

# YOUR VOICE

MUN PENSIONERS ASSOCIATION NEWSLETTER Vol.4, No.8 September 2006  
Raoul Andersen, Editor

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**YOUR VOICE** addresses MUNPA members' concerns. The newsletter is our only way to reach you. Our independent membership list remains incomplete. Please notify us of any change in your address. **Your views, news, and suggestions are vital to us.** Contact MUNPA, Memorial University, Box 206, St. John's, NL, A1C 5S7, E-mail: <munpa@mun.ca>; Phone: 709-737-6979. Leave a message. We will call back.

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## **ANNUAL GENERAL MEETING & FALL SOCIAL**

DATE: WEDNESDAY, SEPTEMBER 13, 2006  
HOUR: 2:30-4:30

LOCATION: JUNIOR COMMON ROOM

PARKING: In Front of Gushue Hall.

MEMBERS NEEDING RIDES OR WILLING TO DRIVE SHOULD CALL: 737-6979

### **MEETING AGENDA**

1. Minutes of the AGM of September 15, 2005
2. Correspondence
3. President's Report
4. Treasurer's Report
5. Committee Reports
6. Questions and Concerns of Members
7. Election of Executive for 2006-2007  
(the present Executive is listed across the page)

### **FALL SOCIAL**

One free drink will be provided. Light refreshments will be appreciated. Come and meet your friends.

#### **The 2005-2006 Executive (Committee Roles in brackets)**

- **Raoul Andersen**, Vice President <randerse@mun.ca> (Delegate to Employee Benefits committee, and Newsletter Editor)
- **Rollie Burke** <rolandburke@nl.rogers.com> (Alt. Delegate to Pension Amendments sub-committee, and Employee Benefits comm..)
- **Monty Green** <monty@mun.ca> (Alt. Delegate to Employee Benefits committee)
- **Bill Marshall**, Secretary <wmarshall@mun.ca> (Pension Amendments sub-committee)
- **John Royle** <jroyle@mun.ca> (Pension Performance Review, & Wellness Advisory committee)
- **Evan Simpson** <esimpson@mun.ca> (Newsletter Assistant Editor)
- **Harold Squires**, Treasurer <hsquires@mun.ca> (Alt. Delegate to Pension comm's on Strategic Planning and Performance Review)
- **Don Steele**, President <dsteELE@mun.ca> (Delegate to MUN Pension committee, and CURAC)
- **Mary Steele** <rsteELE@nfld.com> (Delegate to Wellness Advisory committee)
- **Peter V. Young** <pvyoung@mun.ca> (Active Living Development)

**MUNPA MEMBERS ARE THE EXECUTIVE'S KEY INSPIRATION AND RESOURCE. WE NEED YOUR GUIDANCE FOR OUR ACTIONS AND STRATEGIES.**

**ATTENDANCE IS ESPECIALLY IMPORTANT FOR PRE-1993 RETIREES AND SURVIVORS AFFECTED BY THE UNIVERSITY'S DECISION TO END FREE HEALTH AND DENTAL BENEFITS, AND THOSE PRE-1997 SURVIVORS WHOSE BENEFITS REMAIN AT ONLY 55%.**

**REGARDLESS OF YOUR PAST ROLE IN THE MUN COMMUNITY, WE STRONGLY ENCOURAGE YOUR INTEREST IN THE EXECUTIVE. VOLUNTEER BODIES LIKE OURS NEED BOTH CONTINUITY AND NEW BLOOD, PEOPLE ABLE TO MOVE AGENDAS FORWARD, REPRESENTATION FROM BOTH ACADEMIC AND SUPPORTING STAFF, MEN AND WOMEN, AND INTEREST IN PROMOTING THE RETIREMENT COMMUNITY'S PLACE WITHIN THE UNIVERSITY.**

**MAKE EVERY EFFORT TO ATTEND.**

## **EXECUTIVE ACTIONS**

### **Pre-1997 Survivor Benefits**

- Your Executive is writing members of the Board of Regents to urge reconsideration of their recent decision not to approve the Employee Pension Committee's unanimous recommendation that pre-1997 Survivor Benefits be increased from 55% to 60%. We understand that various individual members are doing the same.

### **The MUNPA Membership List and Privacy**

- At the beginning of each month's newsletter we write: "The newsletter is our only way to reach you. Our independent membership list remains incomplete." In an effort to improve our effectiveness, we have consulted MUN's Privacy Coordinator and developed what we hope will be a successful proposal for access to our membership list. Our formal proposal will be made to the VP (Administration). News of further progress will be announced.

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## **REMINDERS**

### **MEMOIR CLUB FALL-2006 MEETINGS**

- Dates: On Monday from 12 to 3 p.m.: September 11<sup>th</sup>, October 2<sup>nd</sup>, November 6<sup>th</sup>, December 4<sup>th</sup>. Location: the Seary Room, A3014. Join us. For information, contact the coordinator, **Roberta Buchanan**, at MUN's English Department or by e-mail <[rbuchana@mun.ca](mailto:rbuchana@mun.ca)>

### **EMPLOYEE, RETIREE & FAMILY ASSISTANCE PROGRAM**

- MUN offers retirees "a completely confidential and voluntary support service, administered by Warren Shepell," an outside firm. It's free of charge, and open to spouses and dependents for assistance on personal and work-life issues via telephone, in person or on-line. What kind of issues? They include stress management, depression, grief, marital and family relationships, addictions, nutrition and weight management, childcare, eldercare, legal problems and financial concerns. For information: access a link to Warren Shepell, on the HR website: <http://www.mun.ca/humanres/employees/employee-support.php>. The service is available offsite, 24-hours, at the following numbers: English service (1-800-387-4756) or French (1-800-361-5676).

## **SUGGESTIONS FOR MEETING TOPICS**

- It has been proposed that MUNPA organize a panel on "**Wintering in Southern Climes**." The topic is interesting and full of issues. Volunteers interested in sharing their experience and advice are asked to contact MUNPA.

### **Is There a Key To Great Retirement?**

Robert Stebbins, a sociologist at the University of Calgary (and an ex-MUN faculty member), says there is: Develop "a serious leisure activity." Although his argument comes from study of extreme sports enthusiasts, your activity needn't be sports-related. The idea is to achieve "serious leisure."

How? Become "expert on a topic through reading, practice or even volunteer work." Put "a lot of time and effort into doing something" you really enjoy. Persevere and commit yourself to a serious leisure pursuit. The payoff? Extreme pleasure in realizing one's own capacity. That helps "offset the loss of identity - and resulting depression - that sometimes accompanies retirement." What to do? Lay off that butterfly game. Get out and explore a path, intensively.

*Telegram, August 20, 2006:A12*

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## **TRANSITIONS**

With this issue of **YOUR VOICE**, I depart the Executive and turn to other challenges. New hands with fresh ideas take over. The last five years have been a great learning experience in fine company while pursuing goals important to MUNPA's members. The Executive's work continues. Thanks for your support during my stay.

Raoul Andersen  
Editor

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