Jennifer Swenson, PWELC exec director
Prairie Woods Environmental Learning Center is a regional center for environmental education and outdoor recreation located in beautiful Kandiyohi County in west-central Minnesota. We provide an exciting array of hands-on learning adventures for all ages, as well as unique facilities for meetings and special events. The mission of Prairie Woods is to promote an individual and shared commitment to the responsible use, management, and preservation of our natural resources.

Mary Seifert
Mary Seifert can’t leave a brain teaser or puzzle go unchallenged. A former math teacher, she ties numbers and logic to her Katie and Maverick Cozy Mysteries. When she’s not writing, she’s making incredible memories with family and friends, walking her dog whose only speed is faster, carefully deleting reference to murder from her web-browser, and pretending to cook. You can find her nibbling chocolate and sipping wine, both of which sometimes occur WHILE writing and reading. Mary and her husband live in Willmar, Minnesota where smiles are real, the skies are blue, the weather can turn on a dime and she can truthfully write about it all.

For teasers:
You never know what names or characters may end up in a novel. Be nice to the author! The names of the author’s children and many friend have already made it!
Growing up in New Prague, Minnesota, Czech was the second language of many residents and the lovely, lilting one vowel seven consonant names (a slight exaggeration) are music to the author’s ears.
You never know what names or characters may end up in a novel. Be nice to the author! The names of the author’s children and many friend have already made it!

REAM Training Session by Bruce Locklear
What are some things we can do to attract our younger retirees to join REAM? Many of them have never heard of REAM. How do we engage them? How do we get the REAM message out to these folks? There are many more questions that need to be addressed. This training session will help us address many of our questions.
Enjoy his experiences with him. The culture, arts, music, food, architecture, and the study of history has shaped him into the person he has become. Travel is an interest that has driven him around the world. His first love as a digital storyteller is nature. That is where he got much to learn. While the benefits of technology abound so do the ways that it can be used to victimize the most vulnerable among us.

According to 2017 joint study by the University of Minnesota and the Women's Foundation of Minnesota approximately 26,000 Minnesota men may have purchased sex in the last year. As a result of that demand, 213 girls are sold for sex through the internet and escort services every month in Minnesota.

Community members play a critical role in the identification and intervention of exploitation and sex trafficking. Join us as we look at this phenomenon in rural Minnesota. You'll learn how it happens, what it looks like, and how to keep those around you safe, especially in the age of technology.

**The Willmar Strike**
During this conference we will learn about the Willmar 8. These were a group of 8 female employees of the Citizens State Bank who went on strike on December 16, 1977. They were protesting unequal pay and promotions. In September 1978 the strikers dropped their suit in exchange for a token settlement. The Willmar 8 strike was supported by national organizations and made the national news. The Willmar 8 were featured on the Donahue and the Today Show.

Why have women had to work so hard to receive equal work benefits as men? When I first started teaching married men with children received a $200.00 a year stipend. We had a divorced woman with several kids who did not receive the stipend. I was opposed to the stipend in general, but I did go to speak with the superintendent about giving the stipend to that woman. She got the stipend. We've still got much to learn.

**Kasey Baker: SEXUAL EXPLOITATION and HUMAN TRAFFICKING in Rural MN**
Described by some as a powerful and positive space, the Internet provides space to socialize learn, and engage. While the benefits of technology abound so do the ways that it can be used to victimize the most vulnerable among us.

According to 2017 joint study by the University of Minnesota and the Women's Foundation of Minnesota approximately 26,000 Minnesota men may have purchased sex in the last year. As a result of that demand, 213 girls are sold for sex through the internet and escort services every month in Minnesota.

Community members play a critical role in the identification and intervention of exploitation and sex trafficking. Join us as we look at this phenomenon in rural Minnesota. You'll learn how it happens, what it looks like, and how to keep those around you safe, especially in the age of technology.

**John Kellen Digital Artist and Storyteller**
After a 30-year career in International Business, Academia, and Philanthropy spanning more than 60 countries John returned to his hometown of Willmar to pursue his artistic inclination.

His first love as a digital storyteller is nature. That is where you will find him the most often. Those moments in nature that leave you breathless are what he is after and the natural work has unlimited possibilities to discover such experiences.

