

# Intel<sup>®</sup> Retiree News

Volume 8—Issue 1

Spring/2010

## Contact Information

### Retiree Website:

[www.intelretiree.com](http://www.intelretiree.com)

### Intel Website:

[www.intel.com/employee/retiree](http://www.intel.com/employee/retiree)

### Email address and Opt-In information:

[organization\\_mailbox@yahoo.com](mailto:organization_mailbox@yahoo.com)

### Changes to home mailing address:

1-800-238-0486



*If you have changed your email address, be sure to email us your information to remain on the opt-in list.*

**Board members, committee chairpersons and site representatives are listed on our website. Find board members at:**



<http://www.intelretiree.com/content.php?name=boardmembers>

**Find committee members at:**  
<http://www.intelretiree.com/content.php?name=committees>

## From The Board

If you are a new retiree, welcome to retirement and the Intel Retiree Organization! Thanks to those who have opted in to our email directory. This allows us to send important, time information. Of the 3300 US retirees, over 30% have opted in.

### 2009 Accomplishments:

- Richard Taylor, VP and Director of HR, volunteers to be our Executive Sponsor
- Lisa Richardson becomes our liaison to identify issues and propose solutions
- The newsletter goes electronic, saving Intel and shareholders \$6K per quarter
- Membership grows from 850 in 2008 to over 1060 today
- Participation in volunteer matching programs and the Community Giving Campaign gives back \$658K to our local communities
- Our Board goes international with Caspar Helmer (UK) joining as our Secretary and Greater Europe Region coordinator
- First two pre-retirement phone seminars held with Intel and the Intel Retiree Organization support
- Volunteer and Benefits Committees hold initial meetings
- Intel formally began to review our SERMA and IRMP requests

### 2010 Plans and Priorities:

- Intel Retiree Organization and Intel long-term Support Recommendation - Q1
- Quarterly pre-retirement seminars—Q1
- Release next website version with enhanced features, better security and a more current look—Q3
- Three years of FAQs posted on our website with Retiree Life Cycle visual—Q2
- New Benefit Options and/or Why Not—Q2
- Continue to reduce newsletter costs—Q1

### Help We Need:

- Forward our URL to your retiree friends and spread the word
- Contact any board member to volunteer for a committee

*Barb Frank,*  
President, Intel Retiree Organization



To opt-in, email us at [organization\\_mailbox@yahoo.com](mailto:organization_mailbox@yahoo.com) and include your full name, email address and closest Intel site. Don't forget to notify us if your email address changes.

## Intel Retiree Organization Mission Statement

*To make a meaningful and positive difference for Intel retirees, the Company, our local communities and current employees planning for retirement.*

# Retiree Announcements



[organization\\_mailbox@yahoo.com](mailto:organization_mailbox@yahoo.com)

Many retirees are using our mailbox not only to opt-in, but to find answers to questions and provide feedback. A retiree volunteers to check the mailbox on a daily basis and commits to doing this for one month. The retiree directs the inquiry to the appropriate Intel resource for an answer and we make a best effort to respond to the question as soon as possible. Our mailbox represents a "one-stop shop" for our retirees, so drop us a note, ask a question, simply opt-in, or provide a new email address. We love hearing from you!

If you have opted-in, you have received important messages that are time critical. Recently Intel asked us to notify retirees of its matching donations for Haiti as well as a deadline reminder for 2009 volunteer hours. Always check our website at [www.intelretiree.com](http://www.intelretiree.com) for critical announcements.

**Note:** If you have been receiving emails from your site coordinator or the retiree organization, you have opted in and it is not necessary to opt-in again.

## Intel Alumni Network—Arizona Update

Almost 70 Alumni and guests attended a kick-off event at Rustler's Rooste in November to network with old friends, make new friends, share Intel memories and learn about new ventures and adventures. IAN has a Habitat for Humanity event in March and a summer event planned. They are looking for people to assist. Sign up at [www.intelalumni.org](http://www.intelalumni.org) or contact Paula Satow at [satow@strategies.com](mailto:satow@strategies.com). Photos of the November event can be viewed at: <http://arizonaiandecevent.shutterfly.com>.



