



NEWSLETTER

Fall 2009

Dee Ginsbach, Sisseton, President
Gordon Horgen, Winner, Vice President

Sharon Darrow, Rapid City, Secretary
Sue Nipe, Retired Program Coordinator

John Salladay, Pierre, Treasurer
Betty Erickson, Associate Staff

FROM YOUR PRESIDENT

Submitted by Dee Ginsbach

Five people representing South Dakota Education Association-Retired and South Dakota Retired Teachers Association met on July 31 to talk about ways the two groups might be able to collaborate in their efforts to meet the goals of retired educators. The group included Al Price, Pat Johnson, Cathy Anderson, Marilyn Hult, and Dee Ginsbach.

The purpose of the meeting was to brainstorm ideas and activities that would streamline and benefit both organizations. The group consensus was:

- consider combining the newsletters (duplicate mailing costs)
- consider a joint annual meeting (one day for programs/speakers, etc.; second day for each group to hold its annual meeting)

The committee recommended that the officers of the two organizations meet in the spring of 2010 for further discussion. Any proposals from this meeting will need to be taken back to the respective Boards of Directors and general memberships.

FOR YOUR INFORMATION

Many people, including school retirees, don't realize there are two organizations of retired teachers in South Dakota. A number of retired teachers have membership in both SDEA-R and SDRTA. Prior to the meeting Shirley Eisnach who is a member of both groups had prepared a chart which shows the comparison of the two groups. Perhaps this comparison will help you understand the two organizations better.

	SDRTA	SDEA-R
National Organization	AARP/NRTA	NEA
Eligibility	All retired school personnel	All retired former SDEA members
Political activity	Non-partisan Full-time SD AARP lobbyist Volunteer lobbyists in Pierre	Bi-partisan-may endorse political candidates SDEA staff lobbyists in Pierre
SD Retirement system	Monitors SDRS	Monitors SDRS
Meetings	18 active local units State Convention in May	1 statewide local State Representative Assembly in April
Dues	\$15 state annual Lifetime based upon age National = AARP dues	\$15 annual SDEA-R \$25 annual NEA-R Lifetime SDEA-R \$100 Lifetime NEA-R \$200 \$5 local dues for lifetime members
State President	W. Allen Price, Sioux Falls	Dee Ginsbach, Sisseton

MAKE YOUR VOICE HEARD

Submitted by Dee Ginsbach



Elected officials make decisions that affect us every day. Their decisions about education, health care, the economy, and retirement directly impact us. That's why it is so important that we join EPIC and the

NEA Fund--and make our voice heard.

EPIC is the political arm of the South Dakota Education Association. Its purpose is to identify and support, through bipartisan efforts, candidates for elective office who support public education and the welfare of SDEA members. As a retired member of SDEA, you are encouraged to continue your EPIC involvement by sending a contribution to John Salladay, SDEA-R Treasurer, at PO Box 62, Pierre, SD 57501. John will forward it to SDEA-EPIC.

The NEA Fund for Children and Public Education collects voluntary contributions from Association members to raise money to elect pro-public education candidates. In the past, SDEA has raised "dollars" for the fund through special activities at statewide events like the bargaining conference and representative assembly, and contributions of delegates to the NEA Representative Assembly. Money raised for the NEA Fund is forwarded to Washington, DC, throughout the year with the largest contribution being made at the Representative Assembly.

SDEA has been challenged to get more members involved in the NEA Fund. The challenge involves local associations, as well as individual members, doing some type of fund-raising during the year.

WEE BITS OF HUMOR

Submitted by Marlene Montague



WHAT'S THE DIFFERENCE between investment bankers and pigeons? Well, pigeons can still make deposits on new BMWs.

A RETIRED MAN who volunteered to entertain patients went to a local hospital, taking his keyboard with him. When he finished singing for one older gentleman, he said, "I hope you get better."

The elderly gentleman replied, "I hope you get better, too."

MAKE COOKING FOR ONE OR TWO EASIER

Submitted by Dee Ginsbach

Do you find it a struggle to prepare a meal just for you? Are you tired of the same boring food meal after meal? Have recent health issues brought changes to your meal planning? These are common complaints I have heard at the golf course and bridge club this summer.



Menu planning is the first step to healthful cooking for one or two. Plan menus for one week and write out a shopping list. As you do so, check out newspaper ads and store specials. Do an inventory of your refrigerator, freezer, and cupboards before you go shopping.

Sometimes, cooking more, not less, may be a solution. Make recipes with larger portion sizes, then portion out the food into one or two portion sizes. Eat one portion, and then freeze the rest. Be sure to use freezer-safe containers; label the containers with what it is and the date frozen. Making your own TV dinners is generally less expensive and healthier. By freezing entrees or complete meals, you are not forced to eat the same food over and over until it's gone.

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Cooking can be fun! Experiment with different recipes, try out new ethnic foods. Try a new cooking technique or share a dish with a friend or neighbor. Look for ways to add herbs and spices to a traditional recipe. There are many ways to make cooking for one or two rewarding.

