

2018-2019

Officers

President:

Darlene Cook  
11803 NE 124th Ave#C22  
Vancouver, WA 98682  
541-331-3282  
kfteach@aol.com



First Vice President

Larry Wagner  
4340 Homedale Road  
Klamath Falls, OR 97603  
541-884-7589  
lawwagner@aol.com

Second Vice President

Bonita Fillmore  
1803 Lancaster Avenue  
Klamath Falls, OR 97601  
541-884-2374  
Bfillmore55@q.com

Recording Secretary

Lona Odom  
4604 SW Perkins Ave.  
Pendleton, OR 97801  
541-379-3714  
odom@wtechlink.us  
lonaodom@gmail.com

Treasurer

Bev Newland  
913 SE 1st  
Pendleton, OR 97801  
Ph. 541-278-1935  
newland1935@msn.com

Past Presidents

Judy Mattson  
32909 HWY 101 Bus.  
Warrenton, OR 97146  
Ph. 503-861-1129  
&  
Jeri Mackley  
15420 NE Knott St #10  
Portland, OR 97230  
Ph. 503-761-7815

Executive Director

Paul Zastrow  
5690 Collins Road  
Hood River, OR 97031  
Ph. 541-354-1002  
Cell 503-754-4318  
pzastrow@gorge.net

# CHALKBOARD

## The President Speaks—Darlene Cook

Spring forward, fall back! Moving our clocks ahead an hour means that spring is on its way! The 2018-2019 year is passing quickly, but during that time we have accomplished much.

At our 2018 convention we voted to add the position of OREA Executive Director, and Paul Zastrow was appointed to assume the responsibilities of that position. Thank you, Paul. Thanks to the efforts of our Criterion Schoolhouse Committee, several repairs have been completed on the school; however, contributions are still needed to finish all of the necessary work. As of this past year, AMBA is offering dental and vision insurance to our Oregon members. AMBA is also overseeing the redesigning of our state website. We endorsed HB 2818, Age Discrimination in the Workplace: and many of our members are actively working on legislative issues in Salem. Several units are

partnering with Teachers Brigade to get retirees and other skilled volunteers into our Oregon classrooms. We are indeed striving towards our motto, "To Serve, Not To Be Served!"

*In December Paul and I attended the NRTA Leadership Conference in Philadelphia. We met with NRTA staff and other state association leaders, learned about messaging on pensions, and discussed strategies for increasing membership. We were treated to a tour of the many beautiful murals in the "City of Brotherly Love," and overall had a wonderful time!*

Throughout the year I have had the opportunity to visit 9 of our 11 Units and have formed many new friendships. A special thanks to Units 1, 2, 5, 12, 13, 18, 20, 34, and 39 for making me feel at home. It is great to see the impact you are making in your communities through your service projects and volunteer opportunities! To all our Units, let us know what you are doing. Continue to write articles for the Chalkboard, send

information to Lona and Paul to be posted on the website, and prepare a project board for our 2019 convention. We want to hear from you!

I look forward to welcoming you to our state convention in Hood River. Please plan to attend. We have a rich history of service and advocacy to celebrate! And Unit 20 has been working hard to make it a fun and enjoyable event! A choice of several wonderful tours is available. We will hear from two great speakers We will look at our newly-designed state website. And thanks to your contributions to the Memorial Board, we will award scholarships to two graduate students studying healthy aging. Check the Chalkboard for more information as to how we will be "Bridging Summits!"

Thank you all for your dedication and outstanding achievements this past year. It has been an honor and a privilege to serve as your State President!  
Darlene

## OREA State Convention—May 6-7—Hood River

We are so looking forward to welcoming you all to our May 6<sup>th</sup>, 7<sup>th</sup> OREA State Convention in Hood River, at the Hood River Inn.

We can offer activities that will have you "Bridging Summits" in hopes that you will find it necessary to revisit time & time again to fit in everything!

