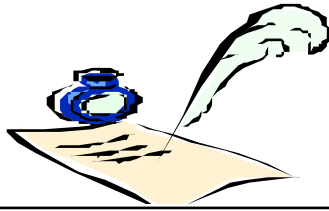


KASRA



Retiree News

Dear Fellow Members of KASRA:

KASRA board members gathered prior to the July board meeting to recognize the long and dedicated service of two of our founding members, **John Cashel** and **Dick Blake**. Both have given generously of their time and expertise. We sincerely appreciate all they have done to strengthen our organization and respect their desire to “retire” and pass the baton to others.

John was active on both the steering committee and organizing committee that led to the formation of KASRA. He was the association’s first office manager and the first and only editor of Retiree News, producing the first issue in November 1987.

He has done an outstanding job of informing us on matters of importance to retirees and keeping us “up-to-date” on the activities of our fellow KASRA members. While he is relinquishing his role as editor, he has agreed to continue to assemble the popular “What’s Going On” part of Retiree News. As you may already know through e-mail and as covered in a separate article in this issue, we are broadening our “authors society” for Retiree News by inviting any member of KASRA to report and write for the newsletter.

Dick also served on those early committees and as the organization’s treasurer in 1985. In 1987, he became president of the Kaiser Aluminum Retirees Luncheon Association for the Bay Area, a position he held until his retirement earlier this year. Under Dick’s able leadership, KARLA continues as the largest Kaiser Aluminum retirees’ luncheon group.

I know I speak for all members of KASRA in thanking John and Dick for the leadership they have provided to our organization over the years. They exemplify the “one person can make a difference” spirit of Kaiser Aluminum.

Jess Erickson

KASRA Newsletter Volunteers Needed

As those of you who have provided us your e-mail addresses already know, we are broadening the KASRA Retiree News “authors society” by inviting those retirees who have always wanted to report and write for the newsletter to join the team.

We promise our demands will not be too burdensome. If we get enough reporters/writers (and we’ve already signed up a few), you may have only one or two articles to write a year. Of course, if you want to write more, we’ll welcome it. And, if you think your writing efforts need a little polishing, no problem; we’ll handle that.

Right now, all we’re asking is for you to volunteer to report and write a brief article, the subject of which we will assign and discuss in the weeks and months ahead.

We anticipate that communication among the players will be via e-mail to facilitate the transfer of articles to the printer. However, if you are not hooked up to e-mail, we will accept typewritten articles.

So, please volunteer by contacting Dick Lemyre at jrlbbl@netzero.net or by mail at KASRA, P. O. Box 1171, Lafayette, CA 94549.

New Editor

Roberta Wong Murray (1980-86), Kaiser Aluminum, Director of Public Affairs (1983-85) and Kaiser Development, VP Public Relations & Advertising (1985-86), is the new editor of the KASRA newsletter. She and her husband Mark are principals of Wong & Murray, a Walnut Creek, CA based public relations firm.

We have put have put our own touches to the same amount of information in a different format. Hope you like the new look. More to come...



Give Us Your Ideas

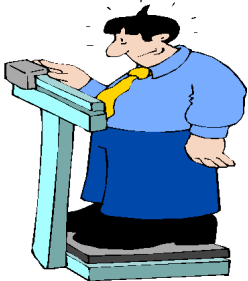
Enclosed with this issue of the Retiree News is a survey form that is a vehicle to learn what readers would like to see in their newsletter. Please complete the form or write any comments that you may have concerning the publication, and mail to: KASRA, P.O. Box 1171, Lafayette, CA 94549.

WELLNESS

YOUR IDEAL WEIGHT

How much should you weigh? Most of us usually turn to a standard height/weight table for the answer.

However, it may not be accurate. Because there are many factors that affect weight: family history, race, age and more. At age fifty, even the trim and muscular weigh more than they did at twenty-five, and studies suggest that modest weight gain between age twenty-five and sixty-five is healthy.



According to the Wellness Encyclopedia of the University of California at Berkeley, there's a preferred way to figure out your healthy weight. And that's to calculate your body mass index - a number you get by dividing your weight in kilograms by the square of your height in meters. This method is more meaningful because it minimizes the effect of height and provides reasonable guidelines for defining overweight. To calculate your body mass index, follow the steps below:

1. To convert your weight to kilograms, divide the pounds (without clothes) by 2.2:
2. To convert to meters, divide your height in inches (without shoes) by 39.4, then square it:
3. Divide (1 by 2): This figure is your body mass index.

For men, desirable body mass index is 22 to 24. Above about 28.5 is overweight. Body mass index above 33 is seriously overweight.

For women desirable body mass index is 21 to 23, overweight begins at about 27.5, and seriously overweight is above 31.5.

