



Jacksonville

Police and Fire Pension News

"We Serve...and We Protect"

FROM THE DESK OF THE EXECUTIVE DIRECTOR - ADMINISTRATOR

September 30th marked the end of our fiscal year. Our early review of accounts and assets indicates a very good year for the Fund. Investment Market watchers are very "cautious" in discussing overall Market direction in the near future due to the Government shutdown. In 2011, the "Washington dance" cost the economy hundreds of millions of dollars in losses, prior to the 536 elected officials agreeing to agree. Just what the immediate future holds is very unclear, as officials at the Treasury Department project the Federal Government will reach the authorized debt ceiling in mid-October. If the current "shutdown" is resolved quickly, two weeks from now holds promise of another deadlock in Washington.



Pension Reform continues "front and center" in discussions and news stories. Unfortunately, much of the information communicated to the public is biased against the Police and Fire Pension Fund, our Board Members, and Staff, as well as the Members and Beneficiaries of the Fund.

The Jacksonville Retirement Reform Task Force will continue meeting. Doubts concerning the future direction of the Task Force arose following the defeat in City Council of the Pension Reform Ordinance introduced by Mayor Brown following Federal Court Mediation. The Task Force has been expanded under the leadership of Chairman William Scheu, including associating with the Pew Charitable Trust to provide the Task Force with research, technical studies, and information.

The Jacksonville Civic Council also completed a study and proposed several benefit changes to the Police and Fire Pension Plan. We appreciate the investment of time and talent by Members of the Civic Council and the recommendation to strengthen the Fund.

Legislation has been filed by Senator Aaron Bean and Representative Lake Ray to amend Chapter 185 of the Florida Statutes to permit the Pension Fund to receive the Chapter 185 allocation from Baldwin, due to the Sheriff's Office providing law enforcement services.



Senator Bean, pictured to the right of John Keane, sponsored SB 1246 during the 2013 Session, presenting the bill before the Senate Governmental Oversight and Accountability where the bill was reported favorably by a vote of 8-0; Community Affairs with a vote of 9-0; Appropriations Subcommittee on Finance and Tax amended the bill and support the bill with a vote of 11-0; and the full Appropriations Committee with a vote of 17-0. The bill passed the Senate by a vote of 36-0 on April 29th. The Senate bill was substituted for House bill 853 on April 30th, and placed on 3rd reading. This legislation, important only to Jacksonville and the Police and Fire Pension Fund advanced on the House calendar to 7th for final reading and passage. Unfortunately,

the legislation died on June 3rd, the last day of the 2013 Legislative Session due to a procedural motion requiring the full reading of each bill prior to the final vote. Hopefully the 2014 Session will result in enactment. A "special thank you" to all Members of the Duval Delegation who strongly supported and voted for this legislation.

Congratulations to the newest members of the Pension Fund Advisory Committee, James Holderfield and Larry Schmitt. The Board of Trustees and Staff look forward to working with you.

POLICE AND FIRE PENSION FUND
ONE WEST ADAMS STREET, SUITE 100
JACKSONVILLE, FL 32202-3616
PHONE (904) 255-7373
FAX (904) 353-8837
Website: jaxpfpf.coj.net
Office hours: 8:00am—5:00pm
Monday—Friday

PENSION STAFF

John Keane, Executive Director—Administrator

Robby Gorman, Executive Assistant
 Chuck Hayes, Pension Benefits Manager
 Stephen Lundy, Fiscal Research Analyst
 Deborah Manning, Sr. Pension Benefit Specialist - Editor
 Troy Scherbinski, Building Manager
 Kevin Stork, Controller
 Lynn West, Pension Benefit Specialist

BOARD OF TRUSTEES

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 Nathaniel Glover Jr., Trustee, Board Secretary
 Walter P. Bussells, Trustee
 Adam W. Herbert, Ph.D., Trustee
 Lt. Richard Tuten III, Fire Trustee

