

MURA

MU RETIREES ASSOCIATION NEWSLETTER

University of Missouri-Columbia

<http://mura.missouri.edu>

October 2010

Editor: Tom Freeman

Future 2010-2011 events

Fall Information Meeting

November 6 (Saturday, open parking)

Coffee 9:30 a.m., meeting 10:00 a.m.

The Clinton Room, Mizzou Arena

(Enter through south main entrance of arena)

Speaker: Judy Baker

Regional Director of Health and Human Services. In private and public sectors before appt'd by Sec'y Kathleen Sebelius.



Holiday Luncheon

December 11 (Saturday, open parking)

Coffee 10:30, Luncheon 11:30

Reynolds Alumni Center

(Reservation form on page 7)

Program Committee Meeting

January 19 (Wednesday) 3:00, TBD

Board Meeting

January 26 (Wednesday) 2:00-4:00

Memorial Union S-110

Winter Social

February 3 (Thursday) 4:00-6:00 p.m.

Reynolds Alumni Center

U-Club members \$7, non-members \$8

Phone for reservations at 882-2586

(Parking permit on page 7)

Annual Business Meeting

March 12 (Saturday, open parking)

Coffee 9:30-10:00, Meeting 10:00-12:00

Reynolds Alumni Center

Ray Schroeder Spring Picnic

May 18 (Wednesday) 10:30-1:00

Twin Lakes Recreation Area

(Reservation form in February Newsletter)

Chancellor's Retirees Luncheon

May 26 (Thursday), 11:00-2:00

Reynolds Alumni Center

(Invitation via letter from Chancellor Deaton)



From Our President's Desk

Down through the years MURA has been blessed by having an outstanding group of individuals step up to the plate to take the reigns in leading this fine organization.

Many have gone beyond the normal call of duty in terms of the time they have contributed to carrying out key responsibilities that have made the organization what it is today. Inevitably, they reach a point in their lives when other interests begin to compete for their time and it becomes necessary to pass the baton to someone else to carry the load. Such is the case with two individuals I have had the privilege to work closely with over the past few years.

After serving for six years as the editor of our MURA Newsletter, Tom Freeman announced at the July MURA Board meeting that for professional and personal reasons he will be resigning as editor following publication of the October issue. It was with great regret that our Board accepted his resignation. Tom has done an excellent job with our Newsletter, and we are all proud of the quality of his work.

Ernest Hilderbrand also advised our MURA Board at the July meeting that he would be stepping down as co-chair of the Membership Committee at the end of the year. For the past eleven years Ernest has served MURA through his expertise with computers and computer programming by establishing a membership database that has allowed us to communicate effectively with our members and to maintain detailed membership records. Needless to say, his contributions to MURA have been invaluable. I tip my hat to both of these men for their years of service and for their dedication to MURA.

Please check the list of upcoming events in the sidebar calendar on this page. Your attention is especially called to the Fall Information Meeting scheduled for Saturday, November 6 in the Clinton Room of the Mizzou Arena. (Enter the Mizzou Arena from the south side parking lot). Our featured speaker for the Information meeting will be Judy Baker, Regional Director of Health and Human Services, whose topic will be *The Affordable Care Act and the Changes to Medicare*. I encourage members to become more actively involved in MURA programs and to take advantage of the many benefits MURA membership has to offer. If you wish to learn more about MURA, go to our website at mura.missouri.edu.

Jack Miles



Meet our new MURA Newsletter editor—Valerie Goodin

English Teacher, Suan Dusit Rajabhat University, Bangkok, Thailand

Retired Associate Executive Director of Alumni Relations, Mizzou Alumni Association



With bachelors and master's degrees from the University of Missouri, Valerie Goodin joined the Mizzou Alumni Association in 1981, following an eight-year teaching career in both elementary classrooms and college classrooms. During the course of her alumni career, Valerie's work has included managing the Alumni Scholar Program, the University's Founders' Celebration, the Association's annual report, the leisure tour program, diversity programming, international outreach, volunteer leadership training, and alumni network development. She has been Mizzou's personal liaison to alumni chapters in Missouri, Oklahoma, Texas, and Arizona.

With a background in teaching and curriculum design, Valerie created one of the most effective alumni leadership programs in the United States. MU's Leaders Weekend program brings approximately 125 volunteers back to campus annually and includes networking, site visits, seminars, workshops and recognitions. This unique program has been modeled by other institutions and in 2003 it was recognized by CASE (Council for Advancement and Support of Education) at the highest level with a Grand Gold Award.