WHAT'S GOING ON

John Cashel

NEWS OF WIDESPREAD ACTIVITIES OF MEMBERS OF THE ASSOCIATION



Chuck Foster counts fishing for salmon, gardening, and teaching investment classes as main hobbies in Newman Lake, WA... **Marey Wofford** reports she enjoys being

surrounded by her good neighbors in Savannah, GA... **Charlie Graf** notes from New Orleans, LA, that his main activities are fishing, tennis, travel and woodworking.

Count **Ruth Adams** (San Diego, CA) among the KASRA retirees who are avid baseball fans... Crossword puzzles and bowling help keep **Virginia Kellog** busy in Comcommato, OH. **Russ Brooks** mentions he sold his West Valley home and relocated to Spokane, Washington's Waterford South Hill Assisted Living Apartments.

Inez Williams (Greenwell Springs, LA) conducts "plant therapy" sessions at a local retirement center and nursing home, using flowers, vegetables, and fruit that she grows in her garden... When he isn't gardening or boating, **Robert Payne** can be found playing tennis in Walnut Creek, CA... **Conrad Meijer** lists his primary hobbies in Baton Rouge, LA, as gardening and renovating old houses.

Maurice Bourgeois (Hester, LA) takes care of his and his mother-in-law's yards, and also woodworks, fishes and enjoys getting together with friends... **Jack Schwegmann** (Alameda, CA) has recorded more than 13 years as a volunteer instructor two days a week at the University of California Extension, handling gardening and home questions from Alameda County residents... **Eugene Harris** insists his full-time job in Columbus, OH, is keeping up with his 13 grandchildren... **Will Springer** does garden and mechanical work, and paints and restores houses in Livermore, CA... **Richard Muller** is serving for his second three-year term on the Board of Directors of the DeLimon Townhouse Association in Metairie, LA.

Lee Iso's hobbies in Franklin Furnace, OH, include fishing and restoring old tractors... **Anthony Gerace** is on the go in Chalmette, LA, gardening, fishing and

sweating out the New Orleans Saints football team... **Bill Hughes** (Diamondhead, MS) recently retired as plant manager of the General Chemical Corporation's Louisiana plant, and would like to hear from old Kaiser friends.

Bob Cole is a longtime commissioner of Spokane, Washington's Water District #3.... **Elizabeth Ballard** (Salt Lake City, UT) keeps busy writing family histories and marketing her book "The Genealogical Search-Master"...

Les Earle is an active community worker in LaCross, IN, and recently helped in the construction phase of a new park in his home town.



Bob Cowling (Livermore, CA) lists electronics and producing home videos as his primary hobbies... **Gayle Hall** (Ripley, WV) is a part-time nurse for the Jackson County Board of Education... **Ron McHaney** operates "McHaney And Associates Safety Consultants" in Colbert, WA.

Joan Kapfer is an active volunteer with "Meals on Wheels" in Kernersville, NC... **Josephine Duncan** (Concord, CA) recently retired from the Bay Area Rapid Transit System after a 10-year tour of duty... **Brookie Henry** (Pt. Pleasant, WV) lists hunting and travel as his favorite hobbies... **Betty Bishop** (Hebron, OH) is involved in real estate sales in Point Pleasant, WV. Betty's hobby is quilt making, and she asks: "Anyone want to buy a quilt?"

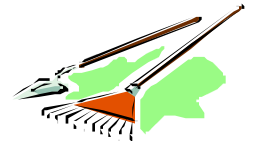
Bowman Beverly (Ravenswood, WV) is a board member of the West Virginia Symphony Orchestra and a commissioner of the West Virginia Housing Authority... **Bill Clair** headed all the way West from his Arabi, LA, home base Albuquerque, NM, to visit an old Navy buddy who lives there who he hadn't seen for a while.

Marion Spears (Slidell, LA) lists flying to visit with her children, her grandchildren and also her great grand kids as her primary activities... One of **Jimmie Ashmore's** main enjoyments in Carrier, MS, is playing gospel music with his bass guitar and keyboard.

David Stone is still landscaping around the new home he built on Coeur d'Alene Lake in Harrison, ID... Another home builder is **H. J. Ducote** (Saratoga, CA) who continues working on his cabin located at Lake

Tahoe in California's Sierra Nevada Mountains.

George Speicher lists his hobbies in Spokane, WA, as electronics, gardening and hiking, while **Grace Collins** says hers in Antioch, CA, are walking, interior decorating, and playing the Bid Whist card game ... **C. R. Crockett** is an active member of his neighborhood association in Oakland, CA.



Vacation Time:

Arnold Schlotmann (Carrier, MS) celebrated 50 years of marriage with a European trip that included Ireland, England, France, Italy and Sicily... Robert Patterson (Fresno, CA) enjoyed a visit to the South Dakota Badlands and Mt. Rushmore... **Anthony Alise** headed North from Gonzales, LA, for a visit with his sister and brother in New York.

