

## Annual Assembly in March to focus on senior issues

by Vickie Jackson

The OEA-Retired Annual Assembly strives to keep educators informed. Our speakers will talk about "Life as a Senior" and give us helpful hints towards aging.

Come join us from 8:30 am-3:00 pm on March 3 at the OEA Salem UniServ Office. There will be workshops about improving the lives of seniors. There is no cost to OEA-Retired members, but a \$10 charge will be required for nonmembers to cover the cost of lunch. Lunch will be served from Noon-1:00 pm

There will be updates on the OEA Foundation, travel as a fundraiser, literacy program, and membership opportunities.

Our keynote speaker will be Lesley Johnson from AARP. She retired after teaching for 43 years in the public school system. Johnson volunteers with AARP as a Smart Driver Course

Instructor, CARFIT Volunteer, LAV Member, state lead volunteer for fraud, and as an AARP Speaker Bureau presenter, mostly in the Salem area.

We will also hear from Vicki Schmall, Ph.D., who is Executive Director and Gerontology & Training Specialist with Aging Concerns. She is also Professor Emeritus of Oregon State University, where she worked for nearly 25 years, serving as Director of the OSU Program on Gerontology and Gerontology Specialist in the OSU Extension Service.

She is well known for the development of aging and family-related educational materials and programs, including the six-week program—Powerful Tools for Caregivers—for family caregivers, which is taught throughout the U.S., Canada, and South Korea. She has authored over 100 professional articles.

## Region I celebrates the holidays

by Terri Domenigoni

"Merry Everything Winter Songs from Around the World" was the theme of the Gay Men's Christmas Concert at the Newmark Theater on December 15. We had about 19 OEA-Retired members and friends attending the concert and Happy Hour afterwards at the Heathman Hotel.

Jim Fotter, our past OEA Executive Director, is a member of the choir and after the concert attended the HH with his partner Jim and his mother who was in town for the holidays. It was a memorable concert, and full of cheer and laughter.

Fotter let us know that before the show members of the choir acknowledge friends of theirs who come to the concert in support. Fotter acknowledged all of the OEA-Retired members and friends who attended at the special acknowledgement.

Hoping to have another gathering next year. You should think about attending. It is a great



OEA-Retired members enjoy a get-together after the Gay Men's Chorus concert at the Heathman

way to celebrate the holiday season and support the LGBTQIA+ community.

# Random remarks



by **President Eileen Wende**  
Happy New Year to one and all! 2025 has arrived and with it promises of great change, which may not be beneficial to many of us or to the causes that we care about. During these times of such uncertainty, there is, however, a

silver lining for millions of educators and public employees.

Landmark legislation, the Social Security Fairness Act was just signed into law by President Joe Biden. This remarkable legislation ends years of unfair penalties, known as the Government Pension Offset (GPO) and the Windfall Elimination Provision (WEP), which took away or reduced earned Social Security benefits for public employees, including many educators.

Over 2.8 million hard-working public employee workers throughout our country, have been

penalized since the laws were enacted over 40 years ago.

Even though Oregon was one of the states exempted from the GPO/WEP provisions, I saw an interactive map of the United States that identifies the Social Security beneficiaries state by state who had been affected. In Oregon, we have over 18,808 retired workers impacted by WEP and over 3,974 affected by the GPO for a total of 22,779 retired workers, disabled workers, spouses and children who moved here.

I would encourage members to go on the NEA website to read more about this landmark legislation. NEA was at the forefront of the struggle to repeal this unfair legislation, with NEA leaders and members organizing and working relentlessly on this issue for many years.

Thank you to all of you who called or emailed their respective representatives to get the Social Security Fairness Act passed, resulting in the repeal of these unfair laws. In 2024, hundreds of thousands of calls were made by NEA members to encourage their member of Congress to support the Social Security Fairness Act. Eventually, the House and the Senate, each in a bipartisan vote to pass  
*Continued on Page 11.*



## PrimeTimes

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PrimeTimes, the official publication of OEA-Retired, is published five times a year as a benefit of membership.

