

Invitation to Better Health

NWOWEA-R invites retirees to a Drive-In Conference on October 14 at 11:30 a.m. at the University of Findlay. Registration begins at 11:00 a.m. in the Rosewood Room of Henderson Dining Hall. An "endless buffet" will be featured at a cost of \$7.40 and enjoyed in the Rosewood Room. Guest speaker, Sherry Walburn, of Findlay Core Fitness, will provide a program on physical fitness. Reservations can be made by calling the NWOWEA Office at 1-800-366-9632 or by e-mailing Marj Castanien, NWOWEA-R Chair, at marjc@defnet.com by Tuesday, October 7.

NWOWEA-R invites active members who are considering retiring in the next five years to attend the break-out session, "Beyond the Classroom" at the NWOWEA Fall Workshop on September 30, 2008. Tamla Cole, Member Education Specialist of STRS, will guide participants through activities to assist them in determining savings needed in retirement, value of current savings in retirement, and the amount of savings yet needed to reach retirement financial goals.

Retired members of NWOWEA continue to receive the district newsletter as well as one just for retirees. They may continue to be active at the district and state level, including district workshops and yearly briefings in Columbus on STRS. NWOWEA-R members continue to make use of the insurance and banking opportunities offered through NEA Member Benefits and the shopping advantages of the OEA Access Cards. They can even participate in lobbying without the hassles of asking for time off!

Life memberships for NEA/OEA-R are \$300. Yearly dues for NWOWEA-R are \$5.00 or \$50 for lifetime. Contact Joyce Wisebaker at the NWOWEA Office for forms.

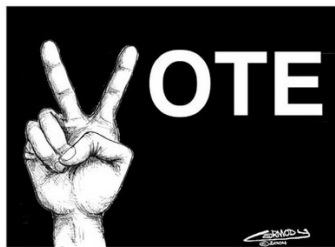
NEA members can register anytime during the month of September 2008 in the Free Giveaways area of the NEA Member Benefits Web Site (www.neamb.com) for a chance to win one of three **\$100 Gift Cards from Target**. Use the card to stock up your cabinets at home or at school! Giveaway entry begins at 12:00 a.m., ET, on September 1, 2008, and ends at 11:59:59 p.m., ET, on September 30, 2008. No purchase necessary to enter.

NEA Campaign 2008

The year 2008 has been declared to be a very important election year for educators both active and retired. NEA has set six goals for this election cycle. Four of them are important to Ohio educators.

- * Elect Barack Obama as a pro-public education President
- * Protect friendly Congressional incumbents
- * Increase number of pro-public education members in both political parties
- * Elect & protect pro-education legislative chambers

To accomplish these goals NEA is counting on members educating themselves on the qualifications of the endorsed candidates by visiting their websites and learning about their positions on various issues. Members are encouraged to share this information at the workplace and to encourage others to share this knowledge in other settings. Another aspect of getting members more involved politically is in increasing the number of members who regularly contribute to the Fund For Children and Education.



Retired members can be especially useful and are invited to participate in the phone banks which will begin September 15 and are located in the UniServ and District offices. Conducting voter registration drives is also encouraged. Voter registration closes on October 6. Spread the idea of using the absentee ballot since the regulations are not as strict anymore. One benefit of the absentee ballot is the opportunity to use the

internet or the library to look at each of the candidate's positions before making a decision.

Attendance at rallies is always encouraged and can be quite fun. Please note that candidates schedules may change and a rally may occur with little advance notice.

Check with the local association where previously employed to see what activities they are planning and ask what needs they have.

Wear buttons and display bumper stickers on the car...if not the bumper then tape to the back window where it is less permanent.

Check with the nearest UniServ Office, local association officers or call OEA to volunteer to help. **And above all: Remember to vote!**

(A listing of endorsed candidates can be found on page two.)

This is your last chance...

to register for the OEA-R Statewide Fall Conference, Sept 18 from 10 a.m. to 3. Cost is \$15 which covers lunch and materials. The meeting is at the STRS building on 300 E. Broad in Columbus which provides free parking. The theme for the meeting is "Great Public Schools-Worth Working and Voting For." Presentations will be given on specific activities promoting the upcoming election by Rich Javorek, Pat Bruns and Homer Adams. Reservations need to be in by Sept. 11. For questions call Don Holub at OEA (800 282 1500.)

