

What's Inside

From The Board	1
Retiree Roundtable	2
Committee Membership	3
Medicare Part D	4
Health and SERMA	5
Help the Environment	6
Grab an Opportunity	7
Old Guy Finishes Epic Trip	9
Announcements	10
Site Calendars	11

Contact Information

Retiree Website:

www.intelretiree.com

Intel Website:

www.intel.com/employee/retiree

Email address and Opt-In information:

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. Visit www.intelretiree.com and click on Board Members or Committees for specific email addresses.

From The Board

We have had a very productive 2009, including our first meeting with our Intel Executive sponsor, Richard Taylor. We reviewed our accomplishments, current status, and partnership ideas. (Summary foils below.) Focus areas for this year will be our partnership with Intel and use of our website as our primary resource. Richard was impressed with our accomplishments and his "aha" was that we are a free and effective resource for ourselves and Intel. Of course, that means we need maximum participation to exceed. We have many new members joining our committees – Thank You! If you are interested in joining a committee, please see page 3.

Richard's interest in our efforts was clear, and we are meeting again in early May to focus on how we can partner together on healthcare and the retiree experience, especially the transition periods for both employees and retirees. Visit our website for a copy of the complete presentation.

Barb Frank, President

2008 Accomplishments

- **Q1 Launched our own website** - intelretiree.com
- **Q2 Took over the email directory & "opt in" process from Intel**
 - IRO provides email addresses to Intel as needed
- **Q3 Partnered with Intel to reach their goals**
 - Worked with Intel to include retirees in the 40th anniversary Volunteer matching program Q3/4 2008 – Retirees provided over 21,000 hours in 2008
 - Created and executed a plan to increase UIW participation that resulted in a 9% increase of revenue – \$50,101 more than 2007
- **Q4 Chartered as the official Intel Retiree Organization**

Partnership Discussion

- **Healthcare**
 - Retiree surveys show that Healthcare options are limited and expensive
 - Retirees would like a way to provide timely feedback to Intel for planning
 - Benefit changes are not always communicated or understood by all retirees
 - **Discussion: How can we partner with Intel on this issue?**
- **Intel employees transitioning to retirement**
 - Retiree experience is mixed
 - Some retirements are forced, and many of these retirees are resentful
 - Preparing for "retirement culture" is more than knowing about IRMP & 401K plans
 - **Discussion: How can we partner with Intel to improve the process?**
- **Retirees struggle finding correct information**
 - Retirees use informal sources & get bad information
 - **Discussion: What can IRO and Intel do to make it known that we are the official Intel Retiree Organization and a one stop shop for information?**

Going,

Going,

Gone!



Don't miss the announcement on Page 9 regarding the Retiree Newsletter going electronic.

Opt-In!

Check out page 12 for details.

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.

Retirees Featured on Circuit

In February, David Spencer, Intel Employee Communications, moderated a roundtable discussion with Intel retirees and one near-retiree. The purpose was to publish the results in Circuit to help employees with their retirement expectations. The roundtable included five retirees in Israel, Oregon and Arizona and one Ireland employee near-retirement. The focus group results are summarized below and the complete article is available on our website at www.intelretiree.com. David can be reached at david.b.spencer@intel.com.

Pre-retirement Concerns

Health benefits, except for Israel where they are socialized, as well as finances were the main concern. Being emotionally ready was discussed. Adding some humor, **Tom** was not concerned about much of anything because he wasn't planning to retire!

Spending Time

Zmira owns a small publishing house; Most enjoy sleeping in and the leisurely pace of being able to do things more slowly. Staying connected, lots of volunteer activities (**Susan** volunteers 20 hours a week) and working were high priorities, however the freedom to choose your activities and to be unfocused was a plus. Martin summed it up by saying, "The busier you are, the longer you're going to live."



Funding Retirement/Healthcare

Affording retirement and not having that check coming in was a main concern. Once you retire, you have a choice as to who will manage your 401K and be comfortable with your choice. The cost of Intel's premium as well as difficulty in obtaining health insurance, especially for an early retiree who did not have another option (military, spouse, work) was frustrating.

Unanticipated Differences



Susan mentioned that she misses the feeling of "being connected" to Intel activities and having a large email network. Although she is grateful for all the opportunities to learn things about herself, **Zmira** said, "Intel stops being a family the moment you leave." **Sharon** suggested that retirees be recognized with a "gold" badge so they did not have to be escorted when entering an Intel building.

Preparing for Retirement

Judy suggested taking advantage of whatever programs Intel offers (e.g. 401K, stock) and keep investing in retirement. Figure out how to live on what you are making. **Susan** and **Sharon** agreed and suggested portfolio diversification and not to depend on Intel for all your financial needs.

Benefits from Intel

Skills learned at Intel! "They are valuable in the community...whenever you say you worked at Intel, at least in Portland, people want to scarf you up and have you work with them." Intel values seem to stay with you! **Judy** gave recognition to the Intel Retiree Organization, established in 2001 and officially chartered by Intel in 2008, which now has representation at most Intel sites and the UK. It is a great way to stay connected and meet fascinating, interesting people.



