

AFT-Oregon Meeting speakers

Your AFT-Oregon Executive Board held an extended discussion at their recent meeting regarding topics for speakers at upcoming member meetings. Specific speakers have not yet been lined up; however plans call for a speaker from Social Security with the latest available information.

- | | |
|---|--|
| <p>Feb. 18 — 1 pm—Founding Convention of ORARA Educational Fund</p> <p>Feb. 16 — AFT-Oregon Retiree Meeting, Speaker TBA</p> <p>Mar. 10 ORARA Meeting</p> <p>Mar. 15—AFT-Oregon Retiree Meeting, Speaker TBA</p> <p>Apr. 14 — ORARA Meeting</p> <p>Apr. 19—AFT-Oregon Retiree Meeting, Speaker TBA</p> <p>AFT Retiree Lunch meetings held at 10:30 a.m. at Izzy's, 1307 NE 102nd Ave., Portland</p> <p>ORARA meetings held at 10:00 a.m. at Oregon AFL-CIO Building, 3645 SE 32nd, Portland</p> | <p>Another important subject to be addressed is wellness, as well as specific senior health concerns.</p> <p>Membership Vice President, Claudella Walland, has been quite successful securing members of the community to address concerns of seniors and we look forward to informative presentations. We will, of course, include AFT-Oregon staff members with updates on candidates and issues that affect seniors and union members in the upcoming elections.</p> <p>If you have suggestions of topics and/or specific speakers you have heard elsewhere, or would like to hear, please contact Walland by email: cwalland@msn.com, or leave a message for her at the AFT-Oregon office, 971-888-5665.</p> |
|---|--|

Please join us soon at one of our meetings at Izzy's on NE Halsey and 102nd.

On the inside:

From the President	2
Material for stockings	2
Travel savings for seniors	2
Dreams for our country	3
Notice of Election	4
Meet the officers: Greg Monahan	5
Green Chili Soup	5
Who needs an Ombudsman	5
Membership Form	6

Union Friends holiday potluck



And, a great time was had by all! The Union Friends Holiday Potluck was declared a huge success in every way! Great company (retirees from many different unions), great entertainment — Jim Cook and Mary Rose — entertained with a few “union songs” followed by a group sing-a-long of Christmas songs.

Dinner consisted of turkey along with the requisite mashed potatoes, gravy and stuffing, ham, a variety of salads and delicious deserts, with some raspberry lemonade to wash it down.

And, attendees brought along with them some new, unwrapped toys to be donated to Presents from Partners.

Part of the crowd waiting to fill their plates appear in the picture above, from left: Vicki Blevens, Deanna Woods, Jim McKee (back to camera), Claudella Walland, Susan Taylor, Everett Jack, Dennis Walland, Carol Blau, Greg Monahan, John and Thea Leppink .



Presents from Partners Lunch



Bang! And a new year!

By Louise Currin, President

Once again, AFT-Oregon Retirees ended the year with a bang. Members made stockings for and volunteered at the Labors Community Services annual “Presents from Partners” Party for needy families. This year our volunteers cut, sewed, decorated and donated 337 stockings. Thank you to Paula Kingsbury, Vicki Blevens, Deanna Woods, Val Jack, Debbi Covert, and Greg Monahan for their time and donations.

And a very special thanks to our Secretary-Treasurer, Leanna Hakala, who did those things as well as served on the planning committee for the event. Plans are under way already for next year’s event. If you would like to donate supplies for next year’s stockings, please email me (louisecurrin@comcast.net) or call Leanna Hakala (503-464-6052).

We look forward to offering more great speakers at our member meetings in the coming year. We will address wellness, Social Security, elections and more in the coming year. If you have ideas, please contact me at the email address above.

For those of you who live outside the Portland area, we are continuing to try and set up some regional meetings in other areas. Let us know if your former local might be interested in hosting. A retiree meeting in your area.

AFT-Oregon Retirees, 10228 SW Capitol Hwy., Portland, OR 97219; 971-888-5665.

President—Louise Currin

First Vice President—Kristi Crooks

Secretary-Treasurer—Leanna Hakala

VP Membership Program —Claudella Walland

VP Legislative Activities— Greg Monahan

Parliamentarian —Deanna Woods

See us on Facebook.

Editor, Val Jack

Contributors to this issue: Louise Currin, Leanna Hakala, Kristi Crooks, Claudella Walland, Deanna Woods

Actively Retired in Oregon is printed quarterly by Classified Employees who are members of Portland Community College Federation of Classified Employees, AFT Local



Stocking materials needed

By Leanna Hakala, Secretary/
Treasurer

After another successful year supplying stockings for over 300 children at the “Presents from Partners” party (picture on page 1), we are gearing up to get started on next year’s AFT-Oregon Retirees’ handmade Christmas stockings.