Margareta Sullivan (Alameda, CA) reports her Panama Canal cruise was "17 days of pleasures"... **Wayne Welcome** (Walnut Creek, CA) visited Florence and Tuscany in Italy with a group that included **Fritz Heegner**, former director of personnel for KACC in Europe.

Bob Murtagh (Baton Rouge, LA) enjoyed a Lake Superior trip with his daughter and son-in-law... **Phil De Masi** (Spokane, WA) enjoyed his family reunion in Denmark last Fall... The **Ken Signers** are active "RVers" in Cottenwood, AZ, and enjoyed every minute of their 17th year on the road... **Jack Orndorff** (Humboldt, IL) enjoyed his trip last year to Yellowstone Park and viewing the Cody Museum.

Jack Holtzapple (Lafayette, CA) had a two week intergenerational bike trip in the Netherlands last year with his two oldest grandchildren... **George Austin** (Colbert, WA) divides his year between the Pacific Northwest in Summer and Rancho Casa Bianca, located East of Palm Springs, CA, when the cold weather arrives up North.

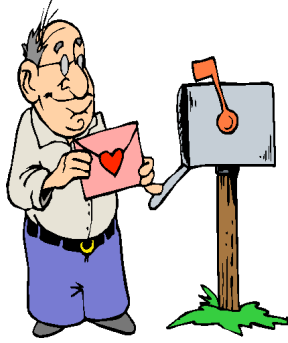
Bill Maher (Muskegon, MI) and wife drove 6,000 miles visiting Wyoming, Montana, Idaho, Glacier National Park, Banff, Lake Louise and Jasper... **Don Tebon** hosted in Wales, WI, the 40th reunion of his Air Force flight crew that served in Korea... **Vince Glubka** (Antelope, CA) traveled to Minnesota and Wisconsin last Fall to visit relatives and friends.

Art Ainscough (Walnut Creek, CA) enjoyed a month's stay in England, Scotland and Wales...

Lou Parada (Pinole, CA) had a Summer trip to Alaska, where he inspected glaciers, stayed in B and B's, and very much enjoyed the cool weather... **Richard Saladin** (Spokane, WA) lists favorite activities as fishing, gardening, hunting and golfing.

Mail Call:

Even though John Schultz retired from service with the United States Navy in 1965, he insists his "anchor is still in place"... **Rosamund Sangwine** says her trip to California's Lake Tahoe with family and friends was a good one... **Ray Leach's** primary hobbies in Old Town, FL, are fishing and woodwork.



Robert Stevens checks in from Columbia, MO, with news that his "Friends of Internationals" organization is still going strong, helping international students at nearby colleges and universities... **Melvin Flannum** mentions that he keeps occupied in Apple Valley, CA, with gardening but still finds time to head East for a vacation visit to Laughlin, NV.

Wallace Allen extends a hearty "hello" from his home base in Walker, LA... **Ed Silver** (Parker, CO) says his main chore is furnishing and fixing the house he recently moved into... **John Holeman** headed West to California and Washington from his Baton Rouge, LA, home base and concentrated on seeing as many longtime friends in that part of the country as he could.

Bill Nadwornick (Seven Bays, WA) drops a note listing just a few of his favorite activities as being involved with amateur radio, fishing, boating, and going to "hamfests" in Seven Bays, WA... One of **George Deish's** most interesting activities Gresham, OR, is jewelry making.

SHOPPER'S GUIDE TO LONG-TERM CARE INSURANCE

Norm Manger

As the years roll by, we need to give more attention to the subject of long-term care insurance. We would rather not have a significant amount of our life savings go toward paying the cost of long-term care. Nonetheless, insurance that covers these costs can give us a feeling of greater security.

There's a free-of-charge publication that provides helpful information on this subject. It's called: "A Shopper's Guide to Long-Term Care Insurance," published by the National Association of Insurance Commissioners (the oldest association of state government officials). The current revision is dated 1999 and it's available by phone: 816/783-8300; by fax: 816/460-7593; by e-mail: www.naic.org and by mail: National Association of Insurance Commissioners, 2301 McGee St., Kansas City, MO 64108.



NAIC does not endorse or list any specific insurance companies but it does provide a complete listing of state health insurance assistance programs.

The 41-page booklet contains 45 different topics of information as well as four separate "worksheets" designed to assist the reader in making decisions as to which type of insurance is best suited to his or her situation.

In Memoriam

Willie Anderson
Norman Andor
Lacy Barton
John Brooks
Lawrence Bash
Glenn Dawkins
Edward Douglas
Lillian Limmert
Thomas McCarthy
James Mulder
Raymond Page
Edward Renfree
Russ Richmond
Jack Romine
Darrell Steele
Joseph Tempel
Benjamin Wakabayashi.

The Board of Directors extends its deepest sympathy to the families at the loss of their loved ones.

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