

## President's Corner



My Oxford Dictionary of Quotations offers these lines from Shakespeare's *The Winter's Tale* — "the uncertain glory of an April day, which now shows all the beauty of the sun, and by and by a cloud takes all away." That seems indeed to have been our fate this spring, a great disappointment after the earlier balmy days. But better times will come and I suggest you have the garden spade and golf clubs ready!

The Association, I am pleased to report, received a very generous benefit this spring in the form of a bequest of around \$30,000 from the estate of Stuart and Paula Winn. Stuart, as many of you will recall, worked in Health Sciences and was the principal founder of our Association and served as our first Honorary President. Your Council has decided that the funds should go towards supporting a new annual student award bearing the names of Paula and Stewart Winn. We shall soon announce the terms of this award.

Enjoy the spring.

*Les King*  
MURA President

Share news on your retirement activities.

Become a MURA news  
correspondent.

To submit your contribution, email  
[muranews@mcmaster.ca](mailto:muranews@mcmaster.ca)

## Notice of Annual General Meeting

**Date:** Wednesday, June 8, 2016  
**Time:** 12:00 noon – 3:00 pm  
**Place:** Celebration Hall

**RSVP** is required by May 27, 2016 to establish numbers for the lunch. Contact Gail Britton at [britton@mcmaster.ca](mailto:britton@mcmaster.ca) or phone 905-627-4539.

If you have an Ontario Accessible Parking Permit and require reserved accessible parking, please let Gail know.

See p. 2 for details and plan to attend.

## Contacting MURA

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

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

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

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

Don't simply retire *from* something;  
have something to retire *to*.

~Harry Emerson Fosdick

# Notice of Annual General Membership Meeting & Luncheon

**Date:** Wednesday, June 8, 2016  
**Time:** 12:00 noon - 3:00 PM  
**Place:** Celebration Hall (Basement of Kenneth Taylor Hall), McMaster University

**RSVP** is required by **May 27, 2016** to establish numbers for the lunch. Contact Gail Britton at [britton@mcmaster.ca](mailto:britton@mcmaster.ca) or 905 627-4539. See next column for parking information.

## Luncheon

A light sandwich luncheon will be served while you socialize with friends.

## Special Presentation to the AGM

The guest speaker is **Brian Baetz**, Professor of Civil Engineering. He will talk about "The Cootes to Escarpment EcoPark System: Bordering on the Magnificent".

Brian spends a lot of time on his bicycle. Most of this time is spent commuting from Dundas to the Mac campus, through one of the nicest natural areas in Canada, the Cootes to Escarpment Ecopark System. As the speaker for this year's AGM, Brian will give us his perspectives on this emerging initiative and offer pictorial proof that McMaster truly borders on the magnificent!

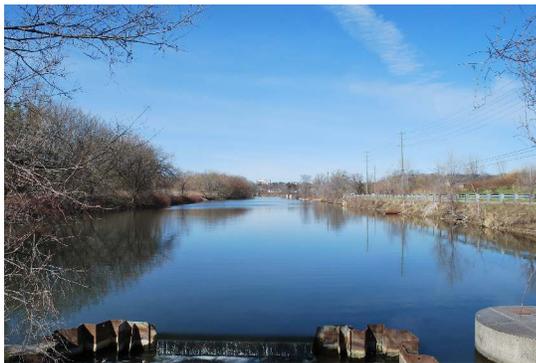


Photo by Jiemen Zheng, M.Eng(2013)

## Business Meeting

Including reports of Officers and Council Elections

**Need a ride?** If you live in the Hamilton area and would like to attend but don't have transportation, we'll pick you up and take you home.

Need help getting to Celebration Hall from the bus stop? Contact Gail or Helen with your request by Friday, June 3.

