

NDRTA President's Message

Dr. Lowell Latimer, NDRTA President



The Fall Convention Approaches

It is time to register for this event. The Minot Retired Teachers Chapter has been meeting regularly to plan a professional and fun filled two days. You will find a registration form in this newsletter. Use it today so it will not be set aside and forgotten.

The convention highlights a topic important to us.

As retired persons we must keep active and alert. Megan

Hookey, NRTA's Staying Sharp Coordinator, will give the keynote address.

The committee has made an effort to broaden this theme throughout the convention. We are truly favored to have Megan in North Dakota. All of us will benefit from the information. Perhaps we will set some new personal goals.

Keeping the membership informed is an important NDRTA activity. Several reports will communicate information to the members.

Each of us gains from the communication which flows through the newsletters. Convention offers an opportunity for dialogue. Put September 6 and 7 on your calendar so you will take advantage of the contacts, information and fun of convention. See you in September!!

The state legislature meets in January 2007. The Teachers Fund for Retirement deserves our attention as legislation is drafted for the Legislative Session. NDRTA is exploring the possibility of a one time payment to retired educators. Recent years have not permitted an enhancement to our benefits. Your organization is working for you.

NDRTA

North Dakota Retired Teachers Association

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

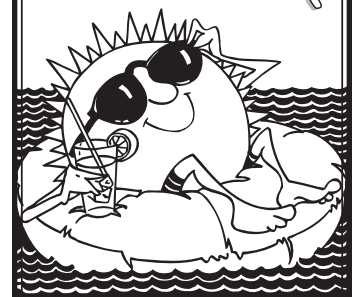
Purpose is to promote the personal, social and economic welfare of its members, promote participation of retirees in service to their communities and to promote improvement of education for children in North Dakota.



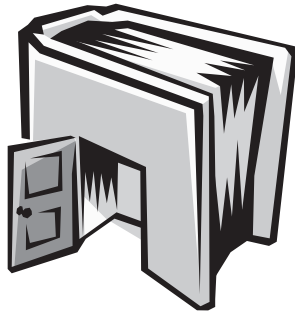
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SUMMER



45th Annual North Dakota Retired Teachers State Convention
September 6 and 7, 2006 – Minot, North Dakota
Minot Holiday Inn



“Be Sharp...Before the Harp!”

The Magic City
 Minot, ND



****Hosted by Minot Area RTA**

Wednesday, September 6, 2006

- 9 a.m. – 1:00 p.m. **Registration**
 - Coffee and Cookies
- 9:30 a.m. **Meeting of NDRTA Regional Advisory Council**
- 10:30 a.m. **Bus to New Regional Career & Technology Center at Magic City High School**
- 11:30 a.m. **“Soar Like a Lark in the Park” Scandinavian Heritage Park Travel by bus to a picnic lunch under the canopy with the chance to stroll the park!**
- 1:00 p.m. **Return by bus to Convention Site**
- 1:30 p.m. **Holiday Inn**
 - **Call to Order** — Lowell Latimer, NDRTA President
 - **Prayer/Greeting** — Rev. Conrad Ziesing NDPTA President
 - **Presentation of Colors** — Minot High School ROTC
 - **Pledge to the Flag** — Lowell Latimer
 - **National Anthem**
 - **Reading of the Proclamations** — Janice Cooper
- 2:00 p.m. **Staying Sharp**
 - Megan Hookey, NRTA’s National Staying Sharp Coordinator

- 3:30 p.m. **“Make Your Own Sundae on Wednesday”**
- 4:00p.m. **Business Session**
 - Greetings — Mayor of Minot
 Convention Host:
 MARTA, Edith Dacks
- Business Session (continued)**
 - Legislative Report – Ken Tupa
 - NDRTA Update – Ken Tupa
 - AARP Update – Marlowe Kro
- 6:00 p.m. **“Pastatively Enriching” – Banquet Dinner**
 - NDRTA Scholarship Awards
- 7:00 p.m. **Music by the Treble Makers**
- Adjourn until 8:45 a.m. Thursday morning.
- **Entertainment for all with cards & games following adjournment.**

**Motel Reservations for the
Holiday Inn - Riverside**

2200 Burdick Expressway East
 Minot, ND

NDRTA Hotel Rate:
 \$55.00 plus tax
 (Until August 23, 2006)

For Reservations Call:
1-800-468-9968 (Toll Free)
 or
701-852-2504 (Local)

*be sure to indicate you are with the NDRTA Convention

Thursday, September 7, 2006

- 8:15 a.m. **Registration**
- Muffins and Beverages provided by the Holiday Inn
- 8:45 a.m. **Business Session (continued)**
- TFFR Update – Fay Kopp
 - 2005 Meeting Minutes – Jan Cooper
 - Treasurer’s Report/2006 Budget – Ron Torgeson
 - Resolutions Committee Report – Clarence Corneil
 - Memorial Service – Mary Fuxa
 - Nominating Committee Report – La Donna Whitmore
 - Election of Officer
- 10:00 a.m. **Coffee Break**
- 10:20 a.m. **Break-out Sessions (4 choices, 2 sessions)**
1. **Teaching to the Child of Poverty**
 - Cindy Cook and Robin Lang
 2. **Meth...an Important Update**
 - Dawn Ruele
 3. **Point of View Winery**
 - Jeff Peterson
 4. **Learning Brain Expo**
 - Melissa Stanley/Robbie Jo Morgan
- 11:00 a.m. **Break-out Sessions Re-Run (choose one topic to attend)**
- 12:00 p.m. **“Be Bright with Deli Delight” – Lunch**
- **Entertainment By: DRUM Kidz** – Directed by Jeri Langemo
 - **Invocation** –
 - **Invitation to 2007 Convention** – Fargo
 - **Awards Presentation**
 - Silver Apple
 - NDRTA Dr. Ethel Percy Andrus
 - Volunteer Hours Drawing
 - Presentation of Traveling Trophy
 - Acknowledgements
 - “God Bless America”
 - Benediction
 - Adjournment

