



# COPRA CHRONICLE

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

February 2020

**MEMBERSHIP IS OUR STRENGTH**

Issue 2

## INSIDE THIS ISSUE

President's Message.....	2
Make the Switch Today.....	2
4 Ways to Make a Fitness Habit Stick.....	3
Burn Cleaner, Burn Better.....	3
New Retirees.....	4
New COPRA Members.....	4
Rock your Maple Leaf.....	4
City's You Tube Channel.....	4
Free Music with your Library Card	4
Who Doesn't Like Music.....	4
The 13 <sup>th</sup> Check.....	5
Your E-mail is Your Entry.....	5
Rules of the ride-Share.....	6
How About Some Sudoku?.....	6
Funny but True.....	6
In Remembrance.....	7
Did you Know?.....	7
COPRA Board.....	7
Meeting Dates.....	8

### ***"Membership is our Strength"*** **MEMBERSHIP**

Membership for COPRA is \$12 per year or \$50.00 for 5 years. If you have changed your address, email address or phone number or have any questions about dues payments, please contact Linda Henderson.

Linda can be reached by: telephone at (623) 693-9955, or by e-mail at [lindajoyhenderson@gmail.com](mailto:lindajoyhenderson@gmail.com)

#### **Mail payments to:**

COPRA  
PO Box 2464  
Litchfield Park, AZ 85340

#### **PayPal Payments:**

You can send in dues via PayPal. Use our email address [Phoenixcopra@gmail.com](mailto:Phoenixcopra@gmail.com) from your account.

## COPRA OFFICERS

On January 9, 2020 the COPRA Board approved the following Board Members for officer positions:

President – Rob Sweeney  
Vice President – Laura Ross  
Treasurer – Louis Matamoros  
Secretary/Events Coordinator – Dawnell Navarro  
Membership Chair – Linda Henderson  
Website Support – Regina Ficken  
Chronicle Chair – Mary Jo Slunder  
COPERS Representative – Tammy Ryan

All of the officers listed above have had their bios published previously in the Chronicle except for **Mary Jo Slunder** who will now be Chronicle Chair. Following is her bio information:

Prior to joining the City of Phoenix, Mary Jo worked for the Arizona Department of Revenue as an Account Clerk for three years. She joined the City Clerk Department in 1994 holding Account Clerk I & II positions and Business License Clerk. She further promoted as an Elections/Annexation Specialist and finally as an Election Coordinator for Citizen Support. Mary Jo is an avid golfer and spends much of her free time golfing, reading and assisting her elderly mother.

Please join in on welcoming all of the COPRA Officers in their new roles. They each bring special skills and talents to the COPRA organization!

## 2019: RECORD STREET PAVING SEASON

Even though we don't all live in Phoenix, probably most of us drive on City of Phoenix streets throughout the year.

Phoenix's 2019 street paving season will go on record as the biggest ever with more than 250 miles of newly paved streets. With the Council-approved \$200 million financing of Transportation 2050 street program revenues, the city completed:

- 195 local street miles paved

*(Continued on page 2)*

## PRESIDENT'S MESSAGE



Rob Sweeney

Hello fellow COPRA Members! It is my honor to represent you as your new COPRA Board President!

As you know, Laura Ross communicated to you recently that she wished to step down from the President's role and finish out her two-year term in a different capacity. Laura has been an invaluable leader, champion and supporter of COPRA Members during her tenure on the Board. Laura has excelled in advocating for retirees during her time on the City's Health Care Task Force, and has agreed to continue supporting this endeavor during her last year on the Board. Laura and the entire COPRA Board are seeking interested Members who would like to fill the Health and Benefits Chair position. Training is available! Please contact me or Laura if you are interested.

At its January meeting, the COPRA Board recognized Laura Ross for her dedicated service to COPRA. The COPRA Bylaws allow the Board to award an Honorary Life Membership designation to individuals who provide, "...outstanding dedicated service toward the substantial betterment of COPRA and its members. It is the highest honor that can be awarded by COPRA, and must involve leadership, initiative and a significant amount of effort...in order to accomplish the goals of COPRA. No further payment of dues is required for the honorees during their lifetime." Laura has spent almost 15 years supporting COPRA in so many ways. I hope you all can reach out to thank and congratulate Laura for her service and the assignment of the highest membership designation.