Gail Britton 905 627-4539, [britton@mcmaster.ca](mailto:britton@mcmaster.ca)  
Helen Barton 905-528-8951, [barton@mcmaster.ca](mailto:barton@mcmaster.ca)

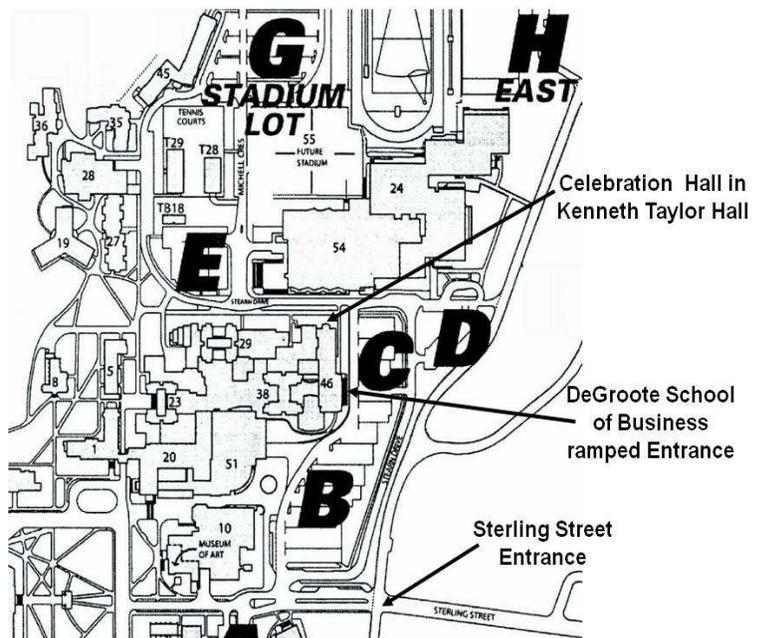
## Complimentary Parking for the AGM

MURA thanks Parking Services for this generous support. Retirees will have access to Parking Lots C, D and E, all close to Kenneth Taylor Hall. Come on campus via the Sterling Street entrance. Lot G - the underground Stadium lot - may also be used if the lots closer to KTH are full.

Retirees who do not have a McMaster parking permit and transponder may park in any of these lots showing "Visitors - Open". Take an entry ticket from the machine as you enter. Then be sure to pick up an "Exit Ticket" from the check-in table at the AGM location. Insert the Exit Ticket at the exit gate to "pay" for your parking when you leave your parking lot.

Retirees with valid transponders may park in any lot that shows "Transponders - Open".

For the mobility impaired, if you have an Ontario Accessible Parking Permit and require reserved accessible parking, please be sure to tell Gail in your RSVP. Reserved parking will be provided in Lot C close to the ramped entrance to the DeGroot School of Business. Use the elevator just inside the DeGroot building to access Celebration Hall in the Kenneth Taylor Hall basement. Parking staff will be on duty to assist with accessible parking in Lot C. Please have your Ontario Accessible Parking Permit on display in your vehicle



## 2016 Nominating Committee Report MURA Council 2016/2017

**Honorary President\*:** Alvin Lee

### Executive

Past President (ex officio): Mary Johnston

**President (Nominated): Leslie King**  
(One year term, to 2017)

**Vice President (Nominated): Heather Grigg**  
(One year term, to 2017)

Treasurer\*: Beth Csordas

Secretary\*: Vacant

### Councillors

Nominated for office until 2019:

**Helen Barton**

**Brian Beckberger**

**Carolyn Rosenthal**

Continuing in office until 2018:

Gail Britton

Dianne Coventry

Nora Gaskin

Continuing in office until 2017:

Dianne Bird

Phyllis DeRosa-Koetting

Peter Sutherland

Auditor\*: Bob West

\*appointed

In accordance with Article 8.01 Section 3 of the MURA Constitution: "Further nominations for the nominated positions will be received by the Secretary of the Association up to seven (7) days prior to the date set for the annual general meeting from nominators who are regular members of the Association together with the verbal or written acceptance of the nominee. Nominations will also be received from regular members at the annual general meeting."

### Nominating Committee:

Mary Johnston (Chair)

Eleanor Frank

Nora Gaskin

David Hitchcock

Betty Ann Levy

## College and University Retiree Associations of Canada



The College and University Retiree Associations of Canada /Associations de retraités des universités et collèges du Canada (CURAC/ARUCC) is a not-for-profit federation of retiree organizations at colleges and universities across Canada. MURA is one of 36 member associations.

