

From the President's Desk

Nan B. Erickson



Transitioning from summer to fall this year has been very easy for most of us. Leaving the heat and humidity behind for the cooler temperatures of autumn is a welcome change.

This season also ushers in many activities for MURA members. One of those is the Columbia United Way campaign. MURA members are always very generous with their gifts. The United Way article on page 5 describes this year's campaign and the new Community Impact emphasis.

The Fall Social on October 12 is the perfect event for MURA members to reconnect after their busy summers. Inside this issue, John Parker, Chair of the Entertainment and Education Committee, describes the Tuesday breakfast programs that are planned from October through December.

The annual MURA Information Meeting is scheduled for November 5. Armon Yanders, President-Elect, and the Program Committee are planning a program around our University benefits—including representatives who will focus on medical benefits, wellness programs, nutritional advice, pharmaceutical plans, audiology, and ophthalmology services. The final MURA event for 2011 is the Holiday Luncheon, December 10th—always a fun and festive gathering.

OSHER's offerings also provide opportunities for you to pursue in depth a familiar topic, acquire a new skill, or study something that piques your interest.

Please put these activities and their dates on your calendars. Come, bring another MURA retiree with you, and enjoy interacting and learning.



From the Near Side Valerie Goodin

Thanks for sending your e-mail addresses. You should be receiving bi-weekly **MURA Updates** in your inbox, and also receiving invitations that are sent by e-mail. If not, please let me know.

. . . valeriegoodin@gmail.com

UPCOMING EVENTS

FALL SOCIAL

Wed., Oct. 12 4:00 - 6:00 p.m.
Reynolds Alumni Center
[Parking pass p. 7]

FALL INFORMATION MEETING

Sat., Nov. 5 9:00 a.m.-12:00 noon
Reynolds Alumni Center

HOLIDAY LUNCHEON

Sat., Dec. 10 10:30 a.m.-1:30 p.m.
Reynolds Alumni Center
[See p. 7]

WINTER SOCIAL

Thurs., Feb. 12 4:00 - 6:00 p.m.
Reynolds Alumni Center
[Parking Pass, p.5]

INSIDE this issue . . .

It Takes A Village p. 2

Financial Report p. 3

Alcohol and Seniors p. 4

Byte Me p. 4

Service Update p. 5

Make An Impact p. 5

Osher Tour. p. 6

Luncheon Reservation p. 7

MURA News

It Does Take a Village. . .

It may take a village to raise a child, but it does take a community of Mizzou employees to provide quality service for MURA. Here are snapshots of some of those community members, along with the work they do to serve retirees.

After their photos were taken, they also provided some personal insights by answering these questions: What is your favorite color? Favorite movie? Favorite food? Place you would most like to visit?



Robin Birkholtz, Customer Service Representative, and **Travis Gallup**, Electronic Prepress Specialist, at University Printing Services oversee fine-tuning and printing of the **MURA News**.

Robin's favorite color is green, favorite food is pizza, movies are 'Terms of Endearment' & 'It's a Wonderful Life.' She'd love to travel to Egypt. Travis is partial to blue, enjoys Thai food and calls 'Christmas Vacation' his favorite movie. He's torn between Canada and Ireland, for travel favorites.

Rebecca Calvin, Marketing Specialist, provides MURA's full-time Web support. She creates layouts, edits and posts news to the MURA Web page. Rebecca is partial to black and loves sushi. 'A Mid-winter's Tale' is her favorite movie, and Nova Scotia is her travel target.



Jane Unger, Benefits Specialist & Senior Technician, and **Eli Perez**, work on programs to develop retiree lists for MURA. Jane's color preferences change, depending on what team is playing! 'The Notebook' is her favorite movie after a meal of pot roast with trimmings. To see Egypt is her goal. Eli favors yellow, enjoys Chinese food and prefers comedies. Although visiting LA is a travel target, he is looking forward to retirement in December and joining MURA!