Registration Form

All tickets are to be picked up at the registration desk. Please check the items and enclose the correct amount. ***indicate number of tickets**

	<u>Total</u>
Wed., Sept. 6	
<input type="checkbox"/> Convention Registration: _____ x \$15.00 = _____	
<input type="checkbox"/> Tour at Regional Career & Technology Center & Picnic Lunch at the _____ x \$10.00 = _____ Scandinavian Heritage Park (transportation provided & included)	
<input type="checkbox"/> Evening Banquet _____ x \$15.00 = _____	
<input type="checkbox"/> Thurs., Sept. 7 Luncheon _____ x \$12.00 = _____	
Total Due: _____	

***Guests are welcome to join the Technical Center tour, Scandinavian Heritage Park picnic and at all meals with payment and reservations.**

Name(s) _____

Address _____

City _____

State _____ Zip _____

Telephone _____

Mail no later than August 28 , 2006
 Registrations after Aug.28 must be made at the State Convention.
 Make check payable to **MARTA**
(Minot Area Retired Teachers Association)
 Mail check and form to: **Barbara Wenger**
1409 University Ave. W.
Minot, ND 58703
 With questions, contact the North Dakota Retired Teachers Association State Office at 701-221-7766.

Staying Sharp Understanding & Maintaining Your Brain

Information taken
from AARP's website
www.aarp.org

Keeping your mind active and your memory sharp is a key part of aging well and enjoying better quality of life as you grow older. The good news is that by challenging and engaging your brain, and by continuing to learn throughout your life, you can help maintain your healthy brain. In fact, simple activities like attempting (and maybe even finishing!) the daily crossword puzzle, taking on a new hobby, spending time with friends and family, or exploring a new language can make a world of difference.

So don't be afraid of expanding your horizons: research shows that older people learn new things just as well as people who are years younger—it may just take a little more time or effort. One place you can start learning is right here in ND! Megan Hookey, NRTA's National Staying Sharp Coordinator, will be joining us at this year's 45th Annual NDRTA State Convention. Megan will be presenting information about how the human brain affects our health and well being throughout life. Plus, you will also receive information on what you can do to maintain brain health and keep your memory sharp as a tack. This is just one more reason you need to join us at this year's State Convention!

(Staying Sharp is a joint project of the Dana Alliance for Brain Initiatives and NRTA: *AARP's Educator Community*.)



2006 NDRTA Scholarships Awarded

The NDRTA Scholarship Committee met in Bismarck July 13 to evaluate 5 qualified scholarship applications and select 2 recipients based on criteria. This year's NDRTA Scholarship Committee members attending were: La Donna Whitmore, Fargo (Chair); Janice Cooper, Golden Valley; & Rolland Larson, New Salem. The Scholarship Committee awarded 2 scholarships in the amount of \$500. The scholarships were awarded to: Brittany Bishop of Killdeer, ND, attending Minot State University & Megan Bloms of Minot, ND, attending ND State University. This year's recipients will be honored at the NDRTA Convention in Minot, September 6. Scholarships are just another way NDRTA and the retired teachers of ND continue to touch lives and support the future of education in our state.

Salt! Salt! Salt!

How much salt should you have in your diet?

The recommended consumption of salt is 2300 mg per day but you should have a balance of other minerals; like potassium, calcium, and magnesium that work with the sodium. Potassium especially counteracts salt and lowers blood pressure.

By the way, the average American consumes about 4600 mg of salt per day.



Blood Pressure ...

Blood pressure over 140/90 mmhg leads to hypertension and raises the risk of stroke, heart attack, and kidney damage!

140 means = Systolic Reading, the pressure when the heart muscle contracts.

90 means = Diastolic Reading, the pressure when the heart muscle relaxes.

Minot to Host State Convention

Members of the Minot Area RTA (MARTA) have been busy making plans for this year's 45th Annual NDRTA State Convention to be held at the Holiday Inn, September 6-7, 2006. We hope you are making plans to attend and have already circled the dates on your calendar. *These will be the hours to sharpen your brain powers!*

MARTA has planned an exciting and eventful opening day with transportation provided to Minot's brand new Career & Technical Center. Convention participants will then enjoy lunch and a stroll in the Scandinavian Heritage Park. You will then return back to the Holiday Inn to enjoy a 90 min. presentation on NRTA's Staying Sharp Program by Megan Hookey, NRTA's National Staying Sharp Coordinator. A "Pastatively Enriching" banquet and music by the *Treble Makers* will conclude Wednesday's events.

Thursday will be another exciting day with dynamic topics & speakers for the morning breakout sessions. This will then follow with a "Be Bright with Deli Delight" luncheon with entertainment provided by the *DRUM Kidz*. MARTA has other exciting events planned for you, as do the State Officers. MARTA can't wait to greet all of you!

Treasurer to be elected at State Convention

If you or someone you know would be interested in serving this 2 yr. position as treasurer for NDRTA, please call the State Office at 701-221-7766 and the name will be forwarded to the Nominating Committee. Nominations may also be made from the floor at the State Convention. LaDonna Whitmore, Nominating Committee Chair.

The new treasurer will begin their term of office at the end of the State Convention.