## Kudos from our Retirees

After Judy Goodman emailed all those retirees who have opted in about the deadline for submitting volunteer hours, we received a number of kudos. Here are just a sample:



*Nice work in '09 and '10 seems like a busy and productive year, too. You guys are helping us all out and I for one really appreciate your hard work. I know it must be tough pushing Intel around but you're highly effective.*  
—Russ Rottiers

*Thank you for your service and the web addresses. I have submitted all of my volunteer hours for Q4.*—Barb Curran

*You folks are doing a great job -- impressive what you have done in the last couple of years. Thanks,* -Laura Good

*Judy, thanks for the note. I sent mine in last week; this is a GREAT program. I volunteer at the Museum of Northern Arizona, a fabulous place in Flagstaff AZ. If you ever want a personal tour there, I'm your person. They will get over \$2,500 for my hours last year and they can use every penny.*—Cecelia Lodico

*Again, thank you and thanks to Intel for providing this program! It is absolutely amazingly beneficial to the non-profit I support.* Sharon Nickodem

## New Vault Card Discount from Sprint

Kelsey Garner of Passport Unlimited ([kelseyg@passportunlimited.com](mailto:kelseyg@passportunlimited.com)) shared some good news for Intel retirees. Sprint is now offering a discount for Intel retirees. As a retiree, you qualify for the extra monthly discounts off most Sprint wireless plans. Plus, receive additional instant savings when you order a new PDA phone online through the Vault website: (<https://discounts.intel.com>) using log on [retiree@intel.com](mailto:retiree@intel.com) or by calling 866-869-6686. You will need your Worldwide ID. *Note: If you go to a local office, you will get some, not all discounts.*



## New Roth IRA Rules



Traditional IRAs are funded with pre-tax dollars and defer taxes until the funds are withdrawn. Roth IRAs, by contrast, are funded with post-tax dollars but [investment](#) gains are not taxed. Once you're 59 1/2, funds can be withdrawn whenever you wish, and the accounts may pass on in your estate so that your heirs enjoy the tax exemption as well. Moderate household income ceilings have prevented lots of people from creating Roths or converting traditional IRAs into Roths. In 2010 however, the income ceiling for Roth conversions will be dropped, allowing anyone to convert as much of their qualifying retirement accounts into Roth IRAs if they wish.

Of course, they will have to pay income taxes on their fund balances when they convert. But steep investment reversals in many retirement accounts may make that tax hit easier to take. And, should a market rebound in investment values occur, the gains will never be taxed if funds are switched into a Roth account. Also, the government is allowing conversion taxes to be spread over two years: 2010 and 2011. Taxes stemming from conversions made after 2010 will be fully due in the year of conversion. Retirees should consult their financial advisor to determine if this is of benefit to them specifically.

Source: <http://www.usnews.com/money/blogs/the-best-life/2009/04/17/5-big-financial-changes-for-retirees-in-2010>.

# RETIREE VOLUNTEER OPPORTUNITIES

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## *Take Advantage—Double Your Impact!*

***Making an investment through Intel's Community Giving Campaign doubles the impact to your Community: You give \$2000 to your local Red Cross Chapter, Intel will give an additional \$2000 to your local United Way. It's as simple as that!***

Did you know you can make a pledge to **any** 501(c)3 non profit organization -- from cultural to animal welfare to environmental to religious organizations -- and the Intel Foundation will match your gift, dollar-for-dollar up to \$10,000! To make this happen, you simply need to designate your donation(s) through Intel's Annual Community Giving Campaign.

This year's campaign will run during October & November, so mark your calendars! See the example in the box to understand how you can double the impact in your community by participating in this campaign. If you designate your 501(c)3 non-profit organization, 100% of your donation goes directly to them and Intel's matching funds goes to your local United Way Community Impact Fund.

This great benefit from Intel has been available to retirees since 2007, yet last year, only 4.5% of us took advantage of it. If you are donating to a local non-profit any way, you are missing an opportunity to help more of your local community if you don't use the Intel Annual Community Giving Campaign.

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*From Flagstaff, Arizona*

## *One of Our Own*

*Cecelia Lodico*

Flagstaff, Arizona, which is where I now live with my husband and our dog, is about 150 miles north of Phoenix. What many people unfamiliar with Arizona don't realize is the elevation of Flagstaff is nearly 7,000 feet, making it one of the highest altitude cities in the United States. That was part of the appeal for me; I wanted a place to live that has four seasons. And, yes, I do think about this when I'm shoveling eight inches of snow off the driveway. We have a house amid the ponderosa pines.

