



NEWSLETTER

VOL. 33, No. 6

CITY OF TUCSON RETIREES ASSOCIATION

JUNE 2016

NEWSLETTER EDITOR: Claire Beaubien Website to access CTRA Newsletter: www.tucsonaz.gov/retirement



CTRA JULY LUNCHEON

WEDNESDAY, JULY 20, 2016, 12:00 Noon

YOLY'S MEXICAN GRANDE

The July, 2016 CTRA Luncheon will be held at Yoly's Mexican Grande Restaurant located at 1015 E Benson Highway Tucson, AZ 85713

Yoly's lunch and dinner menu crosses culinary borders, from the classic burger to Mexican combo plates featuring chile rellenos, tacos, tamales and burritos. Prices start at \$7.95 for lunch/dinner. Bring an appetite See you there! Come and enjoy good food and good friends!



DRAWING FOR ONE FREE LUNCH – Maximum of \$15

JULY – SEPTEMBER ACTIVITIES

EXECUTIVE BOARD MEETING – Wednesday, September 14, 2016, 1:00 p.m., at Parks and Recreation Therapeutics Center, 1000 S. Randolph Way. **MEMBERS WELCOME!**

GOLF ACTIVITY – Golf group meets each Tuesday of the month. Call RICHARD WILEY at 603-9712 if you are interested. RICHARD will provide information on golf course and tee times. Golf Dates: July 5, 12, 19, 26; August 2, 9, 16, 23, 30; September 6, 13, 20, 27, 2016.

BREAKFAST – First Friday of the month, 8:30 a.m., at VILLAGE INN, 6251 N. Oracle Road.

WELCOME NEW MEMBERS

No New Members in June, 2016.

AUGUST/SEPTEMBER LUNCHEONS

August, 2016 Luncheon will be at CattleTown Steakhouse, 3141 E Drexel and September's Luncheon will be at Little Anthony's, 7010 E Broadway.

NEW LIFETIME MEMBERS

Congratulations to our new Lifetime Members:

- MARY ANN BATTOCK
- CHARLES CRUZ
- JAMES GOZUM
- JOYCE HUUSKO
- FELIX MARTINEZ
- JOSE ROMERO
- BILL SHELDON
- ADELINE VOGEL

Happy 80th birthday to these loyal members, and thanks for their support of CTRA. These members are now qualified as a Lifetime Member and no longer are required to pay annual dues.

IN MEMORIAM

“Our deepest sympathy to family members during this difficult time. Our thoughts and prayers are with family and friends of those who recently passed away.”

The following retirees passed away in June (non-CTRA members):

Frank Allyn passed away 6/8/16 (dept unknown).
Willie Griffin passed away 6/3/16. Willie retired from Transportation.

NEW RETIREES

Following is a list of recent retirees:

- KHALID TANBAL – Water
- FRANK VALENCIA JR – General Services
- CHRISTOPHER LEIGHTON – Transportation
- GARY GOODWELL – General Services
- LANCE NELSON – Parks and Recreation
- VICTORIA RUCKER – Police
- ANITA LANGE – Housing & Comm. Dev.
- TIMOTHY BEACH – Information Tech.
- MARCIA CHAPMAN – Parks and Recreation

Congratulations to all new retirees! We welcome you to the world of retirement. If interested in joining CTRA, please contact Kris Liberty, Membership Chair.

2015/2016 EXECUTIVE BOARD MEMBERS

- CLAIRE BEAUBIEN, Chairperson (575-8780)
- TRINIE RIVERA, Vice Chairperson (294-7476)
- CLAUDIA BUFORD, Treasurer (909-5992)
- LYDIA CHACON, Secretary (889-7932)
- LOIS RIOS, Outreach (326-3021)
- KRIS LIBERTY, Membership (883-7883)
- JOHN O’HARE, TSRS Retiree Rep. (881-2308)
- ARLENE IMOEHL, Newsletter Editor (325-1618)
- AGATHA ANAYA Past Chair (889-3690)
- CLAIRE BEAUBIEN, TSRS Liaison

TO ALL CITY OF TUCSON RETIREES
The voice of CTRA is most effective when it serves as the voice of many ... especially when the Association works to maintain and protect our Pension System

BECOME A MEMBER TODAY!

CTRA MEMBERSHIP:

____ APPLICATION ____ RENEWAL

DATE _____

NAME _____

BIRTHDATE _____

ADDRESS _____

ZIP _____ TELEPHONE _____

E-MAIL ADDRESS _____

SPOUSE _____ BIRTHDATE _____

DATE HIRED BY CITY _____

DEPARTMENT _____

DATE RETIRED _____

DEPARTMENT _____

____ Enclosed is \$6 for Annual Dues
(Make check payable to CTRA)

COMPLETE ONLY FOR PAYROLL DEDUCTION

____ I authorize deduction of \$.50 per month

from pension check

COT EMPLOYEE # OR LAST 4 DIGITS OF SOCIAL SECURITY # _____

REQUIRED by City Pension Office

SIGNATURE _____

(Required for Payroll

Deduction)

MAIL TO: Kris Liberty, CTRA Membership

**2951 W. Alaska St.
Tucson, AZ 85746**

What do you call a line of rabbits walking backwards? A receding hairline.



