

## NDRTA President's Message

LaDonna Whitmore, NDRTA President



Rolland Larson, New Salem, was welcomed by the state board at the January session. Rolland will be the chairperson for the state membership committee. And Phyllis Stoa, Fargo, has agreed to a temporary position as second vice president on the state board. Phyllis wants to attend a couple of meetings before making a commitment. Hopefully we will be able to welcome her at a later date.

During one of the last executive board meetings, the members passed a motion to use the Files of Life Program as a statewide Community Participation Project. Let's look at this idea as a 2005-2006 effort. This time span will allow the local units a chance to discuss and decide on what level of involvement they wish to pursue in their community.

At the state convention in Bismarck last September, all attending Advisory Council members were given an explanation of the Files of Life Program. The grant monies for this endeavor came from the NDRTA with a suggestion that maybe this would be a good project for other state associations to incorporate. Briefly, for those of you unfamiliar with the File of Life, it is a magnetic holder containing medical information and is placed on the refrigerator door. During an emergency, the first responders have access to this information that may save someone's life.

Since the convention, I have attended several local unit meetings to explain the program and to help the members fill out their files. Typically, the gatherings where a local law enforcement officer, an EMS person or other service providers are in attendance tend to become motivated more quickly. Following one such meeting, where an EMS person was present, numerous files are now being distributed to seniors in three counties. At another recent meeting, the members voted during the session to go with the program and over two hundred files were given out, then and there, to be handed out at different organizations within their community.

Some time before the end of March, I plan to contact each unit president or advisory council member. I want to learn more about your needs and /or thoughts regarding the File of Life Program and the Community Participation Goal for 2005-2006.

The spring workshops are scheduled for April and May again this year. For some areas where the programs were already planned, we have cut the workshop time down to 30-35 minutes. As in the past, an AARP person will be present to discuss their concerns, someone to present the latest legislative happenings and a member of the NDRTA State Board.

By the way, your membership card is active through the month of November of 2005 because of the late distribution. A new card is issued on July 1 (with the exception of 2005) of each year, the same date your membership payment is due. For those of you who have automatic withdrawal everything is taken care of. Let us hear from you regarding the cards. Have you used it? Are you finding it useful? Have you contacted any businesses in your area to take part? Can we help?

As a reminder, NDRTA IS THE ONLY STATE ORGANIZATION WHOSE SOLE MISSION IS TO IMPROVE THE QUALITY OF LIFE FOR RETIRED TEACHERS!!!!

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### NDRTA

Is the voice of Retired Teachers in North Dakota!

### NDRTA

Is the only organization that works exclusively for North Dakota's 5000 plus Retired teachers.

### NDRTA

North Dakota Retired Teachers Association

### NDRTA

Purpose is to promote the personal, social and economic welfare of its members, promote participation of retirees in service to their communities and to promote improvement of education for children in North Dakota.

[www.aptnnd.com/ta](http://www.aptnnd.com/ta)  
P.O. Box 447  
Bismarck, ND  
58502-0447  
701-221-7766





## "It Wasn't Disney World But..."

*Bernice Binford, Editor*

No, it wasn't Disney World but the "Big Event" to the country school girl of the depression could have been. I'm referring to the last day of school picnic. It's nearing that time of year when we were counting the days until the "Big Event". There was, of course, a program where everyone had a piece and the perfect attendance awards were handed out. I usually got one because Mom saw that I got my cod liver oil every morning.

I'm afraid it might take a trip to Disney World to bring on the same anticipation for many youngsters today.

As I recall the events of that day, I'm going to go back to some recollections I did a few years ago, but I don't think you can accuse me of plagiarism when I copy my own writing.

About this time of year we were gearing up for the Big Blast. The last day of school picnic. I suspect its memories still linger with you, too.

One of the biggies on the day's agenda was the food. I believe potato salad made its seasonal debut at this event. Strange but I can still see and taste it. I'm not going to label it the best. I see it as being very yellow. The good ladies made their own dressing in those days (a make do). I could not believe my good fortune when Leola Olson, a Fargo retired home economics teacher (a different name for the course now) found a recipe in one of her recipe books. If you readers would like to revive that taste here's the recipe: 2 eggs well beaten, ½ cup sugar, 1 tsp. salt, 1 tsp. mustard, ½ cup vinegar, 1 tsp. butter, 1 tbsp. flour and 1 cup cold milk. Cook. I think I have figured out the very yellow look. It was that time of year when the chickens were eating the fresh green grass and folks said that made the yolks very yellow. In my memory, there was a bit of green to the potatoes. At this time they were sprouting in the root cellar and maybe that accounted for the green setting in around the edges. Well, so be it, green and yellow are very nice spring colors and this is not meant to be a mini thesis on potato salad.

There were, you will remember, many other great dishes. There must have been beans (the kind you soak over night) and home-cured ham sandwiches and a Lady Baltimore cake. There were also chocolate cakes. They often had a very red look. One of the old-timers said they often put in red food coloring. I'm quite certain of one thing; there probably wasn't any fresh fruit salad. But I would bet money on jello and either Watkins or Raleigh's nectar.

The last day of school would also be another cause for jubilation. If conditions were right I would have permission to roll down my tan ribbed stockings at least by noon. I have often wondered how they stayed there. If it were an especially warm day, I might even have left home with anklets.