Resolutions

Clarence Corneil, Chair
Any member or unit who wishes to submit a resolution prior to the 2006 NDRTA State Convention for discussion by the Resolutions Committee should send it to:



NDRTA, PO Box 447, Bismarck, ND, 58502-0447,
or e-mail to rta@aptnd.com

Resolutions may also be introduced from the floor during the convention. Units or individuals introducing resolutions from the floor at the convention should have copies of the proposed resolutions to hand-out and be prepared to discuss the proposed resolution and answer any questions from the membership.

**A SPECIAL THANK YOU GOES TO RON TORGESON
FROM BISMARCK WHO HAS BEEN APPOINTED BY THE
BOARD OF DIRECTORS TO FILL THE VACANCY OF TREASURER
AFTER THE LOSS & PASSING OF OUR CURRENT 2004-2006
TREASURER, HOWARD SNORTLAND.
THANK YOU RON!**

Convention Tours



As part of the 45th annual NDRTA State Convention, a tour of Minot's Northwest ND Career & Technical Center and the Scandinavian Heritage Park will be available to attendees on Wednesday, September 6.

A regional center for career and technical education, serving the north central and northwest regions of North Dakota, will open this August in Minot. The Northwest North Dakota Career & Technical Center will be located adjacent to the current Magic City Campus high school and is estimated to cost \$5.1 million dollars. The facility is being built and equipped with funds from Minot school district bonds, Federal and State funds including discretionary and Carl Perkins funds, and business/industry grants and contributions.

The 41,500 square foot, state-of-the-art learning environment will be available to deliver trades and technical curriculum to, not only high school students, but also business professionals, industry technicians, post-secondary education students and community members. Programs, classrooms, labs, and offices included in the center are Automotive Technology, Automotive Collision and Repair, Career Development, Distance/Virtual Learning, Computer Electronics & Repair, Health Careers, Information Technology, and Welding Technology.

After touring the ND Career & Technical Center, attendees will travel by bus to the Scandinavian Heritage Park, located at 1020 South Broadway for a picnic lunch and stroll in the park. The Scandinavian Heritage Park is a tribute to the Scandinavian culture and ancestors who settled in the Minot area. The park includes many buildings and statues including, a full size replica of a Stave Church, an authentic Finish Sauna, a Danish Windmill, a 220 year old house from Sigdal, Norway, the world on a pedestal, and much more.

The tours will depart at 10:30 from the Holiday Inn. Convention participants, who are not on the bus tour to the career & technical center, may meet the group at the Scandinavian Heritage Park at 11:30 a.m. for lunch.

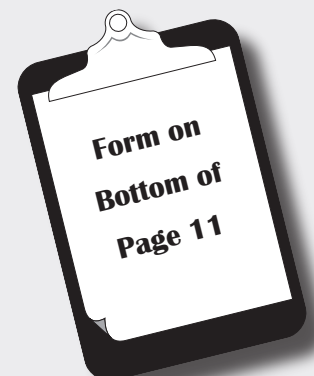
The cost of the tour is \$10.00. Transportation & lunch is provided and included with the cost.



It's August, which means a new membership year for NDRTA. Membership renewal forms for 2007 were mailed out in May & June, thank you for your commitment to NDRTA.

This edition of the Newsletter is sent to all current 2007 NDRTA members. If you know someone who has not received their Newsletter or is not a NDRTA member please have them fill out the membership form on page 11.

Encourage all nonmembers to join NDRTA. \$18.00 a year is a small price to pay to protect your retirement benefits, and remember that NDRTA is affiliated with AARP and the National Retired Teachers Association and will continue its work as the only association in North Dakota exclusively representing retired educators.



Proposed Changes to the Retirement Fund

Ken Tupa, NDRTA Association Executive

As NDRTA board members and office staff traveled the state this spring presenting workshops at five local units (Minot, Dickinson, Valley City, Grand Forks, and Bismarck), we presented updates on the proposed changes to our retirement fund and engaged our members in discussion about how these changes may impact us as retirees.

As many of you are aware, the Teachers Fund For Retirement (TFFR) board has submitted a bill to the legislative Employee Benefits Programs Committee for their analysis as we head into the 2007 Legislative Session. This bill (Bill No. 68) proposes several changes to the retirement fund:

- 1) Increases employer retirement contributions beginning July 1, 2007 from 7.75% of active member salary to 8.75%.
- 2) Requires employer to pay employer *and* employee contributions to the fund for reemployed retirees (retirees returning to work) totaling 16.50%. If the returning-to-work retiree exceeds the annual hour limit, the employee then must pay their portion at 7.75% and the employer pays the remaining 8.75%.
- 3) Creates a new tier of TFFR members (and refunded members returning to employment) employed on or after July 1, 2007 with reduced benefits
- 4) Removes the automatic refund requirement and reenacts provisions to comply with the IRS

As you read these proposed changes you're probably asking the question, "How will this impact me?" As retirees, these changes will not impact you (unless you return to work and exceed the annual hour limit – see No. 2 above). Since the changes being proposed are designed to increase the funding health of TFFR, the decision by the TFFR board to increase employer-only contributions and *not* increase active employee contributions was made because the ND Attorney General's Office advised TFFR they cannot reduce existing retirement benefits nor can they increase active employee contributions without providing the active employees with a corresponding benefit. The proposed changes outlined above address employers and future TFFR members – all benefits for current retirees and all current active TFFR members will remain unchanged.

As for the new tier of TFFR member proposed in Bill No. 68, that would apply to all future active members employed on or after July 1, 2007. This new tier would be subject to the *rule of 90* instead of the current *rule of 85*, would have a five-year vesting period instead of the current three-year period, and would have final average salary computed as a five-year average instead of the current three-year average. The 2.00 retirement multiplier would remain the same for both tiers.