You'll perhaps find of great interest our scenery, our Convention presenters & entertainment, our inspirational scholarship recipients, our Fruit Loop attractions, our downtown shopping, our museums, and best of all, reconnecting with old friends and making new ones!!! Look for us, May 6<sup>th</sup>, 7<sup>th</sup> in Hood River!

## *Paulitics*

The 2019 edition of the Oregon Legislature is now in full swing, considering over 2,400 Bills and numerous Resolutions. Promising to tackle the age old and annual problem of insufficient funds for schools, most elected officials claim that this is the year to dedicate greater money for education. However, both the Governor's and Co-Chairs budgets fall way short of doing so, Oregon's economy looks healthy, but without working over tax breaks - 'we' give back almost \$0.58 of every dollar collected to breaks and write-offs, there will be too little money available to address the problems. One possible bill is one that will do away with being able to deduct interest on mortgages for second homes - giving the state some \$500 million in potential income. Whatever is done, must be in a way to dedicate the funds to schools.

We must remember that Education is not the only budget with a shortfall - health, support for seniors, welfare and even prisons must be properly funded! It may take a real visionary solution to actually solve the ongoing problem!

## **King City—Unit 38 Scholarship Fundraising**

Strong OREA Units function well because of membership involvement in the charitable projects of that unit. Some members do more than others because they are able and can, while some members are limited in what they can do but participate when they are able. It's a matter of pulling together

Unit 34, King City, has a very energetic recycling program running. Each member is alerted a week or so before a General Meeting of the charitable items they should bring to the 1<sup>st</sup> Thursday of the month meeting at the King City Club House. Pop cans, water bottles with lids, toilet paper rolls, flattened cereal boxes, and tab pulled from cans. Occasionally the monthly phone call will inform the member of the need for: games and books for Ronald McDonald House, hygiene products, calendars for patients in a Rehab facility, new socks, P.Js, and underwear for the Caring Closet at Tigard High School.

Then there are the exceptional members who are always willing to give their time and efforts to the causes chosen by the Unit.

All of the distribution of the enormous collection of the goods would not be possible without the generous hearts of two people. Barb and Jay Petrin. There is never a time when their garage isn't bursting at the seams with the above mentioned items gathered. Jay then sorts and distributes and makes sure that the items, some recycled and some are new get to their final destination. During any given year Jay collects and distributes hundreds of Teddy Bears and he purchases hundreds more from his own pocket. He is known to many as the Teddy Bear Phantom. Barb, who is now wheelchair bound, spends many hours, monthly to gather information for our unit .

Since 1997, Unit 34 has had very strong High School Scholarship program. Funded by donations of members and a couple of auctions and a garage sale. Before 2015 the unit presented one scholarship of \$1,000. to a worthy candidate. Since 2015 the Unit has presented two scholarships - the first is always \$1,000 and the others are smaller amounts - no less than \$500.00. Last year we presented two \$1,000 scholarships. This year, due to the generosity of the Petrins, we hope to award three \$1,000 scholarships.

The Petrins have challenged Unit 34 that they will match donations up to a total of \$1,000 made by individual Unit members. Donations made must be aside from the donations that members regularly make or activities specifically intended to raise scholarship funds. As of Thursday March 7, we have \$615.00 in the Petrin Challenge Fund. We have until the end of May to collect the other \$385.00. If not, whatever is in the fund, the Petrins will match dollar for dollar.

## **OREA Memorial Board**

**Please remember that money in memory of members who have passed away can be sent to OREA Memorial Board ; c/o Cheryl Hafer, Treasurer; 1809 Gekeler Lane—Apt 157; La Grande, OR 97850;**

**Usually when we loose a member. The local unit donates money in memory. Sometimes the money is split between the family's wishes and the Memorial Board. All funds donated to the Memorial Board help fund our Memorial Scholarships, awarded to two graduate students working for degrees in "Healthy Living".**

## Criterion School News

### Criterion Schoolhouse Money Matters

Money is needed annually to cover operational expenses during the Oregon State Fair (e.g.- paying for pens, bookmarks, coloring sheets, and etc.). Each Unit has been asked to contribute \$25.00 for operations. Please send these donations to our State Treasurer, Bev Newland.