The day was filled with much frivolity. On the list was the three-legged race. You remember that is when two people tied their left legs together and hobbled down to the finish line. There was the wheel barrow race. In those days of no slacks for the girls the wheel-barrow would have to be a boy and the girls held the boy's feet as they moved ahead on their hands.

The day's big attraction was the suitcase race. Our moms and dads participated and it was side-splitting. It was dads against moms. The contestants at the head of the line were given a suitcase (often called a grip). And they had to put on the opposite gender's clothes. I shall not list all the contents but I know the women had to put on a dress shirt, a tie, and a hat. A house dress, an apron, a hat and purse were in the men's "grip". They raced to the finish line, put the clothes back in the suitcase and flew back to the starting point and handed the case to the next contestants.

One could not reflect on this day without the mention of the horseshoe event. I read somewhere that one of the senses that remain strongest in our memory is the sense of sound. How easy it is to still hear the clank of the shoe against the metal stake.

As it was with most of the days of spring, the kittenball game was the biggie. The boys were reasonably decent about letting us girls play. But one boy in particular was way ahead of his time, a real equal opportunity guy and he always fought for our right to play. We were generally outfielders-far outfield. But that's understandable. We usually ran when the ball came our way.

The day ended in late afternoon as everyone had to go home to milk the cows and pick the eggs.

The last day of school lost a bit of its zing when I became a teacher in a rural consolidated school and I had to do bus supervision of my junior high home room. Somehow the last day picnic lost something when there were bruises to treat and a friendless student to console. And the top priority was to see that no pupil fell in the river. I always thought it wise when a site with no river was chosen.

But no matter what side of the fence you were on, the last day of school picnic had an air of anticipation.

I realize my readership has changed greatly since I became editor several years ago.

For the most recent retirees, I realize that you never had these country school experiences. You probably went to school with more than one room. You had indoor plumbing, electricity, and central heating. Why you maybe had a principal, a janitor (oops!) custodian and your own school nurse.

But I think it might be fine for you to have a look into the "Olden Days".

*Aging is fashionable, everyone is doing it.*

## Legislative Report

By Howard Snortland



Crossover occurred February 18, this means that passed bills are transferred from the House to the Senate and vice versa. The House bills (1000s) become Senate bills and the Senate bills (2000s) become House bills. The number of bills is decreased after crossover as the bills that were defeated are no longer up for debate. North Dakota has laws that assure that all bills are treated fairly; every bill introduced must be allowed a hearing and a vote. Other states do not have this provision in the law, chairmen of committees can “pocket” or fail a bill in committee and the bill never receives a vote by the House or Senate.

There are three bills that deal with retired teachers’ concerns this session. They are House bills: 1067, 1068, and 1361.

The primary sponsor of 1067 is Representative Grande from Fargo. The bill proposed that summer school teachers on a short-term contract can elect not to participate in the Teachers Fund for Retirement for the period of the short-term contract. If this bill becomes law, the summer school teacher and the school district would not contribute to the TFFR pension. The TFFR board was opposed to the passage of this bill. The bill passed the house on January 26<sup>th</sup> by a vote of 74 to 14 but was defeated in the Senate by a vote of 2 yeas to 42 nays.

House Bill 1068 was submitted by the TFFR board. Agency bills like 1068 are often called “housekeeping” bills; the bill contains provisions that are not controversial, clarifies issues and brings North Dakota law up to date. This particular bill provides that federal law changes for the IRS are updated in the North Dakota Century Code in order to maintain compliance. In addition, the bill was amended to delete a provision that retired teachers returning to teach would be required to contribute to TFFR. House bill 1068 passed the House on January 25<sup>th</sup>, 89 to Zero and moved to the Senate where it passed unanimously 45 to zero. The bill became law on March 7<sup>th</sup> when Governor Hoeven signed the bill.

House Bill 1361 is a short bill but is important to NDRTA and the board. The bill proposes a small change to the code which would allow RTA to access TFFR information pertaining to name, address, and participation. Currently NDRTA can only access information relating to death. The purpose of the bill is to make it easier for NDRTA and other organizations to access the TFFR record in order to update their organization’s data. This would make it much easier for NDRTA to communicate with members as there would be fewer returned mailings and mailing information would not have to be sent through a third party. Bill 1361 was defeated in the House on February 16<sup>th</sup> by a vote of 34 yeas to 58 nays.



# 2005 NDRTA / AARP Spring Workshops

NDRTA and AARP will be hosting five Spring Workshops this April in Minot, Fargo, Grand Forks, Dickinson, and Harvey. Join fellow retired teachers and AARP members for this information series on NDRTA and AARP legislative issues and association programs. Attendance is free – contact the appropriate representative below for your reservation.

