

## Easy River Music

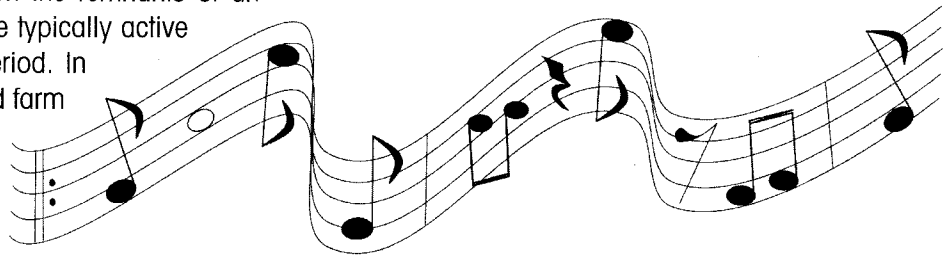
Easy River Band will provide entertainment for our May 18th General Meeting. Here is a short excerpt from their website [easyrivermusic.com](http://easyrivermusic.com), where you can hear a sample of their wonderful music.

We are Easy River...won't you come along? The question is a line from our band's theme song. We invite you to come along as we play and sing a variety of songs in several styles and genres...folk, bluegrass, maritime, blues, Americana, Irish and others, some up tempo and some more easy-going as our name suggests. Our instrumentation is typically acoustic guitar, mandolin, 5-string banjo, bass and sometimes tenor or Irish banjo.

The band was formed in 2014 from the remnants of an earlier band of the same name. We are typically active in the May through December time period. In 2016 our performance venues included farm markets, retirement homes and senior centers, a brewery, a golf club, several charity fund raisers, and Chamber of Commerce events.



*Left to right: Dave, Richard and Stan*



## President's Message

*by Sandra Amlaw, NHREA President*

As I sit here watching the snow fall, I wonder how many of our members still have to shovel their own driveways and walkways. Hopefully, someone makes sure that it is not necessary. Our organization functions on the same premise. It is only through the efforts of many that our "driveway" will get cleared. I know that I address this issue every chance I get, but volunteerism is the heart and soul of our organization. Without volunteers we would not exist.

Currently there are 19 local units. However, three of these units exist in name only. Two of these units have contact names, but membership is at an all-time low. The third unit has no contact person. Information about pending legislation or job opportunities

is sent out but it is not disseminated to members in that area.

We have wonderful volunteers at the state level, serving on your Executive Board, Legislative Committee, and other state committees to keep this organization running.

Many retirees volunteer in schools, churches, libraries, hospitals, as well as other personal interest venues. Please consider volunteering in your local unit as well as the state organization.

Candy Bailey and I attended the second training session offered by NRTA in September. We were able to network with other states that seem to have the same problems of membership and volunteers. I have had several follow-up phone conferences with them in trying to solve this never-ending concern.

By the time that you read this article the snow will have melted, but the need for volunteers will remain the same.



*photo by Peter Desautels*

# NHREA/AARP CONNECTION

by Martha LaFleur, Executive Council Member for AARP-NH

Expanding its focus on issues of substantial importance to seniors, AARP will continue to direct its energies to the protection and strengthening of Medicare, all the while maintaining its unqualified support for Social Security benefits to seniors. AARP New Hampshire's State Director, Todd Fahey, highlights several reasons why Medicare vouchers are distinctly not the right "fix" to a Medicare program which is potentially vulnerable to fiscal knives. A voucher system, he maintains, "would take health care in precisely the wrong direction - pushing up costs for current and future retirees." Please refer to AARP New Hampshire's website to read the full article "Medicare Vouchers, Are Bad for Granite Staters" in which Todd explains in depth as to why this is a fallacious idea and not a solution to strengthening Medicare.



photo by Mr. LaFleur

## Connecting to AARP New Hampshire

As always, remember to visit [www.aarp.org/nh](http://www.aarp.org/nh) for updates on events, discounts and for other opportunities.