Since the TFFR is a long-term retirement fund meaning in all practicality it is infinite, the TFFR board regularly studies long term needs and fine-tunes the fund when and where necessary to make sure it remains stable and continues to perform by paying monthly annuities to retirees. The proposed changes in Bill No. 68 submitted by TFFR are intended to address funding issues that studies and the fund actuaries predict will occur in the future.....meaning that all of our retirees reading this article can be very well assured

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NEWS FROM THE UNITS

What's happening in...

MINOT AREA

Submitted by Helen Christensen

MARTA has been holding its monthly meetings at Holiday Inn Riverside in Minot.

In January our special speaker was Mary Wolfe, an independent insurance representative, who gave a very comprehensive informative report on "How All Medicare Part D Plans Work."

Public Service was the topic for our guest speaker in February who spoke about his many years of service, first in the Air Force, 38 years in the Police Force and Police Chief, Mayor of Minot, and now Ward County Commissioner. He encouraged all of us to volunteer for service to others.

We are so fortunate to get an update each month by Dr. Lowell Latimer, our State President, who is also a member of TFFR State Board.

The March program "Birding" was presented by Charles Taft, a retired minister, who told of the many birding activities available to us in North Dakota.

In April, Dawn Ruelle of Minot State University Criminal Justice Department Rural Amphetamine Project spoke about the many problems associated with the addiction to this drug.

The Spring Educational Workshop was presented by Ken Tupa who gave the TFFR Report/Legislative Update and "Staying Sharp." Dr. Latimer spoke on "Life Transitions" and Betty Keegan gave the AARP update.

Dr. Latimer presided at the installation of officers for the coming year:
 PresidentEdith Dacks
 Vice President ...Gary Thuner
 Secretary.....Helen Christensen
 TreasurerBarbara Wenger

TURTLE MOUNTAIN

Submitted by Ruby Krause

Our group did not meet during January and February, since we are very close to the North Pole! We have had some interesting programs under the leadership of Pres. Eloise Boppre; we shared early education and teaching experiences and our hobbies. One month we were informed of legislative concerns by Rep. Bob Hunskor of Newberg, who

spoke of gambling and property tax concerns. We again presented a \$200 scholarship to a pre-education student at MSU Bottineau.

The officers for the 2006-2007 terms are:
 PresidentJeannie Orke
 Pres. Elect.....Ardis Johnson
 Secretary.....Ruby Krause
 TreasurerIone Skarphol
 Historian.....Margaret Medd
 We will resume meetings in September

SLOPE AREA

Submitted by Gisela Hodnefield

The Slope Area Retired Teachers Assoc. ended this season with a luncheon and speaker Buz Osborn telling of the history of the Osborn Studio. His grandfather had bought the studio in the late 1800's from a photographer who had befriended General Custer and had taken the first photograph of Sitting Bull. Three generations of Osborns continued to develop outstanding pictures with remarkable stories.

Earlier programs had included presentations about Elderhostel, nutrition, mission schools in Honduras, and an NDRTA update. The programs for next year will continue to showcase local people of talent and activities to enrich members' lives culturally and physically.

The officers who will serve for the 2006-2007 year are:

Co-PresidentsDee Rieker & Sherwin Dockett
 Vice Pres.LeRoy Oberlander
 Secretary.....Gisela Hodnefield
 TreasurerJean Braun

We were saddened by the death of long-time member Della Heid. Scholarship funds will be presented to DSU in her honor.

SARTA donated funds to the library renovation for a bench to be placed in the new plaza area.

BISMARCK-MANDAN AREA

Submitted by Sarah Ripley

Happy summer to all from the Bismarck-Mandan area.

We're enjoying our new venue, the Elks Club. Come visit!

At our November meeting, RSVP visited us and encouraged us to

become involved in some activities.

It is so rewarding to learn of the good going on in our communities. Our December program was entertainment by Diane and Harvey Schilling. Our teaching retirees are the best! The State Historical Society has some great things going on. In January Merle Paaverud shared specifically about the enhancements of the Chateau de Mores and its Interpretive Center in Medora. Information about another wonderful effort in our area was given to us at our February meeting. Joy Sorenson presented about the Y.E.S. (Youth Enrichment Specialties) program, a program to help struggling youth. We decided to bring paper products to help at their living facility. Our own Sarah Ripley talked to us in March about the Peace Corps, her own experience in Ghana and the growth of the Peace Corps since 1961. The state office presented a workshop in April, with updates from AARP, NDRTA, and TFFR. We drew our year to a close with another of our very own, Bev Blumhagen. She is deeply involved with The Banquet, a feeding ministry at Trinity Lutheran Church here. The ministry nourishes loneliness as well as hunger.

We're pleased to announce our officers for next year.

PresidentLarry Rosenow
 1st Vice PresidentMarjo Hewitson
 2nd Vice PresidentLeAnn Severson and Judy Kocis
 Secretary.....Sarah Ripley
 TreasurerSharon Bertsch

We hope everyone has a happy and fun-filled summer.

See you in Minot!

CENTRAL RED RIVER VALLEY

Submitted by Jean Capouch

We have been very busy, in March we were asked to set up a booth for the Health Fair at Mayville State. We presented the "files of life" program and it was very well received. To date we have circulated the "files" in all of the communities that our members represent. In April our group toured the dehydration plant, it was very interesting. Our May meeting had us going to Hatton to tour Shirley's Timeless Memories, a flower shop and

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antique store with many nice things.

The June meeting resulted in the re-election of all of the current local officers.

Emily Bug (president), Grace Wolden (VP), Jean Capouch (Sec/Treas). In addition to the election, it was decided that Agnes Skarperud would receive the Silver Apple Award from our group.

