



COPRA CHRONICLE

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

February 2022

MEMBERSHIP IS OUR STRENGTH

Issue 2

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Please update us when you change your address, email and or phone number. You can send it to: copra.members@gmail.com

"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 Mary Jo Sunder.

Mary Jo can be reached by: telephone at 602-206-5515, or by email at copra.members@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 from your account.

MARCH MEMBERSHIP MEETING

Our Spring General Membership Meeting will be held virtually this year due to the ongoing pandemic. The meeting will be held on **March 17 from 10 a.m.-12 p.m.** We are disappointed to not be able to hold this meeting in person, but hope the pandemic is under control in time for our Fall meeting.

We have invited the City Manager and the Retirement Administrator to provide informative presentations.

We will be hosting the March Membership Meeting on Zoom, a video and audio platform for our members to connect to the meeting. To ensure the meeting is as secure as possible, we are asking members to please pre-register for the meeting by March 10. If you have a computer and email, please send your request to: coprapresident@gmail.com with "General Membership Meeting Registration" in the subject line. We will follow-up with a link to the meeting. Computer users will be able to choose a video or audio-only connection. If you do not use a computer, please contact COPRA President Rob Sweeney at 480-215-2215 and we will get you an audio-only connection.

CHRONICLE CORRECTION

I want to offer a sincere apology to our Board Member, Sue Stites. For two years I have had a hard time keeping Sue and Susan Perkins separated in my mind, since we have not been able to meet in person.

Sue Stites remains a Board member, though she is stepping down as our Website Coordinator. My apologies to you Sue.

Susan Perkins is our Board Member who did not seek reelection last year and who is leaving the Board. We thank her for her contributions to our organization over the past years.

~Mary Jo Slunder/*Chronicle* Chair

PRESIDENT'S MESSAGE



Rob Sweeney

Happy New Year!

2021 was a crazy and unpredictable year! I for one am not shedding any tears for that year to be over. I am an eternal optimist, so I am excited about the new year!

Love is in the air, as Valentine's Day is fast approaching. The day of love, infatuation, candy, cards and crafts.

As a child, I recall Mom helping me decorate an old shoe box to be used as my classroom mailbox to collect all the wacky cards given by classmates. I didn't quite understand if some of the classmates mistook my last name, Sweeney, and instead wrote, "To: Rob Sweetie." Perhaps I couldn't take the subtle hint. I instead wanted to correct their misunderstanding in how to spell my last name.

In those early years of childhood, somehow the volume of cards and candy were more important than receiving a card from that special someone.

As we turn to Valentine's Day 2022, I find myself seeking the love of life and experiences. Every day I get to spend with my Father is a blessing. Every hummingbird, oriole, finch, lovebird or woodpecker coming to visit my wife's many feeders is joy. Every beautiful Arizona sunset is a reminder there is another wonderful day ahead.

The pandemic has taken its toll on many things in our lives. Some have unfortunately lost loved ones. All of us have lost precious time with family and friends. We have lost opportunities and trips. What we cannot have happen is the loss of love in our lives.

For me, Valentine's Day 2022 will be a day of self-reflection about what I 'love' in life. I want to focus on the positive. I will recognize the sadness and loss, but will find a way to remember the love I had for that which I lost. Gifts, flowers and cards will be replaced with phone calls and conversations. Who knows, I may even celebrate Arizona Statehood Day!

How ever you choose to celebrate or recognize February 14, 2022, I hope you find love and joy in all that you do.

I wish you good health and happiness – Rob

SAVE NOW TO SAVE ALL YEAR LONG

If you are a City of Phoenix water and sewer services customer, did you know that your sewer cost for the entire year is based on your average water use during the months of January February, and March? The city averages your water consumption over these three months and uses the average in calculating the monthly sewer charge for the following year.

By using water wisely during these winter months, you can save money on your city services bill all year long. Be mindful of when you fill your pool, water winter grass (better yet, convert turf to desert lush landscapes) and use large volumes of water.

Go to [Phoenix.gov/Water](https://phoenix.gov/Water) for more information.

