

THE VOLUNTEER

A NEWSLETTER FOR RCRV MEMBERS

January 2006
Volume 6, Issue 1

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

www.collinsclubs.com/rcrv
e-mail:
rcrv@collinsclubs.com

RCRV
927 N. Compton Drive
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. ♦

Breaking News

RCRV was recently notified by the Retired Senior Volunteer Program (RSVP) that our total hours of volunteer service in the community for the year 2005 were 19,566 hours - another record breaking year.

RSVP is a national umbrella agency with a local office in St. Luke's Hospital. They administer the activities of senior volunteers including recruitment, placement and

hours tracking. RCRV is affiliated with RSVP and all of our active members are also members of RSVP for which we receive supplemental insurance coverage while performing volunteer service. **Members must provide at least twelve hours of volunteer service a year to be eligible for the insurance.** ♦

Festival of Trees

Mike Wilson was the leader of a motley crew of RCRV volunteers that acted as the site management team for the 2005 Festival of Trees charity event. The task of the team was to set up, tear down, transport and store the extensive exhibit which was held at the U.S. Cellular Center in December. RCRV has decided to make this effort one of our annual volunteer commitments and is expecting an easier time of it in the future after the excruciating climb up the learning curve in 2005. ♦



RCRV sets up and tears down the Festival of Trees display

SHIIP - Senior Health Insurance Information Program

Almost 1,000 Rockwell Collins retirees attended the Medicare Prescription Drug Plan briefings presented by RCRV during the second week of November, 2005. Although retirees who are enrolled in the company benefit plan have until the 2008 program year selection process to enroll, a great deal of interest was shown in both this new Medicare Drug plan and also the Rockwell Collins drug benefit plan. Pete Jurgens and other RCRV SHIIP counselors did an excellent job of organizing and presenting the information.

Several RCRV members are active SHIIP counselors and have been kept extremely busy answering inquiries about the various drug benefit plans. If you still have questions about these plans or other health insurance issues you may contact SHIIP at either St. Luke's Hospital or by leaving a message at the RCRV office 393-9637. There is a lengthy backlog of these inquiries at present so it may take a few days for you call to be answered. ♦

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:

February - Music with Larry & Leo

March - Bingo

April - Master Gardener. ♦

RCRV Annual Meeting

The annual meeting of the Rockwell Collins Retiree Volunteers was held on November 16, 2005 at the American Red Cross headquarters in Cedar Rapids.

Reports were given by the various committees and client agencies on the volunteer accomplishments of the organization over the past year.

The following Cedar Rapids residents pictured here were elected officers of the organization for the coming year:

Charles Wehage - Chairperson

Keith Sutherland - Vice Chairperson

Don Grimm - Secretary

Arlo Meyer - Treasurer. ♦



Chuck Wehage
Chairperson



Keith Sutherland
Vice Chairperson



Don Grimm
Secretary



Arlo Meyer
Treasurer

John McDonough Wins Prestigious Award

John McDonough, the Community Projects Team Leader for RCRV, has received the Presidents Call to Service Award for achieving 4,000 hours of volunteer service.

In his 2002 State of the Union address, President Bush issued a challenge to all Americans to make time to help their neighbors, communities and nation through volunteer service. He called on each person to dedicate at least 4,000 hours to service over the course of their lives.

John received this award for the over 4,000 hours of volunteer efforts he has performed in our community since his retirement from Rockwell Collins in 1995. ♦

ReStore

The Cedar Valley Habitat for Humanity has recently opened a ReStore at 725 N. Center Point Road in Hiawatha. The purpose of the ReStore is to recycle building material either for use on Habitat projects or for resale in the store with the proceeds going to Habitat projects. Check it out as a source for good used building material or as a place to make a tax deductible donation of your gently used material.

The ReStore is run by volunteers and therefore affords an opportunity for you to donate your time to this important endeavor. Call 294-1500 to find out more about volunteer needs. ReStore hours are 9a.m. to 3 p.m. on Thursday, Friday and Saturday. ♦

Heart of Iowa

The Heart of Iowa Mother and Child Recovery Center was created in response to a need for residential treatment alternatives for women. This gender specific treatment program now provides multi-level services including Primary and Extended Residential, Halfway House, and Outpatient treatment for pregnant women and women with children.

Residential Treatment is a long term, approximately three-month program, for chronic substance abusers that need 24-hour care to overcome their substance abuse problem. The women in primary residential care receive 50 hours of substance abuse treatment each week. The clients also attend AA/NA meetings and they and their children receive many supportive services including children's services, education, independent living skills, medical care, mental health services, transportation, urinalysis testing and vocational assistance.

Halfway House is a treatment program for clients who have successfully completed a residential substance abuse program and are homeless. They are in need of housing and supportive services in order to transition back into the community. In this transitional housing program the women must either work or go to school and attend a minimum of five to ten hours of substance abuse treatment each week.

Outpatient Program is for women who have graduated from the residential or halfway house programs or who would benefit from a gender-specific treatment approach. Men and women exhibit alcohol and drug abuse differently. The symptoms for women are inner-directed such as depression, low self-esteem and anxiety.

The vision of the Heart of Iowa Mother and Child Recovery Center is to build healthy families. Last year the program provided treatment and supportive services to 210 Residential and Halfway house clients, 363 children and 155 outpatient clients.

