

## PRESIDENT'S CORNER

Retiree attendance at the December 2011 MURA Christmas Lunch, held on campus at the CIBC Banquet Center, was the largest in the event's history. Festive decorations in the spacious room added to the warmth and cheer of the gathering. Thanks are due to MURA Council members Al Fraser, Pam Penny, and Janice Rischke for organizing this event, as well as to the University President's Office for financial support.



It is only about four months until the MURA Annual General Meeting on Wednesday May 30th. Council members will be elected at the meeting, so we need your input. Contact me or other Nominating Committee members with your suggestions.

Retirees who receive their pensions as members of the Salaried Pension Plan were written recently by the University concerning its application to the Government of Ontario for short-term funding relief. It was good to see that the letter assured us this action will not affect our pension payments. See page 3 for more information.

For many years MURA has been an advocate of volunteerism, and we are currently striving for broader community involvement. Read about some new initiatives on page 5.

McMaster faculty retiring in July 2012 and later will be contributing towards their own post-retirement benefits. In the future, other university groups may face the same situation. Since MURA will no doubt be asked for advice by retirees about benefits in these co-pay plans, we have been assured that the administration will keep us informed about these arrangements.

Are you concerned about your money and health? There is some timely information about these issues on pages 5 and 6. Enjoy!

Joe Laposa, MURA President  
[ijklaposa@cogeco.ca](mailto:ijklaposa@cogeco.ca) or 905-648-6610

## CALL FOR NOMINATIONS

The duly constituted MURA Nominating Committee is now receiving input for the nomination of Council members for 2012-2013.

The Committee comprises

Joe Laposa (Chair)  
Jim Kramer  
Shari Mercer  
Harold Siroonian  
Bob West



Please forward expressions of personal interest and/or suggestions for nominees to the Committee Chair, Joe Laposa, at: [ijklaposa@cogeco.ca](mailto:ijklaposa@cogeco.ca) or 905-648-6610 or to any Nominating Committee member, not later than February 10, 2012.

Submitted by Wayne Rouse  
MURA Secretary



## NEWS FROM MURA MEMBERS



### Recent Books by Mac Retirees



Dr. **Gary B. Madison**, Professor Emeritus of Philosophy, would like to let fellow McMaster retirees know of a book he has published with the McMaster Innovation Press. ***On Suffering: Philosophical Reflections on What It Means to be Human*** is a non-technical, philosophical-literary essay. The book is addressed to all those who have an abiding interest in basic issues having to do with the human condition. It aims to elucidate the meaning of human happiness and the "good life" and seeks to draw out the numerous and far-ranging implications of a philosophical understanding of things for everyday living, as well as for the practice of medicine and psychological counselling and therapy. The book is available through the McMaster bookstore.



iUniverse has published ***The Ins and Outs of Breathing (How we learnt about the body's most vital function)*** by Dr. **Norman Jones**, Professor Emeritus, Department of Medicine. The book provides an introduction to the functions of breathing and its disorders, including wider aspects such as air pollution, exercise and mind-body interactions. This book is available on-line at [iuniverse.com](http://iuniverse.com) (soft cover and E-Book formats) and locally at the McMaster University bookstores. You can find out more by sending an email to Dr. Jones at [jonesn@mcmaster.ca](mailto:jonesn@mcmaster.ca).

### A Note from Author Laurel Braswell-Means

My husband, Gordon, and I arrived in Chaska, Minnesota, late January 1996. It was 26 degrees below zero, the roads were black-iced, and our canoe was frozen to the top of the car. In those days of McMaster's mandatory retirement at 65, we'd chosen to move closer to family roots. At the time it seemed a BAD idea. But some decisions have a way of bringing unforeseen opportunities. Not over-the-hill yet, we took adjunct positions at nearby colleges. We enjoyed huge family holiday celebrations. We researched family history. We wrote. We tail-gate partied at Twins' games. There was

even a Vikings game or two, and of course Garrison Keillor on Sunday afternoons.

