

THE VOLUNTEER

A NEWSLETTER FOR RCRV MEMBERS

October 2007
Volume 7, Issue 4

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

Jim Green – 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
Angela Burns – 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. ♦

RCRV Annual Meeting

The annual meeting of the Rockwell Collins Retiree Volunteers will be held on November 14, 2006 at 1:30PM at the American Red Cross building, 6300 Rockwell Drive NE.

The agenda will include election of officers and board members for the upcoming year, committee and agency reports and a discussion of planned activities for the future.

This meeting will be an excellent opportunity for retirees to learn more about RCRV and to explore ways of participating in our volunteer endeavors. ♦

Medical Insurance Briefings

The Heritage Agency on Aging, Rockwell Collins Retiree Volunteers (RCRV), Senior Health Insurance Information Program (SHIIP), and IBEW 1362 have scheduled a series of presentations for Rockwell Collins retirees at the Kirkwood Training and Outreach Services Center (KTOS), 3375 Armar Drive, Marion during the months of October and November. The presentations will focus on changes in health and prescription drug coverage for retirees. Reservations for presentations are necessary and can be made by calling Heritage at 319-398-5559 or 1-800-332-5934.

The presentations are scheduled on the following dates:

- October 29—10-12
- October 29—2-4
- November 5—2-4
- November 7—2-4
- November 12—10-12
- November 12—2-4

For those who would like individual counseling sessions to review the coverage, call Heritage at 319-398-5559 or 1-800-332-5934, St. Luke's Advantage at 319-369-7475 or SHIIP at 1-800-351-4664 to set up appointments.

For further information call Heritage at the above numbers. ♦

September Board Meeting

Mary Klinger, Director of Resource Management for the United Way of East Central Iowa and a RCRV Board Member was the featured speaker at the September RCRV Board of Directors meeting. She made an interesting presentation about the history, mission and impact of the UWECI.



Mary Klinger at RCRV Spetember Board Meeting

The United Way of East Central Iowa has been serving our community since 1914 when it began as a one day event entitled "United Charities Campaign" under the auspices of the Chamber of Commerce that raised \$21,000 on behalf of four agencies. The organization currently serves groups and individuals in six counties. In 2006 it raised over \$9 million and supported

32 partner agencies which represent 67 human service programs. Over 198,000 individuals were served through these agencies.

Rockwell Collins retirees gave over \$60,000 to the 2006 campaign. ♦

Volunteer Hours Reporting

RCRV and RSVP have collaborated in an effort to develop an improved method of reporting volunteer hours with a goal of making the reporting easy and more meaningful. By reporting our hours within seven categories we will be able to better quantify the impact of our efforts and the agencies we service will be able to show the economic results of our volunteer hours. This has become increasingly more important as our "customers" compete for the shrinking supply of grant funds. Grant providers are becoming more insistent on being able to quantify the economic return on their investments.

Volunteer hours should be reported monthly in the categories of:

- Administrative and Leadership
- Assistive Technology and Maintenance Support
- Construction and Design
- Education

- Elderly Services
- Miscellaneous Non-Profit Support
- WRAP (wheel chair ramp construction).

Our WEB site has a simple reporting method and it can be found at <http://rcrv.org/report>. You may also continue to report hours by previous methods but it is requested that they be reported by the seven categories. ♦

Governor's Volunteer Awards

The Governor's Volunteer Award program was established in 1982 by the Governor's Office for Volunteerism to honor and recognize the commitment, service and time that volunteers contribute each year to Iowa's state agencies and partnering organizations. RCRV has been honored several times with a group award and several RCRV members have received individual honors.

The award ceremonies will be held this year at Linn Mar High School on October 22. RCRV members who will receive individual awards this year include Tom Brennom, Bill Ellis, Jack Hotchkiss, Vern Jackson, Pete Jurgens, Cliff Koop, Esther Wilson and Mike Wilson. ♦

Ramp Construction



New RCRV yard sign to be displayed at RCRV construction sites



RCRV crew constructing a wheel chair ramp in Marion

Four Oaks Bridge Intergenerational Center Science Fair

The Bridge Intergenerational Center staged a Science Fair on August 9 for a group of participants in their summer program. Events included the Rockwell Collins traveling science show, demonstration of the Kennedy High School electric car and a rocket project conducted by RCRV members. The rocket project consisted of a two parts – the first was a tutorial on rocket principles and construction followed by a field launch of the air powered rockets.

Several RCRV members are involved with various projects at the Intergenerational Center and more volunteers are always needed. If you want to sign up for this rewarding experience call 247-4834. ♦



Rocket construction class at the Bridge



Launching the Rockets

ID Theft Reminders

from Tom Brennom

Are Your Passwords Secure?

Selecting “intricate” passwords can keep your passwords secure. Hackers use three different methods to learn your passwords: brute force, dictionary attacks and social engineering. The brute force approach simply tries every combination of letters, numbers and keyboard characters to guess your password. Thus, the longer the password and one that mixes upper-case, lower-case, numbers and characters, the more difficult time a hacker will have.

The second method of attack uses custom dictionaries filled with words and names, but also number and letter combinations, such as 11111 or abc123. Other simple passwords such as “max” or “ilovemywife” can be easily guessed. The more information the hacker has available, the easier it is for common information used as a password to be identified. For instance: your street address, or children’s names, or your nickname.

The third and most effective method of attack is social engineering. This involves someone with criminal intent soliciting a password directly from a user. Many people divulge their passwords to co-workers, friends, family or even strangers without even realizing it.

Simply said, you don’t want to use anything in your password that’s personal and easy to guess.

