



The Grapevine

JULY 2017

Representing over 7,213 retirees and their families www.refco1.org • INCORPORATED 1978

Thursday, July 20 Luncheon Reservations

**ALL RESERVATIONS
MUST BE MADE BY CHECK**

PARDINI'S

2257 W Shaw, corner of
W Shaw & Van Ness
Fresno CA

Check-in: 10 a.m.
Sit-down luncheon served
at 11:30 a.m.

"JACKS IN THE BAG"

Raffle, \$210

50/50 Raffle

**Food Drive benefiting:
VALLEY ANIMAL CENTER
Books, CD & DVD Exchange**

2 Presentations:

- **Valley Animal Center**
- **Safe (Senior Awareness & Fall Education)**

Reservations \$14 members;
\$17 nonmembers. Please make
your check payable to REFCO,
and mail to:

REFCO, P.O. BOX 26384
FRESNO, CA 93729-6384

Deadline for reservations is
Saturday, July 15. Your check
must reach us by that date, so
please mail it early to allow for
the USPS delivery. **Except for
free lunches,**

**PHONE RESERVATIONS
WILL NOT BE ACCEPTED.**

You may cancel your reserva-
tion by calling Marianne
Messina at 559-439-9524 prior
to the deadline of July 15. If you
get her answering machine,
please leave your name, phone
number and that you are
canceling your reservation.

**CANCELLATIONS AFTER
THE DEADLINE
CANNOT BE REFUNDED.**

**NEXT EVENT:
BINGO LUNCHEON
SEPTEMBER 7**

President's Message

The word "government" is being used lately to dehumanize the people who work for our common good. Government employees who actually do good things such as: building flood channels to protect our homes; protecting the public from contagious diseases; incarcerating criminals; dispensing justice by rules & laws; caring for our sick and elderly; providing basic necessities for low-income families; overseeing planning and development for an organized community; looking out for the mentally ill; providing shelter as a last resort for the homeless; and protecting the air and water quality for our citizens.



Bob Dowell

I worked in governmental service for 30 years and my experience with government employees is that they are people who come to this work because they want to do good things for their community. The vilification of government workers is often nothing more than a political ploy to scapegoat a group of people for partisan political purposes. We are vilified as a group to draw attention away from the abuse of power, uncaring policies, and profiteering at the expense of the taxpayers. So the next time you hear someone vilify a government program or its employees as a group, you might want to examine who is pointing a finger and for what purpose.

You may be justified in criticizing individual misdeeds, mismanagement, cheating, ineffectiveness, inefficiency or shortcomings of an individual governmental employee but not the entire group. The government is our unified effort to make a great country with actualization of our shared values such as freedom, equality, work ethic, and self-responsibility.

"Help, I've Fallen!"

By Dick Estel

Have you fallen in the last year? If you're over 80, the chances are 50-50. For those over 65, it's one in three.

This information was part of a presentation at the semi-annual California Retired County Employees Association (CRCEA) conference, held in Ventura in April. REFCO First Vice President Judy Lemos, board member Julie Hornback, and CRCEA Delegate Dick Estel attended, and shared this information in the hopes of helping our members avoid falls, which are the leading cause of loss of independence.

The speaker was Dr. Thomas Duncan, Trauma Medical Director of Ventura County Medical Center. After his 92-year old father fell and had to move to a care facility, Dr. Duncan decided to do everything he could to promote awareness of falling and preventive measures.

He provided a couple more eye-opening statistics: In the United States, there is a fall resulting in death every 30 minutes, and one requiring an emergency room visit every fifteen seconds. The bottom line for many of us in that over 65 demographic is not "Will we fall?" but "When will we fall and how will it affect us?"

Of course, we'd like to be in that non-

falling percentage, and there are steps we can take, and things to be aware of to prevent falls.

