MURA News

MU Retirees Association Representing University of Missouri Retirees since 1990

JULY 2023

What a wonderful MURA year we experienced!



DEAR MURA MEMBERS,

When I became president, I was a little apprehensive. Following the nurturing leadership of Ruth Tofle is a huge act to follow. What made the year wonderful is all the volunteers that work hard throughout the year to make this organization come alive and be relevant to our members.

Ina Linville

Communication is key to keeping an organiza-

tion vibrant. Barb Harris sends out the MURA Updates and keeps our membership listserv current in partnership with Jo Turner, membership committee chair. Judy Maseles, our webmaster, keeps our event registration easy to use and accessible. Even though Karma Metzgar lives near Mound City, she keeps our Facebook interesting and fresh. Our dynamic quarterly newsletter duo of Maggie Walters and Ginny Booker, who kept our quarterly newsletter informative, interesting, and so professional, are moving on to other interests. We are indebted to both of them.

My gratitude goes to others who served and ended their duties: Secretary and Microsoft Teams administrator, Mary Licklider; member-at-large staff, Mark Banks and member-at-large faculty, Frank Schmidt; Clyde and Cecile Bentley, educational breakfasts chairs; Cecil Moore, university administrative liaison; Linda Lorenz, liaison with MU's United Way. I so appreciate Ruth Tofle for her gracious help and wisdom. She will continue as electronic archivist but end her chair of the past-president committee.

Mary Anne McCollum, and her Governmental Affairs committee produced a wonderful candidates forum this fall and keeps us informed on all things Jefferson City.

MURA's Cecil Moore helped convene the four-campus retiree associations as well as the first face-to-face work session with system level staff since the pandemic. The work session focused on benefits, retirement plan and the retirement fund. Other collaborations with the UM System staff led to the dissemination of a post card to all recent retirees notifying them of the opportunity to join their respective campus retiree association. MURA gained nearly 20 new members.

President Mun Choi hosted our Spring Social where we celebrated six scholarship recipients. Ted Tarkow and the Kitty Dickerson Scholarship Committee worked hard to increase the endowed scholarship from three to four. Dr. Choi's generosity allowed us to award two additional scholarships for a total of six. See features of

So many great stories and important information on the following pages!



See pages 8-9 for this issue's focus on Sports and Fitness!

both the scholarship and retiree recipients later in the newsletter. Dick and Donna Otto led the award committee's work to gather nominations for retiree of the year (faculty and staff). The committee narrowed down the nominations to two award recipients. We celebrate both later in this newsletter.

Other organizational highlights include: Terrific speakers for our well attended breakfasts, UM HR began collecting names of retirees interested in MURA; well-attended Holiday Social at Holiday Inn Executive Center; hybrid annual meeting with program by Chris Bouchard and update on the retirement fund by UM financial staff; six (up from three) Kitty Dickerson scholarships. We continue to have two ombuds, Carrie Lanham and Mark Stewart willing to help members navigate question/s with UM/MU and Betsy Garrett serves on the Total Rewards Advisory Committee (TRAC) to bring a retiree's perspective to the work of UM Human Resources. Barbara Schneider continues to keep MURA and OSHER closely tied and lets us know when new classes begin.

A first for MURA, was an orientation for board members led by Jo Turner, Mark Stewart, Betsy Garrett, and Ken Dean.

We enjoyed the continued sponsorship by Central Bank and Trust of Boone County for our breakfasts and holiday social and Tiger Place for our business meeting.

It has been an honor and privilege to be your president this past year. Hats off to all our board members, committee chairs and volunteers that made this year a success. I am proud to be part of this organization and have full confidence in Ken Dean, who stepped into this role on July 1.

Warm regards, Ina Linville, outgoing MURA president

MURA Financial Position approaching Year End By Donna Johanning, MURA Treasurer

AS OF MID-MAY, MURA has a cash balance of \$10,635.15. As we close out the fiscal year, we will receive a quarterly interest payment from our investment account at Vanguard and will be paying annual dues to the MU Flagship Council and AROHE (Association of Retirement Organizations in Higher Education). Once final bills are paid for the last two breakfasts of the year and the amount of lifetime dues received in FY 2023 is transferred to our Vanguard account, we anticipate an ending cash balance at year end between \$6,000 and \$7,000. The Finance committee has met and put together a proposed budget for Fiscal Year 2024. Careful consideration was given to keeping the costs of the breakfasts and holiday luncheon affordable for our members in spite of rising venue and food costs. Additional software and printing expenses were also discussed and incorporated into the final numbers. The budget was presented and approved at the July Board meeting and will be included in the next newsletter along with our final vear end statement.

