



President's Corner

As I begin my role as President of this ever growing organization, I am deeply conscious of just how important the role of MURA plays in keeping all of its members informed of any changes that might occur in pensions and health care benefits along with many other items of interest.

With the support of the Office of Alumni Advancement, the Volunteer Network got off to a start this year. Volunteering is a great way for members to stay connected to the University, and we will continue to build on this program.

As 2010 is our 25th Anniversary we are in process of planning a celebratory event and will keep you informed as this comes to fruition. I would also add that we are open to any ideas that you may have for this celebration.

The MURA Student Awards endowment fund has almost reached the \$32,000 goal set out. We are just a little short but when we reach the required amount it will be fully funded which will enable MURA to further support academic awards in Gerontology. If you have not yet made a donation to the fund, or would like to make another contribution, now would be a good time to do so.

We have just had our Annual General Meeting - it was a great success, good attendance, excellent location and food, and fantastic speakers who addressed the development of a number of social services in Hamilton. Thanks must go to all who contributed time and effort in making this event a success.

I would like to take this opportunity to thank our retiring President, Helen Barton, for her great efforts and dedication to her two-year role as President. She has done a fantastic job in promoting MURA as an organization dedicated to the needs and interests of McMaster Retirees. My thanks also go to Marianne Van der Wel, who is our Webmaster and Editor of the MURAnews. With her technical ability, imagination and expertise in handling the website, she has been a primary force in developing MURAnews as a stellar source of information.

My sincerest thanks also goes to MURA Council for their timeless devotion, energy and enthusiasm. It also gives me great pleasure to welcome Marianne Walters, our new member on Council. We are all looking forward to her special expertise and input.

With Joe Laposa and Wayne Rouse as Vice President and Secretary respectively, Beth Csordas continuing as Treasurer, and Helen Barton as Past President, we have a dynamic executive.

I do hope you all have a great summer and we will look forward to our first get together in the Fall.

- Joan Parker
parkerj@mcmaster.ca or 905 648 2244



YOUR MONEY

- by Kathy Ryan

The Ontario Drug Benefit Program (ODB), part of the Ontario Public Drug Program

Information from the Benefits & Pension Unit, McMaster University

When you reach age 65, ask your pharmacist for current coverage details of the ODB. Seniors aged 65 or more need only their Health Card to show their eligibility for ODB when going to purchase prescription drugs.

Please check your McMaster retiree benefit booklet to confirm the benefits you are entitled to. If you are eligible to claim reimbursements for prescription drug expenses through Sun Life after age 65 (depending upon your McMaster retiree plan) you may submit claims to Sun Life for deductibles and dispensing fees not covered by ODB; save up receipts to submit a reasonable amount.

All McMaster Plans reimburse Members for expenses incurred within a benefit year (July - June) that are submitted by the September 30th following the end of a benefit year. For example, any ODB deductibles paid from July 1, 2008 to June 30, 2009, must be submitted to Sun Life by September 30, 2009.

Information from the Ontario Ministry of Health and Long-Term Care

Who?

Through the ODB Program, the Ministry of Health and Long-Term Care covers a portion of the cost of prescription drug products listed in the ODB Comparative Drug Index (Formulary), as well as some exceptional cases. Ontario residents belonging to one of the following groups who have a valid Ontario health card are eligible for drug coverage under the ODB Program:

- people 65 years of age and older;
- residents of long-term care homes
- residents of Homes for Special Care;
- people receiving professional services under the Home Care program;
- Trillium Drug Program registrants.
- people receiving social assistance (Ontario Works or Ontario Disability Support Program assistance).

What?

•The drug products must be prescribed by an authorized Ontario prescriber and must be listed on the Formulary, including some nutritional products and diabetic testing agents.

(continued on page 2)

(continued from page 1)

- Drug products that are not listed on the Formulary are also considered for coverage through the ministry's Exceptional Access Program (EAP) on a case-by-case basis following a written request by a patient's physician.

Where?

The ODB Program automatically pays for the above listed drug products for people eligible for ODB coverage if the drugs are purchased:

- in an accredited Ontario pharmacy that is on-line with the ministry's Health Network System; or
- from an Ontario doctor licensed to sell prescription drug products who is on-line with the ministry's Health Network System.

