



WESTINGHOUSE SURE NEWS

www.westinghousesure.org

Issue No. 87

A Publication for Westinghouse Retirees

March 2007

The President's Message

Howard Finney
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howfinn@comcast.net

At the January meeting of the SURE Board and Advisory Council, Gerry Angel introduced Dave Fetterman from the Center for Healthy Aging. The message was very informative and appropriate. Please see the article on page 2. It is our hope that many of you will take part in the program and maybe become ambassadors.

Marv Chidester and I attended the Cancer Society Daffodil Kickoff Luncheon held on January 9 in Pittsburgh. This program is key to their fund raising. Again I ask you to volunteer to sell daffodils at Century III Mall. Please purchase daffodils wherever you see them being sold. The money raised goes to a very worthwhile cause. See details on page 2.

SURE's membership continues to grow because of you the members getting the word out to your fellow Westinghouse Retirees. Please encourage them to join SURE and to volunteer for the many worthwhile projects. Remember, SURE does not exist without a solid and dedicated volunteer group.

SURE's volunteer hours continue to hold around 68,000. That is a tremendous effort by many dedicated members. I would not venture a guess as to the dollar value of all of SURE's efforts. The membership has certainly made an impact on our communities. This issue lists the SURE Projects and their Coordinators on pp 7-8.

Have you signed up for the Williamsburg, Jamestown & Yorktown 400th anniversary trip? It should be a great walk into our past history and founding of America. Please consider joining us.

There is a great need for some members to step forward and set up a computer training program for residents of senior living facilities. John Senko, SURE Board Member, has been very successful in leading a group in developing such a program for seniors at the Latrobe Senior Center. John is co-director of Senior Computer Associates that has offered computer literary courses to more than 400 seniors in the Latrobe-Unity area since 1999. If you are interested in this type of program for your area, please contact the Board or John Senko.

In closing, we have a need for some volunteers to help us clean up and put away equipment after the completion of the Financial Roundtable. Bob Miller and Walt Dollard work very hard month after month in planning, preparing and presenting the Roundtables. The steering committee meets immediately after the Roundtable to critique the recently presented program and to plan future programs. If five or six members would step forward it would take only ten minutes to accomplish the cleanup task.

Westinghouse SURE News

Published six times a year

Editors: John Skooglund & Bob Plummer**Editor Emeritus:** Bill Singley**SURE Officers**

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Maury Fey

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(If no answer please leave a short message, we will return your call.)

Daffodil Days

Joan Pollitt

(412) 271-1503

We are once again recruiting volunteers to sell daffodils during Daffodil Days in support of the American Cancer Society. We will be at the Century III mall on March 22, 23 and 24. There are three shifts per day: 10 AM to 2 PM, 2 PM to 6 PM and 6 PM to 10 PM.

If you can help, please call Joan.

Center For Healthy Aging

Gerry Angel

(412) 561-4241 LTC@gerryangel.com

The Center for Healthy Aging (CHA), housed at the University of Pittsburgh Graduate School of Public Health, is a Centers for Disease Control Prevention Center that focuses on creating a healthier older adult community in Allegheny County. CHA has developed an innovative 6-week course for people 50 years of age and older to promote healthy aging and emphasize the "10 Keys to Healthy Aging." The "10 Key" program targets the most significant causes of disease and disability

in seniors that could be greatly reduced, postponed or eliminated if preventative efforts are adopted.

The program will prepare an individual to know about his/her own risk factors as well as preventative strategies that are currently available. One goal of this course is that registrants will become ambassadors for a healthier community and be encouraged to take what they learn and pass it on to others in their family, social groups and clubs, church, etc. as a health resource and advocate. Prior to beginning the course, registrants will be scheduled for a complimentary "10 Key" health assessment at the course location.

Classes are "free" and are held in 2 hours sessions for 6 weeks at various locations (north, south, east, and west) in the Pittsburgh area. For additional information including specific dates and times, please call (412) 383-1312. If you choose to attend the classes, please contact Werner Emmerich at (412) 731-2449 or e-mail wemrick@aol.com to report your attendance hours, as this is a SURE sponsored Project.

Spotlight Award for March

Marv Chidester, Projects Coordinator
(412) 271-8426 mbchidester@verizon.net

Marilyn K. Wempa is our Spotlight Volunteer for March and is being honored for the countless hours she has contributed to the Monroeville Senior Center, Monroeville Historical Society, Monroeville Arts Council, and the *InMonroeville* magazine. She has logged more than 4000 hours for our Senior Center project alone. Knowing there are many former Westinghouse employees who contribute considerable time and energy to helping organizations, she is truly honored to be included in their company. We thank you Marilyn for all you are doing and encourage you to keep up the good work. The following is her summary of her background and activities.

I had a lifelong dream of earning a college degree and becoming a writer. It took time and effort, but I finally fulfilled this cherished goal at age 60. Thirty years of secretarial work (11-1/2 for Westinghouse) gave me the skills, and my education gave me the credentials to become a writer. My interest in writing began at Plum High School where I wrote articles for the school newspaper and the *New Kensington Dispatch*. While attending business school, I wrote for Duff's Iron City College newspaper. In particular, I researched the history of the Granite Building, which not only was Pittsburgh's oldest two-story office building, but was also the school's location.

After working for attorneys and at Gulf Research and Bituminous Coal Research, my Westinghouse career began at the Telecomputer Center. I transferred to the Ardmore Boulevard site and then ICPD. I accepted early retirement in 1993 from the Power Generation Department located in Forest Hills.

Although I really enjoyed working with these fine people, I never gave up on my dream of attaining a college degree and becoming a writer. While working full time and attending the University of Pittsburgh part time (partially financed by Westinghouse's tuition reimbursement program) working toward my communication degree, I wrote for and became the director of the College of General Studies' newspaper, *The First Degree*. I was also elected president of Alpha Sigma Lambda

honorary society, and was awarded several scholarships.

Upon retiring, I concentrated on these goals and in 1995, celebrated achieving my 43-year quest for a college degree. It was great to have my husband, Jim, and three children, Beverly Cenname, Susan and David, all of whom had already earned their degrees, in the audience applauding for me. Jim



Howard Finney, Marv Chidester, Marilyn, Ed Smith, Coordinator, Jim Wempa

graduated from the University of Pittsburgh's Dental School, Beverly and Susan had earned law school degrees and David had graduated from Penn Technical Institute. They are all enjoying successful careers and Jim and I now have one grandchild, Alison Cenname who is 8-years old.

