, or a poem by Frost? Made no sense. But again, as I aged, perhaps my tastes changed from "Charlie Brown, he's a clown, he's going to get caught, just you wait and see --" to more mature, complex thoughts. I'm not sure how old I was until I realized that "Cry Havoc and let slip the dogs of war" wasn't an original quote from a space movie, but long prior, a quote from Julius Ceasar. Oh, I still enjoyed the adventures of James Bond, Mickey Spillane the movies of John Wayne, and the humor of Monty Python and Mary Tyler Moore – Remember "Chuckles the Clown"? But Shakespeare, Robert Frost, and that ilk oddly enough, started to intrigue me and entice me to take a second or third look.

Did you know that the Gettysburg Address is only three paragraphs long? Supposedly Abe, wrote it on the back of an envelope. When he finished his address, few clapped, no HUZDAH's. But even today, it is considered one of the classic speeches of all time and summary of one of our nation's worst conflicts. Even I, as a dyed in the wool southerner, take solace in the words, " --- and that government of the people, by the people, for the people, shall not perish from the earth." Sometimes, less is more.

So, what's the point of all this philosophical rambling? I don't know. I suppose that as one who has spent over eight decades on this spinning globe, and hopefully a few years more. I feel the aches and pains of old age more almost every day, but I can take comfort in the last line of that old Bobby Frost poem forcibly burned into my memory so many years ago – "But I have miles to go before I sleep."

I have several more grandkids' soccer games or other events to attend, REAVC luncheons to try to hawk candy, old comrades to meet and great, old and new movies streaming on TV, and a few long sips of Jack Daniels in between. We all have to leave this stage at some time, but in the interim, "Let's endeavor to persevere." – The Outlaw Josey Wales.

"IN THREE WORDS I CAN SUM UP EVERYTHING I'VE LEARNED ABOUT LIFE: IT GOES ON." -- Robert Frost. Dang, that rascally old poet finally got to me.

Hope to see you at the next REAVC Luncheon. I'll be the old, fat, bald guy with the white beard, trying to sell See's gift cards at the table in the back of the room behind the potted plants, or some other inaccessible place. "Here's looking at you Kid."



SEE'S CANDY GIFT CARD SALES



By Butch Britt

REAVC is selling \$25 See's CANDIES gift cards at a cost to members of \$21 each. The gift cards do not expire. They are relatively easy to mail or use as holiday gifts. But remember, they are only worth \$25 of See's merchandise.

You can place an order for gift cards:

1. Via the postal service at REAVC P.O. Box 7231, Ventura, CA 93006
2. By ordering over the phone at 805-644-7814
3. Or visit our See's CANDY table at the luncheons – usually set up in some convenient location – like behind the potted plants or outside on the 19th Tee.

(Continued on next page.)

Because of an increase in pilfered, pirated, or purloined envelopes containing See's cards, we are currently limiting mail deliveries to four cards per envelope. We purchased some special envelopes to try to stymie those pilfering pirates, and it seems to be working, but they only hold four cards. You can still order more than four, but we will have to mail them in multiple envelopes. CAVEAT EMPTOR – whatever that means.

LUNCHEON UPDATE



SPRING LUNCHEON: Our Spring Luncheon was on Tuesday, March 3, 2026. If you were unable to attend, please consider joining us for our next event to celebrate Scholars on June 2 at noon at the Sterling Hills Country Club, 901 Sterling Hills, Camarillo, CA 93010. Doors open at 11:00 a.m. The cost is \$20 for REAVC members and their first guest. The price for a 2nd guest is \$48. Unless you are with a scholarship recipient, only two guests are allowed per member.

PLEASE NOTE: An announcement was made at the March luncheon that members must send a written confirmation to the P.O. Box, along with their check, to RSVP. No calls and/or walk-in payments are allowed. The phone number on the form is for questions or cancellations, not for RSVPs. This is necessary to secure enough food and seating. Thank you for your understanding.

EDITOR'S NOTE: Ben Emami uses Constant Contact to send the newsletter via email. If you need to update your contact information, please send the form below to info@reavc.org or REAVC, P.O. Box 7231, Ventura, CA 93006. Please indicate "Address Update" on written correspondence. You can save REAVC dollars for other membership needs by requesting a

Change of Address Form

If your address has changed, please complete this form and mail it to REAVC-Address Updates, P.O. Box 7231, Ventura, CA 93006. Please print your information.

Name _____

New Address _____

City, State, Zip _____

Email _____

PDF version of the newsletter by email at info@reavc.org.

