

## From the President's Desk

Rose Porter



**W**elcome to 2013!! Today, as I write this message, the skies are clear and the sun is shining through the window to warm me. I, for one, am looking forward to an exciting new year.

Thanks to both the Program Committee and the Education Committee, we will continue to provide great programming to keep us both intellectually and social engaged. The MURA Board members join me in hoping that you will be able to participate in many of the social and business activities we have planned for the rest of this academic year. (See Upcoming Events at right) And please encourage your MURA eligible friends to join us. Call them up and invite them to come along with you to the next MURA event you attend.

Election of officers and leaders for your MURA Board is on the agenda for our Saturday, March 9th business meeting. Inside this issue is the slate of Officers and Board Members that the Nominating Committee will present. (See page 2)

My term ends in June so this will be my last message to you as your president. I want to take this opportunity to thank each of you for your continued support and participation in MURA events. I am especially grateful to our officers and Board of Directors for their diligence in making MURA what it is today, and I want to thank the new board members who have agreed to assume a leadership role in this vital organization, perhaps especially our new President, Ken Hutchinson who will assume his new duties on July 1. And last, but not least, I want to include a special "shout-out" for Valerie Goodin who keeps us all in touch through our newsletters and e-mail messages. We couldn't survive without these communications.

Wishing you all a good year ahead - health, friendship and new adventures.



### From the Near Side . . . . . Valerie Goodin

2013 - It almost sounds mystical. Remember when we were concerned about 'glitches,' as we rolled into 2000? Now, 13 years later, what's in store? Are we over the country's fiscal cliff? Is global warming making winters mild and summers miserable? Changes and challenges, retirees will meet both with the same verve that served us during our employment years. *Salute!*  
 ...valeriegoodin@gmail.com

## UPCOMING EVENTS

### WINTER SOCIAL

Thursday, February 7  
 4:00 - 6:00 p.m.  
 Reynolds Alumni Center  
 [parking pass, page 7]

### ANNUAL BUSINESS MEETING

Saturday, March 9  
 9:30 a.m. - Noon  
 Reynolds Alumni Center  
 [open parking]

### RAY SCHROEDER PICNIC

Wednesday, May 15  
 10:30 a.m. - 1:00 p.m.  
 Twin Lakes Recreational Shelter  
 [See page 7]

### CHANCELLOR'S ANNUAL RETIREE LUNCHEON

Friday, June 7, 2013  
 [NOTE: Invitations will be sent later.]

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## New MURA Board Nominees



*Nan Erickson  
Chair, Nominating  
Committee*

The Nominating Committee members, Patsy Higgins, Jack Miles, Veralee Hardin Phillips, and I, will be pleased to present the following slate to the MURA membership at the annual meeting,

March 9, 2013.

A brief bio is included here, along with the terms of service which are in compliance with the Amended and Restated Articles of Incorporation and Bylaws. The Nominating Committee thanks these nominees for their willingness to serve MURA and all Mizzou retirees.

(2013-2014) President-Elect & Program Chair - Jim Koller

(2013-2015) Secretary - Shirley Patterson

(2012-2014) Member-at-Large, Staff - Rich Anderson

(2013-2016) Member-at-Large, Staff - Robert Almony, Jr.

(2013-2016) Member-at-Large, Faculty - Kitty Dickerson

Jim Koller, PhD, is a licensed psychologist and Professor Emeritus of Educational, School and Counseling Psychology at the University of Missouri.



*Jim Koller*

He is the founder and former director of the nationally recognized MU Center for the Advancement of Mental Health Practices, the University Assessment and Consultation

Clinic, and the APA accredited doctoral program in School Psychology.

Dr. Koller is a Fellow in the International Academy for Research in Learning Disabilities, a recipient of the U.S. Armed Services Administration Distinguished Visiting Professor Award and the National Mental Health Professional of the Year from the National Center on School Mental Health.

Jim has served on several national commissions on behalf of those with special needs. Some are the Rehabilitation Services Administration, a U.S. presidential task force on transition and employment, the U.S. Departments of Justice and Labor and the American Council on Education's National Advisory Committee on Disabilities. He currently serves as a member of the Boards of the National Center for School Mental Health at the University of Maryland and the National Assembly on School Based Health Care with the National Center for Disease Control.

In 1994 Shirley Patterson retired from the School of Health Professions, Communication Sciences and Disorders at Mizzou and became the Executive Director of a nonprofit agency in Kansas City, Missouri, that served young children with disabilities and their families. In 2003 she retired from that position and moved back to Columbia.