Six students receive MURA Kitty Dickerson Scholarships

THIS YEAR, MURA was able to award six Kitty Dickerson Scholarships to MU students of MU/ UM staff. Four of the scholarships were funded via the MURA endowment and the remaining two were funded by UM President Choi.



DANIELA CALLE

is majoring in biochemistry with hopes to go on to becoming a pediatrician. When asked what the scholarship meant to her, Daniela had a heartfelt response. "This scholarship has meant so much to not only me but also my mother. As an immigrant, my mom came to this country with a bag of clothes and endless hopes for the life she could give my brother and

I. This scholarship is an incredible acknowledgment of my hard work and my mother's effort to give me the life she dreamed I would have. In many ways, it feels like the world is against our success, but this scholarship and MURA have reminded me how many people are awaiting my success and cheering me on. I have felt the most support from you all and my family and I can't thank you enough." Daniela is the daughter of Sandra Zapata, a nutrition program associate with MU Extension.



ELLIOT GILBRETH

MOHAMED LEHMIDI

is a native of Columbia and is studying graphic design at MU. "I love to express concepts with images, and I'm interested in a future job in corporate marketing and branding." Elliott's parents are both MU staff. His dad, Tim is a manufacturing technician with the MU research reactor and his mom, Teressa, works in strategic communications for The Connector, MU College of Education.



completed his first year in computer sciences and is looking forward to using the scholarship to continue his studies. His mother, Naziha Elhassan, is a physician assistant for special care within family medicine at MU Health Care.



BROOKE ANICH

finished her sophomore year in Environmental Sciences with dreams of making this world a better place. Her father, Gregory Anich, manages assets as part of the MU's procurement operations and offers, "Thank you so much for continuing the Kitty Dickerson Scholarship for my daughter Brooke. The scholarship has truly been so helpful and outstanding as an aid in Brooke's college experience and success. We are both very grateful and honored."



SAM KIM

will be a sophomore this fall majoring in Health Science with an emphasis in Leadership and Policy. He is planning to apply to the Nuclear Medicine program this fall and wants to go on to medical school after graduation. "I really enjoy science as a whole and try to be involved in it in any way that I can, currently by working as a student lab tech for Mizzou Plant Sciences. In my free

time, I play the drums and have started to learn guitar." Sam's father is a research specialist in plant science and technology.



JOSIE BOLTE

finished her freshman year at MU studying health sciences and is currently working towards applying for the diagnostic medical ultrasound program at MU. "I am honored and grateful to have received the Kitty Dickerson MURA Scholarship to help me pursue my career goals and am feeling accomplished to be able to honor Dr. Dickerson with my grades. My mom, Cheryl is a veterinary technician with research compliance."

MURA Spring Social and presentation of the 2023 Chancellor's Retiree of the Year Awards

SINCE 1990, SIXTY-SIX MU RETIREES have received the Chancellor's Retiree of the Year. The award focuses on the accomplishments of former employees after their retirement. These accomplishments may involve volunteer service to the University, civic and welfare services, career and professional activities or other noteworthy achievements. Accomplishments prior to retirement are not considered in the selection process. Two awards are given: one to a faculty member and one to a staff member. Each award includes a plaque and a \$1,000 check. Due to the generosity of President Mun Choi, recipients will be receiving a check for \$1,500 beginning in 2024. Previous nominees not selected are kept in the pool for two more years.



from MU Department of Political Science where he was a professor and Department Chair. His area of expertise is national and Missouri politics, making him a sought-after consultant. His classes are a favorite at Osher Life Long Learning Institute. David says teaching at Osher is his favorite volunteer role. "I usually present on some political topic, and I enjoy the challenge of learning enough

about the topic, then deter-

DAVID LEUTHOLD retired

mining how to present it so the class enjoys the learning." David has been influential internationally. David and his late wife Carolyn collected textbooks and materials donating them to libraries in Myanmar. David actually served as Chairman of the Board of the Nargis Library of Myanmar. Other volunteer roles include being active in the League of Women Voters and his church, the Unitarian Universalist Church of Columbia, serving on the board and Caring Committee. "I think volunteering helps me maintain contact with a larger world and maintain my own sense of identity and sense of self-worth." As one of his nominator's stated, this work "demonstrates his love of people."



