



## PRESIDENT'S CORNER with Brian Ives

### "Routine or Rut?"

I am teaching again this term and it has reminded me how pleasant it is to have a routine! Indeed the human condition definitely needs routine. For men, the act of shaving supplies a start to each day. There was just one summer when I skipped that exercise (see above) when I was acting in Shakespeare at university. I suspect many men consider shaving a chore, and grow a beard to avoid it. But having regular activities is surely good for us, even in retirement. Toronto researcher Endel Tulving has explained that memory is aided by repetition. I am certainly content to be clean shaven if it means less "senior moments." I recognise my fortune in continuing to teach at McMaster, but I am sure all retirees face many opportunities for regular activities. Indeed I would be interested to [learn](#) what routines keep you on track, and maybe we can pass along suggestions to other members. Incidentally, I am not convinced there need be any "ruts" in our lives - particularly in retirement - but if you think you know of one, let me know that too!

This issue contains information on the many MURA activities, which could be considered routine, but which have been designed for enhancing our retirement days. The MURA Christmas Lunch is one such highlight, same place (by demand) same menu, including the famous cabbage rolls. *This ain't no rut!* You will also find announcements of some new Special Events in October and November, which we hope will become monthly routine.

You might also consider a regular visit to the new expanded campus athletic centre – helping body as well as mind!

Finally some notes on people. As you will see on this page, our search for a secretary has been rewarded by Marianne van der Wel volunteering her services. We are indeed appreciative of Marianne's fine gesture. You will also see a note on former MUSA President Mina Sarajcic's appointment to CAW. Mina has been a really good neighbour of MURA in the GH basement community, and we congratulate her on the appointment.

Have a great Fall, enjoy all your routines and stay out those ruts!

**mbi**



## MARIANNE VAN DER WEL

MURA now has a new Secretary, succeeding Averil Thompson who resigned the position in early summer after 10 years' service. Marianne van der Wel worked at McMaster in Computing and Information Services from 1965 to 1994, when she took early retirement. Many members will have been assisted by Marianne during those years, and come to know her significant computer expertise and instructional capabilities. We welcome Marianne, and thank her sincerely for volunteering for this critical support position in our Association.

## MINA HAS GONE "NATIONAL"

**Mina Sarajcic, former President of MUSA (now "CAW Local 555")** has moved to Windsor, Ont., to serve as National Service Representative for the CAW



in Canada. We wish her well in her new role. Mina's resolve that the McMaster local support MURA both financially and politically will be maintained by Interim CAW 555 President, **Matthew Root**, employee in "Titles", the McMaster bookstore. We are pleased with the continuing relationship between our two organizations, along with our ability to serve those McMaster retirees who were members of MUSA and CAW 555.



Letters to the editor

WE WOULD LOVE TO HEAR FROM YOU

## RECENT PASSINGS



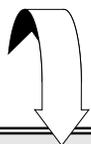
Mr. Harvey Hamilton, Service Ops–May 30<sup>th</sup>  
Mr. Herbert Pohl, Biology–July 17<sup>th</sup>  
Dr. Donald Hillman, Pediatrics–July 4<sup>th</sup>  
Mr. George Timko, Purchasing–July 21st  
Dr. Carman McMullen, Physics/Astro.–July 30<sup>th</sup>  
Mr. Charles R. Croydon, Maintenance–August 14<sup>th</sup>  
Mr. Guenter Kappel, Language Labs, Sept. 6<sup>th</sup>

## WELCOME NEW MEMBERS



Dr. Donald Carr– Pathology  
Mrs. Patsy Chan–Math/Stats  
Mrs. Carol Dada–Chemistry  
Mrs. Loretta Evans–Medicine  
Mr. Paul Hoffman–Biology  
Mrs. Josephine Petrie–Chemistry  
Mrs. AE. Jane Radix–Campus Health Centre  
Mrs. Carolyn Sheeler–Epid. & Biostats  
Ms. Mary T. Smith–Campus Health Centre  
Mrs. Virginia Smith–Hospitality Services  
Mrs. Muriel Westmorland–Rehab. Science

Maybe you can help . . .



