

Happy 40th Anniversary OEA-Retired!

by Ray Johnson

The celebration for OEA-Retired's 40th Anniversary Celebration began with a decorated cake that was cut and served at the Fall Conference's Happy Hour on October 6.

To help honor the Anniversary, the "History of OEA-Retired" has been updated and can be found

on our website at <https://oregoned.org/retired>.

To continue the celebratory events, the Anniversary Committee will present a program of our history at the Board of Directors' meeting on November 3—the actual month that OEA-Retired was formed in 1985 by several former OEA members who had retired.

Worry free travel with our partner Collette

by Marleen Wallingford

OEA-Retired has been partnering for a number of years with the travel agency, Collette, which is a small family-owned business.

The company began in 1918 when Jack Collette took a three-week bus trip from Boston to Florida. It cost the travelers \$68.50 for the trip.

In 1962, Dan and Alice Sullivan took over the company, with their son Dan Sullivan Jr. eventually becoming president and CEO. His eldest child, Dan Sullivan Jr., took over as president and CEO in 1990. In 2018, Dan Sullivan Jr.'s daughter, Jaclyn Leibl-Cote became president & Chief Customer Experience Officer. In 2023, she transitioned to Executive Chairman of the Board.

She is only the fourth CEO in the company making Collette one of the rare companies successfully to transfer to a third generation of leadership.

Collette travel planners organize the entire trip for their guests in order to maximize the time you are spending in the country.

The other important component to a successful trip are the knowledgeable tour guides. Each tour is led by a regionally-based expert. This means that from the moment you arrive until the moment you leave, you'll be assisted by a tour manager with insider knowledge about the culture, language, and history of your destination, as well as giving advice about the best place to get the local treasures like chocolates.

Our tour manager, Patrick Preiss on the Discover Switzerland, Austria & Bavaria trip spoke his native Hungarian, German and English. He always had suggestions for our free times and described best restaurants in the area. He explained how to get around the city. Switzerland has a wonderful mass



Patrick Preiss, Collette tour guide (center) invited travelers to join him for dinner at a local pub outside the tourist area of Vienna.

Photo by Marleen Wallingford

transportation system, and we downloaded the local mass transit app and used it to get to our destinations using buses, trams and light rail.

Preiss explained that public restrooms off the highways in Switzerland and Austria were not free and we needed a credit card or coins to enter (around \$1US)

He recommended that we use our credit card as much as possible for our local transactions. It was very easy to go to a local ATM to get Francs or Euros. He pointed out the ATMs that had lower

Continued on Page 6.

Random remarks



by President Eileen Wende

Charles Dickens' famous opening line in the "Tale of Two Cities" began with "It was the best of times, it was the worst of times."

He was describing the turbulent and complex nature of the times leading up to the era of the French Revolution, a time of prosperity for some and poverty for others. A period of wisdom and foolishness depending on one's social circumstances.

I will argue that in our current political climate, many of us are feeling that "It is the worst of times..." I have come to this conclusion after many conversations with colleagues, friends, neighbors and family members. Folks who are so stressed by current events that they have stopped or threatened to stop reading the daily paper or watching their go-to channel for the news.

People who were used to keeping up with the news and being well informed are describing instances, where they are literally yelling at the TV

or their cell phone, as news is being reported. One friend told me, "I had to turn my TV off before I threw something."

These feelings of stress, anger and anxiety seem to be universal enough that social media is now often flooded with kindness messages. Be kind to Others, Be Kind to the Earth, Be Kind to Animals—just to name a few. I personally believe in being kind and I often click "Like" or put a thumbs up on messages from facebook friends posting "Be Kind" messages.

But I have wondered about the value of being kind, so I googled it. I found that research has shown that kindness has health benefits, such as decreasing stress, boosting energy levels, easing anxiety and two of my favorites, slows aging and prolongs life. In addition, practicing kindness reportedly strengthens relationships, boosts self esteem, reduces isolation and helps others feel good. There are many benefits to you and others, if you practice kindness.

Acts of kindness can be as simple as offering a genuine compliment, helping someone in need, practicing active listening, saying "thank you", engaging in random acts of kindness, simply smiling or letting someone in your lane while

Continued on Page 3.