Gordon published, among other things, his internationally acclaimed *Political Islam in Southeast Asia* (Lynne Rienner, 2009). I published *Beyond Words: the Remarkable Story of Paul and Nathalie Means* (Genesis, 2009), along with some short fiction and liturgical drama. In the absence of medieval manuscripts (my original field as a medievalist at McMaster), I turned to local historical/pioneer fiction, where early documents were at least accessible. The *Long Journey Home* came out first in 2008, its sequel, *Whispers Through the House*, is now out and has just been nominated for the prestigious Minnesota Book Prize. Two young adult novels, *Wagon Trail to Nowhere* (sequel, *Ghost Trail* forthcoming) and *Runes Beyond the Edge* appeared in 2010. The first of an adult family saga trilogy, *Naomi of the Plains*, is in press.



Could I ever have dreamed – not even after my dramatic introduction to Minnesota winters – of becoming known as the “Green Prairie Trials” writer with publications available through Amazon? Certainly life without Gordon, who died of ALS in August

2010, is not the same. Nevertheless, my faith in enjoying a fulfilling life as a retiree is as strong as ever, even as I pushed through three feet of snow the other day to pick up our *Star Tribune* and learn about the latest antics of Minnesota politics, or that Garrison Keillor will not be retiring – yet.

### MURA Members Advocate for Dundas Seniors

Concerned by the limited range of activities available to the large population of seniors in Dundas, McMaster retirees **Pamela Penny, Gail Britton and Anne McMahon** joined the Dundas Community Services Seniors Advisory Committee. The Committee provides advice on services, community education and volunteer opportunities for seniors in Dundas.

Pam is now chairing a new expanded Committee with links to municipal government and service groups with an aim to bring more activities and events into the Valley Town for the almost 5000 seniors living there.



Councillor Russ Powers recently asked Pam, who has lived in Dundas for most of her life, to become the first Seniors Representative on his Dundas Community Council. The Council, consisting of 12 citizens who represent various areas of expertise (Business, Arts & Culture, etc.), operates in an advisory capacity to Councillor Powers and provides a forum for discussion of issues and concerns in the community.

If you would like to find out more, you can contact Pam at [penny@mcmaster.ca](mailto:penny@mcmaster.ca) or by phoning 905-627-0463. Pam would especially like to hear from Dundas seniors about their concerns/ideas/suggestions.

### MURA Members on the Move

**Veronica Morrison**, former editor of *MURAnews* for many years, is interested in finding out how other retirees have tackled the task of downsizing after retirement. We invite you to share your experiences, including the nightmare of having to amicably dispose of "stuff" to the satisfaction of all family members. As Veronica says "Downsizing from a mansion to a shoe box does require some planning, I think." This holds true no matter how small the "mansion" you are leaving or large your future "shoe box". Please send any information that you would like to share to *MURAnews* at the address at the bottom of this page. We will try to do an article on this topic in a future issue.

### MURA CHRISTMAS LUNCH – DECEMBER 2011

The CIBC Banquet Hall in the Student Centre provided a new, larger venue for this year's Christmas lunch.



A record number of retirees attended the event, along with special guests, including past University presidents Peter George and Alvin Lee, MURA prize winner Gerontology student Marsha Schofield, current Chancellor Red Wilson, and past Co-Chancellors Mel and Marilyn Hawkrigg. Thanks to Matt Root and Rosemary Viola from CAW Local 555 and Nick Ruest from the McMaster University Academic Librarians' Association for joining us to celebrate the season.

### CONTACTING MURA

**Mail:** Gilmour Hall B108, McMaster University  
1280 Main Street West, Hamilton, ON L8S 4L8

**Phone:** 905-525-9140, extension 23171  
(checked twice a week)

**Email:** [mura@mcmaster.ca](mailto:mura@mcmaster.ca)

**Web Site:** <http://mcmaster-retirees.ca/>

## PENSION PLAN UPDATES

### Salaried Pension Plan

It seems to be becoming a refrain from me – no pension increase this year and don't expect any next year.

Although the July 2010 to June 2011 return on investments was quite good (just under 15%), it did not reach the over 17 percent needed to qualify for an indexing increase. Looking forward to next year, I again think it is unlikely we will receive any indexing increase. The Plan would still need to earn almost 17% to achieve the indexing target and given the poor stock markets of the last half of 2011 (the first half of our Plan year), that seems most unlikely.



The Pension Trust Committee (PTC) is continuing to work on revising our Plan's asset mix. As a result of an extensive Asset/Liability study we decided to move to a greater degree into Canadian equities (from non-Canadian equities) and into longer term bonds (from our current mixed term bond investments).