My volunteer writing experiences led to employment as a freelance writer for the *Times Express*, *Pittsburgh Tribune-Review*, *Monroeville Matters* magazine, and *Pittsburgh Post-Gazette*. Writing profiles became my niche so I especially loved interviewing interesting people for the Sunday edition of *Pittsburgh Post-Gazette's* Voices East section for five years. The latter work gave me the opportunity to learn about veterans' wartime experiences, report on people with unusual hobbies, and interview a Westinghouse employee, James David Blackhall Smith of Monroeville, who had 80 patents to his name in March of 1997. It was verified Smith had the most Westinghouse patents, second only to George Westinghouse himself, who had 360.

I presently draw on these writing skills to develop organizations' public relations through newspaper and magazine articles and photos, monthly

newsletters, picture posters, albums, and flyers, along with taking and transcribing meeting minutes. As a board member for the Prime Timers and Mid-Century clubs at the Monroeville Senior Center for eleven years, I've served as recording secretary, newsletter editor, publicity chair, and by-laws committee chair. I have worked on committees for the Senior Center, including the annual golf outing fund-raiser, anniversary celebration, and addition planning committees.

I am currently Monroeville Historical Society's secretary, newsletter editor, publicity chair, and photo album maker, as well as a volunteer for the annual Heritage Festival and open house committees.

I enjoy helping the Monroeville Arts Council with publicity to promote its Juried Art Show, Kids' Korner Art Show, Summer Pops Concerts, Big Band Dance, and special events. Writing for the *InMonroeville* magazine gives me the opportunity to share information with residents about these groups' activities so they can enjoy many free and enjoyable musical, artistic, and history related events.

I love helping these community organizations by making a difference through publicity to insure well attended, successful affairs. I appreciate SURE acknowledging my volunteer work and wish this organization continued success in its commitment to keep retired Westinghouse employees connected.

Sinusitis

Annette R. Karnash, R.N., B.S.N., M.N.
(724) 941-7473

More than 50 million Americans have sinus problems. When you experience sneezing, a runny nose, stuffiness, congestion, headache and fever, do you have a cold, the flu, allergy or sinusitis? All have similar symptoms and one often leads to another. Each is a breeding ground for bacteria and viruses.

Sinuses, of which there are over 40, are nothing but hollow spaces or holes in the head. The most common ones are the eight around the nose called paranasal sinuses, and they cause the most problems. Mucus drains from the sinuses into the nose to protect the mucus membrane in the nose

from irritation and infection. Little hairs called cilia, that line the mucus membranes, wiggle back and forth to spread the mucus over the area. When inflamed, the irritation causes the mucus gland to secrete additional mucus to dilute the bacteria and the hairs move slower. Consequently, mucus can get trapped, clogging the drainage holes resulting in infection due to bacteria in the blocked openings, which the body is unable to wash out. Swelling and redness develop and the membranes become inflamed causing pain and pressure.

Sinusitis can cause a headache around or between the eyes, forehead, at the base of the nose, cheeks, at the top or sides of the head and also the ears. The headache can become more severe when bending over. Symptoms can also include a heavy sensation of pressure over the face, fatigue, achiness, shortness of breath, reduced or loss sense of smell and a thick milky to yellow to greenish mucus drainage. Usually sinusitis develops after the flu, cold or nasal congestion due to allergies, often to dust, pollen, animal dander, exposure to cold or dry air and airborne irritants such as paint fumes, soot or car exhaust. Depending on how long it lasts, sinusitis is classified as *acute* if it subsides within 2-4 weeks, *sub-acute* from 4-12 weeks and *chronic* if it continues over 12 weeks. If you develop sinusitis for longer than two weeks, without treatment, it can cause scar tissue to develop. This blocks the drainage permanently, causing cysts, polyps, malformation of either bone or cartilage, blindness and brain abscess.

The first form of treatment should be a nasal irrigation using ½ teaspoon of salt to one glass (8 oz.) of warm water. It can be applied in several ways. FIRST WASH YOUR HANDS. Cup some of the solution in the palm of your hand and sniff it deeply into each nostril. You can use a baby's ear or nose syringe and squirt the mixture into one nostril with your head bent over the sink and turned to the other side, allowing the solution to enter one side and drain out the opposite nostril. Then repeat, using the other nostril. A neti pot, which resembles a teapot, available in health food stores, can be used as well as a water pick on a low setting, using a Grossan nasal adapter. This nasal flushing or irrigation should be done 2-3 times a day to cleanse the mucus membrane and flush any bacteria or virus and prior to any medication that may be ordered to allow for better penetration of the nasal

cavities. The salt water reduces the swelling, allowing for drainage.

Inhalation of steam while bathing or showering in a closed bathroom helps to loosen mucus. Add several drops of eucalyptus oil to a pot of water. Boil the water and lean over to inhale the steam. This allows for expectoration of mucus.

Acupressure can be done by pressing on the outer edge of the nostril with the index finger at the base of the nose. Then placing the thumb on the cartilage (the part that moves back and forth), apply pressure for 30 seconds and release. Repeat several times.

A *hot compress* improves circulation, helps the body fight infection and promotes postural drainage. Apply a warm washcloth to the affected area for 10-15 minutes every 4-5 hours, especially after being out in the cold. If it is the *frontal* sinus that is affected, sit upright—if the *maxillary* sinus, lie on the opposite side, and if the *ethmoid* sinus, lie on your back. (These four sinuses are identified in the drawing.) When retiring for the night, keep the head and shoulders elevated with several pillows or a foam-sleeping wedge with a pillow atop that. If you are a side sleeper, the head should be turned so the painful side is up. Rubbing a few drops of lavender oil into the temples and muscles at the back of the neck often relieves pain.

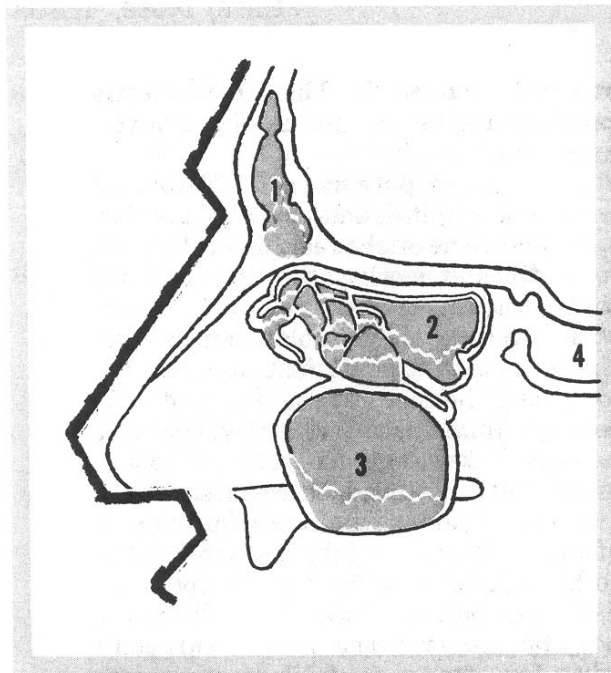
If *antibiotics* are ordered (often Amoxicillin or Augmentin) don't stop taking them if you begin to feel better after a few days. They should be taken for a full 10 days, but if you have no relief after 3-4 days, the doctor should be notified and he may have to switch to another antibiotic. Drink 6-8 glasses of water daily to help liquify the mucus (unless fluids are restricted) and avoid sugary drinks and caffeinated beverages. Also avoid dairy products; especially milk, since they create additional thick mucus.

