

THE VOLUNTEER

A NEWSLETTER FOR RCRV MEMBERS

April 2006
Volume 6, Issue 2

Rockwell Collins Retiree Volunteers

If you can dream it,
we can do it.

Mission

Rockwell Collins retirees connecting to identify and support volunteer needs in our community and beyond, while enriching the lives of the volunteers.

Officers

Charles Wehage – Chairman
Keith Sutherland – Vice
Chairman
Don Grimm – Secretary
Arlo Meyer - Treasurer

Committee Chairs

John McDonough –
Community Projects Team
Pete Jurgens – Recruiting/
Retention/Recognition
Rod Thorpe – Communications
Sara Case – Agency Liaison
Jim Klein – Data Base

Web Site

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e-mail:

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RCRV
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Hiawatha, Iowa 52233
319-393-9637 (voice mail)



RCRV Meetings

Community Projects Team

The Community Projects Team meets every Thursday at 10:00 in our office in the REACT Center where we discuss future and current projects. Service agency representatives submit new project requests on the 2nd and 4th Thursdays of the month. You are always welcome at any of the meetings.

New Retirees Orientation

Informational meetings for new retirees or others interested in becoming active members of RCRV are held at 9 AM on the third Thursday of each month at the REACT Center (927 N. Compton Dr. in Hiawatha). Those of you interested in learning more about RCRV and the many volunteer opportunities we offer are encouraged to attend. ♦

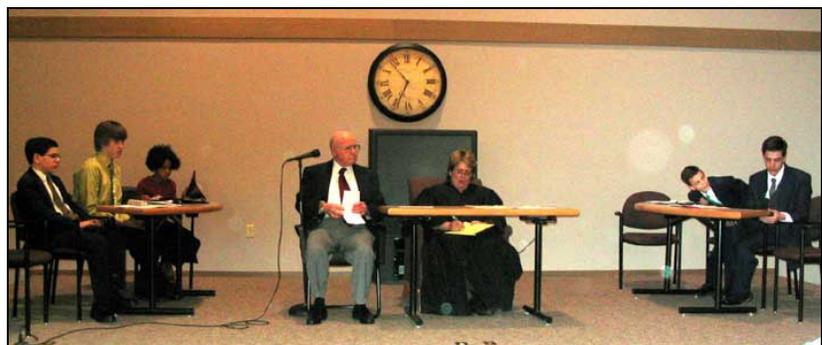
Four Oaks Bridge Honors Jack Rector

RCRV member Jack Rector was honored on April 6 by the Four Oaks

Bridge at their annual awards banquet. Jack received a special and unique award for his five years of volunteer service as mentor, teacher, leader, board member and intergenerational role model.

The mission of The Four Oaks Bridge is to bring together people of all ages, races, and economic backgrounds in an environment of learning, whereby youth, seniors and working adults can connect and contribute through the arts, technology and other learning opportunities. The goal of the many and varied activities at the center is help build bridges across the generations, and provide forums and safe places for youth, adults and seniors to use their differences as advantages, to recognize their similarities and to learn from each other. Seventy five youth are currently participating in these activities.

A recent example of the learning opportunities was a mock trial held on April 5 which provided a great opportunity to learn about the law, critical thinking and oral advocacy skills in a setting featuring grandparents, parents and kids of all ages. The mock trial was presided over by Associate Judge Judy Baumgartner of the 6th Judicial District. ♦



Star Witness Jack Rector at Four Oaks Mock Trial

Cedar Amateur Astronomers

The Cedar Amateur Astronomers (CAA) have undertaken a major project in cooperation with Linn County Conservation (LCC) that will significantly expand the capabilities and accessibility of astronomy in Eastern Iowa. The astronomy group was established in 1979 as a non-profit all volunteer organization with a mission of promoting astronomy and associated sciences to children and the general public in our community. CAA was recently given a 24 inch diameter Boller and Chivens professional-grade telescope by the University of Iowa. This rare and large (>4,000

pound) telescope will be moved into the new Eastern Iowa Observatory and Learning Center (EIOLC) under development by CAA on Ivanhoe Road southeast of Cedar Rapids.

The EIOLC complex will provide for a family friendly main building with classrooms, presentation facilities and observatory domes to house the 24" diameter telescope and a 16" diameter robotic telescope which will be networked to area schools. Site planning and fund raising by CAA for this \$650,000 project have been underway for some time and Rockwell Collins was the first major contributor with a grant of \$50,000. The total financial requirements are being solicited from individual, corporate, government and foundation sources. Site development is planned to begin this July and construction of the main

facility will begin upon capture of the full funding requirements.

