

PB & J

Pension, Benefits & Just for Info News

Welcome to the second issue of the new PB & J. As we mentioned in our last newsletter, we will strive to provide helpful, interesting and fun information in each issue. If you have any information you would like included, please by all means contact us directly with your ideas and suggestions at: wobrien@sellors.org or fax us @ (204) 477-9109.

CONGRATULATIONS!

We are pleased to announce that the lucky winner of the *"Name the Newsletter"* contest is Danita Chartrand of St. Gerard School. The Pension & Benefits committee selected Danita's suggestion, "PB & J- Pension, Benefits and Just for Info News" as the name of our newsletter from many excellent suggestions. Thanks to all for their ideas.

- ⇒ 1st Place - Danita Chartrand of St. Gerard School
- ⇒ 2nd Place - Pam Depres of St. Charles school
- ⇒ 3rd Place - Julia Hall of Sisters of Holy Name



HAPPY BELATED ST. PATRICK'S DAY
Lucky stars above you, Sunshine on your way,
Many friends to love you, Joy in work and play,
Laughter to outweigh each care, In your heart a song.
And gladness waiting everywhere,
all your whole life long.

Pensions and Benefits Committee

If you wish to talk directly to the Pensions and Benefits Committee, you may do so courtesy of St. Paul's High School at the following email address:

mcpensionsandbenefits@stpauls.mb.ca

DID YOU KNOW?

- Mental illness costs the Canadian economy more than \$51 billion a year in lost productivity, direct medical costs and reductions in health-related quality of life.
- Approximately 7.5 million Canadians per year suffer a mental disorder.
- People aged 15-24 (often new to, or about to enter the workforce) are most at risk of developing a mental disorder.
- By 2020, it is estimated that depression will be the leading cause of disability on the planet.

Sources: Toronto Centre for Addiction and Mental Health and World Health Organization stats taken from The Working Wounded; The Globe and Mail:

NEW YEAR, NEW ATTITUDES? INVESTOR BEHAVIOR AS A RESULT OF THE 2008 MARKET CRISIS

While the Stock Market has often been compared to a rollercoaster ride, filled with its jolting upswings and stomach-plunging drops, the volatility the economic world has seen in the past six months has taken investors and those who serve them on a far more perilous ride than expected. As last year proved, speculating if the New Year will continue to bring more chills than thrills for the market is impossible. However, taking the pulse of investors as 2009 begins may offer some insights on the shape of the markets to come.

“If a man empties his purse into his head, no man can take it away from him. An investment in knowledge always pays the best interest”



NEED FORMS?

If you ever need any type of Manitoba Blue Cross claim form, log into www.mb.bluecross.ca , click Products and Downloadable Forms. Here you will find a wide list of forms that you can print. If you can't find a particular form, please call us at Sellors & Associates and we will be more than happy to help you.

*“We're only a phone call away”
204-477-8500*



WHAT IS ASO?

Please be advised that the MCSGS Pension and Benefits Committee (MCSGS P&B Committee) are currently reviewing the funding method on your Health and Dental benefits in order to determine whether or not to recommend to the Board that we change the program to an ASO funding method. Currently, the health and dental benefits as provided by MB Blue Cross use a fully insured funding method. The MCSGS P&B Committee are considering changing this to an ASO funding arrangement. The P&B committee would like to solicit feedback from the members before making any decision in this regard. Therefore, the newsletter will attempt to begin educating the members on ASO Funding over the next few issues.

So what is ASO? ASO is an acronym for Administrative Services Only. When an organization uses an ASO funding method, essentially they are paying the insurer in question to administer the policy. The risk associated with the claims under said policy would be the responsibility of the organization. Therefore the risk associated with the group benefit plan is shifted from the insurer to the insured. This represents the fundamental difference between a fully insured plan and an ASO plan.

So why are is the P&B Committee considering an ASO Arrangement?

The potential savings under an ASO funding method can be significant. If the P&B Committee can minimize the additional risk to the MCSGS whilst obtaining significant savings for the members, they feel it is worth exploring.

More to follow in future issues!

IRISH HUMOR

Joey-Jim was tooling along the road one fine day when the local policeman , a friend of his, pulled him over. “What’s wrong Seamus?”, Joey-Jim asked. “Well, didn’t you know Joey-Jim, that your wife fell out of the car five miles back?” said Seamus.

“Ah, praise the Almighty!”, he replied with relief.

“I thought I’d gone deaf!”

"Maireann croi eadrom i bhfad."

A merry heart lives long.



10 INTERESTING USELESS FACTS

(Which we all love to read)!

- Ú 12 newborns will be given to the wrong parents daily.
- Ú 315 entries in Webster's Dictionary will be misspelled.
- Ú 5% of Canadians don't know the 1st 7 words of the Canadian Anthem but know the 1st 9 words of the American Anthem.
- Ú A fully loaded supertanker travelling at normal speed takes about 20 minutes to stop.
- Ú A toothpick is the object most often choked on by Americans.
- Ú Cleo and Cesar were the original names of Sonny and Cher Bono.
- Ú You can only smell 1/10th as well as a dog.
- Ú You are born with 300 bones, but when you get to an adult, you only have 206.
- Ú Your heart beats over 100,000 times a day.
- Ú The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket.
- Ú The electric chair was invented by a**Dentist -YIKES!**

WHAT IF???

If you had a heart attack this morning, and survived, what would you do? If your spouse was diagnosed with lung cancer, could you afford to pay for treatment at the Mayo Clinic? If you needed a heart bypass, and the wait was six months, would you wait?

Did you know that the fastest growing area of the insurance industry is what is referred to as "**CRITICAL ILLNESS**" Insurance. Simply put, it is an insurance contract that will pay a lump sum benefit to an individual if he/she contracts life threatening cancer, heart attack, stroke or a variety of other conditions.