Your Cost

Under the ODB program, ODB eligible recipients may be asked to pay some portion of their prescription drug product cost as follows:

- Single seniors (people aged 65 or older) who have an annual net income of \$16,018 or more and senior couples with a combined annual net income of \$24,175 or more pay a \$100 deductible per senior per year in ODB eligible prescription charges before they are eligible for drug coverage under the ODB program. After the \$100 deductible is paid, they pay up to \$6.11 toward the dispensing fee each time they fill an ODB eligible prescription.

- Seniors who have an annual net income under the above mentioned levels and all other ODB eligible recipients, including Trillium Drug Program recipients (after their Trillium deductible is paid), may be asked to pay up to \$2 each time they fill a prescription for an ODB eligible drug product.

Note that for ODB deductible purposes, the benefit year starts on August 1 and ends on July 31 of the following year.

SOURCE: (June 15, 2009): Ontario Ministry of Health and Long-Term Care - Public Information - Ontario Drug Benefits: www.health.gov.on.ca/english/public/pub/drugs/odb.html or phone the ministry INFOLine at: 1-866-532-3161

RETIREE BENEFITS REMINDER

The benefit year end is June 30. Please ensure all benefit claims dated from July 1, 2008 to June 30, 2009 are submitted to Sun Life prior to September 30, 2009. Late claim submissions will not be reimbursed.

We would also like to take this opportunity to remind retirees to review all Sun Life claim responses. The Benefits and Pensions Unit works with Sun Life to continually increase the accuracy of the claims approval process. However, we recommend that all retirees review the claim responses and follow-up with Sun Life if there is any question regarding accuracy (i.e. denial of a claim due to excess of maximum limit).

Please contact Sun Life at **1-800-361-6212**. Besides contacting Sun Life, you can also contact Benefits & Pensions: **Phone:** 905-525-9140. Ext. 24570 or 24552

Web Site:

<http://www.workingatmcmaster.ca/retirees/index.php>

ONTARIO ADP EXTENDS INSULIN PUMP COVERAGE

- by Joe Laposa

In December 2006, the Ontario Assistive Devices Program (ADP) initiated funding of insulin pumps and supplies for children aged 18 years or younger with Type 1 diabetes (a condition in which the body produces no insulin, and hence ingested food cannot be converted into energy).

As of September 2008, Type 1 insulin-dependent diabetics 19 years of age or older are eligible to receive funding for insulin pump therapy. Upon referral by a family physician to a registered ADP diabetes team (such as the one at McMaster University), a patient's suitability for pump therapy is assessed, eligibility for funding assistance is determined, and help is given in the completion of the ADP funding application form. After discussions with authorized insulin pump companies and deciding on the pump of his/her choice, the patient begins a 3-month trial period with the apparatus. A follow-up session with the ADP diabetes team provides a final evaluation of the patient. If satisfactory, 100% the cost of the pump is paid directly to the vendor. As well, the client receives, four times a year, \$600 cheques from ADP to cover pump supplies.

Type 1 diabetes accounts for only 10% of the diabetic population, while Type 2 diabetes is nine times more prevalent. In this condition, the body produces insufficient insulin, or cannot effectively use the insulin that is produced. Only about 30 % of the patients with Type 2 diabetes require injection of insulin, and it is not clear at the present whether these patients would benefit from pump therapy. In the next few years an expert panel is expected to complete deliberations concerning the suitability of funding of insulin pumps and supplies for Type 2 diabetics.

For more information, contact the ADP at **1-800-268-6021**.

VOLUNTEER OPPORTUNITY! HELPING SENIORS IN A HOSPITAL SETTING

HELP is a program for hospitalized seniors that aims to prevent physical and mental decline. We have highly trained volunteers coming in to visit with patients and perform interventions such as socialization, orientation, help with meals and help with exercise. The volunteers receive classroom and on-ward training and as a result are able to volunteer independently on the medical and surgical units at McMaster. Our volunteers find the experience very rewarding and enjoy the opportunity to connect with the patients and give back to their community.

The next HELP training sessions will be held on Mondays from 3:30 to 6:30pm from September 21 to October 19, with one week off for Thanksgiving. The posting to apply for these positions, and application instructions, will be available on July 6 and remain available until July 20, 2009 at <http://www.hamiltonhealthsciences.ca/body.cfm?id=1538>.