Please mark your calendars for our General Membership Meeting on March 19 where we will have presentations from the City Manager's Office and the Retirement Office regarding the state of the city and state of retirement, respectively. Please encourage your fellow City of Phoenix retirees to join COPRA!

Happy Lunar New Year – Rob

## MAKE THE SWITCH TODAY

Burning wood in a fireplace or fire pit may be great on a cold winter night, but during No Burn Days it can mean possible fines and health risks to residents. See if you qualify for a free fireplace retrofit kit from the Maricopa County Air Quality Department. Call 602-372-WOOD (9663).

Source: PAYS-January 2020

## 2019: RECORD STREET PAVING SEASON (CONTINUED)

*(Continued from page 1)*

- 60 arterial and major street miles paved
- 5,650 new wheelchair accessible sidewalk ramps installed
- 120 local street miles and 35 arterial and major street miles received a pavement preservation treatment, such as fog seal or crack seal

This year's season required approximately 75,000 worker hours and over 500,000 tons of asphalt material. To see the 2020 schedule: [Phoenix.gov/Streets/PavementProgram](https://phoenix.gov/streets/pavementprogram).

Source: PAYS-January 2020

## 4 WAYS TO MAKE A FITNESS HABIT STICK

We've all heard that exercising regularly can benefit your health, your mood, your energy and even your sleep. The key is to keep it up.

To make a fitness habit stick, try these tips:

1. **Set doable goals.** Unrealistic aims can undermine your success. Start small and build up gradually. For instance, if your goal is to walk 3 miles, you might start with just 10 minutes at first. In time, you'll be able to go longer and farther.
2. **Just have fun.** The best exercises are the ones you enjoy. Try a variety to see what you like. Salsa dancing, anyone?
3. **Track your progress.** For instance, keep a record of the number of squats you can do. It's motivating to see how far you've come.
4. **Reward yourself.** When you reach a milestone, treat yourself to something that will help you keep your healthy habit going, like a step counter.

Talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you.

Source: Strive|Your AARP Medicare Supplement Plan newsletter

## BURN CLEANER, BURN BETTER

The Maricopa Air Quality Department is asking Maricopa County residents to "Burn Cleaner, Burn Better" and help improve our air quality by doing the following:

- Use electric (100 % smoke reduction) or natural gas (99% smoke reduction) fireplaces, or retrofit your fireplace with an air pollution reduction device (70% smoke reduction). The Federal Environmental Protection Agency estimates that 70% of smoke from chimneys can reenter your home and/or your neighbor's home.
- On a "No Burn" day, burning wood in fireplaces, outdoor fire pits, or other wood burning devices, is restricted. There are several ways to find out if "today" is a no burn day.
  1. Log on to [CleanAirMakeMore.com](http://CleanAirMakeMore.com)
  2. Sign up to receive email or text alerts when a No Burn Day is issued. Visit [CleanAirMakeMore.com](http://CleanAirMakeMore.com) and click "Make the Commitment."
  3. Download the free Clean Air Make More mobile app for iPhone and Android at [CleanAirMakeMore.com/app](http://CleanAirMakeMore.com/app).
  4. Connect with the Maricopa County Air Quality Department on these social media sites:
    - Follow on Twitter: @CleanAirMakeMor
    - Like on Facebook: @CleanAirMakeMore
    - Follow on Instagram: @MaricopaCountyCleanAir
  5. Call the Maricopa County Burn Line at **602-506-6400** for a recorded message in English and Spanish.

Source: PHXConnect December 18, 2019

## NEW RETIREES (DECEMBER 2019)

Herbert Benson	Water Services	Irene Macias	Planning and Dev Dept
Gail Brinkmann	Street Transportation	Karen Masterson	Library
Randi Cluff	Police Dept.	Jocelyn McCurnin	Municipal Court
Richard Dickson	Aviation	Armando Medina	Street Transportation
Tim Donovan	Aviation	William Miller	Public Works
Maria Duran	Finance Dept.	David Montelongo	Public Works
Francis Esparza	Fire Dept.	Virginia Olguin	Water Services
Julie Frausto	Public Works	Steve Perez	Aviation
Estella Gabaldon	Aviation	Lawrence Plaatje	Library
James Gibson	Water Services	Jose Recinos	Public Works
William Griggs	Planning and Dev Dept	Raynold Simoes	Aviation
David Johns	Public Works	Thomas Trejo	Street Transportation
Gail King	Phoenix Convention Center		

## NEW COPRA MEMBERS

Jeri Anderson	Water Services	Jacque Hoffman	Finance Dept.
Paula Kucharz	Aviation Administration		

## ROCK YOUR MAPLE LEAF

Everyone is invited to the 68th Annual Great Canadian Picnic on Feb. 1, 2020 at the activity complex at South Mountain Park. This free family event features food trucks, live music, games and snow (yes, really). The fun starts at 10 a.m. Get more information at [CanadianPicnic.com](http://CanadianPicnic.com).