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CALENDAR

2025

Oct. 6-7 Retired Fall Conference, Welches
Oct. 7 Retired Board Meeting, Welches
Nov 3 Retired Board Meeting, Salem

2026

Jan 12 Retired Board Meeting, Salem
Feb. 1 PrimeTimes published
March 2 OEA-Retired Annual Assembly, Salem
March, TBD OEA PAC
April 1 PrimeTimes published
TBD NEA-Retired Leadership Conference
April, TBD OEA Representative Assembly
May 18 Retired Board Meeting, Salem
June 1 PrimeTimes published
June 30- NEA-Retired Annual Assembly
July 1 Denver, CO
July 3-6 NEA Representative Assembly
Denver, CO
July 13 Retired Board Meeting, Salem

Remarks

Continued from Page 2.

driving. That last one you may have to work up to over time, but most importantly, Be Kind to Yourself.

We are living in stressful times not just politically, but also because we are facing all the issues that go with aging. It is so important for you to be gentle and compassionate with yourself. There are some simple components of being kind to yourself. Practice speaking encouragingly to yourself. Forgive your mistakes, we all make them. Remember setbacks are a normal part of life.

Prioritize self care by exercising, eating healthy foods you like and by getting enough sleep. Challenge negative self-talk and replace it with more encouraging affirmations.

I hope that by being kind, one can navigate through these trying times knowing that it will benefit yourself, as well as recipients of your kindness. Be sure to "Talk to yourself like someone you love," as said by Brené Brown.

Region I events

by Viki Mulick

Region I marked the new school year with a "Not Back To School Historic Farm Tour and Ice Cream Social." On September 10, 10 of us visited the Philip Foster Farm in Eagle Creek, Oregon.

Philip Foster purchased a 640-acre land claim in 1847 and proceeded to run a general store at the end of the Barlow Trail (Oregon Trail). He was a friend of Sam Barlow, who oversaw the maintenance and tollgate of the alternative land trail over Mt. Hood. You may recognize these

names from Sam Barlow High School in the Gresham School District and Foster Road. \ in SE Portland.

We had two docents in period dress take us around the property and a blacksmith also demonstrated his trade. My favorite part of this experience was seeing the lilac bush that survived a trip on a ship from the east coast in the 1840's and currently thriving in front of one of the Foster's homes. Of course, we finished off the tour with ice cream AND a Native American flute concert by our blacksmith!

Next up, join Region I at 11:30 a.m on October 23 for lunch at Mi Pisco Peruvian Restaurant in Tigard.

Many Peruvian dishes are a combination of Peruvian and Asian—a sort of Asian fusion, if you will. Peru brought over Asian workers in the 19th Century to work on their railroads, and the cuisines have been intertwined ever since.

November 14 will find us in North Portland at Northport Restaurant for an 11:30 a.m. lunch. We'll be near the famous Paul Bunyan statue in the Kenton community of Portland.

Region I is a welcoming group and we'd love to get to know you! Come join us!

RSVP to Viki Mulick at: mulickv1@frontier.com.



by Marleen Wallingford

We have arranged to take a walking tour of the Hoyt Arboretum at 1 p.m. on October 21. The cost is \$12 and we will be led by an Arboretum docent to explore the maple region.

The Arboretum was once the poor farm for the city of Portland and encompasses over 150 acres by the Oregon Zoo.

At the beginning of October or end of November, we will be enjoying the holiday decorations at the Pittock Mansion. Date TBD.

Breakfast at Elka Bee's

12330 SE Sunnyside Road
9:30 a.m., November 13

Enjoy a lovely home-cooked breakfast at a small business owned by a woman from England. RSVP Maraline Karty at maralinekarty@msn.com.

General Meeting

PAT Office 345 NE 8th Ave
9:30 a.m., December 11

Book share, gift exchange of \$25 and under for those who want to participate. Lunch will be provided at \$15.

Region II

by Pat Eder

On July 24, Region II went exploring five covered bridges in Linn County. Paul Schutz rented a big van and drove us with the help of his navigator wife.

He also had a covered bridges expert with us to answer any questions about the bridges. We saw bridges over Thomas Creek—Gilkey, Hannah and Shimanek. The other bridges over Crabtree Creek were Larwood, and Hoffman.

It was a beautiful day, beautiful country, and beautiful bridges. We ended with a late lunch in Stayton.