Phase 2 of the building repairs will cost \$12,200 to replace windows and address dry rot issues. The Siletz Tribal Charitable Contribution Fund for \$6,100 has been procured for this purpose which leaves an equal amount of funds to match this generous donation. The Criterion School Committee has successfully garnered \$2,975 in repair donations to date, leaving \$3,125 to meet the match required to complete Phase 2. Tax deductible donations to help with this worthwhile effort need to be made out to the Oregon State Fair Foundation with the comment "for the Criterion Schoolhouse Project". Please mail checks directly to the Oregon State Fair Foundation, 2330 17th Street NE, Salem, OR 97301.



### ***WE CAN !!***

This picture of the Criterion Schoolhouse with its roof tarped is a reminder of how far we have come in three years. The roof has been replaced and a formal partnership with the Oregon State Fair Foundation established. Carol Greeno now serves on the the Foundation Board and keeps our committee updated on donated funds dedicated to work in regard to the schoolhouse.

To date, nine of our units have contributed a total of \$1,550.00 towards the repair of our historical treasure. Many of our individual members have contributed as well as other organizations. These donations are much needed and appreciated.

Work continues in repairing and sustaining the schoolhouse. A matching grant from the Siletz Tribal Charitable Contribution Fund for \$6,100.00 has been procured to be used in replacing the windows as well as starting work on repairing dry rot damage.

Thank you to our dedicated committee members: Dale Edwards, Carol Greeno, Stephanie Stockton, Carla and Bill Mundt, Jan and Pat Eck. They have put in the time to "refresh" the brochure handed out during Fair time as well as to potential donors.

Please remember, from near tragedy we have been able to start repairing, preserving and enhancing the Criterion Schoolhouse. Together---WE CAN DO!

## Unit 39

Unit 39 has done three Poetry Breaks at the Davis Elementary School located in the Reynolds School District.

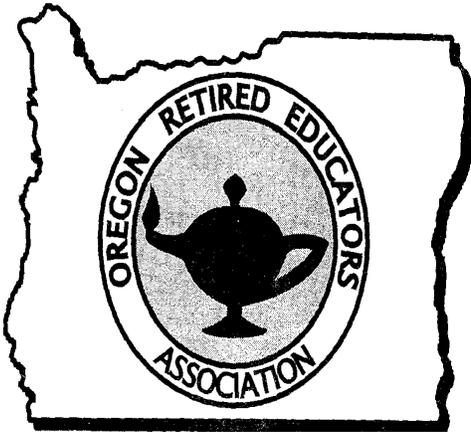
Thanks to the leadership of member Cindy O'Mealy, our group has been



invited by teachers to spend a short period of time for our volunteers to come into the classrooms, read three poems to the students and leave copies of a poem for each child to take home to share with family and friends.

Reports back show that teachers and students enjoy these poems and look forward to these short breaks.

Always remember that when we do "something special" the benefits are always magnified, for both recipient and donator.



OREGON RETIRED  
EDUCATORS ASSOCIATION

Chalkboard Editor - Paul Zastrow  
5690 Collins Road  
Hood River, OR 97031  
pzastrow@gorge.net  
503-754-4318

OREA Chalkboard

5690 Collins Road

Hood River, OR 97031



**Areas of Oregon not covered by a local unit are designated as members in Unit 99, no local affiliate.**

## Local Units and Presidents

OREA has some 11 Units spread throughout the state, is affiliated with the NRTA—the National Retired Teachers Association and the AARP. Following are the units, their rough locations and their presidents:

Unit 1—Portland—greater Portland area, Kathy Evans, President; Unit 2—Salem—Salem and surrounding area—Carol Greeno, President; Unit 5—Klamath County—Bonita Fillmore, President; Unit 9—the Umatilla, Morrow and surrounding counties area—Kandace Bostwick President; Unit 12—Clatsop County—Astoria, Seaside and surrounding area—Diane Gulum, President; Unit 13—Central Oregon—Deschutes, Jefferson and Crook county area—Mary Reed, President; Unit 18—Albany—Linn and Benton Counties area—Jane Donovan, President; Unit 20—Mid Columbia—Hood River, Sherman and Wasco counties—Jan Leininger, President; Unit 21—Union County—the greater La Grande and surrounding area—Doyle Slater and Gerald Hopkins, Co-Presidents; Unit 34—King City—Tigard area—Mel Kern, President; Unit 39—Clackamas County—Pat Eck, President

## Rethinking Membership

Many service organizations such as ours are facing a steady decline in membership due to a variety of reasons. How do we create a culture that attracts new members especially from the growing numbers of retiring Boomers?

Perhaps if we start by looking inward we can begin to get part of the answer. "Why did I join OREA?" Then, looking outward to potential members, ask, "Why should others join OREA?"

All unit presidents have been contacted and asked to help gather answers to the above two questions. Member responses, in turn, will be used to help create a short recruiting video with the help of AARP Oregon. This tool will then be used to help get the OREA message out to the public that we exist and that we welcome new members.

To thank you for your ideas, your name will be entered into a \$25 drawing. The winner will be announced at this year's convention.

## 2018 Memorial Board Scholarship Awardees

**Although our two scholarship recipients this year were from different schools with different career paths, both are working hard to make a difference in their work to facilitate a healthier aging process.**

**Eric Cerino** is a graduate student teacher at Oregon State University. He has been a graduate research assistant and also a research intern with the Alzheimer's Association. He does fundraising for the Alzheimer's Walk and also the Longest Day.

He has published several articles in peer-review publications and received the Zimmerman Gerontology Fellowship. This is great but *what* is he studying and *how* does it affect the healthy aging process?

Eric has been studying the many facets of things that improve our lives as we age including not just diet and medications, but the importance of daily activities with others, mentally stimulating social contact, stress (both physical and emotional), personality and a healthy support system of family and friends. People who engage in things like volunteering, learning new things, socializing and who continue healthy activities such as walking, swimming, etc. tend to live longer, higher quality lives.

His scientific research looks at the actual cognitive changes in the brain when these things are present vs. absent. He is specifically studying ways to keep patients from

developing Alzheimer's and to screen for it earlier. He has authored 7 publications in journals (and is the primary author on 4 of them) and given 17 research presentations at international, national and statewide conferences. He has received the highest scores possible in evaluations of his work as a teaching assistant and both students and professors have remarked at how helpful his teaching was both in class as well as in small-group and one-on-one settings.

And for all of these accomplishments, Eric is a very grounded, respectful person who engages easily with others and obviously has a heart for the work he is doing. It was a pleasure having him speak at convention this year.

**Although Haley, our other scholarship winner, was unable to attend the State Convention, she sent the following letter which was read to those present:**

*Hello all! First off, I apologize that I am not able to attend such an honorable event; I am currently in Colorado as my brother and his wife have recently had a baby boy. May 19th I graduated from Pacific University with my masters degree in Speech-Language Pathology and a gerontology certificate. I recently signed a contract for a job in Seattle working in a skilled nursing and rehabilitation facility as a speech-language pathologist. I am beyond thrilled to be working my dream job*

*and helping people for the rest of my life as people have helped me. When I was 16 years old, I had a massive blood clot in my brain that went down to my heart, along with 3 strokes. My family was told that I would never be the same, may never go to college, and at some points, my family was told that I may not survive the trauma to my brain. With my family/friend/community support, the amazing nurses, doctors and rehabilitation specialists, and teachers that took the time to work with me, I was able to talk, walk, graduate from high school, graduate with an undergraduate degree, and now my masters degree. My dream, my passion, my drive, my desire all stems from how people have helped me throughout the years and it is my duty to do the same. I am committed to helping, assisting, advocating, and supporting others with my past experiences, my knowledge and skill set I have learned through professors and supervisors, and most importantly, through kindness and a smile.*