We have not yet moved the bonds into longer terms because of the particularly low interest rates on long bonds. Moving into longer term bonds, nevertheless, remains the long term strategy and we will regularly revisit the question of when to make this move so that it is advantageous to the Plan.

Salaried pensioners recently received a letter from the Administration (Mark Haley) about the state of McMaster's Salaried Pension Plan and the University's application for solvency relief because of the Plan's deficit situation. The letter states that this application process does not impact your pension, which may be all that many of you will want to know, but I thought it might be useful for me to provide my perspective on this letter.

The short version of my comments on the deficit situation is given in point form here. A longer version is available at

<http://mcmaster-retirees.ca/PDF/lesjan2012.4website.pdf> for those of you who want more detail\*\*.

- i. The Plan's deficit is mainly due to the historically low interest rates that have increased the value of the Plan liabilities.
- ii. With or without the solvency relief, the University's contributions are going to be a major drain on the McMaster budget.
- iii. Although there are no immediate risks to our pension payments, we need to be alert to the potential impact of any changes to the legislation governing the Plan in the more distant future.
- iv. In my view the University's application should have been discussed at the Pension Trust Committee and with other groups that represent active and retired Plan members before the application was submitted.

Les Robb

MURA representative - Pension Trust Committee

*\*\*If you do not have access to the internet, MURA will be pleased to send you a printed copy of these additional remarks. See contact information on page 2.*

### Hourly Pension Plan

As 2011 passes we look forward to 2012, as always with hopeful expectations that our pension might become a little fatter. The past few years have certainly seen a roller coaster ride on the stock market, causing the members of your pension committee to be cautiously optimistic, hoping to see some improvements. Whilst this year's investment yields improved considerably, they were unfortunately still far short of giving us any indexing improvements. The pension committee, however, continues to investigate ways in which the pension may improve for us all; we look forward to another year with hope.

As retirees, our pensions are a vitally important aspect of our lives, but retirement brings other rewards such as time for hobbies and travel. With this in mind, MURA, your retirement association, engages in many activities such as trips to a variety of interesting events and places both near and far. You can find out about these from *MURANews* or by joining us at the Annual General Meeting or the Christmas lunch, which are also identified in your quarterly newsletters. Other benefits of MURA membership include access to group insurance for home, auto, and travel.

Another important aspect of becoming involved with MURA is to get reacquainted with some of your old co-workers. Come catch up with the gossip! and be engaged.

Hope to see you soon. Remember we all belong to MURA.

Cliff Andrews

Your pension & benefits reporter  
(whether you were from food services, custodial or trades)



## MURA ENDOWMENT FUND

Thanks to contributions by MURA members and others, the MURA Endowed Scholarship and Prize Fund, to fund academic awards for Gerontology students, continues to grow and has reached \$47,711. Donate online at <http://MURAscholarship.ca> or by calling Brennan Reurink, Annual Giving Intern, at 905-525-9140, extension 24667.

### WATERLOO INSURANCE SPECIAL PROMO

#### Group Rates on Home and Automobile Insurance

- This group insurance program is available to MURA members because of MURA's membership in CURAC, the College and University Retirees Association of Canada. Go to <http://mcmaster-retirees.ca/PDF/wtrl.pdf> or call Waterloo Insurance at 1-866-247-7700 for more information. Quote MURA's group code: 6262.

## COMPUTER TIPS AND TRICKS

### Which Email System Is Best for Me?

by Marianne Van der Wel



When choosing a system for reading and sending email you should consider cost, where you access your email (at home or also away from home), privacy, backup of messages in case your computer fails, and exposure to advertising.

All email messages come to you, and are sent, via a web server on the Internet. To access your email from home, you first need to connect your computer to the Internet using an Internet service provider such as Bell Sympatico, Cogeco, Primus, Rogers, or Shaw.

Here are some pros and cons of different types of email services.

#### Internet Vendor or Social Media Email

Examples:

- *Gmail* (Google); *Windows Live Hotmail* (Microsoft); *Yahoo!Mail* (Yahoo)
- *Facebook*

Pros and cons:

- Messages remain on the Internet web server. This provides:
  - built in backup
  - email access from any Internet connection in the world.
- No fees. These companies are primarily supported through advertising.
- Does not provide connection to the Internet. You must contract with an Internet service provider to access your email from home, or use an outside connection such as at a library.
- You never have to change your email address, even if you change your home Internet service provider.
- Your email is somewhat less private than with the other types of service; ownership can be claimed by the people running the site.
- You are exposed to ads, some of which are not always tasteful and sometimes can be devious or misleading.