In addition to a website, CURAC volunteers produce two types of publications for communication with and on behalf of university and college retirees:

- Newsletters issued two or three times a year. Visit [http://www.curac.ca/?page\\_id=445](http://www.curac.ca/?page_id=445) to see the latest issue.
- Bulletins. Some of these explore matters of broad interest to retirees, such as *Sunny Days for Health Care? Reflections from the CURAC Health Care Policy Committee* and *Isn't it time for a national pharmacare plan for Canada?* Others discuss issues of direct concern to retiree associations - for example, *Expanded Travel Opportunities for CURAC Retiree Association Members and Directors Liability Insurance: a Discussion Paper on Legal Liability, Risk Management and the Role of Directors in Non-Profit Organizations*. Go to the bottom of the CURAC home page (<http://www.curac.ca>) to access these and other bulletins.

If you would like more information about CURAC or have any feedback that you would like me to take to CURAC's annual conference in late May, please contact me at [johnston@mcmaster.ca](mailto:johnston@mcmaster.ca) or leave a message on the MURA phone at 905-525-9140, extension 23171.

Mary Johnston, MURA delegate to the 2016 CURAC Conference

# Choosing the Best Browser to Access MacMail

Our new McMaster mail server, MacMail, offers a web-based interface (Outlook Web Application, or OWA; <https://macmail.mcmaster.ca>). If you aren't using an email client like Microsoft Outlook, Apple Mail, Thunderbird, etc., or if you sometimes want to access your email from a computer other than your own, this article will help you have the best experience when accessing MacMail through a web browser.

## Light vs. Full Versions of OWA

The **light version** of the Outlook Web App is supported in all browsers. However, the **full version**, which includes additional features, is not. The following table shows some of the features that are available in the light and full versions of OWA. For a full list, please see: <https://support.microsoft.com/en-us/kb/2572191>

Feature	Light Version	Full Version
Spell checker	x	✓
Reading pane	x	✓
Accessibility for blind and low-vision users	✓	x
Notifications and Reminders	x	✓
Compose messages using HTML	x	✓
Right-click menu	x	✓
Drag-and-drop	x	✓
Create and edit rules, e.g. for spam	x	✓

## OWA-Supported Browsers

If you decide that you would prefer to have access to the features provided by the full version of OWA, you will need to use a particular browser or browsers, depending on your operating system. The following table indicates the preferred browser(s) for each operating system. Note that Chrome is no longer a preferred browser in any operating system.

Operating System	Internet Explorer	Firefox	Safari	Chrome
Windows	Internet Explorer 7 and later versions*	Firefox 3.0 and later versions	x	x
Mac OS X	x	Firefox 3.0.1 and later versions	Safari 3.0 and later versions	x
Linux	x	Firefox 3.0.1 and later versions	x	x

\***Internet Explorer 8** may default to the Light version of OWA. To correct this, log into OWA, select "Options", go to Accessibility and uncheck the box. Save, exit OWA and sign in again.

## Browser Settings for OWA

For optimal functioning, verify the following settings in your browser:

- ! Session cookies are enabled
- ! JavaScript is enabled
- ! Allow pop-ups for OWA

If you require technical assistance with MacMail, please contact the UTS Service Desk at 905-525-9140, ext. 24357 and press #6 for retiree assistance, or email [uts@mcmaster.ca](mailto:uts@mcmaster.ca). The UTS Desk is located on the McMaster Campus in Burke Science Building, Room 245.



These beautiful note cards were produced to celebrate MURA's 25th anniversary in 2010.

Stephanie Lisak, a McMaster retiree, very generously gave us permission to reproduce one of her original watercolour paintings, **Fall Colours at Mac**. The image depicts a particularly lovely view of the oldest part of campus. Pat Vinton, a photographer with Media Services at the University, donated her expertise to produce a very high-quality digital image. We are grateful to both for their support. McMaster Printing staff printed the cards on 80 lb. textured paper which gives the effect of an original watercolour painting. The 9" x 4" card is blank inside and can be used for special occasions, for saying thank you and for other short notes. It could even be framed.

Cards are available at \$1.50 each. All proceeds go toward MURA's Special Projects Fund.

The cards are for sale at the MURA Christmas lunch and Annual General Meeting. They are also available by mail in packages of five or ten cards. To order cards by mail, please send your name, address and phone number to [mura@mcmaster.ca](mailto:mura@mcmaster.ca) or leave a message at 905-525-9140 ext 23171. We will let you know, based on your address and the number of cards requested, what the total cost including postage will be.