DON’T USE:

- Only letters or numbers
- Names of spouses, children, girlfriends or pets
- Phone numbers, social security numbers (DOUBLY BAD) or birthdates

- Any single word that can be found in the dictionary
- Passwords with double letters or numbers
- Also, never leave the password blank

How do you SELECT A GOOD PASSWORD? A good password is one that is easy to remember but difficult to guess. This sounds hard to do, but it’s really not, but is important to help keeping us from writing our passwords down! **The best passwords are at least 8 characters in length and use a combination of numbers, keyboard characters and upper- and lower-case letters.** For instance you don’t want to use the word “password” but if you change it to “P@7sw0rD” it is easy to remember (still “looks” like password) but would be difficult to crack.

You can also use the first letters of a familiar saying, adding a number, a keyboard character and using both upper and lower-case. For instance, the statement: “The Iowa caucus is the First in the Nation” could become: TlClt1tN!

SAFEGUARD your **PASSWORD** by using it immediately! Then use it several times the first day. You can write it down several times to help “burn it to memory” (shred the paper afterwards). Resist writing it down and placing it by the computer or in a drawer. If you are forced to give it out to someone, always change it afterwards so your security is assured.

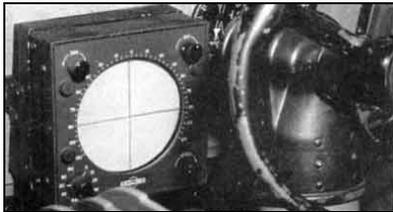
CHANGE YOUR PASSWORD OFTEN, even several times a year. A good frequency is every 30-90 days. Also, **DON’T USE THE SAME PASSWORD FOR EVERY SITE!** If a hacker does get your password the hacker would have access to all your accounts.

More information on passwords can be found at:

www.geodsoft.com/howto/password ♦

Trivia Quiz

1. What space milestone was achieved fifty years ago this month?
2. What year did major league baseball make its TV debut?
3. What airline will be the first to fly the A 380 Superjumbo in scheduled service?
4. Can you identify this picture?



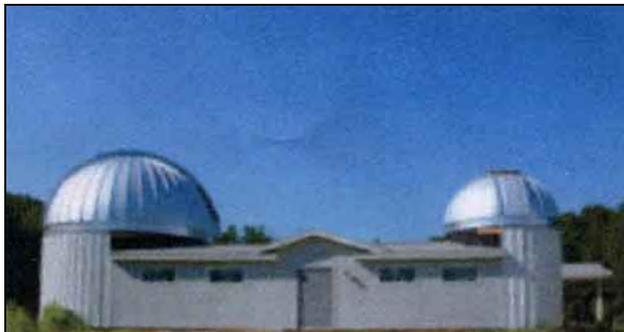
Answers to July Trivia

1. Ford Motor sold 15 million Model T's
2. American Bantam Motors designed and built the first Jeep.
3. The first car radio was offered as an accessory in 1923.
4. Picture is a monopulse antenna developed by Collins in 1957 to track & monitor low level earth satellites. ♦

EIOLC Update

The new \$700K Eastern Iowa Observatory and Learning Center received its occupancy permit from Linn County in September and held its first public night on September 8. Several RCRV members have been actively involved in project definition, fund raising and construction. To learn more about programs being offered, hours of operation and directions visit their web site www.cedar-astronomers.org ♦

Eastern Iowa Observatory



Member Profile

Jim Spencer

Jim joined RCRV after retiring in 1999 and was soon involved in the activities and a member of Board. He was elected vice-chairman in 2001 and served for two terms.



Jim Spencer

In 2000 he was a United Way Loaned Executive sponsored by Rockwell Collins. This was a great opportunity to learn firsthand of some of the needs of our communities—and so many volunteer opportunities are available. In 2002 he attended the Senior Leadership Institute which has a focus of making the attendees aware of and connecting them to agencies with volunteer needs.

These all looked like fun and Jim became involved. He was on the committee planning the 2003 Senior Leadership Institute and was a Day co-chair. Jim was on the steering committee when Kirkwood College decided to start a Lifelong learning

program offering courses for retirement-age adults. He is a founding member of TRIAD (Seniors Against Crime) Board where he still serves. Jim is on the Board of Aging Services of Iowa and serves on the Strategic Planning Committee. He is a founding member of WRAP (Wheelchair Ramp Accessibility Program) and is also an ASI Home Safety Inspector. To round out his volunteer involvement Jim is active in the leadership at his church.

Jim has a number of interests including photography, computers, Cherokee history, traveling and trying to stay ahead of the critters and weeds that try to destroy the garden. He has two very serious hobbies that take all of the time he can spare. He is very active in Amateur Radio, a hobby that still holds the fascination it held in 1953 when he was first licensed. About 30 years ago he tried to resolve some confusion in the family history stories and got hooked on genealogy. Of course, there is no end to the genealogy challenge. His outdoor activities include biking, birding and walking.

Jim is a native of Sheridan, Wyoming. In 1961 he came to Collins Radio Co. after receiving his MSEE from the University of Wyoming. He retired in 1999 as Director of Engineering for the Business & Regional Systems division. His entire career was involved with engineering including radio, computers and avionics.

Jim and his wife Nancy have two children. Their daughter Sarah and husband Nik Wilson live in St. Paul where she is director of the short-term study abroad programs at the University of St. Thomas. Their son Jeff and wife Danna live in Tiverton, Rhode Island along with their sons, Jonah and Griffin. Jeff is a Business Consultant for Siemens Automation. ♦

