From Our President’s Desk

There are many MURA events to remember and plan for before the February newsletter: The Fall Social in October, the Fall Information Meeting in November, and the Holiday Luncheon in December.

A special word about the Fall Information Meeting: It will be in a new venue for MURA—the Clinton Room in the Mizzou Basketball Arena. There is lots of parking behind the arena on its south side, and not a single step from the parking lot to your seat in the Clinton Room. Please call one or more other MURA members and come together.

Please consider to always assume “IT” is your responsibility. Take on jobs or tasks even if they aren’t yours. That will create action and will contribute in almost any situation. If you automatically assume it is your responsibility and do something about it, only positives will result, e.g., MURA membership, MURA committee participation, and community volunteering!

Our United Way Campaign is underway. You will soon receive a letter and donor card, and I encourage you to consider that your donation will remain local and will support local agencies that address Mid Missouri needs. Our MURA membership continues to surpass the goal established for it, and this year our goal will be increased over that in previous years. There is significant room for growth and achievement inasmuch as historically only 10% of our membership has participated in this important campaign. Please think responsibility and join your fellow retirees in doing what you can.

J. Barton Boyle

It’s never too too late to help the less fortunate

Adult Day Connection
Alzheimer’s Association
American Red Cross
Big Brothers Big Sisters
Boone County Council on Aging
Boonslick Heartland YMCA
Boy Scouts of America
Boys & Girls Club
Boys & Girls Town of Mo.
Camp; Hickory Hill for Diabetic Children
Central Mo. Food Bank
CMFB Pantry
Community Nursery Schools
Easter Seal Society
Family Counseling Center
Family Health Center
Fun City
Harrsiburgh Preschool
Harvest House, Inc.
Heart of Mo. Girl Scouts
Job Point (formerly Advent)
Lutheran Family & Children’s Services
Meals on Wheels
Nora Stewart Nursery School
OATS Transportation Services
Phoenix Programs, Inc.
Rainbow House
Services for Independent Living
The Salvation Army
University Y
Unlimited Opportunities
Voluntary Action Center
Women’s Shelter

Future 2009 events

Fall Social
October 13 (Tuesday) 4:00–6:00
Reynolds Alumni Center
U-Club members $6, non-members $7
Phone for reservations at 882-2586
(Parking permit on page 7 of July Newsletter)

Fall Information Meeting
November 14 (Saturday, open parking)
Coffee 9:30 a.m., meeting 10:00 a.m.
The Clinton Room, Mizzou Arena
(Enter through the south main door of arena)

Holiday Luncheon
December 12 (Saturday, open parking)
Coffee 10:30 a.m., Luncheon 11:30 a.m.
Reynolds Alumni Center
(Reservation form on page 7)

Winter-spring 2010 events

Program Committee Meeting
January 20 (Wednesday) 3:00, West HyVee

Board Meeting
January 26 (Tuesday) 2:00–4:00
Memorial Union S-110

Winter Social
February 4 (Thursday) 4:00–6:00 p.m.
Reynolds Alumni Center
U-Club members $6, non-members $7
Phone for reservations at 882-2586
(Parking permit on page 7)

Annual Business Meeting
March 6 (Saturday, open parking)
Coffee 9:30–10:00, Meeting 10:00–12:00
Reynolds Alumni Center

Chancellor’s Retirees Luncheon
Tba via letter from Chancellor Deaton
11:00–2:00, Hearnes Center Field House

Ray Schroeder Spring Picnic
May 19 (Wednesday) 10:30–1:00
Twin Lakes Recreation Area
(Reservation form in February Newsletter)
During the last few years, we have been successful in keeping medical and dental premiums below national trends. This will continue for 2010. Below is a summary of average premium increases that will be implemented in 2010. These increases will apply both to the University and to retiree portion of premiums. Also, they might differ slightly in accordance with coverage category.

**UM Choice Health Care Program**
5%

**UM Catastrophic Health Care Program**
5%

**UM Retiree Indemnity Medical Program**
5%

For those who retired prior to 9/1/90
**UM Retiree Indemnity Medical Program**
2%

For those who retired on or after 9/1/90
**UM Dental Benefits Plan**
3%

Now, as concerns possible national health care reform: Please know that our University has established a team to monitor and assess any national health care reform that might develop. This team includes individuals from our University’s health care provider community, our human resources and benefits area, as and UM’s government relations area.