Decongestants should only be used for a few days. Pills contain pseudoephedrine, which opens the passageways. They are preferred over sprays, which do not allow for deep penetration and can cause "rebound congestion," (that is, the congestion is briefly relieved but returns in a worse state). Check with your doctor before taking decongestants if you have hypertension or urinary problems as decongestants could cause an

interaction. Horseradish, which contains a compound similar to decongestants is known to open the sinuses and promote drainage, but don't take it on an empty stomach as it may give some gastric distress. Over the counter mucus thinners such as Robitussin and Mucinex can also be used.

If you have no relief after treatment, the physician may find it necessary to do skin testing if allergies are suspected, or a specific antibiotic may be prescribed if the cause is nasal fungus infection.

Possibly, you may be referred to an Ear, Nose and Throat doctor who may perform a Nasal Endoscopy to examine and collect a specimen of mucus and/or order a C.T. scan of the sinuses to determine the presence of polyps, cysts, a thickening of mucus membrane or thickening or changes in the bone structure.



Thick, infected secretions may collect in any of the sinus cavities if drainage is obstructed. Drawing shows purulent material in frontal sinus (1); ethmoid sinuses (2); maxillary sinus (3); sphenoid sinus (4). The immediate concern is to provide free drainage.

Surgery would be the last resort, which entails cleaning and draining the sinuses, removing any growths or enlarging the openings. A second opinion should always be sought.

What can you do to prevent sinusitis? Once again WASH YOUR HANDS. Stay away from those with colds and the flu and definitely get a flu shot. If the air is dry in your living quarters, get a humidifier (45-65%) because dry or cold air thickens mucus

and blocks passageways. Don't sit or sleep near a heater, radiator or air-conditioner vent or a drafty window. Excess humidity can cause swelling and blockage as well and definitely stay away from saunas, steam baths and swimming pools in winter since chlorine will irritate the dry sinus membrane. Avoid exposure to allergens and irritants such as pollen, dust, paint fumes, and animal dander. Limit your consumption of alcohol and avoid smoking, even second-hand smoking. When flying, changes in pressure when ascending and descending can cause pain or breathing problems. It is suggested that you drink tea when flying.

Rembah ip dor node id stipped up ... you may have a sinus problem.

Inflammation

Arthritis, cancer, heart disease and obesity are common serious health problems affecting senior citizens. Inflammation and eating habits contribute to these conditions.

The enzymes cyclo-oxygenase-1 (Cox-1) and -2 (Cox-2) cause inflammation. The Cox-2 enzyme is more active and causes more inflammation when more omega 6 fatty acids (corn, soy bean, sunflower, safflower and cottonseed oil found in fried foods, egg yolk, meat, snack foods, spreads and margarine) rather than omega 3 fatty acids are consumed.

Inflammation is associated with obesity because fat cells can produce cytokines – proteins that encourage inflammation. Add more fruit, veggies, nuts, tea and even chocolate to your menu. Many plant-based foods contain antioxidants and phytochemicals, which may decrease the activity of the Cox-2 enzymes, thereby reducing inflammation. Load up on omega-3 fatty acids found in fresh salmon and tuna.

A Great Philosophy of Life

Author Unknown.

A professor stood before his Philosophy class. Wordlessly, he picked up a huge, empty mayonnaise jar and filled it with golf balls. "Is it full?" he asked the class. They agreed that it was. So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar

lightly. The pebbles, of course, rolled into the open spaces between the golf balls. "Is it full now?" They agreed it was.

The professor poured a box of sand into the jar. Of course, the sand filled up everything else. He then asked once more if the jar was full. The students said yes. The professor then produced two cans of beer from under the table and emptied them into the jar effectively filling the empty spaces between the sand. The students laughed. "Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things. They represent your family, your partner, your health, your children, your friends and your favorite passions; things that if everything else was lost and only they remained, your life would still be full."

"The pebbles," he continued, "are the other things that matter like your job, your house, your car, etc. The sand is everything else; the small stuff."

"If you put the sand into the jar first, there is no room for the pebbles or the golf balls. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out dancing. Play another 18 holes. There will always be time to go to work, clean the house, give a dinner party and do the gardening."

"Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand."

At this, one student raised her hand and inquired what the beer represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of beers."

SURE Project Listing

The following two pages list the current SURE projects and coordinator(s).

(W) SURE Projects & Coordinators**Organization**

Project Name	Coordinator(s)
(W) SURE	
Administration	Finney, Howard & Bettyann (724) 834-3450 howfinn@comcast.net
Financial Roundtable Support	Miller, Robert I and/or Nancy (412) 242-6256 millerri2@comcast.net Dollard, Walter J and/or Joan (412) 823-4438 dollardwj@verizon.net
Health Care Seminars	Angel, Don & Gerry (412) 561-4241 LTC@gerryangel.com Karnash, Stan & Annette (724) 941-7473
Office Support	Skooglund, John W (724) 863-2891 jwskoog@aol.com
SURE Data Base	Skooglund, John W (724) 863-2891 jwskoog@aol.com
SURE Newsletter	Skooglund, John W (724) 863-2891 jwskoog@aol.com Plummer, Robert L and/or Nadine (412) 751-9694 plummerri@aol.com
Trips & Tours	Angel, Don & Gerry (412) 561-4241 LTC@gerryangel.com Pollitt, Joan T (412) 271-1503
American Assoc. of Ind. Investors (AAII)	
General Support	Novendstern, Earl (412) 241-274 earl.novendstern@usa.net
American Cancer Society	
Daffodil Days	Pollitt, Joan T (412) 271-1503 Kopelic, Donald & Peggy (412) 487-2610 dkopelic@verizon.net
Apprise Program of PA	
Counseling re Medicare/Medigap	McCracken, Harry E and/or Doris (724) 863-6263
Bechtel Bettis Lab	
Blood Drive	Laughlin, Elizabeth (412) 233-9272
Boy Scouts of America	
General Support	Finnell, Leonard W and/or Nancy (412) 351-3747
Carnegie Institute	
Exhibit Support	Emmerich, Werner S and/or Eva (412) 731-2449 wemrick@aol.com
CASA	
Special Advocate Program	Kraft, Frederick and/or Barbara (412) 343-7178 kraftfl@comcast.net
Carnegie Mellon University	
Academy for Lifelong Learning	Berkowitz, Les and/or Nancy (412) 521-1355 LnBee@verizon.net Landerman, Edgar and/or Ethel (412) 687-0856 edgarpgh@aol.com

