

SERREAM

Newsletter

Spring 2019

President's Message: Kay Morcomb

Acronyms.....Acronyms.....Acronyms.....

They can be so confusing. A bit of history should clarify some.

The Summer and Fall 2017 issues of the SERREAM Newsletter have a brief history of NRTA (National Retired Teachers' Association) founded in 1947 by Dr. Andrus to gain health care and better pensions for retired teachers. In 1958 she established AARP (originally called the American Association of Retired Persons) to help other retirees. No longer just for retirees, the acronym AARP became the association's name. In 1982 the two organizations merged at the national level and NRTA became a division of AARP. NRTA is affiliated with a network of state and locally based organizations.

In the early 1800s public schools were a luxury for white children and forbidden for black children. Local communities and states began organizing to improve societal and educational conditions. In 1850 a National Teacher Association started with the name changing to the National Educational Association (NEA) in 1857. Membership wasn't open to women until 1866 and for fifty years administrators led the organization. State affiliates were established. The terms "teachers" and "educators" were loosely used adding to acronym confusion. Educator is a more inclusive term. The Minnesota Education Association (MEA) affiliated with (NEA) and divided the state into regions. Retired teachers started organizing. The South East (SE) region organized a retirees' group at a MEA convention in Rochester in 1963.

In 1954 the Retired Educators Association of Minnesota (REAM), a self-governed association of retired school employees who receive their pensions from TRA (Teachers Retirement Association) or PERA (Public Employees Retirement Association) was founded. REAM volunteers monitor and advocate for your public pension. The south east retired group affiliated with REAM as the South East Retired Educators Association of Minnesota (SERREAM). January 3, 1978 the NRTA accepted SERREAM for affiliation membership. In the 1970s SERREAM started several local units. SERREAM is much shorter to spell or pronounce than the full name, but knowing what each letter represents is important.

The Minnesota Federation of Teachers (MFT) began as a grade school organization in 1898. The American Federation of Teachers (AFT) was established April 15, 1916 and aligned with labor unions. MEA and MFT merged in 1998 becoming Education Minnesota (EdMN) Add an R and you have their retired group.

Herein lies the difference between EdMNR and SERREAM. They have different parents. EdMN's focus is negotiating better salaries and benefits for teachers and healthy working environments and adequate resources. Negotiating may be adversarial. A union may take political positions and endorse candidates. REAM focuses on our pension, a sustainable system that guarantees a pension for present and future retirees, by monitoring the pension fund and the Legislative Commission on Pensions and Retirement (LCPR). REAM is non-partisan communicating with TRA and policymakers advocating for maintaining the Defined Benefit Pension system.

Think Spring! Register now for the Spring Conference in Winona

Information and registration form at the back of the newsletter

SERAM EXECUTIVE BOARD MEETING

Minutes for February 20, 2019

A snowstorm canceled our February board meeting but through emails and phone calls plans for the upcoming Spring Conference and Annual Meeting were finalized and a newsletter put together.

Taken from a 1969 retired educators' bulletin:

Happiness is discovering you would rather scoop snow than swat mosquitoes.

SERAM Health Article

February 2019

Don Leathers

Garlic

Garlic. Whew! That stuff takes my breath away. I can't stand the thought of putting that vegetable in my mouth.

But, stop, garlic isn't necessarily a breath stopper, and its nutritional benefits are greater than you might think. Allow me to explain.

According to studies, garlic is a nutrient powerhouse. It is full of vitamins and minerals, including vitamin B6, manganese, vitamin C, iron and potassium. Additionally, it is an anti-inflammatory that contains sulfides that fight the growth of cancer. Finally, garlic is good for your liver by protecting it from toxins, and it helps lower your blood sugar levels.

You don't have to eat raw garlic to experience its healthy side effects. There are several ways to include garlic in your diet that are easy to follow and which keep your breath from being overpowering. Mince a bit of garlic and toss it into a salad. Include it in hotdishes, goulashes and spaghetti. Make a bit of garlic toast, mixing the garlic with a tad of melted butter. Another idea is to mix a little garlic into your soup or a juice with other veggies.

Whatever your approach, use garlic daily to bolster your health happy diet. Bon appetite. And go garlic.

Spring SEREAM Legislative Report February 2019

---Don Leathers

This legislative session should be worry free for TRA and PERA retirees, but you never know. So, I am enclosing the contact information on each member of the Legislative Commission on Pensions and Retirement (LCPR).

2019-2020 Legislative Commission Membership

Senate members

Sen. Gary H. Dalms
2111 State Office Bld
651-296-8138

Sen. Nick Frentz
2415 State Office Bldg
651-296-6153

Sen. John Jasinski
2101 Minnesota Office Bld
651-296-0284

Sen. Warren Limmer
3221 Senate Office Bldg
651-296-2159

Sen. Sandra Pappas
2205 Senate Office Bldg
651-296-1802

Sen. Julie Rosen
2113 Senate Office Bldg
651-296-5713

Sen. David Senjem
3401 Senate Office Bldg
651-296-3903

House members

Rep. Mike Freiberg
509 State Office Bldg
651-296-5807

Rep. Kaoly Her
359 State Office Bldg
651-296-8799

Rep. Mary Murphy
343 State Office Bldg
651-296-2676

Rep. Michael V. Nelson
585 State Office Bldg
651-296-3751

Rep. Timothy O'Driscoll
237 State Office Bldg
651-296-7808

Rep. Ruth Richardson
403 State Office Bldg
651-296-4192

Rep. Bob Vogel
213 State Office Bldg
651-296-7065

Keep this membership list handy. If you have questions or concerns about your pension, call one of these LCPR members. David Senjem is our local voice on the commission.