Martin Van Zyl from Ireland on the video conference



Tom Lehmann, David Spencer and Susan Warrens

Roundtable Participants

Judy Goodman, Oregon, retired in 2003 after 18 years. Judy worked as a Product Marketing Engineer in the development tools area, a Marketing Manager and a Training Manager for marketing and sales.

Susan Warrens, Oregon, retired in 2006 after 20 years. Susan started as a technician for power supplies and systems and finished as a Fab Training Manager.

Tom Lehmann, Oregon, retired in 2007 after 31 years. Tom started in the field doing customer training and retired as Technical Director for the high performance computing programs office.

Sharon Bernier, Arizona, retired in 1999 after 21 years. Sharon began her career in finance and retired as Compensation Manager for US manufacturing.

Zmira Gottesman, Israel, started up the first technical library in the Israel Development Center retired in 2005 after 15 years.

Martin Van Zyl, an Ireland technician plans to retire after 2010.

"The busier you are, the longer you're going to live."

-Martin Van Zyl

Committee Membership Grows

Through newsletters, emails, luncheons and word-of-mouth, we have been putting out requests for retirees to volunteer for a committee and the reaction has been very positive! We now have five committees established who are actively involved in efforts that benefit our Intel retirees. If you are interested in joining a group, have a passion to help out and want more information, please contact the chairperson listed below. New members are welcome!

Web

Web Chairperson

Judy Goodman

(judycg2008@gmail.com)

Members

John Coutu	Dorothy Erpelding
Polly Jennings	Sam Louke
Debbie Watson	Mark Healy



The Website Committee is looking at adding some website functionality and ease of management this year. Since it was released in April '08, we have done minor enhancements and exercised the website with the positive outcome that the site has never crashed! We now are analyzing the inputs from 2 surveys taken in October and March and will decide on the new features and what process to use to implement them in the coming months. If anyone would like to work with us on the new website, please email Judy. Any level of interest and expertise on websites is welcomed - from usability and documentation to coding and debugging. Welcome to two new members! Debbie Watson who retired in 2007 after 23 years most recently as a Performance Consultant with Intel University, and Sam Louke who retired in 2005 after 27 years as a chemical engineer.

Communications Chairperson

Elyce Wair (elyce310@gmail.com)

Members

Sharon Bernier	Judy Goodman
Howard High	Tracy Koon
Cheryl Pruss	Barbara Frank



The Communications Committee is responsible for communication strategy, plan, and delivery of information to the Intel Retiree Organization members. This includes publication of our newsletter, creation of marketing collateral, and being a vital conduit to information from Intel that retirees need to know.

Communications

Health/Benefits Chairperson

Cheryl Pruss (cpruss@pacbell.net)

Keith Thomson, Advisor

Members

Bruce Greer	Isaac Levy
Steve Brandt	Ben Manny
Larry Regis	Tom Piete
Tom Carmichael	



In March, the Health / Benefits Committee held its first meeting. We thanked Ben Manny for his leadership of this committee over the past 2 years. He has done a great job of understanding Intel retirees' benefits issues and continues to be a helpful resource for retirees with questions in the benefits area. We discussed our 2009 objectives after getting an update on the status of the Intel Retiree Organization and its direction for 2009. We decided to have monthly meetings and in our next meeting committee members will determine our objectives and more detailed plans.

Health & Benefits

Volunteer Chairperson

Ben Manny (bmanny@verizon.net)

Members

Looking for retirees with a passion for volunteering to join our committee.



The Volunteer Committee is still being formed and two people have expressed an interest. The committee plans to have its first meeting this quarter to develop guidelines for selecting and communicating volunteer opportunities. Posting of volunteer events and projects are listed on our website. We'd like to hear from you! Share your volunteer experiences or join our committee.

Volunteer

Looking to help plan social events? Contact your site representative or social chairperson listed on page 10, 11 and 12.



In addition to our chartered committees, each site attempts to recruit a team of people to help plan social events. Sites represented include Oregon/Washington, Folsom, Bay Area, Arizona, Massachusetts and New Mexico.

Site Social Teams

Confused about Medicare Part D?



Laura Good has spent many hours understanding the complexity of Medicare part D and provides the following advice based on her experience. She can be contacted at lgood34@comcast.net.

Medicare Plans vs. Intel's



When it comes to health care prescription benefits, many seniors are taking advantage of the new Medicare Part D

plans that have become available since 2004. These plans allow seniors to receive coverage that can reduce or completely pay for medications. Medications that are considered generally prescribed classes for seniors qualify either through the use of generics or name brand medications, depending on the plan.

Intel has a drug plan that covers Medicare eligible retirees. It is not connected with the government drug plans of Medicare Part D, but is considered "credible" coverage if you switch to a Medicare Part D plan at a later open enrollment period. Unless you have many non-generic, name brand medications, you will probably find a Medicare Part D Plan at a much lower cost than Intel's that suits your needs.

Enrollment

To get Medicare drug coverage, you must join a plan run by an insurance company or other private company approved by Medicare. You may also enroll in a drug plan through a Medicare Advantage medical plan. If you are in a Medicare Advantage Plan and want Part D coverage, you must enroll in their plan. The Part D plans are not provided directly by the government. As a result, the types of drugs covered can vary. Consequently, someone looking into Part D plans should shop around and find the plan that covers the drugs in their regimen.