**NWEOA-R
Committee Members**

**Have an idea? E mail us or
give us a call.**

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OEA/NEA Delegate Procedure for Retired Educators

Keep active in OEA and NEA by being a delegate to the Representative Assemblies. To be a retired delegate to the OEA-RA, a person must submit a Declaration of Candidacy Form which should reach Becky Slaughter at the OEA office by Sept. 20, 2008. Forms will be available at the NWEOA Fall Workshop or it can be requested by mail from the OEA office at 225 East Broad St., Box 2550, Columbus, OH 43216; by e-mail at www.ohea.org; or by phone at 800-282-1500.

The names and biographical data of potential delegates will be placed on a ballot which is mailed to all retired OEA members for their vote. Applicants receiving the most votes will be the delegates; the remaining applicants will be alternates and take the place of any delegate who can not serve.

To be a retired delegate to NEA-RA, a person must complete a Declaration of Candidacy Form for NEA state delegate candidacy. Declaration forms will be available at the Convention Office at the December Representative Assembly or through the OEA office. This form must be completed and sent to OEA in care of Becky Slaughter so that it arrives by January 31, 2008.

OEA Endorsements

OEA and NWEOA screen candidates for office at each election cycle. Candidates must fill out a questionnaire and come before a screening committee. Members of the screening committee consist of 5 members of the district screening committee and is open to any member of that district who would like to be involved. A No Position is taken when each of the two candidates is acceptable.

Barack Obama President of U. S.
Richard Cordray Attorney General (Ohio)

U. S. Congressional District

4 No Position
5 No Position
9 Marcy Kaptur (D)

Ohio Senate District

1 Steve Dreihaus (D)
2 No Position
26 Tom Kruz (D)

Ohio House District

74 Bruce Goodwin (R)
75 No position
46 Darlene Dunn (D)
47 No Position
48 Edna Brown (D)
49 Matt Szollosi (D)
6 Randy Gardner (R)
76 Clifford Hite (R)
80 Dennis Murray (D)
81 Andrew Kashmer (D)

Ohio Supreme Court

Joseph Russo
Peter Sikora

Tim Myers Wins Election to STRS Board

The STRS Ohio Board will welcome its newest member, Tim Myers, on Sept. 18. where he will serve a four year term. Now would be a good time to plan to attend one or more meetings to see the Board in action, maybe on the 18th for his installation? Meetings are scheduled for the third Thursday of each month and frequently continue on Friday. A glass wall separates the main board room from a spacious visitors lounge. Comfortable seating is available and hearing is piped into the room. Parking is free in the STRS parking lot.

Higher Electric Bills Coming

Due to Senate Bill 221 NWEOA retirees may face higher electric bills this winter. Utility companies must develop an Electric Security Plan to develop energy efficiency and the use of renewable energy sources. The goal is to have the renewable energy standard at 12.5 % of generation supply in Ohio by 2025. In return, utilities will be permitted to impose automatic increases for fuel costs, purchased power, etc. Forums have been set for September 23 at the Sandusky Firelands Realtors' Association Hall, 210 Campbell St, in Sandusky (Ohio Edison) and at the Toledo City Council Chambers, 1 Government Center, Toledo (Toledo Edison.) They are scheduled from 6 p.m. to 8 p.m. and the topics will include an overview of low income, impact on seniors, each utility's Electric Service Plan, energy efficiency and renewable energy.

Faced with Higher Prescription Costs?

With medical costs continual rise there is a need to look for ways to cut costs. One suggestion for medication in pill form is to ask that the doctor double the dosage allowing the pill to be cut in half so that a month's supply could be stretched to two months. This can only be done with certain kinds of tablets. Care must be taken to divide pills, perhaps all at one time, to prevent taking double dosages. Another way to cut costs is to read the drug interactions. Some medications must be taken on an empty stomach, others need to have certain time intervals before taking vitamins. By monitoring these carefully it may be possible to reduce the dosages. Perhaps now is the time to take advantage of 3 month mail orders if not already doing so. While not entirely welcome it is true that proper diet, weight loss, and an increase in activity can reduce, or even delete, the necessity for some medications entirely.