



J A C K S O N V I L L E POLICE AND FIRE PENSION NEWS

"We Serve ... and We Protect"

FROM THE DESK OF THE EXECUTIVE DIRECTOR - ADMINISTRATOR

Pension Reform: Meetings and discussions with the Mayor and his Staff have ended. Legislation establishing a **Revised Benefit Structure** for newly hired Members; several adjustments to current benefits, **Fund Governance** and **Future Financial Stability** have been filed with the City Council. Hearings will be held by the Council. We will keep you posted on developments. We will present workshops to our Members as we continue along the path of Comprehensive Pension Reform. If you have questions on the status of "pension reform", you are invited to attend a series of briefings at the FOP Office and Fire Fighter's Hall on August 4th and 5th conducted by Pension Fund General Counsel Bob Klausner. Details as to times will be announced.



Members frequently ask, "How did the Unfunded Liability occur?" It is a simple question with a multi-part answer. First, investment performance during the first decade did not meet projections for our fiscal requirements. The nationwide reasons: "dot.com" crash, mild recession in 2002, Lehman Bros. bankruptcy, international market crash due fiscal crises in Europe, domestic stock market issues related to automobile manufacturing, banking and insurance sectors, credit freeze impacting home borrowing and refinancing, repossessions of houses led to reductions in value – tax collection, unemployment, Federal Reserve policies of keeping interest rates at historically low levels. Additional local reasons include investment manager under-performance, inability to shift investment dollars into more productive areas due to investment restrictions, negative payroll growth and reduction in Members.

Investment performance overall has been very good for the first six months of 2014. Our Fund increased in value nearly 100 million dollars since January.

The following quote in a recent note to Institutional Investors from NEPC stated, "As we cross the half way mark for 2014, global equity markets are seemingly telling a familiar story. The MSCI World Index has clocked 15.7% in average annual returns over the past five years, placing 2014's year-to-date gains of 6.2% just under that pace. Despite this familiar pattern, markets have taken an unorthodox path so far this year, with June being no exception. Domestic small cap stocks rallied in June, continuing their turnaround from an April swoon that saw investors begin to question valuation levels. Large cap equities continued a steady march upward in a month where the S&P 500 hit new record highs amid low volatility and trading volume. The domestic equity market advanced uninterrupted despite a revision of first quarter US GDP growth to -2.9%, the lowest since the end of the financial crisis. The revision was largely ignored by investors who expect growth to rebound in the second quarter and interpreted the Federal Reserve's announcement that it would move forward with the taper as

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- PENSION OFFICE CLOSED -
Labor Day—Monday, September 1st

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 Rick Townsend (Retired)

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expected as a vote of confidence in the economy. Domestic fixed income indices were mixed but ended the month mostly positive, as intermediate Treasury rates fluctuated higher but ended June trending back to levels seen in late May.”

All of us realize the U.S. economy is on a slowly, but improving trend with the next six months poised to look better than the front end of the year, barring heightened tensions in the Mid-East, the Russian border, African civil wars and Chinese/Japanese feuds. This is likely to produce a modestly more favorable environment for corporate earnings in 2014 versus 2013. The improved employment and manufacturing sectors coupled with continued accommodative Federal Reserve actions and central bank policies in every region of the globe, it's not surprising that equity markets are continuing their 5+ year Bull Run.

Federal Reserve Board members also agreed at the June meeting that keeping the federal funds rate in the zero to 0.25% target range will be appropriate “for a considerable time”. Fed members expect economic growth to pick up notably in the second half of 2014 and beyond.

Thank you for your Service, Bobby Deal!

Assistant Chief Bobby Deal has served at the Pension Fund since 1989, first as a Member of the Pension Advisory Committee, until his election as Pension Trustee in 1997. He served at the Jacksonville Sheriff's Office for over 33 years. We wish you a happy and exciting retirement!

The Pension Fund Welcomes Larry Schmitt

Assistant Chief Lawrence “Larry” Schmitt became a member of the Pension Advisory Committee in 2013, and has been recently elected to the Board of Trustees as the Police Trustee. Larry graduated from St. Cloud State University in Minnesota with a Bachelor of Science in Accounting in 1991. He passed the CPA exam in the same year. He has worked with the Jacksonville Sheriff's Office since 1997, and was appointed to Assistant Chief in 2011. He is also serving as Advisory Committee Chair person with the City & Police Federal Credit Union.