Our thanks to Paul for organizing this event and driving us. It was fun, educational, and interesting. A great combo!

First Tuesday Breakfast

Sybil's Omelettes
2373 State St. S, Salem.

10 a.m., November 4
Questions and RSVP: Paul Schutz, 503-370-9208 or paul.g.schutz@gmail.com.

Bylaws and policies due

by Bobbi Yambasu

Each year at the OEA-Retired Annual Assembly, OEA-Retired members have the opportunity to vote on proposed amendments to the OEA-Retired Bylaws and Policies.

Per the bylaws, any amendments must be submitted to the OEA-Retired president at least 60 days prior to the Annual Assembly. Thus, members must submit any proposed amendment to either document no later than December 31, 2025. Please send any such proposal to Eileen Wende at ewende72@gmail.com and Bobbi Yambasu, Bylaws and Policies Chair at bobbij4967@gmail.com.



Literacy updates

by Janet Jackson

At the July OEA-Retired Board Meeting, the Board approved my request for \$1,000 to purchase books on diversity, equity and inclusion. We don't get a lot of those books donated and they are generally more expensive to buy.

I took my daughter, a teacher

and OEA member, with me to Powell's Books so I could use her 15 percent educator discount and were able to buy 147 beautiful books. We especially wanted to look for books that had children of color on the covers.

During the summer I took books to several summer programs and lunch sites:

- Banks Champions Summer Program, Banks
- Community Based Activities Program, Forest Grove
- Summer Lunch Sites in Cornelius, Forest Grove, Beaverton, Seaside, and McMinnville
- Woodland View Elementary School, Fairview
- Criterion School, Oregon State Fair

I took some of the new books to one of the lunch sites and spread them on the table with the other books, sorted by reading levels. A little Hispanic girl started at the lower level books and was carefully looking at every book to find one she liked.

Suddenly her eyes opened wide as she spotted a book with a girl on the cover who looked just like her. She grabbed the book and held it to her chest. "May I have this one?" she asked. Even though I suspected it was probably above her reading level I said, "Of course!"

Thank you, OEA-Retired for allowing the Literacy Project to provide books for our readers!

Property taxes and you

by Maureen Barnhart

A charge of the OEA-Retired Legislative Committee is to advocate for reasonable taxes according to one's income and assets. Oregon has "over 100"

tax exemptions.

One is deferral: Qualified homeowners may borrow, from the State of Oregon, the amount of their property taxes. The State will pay the tax obligation to the county on November 15 for seniors age 62 or more as of April 15, 2025 and for recipients of Federal Social Security Disability benefits within certain economic parameters. The information is on the State and County websites.

The loan will accrue six percent interest, which is due when the property is released from ownership. The loan may be cancelled, but the accumulated deferral balance does not come due because of cancellation.

Additional costs include the cost of filing and releasing the lien placed on the property. A \$55 filing fee must be paid on manufactured structures.

This option may help individuals who are in financial straits keep their homes, or may make a difference between paying taxes or purchasing necessities.

Your property taxes directly support vital community services, such as:

- Public schools and libraries
- Emergency services (fire, police, EMS)
- Road maintenance and local infrastructure
- Public parks and recreational facilities
- County departments

In short, your taxes help build and maintain your community and contribute to the long-term value of your neighborhood, which can also positively affect your home's value. Thinking about how your tax dollars shape your surroundings can make that annual bill a little easier to swallow.

Where is OEA-Retired traveling?

by Ray Johnson

With close-together deposit due dates, this issue will feature two of our upcoming trips in 2026—Colors of New England and Magical Christmas Markets.

The first trip is to be charmed by the **Colors of New England**, from the heart of historic Boston to the farms, mountains, and coast of the North. Begin your journey in historic Boston. Explore Woodstock, Vermont, a quintessential New England village.

Watch apples transform into cider before your eyes at Cold Hollow Cider Mill. Learn about the maple sugaring industry of New England on a farm tour of the Rocks Estate. Relax as you cruise along Lake Winnepesaukee and admire the splendid views.

Dig in at a traditional New England lobster dinner. Travel up the winding Auto Road to see the stunning views from the summit of Mount Washington. Marvel at Maine's dramatic coast and discover the seaside communities of Portland and Kennebunkport. This is New England at its finest.