This past year we made 337 and need to make at least 60 more for the December 2016 party. If you can donate material for us, any kind, preferably Christmas design, in 2 yard increments, we will put it to good use to help out a child. If you do purchase fabric for us to use, please bring it to a retiree meeting or call Leanna (503-464-6052) for pick up. If you are hesitant about purchasing fabric, a monetary donation will also work.

If you are interested in helping us cut the stockings out or sew them together, we would love to have you join us. Again, call Leanna.

Words cannot express the joy these stockings bring to these needy children. PLEASE think hard to be a part of all this – even for one day or a few dollars..

Travel savings for seniors

Seniors find savings when traveling when you fly:

- Alaska Airlines (50% of 65+);
- American Airlines has various discounts for 50% off non-peak periods (Tuesdays-Thursdays)(62+) and up (call before booking for discount)
- Southwest Airlines has various discounts for ages 65+ (call before booking for discount)
- United Airlines has various discounts for ages 65+ (call before booking for discount)
- US Airways has various discounts for ages 65+ (call before booking for discount)

“When you go on a cruise, you go on as a passenger.

But at the end of the cruise, you come off as cargo!”



DREAMS FOR OUR COUNTRY

– Anticipating the 2016 Elections

“Never have the visions for America been so far apart!”

By Deanna Woods, Special Liaison to Retiree Chapter Board

The Issues

As a union member, you are probably more informed than the average American about political issues. Union members tend to be activists in human rights and dignity, and making the world better for all.

This year, the differences between visions for America by candidates for office have never been farther apart. For example, – which positions, below, represent your views?

Sample Positions on Issues

	A	B
Unions	For Right-to-Work (RTW)	For Unions
Social Security	Privatize or Eliminate, even for disabled	Remove cap & strengthen under federal control
Medicare	Privatize or Eliminate	Maintain under federal control
Unemployment	Cut or eliminate	Adjust as needed by citizens
Food Stamps	Cut or Eliminate	Maintain as needed
Immigration	Expressed ban on all Muslims. Deport all Mexican immigrants	Oppose ban on Muslims or any group by religion; provide a plan for immigration
Inequality	Trickle-down. Cut social programs & taxes on wealthy	Raise minimum wage; keep social programs; oppose RTW

Question: Does A or Does B represent your vision for America?

The grid shows just a tiny sampling of the differences between candidates. If you found yourself with **B**, then many of today’s Democratic candidates represent your vision.

What We Can Do

You have a special and extremely important calling this year –learn the issues, share your knowledge, VOTE and help *Get Out The Vote*. PEOPLE POWER.

AFL-CIO Study: People Power Works – Wages Are Improving in America

The AFL-CIO report, just released, found “From collective bargaining victories to organizing in new sectors of the economy and new regions to local legislative victories and executive action at the national level, 2015 was a year of working people rising,” says the report, titled “Fighting for a Better Life: How Working People Across America are Organizing to Raise Wages and Improve Work.”

Research: Refugee Resettlement Helps Economy

U of Cal researcher Peri just published research that debunked the myth that incoming refugees threaten American workers.

The opposite is true, in fact.

Researchers found that an influx of new immigrants “stimulates productivity and growth in the economy.” Low-skill workers take jobs many citizens don’t want. Further, these refugees spend what they earn, which helps to support local businesses, which in turn creates more jobs.

Albert Einstein, an early AFT member:
“Only a life lived for others is a life worthwhile.”

AFT-Oregon Retirees Local 8035R

**Notice of Nominations and Election for Alternates – AFT-Oregon Convention
April 8, 9 & 10, 2016**

Chinook Winds Resort, Lincoln City, OR

Nominations for Alternates to the AFT-Oregon Convention will take place February 17 at the General Meeting of AFT- Oregon Retirees, Local 8035R. Nominations will be accepted from the floor at the February membership meeting at the date, time and place indicated below. Election will immediately follow nominations.

Date: Tuesday, February 16, 2016
Time: 10:30 AM
Place: Izzy's Restaurant (Gateway)
1307 NE 102nd Ave, Portland, OR

Nominations may also be made in writing and must be received by Secretary Treasurer, Leanna Hakala 713 NE 16th Ct., Gresham, OR 97030 or flips8189@comcast.net prior to the meeting. As provided in the constitution all candidates for the convention must have been members of AFT-Oregon Retirees for at least one (1) year or their local union, or AFT-Oregon at the time of their retirement.

All members current with their dues are eligible to vote.

**Notice of Nominations and Election for Alternates – AFT Convention
JULY 18, 19, 20, & 21 , 2016**

Minneapolis Convention Center, Minneapolis, Minnesota

Nominations for Alternates to the AFT Convention will take place February 17 at the General Meeting of AFT- Oregon Retirees, Local 8035R. Nominations will be accepted from the floor at the February membership meeting at the date, time and place indicated below. Election will immediately follow nominations.