As manager of the alumni network, Valerie oversaw the development and implementation of the Columns Recognitions Program, a program of services, support, and rewards for geographic alumni chapters. Included in that development was the creation, with her husband, Richard, of a customized computer program to manage data and provide reports on the Association's volunteer efforts.

In addition to her job responsibilities, Valerie served the University as a member of the Council on International Initiatives, the Mizzou Tigers for Tigers Advisory Committee, the MU Economic Development Committee, and IMPACT Mizzou. Valerie was also an active volunteer with CASE at the district level (8 states in mid-America) for more than 20 years.

In 2007 Valerie was one of the first alumni professionals in the United States to receive a prestigious Fulbright Award for the U.S.—Germany International Education Administrators Program. Since then she has spoken extensively on the Fulbright experience and has served as a peer reviewer for the Council for the International Exchange of Scholars [CIES]. Although she has been a life member of MURA since 2007, Valerie didn't retire from MU until the fall of 2008. In January of 2009, she was honored with the CASE Dist. VI Virginia Carter Smith Award for excellence in service to the profession of alumni relations.

Fulfilling a retirement dream, the Goodins moved to Thailand in the 2009–10 school year, where Valerie taught English at Suan Dusit Rajabhat University. However, this retirement experiment changed their lives in ways they never expected. Now, the Goodins have chosen to live in two worlds—part of the year in Columbia and part of the year in Bangkok.

In Thailand, the Goodins travel throughout Southeast Asia, visiting friends they made while working at Mizzou. Valerie's only two regrets are not seeing her grandsons more regularly and not participating in the life of our campus.

This year, Valerie will add to her Thai teaching schedule the time it takes to produce the MURA newsletter for retirees. Please add her email to your address book and send stories and photos to her for use in our newsletter. Email: valeriegoodin@gmail.com.

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, Great Rivers Council
Boys & Girls Club of the Columbia Area
Boys & Girls Town of Mo a Great Circle Agency
Family Counseling Center of Missouri
Family Health Center
Fun City Youth Academy
Girl Scouts of the Missouri Heartland
Harrisburg Early Learning Center
Harvest House
Job Point

Lutheran Family & Children's Services
Mary Lee Johnson Community Learning Center
Meals on Wheels
Nora Stewart Early Learning Center
OATS Transportation Services
Phoenix Programs
Rainbow House
Services for Independent Living
Food Bank for Central and Northeast M
The Salvation Army
CHS Inc., The Shelter
University YMCA
Unlimited Opportunities
UCP Easter Seals Child Devel. Center
Voluntary Action Center



Become informed on issues important to Mizzou.



MIZZOU ALUMNI ASSOCIATION

OUR MURA Board of Directors—2010-11



MURA Board members in view (left to right): Darlene Miles, G.B. Thompson, Ken Hutchinson, Mary Ellen Kanak, Jack Miles, Bob Stewart, Jo Behymer, Veralee Hardin-Phillips.

Jack Miles
Barton Boyle
Nan Erickson

President
Past President
President-Elect
and Program Chair

Patsy Higgins
Tom Freeman
Ernest Hilderbrand
Jo Behymer
Darlene Miles
Ken Schneeberger

Ombudsman
Communications
Membership Co-Chair
University Liaison-Admin
Awards
Governmental Affairs

Mary Ellen Kanak
Gary Zwonitzer
Ken Hutchinson
Darlene Miles
John Parker
Roger Mitchell
Veralee Hardin-Phillips
Bob Stewart

Secretary
Treasurer
Member-at-large Staff
Member-at-large Staff
Member-at-large Staff
Member-at-large Faculty
Member-at-large Faculty
Member-at-large Faculty

Ex-Officio (Non-Voting)
G.B. Thompson
Bob Stewart
Ed Hunvald
Shirley Johnson
Libby Miederhoff
Rebecca Calvin

Historian
University Retiree Benefits
Faculty Council
Staff Council
Staff Council
Web Support

Standing Committee Chairs
Al Hahn *Retirement, Health and Other Benefits*

OSHER  Lifelong Learning Institute
at the University of Missouri
213 Heinkel Building

Information at (573) 882-2585, Registration at (573) 882-4349
E-mail: learnforlife@missouri.edu, Web: learnforlife.missouri.edu

New Partnership

MURA President Jack Miles has appointed an *ad hoc* committee to recommend a plan of action to our MURA Board of Directors to assist, support, advise, and otherwise advocate activities benefiting OSHER Lifelong Learning Institute (OLLI).

