

## From the President

Rose Porter

It is because of the recent loss of our wonderful MURA member, Armon Yanders, that I am writing this message to you. In March I was elected to serve MURA as chair of the program committee and be the president-elect for this year (2012-13), all under the leadership of Dr. Yanders. However, it was not meant to be. Instead, I come before you as a very humble, new president with much to learn.



Nan Erickson has been a tireless role model, devoting much of her time to mentoring me: I can only try to emulate the strong leadership she has given MURA this past year. I tip my hat to her, and the entire board, for helping me move into this new role.

To fulfill this new role I will need your help. As a successful organization that supports Mizzou and benefits all retirees, MURA needs your volunteer service. MURA committees and campus committees both need and value the voices of retirees. (see Call to Serve, p. 4 for a MURA request) In addition, there are at-large positions on the MURA board that help bring the retirees' needs into full focus for our campus. Please contact me (Phone: 573-445-6412 or email: porterR@missouri.edu) to let me know HOW you can serve this vital organization.

We need you; we want you to become involved with MURA. It is important that MURA stays actively invested in our University and continues to sit at the tables where the details and future of our benefits and pension plans are discussed.

As president, I am here to serve. I invite you to stay involved and participate actively in MURA. And, my challenge to you: recruit one new member to MURA!

*Rose*

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



Summer in Missouri! What could be warmer. . .possibly this past WINTER in Missouri? One thing you can always count on is the changing weather in Missouri. Variety, even in weather, can be the spice of life. It gives us the chance to change our wardrobes, menus, and travel plans. Retirement means the chance to enjoy EVERY day, regardless of the weather!

...valeriegoodin@gmail.com

## UPCOMING EVENTS

### FALL SOCIAL

Wednesday, October 17  
4:00 - 6:00 p.m.  
Reynolds Alumni Center  
[Retain parking pass, p. 7]

### INFORMATION MEETING

Saturday, November 3  
9:30 a.m. - Noon  
Reynolds Alumni Center  
[open parking]

### HOLIDAY LUNCHEON

Saturday, December 8, 2012  
10:30 a.m. - 1:30 p.m.  
Reynolds Alumni Center  
[open parking]

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## Retirees Honored for Their Service

More than 300 university retirees and friends gathered June 14 at the Reynolds Alumni Center for the annual Chancellor's Retiree Luncheon.

This year, guests heard from Tim Wolfe, the University's new president, Chancellor Brady Deaton, and the MURA President, Nan Erickson. This event also included the opportunity for retirees to honor the service contributions donated by two of their own.

A retired staff and a retired faculty member are selected each year to receive Retiree of the Year Awards. These awards recognize individuals for their community and university service during their retirement life. Judy Olson was named the staff retiree of the year, and the faculty award winner was Robert "Robin" Blake.

Olson said she was "surprised, grateful and honored to receive the award." She retired in 2002 from family and community medicine, where she was an executive staff assistant. Since retiring, she has been involved in community theater, acting in or directing several productions at the Maplewood Barn and Columbia Entertainment Company (CEC).

Olson has also served CEC as its president. In this role, she conducted monthly board meetings, appointed task forces, attended meetings and made major decisions that affected productions, the facility and the theater's relationship with the community. Two of those relationships are the annual Art in the Park and the Fall Festival.

"Judy's efforts and contributions will be recognized as a driving force behind the success of CEC, both in the past and in years to come," wrote one nominator.

Olson also volunteers at the McCambridge Center, a substance abuse treatment center for women. Many clients have said that her smile and caring personality help them feel at ease.



*Robert 'Robin' Blake, Jr., M.D. and Judy Olson, both retirees from the Department of Family and Community Medicine, received Retiree of the Year awards at the Chancellor's Retiree Luncheon, June 14 in the Reynolds Alumni Center.*

Robert "Robin" Blake Jr., professor emeritus of family and community medicine, retired from the department in 2000. He has continued to serve the School of Medicine as a teacher, mentor and member of the medical school admissions committee.

Students have recognized his contributions with five, post-retirement teaching awards and, in 2009, they chose him to serve as investiture marshal at the school's graduation ceremony.

In the community Blake volunteers at Shepard Elementary School, where he spends several hours each week working one-on-one with students who are struggling, are behind in their studies, or need help with special projects. He also coordinates an after-school chess club.

JoNetta Weaver, Shepard's principal, said that Blake "teaches our children by modeling everyday his love for learning and providing the wisdom that gives purpose for their learning."

Blake told the retirees that volunteering at the elementary school has been rewarding and satisfying for him. "There is a big need in the public

schools system for people like us to be involved in educating students," he said.

He encouraged retirees who want to give back to the community to contact one of the schools "to see what you can do to help. The schools have many wonderful teachers, but they can't do it all."