Community Service by Veterans

Community Services	Rock, Edward A and/or Olive (412) 461-9130 Schratz, Walter A and/or Helen (412) 241-3947 was@andrew.cmu.edu
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Community Theater

General Support	Selsley, Irving and/or Janet (412) 655-2604 iselsley@verizon.net
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EMS & Municipal Services

EMS & Municipal Service Support	Ferguson, Wilbert H and/or Dorothy (412) 826-6962 willie55@comcast.net
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Executive Service Corps of Western PA

General Support	Zaphyr, Peter A and/or Sophya (724) 837-9380 p.zaphyr@att.net
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Family House

General Support	Clark, Reynolds and/or Linda (412) 366-9506 clark@pitt.edu
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George Westinghouse Museum Foundation

a-G (W) Museum Docents	Sutherland, James F and/or Ruth (412) 856-1480 jimecho4@juno.com
b-G (W) Museum Support	Skooglund, John W. (724) 863-2891 jwskoog@aol.com

Greater Pittsburgh Literacy Council

General Support	Lawrence, Ronald and/or Kathy (412) 741-2432 urlawrence@comcast.net
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Heinz History Center

Docent & Archive Support	Glickstein, Stanley S and/or Joan (412) 655-3514 stanglick@aol.com Topolosky, Paul R and/or Kathleen (412) 373-1681 gresources@msn.com
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Home Health Network

Flu Shot Clinics	Kopelic, Donald T and/or Peggy (412) 487-2610 dkopelic@verizon.net
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Hospital Volunteers

Volunteering	Sink, Agnes B (412) 461-6736 sinkview@verizon.com
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Internal Revenue Service

Vol. Income Tax Assistance	Schwartz, Efreim (412) 372-1145 efrem@hotmail.com
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Latrobe Senior Center

Computer Training for Seniors	Senko, John M and/or Rose (724) 539-7199 jsenko406@comcast.net John, Clarence and/or Audrey (724) 593-7208 clancysix@yahoo.com
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Longwood at Oakmont

General Support	Ferguson, Wilbert H and/or Dorothy (412) 826-6962 willie55@comcast.net
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Meals On Wheels

Meal delivery	Hanley, Patricia G (412) 373-8784 Ruch, Salli (412) 531-3491
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Organization

Project Name	Coordinator(s)
Monroeville Lions Club	
General Support	Vogeding, Edward L and or Anne (412) 372-6001 EDANNE2@earthlink.net Smith, Edward J and/or Frances (412) 823-0479 ed8mit@yahoo.com
Monroeville Mall Ministry	
Talk Shop staffing	Schwartz, Efrem (412) 372-1145 efrems@hotmail.com
Monroeville Senior Center	
General Support	Smith, Edward J and/or Frances (412) 823-0479 ed8mit@yahoo.com Mohan, Barbara R (412) 372-0890
Murrysville Lions Club	
General Support	Blevans, William and/or Barbara (724) 327-8162 blevans@alltel.net
PA Trolley Museum	
PA Trolley Museum	Sutherland, Jack and/or Carol (412) 221-0682 sutherjd@aol.com
PGA Golf Tours	
Marshall/Green Scorer	Skooglund, John W (724) 863-2891 jwskoog@aol.com Lokay, Henry E and/or Kathy (412) 835-2535 oklokay@aol.com
Phipps Conservatory & Botanical Garden	
Docents	Emmerich, Werner S and/or Eva (412) 731-2449 wemrick@aol.com
Pittsburgh Council for Int'l Visitors	
Visitor Escort	Nicolaus, John H and/or Carol (724) 325-2178 nicncarol@aol.com
Pittsburgh Cultural Trust	
Byham/Benedum Hall Volunteers	Mohan, Barbara R (412) 372-0890 Pavlik, Ronald J and/or Jeanne (412) 823-1535 JTPP99@yahoo.com
Pittsburgh Zoo & Aquarium	
Docent	Emmerich, Werner S and/or Eva (412) 731-2449 WEmrick@aol.com
Planned Community Roundtable	
General Support	Guzzo, Jim A and/or Roberta (412) 262-2208 jimguzzo@hotmail.com Oppedal, Oddmund (Ed) and/or Jean (724) 935-3765 joppedal@zbzoom.net
Pleasant Hills Lions Club	
General Support	Burack, Robert D and/or Carolee (412) 655-2542 rdburack@msn.com
Plum Senior Center	
Planning & Management Support	Mellor, John F and/or Jean (724) 733-7881 jfmellor@comcast.net Lilly, Gerard P and/or Maureen (724) 327-6453 gpnm@comcast.net

SCORE-Service Corps of Retired Executives

Small Business Counseling Muhlberg, George K and/or Betty
(412) 364-4977 info@scorepittsburgh.com

Services for the Blind

General Support Hansen, Maynard J and/or Sharon
(412) 751-7615 msh121@comcast.net
Activities Gerstenhaber, Ed P and/or Dana
(724) 325-3573 ep_g@comcast.net

South Hills Interfaith Ministry

Food Bank Support Pierce, Bill L and/or Sherry
(412) 884-1960 blpierce32@netzero.net

Southwestern PA Partnership For Aging

General Support Glickstein, Stanley S and/or Joan
(412) 655-3514 stanglick@aol.com
Angel, Don & Gerry
(412) 561-4241 LTC@gerryangel.com

State of Pennsylvania

Rails to Trails Hansen, Maynard J and/or Sharon
(412) 751-7615 msh121@comcast.net

Sudden Infant Death Syndrome - SIDS

Gift Wrapping Pollitt, Joan T
(412) 271-1503

Ten Thousand Villages

General Support Moelk, Ken and Betsy
(412) 793-721 kwmoelk998@verizon.net

University of Pgh Healthy Aging

Sleep Study & General Support Emmerich, Werner and/or Eva
(412) 731-2449 wemrick@aol.com

Ursuline Services, Inc.

AARP Money Management Program Ferguson, Wilbert H and/or Dorothy
(412) 826-6962 willie55@comcast.net

Vincentian Regency

Elders Computer Training Brehl, Larry J and/or Dot
(412) 364-1422 dandlbre@peoplepc.com

Volunteer Fireman

Fire Company Support Ferguson, Wilbert H and/or Dorothy
(412) 826-6962 willie55@comcast.net
McCracken, Harry E and/or Doris
(724) 863-6263

Western PA Conservancy.

