



COPRA CHRONICLE

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

November 2014

MEMBERSHIP IS OUR STRENGTH

Issue 7

PASS THE WORD - GET OUT TO VOTE!

NO! ON 487



WRONG Reform

WRONG for Public Safety

WRONG for Taxpayers



HOLIDAY PARTY!

We hope you will join us in making this the best Holiday Party ever!
You can look forward to great food, live entertainment, a 50/50 raffle and door prizes.

Date: Friday, December 5, 2014
Time: 5:00 p.m. - 10:00 p.m.
Location: Fraternal Order of Police Lodge
12851 N. 19th Ave, Phoenix, AZ 85029
Menu: See proposed menu on page 7

Entertainment: Screamin' Javelinas Duo
Caterer: Atlasta Catering
Ticket Price: \$20.00
No Host Bar:

Tickets available by mailing a check made out to COPRA, to:
Barbara Kellogg at 1465 E Rosemonte Dr, Phoenix, AZ, 85024
You may contact Barbara at 623-322-5227
Deadline for tickets is November 29 (no tickets sold at door)
Hope to see you all there!

TOY DRIVE

COPRA will be collecting toys at our Holiday Party to be delivered to a local toy drive for disadvantaged children.

Past Holiday Party attendees have been extremely generous with their donations. If you would like to donate, please bring a **new unwrapped toy** to assist us in making the season a little brighter for those who are less fortunate.



PRESIDENT'S MESSAGE



My President's Message for November, 2014 will not continue to try and explain further to you the importance of voting "NO" on Proposition 487. The various groups who have joined forces to fight this proposition, including COPRA, have been inundating you with information regarding this terrible proposition since July in meetings, the Web, the Chronicle, special mailings, yard signs, TV ads, public appearances, newspaper articles, and in some cases door-to-door visits throughout the entire Phoenix area. No words can express the thanks that many volunteers deserve in this effort. I know by now you understand the importance of defeating this proposition for so many reasons that we have shared previously. The bottom line and take away for you and all your family, friends and associates is...

MAKE SURE YOU VOTE AND PLEASE VOTE "NO" ON PROPOSITION 487 !

I would like this month's message to also share my thoughts regarding another disturbing issue. This concerns our membership, and this concern going forward will be even more important if 487 passes and we have to fight through the courts to defeat it. Can any of you answer why only about 50% of the City General Service retirees belong to COPRA? We still are a large number, around 2,500, but that could be doubled. I cannot under any circumstances understand why that is. Every employee who has retired over at least the past 10 years is given one free year of membership to COPRA coming into retirement with the thought that they will recognize the importance of belonging to an association that focuses on their pensions and benefits. More importantly, this is being done with retiree volunteers who give up hundreds of hours each year in that effort. Surprisingly, many of these new retirees do not renew after the free year. WHY? Surely it cannot be the \$10 per year dues. We even send them follow-up letters encouraging them to continue being a part of this organization. Typically only about 15 - 20% of that group continue with the association. Perhaps because we do provide a great deal of information on our COPRA Website they feel no need to join. Perhaps they feel we are not relevant to their needs as retirees. For whatever reason, we continue to stay around the 50% level of membership. I know we can do better.

Your help is truly needed to try and reach some of the people that may be in your circle of friends. I do not know that for sure, but chances are we (you and I) both know someone who does not belong. I have heard from a few who are now going to join COPRA to help in the on-going fight with 487. That is great. Perhaps others will be willing to share with you and me the reason why they are not by our side as well being a member of COPRA. In the meantime, we have our work cut out for us to continue the battle on Proposition 487, because even if it fails they will for sure be back for another round sometime in the future. Having more members could make that job just a little easier.

My final thoughts to all of you this month are for each of you to have a blessed Thanksgiving with your families and to please try and join us as well in early December for the totally revamped Holiday Party. It is going to be a dinner party, starting around 5 PM for those of you who like to start early, but will be a full event with a band, no-host bar, and great food. We will also have our Annual Meeting at the conclusion. Tickets are limited so please take note of the information in this Chronicle on how to purchase yours. I hope to see many of you at this event.

See you at the Holiday Party, Jack

Useful Websites

How-to-videos: Instructions from experts on meditating, building bookcases, poaching pears, caring for lizards and hundreds of other activities. HowCast.com.

