

# THE P B & J

Pension, Benefits & Just for Info News

Quote of the Newsletter.

The only true wisdom is knowing you know nothing.



Shannon and Wilma O'Brien of SWOB Group Benefits would like to wish everyone a safe and enjoyable summer.

May flowers always line your path and sunshine light your day.  
May songbirds serenade you every step along the way.  
May a rainbow run beside you in a sky that's always blue.  
And may happiness fill your heart each day your whole life through.



**SEE YOU IN SEPTEMBER!**

**Did You Know?**

The name 'Winnipeg' comes from the Cree Indian words 'Win' (muddy) and 'nipee' (water) and is named after the lake located about 40 miles north of the city.



Welcome to the end of the school year edition of the P, B & J. As always, we will continue to provide helpful, interesting and fun information for you to enjoy. If you have any information you would like included in future copies, contact us directly at [wobrien@swob.ca](mailto:wobrien@swob.ca).

**School Humour**



One morning a mother was trying to wake up her son. "Wake up now! It's time to go to school." "I don't want to go to school," the son replied. His mother said, "Give me two reasons why you don't want to go to school." "Okay. One, all the children hate me. Two, all the teachers hate me." "Not good enough," the mother replied. "Fine," the son said. "Then you give me two good reasons why I SHOULD go to school." "One, you're 50 years old. Two, you're the principal of the school."

**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: [mcpensionandbenefits@stpauls.mb.ca](mailto:mcpensionandbenefits@stpauls.mb.ca)

**Your MCSGS Pension and Benefits Committee are listed below:**

- |                                  |                        |
|----------------------------------|------------------------|
| <b>Chair &amp; Employer Rep:</b> | <b>Rick De Guzman</b>  |
| <b>Employee Rep:</b>             | <b>Susan Finnigan</b>  |
| <b>Employee Rep:</b>             | <b>Carol Rebeck</b>    |
| <b>Employer Rep:</b>             | <b>Gwen Kist</b>       |
| <b>Committee Advisor:</b>        | <b>Shannon O'Brien</b> |

Would you like to take an active role in the MCSGS RPP and Group Benefit plan? The Pension and Benefits Committee meet once a month from September to June. We are looking for employee representatives. If you would like to join our team, please email us at the email address above.

**A little note to ponder.....!**

The greatest good you can do for another person is not just to share your riches but to reveal to him his own?



## Don't like waiting?

Enjoy the convenience of having your claim payments deposited directly into your bank account. It's fast, convenient and secure!

Go to [Customer E-Service](#) to register for [Direct Deposit](#) today!  
At [www.mb.bluecross.ca](http://www.mb.bluecross.ca)



### There are many ways to get your claims to Blue Cross:

- Drop them off in our drive thru drop off box at 599 Empress Street
- Bring them in to the Customer Service Centre at 599 Empress Street
- Fax them to us at 204-772-1231
- E-mail them (in PDF format) to [info@mb.bluecross.ca](mailto:info@mb.bluecross.ca)

### IMPORTANT ANNOUNCEMENT

The City of Winnipeg has advised Manitoba Blue Cross and other insurance carriers that effective **May 16, 2011** the Winnipeg Fire Paramedic Service will no longer bill carriers directly for ambulance services. This means you will need to pay for ambulance services and submit your receipt to Manitoba Blue Cross for reimbursement.



Other Manitoba ambulance providers are continuing with their current billing practices. If, for any reason you are required to pay these other providers for your ambulance services, submit your receipt to Manitoba Blue Cross for reimbursement.

### God & Human Humour.....!

Human: What is a century like to you?  
God: It is like a second.  
Human: What is a billion dollars like to you?  
God: Like a penny....  
Human: Can I have a penny?  
God: Sure, just wait for a second...!



### AN OLD LADY'S POEM

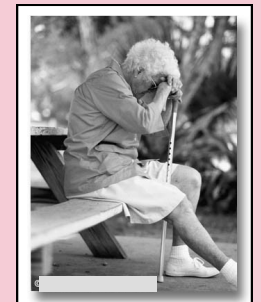
What do you see, nurses, what do you see? What are you thinking when you're looking at me? A crabby old woman, not very wise, uncertain of habit, with faraway eyes? Who dribbles her food and makes no reply. Who seems not to notice the things that you do, and forever is losing a stocking or shoe. Who, resisting or not, let's you do as you will, with bathing and feeding, the long day to fill.