Together, **Dana Kelly**, Lead Mail Processor, and **Ron Feilner**, Manager of Campus Mail Services, see that **MURA News** is labeled and delivered for mailing. Dana prefers red, tacos and 'Tombstone.' Hawaii is his dream trip. Ron favors blue, ribs and would head for Alaska in a heartbeat.



Mary Maxwell, Administrative Assistant, processes payments for **MURA News** and receives award nomination forms. Mary likes blue and Mexican food. Her favorite movie is 'Sweet Home Alabama,' and, she'd head for Hawaii on her next vacation.

Ann Carter, office assistant for the Mizzou Alumni Association, manages the schedule of service for MURA members who volunteer at the Reynolds Center Welcome Desk. Ann favors pink, Mexican food, and the movie, 'Pretty Woman.' Her travel destination would be a return to Washington State.



Kelley Stuck, Associate VP for Total Compensation, oversees assessment and development of benefits for the UM System. She is also a regular columnist for **MURA News**. Kelley prefers lavender, can be tempted by m & m's and would go to Italy, after seeing 'The Sound of Music.'



Julia LeBoeuf, Sales Representative for the University Club, arranges the room, food, and details for MURA events that are held at the Reynolds Alumni Center. Her favorite color is green, her favorite movie is 'Pretty in Pink' and she loves anything sweet. She would love to return to visit Kauai, her favorite, of the Hawaiian islands.

MURA Musings

MU retirees live in 49 states, Washington DC and one other country. Guess which state has NO MU retirees.

MURA News

MURA Financial Report Income Expenses July 1, 2010 -- June 30, 2011

Balance on hand July 1, 2010 \$8,964.84

Income:

Dues-Annual	\$1,905.00	
Dues-Lifetime	1,200.00	
Golf Fees	3,850.00	
Vanguard Fed Bond Fund	101.47	
Vanguard VGI 500 IX Inv	1,001.26	
Holiday Luncheon	2,380.00	
Spring Picnic	721.00	
Total Income		11,158.73

Beginning Balance and Income \$20,123.57

Disbursements

Operations:

AROHE Dues	\$0.00	
Copy Expense	8.09	
Filing Fee State of Missouri	10.00	
Checks	0.00	
Postage	8.80	
Post Office Box Rent	28.00	
N Erickson AROHE Meeting Expenses	1,124.80	
Subtotal		\$1,179.69

Golf Tournament:

Green Fees, Col Parks & Rec	\$1,605.20	
Green Fees, Univ of Missouri	1,444.75	
Other	646.47	
Subtotal		\$3,696.42

University

Business Meeting	529.75	
Fall Information Meeting	363.10	
Holiday Luncheon	2,058.93	
Table-Chancellor's Luncheon	15.00	
Subtotal		\$2,966.78

Newsletter

Postage	\$1,112.58	
Publishing/Printing	1,868.29	
Information Ad	\$69.20	
Subtotal		\$3,050.07

Miscellaneous

Spring Picnic	\$764.00	
Flowers-C Cramer & L Morehouse	161.02	
Subtotal		\$925.02

Total Disbursements \$11,817.98

Checkbook Balance June 30, 2011 \$8,305.59

Other Assets(1)

	6/30/2010	6/30/2011
Lifetime Members Reserve Acct: Vanguard Portfolio		
Short Term Fed Bond	\$8,348.58	\$0.00
500 Index Fund (\$50,000 Invested)	42,096.67	62,090.89
Certificates of Deposit, BCNB(Matures 05/02/11)	1,904.87	1,914.81
Total Other Assets	\$52,350.12	\$64,005.70

MURA Funds



Gary Zwonitzer
Treasurer

Here is the year-end financial report for MURA. As you can see, MURA is in good shape financially. Also note,

under 'Other Assets' (1) that this pool was established primarily from life member dues, and it is needed to replace income from dues that life members no longer pay.

Perk of Work

The Welcome Desk on football Saturdays includes a special perk for MURA retirees who volunteer on those days. For three hours of service prior to the game, you will receive two tickets to the football game. What a deal!