**MARK YOUR CALENDARS. YOU DON'T WANT TO MISS THESE GREAT INFORMATIVE WORKSHOPS!!**

<b>April 7, 2005</b>	Fargo, ND	Holiday Inn
Contact:	Phyllis Stoa	701-235-7041
	Alice Such	701-232-8656
<b>April 19, 2005</b>	Grand Forks, ND	Ramada Inn
Contact:	Dale Koppleman	701-775-9754
	Jerry O'Connor	701-772-1708
<b>April 25, 2005</b>	Harvey, ND	Town & Country
Contact:	Delores Baltrusch	701-324-4567
<b>April 28, 2005</b>	Dickinson, ND	Elks Club
Contact:	Dee Rieker	701-264-1030
<b>May 16, 2005</b>	Minot, ND	Holiday Inn
Contact:	Harold Stolt	701-838-5234

## Fargo & Grand Forks Tentative Workshop Agenda

11:30 – 12:00 pm	Lunch
12:00 – 12:40 pm	Local Unit Meeting. /Program
12:40 – 1:10 pm	Legislative Update
1:10 – 1:30 pm	AARP Update
1:30 – 2:00 pm	NDRTA Association Update

## Dickinson & Minot Workshop Agenda

11:30 – 12:00 pm	Lunch
12:00 – 12:15 pm	Local Unit Meeting
12:15 – 12:45 pm	Legislative Update
12:45 – 1:15 pm	AARP Presentation
1:15 – 2:00 pm	NDRTA Association Update

## Harvey Workshop Agenda

12:15 - 1:00 pm	Lunch & Local Meeting
1:00 – 1:30 pm	Legislative Update
1:30 – 2:00 pm	AARP Presentation
2:00 – 2:45 pm	NDRTA Association Update

## OTHER CALENDAR OF EVENTS:

Jamestown and the Stutsman County RTA Cordially invite the members of the North Dakota Retired Teachers Association to the 44<sup>th</sup> Annual NDRTA Convention August 31 – September 1, 2005  
Dakota Inn, Jamestown, ND

# 2004-2005 NDRTA Officer Directory

## Meet the 2005 NDRTA Board Members



*(L to R)  
Rolland Larson, Membership  
Committee; LaDonna  
Whitmore, President; Phyllis  
Stoa, 2nd. Vice President;  
Lowell Latimer, 1st. Vice  
President. Not Pictured:  
Clarence Corneil, Past President;  
Mil Jenkinson, Secretary; and  
Howard Snortland, Treasurer.*

<b>President</b>	LaDonna Whitmore 701-281-7277	4949 16th Ave SW, #310 Fargo, ND 58103
<b>1st Vice Pres.</b>	Lowell Latimer 701-852-2400	15 22nd St. SW Minot, ND 58701
<b>2nd Vice Pres.</b>	Phyllis Stoa 701-235-7041	2915 40th Ave. SW, Unit A Fargo, ND 58104
<b>Past Pres.</b>	Clarence Corneil 701-225-8518	940 Alder Ave. Dickinson, ND 58601
<b>Secretary</b>	Mil Jenkinson 701-225-6549	208 4th Ave. W. Dickinson, ND 58601
<b>Treasurer</b>	Howard Snortland 701-223-3620	1324 Meredith Drive Bismarck, ND 58501

# FILES OF LIFE

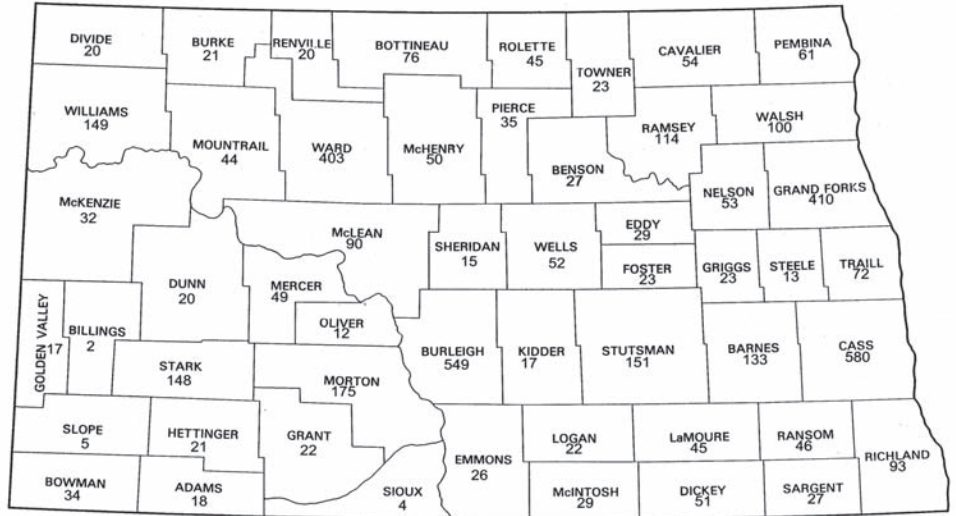
The Files of Life program NDRTA developed has gotten off to a great start! Thanks to NDRTA's President, LaDonna Whitmore, 8 out of 16 local units have been visited and informed on the Files of Life program. LaDonna will be following up with each of these local units for further implementation of this program. The Files of Life program provides medical information to emergency responders in a magnetic refrigerator packet or in a wallet sized card. A "Flashing Security Light" is also used in case of a medical emergency to help responders determine the residence's location. If you or your local unit would like more information, please contact LaDonna Whitmore at 701-281-7277.



# Membership Report

By Rolland Larson, Membership Committee

## TFFR Retired Members



### NDRTA Membership Update

At the present time:

- Payroll deduction .....1574
- Life Members .....12
- New Members .....55
- Pay direct Renewal .....882
- Total Membership .....2468

In-state	4350
Out-of-state	1023
<b>Total</b>	<b>5373</b>

*\* numbers represent retired teachers receiving TFFR benefits.*

Have you ever heard a recruiter say there is strength in numbers? There are many advantages from having a strong membership. It puts us in a position to have a representative on the board for the Teachers Fund for Retirement. Having more members makes it possible to have people like the staff of APT representing us at the legislature, watching issues that may affect your retirement benefits. This gets to be a pretty big deal about this time every two years.