**The Volunteers for Seniors Program at Catholic Family Services is looking for Volunteers of all ages.**

**Volunteers are trained to provide in home support to seniors living in the community.**

**Eligible seniors are assessed and matched with volunteers according to mutual interests, language and culture.**

**Please contact Brooke at 905-527-3823 ext. 281, or [bhurley@cfshw.com](mailto:bhurley@cfshw.com)**

## Did you know that

*by including McMaster in your Will you can support your preferred department or faculty directly? To discuss a gift to McMaster through your Will, please call the Office of Gift Planning at 905-525-9140, ext. 23447.*

## UPDATE FROM MARGARET JENKINS OUR SPECIAL EVENTS COORDINATOR

**Tuesday October 10<sup>th</sup>:** Lunch at the University Club, followed by a tour of the **McMaster Museum of Art**. In addition to the regular collections we can enjoy several special exhibits: **“A Millennium of Youth”**; art by emerging artists from Columbia, **the McMaster Goethe Project**, and **Life and Death of I.D.** We will meet at the University Club at 12 noon. **Cost for lunch will be \$20.00.**

**Monday November 20<sup>th</sup>:** Please come and enjoy an **Autumn Dinner** in lovely surroundings, at the **Chamber of Commerce** followed by an entertaining and informative talk by **Dr. Adrian Upton**, Professor Emeritus and former head of Neurology at McMaster. The title of his talk is **“Can We Trust the Brain? The answer–certainly not!”**

**\*\*This will be highly entertaining–something you don’t want to miss!\*\***

**Cost for dinner including taxes and gratuities: \$35.00. Dinner at 6:30 p.m. Cash bar available.**

Please contact Margaret directly at [mnr.jenkins@cogeco.ca](mailto:mnr.jenkins@cogeco.ca), or 905-648-2401 for further details regarding reservations and payment arrangements.

Come join our good friend Santa and your old colleagues for our annual celebration lunch

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By popular demand, this will take place at the usual place: **Schwaben Inn, Dundas**, at the usual time, **12 noon**, this year on **Thursday December 7<sup>th</sup>**. We look forward to sharing your company for the usual good time, door prizes, and camaraderie with old friends.



☆☆☆☆☆

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thoughts to ponder: . . .

**“Women and cats will do as they please, and men and dogs should get used to the idea.”**

**On nytol sleep aid–  
“Warning: may cause drowsiness.”  
(I’m taking this because...???)**

## McMaster Pension and Post-Retirement Benefit Update from Retirement Support Services

This article is provided to retirees *for information* as an overview of the recent changes to pension and post-retirement benefits that impact **new hires**, **current employees** and **future retirees**. **These changes will have no effect on current retirees.**

### Salaried Pension Plan

#### **1. Vesting Requirements (MUFA, TMG, & CAW)**

New hires (from June/July 2006) who subsequently terminate with less than two years in the Plan will not be eligible to remain in the Plan after termination. These individuals will receive a refund of their contributions plus interest.

#### **2. Employee Contributions (MUFA, TMG, & CAW)**

The employee contribution rate will increase by 0.75% each year for the next two years (MUFA, TMG & CAW). CAW members will have an additional contribution increase of 0.50% in the third year.

#### **3. Early Unreduced Pension Eligibility (MUFA & TMG)**

Eligibility for an early, unreduced pension will transition from current *Rule of 80* (age plus years of Plan participation equal at least 80) to *Rule of 85* over the next 10 ½ years.

New MUFA and TMG hires as of June/July 2006 require *Rule of 85*.

There has been no change to the *Rule of 80* for CAW members.

#### **4. Employee & Employer Contribution Rates Linked (MUFA & TMG)**

Thresholds have been agreed upon whereby the employee contribution rates decrease when the employer contribution rates fall below determined percentages.

### Hourly Pension Plan

Employees belonging to the new position of “Cleaner” are not eligible to join the Hourly Pension Plan.

### Post-Retirement Benefits (Retiree Extended Health, Dental and Life Insurance)

#### **1. Salaried Post-Retirement Benefit Eligibility**

New MUFA and CAW hires (from June/July 2006) will require a minimum of 10 years service to qualify for post-retirement benefits.

New TMG hires (from June 2006) are not eligible for post-retirement benefits.

#### **2. Hourly Post-Retirement Benefit Eligibility**

New hires to Operations and Maintenance (from October 2004), Hospitality (from January 2006), and Machinists (from April 2006) are not eligible for post-retirement benefits.

Operating Engineers who retire on or after July 1, 2006, will require a minimum of 10 years of service to be eligible for post-retirement benefits.

#### **3. Hourly Post-Retirement Benefit Plan (Operating Engineers)**

The retiree benefit plan for Operating Engineers who retire after June 30, 2006 will include enhancements to vision and dental and the implementation of RX05 managed prescription drug formulary (RX05 provides a base plan design that is similar to the previous plan design with some restrictions)

MUFA = McMaster University Faculty Association (incl. Librarians) TMG = The Management Group CAW = Canadian Auto Workers Local 555 (previously MUSA)
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### Additional Information

The foregoing information summarizes in general form the changes to pension and post-retirement benefits. In the event of any discrepancy or inconsistency, the official documents will govern.

Please visit [www.workingatmcmaster.ca/rss](http://www.workingatmcmaster.ca/rss) to obtain additional information on these issues. Alternatively you may contact Retirement Support Services at [pension@mcmaster.ca](mailto:pension@mcmaster.ca) or extensions 24570 (Magda Sztajnmecc) or 23692 (Beata Dycha).