RCRV has been very active in supporting the Heart of Iowa center in Southwest Cedar Rapids including maintenance and construction services. Myrna Loehrlein, Director of Children's Services at the center is on the RCRV Board of Directors. ♦

Space Trivia Quiz

1. What was the name of the first chimpanzee to orbit the earth in the U.S space program?
2. How many of the original Mercury Seven astronauts actually walked on the moon?
3. Who was the first man to be buried on the Moon?
4. What is the speed of the Space Shuttle as it orbits the Earth?

Answers to October Quiz:

1. The first issue of SIGNAL was published in February, 1933.
2. The 32A transmitter sold for \$85 in 1933.
3. The Byrd Antarctic Expedition II sailed from Boston on October 11, 1933.
4. Kineplex was a data transmission system with a data speed of 2400 BPS. ♦

Science Station

We reported in the last edition of THE VOLUNTEER that RCRV recently established a long term support relationship with the Science Station in downtown Cedar Rapids. As part of that commitment we recently undertook a major task related to a new traveling exhibit called Traits of Life. The Traits of Life exhibition features 24 exhibits showcasing a variety of organisms - living, virtual and dead - that invite viewers to explore different aspects of life and discover some of the fundamental principles common to all living things. The exhibition is currently on display at the Science Station and features three sections focusing on different characteristics of life: Cells, Genes, and Living Together.

The exhibit is owned by The Exploratorium in San Francisco and normally rents for \$45,000 for three months. Joe Hastings, the new Science Station Director, was able to obtain free use of the exhibit in exchange for the development of a complete assembly documentation package which did not previously exist. RCRV members have taken on this task and are well on their way to completing a professional, comprehensive documentation package. ♦



Traits of Life exhibit documentation planning session



RCRV Traits of Life exhibit documentation crew

Chat from Chairman Chuck

A couple of newsletters ago, we listed many good reasons to join RCRV. This newsletter goes out to nearly 4000 Rockwell Collins retirees; 120 or so have signed up. The reasons for this seemingly lackluster participation are many, but certainly not for any lack of willingness to volunteer in the community. In fact, when I talk to “inactive” friends, fellow retirees, I learn that they serve on boards of non-profits, help out at museums or hospitals, mow lawns at their church and are doing many other volunteer activities. They tell me they have not joined RCRV because they are fully committed with their lives, and are already doing all the volunteering that they have time for. WELL, GUESS WHAT? You don’t need to go to any meetings, take on any more volunteer work if you don’t want to. Just sign up and report your volunteer hours monthly or quarterly to John McDonough at jemcdonough@mchsi.com, or leave a message on our tape at 393-9637.

WHY DO IT?

The only direct benefit of adding your hours to RCRV’s total is the insurance. As a “station” of RSVP – Retired Senior and Volunteer Program, members are covered for personal liability and medical while doing or traveling to volunteer activities. The insurance is secondary to your regular coverage, but you could cover your copay if you whack your thumb building a ramp, or got whiplash from hitting a deer on the way to or from a volunteer job. Those that report twelve hours per year are active members of RSVP and covered.

WHY DO WE CARE?

RCRV gets a great deal of support from Rockwell Collins – meeting facilities, publishing and mailing this newsletter,

supplying materials, etc. As we increase our hours of community service, we can expect increased support from the company. By collecting the hours that you are already working, I know that the hours will go up dramatically. In 2005, we recorded nearly 20,000 hours from our 120 registered members. The real number is easily ten times that. If you are regularly volunteering, please consider filling out the form at our website, www.collinsclubs.com/rcrv by clicking on the “Become an active member” link at the bottom of the home page. Or, if not on the web, just call Pete Jurgens at 377-3215.

Of course, we hope you will drop in at a meeting, most Thursdays at 10:00 at the REACT Center, Munson Building, 927 North Compton Drive, Hiawatha (behind CR Toyota). We’d like to see you, but the main purpose of the meeting is to give under funded social service agencies a chance to bring ideas and work out solutions to their problems. We can use everybody. We have assembly people, accountants, managers, marketing people and engineers – all are needed and welcome. ♦

Newsletter Address Changes

If you have a change of address please notify RCRV. You can let us know via the RCRV voice, e-mail or regular mail. The phone number, e-mail address and mailing address for RCRV can be found on the first page of the newsletter.

If you send an address change via regular mail or email please include your name as it appears on the newsletter address label and your old and new address. If you leave an address change message on the RCRV voice mail, please spell your last name and give your old and new address. ♦

Member Profile

Faye Spading

Faye Spading has been one of the RCRV key active volunteers since her retirement in 2003. She currently serves as a board member and has participated in many of the group's volunteer projects helping out several of our client agencies. Her enthusiasm and energy for helping others has been a great benefit for the organization.



Faye Spading

Faye joined the Collins Radio Company 1962 as an assembly operator at the Main Plant and worked her way through various skill levels in assembly and test. She spent the last fifteen years of her career in test repair on the JTIDS Program. Unable to resist the call to service, she recently returned under contract to help fulfill the company's urgent need for experienced, skilled technicians.

For the past ten years Faye has been a resident of Marion but grew up, graduated from high school and lived most of her life in Belle Plain commuting every day to work in Cedar Rapids. Her leisure time is spent gardening and enjoying the activities of her extensive and active family which consists of five children, twelve grandchildren and four great grandchildren. ♦