Water Monitoring Stout, J. Wilson and/or Barbara
(412) 823-1095 wilsstout@aol.com

WQED

General Support Schwartz, Efrem
(412) 372-1145 efrems@hotmail.com

Want to volunteer? Pick a project(s) and contact the coordinator for details.

From the Desk of Bob Miller – FYI

(412) 242-6256 millerri2@verizon.net

Tax Reminders

April 17, 2007 Fed Tax Due: Monday, April 16 is a D.C. holiday, so the IRS gives an extra day to file 2006 tax returns. IRS learned this only after the forms were printed. The PA Tax deadline remains April 16, 2007.

Standard Deduction: \$12,300 for MFJ, each age 65 or older or blind: \$10,300 + 2x\$1,000

Telephone Excise Tax credit: If you don't have phone bill records for the period February 28, 2003 through August 1, 2006, take standard amounts: one exemption - \$30, two exemptions - \$40, three exemptions - \$50, four or more exemptions - \$60. If using form 1040, claim the credit on line 71; 1040A, line 42; 1040EZ, line 9. Claim more by completing and attaching form 8913. If you don't have to file a Federal Tax return, file 1040EZ-T and receive your telephone tax refund.

Deductions passed too late by Congress to get into the 2006 - 1040 Instruction booklets: If you take any of the following three deductions, carefully check IRS.gov for any subtleties that also may apply to you.

(1) Teacher, instructor, counselor, principal, or aides who worked in a school for 900 hours or more in 2006 can deduct up to \$250 of qualified expenses as an adjustment to gross income, rather than as a miscellaneous itemized deduction. Qualified expenses include books, supplies, equipment (including computer equipment, software, and services), and other materials used in the classroom. Both spouses filing jointly and both eligible educators can deduct \$500. Take the deduction on 1040 line 23 and enter "E" on the dotted line to left of the entry.

(2) Tuition and Fees Deduction: If you paid qualified tuition and fees in 2006 for yourself, your spouse, or your dependent(s), and you are not "married filing separately," claim deduction

on 1040, line 35 and enter "T" to left of that entry.

(3) If you itemize, Schedule A, line 5. You have the choice of deducting either State and Local *Income Tax* or State and Local *Sales Tax*. Use Publication 600 to determine the standard sales tax deduction for your state, income level, and number of exemptions or use the IRS handy calculator at <http://apps.irs.gov/app/stdc/>. The IRS calculator uses your zip code and adjusts for Allegheny County 7% local sales tax. You'll have to remember to make that adjustment if you use Pub 600. Enter the sales tax deduction on line 5, Schedule A. Remember to add sales tax paid for a vehicle or boat. Write "ST" on the dotted line to the left of the entry.

Save your old tax returns. Copies of old returns are available from the IRS, but cost \$39. Request copies from 800-829-1040 or download Form 4506 at www.irs.gov

Revised 1099 forms? – Do you receive many 1099 dividend statements? Consider waiting to file your 2006 tax return in April or even later by submitting the standard extension form. Do you have accounts with Morgan Stanley and Wachovia? Both have received 30-day extensions from the IRS to send out dividend statements, because of difficulties in correctly preparing 1099's. Receiving a corrected 1099 after you have filed your 1040 means submitting a 1040X, a revised tax return. "My advice would be to delay filing as long as possible this year because of the 1099 issue," says Julia Flenner, first vice president at Wachovia Securities in Richmond, VA.

IRS plans to reduce the nation's "tax gap," – the difference between what the agency collects each year and what it thinks it should collect, by more audits. IRS estimated the gap at about \$290 billion. Lawmakers hope increased audits and other incentives in the legislation will encourage more people to step forward with valuable tips that will help the IRS collect additional revenue. New provisions set a reward floor of 15% – and a cap of 30% – of the collected proceeds, including penalties, interest, additions to tax and "additional amounts," if the IRS "moves forward with an

administrative or judicial action” based on the tipster's information, the Senate Finance summary says.

Pennsylvanians can freeze their credit reports, effective Jan. 1, 2007: Freeze lasts 7 years.

■ **What it does:** When a freeze is in place, credit bureaus cannot release information from your credit report to lenders or other businesses without your permission, effectively blocking identity thieves from opening a credit card, cell phone account or other credit accounts in your name.

■ **What it costs:** Credit bureaus can charge up to \$10 to initiate a freeze and \$10 to temporarily lift (thaw) a freeze. There is no charge for permanently removing a freeze. (Freezes and thaws are free for consumers 65 and older and identity theft victims who submit a police report.)

■ **Where to call:** Credit bureaus are required to accept requests by certified mail or secure Internet connections. For instructions, contact Equifax, 1-(800) 685-1111 (select option 8); Experian 1-(800) 290-5195; and TransUnion, 1-(888) 909-8872.

■ **The drawback:** If you freeze your files, you probably won't be able to get instant credit at a department store, car dealer, etc., unless you plan ahead. The law allows you to temporarily thaw your credit report, such as on a particular day or for a specific business, but the credit bureaus have up to three days to comply with a request.

2008 six figure Social Security wage base expected to be \$102,600: Compare that with the \$30 cap when the system started back in 1937...1% of the first \$3,000 of wages.

Where did I put the keys? Next time, try this. Say out loud, “I am putting the car keys next to the phone...(or wherever you choose)” Research shows saying things out loud gives your brain an additional way to retrieve information from the memory.

Sanitizing kitchen sponges: first, wet the sponge, then microwave for 2 minutes to kill bacteria. Be sure **NOT** to put a dry sponge in the microwave.

PA laws now require motorists to turn on their headlights anytime their vehicles wipers are in continuous or intermittent use due to atmospheric conditions such as rain, snow, fog or mist. Daylight Running Lights will not meet the requirements of this law--they do not turn on the taillights. The law also requires completely cleaning snow and ice off car roof, hood and trunk so that blowing snow or ice will not blind motorists in cars following. Motorists who do not comply with the law could face a fine of \$25, but with fees and other associated costs, the penalty would approach \$100.

The table on the facing page shows the Employee price and tax base cost for stock purchased through the Westinghouse Savings Plan.

These data are from VIACOM Shareholder Services, now CBS Shareholder Services. They can be contacted at (877) 277-0787.