At its September 29th meeting, our board adopted an *ad hoc* committee's recommendations that MURA serve as an advocacy organization for OSHER, acting as a resource group to assist in identifying courses and instructors.

MURA pledges to act as a resource group in identifying courses and instructors; seeking funds to support OLLI programs; and sharing e-mail communications among members of our two organizations. Numerous MURA members possess talents of interests to others. Where those talents and interests fit with OLLI objectives, we hope you will volunteer your time and energy to our President Jack Miles. Your efforts will add to the quality of life in Columbia. **page 3**



Barton Boyle,
MURA Past President

The Aging Front

by Ann Gowans

Dear readers:

I recently had a little physical mishap that left me less than mobile. So, I'm not offering my usual column dealing with news 'fit to print' in Jefferson City. But I promise to be back on this page in our February issue.

With all good wishes...



Nominating for a Chancellor's Retiree of the Year award

Members Are Encouraged To Submit Nominations For The Chancellor's Retiree of the Year Awards

Every spring Chancellor Deaton presents awards to two retirees—one faculty and one staff—in recognition of extraordinary achievements accomplished during their retirement. The selection criteria focus on the accomplishments achieved during retirement for those who have been retired for at least five years. These accomplishments may involve service to the University, career or professional activities, volunteer civic or welfare services, or other achievements the nominator feels the selection committee should consider. In addition to a very nice plaque, each award winner will receive a stipend of \$1,000



Darlene Miles

To be considered for the 2011 award, a nominee must have retired from the University before January 1, 2006, and be in attendance at the annual Chancellor's Retiree Luncheon on May 26, 2011 to personally receive the award.

Please contact Darlene Miles, Chairperson of the Awards Committee, to request a nomination form. The deadline for submitting nominations and supporting documents is February 15, 2011. Questions should be directed to Darlene Miles by phone at 445-5024 or by email at milesjw@missouri.edu.

Benefits Program

by Betsy Rodriguez

As many of you know, Mike Paden, Associate Vice President of Benefits, recently retired. Until a replacement is found, there will be big shoes to fill. The following comments will have to do for now.

We hope to be able to announce Mike's replacement in MURA's February Newsletter.

Retiree Annual Enrollment will be held October 25–November 13, 2010. All changes will be effective 01/01/2011.

Some of the upcoming changes include the following: Retirees will be able to add coverage for dependents through age 26 (dependents may be added October 25–November 23, 2010). Lifetime maximum limits (for in-network care only) will be removed. More details on changes for 2011 will be included in the upcoming Annual Enrollment mailing. You should receive your Annual Enrollment mailing no later than October 23.



The RIM program (for retirees who are Medicare eligible) and the Catastrophic program (for retirees either Medicare eligible or non-Medicare eligible) will be administered by Coventry Health Care effective 01/01/2011. New personalized ID cards will be mailed in late December. The Choice program (for those who are non-Medicare eligible) will continue to be administered by Coventry Health Care as well.

As of 01/01/2011 the Dental program will be administered by Delta Dental. You will still be able to use your current dentist, but will receive deeper discounts by using a dentist within the Delta Dental network. More information on this will be included in your Annual Enrollment mailing.

There will be increases to the medical premiums this year, but no increases to the Dental premiums will be included in the Annual Enrollment mailing that you will receive no later than October 23.

Thanks for allowing us space in your MURA Newsletter in our effort to keep you informed of current issues having to do with Faculty and Staff Benefits.

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...

