

RETIREES' NEWSLETTER

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What Really Matters

by Mary Jo Blackwood, R.N., M.P.H.
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(Reprinted by permission)

Okay, I admit there are a lot of changes at almost 65 that I'm not crazy about. What I'm totally behind, however, is that quality of life is firmly rooted in our relationships. It's all about loving without reservation.

I love my husband to distraction and, sometimes I'm sure, his annoyance. I adore my son and daughter-in-law; and don't get me started on those gifted fascinating creatures who are my granddaughters.

And ah, my sisters, rare women all. What would life be like without their support and perspectives? I love my parents with a touch of desperation, as they seem to be gradually slipping out of my embrace. I know our time together is fleeting. With all the others, it could be, but we don't know.

Then there are those rare friendships that color my life and are totally worth fighting for. Friendships are chosen relationships and sometimes defy logic. Those friends we have chosen may resist our efforts to keep them, perhaps because they believe we don't have, or no longer have, much in common. True, we may be going different directions with our lives, but I see 30 years of loving someone as enough in common and worth working on. And I see a burning common interest and the promise of achievement worth staying around for.

So focus on all the loves in your life and helping them flourish and shine. The aches and pains and things that go bump in the night pale in comparison to the light of those precious souls illuminating our lives.

PHOTO GALLERY

St. Louis County Civilian Retirees' Association

Annual Holiday Party-December 6, 2011-Ameristar Buffet Private Dining Room, St. Charles, MO
38 Members & Guests Enjoyed Delicious Food, Storytelling Program, & Gift Exchange



Sal & Louise Paez, Jim Nelson



Priscilla Stiles Helping Santa Claus



Joan & Janet Koester
Donna Ross



Jim & Sharon Heenan
Denny & Linda Woolfe



J.C. and Ellen Bennett
Samuel & Betty Buchanon, Jr.



Lynn & Harold Feltmann
Jane Hutchinson

"Show and Tell" Retirees' Hobbies Program-January 10, 2012-Thornhill Library,



Lynn Feltmann's System for
Organizing Family Photographs
Digitally



Andy and Jan Minardi's
"Anchors Away"--Sailboating
Experiences in International
Waters



Mary Ellen Dominick's
Volunteering with STL
Convention & Visitors'
Commission



Angelian Washington's
Building a Rare Coin
Collection



(A non-profit organization
incorporated 1/30/2006
Charter #N00713612)

MISSION: "To promote the well being,
enhance the quality of life & encourage the full
potential of St. Louis County retirees by
promoting socialization while supplying
helpful information on issues & matters
important to civilian retirees

2012 PROGRAMS, TOURS, & MEETINGS

Monday, March 5, 2012 9:30 a.m.

Thornhill Branch Library
12863 Willowyck Dr., St. Louis, MO 63146
Meeting & Program:
Lawn Care the Easy Way
by MOBOT Master Gardener Al Hirson

Monday, April 2, 2012 9:30 a.m.

Thornhill Branch Library (address above)
Meeting & Program:
St. Louis County Police Canine
Dog "Miky" and Officer Edgecombe

Monday, May 7, 2012 10:00 a.m.

TOUR of City Garden, Downtown St. Louis
Market St between 8th & 10th Streets

**NOTE: Optional Dutch treat lunch
following each event at nearby restaurant*

Monday, June 4 11:00 a.m.-2:00 p.m.

PICNIC: Vago Park in gazebos
Maryland Heights, MO 63043
Potluck (bring a dish & soda), **BBQ brats**
and hot dogs + condiments furnished
(RSVP Requested)

GUESTS ARE ALWAYS
WELCOME AT ALL ABOVE

****For details &/or RSVPs.....

c/o President, Marian McCreary
Telephone: 314 291 1867
E mail: mmccre8814@aol.com
www.stlouiscountycivilianretirees
association.com

Civilian Retirees' Association News

Officers 2012:

President, Marian Mc Creary
Vice President, Janet Beasley
Secretary, Sue Hendricks
Treasurer, Brian Bass

Dues: \$12 for 2012 now payable

Decision on acronym: "STLCCRA"

Logo for letterhead, business cards etc

**Revision of website (in progress)--
new URL to be www.STLCCRA.org**

**QR Code shortcut to revised website
(to be published when website revision
complete)**



Retired Police Association News

Officers 2012:

President, John "Denny" Robertson
Vice President, Eugene Westermeyer
Secretary, Jerry Hawkins
Treasurer, Deb Arrington

Dues: \$12 for 2012 now payable

**Research on less expensive alternative
medical insurance providers**



St. Louis County Police Retirees
Association Incorporated
(A non-profit organization
incorporated 5/9/1996
Charter #N00054375)

"Strength thru Unity"

MISSION:

"To review & promote the improvement of
existing retiree benefits including but not
limited to financial remuneration, health and
welfare, death benefits, along with surviving
spouse or guardian benefits

"To promote & strengthen the mutual
comradeship & friendship established by
many years of service together in the St.
Louis County Department of Police

"To visit sick members & to aid & assist
members

"To offer condolences to the family of a
deceased member

"To offer & provide any assistance possible
to the St. Louis County Department of
Police that is within our capabilities

"To provide guidance and assistance to the
widows/family members of our deceased"

2012 PROGRAMS & MEETINGS

Thursday, March 22, 2012 7:00 p.m.