Average Deductions by Adjusted-Gross Income

	\$30K-50K	\$50K-100K	\$100K-200K
Interest Expense	6,933	8,310	10,949
State & local income taxes	3,592	5,808	10,548
Contributions	2,132	2,663	4,130
Medical	5,324	6,125	9,811
Total itemized Deductions	\$13,983	\$17,999	\$26,194

Source: IRS Statistics of Income Bulletin (April 2006)

The above numbers are from returns for tax year 2004 (the latest available figures)

Westinghouse Employee Stock Plan Price & Tax-Base Cost Data

These data are from VIACOM Shareholder Services (800) 516-4399

Date of Issue	Employee Price	Tax-Base Cost
Nov. 1949	\$1.57	\$ 1.71
Nov. 1950	1.83	2.04
May. 1951	2.18	2.55
Nov. 1951	2.24	2.44
May 1952	1.94	2.24
Oct. 1952	2.32	2.64
Apr. 1953	2.52	2.82
Oct. 1953	2.44	2.96
Apr. 1954	3.25	4.55
Oct. 1954	4.07	4.36
Apr. 1955	4.38	4.63
Nov. 1957	3.29	4.00
May 1958	3.27	3.63
Nov. 1958	3.90	4.19
May 1959	4.75	5.93
Nov. 1959	5.63	6.47
May 1960	6.48	7.43
Nov. 1960	5.77	6.25
May 1961	5.06	5.35
Nov. 1961	4.45	4.95
May 1962	3.79	4.22
Nov. 1962	3.06	3.40
May 1963	4.05	4.50
Nov. 1963	4.21	4.68
May 1964	3.70	4.11
Nov. 1964	4.86	5.39
May 1965	5.73	6.36
Nov. 1965	6.54	7.26
May 1966	7.02	7.80
Nov. 1966	5.49	6.10
May 1967	6.40	7.11
Aug. 1967	6.95	7.72
Feb. 1968	6.92	7.68
Aug. 1968	8.09	8.99
Feb. 1969	7.54	8.38
Aug. 1969	6.25	6.95
Feb. 1970	6.21	6.89
Aug. 1970	7.42	8.25
Feb. 1971	8.28	9.20
Aug. 1971	9.48	10.54
Feb. 1972	10.17	11.30
Aug. 1972	9.88	10.97
Feb. 1973	9.12	10.13
Aug. 1973	8.60	9.55
Feb. 1974	5.27	5.85
Aug. 1974	2.83	3.14
Feb. 1975	2.52	2.80
Aug. 1975	4.07	4.52
Feb. 1976	3.60	4.00
Aug. 1976	3.72	4.13
Feb. 1977	3.98	4.43
Aug. 1977	4.60	5.11
Feb. 1978	4.01	4.46
Aug. 1978	5.38	5.97
Feb. 1979	4.17	4.63
Aug. 1979	4.65	5.16
Feb. 1980	5.98	6.64

Date of Issue	Employee Price	Tax-Base Cost
Aug. 1980	\$5.75	\$6.39
Feb. 1981	6.73	7.47
Aug. 1981	6.40	7.11
Feb. 1982	5.71	6.35
Aug. 1982	6.05	6.72
Feb. 1983	9.99	11.10
Aug. 1983	10.57	11.74
Feb. 1984	11.63	12.93
Aug. 1984	9.88	10.97
Feb. 1985	13.79	15.32
Aug. 1985	15.92	17.69
Feb. 1986	20.17	22.41
Aug. 1986	23.94	26.60
Feb. 1987	28.24	31.38
Aug. 1987	31.14	34.60
Feb. 1988	22.59	25.10
Aug. 1988	24.16	26.85
Feb. 1989	24.95	27.72
Aug. 1989	30.77	34.19
Feb. 1990	32.29	35.88
Aug. 1990	31.95	35.50
Feb. 1991	25.42	28.25
Aug. 1991	23.35	25.94
Nov. 1991	15.86	17.63
Feb. 1992	15.28	19.00
May 1992	16.31	18.44
Aug. 1992	15.41	17.19
Nov. 1992	11.59	12.69
Feb. 1993	11.74	13.69
May 1993	12.26	15.25
Aug. 1993	13.16	15.81
Nov. 1993	12.95	14.50
Feb. 1994	12.52	14.06
May 1994	10.46	11.56
Aug. 1994	10.91	12.00
Nov. 1994	10.91	14.00
Feb. 1995	11.73	14.06
May 1995	12.49	14.94
Aug. 1995	12.26	13.88
Nov. 1995	12.71	14.00
Feb. 1996	12.60	20.56
May 1996	16.99	18.88
Aug. 1996	15.08	16.81
Nov. 1996	15.08	17.19
Feb. 1997	15.64	18.56
May 1997	15.19	16.88
Aug. 1997	15.30	24.00
Nov. 1997	21.94	26.66
Feb. 1998	25.14	29.44
May 1998	26.66	35.75
Aug. 1998	29.27	33.94
Nov. 1998	25.54	34.09
Feb. 1999	25.54	34.09
May 1999	31.16	46.09
Aug. 1999	39.48	44.31
Nov. 1999	40.39	49.66

Note: The employee prices and tax-base costs for shares issued prior to January 1960 have been reduced to 6.25 % to reflect the 2-for-1 stock splits of Jan. 5, 1960; Nov. 29, 1971; May 4, 1984; and May 5, 1990. The employee prices and tax-base costs for shares issued between Jan. 5, 1960 and Nov. 29, 1971, have been reduced to 12.5 % to reflect the 2-for-1 stock splits of Nov. 29, 1971; May 4, 1984 and May 5, 1990.

The employee prices and tax-base costs for shares issued between Nov. 29, 1971 and May 4, 1984, have been reduced to 25% to reflect the 2-for-1 splits of May 4, 1984 and May 5, 1990. The employee prices and tax-base costs for shares issued between May 4, 1984 and May 5, 1990, have been reduced to 50% to reflect the 2-for-1 split of May 5, 1990.

These data are only for stock purchased through the Westinghouse Employee Stock Plan.

