

Your Voice

MUN PENSIONERS' ASSOCIATION (MUNPA) NEWSLETTER

Volume 24, Issue 2 September 2026 Editors: Jackie Collins and Anne Sinnott



MEMORIAL UNIVERSITY OF NEWFOUNDLAND PENSIONERS' ASSOCIATION

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West Coast Contact

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Facebook Group

[facebook.com/groups/
530849997840639](https://facebook.com/groups/530849997840639)

(Requires Facebook Account)

MEET THE BOARD

We are pleased to introduce our new Board of Directors for MUNPA for 2026 – 2027, elected at our Annual General Meeting on June 4, 2026. We've collected some of their photos, and the full list of names and positions follows. It is noteworthy that this volunteer Board is comprised of faculty and staff retirees, with representation from the St. John's, Grenfell, and Marine Institute campuses.

Officers:

President: Noreen Golfman (Office of the VP (Academic))

Vice-President: Glenn Collins (Office of the Board of Regents;
Office of the Registrar)

Secretary: Maria Murray (Office of the Registrar)

Treasurer: Gary Pike (Financial and Administrative Services)

Past President: Catherine Dutton (Marine Institute)



Row 1, L-R, President Noreen Golfman, Vice-President Glenn Collins
Row 2, L-R, Treasurer Gary Pike, Past-President Catherine Dutton

Directors:

Ed Andrews (Division of Science, Grenfell Campus)
 Melvin Baker (President's Office)
 Debbie Collis (Financial and Administrative Services)
 Olaf Janzen (School of Arts and Social Sciences,
 Grenfell Campus)

Sonja Knutson (Internationalization Office)
 Sandra MacDonald (Faculty of Nursing)
 Glenn Perfect (Office of the Registrar)
 Ken Snelgrove (Faculty of Engineering)
 Brenda Young (Marine Institute)



L-R, Directors and West Coast Representatives Olaf Janzen, Ed Andrews; Directors Brenda Young, Debbie Collis, Sonja Knutson

Photo Credits: C. Dutton, S. Knutson pictures from MUN 100 site, remaining pictures were submitted by members.

MUNPA also relies on volunteer members to fill Board Committee and Standing Position roles.

COMMITTEES	MEMBERS
Nominations	Catherine Dutton (+ committee TBD)
Administration	Board Officers
Awards	Catherine Dutton (Chair), Sheila Devine*, Les Cake*, Erin Keough*, Sandy MacDonald, Sonja Knutson
Communications	Sandy MacDonald, Maria Murray, Jackie Collins*, Anne Sinnott*, Jim Barnes – Consultant*
By-Laws & Amendments Committee	Catherine Dutton, Glenn Collins
Corner Brook Programme Committee	Ed Andrews, Olaf Janzen, Sharon Walsh*, Madonna Day*, Mary Sparkes*, Carol Gilbert*
St. John's Programme Committee	Brenda Young (Chair), Glenn Perfect, Ken Snelgrove, Arlene McDonald*, LoriLynn Rowsell*, Robin Perfect*, Joan Butler*

STANDING POSITIONS	MEMBERS
Representative & Alternate to University Pensions Committee	Ken Snelgrove, alternate Debbie Collis
Representative & Alternate to University Benefits Committee	Ken Snelgrove, alternate Mary Pippy*
NL Seniors Coalition	Sheila Singleton*, alternate Maria Murray
<i>Your Voice</i> Co-editors	Jackie Collins*, Anne Sinnott*

Website Editor	Anne Sinnott* with MUN ITS Support
CURAC Delegate & Alternate	Noreen Golfman, alternate Catherine Dutton

*Not a Board member

Sincere thanks to these retirees for generously giving their time and expertise to MUNPA.

MUNPA PRESIDENT'S MESSAGE



Submitted photo

If I had a quarter for everyone who has asked me why I agreed to become President of MUNPA I'd have at least ten dollars. At first, I stuttered a response or two in defense of having taken on the role, but with every new question my answer got more refined--and obvious even to myself. After forty plus years working at Memorial University, I don't feel I owe the university anything, but I do feel attached to it, unshakeably loyal and persistently curious about the direction it has taken since I retired. Perhaps, I thought, being actively involved in MUNPA will ensure I can keep my ear to the ground, both engaged and connected to a network of influence.