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## CALENDAR

### 2025

Feb. 1	PrimeTimes published
March 3	OEA-Retired Annual Assembly, Salem
March 7-9	NEA-Retired Leadership Conference, Detroit
April 1	PrimeTimes published
April 18-19	OEA Representative Assembly, TBD
May 18	OEA-Retired Board Meeting, Salem
June 1	PrimeTimes published
June 29-30	NEA-Retired Annual Meeting, Portland, OR
July 2-6	NEA Representative Assembly, Portland, OR
July 8	OEA-Retired Board Meeting, Salem

# Bylaws and policies proposed

by Bobbi Yambasu

The following Bylaws and Policies changes will be considered at the 2025 OEA-Retired Annual Assembly on March 3. These proposed amendments have been forwarded to the AA by the OEA-Retired Board with a Do-Pass recommendation. In general, the proposals are updates and/or clarifications.

## OEA-Retired Policies

Proposal A

I. Meetings

D. Committees

1. The president shall appoint the chair of each committee with the exception of the Budget Committee.
2. Each Board member will participate in at least one committee. Attendance is expected at committee meetings.
3. Meetings of committees shall be scheduled during regular Board meetings up to twice a year, if needed, in addition to their online meetings.
4. Each committee shall implement the charges approved by the Board.

*Rationale: Clarification of board member duties.*

Proposal B

VII. NEA-Retired Annual Meeting/NEA-RA delegates

- A. Delegates shall have three-year terms and shall not all be concurrent. Terms of the delegate positions, when allocated by NEA, are as follows:

Position 1 2016-19, 2019-22, 2022-25

Position 2 2017-20, 2020-23, 2023-26

Position 3 2018-21, 2021-24, 2024-27

Replaces

Position 1 2022-25

Position-2A-2023-26, RA 2024, 2025, 2026, 2026-2029, RA2027, 2028, 2029

2029-2032 RA2030,2031,2032

Position 3 B

2024-2027, RA2025, 2026,2027

2027-2030, RA2028, 2029,

2030, 2030-2033

RA2031,2032,2033

B. Terms may be less than three years for purposes of implementing a rotation schedule when a position is added. ~~If a fourth delegate is allocated by NEA, Position 4 will run concurrent with Position 1.~~

C. Elections shall be determined by plurality vote.

D. When there is more than one vacancy for NEA-R Annual Meeting/NEA-RA delegate, members will vote for the number of open positions. The candidate receiving the most votes will serve the longer term. The candidate receiving the second highest will serve the lesser term. Successor delegates will be in rank order, according to the number of votes received.

E. Successor Delegates to NEA-Retired Annual Meeting/NEA-RA will be ranked with the delegate who receives the most votes being the first alternate; the second number of votes, second alternate; etc. The alternate will replace the designated position according to NEA rules (see #6)

F. In any year when NEA increases the number of NEA-RA delegates, the new position will be filled from successor delegates and be appointed to serve the remainder of that year only. In any year when NEA decreases the number of delegates, the last delegate elected shall be appointed as the first alternate.

G. When a vacancy is declared in

the position of NEA-R Annual meeting/NEA-RA delegate, ranking successor delegate shall serve as delegate for the remainder of the term of the delegate in whose place the successor delegate is serving. However, if a delegate submits a statement to the NEA Credentials Committee (no later than January 15 immediately preceding the Annual Meeting at which the delegate wished to resume office) certifying that the delegate was unable to attend by reason of uncontrollable circumstances and wishes to resume office, and the NEA Credentials Committee concurs, the delegate may resume service for the remainder of the term of office to which the delegate was elected. (OEA Bylaws, Article VI. 5.8)

*Rationale: Updating NEA RA/NEA-Retired calendar. In addition, changing language/delegate status to reflect current situation.*

## OEA-Retired Bylaws

Proposal A

ARTICLE VI – OFFICERS AND DUTIES

Section 4. The Secretary shall: e. file hard copies of the minutes in the OEA-Retired files.

Section 5. The treasurer shall e. file hard copies of the financial records in the OEA-Retired files.

ARTICLE VIII – OEA-RETIRED BOARD OF DIRECTORS AND DUTIES

Section 2. Members of the Board duties include: c. attending meetings of at least one committee.

*Rationale: Clarification of officer and board director duties.*

*Continued on Page 4.*

# NEA RA needs help

by Ray Johnson

Have you signed up to help with the most amazing deliberative body in the world? More than 6,000 delegates representing local and state associations around the United States will be in Portland, June 30-July 5 for the annual NEA Representative Assembly.

For two days preceding the RA, the NEA-Retired Annual Meeting will be held with delegates Janet Jackson and Judy Christensen representing us.

Members JoAnn Conroy, Ray Johnson and Bobbi Yambasu are serving on the NEA RA Host Committee to help plan the RA.