Blake serves as a director of the Boone County Council on Aging, is a member of the medical advisory board of the Missouri chapter of the National Abortion Rights Action League, and he volunteers at Planned Parenthood of Kansas and Central Missouri.

*Used with permission, Sue Richardson,  
Mizzou Weekly*

## MURA Musings

1990 - [Fall] - The first MURA newsletter was published. The first MURA president was C.V. Ross.

# HIGHLIGHTS

Remove Watermark Now



In May, MURA Board members toured the 3D Rapid Prototype Lab at Mizzou.

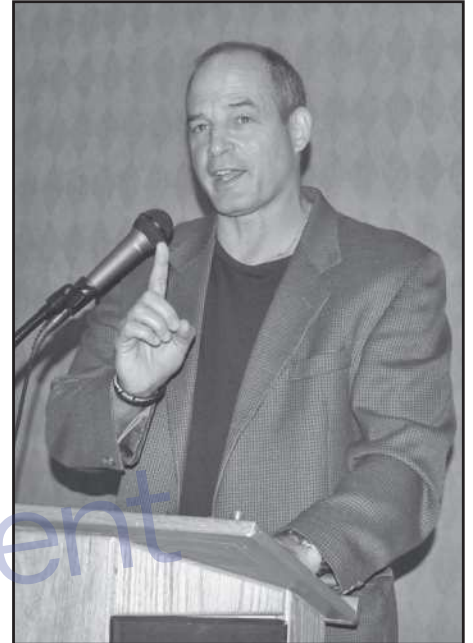
← Steve Nagel, former astronaut and now retention specialist at Mizzou, shows Membership Chair, Dick Otto, a turbojet engine that NASA donated to the College of Engineering.

Mike Klote, Manager, Engineering Technical Services in the College of Engineering, shows President Nan how projects move through the 3D rapid prototype lab, from a 3-D drawing to a 3-D model. Below right is a ball within a ball that was created

in the lab. ↓



Coach Gary Pinkel addressed MURA members at the May Breakfast program. He talked about his job as coach, working with the student athletes. He also expressed his feelings on entering the SEC this coming fall, and answered questions from the audience.



Recently the MURA Board commissioned the creation of a plaque to honor those who have served as presidents of MURA. Nine past presidents pose in front of the plaque which was installed in Jesse Hall. ↓



Nellie Dodd is in her 6th year as coordinator of the Golden Tigers, Mizzou volleyball's one-of-a kind, senior spirit group.

A passionate devotee, Nellie brought team members, Natalie Hayes and Whitney Little, along with Stephanie Rizzolo, the team's marketing coordinator, to the May breakfast program. The girls gave out mini volleyballs to guests and Stephanie announced that retirees who join the Golden Tigers will receive free admission to all home games.



## Call to Serve

The work of MURA is achieved by retirees who volunteer. Volunteerism keeps membership dues low and gives retirees creative ways to be involved in the life of the University.

Currently MURA needs two retirees for the Communications Committee. Each person will be asked to fill one of these roles:

1. Take digital photos at events and e-mail them to the Editor, or
2. Collect door prizes from pre-arranged

donors and assist with awarding them at two annual events.

Qualifications for these roles are:

- \* Use e-mail to communicate,
- \* Have and use a digital camera and e-mail photos,
- \* Arrange to pick up items on campus and attend two annual events.
- \* Eager to serve on a committee that has one social event annually and no committee meetings!

To discuss these, or to volunteer, call the Editor, 573-529-5558, or email her, [valeriegoodin@gmail.com](mailto:valeriegoodin@gmail.com).

## Education and a Meal

A great meal -- you get both at our monthly Breakfast Programs. Although we do not meet during the summer months, here is a peek at the fall lineup:

**September 4** - "What's Up With White Extremist Groups in the U.S.?" Dr. Larry Brown, MU Cultural Geographer;  
**October 2** - "The Amazing Walter Williams: His Role and Influence in American Journalism and the University of Missouri." Mr. Doug Crews, Executive Director, the Missouri Press Association;  
**November 6** - "My Last Lecture," Dr. Bill Bondeson, retired.



John Parker  
Chair  
Education

Time: 8:00 a.m.

Place: Jack's Restaurant, 1903 Bus. Loop 70 East, in Columbia

Cost: \$8/person, at the door

RSVP: Contact G. B. Thompson, phone- 573-445-4339, or e-mail, [gbt4cd@mizzou.edu](mailto:gbt4cd@mizzou.edu)

## To Honor and To Remember

MURA members honor the memory of Armon Yanders, 84, president elect of the MU Retirees Association. An outstanding scientist, academic leader, and supporter of Mizzou and MURA, Armon served on MURA's Program Committee for more than 15 years, and will be fondly remembered for his trivia talents and entertaining service as master of ceremonies for our Holiday Luncheon.