That might be naive, but there it is. I'm not ready to wash my hands of the place or feign indifference. Since I retired in 2022, I have kept a close eye on MUNPA newsletters, taken stock of the range of events and activities organized by a remarkably committed group of volunteers, some hanging in for more than a decade to ensure MUNPA members are informed and have access to a variety of programs. It's an impressive group, a tiny fraction of the three thousand or so members of the organization, but sizable enough and dedicated to keeping energetic levels of interest. I think it is safe to say every one of us on the board to whom you are being introduced in this issue of *Your Voice* carries the same loyalty to the institution that shaped our lives and careers, that introduced us to friends and colleagues for life, and that now benefits from having strong voices advocating for the rights and benefits of retirees.

I won't dwell here on the changes, some welcome, many alarming, that Memorial has been experiencing in the last several years. In a few more years, pensioners might outnumber the number of staff and faculty working at the university. We have experience from which the university leadership would do well to draw, although that is not often the case. I would expect many or most retirees just want to get on with their lives doing whatever freedom from work has allowed them to pursue. For those of

us who can't quite shake the attachment or don't wish to be away from it, serving MUNPA is a natural step in our post-working life. Certainly, I have quickly become quite accustomed to this place where dialogue and a sense of community persists. I am deeply grateful to the teams of people who have brought us this far--a large and serious organization

with a sense of commitment to improving the conditions of life after employment.

I look forward to the coming year. Please feel free to drop me a note anytime-- ngolfman@mun.ca--just to say hello or let me know what you're up to. I'd love that.

Noreen Golfman

MUNPA ST. JOHN'S PROGRAMME COMMITTEE – FALL 2026 EVENTS

Our first event for the Programme year was a Meet and Greet on Thursday, September 24 at the Pleasantville Legion. Attendees were able to mingle and visit the MUNPA Group information tables.

Our upcoming events are:

Visit to The Rooms - October 7 at 6:30 pm

Seniors' Advocate Talk - October 22 at 2:00 pm

Trivia Night – November 9 at 7:00 pm

Fuller details for each of these events will be in our weekly events' emails, as the information is confirmed.

We anticipate that our last event for 2026 will be our annual Christmas Social. This year it's scheduled for

the afternoon of Thursday, December 3. Save the date!

Attendance for all our events requires advance registration. We are using a simple online form rather than our events email for registering for events this Fall, so note that change, please. Links to the form will be in the weekly Events emails, as well as on our website.

If you are a new MUNPA member and want to know what type of events we offer, you can see a list of [past events](#) on our website. We tend to repeat events on a limited basis, so this list gives you a flavour, rather than a predictor, of events to come.

Did you know... our MUNPA website lists our Programme Committee events? If you've deleted your weekly email and need to check a detail, just go to our [events listing page](#). Please note that there can be a slight time lag in adding new events to the page.

SPOTLIGHT ON OUR MUNPA GROUP – BOWLING



Bowling attendees September 2026 - L to R: Fred Walsh, Marina Owens, Anne Sinnott, Adrian Tanner, Ingrid Pardoe, Ellen Foulkes, Donna Starkes, Dave Starkes, Barb Cox, Frank Wall, Cathy Dutton, Tony Cox, Heidi Janes. Photo credit: Holiday Lanes Staff

This article is part of our ongoing series, highlighting our Special Interest Groups.

Our Bowling Group officially started in September 2017, as a spinoff from a Programme Committee event held in Winter 2017. They have about 25 members, and at their monthly games they usually have about 12-15 in attendance.

The group operates as a fun event, forming into teams on arrival each month, so there's room for everyone to join in easily. As there are no fixed teams, members don't have to attend every month or worry about finding a team member replacement in their absence. The group has had members from beginner status to long-time

players, so anyone can join and not worry about their skill level. As the teams are mixed up every month, players get a chance to meet new people at each game. If wanted, new or infrequent players can get a bit of coaching from other more experienced players on game day.