#### Web Host Email

Examples:

- Internet service providers such as Bell Sympatico, Cogeco, Primus, Rogers, or Shaw also provide email hosting
- McMaster's Univmail
- Host vendors such as HostPapa, or Canadian Web Hosting

Pros and cons:

- More ownership control of your email.
- Email access through a web browser from any Internet access in the world.
- If the Web host is not your Internet Service provider, you can readily change providers without having to change your email address.

- A choice of leaving your email messages on your Web Host's machine or downloading them to your computer (See the "How to Download and Backup" footnote).

Advantages of downloading:

- the best control over the ownership of your email
- no exposure to any web host advertising.

Disadvantages of downloading:

- Messages that have been downloaded to your PC cannot be accessed from other locations unless you have software that lets you access your PC remotely. You can check your email from other locations, but only emails received by the Host since your last download will be available.
- You become responsible for backing up your emails.
- Checking your email from other locations may be harder because you will not be familiar with the interface your email web host uses.
- Costs:
  - If using an internet service provider: email service is included with your Internet service connection fee.
  - If using McMaster Univmail: no charge for McMaster retirees, but you must contract for a connection to the Internet with an Internet service provider.
  - If using a host vendor: There is a monthly fee, and you must also contract for a connection to the Internet with an Internet service provider.

#### How to Download and Backup

For downloading your email messages to your computer, you will need to connect to your Web Email Host with an email browser such as Outlook Express or Mozilla's Thunderbird for PCs, or Entourage for Apple computers. My personal favourites are Thunderbird (see <http://www.mozilla.org/>) and Mozbackup, a utility to backup Thunderbird's email

(see: <http://tinyurl.com/nzudwu> for a review and <http://sourceforge.net/projects/mozbackup/reviews/> to download the software). Both packages are Open Source. See: the Spring 2010 MURAnews article on Open Source software at: <http://tinyurl.com/266yv86>. While MicroSoft Outlook Express provides the same service as Mozilla's Thunderbird, I have discovered that backing up email through Outlook Express is less than desirable. For Apple users, Entourage provides the ability to download your messages to a PC. Please do backup your message once downloaded!

#### **HELP KEEP MURA'S COSTS DOWN**

If you receive *MURAnews* via the post and are an internet user, you can save MURA postage and printing costs by reading the newsletter online instead. To switch to the online version of *MURAnews*, please phone Pam Penny at 905-627-0463 or e-mail her at [penny@mcmaster.ca](mailto:penny@mcmaster.ca).

## VOLUNTEER OPPORTUNITIES



### Volunteer Alongside McMaster Students

Student Open Circles is looking for retirees to volunteer alongside McMaster students during the following upcoming activities:

- ★ a one day Volunteer-a-thon on Saturday, March 10, 2012, 8:30 a.m.-5:00 p.m., volunteering in groups at various locations in Hamilton such as community centers, soup kitchens and shelters;
- ★ supervising exam quiet study during April exams.

Contact [info@studentopencircles.com](mailto:info@studentopencircles.com), call Marybeth Leis Druery at 905-528-1221 extension 4, or visit [www.StudentOpenCircles.com](http://www.StudentOpenCircles.com) for more information.

### Regional Science Fair

March 28 – 31, 2012 at Mohawk College

The 52nd annual Bay Area Science and Engineering Fair (BASEF) is an exhibition and competition of science, technology, and engineering projects for grades 7 to 12 students from Hamilton, Halton Region, and Haldimand, Norfolk and Brant Counties.

**Mac retirees from all backgrounds can help make this event a success.**

Volunteer Judges – Judging day is Thursday, March 29th. Volunteer at [www.basef.ca/judging](http://www.basef.ca/judging) or email [judging@basef.ca](mailto:judging@basef.ca).

General Volunteers – Help with set-up, registration, supervising student activities, and welcoming and guiding participants and visitors.

Volunteer at <http://www.basef.ca/volunteers>, email [volunteers@basef.ca](mailto:volunteers@basef.ca), or call Helen Barton at 905-528-8951.

