

Community Vision, Inc.

Established in 1989, established by Joe Wykowski, Community Vision, Inc. provides 24-hour Supported Living services to Oregonians with developmental disabilities. The involved families find that their loved ones are developing richer lives with no further tax consequences to the community. With Community Vision's individualized support, people with developmental disabilities are living in their own homes, working, and contributing to their local community.



Rhonda Newhouse is one of the individuals Community Vision serves and who gives our work meaning.

Community Vision depends on volunteer assistance in several different areas, and we understand that time donated by a volunteer is precious. We hope that your time with us is memorable and meaningful, so please consider a few of the volunteer options below:

Household Maintenance:

Painting, yard work, cooking, cleaning & organizing homes of the individuals with developmental disabilities, which Community Vision supports.

Administrative and Fundraising Support:

Assistance with phone calls, mailings, database entry, and a variety of other clerical opportunities in fundraising and event coordinating.

Event Support:

Help host and coordinate Community Vision events throughout the year.

Please, contact Christine Prezelin (503) 292 - 4964

TRVP Office Hours
Monday, Wednesday and Friday
10:00 a.m. to 3:00 p.m.

Identity Theft

You can avoid identity theft by safeguarding all your account numbers. Identity thieves pretend to be you and use your personal financial information to apply for loans, credit cards or leases. They take advantage of your good credit record, leaving behind bad credit in your name. An identity thief gets your personal information by:

- Stealing your purse or wallet
- Pilfering information from your mail box such as bank statements and pre-approved credit card applications.
- Posing as your employer, loan officer or landlord to get your credit report
- Watching your transactions at automated teller machines and phone booths to capture your personal identification number (PIN).
- Going through trash for credit card receipts or loan applications.

Protect yourself by guarding information about yourself:

- Properly dispose of papers with personal information. Tear up receipts, bank statements, expired credit cards, credit offers.
- Give out your Social Security number only when required. Don't have it printed on your checks.
- Reduce the number of cards you carry. Don't carry your Social Security number, birth certificate or passport with you.

(Continued, see Theft, Page 2)

Christmas Gathering

Date: December 19, 2003

Time: 11:00 a.m.

At: Beaverton Elks
3500 SW 104th
Beaverton, OR

Organized by: Al Foleen

Phone: 503-651-2031

This gathering was first planned in the late 1970's by Bill Tescher because he missed his friends from Tek. When others heard about the great time they had they wanted to be included, now we are all invited. In 2002 it was turned over to Al Foleen to co-ordinate. The facility has easy access for wheel chairs, canes or what have you.

Again we are urging all of you to mark your calendars and take this opportunity to get together with your friends and co-workers from Tektronix for the annual Christmas Gathering. It is a no-host gathering, you may purchase your own lunch and drinks and enjoy visiting with your friends. We encourage each of you to call your acquaintances from your Tek days and invite them to come meet you there. All previous and current Tek employees and spouses/partners are invited. We hope to see you there.

Theft (cont)

- Get a copy of your credit report at least once a year to check for errors.
- Be aware of others nearby when entering your PIN.
- Don't give your credit card or bank account numbers over the phone unless YOU have placed the call and know the business.

Should you become a victim, here are some tips from experts:

- Get a copy of the fraudulent contract or application.
- Contact the credit bureaus that hold your credit report. Ask them to log the theft and remove the bad accounts from your report, giving as much proof as possible.
- Have a "fraud alert" put on your credit report.
- Keep meticulous dated records of the debt just to get debt collectors off your back. The balance will stay on your record.