A brochure that was given to conference attendees plus the speaker's remarks provided the following steps to prevent falls:

- Begin an exercise program to improve leg strength and balance
- Ask your doctor or pharmacist to review your medications
- Get an annual eye checkup and make sure your eyeglasses keep up with changing vision
- Watch your step – be aware of what's around you in your home, on the sidewalk, in parking lots. Beware of throw rugs on slick surfaces or folded up; toys and stuff outside, sidewalk sections lifted up by tree roots, etc.
- Make your home safer by:
 - Removing clutter and tripping hazards
 - Putting railings on stairs and adding grab bars in the bathroom
 - Make sure that lighting is good

Personal experience causes me to add one more – don't hesitate to use a cane or walker.

Doctors and relatives had encouraged

See **Fallen** on page 4



Who to Call for Help

Retirement Office .559-457-0681

- Retirement Check
- Withholding Forms
- Beneficiary Change
- Address Change
- Retirement Board Meetings

Employee Benefits ..559-600-1810

- County Health Insurance

REFCO559-431-5032

or refco.emails@gmail.com
 mail REFCO, P.O. Box 26384,
 Fresno, CA 93729-6384.

- Grapevine
- Membership
- Address Change

Don Nelson

refco.media_mgr@gmail.com

- New/Changed E-mail Address

Marianne559-439-9524

- Luncheon Reservations

Don't Expect the US Post Office to Tell Us When You've Moved

New US Post Office regulations require REFCO to maintain mailing addresses that are updated no later than 90 days. **To help us keep costs down, we need you to immediately notify us when you move.**

The Grapevine

Disclaimer Statement

The information printed in "The Grapevine" is believed to be from reliable sources. However, no responsibility is assumed by "The Grapevine" for inaccuracies contained herein.

Privacy Statement

REFCO recognizes the need for the privacy of its members and is committed to protecting your personal information. The Officers and Directors of REFCO restrict access to information about you to those who need to know the information to provide services to you.

The information that REFCO has about you is your name, mailing address and payment of membership dues. This list of members is provided to us by the Retirement Office.

REFCO does not disclose any of this information about our members and former members to third parties. The information is limited to those who assist us with mailings such as *The Grapevine* Newsletter. The companies who act on our behalf are obligated to keep this information that we provide them confidential.

REFCO does not sell or share our member list.

2017 REFCO Activities Calendar

| | | |
|--|---------------------------------|--|
| JANUARY 12: Board Mtg 19: Luncheon | FEBRUARY 9: Board Mtg | MARCH 9: Board Mtg |
| APRIL 6: Luncheon 13: Board Mtg | MAY 11: Board Mtg | JUNE 8: Board Mtg |
| JULY 13: Board Mtg 20: Luncheon | AUGUST 10: Board Mtg | SEPTEMBER 7: Bingo Bash 14: Board Mtg |
| OCTOBER 12: Board Mtg 19: Hlth Fair Lunch | NOVEMBER 9: Board Mtg | DECEMBER 7: Christmas Party |

- **Meetings** – 9:00 am, FCFCU Admin Offices, 2550 W Shaw Ave
- **Luncheons** – Lunch at 11:30 am, Pardini's, 2257 W Shaw Ave
- **Christmas Party** – Lunch at 11:30 am, Pardini's, 2257 W Shaw Ave

Upgrade Planned for REFCO Website

We will be upgrading our website in the next few months. Daniel Moore, our Webmaster, will do the work, but we are forming an ad-hoc committee to determine what we want. If you are interested in being on the committee, please email Judy Lemos, our Acting Chair, at jllemos@sbcglobal.net.

Valley Animal Center to Benefit from REFCO's July 20 Food Drive

For our REFCO Food Drive at our July 20 Luncheon, we will be highlighting the **Valley Animal Center**. Located at 3934 N Hayston Ave. in Fresno, it is dedicated to providing care and shelter to dogs, puppies, cats and kittens. As a no-kill dog and cat adoption center, they provide humane educational classes and camps along with low-cost spay, neuter and vaccinations and a membership-based dog park. They house hundreds of dogs and cats each year until they are placed in loving homes. Euthanasia is never performed unless the animal is suffering from a serious illness that cannot be cured, or a painful condition that cannot be alleviated.

