

A newsletter for Union Bank & Trust's FAIR Members:
where we're going, what's going on, and what you need to know.

FAIR Share

Financial Assistance In Retirement | Spring 2019

UBT
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FAIR PROGRAM

GREETINGS FROM FAIR!

Dear FAIR Friends,

There are many rewarding aspects to this job, but one of the most gratifying is getting to know all of you and having a ring-side seat as your relationships with each other unfold and strengthen. The same affection you show toward Ashley and I is also directed at each other, and it's wonderful to watch.

I'm aware that some of you became acquainted through other organizations, but I also know that most of you have formed strong bonds through travel. It's a phenomenon that I must admit I didn't fully grasp when I started this job, although I should have, as Paul's mother was an avid group traveler – it was what she lived for. We used to joke about her saving any extra dollar, going on a trip, meeting new friends, and then traveling with them. Even trips that didn't go well (she picked up a parasite in China and met a monsoon in Hawaii) were good trips due to the relationships she formed along the way.

My mother, on the other hand, took a trip to Branson not too long after my dad died, and she didn't have a great time, so didn't sign up for another. I think she probably was not with the right tour operator, as we all have different appeal, or maybe Branson wasn't the right destination for her maiden voyage (it's fraught with long days, lots of buffets and much loading and unloading). Or, maybe it was simply too soon. It's too bad, though, as she really didn't travel much after that, and I feel anymore that the indirect benefits of group travel are as important as the destination and the obvious perks – the ones we put in the brochure.

You all have a special network born of these shared experiences; the care and concern that you show for each other is amazing. You inquire after each other when you are absent; attend birthday parties, anniversary celebrations, and funerals; bring each other treats and mementos; share coffee, memories, and stories. I think this bond starts with extraordinary people – people who are seasoned enough to recognize life's fragility and are as quick to recognize others' needs as they are to respond with a smile or kind gesture. I watch the interactions on our trips, and I feel sometimes as though I'm glimpsing something so special, so very intimate, that I can hardly believe it started on an Arrow Coach!

Thank you all for being there for each other, and for allowing us to be a part of your incredible lives.

Kelly Robare, FAIR Program Manager

We want to add you to our email list!

Be the first to learn of special FAIR trips and events.

Email Ashley Howard at ashley.howard@ubt.com



KOLACHES AND CONCERTS: A DAY IN THE CZECH CAPITAL SATURDAY, APRIL 13, 2019

Many of you have shared that you travel annually to Wilber for the Czech Festival, have toured the hotel, and stopped at the Czech Museum. That's a great way to spend the day, and I hope you will continue to make this trek. If, however, you are thinking that this is what our trip to Wilber consists of, you are mistaken. In fact, the only similarity between the two excursions is that they both take place in Wilber, the quaint and vibrant community so proud of their collective Czech heritage that Czech music is piped through the streets of downtown. There, the similarity between your annual trip and what we are planning ends.

Our trip, on the other hand, is about interesting people and their unique labors of love, fantastic home-grown entertainment, and (of course) food, glorious food! At our first stop, Capitol View Winery, we meet a couple whose passion for creating positive experiences was instrumental in them taking over this beautiful winery with an incredible view of our city! As we travel on to Wilber, prepare yourself for a day unlike any you have spent in this little burg. The Czechland Trio will be providing lunchtime entertainment. Speaking of lunch, the legendary Fox Hole Tavern has existed since WWII, when returning soldiers were served their first drink for free. It's fascinating history and beautiful restoration are reason enough to visit, but the food is great, too (and yes, they serve Czech beer)!

The day in Wilber holds a variety of delights, ranging from a chance to pick up local favorites to a bus tour with a step-on guide, showing off a side of Wilber not readily visible to festival-goers. We'll see recent developments made possible by generous benefactors and tireless dedicated citizens. My personal favorite is "the secret of the American Legion;" you won't believe how interesting it is!

Before you'll have a chance to get hungry again, we'll enjoy an authentic Czech dinner prepared with love and butter by the ladies of First Evangelical Lutheran Church. Roast pork, dumplings, sauerkraut – it's all there, and it's all good (wear something with an elastic waist).

The cherry on top of this treat of a day is the Nebraska Brass evening concert. This popular quintet is beloved throughout the Midwest for their serious musicianship and lighthearted humor. The evening's concert is entitled "No Business Like Show Business: Tribute to the Legends." If you were expecting something stuffy, you won't find it here!

This is not your ordinary trip to Wilber, and we promise a day you won't soon forget. With two concerts, two meals, a wine-tasting and snacks, and kolaches for the road, you won't find a better value, or a better time.