LIBBY MIEDERHOFF retired as Director of Accounting Services. She spends many hours Chairing the Finance Council at St. Thomas More Newman Parish. According to Libby. "it involves advising the pastor and staff on financial matters, preparing the annual budget, and monitoring financial status throughout the year." Until this year, Libby led the audit committee for MURA and lent her expertise to keeping our finances in good shape. Libby is an election official for

Boone County. Not only does Libby serve as an election official, but she trains other poll workers. Libby states, "Many of the new poll workers have commented to me that they are surprised at all the checks and balances involved in the election processes and they don't see how there could be voter fraud." Libby goes the extra distance by taking ballots to residents in long-term care facilities so people who cannot travel to the polls can vote. "I highly recommend volunteering, offers Miederhoff, "it's a great way to meet many interesting people and learn new things while using your talents and expertise to help others." One of her nominators writes, "I feel very fortunate to have called Libby "boss" and blessed to also call her my friend.



A room full of MURA members enjoy themselves at the Spring Social hosted by President Mun Choi. Ina Linville, MURA President, and President Choi kick off the event.

Retirees demonstrate unwavering support for MU by giving generously

THE CULMINATING POINT of the 2023 MURA Spring Social recognized the unwavering and substantial support of retirees to our university family. When MURA was established in 1990, such support was one of its four bedrock objectives. Retirees value the university, believe and invests in its future. The 2022 fiscal year contribution from retirees was \$5.6 million.



Pictured are Jackie Lewis, Ina Linville and Mun Choi, MU Chancellor and UM President

In memoriam

It is with great sadness we announce the passing in June of MURA board member **Art Jago**.

Professor emeritus of the MU Trulaske College of Business, Art was an avid supporter of MURA programs and services.

We express our sincere condolences to his family.

Retirees also strongly support Heart of Missouri United Way

RETIREES ARE A POWERFUL GROUP making a difference in supporting United Way. As Linda Lorenz, the MURA liaison to United Way says: "During a difficult year, retirees put their community first." Retirees contributed 32.3% of the total MU contribution to United Way. The total given by retirees in 2022 was more than \$141,000. "Retirees' generous support of the Heart of Missouri United Way allows them to respond promptly to changing community needs while advocating for effective solutions to tackle local issues," Lorenz says.





Heart of Missouri United Way director Andrew Grabau.

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- Linda Lorenz, MURA liaison to the United Way

The Legacy of Fortnightly Club of the University of Missouri

ONE OF THE FOUR MURA GOALS is to contribute to the University of Missouri. A congruent goal of my presidency has been to connect with the University of Missouri to be of service. Another organization that many of our members or spouses of members belong to is the Fortnightly Club. We present to you an article by **Linda Keown**, the current president of the Fortnightly Club. — Ina Linville

AFTER THE TRAGIC FIRE OF ACADEMIC HALL ON JANUARY 9, 1892, the women of

the University of Missouri organized a group of faculty wives and formed the Fortnightly Club of the University of Missouri. The intention of the wives was to boost faculty morale and provide fellowship for the women of the University to help deal with the decimation of the main campus building. The founder of the group was Mrs. Frederick C. Hicks, wife of a professor of history. The first honorary president was Mrs. Richard Jesse, wife of the president of the University. The charter meeting was held on October 12, 1892. The club formulated its constitution and bylaws in 1895, with an objective 'to unite ladies of the faculty of the University of Missouri in practical culture work and to interest itself in the social and moral welfare of the students at the university.'1 The second goal was soon clarified to be a concern with the welfare of female students. In addition to the wives of junior and full professors, membership was broadened to include ladies who were members of the faculty, wives of the members of the board of curators, and female relatives of the unmarried men on the faculty. The wife of the university president continued to serve as the honorary president.²

Originally, there were 20 members of the club and the meetings were held on Wednesdays twice a month during the academic year. Meetings were held in homes initially but moved to Read Hall, the female dormitory on campus, from 1907 until 1939. The Fortnightly Club joined the State Federation of Women's Clubs in 1893 and the General Federation of Women's Clubs in 1904. In 1899, the State Federation held its annual meeting in Columbia with Fortnightly Club as joint host; however, in 1939, after several years of debate, the Fortnightly Club withdrew from the State Federation of Women's Clubs.³ Early members included many women with surnames important in the University's history: Hindman, Stephens, Ellis, Middlebush, Rhynsburger, Schlundt, Williams and Faurot.