STUTSMAN COUNTY AREA

Submitted by Kathy Wegner

Our meetings saw a number of different activities in the past year. The November meeting saw the Buffalo Museum give a DVD presentation on White Cloud. In December we collected food items for the Salvation Army food pantry. In January we were delighted to have the Jamestown High School Vocal Ensemble under the direction of Cheryl McIntyre provide an enjoyable and entertaining performance.

In February SCARTA held its annual card party for the public, approximately 80 people attended and played bridge, whist and pinochle. The proceeds from the event went to fund the education scholarship fund.

In March Dr. Doug Frohlich gave a presentation on eye disorders and in April we were treated to a presentation on the history of Jamestown by Keith Norman. In May we held our final meeting of the year and were excited to hear the presentation on the Americorp Program. It is a national program that fills the needs in the community by having volunteers work in education, public safety, health, and environment. Elections were also held; the following were elected and installed.

- PresidentOrlin Will
- VP.....Marvin Knell
- Secretary.....Kathy Wegner
- TreasurerLee Ham

The recipient of this year's scholarship was also selected; it is Lori Benke of Jamestown. Also, Julia Schlaht was selected to receive the Silver Apple Award from our group; she is the only living charter member of SCARTA.

FARGO

Submitted by Mary Ellen Dockter

The Fargo Retired Teachers enjoyed a variety of outstanding programs, which have been well attended by our

members. In March the police gave the presentation, "What's Cooking in Your Neighborhood?" The program emphasized the dangerous consequences of methamphetamine.

At our April meeting the program was "Decorate with Color" presented by Scheels Decorating Studio.

Everyone left with great ideas.

At the May meeting, scholarships were awarded to Katie Palm an education major at UND and Caitlin Workin a Pharmacy major at NDSU. In addition, the officers were elected and installed as follows:

- Co-Presidents Rose Gudmundson and Jeanette Stone
- Co-Vice Presidents .. Kathleen Wilder and Ann Anderson
- 2nd Vice Presidents... Joyce Brummond and Lorraine Kahler
- Secretary..... Mary Ellen Dockter
- Treasurer Alice Jondahl
- Historian..... Dorothy Powers
- Past Presidents..... Phyllis Stoa and Alice Such

The meeting was cut short so that many could attend the funeral of Ethel Hanson, a retiree from the Fargo Public Schools and a long time NDRTA member.

WILLISTON

Submitted by Avonne Pederson

The Williston RTA was busy working with the Williston School District this spring. We took on a special project reading pop-up books to the 3rd grade classrooms in the Williston Public School System during April and May. Larry Lynne with the help of WRTA members presented a Heritage Box lesson to a class of 4th graders. WRTA also gave a \$250.00 scholarship to a Williston High School senior to further their education.

Lorna Bradbury, a horticulturist from the Williston Research Center presented a landscaping program to our members at the April meeting.

Our last meeting for the year included a bus trip to the Missouri/ Yellowstone Confluence Interpretive Center, a tour of Fort Buford and a visit to the North Star Caviar where we were lucky enough to see them catch a paddlefish and harvest caviar from it.

The new officers for 2006-2007 will be as follows:

- President Ann Gudmunson
- VP..... Diane Kittleson
- Secretary..... Edith Senti
- Treasurer Carole Mockel

SOUTHWEST

Submitted by Nola Brown

Our March meeting included a presentation by Chris Peterson, a local nurse practitioner. She provided information on osteoporosis and bone density. She stressed the importance of getting adequate calcium and doing weight bearing exercises like walking and lifting weights.

The April meeting involved a roll call that called for members to list the prescriptions that they were currently taking. Greg Wolf, a local pharmacist, then gave the uses for the drugs named as well as the side effects and risks that each posed.

May's meeting included the election of officers for the coming year and is as follows:

- President Vivian Nordby
- VP..... Grace Janikowski
- Secretary..... Nola Brown
- Treasurer Mayme Johnson

Also in May, we sponsored a defensive driving course taught by Pete and Betty Malkowski of Belfield, the course was open to the public to attend.

The Annual Banquet at Hawk's Landing was themed "Stay active, volunteer or travel rather than rocking your days away." The dinner and musical program performed by Amidon High School was great. Thank you to Tami Wahl from NDRTA who made the trip down to visit with us.

With great sadness, the Southwest RTA lost another member, Carl Ferguson. Carl Ferguson, 94, of Bowman died on June 27, 2006. His funeral service was on July 3rd at the United Methodist Church. Carl taught school two years in Kansas before he came to N.D. in 1936. He taught in a rural school near Golva and at several rural schools in Bowman County. Carl was elected Village Clerk in Bowman in 1946 and later became City Auditor for 32 years. He was very active in a number of community and church organizations. Carl and Evelyn celebrated their 66th wedding anniversary on June 16, 2006.

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CASS COUNTY

Submitted by Linda J. Ward

The CCARTA scholarship committee awarded three scholarships in May totaling \$2250.00. The Don Papke Memorial Scholarship was awarded to Tova Hoglund a junior at Concordia for \$750.00. Two CCARTA scholarships of \$750.00 were given, one to Bridget Birrenkott and the other to Andrea Moore. Bev Quamme recognized Roger Hoffmann, stating that the growth in the scholarship fund was due in large part to his generosity. Thank you Roger.

CCARTA has been working hard over the last two years revising it's constitution to meet federal guidelines. CCARTA was finally granted 501c tax exempt status. Thank you Todd Goschen for the time and effort involved in this process.

Bev Quamme was awarded the Silver Apple at the State Convention in Jamestown. Congratulations Bev!

Our meetings have been very busy with a variety of programs and presentations. In November the North High Jr. ROTC presented the colors and let the pledge. Afterward, Staff Sgt. Jerome Beck shared with us the preparations that go into a deployment to Iraq as well as the day to day life of a soldier in Iraq. At the end of the meeting Marilyn Motl read "Golden Memories 1955-2005" a poem dedicated to Marilyn and Ed's 50th Anniversary.

