



SAINT LOUIS COUNTY
Missouri

RETIREE NEWSLETTER

A CARROT, AN EGG, AND A COFFEE BEAN

Author Unknown

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed that as one problem was solved, a new one arose. Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire.

Soon the pots came to a boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil, without saying a word. In about twenty minutes, she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl. Turning to her daughter, she asked, “Tell me, what do you see?” “Carrots, eggs, and coffee,” the daughter replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, “What does it mean, mother?” Her mother explained that each of these objects had faced the same adversity—boiling water.

Each reacted differently. The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile.

IN THIS ISSUE

Page 2.....A Carrot Continued

Page 3.....Association Officers

Page 4.....Association News

Page 5.....Cruise Ship Living

Page 6.....Newly Retired

Page 7.....Retirees At Rest

ST. LOUIS COUNTY RETIREE TOTALS

AS OF 2/27/2024

CIVILIANS: 3,014 POLICE: 613

**Includes Survivor Annuitants*

Story continued...page 2

A CARROT, AN EGG, AND A COFFEE BEAN, continued...

Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water. “Which are you?” she asked her daughter. “When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?” Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship, or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg, or a coffee bean?

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human, and enough hope to make you happy. The happiest of people don't necessarily have the best of everything—they just make the most of everything that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches.

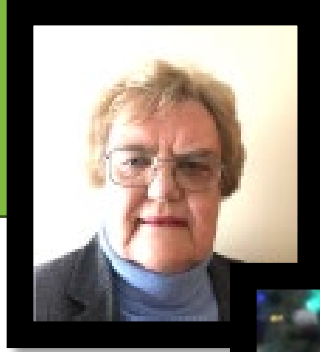
* FEDERAL TAX TABLE CHANGES *

Due to inflation Federal tax tables have changed causing some retirees to see less tax deductions in pension checks. If you would like your deduction amount updated, call the retirement office at (314) 615-5180 to request a new Federal tax form. Once completed, send back to the Retirement Office and they will add to your file while also sharing with Payroll to update your preferences.

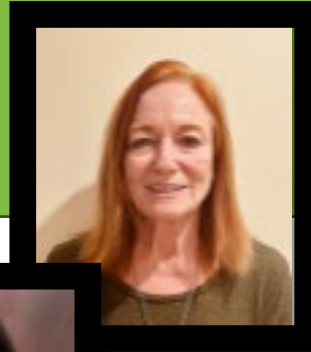


St Louis County Civilian Retirees Association Officers 2024

**Marian
McCreary,
President**



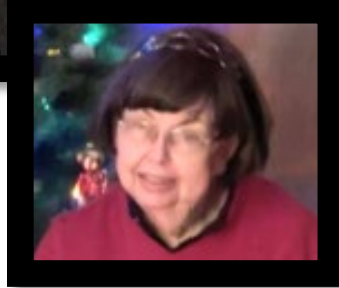
**Joyce
Guleff,
Vice President**



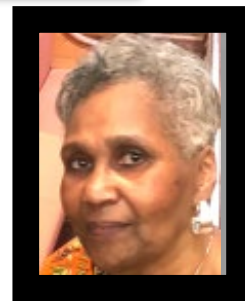
**Betty
Parran,
Secretary**



**Rosemary Wilson,
Marketing**



**Delores
Clayton,
Treasurer**



St Louis County Police Retirees Association

Left to right: Jerry Hawkins, Secretary
Michelle Fourtney, Treasurer
Mary Monteleone, Vice President
Monty Monteleone, President



Far right:
Col. Kenneth
Gregory
Chief of Police
St. Louis County

The St. Louis County Civilian Retirees Association is 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”*

TOUR

Monday, May 13, 2024,
at 10 a.m.

**Veiled Prophet Parade
Floats Workshop**

301 Prospect Ave. 63110

Host, Doug Wolter

See and hear about the building of
the July 4, 2024, parade floats.

RSVP by May 6, 2024

Email: mmccre8814@aol.com

www.stlccra.org



STLCRA
ST LOUIS COUNTY
CIVILIAN RETIREES
ASSOCIATION

CELEBRATING LIFE AFTER WORK

ANNUAL PICNIC FAUST PARK

Monday, June 3, 2024, at 11 am – 2 pm
St. Louis County Park Pavilion

BBQ brats, hot dogs, plates,
plasticware, and
condiments provided!

Bring a dish to share and your drink.

RSVP by May 28, 2024

Email: mmccre8814@aol.com

2024 DUES: New members in 2024 will pay \$12.

Please include your phone number and email with your payment.
Contact Treasurer Delores Clayton at 314-385-3324 or
email at deelo65@sbcglobal.net.

**Please note, 2023 Members will pay no 2024 dues.*

Association Information:

Marian McCreary, President

☎ 314-291-1867

✉ mmccre8814@aol.com

The St. Louis County Police Retirees Association

MISSION: *“We stand as an advocate and protector of rights of the retired Police Officers and Civilian employees of the St. Louis County Police Department.”*

“We shall maintain communications with St. Louis County Government and the Police Department to insure retired employees receive all benefits earned during their career protecting the citizens of St. Louis County.”