IN MEMORIUM

LOVED ONES LIVE ON IN OUR HEARTS FOREVER



DARLENE J. BOLEN. DANNY R. BROWN. JUNIOUS S. BURRAGE. CORINE M. CALCATERRA. ALFONSO A. ECHARREN. LARRY DEAN FARREN. WENDY R. FISCH. ERLINDA GARCIA. DIANE LUDWIG. TOM MCEACHERN. ESTELLA R. PEREZ. HELEN PETERSON. JEROME F. PETERSON. JOAN M. STRANAHAN. BARBARA A. TENBROOK. BETTY TROUTMAN. GEORGE J. VANESSEN. JUDITH L. YOUAMAN-TAYLOR

A member's surviving spouse is eligible for REAVC membership. Applications are located at: www.reavc.org.

REAVC MEMBERS – ACCOMPLISHMENTS AND DOINGS

Good day REAVC Readers:

We introduce in this edition a new feature that tries to highlight accomplishments of our REAVC members' accomplishments in their retirement.

This month's column features REAVC member Ophra Ashur, LCSW, who retired from Ventura County Behavioral Health on January 6, 2023, after 24.5 years of dedicated service.

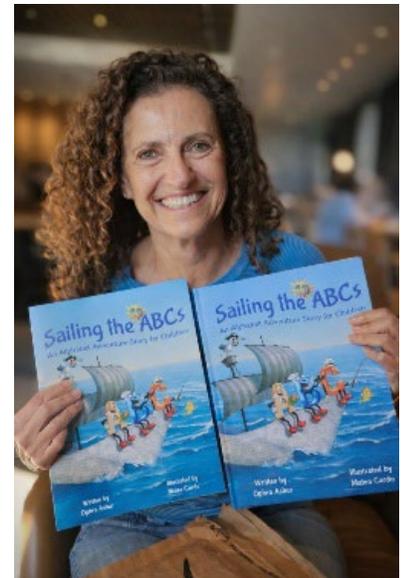
Since then, Ophra has fulfilled a lifelong dream by publishing her first children's book, SAILING THE ABCs (available on Amazon). This lyrical nautical adventure invites emergent and early readers to meet and recognize each letter of the alphabet as they journey alongside small clusters of "alpha-besties" on whimsical seaside adventures.

So, you other REAVC members out there send us your input of accomplishments. But remember we have limited space in the newsletter and reserve the right to edit.

How about you, want to see your name and accomplishments in print? Just send us an email at info@reavc.org. Try to be succinct (that means concise) and be patient with us. Photos or illustrations help. But please be patient, it takes us a while to put out a newsletter.

Continuance of this feature depends on you. We know that most of you continue to accomplish noteworthy things long after you retire from old "Ma County". But we don't know if you don't tell us. Besides, it's got to be better than looking for your name in the "In Memoriam" section.

Ophra with her book



REAVC LIST OF SOCIAL SERVICES

The go-to resource for “where to find anything” is 211, a 24-hour helpline with an incredible list of County services. Below is a list of county-wide resources, some of which were recommended by other seniors.

Ventura Crisis Line	800-273-8255
Area Agency on Aging	VCAAA.org
Food Share	Foodshare.com
W.I.C.	FNS.usda.gov/wic
Knights of Columbus	Kofc.org
Home Helpers	homehelpershomecare.com
Many Meals	manymealsoftcamarillo.org
Ventura Avenue Adult Center	805-648-3035
Independent Living Resource Center	ilrc-trico.org
Livingston Hospice Care	lmvna.org
Senior Concerns	seniorconcerns.org
Home Caregivers of Ventura	caring.com/senior-care 800-973-1540
Senior Council on Aging, Camarillo	NCOa.org
Camarillo Council on Aging	cityofcamarillo.org/residents/seniors
Housing Resources guide Camarillo	cityofcamarillo.org
Ventura Downtown Lions Club	venturalions.org
Salvation Army	ventura.salvationarmy.org
Help at Salvation Army	needhelppayingbills.com
Catholic Charities	catholiccharitiesusa.org
Livingston Visiting Nurses Bereavement Group	lmvna.org-grief&bereavement
Turning Point	turningpointfoundation.org
Project Understanding	projectunderstanding.org
One Stop showers, mail delivery	vchca.org/health-care-for-the-homeless
Four Generations Foundation	fourgenerationsfoundation.org
Senior Support Line	camhealth.com/senior-support-line
NAMI National Alliance	nami.org programs and services
Ventura Counseling/Wellness Center	venturacwc.org
Alzheimers Association	alz.org
Oxnard Rescue Mission	vcrescuemission.org
Genesis Program	genesisprograms.com
Prototypes	healthright360.org/agency/prototypes
AA Alcoholics Anonymous	aaaventuracounty.org
Alanon/Alateen	alanonventura.org al-anon.org - On Right side is Alateen
Dept of Rehab	dor.ca.gov
Housing Hotline	hud.gov/states/california/renting 800-477-5977
United Parents	unitedparents.org
Whole Person Care	wholepersoncare@ventura.org 805-339-1122
Diversity Collective	diversitycollectivevc.org
Rainbow Umbrella	diversitycollectivevc.org/services/#youth-services
Veteran’s Crisis Line	veteranscrisisline.net
Bereavement groups at Churches, etc.	griefshare.org
Sliding scale therapy:	
Jewish Family Services	federation@Jewishventuracounty.org
Cal Lutheran	cluocounseling.org
New Beginnings	thenewbeginningscenter.com
Ventura County Ombudsman Program	ombudsmanventura.org
(Long-term care complaint assistance)	Fraud Help: John Meeker@ventura.org or (805)388-5130