PENSION ADVISORY COMMITTEE

Lt. David McCall (Fire) - Acting Chair
 Sgt. Robert "Ellis" Burns III (Police)
 Captain Sean Hatchett (Fire)
 James A. Holderfield (Police)
 Donald Kirkland, (Retired)
 Battalion Chief Brady Rigdon (Fire)
 Asst. Chief Lawrence "Larry" Schmitt, CPA (Police)

New Police Recruits

BENNETT, Tony D.
 BRYANT, Rodney D.
 HILAMAN, Douglas S.
 HINTON, Alex D.
 HOLE, Jason M.
 MORGAN, Hashan L.
 O'CONNELL, Robert J.
 REDFERN, Lauren A.
 ROTHWEILER JR., George A.
 WILLIAMS, Melissa K.



****PENSION FUND OFFICE CLOSED****

Friday, October 11, 2013
Fallen Firefighters Day

Monday, November 11, 2013
Veterans' Day

Thursday, November 28, 2013
Friday, November 29, 2013
Thanksgiving



Retired Firefighters Annual Luncheon

October 29, 2013
11am — 3pm
Firefighters Union Hall
Stockton Street
Jax., FL

Election for the Retired Member of the Police and Fire Pension Fund Advisory Committee



There will be a notice sent by mail to all retired members who wish to become a candidate. Qualifying instructions will be included along with the deadline to register.

Retired Police Officers Annual Luncheon

December 3, 2013
11am — 2pm
Fraternal Order of Police
Beach Blvd.
Jax., FL



Once we have our qualified candidates, we will be holding an election which will be done by mail. Instructions will be provided including the dates the election will be held.

Please be sure to watch your mail for information regarding the election and each step in the process.

How to handle an inherited IRA so you don't lose its tax protected status

Inheriting an IRA can be a blessing if handled properly but beware of the pitfalls that could gut its value.

If the IRA belonged to your spouse, and if you are the beneficiary, you can simply roll the money over into your own IRA without penalty in the first 60 days.

The matter is trickier if the IRA belonged to someone else.

You have to follow the tax rules or your IRA could be penalized. If you want to do some light reading on the subject, review IRS Publication 590, *Individual Retirement Arrangements*.

The most important thing to remember is that you can't just use the inherited IRA as if it were your own. You have to retitle it.

You can retitle the IRA with the help of the IRA custodian. To retain its tax-advantaged status it must

NOT be retitled in your name. It has to be retitled with some specific wording. Typically the wording will be: "George Jones IRA, deceased (insert the date of death), F/B/O (for the benefit of) Sara Jones, Beneficiary." But the wording could be different depending on the bank or institution.

The key is that it can't be retitled under your own name. If you do that, bad tax things start to happen. The IRS will not consider it a valid IRA. Instead of having a nice tax-deferred source of income for the rest of your life, the IRS immediately assigns the proceeds of the IRA to you as income for the year, pushing your tax bracket into the stratosphere. Then, you will write a huge check to the IRS for taxes.

Even after the inherited IRA is set up, there are factors you need to be aware of. Be sure to consult a tax professional if you have substantial funds involved.

Keep the paperwork: Another reason a good filing system is crucial

When you designate a beneficiary for your IRA, make sure you have your paperwork properly filed and accessible to the heir.

The first, most important step a beneficiary must take is to present the IRA manager with proof that he or she is the beneficiary.

This is a situation when properly filed paperwork can save time and money. The heir must provide a copy of the signed beneficiary form. Don't count on the IRA manager to have one.

If the heir can't find the form, the IRA will then become part of the deceased's estate. The heir will be required to withdraw all assets by the end of the fifth year following the death. This will cost the heir plenty of interest that might otherwise accrue by making steady withdrawals over a lifetime.

Best bet: Make copies of the beneficiary form available to your lawyer or the person who will serve as your executor.

Remove an error from your credit report

You can report an error on your credit report online or by emailing the credit bureau involved. It's more effective to use the mail. Send a letter explaining the dispute and attach documentation.

Include a copy of your credit report with the error highlighted. Keep copies of the documentation.

Make your explanation simple, say the experts at

Credit.com. Label all documents so the credit bureau doesn't have to figure them out themselves.