At least 200 volunteers per day are needed, so if you have not signed up yet to volunteer, please go to: <https://forms.gle/VTR19ZyY9dGvmsTY8>

## Bylaws

*Continued from Page 3*

Proposal B

### ARTICLE IX- COMMITTEES

Section 1. The president, ...

a. Awards shall submit at least one nominee to the OEA Executive Committee for the OEA-Retired Lifetime Achievement Service Award.

d. Communications shall maintain and update a communications system that promotes OEA-Retired.

*Rationale: Correcting and updating standing committee purpose and responsibilities.*

Proposal C

### ARTICLE X- NOMINATIONS AND ELECTIONS

Section 3. Regional directors:

a. Regional directors of OEA-Retired shall elected for three-year terms on a rotation basis as follows:

Region I: 2021, 2024, 2027,  
2030

Region II: 2022, 2025, 2028,  
2031

Region III: 2023, 2026, 2029,  
2032

*Rationale: Updating calendar for election of OEA-Retired Region Directors.*

## Run for office

by Mavis Randklev

Nominations for the OEA-Retired 2025 election opened at 4 pm on January 13. The nominations close at 11:59 pm. On March 31.

The following positions are open for the 2025 election:

- Secretary (2-year term)
- Treasurer (2-year term)
- Region I Director (2-year term)
- Region II Director (3-year term)
- NEA-RA Successor Delegate/Alternate (1-year term for 2026)
- OEA-RA Delegate/OEA-Retired Board—18 positions (3-year term)

Please consider running for office.

## Reading creates connections

by Janet Jackson

My son and 9-year-old grandson came from Wisconsin this year for Christmas. It is the

first time I have spent the holiday with my grandson, and it was wonderful.

On Christmas Day I read some of my favorite Christmas books to Griffin—"Mr. Willowby's Christmas Tree" (Robert Barry, 1963) and two of Robert Sabuda's pop-up books, "The Night Before Christmas" (2002) and "The 12 Days of Christmas" (1996).

As we sat snuggled up in my recliner, I was close to tears as I read with my grandson and saw his love for these books. And he was totally blown away by Sabuda's pop-ups!

On the website [babiestobookworms.com](http://babiestobookworms.com), I found the following: "Reading together can create an incredible emotional bond between adults and kids. The shared experience is something that kids will remember, and the positive emotions that they tie to that time together will help them to develop positive emotions around reading in general.

"It has been proven that kids who are read to are more likely to have a positive connection to books and reading. Grandparents can play a part in this while spending time with little ones.

"Whether snuggled up together and feeling that physical connection of love" (like Griffin and me!), or connecting across a great distance through technological means, reading can help us stay connected across generations."

If you have grandchildren in daycare, preschool or elementary school and would like us to donate some books for them to give to their classmates to take home (for keeps!) please contact me by email at [gogirl2@comcast.net](mailto:gogirl2@comcast.net) or call or text 503-407-5129.



# OEA-endorsed candidates and ballot measures prevail



**OEA-Retired UniServ Consultant Lesly Muñoz recently won a highly contested Oregon House seat.**

**by Maureen Barnhart and Marleen Wallingford**

The OEA PAC's-endorsed candidates were successful this year. These candidates are supportive of public education and were selected by OEA PAC members at the convention. Our organization is unique in that a governing board does not select endorsements but we have an opportunity to democratically elect the candidates that will be endorsed by OEA.

All of the candidates endorsed for statewide office, Attorney General Dan Rayfield, Secretary of State Tobias Reed and Treasurer Elizabeth Steiner won election as well as all of the candidates for federal office.

The most challenging race was in Congressional District 5 between Janelle Bynum and Rep. Laurie Chavez-Deremer. Bynum

was able to flip this critical legislative seat with fewer than 10,000 votes.

In the Oregon Legislature, seven OEA members have been re-elected.

In the Oregon Senate, we endorsed Anthony Broadman who handily defeated his challenger Michael Summers in an open seat that was vacated by a Republican who was not able to run because he participated in the longest walkout in state history .

All of the 40 OEA-endorsed candidates in both houses were able to win election to their seats.

We are very excited that our own OEA-Retired UniServ Consultant, Lesly Muñoz of HD 22 was able to flip that House seat by 161 votes which created a Democratic super-majority.

Muñoz, a single mother of four, was inspired by the experiences of her immigrant parents who came to the United States from Mexico. Muñoz has lived in Woodburn for almost 20 years.