For more information on the Hospital Elder Life Program please check out the website: www.hospitalelderslifeprogram.org

Celia Chilton
Coordinator of Volunteer Resources
HHS - McMaster Hospital
905-521-2100 ext 75349

Salaried Pension Plan Report

by Les Robb, your Representative to the Pension Trust
Committee for the Salaried Pension Plan
Notes from the presentation to the 2009 AGM

This is a very brief report to update members. I want to talk about indexing and about pension security, the two questions I am asked about most often.

First, a reminder of the good news: As you all know, we received a pension increase in January 2009 - in fact, an increase above the inflation rate. We received this increase, even when financial markets were tumbling, because of the backward looking nature of our indexing formula.

Second, the bad news. As you all know markets have been terrible since last summer. The big loss by our plan will surely mean no increase next January (the history of the previous years was simply not good enough to compensate for this year), and it is unlikely we will receive an increase for a few more years.

I have written on the indexing formula in past issues of MURAnews and if you want more details, check the Summer 2008 and Winter 2009 issues of MURAnews.

The other issue I want to mention is the issue of threats of lost or reduced pensions because of the difficulties in the financial markets. There has been much discussion of such matters in the press and it is not surprising that individuals have concerns about their pensions. These threats to pensions are mainly in the private sector and in particular in companies that have gone or are about to go into bankruptcy and will not be around to make up any funding deficit of the plans (if the plans were fully funded there would be no problem even with bankruptcy). As well, there are individuals in money purchase plans which have taken a big hit in the market. Individuals who have not yet taken an annuity will be concerned that they will end up with substantially less than they had planned on in retirement.

However, our defined benefit McMaster pensions are, in fact, very secure, and unless you think there is a chance McMaster will be pushed into bankruptcy you should not worry about the security of your pension.

It is the case, however, that the poor market performance creates difficult times for McMaster University. The Salaried Pension Plan is in deficit and McMaster has to make up the deficiencies. That puts considerable strain on an already tight budget. Your colleagues who continue to work are in for difficult times over the next few years, I suspect.

MURA Endowment Fund Campaign

Our special awards funding campaign goal is raising **\$32,000 by 2010**, our 25th Anniversary. Help put us over the top this year so we can celebrate our achievement in 2010!

To contribute, contact:
Jenny Thomson,
Development Officer,
Office of Alumni Advancement,
McMaster University
The President's Residence
1280 Main St. W, 2nd Floor
Hamilton, ON L8S 4K1
Phone: 905-525-9140 ext. 23071
E-mail: jthoms@mcmaster.ca



Lunch Bunch Update



The Lunch Bunch is traveling around for the summer months. In May, we went to the Dutch Mill Country Market, off Hwy 5 in Millgrove. It's a restaurant, country store & flower nursery all rolled into one, including a wonderful area for families to meet farm animals. The price was right, the buffet was ok and the store has

all sorts of interesting things to check out.

In June, we went farther afield to Tucker's Market Place in Burlington. The buffet there was definitely a great deal for seniors at \$8.99. This was so popular that we will be going back again in July. However the date, usually the first Friday of each month, has changed for July, because of the Canada Day holiday in the middle of the first week. We'll be meeting on Friday, **July 10** instead.

Let Pam Penny know if you want to join the Lunch Bunch and she'll keep you up to date on their future plans. You can send her an e-mail at penny@mcmaster.ca or call 905-627-0463 for more details.

MURA Christmas Lunch

Mark Monday December 7, 2009 on your calendar for MURA's annual Christmas Lunch. The lunch will be held in Celebration Hall on the McMaster campus.



Thanks to financial support from the University President's Office the price of the lunch will be approximately \$12 (gratuities included). Complimentary parking will also be provided by Parking Services.

Look for more details and a reservation form in the Fall MURAnews.

GATHERING INFORMATION FROM THE WEB

Would you like to be notified each time your favourite web site pages are updated, thus saving you the trouble of checking? If yes, there is a web site called:

<http://watchthatpage.com/>

that can do just that.

You decide what pages of your favourite web sites you would like this service to monitor for you. It will then send you an e-mail (or if you prefer it will put a message on a personal web site) to let you know when there's been an update.

