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THE INTERCOM

Newsletter of the California Retired
County Employees Association (CRCEA)

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PRESIDENT'S MESSAGE

As we tip-toe into the year 2022, we seem to be moving back to some sort of normal operation of our state and country.

You might recall that with the uncertainty of the pandemic the planning of conferences was difficult. While we had an excellent conference in Long Beach hosted by REL-AC, it was not attended with the full numbers we had previously obtained.

This spring, Orange County is hosting our conference on May 2-3, 2022. As they prepared, the status of this continuing uncertainty had them opt for holding the conference virtually. They are working toward good content, interesting speakers, and other items of interest to our members. Per a recent update we received, it sounds like the format will be

easy to use and allow for interaction among the participants. We are looking forward to the results of all the effort being put forth by the conference committee in Orange County. See Page 2 for conference information. Additional specifics will be provided in the near future.

For the fall, Sacramento County is in full planning mode for an in-person conference. If they match the last time we were in the capital city, it should be another good one. Hopefully, those planning for subsequent meetings following the fall conference will progress as they have in the past.

It is with a heavy heart that I report the passing of a long-time CRCEA supporter and past president, George Shoemaker. There is always a sense of personal sadness and loss when a long-term advocate and reliable resource leaves us.

George was committed to whatever cause he undertook. It started many years ago with his dedicated service to his Pacific Beach Presbyterian Church, where he weekly worked to provide food for the homeless in the area. With that focus, he

was also the Treasurer of San Diego Safe Harbor, Inc., a transactional housing program for the homeless.

It was that same commitment that made George an active member and board member of the Retired Employees of San Diego County (RESDC) and then CRCEA where he ultimately served as President. He continued that strong involvement with CRCEA as a continuing delegate and as Chair of the Retirement Security Committee, facilitating the research and publishing of several "white papers" and other resources for our use.

George's tenacity and strength of purpose could sometimes cause one to get sideways with him, but no one could ever mischaracterize his position in the discussion as anything but his desire to do something that would make the purpose and the organization better.

George now joins Dorothy Lueking in the new neighborhood, looking out for retirees.

Until next time.....

SKIP MURPHY, President



Save the Dates — May 2-3, 2022

**Join the CRCEA Spring 2022 Conference as we launch the first VIRTUAL event!
Hosted by Retired Employees Association of Orange County - REAOC**

We're so excited to share the good news that our CRCEA Spring Conference 2022 will soon arrive on your screens on Monday, May 2 and Tuesday, May 3. We have a terrific lineup of speakers including:

- ◆ CRCEA's longtime friend **Hank Kim**, Executive Director of NCPERS
- ◆ Keynote Speaker **Tom Sullivan**, American singer, actor and motivational speaker. A regular on ABC's Good Morning America and a dear friend of Betty White. *It's a privilege to have him.*
- ◆ **Neil Sahota**, IBM Master Inventor, United Nations Artificial Intelligence(AI) and UCI professor; How will AI impact us individually and our pension systems?
- ◆ **Sara Mednick, Ph.D.**, a well-regarded researcher on sleep at UCI and author of Take A Nap! Change Your Life.

The conference will follow our traditional agenda including breakout sessions and of course a virtual happy hour! Singer, songwriter Jerry McFarland will join us from Sedona, Arizona playing his guitar and singing songs that we all love and know. And, of course, RAFFLE prizes.

Be on the look out for **EMAILS** detailing how to **register on-line**. Attendees need to **register in advance**. After registering you will receive a confirmation email containing information about joining the conference. You will be offered some dates/times to attend a brief training regarding how to navigate your visit to our virtual conference space. Training will be available throughout the conference if you need a refresher.

You will be surprised how easy this will be...If you use multiple emails please remember which one you use for registration as that email will be needed for logging into the conference.

And, all along the way there will be assistants available to answer questions and provide guidance.

Conference Costs:

\$75.00 for the County Delegate or Representative

\$25.00 for all others who attend

We look forward to seeing you May 2 and May 3, 2022!

**Linda Robinson and Doug Storm
Co-Presidents, REAOC**



DO YOU KNOW THESE THINGS ABOUT HEALTH?