Woodburn is a majority minority district and she felt it needed representation that reflected its constituency.

Ballot Measure 118, which would have gutted billions of dollars for public services, failed.

Chemeketa Community College, Redmond, Oregon City and Tigard-Tualatin school districts' funding measures passed. Bonds did not pass in Parkrose or Pine-Eagle.

# Portland educator wins seat on city council

**by Marleen Wallingford**

Tiffany Koyama-Lane, a Portland Public School third-grade teacher joins 11 other newly elected Portland City Councilors. She was endorsed by her local PAC, Portland Association of Teachers.

She credits her teaching and union work on giving her the experience of moving through conflict to find consensus.

Koyama-Lane was an active member of her union and served as the External Organizer during the strike last fall.

Last year she had been nominated to be On Point's Educator of the Year. She was the runner-up for this recognition.

She and fellow city council member, Sameer Kanal are the first Asian Americans elected to city office.

Koyama Lane was unanimously elected by her fellow city council members to be the City Council Vice President after a very contentious election for president.

The city of Portland has embarked on a brand new form of city government and has re-imagined the former roles of mayor and city commissioners.



**Tiffany Koyama Lane**

# Don't be a stranger

by Judy Richards

OEA Lobby Day is coming up on February. If you have never been, it is a day to connect with your state legislators. If you have never been to Oregon's capital that is in itself an experience.

The other thing about Lobby Day is it is fun!! Which brings me back to the title. Don't be a stranger to your legislators on lobby day.

Now, how to connect with your legislators on Lobby Day. If your legislator is your next-door neighbor, it will be easy to not be a stranger. For most of us, however, our legislator is a stranger. We may only recognize them from TV ads from when they were running for election or reelection.

The first thing to do is get the emails and phone numbers for your legislator. If you don't know that information, go to [usa.gov/states/Oregon](http://usa.gov/states/Oregon).

The second to do is send an email introducing yourself. You will want to give your name, of course, and what do you do.

Are you a retired teacher, a classified employee, bus driver or one of the other many roles educators hold.

Where you live, a phone number and an email address is important live as legislators like to talk to their constituents. In my experience emails are the favored way legislators connect to constituents.

Finally, include why you are writing. Maybe you just want to introduce yourself. Maybe you want to introduce yourself and mention that you are coming for Lobby Day and look forward to meeting them.

The third is to call your legislator's Salem office and make an appointment to see them on Lobby Day.

Follow up with a reminder that you are coming and what time.

The fourth is to do some research on how your legislator stands on issues that are important to you. You can go to "Search your Oregon legislators, The Oregonian, or visit their websites or Facebook pages.

Finally, a "thank you" to your state representatives for their time and service wouldn't go amiss, and also to any federal legislators you contact on issues.

Did I mention OEA Lobby Day is FUN!!

## Repeal of WEP win for NEA

by Maureen Barnhart

Tense negotiations in Congress to ensure that the government would pass a budget and not shut down in December did not stop the repeal of an unjust law.

Public employees in 15 states have been denied or had their rights to Social Security benefits reduced due to the "Windfall Elimination Program" and the "Government Pension Offset."

Individuals whose spouses were not subject to this inequitable legislation still lost the spousal benefits due to widows/widowers upon retirement. Since women tend to outlive men, 83 percent of the victims are women. Educators who worked additional jobs requiring payment into Social Security were denied 50 percent of those

benefits—imagine that, unable to survive on an educator's salary!

We have helped colleagues and future colleagues. Details at the NEA website:

[https://www.nea.org/nea-today/all-news-articles/landmark-victory-gpo-and-wep-repealed?ms=sms\\_edaction\\_202412\\_victory](https://www.nea.org/nea-today/all-news-articles/landmark-victory-gpo-and-wep-repealed?ms=sms_edaction_202412_victory)

## Vouchers on statewide ballots

by Ray Johnson

NEA reports that school vouchers received no support at last November's General Election with three states rejecting proposals.

An amendment in Colorado to enshrine "parents' right to the education of their child" fell far short of the 55 percent needed to pass, an amendment in Kentucky to dismantle language that was a barrier to vouchers was rejected by 65 percent, and a voucher law in Nebraska was repealed with close to 60 percent.