If you receive this newsletter, it's because you already are a member.

Our request is for each of you to help recruit others that are not members. The cost of membership is quite modest. For that, you will receive a membership card that has some benefits for you in addition to supporting our Association. As a member, you can also keep in touch with other retired or former teachers through the state's local units and special events. There are probably as many retired teachers that are not members as we have members, so there should be a lot of prospects to contact. Help contact those former colleagues who have retired or those who will retire at the close of the current year and let them know about the wonderful benefits of belonging to the only organization in ND that exclusively represents retired educators...NDRTA!

# NEWS FROM THE UNITS

## What's happening in...

### Southwest

*Submitted by Nola Brown*

Our news is brief this time as we don't meet during the winter months.

We will meet in March. Being the program will be on health, roll call is what your biggest health challenge is. The program for April is a legislative report.

Our annual banquet will be in June, but at this point it is unknown what the program committee will come up with.

We have 30 members and we were pleased with the attendance of 20 at the fall meetings. We are hoping to do as well or better in 2005!

### Cass County

*Submitted by Linda J. Ward*

For our December meeting, our guest speaker was Steve Stark. Steve told us about the Lewis and Clark Expedition as it related to North Dakota. As he spoke to us about the people involved, he drew charcoal pictures of them on a very large piece of paper that he had attached to the wall. Our inspirational message was given by Beverly Quamme. Bev read three humorous letters written to Sears Roebuck that were taken from a book by Art Lee.

In January, Arland Jacobson, of Concordia College, was our guest speaker. Arland spoke about the prospects of peace in Israel and Palestine. He was optimistic about some things that were happening there; yet, he felt that it didn't look good for a lasting peace. Mary Fuxa gave the inspirational message.

She read "Icy Beauty – January Grace" from Jerry Lamb's "The Small Voice."

At our February meeting, John Garaas, attorney, was our guest speaker. John spoke about "Methamphetamine, The Scourge of Mankind". He told us about cases of his that involved Meth usage, how Meth can change people's lives, and that Meth usage crosses every socio-economic background. Due to the length of the program, there was no inspirational message.

### Slope Area

*Submitted by Glenda Seela*

The officers for this year are Pres. Leroy Oberlander, Co-President-Elect Sherwin Dockter & Dee Rieker, Co-Past President Louis Braun & Lila Hamre, Secretary Glenda Seela and Treasurer Jean Braun. Our meeting time is 12:00 Noon at the Elks Sodbuster Room in Dickinson, North Dakota.

For our September meeting Sherwin Dockter and Tina Rivinius gave a presentation on Alzheimer's disease and an optional tour was given of the new facility Country House. All of the residents here are suffering from this disease. More families are dealing with this problem and much insight was gained by our group through the presentation and question/answer period. Yearly dues were collected. This year the meeting will close with good news items of the members and sharing special teaching experiences from the class room.

Our Annual Luncheon

was held in October. This was followed by a presentation by Dr. Thomas on Osteoporosis and Bone Density. It is not commonly known that men suffer from this disease as well as women. Diet, medication and exercise work hand in hand to combat osteoporosis. Early diagnosis is essential to good health.

November 9 the officers met with LaDonna Whitmore, NDRTA President, in Dickinson. President Whitmore presented us with information on the Files of Life and distributed materials that we could give to our membership. We will be inquiring to the use of this program in our community and share knowledge of the Files of Life. We enjoyed meeting our new State President.

At our regular November meeting Judy Austad from the North Dakota Attorney General's Office gave an update on Fraud and Scams that are prevalent in our State. There is always someone that is willing to share your money for their own purpose. Informational cards and packets of the Files of Life were given to the membership. These cards should be placed on the refrigerator, so that emergency personal know where to find them. The membership voted to be a sponsor, in the amount of \$100, for the February Communitiversity classes that will be held at Dickinson State University. Members also volunteered to judge Christmas stories and poems that are submitted to the Dickinson Press. This was on December 2. The Press donated lunch for our

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January meeting as a thank you for our services.

January 2005 began with Steve Irsfeld of Irsfeld pharmacy presenting information on the Medicare Prescription Card. The program that is in place will end in 2005, and registration for the new 2006 program will begin in November of 2005. There are issues that are still pending, so we will need to keep ourselves informed as the year progresses. Handouts were given and there was a question/answer period to close the presentation. Handouts on the February Communiversity classes were given to the members. The classes will be held in 2 time periods on Sunday afternoons during the month of February. Class offerings and instructors were listed.

## **Turtle Mountain**

*Submitted by Ruby Krause*

Turtle Mountain Area Retired Teachers will be completing a year of "Around the World" with President Eloise Bappre. There were no meetings in January or February, but will resume on March 11 with a program featuring Africa, in Willow City. The scholarship recipient will be our guest in April with the meeting being held in Bottineau. Pastor Fred Anderson will be featured in May, speaking on his trip to the Yukon, which will be held in Dunseith. The June meeting will be in Rolla, highlighting England.

## **Fargo**

*Submitted by Marcia Carlson*

The Fargo Retired Teachers met at the Holiday Inn on Wednesday, December 8, 2004 for their monthly luncheon and meeting. Emily Burggraff, pianist,

accompanied a group sing-a-long led by Joy Reski. Diane Stenberg presented by Diane and Frieda Bentz.

