



My Benefits Tell-All

Summer 2007
Volume 5, Issue 2

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FYI

- It is important for all members to complete enrolment forms for both the insurance and RSP plans. If you are unsure if you have completed these forms, which includes designating a beneficiary, please contact Sarah or Linda.
- The AGM date has been moved from September 18th to October 2nd at 5:00pm at the UBCP office.
- Extended Health and Dental claims can be sent directly to Green Shield, they do not need to be sent to the MBT office. Claim forms can be downloaded from the MBT website, www.mbt.ca. To avoid processing delays please ensure that you enclose all required information when submitting claims.

MBT Trustee Election

CALL FOR NOMINATIONS

All Active UBCP/MBT Members in Good Standing are invited to submit their Nominations for Trustees for the Member Benefits Trust.

There are three Trustee position up for election. **The election will be held at the Annual General Meeting October 2, 2007.**

The Close for Nominations is 4:30 P.M., **Wednesday September 12, 2007.**

Nomination forms can be picked up at the MBT office and must include:

- The candidates name, membership number and signature and,
- The name, membership number and signature of the nominator and seconder.

The completed Nomination Form may be mailed or delivered in person, and must be received at the MBT office by no later than **4:30 P.M., Wednesday September 12, 2007.**

Attention: Sarah King
Member Benefits Trust
300 – 856 Homer Street
Vancouver, BC V6B 2W5
Tel : 604-689-0727 x 2261

NOTICE

Annual General Meeting

Tuesday October 2, 2007

5:00p.m. – 7:00p.m.

Please note that quorum for this meeting is 10 MBT Union Members, exclusive of Trustees. If a quorum is not present within 30 minutes from the appointed time the meeting will be adjourned to the next day (Oct. 3rd) at the same time and place. If, at the adjourned meeting, a quorum is not present within 30 minutes from the appointed time, the MBT Union Members present, inclusive of Trustees, will constitute quorum.



Topics for Discussion and Voting:

- Trustee Election (3 positions)
- Minutes from previous meetings
- 2006 Audited Financial Statements
- Budget Comparison to August 31, 2007

Date: *Tuesday October 2, 2007*

Time: *5:00 p.m. to 7:00 p.m.*

Please note:

◇ *Contact the MBT office for a meeting package. Packages will be available beginning September 14, 2007.*

◇ *Doors will open at 4:30 for registration.*

Location:

*3rd Floor, UBCP Office
856 Homer Street
Vancouver, BC*

Contact :

*Sarah King:
(604)689-0727 x 2261
sarah.king@ubcp.com*

Memory Makeover: Tips To Spruce Up An Absent Mind

It's Monday morning. You have one minute before you have to leave for work, but can't find your keys. Ransacking your home in a frantic search, you finally locate the keys—right where you left them—on the kitchen counter. Breathless you hop on the bus and realize your lunch is still at home on the counter. Worse still, you spot a new coworker on the bus and can't remember his name. Though days like these can leave you feeling like your brain is slowing down, polishing a dull memory is possible. The same way we exercise our muscles to keep fit, we have to continue to train our brain to maintain its efficiency over time.

Boost brain power with these tried and true tactics:

Ditch your multi-tasking ways. Think you can successfully study the details of a report while talking on the phone *and* reading your horoscope? Think again. You need at least eight seconds of focused energy to digest information and store it in the brain's memory centre. So hang up the phone, find a quiet place and focus, focus, focus!

Stay organized. Many people overlook this critical step and end up missing important appointments, deadlines or critical details. Put pen to paper (or finger tips to a keyboard) and record important dates in a calendar, in a notebook or on your Blackberry. Recording and arranging data will help ingrain it in your memory, and gives you a point of reference in case you do forget.

Get hooked on mnemonics. Mnemonic devices boost memory through associations. Depending on the material and learning style you might use visual images, e.g. a black cat stuck in a well to remember the name "Blackwell," rhymes and alliteration (30 days has September, April, June and November is a prime example), acronyms, such as HOMES to remember the Great Lakes (Huron, Ontario, Michigan, Erie and Superior), or even jokes to recall important information. Chunking of data—such as breaking numbers into groups of three for information like your Social Insurance Number—is also a good way to help the brain stay on track.

Take a guided tour. Another old but proven mnemonic device is the 'method of loci.' This involves using a familiar route, e.g. the pathway through your home to your bedroom or the way to the corner store, as a way of remembering key details of a speech or the order of a complex task. Use each room or landmark on your journey to 'signpost' different parts of the speech or each step of the process you need to remember.

Take a fresh perspective. *Neurobics* help exercise and strengthen underused brain pathways. Keep those brain synapses firing by taking a new route home from work, using your non-dominant hand to brush your hair, challenging yourself with a crossword puzzle or taking a class in a completely foreign field of study.

Stay active. Physical exercise boosts the amount of oxygen to your brain and can help lower your risk for diabetes, heart disease and depression—all of which can impede memory. It also promotes sleep, which can improve focus and help consolidate memories.