## Our power is



The NEA PAC requests an annual contribution of \$20 from its members. The NEA PAC supports candidates for federal office. Go to: <https://educationvotes.nea.org/donate/>

## Travel with OEA-Retired

Great news! The brochures have arrived for **Discover America's 250th Anniversary**, scheduled for March 22-30, 2026—see sidebar for details and how to get one.

In other news, Collette announced that starting January 1, 2025, they will no longer accept paper registration forms for its trips. You must sign up online. However, payment now can be made over the phone.

For our featured trip this issue, **Southern Charm (featuring Charleston, Savannah & Jekyll Island)** is introduced. Are you ready to embrace the leisurely pace and charming allure of America's southeast as you explore cobblestone streets, historic homes and unspoiled coastline.

Discover antebellum Charleston and the history of Savannah with two-night stays in each city. Visit Charleston's City Market, one of the oldest public markets in America. Enjoy a trolley or walking tour of Savannah's sprawling Historic District.

Spend two nights at the exclusive Jekyll Island Club, once described as "the richest, most exclusive club in the world." See sea turtle rehabilitation in action at Jekyll Island's Georgia Sea Turtle Center. Experience the unique charm and singular hospitality of America's "Low Country" in South Carolina and Georgia.

Activity is Level 2, which is walking over a variety of terrains or several city blocks.

For more information or reservations, go to <https://gateway.gocollette.com/link/1280593>

## Reflections on travel

by **Lea Bates**

Our Collette trip in September of 2024 with my husband Earl and friend Karen Watters was amazing! Always near the top of my "travel list," the National Parks of America tour satisfied my hopes of adding to my U.S. parks experience.

I had long put off this trip waiting for a more convenient time and fewer school responsibilities. Now, I'm back home with several national parks in my hip pocket, new friends, stories galore and a full photo album. I now *Continued on Page 8.*

## OEA-Retired 2025-27

**Discover Switzerland, Austria and Bavaria**  
September 3-12, 2025. 10 days with 12 meals.  
Cost: \$4,999.

Deposit of \$698 due March 4, 2025.

Final payment due June 5, 2025.

For more information or reservations, go to <https://gateway.gocollette.com/link/1240678>

**Southern Charm featuring Charleston, Savannah & Jekyll Island**

February 23-March 1, 2026. 7 days with 9 meals.

Cost: \$3,699.

Deposit of \$698 due August 16, 2025.

Final payment: November 24, 2025.

For more information or reservations, go to <https://gateway.gocollette.com/link/1280593>

**Christmas on the Danube**

December 2-11, 2025

**SOLD OUT**

**2026**

**Discover America's 250th Anniversary**

March 22-30, 2026.

7 days with 9 meals.

Cost: \$4,249.

Deposit of \$698 due September 22, 2025.

Final payment due December 22, 2025.

For more information or reservations, go to <https://gateway.gocollette.com/link/1289926>

**Cultural Treasures of Japan**, early April

**Colors of New England**, early October

**Magical Christmas Markets**, early December

**For 2027**

**Holland and Belgium Springtime River Cruise**, March  
**Croatia and Its Islands**, May

For information on Southern Charm and America's Birthday contact Sandi Rosenfeld at 503-880-9953, or [sanrosenfeld@gmail.com](mailto:sanrosenfeld@gmail.com)

For Switzerland, contact Nancy Lewis at 503-352-4453, or [nancyjolewis@gmail.com](mailto:nancyjolewis@gmail.com)

# Reflections

*Continued from Page 4.*  
wish I had done it sooner.

Then comes a familiar question, “What’s your favorite national park?” Honestly, I can’t pick one, and all my photos don’t do justice to the natural wonders we saw.

My first glimpse of the Grand Canyon was breathtaking. I’d waited years for that. Admittedly, I felt the same way about every tour stop: Zion’s narrow dark tunnel entrance to fiery red rock, Bryce Canyon’s spiraling hoodoo landscape, Grand Teton’s majestic mountain crags, Yellowstone’s erupting Old Faithful, and a stoic Crazy Horse with fluttering state flags leading us to the base of Mount Rushmore. So many memories I won’t soon forget.

Thank you OEA-Retired and Collette for the organizational expertise and attention to detail. Our guide Eileen and driver Brian were phenomenal in keeping us on track, entertained and always safe along the way. \

Yes, I’d do it again! Evenings with music CDs. A special thanks to Juan—never underestimate the value of a great tour manager!