Emergency alerts: Get free e-mail or wireless notifications of severe weather, natural disasters and other emergency situations nearby. EmergencyEmail.org.

Better Learning: How to take good notes..boost test-taking skills...use flash cards...control procrastination...etc. How-to-Study.com/study-skills-articles.asp

Source: Bottom Line Personal

More Useful Websites

Pill identifier: Look up pills by imprint or appearance. Drugs.com/pill_identification.html

Shelf-life resource: How long cheese, fruits, nuts and other foods really last...how to extend shelf life...signs that something is going bad.. Safe ways to use food that is about to expire. EatByDate.com

Mind-expanding "TED talks": Informative, inspiring expertise on love, robots, public speaking, happiness, memory, innovation, passwords and more. Includes more than 1,800 free videos. Ted.com

Source: Bottom Line Personal

COPRA BOARD ELECTIONS

It is election time once again for the COPRA Board of Directors. In the October issue of the Chronicle, we asked if any members were interested in becoming a candidate for a Board position. One person has volunteered to fill the position that will be vacated by Yvonne Warren who will not be seeking re-election. That person's biography, along with the four incumbent officers is included below.

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. There are only five members seeking election this year for the 2015-2016 term of office.

In accordance with the COPRA By-Laws, if there are no more than 5 candidates seeking office, a formalized ballot process is not required. Voting will be conducted by a "voice vote" at the December 5th COPRA Annual Meeting and Holiday Dinner Party.

A special thanks to all who participated in the process: **Jack Thomas, Nominating Committee Chair; Barbara Kellogg, Cathy Gleason, Marvin Roelse, Tray Goodman**

SHERYL JEREMIAH

Retired from the Water Services Department in 2008 after 28 years with the City and has been a COPRA member since retiring. Sheryl has experience researching pension issues and monitoring pending State legislation as a volunteer with ASPTEA after retiring. "I wish to use my experience to assist City of Phoenix retirees in addressing threats to their pension security they may now face."

KAREN CLIFFORD-ANDERSON (incumbent)

Retired from the City Clerk Department in 2007 as Deputy City Clerk after 24 years with the City. Karen has been a COPRA member since retiring and has served on the Board the last six years. She works closely with the Benefits Committee Chair and most recently assisted with the update of the COPRA By-Laws. "I would like to continue to share my experience with COPRA and help the organization be responsive to the current and future interests of retirees."

LAURA ROSS (incumbent)

Retired from the Street Transportation Department in 2005 as a Management Services Administrator after 30 years with the City. Laura has been a COPRA member since retiring and is currently serving as Vice President as well as COPRA's representative to the City of Phoenix Health Care Task Force. "I want to use my knowledge to ensure that retirees continue to receive the best benefits available for a reasonable price."

DAWNELL NAVARRO (Incumbent)

Retired from the City Manager's Office in June 2010 as Secretary to the City Manager after 30+ years of service. Dawnell has served on the COPRA Board since January 2011 as Secretary. "By serving on the COPRA Board, I am able to stay informed about changing policies and practices which not only affect the retiree population but active employees as well. I enjoy assisting a segment of individuals who served the City of Phoenix for many years and deserve the highest degree of representation."

SUE STITES (incumbent)

Retired from the Law Department in 2005 as a Management Services Administrator after 33 years with the City of Phoenix that included work in Police, Municipal Court and Public Works. Sue has been a COPRA member since retiring. "I want to utilize my experience to assist in the ongoing exchange of information with the retiree population through the identification of helpful resources, programs and an enhanced interactive web site."

NEW RETIREES (ADDITIONAL JUNE 2014)

Lee Smith	Aviation	Gary Vanluik	Public Works
Connie Smith	Community & Econ Dev	Frank Villa	Streets Trans
Rhonda Snow	Public Transit	Bruce Warren	Water
Vivian Sotelo	Neighborhood Services	Glenn Watts	Public Works
Francis Soules	Water	Andrew Wehrwein	Public Works
David Suess	Fire	Earl Williams	Streets Trans
Linda Suris	Finance	William Williams	Water
Latrell Swart	Parks & Rec	Catharine Wilson	Water
Joseph Tafoya	Parks & Rec	Joel Wilson	Streets Trans
Theresa Tate	Police	Frank Wolf	Streets Trans
Jeanne Thomas	City Court	Rebecca Woods	Aviation