All volunteer slots have been filled for the home games this year. If you are interested in working home games next season, watch for the call to service in a late July or early August **MURA News Update**.



Education and Entertainment

Edit your fall calendar to include MURA's monthly Breakfast Programs. Plan now to join us at Jack's Gourmet Restaurant for breakfast and an interesting program on the first Tuesday of each month. The cost is \$8/each, including tax and gratuity. The cost of the program is priceless!

Reservations can be made by calling G. B. Thompson at 445-4339 or by emailing him <gbt4cd@mizzou.edu>.

Oct. 4 - "George Caleb Bingham and the Civil War," Dr. Joan Stack, Curator of Art Collections, The State Historical Society of Mo.

Nov. 1 - "Order in the Court," The Honorable Frank Conley, Former Circuit Judge in Central Missouri

Dec. 6 - "So You Want to be the Voice of the Tigers," Mike Kelly, Sports Broadcaster and Voice of the Tigers

Here are a few photos from our September 6th event, with our guest speaker, Chancellor Brady Deaton, introduced by his wife, Anne Deaton.



Photos by Derrick Ho, MA '11



John Parker
Chair
Education and
Entertainment



Alcohol and Seniors

You are in your 60's. On rare occasions you have a "few too many" with no problems, except, of course, a dreadful hangover. Now, whenever you have a "few too many" bad things tend to happen. You are perplexed by this and seek information. What you discover is summarized here.

Since sensitivity to alcohol increases with age the effects of alcohol are more pronounced for seniors. With lower tolerance, drinking the same amount we did at age 30, places us at risk for memory and thinking problems, falls, auto accidents, and internal injuries.

Alcohol is harmful to those with chronic medical conditions. Alcohol consumption makes these conditions worse in older people. Eight out of ten seniors take at least three prescribed medications. Mixing alcohol with prescription medications can be dangerous and adding over-the-counter drugs, such as aspirin, can make conditions even more dangerous.

When taking a number of prescribed medications, it is best to abstain entirely. There are more than 150 medications that interact harmfully with alcohol and increase the risk of illness, injury, and even death. Medication for diabetes, high blood pressure, and heart disease can have harmful interactions with alcohol.

Given physiological changes of aging, moderate alcohol use, two drinks on any occasion for men and one drink for women, is the recommended guideline for seniors. One standard drink is not a double martini. Rather, it is the equivalent of a 12 oz. beer, a 5 oz. of wine, or a drink with 1.5 oz of 80-proof distilled spirits.

Alcohol has a more profound effect on women than men. Women become more intoxicated than men, given the same amount of alcohol, even when differences in body weight are taken into account. Genetically, women's bodies contain less water than that of men. Alcohol becomes more concentrated and

... continued on p.5

Byte Me

Recently, MURA obtained its own domain name--the words that appear AFTER the "@" in an e-mail address. Our name is 'muretirees.org' --appropriate and easy to remember!

Now it will be easy to recognize e-mails from MURA that appear in your inbox. The name BEFORE the "@" will give you an idea of the content. For example, a message from 'president@muretirees.org' will be one of special news. The bi-weekly MURA Update will come from 'MURANews@muretirees.org.' Membership news will come from 'Membership@muretirees.org.'

To ensure that you receive MURA messages, take time to delete old mail or move it to a folder on your computer. Some messages have not been delivered because e-mail inboxes were full. E-mail inboxes are similar to our mailboxes at home. If they get too full, new mail won't fit into them.

If you are not receiving e-mails from MURA, please contact the Communications Committee at this address, MURANews@muretirees.org or me, at valeriegoodin@gmail.com. ...Valerie Goodin, Editor

OUR UNIVERSITY

A Service Update

University Benefits

Faculty and Staff Benefits is well underway in planning the 2012 benefit programs. You will begin receiving information in mid-October about any benefit changes and premiums for 2012. In addition to material that will be sent to your home, you can also check the Faculty and Staff Benefits website at <http://www.umsystem.edu/ums/hr/benefits> for updates, after mid-October.