For example: **Fight Fraud - Shred Instead**

Every day, millions of Americans lose their hard-earned money to identity theft and other types of scams. Protecting your personal information can help reduce your risk of identity theft. That is why AARP New Hampshire and Bank of New Hampshire have teamed up again to offer six shred-a-thons at the following bank locations in the Granite State. All locations are at a local Bank of NH setting and are held on Saturdays from 9 a.m. to 12 noon; they are free and open to the public. *April 15th* locations will be **Dover** and **Manchester**. *April 22nd* locations are Plymouth and Gilford. *April 29th* locations are **Littleton** and **Concord**.

Bring your documents for shredding - bank statements, cancelled checks, credit card junk mail, receipts with identifying information. Limit: 3 bags or boxes per person. Documents should be free of large binders clips, but staples and paper clips don't need to be removed. Magazines and newspapers will not be accepted. All papers will be shredded on-site in the mobile shredding truck.

## New Hampshire Legislative Issues - AARP Capital City Task Force

There are several bills that AARP New Hampshire will be supporting in this year's legislative session beyond the State Budget Bill. I would like to highlight two of these bills:

**SB161** - this bill would establish a commission to evaluate the direct care workforce and preparedness for long-term care and support of aging adults with dementia and other cognitive disabilities. AARP New Hampshire would be one of the members for this commission, along with other agencies and legislators. This is a crucial issue in providing for the adequate quality and breadth of home-based care for the elderly.

**SB 243** - this bill is "relative to complete streets policies, establishing a complete streets pilot program, and making an appropriation therefore." Complete streets are those that provide safe and accessible options for walking, biking, transit, and vehicles for people of all ages and abilities. The Department of Transportation would oversee the grant process. As of 2/23/17 the bill was in Committee (Finance).

As always, by the time you receive this newsletter, things may have changed!! The New Hampshire General Court's website - [www.gencourt.state.nh.us](http://www.gencourt.state.nh.us) is the best source for up-to-date information pertaining to legislative issues.

## NHREA MEMBERSHIP FORM

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL \_\_\_\_\_  
\_\_\_\_\_

## MEMBERSHIP DUES

1 yr. = \$25, 3yrs. = \$60,  
Lifetime (up to 74 years) = \$200,  
Lifetime (75 - 89 years) = \$100,  
90 years & older = Free

Please circle your choice of dues payment, complete the form, and mail with check payable to NHREA to: Norma Gray, 19 Adams Dr., Kittery, ME 03904

# ANNUAL SPRING MEETING

## PHEASANT RIDGE COUNTRY CLUB

140 Country Club Rd, Gilford, NH 03249

**Thursday, May 18, 2017**

PLEASE NOTE THE DATE AND PLACE  
ON YOUR CALENDAR AND PLAN TO ATTEND.  
YOUR VOICE IS IMPORTANT!

### Spring Meeting Buffet Lunch Menu

Garden Salad      Rice Pilaf

Butternut Squash with maple syrup

Baked Atlantic Haddock with Italian seasoned cracker crumb crust

Grilled chicken with light mushroom sauce

Strawberries and ice cream

**9:30 to 10:00 a.m. - Registration / coffee, tea and  
assorted breakfast pastries**

**10:00 a.m. to 11:45 a.m. - BUSINESS MEETING**

President Sandra Amlaw, presiding

**11:45 a.m. to 12:30 p.m. - PROGRAM**

Easy River Music

**12:30 p.m. - BUFFET LUNCHEON**

Cost: \$25 per person\*

See reservation form below.

Reservation deadline, May 12, 2017.

\*If a member is not staying for lunch, there will be a \$5 registration fee  
to cover the cost of materials, coffee, and pastries.

**(Cancellations must be sent to Connie George,  
603-774-1092 or ca\_george@aol.com, by May 15, 2017)**



## Directions to Pheasant Ridge Country Club

From the **North**:

Rt. 93S to Exit 20 Turn onto US3N,  
NH140, NH11 toward Laconia

Exit onto NH11A toward Gilford

Take first right onto Country Club  
Rd. The country club will be on  
the left

From the **East**:

Rt. 202W, 4W to 93N

Follow directions from South

From the **South**:

Rt. 93N to Exit 20

Turn onto US3N, NH140, NH11  
toward Laconia

Exit onto NH11A toward Gilford

Take first right onto County Club  
Rd. The country club will be on  
the left

From the **West**:

Rt. 89E to Rt. 93N

Follow directions from South

### RESERVATION FORM

**Reservations must be received by Friday, May 12, 2017.**

Please complete the form and return it with your check, payable to  
NHREA, to Connie George, 1042 Montalona Rd., Dunbarton, NH 03046.

