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

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
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.

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!

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 Midwinter’s Tale’ is her favorite movie, and Nova Scotia is her travel target.

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.

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

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

**Beginning Balance and Income** $20,123.57

### 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

### 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)

<table>
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<th>Description</th>
<th>6/30/2010</th>
<th>6/30/2011</th>
</tr>
</thead>
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<tr>
<td>Lifetime Members Reserve Acct: Vanguard Portfolio</td>
<td>$8,348.58</td>
<td>$0.00</td>
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<tr>
<td>Short Term Fed Bond</td>
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<td>62,090.89</td>
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<tr>
<td>500 Index Fund ($50,000 Invested)</td>
<td>1,904.87</td>
<td>1,914.81</td>
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<tr>
<td>Certificates of Deposit, BCNB(Matures 05/02/11)</td>
<td>$52,350.12</td>
<td>$64,005.70</td>
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</tbody>
</table>

**Total Other Assets** $52,350.12

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### MURA Funds

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.

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

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

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
Facility 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.

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)

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

HoldSocial

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.
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.

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

| I look in the mirror | Now all things have changed |
| And what do I see?   | And I’m sure you’ll agree |
| A strange looking person | Mirrors are not as good |
| That cannot be me.   | As they used to be. |

| For I am much younger | So never be concerned, |
| And not nearly so fat | If wrinkles appear |
| As that face in the mirror | For one thing I’ve learned |
| I am looking at.      | Which is very clear, |

| Oh, where are the mirrors | Should your complexion |
| That I used to know      | Be less than perfection, |
| Like the ones which were | It is really the mirror |
| Made thirty years ago?   | That needs correction!! |

Edmund Burke, 1729 - 1797, Irish Philosopher

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 Lillies 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 Lillies 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.

The Mind’s Eye: Can you see the baby in this drawing? →
**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.

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**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.

<table>
<thead>
<tr>
<th>Entree</th>
<th>Guest #1</th>
<th>Guest #2</th>
<th>Guest #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salmon</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Steak</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veggie</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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**

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**Parking Permit**

**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.

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

Hors d’oeuvres & Cash Bar

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

To make reservations, call the University Club, 573-882-2586.
MURA Membership Year is Jan. 1 - Dec. 31

LAST       FIRST     MIDDLE
Name ___________________________________________ Name ___________________________ Initial _________

SPOUSE       FIRST     MIDDLE
LAST [if also joining] __________________________________ Name ___________________________ Initial _________

MAILING
Address _______________________________________________________________________________________

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

My          Spouse
E-mail ___________________________ E-Mail ___________________________

Home             Cell
Phone ____________________________ Phone ____________________________

Check all that apply for membership(s).

☐ Staff    ☐ Faculty    ☐ Extension Personnel
☐ Spouse    ☐ Other ______________________

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

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