You will need to set up an account with this service which is free unless you are professional or heavy user.

2009 Annual General Meeting



This year's Annual General Meeting was held on May 27, 2009 in Celebration Hall instead of the Convocation Hall venue, which has been used over the past few years. This allowed MURA to save a lot of money this year while still providing an excellent lunch and meeting facilities.

Rather than the theatre style seating of past years, tables of nine were set up allowing members to eat their lunch in comfort and remain there for the panel discussion and formal AGM proceedings which followed.

Just short of 100 people attended and Paradise Catering provided a wonderful assortment of sandwiches, fruits, cheeses and desserts. Lunch was followed by a panel discussion on work being done for "**Local Area Resources & Services for Seniors**"...with Margaret Denton, McMaster's Director of Gerontological Studies; Debbie Christie, Executive Director of the Hamilton Council on Aging; and Deirdre Pike, Social Planner, Social Planning Research Council of Hamilton. Attendees took home lots of hand-outs full of information and the consensus was that we should book Celebration Hall for the 2010 AGM.



Two lucky winners of the draw prizes took home masterpieces hand-crafted from cedar wood (recovered from the ABB cafeteria) made by Al Fraser, a retiree from Facilities Services. A lovely wine rack was won



by Rod Phillips for attending the AGM and Arlene Ainsworth, retired from the President's Office, won a TV remote control organizer for opting out of the printed MURAnews.

Helen Barton presided over her last AGM and, following the elections, handed the gavel over to Joan Parker, who takes over the reins for the next year as MURA's President.



For a slide show of the day's event, see the MURA web site at: <http://mura.mcmaster.ca/Pages/slideshow.agm2009.html>

- Pamela Penny, F.C.A.M.
penny@mcmaster.ca
MURA Membership Chair



MURA EXECUTIVE AND COUNCIL FOR 2009-2010

Honorary President: Arthur Bourns

Executive

Past President (ex officio): Helen Barton
President: Joan Parker
Vice President: Joe Laposa
Treasurer: Beth Csordas
Secretary: Wayne Rouse

Councillors

Term to 2012: Kathy Overholt
Pam Penny
Marianne Walters

Term to 2011: Geoff Evans

Continuing in office until 2011: Mike Hedden
Margaret Jenkins
Kathy Ryan

Continuing in office until 2010: Helen Dietsche
Al Fraser

Consultants

Salaried Pension Trust Cttee: Leslie Robb
Hourly Pension Plan Cttee: Cliff Andrews
Editor, MURAnews: Helen Barton
Marianne Van der Wel
Trips Organizer: Anne Sinclair
Web Site: Marianne Van der Wel

MURA Membership as of May 1, 2009

Regular Members

Affiliates	35
Clinical Faculty	105
Faculty	520
Hourly staff	234
Research Associates	8
CAW 555 staff	601
The Management Group (TMG)	142

Associate Members

Spousal Survivors	247
Honorary	3

GRAND TOTAL: 1894

**MURA Note Cards: "Fall Colours at Mac"
Original watercolour painting by Stephanie
Lisak, McMaster retiree.**



9 x 4-1/8", 80 lb. textured paper, inside is blank
For sale at the low price of **\$1.50 per card, plus
postage**. Proceeds to the MURA's 25th Anniversary
special projects fund.

To order, please mail your request to:
**MURA, Gilmour Hall B108, McMaster University,
1280 Main Street West, Hamilton, ON L8S 4L8.**

Please enclose a cheque or money order for the
amount of your order (\$1.50 per card), plus postage,
payable to **MURA**, along with your complete mailing
address and either your phone number or e-mail
address.

Postage within Canada -

- 1 to 5 cards - \$1.75;
- 6 to 10 cards - \$2.50
- More than 10 cards: \$2.50 for each multiple of 10
cards, plus \$1.75 for the remainder (e.g.: for 25 cards,
\$2.50 + \$2.50 + \$1.75 = \$6.75)
- Non-Canadian addresses - please contact us for a
postage estimate before placing an order.