State Historical Society of Missouri holds the archives of the Fortnightly Club. In researching the Club history, interesting facts were discovered about the 'mothers' of the Club and their support and activities in the early years. One such woman was Margaret Bass Chamberlain (1864-1934), dorm matron of Read Hall from 1920 until her decline in health in the early 1930s. These facts are documented in the early copies of the Columbia Missourian and 1930 US census report for Boone County, Missouri. Margaret entertained 'her girls' with weiner roasts at Lover's Leap in October of 1920 and served as a chaperone for fraternity and sorority parties as a dorm matron. Below is a picture of Miss Margaret and 'her girls' from the 1922 Savitar.

The Fortnightly Club established three scholarships for female students from 1910 through 1927 under the direction of Margaret who was serving as Assistant Dean of Women. A Scholarship Loan program was started in 1932 and today has transitioned into a supported scholarship given each year to worthy students, both female and male, identified by the MU financial aid office. To date, the Club has awarded over \$140,000 in scholarships to students at the University.

Historically, two other women in the early 20th century supported the Fortnightly Club through their ingenuity and resourcefulness. Their surnames are synonymous with the histo-

ry of the University and resonate throughout campus buildings. Adeline Jesse (1892-1983) and Caroline Pickard Culbert (1896-1978) were both graduates of the University in 1913 and 1918 respectively. Together these women purchased a Russian samovar in Chicago in 1923 which is currently in the Boone County History and Culture Museum. The samovar was used in early Fortnightly gatherings to serve coffee. Adeline was working at the time in the Hull House in Chicago and Caroline was studying at the Chicago Institute of Art. The young ladies had grown up as neighbors on Hillcrest Street in Columbia close to the campus where their fathers were working.

Based on the strong legacy of the Fortnightly Club. activities from the 1960s through the 1990s included gala events, talent shows held in Jesse Hall, fashion shows, and philanthropic activities. Today the Club celebrates its 131st year with over 100 members. Our main focus remains supporting the scholarship program of the University through fundraisers held with community businesses throughout the year and an annual silent auction during the holidays. We continue with social activities, book groups, gourmet cooking groups, pickleball and tennis groups to name a few. Any woman associated with the University as a professor, spouse, administrator, researcher/staff at MU or another comparable university is eligible for membership. The current president is Linda Keown (keownl@missouri.edu), a MURA member. We are keeping the tradition alive established by our foremothers in the late 19th century and welcome new members.

¹Fortnightly Archives, State Historical Society, Columbia, Missouri ²Ibid

³Ibid Other sources include two self-published histories of the Club: volume 1 from 1892-1967 and volume 2 from 1967-2012



Samovar (1923)



Contraction of the second

Adeline (Savitar, 1910) Caroline (Savitar, 1918)



MURA Annual Meeting – Elections, Heroism and Pension

By Jo Turner

PRESIDENT INA LINVILLE PRESIDED over MURA's Annual Meeting on March 15, 2023. The hybrid meeting was attended by 48 members in person and 15 members online. Tiger Place sponsored the event, held at the Country Club of Missouri.

To open the business meeting, Linville reported on her 2022-2023 goals for MURA which included:

- Amplify the voice of retirees with UM decision-makers.
- Communicate via email updates, quarterly newsletters, website, and Facebook.
- Educate and socialize through breakfasts, socials, and town halls.
- Contribute to the University by promoting UM interests with elected and appointed leaders, and by raising awareness of the generosity of retirees' contributions of time, talent, and treasure.