Barton Boyle (Chair) 875-6551

Kee Groshong 442-5371

Jo Behymer 442-6783

Veralee Hardin 445-4766

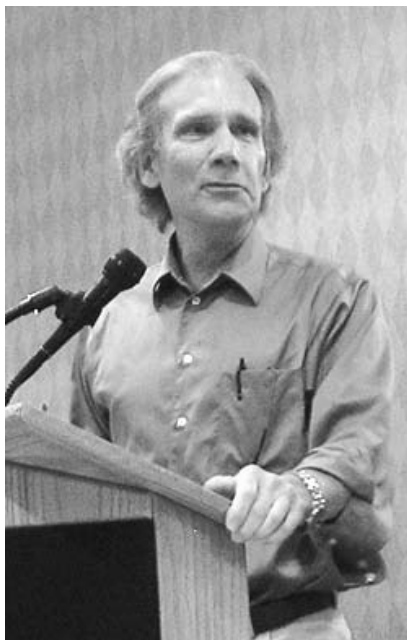
Liz Bailey 449-7677

University
C L U B

573/882-2586



MURA breakfasts provide opportunities to socialize and learn



Professor Anthony Alioto



Professor Michael Budds



We continue to have great attendance at our breakfast programs. Anthony Alioto, Columbia College's Professor of Philosophy and Religious Studies, opened our new season with the topic *Buddhist Everyday Principles for Living and a Very Short Course in Meditation*. Michael Budds, MU Professor of Music, gave a humorous and insightful presentation on October 5 titled *My life as Grand Opera or a Broadway Musical*. Upcoming fall and winter programs include:

Nov. 2 Larry Brown, MU Professor of Cultural Geography, will present *Religious Diversity in Missouri and How Demographics are Changing*

Dec. 7 Dan Scotten, retired Columbia banker, will bring the subject *Banking in Columbia: Past, Present, and Future*.

Dan will be accompanied by David Keller and John Keller, president and vice president of Bank of Missouri-Columbia

Jan. 4 Wayne Anderson, Professor Emeritus of Psychology, will share his thoughts on *The Population Explosion and its Control*

Feb. 1 Bill Bondeson, Curators' Distinguished Teaching Professor: *Sex in a Test-tube and Other Interesting Ideas*



by John Parker

As usual, we meet at **Jack's Gourmet Restaurant**, beginning with **8:00 a.m.** breakfast, followed by our speaker at or around 8:30 a.m. The price of the breakfast buffet continues at **\$8.00**, payable at the door. Because Jack's needs a count of prospective attendance, please reserve in advance by phoning G.B. Thompson at **445-4339** or by emailing G.B. at **gbt4cd@mizzou.edu**.

Holiday Luncheon 2011

(Reservation form on following page 7)



'Santa' aka our very own G.B. Thompson

Santa's gifts

It's time to pledge your gift(s) for the drawing at our Saturday December 11 Holiday Luncheon. 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 8.

Book exchange

This is to once again invite all of you attending our 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 to enjoy.

Introducing Our New MU Student Center

Former Thomas Brady Student Commons has been expanded in all ways friendly to students, staff, and friends. Do have a look. Browse the books, the MU store, and have a refreshment in the creative food court. Yet another *extraordinary* feature of our MU campus—following close on the heels of our Student Recreation Center.



Holiday Luncheon Reservation(s)

Saturday, December 11, 2010
 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	#1	#2	#3
Salmon			
Beef			
Pasta (vegetarian)			

Make check payable to MURA
Remit by Thursday, December 2 to...
 Nan Erickson
 1305 Woodrail Avenue
 Columbia, MO 65203
 Ph. 573-999-4363, email: ericksonrcnb@mchsi.com
No refunds for cancellations after Thur., December 2

TEMPORARY PARKING PERMIT

For Turner and
 Conley Avenues Garages

Driver of this vehicle:

 (name)

**MU Retirees Association
 Winter Social**
 Reynolds Alumni Center

**Thursday, February 3, 2011
 4:00 p.m.–6:00 p.m.**

(Place on dashboard facing forward.)

Health Connection continues

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.

Google Health Connection Columbia Mo
 Phone 882-1718

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

University Bookstore

— Since 1899 —



Student Rec Center

TIGER

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

MURA

University of Missouri
MU Retirees Association
P.O. Box 1831
Columbia, MO 65205

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

(Check in your address above to see whether or not your membership dues need to be paid.)



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)

<input type="checkbox"/> Annual for retiree	\$7.50	<input type="checkbox"/> Annual for pre-retiree	\$7.50
<input type="checkbox"/> Lifetime for retiree	\$75.00	<input type="checkbox"/> Lifetime for pre-retiree	\$75.00
<input type="checkbox"/> Annual for spouse	\$7.50	<input type="checkbox"/> Annual for pre-retiree spouse	\$7.50
<input type="checkbox"/> Lifetime for spouse	\$75.00	<input type="checkbox"/> Lifetime for pre-retiree spouse	\$75.00

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

**First year membership is
free of dues.**