Human beings also are a fascination to him. Capturing the essence of who we are as homo sapiens drives him to bring character to life. Travel is an interest that has driven him around the world. The culture, arts, music, food, architecture, and the study of history has shaped him into the person he has become. Enjoy his experiences with him.

**AMBA BENEFITS**
Sometimes we think that the only reason for joining REAM is to keep up to date on what is going on with our pensions and how we can meet and talk with our legislators. While focusing on our pensions is not a bad idea, many retirees are looking for other benefits in belonging to REAM.

Association Member Benefits Advisors (AMBA) is a part of REAM that can give us some extra retirement perks. Here are some of them: Dental/Vision Insurance, Long Term Care Insurance, Cancer, Heart and Stroke, Accident, and Disability Insurance. Medical Air Services Associations (MASA) provides life-saving emergency assistance from home or while traveling. This list goes on: Rental Car Discounts, Computer Discounts, and more. This session will provide good information to take to your locals and to let non-REAM members know about. This is another perk for joining REAM.

**Prairie Woods**
Prairie Woods Environmental Learning Center is a regional center for environmental education and outdoor recreation located in beautiful Kandiyohi County in west-central Minnesota. You are welcome to come and “get away” with a quiet hike at Prairie Woods! Approximately 10km of trails over rolling glacial terrain, through woods and prairies, near ponds and wetlands is maintained.

Executive Director is Jennifer Swenson, who has twenty years of experience in non-profit organizations, has a life-long passion for learning to live well with self, others, and the environment. Jennifer is privileged with the ability to go from office to trail in ten seconds flat!

**Entertainment Monday Evening**
After dinner on Monday night, we will be entertained by the Beer Hymn Band/Choir. **Beer Band/ Choir** is a national organization where people get together and sing while drinking beer. The Beer Choir is made up of 4 to 9 people and has been in existence for about 6 years performing mostly at the Goat Ridge Brewery in New London once a month. Their songbook has traditional hymns in the front and familiar songs with the words changed in the back. Of course, the songs all have a beer theme. **Sweet Caroline** is now **Sweet Beer of Mine**. **Mama Mia** is now **Gotta Pia**, and so on. Anything can happen at a beer choir event. The beer choir embraces fun, the unexpected, and that everyone is welcome and worthy of a good time. Join us.

**WILLMAR BUS TOUR**
Kandiyohi County Historical Society  
MinnWest Technology Campus  
Mr. B’s Chocolates located on the MinnWest Technology Campus  
Flags of Honor Memorial  
Two Baseball Stadiums  
Robbins Island and Destination Playground
President’s Message

Anita Hellie

**REGISTER! COME!**

**REAM Conference September 25 and 26**

Our Wilmar Conference is coming soon! We hope you have registered and are joining us for a good get-together in many ways. Not only do we connect with people we’ve met in the past, we meet new folks and enjoy learning from them. We also have many good speakers to educate us on a variety of topics.

Our new Executive Director Bruce Locklear is doing a session on engaging nonmembers to become members, especially many of those younger folks who have recently retired. If you attend this session your mileage to and from the conference will be reimbursed.

Anita Hellie, President

**GREETINGS!**

Summer is winding down, and as usual it has been busy! Between time with family and preparing to welcome a grandchild later this month, we have been on the go! I did have the opportunity to attend the ASRTE conference on your behalf during the second week of August.

The conference focused on strengthening membership in organizations like REAM across the Nation. We all have the same mission of keeping our pensions safe and strong. In Minnesota we are blessed to have an excellent working relationship with the Minnesota Teacher Retirement Association (TRA). We are both organizations that prepare and support our members for the retirement journey. TRA prepares you for the process with the required paperwork and walks members through the paperwork. REAM, once you begin to receive the pension, we monitor your pension by serving as an advocate at a state and national level, completing research, and tracking bills that impact our pension.