Nominating chair and past-president Ruth Tofle presented the slate of candidates and MURA members elected the following new Board members for the 2023-24 year: Ken Dean, president; Jim Scott, president-elect/ program chair; Suzette Heiman, secretary; Chris Bouchard, faculty member-at-large; and Sherry Helm, staff member-at-large staff. They took on their leadership roles effective July 1, 2023.

Treasurer Donna Johanning thanked Central Bank and Trust for their sponsorship of MURA Breakfasts and other events which has allowed MURA to keep costs low for members. She reported a balance of \$12,131.03 and investment assets totaling \$101,517.67. Complete minutes including reports from Program, Membership, Scholarship, and other MURA committees can be found at the MURA website: <u>https://mura-missouri.com/membership/annual-meetings</u>. Following the business portion of the meeting, MURA member Chris Bouchard, spoke about his father Charles C. Bouchard's experience as part of a B-24 crew and a prisoner of war in France and Germany during World War II.

UM System leaders Ryan Rapp, Executive Vice President of Finance and Operations, Tom Richards, Chief Investment Officer, and Eric Vogelweid, Controller, joined the meeting to answer questions and provide an update on the UM pension plan. Richards spoke to the strength of the UM pension fund and discussed the impact of market volatility. Asked about media reports on the status of UM pensions, Mr. Vogelweid emphasized that "this is a contract; the University is not going to back out." He added that, while UM is in good shape for capital funding, the operating budget is still tight. Financial reports concerning the pension plan will soon be available on a newly created website that will be accessible to anyone interested in the information. [Note: The website is now operational at <u>UM Pension Funding Performance</u>].





Charles C. Bouchard, World War II





March Breakfast: Would you recognize a scam?



NEARLY SEVENTY

MEMBERS came to find out more about scams and security issues from Dr. Andrew Zumwalt, CFP, associate teaching professor of personal finance. Scammers have

Andrew Zumwalt

many tactics to reach you and your information, including email, online meetings, phone calls, etc. They will often amp up the anxiety level during the fraud to prevent you from considering what you're being asked to do.

Zumwalt advises, "When you're feeling anxious or unsure about a situation, your best option is to slow down and ask for help from someone you trust to review the matter."

Scammers are mimicking the look of known sites, warns Zumwalt. Always check for the "s" of https:/ on websites which signifies it is a secure website. Other security tips offered were to use Google and an external internet security key.

Zumwalt ends by saying cognitive decline is real. Take steps now to define what cognitive decline means for you and when (and how) you want a trusted person to intervene. Dr. Zumwalt shared a heartfelt journey about helping his father age with dignity and have some control of finances while Andrew made sure that bills and essentials were paid. He has set up a checking account that he puts money in each month for his dad. This allows his father to have freedom to make spending choices, safe from scammers or other potential threats.

April Breakfast – Rural Health Care is Essential

By Ina Linville



Kathleen Quinn

KATHLEEN QUINN, PHD,

associate dean for rural health at the medical school, shared her passion for rural health with over 70 MURA members at the April 4 breakfast. Quinn has led the medical school's rural health programs for almost 20 years and is also a senior program director for community health engagement and outreach for the University of Missouri. Quinn explains, "This

joint position between the medical school and the University of Mis-

souri Office of Extension and Engagement is a collaborative role that demonstrates MU's integrated approach to community health and its commitment as a land-grant institution to improve the health and well-being of all Missourians."

"Rural health care is an essential and immediate need for Missourians," states Quinn. While 37% of Missourians live in rural communities, only 18% of Missouri physicians practice there. As the Baby Boom generation ages and needs more care, the crisis will worsen in rural Missouri, where a greater percentage of the population is over the age of sixty-five.

The medical school took a step to address

the physician shortage with its class expansion project, which included the founding of the Springfield Clinical Campus in 2016. That

allowed MU to increase its class sizes from ninety-six to as many as 128.

