

PRESIDENT'S REMARKS

On behalf of your Executive and Council members I would like to wish you a happy, healthy, and prosperous 2004. We are supporting all retirees in various ways, for example we are presently working on your behalf to establish a *MURA* website early in 2004. Watch your newsletter for updates.

MURA is now a member of the newly established Colleges and Universities Retirees Association of Canada (CURAC).

We are also working to establish closer ties with MUSA and MUFA to help us better address the concerns of all McMaster retirees.

Mildred (Cihocki) McLaren



Please mark the forthcoming events in your calendar:

- **Wednesday February 25, 2004:**
_____ "*The Producers*", Canon Theatre.
- **Wednesday April 14, 2004:**
_____ "*The Foursome*", Stage West.
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Details in attached flyers.



BENEFITS REMINDER

Retirees and their spouses are reminded to carry with them at all times their Sun Life Benefits Card which shows the McMaster policy number (25018) and the ID number of the retiree. If the retiree or spouse does not have a card, a note of this information should be carried. Please be aware of the plan you have chosen from the option package.

If you have any problems in this area, call Human Resources at 905-525-9140, ext.23692.

Marilyn Elliott

Sun Life Access

To access personal information on your Sun Life medical and dental claims history and status,

1. Have ready the following:
 - Sun Life policy number for the relevant plan
 - Your University ID number
 - Your valid email address
 - Two challenge/response questions and answers (which are used to validate your identity).
2. Call 1-800-361-6212, then press option 2.
3. After asking the relevant questions, the Sun Life representative will assign a 14 digit access ID number and an 8 digit temporary pin; you must change the latter to a PIN of your own choosing within 7 days.
4. The web site for access is www.sunlife.ca.
5. Choose Member Services.



Marju Drynan

It is important for you to understand that the coach trips are filled on a "first come first served basis", so please call Anne as soon as possible to ensure a seat.

***** Remember, cheques can be post-dated*****

If we do not meet the minimum number of bookings by the deadline date for any of our activities, events have to be cancelled and the members who have already booked are disappointed. We so look forward to sharing these excursions with you and urge you to support our efforts by joining us.

Trips: We encourage and welcome all members who are able, and so wish, to attend any and all of our planned outings. However, please keep in mind that with our limited means, we are not able to provide special care beyond "courtesy assistance". We will provide, to the best of our knowledge, an assessment of the accommodations and physical difficulty associated with each outing. We ask that you realistically judge whether you should have a companion accompanying you to ensure your health, safety and personal needs. A contact will be given with each notice, where appropriate, for those with any doubts or concerns.

****Anne will be away January 20-31st****

RECENT RETIREES



Mr. R. Barber—Computing & Software
Mrs. D. Coventry—Op. & Maintenance
Dr. R. Hassmann—Sociology
Mr. J. Harriman—Audio Visual Services
Mr. M. Holmes—Psychiatry
Mr. P. Kohli—Anatomy

Mrs. D. McGreal—Office of the President

Mrs. E. Mousley—Purchasing

Mrs. A. Munian—Economics

Dr. D. Palmer—Centre for Student Development

Mrs. M. Palmer—Athletics & Recreation

Mrs. F. Pillinni—Student Health Services

Dr. J. Roberts—Pathology

Mrs. D. Sergeant—Nursing

Ms. C. Spicer—Printing

Mrs. H. Van Oosten—Human Resources

Dr. J. Venturelli—Pediatrics

Mrs. P. Young—Interdisciplinary Studies



The McMaster Centre for Learning & Discovery

is launching the second phase of the
Ontario Student Opportunity Trust Fund

“BREAKING NEW GROUND IN INNOVATION”

RECENT PASSINGS

Mrs. Maria Varga—October 2nd

Dr. Dennis Shaw—October 6th

Dr. Berners Jackson—October 9th

Dr. Ross Hall—October 9th

Dr. Bertram Brockhouse—October 13th

Mrs. Winnie Cramm—November 6th

Mrs. Bernice Mattina—November 29th

Tekla Sakala—December 15th

Mr. S. Emberley—December 21st

Dr. Robert W. Thompson—December 24th

Mr. George F. Barber—January 1st



BLOOD PRESSURE STUDY



Adrienne, Martha and Cheri would like to invite you to participate in a study that will investigate the effects of isometric arm or leg training (e.g. hand grip or leg squat) on blood pressure reduction and the processes associated with this change. We are looking for participants of any age who are medicated for high blood pressure. If you are interested please contact **Martha** at 905-525-9140, ext. 26086 or via e-mail at mackencl@mcmaster.ca.

****Research is the key to future improvements in care for persons with high blood pressure!*****

Phase I of this Campaign which was launched in 1996-97 was well supported by McMaster Retirees.