In Passing

- Allen, Oran F (84)**
Sebastian FL
Retired from East Pittsburgh
Died Jan 23, 2007
- Bauer, Jr, Karl R (83)**
Pittsburgh
Retired from Bettis Lab
Died Jan 7, 2007
- Benke, Frank William (80)**
Mt Lebanon/Hermitage
Retired from Sharon
Died Dec 26, 2006 **SURE Member**
- Boenigk, Mary C (88)**
N Braddock
Retired from East Pittsburgh
Died Dec 21, 2006
- Booher, Duane M (74)**
Trafford
Retired from Westinghouse
Died Jan 16, 2007
- Buleza, Daniel Stephen (81)**
DuBois
Retired from Patent Dept
Died Dec 18, 2006
- Burke, Clarence F (81)**
Pitcairn
Retired from Trafford PCB
Died Feb 1, 2007
- Caldwell, William Dawson**
Atlantic Beach FL
Retired from Gateway
Died Jan 13, 2007
- Conner, Harold (77)**
Latrobe
Retired from Blairsville
Died Jan 26, 2007
- Copan, Thomas P (88)**
McKeesport
Retired from Bettis Lab
Died Jan 5, 2007
- Crisp, Gladys M (84)**
Jefferson Hills
Retired from West Mifflin
Died Jan 11, 2007
- Daugherty, John C (81)**
Monroeville
Retired from Westinghouse
Died Dec 17, 2006
- DeZubay, Egon A (85)**
Mt Lebanon
Retired from Large- AED
Died Dec 14, 2006
- DiLuccente, Richard A (92)**
Buffalo NY
Retired from Buffalo
Died Dec 23, 2006
- Dinco, Jr, Sylvester (89)**
Latrobe
Retired from Derry
Died Jan 22, 2007
- Emmel, David Goerge (90)**
Ft Myers FL
Retired from Westinghouse
Died Jan 26, 2007
- Endres, Minnie**
Pittsburgh
Retired from Westinghouse
Died Dec 31, 2006
- Farabaugh, Robert R (73)**
Baltimore
Retired from Baltimore
Died Feb 3, 2007
- Fedorchak, William C (86)**
Finleyville
Retired from Bettis Lab
Died Dec 22, 2006
- Ferguson, William R (84)**
Irwin
Retired from East Pittsburgh
Died Feb 1, 2007
- Fussaro, Rudolph S (97)**
Oakmont
Retired from Westinghouse
Died Nov 30, 2006 **SURE Member**
- Gach, Anna M (81)**
N Versailles
Retired from Westinghouse
Died Jan 26, 2007
- Glass, Joseph M (89)**
New Derry
Retired from Derry
Died Dec 15, 2006
- Gudiness, Thomas Alexander (83)**
St Leonard MD
Retired from Gateway
Died Jan 26, 2007
- Hahn, Susan A (94)**
Irwin
Retired from East Pittsburgh
Died Jan 19, 2007
- Hassan, Adam (87)**
Tampa FL
Retired from Westinghouse
Died Dec 11, 2006
- Havlicsek, Alexander M (83)**
Cottonwood AZ
Retired from Pittsburgh/Baltimore
Died Jan 8, 2007
- Hoey, Edward C (86)**
Forward
Retired from Coral Springs FL
Died Dec 19, 2006
- Homa, William J (89)**
N Braddock
Retired from East Pittsburgh
Died Dec 18, 2006
- Jenker, Ronald C (68)**
Level Green
Retired from Nuclear Service
Died Dec 10, 2006
- Johansen, Sr, Roy A (73)**
Monroeville
Retired from Westinghouse
Died Jan 17, 2007
- Kelly, Thomas W (78)**
Irwin
Retired from Youngwood
Died Jan 6, 2007
- Kosala, Michael G (82)**
Trurtle Creek
Retired from East Pittsburgh
Died Jan 9, 2007
- Lauffer, Harmon J (96)**
Manor
Retired from East Pittsburgh
Died Dec 12, 2006
- Lazaski, Sr, Joseph A (63)**
Monroeville
Retired from Westinghouse
Died Dec 9, 2006
- Lees, Donald C (88)**
Karns City
Retired from Westinghouse
Died Dec 22, 2006
- Lenart, Joseph M (82)**
Trafford
Retired from Westinghouse
Died Jan 14, 2007
- Limerick, Robert A (75)**
Upper St Clair
Retired from R&D Center
Died Dec 15, 2006
- Matthews, Paul E (88)**
Jeannette
Retired from Manor Benolite
Died Jan 18, 2007
- McGrath, Robert G (77)**
Wilkins TWP
Retired from Westinghouse
Died Jan 19, 2007
- Murock, Harold "Hal" (81)**
Monroeville
Retired from Westinghouse
Died Dec 31, 2007 **SURE Member**
- Opitz, Albert G**
Monroeville
Retired from Energy Center
Died Jan 23, 2007
- Phoebe, Charles E (81)**
Level Green
Retired from Bettis Lab
Died Jan 28, 2007
- Reid, Leo E (79)**
Forest Hills
Retired from Trafford
Died Jan 28, 2007
- Simmers, Robert**
Hillsboro NC
Retired from East Pittsburgh
Died Nov 22, 2006

Simpson, John (92)

Hilton Head
Retired from Gateway
Died Jan 4, 2007

Skundrich, Robert (80)

Pittsburgh
Retired from Westinghouse
Died Dec 31, 2006

Smith, Joseph W (73)

Josephine PA
Retired from Blairsville
Died Nov 16, 2006

Smith, Mary O (78)

McKeesport
Retired from Bettis Lab
Died Nov 11, 2006

Spevak, Jr, George M (83)

N Versailles
Retired from East Pittsburgh
Died Dec 12, 2006

Spindle, Harvey E (78)

Wilkins TWP
Retired from Trafford
Died Jan 27, 2007

Strohbach, Ruth A (84)

Freedom
Retired from Beaver
Died Feb 5, 2007

Thomas, Frank W (92)

Irwin
Retired from East Pittsburgh
Died Dec 25, 2006

Tully, Jerome P (93)

Forest Hills
Retired from East Pittsburgh
Died Dec 31, 2006

Ursin, Lorraine L (77)

Duquesne
Retired from Trafford PCB
Died Feb 4, 2007 **SURE Member**

Ventura, Hector C (79)

Latrobe
Retired from Youngwood
Died Jan 14, 2007

Venturella, Charles J (69)

Lakeland FL
Retired from Westinghouse
Died Jan 29, 2007

Linda Emmel has given SURE a contribution in memory of her husband George, and we Thank You!

Trips & Tours

Gerry Angel (412) 561-4241 LTC@gerryangel.com

Joan Pollitt (412) 271-1503

The George Bernard Shaw Festival at Niagara-on-the-Lake, Ontario, Canada

October 3 through 6, 2007. This exciting trip is being offered in response to numerous requests from SURE members who traveled with us to this destination in 2002. Come with us again and enjoy the historic village of Niagara-on-the-Lake, the first Capital of Upper Canada. In Winston Churchill's words, Niagara-on-the-Lake is "Not only the prettiest town in Ontario but the prettiest in Canada!" The beauty of the shops and gorgeous floral displays along Queen Street is a memorable experience in itself. Our lodging will again be at the elegant Pillar and Post Inn. We will see three (3) theater performances ("The Circle," "The Philanderer," and "Summer & Smoke,") in addition to experiencing a winery tour/tasting/elegant luncheon and horticultural tour of the Niagara Culinary College. Dinner one evening will be at a lovely restaurant overlooking the Lake. Our backstage tour at the Festival Theater will expose us to the world of theater from an insider's perspective. A "Kodak moment" at Niagara Falls and the Duty Free Shop at the Peace Bridge will conclude our unforgettable excursion "across the border."