*I would like to thank you for this scholarship from the bottom of my heart! I am beyond honored and grateful to receive this scholarship and support that you are giving me to fulfill my dreams and to help others. I will take OREA's kindness with me in my practices Thank you again for*



New Opportunity for OREA Members

Master teachers retire and their expertise leaves with them as well. Teachers Brigade provides a platform for retirees to continue to share their talents. We are also looking for retired folks and people who have time to give a helping hand. Teachers

## TEACHERS BRIGADE

Brigade will help you feel comfortable in a school setting.

Public schools experience less and less support from public school funding, yet students' needs have increased. Teachers are on a steep learning curve to teach with the use of technology while experiencing different dynamics in the classroom. Teachersbrigade.org has an online interactive website that

matches current classroom teachers with either a retired teacher, or skillful volunteer. The online form has specific activities you can select to meet the various needs in a classroom or school. Once a match has been made, you will be contacted so you can meet and make plans accordingly. Teachers and volunteers are matched by activities, help needed, city, state and zip-code.

# More on Local Units

## The rest of the story

When the OREA Executive Committee was contemplating the place, theme and date of the 2019 Convention, a number of things came into play. Several members present had remembered when we last held a convention in Hood River – and asked why not? A quick decision was ‘bargained’ to do so once again, assuming that Unit 21, Mid-Columbia was willing.

The unit happily accepted and went right to work – garnering the location as well as looking at several dates that the Hood River Inn may make available. Thus – location and date were agreed upon. Then – why not a Theme?

When we gathered steam and local unit enthusiasm, **Bridging Summits** became obvious – with the Columbia River Bridge as well as our twin peaks – Mt Hood and Mt Adams, we had our marching orders!

Thus – welcome one and all to Hood River – our gateway to the 2019 OREA Convention! Make this your holiday away from home and enjoy what Hood River has to offer!

## Units 5, 13 and 18 Report

Bonita Fillmore reports that **Unit 5**—Klamath Falls met in February and held a Valentines Gift Mall and Ruffled a basket to raise a donation for the Criterion School house. It was fun and helped support out state project. Our group continues to donate generously to the Food Bank every month we meet. The Kitchen Band performs for audiences in assisted living homes, schools and

churches. This year they take a musical journey around the world. The Kitchen Band will perform for us in May.

Jane Donovan of **Unit 18** introduced Rhea Graham of Kanna Kitchen and Research. She presented an informational program on Medical Marijuana. Her talk revolved around the Endo-cannabinoid System and its importance to human health. She felt the reason that can-

nabis benefits so many different s boils down to the fact that a class of chemicals produced in the Cannabis plant mimic its chemicals in the human body. She shared the many ways that cannabis products: capsules, elixers, salves, suppositories, cooking oils, and body care products can benefit individuals without the hallucinatory aspects of the plant. Her bottom line was that it is not addictive and you can't overdose!

Greetings from **Unit 13** of Central Oregon from Mary Reed. We have added five new members this past two months, thanks to local newspaper ads in the Bend Bulletin and Round Up prepared by Lois Frey. Little gifts are given to the current members who recruit the new members.

We are preparing thirty lap robes for our local Infusion and Dialysis Center.

People are learning to knit stocking caps and make shorts and dresses from pillow cases for our mission project to Cote d Ivoire. Linda Ziegenhagen is recruiting her grand daughter and her friends to sew clothing for this project.

Our monthly sales table has garnered about \$100 for our general Fund. We are gearing up for our June 1 Plant and Rummage Sale to support our efforts to our COCC Scholarship Fund and our work with Central Oregon's Opportunity Center for Handicapped Adults.

In April we will be learning Tai Chi , thanks to our own Arlene Henderson.

We have all been busy shoveling inches and inches of snow the past several weeks.