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## Welcome New Members

Mrs. Heather Cochrane, Facility Services  
 Mr. Philip Cochrane, Facility Services  
 Mrs. Lynn Holland, Humanities - Office of the Dean  
 Mrs. Karen Jowett, Undergraduate Scholarships  
 Ms. Katherine R Kuratnik, Regional Medical Associates  
 Mr. Don Leyland, Facility Services  
 Ms. Charlotte Noesgaard, School of Nursing  
 Mr. Tadeusz Olech, Chemistry  
 Mrs. Barbara Rebelo, Medicine  
 Mrs. Linda Wilson, Engineering  
 Mrs. Susan Wilson, University Advancement  
 Mr. George Zaborsky, Facility Services

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## Recent Passings

Dr. Dugal Campbell, Psychiatry, Jan. 18/16  
 Dr. Donald Catton, Anaesthesia, Feb. 9/16  
 Mr. Dwight J. Chapman, Facility Services, Jan. 17/16  
 Dr. Catherine Ann Charles, Clinical Epidemiology & Biostatistics, Nov. 9/15  
 Mrs. Janet Fawcett, School of Graduate Studies, Mar. 11/16  
 Dr. Kenneth Finkel, Pediatrics, Dec. 11/15  
 Mr. August Giannattasio, Building Operations, Mar. 9/16  
 Mrs. Bertha Gordy, Financial Services, Mar. 19/16  
 Mr. Graham Hill, University Library, Apr. 13/16  
 Mr. Patrick Irvine, Media Production Services, Feb. 13/16  
 Mr. Robert (Bob) Kennedy, Parking & Transit Services, Jan 2/16  
 Mr. Donald Lampman, Facility Services, Mar. 2/16  
 Dr. Allan McFarlane, Psychiatry, Feb. 17/16  
 Dr. Gunhard Oravas, Civil Engineering, July 3/15

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## Are You Consuming Enough Protein?

McMaster Professor of Kinesiology, Stuart Phillips, studies how much protein consumption and exercise we need in order to maintain muscle mass. He was recently appointed Director of McMaster's Physical Activity Centre of Excellence (PACE), which is devoted to studying and improving health among older adults and people with chronic disease or disability.

"We lose muscle tissue as we age, and for most people it limits our ability and confidence in our mobility. But it doesn't have to be that way," explains Dr. Phillips. "If you want to stay active as you age, incorporate protein, especially high-quality protein, into every meal and exercise daily." A recent survey of Canadians who are 50 years of age and older shows that only 11 per cent are eating protein as frequently as they should.

"Adults 50 and over should be consuming 25-30 grams of protein at every meal, which includes meat and alternatives," says Phillips. That's the equivalent of:

- A ham sandwich (3 slices on whole wheat bread) with 1 cup 1% milk
- 75 g baked chicken breast on quinoa (1/2 cup) with broccoli (1 cup).

High quality protein contains the essential amino acids that help build and repair muscles and prevent muscle loss. Meat, milk and dairy, eggs, nuts, beans and legumes are all good sources of high quality protein. They also contain nutrients like calcium and iron, along with many other essential vitamins and minerals.

[Source: McMasterDailyNews(<http://dailynews.mcmaster.ca/article/are-you-consuming-enough-protein/>) and PACE web site (<https://pace.mcmaster.ca/>)]

## Golden Age Bus Pass

City of Hamilton residents 80 years of age or older can ride Hamilton Street Railway (HSR) buses for free if they have a Golden Age Bus Pass.

The Golden Age Bus Pass has two parts: a PRESTO pass and a photo ID card. There is an initial cost of \$6 for the PRESTO pass; the photo ID card is free.

You can pick up your Golden Age Bus Pass from the HSR Customer Service Centre at 36 Hunter Street East (GO Centre). Proof of age is required and you must be a resident of Hamilton.

Call 905-546-2424 ext. 1882 for more information. Hours are 8:30 am – 4:30 pm.

## It's Time for Another Federal Census

The next Census of Population will take place in May 2016. Starting on May 2nd, Statistics Canada will send census letters and packages to all Canadian households.

You can complete your census questionnaire online or on paper.

The census, which is conducted every five years, collects demographic information on every man, woman and child living in Canada. This information is used in the administration of government programs and in planning pensions, healthcare, employment programs, new schools, public transit, hospitals, daycare centres, etc.