NEW RETIREES (AUGUST 2014)

Tonya Barnett	Water	Margaret Lojas	Police
Tamara Blaner	Planning	Pete Martin	Street Trans
Yolanda Cordova	Parks & Rec	Vickie McDuffee	Law
Bobby Creek	Public Works	Max Morales	Planning
Samuel Downs	Aviation	James Norpel	Aviation
James Dykstra	Aviation	John O'Dowd	Parks & Rec
Mary Eismann	Fire	Leah Osvold	Police
Dennis Elarton	Planning	Robin Peifer	City Clerk
Christine Esparza	Police	Yvonne Pressley	City Court
Thomas Farnsworth	Street Trans	Charles Seifried	Phx Convention Center
George Frangos	Street Trans	Michael Vanpopering	Public Works
Griggsby Gartner	Street Trans	Samuel Verdoza	Street Trans
Kathleen Haggerty	Human Resources	John Walley	Parks & Rec
Michele Kepers	Human Services	Rebeckah White	Police
David Knight	Public Works	Margaret Wilson	City Attorney

IN THE NEWS

DIY Test to prevent a second stroke, reports Bernd Kalmünzer, MD. About 25% to 35% of stroke survivors experience atrial fibrillation (AF) - a type of irregular heartbeat that is associated with increased stroke risk. Patients and their relatives can be trained to detect an irregular rhythm by taking a wrist pulse. If an irregularity is detected and AF confirmed, physicians may prescribe medication or other treatment to decrease stroke risk.

Bernd Kalmünzer, MD, is a neurologist with the stroke unit at University Medical Center, Erlangen, Germany. He is lead author of a study of 256 stroke patients, published in *Neurology*.
Source: Bottom Line Personal

VITA VOLUNTEERS

The city's Earned Income Tax Credit (EITC) Campaign is seeking individuals who will become Volunteer Income Tax Assistance (VITA) Volunteers. VITA volunteers help low-income working individuals and families by preparing their taxes and claiming the federal Earned Income Tax Credit.

Volunteers are needed for the upcoming 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 prepare thousands of returns resulting in millions of dollars to Phoenix Residents. One hour of your time may be worth more than \$1,800 to a working family!

For more information, call [602-534-0543](tel:602-534-0543), email to eitc@phoenix.gov or visit phoenix.gov/eitc.

GUEST COLUMN BY DEANNA JONOVICH, Deputy City Manager



Deanna Jonovich

A Roadmap to Excellence

Are you seeing purple? Phoenix has been engulfed in purple this October – porch lights, t-shirts, car antenna ribbons and much more. We are painting Phoenix purple in recognition of Domestic Violence Awareness Month.

According to the National Institute of Justice and Centers of Disease Control and Prevention, one in four women will experience domestic violence during their lifetime. Despite an overall drop in crime in Phoenix, the rate of domestic violence remains steady. It is the leading 911 call for violent crime. Each year, Phoenix police receive approximately 50,000 calls related to domestic violence; estimates suggest another 40,000 incidents go unreported.

In March 2013, the Phoenix City Council adopted "A Roadmap to Excellence - Making the City of Phoenix a National Leader in Preventing and Ending Domestic Violence." Partnering with the Arizona Coalition to End Sexual and Domestic Violence (AZCESDV), the O'Connor House Program for Women and Justice, and community leaders, the City is working to make sure there's no place for domestic violence in our community through community awareness, systems reform, Phoenix as a model, coordinated service delivery, and partnerships to end domestic violence.