Several Rockwell Collins retirees are active members of CAA which is open to anyone with an interest in astronomy. More information, including specifics of the EIOLC are available on the CAA website www.cedar-astronomers.org. ♦



24" Boller & Chivens Telescope



Proposed EIOLC Facility

Collins Retirees Potluck Meetings

The Collins Retirees Potluck Group meets the third Tuesday of the month at the United Methodist Church, 302 33rd St. NE at noon for a potluck lunch and program. Upcoming programs are:

- **May** - Mike Deupree from the Gazette
- **June** - Captain Bobby Ratcliff from KCRG
- **July** - Shams & Scams presented by TRIAD ♦

LEGOs in Atlanta

On April 27 and 28, 2006, the FIRST LEGO League (FLL) International Competition will be held at the Georgia Dome in Atlanta, Georgia. One of the teams competing will be Viola Gibson Elementary School from Cedar Rapids.

On January 21, 2006 the FLL Iowa state competition was held in Ames, Iowa. At that event, where 60 teams participated, Viola Gibson won the Directors Award and qualified for the Atlanta trip. At the event in Ames, Art Roderick from RCRV was presented an award as the **Outstanding Volunteer** in Iowa.

Preceding the Ames activity, on December 17, 2005, Rockwell Collins sponsored an FLL tournament at Taft Middle School in Cedar Rapids. Thirty two regional schools participated in morning and afternoon sessions.

RCRV individuals have supported several local schools as mentors for the LEGO competitions. At Viola Gibson, Bob Ocken and Mike Wilson serve as mentors to 8 fourth and fifth grade students who make up the "Global Gators" team.

The LEGO program has been expanding rapidly over the last few years, requiring an increasing number of mentors; many have been furnished by RCRV. ♦

Meals on Wheels

Horizons and The Witwer Center each have an urgent need for additional volunteers to serve as drivers for their Meals-On-Wheels program. Please call the RSVP office at 369-8774 if you are able to spend a few hours a week on this very rewarding volunteer opportunity. Drivers are reimbursed at the rate of \$.32 a mile and are also provided a free lunch. ♦

State Capital Volunteer Showcase

Several RCRV members participated in the Volunteer Showcase sponsored by The Iowa Commission on Volunteer Service held at the Iowa State Capital on March 20. The purpose of the event was to provide Legislators and state employees a view of the service and support being provided by volunteer organizations throughout the state. RCRV showcased a variety of our assistive technology devices designed to assist persons with handicaps. ♦



State Capital Volunteer Showcase

St. Luke's Volunteer Opportunity

St. Luke's Hospital is looking for volunteers to deliver newspapers to their patients on weekdays. If you are looking for an opportunity to get some exercise, meet some new friends and socialize with members of the health care community this is a perfect opportunity.

Training will be provided and the only qualifications are the ability to communicate with all ages, a positive friendly attitude and physical ability to walk and push a cart.

Contact St. Luke's at 369-7213 to sign up. ♦

Retirement Issues

The Center for Lifelong Learning at Kirkwood Community College is offering a new class for retirees or those contemplating retirement entitled **Retirement: Forks in the Road.**

America's new retirees are redefining what it means to be a senior citizen. There is plenty of information about the financial side of retirement, as well as health care and services for the aging population. But what about YOU? Forks in the Road is a fun, hands-on, interactive class where you will learn about the emotional and social side of retirement. Find out more about yourself and start on the path toward a fulfilling retirement.

The next class will be held on Wednesday, May 10 from 9AM to 1PM on the third floor of Iowa Hall, Amana Room on the Kirkwood Main campus. The cost is \$45 and lunch will be provided. The instructors will be Dr. Lois Bartelme and Dr. Sue Dallam.

You may register by calling the center at 398-1022 between 8 AM and 4:30 PM any weekday. ♦

SHIIP News

The Senior Health Insurance Information counselors have issued a reminder that May 15 is the deadline for signing up for Medicare Part D prescription drug coverage. This is applicable **only** for those retirees that **do not** have Rockwell Collins insurance. After May 15 the cost will go up at a rate of 7% per month of the average premium cost.

RCRV SHIIP counselors are available to answer any health insurance questions you have by calling 393-9637. ♦

Waypoint Services

Corinne Ramler, Director of Marketing for Waypoint Services of Cedar Rapids was the keynote speaker at the March 15 board meeting of RCRV. She gave a detailed presentation about Waypoint Services (formerly the YWCA) and their volunteer needs.