Source: *PHX At Your Service*, December 2021

NEW MEMBERS

Frank Ramirez Public Works-Fleet Svcs Div
Vernon Vasquez Water Serv. Wastewater

Gail Piceno ITS: Office of CIO/Mngmt Svcs

ARIZONA ATTORNEY GENERAL REMINDS CONSUMERS OF THEIR RIGHTS AS AIRLINE TRAVELERS

Many Arizonans have started traveling again, resuming vacations and family visits that have been on hold for the past two years. Unfortunately, airlines often don't make consumers' interests a priority. Attorney General (AG) Mark Brnovich wants to make sure Arizonans know their legal rights.

Under current federal law, state attorneys general are preempted from enforcing consumer protection laws against airlines. AG Brnovich has been a steadfast advocate for airline consumers and has asked Congress to change that misguided policy. Not surprisingly, to date Congress has not done so. AG Brnovich will continue to advocate that Congress allow state attorneys general to protect airline customers saying "Airlines must be held to account to make sure consumers' rights are upheld, and travelers should not lose money due to circumstances beyond their control."

When a flight is canceled or significantly delayed, federal law requires airlines to provide refunds to passengers who cancel their trip as a result. This is true even for non-refundable tickets. Passengers also are entitled to refunds for any bag fees or extras that were purchased.

Airlines are also legally required to compensate for outside expenses when a passenger is involuntarily "bumped" from an oversold flight. Some airlines will provide compensation for long delays. If you face a long delay, check with your airline about possible options regarding amenities or changing flights. If the airline offers a voucher for future travel instead of a refund, ask the airline about any restrictions that may apply, such as blackout dates, expiration dates, advanced booking requirements, and limits on the number of seats.

Here are other instances of when passengers are entitled to a refund or other compensation.

- Passengers who are involuntarily moved to a lower class of service are entitled to the difference in fares.
- Passengers who paid for optional services but can't use them because the flight is canceled or changed, are entitled to a refund of the fees for any unused services.
- Passengers who paid a baggage fee are entitled to a refund of that fee if the airline declares the baggage lost, as well as some compensation for the lost items.
- Airlines, with a few exceptions, must repair or reimburse passengers for damage to baggage that occurs while the bag is under the airline's control during transportation.

To learn more about what to do in the event of lost, delayed, or damaged bags, visit the U.S. Department of Transportation (www.transportation.gov/lost-delayed-or-damaged-baggage).

For a detailed explanation of travelers' rights, please visit the Department of Transportation's "Fly Rights" page (www.transportation.gov/airconsumer/fly-rights).

If you believe you have been improperly denied a refund or compensation by an airline, you can file a consumer complaint with the U.S. Department of Transportation at (airconsumer.dot.gov/escomplaint/).

Source: allaboutarizonanews.com, accessed 12/26/2021

WITTY AND WISE

The staff at El Arroyo, a restaurant in Austin, Texas, is well known for its sense of humor. A few recent examples:

- You know you're old when you clean to the music you used to drink to.
- If there was a pill to cure procrastination, I'd probably take it tomorrow.
- Feeling good about yourself? Have a kid draw a picture of you.
- Irony is when someone writes "You're an idiot."

NEW RETIREES (DECEMBER)

Javier Aguirre	Public Works	Charley Lane	Street Transportation
Peter Boyd	Planning and Dev	Margaret Lawless	Planning and Dev
Scot Budden	Water Services	Carlos Leon	Public Works
Jack Egoian	Neighborhood Services	William Lombrana	Public Works
Steve Embree	Water Dept.	Gina Lopker	Water Services
Linda Esquivel	Public Transit	Donald Marshall	Comm. & Economic Dev
Clair Fessler	Property Management	Gustavo Martinez	Street Transportation
Orlando Gonzales	Water Services	Terrance Murphy	Planning and Dev
Anita Greene	Aviation	Winston Pierson	Neighborhood Services
Hector Gutierrez	Information Technology	Ezequiel Rios	Street Transportation
Mark Haskin	Information Technology	Enrique Rivera	Public Transit
Timothy Herdrich	Fire Dept.	Esperanza Romero	Police Dept.
Bradley Holm	Aviation	James Stigleman	Public Works
Sally Huber-Eid	Housing	Mari Tunder	Budget And Research
Alton Jones	Municipal Court	Carolyn Willmer	Housing
Alfred Kersting	Water Services	Phillip Wolslagel	Police Dept.
Nanette Kulic	Fire Dept.	David Zito	Water Services