Send your package by certified mail and request a return receipt. Then send the same information to the lender or debt collector. They have to investigate the problem but won't get any documents or information from the credit bureau involved.

Police and Fire Pension Fund Official Election Results

Pension Board of Trustee

Bobby Deal—Police Trustee
Richard Tuten III—Fire Trustee

Pension Advisory Committee

Robert "Ellis" Burns—Police Representative
Sean Hatchett—Fire Representative
James Holderfield—Police Representative
David McCall—Fire Representative
Brady Rigdon—Fire Representative
Lawrence "Larry" Schmitt—Police Representative



2013 Fire Prevention Week theme: Prevent kitchen fires

During Fire Prevention Week, the National Fire Protection Association is highlighting the dangers of unattended cooking and risky kitchen habits.

The theme was announced at the Fire Department Instructors Conference (FDIC) in Indianapolis, which is attended by thousands of firefighters from around the world.

Here are some good tips from NFPA:

Remember that fat and oils are flammable. Most kitchen fires, and fires that burn down restaurants, start when someone is heating fat or oil and forgets about it. The oil gets increasingly hotter, smokes, and then bursts into flames.

Never leave the room when you're cooking. It's easy to think you'll only be away for a minute or two to



answer the door or step into the living room or bathroom, but it could take longer.

Beware of deep fat fryers. Never get liquid near a oil fryer. If it spills, it instantly turns

into steam, violently spraying hot oil.

Steam is dangerous. Steam is water vapor that is above the boiling point. It can be highly pressurized and is almost invisible, but it causes nasty burns.

Have a fire extinguishers available in the kitchen and learn how to use it. The people who service your extinguishers can arrange training.

If there is an oven fire, turn off the heat and keep the door closed to prevent flames from burning you and your clothing.

With kale, get vitamins C, K, and A ... and more

Suddenly, kale has become the darling of cooking magazines and health websites. It could be because a cup of kale contains only 36 calories, but it's a health powerhouse with double your daily value of vitamin C, almost double your daily value of vitamin A, and has a lot of magnesium.

What's really important is its vitamin K, ten times the daily value for this vitamin that promotes bone health, heart health, reduces inflammation, and diabetes risk. Like other cruciferous vegetables, it inhibits the proliferation of cancer cells.

New types of kale have a milder and sweeter favor. Some ways to use it:

- * In a salad with apples and walnuts.
- * Roasted: toss it with olive oil and bake it for 15-20 minutes at 375 degrees.
- * Added to pizza toppings, soups, pasta, and stews.
- * Used instead of spinach in a recipe.
- * As kale chips: chop, toss with oil, and bake 30 minutes at 250 degrees.
- * Mixed with other salad greens.

Buying eggs



It doesn't matter whether they are brown or white, the nutritional value is the same.

Discard any eggs that are broken, which can lead to contamination.

Buy large eggs to use in recipes. That's the size used to test recipes.

Eggs are good for at least 4 to 6 weeks after the sell-by date if you store them correctly.

Shingles are not generally contagious

If you live with, or have a friend who has developed a painful case of the shingles, you may wonder if close contact with them could make your own dormant chickenpox virus activate, giving you shingles too.

If you had chickenpox or the chickenpox vaccine, there's no danger that you'll get shingles from a person who has it, according to the University of California, Berkeley.

If you never had chickenpox or the vaccine, there is a small chance that you could get chickenpox from the shingles sufferer if he or she is in the contagious stage of the disease.

Pregnant women who never had the disease or the vaccine should stay away from the patient.



Sometimes life can be a pain in the neck: What to do about it

If you sometimes have neck pain, a diagnostic evaluation will rule out dangerous problems.

Neck function is very complicated, with many moving parts, so doctors can't usually tell what's causing it.

Even if an MRI or an X-ray shows arthritis in a joint, there's no way to know if that's the cause or if it's something else, such as how you hold your head when you're at the computer.

