

# ROCCPO

## RETIRED ORANGE COUNTY PROBATION OFFICERS

SPRING 2009

GARY GARRETT, EDITOR



### LETTERS

**M**erlin Bieker reports he has been an instructor for the Academy of Justice for the past three years doing training for Orange County and San Bernardino Probation. He and his wife have traveled to Russia, all the Scandinavian countries and recently on a Mediterranean cruise. He exercises by metal detecting on the beaches and parks. He has discovered much gold and silver jewelry and \$1000 in coins during the past six years.

Merlin has enjoyed fishing for Salmon and halibut in Alaska and fresh water fish in the High Sierras and Wisconsin. He is active in the Elk's and does a lot of charity work with youth by taking them fishing. In fact, the Joplin Youth have been recipients of his activity for the past five years.

Carol, his wife was the night nurse for Juvenile Hall for 14 years and is retired. She volunteers at the Irvine Park Zoo, working especially with bears.

**Nancy Nelson** has announced a change of address. She will move to 1221 West Coast Highway Apt 508, Newport Beach, 92663. Her moving date is April 15.

**Velma Fiorina** reports: It is so great to hear what old friends are up to and sad to learn that some are no longer with us. I don't know where the time has gone. Luckily both Jim and I are in good health and can still travel a bit. I would love it if we would have another reunion.

I don't envy Jay Hynds his snow. I can admire it in the mountains, not in my yard.

**Jack Woodward** reported the passing of **Jim Keough**. After retirement, Jim and his wife visited Orange each year but that travel was terminated upon his wife's death. Jack and I had lunch with Jim a couple years ago. Jim died December 12, 2008. He was 79 years old. He added a lot of humor to our work lives at the old St. Inez Inn. As I recall, Jim left O.C. Probation for the Department of Corrections.

**Chris Woods Moulson** has requested to be added to our mailing list.

**Dennis Forsythe**. Dennis' health report was dated back in January. At that time he reported he and Marcia were to leave Florida for Orange County at the end of January. His liver function had greatly improved and was stable. There was to be no timetable for a transplant. A return home was as good a plan as any. He wrote: To those of you who were able to make it to Florida, thank you for taking the time. We appreciated the company. We also appreciated all the kind notes and e-mails expressing love and prayers for a speedy return and a successful outcome. This about as good an outcome as could have hoped, baring a quick return of symptoms. We nor the Dr.'s expect that to happen.

I invited **Carol Davies** to share her retirement activities with fellow retirees. In brief, she is taking care of her mom after her stroke. Not much else is going on right now. She did get to observe the birth of a baby seal in La Jolla and got to name him. "Sunny".

Health is a popular topic among retirees. **Darlyne Pettinicchio** has provided stroke identification information on page two. **Jan Moorehead** sent information on how to survive a heart attack when you are alone.

At the time of this edition, Rue Smith is in a rehab facility in Orange. Rue completed the preparation for a colon examination that left him very weak. He was then placed in a cardiac unit, moved to rehab and is (was) expected to be home in a few days. You have his e-mail address, perhaps you can contact him for more information.

Several of you have changed your e-mail address and have not notified us. If you no longer wish to be in the "retiree loop", You can be deleted from the mailing list.

## STROKE IDENTIFICATION

Darlyne Pettinicchio

Stroke: Remember the first three letters...S. T. R.  
 S..Ask the person to SMILE  
 T..Ask the person to TALK (speak a simple phrase)  
 R..Ask them to RAISE BOTH ARMS.

If the person has trouble with *any one* of these tasks, call emergency immediately.

New sign: STICK OUT YOUR TONGUE. If the tongue is 'crooked', that is also an indication of stroke.

A cardiologist says if everyone sends this info to 10 people; you can bet that at least one life will be saved.

E-mail Darlyne at deputyding@aol.com. She can send you the e-mail info that you can forward to others.

---

## SELF CPR

Jan Moorehead

A study of this was completed at UCI. It is called **Cough CPR**.

Let's say it is 6:15 p.m. and you are driving home alone. Suddenly you feel pain in your chest that starts to radiate into your arm and up into your jaw. What can you do? You have about 10 seconds left before losing consciousness.

**Take a deep breath and cough very vigorously.**

**Cough repeatedly.**

**The cough must be deep and prolonged**

**A breath and a cough must be repeated every 2 seconds until help arrives**

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating.

From Health Cares, Rochester General Hospital newsletter.

Now that I have provided all this medical advice, what financial advice can I give to survive these difficult times? A friend e-mailed a 44 page document called "The Safe Money Banking Survival Guide". Much is about buying Treasury Bills, but there is a section on *how to find a strong bank*.

