

# MINNESOTA RETIRED STATE EMPLOYEES ASSOCIATION

Minutes of July 27, 2011 meeting

This was a pot luck luncheon meeting held in the City Park at Moose Lake, Mn, at Noon, Ross Anderson, President presiding. There were two board members present; Lorene Dimock, our new liaison; and Fred Maurer.

The business meeting was called to order after lunch at 12:26 by Pres. Anderson, who introduced our speaker, Jane George, a licensed Dietician speaking on the topic Super Foods - facts and myths.

Ms. George started by warning the group that the term Super Food is often misused and one should always look for scientific back-up for the claims made. Several useful hand-outs were given to those present and reviewed by Ms. George and discussed further. She ended by stating that the key to good nutrition was to eat a balanced diet rather than trying to concentrate on avoiding one disease or concentrating on one or two of the most highly-touted foods.

The normal reading of the minutes and the treasurer's report was not done because both the Vice Pres. And Secretary were absent due to medical issues.

Lorene Dimock discussed the annual meeting and some of the changes to the constitution passed at that meeting and announced that the Fall meeting activity would be the traditional boat trip on the St. Croix River. More details will be coming in the newsletter.

Fred Maurer talked about pension issues and announced that the future months will bring a lot of activity in that area. The good news was that this year's earnings by the pension fund were 23.1%, leaving the fund now at about 87% funded. Thanks to the good work of the SBI, the last 2 years saw earnings of 38%

It was moved by Pat Skog, 2nded by Rod Eck to adjourn. Motion passed. Meeting adjourned at 1:47 PM.

Respectfully submitted;

Robert G. Lundahl, acting Secretary