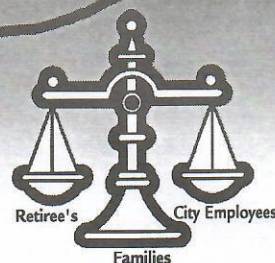


RECSL News

Volume XVII, Issue 2
JUNE 2020



PRESIDENT'S MESSAGE

by Mike Sullivan

Greetings members and friends. Well, it appears that our strange and seemingly never-ending Spring is at long last drawing to a close. Difficult times these indeed have been!

As of press time, we are thankful that we have received no reports of virus-related illness among our membership. Let us pray this trend continues as we move forward.

During these trying times please remember to stay in contact with friends and loved ones. Not only will they enjoy hearing from you but phone calls and the like will surely cut down on our feelings of isolation! Don't forget to maintain so-called "social distancing" and wear a face covering when in more crowded situations.

It is still unknown if we will have our regular meeting in June. As more information becomes available, I will notify all of you via telephone. The same goes for the annual picnic. While there is a notice about it on our back page.... as we get more details from health authorities, I will telephone each of you. Stay safe and healthy.

PENSION NEWS

by Tom Stoff

To say that investing has been an adventure since the first of the year would be an understatement. Year over year GDP has declined in the first quarter, unemployment is at 14.7% with 20 million jobs lost in April with another drop in GDP expected in the next quarter.

COVID-19 concerns continue to be a major factor affecting the economy. While a lot of progress is being made in the development of treatments and a vaccine, there will continue to be uncertainty until that happens.

The good news is stocks are beginning to rebound on the hopes of the economy reopening. Different sectors have been effected less than others and, to the surprise of no one, Health Care stocks have generated the strongest returns. In the Public Fund Universe, our fund had greater returns than the total composite. In the quarter ending 3/31/2020 we ranked 57th and 35th for the month April.

Throughout this period of social distancing, your ERS Board of Trustees has continued to meet via teleconference to conduct the business of the fund. We have taken steps to insure our retirees receive their monthly checks, reviewed our monthly investment reports and met with our investment consultant. I am pleased to report that, although the fund suffered losses during the quarter that ended 3/31/2020, we regained \$39.4 million by the end of April and another \$11.5 by the end of May.

While still behind our end of year total, we are well on the way to recovery. Let's hope the economy continues to cooperate.



ANYONE NOT RECEIVING THE MONTHLY PHONE MESSAGES ANNOUNCING THE MONTHLY MEETING PLEASE CALL MIKE SULLIVAN AT 314-631-9158.

Understanding Coronavirus Research

Why the COVID-19 studies seem to contradict one another

In science's battle against COVID-19, it's fair to say that headlines can be confusing. Everything from masks to heat to the drug remdesivir has been presented, depending on the week, in a vastly different light. It's easy to lose track of what's the next big hope in fighting the coronavirus and its spread and what's not worth the hype.

So you may be wondering how medical science can be so contradictory. But the reality is, for the most part, research is proceeding mostly as it should, which is similar to the way a football makes it to the end zone: inch by hard-won inch, with plenty of backsliding.

The difference with the novel coronavirus is that such early studies — ones that under more normal circumstances would be shared with only a tight circle of academics — now swiftly make news around the world. In essence, we're watching behind-the-scenes medical science unfold before our eyes.

Getting initial information out quickly has benefits for fighting a new disease that poses a widespread threat, but it also means people need to be especially discerning, says Anupam B. Jena, M.D., associate professor of health care policy at Harvard Medical School. "What you're reading in the news is work that is preliminary. Investigators are releasing their results so others can benefit, which is appropriate." The problem, he says, is that no one has had time to completely vet the findings.

To experts, none of the seemingly contradictory back-and-forth that unfolds is surprising. "Ideally, as soon as researchers find something, it would always be true. But that just does not happen," Jena says. Instead, knowledge about every disease is continually updated with newer research until, eventually, a more complete picture emerges.

"Medical research for COVID-19 is proceeding at such a rapid pace that the process of getting information, evaluating it, further studying it and readjusting what we know is happening more publicly than usual and on a much more compressed schedule," explains Deborah Doroshow, M.D., an assistant professor of medicine at the Icahn School of Medicine at Mount Sinai.

Of course, the process of new research shifting what was previously understood in medicine isn't new. After insulin was discovered, experts thought it would treat a variety of diseases; then it became clear the drug was a game changer just for diabetes. And 50 years ago, scientists became convinced that many cancers were caused by viruses, only to learn that this is true just for cervical cancer and a few others, Doroshow says.

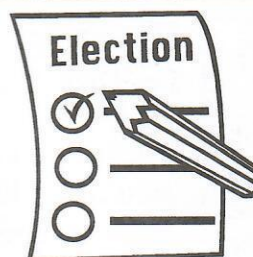
How preliminary drug findings play out

In the case of remdesivir, the first news report about the drug came from a study of hospitalized patients in China. The study was stopped before it could be completed, reportedly because cases of the disease were dropping in the country, so not enough seriously ill people could be enrolled. Still, preliminary data that was posted on the World Health Organization's website and picked up by the media showed that the drug was not effective.