Our January meeting featured a performance by the North High Golden Strings led by Dan Italiano; they performed Christmas and classical music. In February Michelle Huseby from Hope Lutheran Church Habitat for Humanity presented a video titled "The House That Hope Built - 2005" and then fielded questions regarding Habitat for Humanity.

March saw WDAY journalist Lyn Nichols speak on the unintended consequences of positive and negative educators that have helped her with her career choices. In April the chapter was treated to a presentation by Charlie Chamberlain of the MeritCare LifeFlight team detailing the helicopters, planes, team members and history of the program.

Officers installed for 2006-2007 are as follows:

- President Robert Moore
- Co-VPs Carolyn Nelson and Gilbert Nelson
- Treasurer Todd Goschen
- Secretary..... Linda Ward

SOUTH CENTRAL

Submitted by Deloris Zimmerman

In May the SCRTA held elections and the officers for 2006-2007 are as follows:

- President Delmar Zimmerman
- VP..... Maggie Hilzendege
- Secretary..... Deloris Zimmerman
- Treasurer Gladys Becker
- Historian..... Deloris Zimmerman

At our June meeting Elaine Blinsky was selected to represent our unit at the NDRTA Region Advisory Council in Minot during the NDRTA Convention. Also at our June meeting, a presentation was made by North Dakota State Treasurer Kelly Schmidt. Treasurer Schmidt sits on the State Investment Board and the Teacher's Fund For Retirement Board and shares her insights with us.

MISSOURI RIVER BASIN

Submitted by Leona Brecht

The January meeting of the MRBRTA was held in Beulah and a presentation was made by Hilda Backfish and Marlene Peabody. Hilda and Marlene played a DVD highlighting their experiences helping with hurricane Katrina clean-up in Mississippi and spent time discussing what they had experienced while touring the devastation in New Orleans.

At our March meeting Mr. Jay Seibel was kind enough to provide us with a tour of his offices and explain what is involved in being a mortician.

GRAND FORKS

Submitted by Gary Swanson

The Grand Forks Retired Teachers meet for lunch and fun every third Tuesday at noon at the Ramada Inn. Visitors are always welcome and you might even win a prize in our white elephant drawing!

Our speakers and entertainment are always excellent highlights. And you can always count on the best of jokes from Gerry O'Connor. He can sound more like a Norwegian than

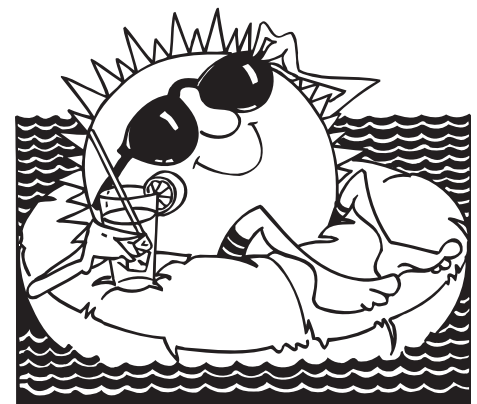
does a real one! Recent programs have included: Prairie Rose (seasonal music by Mark Diers and his two daughters), Nancy Yoshido's training and racing sled dogs, private investigator Russ Hons, and Grand Forks Boxing, Inc. entrepreneur Diddy Quesnell, who helped guide Olympian Virgil Hill from age 8 to 16. It is even rumored that we will be entertained by and instructed in "Egyptian Dancing for Recreation!" and learn some considerations for cremation this coming year! Come and join us if you are in town!

Our membership totaled 106 this spring. Officers elected for 2006-2007 are:

- Co-Presidents Gerry O'Connor & Chuck Ashe
- Vice President Randi Braford
- Co-Treasurers Sandi Kerr & Lois Nelson
- Co-Secretaries Gary and Dottie Swanson
- Corresponding Secretary Thelma Willett

We look forward to an enjoyable new season for us and all of you across and around our state!

SUMMER



Southwest RTA Unit Volunteering Time for Afghanistan Students

(From THE HERALD, July 7, 2006)

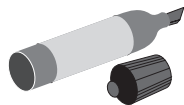
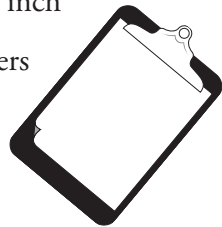
National Guard Staff Sgt. Jay Sheldon, a former elementary teacher in New England, has been in Afghanistan since February and has seized an opportunity to help children while enlisted.

“The education of the youth of Afghanistan plays a huge role in the fight in the war on terrorism,” Sheldon said via e-mail from a remote Afghan base. He is the leader of a four-man team that is trying to collect supplies for schools American soldiers have built in Afghanistan. The schools are brand new but Sheldon said many lack the basic supplies needed.

When Sheldon comes back home on two-week leave in September, he plans to collect the supplies and take them to Afghanistan when he returns.

Suggested supply list:

- binder, three-ring, 1 inch
- binder section dividers
- clipboards
- crayons
- erasers
- eraser, whiteboard
- folders with prongs
- glue sticks
- marker set



- marker set, black, dry erasable
- spiral notebooks
- loose leaf paper
- pencils
- colored pencils
- pencil sharpeners
- pens, black
- ruler
- scissors



**The Southwest Retired Teachers Association will be collecting school supplies from, schools in Bowman, Scranton, Marmarth, Rhame and Amidon. Also, they plan to have a table at the state convention in Minot on September 6 & 7. Please come prepared to contribute to this worthy project as we remember "To serve rather than to be served."