To report identity theft and get help on how to restore your credit contact Federal Trade Commission, Consumer Response Center, 600 Pennsylvania Ave. N.W., Washington, D.C. 20580 or call, toll free, (877) 382-4357 or:

<http://www.consumer.gov/idtheft>

Nine Warning Signs of a Scam

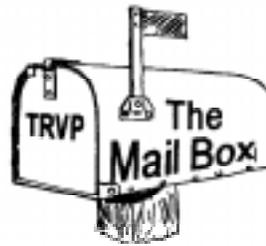
It is not easy to identify a scam. Con artists pretend to be your friend and they prey upon emotions that can lead to you making the wrong decision. While it is difficult to discern friend from foe there are clues that can help to identify a potential scam before it is too late. Listen for these 9 warning signs:

- Claims that you've won a prize – but must pay to receive it.
- Pitches that require you to pay right away.
- Callers or salespeople who won't provide written information.
- Offers that promise sizable returns with minimal risks.
- Requests for donations that don't disclose how the money will be used.
- Offers to "repair" your credit in exchange for an up-front fee.
- Persistent pitches from the same company.
- Offers to recoup money you've lost in another fraudulent scheme.
- Request that you keep the offer secret.

There are six tip-offs to watch for if your friends or relatives are likely targets of scam artists. Keep an eye out for these:

- Frequent calls during your visits from folks offering money-making opportunities or seeking charitable donations.
- Lots of new, cheap stuff lying around. Look for items like watches, pens and pencils, small appliances, water filters and beauty products – all of which often flow from "order to win" or "receive a valuable prize" offers.
- Secretive behavior regarding mail or phone calls.
- Payments to unfamiliar entities or irregular withdrawals.
- New subscriptions to magazines they don't need or haven't received previously.
- Financial troubles. Watch for a sudden inability to buy food or other necessities or pay bills.

You have a delicate job addressing your concerns for your loved one who's the victim of a scam. Follow these guidelines:



Evelene L. Starkey – My husband, Verle D. Starkey, recently passed away 9/22/03 at age 82. Verle volunteered nine years at the VA hospital for a total of 3,588 hours. He received his final Valuable Volunteer Award when he was in the Excellent Foster Care Home in Beaverton. He, also, received a Volunteer of the Quarter Award for outstanding courtesy and service to the veterans. I volunteer at St. Vincents Hospital Resource Center taking blood pressure to help the nurses. This is my 13th year. I would advise volunteering to all retired persons. It's a great way to meet people and be of service to those in need.

SCAM (cont)

- Don't blame the person for being foolish. Scam artists are good at what they do and they especially target older people. Show empathy and let them know they are not alone. Underscore the criminal nature of scams and the consequences it creates for your loved one. The more your loved one understands the harm that comes from the relationship, the more likely he or she will recognize the risk.
- Use "do no solicit" lists. The Direct Marketing Association allows consumers to opt out of lists used by telemarketing and direct-mail companies. (Use the forms on the DMA site: <http://www.dmaconsumers.org/consumerassistance.html> or write the organization at 1111 19th St. N.W., Suite 1100, Washington, D.C. 20036.
- Teach your loved one how to react to potential scams. In most instances, if they hang up or refuse a door-to-door salesperson when they suspect fraud, they'll prevent the scam from occurring.
- Suggest changing your loved one's phone number.

Marconi's Cronies

Meets the 2nd Wednesday of each month at noon
at J.J. North's Buffet Restaurant
Northeast Halsey at 105th
Portland, OR

Contact: Jack Riley for details
Phone: 503-235-5267

CRT Luncheons

3rd Tuesday of each month at 11:30 AM
at the Home Town Buffet located at
13500 SW Pacific Highway in Tigard, OR

Contact: Jack Neff for details
1102 N Springbrook Rd. #252
Newberg, OR 97132-2007
Phone: 503-538-5130

Retiree Deaths

Date: Aug., Sep. & Oct. 2003

Berukoff, Kerry – d. 03/02/2003
At Tek: 05/01/1978 to 06/03/1986
Burke, Mary – d. 09/10/2003
At Tek: 06/19/1972 to 07/21/1995
Butzien, Natalie – d. 07/18/2003
At Tek: 07/25/1966 to 12/29/1980
Craig, William – d. 08/14/2003
At Tek: 10/02/1967 to 04/30/1980
Curtis, Rex – d. 09/20/2003
At Tek: 04/04/1983 to 10/11/1994
Davis, Beverly – d. 09/13/2003
At Tek: 10/25/1976 to 05/27/1994
Doster, Robert – d. 10/10/2003
At Tek: 08/17/1959 to 06/24/1983
Findley, Francis – d. 09/01/2003
At Tek: n/a
Hage, Elizabeth – d. 09/17/2003
At Tek: 12/07/1977 to 01/26/1990
Hippe, Hilbert – d. 09/06/2003
At Tek: 05/22/1961 to 04/30/1992
Justice, Emmett – d. 09/17/2003
At Tek: 01/23/1961 to n/a