What is needed most in donations?

- **Wet Canned Cat Food (VAC receives dry dog and cat food at a reduced price from Science Diet. So, please do not bring dry dog or dry cat food)**
- Dog Training Treats
- 33 Gallon Trash Bags
- Laundry Detergent
- Anti-Bacterial Dish soap
- Hydrogen Peroxide
- Distilled Water
- Rubbing Alcohol
- White Bath towels
- Of course, \$\$ donations are always appreciated!

DIRECTORY OF REFCO OFFICIALS/VOLUNTEERS

PO Box 26384 • Fresno CA 93729-6384
 Website: refco1.org
 Contact Information:
 Phone: 559.431-5032
 Email: refco.emails@gmail.com

Officers

President.....Bob Dowell
 1st Vice PresidentJudy Lemos
 2nd Vice PresidentRegina Wheeler
 Recording SecretaryDick Estel
 Membership SecretaryJoy Clark
 TreasurerLinda Robinson
 Asst Treasurer.....Marianne Messina
 Imm Past PresidentLinda Hutcheson

Directors

June Breese-McClellan
 Julie Hornback Janet Smith
 Don Nelson Sue Wirt
 Diann Phelps Patrice White

Retirement Bd

Bob Dowell Mary Ann Rogozinski (alt)

Committee Chairs

AdvocacyJudy Lemos
 BenefitsLes Jorgensen
 By-Laws.....Judy Lemos
 CRCEA DelegateDick Estel
 CRCEA AlternateVacant
 Community OutreachPatrice White
 EventsRegina Wheeler
 Finance & BudgetLinda Robinson
 GrapevineJoy Clark
 HealthAnnie Lee
 LegislationBob Dowell
 Luncheon
 ReservationsMarianne Messina
 Luncheon Master
 of CeremoniesKen Smith
 Media ManagerDon Nelson
 MembershipJoy Clark
 Nominating.....Dick Estel
 Parliamentarian.....Dick Estel
 ScholarshipJanet Smith
 SunshineVirginia Quintana
 WebmasterDaniel Moore

Congratulations, New Retirees & New Members!

New REFCO members are **bolded**. *Indicates a deferred member. *Listed alphabetically by last name.*

Note: Missing info on some new REFCO members indicates the info could not be verified by the *Grapevine* deadline.