**Retirement Support Services  
Human Resources Services**

**COLLEGES & UNIVERSITIES ASSOCIATION  
OF CANADA (CURAC)**

***We've Come a Long Way since the Drill Hall!***

The expanded campus physical education facility, *The David Braley Athletic Centre*, recently opened and although not all the facilities are completed, it is now available for use. We tried it out, and were impressed by the size of the place. Some changes in procedure were obvious, and significant. No more issue of kits and towels. Bring your own ... and some soap! If you retired in 1999 or before, access to the facility continues to be without charge. This new Centre befits the stature of McMaster as a full-service institution. A big Thank You to David Braley and everyone who contributed to the fine building. A new stadium is next.



**ENCLOSED CONCERT BROCHURES**

The School of the Arts (SOTA) is making available to **ALL** McMaster Retirees, a special reduced rate of \$10.00 per concert for the 2006-2007 Concert Series instead of the usual seniors rate of \$12.00.



We are sure many of you will want to take advantage of this wonderful opportunity to enjoy some of the best entertainment in town.

If you have any problems, just call the department at 905-525-9140, x24246.



Our President Brian Ives attending the May, 2006 CURAC Conference in Guelph, along with representatives from other Canadian Universities.



The CURAC Board has commissioned their Communications Committee to produce a newsletter. Ken Rea, who has been assigned this task, has invited editors of university/college newsletters to take part, or at least provide comments. You might be interested in exploring their site by logging on to [www.curac.ca](http://www.curac.ca), where you will find a link, [individual.utoronto.ca/kenrea](http://individual.utoronto.ca/kenrea), to just view samples of the kind of newsletters being distributed to many of the colleges and universities across Canada.

At the present time, Ken is only requesting comments from editors, but if you have something useful to contribute, you can do this through me at [vermor@execulink.com](mailto:vermor@execulink.com).

**NEWS FROM ANNE, OUR TRIPS  
ORGANIZER**

**October 2nd:** The *Trent-Severn Waterway Trip* is completely **SOLD OUT**.

**October 25th:** The trip to Stratford to see *South Pacific* is completely **SOLD OUT**.

Read on for more exciting events . . .

## UPCOMING TRIPS FOR 2007



### Thursday January 4th:

We have an interesting trip to start the New Year, beginning with a visit to **The Bata Shoe Museum** in Toronto, followed by lunch at an old favourite, **The Town and Country Buffet**. The **Royal Ontario Museum** will be our final stop, and will include a guided tour of the "**Deco Lalique**" exhibition. A legacy of French artist **Rene Lalique** is captured in this display of beautiful glass creations, including vases, tableware and lighting. We will have time to visit some of the other galleries at the ROM.

Departure: 10:00 a.m. from Fortino's at 1579 Main Street West, Hamilton.....\$73:00 per person

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### March:



**Phantom of the Opera is coming back to The Princess of Wales Theatre** in Toronto, and hopefully, I can put together a trip some time in March. If all goes well, we will have lunch at **Seigfried's** (the restaurant totally staffed by students from The George Brown Culinary College). We really enjoyed this restaurant on a previous trip.  
**More details as I get them.**



### Thursday April 12th:



We're off on a **Sugar Bush Tour**. Beginning with a visit to **The Welland Canal Museum**, with a video on the history of the Canal. Continuing on, we go to **White Meadows Sugar Bush Farm** for an "all you can eat" Pancake Luncheon, with entertainment. Homebound, we will stop at a winery.

Departure: 10:00 a.m. from Fortino's at 1579 Main Street West, Hamilton .....\$66.00 per person

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**FOR ALL TRIPS, PLEASE SEND SEPARATE CHEQUES FOR EACH ONE, AND POST-DATE THEM ONE MONTH IN ADVANCE OF THE TRIP.** Please call me at (905) 627-0968 or e-mail me at [sincla@mcmaster.ca](mailto:sincla@mcmaster.ca) for further information.

You will find the booking slips for your completion and return to Anne on the last page of this newsletter.

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**May 18-26, 2007:** Our Bermuda Cruise sold out in a hurry!!

62 of us are going to enjoy a coach trip to Newark, N.J., where we will stay overnight. The next morning after breakfast we will board Celebrity's "**Zenith**" for our cruise to beautiful Bermuda. I can't wait to return to this lovely island.

The response to this trip was amazing, and the fact that there is no flying involved really made it a popular choice. When I return next May, I will write a report on it, and if enough people are interested, I will put together a repeat trip for Spring 2008.