Another key initiative is the Rural Track Pipeline Program, which is designed to find and train students to practice medicine in small towns. It recruits students from rural areas through the <u>Bryant Scholars Pre-Admissions</u> <u>Program(opens in new window) and gives</u> students clinical experience in rural health care settings during medical school. Of the Rural Track program graduates, 48% practice in rural areas and 32% practice in rural Missouri. For Bryant Scholar graduates, 59% practice in rural areas and 49% practice in rural Missouri. Other similar efforts shared 44 This joint position ... demonstrates MU's integrated approach to community health and its commitment as a land-grant institution to improve the health and well-being of all Missourians."

by Kathleen Quinn include the Summer Community Program, a summer session for second-year medical students that exposes them to different rural medicine opportunities; <u>Rural Clerkship Program</u>, an opportunity for third-year medical students to complete up to three clerkships at rural hospitals; <u>Rural Track Elective Program</u>, an opportunity for fourth-year medical students to complete electives in rural, community-based settings; and the Russell D. and Mary B. Shelden Clinical Simulation Center's mobile simulation vans take the simulation center on the road and will now have top-of-the-line equipment to deliver training and improve the skills of rural learners and providers throughout Missouri.

MURA members were also able to explore the Shelden Mobile

Clinical Simulation Center. On the day of the breakfast, the mobile unit was set up for pediatric patients with an infant in one room and a toddler in the other simulation room of the unit. The use of simulation manneguins in medical instruction is the new wave of education for health professionals. Advanced technology allows students, health care professionals and first responders to perform various medical procedures while receiving real-time feedback in much the same way they would from a human patient. The mannequins breathe, have a pulse, have eyes that dilate and can react to various drugs. The experience for medical students and health care professionals is invaluable.



MURA members on the move!



MURA FOCUS on members' pastimes and hobbies Visual and performing arts Sports and fitness Outdoor activities Interesting collections

THIS ISSUE of the MURA News takes a light-hearted look at some of the ways MURA members engage in sports and fitness activities.



A winning team! Pam Norum (right) and her pickleball partner Kathy Mertzlufft won silver in the women's doubles YMCA of Callaway County Tournament earlier this Spring.



Barb Harris (left) and Kay Barbee (right) enjoying catching up while Barb is in town and playing a little (or a lot) of pickleball.



Ken Hutchinson enjoying a beautiful day playing golf.



Kee Groshong and granddaughter Natalia are a couple of dare devils!

MURA FOCUS on members' pastimes and hobbies

Sports and fitness



Debbie Robison loves tennis!



I think I would be smiling with that catch. Jim Ollar loves to fish!

Scholarship fundraiser at Shakes!



Jacqueline Kelly invited MURA members, her friends and neighbors to join her at Shakespeare's West on May 16 to enjoy pizza, fellowship and support the Kitty Dickerson Scholarship Fund.

Upcoming Events

-			
2023	EVENT	TIME	LOCATION
Summer	MURA will resume breakfasts and socials in the fall. Watch the MURA Update email for details.	TBA	TBA
Tuesday, Sept. 12	Hold for first breakast.	TBA	TBA

MURA Board Orientation

By Jo Turner

MURA HELD ITS FIRST EVER Board Orientation Session on May 18, with more than twenty people attending, either in person or by Zoom. The training was open to current and incoming Board members, as well as MURA members interested in future leadership roles. President Ina Linville welcomed the attendees and reviewed MURA history and organizational structure. President-Elect Ken Dean presented his goals for his term as MURA President and invited input from attendees. MURA Committee Chairs and appointed Board members briefly described the work that their committee undertakes on behalf of MURA members. Participants also discussed expectations of Board members and leaders. Additional training for Board members will be offered during the summer. MURA members who are interested in future Board or Committee leadership opportunities should contact President-Elect Dean at <u>deank@missouri.edu</u>.



Watch your inbox for biweekly MURA Update emails, follow MURA on Facebook and visit our website for the latest information!

Need help with MU-related issues?

IF YOU HAVE UNRESOLVED

QUESTIONS about MUrelated issues, MURA has two ombudspeople who may be able to help you find answers.

On behalf of MURA members, faculty representative **Mark Stewart** or staff representative **Carrie Lanham** can help investigate hard-to-navigate information.

Contact them at **StewartM@missouri.edu** or <u>LanhamC@missouri.edu</u>.

MURA News is published by the MU Retirees Association.

Ina Linville, managing editor Ginny Booker, designer Judy Maseles, website manager Karma Metzgar, Facebook administrator

DON'T MISS the bi-weekly MURA Update emails!

Please provide any email address updates to Barb Harris, MURA communications chair, at: <u>harrisb@umsystem.</u> edu.

MU Retirees Association



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