

## Order of Canada Appointments

Two McMaster retirees have been recognized by the Governor General of Canada as new recipients of the Order of Canada in 2017, the 50<sup>th</sup> anniversary of the Order. One of our country's highest civilian honours, the Order of Canada recognizes outstanding achievement, dedication to the community and service to the nation.



Photo: McMaster Univ.

**John Bandler**, professor emeritus of electrical and computer engineering, was appointed an Officer of the Order for his scientific contributions that have helped to position Canada at the forefront of microwave engineering.

**Peter Dent**, professor emeritus of pediatrics, was appointed a Member of the Order for his contributions to improving the health of children through his roles in medical education, hospital administration and community service.

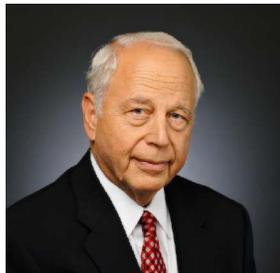


Photo: Ron Scheffler

For more information, see:

<https://www.thespec.com/community-story/7051890-john-bandler-named-to-order-of-canada/>

<http://dailynews.mcmaster.ca/article/peter-dent-named-member-of-order-of-canada/>

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### Last Call for MURA Day Trip: *The Madness of George III* at the Shaw Festival

There are still seats available for the MURA day trip to the Shaw Festival on Tuesday, October 3<sup>rd</sup>, 2017 to see *The Madness of George III*. For full details see page 9 of the Spring issue of MURAnews

[http://mcmaster-retirees.ca/Pages/MURA\\_Activities/MURAnews/Spring2017.page9.pdf](http://mcmaster-retirees.ca/Pages/MURA_Activities/MURAnews/Spring2017.page9.pdf)

Total cost, including theatre ticket, all taxes and tip for the driver, is \$100 per person (lunch not included).

To register or for more information, please contact Mary Johnston at [johnston@mcmaster.ca](mailto:johnston@mcmaster.ca) or 905-627-1409.

Registration for this trip closes on August 11<sup>th</sup>, 2017. Friends are welcome.

## Doing It Yourself: Self-Publishing

- by Marianne Van der Wel

The 21<sup>st</sup> century is giving us many previously unavailable options for "doing it yourself". Self-publishing is one of these. It is still relatively new, but growing fast. You can put your family history, personal stories, favourite recipes or vacation photos in printed book form under the Christmas tree for your grandkids. You can become an author for personal development, for fun or as a career without having a conventional publisher. Your self-published book can appear in electronic form for e-readers, in printed book form, or both.

I have looked at three books available at the Hamilton Public Library that explain the self-publishing process:

- *Publishing E-books for Dummies* by Ali Luke explains the step-by-step process of producing an electronic book using Microsoft Word.
- *The Complete Guide to Self-Publishing* by Marilyn Ross & Sue Collier approaches the subject from a marketing view.
- *Self-publishing for Beginners* by Toronto publisher Productive Publications (<http://learn2succeed.com/>) has the sub title "How to Prepare, Edit, Publish and Market your Own Print Books and eBooks".

As for seminars and webinars, I have found quite a few online. There are also meet-up groups (see <https://www.meetup.com/topics/self-publishing/>). Hamilton's own Mohawk College offers courses such as "Writing for Publication – 123" as part of a certificate program (<https://www.mohawkcollege.ca/ce/programs/communications-languages-and-preparatory-studies/writing-for-publication-123>).

Whether writing for personal reasons or a career move, there are many companies available to help you develop your book from the original idea to a finished product. One example is [Lulul.com](http://Lulul.com), a company started by Hamiltonian Bob Young. Please do your own research to find a legitimate company that is the right fit for you. Another route would be to produce your own PDF (Portable Document Format) file and take it to your local printer.

To market a printed book locally, your best bet may be to check out independent small retail booksellers. The ones I have talked to take a 20% fee from your selling price, will stock only a few copies for a limited time, and require you to sign a contract. To cast a wider net, including the e-reader community, you will likely need to go to online chain bookstores.

I am experimenting with self-publishing my autobiography on what it is to have a serious illness and my trial-and-error journey in med-free Healthy Aging. Stay tuned.

Note to MURA members from the MURAnews team: Have you self-published a book since retiring? We welcome comments on your experience.