Doctors say in the first few weeks of common neck pain, a hands-off approach is best. But these self-care steps may speed recovery, say Mayo Clinic doctors.

* Stay active. If you feel the need, take 10 or 15 minute breaks during the day to rest your neck.

* Improve your posture. Keeping your head in a neutral position is the key. Practice sitting and standing tall. Avoid positions that lean to one side or tilt downward for periods of time.



* Relax. Tense muscles benefit from stress-reduction techniques, such as deep breathing, meditation, and progressive muscle relaxation. A warm shower also makes muscles relax.

* Use nonprescription pain medications (Tylenol and others). After a strain, use an ice pack wrapped in a towel for up to 20 minutes at a time.

* Neck rotation: Slowly rotate your head from side to side.

* Neck tilting: tilt your head to one side then the other, moving your ear closer to your shoulder each time.

Neck bending: bend your neck forward as if trying to touch your chin to your chest. Then carefully bend it backward.

If pain persists for four to six weeks, other treatment options may include physical therapy, prescription medications, injections and needling, chiropractic manipulation, or short-term neck immobilization.

Happy Thanksgiving

The first indication of hearing loss

Especially if you've been exposed to frequent loud noise such as at concerts, and if you're getting older, you may have trouble understanding people speaking to you in a noisy restaurant.

You might have presbycusis, a type of gradual hearing loss caused by the death of hair cells in the inner ear. There are only 15,000 of these hair cells, and they don't regenerate.

Not being able to filter out background noise is one of the first signs of hearing loss. See an audiologist.

Fun With Words

1. ARBITRATOR: One who leaves Arby's to work at McDonalds.
2. AVOIDABLE: What bullfighters try to do.
3. BERNADETTE: The act of torching a mortgage.
4. CONTROL: A short, ugly inmate.
5. COUNTERFEITERS: Workers who make kitchen cabinets.
6. ECLIPSE: English barber does it.
7. EYEDROPPER: A clumsy Ophthalmologist.
8. HEROES: A guy in a boat does it.
9. LEFTBANK: What a robber did when his bag was full of money.
10. MISTY: How golfers make divots.
11. PARADOX: Two physicians.
12. PARASITES: What you see from the top of the Eiffel Tower.
13. PHARMACIST: Farmer's helper.
14. POLARIZE: What penguins see with.
15. RELIEF: Trees do it in the spring.
16. SELFISH: What the owner of a seafood store does.



Some seniors don't need life insurance....some do

Many people think seniors don't need to buy life insurance or retain the policies they already have. In the case of well-off individuals who can afford their funeral, who are not in debt, and have cash to leave their spouse, they may not need insurance.

Life insurance, however, can be a godsend for a surviving spouse who has been left with credit card debt, the cost of a funeral, and insufficient income for the coming years. A Met Life study shows that about 25 percent of women reach the poverty level within two years of becoming widows.

According to insurance experts, another important goal is a financial legacy. Most seniors are better off than their children, so leaving them some funds to work with gives parents a feeling of comfort. They may want to help their grandchildren.



Some seniors focus on treating heirs fairly, and having life insurance benefits makes it easier to do so. You can leave an investment to one heir and even out the bequest to the other with life insurance proceeds. Everybody likes cash.

Term Life is the least expensive type of life insurance, but most terms end when the policy

holder is 80 or 85.

Whole Life insurance lasts for your entire life, but it's more expensive. The price rises with your age, so you'd get a much better deal at age 60, for example, than at age 75. Shop around.

In another matter, if you are stricken with a disastrous illness that depletes your savings, many life insurance companies will provide a percentage of a policy's face value. The rest goes to policy beneficiaries after your death.

THANK YOU FOR



YOUR SERVICE!

NOVEMBER 11 IS VETERANS DAY

Exercise at midlife pays off for decades later

In their 40s and 50s, people who made a point of staying fit before may get pretty busy. They start wondering if lifting weights, exercising at home, or going to the gym is worth the time and effort.

There has always been some evidence that people who are fit at midlife are more likely to be healthy in their 60s, 70s and 80s. The best evidence available now comes from the Cooper Institute in Dallas. It has a database of patients who have gone to their preventive medicine clinic since 1970.

