

THE VOLUNTEER

A NEWSLETTER FOR RCRV MEMBERS

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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

Terry Lamb – President
Dave Knuth – Vice
President
Rob Pierce – Secretary /
Treasurer

Committee Chairs

John McDonough –
Community Projects Team
Kayla Paulson – Membership
Jim Green – Communications
Jim Klein – Data Base

Web Site

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927 N. Compton Drive
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October Health Insurance Briefings

Please mark your calendar for October 6, 7, and 8th for our next Rockwell Collins Health Insurance seminars at the Kirkwood Training and Outreach Service (KTOS) Center, located at 3375 Armar Dr. in Marion, IA 52302. The briefing will be repeated at 9:00, 12:30 and 3:00 each of the days. SHIIP volunteers will present the Medicare Insurance program for retirees 65 and older, as well as what is available to Rockwell Collins retirees under the age of 65. We again will have Rockwell Collins Insurance executives and Towers Watson One Exchange folks in the audience to assist in answering questions that you may have. You do need to make reservations, as we have space for only 200 people for each session. If you don't make reservations, you more than likely will be standing for the entire presentation. You may make your reservations either online at: <http://www.crSHIIP.org/reservations> or you can call 319-369-7475.

When you make an on-line reservation, you will need to enter your email address, the number of people in your party (3 maximum), and your selected session. Your email address will be used only to send you a message to remind you of your selected session. If you do not have an email address, please make a reservation using the phone number 319-369-7475. ♦

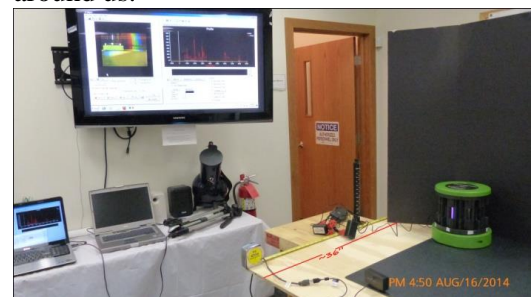
RCRV Charitable Grant Program Update

In the June issue of *The Volunteer*, we featured the four organizations that received grants from the RCRV Charitable Grant Program this year. One of those non-profits, the Eastern Iowa Observatory and Learning Center, has been keeping us up to date on the progress of its program.

Lessons in Light Exhibit

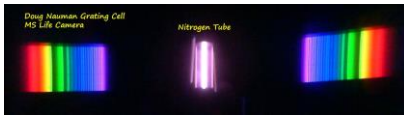
By Carl Bracken

Equipment procurement has begun for the interactive learning station that will become the basis for a brand new exhibit at the EIOLC facility at Palisades Dows Observatory. Lessons in Light is being designed to illustrate fundamental aspects of light with an emphasis on Spectroscopy and the important role it plays in allowing us to determine the nature and composition of the vast array of celestial objects in the universe around us.



The first items we have received include RSpec Explorer which is a novel adaptation of a USB based

web camera with an integrated grating fitted directly over the lens and enclosed in a small easy to use shell. RSpec explorer includes a set of licenses for RSpec software which we are able to install on multiple PC's to host future hands on learning sessions. The next item of equipment received was a simple LED tower featuring 11 LED's with specific peak emissions ranging from violet at 400nm through deep red at 640nm and a white light LED at the top of the stack. After the August business meeting we received our gas discharge tube system. A design choice was made in favor of a carousel style product. We have populated all 8 slots which include the following; Air, Neon (x2), Hydrogen, Helium, Argon, Nitrogen, and Carbon Dioxide.



A key aspect of the grant proposal is the hands on nature of the exhibit design to allow the general public to engage directly at a basic level without the need of a Cedar Amateur Astronomers (CAA) guide. One of the goals is to illustrate the complex yet subtle nature of light and the information contained within the rainbow of color that is visible to the eye in the exhibit.

We still have a few items to procure from the original grant proposal which RCRV funded with \$2,500. To date we have spent \$1,062. In addition to the planned items yet to procure, the project has plenty of space for inputs, ideas and support from any interested CAA member. ♦

Prairie Point Middle School Greenhouse Project

By Tom Brennom

Volunteers from RCRV provided the primary resource to assemble the 24'x16' greenhouse at the Prairie Point Middle School (Kirkwood Blvd. SW) during 4 different work sessions in July. This was no low-cost, simple design using poly film and some boards! This greenhouse has aluminum framework, clear acrylic double-wall ceiling and wall panels, and cooling fans plus a gas heater...quite the greenhouse!



Greg Leytem, Prairie Point Principal, led the project, which included donated support from local companies for grading, concrete, electrical, and plumbing needs. This greenhouse was purchased in kit form, which saved the school over \$4000 in assembly costs. But what we quickly learned was that the instructions provided were not nearly detailed enough, nor were there clear pictures or drawings representing the assembly process. The good news was that the company representative was very knowledgeable and available for the many, many phone calls we were to make. This was surely another project that grew in scope as well as

assembly time required for completion since the commitment of support was made. Although completing projects such as this may be more challenging (more fun also?), one can never underestimate our RCRV volunteers from overcoming any roadblocks.



RCRV volunteers helped out on four different dates and included: Jim Vacherlon, Dave Oldakowski, Sandy Sands, Dan Zillman, Dean Abramczak, John Wauer, Jack Murphy and Tom Brennom (I apologize if I left off someone who helped). Overall, we provided about 100 hours of support. As of this writing, the electrical service was just installed, the gas line is buried, and only a few smaller items remain for full completion of the project. The teaching staff is already excited about the greenhouse, as there are already a number of projects planned for its year-round use.