You may decrease coverage levels or add the Vision program during Annual Enrollment which is October 31 through November 11, 2011. Any changes you elect at that time would take effect January 1, 2012.

In November I will be attending your Fall Information meeting. I hope you can attend and will bring questions to be answered.



Kelley Stuck
Associate
Vice President
Total Compensation
UM System

continued from p. 4 . . . Alcohol remains in a woman's body longer than in a man's body.

Headlines in newspapers mention the positive effects of moderate drinking on heart function. Moderate drinkers are less prone to heart disease than are people who abstain. A word of caution: if you are a nondrinker, do not start drinking on the basis of this information. Drinking alcohol as a health aid carries too many risks. Better ways to guard against heart disease include exercise, eating foods low in saturated fat, keeping your weight within recommended levels and getting ample sleep.

The old adage, "When you drink, do so in moderation" pertains especially to seniors.

Richard W. Thoreson, PhD
Professor Emeritus & licensed Psychologist,
Employee Assistance Program (EAP)

Make An Impact That Makes A Difference

Hearth of Missouri United Way has just completed a major community needs assessment in partnership with the City of Columbia, Boone County, and the MU Truman School Institute of Public Policy. The results are truly disturbing: 40% of school children are living in poverty (up 10% over the last 10 years); 1,500 people are on a waiting list for public housing; 6,000 people have lost their jobs; 7,000 people will go to bed hungry tonight.

With your help, United Way works every day to renew hope for people who see little hope. We are committed to doing even more this year. Not only will we meet the immediate needs of those we serve, but we are engaging the community to help us discover the underlying community conditions that create those needs. From there we must work together

to change those conditions and reduce those needs.

To do so, we focus our efforts on education, income, health, and safety net services. These are the building blocks of a strong and healthy life and community. We need your help to succeed. Together - United - we can change the future for those we serve. We can give hope for today and make hope real for a bright tomorrow. Please join us today to make a real difference - a real impact - that will last a lifetime. Give. Advocate. Volunteer. LIVE UNITED!

The Heart of Missouri United Way works to improve lives of people in need by mobilizing and coordinating the caring power of community resources in Mid-Missouri.

To learn more, visit our website at www.uwheartmo.org, e-mail office@uwheartmo.org, or call 573-443-4523.

Tim Rich is Executive Director/CPO at Heart of Missouri United Way.

↓ ↓ SAVE THIS ↓ ↓



**Retirees
Association**

Winter Social

Thursday, February 12, 2012

4:00 - 6:00 p.m. Reynolds Alumni Center
Complimentary parking permit to park your car
in the Turner or Conley Street Garages.

Driver's Name

SIGN AND PLACE ON DASHBOARD FACING FORWARD.

Parking Permit

Parking Permit

ON THE SENIOR SIDE

The Aging Front

A Perspective

Ann Gowans
MURA Board
Member



Late summer and early fall are wonderful times to take stock of our health and perk up our resolve to develop healthy habits. You know the drill, eat more fruits and veggies; reduce salt, saturated fat, and sugar; switch to whole grains; and exercise at least an hour a day. Fill up on our fresh summer produce, but be sure to include a good serving of protein twice a day. We need it as we age.

Switch to thins, or lights when buying most things, and change your cereal to whole grain. Serve desserts in small bowls, and eat only one scoop of ice cream or sherbet.

Sugar snap peas are a great snack

as is, in salads, or as a quick fry veggie. Use fruit each day as a snack. Cook with canola or olive oil. If using canned fish in salads, switch from tuna to salmon, and add a few new fruit or veggie touches. Try nuts instead of croutons in salads, and don't forget to drink water before meals. It helps with hunger.

When dining out, order a side salad as an appetizer and plan to pack up half your meal. If going Asian, order veggies, not noodles, and make that pizza crust thin. If Mexican is your favorite, get tacos, not burritos, and try souvlaki, not a gyro when Greek is the order. Always get your dressing on the side, watch those Grande lattes and remember a light Frappuccino saves about 200 calories over a regular one. A "kid size" ice cream serving does the same.