Bowling currently costs \$30 per lane, taxes in. Bowling gets a subsidy of \$25 per month from MUNPA, which is divided over the number of players attending that month. The rest of the cost, about \$5-\$6 per month, is paid by bowlers. Bowlers pay \$20 upon joining the group, then the monthly cost is deducted when they play until that \$20 is gone, and then another \$20 is paid in, and so on. A tally is kept and shared monthly so everyone

always knows their status. One time drop-ins can pay \$6.

The group is led by Joanne Myrick-Harris and Anne Sinnott. Joanne takes monthly registration, and Anne takes care of the group's money. Registration is required in advance of the game to know the number of lanes needed.

Bowling meets the third Tuesday of the month from 12:00-1:00 pm at Holiday Lanes on Elizabeth Avenue. See their [webpage](#) for contact information.

Other MUNPA Groups: Here are other MUNPA groups you may be interested in: Craft, Games,

Healthy Aging, Memoir, Music, Outing, *Res Publica*, Shutterbug and Woodcarving. They represent a wide variety of interests and we encourage you to check them out.

Information about our groups, including meeting times and contact names, can be found on our [website](#).

New or interested members must check with the group contact before attending their first meeting to confirm attendance details. Many of these groups do take a summer break, often between June and September.

Did you know... MUN's Newline runs a separate list for retirees? You can sign up for it using your own email account, you don't need your @mun.ca account. Click [here](#) for the simple sign-up form. It's the same news as for employees, run separately for administrative reasons.

NEWS FOR YOU FROM MUN HUMAN RESOURCES

Human Resources published an updated Group [Benefits Guide](#) in August. Please take a look at it. We have found that our members aren't always aware of the breadth of benefits coverages we have.

A new benefit this year that may be of interest to many of our members is the Flight Delay Coverage. In the event of a flight delay, lounge access, hotel accommodations, and financial compensation are available when flights are delayed for a minimum of 3 hours. PLEASE NOTE: In order to be eligible for this

coverage, all flights must be registered a minimum of 24 hours prior to the original scheduled departure time. You can find details on how to register, including how to derive your registration access code, by looking at the [Flight Delay Brochure](#) on the HR website.

For any queries about these benefits, or other HR matters, you can contact HR by phone, email or live chat. See their contact info page on their [website](#).

NEWS FROM THE WEST COAST

Submitted by Edward Andrews and Olaf Janzen



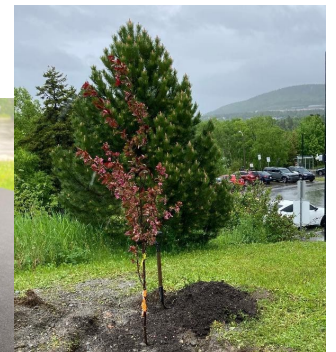
Attendees on the balcony of the Eagle's Perch during our Spring event, with the hills of the Humber Valley in the background. Submitted photo.

Spring Social

The MUNPA Grenfell Social Committee hosted a Spring Social at the Eagles Perch, Humber Valley Resort on Thursday, June 25, 2026, from 3:00 - 5:00 pm. We had a variety of finger foods along with a cash bar.

MUNPA Grenfell members attending the event (41 present) took time to recognize the contributions of the late Lois Bateman for her many years of service to the MUNPA Board and to our local MUNPA Grenfell Social Committee. (Note: Lois passed away last December.) Lois's sister, Lori Bateman, and Lois' nieces Amy and Tiffany, were able to attend the event. Henry Mann (Biology, Grenfell Campus, retired) prepared a PowerPoint slide show illustrating the many biological, social, naturalist and MUNPA aspects of Lois's career.