Traditionally our organization does not meet in January, so our first meeting in 2005 was held at the Holiday Inn on February 3. Joy Reski organized the making of Valentine thank you cards by members to be presented to overseas and/or homecoming military troops. Supplies were donated by Sams Club and the Fargo Rubber Stamp Company.

Our next meeting on March 3 will feature a presentation by Clark Tufte entitled, "How to Have More Control of Your Life by Knowing When to Say Yes and How to Say NO!"

## **Grand Forks**

*Submitted by Thelma Willet*

We feel that morale in our Unit is high this year and that we have an enthusiastic group, due to some degree to our officers and some to our fine programs. What more could you ask for then, than an International Hockey Tournament? Bryan Kennedy, a Sioux Hockey Player from Alaska and a student at UND pursuing a degree in Marketing, talked to us in November. He stressed the tournament coming up under the sponsorship of the IIHF (International Ice Hockey Federation), to be played in the Ralph Englestad arena in Grand Forks. Kennedy encourages our attendance, as if that were necessary.

In December we had a select group of singers from Red River High School perform "Songs of the Season" for us. The young people presented a polished program for our enjoyment.

January brought a cartoonist to us, a local man who gives us a Sunday paper cartoon under the title "It Could Be Worse". He told us how he got his start, how ideas come to him, and he drew one cartoon as he talked in witty fashion. There were many questions from the audience.

Job Christenson presented us with a strong example of "Local Boy Makes Good". A singer, actor, dancer and choreographer he is active in all categories. He sang for us in February in Cabaret style and was ably assisted by Marlys Murphy, his accompanist.

## **Williston**

*Submitted by Avonne Pederson*

The Williston Area Retired Teacher's Association met in November and December.

We are continuing to save coupons, grocery slips, and can labels for our schools.

We spent 10 hours before Christmas ringing the Salvation Army bell. In December we met at Bethel Home for the Aged so people from the home could attend our meeting. Carol Mockel presented a program of Christmas games. Our next meeting will be in April.

## **Bismarck-Mandan**

*Submitted by Irene Hoffman*

The Bismarck-Mandan retired teachers are still meeting at the VFW Meeting Room. However, under new management, it has begun a policy of charging according to the number called in for the luncheon, rather than by the number served. So, the members are being notified that if a no-show member doesn't cancel a registration before the morning of the meeting he/she will be charged for the meal.

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After a light lunch we continue to enjoy excellent programs. In November pharmacist Jan Maier presented a program entitled, "Medicine & Us – Risks vs. Benefits." She recommended starting with over-the-counter brands, waiting until a drug has been on the market for one year, watching for warning labels, and using generic brands.

At this meeting we held a memorial service for the thirteen members who died this past year. We also had purchased lights in their honor for the Mental Health sponsored "Tree of Lights", and had sent contributions in their name to Bismarck State College.

At the December meeting, the Mandan High School Swing Choir entertained us with Christmas carols they sang a cappella.

In January Annette Schilling from the North Dakota Department of Commerce presented the program. She talked about the Lewis & Clark Bicentennial events and told us about some of the current trends in tourism.

Lane Huber presented the February program entitled, "Distance Learning at Bismarck State College". He spoke about the many benefits of offering and taking classes on-line, but also warned that students need to be sure that the college they choose is accredited.

Our members have been active in the community. Several had volunteered to work at Papa's Pumpkin Patch to help raise money for local organizations. Others had volunteered to judge the VFW's "Patriot Pen" contest and the VFW's "Teaching Citizenship Award" contest. Then they attended the awards

banquet at the VFW. We also continue to help support the Magical Moments Playground each month.

Rita Johnson has been following and reporting on legislative bills that would affect or interest us. In between meetings she will use the calling tree to notify the members if necessary.

## Valley City

*Submitted by Arlys Netland*



*Carolyn Geston, Center, and Jo Koch, Left, Assist bingo players*

For the December meeting Reverend Dan Bader gave an inspirational message. A 6<sup>th</sup> grade class provided musical entertainment. A collection was taken by the members to be distributed to the three elementary schools so one disadvantaged student in each school received \$25 to spend on gifts.

In January, 17 members assisted with bingo at the Sheyenne Care Center. All the patients got a prize and enjoyed treats afterward.

The three legislators from district 24 spoke at the February meeting. Senator Larry Robinson, Rep. Ralph Metcalf and Rep. Phillip Mueller reported on bills relating to healthcare, education, and teacher's retirement.

The March program will have a local funeral home



*John Geston, standing, and Ken Bolstad, to Geston's Left, Watch the bingo players and help when needed.*

director who will discuss funeral preparation and planning.

Dr. Ellen Chaffee, President of Valley City State University, will be the speaker at the April meeting.

New members are Gordon Hoff, Don Bauer, Patty Beil, Coni Horsaager, Monte and Patricia McDaniel.

Anne Haugaard has been chosen as Honorary Chairperson for the upcoming "Rally for a Cure", a fundraiser for breast cancer research.

## Minot

*Submitted by Geraldine Larson*

The Minot Area retired teachers along with the AARP have set up seminars in January and March. The seminars will focus on use of defibrillators stationed around Minot and how they are to be used, fire prevention and escape route planning, identity theft, Files of Life, and the light of life program.

I regret to inform you those members Margaret Dixon and Delight Hall have passed away.

Curtis Herman, our legislative contact, has been keeping the group informed about bills in the legislature that concern retired teachers and other retirees.