---

**2010 Chancellor’s Retiree of the Year Nomination**

Nominee  
Retired Faculty  Retired Staff

Dept. or Unit  
Year of retirement  
Address  

Nominator  
Faculty  Staff  Student  Alum

Phone  
Address  

Signature  

Return this form and supporting letters by February 1, 2010 to: 
Darlene Miles  
4012 Bent Oak Drive  
Columbia, MO 65203-6709

---

Mizzou Legislative Network (MLN) is a grassroots lobbying coalition that engages and informs Mizzou alumni and friends in efforts to help shape public policy and influence the political process in support of higher education. Because of term limits, many new legislators might not be familiar with Mizzou’s unique role in Missouri. Show your pride and let them know of your support for Mizzou!

To become more informed and receive information on legislative issues important to Mizzou, you can register your interest at: www.Mizzou.com/AdvocateforMU

If you wish to receive additional information about MLN and legislative issues that impact Mizzou, please contact M. Dianne Drainer, MAA Advocacy Director, at drainermd@missouri.edu or at 573-882-0078.
President Barton Boyle welcomed our breakfast lecture crowd and introduced speakers Mike Alden and Bryan Maggard.

Mike Alden, Director of Athletics, gave a rousing report of our many athletes, both on and off the varied fields of play.

Bryan Maggard, Associate Director of Athletics—Academic Services, reported on the exemplary scholarship of MU athletes.

As this October issue of MURA’s Newsletter goes to press, Professor Paul Wallace, MU Professor Emeritus of Political Science and authority on India, Pakistan, and Afghanistan is shaping his assessment of current affairs in these three countries, with emphasis on their interconnectedness. Wallace, who returned earlier this year from an extended visit to India, recently suggested: “These three countries are inextricably related to one another in terms of on-going conflicts in Afghanistan and Pakistan and various terrorist activities, such as the November 26, 2008 attack on Mumbai, India.” Wallace also offers a commentary on how the Obama Administration is dealing with these complexities and the options that exist for U.S. involvement.

As usual, we meet at Jack’s Gourmet Restaurant, beginning with 8:00 a.m. breakfast, followed by remarks by our guest speaker at or around 8:30 a.m. The price of the breakfast buffet is $8.00, payable at the door. Because Jack’s needs a count of prospective attendance, please reserve in advance by emailing jparkerk@aol.com, or by phoning 573/442-5215.

Upcoming programs, in addition to that of Professor Wallace, for our MURA breakfast lectures include the following:

**Oct. 6** Professor Paul Wallace, MU Professor Emeritus, *The India, Pakistan, Afghanistan Triangle*
**Nov. 3** Skip Walther, President of Mo. Bar Assoc., *Missouri Non-partisan Court Plan*
**Dec. 1** Dr. Michael Mayer, Counseling Psychologist, *Practical Aging*
**Jan. 5** Professor Larry Brown, *A Cultural History and Geographical Analysis of Missouri: Our Land Resources and Settlement*
**Feb. 2** Conductor Alex Innecco, *A History of Classical Music*
Staff and MURA members helped students (with some parents?) move into dorms on August 19th.

Dick Otto, pre-retirement MURA member, served as trail boss.

(a public service announcement)

University Bookstore
--- Since 1899 ---

(expect information about the spring Osher session in February)
The Aging Front

by Ann Gowans

Because many of us are experiencing losses in income, increased health care costs, and hikes in the cost of living, now is the time for adult children and their elders to spend some time planning.

Elders should think about how, where, and with whom they wish to grow older and initiate a discussion of these issues with their children. This sharing of thoughts should include financial concerns as well as compatibility considerations. No need to assign power of attorney and/or allow any assuming of financial responsibilities, but everyone needs to know where things stand. Every party in this discussion should know about public and private services that are available to their aging parents.

Elders should live within their means without cutting expenses short and recognize that getting help now can extend independence, even though it might be costly.

Adult children should recognize that their parents are growing older and will need a growing degree of support and might need to be encouraged to discuss their wishes and needs. Never try to take over. Children need to understand that parents must decide how, when, and where, until they are no longer competent to make such decisions. Children must also offer to help with certain tasks before they are asked.