| | | | | | |
|--------------------------------|---------------------------------|---------------|------------------------------------|--------------------------------|---------------|
| Robert Abilez | County Clerk | 4.32 | Russell Kolander | Facilities Servs..... | 4.21* |
| Jerry A Acosta | Building Mgmt | 8.08* | Tamara Krebbs..... | Behavioral Hlth..... | 26.84 |
| Mary Aguirre | ITSD | 22.91 | Deborah Kuest | Public Hlth | 20.38 |
| Kirby Alstrom | Sheriff..... | 24.40 | Gary Lawrence | County Clerk..... | 18.00 |
| Raymond Alvarado | Probation | 28.13 | Maria D Licon..... | District Attorney | 29.80 |
| Bret Armstrong | Sheriff..... | 23.67 | Evelyn Lopez | ITSD | 42.67 |
| Robert Bethke | Facilty Servs | 17.08 | Maria Elena Macias | VMC | 6.64* |
| James Bewley..... | Sheriff..... | 28.64 | Delia Marin-Maestas..... | Social Servs | 18.08* |
| Debra Blankenship..... | Social Servs | 25.67 | Gerald Maginnity..... | Library..... | 7.21* |
| Elia Bonilla..... | Social servs | 25.77 | Nancy Malpica..... | Behavioral Hlth..... | 22.59 |
| Kenneth Bowden | Sheriff..... | 34.25 | Jasvir Mattu..... | Sheriff..... | 20.07 |
| Eileen Brooks | Agriculture | 30.03 | Keith McWilliams..... | District Attorney | 26.45 |
| Billy Brunson | Sheriff..... | 22.40 | Tracy Meador | Human Resources | |
| Gracie Burns | | | Carmina Mejia..... | Social Servs | 22.16 |
| Jennifer Burriel..... | Sheriff..... | 9.19* | Laurie Ann Miller..... | Assessor-Recorder | 10.69 |
| Wanda Burrow | Social Servs | 22.53 | Marla Mitchell | Probation | 32.58 |
| Gary Byde | Fresno Mosq & Vector | 26.80 | Daniel Moore | ITSD | Active |
| Denise Campos | Social Servs | 26.37 | David Morris | ITSD | 8.25* |
| Daniel F Card..... | Sheriff..... | 1.01* | Darlene Morse..... | Sheriff..... | 19.42 |
| Alicia Carrasco | | | Carol Neff..... | Social Servs | 23.62 |
| Juan Ceballos | Social Servs | 16.15 | Oludolapo Olubeko..... | Sheriff..... | 17.67 |
| Michael J Chernehoff..... | Roads | 13.63 | Jody O'Neil..... | District Attorney | 31.14 |
| Linda Claassen..... | Social Servs | 10.63 | Farshad Oreizi..... | Agriculture..... | 20.75 |
| Joel Cobb | Sheriff | 20.93 | Ruben Ortega | Probation | 29.51 |
| Alan Collison | VMC | 11.57* | Bernard Ortiz | Sheriff..... | 16.84 |
| Loretta Curran | Auditor-Controller | 3.64* | Tina Ortiz | Sheriff | 25.44 |
| Ray Davis | ITSD | 28.32 | Peter Pacheco | Public Defender..... | 31.36 |
| Margaret DeLaCruz | Social Servs | 29.49 | Adreanna Pacini | Social Servs | 11.30 |
| Rochelle D Delgado..... | Social Servs | 19.12 | Jane Partain..... | Probation | 19.98 |
| Grace Dodd | Managed Care..... | 14.30* | Brenda Pau | Public Works & Plan..... | 36.40 |
| Jacqueline S Duty | Bene of Jack Duty | | Patricia Pauls | Social Servs | |
| Lydia Elizondo | CA Superior Ct | 11.41 | Erlinda Ragasa | Aud-Cont/Treas-TC | 1.39 |
| Rosemary C Espinosa..... | Social Servs | 15.84 | John Ramos | Security | 36.02 |
| Michael Estrada | Sheriff..... | 17.95 | Doreen Renteria | CA Superior Ct..... | 25.40 |
| Roman Estrada | Social Servs | 22.05 | Dennis Rickard..... | Library | 10.01 |
| Ronald Evans | Social Servs | 11.98 | Paula Roberts..... | Behavioral Hlth | 10.02 |
| Jose Fajardo | Agriculture | 23.07 | Michael Robinson | Agriculture | 14.54 |
| Tammy Fellows..... | Social Servs | 14.97 | Paula Zapata Rogers..... | Behavioral Hlth..... | 38.21 |
| Phillip Fernandez | Probation | 34.26 | Hope Romero | Assessor-Recorder | 10.02 |
| Beverly Fischer | Social Servs | 10.64* | Oscar Romero..... | Social Servs | 18.98 |
| Benjamin Flores | Sheriff..... | 21.59 | Yolanda Lucero Ruiz | Sheriff | 14.71 |
| Laraine Kaye Fredrickson | Social Servs | 12.83 | Mike Sayaseng | Social Servs | 30.55 |
| Jerome Freitas | Social Servs | 19.42 | Andrew Schick | Sheriff..... | 19.79 |
| Kathy Fries..... | CA Superior Ct..... | 32.22 | Pamela R Scribner | Fleet | 9.45 |
| Joe Garcia | Social Servs | 35.52 | David Shirejian..... | Probation | 13.32 |
| Miroslava Garza | Public Hlth..... | 32.61 | Richard Sieckowski | Probation | 16.83 |
| Nancy Goehring | CA Superior Ct | 22.71 | Jennifer Smith | District Attorney | 26.50 |
| Jesse Gomez..... | Security | 14.37 | Sherry L Spears | CA Superior Ct | 35.16 |
| Maxine Grayson | Social Servs | 6.64* | Tina Starks | Community Hlth | 30.03 |
| Marca Kathleen Groeling | Public Wks & Plan..... | 10.07* | Irene Ikeda Takahashi | Behavioral Hlth | 19.34 |
| Cynthia Hausser | Sheriff..... | 15.16 | Julie D Tex..... | Child & Family Servs | 2.22* |
| Elaine Henderson | Public Defender | 29.32 | Doris Tolzman | Community Hlth | 29.33 |
| Carolyn Hernandez | Child & Family Servs | | Maria Urrutia | Behavioral Hlth | 14.19 |
| Patricia A Hinojos | Community Hlth | 2.44* | Chou Vang | Library Operation..... | 20.90 |
| Theresa Hughes..... | Behavioral Hlth..... | 9.81 | Richard M Vasquez..... | Behavioral Hlth..... | 20.05 |
| Charles Hunnicutt..... | Veteran's Servs..... | 28.30 | John Veen | Library | 1.13* |
| Ysabela Ibarra | Social Servs | 24.08 | Anthony Veloz..... | Sheriff..... | 22.61 |
| Jennifer Jensen | Social Servs | | Eileen Weed | ITSD | 7.60* |
| Bruce Johnson | County Counsel | 23.42 | William T Williams..... | Community Hlth | 17.25 |
| Timothy Johnson | ITSD | 18.02 | Kelly Woodard | Social Servs | 22.28* |
| Steven Kilby | Probation | 19.98 | Ramona Wright | Behavioral Hlth..... | 32.23 |