## More on our Convention

**Mark your calendars for May—especially Monday May 6 and Tuesday May 7th! Our Convention is coming to Hood River. Most of the Convention Activities start at 1 PM, giving you time to arrive and get your registration materials and eat lunch on your own. However—there will be a Board of Directors Meeting (Executive Committee and Unit Presidents plus Memorial Board members at 10:30 AM to 12:30 PM, with lunch provided). We will have a great agenda that involves everyone—voting on proposed Bylaws and Standing Rules changes, having two great guest speakers, a Memorial Service for past members, and even time to tour, sample and just have a great time in Hood River!**

**NEEDS**

## UNIT 34 news

About Recycling - we are Champs. Behind the mountains of recyclable items that Unit 34 collects is the knowledge that we are upholding OREA's motto: **To serve and not be served.**

For years members of our unit have faithfully been collecting recyclables at monthly meetings. And, for those same years, members Barb and Jay Petrin have collected, stored, sorted and redistributed items that are collected after each and every meeting.

At our last Executive Board meeting, it was difficult to ignore the huge clear plastic bag full to the brim with the collection of empty water bottles, pop bottles and pop cans that awaited further collection, [resting near the front door to the Petrin's home.](#)

Each month, Unit 34 members collect: clothing, new and used, sheets and towels, shoes, new underwear, new pyjamas, hygiene products. All these items are collected for The Caring Closet situated on the campus of Tigard High School which is open to needy students and families in the Tigard-Tualatin School District.

Finding a new use in the art departments of Tigard's schools: old greeting cards, old magazines, string, yarn, polished rocks, smooth small stones, Styrofoam craft balls and fabric flowers, empty cereal boxes, yogurt containers, cottage cheese containers with lids. Once in collection favor, then out of favor and now back in favor, paper dozen-egg cartons.

Empty plastic water bottles, soda cans (minus their pull tab) . Returning the empty bottles and cans retrieves a dollar amount for the Caring Closet while the tabs are donated to the Ronald McDonald House at OHSU.

## Notes from Unit 9

The March, 2019, meeting of Unit 9 (Pendleton area) was held at the restaurant at the local airport - Elvis' Restaurant - located at the top of the highest hill in town. In the midst of a month-long bout with snow, it was great to see 14 members at the meeting! We had a lot to talk about, to include: The State Convention in May, some health concerns of local members, the potential to form a "Teacher's Brigade" of retirees to support local school teachers in their classrooms, and our in-kind and financial support of the Pioneer Relief Nursery (for underserved families in Umatilla County.) Our chapter voted to donate \$250.00 to the Pioneer Relief Nursery - to help supply much need instructional materials.

At the conclusion of the business meeting and lunch, the group relocated at Barhyte Specialty Foods for a tour of their mustard/condiments production facility. It was an informative and fun tour, with mustard "tasting" at the conclusion. In addition, members were able to do some shopping in the gift shop. (Unique kitchen items and a plethora of gourmet sauces, mustards, and chocolate!)

As usual, President Kandace provided some provocative quotes. Most notably, this quote from Phyllis Diller: "Housework won't kill you, but why take a chance?"

## Honors, memories and visits

### Father of Oregon Public Education

The Oregon Father of Public Education, George Atkinson, was born 200 years ago on May 10, 1819. You haven't heard of this man? You are not alone and I for one do not know why this is the case because for four generations he was very much involved in developing, administering and defending the educational system in Oregon.

It was Atkinson that wrote a proposal to the legislature for a public school system and successfully lobbied for its adoption. He recruited teachers from New England to come to work in Oregon, initiated secondary academies for teacher training, and wrote regular newspaper columns pertaining to major issues in education such as school building design, policies for teacher retention, curriculum, textbooks, playground management and functions of annual school district meetings. Atkinson actively defended the right of colored children to an education.

Plans are being made to recognize this man at our annual convention as well as during the 2019 Oregon State Fair. We all owe a debt of gratitude to George Atkinson because he played a major role in laying the groundwork for the system we have today.

### Unit 9 members get ready for tour

