



# WREA SUMMER NEWSLETTER 2021

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## PRESIDENT'S MESSAGE SUSAN KAISER

Tomorrow, I will be heading for the beach! We will be meeting up with family to celebrate the 97<sup>th</sup> birthday of our dear Aunt Betty. She is a retired Special Ed teacher who worked with the deaf and hearing impaired for 30 years. She has enjoyed more years in retirement than the time she worked in the classroom! She was a voracious reader, biked or walked daily and even learned to sail. I want to be like Aunt Betty, don't you?

It was a labor of love to plan this birthday party and bring my kids together to honor our loved one and celebrate. I hope that you too are able to see more of your friends and family. If you are like me, these gatherings, no matter how small, have taken on an extra special meaning after our long period of isolation. So, let's celebrate that we have come this far. I hope to see you at the End of the Year Picnic, on a walk or next September when our activities resume. Until then, I'll be following Aunt Betty's example. Cheers!

Susan Kaiser

[https://secure.ngpvan.com/P2P/iPNVWaW\\_hUOvjosQBEPQ2/KEIMN2KREeuYiQAVXUPjkg2](https://secure.ngpvan.com/P2P/iPNVWaW_hUOvjosQBEPQ2/KEIMN2KREeuYiQAVXUPjkg2)

A graphic for the Nevada State Education Association Summer Leadership Conference 2021. The background is yellow. On the left, the text "NEVADA STATE EDUCATION ASSOCIATION" is at the top, and "JULY 19-21 2021" is in large blue letters. At the bottom left is "REACH FOR THE STARS FOUNDATION" and contact information for Lisa Guzman. On the right, a logo shows a blue silhouette of a person with arms raised, surrounded by red and blue stars. To the right of the logo, the words "SUMMER LEADERSHIP CONFERENCE" are written in large, white, outlined letters.

# WREA Highlights 2020-2021

By Fran McGregor & Susan Kaiser



Even with the restrictions of COVID, WREA has worked throughout the year to be a positive force for its members. Below are some of the WREA highlights from the past year:

- ❖ Sent out a survey to determine members' needs and give us a focus for planning.
- ❖ Increased newsletter to six issues to keep members updated about concerns and events
- ❖ Ongoing updating membership list in order to more effectively to communicate with all WREA members. Please check the Missing in Action list elsewhere in this newsletter to help this effort.
- ❖ Gathered for 12 weekly walks this Spring so members could connect with one another. This activity will resume in September. We welcome volunteers to lead walks in different neighborhoods around Reno/Sparks. Contact Susan Kaiser to lead a walk this Fall.
- ❖ Continued business discounts for WREA members through WEA
- ❖ Partnered with WEA and the WCSO to collect over 6000 lbs. of food donations for the Food Bank of Northern Nevada to help needy families in the Truckee Meadows
- ❖ Continued work to fund and award the Bernie Anderson Scholarship for Aspiring Educators. Two nominees will receive scholarships this year since we were unable to give any scholarships last year
- ❖ Successfully placed three WREA members on the OPEB Trustees Committee at the WCSO. This group oversees the investments of funds which augment the health benefits of members including retirees.
- ❖ Participated in the NSEA Lobby Day and Rally at the Nevada Legislature to send a message about the needs of our public schools and the people who work in them
- ❖ Members provided testimony at the Legislature for bills pertaining to retirees at multiple hearings via Zoom calls.
- ❖ Planned a return to in-person events with a picnic on June 17<sup>th</sup> for our members to see one another again. We will award our Bernie Anderson Scholarships and honor long time WREA leader, Fred Dailey, as well as continue our efforts to raise money for the scholarship funds. Don't forget to RSVP at this link:
  - <https://forms.gle?3UoKiRncQ6HSNvpm8>
- ❖ A book club is in the planning process for Fall 2021. This will allow our members to have meaningful conversations with one another as they discuss the chosen book. More information to follow in Fall 2021

WREA is looking forward to 2021-2022 when we are once again able to see one another in person. WE are very excited to provide activities and services to our members in the upcoming year and look forward to seeing all of you! We are offering a variety of ways to stay connected. Learn about them by joining our Facebook page and reading our digital newsletter.

Pictured above are Gordy McGregor and Janet Carnes at the WEA office for our drive-through food donation.

