



COPRA CHRONICLE

Issued by and for the City of Phoenix Retirees Association
Your advocate in pension and insurance matters

October 2008

MEMBERSHIP IS OUR STRENGTH

Issue 3

INSIDE THIS ISSUE

	Page
President's Message.....	2
Beneficiary Designation....	3
Free Audio Books.....	3
Holiday Luncheon and Annual Meeting.....	4
Where to Buy American Gas.....	5
Heart-Health Workshops On Stress Management...	6
COPRA Officers.....	7
Meeting Announcements.....	8

MEMBERSHIP

Changed your address or phone number??? For address and/or telephone number changes, or for any questions about your COPRA membership, please contact Marvin Roelse, Membership Chairman. Marvin can be reached by telephone at (480) 288-1046, or by mail at: COPRA Chronicle, 10701 E. Peralta Canyon Dr., Gold Canyon, AZ 85218, or by e-mail at marvinr567@msn.com

COPRA Board Elections

In accordance with the COPRA By-Laws, as amended December 6, 2007, it is time once again for elections for the COPRA Board of Directors. There are ten elected positions on the Board, each serving a two year term. Elections are staggered with five Board positions coming up for election each year.

Candidate biographies and ballots will be included in the November issue of the COPRA Chronicle with the actual election taking place at the December 4, 2008 Holiday Party & Membership Meeting.

The Nominating Committee is currently seeking persons interested in serving on the COPRA Board of Directors.

If you are interested in becoming a candidate for the Board of Directors, please contact Al Zielinski, Nominating Committee Chair, at (602) 510-0408 or e-mail him at al.zielinski@cox.net

If you are interested, we must hear from you no later than October 20, 2008!!

(Nominating Committee: Donna Lewis, Cindy Hasker, Barbara Kellogg, Jack Thomas and Al Zielinski)

Free Dog and Cat Food

Purina is offering a 30-day supply of Purina One cat or dog food just for making a quick call and answering a few questions. The call is totally automated and only takes a few minutes.

The toll free number is (800) 521-6300.

President's Message

An outstanding meeting was held for all COPRA Members on September 25th with City Manager Frank Fairbanks. Frank was very open and communicative on the state of the City and programs on-going to keep operations running well. He also entertained questions and hopefully those of you in attendance got most, if not all, of your questions answered. I am sure that we would have wished for all the news to be great, but nevertheless keeping the communications going is important to all retirees. The meeting also allowed Nationwide (our Deferred Compensation investment firm) to address the audience and update everyone on the status of that program as well. A very big thank you to both Frank and the staff of Nationwide for coming out and addressing the group recognizing their very busy schedules.

We continue to hope for the economy to improve. Obviously the markets going in a negative direction challenges all investments, including those supporting our pension system. In addition, as we all have heard from various news media, there is a corresponding tightening of credit in other financial systems. This of course, also reduces

consumer spending which results in a drop of sales tax revenues directly affecting City of Phoenix operations. Obviously our pension system is underwritten by the City of Phoenix with lots of protections but we need to be aware of all the challenges.

With all of that said, it is even more important than ever for every retiree to belong to COPRA so that the lines of communication as a group can stay open between the City and the retirees. This monthly Chronicle serves as a valuable point of communication with all members along with the important scheduled meetings throughout the year, like the one held in September. As a member, if you know someone who has not joined COPRA, we ask you to encourage them to do so. Our last meeting of the year is coming up and will be both a general meeting for end-of-year updates and board election, and also a Holiday Luncheon planned by your board and volunteers. Please note the meeting and luncheon times in this Chronicle and obtain your tickets soon as there is limited seating for this fantastic event.

In closing, please remember that we are group of volunteers who work hard keeping this organization running. The next time you see a board or committee member please give consideration to thanking them for their efforts. Please come to our educational meetings and join in the discussions. Our attendance at these meetings is approaching 200 members, a very positive step forward given everyone's busy schedules. I would love the day that we have the over 2,000 members attend one of these meetings.

See you in December 4th.

Jack Thomas
President

Register to Vote

If you want to miss the lines for voting, register for early voting.

<https://recorder.maricopa.gov/earlyvoteballotnet/evbrequest.aspx>

COPRA Member Email Addresses Wanted

If you have an email address, please email it to Marvin Roelse, COPRA Membership Chairman, at marvinr567@msn.com to update our membership records.

Control Your Legacy Beneficiary Designation

Control your legacy and act now - complete a Beneficiary Designation Form

Take control of who receives your 457 and/or 401(a) account assets when you die by filling out a beneficiary form with Nationwide Retirement Solutions TODAY! Whether you have a 457 Deferred Compensation Plan account and/or a 401(a) Plan account, having a designated beneficiary means that you control who receives your benefits if you die before your account is paid out.