"Unless you have many non-generic, name brand medications, you will probably find a Medicare Part D Plan at a much lower cost than Intel's."

Each plan can vary by state in cost and drug coverage. If you join a Medicare drug plan, you usually pay a monthly premium. You must enroll in Plan D three months before or three months after you become eligible, or you will have to wait for an open enrollment period which usually takes place in the last few months of the calendar year.



Co pays and the Gap or "Donut Hole"

Co pays and restrictions do apply:

You must have Medicare part A or B before you are eligible for Part D. If your medical care is provided by an HMO or PPO through a Medical Advantage Plan, you will need Medicare Part A and Part B. Check with your Plan D and Medicare Advantage Plan to ensure you have all the Medicare Coverage that you need for eligibility. Deductibles vary by plan. No plan may have a deductible more than \$295 in 2009. Some plans may not have any deductible.

Beware of the coverage gap. In many plans, if your costs reach an initial coverage limit, then you pay 100% of your prescription costs. This is called the coverage gap. This "gap" in coverage is generally above \$2,700 (in 2009) in total drug costs until you spend \$4,350 out-of-pocket. [Note: "cost" is the actual cost of the drug that the company pays, not the amount you pay for the drug.]

Some plans will pay for generic drugs through the gap; most will not. None pays for name-brand drugs in the gap in Oregon. After your total drug cost reaches \$4,350 out-of-pocket, you will receive catastrophic coverage and pay only a small co-insurance amount or 5% of the drug cost whichever is greater.

Things to Consider

It is important to research before you pick a

plan. Get a clear understanding before deciding so you do not face penalties for changing your mind later on. Consider things like:

Cost: based on Premium/deductible/co-pay/coinsurance

Coverage: Formulary (drugs included in the plan)/ prior authorization/ coverage gap

Convenience: What pharmacies participate in the plan?

1. Make a list of the drugs that you take and determine which are generic and which must be name brand.
2. The Medicare Website provides tables by state of the approved plans, their premiums, deductibles, and co-pays and whether they pay in the gap. They also produce booklets for your state that you can use for your investigation.
3. Check the formulary (drug list) for the plan you are considering to make sure your drugs are covered.
4. If you must get a prescription locally, check the cost of the drugs at several pharmacies to determine which has the lowest price. Once you start using a plan, you may find it is cheaper to get the drugs at the local pharmacy than through the plan's mail order service. This is particularly important to know if there is a chance you will be in the gap.
5. Add up the co-pay costs for both the generic and brand name drugs that you will need for one year. Then add the premiums and the deductible if there is one. This process provides a relatively good comparison of total annual cost.
6. If you are healthy and take none or few drugs, buy the cheapest plan you can find.
7. You will probably find that the premium and drug cost for a Medicare Part D Plan is less expensive than the Intel Plan's premium alone.



For current information call 1-800-MEDICARE (1-800-633-4227) for live help 24/7. Or, go to www.medicare.gov or contact the Social Security Administration at 1-800-772-1213.

Looking For Your SERMA Balance?

A Retiree's SERMA account balance is available on-line at www.intel.com/go/myben. After login you are on a Welcome page with a set of tabs just below the big **My Health Benefits** header. The Health Insurance main tab needs to be highlighted and below this main tab, the Health tab needs to be selected. On the right hand side is a shaded box with a bullet item titled *Related Info - Coverage as of Today for You and Your Dependents*. This link will take you to a page that shows your SERMA balance.



Questions? The Participant Advocacy is a service offered to help retirees resolve issues with a complex health claim or accessing care. Contact the IRMP Participant Advocacy number at 877-466-9236.



We exercise our body every day, but what about our brain? Perhaps many of us grew up before computers

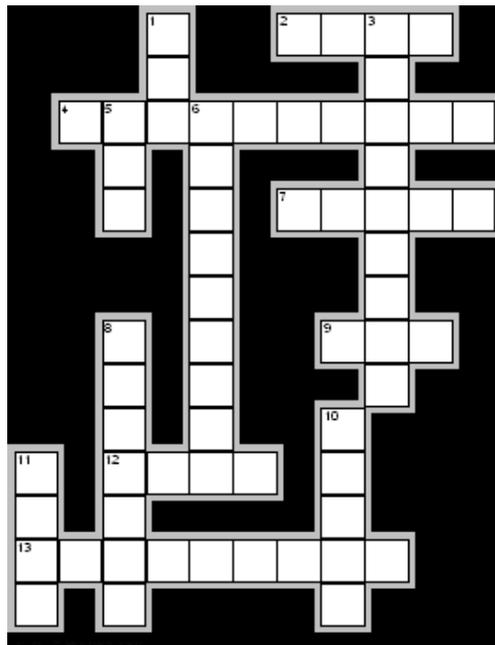
when our entertainment was board games, cards and puzzles, but lots of retirees enjoy the mental workout puzzles offer. Sam Loyd (1841-1911) was considered the "prince of puzzle makers" and is credited with inventing over 10,000 puzzles in his lifetime. He once wrote: "...Puzzles constitute a species of mental gymnastics which will sharpen the wits, clear fog and cobwebs from the brain and train the mind to concentrate. For stirring up gray matter in the brain, puzzle practice stands alone."