Memorial contributions can be made to the Armon F. Yanders Scholarship Fund, Office of Development, University of Missouri, 109 Reynolds Center, Columbia, MO 65211; American Cancer Society, P.O. Box 22718, Oklahoma City, OK 73123-1718; or Mid-Missouri Chapter of the Alzheimer's Association, 2400 Bluff Creek Drive, Columbia, MO 65201.



Armon F. Yanders  
1928 - 2012

## New MURA Board for 2012-13

### OFFICERS

President, Rose Porter  
573-445-6412  
Interim President-Elect,  
Barton Boyle 573-875-6551  
Secretary, Shirley Patterson  
573-445-6445  
Treasurer, Earl Wilson  
573-442-7078  
Faculty Rep., Roger Mitchell  
573-443-4244  
Faculty Rep., Barbara  
Rothenberger 573-446-3262  
Faculty Rep., Bob Stewart  
573-445-6982  
Staff Rep., Ken Hutcheson  
573-268-1148

Staff Rep., Rich Anderson  
573-657-9444  
Staff Rep., Phil Shocklee  
573-445-3958  
Past President, Nan Erickson  
573-999-4363

### STANDING COMMITTEES

Awards, Max Miller  
573-239-5424  
Communications, Valerie Goodin  
573-529-5558  
Education, John Parker  
573-442-5215  
Finance, Earl Wilson  
573-442-7078  
Governmental Affairs, Gary  
Smith, 573-777-2399

Membership, Dick Otto  
573-449-4927  
Nominating, Nan Erickson  
573-999-4363  
Ombudsman, Patsy Higgins  
573-642-2889  
Past Presidents, Barton Boyle  
573-875-6551  
Interim Program, Barton Boyle  
Retirement, Health & Other  
Benefits, Barton Boyle  
University Liaison, Nan Erickson  
573-999-4363

### EX-OFFICIO

Historian, G. B. Thompson  
573-442-6783



*Lucille Salerno introduces Osher's Founders, John Parker and Tom Henderson.*



## OLLI's Anniversary Honors Founders

The Osher Lifelong Learning Institute launched its spring semester March 5 with a birthday celebration. This year marks OLLI's 10th anniversary on the MU campus.

John Parker and Tom Henderson worked to establish lifespan learning in a peer setting for "seasoned adults." Their efforts led to a grant from the Osher Foundation that created the Osher Lifelong Learning Institute, an Extension program for Mid-Missouri seniors.

John and Tom were introduced by Lucille Salerno, OLLI director, and birthday cake was shared with guests attending the opening.



*photos, courtesy of Tom Freeman and Nan Erickson*

## WANTED: MURA Members

Where can medical students turn for advice on elders' health care needs? At the University of Missouri, students have the opportunity to learn from the experts, senior citizens who live in the community. Since 2001, the Heyssel-Senior Teacher Educator Partnership (STEP) has brought seniors and medical students together. To date, 425 students have volunteered to take part in the program, and its popularity continues to grow. Dur-

ing last fall, 61 of 104 first-year, medical students signed up for the program.

Students and partners will meet each other at a Kickoff Dinner that takes place in the Courtyard Marriott on August 21st. Throughout the school year seniors and students get together in the medical school for events that include lunch and a presentation. In addition, partners get together on their own, participating in activities such as exercising with each other, having meals together and going to movies, concerts and sports events.

Some seniors invite their students to accompany them to their health care appointments.

The Heyssel-STEP program is looking for active, older adults (65+) who would like to take part in the program. You can join as an individual or as a couple. If you're willing to spend 3-4 hours a month talking and visiting with a med student, contact Peggy Gray at 573-884-3337 or e-mail, [graym@health.missouri.edu](mailto:graym@health.missouri.edu).

More information is available online at [www.stepmu.com](http://www.stepmu.com).

## The Aging Front

A Perspective



Ann Gowans  
MURA Board  
Member

As we age, consuming alcohol can become a dangerous habit. The fact is that during this stage we often change the rhythm of our daily lives. Retirement, change of residence, or other social and familial changes, can lead some to seek the solace of drugs, an increased consumption of alcohol often being the first choice. Make no mistake, alcohol is an addictive drug that can, over time, damage our capacity to change or learn from our mistakes. Hence the often heard denial by those who use alcohol to excess, that they might have a problem.

Many doctors believe that a small consumption of alcohol every day can protect our hearts, but we must guard against increasing the amount, or depending on it to help us through dif-

ficult situations. One drink a day of red wine for the ladies and two for the gentlemen, is thought to be a beneficial thing. At the same time, alcohol can cause some people to wake up at night and have difficulty going back to sleep.