\$146 per person (due with registration, please)

The UBT FAIR Program is located at 3643 S. 48th St., Lincoln, NE 68506. For information, reservations, or questions regarding any of our trips or other FAIR Program services, visit ubt.com/FAIR or contact the FAIR Program at:

Kelly Robare - 402.323.1877 - kelly.robare@ubt.com

Ashley Howard - 402.323.1123 - ashley.howard@ubt.com

SAVE THE DATE FOR OUR SUMMER SOCIAL, COMPLETE WITH ENTERTAINMENT AND JILLYBEAN ICE CREAM!

We had so much fun last year, we can't wait to do it again, and we want YOU to join us! Mark your calendars for the afternoon of Friday, July 26th and watch for details in your Summer FAIR Share.

JOIN US FOR A SPECIAL FREE QIGONG CLASS OFFERED BY OUR FRIENDS AT AGING PARTNERS!

What is qigong (pronounced chee-gong), you ask? It's an ancient, meditative practice that focuses on slow, gentle, movements to relieve aching muscles and stiff joints, improve balance and flexibility, increasing both energy and mental clarity. Its easy movements begin from a chair and move to standing forms, closing with seated stretches and stimulating breath exercises. Appropriate for all levels (anyone can do it!).

Wednesday, April 24, 2019, 10:00am – 11:00am*
4732 Calvert St – Lower Level
Lincoln, NE 68506

Class size is limited. **Please register by April 17**
Kelly Robare • 402.323.1877 • kelly.robare@ubt.com
Ashley Howard • 402.323.1123 • ashley.howard@ubt.com

*Class will begin promptly at 10:00am, please arrive 10-15 minutes early to complete a form and choose your spot - wear comfortable clothing!

THE FAIR PROGRAM REFERRAL CREDIT

Tell a friend about our program and ask them to mention your name when they register for a FAIR Trip. You will receive a \$10.00 trip credit for each referral given.*

*Referral credit open to customers and non-customers of UBT. New traveler must not currently be on our FAIR Program mailing list. \$10.00 credit is given after friend travels with us.

KANSAS CITY FOR FOODIES AND FANS: DON'T MISS THIS FUN LABOR DAY WEEKEND TOUR!

Friday, August 30 – Sunday, September 1, 2019

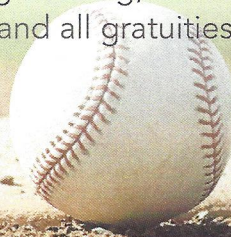
It's all about options on our Kansas City Weekend tour! We'll arrive Friday in plenty of time to sightsee in the historic River Market area and visit the unbelievable Arabia Steamboat Museum (you can see all the stuff you missed last trip!). After checking in at the beautiful Sheraton on The Plaza, explore the area on your own before dinner with your travel mates at a local favorite.

Booneville's Warm Springs Ranch, home of the Budweiser Clydesdales, kicks off day two, then customize your afternoon by visiting either the American Jazz Museum or Negro Leagues Baseball Museum. For Saturday evening, choose a KC Royals night game or take the Taste of KC Foodie Tour to make this unique tour truly your own (a guide will accompany both excursions)!

Sunday will find us on a guided Plaza Statuary tour and in the exquisite Kauffman Gardens before a visit of respectful remembrance to the incredible World War I Museum and Memorial. Its one-of-a-kind exhibits and collections and state-of-the-art facilities make up the only museum in America dedicated to our first world war. Weston, Missouri, voted best day trip and best small town by local publications, is the final stop to this have-it-your-way weekend, getting you home in time for Monday's picnics (or sales).

\$654 per person - double occupancy* (\$100 deposit due with registration, final payment due July 3)

*Prices based on double occupancy. Cost of trip includes ultra motor coach round trip transportation, hotel stay, guided tours, admission to planned activities, sightseeing, 3 meals, baggage handling, services of a professional tour director, bank group leader, and all gratuities.



FAIR PROGRAM

P.O. Box 82535
Lincoln, NE 68501-2535
402.323.1123

Join us for a FAIR Forum:

PAIN FREE, NATURALLY!

Tuesday, April 2, 2019, 10:00am – 11:30am
4732 Calvert St – Lower Level
Lincoln, NE 68506

Pain relief takes many forms, and a growing number of people are turning to complementary and alternative medicine for pain management. Join us as our experts, Dr. Scott Keller and Dr. Olivia Johnson, explore various methods of pain treatment and prevention, such as: chiropractic; massage therapy; dry needling (acupuncture); nutrition; and exercise. Hear about a fascinating treatment method called battlefield acupuncture which is being used at many of our military hospitals around the country as it can be very successful in treating chronic pain, PTSD, anxiety, and other related issues. Most importantly, learn why growing older does not always mean accepting chronic pain as "just a part of life."

Guest Presenters:

Scott Keller, DC – Synergy Chiropractic Spine and Joint Center
Olivia Johnson, DC – Synergy Chiropractic Spine and Joint Center

Light refreshments will be served.

Seating is limited. Please register by March 28, 2019.

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