*Shirley Patterson*

Currently, she is a consultant in language/literacy and provides professional development seminars and workshops for both preschool

and elementary school teachers.

Dr. Patterson served on the Legislative Council for the American Speech, Language, Hearing Association (ASHA) for many years and served in numerous offices in her state professional organization, including that of President.

She was appointed by Missouri Governor Mel Carnahan to the State Interagency Coordinating Council of Missouri and most recently, by Governor Jay Nixon, to the Missouri Coordinating Board for Early Childhood. Among Dr. Patterson's awards are the Honors of the Missouri Speech Language Hearing Association and the award of Fellow of the ASHA.

Born and raised in Perryville, Missouri, Rich Anderson graduated from St. Benedict's College in Atchison, Kansas in 1970 with a Bachelor of Science degree in Business Administration. He continued his education at Mizzou earning a Master of Science degree in Accountancy in 1972.



*Rich Anderson*

Staying in Columbia he started working at UM Accounting Services in 1973 as an Accountant, transferring after four years to UMC Accounting as a Senior Accountant. In 1981 he was hired as the Fiscal Officer for Student Affairs and served in that capacity until his retirement in 2010, after 37 years at the University.

A large part of his career focused on providing financial and budget services to bond funded Auxiliary Enterprise Operations such as the

*... continued on p.3*

## Nominees,

...from p.2

Residence Halls, Campus Dining, Student Union, Bookstore and Recreational Services.

Rich currently lives in the Ashland area with his wife Leslie Palmer, PhD, where he enjoys hunting and fishing, gardening, reading, and staying busy doing "nothing."



A Virginia native, Kitty Dickerson came to MU after being on the faculty at Virginia Tech. In 29 years at MU, Kitty served as Professor and Chair

*Kitty Dickerson* of the Department of Textiles and Apparel Management. Her areas of specialization include textiles, apparel, and retailing with emphasis on global trade and sourcing issues.

Additionally Kitty has authored two textbooks, published nearly 100 journal and trade articles, and spoken to many U.S. and global academic and industry groups. One text, *Textiles and Apparel in the Global Economy*, was the first to focus on this global industry and the trade policies involved.

Professionally Kitty served for 17 years in several roles on the Board of Directors for the Kellwood Company, a \$2.5 billion, Fortune-700 firm. Humbled by many awards she has received, Kitty is especially proud of the Distinguished Scholar Award from the International Textile and Apparel Association, the University of Missouri Distinguished Faculty Award, the MU Provost's Award for Leadership in International Education, and Textile World's "Top 10 Leaders" Award.

Kitty retired in July 2010, following a 35-year career. She continues to do some consulting and writing.



*Bob Almony*

In the 1960s Bob Almony attended San Diego State University, majoring in Economics and minoring in Religious Studies.

In 1969 Bob, with a partner, opened his own income tax and financial planning business in Orange County, California. In 1976 he attended the University of California Berkeley, obtaining a Master's Degree. Then, he returned to academe, first at Oberlin College in Ohio. In December of 1979 came to MU as Asst. Director of Libraries, where he remained until his retirement in May, 2008.

Concurrently with his position at MU, Bob maintained a financial and tax business, and since retiring, he has continued with that business full time. In addition he is enrolled to practice before the IRS --at all levels for his clients -- and is an independent, Registered Investment Advisor. With clients in 44 states and 7 foreign countries he hardly has time to remember he is retired!



## Breakfast Highlight

Dr. Bill Bondeson was the guest speaker for the October MURA Breakfast program. As is custom, he was presented with a 'Thank You' gift -- this hat, which he promptly donned!

The title of his presentation, "My Last Lecture," included stories and musings from his career as a professor at Mizzou. At the same time, guests learned that he had given this speech previously, and it was noted that this may not have been the last one!

## More Breakfasts

Here is the spring lineup of Breakfast programs. Plan now to join members at 8:00 a.m. at the Columbia Country Club. Advance reservations are requested. Call G. B. Thompson, 573-445-4339 or e-mail, gbt4cd@mizzou.edu.

**March 5** - "Maplewood Barn Radio Actors' Theater: A Play by P.G. Wodehouse dealing with the idle rich and smartest butler in the world."

**April 2** - Paul Wallace, M.U. Professor Emeritus of Political Science, "The New Europe: Terrorism or Alternatives to Violence."

**May 7** - Michael Dickey, Missouri Parks Site Administrator, "The Search for the 'Missouria' - A History of Missouri Indians."



## Chancellor's Retiree of the Year Awards

All of us have friends or former co-workers who amaze us with the contribution they make to the community and University. To honor and reward these achievements of retirees is the reason the "Chancellor's Retiree of the Year Awards" were created.