## by Sandra Fruhwirth

In October of 2024, I went to Spain and Portugal on a Collette-sponsored OEA-Retired tour with traveling companions Janet Jackson and Margaret Doherty. During the two weeks, we saw three dinner/evening performances:

A group of singers (former university students) in Granda was very entertaining. Being a music love, when they offered their CD for sale, I bought one.

In Seville, we watched

colorfully dressed Flamenco dancers move their feet so fast to the music that sometimes I couldn’t see them!

For Lisbon, several of us went on an optional excursion to have dinner and a performance of Fada, the traditional Portugal music. Three guitar players accompanied each of the three singers.

As we were leaving, I asked our tour manager, Juan, if they had their music for sale. Always very helpful to everyone in the tour group, he quickly checked. The singer who was my favorite came to me with her CD. I told her how much I enjoyed the performance and bought the CD.

Now that I am back at home, I am reliving these wonderful with music CDs. A special thanks to Juan—never underestimate the value of a great tour manager!

## Not-so-great travel

### by Bob Jones

The name was quaint. The internet pictures looked great. The recommendations were outstanding. The price was brilliant. The reality, as the Scots would say, was shite! We were disappointed almost immediately when we pulled up in front of the Prince of Wales Hotel.

The exterior was a little shabby and a good coat of paint was in order. The interior wasn’t a whole lot better, but at first glance the room was acceptable, especially for the price.

We were booked in for two nights in a room a long way down the hall and upstairs from the main pub and reception area. That was going to be

important because, as the receptionist told us there was to be an 18th birthday party that night for one of the staff.

She assured us though it would be a quiet party and be done early. We parked across the street where they told us and went to tour the fabulous Caernarfon Castle and then to have dinner at Molly’s Restaurant, which was a good recommendation by the hotel staff.

That was the only thing good that the staff did. When we got up to our room after dinner we looked at our digs more carefully. The dust bunnies were having a convention under the dresser and planning to attack the random bunnies scattered in other corners. The bed clothes were tattered, but at least clean. Then the noise from the party wafted up the stairs and down the hall to our room. The noise came and the noise lasted. 11:00. 12:00. 1:00. About 1:30 am we finally got to sleep.

Breakfast kept the staff record going. We arrived at the breakfast room to find no juice. We got juice when we asked for it, but there were no glasses. We got cereal and then found there were no spoons. The couple at the next table leaned over and said, “Is this Fawlty Towers?” We knew exactly what they meant.

We met them again at the reception desk as we were both checking out early. The staff didn’t even bother to ask why we’d cut our stay short.

When we got out to our car we discovered that the lot the hotel staff had told us to park in was locked and would stay locked until five in the afternoon—the lot was not the property of the hotel. We could have gone in to *Continued on Page 12.*



# Region I

by Viki Mulick

February 24 will find us for lunch at 11:30 am at the Bethany Public House. This lunch will be located on the west side in Bethany.

Part of Region I's mission is to recruit new members, both retired and pre-retired. Please feel free to bring along potential retirees to our functions. The activities/lunches are no-host and it's a great way to meet new people and talk about the benefits of belonging to OEA-Retired.

The Membership Task Force will also be encouraging Region I to hold some functions in school districts that we don't always reach or have any members from. Reaching out is the key. Come join in the FUN!



by Marleen Wallingford

PMAE-Retired, formerly known as PAT-Retired when started, celebrated its 15th anniversary this fall at the OEA Tigard Office.

Our organization began when local retired leaders realized that there were few members on the OEA-Retired Board from the Portland area. With the assistance of OEA-Retired President Nancy Lewis and PAT President Rebecca Levison, we worked with just-retired PAT members, Ann Nice, Judy Taylor, Paul Johnson, Eileen Wende, Bobbi Yambasu, Edith Fuller, Marleen Wallingford and Jane Morgan to set up a local OEA-Retired organization.

We can proudly say that we have been able to establish a host of activities for our OEA-Retired members who live in the



## PMAE-Retired celebrates its 15th Anniversary with delicious treats

Portland Metro area.

### Annual Assembly

9:30 am, February 13

PAT Office, 345 NE 8th Ave.

We will be learning about the popular hobby of quilt making. Lunch provided to our members.

RSVP to Marleen Wallingford to at 503-927-2766 or marleenwong@gmail.com

### Breakfast La Provence

9:30 am, March 13

16350 Boones Ferry Road

RSVP to Julia Simpson at juliasimpson.pdx@gmail.com

## OEA-Retired conference planned

by Vickie Jackson

Please put on your 2025 calendar the OEA-Retired Fall Conference: "Escape to the Mountain," October 6-7, Welches.