### Committee Members Needed for the Albert Lager Lecture Series

The Albert Lager Lecture Series is a long-standing annual series with a focus on informal continuing education. The series, also known as Adult Adventures in Continuing Education (AAE), is held in the Hamilton area and is well attended by many regular patrons. With a focus on learning, the educational lectures and events are named after McMaster graduate Albert Abram Lager, a great believer in the value of life-long education. Albert created the Albert Abram Lager Foundation which supports several organizations in their efforts, including the McMaster Alumni Association.

The AAE Volunteer Committee meets approximately once a month at Alumni House to brainstorm and select the lecture topics and lecturers. Committee members then contact the lecturers and prepare descriptions for the brochure.

Retirees interested in volunteering in this capacity should contact: Emily Miller; Alumni Officer, Local Programs; Tel: 905-525-9140 extension 24882 (Toll Free: 1-888-217-6003); Email: [emilym@mcmaster.ca](mailto:emilym@mcmaster.ca)

### Greet Weary Students During April Exams

The Chaplaincy Centre provides cookies, tea and coffee to students in a comfortable area (Room 230) in the Student Centre. Your role is to greet students, refill the cookie tray and replenish the beverages. We use ceramic cups and students wash their cups in the kitchen near the Chaplaincy Centre.

If you are interested in volunteering, please contact: Ruthanna Mack at [chaplain@mcmaster.ca](mailto:chaplain@mcmaster.ca), or phone 905-525-9140, extension 24207.

The dates are April 9th to April 19th, 2011, with the exception of Saturday evening (April 14th) as there are no exams on Sunday.

Volunteer for a two-hour shift (either 5:30-7:30 or 7:30-9:30 p.m.).

## YOUR MONEY, YOUR HEALTH

### Hearing Loss

Janice Rischke & Helen Barton



Hearing loss can occur at any age, but many of us suffer some loss by the time we are in our 50s or 60s. One of the first signs of loss is finding it difficult to distinguish various sounds, such as 's,' 'sh,' 'th' and 'f'.

Here are ten other signs that you may be developing hearing problems:

- ◆ You have trouble hearing when there is noise in the background or when several people talk at once.
- ◆ You have trouble hearing on the telephone.
- ◆ You have to strain to understand a conversation.
- ◆ Many people seem to mumble or not speak clearly.
- ◆ You misunderstand what others are saying and respond inappropriately.
- ◆ You often ask people to repeat themselves.
- ◆ You have trouble understanding the speech of women and children.
- ◆ People complain that you turn the TV volume up too high.
- ◆ People get annoyed because you misunderstand what they say.
- ◆ You hear a ringing, roaring or hissing sound a lot. Or some sounds seem too loud.

If you are concerned about your hearing, it is best to talk to your doctor. It may be as simple as having your ears flushed, or your doctor may refer you to an audiologist for a hearing test or audiogram.

Please see page 2 of the Winter 2010 issue of *MURAnews* (<http://tinyurl.com/84ycsd2>) for information on funding for hearing aids. If you do not have access to the internet, MURA will be pleased to send you a copy of this article. See contact information on page 2.

## Paying for Physiotherapy

If your doctor has advised that you receive a course of physiotherapy, you may want to review Marianne Van der Wel's article on funding in the Fall 2008 issue of *MURAnews* (page 7): <http://tinyurl.com/84ycsd2df>.

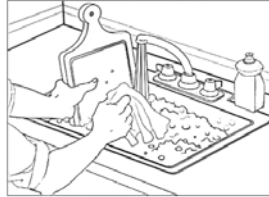
## Safe Food Handling

Janice Rischke

As we age it becomes more difficult for our immune system to ward off harmful bacteria. It is important that we handle food safely to prevent food-borne illnesses. Here are some helpful food handling tips:

- Always keep raw meat, poultry, fish and seafood separate from all other foods to avoid contamination.
- Properly clean your hands, kitchen surfaces and utensils, fruit and vegetables, and reusable grocery bags. Wash your hands in warm soapy water for at least 20 seconds and dry thoroughly. Wash your hands before and after touching raw meat, fish, seafood, or poultry; after using the washroom; after handling pets; or after changing diapers.
- Use a clean dishcloth every day. Sponges can be run through the dishwasher or microwaved for 1 minute (they must be wet and non-metallic).
- Clean cutting boards with soap and warm water and rinse well, or run them through the dishwasher. Discard cutting boards with deep gouges in them as they can no longer be cleaned properly.
- Sanitize any surfaces that have been in contact with raw foods. It is recommended that you sanitize with a bleach solution containing 1 tsp (5 ml) of bleach to 3 cups (750 ml) of water, kept in a labeled spray bottle. Spray the surface and let stand briefly. Rinse with lots of clean water and air dry, or wipe with a clean towel.
- Wash fruits and vegetables gently under cool, running, drinkable water before eating or cooking. Avoid soaking them in the sink as there are likely bacteria in the sink. Use a vegetable brush on produce with a firm skin.
- Keep your refrigerator at 4°C (40°F) and your freezer at -18°C (0°F) or lower. Place a thermometer in the fridge to be sure of the correct temperature.
- Refrigerate all leftovers within 2 hours. Use leftovers within 4 days, but use stuffing and gravy within 2 days. If in doubt about how long leftovers have been in the fridge, throw them out.
- Discard any foods with mould in them; they could contain harmful bacteria. It is not a good idea to sniff food with visible mould as it could cause allergic reactions or respiratory problems.
- Reheat solid leftovers to 74°C (165°F), and liquids to a rolling boil.

- Defrost raw meat, fish or poultry in the refrigerator, by microwave, or by immersing in cold water. Cook food as soon as it is thawed. Do not refreeze.
- Lastly, cook all raw meat, fish and poultry properly. It is best to use a digital thermometer to make sure that they are cooked to a safe temperature. Meat thermometers give temperatures for various foods, or you can use a chart.



For more information contact Publications Health Canada for a pamphlet called "Safe Food Handling for Adults 60+" Telephone: 1-866-225-0709; Email: [info@hc-sc.gc.ca](mailto:info@hc-sc.gc.ca)

## Accessing Sun Life Information via the Web

Some people say the best service you can get is self-service. That's why Sun Life Financial created an industry-leading website for plan members. Just visit [www.mysunlife.ca](http://www.mysunlife.ca) to take advantage of the easy on-line features. You can also access the information through McMaster University's web at <http://tinyurl.com/7rvyhisp>.

For assistance, please contact Sun Life at 1-800-361-6212 from 8 a.m. to 8 p.m. ET Monday to Friday.

## WHAT'S HAPPENING ON CAMPUS

The **McMaster Seminar on Higher Education: Practice, Policy, and Public Life** is a new lecture series presented by the Office of the President. The aim of the annual series is to encourage dialogue and inspire critical thought within the McMaster and the broader Hamilton communities. It is intended that the topics will be timely, interdisciplinary, and far-reaching, guided by the key questions and challenges facing higher education institutions and the communities they serve. The series is relevant to a wide audience and all members of the community are welcome and encouraged to attend.

### Upcoming lectures

Panel discussion featuring winners of the Presidents Awards for Teaching & Learning: Student Learning, Instructor Experience & Community Engagement  
Monday, February 6, 2012, 3:30-5:30 p.m.  
Council Chambers (GH 111)

David Theo Goldberg: The Afterlife of the Humanities  
Thursday, March 15, 2012, 7:30-9:30 p.m.  
CIBC Hall (MUSC 319)

Panel discussion featuring winners of the President's Awards for Teaching & Learning: Student Learning, Instructor Experience & International Learning Opportunities

Tuesday, April 10, 2012, 1:30-3:30 p.m.  
CIBC Hall (MUSC 319)

For more information, go to <http://www.mcmaster.ca/highered/> or call the Office of Public Relations at 905-525-9140 extension 27305.

## RECENT PASSINGS

Mr. Willi Rudi Berkemeier,  
Mechanical Engineering & Facility Services, Oct. 29/11

Dr. Andrew W. Brink,  
English & Cultural Studies, Nov. 25/11

Mr. John Buckle,  
Security, Oct. 19/11

Mr. Mervyn Cain,  
Physical Plant, Nov. 11/11

Mr. Pawlo Chabluk,  
Physical Plant, Dec. 7/11

Mrs. Maria D'Agostino,  
Building Operations, Oct. 29/11

Mrs. Eva Dups,  
Building Operations, Nov. 22/11

Mr. Cyril Greenland,  
School of Social Work, Jan. 1/12

Mrs. Jean S. Howard,  
Residence Admissions, Sept. 26/11

Dr. J. Fraser Mustard,  
Medicine & Pathology, Nov. 16/11

Mr. Dan J. Pugliese, Centre for International Health,  
School of Nursing, July 7/11