The Bell School 1<sup>st</sup> through 4<sup>th</sup> graders entertained with

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Christmas music at our December meeting.

Dr. David Looyson, Minot Public Schools Superintendent spoke at our January meeting. He stressed publicizing the positive things children do instead of the negative. His talk centered on the three types of technology people.

1. Digital natives – the millennial kids born after 1982 in the world of technology.

2. Digital immigrants – those of us who are entering the world of technology, sometimes under pressure.

3. Digital aliens – those people who deny technology.

In February Jerry Keup from the Minot Public Library, showed slides and talked about little-known facts about the Lewis and Clark expedition. He showed pictures of various places along the trip where history making decisions and turning points of the expedition took place.

## **Lonetree**

*Submitted by Verna Johnson*

The Lonetree Retired Teachers Christmas party meeting was at Town and Country, Harvey, ND, on December 6, 2004. The Harvey High School Choir provided a program of Christmas music.

Instead of a gift exchange our members contributed to a charitable cause. This year we voted that it would be the Salvation Army. We also gave a monetary gift to the Harvey High School Choral Department.

After a winter recess, our unit will resume meetings on April 25, 2005. At this time we are hosting the Spring NDRTA Workshop for our area. The workshop will follow our luncheon at our regular time of 12:15 p.m. We

hope that many of you will be able to attend.

## **Stutsman County**

*Submitted by Kathleen Wegner*

The Stutsman County Area Retired Teachers Association continues to meet every month. Orlin Will has scheduled interesting and informative presentations for us to hear.

In November Mike Goehring from the Great Plains Assistance Dog Foundation presented the program. He showed a video and shared information about the training of the dogs. He told about the work the dogs can be trained to do.

LaDonna Whitmore was a guest at our December meeting. She explained the purpose of the "Files of Life" program and its advantages. Nonperishable food items were collected from the members and given to the Salvation Army Food Pantry. A sing-a-long led by Geri Morris and Loretta Jung concluded our meeting.

Two foreign exchange students, Chinatsu Osaki from Japan and Claudia Moyana from Chile presented the program for our January meeting. They shared information about their families and compared the education of students in their country with ours.

Our annual card party was held on February 6<sup>th</sup> at the James River Community Center. We had ninety-two people playing whist, pinochle, and bridge. First and second prizes were awarded in each game. Millie Wilkinson donated candy for a silent auction, and lunch was served to all who attended. Proceeds

from this event go toward our scholarship fund.

Plans are being made by our members for the NDRTA state convention which will be held August 31<sup>st</sup> through September 1<sup>st</sup> in Jamestown. We are looking forward to seeing many of you then.

## **Missouri River Basin**

*Submitted by Leona Brecht*

Missouri River Basin Retired Teachers Association met November 15<sup>th</sup>, 2004 at The Woodshed in Hazen.

Beverly Fischer from the Department of Public Instruction, Bismarck, gave a presentation to the group on the "No child left behind" act. This is a testing program that all elementary and secondary schools in the state must comply with. There are 486 schools in the state, testing is done annually in reading and mathematics for grades 4, 8, and 12. Testing is done to show yearly progress. Any school that meets the proficiency requirements for 2 consecutive years can opt out of the program and set up their own, but will still be subject to testing by the state. Not all North Dakota schools are eligible due to enrollment, poverty level and funding requirements. In addition, the act also requires that by 2006 all teachers must be "highly qualified", meaning that all teachers would require a bachelors degree in the subject they teach. If you have any questions for Bev regarding the program, she can be contacted at 701-328-2461.

The Department of Public Instruction will be holding workshops in April and May; the workshops held will be in Minot, Dickinson, Bismarck, Fargo and Grand Forks. The DPI will be reporting on legislation concerning education.

## A Teacher is Forever....

*We are saddened to learn of the passing of Bernice Binford. Prior to completion of this Newsletter, Bernice Binford, NDRTA's Newsletter Editor, passed away on March 13, 2005. We will miss her dedication, demeanor and stories she provided as NDRTA's Newsletter Editor for many years. Bernice Binford will be missed.*

*In Memory of Bernice Binford*



### *Why Did God?*

*By Bernice A. Binford*

*Why did God choose green for trees  
Or blue for the skies?  
And put a white cloud on the blue  
And yellow rising sun  
Or a heart of red for me?*

*It all suites me fine.*

*For I think I should not like  
A tree of orange  
Or a sky of red with a cloud of blue.  
And I should not like to view  
A rising sun of gray  
Or have a heart of black.*

## 2005 NDRTA Scholarship Program

The 2005 NDRTA Scholarship Program will be awarding four, \$500 scholarships to education-major students attending universities and colleges in North Dakota. In order to be eligible, college students must be 1) Majoring in Education 2) Be entering their 3<sup>rd</sup> year academically as of August, 2005, and otherwise meet the criteria set by the Scholarship Committee. Scholarship winners will be chosen by July, 2005 and notified of their award. Members of the NDRTA Scholarship Committee are: Dr. John Keller, Valley City; Mil Jenkinson, Dickinson; Marie Levadney, Minot; and LaDonna Whitmore, Fargo.

The NDRTA Scholarship Program was started in 1997 using the interest from NDRTA investments to fund the varying number of scholarships. Since 1997, NDRTA has awarded over \$25,000 to students majoring in education.