Flagstaff is the home of Northern Arizona University, Lowell Observatory, an arboretum, the Flagstaff Medical Center, the United States Naval Observatory, the Snowbowl ski area, and an excellent symphony. Route 66 runs through town, and we are only 70 miles from the Grand Canyon, making the city a major tourism site. It is also the home of the Museum of Northern Arizona (MNA)—another three-letter acronym!--, where I spend much of my volunteer time.



Read the rest of Cecelia's volunteer efforts at: <http://www.intelretiree.com/documents/oneofourown/CeceliaLodico.pdf>

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## *Making a Difference*



Wouldn't it be wonderful if our youth could obtain a greater understanding of business fundamentals, credit and entrepreneurship? Junior Achievement (JA) can help make this a reality! JA is a World wide non-profit organization that has a

long history of bringing financial literacy, entrepreneurial skills and work readiness programs to our youth. JA offers in-day and after school programs which span grades K through 12. We

enlist volunteers from businesses and the community to conduct programs to students.

After retiring from Intel in 2006, Lisa Culver joined JA of Sacramento as the Program Manager. JA would welcome your support as a volunteer! Learn how you can get involved and read Lisa's story on the retiree website at: <http://www.intelretiree.com/documents/oneofourown/LisaCulver-JA.pdf>.

*“Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health.”*

*-Paul E. McGhee, PhD*

## The Importance of Walking

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where the hell he is .



I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing .

I joined a health club last year ... spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

I do have flabby thighs, but fortunately my stomach covers them.

The advantage of exercising every day is so when you die, they'll say, ....'Well, she looks good doesn't she.'

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years,..... just getting over the hill.



We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

.... and

Every time I start thinking too much about how I look, I just find a Happy Hour, and by the time I leave, I look just fine .

*Although this makes a good story, urban legend sites claim it as false. We thought it was worth a chuckle!*

## From the London Times

### *A Well-Planned Retirement*

Outside England's Bristol Zoo there is a parking lot for 150 cars and 8 busses. For 25 years its parking fees were managed by a very pleasant attendant. The fees were 1£ (\$1.40 ) for cars and 5£ (\$7) for busses.



Then, one day, after 25 solid years of never missing a day of work, the attendant just didn't show up. So the Zoo management called the City Council and asked them to send another parking agent.

The Council did some research and replied that that the parking lot was their own responsibility. The Zoo advised the Council that the attendant was a city employee. The City Council responded that the attendant had never been on the city payroll.

Meanwhile, sitting in his villa somewhere on the coast of Spain (or some such place), is a man who'd apparently had a ticket machine installed completely on his own, commencing to collect and keep the parking fees—estimated at \$560 a day for 25 years. Assuming 7 days a week, this amounts to over \$7 million dollars...and no one even knows his name.

## Laughter is good for your health.

According to [www.helpguide.org](http://www.helpguide.org):

- Laughter relaxes the whole body. A good hearty laugh reduce stress and tension, leaving the muscles relaxed for 45 minutes.
- Laughter boosts the immune system and thus improves resistance to disease.
- Laughter triggers the release of endorphins, the body's natural "feel-good" chemicals.
- Laughter protects the heart by improving blood flow and improving the function of blood vessels.



## RETIREE HEALTH AND BENEFITS

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### *Have a Question?*

Through our mailbox, luncheons and events, the Intel Retiree Organization gets many questions about retirement benefits. Common questions include:

- “Who do I call to get Intel Retiree Medical Plan (IRMP) or Sheltered Employee Medical Retirement Account (SERMA) questions answered?”
- “How do I get help on resolving an issue with my medical, drug or vision benefits if I am on IRMP?”
- “Is the IRMP the best medical plan for early retirees?”