I (We) plan to attend the luncheon and enclose

\$ \_\_\_\_\_ to cover \_\_\_\_\_ reservations.  
Buffet, so no choices needed.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail Address \_\_\_\_\_

**No cancellation can be accepted after May 15, 2017.**

### Deadline for Fall 2017 Issue

Send all articles and Unit News  
for the Fall Newsletter to

**Co-Editor Maureen Chamberlain**  
mmchambo@gmail.com  
&

**Co-Editor Candy Bailey**  
candy3499@aol.com  
&

**President Sandra Amlaw**  
sandy\_amlaw@yahoo.com

Please send all correspondence  
by August 1, 2017.

## NHREA Fall General Meeting

The 2016 Fall General Meeting was held on Oct. 13th at the Chase House at Mill Falls in Meredith. After members registered and enjoyed coffee and pastries, the meeting was called to order by President Sandy Amlaw. Vice-President Pauline Desautels led the attendees in the Pledge of Allegiance.

### Committee Reports:

Secretary Linda Fanny read the minutes of the May General Meeting. They were accepted and placed on file.

Treasurer Sue Holak presented the treasurer's report and budget. They were accepted and placed on file.

Correspondence Secretary Connie George had no correspondence.

Membership Secretary Norma Gray and New Member Secretary reported that there are currently 4374 members, 396 who retired in 2016. Many SAU's will not release names of new retirees.

President Sandy Amlaw reported that the 3rd lawsuit is before the State Supreme Court but it does not look hopeful. The House Bill that would give retirees a one-time payment died in committee. Members were asked to send postcards to their legislators reminding them of their need for a COLA. The postcards and names and addresses of legislators were provided.

Newsletter co-editor Maureen Chamberlain reported that she and co-editor Candy Bailey are using more graphics to make the newsletter more appealing. A vote was taken to gauge interest in an online newsletter format. This will also be presented to the general membership.

Scholarship Chair Margaret Pyszka reported that 2 scholarships were awarded as no one qualified for the Memorial Award. Margaret then made a motion "that in the event that there are no applications for the Memorial

## CASA

*by Carolyn Cote, Director of Communications for CASA of NH*

When Heather Sweeney was preparing to retire from her extensive career in education two years ago, she saw an ad on TV that caught her eye. It was for CASA of New Hampshire, seeking volunteers to serve as advocates for children caught up in abuse or neglect cases in New Hampshire's family courts. Having long been a champion of children Heather knew this was something she wanted to do in her post-teaching life.

"I taught for 30 years and I have just seen family units get weaker and weaker, and the problems it is causing for students is just tremendous."

From children who come to school hungry, or struggle with anxiety and depression, or lacking a warm coat for New Hampshire's winters, Heather has provided as much as she can for these kids without overstepping her boundaries as a teacher.

"I always had food in my drawers for kids who came to school hungry. Or we had coats and warm clothing," Heather said. "It just got to be so incredible." As a teacher, she said, there is only so much you are allowed professionally to do and say for

Scholarship, the committee will have the option of awarding the Memorial Scholarship to a worthy applicant attending a New Hampshire College" the motion passed on a voice vote.

AARP representative, Martha LaFleur, reported that AARP could use more volunteers for their "Take a Stand" campaign which is working on updating Social Security. For more information on their programs, check their website.

Marcia Walenta asked for information on speakers for future meetings. The state organization is trying to co-ordinate future meetings with unit meetings in the area.

children and families you suspect are struggling at home. "I thought, 'that will finally allow me to do the things that frustrated me over the years that I wanted to do for these kids,'" she said of the opportunity to be a CASA.