For crossword puzzle enthusiasts, there is an interesting website, www.eclipsecrossword.com where you can easily create a crossword puzzle. Enter the clue and answer...the program does the rest! Have fun creating your individualized crossword puzzles to share with friends and family.

Mental Workout

ALL ABOUT INTEL

Source: *One Digital Day*



ACROSS

2. Acronym for Intel's medical plan
4. Earned after every seven years
7. Andy
9. An individual chip on a wafer
12. Stock symbol
13. New Mexico plant location

DOWN

1. Short for chip fabrication factory
3. A sliver of silicon
5. Competitor
6. Required garb of a technician
8. Made from quartz
10. Founded in nineteen sixty -
11. Acronym for retirement plan

Answers on page 12.

Exercise (and enjoy a chuckle)

for People Over 50

Begin by standing on a comfortable surface where you have plenty of room at each side. With a 5-lb. potato sack in each hand, extend your arms straight out from your sides, and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer. After a couple weeks, move up to 10-lb. potato sacks. Then try 50-lb. potato sacks. Then eventually try to get to where you can lift a 100-lb. potato sack in each hand, and hold your arms straight for more than a full minute. I'm at this level. Once you feel confident at that level, put a few potatoes in each sack.



HELP The Environment...

HELP Yourself

Intel believes climate change is a serious economic, social and environmental challenge that warrants an equally serious societal and policy response. Intel has been environmentally conscious and a leader for many years. They continue to revise processes to reduce energy consumption and have reduced emissions by 20% and is the largest corporate purchaser of green power in the US. Intel's 2009 proxy statement has a shareholder proposal to create a policy for the human right to water. The Board of Directors' response recommends a vote against this proposal due to redundancy. Intel's comprehensive water strategy and both sides can be read at: www.intc.com/intelProxy2009/proposal_7/index.html. With all the articles, controversy and opinions about our environmental footprint, what can we do to insure we are good stewards of the planet and protect our health? Thanks to Elyce Wair for contributing some simple ideas where you can make a difference independent of which side of the controversy you are on. She can be reached at elyce310@gmail.com.

Protect The Environment

There are many small steps that each of us can take. The following list includes suggestions that are easy to do and inexpensive. You may have heard these before but how many of them have you actually implemented into your daily routine?

- Recycle-reduce waste and the need for landfills and the toxins they create.
- Use energy efficient light bulbs to save energy AND money
- Shut off lights when not in use.
- Support alternative energy. Consider purchasing wind power as part of your energy usage.
- Reduce consumption of plastic which takes years to break down. Use a stainless container for water.
- Maintain your vehicle. Monitor tire pressure/use synthetic oil
- Support companies committed to the environment



Here are a few suggestions or areas to explore. Consult your physician before starting any detoxification program.

- Detoxification programs are focused at specific areas of the body, i.e. colon, liver, blood, etc. Programs can be natural such as fasting or saunas, home remedies like warm water and honey/maple syrup, or commercial products. Do some research before embarking on a program, but consider how much better your immune system will work if you get the chemicals out of your body.
- Freshness counts! You are what you eat. Grow a small garden for the best vegetables. Many can be grown in containers and you can control the fertilizers and sprays to insure optimal chemical-free produce. Visit your local farmer's market for a great variety of locally grown veggies. Avoid processed foods.
- Don't use plastic or plastic wrap in the microwave as the heat creates dioxins.
- Filter your water before drinking to remove bleach, chlorine and other toxic chemicals. If you use bottled water, make sure it is filtered.
- Use organic cleaners around the house. Reduce the use of bleach. Easy-to-make recipes are available at websites like www.veria.com. Or simply search for non-toxic, home-made cleaners. Search for all the uses of vinegar!
- Exercise is important for many reasons. It keeps the organs strong and the blood pumping which helps dislodge and eliminate toxins. Exercise also increases oxygen in your blood which not only helps your internal organs, but helps keep the brain functioning optimally.
- Use a sunscreen to minimize UV rays.



Protect Your Health

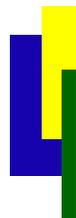
Health is important to everyone. Our air contains pollution and toxins that are ingested into our body as we breathe or through our pores—a major cause of immune system breakdown.

Where do we get toxins? Chemicals are sprayed on crops. Mercury comes from your teeth fillings, and it is also found in fish, cosmetics, soil, and many other sources. Aluminum is present in soft drink cans, cheeses, white flour, baking powder, and deodorants. Coffee, some types of rice, salt, smog, and even water are sources of arsenic. Cadmium is found in cigarette smoke, coffee, gasoline, steel cooking pans, metals pipes and water. If you are living, you are constantly being exposed to these negative elements. You can't see, feel or smell many toxins—at least not right away. Chronic diseases appear after years of exposure. It is impossible to avoid all environmental toxins. What you can do, however, is limit your exposure.



Dioxins are the most toxic man-made organic chemical; its toxicity is second only to radioactive waste. Dioxins are the result of by-products of human activities such as waste incineration, fuels combustion, chlorine bleaching of pulp and paper, or pesticide manufacturing. Minimizing exposure to dioxins can protect our health.

The list goes on and on, but the message is—DO SOMETHING. Your life may depend on it.