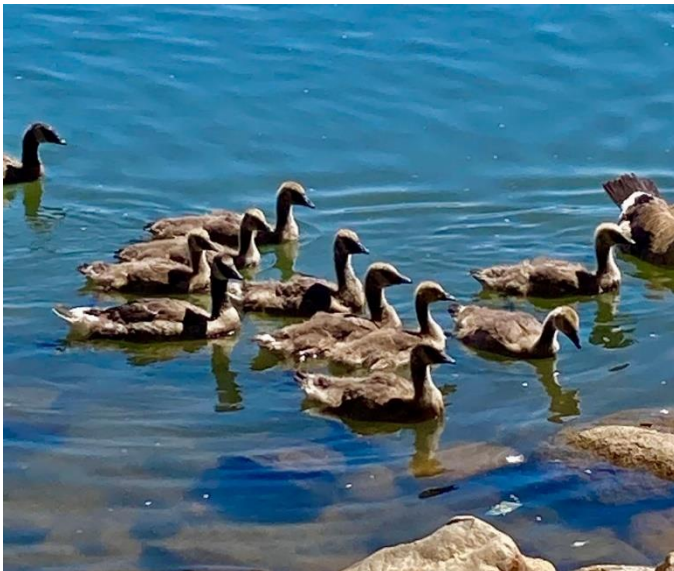
# WREA BOARD OF DIRECTORS ELECTION

Melissa Sewell

There are three seats open for the WREA Board of Directors. If you have ideas and want to be more involved in the workings of the WREA, this is your chance! Board members help with the various duties of organizing events, scholarships, and advocating. Last year we were more or less forced to have our election of officers electronically through US mail because of the pandemic. It was very successful, and we had more votes cast than we've ever had since I've been involved. Here is how it's going to work:

1. Nominations: There is a nomination form in this newsletter. This form can be printed, filled out, and returned to the WEA office or it can be brought to the WREA picnic on June 17. The nomination must be received at the WEA by June 25, 2021.
2. Candidates for Board seats must submit a bio to the WEA office or email it to Susan Kaiser at [kaiserkasa@gmail.com](mailto:kaiserkasa@gmail.com) on or before July 2.
3. Elections will be held from July 7-July 21. NSEA is helping us with this. There will be an email asking if you want to vote electronically or by paper ballot. It's very important that your email is current with NSEA if you want to vote. Paper ballots must be received by July 21.
4. Ballots will be counted on July 22<sup>nd</sup> by the WREA election committee.

Note: if only three people are nominated for the three board seats, it will not be necessary to hold an election. Those three people will be elected by acclamation.



**Ducks swimming at Virginia Lake Park taken during the WREA walking group.**



## NOMINATION FORM FOR WREA BOARD SEAT

Nominations are now open for 3 vacant seats on the WREA Board. The elected will serve a 2-year term from 2021-2023. The elected will help guide the WREA organization and must be willing to attend Board Meetings, serve on a committee and attend different functions sponsored by WREA. **This nomination form must be returned to the WEA office (1890 Donald St, Reno) on or before June 25, 2021.** The election will take place electronically using EZ Vote or you may choose to receive a paper ballot to vote through US mail. **You may nominate yourself or another member with permission and nominations will be taken from the floor at the WREA picnic.** The bios of the nominated candidates must be received at the WEA offices or emailed to Susan Kaiser at [kaiserkasa@gmail.com](mailto:kaiserkasa@gmail.com). Bios are due on or before July 2, 2021.

BOARD SEAT: \_\_\_\_\_ PHONE # \_\_\_\_\_

Email: \_\_\_\_\_

BOARD SEAT: \_\_\_\_\_ PHONE # \_\_\_\_\_

Email: \_\_\_\_\_

BOARD SEAT: \_\_\_\_\_ PHONE # \_\_\_\_\_

Email: \_\_\_\_\_

Nominated by: \_\_\_\_\_ Phone # \_\_\_\_\_

Email: \_\_\_\_\_



Some of the walkers enjoying Virginia Lake. Pictured are Patty Dickens, Kathy Howard, Mary Lamont, and Bernice Servilican.

## Yoga Move of the Month

By Melissa Sewell

This month's pose is the most basic rest pose, Child's Pose. In a yoga class this pose is used as a warmup, cool down, or rest. In regular life, this pose stretches the back and hips and lowers the heart rate. It's a good one at the beginning or end of any stretch routine, especially before bed.

Start in Tabletop, hands and knees. Lower your hips over your heels. It doesn't matter if they make it all the way or not. If your hips are tight, widen your knees and bring your big toes to touch. Arms can reach out from the shoulders or to your sides, hands cupping your heels. Head is reaching toward the floor. If that's uncomfortable, you can rest your forehead on one or both hands. Breathe deeply.

Some variations: hands can come together over the back of your head for a triceps stretch; you can move your hips from one side to the other with your outstretched hands going in the opposite direction for a side stretch; one arm can reach under your chest to the opposite side (thread the needle) for a shoulder stretch.

**Pictured below from left: Janet Carnes, Michele DeLano, Gordy McGregor, Kathy Howard, Susan Kaiser, Marlene Hansen, and Patty Dickens at the WREA food donation drive at the WEA office.**







Susan, Michelle, Bernice, Michele, Kathy, Janet, and Suzy out for a walk to the Lake with no Name and a beautiful heron waiting patiently for his next meal as we passed by.