JACKSONVILLE POLICE AND FIRE PENSION NEWS

Congratulations to our **Police** and **Fire** Retirees!
November 22, 2013 thru June 27, 2014
- Date of Trustee Approval -

AMY Jr., Robert N. - March 28, 2014 - **Police**
 BAKER Jr., Esley L. - February 28, 2014 - **Fire**
 BASS, Vanessa L. - March 28, 2014 - **Police**
 BAUGHAN, Laurie J. - January 3, 2014 - **Police**
 BRACKETT Jr., Edward C. - March 28, 2014 - **Fire**
 BROWN, David A. - January 31, 2014 - **Police**
 BUTLER Jr., Walter B. - March 28, 2014 - **Police**
 COBB, Gary S. - January 3, 2014 - **Police**
 CROSS, Gary W. - January 3, 2014 - **Police**
 CUBA, Nelson D. - May 9, 2014 - **Police**
 DAY, Travis J. - March 13, 2014 - **Police**
 EDMONDS, Alicia M. - January 3, 2014 - **Police**
 EDWARDS, Jo J. - March 28, 2014 - **Police**
 ELLIS, Gary W. - March 28, 2014 - **Police**
 EMINISOR Jr., James W. - January 3, 2014 - **Police**
 ESTEP, William G. - March 28, 2014 - **Fire**
 FORSTER, Michael C. - January 3, 2014 - **Police**
 GAUSE, Keith H. - April 18, 2014 - **Police**
 GUTHRIE, Kevin J. - February 14, 2014 - **Police**
 HARNESS, Johnny D. - April 11, 2014 - **Police**
 HENSLEY, Kevin W. - May 23, 2014 - **Police**
 HICKS, Wayne S. - June 6, 2014 - **Fire**
 HINSON, Donald A. - March 28, 2014 - **Fire**
 HOLLAND, Brian A. - May 6, 2014 - **Police**
 HURST, Marsha L. - January 3, 2014 - **Police**
 JEFFERSON III, Edward J. - April 4, 2014 - **Fire**

KIRK, Althea E. - March 28, 2014 - **Police**
 KUCZKOWSKI, Larry E. - January 3, 2014 - **Police**
 LEE, James V. - March 28, 2014 - **Police**
 LEMMON Sr., Richard T. - March 14, 2014 - **Police**
 LINTON, Michael L. - March 28, 2014 - **Police**
 MCCHRISTON, Miles T. - January 3, 2014 - **Police**
 MERICLE, Robert A. - June 6, 2014 - **Fire**
 MOORE, Hazel Y. - December 13, 2013 - **Police**
 MUSE, Hermandes J. - May 9, 2014 - **Police**
 NORRIS Sr., Kenneth R. - January 3, 2014 - **Fire**
 PROTONOTARIOUS, Nina J. - March 28, 2014 - **Police**
 REINHARD, Thomas S. - June 6, 2014 - **Police**
 ROUGIER, Ricky J. - March 28, 2014 - **Police**
 SCHWAB, David P. - January 3, 2014 - **Police**
 SMITH, John G. - May 30, 2014 - **Fire**
 SMITH, Warren A. - February 28, 2014 - **Police**
 THOMAS Jr., John W. - January 3, 2014 - **Police**
 THOMAS, Lavall - March 28, 2014 - **Police**
 TUTEN, Latoyle A. - January 3, 2014 - **Police**
 TYREE, Christopher A. - December 20, 2013 - **Police**
 WALKER, Dorothy L. - March 28, 2014 - **Fire**
 WALTHOUR Jr., Leotha - June 6, 2014 - **Fire**
 WEBSTER, Darrell L. - January 3, 2014 - **Fire**
 WHEELER, Michael L. - March 13, 2014 - **Police**
 WICKLUND, Debbie L. - January 3, 2014 - **Police**
 WOOTEN, Houphouet B. - March 7, 2014 - **Fire**

October 2014 DROP Class

From August 1, 2014 thru September 12, 2014 at noon (**DEADLINE**) we are holding appointments for the October, 2014 DROP Class.

If you wish to apply, please contact Steve Lundy @ 255-7373 for an appointment during that time frame.



"Sorry the doctor is running behind. You can keep today's appointment or I can fit you in tomorrow...whichever comes first."

JACKSONVILLE POLICE AND FIRE PENSION NEWS



Congratulations to our new recruits!



