

**MRSEA South Central Subchapter
6/6/2011 Minutes (subject to approval)**

The meeting was called to order by President Corrine Sprague.

Mike Smith introduced the program speaker, Jeff Katulsky, MD. The physician spoke about 'Health and Wellness in the Aging Process'. Dr. Katulsky gave examples of ways to a healthy and active life by good choices of food, exercise, adequate sleep, handling stress and having a spiritual connection. He emphasized the importance of not only treating a patient's symptoms, but also finding the cause and prevention of those symptoms.

Minutes of of the previous (12/6/10) meeting and the treasurer's report were handed to members as they arrived. Corrine called for motions and seconds to approve each. Motions approved. Howard Ward, newly elected member of the MRSEA Board was introduced. He is a member of our subchapter.

Fred Maurer, MRSEA Board liaison, brought members up to date regarding budget issues and the disaffiliation with AFSCME. All retired state employees are encouraged to become members of MRSEA. Concern was raised as to whether we would receive our pension check in the event of a government shutdown. Fred explained that MSRS is a 'quasi' department; employees are not considered 'official' state employees and would continue their work.

Door prizes were provided by our subchapter and an anonymous donor. A drawing was held to distribute the prizes.

Our next meeting will be Monday, September 12, 2011. Corrine reminded us that it is important for as many members as possible to attend the September meeting because a stipend will be awarded to our subchapter for each member present. We were encouraged to contact or bring an acquaintance, who may not have received a meeting notice or attended a recent meeting.

The meeting was adjourned.

Barb Lamont, Secretary/Treasurer

**MRSEA South Central Subchapter
9/12/2011 Treasurer's Report**

Previous Cash on Hand: Share Account - \$25.00; Checking Account - \$347.87

Income: \$333.00; (37 meals x \$9.00)

Disbursements: \$338.88; (Morson-Ario - \$296.00; Dessert - \$17.28; door prizes - \$18.00; Copies - \$7.60)

Current Cash on Hand: Share Account - \$25.00; Checking Account - \$341.99