



VOLUME 2006.07, JULY 2006

FOUR PREP SEMINARS IN FOUR MONTHS

By Steve Umlor, Police Trustee

For the months of August through November, the Pension System will be presenting a Pre-Retirement Education Program (PREP) seminar each month.

Seminar dates are August 16, September 20, October 19, and November 14.

The PREP seminar is a day packed with useful information in helping you plan for the future. We suggest that you attend a seminar after 5 years of service, and then again in the last 2 years before retiring.

The topics in the PREP seminar include Pension Benefits, DROP, Survivor benefits, City of Dallas 401(k) and 457 plans, wills and estates, Social Security Benefits, Health Insurance, and retirement investing.

Police officers can receive

TCLEOS credit for the class.

There is a \$20 registration deposit required. If you

PREP Schedule:

- August 16
- September 20
- October 19
- November 14

attend the full day, your check will be returned to you. Register now for PREP by calling the Pension System Office at 214.638.3863.



Steve Umlor
Police Trustee

Two Generations Together Giving Back



(photo: Brian Blake)

Active Firefighter Don Lindsey (left) and his father, Retired Firefighter Don Lindsey, Sr., served as volunteers for Boy Scout summer camps at Camp Cherokee near Athens, Texas.

CONGRATULATIONS NEW RETIREES!

FIRE-RESCUE

Howard W. Crawford, Jr
Floyd G. Irwin

POLICE

J. D. Dukes
Daniel Graham
Shirley A. Gray
J. P. Graybill
Carol Hershberger
Charles E. Jackson
William M. Manson
Thomas B. McKee, III
Kenneth D. Pesce
Virgil L. Sparks
Edgel D. Turner
Patricia A. West

Helpful Hints to Beat the Summer Heat

By Carol S. Lawrence RN BSN,
Dallas Fire-Rescue Communicable Disease Coordinator



The long hot days of Texas heat are here! There are many problems which can occur unless

precautions are taken:

- Drink plenty of water, even when you are not thirsty. If you are on fluid restrictions because of a medical condition, follow your doctor's orders.
- Avoid alcoholic beverages or caffeine drinks. These types of drinks will increase the effects of the heat on your body.
- Eat small frequent meals. Avoid foods that are high in protein such as large amounts of meat.
- Wear lightweight, light-

colored clothing.

- Stay in air conditioned areas as much as possible. If air conditioning is not available, stay on the lowest floor out of the sunshine. Electric fans help evaporate perspiration, which will help cooling.
- Slow down; avoid heavy activity in the heat of the day if possible. This is usually between the hours of 11 a.m. to 5 p.m.
- Avoid taking salt tablets unless directed to by your doctor.

Remember,

- **BE SAFE! BE COOL!
DON'T TAKE A CHANCE!**
- **IF YOU BECOME ILL
SUDDENLY, CALL 911!**

Moving?

Each month, the post office returns several hundred newsletters to us because a forwarding address has expired, or the intended recipient has moved and left no forwarding address.

If you have recently moved or are planning a move this summer, remember to change your address with your department, and with the city of Dallas payroll department.



PENSION SYSTEM CALENDAR

- AUG. 10 : REGULAR BOARD MEETING
- AUG. 16: PREP SEMINAR
- SEPT. 4: LABOR DAY; OFFICE CLOSED
- SEPT. 14 : REGULAR BOARD MEETING
- SEPT. 20: PREP SEMINAR



FRO Charles McMullin and Driver/Eng. Roger Tomlinson - St. 17

Driver Debra Wallace - St. 19 (standing), FRO Julio Alvarado- St. 8 (seated), and FRO James Mashburn - St. 8 (kneeling)



FRO Jason T. Parker - St. 6

ON DUTY

Apartment fire on 6/29/06

(Photos by: Kevin Killingsworth)



Capt. Harry Morris- St. 11



Lt. Robert Myers (in background) and FRO Joseph Martinez - St. 11

From the Administrator

By **Richard Tettamant**
Pension System Administrator



Richard Tettamant

The City is proposing a new pay package for police officers and firefighters. The proposal will be considered by the City Council as part of the annual budget during its August meeting.

While we will not know the full impact of the new pay package until finalized and approved by the Council, the Board neither supports nor opposes the proposal as presented. However, you, the membership, need to know that there is **no free lunch** – even good things like pay increases have consequences.

Two features of the proposal, the compression of pay steps and the addition of two new steps over the next two years, are base pay increases. Such increases generally have a negative impact on Pension System funding. Increases in certificate pay and proposed bonuses do not affect base pay and have a positive impact on System funding.

We will continue to give all available information to the City so that they can structure your pay package in a way to provide you with the best possible total benefit.

On another issue, if you have been waiting for the planned 401 (h) Health Savings Plan, please continue to bear with us. Implementing the plan has proved to be a bit more complicated than originally thought. We expect to be able to roll out the program in the near future.

Sincerely,

Richard L. Tettamant
Pension System Administrator

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