TRIBUTE TO THE 4TH of JULY , 2016

In honor of those brave men and women who fought for our Independence throughout history, I offer this salute. Without their dedication and bravery, we would not be celebrating the 4th of July. This was written by a former Vietnam POW but it applies to everyone!

We toast our hearty comrades who have fallen from the skies, and were gently caught by God's own hands to be with him on high.

To dwell among the soaring clouds they've known so well before, from victory roll to tail chase at heavens very door.

And as we fly among them there we're sure to hear their plea, "Take care my friend, watch your six, and do one more roll for me."

MEMBER PROFILE – CLAIRE BEAUBIEN

As promised, this is the space reserved for our quarterly member profile. This is where we feature one of our active members each quarter to give the rest of the membership an insight to the people who are helping to shape the organization. This month's profile is a reluctant subject because she believes there are other members more suitable than she. **CLAIRE BEAUBIEN**, our new Chairperson, current Newsletter Editor (until September) and TSRS Board Liaison has multiple responsibilities, including, but not limited to, guiding the organization down the appropriate path, helping the other members of the Executive Board with their duties if they need help, fielding comments from members, etc. She has been a member since she retired in 2011 from the Retirement Office. She was recruited by Jean Wilkins who talked her into becoming an officer almost from the first. Undoubtedly, many of you remember her helping you retire and helping you after you retired. Claire is always thinking, driving the

other Board members crazy with her ideas. She is passionate about things in which she believes and she believes in the many opportunities CTRA can offer its members. She was also on the Election Committee and the Nominating Committee during her tenure on the Board. She sincerely hopes she will serve the Board and the members well during the coming year.

Claire is not a native Tucsonan, but, then, who is? There aren't too many people whom I have met who are natives. Born in Long Island, New York (East Meadow), she spent the first four years of her life there and then her family migrated to upstate New York (Binghamton), where she spent the next 12 years. Just before her 16th birthday, her family moved to northern California where she graduated from high school. She subsequently moved to many different places throughout her lifetime until she moved to Tucson in 1997. She began working for the City of Tucson in the Retirement Office in 2002 and spent her entire career there. We are truly grateful for her support. Thanks, Claire, for a job well done.

2016 DUES REMINDER
MEMBERSHIP DUES WERE DUE
JANUARY 1, 2016
DID YOU FORGET TO MAIL CHECK
TODAY OR
SIGN UP FOR PAYROLL
DEDUCTION??



IF ON PAYROLL DEDUCTION, DEDUCTIONS
WILL AUTOMATICALLY CONTINUE.

LIFETIME MEMBERS DO NOT PAY DUES



Mysteries of the Human Body – ENJOY!

The Human Body is a 'Treasure Trove of Mysteries', one that still confounds Doctors and Scientists about the details of its working. It's not an overstatement to say that every part of your body is a miracle. Here are some facts about your body, some of which will leave you stunned.

1. It's possible for your body to survive without a surprisingly large fraction of its internal organs. Even if you lose your stomach, your spleen, 75% of your liver, 80% of your intestines, one kidney, one lung, and virtually every organ from your pelvic and groin area, you wouldn't be very healthy, but you would live.

2. During your lifetime, you will produce enough saliva to fill two swimming pools. Actually, Saliva is more important than you realize. If your saliva cannot dissolve something, you cannot taste it.

3. The largest cell in the human body is the female egg and the smallest is the male sperm. The egg is actually the only cell in the body that is visible by the naked eye.

4. The strongest muscle in the human body is the tongue and the hardest bone is the jawbone.

5. Human feet have 52 bones, accounting for one quarter of all the human body's bones.

6. Feet have 500,000 sweat glands and can produce more than a pint of sweat a day.

7. The acid in your stomach is strong enough to dissolve razor blades. The reason it doesn't eat away at your stomach is that the cells of your stomach wall renew themselves so frequently that you get a new stomach lining every three to four days.

8. The human lungs contain approximately 2,400 kilometers (1,500 mi) of airways and 300 to 500 million hollow cavities, having a total surface area of about 70 square meters, roughly the same area as one side of a tennis court. Furthermore, if all of the capillaries that surround the lung cavities were unwound and laid end to end, they would extend for about 992 kilometers. Also, your left lung is smaller than your right lung to make room for your heart.

9. Sneezes regularly exceed 100 mph, while coughs clock in at about 60 mph.

A MESSAGE FROM YOUR CHAIR

This will be the last newsletter until September and since this is the last one for the summer, there are a lot of things that needed to be included. Also, because ALL retirees (not just CTRA members) receive a copy of this newsletter, it is important that pertinent information be included. We hope that any non-member reading this newsletter will be inspired to join our group and experience the camaraderie our members share.

This is an exciting time for me. Your Board is discussing some different things for the coming year. This year, the annual BBQ will be catered, leaving more time for members to spend with their friends and family instead of working during the event. Also, we are **thinking** about exchanging one or two of the monthly luncheons for an evening event such as the Gaslight Theatre or a Diamondback game or a ride on the downtown trolley, followed by dinner at one of the local downtown restaurants. Please contact Trinie Rivera, our Vice Chair at the number listed elsewhere in the newsletter, if you would be interested in participating in an event such as those listed above OR if you have another suggestion.