“We support, recognize, and honor all who chose law enforcement with St. Louis County Police Department.”

Contact Information

Monty Monteleone, President

✉ Mrm194917@gmail.com

Jerry Hawkins, Secretary

✉ Skyhawk591@charter.net



ANNUAL BBQ

Sunday, May 19, 2024,
Noon-?

Brookdale Farms

7999 Twin River Road, 63025
Member & 1 Guest-No Charge,
Children-No Charge

Additional Guest, -\$10 each

RSVP by May 13, 2024

Jerry 314-422-7117 Phone or Text

Email: skyhawk591@charter.net

Have You Ever Considered Retirement Living on a Cruise Ship?

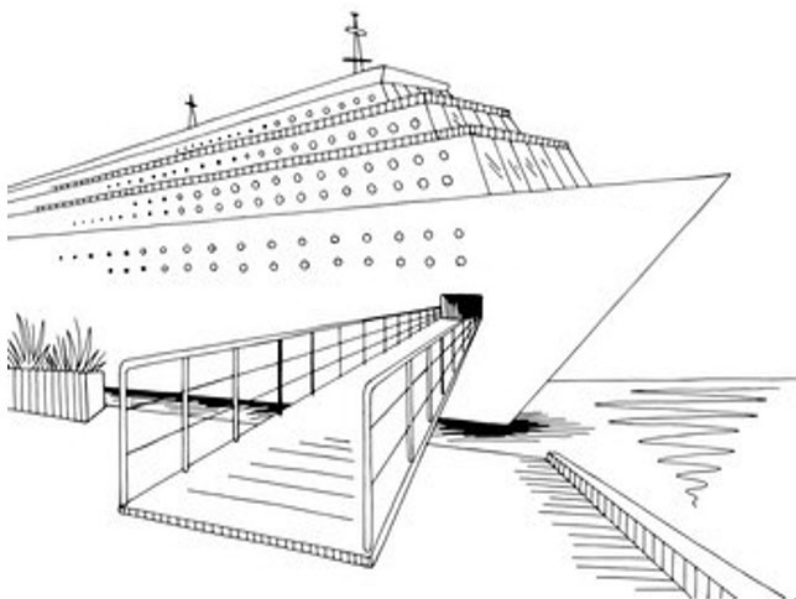
It is not known now exactly how many seniors have their retirement home continuously cruising—living several months out of a year or an entire year at sea. Connector or short cruises are being taken serially or combined with grand cruises lasting several months. According to Cruise Lines International Association (CLIA), annually more than 50% of people on cruise lines are over 50 years of age. Cruise ship review site: www.cruisecritic.com Where to next?

PROS

- Cost can be comparable to an assisted living facility.
- Nice furnished room.
- Accessible rooms available.
- Daily housekeeping services.
- Doctor on board.
- Live entertainment, workout facilities, on-shore tours, revisiting a port several times.
- Camaraderie, once-in-a-lifetime experience, on-board lifestyle.
- Disembarking to see family and friends.

CONS

- Size and location of ship's guest room determines price.
- Surcharge if traveling alone.
- Maintaining on-shore residence.
- Switching ships if entire ship leased to a private tour.
- Little storage space on ship.
- Gaining weight possible.
- Alcoholic beverages extra.
- Only treat minor illnesses.
- Medicine refills may be difficult.
- Special health insurance can be necessary with evacuation coverage added.
- Revisiting a port several times.
- Short-term acquaintances.
- Dress Code.
- Pets on board-varies by ship.
- Charge for on-shore tour, internet, laundry service, ship's casino gambling.



NEWLY RETIRED!

CONGRATS!

JANUARY, 2024

NAME	DEPARTMENT
Brown, Bruce	Fleet Management
Bond, Lydia	Information Systems
Davis, Mary	Courts
Derr, Debra	Transportation
Edwards-Parrish, Patricia	Public Health
Futrell, Larry	Transportation
Grote, Thomas	Human Services
Hagan, Dana	Transportation

NAME	DEPARTMENT
Hendrich, Nancy	Police
Hertlein, Timothy	Transportation
Hopkins, Erica	Public Health
Kezele, Julia	Family Court
Moses, Johnny	Justice Services
Rea, Richard	Sheriff's Office
Sanders, Lula	Recorder of Deeds
Trentham, Patrick	Police

FEBRUARY, 2024

NAME	DEPARTMENT
Craten, Marsha	Human Services
Barnes, James	Parks and Recreation
James, Richard	Public Health
Lincoln, Albert	Assessor
Locke, Shelby	Assessment
McBain, Sharon	County Executive

NAME	DEPARTMENT
McClure, Brian	Transportation
Phillips, Romi	Recorder of Deeds
Scognamiglio, Neil	Police
Spencer, John	Parks and Recreation
Tieber, Matthew	Public Works