The second, ongoing study is sponsored by the National Institutes of Health. Preliminary results from that trial of roughly 1,000 patients, published in the New England Journal of Medicine, show that remdesivir enables patients to leave the hospital several days earlier than those not on the drug.

Despite the dueling headlines generated by both reports, many steps remain in order to understand this medication (and many others being tested). For one thing, findings from the China study were not published in a journal or peer-reviewed. That process, in which experts assess the quality of research before allowing its release, is important, as is how studies are often further dissected after publication. "Doctors sit down around the table in 'journal clubs' and have vigorous discussions about whether the design of a study allows it to adequately answer the questions it claims to," Doroshow explains. This often leads to additional research.

Find more information on this subject at AARP.org which is where this article was taken from.



2020 ELECTION CALENDAR

June 23, 2020

Special Wards 4 & 12 only

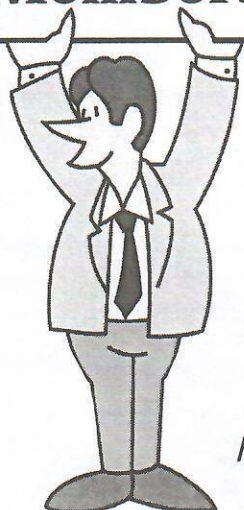
August 4, 2020

Primary Election

November 3, 2020

General Election

New Members



During 2020,
the following
retirees
have become
members of our
organization.

Barbara A. Rimkus
Rebecca Kaner
Mori Farrell

*We welcome them and
hope to see them at our
monthly meetings.*

Treasurer's Report by Norm Sutterer

As of April 30, 2020 our balances are:

Checking Account \$6,913.81

Edward Jones \$35,000.00 (Mkt. Value \$29,734.01)
\$41,913.81

Note: RECSL Membership Meetings are on the 3rd Thursday of the month EXCEPT no meetings in January, September (Annual Picnic) and December (Christmas Party). The meetings are at the American Czech Center, 4690 Landsdowne, St. Louis, MO. Meetings start at 10:00 am.

RECSL Officers

President	Mike Sullivan	314-631-9158
Vice President	Tom Stoff	
Treasurer	Norm Sutterer	314-752-7997
Secretary	Theresa White	
Trustees	Gary Gooden	
	Marilyn Siebenman	314-497-8803
	Joanna Stoverink	
	Jim Gadell	314-781-6220

ERS Pension Rep Tom Stoff

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The services and information available in and through this newsletter including but not limited to website links are provided "as is without warranties of any kind."



Volunteers Needed

We need you to volunteer!

If you have the skills such as:

- Letter Writing
- Data Entry
- Social Activities
- Proofreading/Editing
- Clerical
- Organizing/Leadership

If you have any of the above mentioned skills,
please let us know.

We Need You!

Contact Mike Sullivan 314-631-9158

Address Changes

A separate address change notification to RECSL is required in addition to the address change notification made to the Employees Retirement System. Please notify RECSL as soon as possible when you have an address change. We do not want you to miss a Newsletter or notice of an upcoming event. It is costly and time consuming to have mail returned to us, often the Post Office will not forward mis-addressed mail.

Address changes should go to:

RECSL
Joanne Stoverink
P.O. Box 190724
St. Louis, MO 63119-6724

HEALTHY RECIPES To Cook During a Pandemic



Penne and Asparagus with Ricotta Cheese

1 (14 1/2-ounce) box of fiber-enriched penne pasta

1 pound trimmed asparagus,
cut into 2-inch diagonal pieces

2 teaspoons freshly minced garlic

1 cup low-fat ricotta cheese

1 tablespoon extra-virgin olive oil

1/4 cup Parmesan cheese

Sea salt and freshly ground black pepper, to taste

Crushed red pepper flakes, to taste, optional

Cook the pasta according to package directions, omitting any oil or butter. Two to four minutes before the pasta is done, add the asparagus to the water (2 minutes for thin spears, 4 minutes for thick). Before draining, reserve about 1 cup of the pasta water in a small bowl. Drain the pasta.

Meanwhile, add the garlic, ricotta and olive oil to a large serving bowl. As soon as the pasta is drained, mix in 1/3 cup of the reserved pasta water.

Immediately add the pasta and asparagus and gently toss until the pasta and asparagus are coated with the cheese mixture. Season with salt and pepper. Gently toss again. If the mixture seems too dry, add more reserved pasta water, about 1/4 cup at a time, until no longer dry. Sprinkle the Parmesan over the pasta and sprinkle with the red pepper flakes, if desired. Serve immediately.

Makes 6 servings. Each (about 2-cup) serving has 318 calories, 15g protein, 60g carbohydrates, 7g fat, 2g saturated fat, 18mg cholesterol, 9g fiber, 183mg sodium.