Then open your eyes, nurse; you're not looking at me. I'll tell you who I am as I sit here so still, as I do at your bidding, as I eat at your will. I'm a small child of ten...with a father and mother, brothers and sisters, who love one another. A young girl of sixteen, with wings on her feet, dreaming that soon now a lover she'll meet. A bride soon at twenty-my heart gives a leap, remembering the vows that I promised to keep. At twenty-five now, I have young of my own, who need me to guide and secure a happy home. A woman of thirty, my young now grown fast, bound to each other with ties that should last. At forty, my young sons have grown and are gone, but my man's beside me to see I don't mourn. At fifty once more, babies play around my knee, again we know children, my loved one and me.

Dark days are upon me, my husband is dead: I look at the future, I shudder with dread. For my young are all rearing young of their own, and I think of the years and the love that I've known. I'm now an old woman....and nature is cruel; Tis jest to make old age look like a fool. The body, it crumbles, grace and vigour depart, there is now a stone where I once had a heart. But inside this old carcass a young girl still dwells, and now and again my battered heart swells. I remember the joys, I remember the pain, and I'm loving and living life over again. I think of the years...all too few, gone too fast, and accept the stark fact that nothing can last.

So open your eyes, nurses, open and see.....not a crabby old woman; look closer, see ME!

*I would rather feel  
compassion than to know  
the meaning of it!*



### Answers to JETS Questions:

1. **1979:** The year before 1978-1979 in the WHA they won the Avco cup as league champs, beating the Edmonton Oilers. It was the third time they had won the cup and the last time any team would ever win as the following year the WHA folded.
2. **Jimmy Mann:** Mann went on to get 30 career points in 293 career games.
3. **Pittsburgh:** The final score was 4-2 in favour of Pittsburgh.
4. **Dale Hawerchuk:** Hawerchuk won it for the 1981-82 season scoring 45 and adding 58 assists.
5. **1995:** They still kept the Jets but gave the picture of the Jet a lot more detail, even though it wasn't the biggest change the fans still appreciated the change. They also retired Thomas Steen's number 25 that same night.
6. **Oleg Tverdovsky:** Temmu was traded to the Anaheim Mighty Ducks. Temmu went on to score two 50 goal seasons laying along side the likes of Paul Kariya.
7. **Keith Tkachuk:** The following year in 1996-1997 he accomplished the feat again with "new" Winnipeg Jets, the Phoenix Coyotes scoring 52 goals.
8. **Kris King:** King was the last Winnipeg Jet ever to win an NHL award winning the King Clancy award for the 1995-1996 season
9. **18:** Winnipeg Jets 1979-1996 **BUT Returned in 2011.**



### For a happier retirement, think like a woman!

A new BMO/Harris Decima survey suggests that even though, on average, women are less financially prepared than men, they are more likely to enjoy their retirement.

This defies the odds, since women face statistical obstacles when planning for their senior years: women outlive men creating a longer, more costly retirement. They also tend to earn and save less than men during their working years.

Men are also more likely than women to have investments and a financial plan in place for retirement – 61% versus 52%.



So why are women so content? Is ignorance bliss?

Tina Di Vito, head of retirement strategies at BMO, says women tend to enter retirement with a stronger social network and tend to have lower expectations about living it up on their savings.

"Historically, men's identities have been very closely tied to their work, so when they stop working, they find they haven't replaced work with something that gives them a sense of purpose. This is reflected in high rates of depression and anxiety among men".

### WELCOME HOME JETS!

#### JETS QUIZ - See how many you know?



1. What year did the Jets join the NHL?
2. Who was Winnipeg's first ever draft Pick, 19th overall in 1979?
3. Who did the Jets play and lose their first NHL game to on Oct, 10, 1979?
4. Who was the first Jet ever to win the Calder trophy for most outstanding rookie in the NHL?
5. What year did the Jets retire their original team logo?
6. Who did Winnipeg get in return for Temmu Selanne in a trade Feb 7, 1996?
7. Who was Winnipeg's leading goal scorer in their final game year with 50?
8. Who was the last Jet player to win an NHL award?
9. How many years did the Jets franchise actually last in the NHL?