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**October 15-24, 2006:**

I'm off to take a **Riverboat Cruise** along **The Rhine**. Of Course, it just happens to be Wine Festival Time. I have never experienced a Riverboat Cruise before (maximum 136 passengers) and I am looking forward to it very much. Of course, I will have great company with me--Pam Penny, Joan Parker, Veronica Morrison, Shari Mercer and Pat Goodall--all McMaster Retirees.

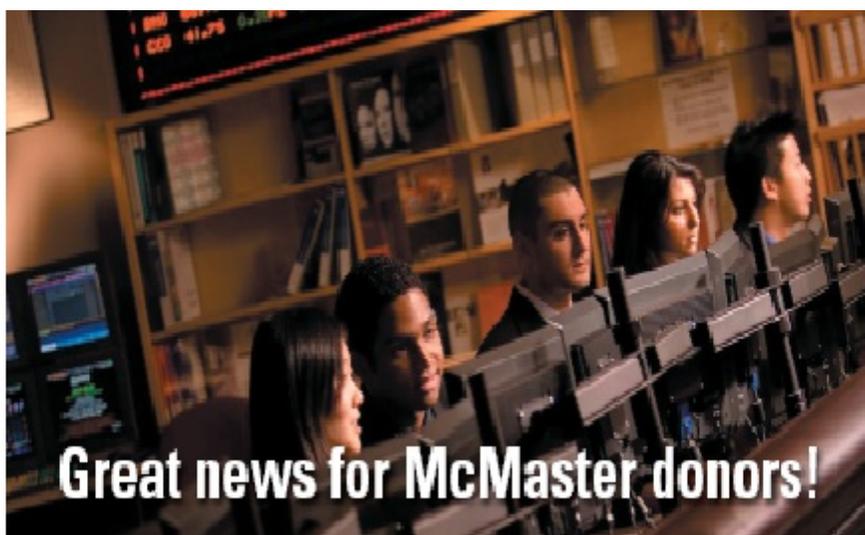
I will report on this one too, and if it is a good trip, I will put together a small group (no more than 20 people) some time in the Fall of 2007, or the Spring of 2008. Maybe a cruise through Burgundy and Provence?

Anyone interested in Bermuda and/or Burgundy & Provence, please phone or e-mail me (see above) and I will make sure that you get the information as it becomes available.

Anne Sinclair



As you can see, some of our passengers had a rollicking good time on the Wenonah II Luncheon Cruise in June.



The Alton H. Gould Trading Floor at McMaster University

The 2006 federal budget made donations of publicly listed securities to registered charities exempt from capital gains tax. That means you can now contribute to McMaster University—inspiring innovation and discovery—with your gift of stocks, bonds and mutual funds, and benefit from significant tax savings.

McMaster's Office of Gift Planning can help you reach your philanthropic objectives while maximizing the tax and other financial benefits through planned gifts.

Contact us at the address below – we are ready to help.



The Office of Gift Planning  
McMaster University  
1285 Main Street West, R1M 1L1

**TRIPS BOOKING FORM**

To book now for any of the following events, please complete the relevant section of this form and mail along with cheque and the appropriate "cut-off" strip (below) to Anne Sinclair, 207 - 104 Osler Drive, Dundas, Ontario L9H 4B7. Cheques may be post-dated one month ahead of trip date, made payable to **McMaster University Retirees Association**.

Date	# of persons	Amount \$
Tues. Dec 5/09 Showcase of Lights, Coburg \$70.00 per person	.....	.....
Name: .....		
Address: .....		
Postal Code: ..... Telephone #: ..... e-mail address:.....		

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Thurs. Jan 4/07 Bata Shoe Museum & ROM \$73.00 per person	.....	.....
Name: .....		
Address: .....		
Postal Code: ..... Telephone #: ..... e-mail address: .....		

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Thurs. April 12/07 Sugar Bush & Welland Canal Museum \$66.00 per person	.....	.....
Name: .....		
Address: .....		
Postal Code: ..... Telephone #: ..... e-mail address:.....		

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**\*\*\*ATTENTION\*\*\***

**TO ALL RETIREES WITH E-MAIL ACCESS**

We are endeavouring to update our membership base, streamline our service to you and, not incidentally, cut down on our operating costs. If you have an e-mail account, please send a note to [penny@mcmaster.ca](mailto:penny@mcmaster.ca), and your e-mail information will be added to the membership base.

**NEWSLETTER MAILING**

*MURA news* is now available on the website. If you do not wish to receive hard copies please either (1) use the form below or (2) send a message through the website feedback form at

<http://www.cas.mcmaster.ca/~nsadmin/MURA/Pages/FeedbackForm.html>

I do not wish to receive mailed copies of the Newsletter

Name:.....

Address:.....

Postal Code: ..... Telephone #: ..... e-mail address .....

Please return this strip to: **Pam Penny, 3 - 60 Dundas Street, Dundas, Ontario L9H 7M6**