Each year during the Chancellor's Annual Retirees Luncheon in June, one retired faculty and one retired staff are recognized for their service.

The MURA Awards Committee collects and reviews nominations for these honors, and the committee depends on the nominations it receives from current employees and retirees. Won't you consider nominating a worthy retiree?

Eligible candidates must have been retired five years or longer. A one-page nomination form and letters of recommendation are all that is required. The nomination form includes a list of past recipients.

If you would like to make a nomination contact Max Miller, Chairman of the Awards Committee, by phone, 573-874-3676, or e-mail: [gotothemax@centurytel.net](mailto:gotothemax@centurytel.net).

March 1 is the deadline for submitting a nomination.

## Byte Me

Sometimes MURA members have two e-mail addresses. Rather than checking two places to read their e-mail, they can set up one address to forward messages to the other address. This can be helpful for security reasons, as well as saving time.

At the same time it may inadvertently cause a problem. Here is an example.

## To Honor and To Remember

MURA lost a great leader and friend with the passing of past president, Barton Boyle. The capacity crowd at the December 7th memorial service attested to the high regard people in the community, his church, his fraternity, and his profession had for Barton.

Barton came to MU on a football scholarship in 1955. He earned a BS in Business Administration from MU and a Master's in Hospital Administration from the University of Chicago. He had a distinguished career at MU, Ohio State University, the University of Oklahoma, and as a professional consultant in hospital administration.

Until his death, Barton served MURA as chairman of the Past-presidents Committee and as a member of the MURA board. He was a lifetime member of both the Mizzou Alumni Association and MURA, a member of the Jefferson Club and the University Club board of directors. Additionally, he held many leadership roles in his church and fraternity, and was, without question, an avid Tiger fan.



J. Barton Boyle  
1933 - 2012

## Two MURA Events

The MURA Winter Social will be Thursday, February 7, 4:00 - 6:00 p.m., at the Reynolds Alumni Center. Reservations may be made by calling the University Club, 573-882-2586.

A parking pass is on page 7. Cut and use it to avoid ticketing, while you are enjoying the company of other retirees at this reception.

The Annual MURA Business Meeting will be Saturday, March 9, 9:00 a.m. - Noon, in the Reynolds Alumni Center. This event includes speakers and information, specifically for retirees. Enjoy coffee, tea and sweets, compliments of MURA.

On Saturday mornings, parking is open on campus, and reservations are not needed for this event.

With questions about either of these events, contact Program Chair, Ken Hutchinson, 573-268-1148.

A member gives MURA their e-mail address, called #A. Then, the member has #A forwarded to #B, and begins checking only their #B address. This works well, until the member decides to cancel the #B e-mail and get a new one, #C, or, cancel e-mail altogether.

Messages sent by MURA to #A, now bounce back, showing that the #B email "permanently failed." However, the #B address does not appear on the MURA

membership records, so we do not know whose e-mail to eliminate.

At the same time, the member does not receive messages from MURA and may not know why.

If you have an active e-mail address that you use regularly, and you are not receiving MURA messages electronically, send your name and e-mail address to the Communications Chair, Valerie Goodin, [valeriegoodin@gmail.com](mailto:valeriegoodin@gmail.com).

## Retirees Needed

SOS - Temporary Staffing at MU has openings this spring for Reader/Scorers to work in the Assessment Resource Center [ARC] for about 3-4 weeks beginning in mid-April. ARC is a university department which provides testing and scoring services to elementary and secondary educational institutions. ARC is especially interested in hiring retirees - a population that has proven to be dependable and capable.

Up to 75 temporary positions will be available. Individuals will read and assess written responses on standardized tests for grades K-12, according to test publishers' guidelines. Individuals work in teams of 6-8, with a leader.

Here are some details.

Where: Assessment Resource Center, 2800 Maguire - off Lemone Industrial Blvd.

Hours: Mon.-Fri., 7:30 AM to 4:00 PM Anticipated length of project is 3-4 weeks.

Background: Bachelor's Degree is required.

Pay: \$12/hour and this compensation would not affect any retirement income you may be receiving.

To apply: Contact: Joyce Zulovich, 573-882-0991 or email her at [zulovichja@missouri.edu](mailto:zulovichja@missouri.edu)

## MU Fortnightly Club

Founded in 1892, the Fortnightly Club was established by faculty wives and female faculty and administrators to promote congenial associations and to sustain an interest in the education of students by providing scholarships.