Police – 1/27/14				
BEHNAM, Christopher	SMITH, April	SCHETROMPF, Brittany	JOHNSON, Travis	FREELAND, Michael
BLANFORD, Robert	TAMARGO Jr., Jorge	SCOTT, Randall	KRAMER, Timothy	GRAY, Rafael
BRADDAM, Harvey	THOMPSON III, George	SMITH, Justin	KVIES, Kyle	GREEN, Malachi
BURNETT, Bryan	TITCOMB, Gordon	SPANN, Montez	LOFTON, Lisa	GREEN, Vilbert
CAMACHO, Kelly	Fire – 2/4/14	STEWART II, Bernard	LOKMIC, Selvir	GRIGGS, Matthew
CARDWELL, Mindy	BARNES, Latrecia	VALIENTE, David	MASINSIN, Jonathan	HANKINS, Jacob
CRUZ, Kayla	BENSO II, Anthony	WASHINGTON, David	MEYER, Cheynne	HOLSEY, Darius
DAVIS, Matt	BOTTIN, Brendan	WILFORD, Justin	MONROE, Dominique	INNES, Moises
DECKER, Samantha	CONLEY, Dontrell	WILLIAMS, Donte	MYNIER, Rachel	JANIVER, Daniel
DEDIC, Haris	CORAM, Austin	WILLIAMS, Joshua	NATHAN, Walden	JOHNSON, Shayne
DURON, Charles	CRENSHAW, Blake	WILLIAMS, Matthew	OLIVER, Damon	KERNEN, Ryan
FERNANDEZ, William	DEVOUX, Paul	WILSON, Robert	PERRI, Ryan	KINARD, Kyle
GAULDING, Adam	FERNANDEZ, Brian	Police – 4/7/14	PERRY, Christopher	LATIMER, Novia
GAYNOR, Daniel	FIGUEROA-BRYANT, Ramiro	ALMONTE, Donny	PRINCE, Timothy	LOSCO, Kayla
GEIGER, Michael	FRAZIER, Valencia	BASSAREAR, Jesse	SMITH, Christopher	MANGE, Grady
GUNTER, Nikki	GARDINE, Alaric	BROWN, Terence	SOWERS, Ashley	MATTHEWS, Ricardo
HARNESS, Bionca	GRACE, Rickie	BUMGARNER, Caleb	SWANK, Samuel	MCCRAY, Lewis
HESS, Tyler	GRAFELD, Kevin	CARBAJAL, Jorge	VEREEN, Steve	NARCHO, Adrean
HOLOCHWOST, Timothy	HORN, Tony	CHASE, Trevor	VOUTOUR, Austin	PEACOCK, James
IRVINE, Michael	HUTCHENS, Harry	COCHRAN, Johnathan	WADDELL, Michael	PIERRE, Ronald
JAMES, Timothy	JOHNSON, Matthew	GAUSE, Christal	YOUNGBLOOD, Kathryn	RADY, Michael
JOHNS, Christopher	KALWASINSKI, Christopher	GILLQUIST, Elisabeth	Fire – 4/14/14	REYES, Edward
KNOX, Tyler	LAPIERRE, Monica	GREENE, Maurice	ARCHIE, Bryan	SHANNON, Chad
LANGSTON, Benjamin	LEE II, Douglas	HAMMERSTAD, Dustin	BRAASCH, Matthew	THOMAS, Jennifer
MCEWAN, Benjamin	MCBRIDE, Isaac	HENSLEY, Timothy	BUCHANAN, Akil	TOMLINSON, Jacob
ROBINSON, Torrie	MORTON, John	HODGES, Daniela	COPPINS, Christopher	WASHINGTON, Zachary
SEGOBIN, Videsh	PEELE, Helen	JALLOH, Abu	CURTNER, Zachary	WATHEN, Joshua
SHOBE, Nicholas	PRICE, Chase		DAVIS, James	WELCH, DeLorean
	REGAN, Bryan		DEEGAN, Richard	WILSON, Lanny
			DELOACH, Brenton	

JACKSONVILLE POLICE AND FIRE PENSION NEWS

Preventing Kidney Disease

Almost six in 10 Americans will develop kidney disease in their lifetimes, according to a study published in the American Journal of Kidney Disease.

Individuals age 60 or older, those with diabetes or high blood pressure should be checked chronic kidney disease (CKD) by a simple urine test at their annual physical.

There has been a six-fold increase in the number of CKD cases in the United States since 1980. The Northwest Kidney Centers say there are certain things you can do to help keep your kidneys healthy:

- One is to avoid a high-sodium diet. It's one of the most important things you can do.

- Avoid illegal drugs and the overuse of prescription and over-the-counter drugs
- Control your blood pressure; reduce high blood pressure with medication prescribed by your doctor.
- Know your family health history. If there is hypertension or diabetes in the family, have your kidney function checked every year.
- Quit smoking. Check the Internet for programs that will help you quit.

If you have concerns about being at risk for chronic kidney disease, talk to your doctor and get screened.

Researchers have more Kudos for Coffee

It's not big news that drinking two to four cups of coffee a day has a number of health benefits.



Researchers have already proved it reduces the risk of Parkinson's disease, type 2 diabetes, liver cancer, Alzheimer's disease and dementia.

New studies published in the Archives of Internal Medicine, show that caffeine is linked to a lower risk of stroke, skin cancer and depression. The researchers say caffeine may be the key protective ingredient, since decaffeinated coffee consumption was not associated with the benefits in these studies.

Dietitians at Weill Cornell Medical College say coffee contains other healthy ingredients that may

provide defenses against multiple conditions. It is rich in antioxidants that can protect against cancer, heart disease and other chronic diseases. But they can't just say it's coffee that makes people healthier because there are so many variables.