MARCH, 2024

NAME	DEPARTMENT
Brown, Linda	Justice Services
Bean, Timothy	Public Works
Bishop, Susan	Revenue
Cutts, Angela	Transportation
Flecke Jr., Charles	Assessor
Hund, Joseph	Public Works
Jaycox, Kathleen	Collector of Revenue
Mobley, Willie	Justice Services
Myles, Raymond	Justice Services

NAME	DEPARTMENT
Paillou, Michelle	Public Health
Payne Jr., Wendell	Public Health
Rabenau, Leslie	Public Health
Sojka, Lynn	Public Health
Vogel, Robert	Police
Wenom, Kimberly	Prosecuting Attorney
Wilson, Stephen	Police
Wuest, Gary	Police

NEED HELP?

St. Louis County Customer Service, Call 311

Retirement Services

Rachel Fredrick,
314-615-4484

rfredrick@stlouiscountymo.gov

Debra Lehmkuhl,
314-615-5176

dlehmkuhl@stlouiscountymo.gov

Rebecca Smail,
314-615-4404

rlsmaill@stlouiscountymo.gov



Benefits Office

Tabitha Chamberlain
Connor Crowe

314-615-5180

countybenefits@stlouiscountymo.gov

DO YOU HAVE AN ARTICLE TO SHARE, QUESTIONS, OR COMMENTS FOR US?

Please contact Retiree & Volunteer Reporter,

Rosemary Wilson

by phone at 314-997-3474

or via email at

wilsonrosemary@me.com.

INFORMATION TO REPORT

Please notify a member of the Retirement Services team of the following at your earliest convenience.

-CHANGE OF ADDRESS-

-RETIREE PASSING-

-SURVIVOR ANNUITANT PASSING-

-NEW ACCOUNT FOR CHECK DEPOSITS-

RETIREES AT FINAL REST

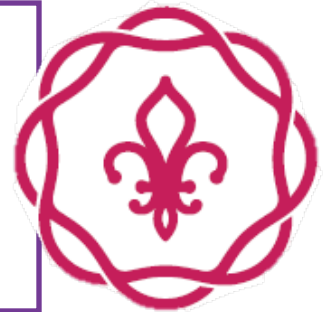
NAME	DATE PASSED
BARRY DRUCKER	11/11/2023
MARIAN PHILLIPS-GANT	11/24/2023
HOMER WYATT	11/30/2023
JOHN FARRELL	11/30/2023
FRED AKERS	11/30/2023
LOUISE PURGAHN	11/30/2023
ANNETTE VOGELSANG	12/1/2023
KENNETH STENGEL	12/4/2023

NAME	DATE PASSED
DARNELL WATKINS	12/5/2023
ROBERT FOWLER	12/12/2023
WILLIAM WOLFF	12/17/2023
JO RAINS	12/18/2023
WILLIE WEBB	12/20/20023
RONNEY KELLEY	12/25/2023
ERVIN HUPP	12/31/2023
SHARON WEGNER	1/5/2024
MATTHEW CONWAY	1/9/2024

NAME	DATE PASSED
ROBERT MEACHAM	1/11/2024
DORIS OBERMANN	1/15/2024
JOYCE BRADLEY	1/17/2024
JACOB SHEAFFER	1/27/2024
HARRIET (KEARNS) POTTER	1/28/2024
LEONA HATCHER	2/7/2024
ADELIN FORD	2/9/2024
DAVID GILDEHAUS	2/26/2024

NEW ST. LOUIS COUNTY LOGO

St. Louis County Executive Sam Page revealed a new logo for St. Louis County on January 15, 2024, during his State of the County address. The new logo combines two elements: a fleur-de-lis to symbolize the region's French heritage, as well as a woven circle, which represents the Missouri and Mississippi rivers bordering the county. The rose-red combined the color palettes of the St. Louis Cardinals and CITY SC.



RETIREMENT BOARD MEETINGS

Dates below, details of time and location: <https://stlouiscountymmo.gov/st-louis-county-public-notice/>

March						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

COVID-19 Test Expiration Dates

Full list of FDA-authorized COVID-19 test extended expiration dates at: www.fda.gov/covidtestdates
1-800-232-0233

Your State's Lost & Found: Unclaimed Property

Go to the state Treasurer's Office for online database. One in ten Missourians have unclaimed property and in an average amount of \$300.
For Missouri go to: www.showmemoney.com
For Illinois go to: www.icash.illinoistreasurer.gov

QUOTE

"At age 20, we worry about what others think of us. At age 40, we don't care what they think of us. At age 60, we discover they haven't been thinking of us at all."
Ann Landers

Automobile Driver Assistance Technologies Explained
National Highway Traffic Safety Administration (NHTSA)

What you should know about driver assistance technologies when buying your next vehicle.

<https://www.nhtsa.gov>

PLAN FUNDING STATUS



St. Louis County Retirement Fund Balance on December 31, 2023 :

\$840,275,440