Members are women who are active or retired faculty wives, faculty and administrators. They are

## A Service Update

University Benefits

The start of a new year is a good time to make sure everything is up to date. Recently you received a mailing about accessing myHR, the University's self-service application for employee and retiree personal information. Please take a minute to log on to myHR at [www.myhr.umsystem.edu](http://www.myhr.umsystem.edu) to review and update your contact information. This will ensure that you receive updates and notifications from the University in a timely manner. Follow these steps after logging in:

- Scroll down to the bottom of the message and click on Self Service;
- Select Personal Information; then
- Select Personal Information Summary to view and edit your information.

If you relocate seasonally or are planning a move, you can provide your new address and effective date(s) prior to the change.

A number of retirees have been asking about 1099R's. Consistent with past years, they will be mailed by the University no later than January 31, 2013. Please allow at



*Kelley Stuck  
Associate  
Vice President  
Total Compensation  
UIM System*

least two weeks from January 31 for delivery before contacting the University. After February 15, you may report a missing 1099R by emailing [umretirement@umsystem.edu](mailto:umretirement@umsystem.edu) or by calling 573-882-9810 or 1-800-488-5288, then choose Option 1.

With the New Year you may also want to consider the convenience of a direct debit option for your insurance premiums. The direct debit is not only convenient and at no cost, but provides for continuation of insurance benefits regardless of hospitalization, vacation, or seasonal relocation. To learn more about this feature, call 573-882-9810 or toll free, 1-800-488-5288, and choose Option 1.

Unfortunately, deductibles under the medical, dental and vision plans reset each January 1st, but annual medical preventive care is covered at 100% when using a Coventry network provider. Visit with your primary care physician to determine the preventive care services for which you are eligible at no cost to you. Dental coverage provides two preventive oral care visits, covered at 100% when you use a network provider and vision coverage has a yearly optometric exam for the low co-pay of \$10 from network providers.

Start the new year up to date and healthy!

involved in small Interest Groups, trips, receptions, and brunches. From September through May, 27 Interest Groups meet, reflecting the members' interests: needlework, bridge, book clubs, gourmet dining, lunch groups, media groups, genealogy, and exercise groups.

Fortnightly Club has been recognized for its support of the Univer-

sity through its scholarship program. Last year seven deserving students received Fortnightly scholarships.

The Club offers an opportunity for women to remain socially connected to the University. More information is on the website: [HTTP://Fortnightly.missouri.edu](http://Fortnightly.missouri.edu) or call the president, Carol Virkler, 449-6566, or membership chair, Joni O'Connor, 234-1012.

## The Aging Front

A Perspective

Ann Gowans  
MURA Board  
Member



**A**h, a new year, a chance to grow, get closer to those we love, challenge our minds and bodies and realize how precious life is and how we can try to make it better.

One of the best findings in the literature of the aging brain is that becoming older does not necessarily signal a decline; it really is a time of growth and represents a chance to learn, combine past experience, and discover new connections within the bank of knowledge we have accumulated.

Turns out, older minds are a lot better at this activity than those which are less mature. When we consider the mind, new connec-

tions are the cream of the crop. They make everything work better, perhaps not faster, but better.

One of the best gifts we can give ourselves this New Year, is to find ways to stretch our minds in all the new directions we can. Read new books, find a new activity, or return to the one you put in mothballs some-time back - connections, connections. They are everything.

With a New Year, we also have a chance to step back and use our experience and affection to understand our loved ones in a new and revealing way. Those of us lucky enough to have children, grandchildren and great grandchildren, find that we are the elders in a growing clan. It is a place of honor and responsibility, and provides us with a chance to use our newly found grace and wisdom to help these loved ones find themselves and gain the path to growth and peace.

Some interesting new work on what causes depression shows quite clearly

that stress is the single biggest factor in the appearance of this problem, as opposed to the commonly believed theory that this disorder was caused by confused chemical imbalance within the brain. Stress reduction is something we need to put on our radar.

We know that proper sleep, diet and exercise are vital to keeping ourselves in working order, and the job is ours to see that this happens. Too many elders are prone to suffer from depression, so keep your heads up here and keep it under control.

Life becomes more precious each year we are privileged to live. Yes, we do need to participate in a calm, knowledgeable discussion about how to deal with the increasingly long lives that elders will have. This is where our intelligence and wisdom are needed. Leave us use it well. Have a Very Happy New Year!

## Show Me Two Health Programs

**T**he Central Missouri Regional Arthritis Center through MU's School of Health Professions is offering two programs that may be of interest to seniors.