IN MEMORIAM

REFCO extends our condolences to the family and friends of the following deceased, as reported by the Retirement Office:

| RETIREES | | BENEFICIARIES | | DEFERRED | |
|-------------------|------------------|----------------------|---------------------|-----------------|--|
| Ruth Aguirre | Hazel Gaver | Judy Weeks-Mosqueda | Robert Bartlett | Ann Jernagan | |
| Randolph Albright | Edward Gaylord | Hector Muro | of Bonnie | of Larry | |
| Robert R Anderson | James Giel | Helen Nilmeier | Lois Bedoian | Emma McFadden | |
| Rollin Behrens | Alice Gies | Vyone Nutter | of Andrew | of Harlan | |
| Anne L Bridgers | Raymond Gonzales | Mary Propps | Robert Collins | Marilyn Reed | |
| Mary K Callaghan | Polly Good | Diane Sheldon-Vargas | of Barbara | of Odis | |
| Lavern Chaffin | David Gustafson | Virginia Shields | Vira De Fries | Gary Richardson | |
| Ricky Chatman | Sabri Hamadeh | Dorothy Solorio | of William | of Kathy | |
| Stephen Civiello | Loretta Hamilton | Carlos Stockton | Hazel Gaver | Carlos Stockton | |
| Jessie Clay | Richard Hansen | Wanda Thompson | of Robert | of Norma | |
| Michael Derby | Yoshino Hasegawa | Joe Walden | Faye Harada | Patsy Williams | |
| Paul DeRuosi | Carl E Henson | Emily Williams | of Jack | of Rodney | |
| Charles Dishno | John Hostmyer | | Flora Hay | Leo R Zimmerman | |
| Jack Duty | Ann Jernagan | | of Robert | of Ruth | |
| John J Ernst | Frank M Keever | | Carl E Henson | | |
| Adelaide Estrada | Nancy Kilgore | | of Josephine | | |
| Nada Flint | Kenneth Martlock | | Frank Hoffinger | | |
| Henrietta Fown | Phyllis Miler | | of Mary K Callaghan | | |

Why Your REFCO Membership is Important

No matter where you live, no matter that you are unable to participate in the quarterly luncheons or monthly REFCO Board meetings, as a Fresno County retiree, you must be concerned about maintaining and protecting your pension benefits. I am certain that you are aware that attacks on public pensions are prevalent throughout our county, state and country.