Even an out-of-date beneficiary form could override wishes you express in a will. Make sure the form Nationwide has on file is up-to-date. Keep in mind that Beneficiary Designation Forms submitted prior to 2004 are **not** on file with Nationwide; and the 457 / 401(a) Beneficiary Designation form is separate from the beneficiary designation form you previously completed with the city's Retirement Office for your pension.

Your beneficiary designation is reflected on your Nationwide quarterly statement. If you're not sure if you have named a beneficiary, refer to the last page of your latest account statement, or call Nationwide at 602-266-2733 or 1-800-891-4PHX (4749) to confirm your beneficiary information or request a Beneficiary Designation Form. You may also access and print this form through the Plan website at www.phoenixdcp.com under "Plan Details and Forms" / "City of Phoenix Plan Forms".

Phoenix Public Library Offers Free Downloadable Audiobooks

In response to customer demand, the Greater Phoenix Digital Library now offers customers MP3 formatted eAudiobooks that can be transferred to a wide variety of devices including the iPod, iPhone and iPod Touch.

Customers of the Greater Phoenix Digital Library, a consortium of 10 central Arizona libraries including the Phoenix Public Library, and libraries in Apache Junction, Casa Grande, Chandler, Glendale, Mesa, Peoria, Scottsdale, Tempe, and the Arizona State Library Archives and Public Records, can access eAudiobooks in an iPod compatible format. The new collection includes 623 items and will continue to grow each month as more titles become available.

To access the items, customers can visit phoenixpubliclibrary.org and click on the **Downloadable** tab and then the **Greater Phoenix Digital Library** icon for details and download information. Customers will need a valid library card from any of the 10 library systems in the consortium.

Phoenix Public Library is a system of 14 branch libraries and the Burton Barr Central Library. For more information, call 602-262-4636 or visit phoenixpubliclibrary.org.

CELEBRATE THE HOLIDAYS WITH COPRA MEMBERS

COPRA'S Annual Holiday Buffet will be held on Thursday, December 4, 2008, at the Mountain Preserve Reception Center, 1431 East Dunlap, Phoenix, AZ

Doors open at 11:00 a.m. with salad service
starting at 11:45 a.m. Buffet opens at 12:00 Noon
Cost is \$12.00 per member and \$15.00 for each guest

Tickets must be purchased in advance no later than Friday, November 21, 2008.
No tickets will be sold at the door on the day of the event.

Please make checks payable to COPRA and send to:
Gary Gross
2425 E. Turquoise Drive
Phoenix, AZ 85028-4351

*Please join us for a lovely meal, good conversation,
entertainment and door prizes with your COPRA friends.*

You can bring a new toy (not gift wrapped)
for delivery to a local toy drive, if you choose.

Limited handicapped parking will be available.

~~ HOLIDAY BUFFET MENU ~~

Salad

*Mixed Greens Salad with Grated Carrots, Red Cabbage, and Tomato Wedges
served with choice of two dressings on the side, Fresh Seasonal Fruit Salad*

Entrees

*Roast Sirloin of Beef served with Au Jus
Broiled Breast of Chicken with White Wine Sauce*

Vegetables

*Parsley Red Potatoes
Fresh Steamed Vegetable Medley*

Also Included:

*Warm Assorted Rolls with butter or Garlic Bread Sticks
Coffee (regular and decaf), Iced Tea, and Lemonade*

Dessert

Assorted Cakes and Pies (Chef's Choice)

Catered by Mountain Preserve Reception Center

WHERE TO BUY AMERICAN GAS

It is very important to know where to buy your USA gas, read on—

It might be interesting for you to know which oil companies are the best to buy gas from and which major companies import Middle Eastern oil.

These companies **import** Middle Eastern oil:

Shell	205,742,000 barrels
Chevron/Texaco	144,332,000 barrels
Exxon /Mobil	130,082,000 barrels
Marathon/Speedway	117,740,000 barrels
Amoco	62,231,000 barrels

CITGO Gas comes from **South America**, from a dictator who hates Americans. Some of the **CITGO's** are being renamed to **Petro Plus**. Do the math, at \$30/barrel these imports amount to over \$18 BILLION! Oil is now \$100 a barrel.

Please buy from the large companies that **DO NOT import Middle Eastern oil**:

Sunoco	0 barrels
Conoco	0 barrels
Sinclair	0 barrels
BP/Phillips	0 barrels
Hess	0 barrels
ARC0	0 barrels

Other companies: Valero, Pilot, Flying J, Love's, Racetrac

All of this information is available from the Department of Energy and each is required to state where they get their oil and how much they are importing.

To have an impact, we need to reach literally millions of gas buyers, please encourage others to buy American Gas.

Job Resources for Seniors:

- Scottsdale Job Network, scottsdalejobnet.com
- Boomerz, www.boomerzaz.com
- Center for Workforce Transition at Gateway Community College, www.boomersin demand.com
- Arizona Mature Workforce Initiative, www.azmatureworkers.com
- Conference Board Mature Worker Initiative, www.conference-board.org
- AARP Foundation WorkSearch, www.aaarp.org
- Encore, www.encore.org.