Children should look into what community resources might be available to their parents, including costs, and how they might help. Often having help in the home three to four hours per day several days a week might be all that is needed. Do not expect neighbors, friends, Medicare, Social Security, or public programs to take care of all of parents’ needs. Consider organizing a family meeting with a professional geriatric care manager to help sort out complex or entitlement programs and issues and don’t wait until a crisis occurs. Do it now!

Nominating for MURA Board of Directors

Our nominating committee encourages members to help identify persons willing to serve on our MURA Board of Directors. We need your help in identifying potential candidates. Please contact one of the following members of our committee to volunteer and/or to suggest one or more candidates.

With thanks…

Kee Groshong (Chair) 442-5371
Jo Behymer 442-6783
Rod Gelatt 443-7216
Veralee Hardin 445-4766
Liz Bailey 449-7677

About membership dues by Ernest Hilderbrand

MURA’s 2010 membership year begins January 1, 2010 and ends December 31, 2010. Therefore, MURA’s 2010 dues are payable beginning January 1, 2010 or earlier.

Please check your membership status and email address by looking below the return address on this newsletter. If it says Please pay 2009 MURA dues it means that 2009 MURA dues have not yet been paid. If it says 2010 dues January 2010 please pay your 2010 dues soon. Otherwise it will indicate the year at which your dues are paid or Lifetime member. Lifetime membership simplifies one’s life, insofar as MURA dues are concerned.

If your email address is incorrect or missing, please send correct email address to HilderbrandE@missouri.edu or to any other MURA officer. Thank you for your interest in MURA. Enjoy this newsletter!

Report on Chancellor’s Advisory Committee on Retiree, Health, and Other Benefits

by Al Hahn

Last year’s minutes can be read at http://mura.missouri.edu/benefits-committee/. A new committee has been constituted but with the same retiree members: Al Hahn (Chair), Doris Littrell, John Bauman, and Marge Leavene. Other members representing faculty are June DeWeese (Ellis Library), David Mehr (Family and Community Medicine), Peter Wilden (Medical Pharmacology and Physiology), and Steve Pallardy (Forestry).

Those representing staff are Jack Batterson (Library), Barb Savio (Grants and Contracts), Leanne Peace (Mo. Kidney Program), plus one vacant staff position. Ex officio members are Lisa Wimmenauer (Business Services) and Bonnie Gregg and Jatha Sadowski (HR).

If you wish to learn more about our Committee’s charge, you can visit the website http://committees.missouri.edu/retiree-benefits/index.php. You can see the current members at http://committees.missouri.edu/retiree-benefits/members.php. We hope to begin meeting again sometime in early to mid October as soon as we can choose a time that meets with most people’s schedules. If you of any you have any comments, suggestions, or items of interest that you would like discussed by our Committee, please let me know. My email is hahn@missouri.edu and I can usually be reached by phone at 573/474-4037.

Those wishing to view the circumstances of UM Retirement Funds should go to: http://www.umsystem.edu/ums/departments/fa/treasurer/retirement/
**Hear ye**

**Holiday Luncheon 2009**

*(Reservation form on following page 7)*

---

**Santa’s gifts**

It’s time to pledge your gift(s) for the drawing at our Saturday December 12 Holiday Luncheon. Many members have shared their arts, crafts, and whatever in the spirit of giving. If you would like to be a part of this tradition, please provide G.B. Thompson with a description of your gift at 445-4339 or gbt4cd@mizzou.edu. Please contact G.B. by Wednesday, December 9.

**Book exchange**

This is to once again invite all of you attending our 2009 Holiday Luncheon to bring a give-away book to share with others. Upon arrival, just place your book on the ‘literary table.’ Then, at the conclusion of our luncheon, choose a book from the table to take home and enjoy.