All residents of Canada are legally required to complete either the short- or long-form census questionnaire. Statistics Canada is bound by law to protect the confidentiality of the information respondents provide in the census.

You can find out more by visiting the Statistics Canada web site at

[http://www.census.gc.ca/ccr16\\_r000-eng.html](http://www.census.gc.ca/ccr16_r000-eng.html)

## The Power of Attorney Project

The Power of Attorney Project is a two-year technology-based project by the Canadian group Caregiving Matters that brings together a wide variety of experts from various industries and disciplines to educate adult children and seniors about Power of Attorney issues. In the Caregiving Matters Podcast series, legal, financial and social service experts share their knowledge and give individuals and families an opportunity to have their questions addressed, increase their understanding and develop skills and strategies to help them deal with some of the complex and difficult issues of aging, including Power of Attorney issues.

The Government of Canada's New Horizons for Seniors Program has provided \$50,000 in funding for the Power of Attorney project. Other initial project

*(Continued on next page)*

## Power of Attorney *(continued)*

supporters are: The Care Guide, Care Connect, The Healing Cycle Foundation, and Scotiatrust.

Caregiving Matters is an Internet-based registered Canadian charity dedicated to educating and supporting family caregivers. 90% of their work is done online and by leveraging technologies, 10% is done by producing local educational events. There are a variety of different ways that the information on the web site can be accessed. There are: stories to read directly on the site, pdf documents to download, videos of workshops, and podcasts. Podcasts are available for free.

Available at:

<http://www.caregivingmatters.ca/category/podcasts/power-of-attorney-project/>

## 511 Traveller Information

Do you know about **511? This service**, from the Government of Ontario provides travel information via **your** telephone, the internet and Twitter (accessible without membership).

**Information available includes:** Road closures and incidents, winter road conditions, daily and long term roadwork, construction project information, traffic and weather cameras

**You can also locate:** carpool lots, High Occupancy Vehicle (HOV) lanes, service centres, provincial parks, ferry services, and Tourist Information Centres

**And link to:** information about wait times and weather reports from Environment Canada.

To use the service on your phone, just dial 511. Call to check the roads before setting out on a trip. If calling 511 while driving, observe Ontario's ban on cell phone use while driving. Pull over safely to the road shoulder before calling or use hands-free, Bluetooth technology.

The Ontario 511 web site provides detailed road information for Ontario's provincial highways that can be viewed in interactive maps or as text in English or French

(<http://www.mto.gov.on.ca/english/traveller/trip/index.shtml>). At present, the Ontario 511 site is not mobile friendly, so you will need to check online before setting out on a trip.

To access the Twitter account go to <https://twitter.com/511Ontario>

For more information, visit the Ontario 511 website: at <http://www.mto.gov.on.ca/english/traveller/trip/about.shtml>

## Let Us Know If We Can Stop Mailing *MURAnews* to YOU

We thank the members who have helped make up for the rising postal rates by opting out of the postal mailing of *MURAnews*.

Please phone Helen Barton at 905-528-8951 or email her at [barton@mcmaster.ca](mailto:barton@mcmaster.ca) if **you** would like to join this group of budget rescuers.

We make it easy to print your own *MURAnews* by attaching a PDF copy to the email that's sent when a new *MURAnews* is ready to read. Or you can just click the link in the email and read online.

As an added incentive, you could win a prize in the 2016 Opt Out Draw. If you switch to reading *MURAnews* on the web and opt out of the printed version before or at the MURA AGM on June 8th, we will enter your name for a prize to be drawn at the AGM.

To try the online version of *MURAnews*, go to <http://www.mcmaster-retirees.ca/MURAnews.2016-17.html>. We hope that you like what you see!

**The above message is directed at MURA members with email. We will happily continue to post the newsletter to those without email or internet access.**

## MURA Needs a Secretary

The Secretary, appointed by MURA's Council, is a member of the MURA Executive and an ex-officio member of Council with voting privileges. The Secretary's main duties are to:

- ! attend meetings of the Council (once a month except for July and August);
- ! attend meetings of the Executive (these are infrequent);
- ! book meeting rooms for Council and Executive meetings;
- ! send notices of meetings to Council and Executive, along with the agenda, minutes and related documents;
- ! take minutes of Council, Executive and Annual General meetings.