Source: Phoenix At Your Service-January 2020

## CITY'S YOU TUBE CHANNEL

Now that the first season of the Mandalorian on Disney+ is over, you are likely looking for something new to binge watch. Check out PHXTV's Phoenix Pets series on the city's YouTube page. It has nine episodes (and growing) of all things pets in our city. The newest episode is all about horses and a local animal rescue doing amazing things.

Check it out now at <https://www.youtube.com/watch?v=NgmQAFVf9SA&feature=youtu.be>

And while you are there, subscribe to the City's YouTube channel so you will never miss an episode!

Source: PHXConnect 1/8/2020

## FREE MUSIC WITH YOUR LIBRARY CARD

Freegal is a music download and streaming service with access to more than 16 million songs, including Sony Music's catalog of legendary artists. In total, the collection is comprised of music from 40,000+ labels with music that originates in over 100 countries. Each Phoenix Public Library card holder may download up to 5 songs per week in addition to streaming music up to 3 hours per day. Downloaded files do not expire. Go to [PhoenixPublicLibrary.org](http://PhoenixPublicLibrary.org) to get started.

Source: PAYS-January 2020

## WHO DOESN'T LIKE MUSIC?

Everyone likes music of some kind, right? Well did you know that the Musical Instrument Museum in Phoenix has a wide variety of musical talent that shows at the museum, in addition to the artwork and instrument displays. Visit [Mim.org](http://Mim.org) to learn more about upcoming events.

## THE 13<sup>TH</sup> CHECK

The Pension Equalization Program was established on October 1, 1991 when voters of the City of Phoenix approved an amendment to Chapter 24 of the City Charter, allowing pension adjustments to be paid to eligible retirees. One of the components of the program is a supplemental increase known as the “13<sup>th</sup> check”.

Just as the existence of a potential “13<sup>th</sup> check” is explained in the City Charter, so too are the criteria that must be met for payment and the rate used to determine the amount.

**CRITERIA:** funds must be available in the Pension Equalization Reserve Fund to cover the 13<sup>th</sup> check for all eligible retirees.

**RATE** (minimum of 1%) the lesser of:

- ½ of Consumer Price Index OR
- Excess investment return rate OR
- 3% maximum

Over the last 10 years, the number of retirees has increased by nearly 50%, from just over 5,000 in 2010 to nearly 7,500 in 2019. This rise in the number of retirees has increased the cost to provide benefits such as the “13<sup>th</sup> Check” and the PEP increase. COPERS was able to fund a “13<sup>th</sup> check” in 2014, 2015, 2016, and 2018. PEP increases were also funded during that same time frame.

The Pension Equalization Reserve is funded only when COPERS’ investment performance exceeds 8%. While investment earnings were good last fiscal year, at 6.2%, they did not exceed the threshold and prior 13<sup>th</sup> check and PEP payments have depleted the Pension Equalization Reserve. Therefore, there was no 13<sup>th</sup> check in 2019. The exacting criteria and rate evaluation required by the City Charter are meant to safeguard COPERS’ plan assets and your pension.

Source: COPERS News and Information – November 2019

## YOUR E-MAIL IS YOUR ENTRY

As you all know, receiving the COPRA Chronicle by email significantly defrays the printing and postage costs for COPRA. An added benefit is that if there is any important information that COPRA wants to send you, we have your email address on file and can transmit to you in a timely fashion.

In order to encourage our COPRA members to receive the Chronicle by email, your COPRA Board started a new program! Each month, we will randomly select one member who receives their Chronicle by email and that member will receive a \$25 gift certificate to a grocery store (Fry’s or Safeway).