---

The Boyle Court

**MURA Board of Directors**

*July 1, 2009–June 30, 2010*

President
Past-president
President-elect
Secretary
Treasurer
Members at large, staff
Members at large, faculty

*Standing committee chairs:*

Finance
Membership
Program
Communications
Ombudsman
Retirement, health, and other benefits
University liaison
Awards
Governmental affairs
Nominating

*Ex-Officio (non-voting):*

Historian
Ad Hoc:
Audit

*Other ex-officio:*

University retiree benefits
Faculty council representative
Staff council representative
Web manager

Barton Boyle
Kee Groshong
Jack Miles
Mary Ellen Kanak
Gary Zwonitzer
Marlene Duffield, Darlene Miles, John Parker
Richard Dowdy, Veralee Hardin Phillips, Bob Stewart

Gary Zwonitzer
Ernest Hilderbrand
Jack Miles
Tom Freeman
Jim Bunton
Al Hahn
Gary Smith
Darlene Miles
Ken Schneeberger
Kee Groshong
G.B. Thompson
Libby Miederhoff
Bob Stewart
Ed Hunvald
Marlene Duffield, Libby Miederhoff
Rebecca Calvin

---

Be informed of legislative activities impacting MU

**Legislative Update**

Subscribe (at no charge) today at www.umsystem.edu/subscribe …in order to receive regular updates from the Government Relations e-newsletter

---

(clockwise from the left) Al Hahn, John Parker, Jack Miles, Barton Boyle, Kee Groshong, Mary Ellen Kanak, and G.B. Thompson
Holiday Luncheon Reservation(s)
Saturday, December 12, 2009
Reynolds Alumni Center
10:30 a.m. coffee and song
11:30 a.m. luncheon
For name tags:
Guest #1 ________________________________
Guest #2 ________________________________
Guest #3 ________________________________
To reserve for additional guest(s),
attach a note with name(s) and entree(s).
Total remittance @ $20.00 each guest $ __________
Check (✓) to match guest # with entree:
- Baked Norwegian salmon
- Sliced top sirloin
- Swiss & herb bowtie pasta
Make check payable to MURA
Remit by Thursday, December 3 to…
Jack Miles
4012 Bent Oak Drive
Columbia, MO 65203-6709
Ph. 573-445-5024, milesjw@missouri.edu
No refunds for cancellations after Thur., December 3

---

TEMPORARY PARKING PERMIT
For Turner and Conley Avenues Garages
Driver of this vehicle: ____________________________
(name)
MU Retirees Assoc.
Winter Social
Reynolds Alumni Center
Thursday, February 4, 2010
4:00 p.m.–6:00 p.m.
(Place on dashboard facing forward.)

---

Health Connection remains open
by Vicki Curby
MURA was instrumental in keeping The Health Connection (THC) open, arguing that it is a health and fitness facility designed for those wishing to improve wellness through a variety of programs.

In addition to cardiovascular and strength equipment, group fitness classes include aerobics, chair classes, Pilates, Tai Chi, toning, fitness over 50, and yoga. Instructors, who are specialists in working with seniors, adjust class activities for both beginners and advanced exercisers.

THC is in Hillcrest Hall on Stephens College Campus at the corner of William and Walnut (next to Boone Medical Plaza) ph. 882-1718. Web address: http://www.muhealth.org/body.cfm?id=239

---

Student Rec Center
T I G E R
EXPRESS
PROGRAM
$20 per month. Admittance:
5:30 a.m. ’til 12:30 p.m. M–F;
10:00 a.m. ’til 12:30 p.m. Sat.
www.MizzouRec.com
MU Retirees Association Membership Application

Date ______________________

☐ Renewal  ☐ New member  Retirement year ______ Title ☐ Dr.  ☐ Mr.  ☐ Mrs.  ☐ Ms.  Other __________

Name (last) ___________________________ (first) ___________________________ (middle initial) __________

Permanent address  Street and number________________________________ City ______________________

State ___ Zip code+4 digits ___________ E-mail address ___________________________ Phone __________

Alternate address  Street and number________________________________ City ______________________

State ___ Zip code+4 digits ___________ E-mail address ___________________________ Phone __________

☐ Retired staff  ☐ Retired faculty  ☐ Spouse of retiree  ☐ Pre-retiree

Type of membership (check all applicable)

☐ Annual for retiree  $7.50  ☐ Annual for pre-retiree  $7.50

☐ Lifetime for retiree $75.00  ☐ Lifetime for pre-retiree $75.00

☐ Annual for spouse $7.50  ☐ Annual for pre-retiree spouse $7.50

☐ Lifetime for spouse $75.00  ☐ Lifetime for pre-retiree spouse $75.00

Mail with your check to: MURA
P.O. Box 1831
Columbia, MO 65205-1831