"It's a job that's never started that takes the longest to finish." J. R. R. Tolkien

VOLUNTEERING



The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.

Eleanor Roosevelt

GRAB ONE

If one of the joys of your retirement is NOT being

tied down to a long term commitment, volunteering for a single event or short term project could be more appealing. Such opportunities range from large one-day events with no specific skills required, such as a beach clean-up, to very small events requiring special skills—judging a science fair. Last quarter's volunteer tip was to "grab a buddy". This quarter's tip is to "grab an opportunity".

The Intel Retiree Website posts volunteer opportunities and resources for locating opportunities. All posted opportunities either list an Intel Retiree advocate or are opportunities endorsed by Intel for their regular employees. The Intel Retiree advocates listed are personally familiar with the opportunity and will help connect other retirees.

www.usaservice.org

The USA Service website, www.usaservice.org, was originally created to facilitate volunteer events for National Service Day, in recognition of Dr. Martin Luther King. The site expanded and now searches events of various types filtered by user specific date ranges and a mileage radius by zip code. Events are shown on a map with links provided to sign-up for the event. One can also post an event to be listed, but this requires signing-up for an account. Posted events are targeted for 30 to 100 volunteers. The site is simple and easy to use, but has a limited number of events and some events are not really volunteer events. Unlike the other sites below, this site only lists events or short term projects.

www.volunteermatch.org

Another site, www.volunteermatch.org, lists many opportunities searchable by location and key words. Although there

were many more opportunities than the USA Service site, most were non-profits looking for volunteers to help with various projects and not single events. All users need to register with the site. The Volunteer Match organization will email your interest to the organization for them to contact you. The site has matched over 4 million folks to the non-profits who have registered. The site will post user reviews and ratings of listed opportunities. One zip code search and the key word *engineering*, listed an opportunity to help build an exhibit for Oregon Museum of Science and Industry.

www.idealist.org

The site, www.idealist.org, is a project of Action Without Borders, a non-profit with the goal of providing a global clearinghouse for other non-profits and those seeking to help. The site lists many types of resources besides volunteer opportunities, including jobs, internships, materials, speakers, etc. Opportunities are listed from many countries and the site provides extensive search options. For example, if one searches for *Education* opportunities, you can refine the search to kids, teens, adults, seniors, families, or groups. A local opportunity to teach computer skills to help bridge the digital divide for low income residents came up quickly. The site gives contact information for the listed opportunities and other resources. Registered users can post opportunities and other needs. This would be a useful site if you were already engaged with a non-profit organization and needed additional volunteers or other resources.

www.1-800-volunteer.org

Another general site worth checking is www.1-800-volunteer.org. While similar in scope to the Volunteer Match site, searches produced different results. The site also lists local web sites to search for additional opportunities. While interest area key words are more selective, the site contains over 25,000 nationwide entries. A search on *computer* found nothing, but a search on one of the suggested key words, *health*, listed a need for a computer resource center volunteer among the 126 opportunities found. Most of the entries are for long term volunteers. To pursue an opportunity, a user needs to register and the site will send

your contact information to the organization. Non-profits can register and post volunteer opportunities.

The four sites above were all mentioned in a February 12, 2009 article in the Wall Street Journal titled, "A Virtual Matchmaker for Volunteers". This article focused on where to find short term volunteer projects. The first site is the only site that is limited to volunteer events or short term projects. While the other sites contain some short term opportunities, most of the listings are for longer term projects.

www.getinvolved.gov

And, if that isn't enough, this local website is for you!. Check out www.getinvolved.gov. Enter your state, zip code, interest areas and get back volunteer opportunities ranging from office work to helping run the programs.

A recent search of zip code 85310 and a 20 mile radius got 318 entries! Opportunities included help in health care, animal services, children, and seniors to name a few. You can do phoning, office work, hospice volunteering, horse care, or interpret. Volunteer at a bead museum or become a Bingo caller! Assist people in danger of home foreclosure. Many things can be done from home.

All these sites have been added to the Intel Retiree website for future reference. With a little bit of research you should be able to find a rewarding volunteer opportunity that fits and enhances your retirement lifestyle.



If you would like to have a volunteer opportunity posted or are interested in working with the volunteer committee, contact Ben Manny at bmanny@verizon.net.

"Old Guy" Finishes Epic Trip

In our Q1 newsletter, part 1 of Jim Hoffman's bicycle race through Italy described the beginning of his adventure. Here is the final chapter of his epic trip through the Dolomites in Northern Italy. The entire story is available on our website at www.intelretiree.com. If you would like more information, Jim resides in New Mexico and can be reached at jimchoff@hotmail.com.

The Course

We took a shuttle trip to the finishing town, going over some of the road we would ride on the big day. Everyone got the big race pack with their numbers, instructions (in Italian and German!), and some goodies. Let's see, dog food from the sponsor of our starting group, coupons for said dog food, a brochure for the new saddle I will sure wish I'd bought before the trip and the all important numbers and timing chip so that my glorious assault could be recorded for viewing on the WWW.