If you know of someone who meets the criteria, they may obtain a scholarship application by contacting their college Education Dept. or Financial Aid office, by visiting the NDRTA website at [www.aptnnd.com/rta](http://www.aptnnd.com/rta) or by contacting Tami Wahl in the NDRTA office at 701-221-7766.

*"It has been widely said that whatever many may say about the future, it is ours, not only that it may happen to us, but that it is in part made by us."*

*-Ethel Percy Andrus,  
Founder, AARP*



# AARP® North Dakota

**The power to make it better.™**



## AARP North Dakota News – March 2005

### Social Security in North Dakota:

- Social Security benefits were paid to 114,200 people in North Dakota in December 2003, including 71,190 retired workers, 15,860 widows and widowers, 10,410 disabled workers, and 6,990 children. (Social Security Administration)
- The average monthly Social Security benefit in North Dakota in December 2003 was \$858.50 for retired workers, \$854.70 for nondisabled widows and widowers, and \$813.80 for disabled workers. (Social Security Administration)

With proposed changes to Social Security as currently understood:

- North Dakota widows who now receive an average of \$811 a month in Social Security would get only \$446 per month even with proceeds from the private accounts (National Women's Law Center)
- A typical North Dakota 20-year-old that starts paying Social Security in 2005 can expect to see a cut of \$152,000 over the course of an average 21-year retirement. (Center for Economic and Policy Research)

### Medicare Prescription Drug Discount Cards

**Apply before March 31<sup>st</sup> to qualify for the full \$600 prescription drug benefit for low income Medicare recipients.**

If you qualify for the low income prescription drug benefit and you:

Apply before March 31 – you receive the full \$600 benefit for 2005.

Apply between April 1 & June 30 – benefit is \$450.

Apply between July 1 & September 30 – benefit is \$300.

Apply between October 1 & December 31 – benefit is \$150.

**There is still time to obtain and use a Medicare approved prescription drug discount card. Call 1-800-633-4227 or the North Dakota Senior Health Insurance program at 1-800-247-0560 with questions and help with applying for a card.**

**It is especially important for low income Medicare recipients to consider applying for a card.**

**If you have a low income, or you know someone with a low income, additional help is available. If your income is less than about \$12,569 a year for one person, or \$16,862 for a married couple, you may get up to \$600 to help pay for prescription drugs in 2005 if you apply before March 31, 2005.**

**You will not have to pay a fee for your discount card.**



### Membership Cards

All current 2005 NDRTA members should have received their membership card. For those who notified the NDRTA State Office of mistakes on your cards, you should be receiving a new card in the mail soon.

NDRTA is always looking to place more businesses on the list who offer discounts. So, if you would like to refer and recommend your favorite merchant, please contact the NDRTA State Office or visit our website for a business referral forms. You will need to provide us with the business name, location/address, and business phone. NDRTA will then pass this information on to Access (company who process the cards). Access will then contact them about our program and will do their best to add them to our list.

NDRTA hopes you all are enjoying this new benefit and taking advantage of all the savings it offers!



AUTHORIZED SIGNATURE REQUIRED. VOID IF NOT SIGNED.

**AN NDRTA MEMBER BENEFIT**

**SAVE UP TO 50% ON:**

- Dining
- Shopping
- Cruise
- Hotels
- Automotive
- Condo
- Golf
- Travel
- Ski
- Recreation
- Health & Beauty
- and Much More!

**HERE'S HOW:**

- Go to [www.aptnd.com/rt](http://www.aptnd.com/rt)
- Click on the "Access Savings Card" icon.
- Enter your member numbers from the front of this card. 9320 - ID #
- Browse our online directory of thousands of participating locations.
- To receive discounts, identify yourself as an "Access" member and present this card. (For Hotels, identify yourself as a "Hotel Access/Great American Traveler member.")
- Follow the online instructions. Reservations may be required. Restrictions may apply.

For Customer Service call 866-686-3797 • P.O. Box 27563 • Salt Lake City, UT 84127



## MEMBERSHIP PAYS

NDRTA members SAVE tons with their membership at places like these:

Here's how to access the discounts:  
Go to [www.aptnd.com/rt](http://www.aptnd.com/rt) and click on the NDRTA Membership Card image

If you need help accessing the discounts, call 1-866-686-3797.



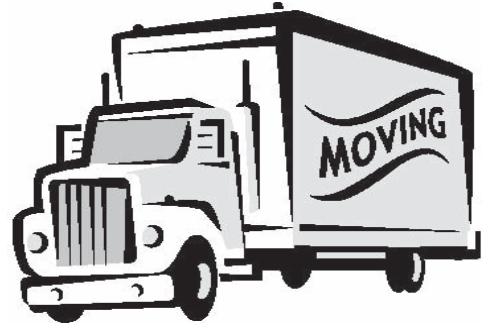
# Top 10 Q&A for Educator Access – Members