Date: Tuesday, February 16, 2016
Time: 10:30 AM
Place: Izzy's Restaurant (Gateway)
1307 NE 102nd Ave, Portland, OR

Nominations may also be made in writing and must be received by Secretary Treasurer, Leanna Hakala 713 NE 16th Ct., Gresham, OR 97030 or flips8189@comcast.net prior to the meeting. As provided in the constitution all candidates for the convention must have been members of AFT-Oregon Retirees for at least one (1) year or their local union, or AFT-Oregon at the time of their retirement.

All members current with their dues are eligible to vote.

Meet the Officers: Greg Monahan, Legislative

I love to travel! I got the bug when I was teaching history at Eastern Oregon University in La Grande. I had been to Europe to work on my degree, and as I traveled around some, I realized how much I loved actually standing on the spot where Julius Caesar spoke, or where the Americans invaded the beaches at Normandy, or where Napoleon abdicated.

I took pictures of those places and shared them with my students, and tried to travel to a new place every summer. Three years ago, when I retired, I decided to visit lots of places I didn't teach about—in Asia, Africa, South America.

We live on a pretty small planet, all things considered—one in a zillion of them in the universe. It seemed a shame to me not to try and visit as much of this globe as I can. I have visited 75 foreign countries so far, but there are around 195 in the world, so I have a lot of options left! (And just in case readers out there think I don't like my own country, they're wrong—I've visited all but two states—and I do plan to get to Alaska and North Dakota at some point!)

How do I do it? I'm lucky...sort of. When my father passed away a few years ago, he left me a little money, and I have my late wife's PERS to supplement my own, so I have a little cushion. I'd rather have both of them with me, but, well, we all play the cards we're dealt, don't we? I use my money for travel. It's a matter of priorities, isn't it? All of us who are PERS retirees know that!

Friends ask me, what's your favorite country you've visited? I've been to France a lot—lived there during a few sabbaticals—and love that country very much. I've stood on the steppes of Mongolia and looked as far as the eye can see without seeing a road or a fence. I've visited the magnificent city square in Isfahan, Iran, and the Church of the Holy Sepulcher in Jerusalem, climbed pyramids at the Mayan city of Palenque, gone inside a pyramid in Egypt. I've seen elephants in Ghana and ridden one in Nepal. I've floated on the Rhine and island-hopped in the Caribbean, but you know what the real answer to that question of what my favorite country is? It really is easy: "The next one!"

GREEN CHILI SOUP

7oz can whole green chilis (I use mild)
8oz can cream of mushroom soup (can use cream of celery or cream of chicken)
8oz sour cream
8oz half and half

Put chilis (juice included) into blender and process until creamy. Add soup, sour cream and half and half (I add each one separately with blender on stir). Pour into pot and heat on medium heat until bubbly. Serves 4-5

Serving suggestions: Pair with French bread, garlic bread, olive bread and tossed or Caesar salad for a complete meal. I also serve this soup as an appetizer before serving Sour Cream Chicken Enchiladas.
Submitted by Kristi Crooks, Vice President

Who needs an Ombudsman?

Do you know what an Ombudsman does? Do you know how important it is for someone in a long-term care facility to have one? Does your loved one have concerns that include:

- Poor quality of resident care, including inadequate personal hygiene and slow response to requests for assistance.
- In appropriate use of restraints, both chemical and physical.
- Violations of residents' dignity.
- Abuse: physical, sexual, emotional and financial.
- Denial of resident autonomy and choice.
- Nutritional concerns, including cold food, no water and refusal to provide special diets.
- Financial exploitation, including inappropriate billing.
- Inadequate staffing.
- Inappropriate transfer of residents.
- Poor sanitation.

All residents, family members, visitors, staff and other concerned citizens are encouraged to contact an ombudsman with their complaints and concerns. PLEASE call 1-800-522-2602 or online at www.oregon.gov/LTCO.



Join (or renew) AFT-Oregon Retirees Give to AFT-Oregon Political Action Today!

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

Retired from (Local Name) _____

- Yes! I want to join (or renew my membership) AFT-Oregon Retirees. Enclosed is \$30 for a one-year individual membership.
- I am enclosing \$_____ contribution to AFT-Oregon Political Action Fund. (I understand that this money will be used to make political contributions. AFT-Oregon and AFT COPE may engage in joint fundraising efforts with the AFL-CIO.) Donations up to \$50 (\$100 per couple) may be taken as a credit from your Oregon State Tax.

Complete and mail this form to AFT-Oregon Retirees, 10228 SW Capitol Hwy., Portland, OR 97219

Signature _____ Date _____



Notice of Election of
Convention Alternates
on the Inside!

ADDRESS SERVICE REQUESTED

AFT, AFL-CIO
10228 SW Capitol Hwy.
Portland, OR 97219

AFT-Oregon
A Union of Professionals