Here are a few examples of what's been accomplished in the last 18 months:

- Phoenix Police Department, in coordination with the Maricopa County Attorney's Office and Scottsdale Healthcare Forensic Nurse Examiners, developed procedures to enhance prosecution of domestic violence through increased evidence collection. Since January 2013, forensic nurses performed 590 domestic violence strangulation exams. In the first year alone, case filings increased by approximately 60%, with 85% charged at a felony level.
- AZCESDV implemented a centralized intake program for shelter and service requests in Maricopa County. Between July 1, 2013 and June 30, 2014, 6,610 calls were received with 1,626 screened for emergency shelter. Additionally, 359 individuals/families were evaluated by a City Housing Specialist with 52% (186) placed in permanent housing.
- In January 2014, the Mayor's Faith Forum on Homelessness and Domestic Violence convened more than 100 faith and community-based organizations to explore ways to work together to address homelessness and domestic violence. Representatives from the group continue to meet to coordinate efforts.
- Phoenix Municipal Court, Phoenix Police Department, O'Connor House Program for Women and Justice, Administrative Office of the Courts, Maricopa County Sheriff's Office and the City's Family Advocacy Center implemented a pilot project in February 2014 for the service of orders without the victim's direct involvement in the process. As of June 30, 70 of 111 Orders of Protection obtained through Municipal Court were served successfully.

Domestic violence impacts people from all walks of life. While women are the most common victims, teenagers, the elderly and pregnant women are especially at risk. If you or someone you know is in need of services, call the city's Family Advocacy Center at 602-534-2120 or the National Domestic Violence Hotline at 1-800-799-7233.

To learn more about the Roadmap to Excellence, visit paintphoenixpurple.org.

Money Savers

Check unit prices online. Costco and Walmart will start stating unit prices (such as price per pound...price per ounce...price per pill) on their websites by year-end. CVS, Drugstore.com, FreshDirect and Walgreens say that they will do so by March 2015. Amazon has not agreed to provide unit prices but already gives them on some pages.

Source: *Bottom Line Personal*, October 15, 2014. *Consumer Reports Money Adviser*.

RENEW YOUR COPRA MEMBERSHIP DUES FOR 2015

Please check the mailing label on this Chronicle for the "Dues Paid Thru:" year. If the "Dues Paid Thru:" year is "2014", you need to renew your COPRA membership!

If you receive the COPRA Chronicle by email which doesn't have a mailing label, you will receive an email in December advising you of the status of your COPRA membership.

As a retiree, it is important that you stay abreast of events happening in the City that may have an impact on your benefits and the retirement fund. Please renew your membership today. As our motto on the front page of the Chronicle says, "Membership is Our Strength."

COPRA membership dues are \$10.00 for all members. The dues special is still available so if you pay dues for 4 years (\$40.00), you get credit for 5 years. To renew your COPRA membership, send a check payable to "COPRA" to the following address:

COPRA
% Marvin Roelse
10701 East Peralta Canyon Drive
Gold Canyon, AZ 85118-5130

USPS STATEMENT OF OWNERSHIP

UNITED STATES POSTAL SERVICE® (All Periodicals Publications Except Requester Publications)			Statement of Ownership, Management, and Circulation																																																																												
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10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)																																																																															
Full Name <i>City of Phoenix Retirees Assoc (COPRA)</i>			Complete Mailing Address <i>145 E Rosemonte Dr, Phoenix, AZ 85024-2962</i>																																																																												
11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box <input checked="" type="checkbox"/> None																																																																															
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12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one) The purpose, function, and nonprofit status of this organization and the exemption status for federal income tax purposes: <input checked="" type="checkbox"/> Has Not Changed During Preceding 12 Months <input type="checkbox"/> Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)																																																																															

(Continued on page 7)

- CHECKLIST:**
- Review Medicare plans:** Medicare plans and prescription drug coverage can be changed from October 15 to December 7 (the "open-enrollment period"). 800-medicare (800-633-4227) or medicare.gov.
 - Check Smoke Alarms:** Be sure to test alarms monthly.
 - Get your flu vaccination:** Everyone 6 months old or older should get the annual vaccination.

IN REMEMBRANCE

Betty Alvarez	09/17/14
Edward C. Pedraza	09/20/14
David Burke	09/23/14
Tami Brazelton	09/29/14
Vaughn Richard Sears	10/01/14
Gary Kukowski	10/01/14
Kathleen Kilfoyle	10/03/14
Bruno Bartyzel	10/05/14

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 Mary Franklin at (602) 705-8822.