## WREA End of school year picnic



Scholarship Awarded

Quilt Drawing

50-50 Drawing

Board Nominations

Honoring Fred Dailey

**Date: Thursday, June 17, 2021**

**Time: 11:30 A.M.-1:30 P.M.**

**Place: Cyan Park 2121 Long Meadow Drive, Reno, NV 89521**

**Please join us at the annual end of year get-together and we will:**

**Award the WREA scholarships**



**Draw the winning ticket for the quilt**

**Have nominations for the**

**Honor the service of Fred Dailey to the WREA Board**

**50/50 RAFFLE AND DRAW FOR OTHER RAFFLE PRIZES!**

**WE WILL WELCOME THE NEWEST RETIREES, INCLUDING 2020 RETIREES**

**Capriotti's box lunch and drinks available**

**RSVP by THURSDAY, June 10<sup>th</sup> by completing this google form:**

**<https://forms.gle/3UoKiRncQ6HSNvpm8>**

**WREA**



**Board Elections**



**If you have questions or prefer to talk to a person to RSVP call: MARLENE HANSEN AT (775) 762-1530.**

**Price: order by June 10<sup>th</sup>**

**\$15.00 payable to WREA.**

**\$20.00 day of event**

**SEND YOUR CHECK TO:**

**ELLEN TOWNSEND**

**P.O. BOX 5063**

**SPARKS, NV 89432**

**LUNCH OPTIONS: ITALIAN, TURKEY, OR VEGGIE TURKEY SUB SANDWICHES**

**WREA Honors Intern Heroes With Scholarships**  
**By Janet Carnes**

This 2020-2021 year educators are heroes for all their students, working in conditions that have tapped their creativity and resourcefulness like never before. Training to become a teacher under these circumstances required intern teachers to learn new skills right alongside their mentor teachers. Difficult hardly describes the challenges faced by all educators this year. Part of the mission for WREA is to unite with others who are working for a quality education. Our organization recognizes this charge by giving a scholarship to worthy students who are about to begin their teaching careers.

The Pandemic stalled giving out a scholarship last year. The good news is that WREA is awarding two scholarships this year. The Scholarship Committee, Gordy McGregor, Marlene Hansen, and me, Janet Carnes, had to choose two recipients from eight applicants. All of the candidates are very well qualified. We were impressed that many of them are earning multiple degrees. A common reference in the recommendation letters stated how flexible and inventive the students are with the managing the unusual format for teaching this year. Sophie Coudurier and Allison Protoni demonstrated a high level of professionalism and resilience along with a dedication that earned them the Bernie Anderson/WREA Scholarship. More information about these new teachers will be presented at the WREA picnic.

There is more good news. At the picnic, we will raffle the beautiful LOVE quilt made by Ramona Carlos. To continue giving out the scholarship, we need your donations. Please buy a raffle ticket, \$5.00 or 6 for \$20.00. You can also send us your contribution. Make your check out to WREA Scholarship and send it to Gordy at 2161 Tangerine St., Sparks, NV 89434. We hope that each member can spare \$60 to fund this duty to support new teachers.

We hope to SEE you at the WREA picnic to celebrate education and the re-opening of our activities.

**Missing Members! HELP!!!**

WREA has recently completed the process of updating our membership contact information. While we were mostly successful, there are still some members whom we weren't able to contact for various reasons. If you know any of these members or their contact information, please let us know by contacting Fran McGregor. 775-544-3644(C), 775-355-8922 (H), or [mcgregor.gordon@att.net](mailto:mcgregor.gordon@att.net)

Gaylyn Anderson	Judith Armstrong	Richard Baird	Michael Barrow
Charlotte Bass	Delores Bota	Delores Day	Priscilla Dorazio
Rhonda Edwards	Tracey Frandsen	Ted Furchner	Cyndia Gallagher
Candace Gant	James Geil	Roger Glanzmann	Helen Handy
Gloria Johnson	Faunie Jones	Shryl Kirkbride	Rhonda Lafontaine
Maureen Lawson	Dorothy Learey	Mary Leathers	Ronald Legg
Alice Lemons	Traci Loftin	Patricia Madariaga	Margaret Mason
Anne McComas	Diana McIntyre	Georgene Moore	Linda Oliphant
Terry Opperman	Christi Pagni	Deborah Pattison	Tania Peterson
Durdana Qureshi	Elizabeth Ray	Virginia Ryan	Sharon Sanger
Natalie Santana	James Shaw	Karen Sheesley	Margaret Shepperson