If you have deposits with a bank that are over the FDIC Insurance limits and the bank fails, you will suffer losses. You can increase the level of FDIC insurance by having your accounts under the family trust. Each trustee and beneficiary named increases the insurance.

Of the 300 weakest banks & thrifts in the U.S. only 27 are in California. The weakest banks have a rating of D+ or lower. The 17 strongest banks in California are located in Corte Madera, Stockton, Fresno, Pasadena, Placerville, Lodi, Long Beach, Rancho Santa Fe, Santa Rosa, Los Angeles, Richmond, Ukiah, Santa Clara, Chico and W Covina.

**Bruce Carol** writes "My lady friend and I took a Christmas week cruise to the "Mexican Riviera" with Holland America. Ports of call were Cabo San Lucas, Mazatlan and Puerto Vallarta. Wonderful time. Mike & Sue Mays recommended the cruise. We were pleased we followed their lead. We have no other pressing travel plans. I got a call from Hatley Lawson in Oregon. He was concerned about retirees and the loss of COLA benefits. He struggles with Parkinson's, but seems to be doing well".

**Gil Calles** obviously spends a lot of time in church and sends us the following.

### CHURCH BLOOPERS

The Fasting & Prayer Conference includes meals.

Ladies, don't forget the rummage sale. Get rid of those things you don't want. Bring your husbands.

Don't let worry kill you-off let the church help.

Miss Mason sang "I will not pass this way again", giving pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Please place your donation in the envelope along with the deceased person you want remembered.

Potluck supper Sunday with prayer and medication to follow.

## THE HAND IN YOUR POCKET

The medical premium for a County employee enrolled in the CIGNA medical insurance program is \$404.99/mo. A retiree's premium is \$693.97/mo for the same coverage. The premium for an employee, with one dependent, is \$962/mo for coverage in the Wellwise medical insurance program. A retiree with one dependent, both under age 65, is paying \$1703.31/mo for the same coverage. These are just a few examples.

Why the difference? Effective January 1, 2008, The County of Orange changed the method they traditionally used for establishing the medical insurance premium schedule.

Prior to 2008, all of the medical claims paid for both employees and retirees were added up and the premium schedule for the following year was approved by the Board of Supervisors. This is what you have heard referred to as a "combined pool". Effective 2008, the medical claims paid for employees were added up and the premium schedule was approved for the employees. The medical claims paid for retirees were added up and the premium schedule was approved for retirees. This is what you have heard referred to as a "separate pool" or "split pool".

As retirees generally utilize more medical services than employees, this change in the method of calculating medical insurance premiums resulted in an increase in premiums for retirees and a decrease in premiums for employees. Also, retirees utilizing a County medical plan as secondary coverage to Medicare have seen their premiums increase, in most cases, from 30% to 95% for the 2007 through the 2009 enrollment years.

As you know, the County pays all or a major portion of the insurance coverage for employees depending on the employees plan enrollment. Lower premiums for employee's results in a saving to the County. The County's hand is now in your pocket.

REAOC has sued the County, on your behalf, for its new method of setting medical premiums for retirees. The primary basis for this suit is that the County has changed our retirement benefits unilaterally after we retired.

Would you like to help REAOC in its continuing court battle against the County? Just send your contribution to the REAOC Litigation Fund. Your help will be greatly appreciated.

If you have any questions or would like to become a REAOC member, call REAOC at 714-840-3995 and your call will be returned. Correspondence by e-mail should be sent to [reaoc@reaoc.org](mailto:reaoc@reaoc.org).