Dr. Erwin L. Regoeczi,  
Pathology, Dec. 16/11

Dr. Leslie W. Shemilt,  
Chemical Engineering, Dec. 20/11

Mrs. Mary Smith,  
Registrar – Admissions, Oct. 24/11

Mrs. Davina Warden,  
Building Operations, Nov. 1/11

Mr. Gary Waterfield,  
Faculty of Business, Oct. 21/11



## WELCOME NEW MEMBERS

Ms. Barbara Bethune,  
Bookstore

Mrs. Patricia Bilan,  
Integrated Science Program

Mr. William J. Furlong,  
Clinical Epidemiology & Biostatistics

Mrs. Rose Ann C. Johnston,  
University Libraries

Mrs. Beverley J. Mendolia,  
Registrar – Admissions

Mr. David R. Perrett,  
Civil Engineering

Dr. William (Skip) Poehlman,  
Computing & Software

Mrs. Helen E. Rankin,  
Bookstore

Mrs. Carol Theal,  
Bookstore



### MURA ANNUAL GENERAL MEETING

Wednesday, May 30th, 2012

Starting with lunch at Noon

See the Spring 2012 issue of MURAnews for details

Photo below - Front row: Harold Siroonian, Janice Rischke, Marianne Walters, Mary Johnston, Pam Penny, Kathy Overholt, Beth Csordas, Helen Barton; 2nd row: Joe Laposa, Kathy Heywood, Shari Mercer, Marianne Van der Wel, Helen Dietsche, Wayne Rouse; 3rd row: Lorraine Allan, Anne Sinclair, Al Fraser, Cliff Andrews

## MURA Council 2011-2012





## MURA TRIPS

For more information about the trips described below, please contact Shari Mercer at 905-336-5568 or [mercurs@mcmaster.ca](mailto:mercurs@mcmaster.ca).

Use the booking forms on page 9 of this newsletter to register for trips.

**Thursday, June 7, 2012**

### The Sound of Music at the Drayton Festival Theatre in Drayton, Ontario

Join us today as we travel to Elmira, Ontario where our day begins at the Crossroads Family Restaurant to enjoy a wonderful buffet lunch before heading to the Drayton Festival Theatre for a matinee performance of *The Sound of Music*. Sit back and enjoy this timeless classic, as the stage comes alive with the sound of music! In this epic love story, an aspiring nun named Maria leaves the convent to govern the seven mischievous children of Captain von Trapp. The memorable score by Rodgers & Hammerstein features such beloved songs as "My Favourite Things", "Do Re Mi", "Edelweiss", "Climb Every Mountain", and, of course, the glorious title song.

Departs Hamilton, Fortino's, 1579 Main Street West, east end of parking lot closest to Boston Pizza at 10:15 a.m., and returns by 6:00 p.m.

Inclusive cost (buffet lunch, ticket to show, luxury motor coach transportation, HST, gratuities) is \$97.00 per person, post date cheques to May 1, 2012 payable to McMaster University Retirees Association.

**Wednesday, July 11, 2012**

### Stratford, Ontario for a matinee production of 42nd Street.

We travel to Stratford, Ontario where we can enjoy some free time in Stratford before enjoying a delicious lunch at Demetre's Family Restaurant. Entree choice of roast beef, char-broiled chicken breast with cranberry sauce or grilled fillet of sole - please advise at time of booking.

We will depart the Fortino's parking lot at 10:00 a.m. and arrive back to same around 6:15 p.m.

Cost for the day is \$160.00 per person inclusive (luxury motor coach transportation, lunch, show ticket - we have excellent seats, HST, gratuities). Please date cheques for May 25, 2012, payable to McMaster University Retirees Association.

**Thursday, August 16, 2012**

### Mariposa Market, Orillia Opera House tour and performance of "Mid-Life! The Crisis Musical", boat cruise and steak BBQ in Muskoka, Ontario

A mid-summer break for us as we travel to Orillia for a stop at the Mariposa (former name of Orillia) Market before a tour and performance of the above musical comedy at the Orillia Opera House, then on to our tour boat for a cruise around Orillia Harbour and steak BBQ.