La Maratona consists of three ride options, 34 miles and 5,800 feet of climbing, 66 miles and 10,000 feet of climbing and 86 miles and 13,700 feet of climbing. Unlike the other big rides of the week, there is no lunch stop and no gelato breaks. The event is a "timed cycling event". You can go as hard or as easy as you like, within some time cutoffs. The fastest finisher on the long course rides it in 4:30. I did it last year in 7:19! Quite a spread between that 29 year old former pro and this 59 year old former desk jockey! The course is set up so you get to make a choice between the short course and the other two courses when you come through the finish area after the first 34 miles. Along the way, the rest stops are atypical and include speck (ham) Panini's, fresh apple strudel, assorted cheeses and chocolate bars.

Pushing Off

At the starting area we struck up conversations with folks from many countries, finding a common bond in our love of cycling, the equipment and travel. No talk here of politics, religion, sex or rock and roll...it was all about the bike. (Sorry about that, Lance Armstrong!)

At 6:45, with sunlight creeping into the valley, the starter's gun brings a hush. In

the crowd, the sound of shoes clipping into pedals takes over from the cacophony of multilingual chatting. We start to creep forward, like a wave building, half walking, then pushing off with dab of the free foot, and finally on the saddle with both legs powering us forward and upward.

After finishing 70/277 in the old guy group last year, I have been training to improve to 50th or better.

Knee Pain

Unfortunately, I have been having some knee pain and it has not improved during the week. I decide to ride as if I will go the distance and make choices at the appropriate decision points. I also remind myself that being here with my trip mates and 8,480 of our fellow cyclo-maniacs is the primary purpose of this escapade! Now I feel better.

One big difference between la Maratona and any ride I know of is that the roads are closed to cars. Yup, at one point or another, from 3AM to 5PM, some or all of 84 miles of roads are closed to the public! It makes

descending fast an exercise in riding the bike, not looking out for an oncoming bus! There are those other folks to contend with, but for the most part it's like a dance. Some folks are incredibly faster than others; they make their way through the early traffic. No one shouts. No one collides. It might look like chaos, but it works.

As I start the 4th climb of the 7 on the course, my knee is talking to me, complaining actually. I decide I am going to call it a ride when I finish the first 34 miles. I feel a bit glum, but shake it off. This is no place to lose concentration. At the top of the 4th climb, traffic is thinning out and folks are pulling over at the rest stop. This gives me the chance to go all out to the bottom and I take it. Exhila-

"...the sound of shoes clipping into pedals takes over from the cacophony of multilingual chatting."



rating. I reach the finish area and my guides are there, having finished a few minutes ahead of me. We cheer on the others in our tour group as they finish or pass to the next section of the course. While waiting, I get a text message. It's my results. Not bad: 12/240 in the old guy category. Then we have lunch and a beer.. and then a gelato.

Director Sportif

At dinner that night, the last one of the trip, someone acknowledges me for initiating this tour, for pre trip coaching and for getting the tickets for the event. Another proclaims me "Director Sportif", the guy who runs a professional cycling team, to which there were hoots and applause. Nice. Despite my complaining knee, it's been an epic trip.



Location of Jim's epic ride in the Dolomites

ANNOUNCEMENTS

Discount Card Arriving Soon!



Intel will be sending out the new Vault discount card by the end of Q2. Make sure Intel has your correct home address so they can send you a new card. If you need a card before then, contact retirement.services@intel.com with your mailing address and the current one (expiration date 6/30/09) will be sent to you.

Changes to New Tax Law

In March, retirees who opted-in received an announcement regarding tax relief for past ISO (Incentive Stock Option) stock exercises. With Intel support, a new federal tax law was passed in October



2008 that offers relief to many employees who exercised ISOs and paid alternative minimum tax. According to members of the Intel Alumni Network the primary employees impacted were those who exercised ISOs between 1998 and 2000 and held their stock. They also listed a website, www.fairmark.com, as an excellent resource for stock option tax information. You may be positively impacted by this new tax law, so check out the complete announcement posted on the retiree website at www.intelretiree.com. This is complicated, so be sure you and/or your tax advisor are up on the latest changes.

National Senior Games Needs Volunteers

Intel will help provide 1,000 of the 5,000 corporate and community volunteers to help out with the 2009 National Senior Games from August 1-15. The majority of the games will take place at Stanford Stadium with some of the events taking place in San Francisco, the peninsula, and San Jose areas. To learn more and sign up go to <https://2009nsgvol.theregistrationsystem.com/en/registration/index/499>

Going, Going, Gone!

With this publication, the newsletter goes electronic! The cost of the newsletter, and number of retirees has increased. The newsletter will continue to be available electronically as a PDF document on our website, www.intelretiree.com, by the middle of each quarter. The web version is in color, text size can be adjusted and all hyperlinks are active.

An email will be sent to all who have opted in to validate email addresses and keep retirees informed of changes. See the enclosed flyer for specific details on this change.



Blogs@Intel

We get requests from retirees who are looking for the latest technical and policy information from Intel, so this website provides a lot of answers. Intel's top leaders and researchers share their perspectives and give an inside look at Intel's operations plus an opportunity for the public to exchange ideas with employees. Recent April articles covered the partnership between Intel and GE regarding healthcare and a new Policy section by Bruce Sewell, senior vice president with responsibilities for law, public policy and corporate social responsibility, among other things. This dynamic site is well worth the visit to get the inside scoop: www.blogs.intel.com.