For many people, retirement is one of the most stressful times in their lives. There is a transition from days filled with tasks and meetings to a life of leisure that can be jarring and isolating. We are here to help you with the transition. We provide local units where retirees can connect and work on projects that support our local communities. So, if you are not a member of a local REAM Unit or a member of the organization at large, please reach out, and we will direct you to a local unit. You can access our membership application at this location: (https://www.mnream.org/page/join)

There are many advantages to membership; these include:

**Pension and Health Insurance:** we stand in the gap on your behalf to protect your retirement income and health insurance and keep prescription costs low.

**Access to benefits:** we partner with AARP and AMBA to offer access to continuing policies with dental and vision insurance.

**Social Opportunities:** Meet and greet peers who are retirees in local units! This provides an opportunity to meet retirees and work to help your local community!

Regarding opportunities, our REAM state conference will be held on September 25th and 26th in Willmar. You can access the registration material at the following location. (https://www.mnream.org/events/EventDetails.aspx?id=1762936&group=)

We are excited to see you at the conference. The agenda will include information from AMBA and AARP and a legislative update from our pension group.

Finally, I was doing some research on what is important to retirees. I found that I didn’t retire; I only transitioned from education to doing something else. I found that I needed something in my life, professionally, to help me stay vital and maintain a purpose. A part of this purpose was to challenge myself mentally and contribute to my community continually. We leave a field of service, and it is helpful to maintain that sense of purpose! Please pass the word to recent retirees to join and keep our organization strong!

Dr. Locklear
Interim Executive Director
2023 REAM ANNUAL CONFERENCE
MONDAY & TUESDAY, SEPTEMBER 25 & 26
WILLMAR CONFERENCE CENTER – WILLMAR
SCHEDULE

SUNDAY, SEPTEMBER 29
7:00-8:30 p.m.
Board of Directors Reception President’s Suite

MONDAY, SEPTEMBER 25
8:00 a.m.-11:30 a.m.
Board of Directors Meeting Gallery 3
All are welcome to attend.
9:00 a.m. – 5:00 a.m.
REGISTRATION –Willmar Conference Center Atrium
12:00 a.m.-2:30 p.m.
Historical Willmar Bus Tour. This includes a tour of the Kandiyohi County Historical Society.
Load at 11:45 a.m. in front of the Conference Center Atrium
3:00-4:30 p.m.
First General Session Gallery 2
Willmar 8 Documentary (50 minutes) followed by Women of the Willmar 8 and film maker.
4:45-5:30 p.m.
Three Simultaneous Breakout Sessions
1. Local author Mary Seifert Gallery 2
2. AMBA Benefits Gallery 3
3. REAM Training Session Gallery 4
5:30-6:30 p.m.
Award Ceremony and cash bar Gallery 7
6:30-7:30 p.m.
Dinner Gallery 7
7:30-8:30 p.m.
Entertainment by Beer Hymn Band- Interactive entertainment. Gallery 7
8:30-9:30 p.m.
Reception in the President’s Suite

TUESDAY, SEPTEMBER 26
7:00 a.m.
Breakfast free for registered conference hotel guests Gallery 7
(If you are not a registered hotel guest you pay $17.00 for breakfast)
8:00-10:00 a.m.
Registration Atrium
8:00-9:00 a.m.
Three Simultaneous Breakout Sessions
1. John Kellen: caring for aging parents, photography outlet, film maker Gallery 2
2. Women’s Fund: Sexual Exploitation and Human trafficking in rural Minnesota Gallery 3
3. Prairie Woods Environmental Learning Center Gallery 4
9:00-2:00 p.m.
Exhibits Conference Center Hallway Outside galleries.
10:00-11:30 a.m.
Second General Session—Annual Business Meeting Gallery 2
12:00-1:00 p.m.
Lunch Gallery 7
1:00-2:30 p.m.
Third General Session: TRA, PERA, AARP Gallery 2
2:30-3:30
Coffee, Refreshments, and Door Prize Drawings Gallery 2

Facebook.com/MNRetiredEducators
Check out REAM’S Facebook Page:
IMPORTANT NEWS:

REAM 2023 CONFERENCE,
SEPTEMBER 23-24, 2023, IN
WILLMAR: Registration for the REAM
Fall Conference in Willmar is open at
reduced rates through September 10th.
Registration can be done online at www.
mnream.org. You can also register by completing the form
from the July/August newsletter and sending your check to
REAM; PO Box 7519; St. Cloud, MN 56302.

