

News from the McMaster Alumni Association



McMASTER READS

The McMaster Alumni Association is excited to announce the launch of their online McMaster Reads book club! They've created a community on goodreads.com that you can join [here](#).

Each time they add a book to their bookshelf they will also include a podcast interview with the author. After you have read the book you will have the opportunity to ask your questions of the author through the online discussion board.

The inaugural read is a *Globe and Mail* bestseller, **The House of Wives**, by Mac alumnus [Simon Choa-Johnston '72](#) and member of [McMaster's Alumni Gallery](#). You may read this notice too late to participate for this book as the question period ends the last week of July. As other books are added to the bookshelf, read them, listen to the podcast and then post your questions to the author. The next book will be **The Best Kind of People** by Zoe Whittall.

Please note, this is strictly an ON-LINE activity.

Interested in Experiencing the World?

Check out the 2018 McMaster Alumni and Friends Travel Program

Working with reputable travel partners, the McMaster Alumni and Friends Travel Program offers a variety of trips, enhanced by knowledgeable lecturers and experienced travel directors.

For a complete list of the many trips planned for Fall 2017 through late 2018, visit discoveryourmacadventure.ca.

To request a 2018 travel brochure, additional information or to be added to the mailing list, contact the Travel Alumni Officer at 905-525-9140 ext. 24882 or mactrav@mcmaster.ca. The brochure is available for download at

http://alumni.mcmaster.ca/s/1439/images/editor_documents/travel/2018/final_2018_brochure_proof.PDF

Report from the 2017 CURAC Conference



Heather Grigg and I attended the 15th annual College and University Retiree Associations of Canada (CURAC) conference in Ottawa from May 24-26. Held on the campus of Carleton University, the conference was co-hosted by the Carleton University Retirees Association, who were also celebrating Carleton's 75th anniversary. It was well run, enjoyable and informative, with 71 delegates from college and university retiree associations all over Canada.

Connecting with representatives from other retiree associations gave us some good ideas about programs and initiatives that MURA could undertake in the future, and also brought home to us how fortunate we are to have in MURA such a long-standing, well-funded, and inclusive retiree association.

Some of the speakers were outstanding enough to merit their own *MURAnews* articles, but for now, here's a sample of the best presentations:

- Dr. Jeff Turnbull, Chief of Staff, Ottawa Hospital, received the conference's only standing ovation with his presentation "Health and Health Equity: Our Collective Responsibility", outlining efforts he has spearheaded to bring life-saving health programs to the addicted and homeless of the streets of Ottawa, while saving the health system millions in ineffective ambulance trips and emergency room visits for this population.
- Dr. William B. Dalziel, Professor, Division of Geriatric Medicine, U. of Ottawa, impressed us with his no-nonsense presentation "Successful Aging: a Shared Responsibility" which addressed what aging individuals can do to maximize their health and vitality. His bottom line — exercise is the fountain of youth.
- Dr. Yoni Freedhoff, MD, CCFP, Family Medicine, University of Ottawa, spoke on "How to Stop Worrying and Love Healthy Living", and assured us that if for the rest of our lives we ignore every headline linking a single food to a health outcome, we will be just fine!

Presentation descriptions and slides are online at: <http://www.curac.ca/curacarucc-2017-conference-highlights-at-carleton-university/>

Nora Gaskin
MURA Secretary