- 1. WHAT IS THE ACCESS CARD?** Simply put, the Access card is your education association membership card. It not only entitles you to the all the benefits of being an association member but it also gives you the ability to save money at thousands of locations worldwide.
- 2. WHAT KINDS OF DISCOUNTS ARE AVAILABLE?** Your card saves you up to 50% on purchases you make every-day – at restaurants, hotels, retail stores, golf courses, ski resorts, theme parks and everywhere else in between. With discounts at over 100,000 locations worldwide, you'll be sure to find savings wherever you are - or plan to be!
- 3. HOW DO I ACTIVATE MY CARD?** Activating your card is easy. Simply log on to your association's website and follow the instructions on the back of your card. If you don't have Internet access, simply call the customer service number listed on your card and our friendly staff will be happy to assist you.
- 4. HOW DO I ACCESS THE WEBSITE? IT'S EASY. SIMPLY ACTIVATE YOUR CARD BY FOLLOWING THESE THREE EASY STEPS:**
  - a. Log in to your official association's website.
  - b. Enter your member ID number (located on the front of your card)
  - c. Create your personal account by following the registration instructions
- 5. HOW DO I GET MY DISCOUNTS?** Most merchants require that you present your membership card at the time of purchase. Occasionally, some merchants also require a printed coupon that you print from the website, so be sure to check the individual merchant page on the website for specific instructions.
- 6. HOW DO I SEARCH FOR SAVINGS?** There are several ways to search for savings. To find participating merchants in your area, simply enter in your city name or zip code into the box marked "find discounts", select your category and click "Find"! You can also refine your search results by clicking on "Advanced Search" on the left hand side of your browser. This will allow you to search for several specific categories within a specific area.
- 7. WHAT IF I LOST MY CARD?** Don't worry. The process of obtaining a replacement card is easy. Simply call your association to have a new card mailed to you.
- 8. WHAT IF A MERCHANT I VISITED DIDN'T RECOGNIZE THE PROGRAM?** Every once in a while, a merchant will appear on the website whose employees are unaware of the discount program. If a participating location does not honor your discount, please contact our member services team immediately.
- 9. I DON'T HAVE INTERNET ACCESS. CAN I GET A PRINTED DIRECTORY?** Absolutely! Simply contact our member services team and for a nominal shipping fee, we'll send you a printed directory for your area. Since the printed directories are only updated once every quarter, it's possible that some recently added merchants will not appear in your directory. The website, on the other hand, is updated daily.
- 10. I DON'T SEE MY FAVORITE MERCHANT IN THE PROGRAM. WHAT CAN I DO?** We get some of our best leads from members like you. With our Refer-A-Merchant program, members identify businesses where they would most like to save. Once a location is submitted, our merchant recruitment team goes into action – contacting that business and encouraging it to join the Access Savings program. So be sure to check the website often to see if your "referred merchant" has been added to our program!

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"referred merchant" has been added to our program!

# PLEASE HELP US KEEP IN TOUCH WITH YOU

Send any change of address to:  
North Dakota Retired Teachers Association  
PO Box 447  
Bismarck, ND 58502-0447



Your full Name (please print or type):  
\_\_\_\_\_

Old address:  
\_\_\_\_\_

New address:  
\_\_\_\_\_

Date(s) in effect:  
\_\_\_\_\_

**SNOWBIRDS:** Remember to send your temporary address to NDRTA. Your Newsletter will not be automatically forwarded to your temporary address.

**KNOW SOMEONE WHO HASN'T JOINED?**  
PASS YOUR NEWSLETTER ON AND URGE THEM TO COMPLETE THE MEMBERSHIP FORM TO JOIN THE ONLY ASSOCIATION THAT WORKS ENTIRELY FOR RETIRED EDUCATORS.

## NDRTA Membership Enrollment Form

Name \_\_\_\_\_ SSN \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ PH# \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Choose One Method of Payment**  
Membership to take effect July 1 of each year

I request voluntary withholding of \$18.00 for annual membership dues in the North Dakota Retired Teachers' Association from my July annuity payment from the North Dakota Teachers' Fund for Retirement to remain in effect until I choose to terminate by written notice to the North Dakota Teachers' Fund for Retirement prior to June 15 of any year.

(Request for voluntary withholding applies to any future decreases or increases in NDRTA membership dues.)  
Membership to take effect July 1 of each year.

Enclosed is \$18.00 (beginning 2004-2005) for annual membership payable by June 30 of each year.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**MAIL TO: NDRTA - PO BOX 447 - BISMARCK, ND 58502-0447**

## SPRING Had Sprung When...

-Bernice A. Binford

Spring had sprung when we girls could roll down our tan ribbed stockings. How did they ever stay in place in a roll at our ankles? It was spring when we took the banking away and everyone kalsomined inside. Usually buff. The first day we took out the kittenball and bat was a banner day at District 24. The boys were usually nice enough to let us girls play.

It was in the spring that the autograph books took center stage and we thought about summer when we would be together only occasionally or maybe not at all unless we went to the same Sunday school. A few miles could be quite a distance in those times.

I was reminded of the autograph ritual while digging through a trunk and found my Aunt Amy's book from 1908. I can just imagine how she treasured what each wrote. Strangely many of the same are in my books.

Here are a few gems from her book.

The first one was in Norwegian. The only word I recognized was "manage".

In beautiful script Grandpa wrote:

*Dear Amy, Strive to be honest, kind and true.*

*Your Papa*

*Child Amy, Be kind and you will be happy.*

*Your Mamma*

But things went downhill from there.

*Remember me when you are far off, and woodchucks die of whooping cough.*

And how about this gem.

*If you are standing by the pan, think of me before you fry.*

There were of course, the variations of "roses are red". Some not always flattering. I hope you still have your books and for a good laugh today get them out.

One of mine has a verse my Aunt Gunhild wrote in my book and I treasured it as a child and my thoughts go back to it often today.

*The world is so full of a number of things,  
I'm sure we should all be as happy as kings.*

*-Robert Louis Stevenson*