REAM DUES: If your membership expires on August 31,
2023, remember that REAM Dues are now $3.00 per month
by electronic payment by either credit card or bank account.
This monthly automatic payment renewal option can be
accessed by going to our website at www.mnream.org and
clicking on “RENEW NOW”. You can also sign up for this
automatic renewal option by completing a membership form
with your payment preferences and mailing it to REAM; PO
Box 7519; St. Cloud, MN 56302.
If you prefer, you can pay for an annual REAM Membership
by check for $48.00. Checks can be made out to REAM and
sent to REAM; PO Box 7519; St. Cloud, MN 56302.

If you forget about these
changes and send your
usual $15.00 check for dues it will only buy you 3 months
of REAM Membership. If you send a check for the former
5-Year Membership or Life Membership amounts it will be
returned to you. These options are no longer available.

EXPIRATION DATES: The renewal dates for those
moving to automatic monthly payments will show up
on your newsletter as the first of the month immediately
following your previous expiration date. Also, if you already
renewed your membership and your newsletter still has
your old renewal date don’t worry – it takes us a bit of time
to process renewals and catch up on what shows up on the
newsletter. If you receive an automatically generated email
asking you to renew your membership and you already took
care of that, you can just ignore the email.

Thanks to all who have already renewed at our new rates!
Your continued support is greatly appreciated and will help
keep REAM strong and growing!

DON’T FORGET
If you want only Electronic
Delivery of the REAM News,
email us at:
reammembership@gmail.com
to let us know.

EDITOR’S NOTE:
I absolutely hate Good-byes. I’d rather say, “see ya’ later.”
However, this time I can’t say that, I had to say Good-bye
to the love of my life, my husband Paul, the REAM Past
President. I actually know I’ll see him again, but in the
meantime, I said Good-by. I’m saying Good-bye to REAM
as well. I am retiring from the REAM News Editor position.
I will help someone who wants to jump in and do it. It’s not
hard and the lady at the printer is a great help. It has been a
great part of both of our lives, and I just have to walk away.
While you’re at the conference just let any of the Board
Members know that you would like to be the Editor. I wish
you all good Health with Happiness.

Kathy Ehrhard, past Editor

Looking for a New Editor:
The Board of Directors are hoping to fill this position in the very near future.
Please contact the President, Anita Hellie, 507-301-3609.
Attention REAM Members!

This year’s REAM Conference in Willmar has been planned . . . for You. The Agenda has been set to invigorate and inform you as Educator Retirees. On Monday, a REAM training is planned. Its purpose is to train attendees on HOW to Recruit and Train Leaders for the Future well-being of our organization. A breakout session, Monday, September 26th, has been assigned for this purpose!

Please Note: Those who attend this Training Session will be reimbursed for the round-trip mileage costs to attend this year’s Conference in Willmar. We think it is an important investment in You and your locals . . . to do so. Please join US!!

Tell us what is important to You. We’re Listening!!

IN MEMORY OF:
La Vonne Emmons
Paul Ehrhard
Paul Ehrhard
Thomas R. Klipfel
FROM:
Sonja Cook, Rushford
Charles and Anita Hellie
Lou Plevell, Hastings
Louise Klipfel, Austin

GIFTS: FROM:
REAM acknowledges and appreciates gifts with membership $40.00

I'm happy to enclose a $___________________ gift to be used by REAM to carry forward the objectives of my organization, namely, the improvement of the civic, cultural, social, economic and professional status of its members;

(and/or)
I’ve enclosed a $_________________ memorial in abiding memory of ___________________________ of the ___________________________ Chapter.

My Name_________________________________________________________________________________
Or Name of Chapter_________________________________________________________________________
Address_____________________________City__________________State_____________Zip_____________
________Please do not print my name with this gift/memorial in The REAM News

Mail to REAM Treasurer, Al Tonn, 602 W. North St., Janesville, MN 56048
You do not have to be a REAM Member to take a REAM Sponsored trip so your friends, neighbors and relatives can take these trips with you or without you.