Activity Level is 1—normal walking and activities.

For **Magical Christmas Markets**, you will experience the holiday spirit in Austria and Germany, where the tradition of the Christkindlesmarkt began over 600 years ago. Explore Christmas markets alive with festive cheer and cultural treasures.

Uncover the history and tastes of these incredible regions spending five relaxing nights in Innsbruck, where the spirit of Christmas is undeniable. Venture to the Alpine village of Seefeld via train; partake in the traditional taste of schnapps before you're whisked away on an actual horse-drawn Christmas sleigh.

Head to Salzburg for an expert-guided walking tour and delight in dinner at the centuries-old St. Peter's restaurant. Embark on the journey of a lifetime in this winter wonderland, where twinkling lights illuminate entire regions, and the spirit of Christmas is alive and well.

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



OEA-Retired Tours

2026

Celebrating America's 250th Birthday

March 23-31. 9 days with 12 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

April 19-May 2. 14 days with 18 meals.

Cost: \$8,449.

Deposit of \$698 due September 20, 2025.

Final payment due January, 2026.

For more information or reservations, go to <https://gateway.gocollette.com/link/31350376>

Colors of New England

October 1-8. 8 days with 12 meals.

Cost: \$4,099.

Deposit of \$698 due March 25, 2026.

Final payment due July 1, 2026.

For more information or reservations, go to <https://gateway.gocollette.com/link/1289928>

Magical Christmas Markets

This will sell out so reserve early!

December 2-9. 8 days with 10 meals.

Cost: \$3,249.

Deposit of \$698 due May 27, 2026.

Final payment due September 3, 2026.

For more information or reservations, go to <https://gateway.gocollette.com/link/1289928>

2027

Holland and Belgium Springtime River Cruise,

March

Croatia and Its Islands

May 1-2. 11 days with 20 meals.

Cost: \$6,949-\$13,349.

Deposit of \$898 due September 2, 2026.

Final payment due January 1, 2027.

For more information or reservations, go to <https://gateway.gocollette.com/link/1377959>

For questions on America's Birthday or Colors of New England, contact Sandi Rosenfeld at 503-880-9953 or sanrosenfeld@gmail.com

For Japan, contact Nancy Lewis at 503-352-4453 or nancyjolewis@gmail.com

For Markets or Croatia, contact Viki Mulick at 503-704-8012 or mulickv1@frontier.com



The magical view from Mt. Pilates which overlooks the picturesque city of Lucerne Switzerland. *Photo by Janet Jackson.*

OEA-Retired explores the Alps

by Janet Jackson

From September 3-12, I had an amazing Collette trip—Discover Switzerland, Austria & Bavaria—with a group of 25 people (including three others from the Portland area and my sister from Henderson, NV) and a wonderful tour guide, Patryk Preiss from Poland. Prior to the trip Collette recommended some movies we could watch before we left home.

I watched four of the five (of course, *The Sound of Music* was on the list!) and the thing that struck me the most was *I AM GOING TO SEE THE ALPS!* I was not disappointed. We saw the beautiful Alps every day of the trip.

The most memorable experience of the trip for me was on Day Five. Our tour bus took us to Lucerne, Switzerland. After a walking tour of Altstadt

(Old Town) we took the 30-minute funicular cable car ride to the top of Mt. Pilatus. This is the steepest funicular in the world, and it took us from an elevation of 1,385 feet to the top of Mt. Pilatus at 7,000 feet! All the way up we could see first the city of Lucerne, then the lakes and surrounding countryside, and then the Alps.

Actually, the funicular didn't take us quite to the top. There was a rather steep trail of steps to the summit and I made it. Wow! An for this 77-year-old lady with a bum knee and a walking stick, but worth every step. I could have stayed up there for hours.

I also got my best souvenir of the trip in Lucerne—a small cuckoo clock that makes me smile every hour on the hour!

Worry free

Continued from Page 6
rates.

Preiss always would give us a brief historical introduction to the cities or towns we were

visiting and at the end of the tour summarize our experiences. he also made sure there were breaks from the commentary so we could take time to enjoy the passing scenery.

The trip had a nice balance of guided- and free-time activities. Preiss touched base with all of the travelers to make sure they had a plan for the free time, even if it was taking a nap.

