

The Non-Union Organization
Representing Only Retirees

AFPE UPDATE

SUMMER/FALL 2005

Thank You

A special thank you to Janine Christie, Jim Sauer and Ron Leingang for their years of dedicated service to AFPE.

Your efforts are appreciated as are you!

13th Check to Arrive in January

AFPE's Legislative success results in additional retirement payment

One of AFPE's objectives for the 2005 legislative session was passage of House Bill 1070 which provided for an additional retirement payment to each PERS retiree in the amount of 50% of their monthly payment. The payment was contingent on the PERS retirement fund returning 11.2 percent for the fiscal year ending June 30, 2005.

It is with great excitement we announce that the fund performed above expectation and returned 14+ percent. This will trigger the 13th payment to be received in January 2006 by all PERS retirees.

The AFPE board met with PERS Executive Director Sparb Collins on August 24th and it was confirmed by Mr.

Collins that the fund had in fact met and exceeded the trigger percentage. The AFPE board and Mr. Collins are very excited about the success of this piece of legislation and have begun planning a strategy for the 2007 legislative session. With the support of our members we hope to meet and exceed the accomplishments of 2005.

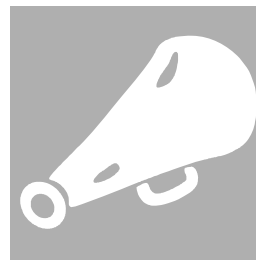
AFPE Annual Meeting Set For October

Join us in Bismarck for AFPE's Annual meeting, October 10, 2005 at the Doublewood Inn.

The Association of Former Public Employees State Office would like to invite all members to attend. This is AFPE's annual event where you can reconnect with old friends and colleagues

as well as gain valuable knowledge and experience from each speaker.

The meeting scheduled for October 10 from 1pm



to 5pm at the Doublewood Inn in Bismarck. The meeting will feature speakers from the Public Employee Retirement System regarding the retirement fund and Medicare Part D, St. Alexius/Primecare's "Enjoying Life After Retirement", and the Governor's Office.

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AFPE UPDATE

"...all retirees in the PERS system will receive a check in January of 2006."

ATTENTION!

Interested in receiving email updates on retiree news?

AFPE is interested in sending out email updates to our members to let them know about important retiree issues.

To be added to the list, send your email address to:

bill@aptnd.com

President's Message by Carl Rodlund



Carl Rodlund
AFPE President

Here's hoping that you had a safe and fun-filled summer.

Your AFPE Board of Directors has been very busy these past months. Three members have served on a subcommittee of the PERS Board to make recommendations regarding the Medicare

prescription drug plan. A course of action must be decided and submitted by PERS to the federal government by November '05.

Several members of the AFPE Board and Staff lobbied the 2005 Legislature for a 13th retirement payment this past session. We have been assured by PERS staff that all retirees in the PERS system will receive a check in January of 2006. The check will be in the amount of 50% of your gross monthly retirement

check.

A number of officers will be stepping down after several years of service to the board. A nominating committee was formed to identify candidates if you or someone you know is interested in serving, please contact the AFPE office.

As I have served as your President for the past four years, I would like to thank all of you who have given support, advice and guidance.

Recruitment is Key to AFPE's Success

The Annual Meeting is an opportunity to introduce your friends and former colleagues to AFPE. Please take the time to invite any former state employees that might be interested in attending.

The membership is strong but in order to stay strong and have a powerful voice all members need to take an active role in recruiting new members. If you know of any recent retirees or long time retir-

ees who might be interested in joining now is the time to introduce them to AFPE.

For brochures or information please contact AFPE at 701-224-1815, ask for Tom or Bill.

AFPE Elections: come and cast your ballot

Come to the AFPE Annual Meeting and cast your ballot for the board of directors. With only one board member running for re-election this year a new group of retirees is looking to get active on the board.