COPRA Treasurer Report						
Annual statement ending 12/31/2021						
				2021	2020	
Book Balance December 31, 2021 and 2020				\$ 84,977.31	\$80,879.25	
Receipts						
Member Dues				\$ 9,992.00	\$ 11,198.00	
Paypal		Paypal dues paid thru December 2021		\$ 2,001.03	\$ 2,773.65	
Interest Earned				\$ 92.89	\$ 587.75	
Total Receipts				\$ 12,085.92	\$ 14,675.40	
Disbursements						
Bank Fees		Returned checks, Services Fees		\$ 45.00	\$ 18.00	
Chronicle				\$ 4,530.06	\$ 5,192.05	
Dues overpayment				\$ 176.99	\$ 480.53	
Business Expenses		Ink, Office Supplies, Computer expenses		\$ 976.90	\$ 1,445.09	
Member Support		Gift cards, refreshments, holiday		\$ 1,325.00	\$ 1,495.00	
Website (paid via paypal/checking account)				\$ 696.00	\$ 696.00	
Total Disbursements				\$ 7,749.95	\$ 9,326.67	
Book Balance December 31, 2021 and 2020				\$ 89,313.28	\$ 84,977.31	
December net +/-				\$ 4,335.97		
Bank Balance 12/31/2021				\$ 6,840.48		
		Checking		\$ 6,840.48		
		Paypal all transactions included		\$ 4,609.14		
				YTD interest		
				\$ 92.89	\$ 77,863.66	
				\$ 92.89	\$ 89,313.28	
Total						

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, 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 February winner is **Jeannette Passaretti. CONGRATULATIONS Jeannette!**

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 Mary Jo Sunder at copra.members@gmail.com. She can also be reached by phone at 602-206-5515.

Sign up now!

IN REMEMBRANCE

Name	Department	Date of Death
Patricia Hood (Jerry)		04/08/2021
Gloria Ross	Water Dept.	11/11/2021
Michael Stephens	Aviation Dept.	11/11/2021
Lyle Orr	Water Services	11/13/2021
Francisco G. Flores	Finance Dept.	12/03/2021
Darshan Teji	Public Works Dept.	12/06/2021
Max Y. Yanez	Water Dept.	12/08/2021
James Panzak	Public Works Dept.	12/10/2021
Albert H. Knox	Housing Department	12/11/2021
John C. Wagner	Planning & Dev.	12/12/2021
Joe Madrigal Jr.	DSD: Management Services	12/21/2021
Barry Page	Finance Dept.	12/23/2021
Sandy L. Hightower	Public Works	12/25/2021
Flonda Ruth Vernatt	City Auditor Department	12/25/2021
Rosalie Y. Shobe	Parks Dept.	12/25/2021
Daniel D. Delgado	City Court	12/27/2021
Jose Astorga	Public Works Dept.	12/28/2021
Gary L. Phillips-Garcia	Public Works Dept	12/30/2021
James Sandoval	Neighborhood Services	01/01/2022
Larry Flores	Public Works Dept.	01/02/2022
Nevenka Markac	Facilities Management	01/05/2022
Earl Oscarson (Marlys)		01/07/2022
Eva Novak (Zdenek)		01/07/2022

(Those on the list who are surviving spouses will have the retiree's name in parentheses after the deceased's name.)

HARNESS THE POWER

With so many devices at home, expanding outlets is a priority. Shopping for a power strip today takes almost as much research as shopping for a new appliance. And with ever more electronics in our homes – many requiring frequent recharging – outlets are at a premium. Here are some things to consider:

Surge protection is a must. This feature keeps your electronics from getting damaged in a power surge (usually storm-related). Protection is rated by joules, a measurement of energy. “For computers, home theaters and audio equipment, you should have nothing less than 2,000 joules,” says Michael Richard, director of International Brotherhood of Electrical Workers’ construction and maintenance department.

USB outlets are handy. Instead of plugging your phone charging cable into an outlet adapter, just plug it into one of the USB slots. They’re real space savers.

Consider flexibility. Oversize plugs can cover the adjacent outlets on a traditional power strip. Some strips space outlets apart or allow them to pivot.

Not all are made for the floor. Easy access is key, and attractive tower-style and disc-shaped strips can sit on a table.