**CURAC/ARUCC 2009
Conference & AGM**



I had the privilege of attending the
2009 CURAC/ARUCC Annual
Conference and AGM in Moncton,
New Brunswick, May 20–22. The weather was beautiful,
the people very friendly and I loved Moncton's French-
English bi-lingualism. I learned much in a short time.

Did you know that laughing is good for one's health? Our
"Laughter" workshop leader had us in stitches for no
particular reason except it felt good! The Tai Chi
demonstrations were intriguing. I learned that we are very
fortunate to be pensioners in the public sector as our
retirement is a lot more secure than that of our colleagues
in the private sector. I learned the importance of staying as
active as possible for as long as possible and I never knew
lobsters (our banquet dinner) could be so large. At night, I
even got to see the observatory at Université de Moncton!



We elected a new
Board and John
Meyer from the
University of Windsor
is now our President.
I am a member of the
CURAC/ARUCC
communications

committee. The committee has a new leader, Tom
Poiker, from Simon Fraser University and the committee
promises to be very active this coming year.

I have 10 pages of recollections I can make available to
anyone who is interested. Also you can see a slideshow
of the conference at:

<http://mura.mcmaster.ca/Pages/slideshow.curac2009.html>

- Marianne Van der Wel
905 528 9341

e-mail: marianne@mcmaster.ca

Want to stay involved on campus?

Here are some of the many opportunities available to Mac retirees to continue to support our McMaster community, while participating in fulfilling and rewarding volunteer work.

Undergraduate Lab Volunteers – Faculty of Science

Knowledgeable volunteers in Science labs can help professors and lab coordinators increase opportunities for one-on-one learning, as well as providing additional resources for students requiring assistance. Volunteers may assist in setting up and closing down lab sessions, assisting students with their learning during the lab, and helping professors with other tasks.

Thank You Callers – Alumni Advancement

Thank you calling is part of our stewardship program where you will work with other retirees, members of the University Advancement team, as well as current students, to make phone calls to alumni to thank them for their financial support of McMaster University.

Detailed descriptions of these and other volunteer positions are available at <http://mura.mcmaster.ca/Pages/volunteer.html>. For more information, and to volunteer, call Laura Escalante at **905.525.9140 ext. 21314**, or email her at volunteers@mcmaster.ca.

Don't want to do it alone? Most volunteer activities work well with a team-work approach. So feel free to join with your retiree friends and volunteer as a team. Or tell Laura that you're looking for a partner.



RECENT PASSINGS

Dr. Richard Haslam, Pathology & Nuclear Medicine, May 15/09
 Mr. Paul Hoffman, Biology, April 25/09
 Mr. William Luscombe, Physical Plant & Construction,
 Mar.18/09
 Mrs. Nellie Mann, Hospitality Services, March 23/09
 Mr. Kenneth H. Marshall, Nuclear Reactor, June 6/09,
 Dr. William C. Noble, Anthropology, April 26/09
 Dr. Charles G. Roland, Family Medicine, June 9/09
 Mrs. Marjory Janet Wilson, University Library, Feb. 01/09



WELCOME NEW MEMBERS

Ms. Lorraine Bachensky, Hospitality Services
 Mrs. Sharon Branton, Health Sciences Library
 Ms. Elizabeth Brown, Facility Services
 Mrs. Mary Carvalho, Facility Service
 Dr. Jia Jun Chen, Electrical & Computer Engineering
 Mr. Terrence Cleland, Telecommunications
 Dr. William Coleman, Social Sciences
 Mrs. Mary Ethel Conway, Medicine
 Mrs. Andrea Dalrymple, Family Medicine
 Ms. Barbara DeJean, Chemistry
 Dr. Angela Fargas, Anaesthesia
 Mrs. Kathleen Fletcher, Library
 Mrs. Marlene Hamilton, Registrar's Office
 Mrs. Linda Harris, Pediatrics
 Mr. Murray Haskell, Operations & Maintenance
 Mrs. Fay Henry, Athletics & Recreation
 Dr. David Johnston, Psychiatry
 Mrs. Debra Kigar, Psychiatry
 Dr. Konstantin Kreyman, Engineering
 Mrs. Mary Ruth Linkert, University Libraries
 Mrs. Sheila Marston, Chemistry
 Mr. Joe Merla, Library
 Mrs. Sophie Minas, Housing & Conference Services
 Mr. Frank O'Grady, Facility Services
 Mr. Paul Otto, Library
 Mrs. Barbara Patterson, School of Nursing
 Mrs. Ann Philbrook, University Libraries
 Mrs. Josephine Poon, Office of the Provost