NDRTA Membership Enrollment Form

Name _____ SSN _____ - _____ - _____ PH# _____
(required for payroll deduction)

Address _____ City _____ State _____ Zip _____

Choose One Method of Payment

Email _____ **Membership to take effect July 1 of each year**

If you are interested in the convenience of paying future dues via automatic deduction from your July TFFR annuity check, please enclose \$18.00 for the 2006-07 membership year and also complete the following information to withhold for the next membership year, 2007-08. *The deadline for payroll deduction sign-up is June 15 of each year.*

Enclosed is my check for \$18.00 to keep my membership current for this year, IN ADDITION, PLEASE SIGN ME UP FOR PAYROLL DEDUCTION FOR NEXT YEAR. This authorization will 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.

Enclosed is \$18.00 (beginning 2006-2007) for annual membership payable by June 30 of each year.

Signature _____ Date _____

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

Proposed Changes to the Retirement Fund

Ken Tupa, NDRTA Association Executive

(continued from page 7)

their current annuity is quite stable and secure. The TFFR has funds to pay its obligations for many years to come, however changes do need to be made to make sure the retirement fund can continue to meet its obligations well into the future, and that means increasing the amount of dollars coming into the fund, i.e. contributions. At the same time, the likelihood of near-future annuity increases for retirees remains small since any additional investment margin gained by positive returns for the TFFR will also be needed to meet future payment obligations.

The good news for retirees is that your annuity is safe, the fund is stable, and your annuity is guaranteed by the state of North Dakota and cannot be reduced. The not-so-good-news is that an annuity increase for retirees from TFFR investment gains is unlikely, at least in the near-term. NDRTA supports the proposed changes so we continue to keep the Teachers Fund For Retirement stable well into the future. At the same time, we continue to emphasize the importance of maintaining a “defined benefit” retirement plan for retirees; one that provides some protections for annuitants against major fluctuations in the stock market and is guaranteed by the state of North Dakota. The trend over the past few years has seen many states try to “privatize” their public pension funds; in North Dakota we have been successful avoiding this “push for public pension privatization” and NDRTA will continue to work with legislators and state lawmakers to maintain our guaranteed pension for retired educators. In addition to maintaining our guaranteed retirement annuity in North Dakota, NDRTA continues to advocate for and explore funding options for retirement annuity increases so retired educators can keep pace with increases in the cost of living. (See NDRTA Presidents Message from Dr. Lowell Latimer on cover.)

I look forward to seeing you all in Minot in September at the state convention and will be updating the membership on the proposed changes to the TFFR. Have a wonderful rest of the summer!!!

Other Bills Impacting TFFR before the Legislative Employee Benefits Committee:

Bill No. 84

Sponsored by Representative Matt Klein, Minot

Increase employer and employee contribution rates from 7.75% each to 8.0% each

Bill No. 67

Sponsored by Representative Matt Klein, Minot

Reduces the number of hours a retiree may return to TFFR employment and defines critical shortage areas as math and science only for retirees returning to teach full time under the critical shortage exemption

Bill No. 73

Sponsored by the State Board for Career and Technical Education

Allows employees of CTE to transfer retirement from TFFR to PERS

ND AARP News

AARP's Ginzler Featured at September Forums on Aging

AARP North Dakota invites you to a special presentation on "Caring for Loved Ones without Losing Yourself," presented by Elinor Ginzler, Director of Livable Communities for AARP, and co-author of *Caring for Your Parents – the Complete AARP Guide*. Ginzler is an expert on long-term care issues, including home- and community-based care, caregiving, and nursing home quality.

Ginzler will speak in Dickinson, Rugby, Valley City and Bismarck.

- September 25 – Dickinson – 9:30 a.m. MDT, Hillside Baptist Church; 888-227-7525
- September 26 – Rugby – 9 a.m. CDT, Bob's Pizza Inn; 701-776-5998
- September 27 – Valley City – 3 p.m. CDT, Barnes County Senior Center; 701-845-4300
- September 28 – Bismarck, 1 p.m. CDT, Burleigh County Senior Center; 888-328-2662

Please mark these dates on your calendar. There is no cost to attend. However, registration is encouraged by calling the phone number listed.

Ginzler will discuss how to help a loved one, including parents, live life to the fullest, including conversations on long-term care issues:

- Keeping your relationship solid while discussing the tough questions.
- Giving them a role in the decision-making.
- Allowing them to maintain their dignity.
- Letting them be in control.

Ginzler's presentation is part of the North Dakota Forums on Aging, sponsored by the Governor's Committee on Aging. The forums will provide information and promote awareness on various issues facing seniors today.

Williston is also hosting a forum beginning at 1 p.m. September 26 at the Williston Senior Center. The main speaker at the Williston forum will be Susan Raymond with the Administration on Aging.

Upcoming AARP North Dakota Volunteer Recognition Events

AARP North Dakota will host luncheon events in four cities to recognize its core of volunteers. If you are an AARP volunteer in any capacity, please mark the appropriate date on your calendar so that you can attend the event closest to where you live.

- September 18 – Fargo, Ramada Plaza Suites
- September 19 – Grand Forks, Ramada Inn
- September 22 – Bismarck, Doublewood Inn
- October 5 – Minot, International Inn

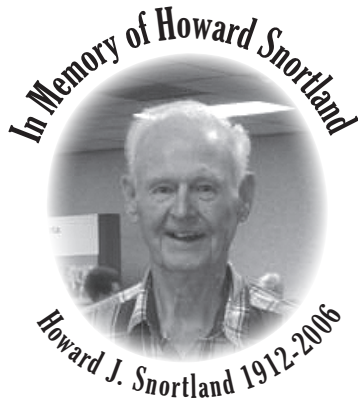
Lunch will begin at 11:30 a.m. Registration will be required. Watch for more information on the AARP North Dakota website at www.aarp.org/nd.