Just think, would \$100,000 help you out in any of the situations above? These "Critical Illness" contracts can be tailored to each individual. The cost can be anywhere from \$30 a month to \$300 a month, depending on your needs. For example, take a 45 year old male, non smoker, a \$50,000 benefit is just under \$36 a month and a \$100,000 benefit is \$61 a month, approximately.

For more information on Critical Illness Insurance, give us a call anytime.
We are here to help.
Sellors & Associates 204-477-8500



DO YOU HAVE A WILL???

We've all been told that if we do nothing else to take care of our legal affairs, we should write a Will. "That's pretty good advice." By making a Will you retain control over what happens to your assets after you die. If you don't make a Will before your death, Provincial Law will determine who gets your property (and it may well not be whom you would have chosen) and a judge may decide who will raise your children. In your Will, you can make these decisions yourself.

With a Will, you can.....

- ◆ Decide who will inherit your personal possessions and land
- ◆ Protect your loved ones by making arrangements for their well being
- ◆ Name someone to look after your dependent children
- ◆ Be specific about who should have your personal belongings and keepsakes
- ◆ Make arrangements for your business
- ◆ Leave instructions for funeral wishes
- ◆ Leave a gift to someone outside the family



What are the requirements of a Will....

- ◆ You must be 18 years of age.
- ◆ You must be of sound mind.

If you want to get started, call your Lawyer....getting started is the first step.



A WISE SCHOOL TEACHER...

A wise school teacher sends this note to all the parents on the 1st day of school:
"If you promise not to believe everything your child says happens at school, I'll try not to believe everything he/she says happens at home".

HAPPY EASTER

Chocolate causes certain endocrine glands to secrete hormones that affect your behavior by making you happy. Therefore, it counteracts depression, in-turn reducing the stress of depression. Your stress free life helps you maintain a youthful disposition, both physically and mentally.

So, EAT LOTS OF CHOCOLATE!



QUOTE OF THE DAY:
**IF YOU WANT OTHERS TO BE HAPPY,
PRACTICE COMPASSION.
IF YOU WANT YOURSELF TO BE HAPPY,
PRACTICE COMPASSION.**



You might be a school teacher if

- U you want to slap the next person who says, “Must be nice to work from 8 to 3 and have the summers off”.
- U you refer to adults as boys and girls.
- U you encourage your spouse by telling them they are a “good helper”.
- U meeting a child’s parents instantly answers the question, “Why is this child like this”.
- U you believe “extremely annoying” should be a box on the report card.
- U you don’t want children of your own cause there isn’t a name known that doesn’t elevate your blood pressure.

NEWSLETTER FEATURE RECIPE

ALL PRO POTATO WEDGES

1 (25-ounce) package frozen potato wedges

1/4 cup sliced green onions

1 (8-ounce) package (2 cups) cheddar cheese, shredded

8 slices crisply cooked bacon, crumbled.

Bake potato wedges according to package directions.

Immediately sprinkle with green onions, cheddar cheese and bacon.

Continue baking for 1—2 minutes or until cheese is melted.

Why didn’t the mother want her daughter to marry the famous Newscaster?

Because he was a Commentator!!



YOUR PENSION PLAN

During this time of financial uncertainty, people are looking at their investments more than ever and examining their investment choices. Some members have expressed concerns over the performance of the MCSGS Registered Pension Plan. We thought it would be prudent to remind the members of the historical performance of the plan rather than focus on the latest down turn. It is easy to criticize the performance of the plan in the current economic climate, but to be fair, the performance of the plan should be examined over a longer period of time than the last 12 months.

Annualized Rates of Return (as of February 28, 2009):

	<u>1 year</u>	<u>5 year</u>	<u>10 year</u>
Conservative Portfolio:	-4.11%	3.24%	5.65%
Balanced Portfolio:	-14.88%	1.94%	4.85%
Aggressive Portfolio:	-27.41%	-1.08%	3.12%

Average Annual Rates of Return over the previous 3 years:

- ⇒ Conservative Portfolio: +8.18%
- ⇒ Balanced Portfolio: +11.80%
- ⇒ Aggressive Portfolio: +14.41%

The Registered Pension Plan is reviewed by the Pension & Benefits Committee every three years—the last review having been completed in 2008. The performance of the plan is compared to benchmarks as established by the MCSGS. Over the last three years the RPP has met or exceeded those benchmarks. The MCSGS P&B Committee will soon be reviewing the performance of the plan as compared to the benchmarks over the last year.

The MCSGS RPP has performed in the top quartile of all similar pension plans in Canada according to the Mercer's Pooled—Balanced (PFS) Universe Report for the last 5 years.

The MCSGS RPP Balanced Portfolio was the top performer amongst all 44 Pension Funds reviewed by Mercer's Canada for the period ending Dec. 31, 2007.

E&OE

WHAT'S PRETTIER THAN FRECKLES?

An elderly woman and her little grandson, whose face was sprinkled with bright freckles, spent the day at the zoo. Lots of children were in line to get their cheeks painted by a local artist who was decorating them with tiger paws.

“You’ve got so many freckles, there’s no place to paint!” a girl in the line said to the little fellow.

Embarrassed, the little boy dropped his head. His grandmother knelt down next to him. “I love your freckles. When I was little, I always wanted freckles”, she said, while tracing her finger across the child’s cheek. “Freckles are beautiful”.

The boy looked up, “Really?”

“Of course,” said the grandmother. “Why, just name me one thing that’s prettier than freckles?”

The little boy thought for a moment, peered intensely into his grandma’s face, and softly whispered,
“*Wrinkles*”.



QUOTE OF THE WEEK:

TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.