The depression study included 50,000 women at about 63 years of age. Those who drank four 8-ounce cups of caffeinated coffee daily were 20 percent less likely to become depressed.

The cancer study found that drinking about four cups a day was associated with the lowest risk of basal cell carcinoma, a type of skin cancer.

A stroke study, reported in the American Journal of Epidemiology, didn't pinpoint how coffee affected the brain, but three to four cups a day protected it from stroke. Drinking more than that did not increase protection.

I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition.

—Martha Washington, wife of George Washington, first U.S. president

Acknowledging the good that you already have in your life is the foundation for all abundance.

—Eckhart Tolle, author of *The Power of Now* and *A New Earth*

JACKSONVILLE POLICE AND FIRE PENSION NEWS

Watch Out for Whitetail Deer

In the United States, there are more than 1.5 million car crashes involving deer each year. They cause more than \$one billion in damage; 150 of the collisions are fatal, and there are more than 10,000 people injured. Deer live in all 50 states. West Virginia has the highest deer population numbers.

There are several things you can do to protect yourself and your family on the road.

The first is to open your eyes and stay alert. Use common sense.

"In known deer areas where there are woods or wooded lots, motorists should slow down and be prepared to avoid them," said Pennsylvania Game Commissioner Jerry Czech.

"When you see a deer crossing sign, believe it. You are entering an area where there are high numbers of car/deer accidents.

Consumer Reports has this advice:

- If you see deer along your route to work or

home, make a note of it. They tend to gather and cross in about the same places each day.



- When one enters the road in front of you, brake; do not swerve to avoid the deer. You have a better chance of surviving a crash with a large animal than with another car.
- Deer are most active at dawn and dusk. With Daylight Saving Time, dawn and dusk can coincide with rush hour traffic. At these times, vigilance is more important than ever.
- When one deer crosses the road in front of you, be prepared for one or more to follow. Watch for the hesitant last one who stands by the road for a time before darting across.

You are most likely to see deer during September, October and November because it's their mating season, but deer are present throughout the year.

Memorable Anniversaries in 2014**1914, 100 years ago**

- Henry Ford announced wages of \$5 a day for workers.
- The Federal Trade Commission was established.
- Cleveland, Ohio, set up the first red-green traffic lights.
- Popular songs included "Columbia's Pride March," "By the Beautiful Sea," and "St. Louis Blues."

1939, 75 years ago

- President Roosevelt asked Congress for a \$525 million increase in defense spending.
- The New York World's Fair opened at Flushing

Meadows. It ran for two years with 50 countries participating.

- Popular songs included "Somewhere Over the Rainbow," "Back in the Saddle Again," "You are my Sunshine," and "Your Feet's Too Big"

1964, 50 years ago

- President Lyndon Johnson declared a war on poverty in his State of the Union address.
- U.S. Surgeon General Luther Terry issued his report suggesting that smoking could be harmful to one's health.
- Popular songs included "Twist and Shout," "I Get Around," "My Guy," "Do Wah Diddy Diddy," "Leader of the Pack."

JACKSONVILLE POLICE AND FIRE PENSION NEWS

***Final Roll Call***

Raymond E. 'Red' Brinson June 28, 2014	Fire Fighter Engineer 20 Yrs. Of Service (1976)
Denise K. Hughes June 20, 2014	Police Detective Active
Frederick K. Petty June 10, 2014	Police Sergeant 34 Yrs. of Service (1990)
Frank K. Wimpee June 9, 2014	Fire Fighter Engineer 23 Yrs. of Service (1995)
W. Jerry Hiers May 26, 2014	Fire Prevention Division Chief 31 Yrs. of Service (1988)
Robert L. Pennington May 2, 2014	Fire Fighter 10 Yrs. of Service (1961)
Edgar A. Emanuel April 27, 2014	Police Officer 22 Yrs. of Service (1984)
Joseph W. Noble April 27, 2014	Police Officer 30 Yrs. of Service (1999)
Donald H. Adams Sr. April 13, 2014	Fire Captain 25 Yrs. of Service (1986)
Mark H. Larson March 24, 2014	Police Officer 8 Yrs. of Service (1996)
Melvin J. Deloach Jr. March 20, 2014	Fire Battalion Chief 42 Yrs. of Service (1989)
Marvin D. Nall March 10, 2014	Fire Fighter 20 Yrs. of Service (1968)
Ressie Taylor March 6, 2014	Fire Captain 40 Yrs. of Service (1987)
Michael R. Pickering March 4, 2014	Police Officer 30 Yrs. of Service (2013)
Champ (C.C.) Henry Jr. February 12, 2014	Fire Fighter Engineer 32 Yrs. of Service (1992)

(Year of Retirement)

"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