The Nominees for Offices:

President:

David Zentner, Human Services

Vice President:

Tom Tudor, BND

Secretary/Treasurer:

Jan Schmidt, Insurance Dept.

Jean Doll, Human Service

Member at Large:

Howard Snortland, DPI

Mark Swartz, Dept. of Health

Current President Carl Rodlund will move to the Past President position on the board as is customary.

Thank you to all of the current board members for their years of dedication and service. AFPE appreciates you.

Older exercisers lead charge into gyms

SUMMER/FALL 2005

The picture of a typical health club goer is a member younger than 50. Just look at most ads for gyms.

But a new nationwide survey by American Sports Data Inc. of 14,684 people shows that people 55 and older are leading the growth in fitness participation at health clubs. This group makes up a quarter of the health club membership across the nation.

From 1998 to 2004, the number of frequent fitness participants shot up by 33 percent, compared with 13 percent for people 35-54.

The growth for people ages 18 to 34? Zero.

The boom in the older groups explains some

"kindler, gentler" exercise participation trends the survey found: From 1998 to 2004, mind-body formats such as yoga and tai chi skyrocketed by 118 percent, and Pilates by 506 percent. More people also used the gentler-to-the-knee elliptical trainer and recumbent bike in the same period.

Reasons for the boom

There are plenty of reasons for the boom, according to Harvey Lauer, president of American Sports Data:

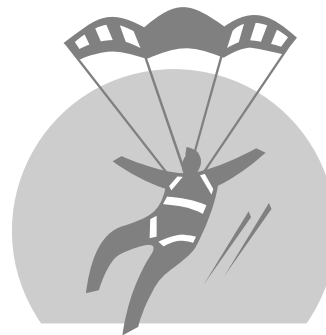
1. Many participants began exercising at the start of the fitness movement in the '70s and have not stopped. They've just evolved from Jane Fonda aerobics and leg warmers to practicing ashtanga yoga in loose pants.

2. There's widespread acceptance that fitness activities are for everyone. At one of the hip-hop classes I've taken, one of the most faithful participants is a woman in her 60s. She clearly enjoys the class as much as the 19-year-olds do.

3. More studies are showing the value of exercise in preventing osteoporosis and reducing the risk of heart disease, diabetes and high blood pressure. So older people are adding physical activity to

"At one of the hip-hop classes I've taken, one of the most faithful participants is a woman in her 60s. She clearly enjoys the class as much as the 19-year-olds do."

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See You October 10th

AFPE Annual Meeting Registration Form

Please submit your registration by October 3, 2005

First Name: _____ Last Name: _____ MI: _____

Address: _____ City: _____ State: _____ Zip: _____

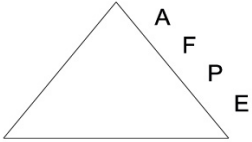
Phone: _____ - _____ - _____ Email: _____

Mail Completed Form To: AFPE

PO Box 1141

Bismarck, ND 58502-1141





The Non-Union Organization
Representing Only Retirees

**Association of
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We're on the Web!

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their daily routine as part of their disease treatment plan.

Questions to ask when considering a gym membership

If you're an older person considering a fitness facility, consider this sampling of questions from the International Council on Active Aging:

- Does the facility have non-slip flooring?
- Are the membership materials and contracts available in large print?
- Does the facility have handrails throughout the center?
- Is the music set at a reasonable level (and acceptable for those with a hearing aid)?
- Do cardio machines such as treadmills have low starting speeds, such .5 miles an hour?
- Do the strength-training machines have easy-to-understand instructions and easy-to-use features for people of all abilities?
- Are there classes of different intensities or levels of difficulty?
- Does the facility have an extensive fitness screening and assessment process?
- Is the staff trained to teach and help members who have health conditions? What kind of training?
- Is the staff trained to deal with medical emergencies? What do they do? And don't forget to check with your doctor before you begin, especially if you've been sedentary.

Bismarck, ND 58502-1141

PO Box 1141

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