Mary Sullivan  
Edna Wayne  
Wendy Zastawniak

Terence Terras  
Shirley Westbrook

Carole Thomas  
Maurine Williams

Karen Votraw  
Joan Winkler

### **RedForEdNV Walking Group**

**The last two scheduled walks will be Wednesday, June 9<sup>th</sup> at Mira Loma Park: meet in the South Parking Area closest to the building that houses the restrooms and picnic tables at 9:45 A.M., and Wednesday, June 16 at Hidden Valley Park: meet in the parking area next to the gazebo across from the pickleball courts/tennis courts. We will then adjourn for the summer but don't fret, the Walking Group will return in the Fall.**

## **May/June Birthdays**

**We are trying to recognize our members during their birthday month. If we don't have your information, please send it to [michelep@prodigy.net](mailto:michelep@prodigy.net) so that we can add you to our list.**

### **May Birthdays**

Victoria Benke  
Joe Cendagorta  
Marilyn Meline  
Christie Klein  
Linda Wainscoat  
Melissa Sewell  
William Taylor  
Michael Potter  
Jan Bishop  
Rosanna Baker  
Marlene Hansen  
Karen Votraw  
Janet Basl  
Deborah Jacobs  
Traci Thomas  
Linda Oliphant  
Barbara Miller  
Priscilla Dorazio  
Barbara Allain  
Elizabeth Carter  
Craig Congdon  
Frances Davis  
Jackie Knight  
Karen Sheesley  
John Himmel  
Glenn Miers  
Rene Campbell  
Yvonne Griffith

Mary Donnelly  
Francisca Harris  
Jane Klump

### **June Birthdays**

Abigail Kirst  
Philip Mataruga  
Nancy Misseldine  
Debra Baren  
Gail Corthell  
Charlotte Smith  
Janice Freeman-Carr  
Ronald Lienau  
Delores Day  
Betty Holmes  
Corinne Koliha  
Byllie Andrews  
Susan Cowen  
Edna Wayne  
Karen Thompson  
Linda Beeghley  
Linda Brown  
Patricia Eikelberry  
Joseph Cacibauda  
Fred Horlacher  
Susan Livak  
Darleen Azizisefat  
John Cummings  
Jan Gahr  
Anne Hubbell  
Terry Opperman  
Marlene Piretto  
Tracy Lahr-Wolf

Kathy Bergmann  
Patricia Madariaga  
John Warden  
Charlotte Bass  
Karen Koch Booth  
Therese Rice-Dietrich  
Bobee-Kay Clark  
Bonnie Vogler  
Gail Heyer  
Carla Johnson  
Jeannie Smith



# Your Money Matters

An Informational Newsletter from PlanMember Financial Corporation

## Three mistakes to avoid in retirement

Every day, nearly 10,000 Americans retire. All too often, many of them make the same mistakes that can end up tarnishing their golden years. Here are three of the most common errors new retirees make.

### Failing to make a budget

Without a steady paycheck and a lot of free time on their hands, most retirees pass their time spending money rather than making it. Before you purchase any big-ticket items, consider that you will be sacrificing the future returns on those dollars. In addition, many retirees rely on old retirement adages such as they will need only 70% of their pre-retirement income, but many people find that they need to replace a higher percentage of their income.

### Mishandling Social Security

Many people begin collecting Social Security benefits as soon as they are eligible at age 62. Assuming a full-retirement age of 66, taking your benefits early at age 62 would reduce your payments by 25% compared to what you could get by waiting until your full retirement age. Those who take their benefits early often believe that although they are collecting less each month, they are collecting it for longer, so it all equals out over the long run. Those who delay their benefits until their full retirement age of 66, and live beyond ages 77 to 78, will actually collect more over their lifetimes. Furthermore, married couples can sometimes receive higher combined benefits by structuring when and how each spouse claims their benefits. So be sure to investigate all of your options before you file.

### Moving

It's the dream of many Americans to retire in sun-soaked places like Florida or Arizona. While moving to a new locale isn't necessarily a mistake, making a sudden move without adequate preparation is a common error among retirees. They are often unprepared for the different climate or lifestyle of their new destination. Moving far away from family and friends can also have an emotional toll. If you are considering making a move when you retire, you might want to make multiple trips to get a real feel for what life would be like.



### Establishing your retirement budget

Establishing a realistic budget for your retirement is essential. A good way to start is by categorizing your expenses according to their necessity.

**Essential expenses** are necessary for you to maintain an acceptable standard of living such as housing, utilities, food, healthcare and taxes.

**Important expenses** are for maintaining your standard of living but are not absolutely essential. These include clothing, transportation and insurance.

**Discretionary expenses** are for things that you want, but don't necessarily need such as travel, hobbies, eating out and gifts.

By defining your expenses based on their importance, you can help ensure that your most basic needs are taken care of first.

**Contact me today to find out how you avoid these and other common mistakes new retirees make.**



**Sandra Chapman, CFP®**  
CERTIFIED FINANCIAL PLANNER™

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