

• Don't Rush Me •



TAMPA RETIRED FIRE & POLICE ASSOCIATION



www.tamparetiree.com

I'm Retired

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President's Message

It's hard to believe that it is time for our quarterly meeting. Time is flying by. There is not much to update the membership on since the last newsletter. There have been no major changes in the stock market that have made any significant impact to our fund for this fiscal year and there have been no double digit returns this fiscal year.

On a positive note, at the pension meeting held on the 23rd of March, the fund closed at a positive 6.8% with a market value of \$1,774,600,280.00 which is a big improvement over the past few months. As everyone remembers, the 2015 fiscal year closed at a negative 4.9%. According to past reports from our investment manager, he does not expect any double digit returns in fiscal year 2016. We will just have to ride out the bad times and hope for a turnaround in the economy.

On a separate note, some of our members have suffered some serious medical problems recently.

Former organization president Bud Maxey has undergone knee replacement for both knees.

Former organization president Larry Vincent had triple bypass heart surgery. Treasurer J.J. Oliva had major back surgery.

Vice President Grady Snyder is scheduled for a hip replacement.

Member Jack Hair has had two strokes in the past few months.

That is a partial list and I'm sure I have missed a few members, but let's keep them in our thoughts and prayers for their continued recovery and any upcoming procedures they may have.

As Tommy DePolis wrote in our last newsletter (Remember Old Friends) spend time with your friends and former co-workers while they are still with us.

Finally, our next quarterly meeting will be held on April 28, 2016 at the Forest Hills Presbyterian Church on Linebaugh Avenue and Ola Avenue. Dinner will be served at 6:30 PM. Please feel free to bring a friend to enjoy the food and fellowship.

Respectfully,

Billy Lynn



Cataract surgery

Setting here at the keyboard only one day after my first eye cataract surgery, I realize why the doctors only do one eye at a time. It's still very blurry but bright in the surgery eye!

The St. Luke nurse called this morning to check on my progress. She advised me that the eye should clear up in 24-48 hours. She asked if I remembered the procedure? I said, I think so? I can go through most of the stages with the exception of the time mid-way through the procedure and being wheeled into the recovery area. I had no pain or discomfort.

If you've been procrastinating on having cataract surgery because of your fear of pain. As my New York friends say, "Fa-git-about-it." My suggestion is, research your doctor and clinic, be comfortable and feel confident in their hands. I used St. Luke's Cataract & Laser Institute in Tarpon Springs, and Dr. Jeffrey Wipfli, MD, Eye Surgeon. Dr. Wipfli was recommended by a very good, recently retired, eye surgeon friend, Dr. Byron Holley. My Medicare and Supplement paid for it. I had a little out of pocket for a procedure not covered by Medicare. (I'm not sure about Advantage programs, you'd have to ask.)

Like most Police and Firefighters, I've had my share of medical procedures, broken foot, crushed neck vertebra, stabs, cuts, lung problems. But, my eyes and cataracts caused the most concern. I had to make the choice to fix my eyesight, so I researched carefully and choose St. Luke's.

Medical tip from *Jerry Wotherspoon*, I'm not a doctor, but I know one.



A cataract is an opacity of the normally clear lens which may develop as a result of aging, metabolic disorders, trauma or heredity



PRUNE JUICE

THE SITCOM COMIC STRIP BY GEORGE SFARNAS ©2014

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50/50 DRAWING

Will be held at the Membership Meeting so bring a couple of extra bucks.

Pension Board Meeting

The Pension Board will be holding their monthly meeting on Wednesday, April 27th, at 1:30pm.

Location 3001 North Boulevard.
Come on by, the pension board loves company.

REMINDER

The Retirees monthly luncheon will be held on Monday, April 25th, at 11:00am. Location is the Golden Corral at 11801 N 56th St, Temple Terrace.

All are invited. Hope to see you there.

IN MEMORIAM

Some of those we recently lost....

Robert F Whitt, 12/30/15, Police

Jerry W Weiss, 3/11/16, Police

Larry Lopez 1/6/16, Fire

Paul P Kunkel, 3/23/16, Fire

William P Bebler 1/9/16, Police

Jake I Farrell, 2/4/16, Fire

Edward G Barbanell 1/14/16, Fire

John E Tonkinson, 2/23/16, Fire

Robert L Moore 2/3/16, Fire

Joseph Trainor, 3/6/16, Fire

Edward H Plourde 1/11/26, Police

Mike Cary 2/17/16, Police

Lorraine Friedley, 2/29/16, Police Spouse



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GENERAL MEMBERSHIP MEETING

Thursday, April 22, 2016

Cubans & Crabs Dinner 6:30 PM

Meeting To Follow.

FOREST HILLS PRESBYTERIAN CHURCH, LARRICK HALL

709 W. Linebaugh Ave

Parking Will Be On The East & West Side of the Building

(Bring a new retiree, they'll thank you for it!!!)

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