Cost of this tour is \$899 per person double/triple or \$1050 single. Please send DEPOSIT CHECK ONLY (\$200 per person, which is non-refundable unless your canceled reservation can be resold) PAYABLE TO WESTINGHOUSE SURE BY MAY 15, 2007. Mail to: Gerry Angel, 111 Abington Drive, Pgh., PA. 15216.

Balance of payment by July 1 is to be sent directly to: RoseMarie's Tours, 217 Lindenwood Drive, Pgh., PA. 15209. There will be no reminder sent out for these dates. There will be no refunds unless a replacement can be found. For Trip Insurance, contact Safe Travel International at 1-(888) 885-7233. Seat assignments on the motorcoach will be in order of payment received. Departure will be from the Westinghouse Energy Center in Monroeville where cars can be left for the duration of the trip. A complete itinerary will be in future issues of the Newsletter and on the SURE website @ www.westinghousesure.org. This trip was sold-out in 2002, so if you're interested, send deposit ASAP to avoid disappointment. Questions? Contact: Gerry Angel (412) 561-4241

As always, this trip is an activity offered by Westinghouse SURE, which has no responsibility with regard to such tours. Westinghouse SURE, RoseMarie's Tours/RoseMarie DeRiso, or any travel services it may use, act only as an agent for the tour member(s) and are not liable in whole or in part to the tour member(s) for any damage of personal or financial loss whatsoever to persons or property however caused during or in connection with these tours.

JOIN US TO CELEBRATE AMERICA'S BEGINNINGS & 400th ANNIVERSARY
VIRGINIA'S HISTORIC TRIANGLE:
WILLIAMSBURG, JAMESTOWN, & YORKTOWN
June 5-9, 2007

Day 1 - June 5 (Tuesday)

6:30 am Depart Westinghouse Energy Center, Monroeville

Comfort/lunch (on own) stops enroute

4:00 pm Approximate arrival & hotel check-in at Williamsburg

Presidents Park (new) – tour & dinner

Return to hotel, within walking distance of historic area.

Evening programs available at a 50% discount with your pass at minimal cost

Day 2 - June 6 (Wednesday)

Full breakfast (included)

Jamestown Settlement, Jamestown Fort, Powhatan Indian Village & the waterfront where we can climb aboard replicas of the three ships that brought the colonists to the free world
Lunch (on own)

Jamestown Historical Center (new exhibits)– tour led by a ranger from the National Park Service

4:00 pm Return to hotel. inner at one of Williamsburg's fine seafood restaurants (included)

Day 3 - June 7 (Thursday)

Full breakfast (included)

Yorktown Victory Center – chronicle of America's struggle for independence where costumed interpreters demonstrate the inhabitants of the early 1600's and invite us to participate.

Lunch (on own)

Williamsburg – docent led tour of experiences in the years of the American Revolution where we are invited to take part in everyday life against the backdrop of momentous, world-changing events.

Evening free to explore some of the varied entertainment venues in the historic area

Day 4 - June 8 (Friday)

Full breakfast (included)

Norfolk Naval Station – tour of the complex by a Naval enlistee. We will see cruisers, destroyers, aircraft carriers, and frigates as well as historic homes. A tour of the battleship Wisconsin is included. The Wisconsin is one of the largest ships ever built by the US Navy. It was used in World War II, the Korean War, and Operation Desert Storm.

For those desiring a substitute for the naval base, a tour of a pound cake factory with baking demonstrations followed by a luncheon tea, will be an option.

Dinner and evening (on own) to catch up on what you may have missed

Day 5 - June 9 (Saturday)

Full breakfast (included)

Berkeley Plantation along the James River, tour mansion & garden of the birthplace of Benjamin Harrison, signer of the Declaration of Independence and William Henry Harrison, ninth US President. where the first Thanksgiving was held in 1619. Comfort/meal stops (on own) enroute home

10:00 pm Approximate arrival in Monroeville

COST OF TOUR: \$765.00 pp double/triple \$965 single

Deposit check ONLY (\$200 pp) made payable to Westinghouse SURE by March 15 and send to: Gerry Angel, 111 Abington DR, Pgh., PA. 15216. Phone:(412) 561-4241. After this date the tour will be open to the general public. Please include names, addresses, phone numbers of persons in your party with your check.

Additionally, please be sure to mark "yes" or "no" regarding your interest in the visit to the pound cake factory instead of the Norfolk Naval base on Friday, June 8.

Please note: Seating assignment on the motorcoach will be in order of payment received. There will be no reminder sent for final payment due date. Please mark your calendar that final payment is due on or before May 1, 2007. Make check out to RoseMarie's Tours & send balance of payment (minus \$200 deposit) directly to: RoseMarie's Tours, 217 Lindenwood Drive, Pgh., PA. 15209-2076. Phone: (412) 821-0210
Luggage tags & hotel phone numbers will be sent approximately 2 weeks before departure.

TRIP INCLUSIONS:

- * Transportation in the newest state-of-the-art VCR/restroom equipped motorcoach
- * 4 night's lodging at a comfortable property within walking distance of Colonial Williamsburg
- * 6 meals – 4 FULL breakfasts & 2 dinners
- * Five day pass for entrance to the "historic triangle"
- * Docent-led tours of Colonial Williamsburg, Jamestown, Yorktown, Norfolk Naval base, Battleship Wisconsin, & Berkeley Plantation
- * Optional pound cake factory tour
- * Luggage handling for ONE piece of luggage per person
- * Taxes and gratuities as described above
- * Tour fully escorted by RoseMarie DeRiso of RoseMarie's Tours

VERY IMPORTANT – PLEASE READ

1. Since this trip is limited to 45 persons and our trips have been sold-out in the past, it is suggested that you reserve ASAP to avoid disappointment.

2. In the event of cancellation, refunds will be issued only if a replacement can be found. You are encouraged to consider trip cancellation insurance. Please call Travel Safe Insurance at 1-888-885-7233 to request application. Complete one application per person. Attach check & mail direct to company.

3. *This trip is an activity offered by Westinghouse SURE which has no responsibility with regard to such tours. Westinghouse SURE, RoseMarie's Tours/RoseMarie DeRiso, or any travel services it may use, act only as an agent for the tour member and are not liable in whole or in part to the tour member for any damage of personal or financial loss whatsoever to persons or property however caused during or in connection with these tours.*

**Westinghouse SURE
G(W)RTP 401-3X43
1349 Beulah RD
Pittsburgh PA 15235-5069**

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JOIN US TO CELEBRATE AMERICA'S BEGINNINGS & 400th ANNIVERSARY

**Virginia's Historic Triangle:
Williamsburg, Jamestown & Yorktown
June 5-9, 2007
See page 14 for itinerary**

New Trip Announced

**The George Bernard Shaw Festival at Niagara-On-the-Lake, Ontario Canada
October 3-6, 2007
See page 13 for details**