We will depart the Fortino's parking lot at 9:45 a.m. and return by 9:00 p.m.

Cost for the day is \$112.00 per person inclusive (luxury motor coach transportation, market stop, opera house show ticket and tour, boat cruise and BBQ steak dinner, HST, gratuities). Date for post-dated cheques for this day trip is July 5, 2012, payable to McMaster University Retirees Association.

Further trips are planned for September, October and November. For information on any or all of these exciting trips please contact me at 905-336-5568, email [mercurs@mcmaster.ca](mailto:mercurs@mcmaster.ca). Mail your cheque(s) and booking form(s) to me at 2080 Deer Run Avenue, Burlington, Ontario L7S 2S8.

Shari Mercer

## MURA SPECIAL EVENTS

### Hamilton Art Gallery

**1:30 p.m., Thursday, April 12th, 2012**

We will have a one-hour guided tour of a special exhibit of paintings by Canadian artist William Kurelek. You will be free after the tour to spend more time at the Gallery and there is a cafe for those who would like to sit and chat. I hope that you can join us for this event. The Gallery staff are very excited about the Kurelek exhibit. To find out more visit

[http://www.artgalleryofhamilton.com/ex\\_kurelek.php](http://www.artgalleryofhamilton.com/ex_kurelek.php).

The cost for the guided tour is \$8 per person. Please register by March 30th using the booking form at the bottom of page 9.

### Sleeping Beauty

**National Ballet of Canada, Toronto**

**March 2012**

I am hoping to book a block of 10 tickets for a matinee performance of *Sleeping Beauty* at the Four Seasons Centre in Toronto for MURA members and friends in March. Our options would be 2 o'clock on Thursday the 15th, Saturday the 17th or Sunday the 18th. By booking as a group, we can take advantage of discounted group pricing. For example, seats in Ring 3 would be \$112 each. If you are interested in this event please get in touch with me (phone: 905-627-1409; email: [johnston@mcmaster.ca](mailto:johnston@mcmaster.ca)) by February 5th. To find out more about *Sleeping Beauty* and the National Ballet visit <http://national.ballet.ca/>.

Mary Johnston

## BOOKING FORMS

### TRIPS

To book any of the following trips, please complete and mail the relevant section of this form, along with a cheque payable to McMaster University Retirees Association or MURA, to **Shari Mercer, 2080 Deer Run Avenue, Burlington, Ontario L7S 2S8**.  
You can reach Shari by phone: 905-336-5568 or email: [mercerc@mcmaster.ca](mailto:mercerc@mcmaster.ca) for more information.

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#### June 7, 2012 The Sound of Music in Drayton Ontario

\$97.00 per person

post date cheques to May 1, 2012 payable to McMaster University Retirees Association (MURA)

# of persons: ..... Amount (# persons X \$97) \$: .....

Name:.....

Address:.....

Postal Code: ..... Telephone #: ..... email address: .....

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#### July 11, 2012 Stratford, Ontario

Lunch at Demetre's (please indicate entree preference) and performance of 42nd Street

\$160.00 per person

post date cheques to May 25, 2012 payable to McMaster University Retirees Association (MURA)

# of persons: ..... Amount (# persons X \$160) \$: .....

Name:.....

Address:.....

Postal Code: ..... Telephone #: ..... email address: .....

Entree preference .....Beef .....Chicken .....Sole

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#### August 16, 2012 Orillia

Mariposa Market, Orillia Opera House tour and show, Muskoka Boat cruise and steak BBQ

\$112.00 per person

post date cheques to July 5, 2012 payable to McMaster University Retirees Association (MURA)

# of persons: ..... Amount (# persons X \$112) \$: .....

Name:.....

Address:.....

Postal Code: ..... Telephone #: ..... email address: .....

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### SPECIAL EVENT

Tour of the Hamilton Art Gallery - Thursday, April 12th, 2012 at 1:30 p.m.

Book by March 30th, 2012 - \$8 per person

Please complete this form and mail, along with a cheque payable to MURA, to Mary Johnston, 15 Hillside Ave S, Dundas, ON L9H 4H7. Contact Mary at 905-627-1409 or [johnston@mcmaster.ca](mailto:johnston@mcmaster.ca) for more information.

# of persons: ..... Amount (# persons X \$8) \$: .....

Name:.....

Address:.....

Postal Code: ..... Telephone #: ..... email address: .....