Corinne Ramler of Waypoint Services

Waypoint currently employs 140 with a \$3M annual budget conducting the following five major programs:

- Madge Phillips Center for the homeless provides services for homeless and near-homeless women and children.
- Domestic Violence Program provides support services to victims and survivors of domestic violence and their family members.
- Sexual Assault Intervention Program provides support services to help victims, their families and significant others deal with the trauma of sexual assault.
- Child Care Service provides quality, licensed child care for over 400 children age six weeks to twelve years.
- Wise Buys Resale Shop is the center of acquisition of donated goods to disburse to Waypoint programs and to sell to support Waypoint.

Volunteers are needed for coordinating food and supply drives, holiday gift distribution, sorting donations, domestic violence and sexual assault advocacy (training provided), assisting client moving and facility cleaning. Call the center at 365-1458 if you are able to assist in one of these activities. ♦

Witwer Center Health Fair

The Witwer Senior Center at 305 2nd Avenue SE will be conducting a Senior Health Fair on April 28 from 9 am to 12 noon. Twenty health care agencies will participate with a goal of helping seniors take charge of their health by becoming better informed about health issues and lifestyle choices.

The fair will include three half-hour presentations beginning at 10 am including a Q&A with Dr. Quetsch, Foot and Ankle issues with Dr. Hemmes from Foot and Ankle Specialists of Iowa and Remaining Active in Your Home and Community with Audrey Reid and Kathy Gregor. Lunch will be available beginning at 11:30 am with a suggested donation of \$2.75 for those over 60 years of age and \$3.75 for those under 60. ♦

Aging Services Award

Aging Services of Cedar Rapids was awarded one of five nationwide organizations to receive the STAR (Senior Transportation Action Response) award for excellence at The National Conference on Aging meeting in March in Anaheim, California.

The award recognizes outstanding programs that are developing creative, successful solutions to the national challenge of meeting the needs of seniors for viable and desirable, community-based transportation options.

Several RCRV members are active in Aging Services programs in our community and Carol Luth from the organization is a member of the RCRV Board. ♦

Trivia Quiz

1. What prevented the famous test pilot Chuck Yeager from qualifying as an astronaut?
2. What was the "official" reason given by NASA for selecting Neil Armstrong to be the first man on the moon rather than his LEM partner Buzz Aldrin?
3. Which of the original Mercury Seven astronauts became the first person to acquire the dual title of Astronaut and Aquanaut?
4. What was the first food consumed in space by a U.S. astronaut?

Answers to January quiz:

1. Enos was the first chimp to orbit the earth.
2. Alan Shepard was the only one of the original astronauts to walk on the moon.
3. Gene Shoemaker was the first man to be buried on the moon. He was a distinguished geologist whose ashes were flown to the moon aboard the Lunar Prospector in 1998.
4. The Space Shuttle orbits the earth at 17,500 MPH. ♦

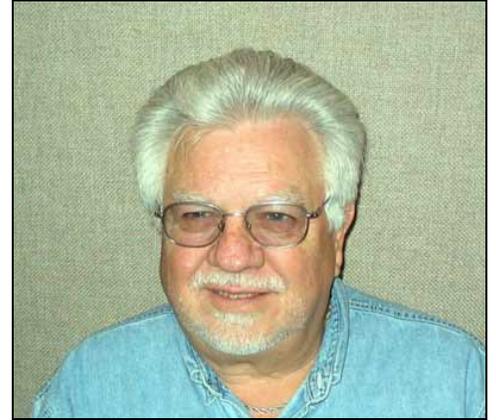
Member Profile

Pete Jurgens

Pete Jurgens is a dedicated and well recognized leader in the Cedar Rapids volunteer community. He has been an active member of RCRV for several years and currently serves as Recruitment and Retention Director on the Board of Directors. He is in his second term in this job and has been responsible for a significant increase in our active membership during this period.

Pete graduated from the Van Horne Consolidated High School in 1959 and after a brief stint as a Collins Radio employee joined the US Air Force and spent four years as an Instrument Trainer Specialist. He rejoined Collins

in 1964 and spent 36 years in various assembly, test, inspection and management positions. During his career he was very active in IBEW Local 1362 serving as Chief Steward in 1968, Vice President in 1970 and President in 1972.



Pete Jurgens

Since retirement from Collins Pete has been very active in community volunteer activities most notably as a Senior Health Insurance Information Counselor for the State Insurance Commissioners Office at St. Luke's Hospital. He has been very active recently in this role providing seminars to seniors in the community about the new Medicare Part D prescription drug plan. He has received many awards as recognition for his volunteer service including the prestigious Governors Volunteer Award in 2003 and 2005 and the Volunteer of the Year for Operation Restore Trust for the Heritage Agency in 2003.

Pete and his wife Sharon live in Marion and have two children and four grandchildren. Spare time activities for Pete include fishing, hunting, golf, woodworking, time with grandchildren and extensive travel in the US and abroad. ♦