



EAGLE NEWS

The official Newsletter of The Retired Enlisted Association (TREA)
Central Minnesota Chapter 115

October 2010 thru January 2011

47TH ANNUAL NATIONAL CONVENTION HELD IN TUCSON, ARIZONA



Chapter 115 delegate Dennis Rock was welcomed by Chapter 115 President and National Director Ralph Donais



The 47th Annual National Convention was convened by President Charlie Flowers at the First Business Meeting.

During the business meetings TREA (168 delegates) and TREA Auxiliary delegates received reports from Officer Committees,

the Washington Legislative Office, Senior Citizens League, Memorial Foundation, 2011 Election nominations and voted on four Bylaw and seven Standing Rules suggested changes. The following Bylaw amendments were passed:

- To permit Chapter Courtesy members to vote.
- The Memorial Foundation won't purchase JROTC awards and certificates for Chapter or MALs.
- The Quarterly Chapter Reporting paragraph is to be removed from the TREA Website.
- A Chapter request for National Convention consideration was deleted.
- The Scholarship Program requirement for Letters of Recommendation was deleted.

During the Awards Luncheon, Chapter 115 Mark Davidson was recognized as National Second Runner Up for Membership; and Dennis Rock, accepted the Newsletter Award for Medium size Chapters from President Flowers.

At the Saturday evening Installation Banquet, the newly elected 2011 President Arthur Cooper from Maryland Chapter 24 adjourned the Convention.

The 2011 Convention will be in Reno, Nevada at the Silver Legacy Resort Casino the week of September 26th.

The U.S. Department of Veterans Affairs announced a VA-staffed Community Based Outpatient Clinic (CBOC) located in Ramsey will open in 2011.

The facility will offer primary care and mental health care in an individual and group setting, audiology, ophthalmology, radiology and pharmacy services. In addition, there will be nutrition and social work services on site as well as tele-health and education services. "We

CBOC COMING TO RAMSEY

are moving forward to build a first-rate clinic for Veterans who deserve first (continued on page 2)

("CBOC Coming to Ramsey" cont'd)

rate health care," said Ralph Heussner, Minneapolis VA Medical Center Public Affairs Officer. PSD LLC, a Ramsey, Minn. based company, has been awarded the lease, which is valued at \$9.95 million over its term. The lease is for a 20,000 square foot clinic space in

a free-standing building located at the north east corner of Sapphire Street NW and Civic Center Drive in the 7400 block of Civic Center Drive in Ramsey. The lease term is for five years with options to extend up to 20 years. Design and construction will be complete in about one year. The clinic is expected to open in late summer/early fall 2011.

SAVING MONEY

- **Scratch and dent** stores sell groceries and appliances discounted by 50% or more. They buy up truckloads of items that are damaged, are near or beyond their sell-by dates or season (think Halloween in November), or just didn't sell well. Go to www.andersoncountrymarket.net/directory for a state -by-state list. For info on what the dates mean and how long you can anticipate the items will be good refer to www.cbsnews.com/stories/2009/04/18/earlyshow/health/main4953898.shtml & <http://homecooking.about.com/library/weekly/aa102102a.htm>
- **Cellphone minutes.** Save by skipping long-winded voice-mail greetings and instructions. Press * for Verizon users, 1 for Sprint users, or the # sign for AT&T and T-mobile users. If you're not sure of the provider, try this prudery: 1, then *, then #. When you hear a beep, you've got the right one.
- **Groceries.** To save check out www.mygrocerydeals.com where you can compare prices in supermarkets in your area by product, category or type. Another site is www.groceryguide.com. You must register to use the sites, but both are no-charge.
- **Electronic trade-ins.** Trade in electronics like old cell phones and computers at www.wireflytradeins.com and get a charity write-off, cash, or gift cards. Costco, Best buy and Sears also have electronics trade-in programs.
- **Gift cards.** Buy for up to 30% off their face value at www.plasticjungle.com and www.giftcardsagain.com, where the cards are sold by gift-getters who don't want them.
- **Group coupon websites.** Provide your email and city and you'll get a daily local offer. If a set of people sign up, you get the deal. Sites include www.groupon.com, www.socialbuy.com, and www.angieslist.com.
- **Plays.** See plays at no cost by volunteering as an usher. Many theaters will let you see the show if you help with the paying patrons. Check with your local theater, and wear comfortable shoes – you may end up standing for the performance.
- **Yard sales.** Those in your area can be found at www.yardsaletreasuremap.com. The site tracks sales that have been posted on craigslist, then gives you the when, where, and driving directions.
- **Owners manuals.** These are often missing when you buy bargain electronic devices or appliances at online auctions or garage sales. Manufacturers may charge for the manuals, but you can get many at no cost by going to www.retrevo.com ormanuelsonline.com or www.usersmanualonline.com.
- **Online shopping rewards.** Obtain at www.ebates.com. You register and then click to visit any of about 1000 partner retailers. You can collect a reward of from 1 to (very occasionally) 40% of your purchase amount. The money arrives as a check or a credit to your PayPal account.
- **Promotional codes.** Get discounts of up to 50% when you check out at online shopping sites. Though some codes are for returning loyal customers, others are up for grabs – you just have to know where to find them. Try these websites: www.retailmenot.com, www.couponchief.com, www.currentcodes.com, and www.freeshipping.org.
- **Secondhand shops.** Donations are often local so head to wealthier neighborhoods. Find stores at www.thriftshopper.com or www.thrift-shop-directory.com. Also, shop early in the week – many donations come in over the weekend. And watch for hidden bargains. Thrift stores often set prices by category, say \$3 per shirt no matter what the brand.
- **Plays, concerts, sports matched exhibits and other events.** Avoid high ticket prices in eight major cities by getting a membership at www.goldstar.com at no charge. This online seller of half-price tickets levies a service charge of \$4.50 per ticket. The theater chooses the seats. Other websites such as www.ticketloot.com can also get you through the doors at a lower price.
- **Supermarket registers.** Keep your eyes glued to the register. Some stores have a scan guarantee policy, which means you get the item at no cost or at a discount if the price the register displays is higher than the real price.
- **Organization discounts.** Take advantage of discounts offered through your membership at AAA, AFL-CIO unions, AARP and college alumni organizations.
- **Phone numbers.** Call 1-800-GOOG-411, give your location, and speak a name or business category. You'll get a list of matches, and the service then will dial your choice. The big advantage over 411 is that it does not cost you anything. [Source: AARP Bulletin Jul-Aug 2010]

