

## Executive Committee

**Chair:**  
Mary Crawford-Seekatz  
(PACU)

**Vice-Chair:** *vacant*

**Secretary:**  
Brandi Warren (CCU)

**Treasurer:**  
Lisa Brown (GBC)

**Grievance Chair:**  
Lisa Logsdon (ACU)

**PNCC Chair:**  
Joe Miner (CCU)

**Membership Chair:** *vacant*

## Negotiation Committee

Nancy McPherson  
Lisa Brown  
Lisa Logsdon  
Joe Miner  
Robby Dennis  
Mary Crawford-Seekatz

### PNCC

Joe Miner  
Brandi Warren

## Grievance Committee

**Chair:**  
Lisa Logsdon (ACU)  
Nancy McPherson  
Lisa Brown  
Lisa Logsdon

**Labor Representative**  
Tizoc Arenas  
[Arenas@OregonRN.org](mailto:Arenas@OregonRN.org)  
503-293-0011 ext 1377

# Welcome Our New Labor Representative Tizoc Arenas!



Tizoc joined Oregon Nurses Association (ONA) as a labor representative in 2020.

His organizing and activism have reached as far back

as 2003 with both College of the Sequoias in Visalia, CA and CSU Northridge in Northridge, CA.

Tizoc began his career in the Labor Movement as an intern with the United Farm Workers in East Los Angeles, CA in July 2012. Since the outset of his career in labor he has served in both organizing and representational capacities within the movement and has worked for several organizations including the AFL-CIO, the Texas American Federation of Teachers, AFSCME HOPE Local 123, the California School Employees Association, Teamsters Local 1932, the California Nurses Association and SEIU Local 521.

Tizoc completed his Bachelor of Arts in Chicana/o Studies and his Minor in Pan-African Studies at CSU Northridge in 2009 and has completed coursework within the Sociology Department for graduate studies as well.

Tizoc enjoys researching labor history and is trying to build the largest labor history text collection that he possibly can.

Tizoc also represents nurses at Good Samaritan Regional Medical Center in Corvallis, as well as nurses at Marion County Health Department.

If you would like to talk with Tizoc, please reach out to him via email at [Arenas@OregonRN.org](mailto:Arenas@OregonRN.org) or you can call or text him at (510) 909-1108.



## Thank You!

Our current labor representative Christine Hauck is leaving ONA, after fifteen years of employment.



Christine graduated with her Bachelor of Science in HealthCare Administration, with a minor in Long-Term Care.

Starting on August 1, 2020, she plans to enjoy semi-retirement, reading, travel (when it is safe) and enjoy lots of free time in her garden.

# Don't Miss Important ONA Emails

ONA wants to make sure all members receive timely communications, ensuring you have the most up-to-date information on your contract, bargaining issues, upcoming votes, nursing research, practice issues and workplace policies. If you are not receiving ONA emails, we can help.

First, check to make sure ONA emails are not being filtered into a junk, spam or clutter folder. Many email providers, have built-in spam/junk filters or blockers. The filters are intended to prevent you from getting junk mail or spam, but can unintentionally block emails you want to receive. If ONA emails are in one of these folders, flag them as "not junk" and add [News@OregonRN.org](mailto:News@OregonRN.org) to your safe sender list.

If there are no ONA emails in those folders and you still aren't receiving ONA emails, there are various potential causes listed to the right.

You can fix most problems by simply emailing ONA at [News@OregonRN.org](mailto:News@OregonRN.org) with your name, personal email address and the name of the facility you work at in the body of the email and saying you want to be added to ONA's email list.

We will update our records so you don't miss future ONA emails.

## Common Reasons for Not Receiving ONA Emails

1. **Spam/Junk Filters:** Emails from ONA are being flagged as junk or spam by your email service provider.
2. **No Email:** ONA does not have an email on file for you.
3. **Bad Email:** ONA has an incorrect or outdated email on file.
4. **Blocked:** Due to several failed delivery attempts, our system has stopped attempting to send emails to your email address.
5. **Opted Out:** You have opted out of receiving emails.
6. **Work Email Filters:** Some health care systems filter out ONA emails so nurses don't receive ONA-related emails. This is why we encourage nurses to use their personal email addresses instead of work emails.



## Fixing Problems to Receive ONA Emails

1. **Check your junk/spam/clutter folder for ONA emails:** Flag ONA emails as "not junk/spam" and add [News@OregonRN.org](mailto:News@OregonRN.org) to your safe sender list.
2. **Email ONA:** To fix reasons 2-6, simply email ONA at [News@OregonRN.org](mailto:News@OregonRN.org), and include your name, personal email and facility you work at in the body of the email.

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