Kingston, John – d. 07/14/2003
At Tek: 07/07/1980 to 05/22/1999
Kinnamon, Charlotte – d. 09/11/2003
At Tek: 01/04/1982 to 06/02/1989
Krahmer, Ivorine – d. 08/04/2003
At Tek: 05/23/1960 to n/a
Kreutzer, Edward – d. 02/16/2003
At Tek: 11/05/1956 to 01/09/1981
Loop, Roger – d. 09/11/2003
At Tek: 03/14/1966 to 06/05/1993
Lynch, Ralph – d. 10/07/2003
At Tek: 03/28/1978 to 10/12/1990
Madinabeitia, Carlos – d. 05/21/2003
At Tek: 09/12/1960 to 07/30/1993
Marinelli, Patricia – d. 08/04/2003
At Tek: 03/02/1964 to 04/01/1983
Mc Cardle, Dorothy – d. 09/15/2003
At Tek: 08/05/1973 to n/a
Molina, Abel – d. 09/27/2003
At Tek: 12/01/1975 to 05/27/1994
Peecher, Allen – d. 10/01/2003
At Tek: 06/18/1956 to n/a

Pelson, Bernice – d. 09/27/2003
At Tek: 08/03/1959 to 04/30/1982
Percy, Robert – d. 09/14/2003
At Tek: 05/17/1977 to 03/31/1986
Rogers, Roland – d. 09/21/2003
At Tek: 09/30/1958 to 04/29/1983
Skelton, June – d. 06/19/2003
At Tek: 10/10/1956 to 01/16/1976
Smiley, James – d. 07/14/2003
At Tek: 03/23/1961 to 07/27/1992
Starkey, Verle – d. 09/22/2003
At Tek: 02/16/1956 to 04/29/1983
Stewart, Maxine – d. 08/20/2003
At Tek: 01/28/1974 to 10/10/1988
Strandberg, Richard – d. 09/18/2003
At Tek: 10/27/1969 to 02/27/1981
Untalan, Juanita – d. 06/29/2003
At Tek: 05/01/1979 to n/a
Vesser, William – d. 07/27/2003
At Tek: 05/03/1971 to 03/18/1989
Wagner, Lee – d. 08/05/2003
At Tek: 06/14/1971 to 09/30/1983
Zoucha, Domie – d. 07/03/2003
At Tek: n/a

Recent Retirees

Salerno, Valerie – 07/29/2003 **Frazel, David C.** – 08/15/2003

Oasis

By: Warren Collier

The nonprofit organization OASIS defines itself as an "Older Adult Service and Information System." This acronymic title does a fair job of explaining its mission. OASIS exists in order to provide unusual educational and informational opportunities for people age 50 and above.

Their Portland facility is located on the tenth floor of the downtown Meier and Frank store, kitty-corner from Pioneer Square. In addition to the organization's offices, the facility includes a library, a computer lab, and a large room used for classes, play rehearsal and similar activities.

I am currently involved in two activities there. One is a class (just wrapping up) titled "Increasing Your Understanding of Computers." While this might lead you to believe the class is rather basic, it is in fact quite advanced in some regards. On the other hand, it is not a "hands-on" class, and no experience with computers is required. Only the instructor's computer is used in the class.

In fact, the instructor (Russell A. Kirsch) is a true pioneer in the field of computing and is well known in the community of experts, especially in particular applications such as graphics. He actually gave this class earlier for Ph D candidates at OGI.