More than one in 10 adults, age 55+, are heavy drinkers, and over 3% are binge drinkers. Binge drinkers are those who continue drinking, racking up a large amount of alcohol within a short time. These folks seldom agree that they drink to excess because they point out that they can manage daily life without many problems.

The science of addiction will lead all experts to disagree with that point. These drinkers are on a dangerous, downward path. Drugs tend to relieve anxiety, loneliness, and depression and activate the pleasure centers in our brains, helping us forget our troubles. However, their nature is addictive and often requires regular increases to achieve the desired results.

Social insecurity is often cited as a reason for the use of alcohol, and those

who have hearing problems can find themselves in a very lonely place. Isolation of any kind or personal problems can often be the source of an addiction.

More and more of us are deciding that living alone is our preferred lifestyle. The incidence of this has risen sharply and probably will continue to be among our first choices of a residence style. This puts people in a place where they can drink a lot more than they should, without anyone knowing about a potential problem. Families, who enable drinking by protecting this habit from attention, are closing off the chance for real help. The best way to help is to contact a doctor and/or AA (Alcoholics Anonymous), and ask for information. Waiting until your loved one is in serious trouble is not the answer. Do it now.

## Worth a Look

For the 11th year, the AARP has selected its ten best movies for grownups.

To see trailers of the movies and the Readers' Choice winner, go online to [aarp.org/moviesforgrownups](http://aarp.org/moviesforgrownups). In the meantime, here is the list for your review.

The Help  
The Descendants  
Midnight in Paris  
Hugo  
Extremely Loud and Incredibly Close  
The Artist  
Margin Call  
Moneyball  
War Horse  
We Bought a Zoo

## You're Never Fully Dressed Without a Smile

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone. Also never been in Cognito, but I understand that no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips, thanks to my friends, family and various circumstances.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place, and I try not to visit there too often. Several times I've been in Flexible, but only when it was very important to stand firm. Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in Continent, but I don't remember what country I was in. It's an aging thing....

THE MIND'S EYE: Can you find the man's face in the beans? →





# REFRIGERATOR ART

Post this schedule on your refrigerator, and mark your calendar now! Details will be provided closer to the date of each event.

FIRST TUESDAY of the MONTH

*beginning in September*

Breakfast Program, 8:00 a.m., Jack's Restaurant, 1903 Bus. Loop 70 East, Columbia

For reservations contact G. B. Thompson, 445-4339 or e-mail him <gbt4cd@mizzou.edu>. Breakfast is \$8.00/person, payable at the door.

## Fall Social

Wednesday, October 17, 2012, 4:00-6:00 p.m.  
Reynolds Alumni Center - *Retain this pass* →

## Fall Information Meeting

Saturday, November 3, 2012, 9:30 a.m.-Noon  
Reynolds Alumni Center

## Holiday Luncheon

Saturday, Dec. 8, 2012, 10:30 a.m.-1:30 p.m.  
Reynolds Alumni Center

Parking Permit

Parking Permit

Remove Watermark Now

# FALL SOCIAL

Wednesday, October 17, 2012

## Retirees Association

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.

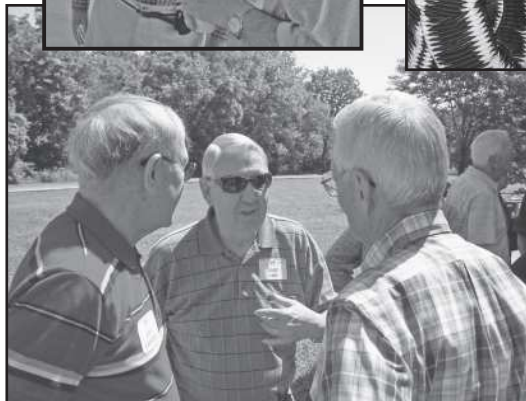
Print Driver's Name

SIGN AND PLACE ON DASHBOARD FACING FORWARD.

Parking Permit

## MURA Ray Schroeder Picnic

On May 16th 86 members and guests enjoyed the annual Ray Schroeder Picnic at Twin Lakes Shelter. Catering provided by Jack's Gourmet.



photos, courtesy of Dick Erickson



**Retirees Association**



**Retirees  
Association**

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

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**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:



**Retirees  
Association**

- ☐ NEW Retiree in 2012 FREE w/2013 year . . \$7.50  
☐ Annual Renewal. . . . . \$7.50  
☐ Life membership. . . . . \$75.00

**MU Retirees Association**  
P.O. Box 1831  
Columbia, MO 65205-1831