Vicki Gray, Chair  
REAOC Litigation Fund Raising Committee

## RETIREEES' E MAIL

ROBT. AGNEW	ragnew@socal.rr.com	ED LYNAUGH	pbpals@san.rr.com
JOHN ANDREWS	Andrewsjdrew@msn.com	JOAN MERRITT	joanlmerritt@hotmail.com
PEGGY ANDREWS	Peggasus28@msn.com	DIANNE MERRITT	mmer701301@aol.com
DICK AUGUSTINE	rcalaw@aol.com	DUDLEY MOORE	DMoore9313@aol.com
JERRY BLACK	docblack2@sbcglobal.net	JANET MICKLE	jmick@cox.net
MERLIN BIEKER	troutseekr@sbcglobal.net	CANDY MARSHALL	candy@normmarshall.com
RUTH BLYTH LITSCHER	rdlitscher@cox.net	YVONNE MITCHELL	Yvmitch@sbcglobal.net
DON CULLEN	dkcullen@sbcglobal.net	JAN MOOREHEAD	Janmoorehead1966@yahoo.com
RHONDA WINFIELD	Rwingirl@aol.com	PAT CODY MORRIS	Patmorris4@aol.com
CHRIS BELL	chmbell@comcast.net	FRED MORAWCZNSKI	fredmcwia.com
LEN BLUTREICH	doubleblues2@cox.net	SUSAN NASH	promises30@aol.com
BARBARA BROWN	ponyblab@aol.com	ROBT. NEIGHBOR	Rneighbor7@aol.com
JAN BROWN	janibrown@aol.com	NANCY NELSON	nne@aol.com
GERALD BUCK	buck4048@SBCGLOBAL.NET	MARIA NEWBURGER	Maria Newburger@ocgov.com
GERI BUMPASS	Geri.Bumpass@disney.com	JOHN NIGRO	arrowgolf@verizon.net
SUE CARTER	Scarter63@verizon.net	MAUREEN O'BRYAN	mobryan4@netzero.net
BRUCE CAREL	brucecarel@earthlink.net	HIROSHI OSHITA	hiroandkathy@comcast.net
DON CHAPMAN	donletarescue@cs.com	BARBARA PAVEK	Barbarapavek212@msn.com
ED CLARKE	edwardclarke@cox.net	CHUCK PAGE	pagecage@comcast.net
GIL CALLES	Hamgilcalles@cs.com	BILL POLM	bpolm@cox.net
JERRY CUTLER	hifinutt@gmail.com	JOE PEREZ	kingoforange@msn.com
PAT COYLE	p-coyle@sbcglobal.net	DARLYNE PETTINICCHIO	deputyding@aol.com
ROSEMARY CAIN	rosemarycaib1944@yahoo.com	ELAINE QUICK	extrafast@socal.rr.com
PHIL CARLILE	gvemechoc@aol.com	CHERI HARTLEY-RAILEY	mypuppylove2@verizon.net
CAROL DAVIES	daviesdc@cox.net	DON RAYMOND	dlaymond@earthlink.net
MERRY ELLEN DeBENEDET	medeb@socal.rr.com	LARRY RICHARDSON	larrymft@gmail.com
KATHY DIDIER	kdidier03@yahoo.com	LINDA ROBINSON	lrobinson48@earthlink.net
DAVE DeYOUNG	dldeyoung@roadrunner.com	JANA ROGERS	janahiker@yahoo.com
PATTI DUCKETT	pduckett@bak.rr.com	DORLENE ROOT	bikeroot@comcast.net
DICK DUCKWORTH	dduckwo@verizon.net	DAVE SANO	dsano@aol.com
PHYLLIS DUNAWAY	Pduna74346@BRIGHTOK.NET	BRUCE SANDIE	bsandie@comcast.net
BILL DUFFY	wtduffy@yahoo.com	BARBARA SHIRLEY	Jshirley@socal.rr.com
BOB DUNBAR	Dibobdunbar@aol.com	ED SINGLETARY	Edward@singletary.com
HOWARD FENN	ndhowie@aol.com	SKIP SPILMAN	skipbet1@comline.com
JEFF FAGOT	hogginit2@yahoo.com	LORRAINE SCHMIDT	lorrainesch@earthlink.net
VELMA FIORINA	Velfio@aol.com	RUE SMITH	RSMITH1171@aol.com
MARCIA FISCHER	nmzeug@msn.com	STU SMITH	StuartSmith76@aol.com
JEANETTE FRATTO	bjfratto@aol.com	FUMI SENN	jsenn@dc.rr.com
CAL FOSTER	calvinfoster@comcast.net	GAY TRUEBLOOD	morninglory7@oregonfast.net
<b>GARY GARRETT</b>	<b>redcar83@earthlink.net</b>	LAURA VORIE	Lvorie@charter.net
RONALD GIBBS	Ronald.gibbs@ocgov.com	CARLYN WEIBEL	carlynjw@aol.com
FRANCINE GOBATIE	ceniego@hotmail.com	RICH HELMICK	retirementisoutstanding@hotmail.com
CAROL GILBERTSON	cgilbertson1152@msn.com	KAREN JIMINEZ	smiley551@verizon.net
BONNIE GLENDE	bonnie112045@msn.com	KAREN KIDDY	MSKIDDY3@aol.com
CAROL GOOD	goodgrief2@juno.com	JAY HYNDS	hyndshim@comcast.net
DON HALLSTROM	dchallstrom@earthlink.net	WALLY HERRING	waherring1@comcast.net
MICHAEL HART	mrhart@cox.net	ROSEMARY CAIN	rosemary_cain@hotmail.com
CLIFF HARD	Clifford_hard@sbcglobal.net	MARIE WHITTINGTON	chiefmkw@hotmail.com
Laurie Tetreault	ltetro@cableone.net	CHRIS WOODS MOULSON	cmoulson1@cox.net
DICK HAGER	DosHagers@aol.com		
DON LATIMORE	PdinYL@yahoo.com		