Senator Vickerman Retires from Public Service

After 24 years as an elected official, District 22 Senator James Vickerman is retiring from the Minnesota Legislature.

Sen. Vickerman has served on several committees and budgetary divisions. His work for Veterans as chair of the Senate Agriculture and Veterans Committee has made him an ally for Minnesota Veterans.

Commissioner Michael Pugliese presents a certificate of appreciation to Sen. Vickerman.



CHAPTER 115 HOSTING ANNUAL CAMP RIPLEY AFRAD

For the 9th consecutive year, members of Chapter 115 have hosted the Armed Forces Retiree Activity Day on Saturday, August 28th. 184 attendees enjoyed the terrific facilities and the gracious support of the Camp Ripley staff, making this event possible.



(L to R) Our theater Master of Ceremonies Bill Walter, Fort McCoy Retirement Services Office, Tammy Hunter with Delta Dental, and Ralph Donais, Chapter 115 Event Coordinator.



Dick Kirchner of the Registration Team welcomed Alicia Emanuel from DFAS.



Attendee received her new ID card from SGT Nickkole Olson of the Camp Ripley staff.



Attendees met with the Benefit Specialist and Vendors to ask questions and pick up literature in the Café. Lunch was catered by CWF Solutions in the gymnasium.

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www.trea115.org

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www.trea.org

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wholly providing the intent is to promote the well-being of military retirees and/or the community in general; credit must be given to TREA, Chapter 115.

TREA Chapter 115, is a nonprofit organization, nonunion, nonpartisan and nonsectarian. Views expressed in this publication are not the official views of TREA, Chapter 115, or any governmental agency.

The editor reserves the right to revise or reject any article due to length or opinion, and no articles discriminating on the basis of race, sex, political stance, religion or age will be accepted for publication.

The absolute deadline for articles is the 5th of January, April, July & October to dennisvictoria@usfamily.net

FUTURE MEETING SCHEDULE

Saturday, November 13, 2010

Saturday, February 12, 2011

Saturday, May 14 2011

August 27, 2011 at Camp Ripley after the Saturday AFRAD

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The Retired Enlisted Association
906 Lookout Place
Elk River, MN 55330

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ADDRESS SERVICE REQUESTED

All meetings begin at 11:00 am and are held at the VFW Sports Complex 7350 Quaday, Otsego, MN 55330. Phone 763-241-5225. Spouses and guests are always invited to attend.

From I-94 in Rogers: Go north on highway 101 towards Elk River to CR 42/River Road. Turn Left at the light. Second road on the Left is Quaday Ave NE. Turn Left. Follow Quaday until you see several brown buildings, which is the VFW Sport Complex on your Left.

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From Highway 10 in Elk River: From Elk River take Hwy 101 South towards Rogers, exit on CR 42/River Road, turn right at the light onto River Road. The next road on the left will be Quaday Ave NE. Turn Left. Follow Quaday until you see several brown buildings, which is the VFW Sport complex on your Left.

WELL NOW IT IS OFFICIAL -- NO COLA FOR 2011

There will be no Social Security Cost-of-Living-Adjustment (COLA) for 2011. That also means that there will be no COLAs for Military Retired Pay, for SBP or for DIC and VA payments. While this is very upsetting; it is not surprising. Why? As required by law the U.S. Bureau of Labor Statistics

determines at the third quarter of each year whether there has been an increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers' (CPI-W) "market basket" costs from the prior year. There has not been. The last time there was an increase was the 5.8% determined in October of 2008!

(That was the highest COLA in 27 years). So the next COLA increase won't happen until the CPI-W prices rise (Source: The Retired ENLISTED Association Washington Update for October 15, 2010)

NEW VETERAN AND MILITARY LICENSE PLATES

New Minnesota license plates are available beginning August. 1 for Veterans who received the Armed Forces Expeditionary Medal, Korean Defense Service Medal, Bronze Star Medal or the Silver Star. Also, members of the U.S. Armed Forces

who are active duty and receive a Purple Heart are eligible to purchase Purple Heart plates. Previously, these plates were available only to Veterans. For information about these and all license plates, visit the Minnesota Drivers and Vehicle Services (DVS) at

www.dps.state.mn.us/dvs/PIBrochure/PlateFrame.htm and select Veteran from the menu on the left-hand side. Information is also available at DVS locations statewide

IF your mailing label contains incorrect information, or if you are not receiving the Chapter e-mail announcements, notify Mark Davidson at ldavidson77@msn.com