Please consider taking on this important and interesting role within MURA. To find out more, contact [mura@mcmaster.ca](mailto:mura@mcmaster.ca) or leave a message at (905) 525 9140 ext. 23171.

# Volunteer Opportunities



## McMaster Convocation Assistants

### Health Sciences Convocation

Friday, May 27, 2016 (12:30 – 5 pm)

### Spring Convocations

June 13 to 17, 2016 (7:30 am – 4 pm)

The Office of the Registrar welcomes retirees to become involved in the most exciting days of McMaster students' academic lives — convocations.

Volunteers are needed to assist at convocations, where your role would be to meet, greet and direct students and guests, check tickets and/or distribute hoods, tickets and diplomas to students. You will work alongside a full-time employee who can offer assistance and training.

If you are interested in signing up for any of the days listed above, please contact Rachel Huang in the Office of the Registrar, email [convo@mcmaster.ca](mailto:convo@mcmaster.ca), or by phone at 905 5259140 ext. 24386. More details on convocation can be found here:

<http://registrar.mcmaster.ca/grad>



## United Way Committee

### CALL FOR RETIREE VOLUNTEER

Each year, a group of dedicated employees organizes the McMaster United Way Workplace Campaign that brought in over \$310,000 last year. We are now busily planning the 2016 campaign and would like to inject some fresh perspectives by recruiting more individuals passionate about supporting the United Way.

The committee brings together some very enthusiastic staff, faculty, retirees and students to plan, co-ordinate and implement a variety of events aimed at raising funds and awareness for the United Way campaign. It meets monthly from March to August and bi-weekly from September until the end of the campaign in February. If you would like to give back to McMaster and our local communities, and meet a lot of interesting people from across campus, please submit a short paragraph indicating your relevant experience, skills and attributes for this volunteer position.

Please direct your email indicating your interest to [uway@mcmaster.ca](mailto:uway@mcmaster.ca) by Friday, May 6, 2016.

Thank you,  
The McMaster 2016 'United Way Workplace Committee'



## L'Arche Hamilton

### Community Friend Volunteers



L'Arche Hamilton is a community where people with and without intellectual disabilities share life together. Our mission is to

make known the gifts of people with intellectual disabilities, revealed through mutually transforming relationships. We have five homes and a Day Program Space with the Creative Hands Art Studio where creations such as pottery, candles and paintings are made and then showcased in various art shows. We would appreciate McMaster Retirees from all backgrounds who are willing to share their creative talents and friendship to help build our community.

- ◆ Art Studio Community Friends: Do you have an artistic ability that you could share with us such as pottery, weaving or other? We would love to have you come to our L'Arche Creative Hands Art Studio where you could teach and assist us in our creative endeavours.
- ◆ Community Friends: We are always looking for you to join our community as a friend and to share your gifts and interests with others, which could include going for walks, playing sports, cooking or going for coffee with an individual in the community.

If you are interested in this opportunity, please contact Paige McIsaac, Community Relations and Volunteer Coordinator with L'Arche Hamilton at [paige@larchehamilton.org](mailto:paige@larchehamilton.org) or phone 905-312-0162, X224.

## Change of Address Notification to Human Resources

Are you moving? Please don't forget to update your address on file at McMaster University to ensure you receive any correspondence including your T4A at the correct address. The Human Resources Service Centre provides McMaster retirees with one point of contact to update their new addresses. McMaster retirees can call, email, or complete a change of address form as shown below. Upon receiving your address change, the HR Service Centre will update the following as applicable on your behalf:

- Communicate updated address information to The McMaster University Retirees Association (MURA)
- Update the Sun Life System (for benefit purposes)
- Communicate address information to CIBC Mellon (for pension purposes)
- Update the McMaster HR System

Address changes can be forwarded to the HR Service Centre in the following methods:

- Phone: (905) 525-9140 extension 22247 (222HR)
- Email: You can find your HR Advisor's email address at [www.workingatmcmaster.ca/contacts](http://www.workingatmcmaster.ca/contacts)
- Complete the form (available at <http://www.workingatmcmaster.ca/med/document/Retiree-Address-Change-Notification-Form-1-43.pdf>) and mail it to the HR Service Center at the address on the form.

Please do not hesitate to contact your HR Advisor with any questions.