In 2016, Heather filled out the volunteer application to become a court-appointed special advocate and started the process. Following an extensive interview with staff, she was accepted into a 40-hour pre-service training required of all volunteers before they can take a case and begin working directly with a child. Graduating from training in early November, it took less than a week for Heather to jump into her first case with a child whose parents had been reported for neglect. The parents, just young teenagers themselves, lack both the skills to care for a newborn and the support from their own parents to help them.

In her role as a CASA, it is Heather's job to serve as the "eyes and ears" of the court, making independent, objective recommendations to the judge based on the information she has gathered through visits with the child, foster parents, parents, doctors and other important adults in the child's life. She has written court reports and attended court hearings where she is given the opportunity to share in-person her observations and recommendations regarding what she believes is in the child's best interest.

CASA volunteers are trained to help the child navigate this process efficiently so he or she may find stability in a safe, permanent, loving home as quickly as possible while enduring the least amount of trauma and upheaval. Though it may sound cliché, Heather said this work is simply a natural extension of her career because it's

(See CASA... on pg. 5)

# NHRS Legislative Update

*Information received from New Hampshire Retirement System*

CONCORD, NH – Three bills related to the New Hampshire Retirement System (NHRS, the retirement system) were passed by the N.H. House of Representatives in 2017 and have crossed over to the N.H. Senate for further action. In addition, one bill was passed by the Senate and sent to the House. Crossover day, which was March 30 this year, is the deadline for all House bills to go to the Senate and all Senate bills to go to the House.

## The bills adopted by the House are:

**House Bill 294:** This bill requires that the administrative and professional cost of the fiscal analysis of proposed legislation done by the retirement system be reimbursed from general funds not otherwise appropriated. Currently, these costs are paid from the NHRS trust fund.



## CASA... (Continued from page 4)

what she has done on a different level for years.

"CASA provides me a vehicle to do all the things I wanted to do so badly for these kids as a teacher," she said.

Certified to teach middle and high school, with degrees in art and science, Heather spent much of her career as an eighth grade science teacher in Merrimack. As a teacher she honed her skills in building a rapport with kids, and with parents. Both are incredibly useful as a CASA, she said. Particularly so on her case where it turns out the parents are kids.

"I've learned over the years to be patient with parents. Life is not easy," Heather said. "I've also learned that all parents love their kids, they want to do the best by them, but sometimes it is just too stressful."

And that, she said comes back on the kids and manifests itself in their behavior. It can make them insecure or self-conscious. It drives a defeatist attitude. As a teacher, you spend your career pushing students to be their best selves, to challenge them and produce the best work they can, she said. But trouble at home can stymie a child's success in school.

"That's why being a CASA is great. You can help them on another level," Heather said. "You can be behind them in a way you couldn't as a teacher."

Newly retired, Heather said CASA was the perfect challenge in the next phase of her life. It encourages her to use her skills she's honed as an educator, but provides a significant amount of flexibility. It's not like school, where she had to be up early in the morning.

"You can sleep until 8," she quipped.

She can still travel to see her children on the West Coast and in France, and she knows she has the support from the staff at CASA to guide her through the unknown.

But above all, it allows her to reach children in a new and rewarding way.

"It puts you in the trenches with these kids," Heather said. "Now you can see what you could only guess. What you suspected as a teacher, you know as a CASA."

Are you interested in joining Heather as a CASA or want to learn more? Visit [www.casanh.org](http://www.casanh.org) for more information. New volunteer trainings are held on a rolling basis around the state with upcoming sessions in Manchester, Dover and Lebanon beginning in May and June.

**House Bill 405:** This bill requires the upcoming decennial retirement commission established in RSA 100-A:57 to review the following issues: the feasibility and cost of eliminating the reduction in a Group I retiree's retirement allowance at the age of 65; the current plan for paying off the retirement system's unfunded actuarial accrued liability; the effects of retirees returning to work, and; the effects that changes to employer contribution rates have on municipalities.