Matching Grant Program Changes

This was reported in the Q1 newsletter, but in case you missed it...

The Intel Foundation recently announced changes to two of the employee programs offered to Intel retirees:

Matching Gifts to Education: As a reminder, this program allows Intel employees and retirees to give a monetary gift to US schools (elementary, secondary, colleges & universities) and have the funds matched by Intel Foundation. Effective January 1, 2009, any gift given in 2009 (or thereafter) will be matched at 50% of the gift amount rather than one-to-one. [If the gift was given to the school/university in 2008 but the match request is not submitted until 2009 (eligible up to one year after the gift date), the gift will still be matched one-to-one.] This program change is being made to ensure the overall sustainability of Intel Foundation's various matching programs, allowing expansion of some programs while this and others are held flat or reduced. For more information, or to submit a matching request, visit the website at www.easymatch.com/intel. All requests must be submitted electronically as forms will not longer be accepted.



Intel Volunteer Matching Grant program. As a reminder, this program allows Intel retirees to volunteer at a schools or non-profit organization in their community and have their volunteer hours matched with a cash donation from Intel Foundation. In 2008, as part of the Intel's 40th anniversary celebration, the program was expanded to match not only those hours volunteered at schools, but also those at other non-profits. Due to the outstanding success of the program, the Intel Foundation board has approved making this program expansion a permanent addition to our programs. For more information on the program, please visit the website at:

http://www.intel.com/employee/retiree/benefits/VMGP_form.htm.

Site Updates & Calendar

Bay Area - Santa Clara



Social Committee: Chair: Terry Lundblad-Jalkemo 408 370-2580 tjalkemo@sbcglobal.net;
 Co-chair: Valerie Kohl 408-253-135 vkohl@earthlink.net : (Logistics: Julie Neff jhneff@gmail.com and Marilyn Bloom marilynbloomm@comcast.net; Craig Noke craignoke@gmail.com; Cindy Moore cindyrachellemoore@comcast.net; Ken Lum lum@comcast.net.) Remember, family and friends are always invited!

Date	Events
June	27 <u>WINE AND CHEESE PARTY</u> hosted by Mike and Pam Barnes in their home in Los Altos, CA. Time: 2:00 p.m. – 4:00 p.m. – 1424 Miravalle Ave. Los Altos, CA. 94024
August	14 <u>SAN JOSE GIANTS BASEBALL GAME</u> hosted by Terry Jalkemo. Deadline for tickets will be Aug. 1 st . Game at 7:00 p.m. A special day with grandkids!
	Invitations & or reminders will go to those of you who have opted in to our email directory via EVITE. You may also see our calendar and event info by going to our Intel Retiree website at www.intelretiree.com .

Q1 2009 social events were outstanding with our 'hosts' providing us all with a great time. We began the year off with Wine Tasting party at the home of Ruth Short in Palo Alto where Ruth gave us a tour of her beautiful home (she designed). We had a great time catching up with old friends and meeting new ones. Thank you Ruth for sharing your home and everyone for the great finger food! (That's Ruth in the back row in pink.)



Our next social lead us to the Golden Gate Fields where we spent the day watching the races and enjoying a buffet lunch. Some of us had the luck of the Irish with us that day with our horses winning by a nose! Thank you, Ken Lum for hosting this lucky day for us all!

Left to right: Milton Soong, Hank Yee, Vickie Yee, Mike Moylan, Ian Schofield, Val Kohl, Calvin Tom, Jeannie Edwards, Ken Lum, Terry Jalkemo and Gordon Jalkemo

Also in March, Craig Noke hosted a hike at Rancho San Antonio Country Park with 7 retiree's enjoying an hour hike through the woods and then a picnic lunch. A second hike will be held this coming November at Pacific Grove. Thank you, Craig for getting us out to enjoy nature and keeping us healthy!

The quarter ended with the Neff's (Julie and Randy) graciously providing us with a grand day touring the "Visible Storage", a collection of historic computing artifacts, led by Randy at the Computer History Museum. Then Julie demonstrated the Babbage Difference Engine No. 2 a large and beautiful mechanical beast designed around 1850 to automatically calculate and tabulate a class of mathematical functions called polynomials. You can read more about this amazing machine at www.computerhistory.org/babbage.

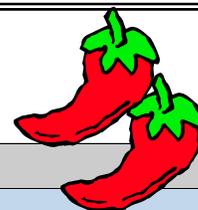


Left to right: Hiro Koshimizu, Vinaya Natu, Randy Neff, Julie Neff, Peter Raulefs.

Our thanks to Gordon Jalkemo for capturing us: You can see our event pictures for 2008 and 2009 at <http://picasaweb.google.com/jalkgo>

New Mexico

Questions? Contact Jim Hoffman at jimchoff@hotmail.com



Date	Event
TBD	Check the retiree website: www.intelretiree.com for the latest calendar.

Site Updates & Calendar

Arizona



Please RSVP to Sharon Bernier at intc-retireesofaz@cox.net if you plan to attend. Families, friends and alumni are all invited—second Wednesday of scheduled month. Visit our website for updates.

Date	Event
May 13	Luncheon, 11:30AM-Marie Callendar's-7455 W. Chandler Blvd, Chandler 480-961-9673 www.mcpiess.com
	NO EVENTS PLANNED UNTIL THE FALL WHEN THE COOL WEATHER RETURNS!