Consider a premium purchase. Some strips come with extra safeguards and warranties for equipment damage. “Don’t go cheap,” Richard says, “and also consider something that lets you know when the surge protection is no longer effective. The real nice ones will just shut down when that happens, so you know it’s time for new one.”

Source: AARP *The Magazine*, October/November 2021

2022 COPRA BOARD

Your COPRA Board is complete! At the January 25th COPRA Board meeting, 2 additional members were appointed to complete terms ending December 31, 2022. All Board members in attendance re-introduced themselves so that all members knew each other. Because not all Board members were available for the meeting, voting for the Executive Board for 2022 was postponed until our February meeting. The results will be posted on the website (phoenixcopra.com) and published in the March Chronicle.

Below is the list of your 2022 COPRA Board members:

Victoria Correll
Louis Matamoros
Mary Jo Slunder
Rob Sweeney

Anna Dragonetti
Gail Piceno
Sue Stites
Andy Terry

Linda Henderson
Tammy Ryan
Brian Suggs
Kathy Wenger

CANCER: *THE HOME FRONT*

To wage your own personal war on cancer, start with these healthy first steps.

Quit smoking: Doing so reduces your risk of 12 different cancers, including pancreatic, colorectal, bladder, and lung. Even if you've been diagnosed with cancer, quitting smoking can significantly improve your chances of survival.

Drink less alcohol: Roughly 1 in 25 cancer deaths are connected alcohol. Moderate drinkers have nearly double the risk of oral and throat cancers; heavy drinkers have a twofold risk of liver cancer.

Exercise more (this healthy habit improves all facets of health): Women who were the most active had up to a 21% lower risk of breast cancer, and both men and women had a 19% lower risk of colon cancer.

Drink your milk: High intakes of calcium and vitamin D – found primarily in dairy foods and fortified drinks and cereals – resulted in significantly lower risk of breast cancer, according to one study.

And coffee: A cup a day resulted in an 8% reduction in endometrial cancer risk, researchers found.

And green tea: Green tea may slow the advancement of a variety of different cancer cells, according to a 2018 review of studies published in the journal *Molecules and Cells*.

Try yoga: A review of studies found that yoga reduced stress, anxiety and depression among breast cancer patients. Many cancer centers, as well as the American Cancer Society, say a yoga regimen can improve cancer symptoms.

Eat these vegetables: Those who ate the highest amount of cruciferous vegetables (including broccoli, brussel sprouts and cabbage) had a 39% lower prostate cancer risk compared with those who ate the least.

Sleep 7 to 9 hours a night: Sleeping less than 6 hours a night increases cancer risk by 43%. But women who slept 10 or more hours per night had a 22% higher risk of breast, endometrial and ovarian cancer.

Source: AARP *Bulletin*, November 2021

COPERS NEWS AND INFORMATION

2021 COPERS Board Member Election Results

“On December 16, 2021, the COPERS Board closed an election process to fill one active employee board member position that was vacated due to retirement. The following three candidates ran in the election:

- Angelica Gameros
- Ron Ramirez
- David Urbinato

The election, tabulation, and certification processes were overseen by the City Auditor Department and official results were certified by the City Auditor on December 17, 2021.

The Retirement Office is excited to announce that David Urbinato [Management Assistant II, Planning and Development Department] was officially seated on the COPERS Board at its first meeting of 2022 on January 6th. Thank you to all who voted.”

Source: COPERS News and Information, January 2022



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

2021 COPRA BOARD

President:	
Rob Sweeney	480-215-2215
E-mail	coprapresident@gmail.com
Vice President/Benefits Chair:	
Laura Ross	623-878-3334
E-mail	ljross50@gmail.com
Treasurer:	
Louis Matamoros	623-734-6624
E-mail	biglou6415@yahoo.com
Secretary:	
Barbara Wiess	602-799-1374
E-mail	b1925wiess@gmail.com
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Chronicle Chair:	
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Tammy Ryan	602-430-5965
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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

FEBRUARY COPRA CHRONICLE

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POSTMASTER

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Litchfield Park, AZ 85340



2022 MEMBERSHIP MEETING ANNOUNCEMENTS

March 17, 2022 from 10 am - 12 pm
Meetings held virtually until further notice

City Manager and the Retirement Administrator

See article on page 1 for instructions and deadlines

Board meetings are held monthly on the 2nd Thursday of the Month
Except for June, July and August.