

Keeping in Touch



Meeting, annually

By Bob Henning, WEAC-Retired President



Inside this edition of Keeping In Touch you will find the registration form for this year's WEAC-Retired Annual Meeting.

It will be held April 30, 2010, at the Sheraton in Madison.

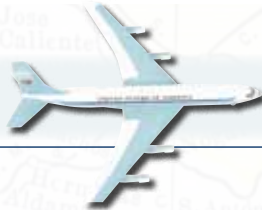
It is more than a "meeting," of course. I urge you to look over the program and consider attending. We have 15 workshops focusing on a variety of topics of interest to retirees like us: travel, cooking, volunteering, health, investing, and a lot more.

The meeting provides an opportunity to re-connect with colleagues you have known through the years, either through your work as an educator or activism within the union. It is also an opportunity to meet WEAC-Retired members you do not already know but with whom you had so much common cause throughout your career. Now you have one more thing in common: retirement.

If you have questions about the annual meeting, or about anything else, please feel free to get in touch with me at rhennin2@dwave.net, or with WEAC-Retired affiliate coordinator Dustin Beilke at beilked@weac.org or 800-362-8034, extension 270.

See you April 30.

Travel Tips



Thomas Kreif, WEAC-Fox Valley Retired Member and Traveler

<http://my.athenet.net/~mesh>

Here are my top eight tips for spring 2010:

1. If you are interested in a Holy Land, Egypt, Greece, transatlantic cruise from October 17 - November 15, 2010, please go to my travel website for further information.
2. Because of airfares, if you are planning a trip in December 2010 now is the time to consider making reservations.
3. The rules for screening at airports and for what you can carry on are ever changing. My suggestion is to check this website for current information on what is allowable: <http://www.tsa.gov/travelers/airtravel/assistant/index.shtm>.
4. Those interested in what could be the best bargain available for a digital camera should consider the Canon Powershot A470 7.1-megapixel model; it has 3.4X optical zoom, 2.5-inch LCD, and

it shoots video.

Kiplinger's Personal Finance Newsletter mentions this as a "best bargain for just under \$100." I purchased a different version of this camera about two years ago, and I am delighted with the results.

5. The Kiplinger newsletter also mentioned that an excellent site to research more than 85,000 hotel properties is Hotels.com.

6. At the time of this writing Southwest Airlines is still an airline one should consider flying. The company lets you book a flight, change your ticket, check two bags, and grab a snack along with a nonalcoholic drink for free. As their commercials tell you, you can easily spend over an additional \$100 for all of this.

7. Travel companies are turning to online vacation auctions as a last-minute fix to fill empty suites and staterooms. Always make sure you read the fine print dealing with booking and processing fees. Budget Travel recommends three auction websites: skyauction.com, luxurylink.com,

and floridavacationauction.com. You are also advised against using eBay because of the hassles involved.

8. A newsletter I received, from of all places my plumber, reprinted an article entitled "7 Tips to Deter Auto Thieves." A car is stolen in the United States every 26.4 seconds. Here are seven suggestions for deterring car thieves:

- Lock yours doors.
- Turn off your engine and take your keys.
- Beware of day care facilities.
- Etch your VIN (vehicle identification number) into your windshield.
- Install a kill switch—a hidden switch in line with your ignition.
- Install a fake alarm.
- Reprogram your GPS. Thieves are stealing cars then driving to the home of the car's owner and breaking into it as well.

March, 2010

Dear Colleague:

I hope to see you on April 30th at the WEAC-Retired Annual Conference at the Sheraton Hotel in Madison. It's a great opportunity to attend a variety of exciting, informative sessions and socialize with members from across the state. There will be an exhibitor area and door prizes, as well as a fundraising give-away and silent auction for the NEA Fund for Children and Public Education.

The nearby Clarion Suites (608-284-1234) offers Studio Suites for \$74 and 1-BR Suites for \$89; both include breakfast and Social Hour. **Please book early and ask for the WEAC-Retired Group Rate.**

Take advantage of the conference advance registration fee of only \$30. Complete the registration form below, detach it, and return it with your check by April 9th.

Sincerely,



Bob Henning, President
WEAC-Retired

WEAC-Retired 2010 Annual Conference

Please print or type

REGISTRATION FORM

Capacity is limited to 250 participants, and registration is on a first-come, first-served basis. Spouses/significant others are most welcome (copy this form). The registration fee covers a buffet breakfast, lunch, other refreshments and conference materials. The advance registration fee is \$30 per person if postmarked by April 9th, 2010. **The registration fee for those postmarked after April 9th is \$40.** Questions? Phone Becky Adams, WEAC-Retired office, 1-800-362-8034 extension 262 (24-hour voice mail) or e-mail her at adamsb@weac.org.