A guided trip means that you needed to follow the time schedule of the tour. Nothing can ruin a tour more than guests who do not show up when they are supposed to.

This trip was described as an active tour. Most days I walked 10-11,000 steps, but I did walk 28,000 steps one day!

Collette does a good job in their promotional materials of describing the activity level of their trips. Pay close attention to those descriptions. You can modify your activities to some degree but you may miss some sights or experiences.

Collette can arrange your airline travel so you get doorstep to destination service. You may choose to make your own travel arrangements, which may be more affordable, but accommodations by Collette for late planes or missing connections may be more problematic.

The secrets to success of a guided tour is the itinerary, the tour guide and the fellow travelers. Trips sponsored by OEA-Retired have exceeded our expectations and also gives us a small commission for our organizing.

If you want to maximize your time, are willing to follow a pre-determined schedule and leave all of the planning to a professional, these tours are for you. We gave this latest tour a five-star rating.

Let's read together

by Bobbi Yambasu

OEA-Retired is continuing its book club for another year. The next three books and the meeting dates at 9:30 am are:

November 5

"The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together"
by Heather McGhee

McGhee argues that racist structures and policies create a false "zero-sum" mentality where the gains of one group are perceived as losses for another. We need to embrace solidarity to create a more prosperous future for all.

December 17

"The Personal History of Rachael Dupree" by Ann Weisgarde

Weisgarde tells the story of African American homesteaders in the South Dakota Badlands.

January 28

"Unfamiliar Fishes" by Sarah Vowell

A nonfiction book that describes the history of how the native Hawaiians lost their lands to the white missionaries.

All meetings are held via Zoom. If you wish to join us, please email me at bobby4967@gmail.com and I will add you to our club list.

Food and cognition

by Maureen Barnhart

Although policy makers understand and have placed

emphasis on nutritional practices to promote healthy brain development, H.R. 1 signed into law by the 119th Congress restricts implementation of those practices and endangers our children.

The first 1,000 days of life are a crucial cognitive development period, and an important time to promote the healthy brain development, including with good nutrition. The second 1,000 days of life are also a critical time in cognitive and behavioral growth.

"Children who do not receive adequate nutrition and psychosocial stimulation are likely to underperform in school and to have poor levels of cognition and education, which are linked to low-income earnings later in life." 1

In a report released on August 11, the Oregon Department of Administrative Services (DAS) listed some impacts of H.R. 1 to the Supplemental Nutrition Assistance Program (SNAP) benefits. This is not the complete list:

- Reductions at this level mean the current levels of support to community providers serving existing SNAP clients will be insufficient to meet needs, with SNAP benefits reduced or eliminated for a portion of the current caseload.
- The exemption of certain individuals from SNAP benefits will likely place additional pressure on the food bank system as well as other systems of social support throughout Oregon.
- ODHS expects significant staffing cost increases to comply with the eligibility changes in the law
- Implementation of the changes will also require significant IT system changes, carrying additional costs.

The Department is in the process of forming a team to bring down the SNAP error rate. Under H.R. 1, if the SNAP error rate is below 5.99 percent, a state's share of the cost of benefits remains at zero percent. (Only eight states are below 5.99 percent). If Oregon can bring down the SNAP error rate, potential savings are significant.

If the current error rate continues, the state will be responsible for 15 percent of SNAP benefit costs or approximately \$0.5 billion per biennium.

This situation should give concern about what this means for our upcoming generations: poor nutrition is going to present an insurmountable barrier becoming a well-educated citizen.

1 "The Effects of Nutritional Interventions on the Cognitive Development of Preschool-Age Children: A Systematic Review"; Roberts, Marina, et al.

Looking for editor

by Marleen Wallingford

We are seeking a new volunteer to put together our newsletter, *PrimeTimes*. You do not have to be on the OEA-Retired Board.

You will need to solicit, edit and, occasionally, provide articles yourself. OEA-Retired provides an iMac to do the newsletter that was purchased for the editor's use. If you are more comfortable with a PC, that would be considered.

Contact Communications Committee Chair Russ Fillis at cello16@comcast.net or me at marleenwong@gmail.com or 503-927-2766 if you are interested or want to find out more.

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?

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



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moved or
changed
your email?**

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