REAVC 2026 CALENDAR

<p>JANUARY January/February Newsletter Sent Mid-Month</p>	<p>FEBRUARY 2/24 REAVC Board Meeting March Luncheon RSVP due 2/20</p>	<p>MARCH 3/3 General Membership Luncheon Meeting March/April Newsletter Sent Mid-month 3/31 Postmark for Scholarship</p>
<p>APRIL 4/7 REAVC Board Meeting</p>	<p>MAY May/June Newsletter Sent Mid-Month June Luncheon RSVP due 5/20</p>	<p>JUNE 6/2 General Membership Luncheon Meeting & Scholarship Awards 6/9 REAVC Board Meeting</p>
<p>JULY July/August Newsletter Sent Mid-Month</p>	<p>AUGUST 8/4 REAVC Board Meeting September Luncheon RSVP due 8/19</p>	<p>SEPTEMBER 9/1 General Membership Luncheon Meeting September/October Newsletter Sent Mid-Month</p>
<p>OCTOBER 10/6 REAVC Board Meeting</p>	<p>NOVEMBER November/December Newsletter Sent Mid-Month Holiday Luncheon RSVP due 11/18</p>	<p>DECEMBER 12/1 Holiday Luncheon & General Membership Meeting 12/8 REAVC Board Meeting</p>

Please note: This calendar is subject to change without notice. To confirm the events and deadlines on this calendar, please call REAVC at 1-805-644-7814.

Rev. 3-12-26



Celebrate our Scholarship Recipients
at the
REAVC Scholarship Luncheon

Tuesday, June 2, 2026, at 12:00 p.m.
Sterling Hills Country Club
901 Sterling Hills Drive, Camarillo, CA 93010
(Doors open at 11:00 a.m.)

\$20 each for REAVC Members and one Guest, \$48 for a second Non-member Guest

No phone reservations or walk-ins are allowed for this event. Reservations must be made in advance by May 20 by completing and mailing this form along with a check payable to REAVC to the following address:
REAVC - Luncheon, P.O. Box 7231, Ventura, CA 93006-7231



Registration form for the REAVC Scholarship Luncheon, June 2, 2026

PLEASE PRINT CLEARLY

Name(s) of REAVC Member(s): _____

Email: (**Required for Confirmation*) _____

Name(s) of Guest(s): _____

Payment Included for: Member(s) at \$20.00 = _____

1st Guest, or Member Guests at \$20.00 _____

2nd Non-Member Guest at \$48.00 _____

(2 Non-Member Guest Limit)

Total Amount Enclosed: _____

The deadline for both reservations and cancellations is Wednesday, May 20, 2026!

IMPORTANT NOTE: *Anyone who makes a reservation, does not attend the luncheon, and fails to cancel by May 20, 2026, will be responsible for the \$48 luncheon cost. An exception may be made in case of an emergency. Please note that the cost for a second non-member guest is also \$48. Only attendees who provide an email address will receive confirmation of their reservation.*

Reserve early; once the seating limit is reached, reservations are placed on a wait list. For questions related to the luncheon, please contact Anne Dana at 1-805-320-6408 or email info@reavc.org. RSVPs by telephone and walk-ins are no longer allowed at the luncheon.