Some REFCO members have the misconception that their dues are merely paying for this newsletter. The following is a partial list of what is being accomplished with your dues of \$1.00 per month.

REFCO maintains an alliance with California Retired County Employees Association (CRCEA) that provides consulting services to protect our benefits while monitoring local, state and federal legislation that may affect our pensions.

REFCO keeps its members informed on a timely basis concerning important issues, not only through this Grapevine newsletter but our website and email.

REFCO works with active employee organizations and unions to help obtain and maintain retirement benefits for present and future retirees.

Through CRCEA, REFCO works with the other 19 (1937 Act) counties to safeguard pension benefits statewide.

Of course there are other advantages to being a member of REFCO. Dues paying members are eligible to enroll in supplemental insurance plans offered by Pacific Group Agencies, Inc. Available plans include dental, vision, pet, and various other insurance plans at reasonable costs, which can be deducted from your retiree pension payments.

Another benefit of being a member of REFCO is the Scholarship program. Members' relatives who attend California State University, Fresno or Fresno City College may be eligible for monies to assist with their education expenses.

So, if you know any Fresno County retirees who are NOT members, please encourage them to join Retired Employees of Fresno County (REFCO) and help protect pensions for current employees and retirees.

VALLEY ANIMAL CENTER'S
MUSIC FOR MOTT'S

3934 N. HAYSTON AVE, FRESNO, CA 93726

**SEPT 10TH
4PM TO 7PM**

**BENEFIT CONCERT
FEATURING**

TICKETS INCLUDE DINNER
BY TOPS BBQ
PRE-SALE \$30
AT THE DOOR \$35

BEER & WINE VENDORS - RAFFLE PRIZES
WWW.VALLEYANIMAL.ORG/M4M

Fallen

Continued from page 1

my grandfather to use his cane, but he just ignored them. One day he fell, hitting his head against the outside plaster wall. He was not injured, but my parents placed him in a group home. A few months later he fell while going to the bathroom at night. He

ended up in the hospital emergency room, where he contracted pneumonia and died a few days later. He certainly didn't die young - he was 100. But he was in generally good health, and if he had taken precautions, he could well have lived another year or two and stayed in his own home. I hope as I get older I can learn from his mistakes.



All applications will be reviewed by the REFCO Directors.

Business Sponsors



NOBLE
CREDIT UNION

PACIFIC GROUP AGENCIES, INC.

If you know a business that would be interested in advertising and interacting with our members, please ask them to become a Business Sponsor Member. Request a Business Sponsor Membership application from Joy Clark - email her at:

ja-clark@pachell.net



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Sunnyside Pet Hospital
Dogs & Cats
(559) 251-2463
5726 E. Kings Canyon Rd.
Fresno, CA 93727

Madera Animal Hospital
Dogs & Cats
(559) 674-9871
16772 Road 26
Madera, CA 93638

LESS THAN \$9/mo.

Fresno County Federal Credit Union is now Noble Credit Union and we want to thank all Fresno County Retirees for their support through the years. Our commitment to you remains strong and the name Noble was chosen for the credit union with your example in mind.

NOBLE: /'nōbəl/ Of an exalted moral or mental character or excellence: a noble thought. Of an admirably high quality.
Synonyms: noteworthy, good, decent, outstanding, exceptional, excellent, elevated, principled, honorable.

NOBLE
CREDIT UNION

Where you're worth more

Formerly Fresno County Federal Credit Union

NobleCU.com