Last name, first name, middle initial: _____

Home mailing address: _____

City, state, zip code: _____

Area code/home phone #: _____ E-mail address: _____

To assist our planning, please mark the breakout you wish to attend:

Session 1: A ___ B ___ C ___ D ___ E ___ **Session 2:** A ___ B ___ C ___ D ___ E ___

Session 3: A ___ B ___ C ___ D ___ E ___

LUNCH – Please Choose One:

___ Grilled Sirloin with Burgundy Mushroom Sauce or:
___ Vegetarian Option (Chef's Choice)

Complete, detach and mail with your check (payable to WEAC-Retired) to:

WEAC-Retired Annual Conference
Attention: Becky Adams
PO Box 8003, Madison, WI 53708-8003

2010 WEAC-Retired Annual Conference

April 30, 2010 – Sheraton Hotel, Madison

7:30-8:50am: Registration & Buffet Breakfast

8:50-9:20am: Welcome: Bob Henning, WEAC-Retired President

9:30-10:30am

SESSION 1 OPTIONS

- A. **“Who Gets Grandma’s Yellow Pie Plate?”**
Mary Lepeska, Retired UW-Extension Family Living Educator
Whether it’s a yellow pie plate, Packer tickets or a fishing pole, everyone has personal possessions that have meaning for their families. Planning to pass on such items can be challenging and may lead to family conflict. Learn practical information about the inheritance of personal property.
- B. **“Current Events and Your Retirement”**
Michelle Slawny, CFP® Senior Retirement Income Consultant, WEA Trust Member Benefits
In this session we will discuss the impact of current economic conditions and stock market performance on your Wisconsin Retirement System benefit (Core and Variable funds), personal investment accounts, and retirement lifestyle.
- C. **“Tour de Glenn: How to Travel the World Without Emptying your Bank Account”**
Glenn Schmidt, WEAC-Retired
Now “one of us,” Glenn shares his insights on one of retirement’s greatest values: off-season travel. Join him for some laughs, some great pictures and, most of all, tips on how to travel cheaply and well.
- D. **“Unique Volunteer Opportunities – Panel Discussion”**
A panel discussion, with Q&A, of volunteer opportunities, including representatives from Habitat for Humanity, Learning in Retirement, Interfaith, and RSVP of Dane County.
- E. **“Healthy Cooking for One or Two”**
Diane Alijev, TUC-Retired Vice-President
Is cooking for one or two a challenge? Do you have recipes and useful tips that work? We’ll discuss, share and ultimately develop a resource booklet. Bring recipes and tips with your name and e-mail - we’ll compile them into a booklet and send it to you.

10:45-11:45am

SESSION 2 OPTIONS

- A. **“Who Gets Grandma’s Yellow Pie Plate?”**
Mary Lepeska, Retired UW-Ext. Family Living Educator
(Repeated from Session 1)
- B. **“Brain Stimulation: Nourish your Noggin”**
Judy Gunkel, Regional Director, Alzheimer’s Association
Learn how to tailor your lifestyle for maximum brain health. Explore the differences between normal aging and severe memory loss. Leave with an action plan! Serious topics addressed but peppered with humor.
- C. **“Senior Security”**
Nathan Harper, WEAC IT Dir.
Identity theft – what it is, how it happens, what to do to protect yourself and, more importantly, what to do if you are a victim.
- D. **“Beautiful, Healthy and Inexpensive Meals”**
Rich Johnston & Cheryl Loveland, WEAC Retired
Rich and Cheryl will present their favorite recipes and demonstrate techniques with suggested menus for cooking for one or two.
- E. **“Stories of the Land”**
Jerry Apps, UW Professor Emeritus
The Midwest in the 1930s, ‘40s and ‘50s was a special place where parents and children worked side by side and neighbors stuck by each other through good times and bad. Jerry will share stories about the one-room country school, rural life before electricity and the joys and sorrows of living in the country then, as well as sharing information on how to write your own stories.