Recipe taken from AARP.



South-of-the-border loaded sweet potato

When I'm cooking for myself, I prepare this potato with medium salsa, and it has a nice kick. The toppings won't fit inside the potato — they will spill out over the top!

1 (8-ounce) sweet potato

4 ounces extra-lean ground turkey

3/4 teaspoon all-natural salt-free fajita or
Southwest seasoning

Olive oil spray (propellant free)

1/3 cup fresh salsa, drained

2 tablespoons jarred all-natural roasted green salsa

2 tablespoons fat-free Greek yogurt

Using a fork, poke the potato 5 times on all sides and place it in a microwave-safe bowl or dish. Cover the dish loosely with a paper towel. Microwave it on high for 3 minutes. Carefully flip the potato (it will be very hot) and continue microwaving for 2 to 4 minutes longer, or until cooked and tender.

Meanwhile, in a small bowl, mix the turkey and seasoning.

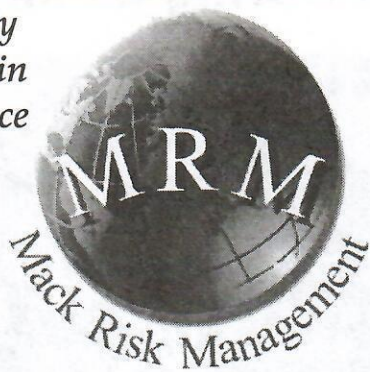
Place a small nonstick skillet over medium-high heat. When hot, lightly mist it with the olive oil spray. Cook the turkey for 3 to 4 minutes, or until no longer pink, breaking it into bite-size chunks as you do.

Cut an opening in the potato that stretches 1 inch from each end of the potato and deep enough to open the potato completely without cutting it in half. Put it in a medium shallow bowl. Stuff the potato with the fresh salsa, then the turkey, then the green salsa. Top it with the yogurt. Serve immediately.

Makes 1 serving: 342 calories, 35g protein, 47g carbohydrates (13g sugar), 2g fat, trace saturated fat, 45mg cholesterol, 8g fiber, 304mg sodium

Reprinted from The Biggest Loser Quick and Easy Cookbook by Devin Alexander

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***Good Luck
to Members
of RECSL***

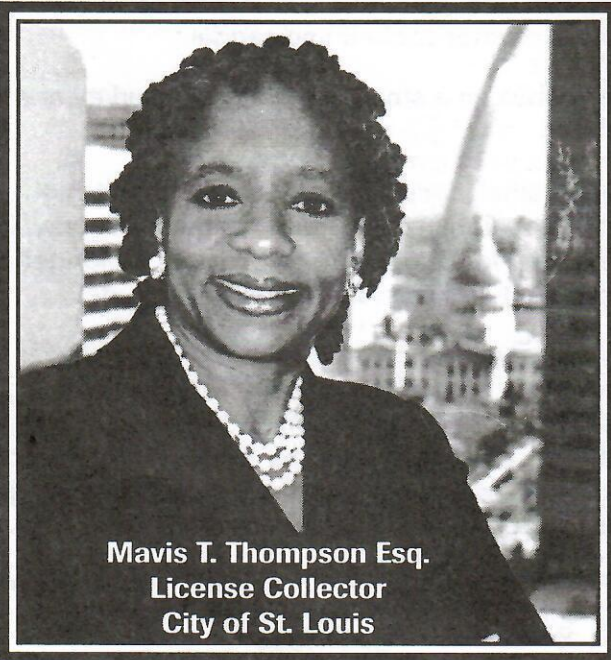
From

Gregory F.X. Daly

***Collector of Revenue
City of St. Louis***



***User Name: Retiree
Password: Relax***



**Mavis T. Thompson Esq.
License Collector
City of St. Louis**

***Best Wishes
to
Members
of RECSL***



***From
Mayor
Lyda
Krewson***



RECSL Picnic Notice

Thursday,

September 17, 2020

PicnicTime

11:00 am

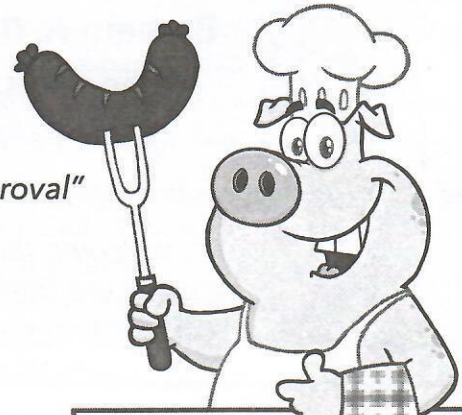
"subject to health division approval"

American Czech Center

4690 Landsdowne

FREE HAMBURGERS AND HOT DOGS

Attendance Prizes of \$100,
\$50 and \$25 for members only



**Come and
visit with friends
and enjoy a free
lunch!**