Police HQ Board Room Clayton
(Enter bldg. thru Forsyth front doors)

Saturday, May 19, 2012 Noon

SPRING PICNIC: Brookdale Farms
7999 Twin Rivers Road, Eureka, MO
Food & beverages furnished by Assoc.
*No cost to members & their families

****For details &/or RSVP.....

Association Information:
c/o President, John D. Robertson
Telephone: 636 458 3166
E mail: jdrцер168@sbcglobal.net

PHOTO GALLERY

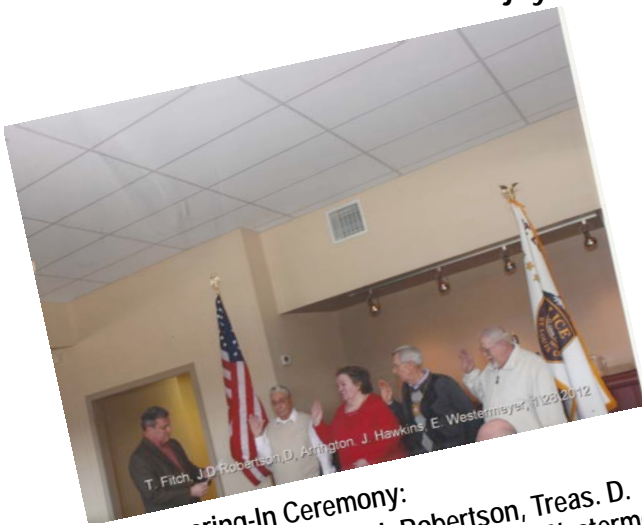
St. Louis County Police Retirees' Association

Steve Stenger, 2011 County Council Chair Receives Retirees' Newsletter Copy from Rosemary Wilson, Newsletter Reporter, and John "Denny" Robertson, President St. Louis County Police Retirees' Association

December 7, 2011 Police Retirees' Association Meeting, Police Headquarters, Clayton, MO



Annual Installation Dinner January 28, 2012 Sunset Lakes Banquet Center, Sunset Hills, MO
53 Members and Friends Enjoyed a Delicious Lunch, Lovely Ceremony, & Attendance Prizes



Swearing-In Ceremony:
Chief T. Fitch, Pres. J. Robertson, Treas. D. Arrington, Sec. J. Hawkins, V.P. E. Westermeyer



V.P. E. Westermeyer with New St. Louis County Police Flag with 9 Stars (Each star representing an officer who died in the Line of Duty).



Dining (left to right):
6th District County Councilman Steve Stenger
County Police Chief Tim Fitch
Retired County Police Chief & MO Dir. Dept. of Public Safety Jerry Lee

MO 97th District State Representative & Mrs. Gary B. Fuhr

PHOTO GALLERY

St. Louis County Civilian Retirees' Association

Tour of Boeing Prologue Room, Berkeley, MO February 7, 2012



TAPS

Information Furnished by John "Denny" Robertson, President
St. Louis County Police Retirees' Association

Taps is the final musical salute played graveside of our departed personnel--both commissioned and civilian. Normally, Taps is played before the flag ceremony in which the American flag over the casket is folded and presented to the spouse/family. The St. Louis County Police Retirees' Association will provide the American flag.

- Words:
- 1)"Day is done. Gone the sun. From the lakes. From the hills.
From the sky. All is well. Safely rest. God is nigh.
 - 2)"Fading light. Dims the sight. And a star. Gems the sky.
Gleaming bright. From afar. Drawing nigh. Falls the night.
 - 3) "Thanks and praise. For our days. Neath the sun. Neath the stars.
Neath the sky. As we go. This we know. God is nigh."

Trumpet Solo: http://www.youtube.com/watch?v=wcncgf_sGzQ (Click on link to hear.)

Story of Taps: In 1862, Civil War Union Army Captain Robert Ellicombe at Harrison's Landing in Virginia risked his life during the night to bring back a moaning soldier to medical care. Reaching the Union lines, the Captain discovered the soldier was dead. In the dim light of dawn, the Captain saw the face of his own son who had been studying music in the South enlisted in the Confederate Army. Union Army command allowed one military bugler to play a series of notes the Captain found in his son's pocket as the only funeral dirge. Thus, the haunting melody we know as "Taps" was born.