WHAT'S COOKIN' AUTUMN NUT SNACK MIX

Submitted by Dee Ginsbach

1 tsp. canola or olive oil
1 Tbsp. brown sugar
1 tsp. ground cinnamon
1/2 tsp. dry mustard
1/2 tsp. coarse salt
1/4 to 1/2 tsp. cayenne pepper
2 cups salted mixed nuts or
dry roasted peanuts
2 cups candy corn



Heat oil in large skillet over medium heat until hot. Mix sugar, cinnamon, mustard, salt and pepper together. Stir nuts and spice mixture into hot oil; cook 4 minutes, stirring several times or until nuts are toasted and fragrant. Remove from heat; cool. Stir in the candy corn. Makes 4 cups.

MINNEAPOLIS--Here We Come!!

Submitted by Dee Ginsbach

The 2010 NEA-Retired Western Regional Conference will be held in Minneapolis, Minnesota, on April 12-14. Because the conference is so close, this would be a tremendous opportunity for SDEA-R members to become involved in a national meeting.

Watch for more details in the November issue of This Active Life. If you are interested in attending this conference, or have questions, contact Dee Ginsbach, SDEA-R President, or Sue Nipe, SDEA-Retired Program Coordinator, (sue.nipe@sdea.org) by December 1.

SDEA-R MEMBERS ENJOY VISIT TO JOURNEY MUSEUM IN RAPID CITY

Submitted by Sue Nipe
SDEA-R Program Coordinator

SDEA-Retired members from Rapid City, Spearfish, Deadwood, Nisland, Sturgis, and Pierre met at the Journey Museum in Rapid City on Friday, October 16, to



hear information about member benefits, renew acquaintances, and tour the museum. Refreshments were served as members introduced themselves and told what they're doing in retirement. Some are substitute teaching while others are involved in their community, traveling, or spending time with family. Some said they were amazed to find a totally different world where people are out shopping and taking care of other business during the middle of the day. Everyone agreed they're enjoying retirement.

SDEA-Retired Secretary Sharon Darrow and Treasurer John Salladay welcomed the members. SDEA President Sandy Arseneault engaged members in a discussion of how to be involved in the NEA Fund for Children and Public Education. SDEA-Retired Program Coordinator Sue Nipe talked about the benefits Retired members enjoy. Horace Mann representative Rob Bickett from the Rapid City office told about his background, thanked a couple of his teachers who were at the gathering, and gave an overview of Horace Mann services that can help members save hundreds of dollars on auto and homeowners insurance and help Retired members earn money on investments. At the conclusion of the information portion of the program, members toured the museum.

A similar event for Retired members was held last October in Sioux Falls. Another event is planned for Fall 2010 in the north central part of the state.

H1N1 FLU AND YOU

Submitted by Gordon Horgen



If you are a substitute teacher, a classroom volunteer, or work with or around school students in another capacity, you may have been exposed to H1N1 (swine) flu. The following information and much more is available from the NEA Health Information Net-

work at neahin.org/h1n1/index.html.

The symptoms of H1N1 may be similar to symptoms of seasonal influenza, but the Centers for Disease Control and Prevention (CDC) recommends that special attention be paid to a fever of 100 degrees or higher, a sore throat, and a cough. Other symptoms include body ache, difficulty breathing or shortness of breath, and/or vomiting. The CDC reports diarrhea and vomiting may also be associated with H1N1. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with H1N1 flu infection in people.

If you live in an area where H1N1 infections have been reported, and if you become ill with flu-like symptoms, contact your healthcare provider, local health department, or obtain emergency medical care.

The CDC cautions that people with H1N1 can infect others and could be contagious for a number of days following onset of illness. Children, especially younger children, might be contagious for longer periods. If you get sick with H1N1, the CDC recommends staying home from work or school and limiting contact with others to reduce the chance of transmitting the infection. Like seasonal flu, H1N1 may cause a worsening of underlying chronic medical conditions.

DISCOUNTS CAN PAY YOUR DUES !



As a member of SDEA/NEA-Retired, you are entitled to thousands of discounts offered through NEA Member Benefits, Horace Mann, and by using your Membership/Access Card.

Members get big savings through Horace Mann with their auto and home insurance needs.

Your Access Card provides discounts for more than 250,000 businesses: Get hundreds of nationwide deals at places like Christopher & Banks, Target, and others. Don't forget to take advantage of deals in your own neighborhood, and if your favorite place to shop, stay or eat isn't on the list, you can "Refer a Merchant," and Access will contact the business to join the program.

Depending on how much you spend throughout the year, you could save hundreds if not thousands of dollars simply by using the discounts offered to you by being a member of SDEA-Retired.

For more information, go to www.sdea.org. If you do not have access to a computer, you may contact Ken Potter at the SDEA Office by dialing (605) 224-9263 or 1-800-529-0090.

FROM THE EDITOR

I apologize for the delay of this issue of the newsletter. My computer needed some attention from the Geek Squad and its manufacturer. Thanks to SDEA staff for their help.

If you would like to contribute an article to a future newsletter, or have a topic you would like explored, please contact me, Gordon Horgen, at PO Box 582, Winner SD 57580 or e-mail me at gordon@gwtc.net.