Prior to the lunch, beginning at 9:30 a.m., AARP North Dakota will conduct advocacy update sessions on home- and community-based care, financial planning-retirement security, and wise use of medications. If you are interested in becoming an advocacy volunteer in one or more of these areas, please contact Marlowe Kro at 701-355-3643.

A Teacher is Forever...

NDRTA lost a champion for education when Howard J. Snortland passed away on May 1, 2006, at the age of 93. Howard served this organization with dignity, integrity, and intelligence. He always focused upon the concern for the future of educational retirees. Howard was currently serving as treasurer on NDRTA's Board of Directors. He served on the Board for over a decade.

Howard was born in 1912 in his Grandfather's house on a farm north of Sharon, ND. He attended a consolidated school in Sharon, ND. Howard received a football scholarship from UND and attended college there for 2 yrs. He was offered a teaching job in Sherebrook, ND where he taught for 2 yrs. Howard then returned back to UND to finish college and graduated there in 1937. Howard's intention after he graduated from college was to teach and coach. However, he was offered a job in Bismarck working for Worker's Compensation Bureau. After returning from the Armed Services he then became a Cashier at the State's



Treasures Office. In 1948 Howard was then employed by the Dept. of Public Instruction where he served 32 years. His last 4 yrs of working he held the position of ND's State Superintendent of Public Instruction. Howard listed his greatest accomplishments as gaining appropriation from the legislature for public Kindergarten programs in the state. And also, while attending UND for his Masters he did a thesis on a new state aid program. His thesis was enacted into law and this program still exists today as the Foundation Program. Howard's hobbies included golfing in the summer and swimming in the winter.

We will miss his dedication, demeanor and Norwegian jokes he provided NDRTA and its members for many years. Howard Snortland will be missed.



2006 NDRTA Spring Workshops

The 2006 NDRTA/AARP Spring Workshops saw another wonderful attendance again at this year's workshops! Retired educators and AARP members attended the workshops held in April/May in Bismarck, Grand Forks, Valley City, Dickinson, and Minot.

Workshop topics included a NDRTA organizational update, NDRTA membership, TFFR Report & Legislative update. The AARP State Office also gave an update and discussed current issues. The workshops concluded by giving a brief intro to NRTA/AARP's Staying Sharp program that will be a part of this year's annual state convention.

All who attended enjoyed these meetings, not only for the worthwhile & helpful information, but for the delicious lunches and sharing the day with our fellow educators.

A special thank you to each local unit that hosted a spring workshop; your efforts and time were greatly appreciated.

Membership Cards

Saving Money With Your NDRTA Membership Card

If you didn't already know: Your official membership card now serves as both your association identification and valuable savings card....

I. What benefits does your savings card offer?

- Members-only discounts of up to 50% on:
 - Shopping, Fast Food, Fine Dining, Movies, Auto Services, Golf, Airfare, Hotel/Condo, Health/Beauty, and More!
- Over 150,000 locations (including local & national name-brand retailers)
- No limit to how much you can save
 - You can use discounts over and over again
 - After just a few purchases, the savings can really add up *(Many members who use their cards save enough to cover the cost of membership dues)*

II. How do you use your savings card?

It is simple as 1 2 3 4

1. Log on to our website: www.aptnd.com/rta
 - Click the savings link on NDRTA's home page.
 - Then, enter the number from the front of your card.
2. Select locations to save
You can search by ...
 - Name *(Bose, Cinemark, etc.)*
 - Discount *(50% off)*
 - "New" *(Listed within 30 days)*
 - Category *(dining, hotel, etc.)*
 - Area *(city or zip code)*
3. Read the offer.
 - Offers vary by location, so check out the offers you wish to redeem.
4. Cash in on your savings.
 - You will need to present your card at the time of purchase. *(Plus, some offers require that you present your card & a coupon, which you print from our website.)*

III. How do you get started?

Just think A B C

- A. Activate on our website or over the phone
 - Clicking the savings link on our website www.aptnd.com/rta then following the step-by-step instructions.

OR

 - Calling the customer service number on the back of your card 1-866-686-3797
- B. Benefit from email updates
 - Supply your email during activation and you'll receive updates about ... Association news, New places to save, & Limited-time offers
- C. Call if you need assistance
 - A toll-free phone number is printed on the back of your card.



Enjoy the savings!
This benefit is included in your membership.
There is no added cost to you.
It's our way of saying thank you!

All current 2007 NDRTA members
will receive your new membership
cards by September 2006.

Nothing

When a teacher retired after forty years in the classroom, there was a huge dinner for her. People flocked to the affair, not only colleagues and friends, but the numerous children, now grown to adulthood, which she had taught over the years.

They all came and many of them spoke. They spoke of the teacher's kindness, of her understanding, her sternness in the classroom coupled with her love of her students, and the special care she took to see to it that every student learned. Many of her former students attributed their success in later life to the values and knowledge they had learned as students in her classes.

Finally, it was the teacher's turn to speak, and as the master of ceremonies introduced her, he remarked that perhaps she would be willing to share some of the secrets of her success in teaching.

"There's no secret to it," she said as she began to speak. "On my first day of teaching, forty years ago, I walked into the classroom to find that my students had placed a tack on my chair, put an apple with a worm in it on my desk, and someone had written on the chalkboard, 'You can't teach us nothing!'"

"Since that day, I have always checked my chair before sitting down, never eaten anything given to me by a student, and made it my special project to see to it that every child in my class learned."

"You see, within five minutes of that first day, I knew that my bottom could stand the tack and my stomach could survive the worm - but I realized that my conscience would never forgive me if I taught them 'NOTHING'"

- Author unknown