**Show Me Better Health** is an interactive workshop that teaches the skills needed to take control of your health. Sessions are participative. Topics include exercise & nutrition; managing pain & fatigue; difficult emotions & depression; medications & making treatment decisions; talking with your friends, family, & healthcare team; and more. You will receive a *Living a Healthy Life with Chronic Conditions* book and Time for Healing CD.

Two workshops are offered.  
Ellis Fischel, Rm 705

- Every Thursday
- 5:30 pm - 7:30 pm
- Feb. 7 - Mar. 14
- Cost: FREE

Columbia Area Senior Center, 2nd Floor Conference Room

- Every Tuesday
- 10:00 am - 12:00 pm
- Feb. 12 - Mar. 19
- Cost: FREE

The **Walk with Ease** program can help you develop a walking plan that meets your needs, will help you stay motivated, will help you manage pain, and teach you how to exercise safely. The program was specifically designed for people with arthritis. However, it is also appropriate for people with diabetes,

heart disease or ongoing health conditions who need to be more active.

The ability to be on your feet for at least 10 minutes, without increased pain, is a prerequisite. You will learn management for pain & stiffness; tips on proper clothing & equipment; self-monitoring; what to do when exercise hurts; and how to overcome barriers. Participants will receive a Walk with Ease Starter Kit that includes the *Walk with Ease* workbook.

Parkade Center

- Every Monday, Wednesday and Friday
- 12:30 pm - 1:30 pm
- Feb. 4 - Mar. 15
- Cost: \$10

To register for either workshop, contact Amber Phelps at 573-882-8097 or [phelpsam@missouri.edu](mailto:phelpsam@missouri.edu).

ANNUAL  
RAY SCHROEDER  
PICNIC

DAY: Wednesday, May 15  
TIME: 10:30 a.m.-1:00 p.m.  
PLACE: Twin Lakes Recreation Area  
COST: \$9.00/person  
RSVP: *Deadline* May 8  
BRING: A hearty appetite & a smile!

Please make Picnic reservations for. . .

Name[s] \_\_\_\_\_

\_\_\_\_\_ # @ \$9.00/each = \$\_\_\_\_\_ Total.

Questions?  
Call Ken at  
573-268-1148.

*Mail your check, payable to MURA, with this form to:*

Ken Hutchinson  
1419 Countryside Drive  
Columbia, Missouri 65202

# Winter Social

February 7, 2013

Donald W. Reynolds Alumni Center

4:00 - 6:00 p.m.

Complimentary parking permit to park your car  
in the Turner *or* Conley Street Garages.

\_\_\_\_\_  
Print Driver's Name



## Retirees Association

SIGN AND PLACE  
ON DASHBOARD  
FACING FORWARD.

Parking Permit

Parking Permit

### ATTENTION

#### MURA Annual Members!

Dues are now due for the 2013 year. Look below the return address on the back page. If your newsletter has

*"It's renewal time"*

printed there, then it's time to renew your membership. Please complete and return the form on p. 8.

*MURA needs you!*



## Retirees Association

You are invited to join  
Retirees and Guests

for the annual

### WINTER SOCIAL

Thursday, February 7, 2013

4:00 - 6:00 p.m.

Reynolds Alumni Center

For reservations, call  
573-882-2586

University Club members,  
\$7 each

Non-members, \$8 each

With questions, call  
Ken Hutchinson,  
573-268-1148





**Retirees  
Association**

University of Missouri  
P.O. Box 1831  
Columbia, MO 65205-1831

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
University of Missouri



**MURA Membership Year is Jan. 1 - Dec. 31**

Retirement year \_\_\_\_\_

LAST Name \_\_\_\_\_ FIRST Name \_\_\_\_\_ MIDDLE Initial \_\_\_\_\_

SPOUSE LAST [if also joining] \_\_\_\_\_ FIRST Name \_\_\_\_\_ MIDDLE Initial \_\_\_\_\_

MAILING Address \_\_\_\_\_

Street & number or P.O. Box City State Zip+4

My E-mail \_\_\_\_\_ Spouse E-Mail \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Check all that apply for membership(s).

- Staff  Faculty  Extension Personnel
- Spouse  Other \_\_\_\_\_

Total enclosed = \$ \_\_\_\_\_  
for \_\_\_\_\_ membership[s].

Make your check payable to **MURA**, and send it, with this form, to:  
  
**MU Retirees Association**  
P.O. Box 1831  
Columbia, MO 65205-1831



**Retirees  
Association**

- NEW Retiree in 2013 FREE w/2014 year . . . \$7.50
- Annual Renewal. . . . . \$7.50
- Life membership. . . . . \$75.00