**House Bill 561:** This bill allows the executive director of the retirement system to suspend a member's retirement allowance and assess a penalty on a retirement system employer for exceeding the statutory limitations for part-time employment. This bill also requires retirement system employers to pay the portion of the employer contribution rate attributable to the unfunded actuarial accrued liability and medical subsidy for part-time or interim employees working in a position that was formerly a full-time, NHRS membership position.

## The bill adopted by the Senate is:

**Senate Bill 140:** This bill establishes three-year terms for members of the retirement system's Independent Investment Committee.

# NEWS FROM THE UNITS

*Edited by Maureen Chamberlain*

## **Cheshire County (CCREA)**

*by Jim Hurley, Publicity Chair*

The Cheshire County Retired Educators Association (CCREA) has enjoyed a great year having organized a brunch and two luncheons since September. The organization is looking forward to enjoying two more luncheons before the summer break. Members enjoyed a delicious brunch in September and learned about the Keene State College and Marlborough School partnership. In October members had lunch and learned about the Loon Preservation Society.

At the holiday luncheon in December, the CCREA collected winter items for local school children as well as food and money for the Keene Community Kitchen. Phoebe Bray, executive director, and the chefs at the Keene Community Kitchen provided the buffet for the affair. The CCREA raised over \$1300 for the Keene Community Kitchen at this event. On April 11th members will have a luncheon and learn about a health program, a service program and a local retirement community. The final luncheon will be on May 9th where the membership will learn about the Monadnock Conservancy.

All NHREA members are welcome to attend any CCREA luncheons by calling Ken Whitaker at 603-827-3702 by the Thursday prior to the luncheon date. For further information regarding CCREA activities please call President Carol Hines at 603-357-9470.

## **Salem Retired Educators (SREA)**

*By D. O'Shaughnessy for Nadine Morrison*

Salem's Fall Luncheon meeting was held at the Tuscan Kitchen with 31 members attending. The group shared the sorrow of three recent deaths of members, Kevin Golden, Fran Tate and Jim Shawcross, the joy of two new grandchildren and a 100th birthday.

Debbie Payne and Jeannie Marshall discussed a program called "End 68 Hours of Hunger," which provides food for children who may not eat nourishing food from Friday afternoon until Monday morning. Bags of food are sent home with students on Friday. Lara Younker and Nadine Morrison are helping with the program and are looking for volunteers to assist.

Cindy Palermo, Director of Human services and Jennifer Fitzgerald, from Health Trust gave a presentation on the benefits under Life Resources and the Employee Assistance Program. Counselors are available and they can help you have a happier, healthier and longer retirement. The next meeting will be Wednesday, April 19, 2017 at Salem High School's Three Seasons Restaurant. The meeting will include a tour of the completed renovations to Salem High School. Please look at the brochure with Mr. O'Shaughnessy's pictures showcasing the Seifert Performing Arts Center, Music Mixing Room, Four Court Gym, Hallway, Weight Room, Main Gym and Band/Color Guard Practice Room, new entrance, main office and Stairway to the Library.

## **Strafford County Retired Educators Association (SCREA)**

*by Penny Bodwell*

Plans are underway for three spring meetings on the second Thursday of the month for the Strafford County group, which totals 112 members.

Our first meeting will be held on April 13 at the Governor's Inn located in Rochester. The entertainment will be provided by the Silver Strummers, a group of ukulele players from the Dover Senior Center. The price of the meal will be \$25.

President Sandy Amlaw will be our speaker at the May 11th meeting to be held at the McConnell Center in Dover with lunch provided for \$25. Sandy

# Let's Just FACE It!

*by Candy Bailey*

The semi-annual newsletter is out. Time to catch up on what has been happening with chapters all over the state. "But wait! Some of this news is 5 months old. If only I had known about an event I could have attended. I wish I had sent a card to the family of a former coworker."

Maybe there is a remedy for this. Maybe it's time to join the 21st century. Time to start a Facebook page for this group. With a Facebook page current information can be disseminated in a timely manner. More members can get information quickly. A Facebook post can reach a wide audience in a very short time.

This page will not be a replacement for the newsletter. It will augment the newsletter.