DECEMBER 5TH HOLIDAY PARTY PROPOSED MENU

Regional Comfort

Slow Roasted Organic Chicken
bone in chicken/lemon and black pepper

Rosemary Scented Pork Roast
slow roasted/mushroom demi

Farmers Market Tossed Garden Salad

Roasted Red Potatoes

Green Beans Almondine

Fresh Brewed Coffee
Fresh Brewed Iced Tea
Eco Water Station

Apple Double Crust Pie
Blueberry Pie
Strawberry Rhubarb Double Crust Pie

2014 COPRA BOARD

President:	Jack Thomas	(623) 825-6999 E-mail jtnt@cox.net
Vice President:	Laura Ross	(623) 878-3334 E-mail ljross50@gmail.com
Treasurer:	Barbara Kellogg	(623) 322-5227 E-mail avidgolfer@aol.com
Secretary:	Dawnell Navarro	(623) 412-0854 E-mail navarro2@cox.net
Board Members:	Tray Goodman.	(602) 432-6652 E-mail tray@wecrushthebox.com
	Cathleen Gleason	(602) 361-2315 E-mail cgleason2@cox.net
	Sue Stites	(602) 819-7106 E-mail sstites@cox.net
	Karen Clifford-Anderson	(623) 772-7472 E-mail kcliffander@yahoo.com
	Yvonne Warren	(602)952-1025 E-mail yimmons@yahoo.com
	Marvin Roelse	(480) 288-1046 E-mail copramembership@gmail.com
Benefits Committee Chair & Health Task Force:	Laura Ross	(623) 878-3334 E-mail ljross50@gmail.com
Retirement Board Representative:	Cathleen Gleason	(602) 361-2315 E-mail cgleason2@cox.net
By-laws Review Chair:	Karen Clifford-Anderson	(623) 772-7472 E-mail kcliffander@yahoo.com
Member Support and Social Committee Chair:	Yvonne Warren	(602)952-1025 E-mail yimmons@yahoo.com
Membership Chair:	Marvin Roelse	(480) 288-1046 E-mail copramembership@gmail.com
Chronicle Chair:	Tray Goodman	(602) 432-6652 E-mail tray@wecrushthebox.com
Chronicle Editor:	Mary Dysinger-Franklin	(602) 705-8822 E-mail copranewsletter@gmail.com

Statement of Ownership, Management, and Circulation

16. Electronic Copy Circulation

	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Paid Electronic Copies	643	637
b. Total Paid Print Copies (Line 15c) + Paid Electronic Copies (Line 16a)	2,792	2,826
c. Total Print Distribution (Line 15b) + Paid Electronic Copies (Line 16a)	2,803	2,837
d. Percent Paid (Both Print & Electronic Copies) (16b divided by 16c x 100)	99.6	99.6

I certify that 50% of all my distributed copies (electronic and print) are paid above a nominal price.

17. Publication of Statement of Ownership
 If the publication is a general publication, publication of this statement is required. Will be printed in the November 14 issue of this publication.
 Publication not required.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner
Barbara Kellogg, Treasurer
 Date: 9/17/2014

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

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COPMEA website.....	www.copmea.com
City Retirement Systems (COPERS).....	(602) 534-4400
Human Resources - Benefits Section.....	(602) 262-4777
COPMEA.....	(602) 262-6858

Chronicle Article Deadline

Please be advised that the deadline for submitting articles for the Chronicle is the **20th day of the month** before you want the article to appear. Any member may submit material for publication, but the Editor determines what will appear in the final copy based on suitability and available space.

This is your Chronicle. Help us by submitting articles of general interest. Tell us about yourself, your family, a trip you've taken or an interesting hobby you have. Suggestions are always welcomed.

E-mail to: COPRAnewsletter@gmail.com

Or mail to: Mary Dysinger-Franklin, 6208 E. Desert Cove Ave, Scottsdale, AZ 85254

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NOVEMBER COPRA CHRONICLE

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10701 East Peralta Canyon Dr.
Gold Canyon, AZ 85118



Happy Thanksgiving

2014 MEMBERSHIP MEETING ANNOUNCEMENTS

*Hope to see
you!*

Washington Activity Center
2240 W. Citrus Way, Phoenix, AZ

Friday, December 5, 2014 from 5 pm - 10 pm - Annual Meeting/Holiday Party

FOP Lodge - 12851 N. 19th Ave, Phoenix, AZ
Live music at 7 pm with former city council member
Claude Mattox's band the Screamin' Javelinas Band

Board meetings are at 10 am on the 2nd Thursday of the Month
Except for June, July and August