Recently, our Intel Benefits Managers, Denise Marquez-Padilla and Julee Weller provided some answers to Frequently Asked Questions (FAQs) that the IRO provided to them. You can find the full set of FAQs at: <http://www.intelretiree.com/documents/health/2010%20FAQ%20finalINTEL.doc>



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## RETIREE TRAVEL

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### Tips and Tricks for Travel to England



Howard High doesn't write about your typical travel experiences! If you are heading to London, Howard's article covers everything from AAA discounts to free museums; inexpensive souvenirs to travel on the Tube; taking a computer to whether you can use your cell phone. Check out his article to save money and headaches at: <http://www.intelretiree.com/documents/travel/HowardHigh082009.pdf>



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## INTEL NEWS

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### *Sun Power—A Bright Idea*

Intel recently said it will build two rooftop solar-power systems at its Chandler facilities that will tie as the fifth-largest in Salt River Project territory, as part of a plan to add solar panels to eight of its buildings in the Southwest.



Intel is also increasing its commitment to purchase renewable energy credits, and ranks as the largest purchaser of those credits in the country. The other solar installations will go to Intel facilities in California and New Mexico, totaling 2.5 megawatts of capacity.

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## RETIREE MEETINGS

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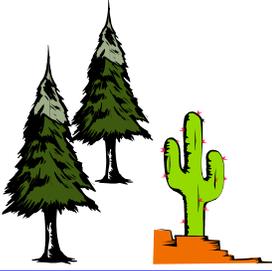
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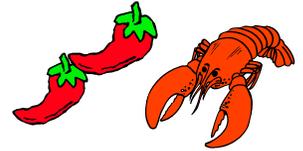
We invite all retirees to join a board meeting. If you are interested, please email Barbara Frank ([frankbarbara@sbcglobal.net](mailto:frankbarbara@sbcglobal.net)) so we can include you when we publish agenda and bridge information. The Intel Retiree Board typically meets on the 3rd Wednesday of each month from 9am-11am PST. Meetings are via bridges provided by Intel.



## LOCAL EVENTS



Are you taking advantage of local events at your site? Be sure to check our calendar page at <http://www.intelretiree.com/content.php?name=maincalendar> for the most current information about what is happening in your area.



### *Santa Clara 1st Annual Dinner*

Santa Clara rounded out the year by having our 1<sup>st</sup> Annual dinner held at *Fiorillo's* restaurant, a location where many Intel celebrations were held over the years! Our Intel Retiree Organization President, Barbara Frank, first welcomed everyone. She then introduced Santa Clara's social committee, followed by the introduction of the Intel guest speaker for the evening, Devra Johnson, TMES (Technology, Manufacturing Enterprise Services) HR Director.

Devra answered numerous questions covering today's business conditions, plans in overseas manufacturing, and the all important issue: health care. Thank you, Devra, for highlighting Intel issues and answering fielded questions! After dinner, many of the retirees sharing a glass or two came together to catch up on personal news, exchange greetings, and share in a memory or two. About 60 people attended the dinner.

Thank you to the social committee and Barbara Frank for their efforts this past year! A special thank you to Marilyn Bloom and Valorie Kohl for their support by hosting the annual dinner event; Bryan Kohl for his talented creation of the mailed invitation; and to our hosts: Ruth Short, Ken Lum, Craig Noke, Pam and Mike Barnes, Don and Helen Ritchie and Cheryl and Joe Pruss who made our socials special.

In addition, we want to thank Julie Neff for all of her efforts in creating those wonderful invitations (evites) this past year. Julie is leaving the social committee to work on her many charities and at the Computer History Museum. She will be very much missed!

Go to [www.picasaweb.com/jalkgo](http://www.picasaweb.com/jalkgo) to see more pictures from our socials taken by Gordon Jalkemo.



### **About Our Newsletter**

The Intel Retiree News is an on-line publication available on our website three times per year: March, July and November. The Intel Retiree Organization represents over 3000 Intel Retirees. Articles and feedback are welcome. The next deadline for submissions is June 1. Retirees are encouraged to contribute articles of less than one page, including photographs. Although the focus is on the Retiree, minimal advertising of your business which might benefit Retirees is permitted and should include a contact/website. All articles may be edited for content and appear on the Intel Retiree Organization website. Email the newsletter editor at [organization\\_mailbox@yahoo.com](mailto:organization_mailbox@yahoo.com) for specific guidelines or to provide feedback. Past issues are available at [www.intelretiree.com](http://www.intelretiree.com).

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