How do you become a member of the Facebook page? Just look for the Search Facebook bar on your Facebook page and search for New Hampshire Retired Educators Association. Once there click on the "JOIN" button.

This page will be driven by member interest. The more people that join, the more information we can disseminate.

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always keeps us updated on retirement issues.

Our last meeting for the spring will take place on June 8 at Spring Hill in Berwick. Following a presentation for retirees by AARP, luncheon will be served for \$25. (This includes a \$5 donation to the Scholarship Fund.)

## **SCREA Board Meeting, March 9, 2017**

*by Kathleen Dailey*

The March Board meeting was held at Maple Suites. It was attended by 6 members, including the President (Dot Quinn), Treasurer (Barbara Henderson), Secretary (Kathleen Dailey),

**(See News...Units on pg. 8)**

# NHREA 2017-2018 ROSTER

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Nominating - Vacant

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*NHREA policy restricts this list for personal use only. To protect individuals listed, no information on this list should be given to anyone outside the association except as voted on by the membership.*

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**News...Units (Continued from page 6)**

Membership Coordinator (Nancy Cote) as well as MaryAnn LaCasse and Ellen Addorio. The meeting was called to order by President Dot Quinn at 10:05.

The Secretary's report from the October, 2016 was voted on and accepted. The Treasurer report was given: As of March 9, 2017 the Balance is \$7,113.52. The amount allocated to our scholarship this year is currently \$975. The report was voted on and accepted.

The Membership Report is as follows: 71 paid members, 26 unpaid members, 8 in 90 plus range - for a total of 105 members as of this date. A reminder will be given to those owing money for any reason. Nancy Cote will also be ordering new Membership cards. Discussion followed of the upcoming April meeting - This is to be held at the Governor's Inn in Rochester on April 13th. The entertainment will be the Silver Strummers from the Dover Senior Center. There will be a reminder that additional scholarship donations will be accepted.

The May meeting will be held at the McConnell Center, on May 11th, with Sandy Amlaw as the speaker.

The June meeting will be held at Spring Hill, on June 8th, with the speaker from AARP.

A discussion followed on fees for speakers with no conclusion.

The meal cost was voted and passed at a fee of \$25 per meeting.

The scholarship will increase after the vote last June, but from now on any increase in fees or scholarship funding must be brought before the SCREA Board before being voted on by the full membership. Please note, anyone interested in joining the board is very welcome.

The membership list will be 're-vitalized' over the next 3 meetings. This will allow a better idea of current

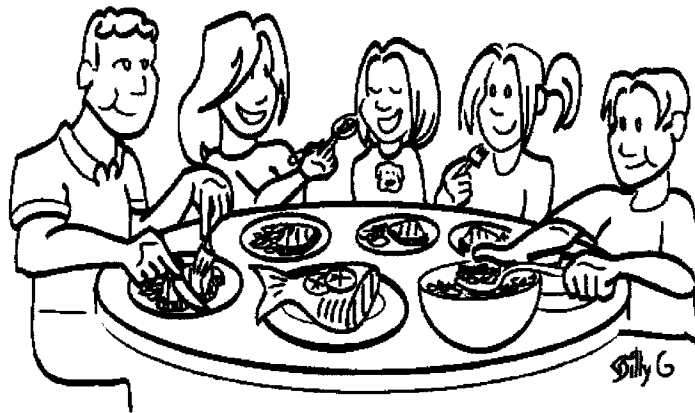
NH Retired Educators Assn.  
NEA/NEW HAMPSHIRE  
9 South Spring Street  
Concord, New Hampshire 03301

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Concord, NH

**DATED MATERIAL**

## FEED THE NEED



We can help our fellow citizens of New Hampshire. At

membership and provide better communications via email or phone.

The next SCREA Board meeting will be held on Wednesday, August 9th, 2017 at Maple Suites in Dover. As mentioned new board members are welcome!

Meeting adjourned at 11:15

each of our general membership meetings we will be collecting money to donate to a local food pantry. Although it is sometimes hidden, there is a real need for support for many of our students and their families. Thank you retired teachers for your generosity to those who may be facing difficult times.