The committee has many exciting sessions for you to choose from while at the conference. To add to your mini-vacation, try driving a different way to the mountain.

Drive the Hood River "Fruit Loop" with 31 stands ready to

serve customers from 11 am- 5 pm in October. The items range from fruit to wine with custom flower fields to shop in. Fresh fruit is limited to apples, pears and pumpkins.

Hood River is about an hour's drive from Portland to begin your tour. From Hood River to Welches will be another hour for travel time. Along the way you can stop at merchant stands, waterfalls, Timberline Lodge and much more.

## Region II

First Tuesday Breakfast

February 4 - and monthly

10 am-Noon, Sybil's Omelettes  
2373 State St., Salem.

We will be attending the gymnastics meet at 6 pm February 10 at the Oregon State Gill Coliseum . Early dinner is planned for 4 pm.

Questions and RSVP to: Paul Schutz, 503-370-9208 or paul.g.schutz@gmail.com.

## Read with us

by Marleen Wallingford

The OEA-Retired Equity & Social Justice Book Club meets virtually every six weeks at 9:30 am to discuss books from a BIPOC and/or human rights perspective.

Our upcoming book is on March 7, "Skin and Bones" by Renee Watson

Watson grew up in NE Portland and attended Portland Public Schools. Her character, Lena is planning on her wedding but everything is derailed when a secret is revealed.

April 25, "The Warmth of Other Suns" by Elizabeth Wilkerson

Please contact Bobbi Yambasu for the virtual link at: bobbi4967@gmail.com



## Java Jive

by Russ Fillis

The song Java Jive speaks my truth about the love of coffee. “I love the Java Jive and it loves me.”

An article featured on the Today Show spoke of how much those who live in the U.S. love their coffee. More than two-thirds of us report drinking coffee every day—more than any other beverage including water. You need only take one sip to feel the effects.

The caffeine in coffee is a central nervous system stimulant, speeding up everything in the body and brain. It increases our energy levels as well as decreasing those feelings of fatigue.

But aside from the energy increase and the pick me up from fatigue, does coffee offer any other health benefits? The experts say yes. Research points to a positive impact on heart health, mortality, brain health, and weight loss. Consider the following:

### Heart Health

1. According to studies conducted by the American College of Cardiology, two-to-three cups of coffee a day are associated with a longer life and a lower risk of heart disease. These benefits apply to those with and without heart disease.
2. Moderate coffee drinkers who drank two-to-three cups per day were 50 percent less likely to

develop heart related diseases than people who consumed a cup a day or less.

3. Coffee consumption of one or more cups of coffee a day is associated with a reduced risk of heart failure.

### Lower Mortality

1. Drinking coffee, especially unsweetened coffee, is linked with a lower risk of death.
2. In a seven-year study, participants who drank 1.5-to-3.5 cups a day without adding sugar were 16-21percent less likely to die when compared to those who didn’t drink coffee at all.
3. Coffee drinkers have a reduced risk of liver disease and a lower risk of Type 2 diabetes.

### Brain Health

1. A 2021 study found people who drank four to six cups of coffee a day had a lower incidence of stroke and dementia.
2. Coffee can also boost mood and may help depression by stimulating dopamine, a chemical in the brain that plays a role in pleasure, motivation, and learning.

### Weight Loss

1. A 2023 study noted moderate consumption of caffeinated coffee may also be part of a weight management strategy. It found people who rarely drank coffee and then boosted their intake to up to seven cups a week reduced their total body fatl—potentially because of the effect coffee has on metabolism.

### Daily Coffee Use

1. The FDA says up to 400 milligrams of caffeine a day is safe for most adults. That’s about four 8-ounce cups of brewed coffee. Although, researchers warn it’s not about refilling your cup all day long. Drinking two-to-three cups of coffee was the sweet spot when looking for at potential health

benefits.

2. The U.S. Food and Drug Administration cautions that while there are benefits to coffee consumption, you should still watch how much you drink. Too much caffeine can lead to an increased heart rate, anxiety, jitteriness, headaches and insomnia. Caffeine can also raise blood pressure in the short term. Know yourself and your tolerance of caffeinated coffee and sure you check with your doctor before making major changes in your caffeine consumption.

Mmmm, I can hardly wait for my morning fix. Hot or cold, I like it bold!