If interested, the greenhouse is located on the SE corner of the school. A couple pictures are shown above showing the finished assembly. Thanks to all who helped on this rewarding project in support of College Community Schools! ♦



Five Seasons Citizenship Award to John Wauer

Congratulations to RCRV member **John Wauer**, who was named one of five winners of the Five Seasons Citizenship Award on June 7th. The purpose of this program is to honor Cedar Rapids residents who demonstrate exceptional support for our community, exhibit the responsibilities of strong citizenship, and develop projects or initiatives that benefit other Cedar Rapids residents.



John is a past President of the Linn County Trails Association, longtime member of BikeCR, and a member of the advisory committee to the Corridor Metropolitan Planning Organization. He works with the Meet Me at the Market program, Blue Zones, and was a Ragbrai committee member. John has been a long-time volunteer with RCRV and serves as our Webmaster. John’s award was presented by C.R. Mayor Ron Corbett, on behalf of the Cedar Rapids City Council. ♦

Preparing to Choose a Medicare Drug Plan for 2015

by John McDonough

In less than a month Medicare will announce the 2015 Part D prescription drug plans. “While cost is certainly an important factor, there are other important considerations in choosing a plan,” says Kris Gross from the State of Iowa’s Senior Health Insurance Information Program (SHIIP). “These other factors can affect what comes out of your pocket as much as the price of the drugs,” she adds.

The list of drugs a plan will cover is called the “formulary.” This list must include drugs in most commonly prescribed categories and classes, but not necessarily all drugs. Your specific drug may not be covered by a plan. If you or your doctor doesn’t believe any of the drugs on your plan’s drug list are appropriate, you can ask for an exception.

If a plan removes a drug you are taking from its list, you must be notified at least 60 days in advance. In most cases, if you have been actively taking the drug during the calendar year, you can continue taking it and the plan will cover it until the end of the year.

It’s also important to understand that plans may have coverage rules to make sure that certain drugs are used correctly and only when necessary. These rules may include prior authorization, step therapy, and quantity limits. *Prior authorization* means your doctor must first contact the plan and show there is a medically-necessary reason why you must use this

particular drug before the plan will cover it. With *step therapy* you must first try certain less expensive drugs that have been proven effective for most people with your condition. *Quantity limits* may apply to certain drugs for safety and costs reasons. As you compare plans for 2015, check if any of these coverage rules will apply. Not all plans use the same rules.

Finding a plan that includes your pharmacy in its network is the other important factor. Your plan may not cover your prescription if you don’t go to a network pharmacy. You can check to see if a network pharmacy is a preferred pharmacy, where costs may be less, or if it offers 60 or 90-day programs where you can get 60 or 90-day supplies. Some plans offer mail-order programs that allow you to get up to a 90-day supply delivered to your home at cost-effective rates.

As you compare plans for 2015, include on your checklist the drugs covered (formulary), network pharmacies and coverage rules. For more information or questions on Medicare Part D plans, contact RCRV for a SHIIP Counselor.

RCRV SHIIP has counselors at St Lukes Hospital, Mercy Medical Center, Heritage Area Agency on Aging, & Jones County SHIIP. If you have signed up for a Medical Plan such as a supplement via One Exchange Towers Watson, you may have a local SHIIP counselor sign you up for a Part D drug plan. If you signed up for an Advantage Plan or a drug plan only via One Exchange Towers Watson, then you need to have one of their agents change your plan. ♦

Save These Important Phone Numbers

If you need to contact the company's benefits department, please use one of the following phone numbers:
Boeing retirees, 1-866-473-2016
Rockwell Collins retirees, 1-800-236-3071

Use these numbers if you need to report the death of your spouse or if you need information about your benefit programs. ♦

RCRV Board Tours the Museum

The RCRV Board of Directors held its August meeting in the Bldg. 120 cafeteria, the first time that the meeting has been held on Rockwell Collins property in several years. The main attraction for this meeting was to provide board members the chance to tour the Rockwell Collins Museum, located on the east side of Bldg. 120 on the C Avenue campus. Mike Wilson and Arlo Meyer acted as tour guides.



The museum contains a wealth of company history through a display of many former products designed and produced by Collins Radio Co. and its successors. The emphasis is on past radio products, rather than the more recent lines of avionics systems being sold today. The collection is remarkable, given that the floor space allocated to the museum is very limited. Not all of the museum's collection can be displayed at one time.

The museum is open to the public on Wednesdays during the lunch hour. Access is via the Bldg. 120 south entrance, where a guard will issue visitor badges. Museum docents, including Mike and Arlo, will be happy to escort you and your guests. ♦

RCRV Meetings

The Community Projects Team meets every Thursday at 10:00 in our office in the REACT Center (927 N. Compton Dr. in Hiawatha) where we discuss future and current volunteer projects. You are always welcome at any of the meetings. Informational meetings for new retirees or others interested in becoming active members of RCRV are normally held at 9 AM on the third Thursday of each month at the REACT Center. ♦

Volunteer Hours Reporting

Rockwell Collins retirees are well known for the time and energy they contribute to multiple projects for schools and non-profit organizations in our communities. RCRV wants to keep track of the volunteer hours from our members in order to be able to describe the impact that we collectively make, but also for the purpose of supporting funding for those non-profits and for the RSVP program.

We continue to hear that some Rockwell retirees do not know how or where to report volunteer hours, so this article is a reminder. You may report your volunteer time by clicking on the link on the www.rcrv.org website (left side of the page). You may send an email directly to Kayla Paulson of RSVP at kpaulson@uweci.org, and you may telephone Kayla at 319-398-5372, x37 to make your report. You are encouraged to report hours monthly, but Kayla will be glad to receive your report at any time. ♦

Electronic Distribution of the Volunteer

If you would prefer to receive this newsletter by email, simply supply RCRV with your name and email address. If there is more than one retiree in the household, please provide information for all. Send your information to contact@rcrv.org. ♦