Mrs. Kirsch, also, teaches at OASIS. Her current offering is "Five Modern Masters and Their Heritage". She is well known as an art historian in the Portland area.

My other activity involves "senior theater", an acting troop which stages plays. While costumes are used as appropriate, and there are

a good number of rehearsals, the plays are given "script in hand" so that it is not necessary to fully memorize one's part.

The computer lab is used for classes devoted to Windows, Internet access and common office-oriented software. It is also available to members for "free time" use.

OASIS is sponsored locally by The May Co. (M&F's parent company), Regence and Legacy Health Systems. The primary national sponsor is the May Company, and there are currently 26 centers nationwide serving 365,000 members. There is no membership fee, but there are low-cost fees associated with the various classes. Office hours are 10:00 a.m. to 3:00 p.m. M-F, excluding retail holidays. Phone 503-241-3059, or visit their web site at:

<http://www.oasisnet.org/Portland>

Address Changes

If your newsletter label includes the notation "SUPDIST Subscriber," notify the TRVP staff of any change of address, address correction, etc.

TRVP's address is:

M/S 58-037, PO Box 500, Beaverton, OR 97077
Phone: 503-627-4056.

Otherwise send your information to:

A&I Benefit Plan Administrators
Tektronix Post Employment Services
1220 SW Morrison St., Suite 300
Portland, OR 97205-0149
Phone: (503) 222-7700 or (800) 778-7956
Fax: (503) 228-0149 Email: tek@aiarpa.com

You must include your Social Security number and your signature.

Tek Retiree News

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Foot Care

By Jennie Lou Werlein

One of the most ignored parts of the body is the feet. They are just taken for granted unless they hurt with corns and calluses, or the nails need to be cut and you cannot or do not want to do it anymore. Then too, should you become diabetic you really need to take excellent care of your feet.

Legacy Good Samaritan Hospital operates foot clinics all over the city of Portland and some suburbs. The fee is \$25. For that you get the attention of an RN or a well-trained technician. They help with trimming of calluses, corns, and nails. The best part (for me anyway) is the massage after the work is done.

I happen to be the general factotum (meaning I do everything but the feet) for a clinic at Canfield Place on Hart and Murray in Beaverton on the first and third Friday mornings each month. You meet some really fine people at the clinics.

Should you be interested in this excellent service, please call Legacy Good Samaritan Hospital Foot Clinic Services at 503-225-6309.

Editorial Notes

By: Louis Sowa

First: I need to apologize to George Smith for the spelling errors in his article in the last issue. The errors were mine not George's.

Second: we are working on a web site for the Tektronix Retirees Volunteer Program. Credit for getting a site up are to Neil Robin, an ex-Tektronix employee. Neil has been doing development work. We are working on design and should have some useful informa-

tion on the site within a couple months. The newsletter will be posted on the site as well as some forms and other useful information. We hope to cut down on our mailing volume eventually by not sending hard copies to all of the people who can get it on the internet. This will be a voluntary option. The internet version will normally be available days before the hard copy is received. For those who do not have Internet access we will continue to provide a paper copy in the mail. If you wish to monitor our progress the URL is: www.tekretiree.org. Neil will not be available in November, but maybe we can provide him with more information by the time he returns. Let us know if you have suggestions about the basic design and over all look. We are not ready for detailed suggestions yet. Neil is the technical talent, and I am the content manager.

Third: We have had a couple requests that the deceased list not be on the back of the newsletters. Some find it a little depressing as the first thing they see of the newsletter. We are moving it to the inside with this issue.

Fourth: We obtained new, to us, computers in October. These systems have the XP operating system. Tektronix will no longer support 9X operating systems starting January 1. These systems are a big improvement over the previous models. We should also be getting individual email accounts for us that work in the office. I will publish mine in the newsletter when it is functional. In the meantime I can be reached at:

lsowa@earthlink.net

Fifth: You may have noticed that we have not had "Spotlight" or "Twenty-Five Years Ago" features in the past couple issues. I expect these features to return as we have space.