These changes will show up on the scales and set a pattern for the cooler weather. Take good care of yourselves; the world needs your wisdom and example.

Osher Tour

Thursday, November 3, 2011
8:30 AM - 6:30 PM
Cost \$50/person

For reservations, call
Debbie Reschly, 573-442-5353

Monet's Water Lilies at the Saint Louis Art Museum

Ride in a comfortable motor coach from the Stephens Lake Activity Center[SLAC] to the Art Museum in St. Louis, with a brief stop on the way for lunch [on your own], arriving at the museum with plenty of time to enjoy this amazing exhibit. We should return to SLAC around 6:30 p.m.

With a minimum of 30 persons, the cost is \$50 each. This tour includes round trip travel from SLAC to the Museum, driver's gratuity, and fee to the Monet exhibit. Museum docents will be our guides, and we will form groups of 10 for the tour.

Inspired by his gardens at Giverny, French Impressionist Claude Monet (1840-1926) painted approximately 250 oil paintings in his Water Lilies series. Monet's Water Lilies reunites one of the most impressive large-scale triptychs within this group for the first time in more than 30 years. The triptych stretches 42 feet and its three sections are usually held separately in the collections of The Cleveland Museum of Art, the Saint Louis Art Museum, and The Nelson Atkins in Kansas City.

You're Never Fully Dressed Without a Smile...

I look in the mirror
And what do I see?
A strange looking person
That cannot be me.

For I am much younger
And not nearly so fat
As that face in the mirror
I am looking at.

Oh, where are the mirrors
That I used to know
Like the ones which were
Made thirty years ago?

Edmund Burke, 1729 - 1797, Irish Philosopher

Now all things have changed
And I'm sure you'll agree
Mirrors are not as good
As they used to be.

So never be concerned,
If wrinkles appear
For one thing I've learned
Which is very clear,

Should your complexion
Be less than perfection,
It is really the mirror
That needs correction!!



The Mind's Eye: Can you see the baby in this drawing? →

HOLIDAY LUNCHEON RESERVATION

DATE: Saturday, December 10, 2011
 PLACE: Reynolds Alumni Center
 TIME: 10:30 a.m. coffee and songs
 11:30 a.m. luncheon
 RSVP: Deadline, December 1, 2011

Guest name tags:

Guest #1 _____
 Guest #2 _____
 Guest #3 _____

To reserve for additional guests, attach a note with names and entrée choices.


Total remittance @ \$21.00 each guest \$ _____

Check (✓) to match guest # with entrée choice.

Entree	Guest #1	Guest #2	Guest #3
Salmon			
Steak			
Veggie			

Make check payable to MURA and send with this form to:
 Armon Yanders
 1204 Castle Bay Place
 Columbia, MO 65203
 Ph. 573-817-1238 ~ email: yandersa@umsystem.edu
No refunds for cancellations after Thur., December 1

Parking Permit Parking Permit



Retirees Association

Fall Social

Wednesday, October 12, 2011

4:00 - 6:00 p.m. Reynolds Alumni Center

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

Driver's Name

Parking Permit Parking Permit

RETIRES, The words, It's renewal time, under the return address, mean it's time to RENEW your MURA membership for 2011. Please complete the form on the back and return it with your check today! Membership matters, and we need you!

FALL SOCIAL


Wednesday, October 12, 2011
 4:00 - 6:00 p.m.
 Reynolds Alumni Center

🍷

Hors d'oeuvres & Cash Bar

\$7, University Club Members
 \$8, Non-University Club Members

To make reservations,
 call the University Club, 573-882-2586.





Random Fun

Past MURA President, Barton Boyle, and his wife, Charmian, MURA's Secretary, were caught cooling off at Buck's Ice Cream Place, with Abby Larsen, Coordinator of Membership for the Mizzou Alumni Association.

Free ice cream was a 'random act of membership' offered by the Association in July.





**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].



- NEW Retiree in 2011 FREE, with 2012 year . . . \$7.50
- Annual Renewal. \$7.50
- Life membership. \$75.00

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