Information for this piece was taken from an email Article by A. Powlowski [https://www.today.com/health/diet-fitness/black-coffee-benefits-rca147466?cid=eml\\_food\\_20240414](https://www.today.com/health/diet-fitness/black-coffee-benefits-rca147466?cid=eml_food_20240414)

## Our history

by Ray Johnson

Here we go. Another walk down memory lane.

### 35 years ago

Rose Chess was seated on the OEA-PIE (now PAC) Board as its first retired member.

### 30 years ago

A committee of Clarence Nelson, Tom Wiper, Jerry Wilkins and Jeanne Mackie was appointed by the retired board to determine a process to elect a retired member to the OEA Board.

### 25 years ago

Retired member Dave Conklin, and his wife Jean, requested volunteers to help with their Heart for Romania program to assist teachers and students with home stays in Romania.

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## OEA-RETIRED ANNUAL ASSEMBLY REGISTRATION

March 3, 2025 ~ OEA Salem Office  
2540 Coral NE Street

8:30 a.m.: Registration & Refreshments ~ 9:00 a.m.: Welcome

Members free. Guests \$10. Send registration form (if check, make out to OEA) before Feb. 25 to:  
Bobbi Yambasu, 14223 S. E. Alder St., Portland, Oregon 97233  
Email: [bobby4967@gmail.com](mailto:bobby4967@gmail.com)

Registration received after Feb. 28 will be late and charged \$10.

Cut Here

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**OEA-RETIRED ANNUAL ASSEMBLY REGISTRATION**

March 3, 2025 ~ OEA Salem Office

Member Name(s) \_\_\_\_\_

Guest Name(s) \_\_\_\_\_

Email address for confirmation (please print)  
\_\_\_\_\_

## History

*Continued from Page 10*

### 20 years ago

SACRE—the Salem Area Chapter of Retired Educators—reported on its discussions with Western Oregon University education staff to develop a mentorship program for teacher education students.

### 15 years ago

The final rules for the federal Race to the Top funding modified President Barack Obama's call for tying teachers' evaluations and pay to student performance to more acceptable wording that stipulates student gains should only be a "significant factor" in teacher evaluation.

### 10 years ago

The two-day retired Fall Conference at the Salem Conference Center offered Professional Development Units

for the first time.

### 5 years ago

Following communications with the NEA-Retired president and NEA Today for NEA-Retired Members magazine editor about the sparsity of articles solely for retired members, the January issue contained several more, including an article by OEA-Retired member Susie Garrison.

## Remarks

*Continued from Page 2*

the Social Security Fairness Act. It was approved in the Senate by a 76-20 vote. On January 5, President Biden signed the repeal into law.

Members who have been impacted by these laws should go on the NEA website for actions to take to insure the restoration of your full-earned Social Security benefit and spousal benefits.

Implementation dates have not been decided yet, but will be announced as soon as they are known. Public employee workers who have been impacted will need to apply for their Social Security and spousal benefits now, if they have not already done so.

President Biden was quoted as saying, "This is a big deal" and I hope you agree with me that it is.

## Not so great

*Continued from Page 8.*

complain to the hotel staff, but why bother. I climbed over a fence and found a route out of the lot over a garbage heap and down an alley (it was a rental car).

We wanted nothing more to do with the Hotel from Hell!

*OEA Foundation asks:*

## *Can you help provide an incredible education?*

Every day, students in our schools need -

- 👕 new school clothes
- 👓 eyeglasses
- 🧥 warm winter coats
- 👂 hearing aids

OEA and OEA-Retired members across the state are helping by making tax-deductible contributions to the **OEA Foundation** to provide these basic needs to ensure a better education for these students. **OEA Foundation** takes no administrative costs out of your donation, so 100 percent of your contribution goes directly to the students to provide the needed items.

- ✓ Can you mail a check to **OEA Foundation**, 6900 SW Atlanta St., Portland, OR 97223) to help our students, or donate online at [www.oregoned.org/oeafoundation/](http://www.oregoned.org/oeafoundation/)?

**Also, you can earn redeemable points for the Foundation by registering your Fred Meyer Rewards card at [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards) (use Foundation number 85681), or similarly for Amazon at [org.amazon.com](http://org.amazon.com).**

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## Have you moved or changed your email?

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Oregon Education Association  
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97305  
503-364-6987  
[nikki.burke@oregoned.org](mailto:nikki.burke@oregoned.org)