Kindest regards,  
Michele Leroux, Director, HR Services

...and while you're in a  
"changing" state of mind...

**PLEASE** let MURA know if you have a new e-mail address. You can send this information to [mura@mcmaster.ca](mailto:mura@mcmaster.ca). **AND** if you inform us of your new email address before or at the MURA AGM on June 8th, we will enter your name for a prize to be drawn at the AGM.

## LITERARY LEGENDS BY SEA AND BY LAND, THE SEQUEL September 8-23, 2016



Join Dr. Graham Roebuck, Professor Emeritus, McMaster University, on our second adventure exploring English literature, history and culture featuring the great figures of English literature. Departing from New York on September 8, 2016 on board Cunard's Queen Mary 2, the group will cruise to Southampton with a stop in Halifax en route and then embark on a seven-day coach excursion. Three nights will be spent in each of Canterbury and Cambridge followed by one night in London where our journey ends. Throughout the trip, Dr. Roebuck will provide illustrated talks, conduct informal discussions and lead guided tours of the sites.

### Highlights

Hastings, Canterbury Cathedral, Sissinghurst Castle Garden and additional National Trust sites, Bury St Edmunds, Wren Library, King's College Chapel  
Optional day trip to Greenwich on Sept 23 available

### Fares\*

Cruise: From \$1867.00 CAD

Land: \$2990.00 CAD

\*Pricing is per person based on double occupancy.  
Cruise and land excursion may be booked separately  
Special bonus of onboard gifts and shipboard credits

### For More Information Contact

Web: [elizabethmccallum.cruiseshipcenters.ca](http://elizabethmccallum.cruiseshipcenters.ca)

Email: [emccallum@cruiseshipcenters.com](mailto:emccallum@cruiseshipcenters.com)

Telephone: 905-540-8747



TICO #5000074

## Mohawk Retirees Invite MURA Members to the Shaw Festival



MURA members, associate members and friends of MURA are welcome to join the Retirees Association of Mohawk College (RAMC) on their trip to the Shaw Festival in Niagara-on-the-Lake to see Alice in Wonderland, A Musical on Tuesday, October 4, 2016.

ALICE IN WONDERLAND, A MUSICAL. On a Summer day in 1862, 10 year old Alice and her two sisters were told a story about a little girl, a white rabbit and a trip down a hole into an astonishing world. The tale of Alice's adventures underground became one of the best selling books of all time and this beloved story is brought to life in a newly commissioned adaptation, written especially for the Shaw acting company. Delight in the stunning visuals and theatrical magic as we meet the Cheshire Cat, the Mad Hatter, The Mock Turtle and the Queen of Hearts and watch Alice try to make sense of this world of grown-up nonsense. A MAGICAL, MUSICAL EXPERIENCE FOR ADULTS AND CHILDREN ALIKE.

- 10:15 a.m.      Our Coach leaves Mohawk College Fennell Campus, Main Entrance
- 11:30 a.m.      We arrive at the popular Betty's Restaurant
- 1:00 p.m.        Our Coach takes us to Niagara-on-the-Lake
- 2:00 p.m.        Our Show Begins
- 5:30 p.m.        Estimated Return Time to Fennell Campus

Please make cheques payable to **RETIREES ASSOCIATION OF MOHAWK COLLEGE** and mail to:  
 ANN DUNN, 126 WEST 4<sup>TH</sup> STREET, HAMILTON, ON L9C 3N2  
 PHONE: 905-383-9772 by JULY 1, 2016  
 ALL SEATS ARE EXCELLENT  
 \$100.00 ea. for RAMC Members and Spouse  
 \$105.00 ea. for Non Members (includes MURA members and friends)

### "ALICE IN WONDERLAND", TUESDAY, OCT. 4, 2016

Please reserve .....seats @ \$100. each for RAMC members & partners and .....\$105. each for non members.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_ Telephone: \_\_\_\_\_

Full Payment for ..... x \$100. = .....  
 ..... x \$105. = ..... = \$..... Is Enclosed

Please make your cheque payable to Retirees Assoc. of Mohawk College and mail to:  
 ANN DUNN, 126 West 4<sup>th</sup> St., HAMILTON, ON L9C 3N2 (905-383-9772)

**PLEASE DATE CHEQUES NO LATER THAN JULY 1, 2016**