Congratulations to Phoebe Praxl who has been selected as the 2019 recipient of the SEREAM Educator Award. Phoebe has been very active with the Waseca unit and at the SEREAM level. Plan to attend the spring conference in Winona to honor Phoebe. Her tribute poem will appear in the next newsletter.

Edna Thayer, chairperson of Educator Awards Committee

In 1983 SEREAM had 790 members; two years ago 703 members; last year 664 members.

All public school employees and their spouses whether administrators, faculty, supportive staff, whether retired or within five years of retirement are welcome to join SEREAM. Hopefully retirees are enjoying regular meetings of a local group, but that is not a requirement for joining SEREAM or for being on the board. SEREAM supports REAM by holding a fall and a spring conference, publishing a newsletter four times a year, and helping members stay current with legislation pertaining to our pension fund. Another way to support REAM would be to increase membership.

MEMORIALS:

Ward Huff from Shirley & Curt Schroeder

Ev Mueller from Kay Morcomb

Beverly Markegard from Curt & Shirley Schroeder

Warren Zimmerman from Kay Morcomb

Spring Conference Speakers

Bruno Borsari

Bruno is a native Italian and Professor of Biology at Winona State University. He earned his Doctor of Agriculture from the University of Bologna in Italy and his PhD. from the University of New Orleans. His publications demonstrate his research interests in prairie restoration ecology, biology/science education, sustainability, agriculture education reform, and local foods.

Mark Dungy

Investigator Dungy is a licensed police officer, currently working in the Winona County Sheriff's office. He is a member of the Crimes Against Children Task Force. He has investigated numerous cases involving child exploitation and on-line solicitation. He assists other law enforcement agencies with violent crime and drug investigations. He will address exploitation and online solicitation of children.

Liz Heimer

Liz is a Specialist of Health Promotions at the American Lung Association. She works primarily on tobacco control policies to prevent and reduce youth tobacco use. She will discuss JUULing and e-cigarettes, misinformation about vaping, how important it is for young people to know the serious health risks, and how youth are being targeted in order to make corporate profit. It is time to catch up!

****RIVERPORT INN and SUITES is offering rooms for \$99.00 for those who may wish to stay over.**

**Mention SEREAM Conference when making reservation.
507-452-0606**

SERREAM SPRING CONFERENCE
Wednesday, April 24, 2019
Riverport Inn
900 Bruski Drive, Winona, MN 55987

Agenda

- 8:30- 9:00** Registration: coffee, juice, rolls
- 9:00– 9:05** Welcome: Mark Peterson, Winona Mayor,
Jane Habeck, WAREA President
- 9:05– 9:15** Pension Update: Lonnie Dobberstein, REAM Past President
- 9:15–10:15** Liz Heimer, American Lung Association Specialist:
Do Your Grandchildren JUUL? E-cigarettes and Vaping
- 10:15–10:30** Coffee Break
- 10:30–11:30** Bruno Borsari: Enhancing Quality of Life Through
Sustainable Farming and Good Food
- 11:30–12:30** Lunch: Salad, Chicken Breast, Rice Pilaf, Vegetable
- 12:30-1:00** SERREAM Business Meeting, REAM Director
Chuck Hellie and Edna Thayer with Awards
- 1:00– 1:15** Necrology and (Edna) Thayerisms
- 1:15– 1:20** Stretch Coffee and Bars
- 1:20– 2:30** Mark Dungy: Winona County Investigator:
Child Exploitation and On-line Solicitation
- 2:30– 3:00** Wrap Up and Door Prizes

SERAM SPRING CONFERENCE
Registration Form

Wednesday, April 24, 2019, 8:30 a.m. – 3:00 p.m.
Riverport Inn, 900 Bruski Drive, Winona, MN 55987
Pre-Registration: \$20; Registration at the Door: \$25
Deadline for Pre-registration: April 10th

Name of Registrant: _____

Phone number: _____ UNIT: _____

E mail: _____

Please send this completed form and check, payable to WAREA:
Carolyn Goplen, Treas.
1413 McNally Dr.
Winona, MN 55987
Phone: (507) 452-3557

SERAM Membership Form

Complete this form and mail with \$10.00 per person to:
Ben Baratto, 779 Bluffview Circle, Winona, MN 55987

Name: _____

Address: _____

City: _____ State _____ Zip _____

E-mail: _____

Phone: _____

Make checks payable to SERAM.
Membership year: September 1, 2018–August 31, 2019
The newsletters can be found at SERAM.org.

SOUTHEAST RETIRED
EDUCATORS ASSOC. OF MN
Ben Baratto
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Winona, MN 55987

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