The January winner is **BRUCE MARGOLIS. CONGRATULATIONS BRUCE!**

If we already have your email address, you are automatically entered! If you do not receive the Chronicle by email do so NOW! You can provide your email to Linda Henderson at [lindajoyhenderson@gmail.com](mailto:lindajoyhenderson@gmail.com). She can also be reached by phone at (623) 693-9955.

**Sign up now!**

*“There’s nothing I believe more than this,  
that laughter adds time to one’s life.”*

**-TV producer Norman Lear, 97**



## RULES OF THE RIDE-SHARE

Uber and Lyft have become popular around town these days. But taking a ride with a Lyft or Uber driver, and sometimes other passengers, should come with some etiquette.

- 1. Chat wisely.** Greet your driver, and other passengers, with a friendly “Hello,” or “How’s your day?” But keep conversation light and minimal; avoid digressing into loud tirades about your favorite “reality show,” no matter who gets voted off.
- 2. Consider other ears.** Always ask the driver and fellow travelers before appointing yourself the DJ. Everyone may want to sit in silence, or maybe they are in the mood to scream along with Black Sabbath and the driver may let you plug your phone into the stereo to rock out.
- 3. Take a sick day.** Don’t book a ride if you are coughing or sneezing! No one wants to be trapped in a compact car with your germs.

With ride-hailing or ride-sharing services, the biggest thing to remember is that it is sharing. Be considerate, be polite, and definitely do not eat egg salad in the vehicle!

Summarized from AARP the Magazine, December 2019/January 2020

## HOW ABOUT SOME SUDOKU?

Sudoku is a puzzle game designed for a single player, much like a crossword puzzle. The puzzle itself is nothing more than a grid of little boxes called “cells”. They are stacked nine high and nine wide, making 81 cells total. The puzzle comes with some of the cells (usually less than half of them) already filled in. The object of the game is simple: Fill in the empty cells with numbers from 1 to 9! No number can be repeated in a single column or row.

5	3		7			5	3	4	6	7	8	9	1	2		
6			1	9	5		6	7	2	1	9	5	3	4	8	
	9	8				6		1	9	8	3	4	2	5	6	7
8			6			3		8	5	9	7	6	1	4	2	3
4			8	3			1	4	2	6	8	5	3	7	9	1
7			2				6	7	1	3	9	2	4	8	5	6
	6				2	8		9	6	1	5	3	7	2	8	4
			4	1	9			2	8	7	4	1	9	6	3	5
			8			7	9	3	4	5	2	8	6	1	7	9

Filling in the empty spaces doesn't seem that hard, does it? Very often it's not. Be careful, though - each empty cell has only *one correct answer*. In fact, you might say the object of the game isn't so much "filling in" the cells as it is "figuring out" what goes in them.

You see, the pre-filled cells are not random. They were deliberately placed there in such a way to ensure only one final solution to the puzzle.

It is the player's job to solve the puzzle, cell by cell, until there are no empty cells left! The game keeps your brain alert and working.

Source: Learn-Sudoku.com

If you have never worked a Sudoku puzzle, there are easy ones for you to try from [247sudoku.com](https://www.247sudoku.com/sudokuEasy.php) (<https://www.247sudoku.com/sudokuEasy.php>).

## FUNNY BUT TRUE

Is it possible to be too nice? Maybe in the Colorado mountains. A rescue team recently was dispatched to help two hikers on Quandary Peak, more than 14,000 feet above sea level. Another hiker about half a mile away had reported seeing these people waving and yelling. But it turns out they were just fine and only trying to say hello. One of the not-so-distressed hikers was from north of the border, prompting some to cite Canadian politeness for the mix-up.

Source: AARP Bulletin, February 2020

## IN REMEMBRANCE

Sally Valenzuela	11/14/2019
Josefina Jasso	12/07/2019
George Logan III	12/10/2019
Richard Lindstrom	12/14/2019
Beverly Pearson	12/14/2019
Gerald G. Brangman	12/15/2019
Raymond M. Mercado	12/16/2019
Susan Shindler	12/19/2019
Lucky White	12/20/2019
David R. Genzler	12/20/2019
Vincente Ortegas Sr.	12/22/2019
Delores Mattheisen	12/23/2019
Emogene DiBattista	12/23/2019
Norman Richie	12/26/2019
Shirley Traister	12/29/2019
Robert W. Austin	12/29/2019
Beth Giovanini	01/03/2020
Lou Turner	01/03/2020
William B. Carey	01/04/2020
Judith Wallace	01/06/2020
Ray Clark Temple Jr.	01/09/2020
Pamela Griffith	01/11/2020
Hazel Hering	01/11/2020

## DID YOU KNOW?

Nearly a quarter of homeowners have never read their homeowner's insurance policy.