COUNTY RETIREES

NOVEMBER 2011

Lawrence Byrd	Family Court	11 years 1 month
Judith Candela	Planning	10 years 4 months
Gary W. Korte	Health Department	33 years 10 months
Ronald E. Rainer	Parks & Recreation	20 years 2 months
Alfred L. Rapp	Highways & Traffic	41 years 8 months
Michael R. Shea	Sheriff's Office	16 years 3 months

DECEMBER 2011

Faro Maniaci, Jr.	Public Works	8 years 5 months
Alice Mitchell	Health Department	26 years 9 months
Chester A. Phillips	Highways & Traffic	34 years 8 months

JANUARY 2012

Bruce Ewing	Police Department	32 years 9 months
Deborah K. Jones	Health Department	23 years 3 months
Robert W. Lohe	Public Works	13 years 1 month
Michael P. Lower	Parks & Recreation	35 years 7 months
Alysia E. Macklin	Prosecuting Attorney	26 years 5 months
John C. Owens	Planning	32 years 3 months
Jo Rains	Administration	23 years 2 months
Sue A. Reifschneider	Police Department	14 years 11 months
Donald M. Schneider	Prosecuting Attorney	12 years 6 months
Thomas G. Smith	Police Department	37 years 4 months
Richard A. Switzer	Public Works	13 years 4 months
Mary E. Weeks	Health Department	33 years 10 months

RETIREES' DEATHS

Leonard Endicott	Deputy Sheriff	10/22/11
Vernal C. Thayer	Public Works	11/8/11
Margaret Stevens	Human Services	11/9/11
Donald R. Thomas	Police Dept.	11/23/11
Wanda Hodson	Family Court	12/1/11
Dorothy L. Conner	Health Dept.	12/13/11
Otis Ford	Public Works	1/20/12

Savvy Seniors

Avoid Speeding Tickets: According to CNBC.com article by Colleen Kane, St. Louis is #6 on the top ten cities with the most speed traps. There are 89 traffic cameras in metropolitan St. Louis. Beware!

TV Deals:

Tuesdays around 9:15-9:20 a.m. NBC Today Show "Jill's Steals & Deals" (some REALLY good discounts on 4-5 items from clothing to jewelry to tech stuff)

Opt Out of Robo Calls: After every unwanted robo call received, immediately call back. Some 90% will have an automated opt-out you can use.

Recycling Tip:--Collect throw-away pieces of bar soap and place them in a small plastic food storage bag. Seal the bag when it is half full and place it in a container of very warm (but not boiling) water until the soap melts. Then remove the bag from the water. When cooled you have a new bar of soap inside the bag. Remove the bar of soap and use.

Wildlife Emergency Number: Bi-State Wildlife Hotline 24/7 for help 636 492 1610.

Senior Q&A

(from anonymous sources)

Q: What is the best way to describe retirement?

A: The never-ending coffee break.

Q: What's the biggest advantage of going back to school as a retiree?

A: If you cut classes, no one calls your parents.

Q: Among retirees, what is considered formal attire?

A: Tied shoes.

Q: How many days in a week?

A: 6 Saturdays and 1 Sunday

Senior Proverb

Good, better, best....

Make your good better & your better best!

WORD OF MOUTH WORKS BEST

There are many St. Louis County retirees who don't yet know about this newsletter. Pick up the phone and call that retiree you know and tell them about it. Share the online link with them to access the newsletter on their computer or a local library computer:

<http://www.stlouisco.com/YourGovernment/CountyDepartments/Personnel/InformationforRetirees>

If the retiree you call doesn't have computer access, have them call this reporter to receive a free copy of this newsletter in the US mail at their home address.

Phone 314.997.3474 Rosemary Wilson,
Reporter

Smart Phone QR barcode shortcut to the archive of past newsletters:



Senior Logistics--"In Their Own Words..."

QUESTION:

"What are your secrets to living every day to the fullest as a retiree?"

"To stay as active as possible with volunteering and working to (hopefully) keep the body, mind and spirit in good health.

Spend time with young people (like my grandchildren) and see their world through their young eyes and mind which has not become disillusioned with life as so many older people have done so. Life is for living." Janet Beasley (Highways & Traffic)

"Having lunch or dinner with friends.

Visit friends, relatives and parents of friends in nursing homes.

Work out at St. Luke's wellness department twice a week.

Thanks for asking." Marcia Becker (County Executive)

"I had a shower grab bar installed right next to my back door on the outside of my house wall. There are two small steps down to the driveway. No one has slipped on my steps or going in and out of the door since I had it installed. Cost about \$25.00. Looks good and blends in well with the red and white brick." Donia Hunter (Human Services)

"I think it is important to stay positive. I exercise everyday at least for a half hour. I also plan to take another computer course at the college. Last week I really enjoyed a Zuma class. What a work out! If you limit your mind and body, you grow old fast. I teach 'exerstart' in Oasis and one of our ladies was a dancer. She is now 92 years old. She still does her own shopping and drives a car. She is blessed with good eye sight. I asked her what is the secret to staying so young, she said keep on moving, watch your weight, drink a lot of water and socialize. She plays bridge at the country club and can remember every card played. Stay active, read, and don't isolate. Even when the weather is bad, call a friend or text someone. Remember some people are old at 40. Watch what you claim or you might just get it!!!!!!!!!!!!!!!!!" Zoe Cassin (Justice Services)

QUOTES



"Some people, no matter how old they get, never lose their beauty. They merely move it from their faces to their hearts." Martin Buxbaum

"Be silent or let your words be worth more than silence." Pythagorus

"A pessimist sees the difficulty in every opportunity. An optimist sees the opportunity in every difficulty."
Winston Churchill

"Opportunity is missed by most folks because it is dressed in overalls and looks like work.

Thomas Edison