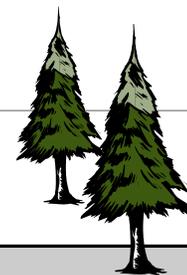


Recognize these Arizona retirees who attended our February luncheon? Left to right: Ginni Overberg, John Katausky, Loren Linville, Pat Remson, Linda Humphrey, Barbara Schott, Jayne Roorda.

Oregon - Washington



If you plan to attend any social functions listed on our calendar please RSVP to Judy Goodman - judycg2008@gmail.com. Contact Ted Cornish (htcornish@juno.com) to confirm dates for Investeers meetings. Spouses, friends and significant others are welcomed at our lunches.



Date	Events
May 7	Investeers 1-3PM, - Hillsboro Community Senior Center, 750 SE 8 th Ave. Hillsboro, OR
May 12	Social , 1PM, <i>Ernesto's Italian Restaurant</i> , 8544 SW Apple Way, Portland, OR, 503-292-0119
June 4	Investeers 1-3PM, - Hillsboro Community Senior Center, 750 SE 8 th Ave. Hillsboro, OR
June 9	Social , 1PM, Oak Knoll Winery Potluck Picnic and free wine tasting , 29700 SW Burkhalter Rd., Hillsboro, OR 503-648-8198 (Bring food to share. There will be no cooking and no charge.)
July 2	Investeers 1-3PM, - Hillsboro Community Senior Center, 750 SE 8 th Ave. Hillsboro, OR
July 14	Social , 1PM, Marie Callendar's , 16261 N.W. Cornell Rd., Beaverton, OR 97006, 503-439-8771
August 6	Investeers 1-3PM, - Hillsboro Community Senior Center, 750 SE 8 th Ave. Hillsboro, OR
August 18	Social , 1PM, NOTE DATE CHANGE, Barbeque/Potluck at Craig Petersen's Estate , 13456 NW Jackson Quarry Rd., Hillsboro, OR, 503-466-9954, \$5 per person, children free
September 3	Investeers 1-3PM, - Hillsboro Community Senior Center, 750 SE 8 th Ave. Hillsboro, OR
September 8	Social , 1PM, P.F. Chang's China Bistro , 19320 NW Emma Way, Hillsboro, Oregon 97124, 503-533-4580 (in the Streets of Tanasbourne mall)

Site Updates & Calendar

Folsom

Questions? Contact Carl King at ckking@citlink.net.



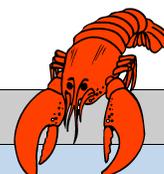
Date	Event
TBD	Check the retiree website: www.intelretiree.com for the latest calendar.



Folsom is hosting a Discount Vendor Expo on Wednesday, May 13 from 10am-2pm in the FM7 BUM room and retirees are invited. More than 20 local and national reps will showcase their products and share information. Retirees must arrange for their own escort, so contact one of your Intel buddies so they can make arrangements to get you a badge for this event.

Massachusetts

Questions? Contact Suzanne Boyd at sboyd@comcast.net.

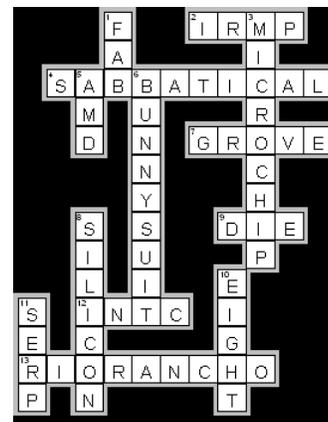


Date	Event
TBD	Check the retiree website: www.intelretiree.com for the latest calendar.



New retirees may be unaware that privacy laws prohibit us from contacting you via email unless you have opted-in. Otherwise, your only means of communication with the Intel Retiree Organization is through the newsletter, our website and our mailbox. To stay connected via email and receive both general and site-based information, be sure to opt-in by emailing: organization_mailbox@yahoo.com with your name, closest site or city/state and email address.

Answers to All About Intel



Shareholder's Meeting

When: May 20, 2009 at 8:30am PST in SC-12, 3600 Juliette Ln, Santa Clara. Meeting will be live via the internet at www.intc.com. You must obtain a control number at www.intc.com to attend the meeting and be a shareholder of record as of 3/23/09.

Retiree Board Meetings

We invite all retirees to join a board meeting. If you are interested, please email Barbara Frank (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.



The Intel Retiree News is published quarterly for over 3000 US Retirees. Articles and feedback are welcome. Send comments/articles to organization_mailbox@yahoo.com. Deadlines for submissions are: (Q3/09) July 15 and (Q4/09) October 15. Retirees are encouraged to contribute articles less than one page, including photographs. Although the focus is on the Retiree, minimal advertising of your business that might benefit Retirees is permitted and should include a contact/website. All articles may be edited for content and may appear on the Intel Retiree Organization website. Contact the newsletter editor for specifics. The Intel Retiree Organization does not endorse any businesses nor accept paid advertising. Information is provided solely as a service to Retirees and should not be construed as endorsement. Information in this newsletter should not be used or take the place of legal, tax, insurance or investment considerations.