The contents of Abraham Lincoln's pockets from the day he died were found in the 1970s in a safe at the Library of Congress. They included an ivory-handled pocketknife, an embroidered linen handkerchief, a Confederate \$5 bill, and eight newspaper clippings praising him.

Source: AARP Bulletin, February 2020

## "Membership is our Strength"

### Disclaimer

All articles are for informational purposes and not intended to be a substitute for professional, legal, financial or medical advice. Consult an attorney or other professional what is best for your situation. COPRA expressly disclaims and denies liability for any decisions based on the information presented.

COPRA website.....	<a href="http://www.phoenixcopra.com">www.phoenixcopra.com</a>
COPERS website.....	<a href="http://www.phoenix.gov/copers">www.phoenix.gov/copers</a>
COPMEA website.....	<a href="http://www.copmea.com">www.copmea.com</a>
City Retirement Systems (COPERS).....	(602) 534-4400
Human Resources - Benefits Section.....	(602) 262-4777
COPMEA.....	(602) 262-6858

## 2020 COPRA BOARD

### President:

**Rob Sweeney** (480) 215-2215  
E-mail [azsweeney@gmail.com](mailto:azsweeney@gmail.com)

### Vice President/Benefits Chair:

**Laura Ross** (623) 878-3334  
E-mail [ljross50@gmail.com](mailto:ljross50@gmail.com)

### Treasurer:

**Louis Matamoros** (623) 734-6624  
E-mail [biglou6415@yahoo.com](mailto:biglou6415@yahoo.com)

### Secretary/Events Coordinator:

**Dawnell Navarro** (623) 412-0854  
E-mail [navarro2@cox.net](mailto:navarro2@cox.net)

### Board Members:

**Sue Stites** (602) 819-7106  
E-mail [sstites@cox.net](mailto:sstites@cox.net)

**Susan Perkins** (602) 861-5914  
E-mail [sjperkins@msn.com](mailto:sjperkins@msn.com)

**Kathy Wenger** (602) 550-4390  
E-mail [kjw7833@msn.com](mailto:kjw7833@msn.com)

### Chronicle Chair:

**Mary Jo Slunder** (602) 206-5515  
E-mail [mj.copra@gmail.com](mailto:mj.copra@gmail.com)

### COPERS Representative:

**Tammy Ryan** (602) 430-5965  
E-mail [tlgryan1822@gmail.com](mailto:tlgryan1822@gmail.com)

### Membership Chair:

**Linda Henderson** (623) 693-9955  
E-mail [lindajoyhenderson@gmail.com](mailto:lindajoyhenderson@gmail.com)

### Website Support:

**Regina Ficken** (623) 521-0052  
E-mail [rvficken@gmail.com](mailto:rvficken@gmail.com)

### Chronicle Editor:

**Mary Dysinger-Franklin** (602) 705-8822  
E-mail [copranewsletter@gmail.com](mailto:copranewsletter@gmail.com)

### 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](mailto:COPRAnewsletter@gmail.com)

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

## FEBRUARY COPRA CHRONICLE

Annual dues includes \$5.00 for the COPRA Chronicle  
Dues are \$12.00 per year or \$50 for 5 years  
COPRA Chronicle (**USPS No. 0016-924**) is published  
Monthly, except June, July and August  
By City of Phoenix Retirees Association  
PO Box 2464, Litchfield Park, AZ 85340  
Periodicals paid at Avondale AZ and  
additional mailing offices

**POSTMASTER**

Please send address corrections to:  
COPRA  
PO Box 2464  
Litchfield Park, AZ 85340



### 2020 MEMBERSHIP MEETING ANNOUNCEMENTS

Membership meetings held at the  
**Washington Activity Center**  
**2240 W Citrus Way, Phoenix, AZ**

March 19, 2020 at 1:30 pm - City Manager's Office and the Retirement Office

Board meetings are held quarterly on the 2<sup>nd</sup> Thursday of the Month  
Except for June, July and August. These meeting dates will be announced