Heart-Health Workshops on Stress Management

A series of free, monthly heart-healthy workshops for older adults and the community are being presented by the city of Phoenix Human Services Department Senior Services Division and the Arizona Heart Institute.

A workshop on stress management will be presented at 10 a.m. Thursday, Oct. 23, at the Devonshire Community Center, Arts and Crafts Room, 2802 E. Devonshire Avenue.

Stress is normal in the lives of all individuals. The body needs a certain amount of stress to function properly. However, stress becomes a problem when the body is forced to maintain a state of tension over a long period of time without release. Attendees not only will learn how the body responds to stress but also how to cope with stress, which is a crucial factor when it comes to managing heart disease.

Future presentations will include Heart Disease 101 and Risk Factors, Signs and Symptoms of Cardiovascular Disease. Space is limited on a first-come, first-served basis. For more information, call 602-495-3785.

COMPUTER VIRUS UPS Delivery Failure

The newest virus circulating is the "UPS Delivery Failure". You will receive an email from UPS Packet Service along with a packet number.
NOTE: The word packet is misspelled on this line. It will say that they were unable to deliver a package sent to you on such and such a date. It then asks you to print out the invoice copy attached. **DON'T TRY TO PRINT THIS. IT LAUNCHES THE VIRUS!** Pass this warning on to all your PC operators at work and home. This virus has caused millions of dollars in damage.

I said at my retirement party, "I'm anxious to see what it's like to get paid for doing nothing."

My boss said, "I would think you know by now!"

What is a Billion?

The next time you hear a politician use the word 'billion' in a casual manner, think about whether you want the 'politicians' spending YOUR tax money.

A billion is a difficult number to comprehend, but one advertising agency did a good job of putting that figure into some perspective in one of its releases.

A billion seconds ago it was 1959.

A billion minutes ago Jesus was alive.

A billion hours ago our ancestors were living in the Stone Age.

A billion days ago no one walked on the earth on two feet.

A billion dollars ago was only 8 hours and 20 minutes, at the rate our government is spending it.

In Remembrance

Frederic T. Lopez	08/05/2008
Carlos C. Albino Sr.	08/09/2008
Anthony L. Samson	08/24/2008
Beulah A. Palmer	08/27/2008
James D. Nolden	08/28/2008
Charles Lewis	08/30/2008
Manuel Anaya	08/30/2008
George D. Smith	08/31/2008
Charles Headley	09/03/2008
James Minkler	09/15/2008
Leroy Domele	09/15/2008
Walter J. Jones	09/17/2008
Richard G. Miller	09/21/2008
Guy E. Parish	09/23/2008

HEALTH AND COMPASSION

We care about our members and their families. If someone in your family is ill, whether at home or in a care facility, or if a loved one has passed away, please call Kathy Erickson at (623)879-9632.

Tax Aid Volunteers Needed

The Volunteer Income Tax Assistance (VITA) program helps low-income working families prepare their taxes and take advantage of the federal Earned Income Tax Credit (EITC). Volunteers are needed for the upcoming tax season.

The Internal Revenue Service (IRS), in partnership with the city of Phoenix, will be conducting free training sessions from November to January at locations around the city. Last year, volunteers helped return more than \$7 million to Phoenix residents. One hour of your time may be worth a \$1,800 tax refund to a working family. For more information, call 602-262-4520, send e-mail to eitc@phoenix.gov or visit phoenix.gov/humanservices/phxeitc.html.

Marcie Colpas
Public Information Officer

COPRA OFFICERS

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Personnel - Benefits Section(602) 262-4777
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Chronicle Article Deadline

Please be advised that the deadline for submitting articles for the Chronicle is the **first day of the month** in which you want the article to appear. Any member may submit material for publication, but the Editor will determine what will appear in the final copy based upon suitability and available space. For more information call the Editor at (623) 879-9632.

This is your Chronicle! Help us by submitting articles and/or pictures of general interest. Tell us about yourself, your family, an interesting trip or hobby. Suggestions are always welcomed.

E-mail to: rekathleen@qwest.net

Or mail to: Kathleen Erickson
20248 N. 17th Place
Phoenix, AZ 85024

Disclaimer

Acceptance of advertisements or articles in the COPRA Chronicle does not constitute an endorsement by COPRA of goods or services.



OCTOBER COPRA CHRONICLE

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PERIODICALS

Membership Meeting Announcements

December 4, 2008 - 11:00 am

Holiday Luncheon and Annual Meeting

Location will be at the Mountain Preserve Reception Center

1431 E. Dunlap Avenue

Entertainment will be provided by Cantare, a singing group
composed of music teachers from high school,
community colleges and Arizona State University.