*Read further for answers.*

**A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.**



### Retirees still in debt according to Stats Canada.

Almost one-third of retired Canadians are in some form of debt, according to Statistics Canada. Their study found that 34% of retired individuals aged 55 and over, whether single or in a couple, held mortgage or consumers debt in 2009. The median amount owed was \$19,000.

However, the debt level was much higher among those in the same age group who had not yet retired. The survey showed that among pre-retirees aged 55 and over, two-thirds held mortgage or consumer debt and their median debt load was \$40,000.

Marital status also plays a part in overall finances. Divorced and retired people had the highest incidence of debt at 43%, followed by couples at 35%, those who never married at 30%, and widows or widowers at 28%.



Retirees with debt had a median annual household income of \$42,000 and a median net worth of \$295,000. Overall, their debt was equivalent to about 7% of their total assets. Older retirees were significantly less likely to have outstanding debt.

Despite the figures, the majority of retirees reported that their finances were what they had expected them to be prior to retirement. The retirees claimed that their income was sufficient to cover their expenses and honour financial situations.

# Group retirement NEWS

## MCSGS Registered Pension Plan Rates of Return (Gross annualized rates of return ending April 30, 2011 - 1 yr)

### ASSET ALLOCATION FUNDS

Fund Name	Rate of Return
Conservative Strategy Fund	12.32%
Moderate Strategy Fund	13.51%
Balanced Strategy Fund	14.70%
Advanced Strategy Fund	16.50%
Aggressive Strategy Fund	17.65%

### CONTINUUM TARGET DATE FUNDS

Fund Name	Rate of Return
Continuum 2010 Fund	9.06%
Continuum 2015 Fund	9.91%
Continuum 2020 Fund	10.78%
Continuum 2025 Fund	11.61%
Continuum 2030 Fund	12.25%
Continuum 2035 Fund	12.81%
Continuum 2040 Fund	13.33%
Continuum 2045 Fund	13.69%
Continuum 2050 Fund	14.03%



*Life indeed would be dull if there were no such difficulties.*

### Live long and prosper?

#### RBC finds Canadians 50+ expect to live longer on less.



An overwhelming 90% of Canadians aged 50+ who have not yet retired expect to have a successful retirement, yet more than a third (36%) are worried that they do not have enough money to live well and do what they want, according to an RBC poll.

In addition, Canadians aged 50+ who are not yet retired are expecting to live into their mid- to late 80's, with 46% basing this longevity projection on family history and 17% on their current health. They also anticipate that, by their mid- to late 70's, their present lifestyles will change due to health or disability constraints - leaving approximately a ten-year gap when they may become more dependent on others.

To financially support their retirement years, pre-retirees list their top income sources as follows:

- RRSPs/RRIFs (90%)
- Government and employer pension plans (84% and 58% respectively)
- Old Age Security (66%)
- Equity in their homes (56%).

Furthermore, keeping pace with inflation is top of mind with pre-retirees, but poll findings indicate that they may not have the best inflation strategy in place. Only one-third (35%) responded that they have invested with inflation in mind. More than two-thirds (70%) of pre-retirees stated they would adjust their lifestyle as necessary to cope with inflation.

### Moms would be paid less in 2011



A new survey shows if Mom was paid for all she does, she would earn less in 2011. The results of Salary.com's 2011 survey indicate that stay-at-home moms earned a base salary of \$36,968 plus \$78,464 in overtime for the 10 occupations assigned: a total of \$115,432, down from \$117,856 last year.

Mothers working outside the home earned a "mom" base salary of \$39,763 plus \$23,709 in overtime totalling \$63,472 in addition to the compensation from their day job. In 2010, this number was significantly higher at \$71,860.

The study found the typical stay-at-home mom spends 13.2 hours as a day care center teacher; 3.9 hours as the family's CEO; 7.6 hours as a psychologist; 14.1 hours as a cook; 15.4 as a housekeeper; 6.6 hours doing laundry; 9.5 hours as a computer operator; 10.7 hours as a facilities manager; 7.8 hours as a janitor and 7.8 hours as a van driver. Also uncovered was Mom's increased role as family psychologist and facilities manager and diminished role as CEO.

[A Mom Salary Wizard is available at salary.com.](http://salary.com)