Lori Bateman arranged with the University to plant a tree on the afternoon of June 24, 2026. The tree – a small flowering crab-apple that fits Lois's passion for supporting botany and wildlife (especially birds) – was planted by those attending on a hill next to the roundabout at the main entrance of the Grenfell Campus. The crab-apple tree that was planted for Lois is the one with the red leaves in the foreground of the below picture.



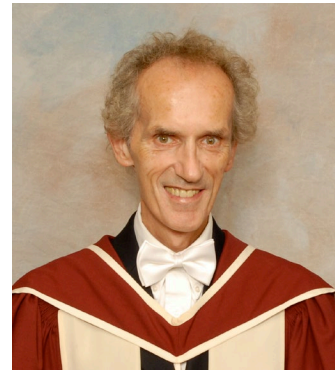
Submitted photos

(West Coast Continued)

Celebration of Life

A private Celebration of Life was held by about thirty close friends, colleagues and former students of the late James G. Greenlee at the home of MUNPA member Olaf Janzen and his wife Ellen on August 21. Jim was a Professor Emeritus at Grenfell. Fond memories of Jim were shared by all, while a PowerPoint review of his life was shown which had been prepared by Peter Stewart, the son of the late Dan Stewart (a MUNPA member) and his wife Tina. Among MUNPA members who attended were Adrian Fowler and Joanne Barber, Les Cake, Tom

Daniels, and Georg Gunther who flew in from Ontario for the occasion. Ellen Janzen, assisted by MUNPA Beneficiaries Tina Stewart and Sheila Ashton, and former student Karen Peddle, served a sumptuous buffet meal for the occasion.



Jim Greenlee, submitted photo

COMMUNITY CONNECTION

There are a wide variety of groups, activities, services and discounts that are available to seniors, so each month we will highlight some. This month we're featuring places with Seniors' discounts. Perhaps some may be new to you.

Banks - Most financial institutions offer 60+ discounts of some kind, varying by site. Availing of this may require that you open a new account that's earmarked for seniors. You might not want to change accounts if you have ongoing transactions, but it's worth asking your bank branch about it. The savings in fees might make the changeover attractive to you.

M&M Food Market – they have a wide variety of frozen foods, including prepared meals in single or family sizes. Every Tuesday is Seniors' Day, with 10% off purchase prices if you are 60+. See the [seniors' page](#) on their website for details.

Dominion Supermarkets - they offer 55+ age discounts at **select** locations in NL. [Dominion Blackmarsh](#) in St. John's and [Dominion Gander](#) offer 10% discounts on Tuesdays. Links are to their Facebook pages, where they promote the seniors' days.

The Works at MUN – MUN retirees receive a 50% discount offered by The Works for Field House memberships such as the Track, Field House Combo and Fitness Classes. Contact [them](#) for more information.

City of Corner Brook – the city offers a 1% discount on property taxes if you are 65+, but there are deadlines to apply. See their [seniors' discounts](#) page for this and related information. Keep this in mind for 2027.

YOUR VOICE SCHEDULE

[Your Voice](#) is published four times per activity year, September, December, February, and May. If you have an idea for an article, please email the editors,

Jackie Collins and Anne Sinnott, at yourvoice@mun.ca. *Your Voice* is your newsletter and suggestions from members are welcome!

SHUTTERBUG CLUB PHOTOS

We are most appreciative that our Shutterbug Club provided us with some beautiful photos taken by their members over Summer 2026. Shutterbugs also regularly post their pictures on our Facebook

Group [page](#). The group takes the summer off, but the rest of the year they post a selection of pictures within a few days of their biweekly Friday meetings.



Photo credits, L-R: Debbie Driscoll, Sunset at Three Island Pond, looking west; Christine Castagne, Cape Freels Wetland, featuring masses of Bottlebrush flowers (Canadian burnet).

Did you know... our activities are supported by a membership fee? MUNPA does not receive any other funding, so all our costs are borne by our members. If you were unaware of this, please consider becoming an active MUNPA supporter. This will help us maintain the full slate of MUNPA services currently available, many at no additional cost to members. Details on becoming a contributing member, currently just \$2 per month, are on our [website](#).