### REMAINING 2023 REAM SPONSORED TRIPS

<table>
<thead>
<tr>
<th>Month</th>
<th>Trip</th>
<th>Double</th>
<th>Single</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 9-14:</td>
<td><strong>San Antonio Holiday</strong></td>
<td>$2,275</td>
<td>$2,925</td>
</tr>
<tr>
<td></td>
<td>Final Payment: September 21</td>
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### 2024 REAM SPONSORED TRIPS

<table>
<thead>
<tr>
<th>Month</th>
<th>Trip</th>
<th>Double</th>
<th>Single</th>
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<tbody>
<tr>
<td>February 7-16:</td>
<td><strong>Colorful Costa Rica</strong></td>
<td>$3,299</td>
<td>$4,024</td>
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<tr>
<td></td>
<td>Final Payment: November 23, 2023</td>
<td></td>
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<tr>
<td>February 26-March 2:</td>
<td><strong>Cuba Discovery</strong></td>
<td>$4,774</td>
<td>5,400</td>
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<tr>
<td></td>
<td>Final Payment: December 11, 2023</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 17-24:</td>
<td><strong>New Orleans and Cajun Country</strong></td>
<td>$3,149</td>
<td>$3,949</td>
</tr>
<tr>
<td></td>
<td>Final Payment: January 2, 2024</td>
<td></td>
<td></td>
</tr>
<tr>
<td>April 17-26:</td>
<td><strong>Highlights of England, Scotland, and Wales</strong></td>
<td>$3,999</td>
<td>$4,924</td>
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<td></td>
<td>Final Payment: February 2, 2024</td>
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</tr>
<tr>
<td>May 2-10:</td>
<td><strong>America’s Canyonlands</strong></td>
<td>$3,925</td>
<td>$5,075</td>
</tr>
<tr>
<td></td>
<td>Final Payment: February 17, 2024</td>
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<td></td>
</tr>
<tr>
<td>May 31 – June 8:</td>
<td><strong>Mackinac Island, The Grand Hotel &amp; Niagara Falls</strong></td>
<td>$3,339</td>
<td>$4,324</td>
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<tr>
<td></td>
<td>Final Payment: February 16, 2024</td>
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<tr>
<td>July 21, 2024:</td>
<td><strong>Majestic Canadian Rockies</strong></td>
<td>$3,599</td>
<td>$4,799</td>
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<td></td>
<td>Final Payment: May 6, 2024</td>
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### 2023-2024 REAM’s Sponsored Trips

<table>
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<tr>
<th>Month</th>
<th>Trip</th>
<th>Double</th>
<th>Single</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 10 – August 19:</td>
<td><strong>Nova Scotia &amp; the Canadian Maritimes</strong></td>
<td>$3,975</td>
<td>$5,200</td>
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<tr>
<td></td>
<td>Final Payment: May 26, 2024</td>
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<tr>
<td>August 15 – August 22:</td>
<td><strong>Alaska: Call of the Wild</strong></td>
<td>$5,199</td>
<td>$6,524</td>
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<tr>
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<td>Final Payment: May 15, 2024</td>
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<tr>
<td>September 14 – 23:</td>
<td><strong>California Coast &amp; Yosemite</strong></td>
<td>$3,925</td>
<td>$5,175</td>
</tr>
<tr>
<td></td>
<td>Final Payment: June 30, 2024</td>
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</tr>
<tr>
<td>October 5 – October 13:</td>
<td><strong>New England Rails &amp; Trails</strong></td>
<td>$3,899</td>
<td>$5,049</td>
</tr>
<tr>
<td></td>
<td>Final Payment: July 21, 2024</td>
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<td></td>
</tr>
<tr>
<td>November 5 – November 13:</td>
<td><strong>Highlights of Italy’s Amalfi Coast</strong></td>
<td>$3,575</td>
<td>$4,125</td>
</tr>
<tr>
<td></td>
<td>Final Payment: August 20, 2024</td>
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<tr>
<td>December 2 – December 11:</td>
<td><strong>Vienna &amp; Christmas Markets of the Danube</strong></td>
<td>$3,995</td>
<td>$4,945</td>
</tr>
<tr>
<td></td>
<td>Final Payment: September 2, 2024</td>
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</tr>
<tr>
<td></td>
<td>Final Payment: October 15, 2024</td>
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</table>

REAM has 10 spots for each trip. After the final payment date one can sign up for a trip but it's only if there is space available. All trips include Roundtrip Air from MSP. Brochures and Registration Forms are on the REAM Website: "mnream.org" under "Travel". You do not have to be a REAM Member to take a REAM sponsored trip so your friends, neighbors and relatives can take these trips, too.