Memory Makeover: Tips To Spruce Up An Absent Mind - Continued

Eat right. Foods rich in **B vitamins**—including legumes, spinach, broccoli, strawberries and citrus fruits—**Omega-3 fatty acids**—like tuna, salmon, herring, flaxseed and walnuts—as well as **antioxidants** (vitamin C, E and beta carotene)—sweet potatoes, tomatoes, berries and green tea amongst others—are thought to improve brain

function. A great way to realize the potential of your brain and even increase your memory and learning abilities is based on the idea that by reflecting on how you think or ‘thinking about thinking’, you can learn how you best absorb knowledge. By making a conscious effort to review how you are thinking, consider how this way of

thinking or storing information is working for you, and then ask yourself how well you did in recalling this information or how you could use your memory differently next time. In other words, use your personal experiences and strategies to memorize that seem to be best for you. Everyone draws a blank from time to time. Young or old, forgetting is a natural part of life, but there are ways you can boost the power of the brain to keep you sharp no matter your age.

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Did You Know...?

1.) **Group Retirement Services will now be conducting business using the Great West Life logo?**

Please refer to the article on page 5 for more information. Please note that although the material you receive will now be under the name and logo of Great West Life, your plan and investment choices have not changed. Contact information remains the same.

2.) **The date of the AGM has changed?**

The MBT Annual General Meeting has been rescheduled for Tuesday October 2nd, 2007 at 5:00pm at the UBCP office.

Registration will begin at 4:30pm and packages will be available at the MBT office beginning September 14th, 2007.

Please note that there are 3 Trustee positions up for election. If you are interested in running for a trustee position please contact Sarah at the MBT office for information and a nomination form.

3.) **You can access your Green Shield information online?**

Log on to www.greenshield.ca to register for Green Shield online services. With online access you can print claim forms, find out your eligibility information, print statements and sign up for direct deposit.

4.) **A new Investment Account has been added to the Non Registered plan?**

Members who have contributed their maximum RRSP amount for the 2006 tax year, can transfer excess contributions to the new Non Registered Investment Account. There are forms to be completed and transfers can not be completed over the phone. Please note this does not apply to new 2007 contributions.

For more information, to check your eligibility or to request forms please contact Linda.



Envision your retirement

EVOLVING OUR BRAND

We're retiring the name Group Retirement Services. Great-West Life has accepted the job.

We're pleased to announce we'll begin to conduct business using the Great-West Life logo and we've updated our look.

Our three-company logo served us well during a decade when we successfully completed three major integrations. With this work behind us, it's time to look to the future and evolve our brand. Given its presence as a leading group benefits provider in Canada, building on the Great-West name is the logical choice. Together, Great-West and its subsidiaries London Life and Canada Life serve the financial security needs of more than 12 million people.

Our crisp new look reflects the evolution of our brand. Valuable research with plan sponsors and plan members helped us determine our new direction, as well as which elements of our design to keep.

The fresh colours add life and warmth, and the curved elements pull from the previous Group Retirement Services look. Our new design received extremely high ratings when tested with members by a third-party research company.

What does this change mean for you?

While our name and design have changed, we'll continue to provide the same unparalleled service. There are no changes to your plan, products or services as a result of this name change and we remain dedicated to offering ongoing enhancements.

As we transition to our new look, you may continue to see existing Group Retirement Services materials. Over time, you'll receive our newly-designed materials, and later this summer, we'll unveil the first phase of our re-designed website, *GRS Access*.

Moving into the future

Our new look and logo position us well to build on the success of our organization and make it even stronger. Great-West is committed to helping you envision and achieve your retirement and savings goals.



The Great-West Life Assurance Company & key design is a trademark of The Great-West Life Assurance Company (Great-West), used under licence by London Life Insurance Company (London Life) and The Canada Life Assurance Company (Canada Life) for the promotion and marketing of insurance products. London Life and Canada Life are subsidiaries of Great-West. The group retirement, savings and payout annuity products and services described in this document are underwritten by London Life and Canada Life, respectively.



IMPORTANT DATES AND NUMBERS

DATES

September 12: Nominations for Trustee Positions due
 September 14: AGM Packages available
 October 2: Annual General Meeting
 December 24 - January 1: Holiday Office Closure

NUMBERS:

Office:
 Sarah - 604-689-0727 x 2261
 Linda - 604-689-0727 x 2227

 Green Shield: 1-888-711-1119
 Great West Life (RSP): 1-800-724-3402
 Warren Shepell: 1-800-387-4765



"A Plan Created For Members
By Members"



CURRENT MBT TRUSTEES/UBCP RBS DIRECTORS

Gavin Buhr - Co - Chair	Rob Smith - Trustee
Joe Doserro - Co - Chair	Ken Kantymir - Trustee
Rob Morton - Treasurer	Howard Storey - E- Board Appointed
Alex Green - Communications Officer	Trustee

MBT MISSION STATEMENT

"The Member Benefits Trust was established to provide health and welfare benefits for members by members. The MBT, by using compassion, caring and an understanding of our industry and available benefits, strives to provide the highest quality of sustainable Health and Welfare Benefits to beneficiaries to give them security and peace of mind."

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