Chronic illnesses

Their study, published in the September *Archives of Internal Medicine*, focused on data from 18,000 healthy people whose cardiovascular fitness was measured by treadmill tests in their 40s or 50s. By examining Medicare claims on these subjects, researchers found that those who were most fit were much less likely to develop heart disease, Alzheimer's, diabetes, kidney disease, colon or lung cancer during the next 20 to 30

years.

Dementia

They also found that subjects who were fittest at midlife, were one-third less likely to develop dementia in their 70s and 80s. Cardiovascular fitness helps prevent dementia by reducing the risk of diabetes and hypertension, both of which can contribute to dementia. But even after controlling these factors, the reduced risk for dementia and Alzheimer's disease remained.

Fitness now

Doctors at the University of California, Berkeley, say one benefit of being fit in middle age is that it increases the likelihood that you'll continue to exercise, eat well, and stop smoking.

If you're past middle age and didn't exercise much back then, you can still get many of the benefits of midlife fitness if you start to exercise now. It's never too late to start improving your fitness level with exercise and other healthy habits.



It's a party

D A T E D E S S E R T B H
 D E C O R A T I O N S E H
 S R E W O L F O D E N E T
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| APPETIZERS | GLASSWARE |
| BEER | GUEST LIST |
| BREAD | LOCATION |
| CAKE | MEAT |
| CLEAN | MENU |
| COCKTAILS | MUSIC |
| COOKING | NAPKINS |
| COOKWARE | PLATES |
| DATE | SALAD |
| DECORATIONS | SERVERS |
| DESSERT | SIDES |
| FAVORS | TABLECLOTH |
| FLOWERS | THEME |
| GAMES | TIME |
| GARNISHES | WINE |



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The title is a clue to the word in the shaded diagonal

Across

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| 1. Campus military org. | 1. Zenith competitor |
| 5. Director's cry | 2. Henley needs |
| 8. Give a hoot | 3. The Kingston __ |
| 9. Turkish honorific | 4. Found in acetate |
| 11. Seed covering | 5. Small carriage |
| 12. Use a paper towel | 6. Tangelo |
| 13. Sunroom | 7. 10 C-notes |
| 15. Swiss canton | 10. 24-hr. banking convenience |
| 16. Rich | 14. Mr. Linkletter |
| 21. Snack choice | 16. Distress |
| 22. Boys | 17. Consequently |
| 24. Freudian topics | 18. Boxer Spinks |
| 25. Taro root | 19. Wainscot |
| 26. "___ moment" | 20. "What are the ___?" |
| 27. Chuck | 23. "Send help!" |

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"We Serve...and We Protect"



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*"I have fought a good fight, I have finished the course, I have kept the faith"
"Henceforth, there is laid up for me a crown of righteousness which the Lord,
the righteous judge shall give me"
II Timothy 4: 7-8*

IN MEMORY OF



Harvey G. Batton
September 30, 2013

Deputy Civil Officer
18 Yrs. of Service (1986)

Charles E. Peeples
September 12, 2013

Police Sergeant
20 Yrs. of Service (1971)

Benjamin L. Perry
August 28, 2013

Fire Captain
24 Yrs. of Service (1972)

William A. Smith
August 23, 2013

Fire Battalion Chief
39 Yrs. of Service (1987)

John W. Smyth
August 21, 2013

Police Sergeant
25 Yrs. of Service (1990)

Robert L. Crawford
August 9, 2013

Police Sergeant
34 Yrs. of Service (1991)

Laudred J. Spates
August 6, 2013

*Director of Investigations
& Homeland Security*
32 Yrs. of Service (2004)

Edward R. Deyo Sr.
August 6, 2013

Police Detective Sergeant
20 Yrs. of Service (1970)

Tommie L. Tyson Jr.
August 4, 2013

Police Officer
32 Yrs. of Service (2005)

Correction:

*Robert N. Miller—Police Lieutenant
(Year of Retirement)*