Chuck Hellie will mail you a trip brochure/registration form if you email: cchellie44@gmail.com. Request a specific brochure but don’t forget to include your mailing address.

### REAM EXECUTIVE COMMITTEE

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Address</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Anita Hellie</td>
<td>1129 Heritage Dr. Northfield, MN 55057</td>
<td><a href="mailto:ahellie66@gmail.com">ahellie66@gmail.com</a></td>
</tr>
<tr>
<td>Vice President</td>
<td>Tim Moynihan</td>
<td>3670 Gettysburg Ave. S. #93 St. Louis Park, MN 55426</td>
<td><a href="mailto:tmoynie@gmail.com">tmoynie@gmail.com</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Karna Brewer</td>
<td>431 Fremont Street Anoka, MN 55303</td>
<td><a href="mailto:brewer.com2@juno.com">brewer.com2@juno.com</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Al Tonn</td>
<td>P.O. Box 111 Janesville, MN 56048</td>
<td><a href="mailto:atonn@hickorytech.net">atonn@hickorytech.net</a></td>
</tr>
<tr>
<td>Legislative Co-Chair</td>
<td>Tim Moynihan</td>
<td><a href="mailto:tmoynie@gmail.com">tmoynie@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>John Fisher</td>
<td><a href="mailto:johnffisher@hotmail.com">johnffisher@hotmail.com</a></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Henry Carbone</td>
<td><a href="mailto:carbone@maine.edu">carbone@maine.edu</a></td>
<td></td>
</tr>
<tr>
<td>Membership Chair</td>
<td>Mary Broderick</td>
<td>REAM Membership</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>612-234-1145 <a href="mailto:reammembership@gmail.com">reammembership@gmail.com</a></td>
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</tr>
</tbody>
</table>

**UPDATE ON PENSIONS! AMBA BENEFITS? AAA BENEFITS?**

**LEARN MORE ABOUT YOUR MEMBER BENEFITS**

800.258.7041
myAMBAbenefits.info/ream

www.mnream.org | 7
Retired Educators Association of Minnesota (REAM)
Form for Enrollment or Renewal

Effective June 1, 2023, there will be two options available for joining OR renewing your REAM Membership – by check in one-year intervals, OR by credit card or bank account, automatically deducted electronically each month. New Five-Year and Lifetime Memberships will no longer be available. (Life memberships in effect on May 31, 2023, will continue unchanged.)

Name (PRINT): ____________________________

FIRST MIDDLE LAST

Mailing Address: ____________________________

City: ____________________________ State: ______ Zip: ____________

*Email: ____________________________ Phone: ____________________________

*To facilitate automatic monthly withdrawals your email address is required.

REAM Newsletter Delivery Preference: By Email ☐ or By US Mail ☐

MN Legislative District (if known): __________

Please check your preferred method of payment

☐ I am paying for a 1-year membership by check to REAM for $48.00. (Your new membership renewal date will be 1 year from the date your check is processed by REAM, or 1 year beyond your current renewal date, whichever is later.)

Enclose your check for $48.00 to REAM

☐ I am enrolling in automatic monthly electronic withdrawals of $3.00 from my credit card beginning immediately. (Choosing this option will override your current expiration date.) I understand that these monthly withdrawals will continue until I stop them by contacting REAM.

Credit Card #: ____________________________
Exp Date: _______ CVC: _______

☐ I am enrolling in automatic monthly electronic withdrawals of $3.00 from my checking account starting immediately. (Choosing this option will override your current expiration date.) I understand that these monthly withdrawals will continue until I stop them by contacting REAM.

Enclose a Voided Check

Return membership form to: REAM, PO Box 7519, ST CLOUD, MN 56302