1:10-2:10pm

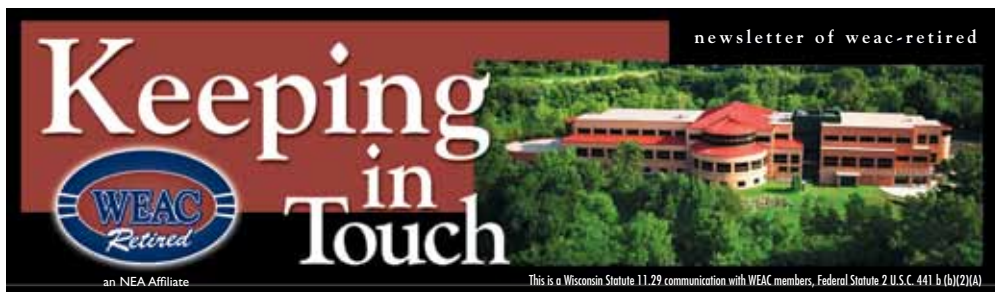
SESSION 3 OPTIONS

- A. **“Growing and Using the Top 20 Culinary Herbs”**
Lauri Lee, Master Gardener and Gardening Instructor, MATC
Herbalist Lauri Lee of *Herb Matters* and a Past President of the Madison Herb Society will present an herb-by-herb overview of how to choose, plant, grow and use culinary herbs. This interactive herbal sensory adventure provides a hands-on taste, touch and scent tour of the “Top 20 Culinary Herbs.” Handouts provided.
- B. **“Brain Stimulation: Nourish your Noggin”**
Judy Gunkel, Regional Director, Alzheimer’s Association
(Repeated from Session 2)
- C. **“Tour de Glenn: How to Travel the World Without Emptying Your Bank Account”**
Glenn Schmidt, WEAC-Retired
(Repeated from Session 1)
- D. **“Senior Security”**
Nathan Harper, WEAC IT Director
(Repeated from Session 2)
- E. **“Stories of the Land”**
Jerry Apps, UW Professor Emeritus
(Repeated from Session 2)

2:10-3:00pm **Wrap-Up**

- * **Refreshments**
- * **Door Prizes** - Must be Present to Win
- * **Silent Auction**

3:00pm **Adjourn (Safe Travels!)**



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WEAC-Retired Calendar of Events

Mar. 1	WEAC RA ballot mailed (if necessary)
1	NEA RA Delegate nominations due
3	WEAC -Retired Member Benefits Committee – WEAC office
4	WEAC -Retired Legislative Coalition Committee – WEAC office
5	WEAC-Retired Board of Directors – WEAC office
15	WEAC RA delegate return ballots due (postmark)
19	Credentials and Elections Committee certifies RA ballots
April 8	NEA RA Delegate return ballots due (postmark)
12-14	NEA-Retired West Regional conference – Minneapolis
16-17	WEAC Board of Directors – Madison
23	Pre-RA meeting of WEAC-Retired delegates – Green Bay
23-25	WEAC Representative Assembly – Green Bay
28	WEAC-Retired PR Committee – WEAC office
29	WEAC-Retired Board of Directors – WEAC office
30	WEAC-Retired Annual Conference
May 18	WEAC-Retired Legislative Coalition Committee – WEAC office
Jun. 27-29	NEA-Retired Annual Meeting – New Orleans
July 1-6	NEA Representative Assembly – New Orleans
23-25	WEAC Board of Directors meeting and retreat – Stevens Point

Correction to WEA-MedPlus information

Eligibility criteria clarified

In the last issue of Keeping In Touch, an article appeared about WEA-MedPlus, WEA Trust's health plan for retirees. In that article, there was an error in the outlining of the eligibility criteria.

To clarify, to be eligible for WEA-MedPlus, you must be:

- 65 years of age or older
- Retired from full-time employment
- Enrolled in Medicare Parts A & B as your primary insurer

In addition, the subscriber must meet ONE of the following four criteria:

- Is currently a Trust subscriber.
- Was a Trust subscriber within the last ten years
- Is currently a WEAC or WEAC-Retired member
- Was a WEAC or WEAC-Retired member within the last 10 years

For more information about WEA-MedPlus, contact one of the Trust's eligibility representatives at (800) 279-4000.



Cyber Connections:

Bob Henning, WEAC-Retired President	rhennin2@dwave.net
Dustin Beilke, WEAC-Retired Affiliate Coordinator	beilked@weac.org
WEAC-Retired	http://www.weac.org/home/retiredmembers.aspx
WEAC Home Page	http://www.weac.org/
WEA Credit Union	http://www.weacu.com/
WEA Trust	http://www.weac.org/Constit/weainsure.htm
NEA-Retired	http://www.nea.org
NEA Member Benefits	http://www.neamb.com
Social Security Administration	http://www.ssa.gov/
State of Wisconsin Department of Employee Trust Funds	http://etf.wi.gov
State of Wisconsin Investment Board	http://www.swib.state.wi.us/
State of Wisconsin Department of Public Instruction	http://www.dpi.state.wi.us/
National Committee to Preserve Social Security and Medicare	http://www.ncpssm.org/