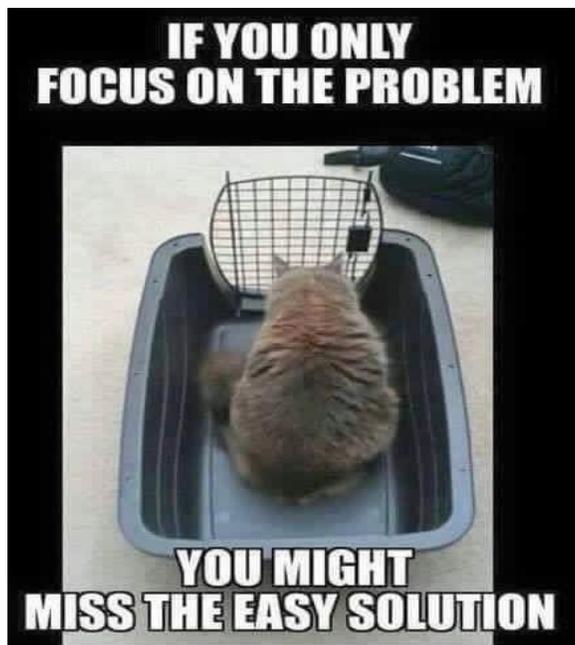
- ◇ Laughing is good for the heart and can increase blood flow by 20 percent.
- ◇ People who are more optimistic also tend to have healthier behaviors - such as diet and exercise - that contribute to longevity.
- ◇ Sitting and sleeping are great in moderation, but too much can increase your chances of an early death.
- ◇ A lack of exercise now causes as many deaths as smoking.
- ◇ Just like all muscles, the brain needs to be exercised and cared for to ensure you are performing and feeling your best.
- ◇ Learning a new language or playing a musical instrument gives your brain a boost.
- ◇ Maintaining good relationships with your friends and family, reduces harmful levels of stress and boosts your immune system.
- ◇ Walking outside – or spending time in green space – can reduce negative thoughts and boost self-esteem.
- ◇ Walking at a fast pace for three hours, or more at least once a week, can reduce your risk of heart disease by up to 65%.
- ◇ Drinking at least five glasses of water a day can reduce your chances of suffering from a heart attack by 40%.
- ◇ The spinal disc core is comprised of a large volume of water, therefore, dehydration could lead to back pain.
- ◇ Breathing deeply in moments of stress, or anytime during the day, brings many benefits such as better circulation, decreased anxiety, and reduced blood pressure.

www.thegoodbody.com



Simple Formula for Living

- ◆ *Live beneath your means.*
- ◆ *Return everything you borrow.*
- ◆ *Stop blaming others.*
- ◆ *Admit it when you make a mistake.*
- ◆ *Listen more; talk less.*
- ◆ *Strive for excellence, not perfection.*
- ◆ *Be on time.*
- ◆ *Let someone cut ahead of you in line.*
- ◆ *Take time to be alone.*
- ◆ *Be humble.*
- ◆ *Cultivate good manners.*
- ◆ *Accept that life isn't always fair.*
- ◆ *Know when to keep quiet.*
- ◆ *Go an entire day without criticizing.*
- ◆ *Learn from the past.*
- ◆ *Plan for the future.*
- ◆ *Live in the present.*



Future CRCEA Conferences

With optimism, and in the spirit of continued opportunities to get together, following is the schedule for the next several conferences:

Spring 2022 (Virtual)
Orange (REAOC)

Fall 2022
Sacramento (SCREA)

Spring 2023
San Bernardino (RESBC)

Fall 2023
San Joaquin (RPESJC)

Spring 2024
Kern (REOKC)

Fall 2024
Contra Costa (CCCREA)

**WE HOPE YOU WILL BE
ABLE TO JOIN US FOR
GREAT INFORMATION,
NETWORKING, AND,
OF COURSE, FUN!**

**CRCEA
Executive Committee**

E.F. "Skip" Murphy
President

Doug Fletcher
Vice President

Carlos Gonzalez
Treasurer

Virginia Adams
Secretary

William "Bill" de la Garza
Immediate Past President

**CRCEA
Committees/Chairs**

Affiliate (Interim)
Carlos Gonzalez

Audit/Finance
Jerry Jacobs

Bylaws
David Muir

Communications
Virginia Adams

Conference
Mike Sloan

Executive
E.F. "Skip" Murphy

Legislative
Art Goulet

Legislative Advisory
E.F. "Skip" Murphy

Membership/Benefits
Rhonda Bieseimeier

**CRCEA
Committees/Chairs
(continued)**

Nominating
Will Hoag

Retirement Security
Vacant

Technology Steering
Gene Pennington

**CRCEA
Member
Associations/
Presidents**

Alameda County
Marian Breitbart

Contra Costa County
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David Prince

Kern County
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Los Angeles County
Brian Berger

Marin County
Gene Pennington

Mendocino County
Tom Ingram

Merced County
Jacqueline Walther-Parnell

**CRCEA
Member
Assocs/Presidents
(continued)**

Orange County
Linda Robinson and
Doug Storm

Sacramento County
Randal Angeloni

San Bernardino County
John Michaelson

San Diego County
Chris Heiserman

San Joaquin County
William Mitchell

San Mateo County
Linda Bruzzon

Santa Barbara County
Annette Paladino

Sonoma County
Alix Shor

Stanislaus County
Ron Grider and
Myrna Lebert

Tulare County
Kevin Mizner

Ventura County
Reddy Pakala

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