Ms. Therese Quigley, Athletics & Recreation
 Ms. Anne Reynolds, Brockhouse Institute
 Mr. Leo Schatz, Operations & Maintenance
 Mr. Heinz Schlichting, Health Physics
 Ms. Ann Smith, Bookstore
 Mr. Barton Strong, Centre for Leadership in Learning
 Mrs. Donna Thomson, University Libraries
 Dr. John Watts, Pediatrics
 Mrs. Zofia Woskowska, Pathology



A Special offer To CURAC/ARRUC Members from the Literary Review of Canada (LRC)

Since the McMaster University Retirees Association (MURA) is a member of CURAC/ARUCC, all MURA members are eligible for the discount mentioned in this article.

Published ten times a year, the *LRC* offers a unique perspective on national culture, politics and ideas, explored through long-format reviews of Canadian books and original essays. Since 1991, this approach has made the *LRC* a lively forum for the discussion of Canadian thought - a role recognized with the Arthur Kroeger Prize for Public Discourse. The *LRC* was the first magazine to win this prestigious award.

In recognition of our contribution to Canadian intellectual life, the magazine is offering CURA/ARUCC members a discounted subscription rate of \$35 - 41% less than the regular price of a year's subscription.

To learn more about the magazine, and its contents visit <http://reviewcanada.ca>

To take advantage of this offer, visit <http://reviewcanada.ca/curac-arucc/> for more details and secure online credit card payment options. Alternately, send your name and mailing address to: literaryreview@cstonecanada.com specifying keycode NF09Z - please do not include credit card information in your email, as you will be invoiced at your mailing address. You may also phone 416-932-5081 and ask to subscribe to the *LRC*, again mentioning keycode NF09Z.

ANNE'S TRIPS

CONTACT ANNE at (905) 627-0968 or sincla@mcmaster.ca

TUESDAY JULY 14, 2009

"CAMELOT" - HURON COUNTRY PLAYHOUSE (WAITING LIST ONLY)

We travel to Grand Bend (with a stop at Tim Horton's on the way) and enjoy lunch at "Aunt Gussie's Country Dining and Delectables". Then on to the Playhouse for "Camelot" and all of the great songs from this popular musical.

Price Per Person: **\$93.00**

Depart: 9.00AM from Fortino's, 1579 Main St. W., Hamilton

Arrive back in Hamilton: 7:00PM (approximately)

THURSDAY SEPTEMBER 10, 2009

ALL ABOARD THE CREDIT VALLEY EXPLORER (ALMOST FULL)



We board the Credit Valley Explorer for a train trip from Orangeville through the Caledon Hills. It is a 70 km journey of approximately three hours. Lunch will be

served on the train with a choice of Roast Beef or Vegetable Lasagna. There is a pay bar on board too. Our stop on the way home will be at The Dutch Mill for Tea and Cookies...this is a lovely spot in Waterdown with lots of great things to buy..including home made baked goods.

Price Per Person: **\$91.00**; Post date cheques for August 1/09

Depart: 9.00AM from Fortino's, 1579 Main St.W., Hamilton

Arrive back in Hamilton: 5:00PM (approximately)

FRIDAY OCTOBER 9,2009

"BRIGADOON" THE DRAYTON FESTIVAL THEATRE (ALREADY 2/3 SOLD)

We will be having lunch at Windfield's Restaurant, then on to the Drayton Festival Theatre to see "Brigadoon". Remember the lovely old movie starring Gene Kelly, Van Johnson and Cyd Charisse, with some great songs?

Price Per Person: **\$93.00**; Post date cheques for Sept. 3/09

Depart: 10:30AM from Fortino's, 1579 Main St.W., Hamilton

Arrive back in Hamilton: 6:00PM (approximately)

THURSDAY APRIL 8 - MONDAY APRIL12, 2010

WASHINGTON.....4 NIGHTS AND 5 DAYS

Washington Coach Trip with Great Canadian Coaches.



Itinerary: First night we will stay in Pennsylvania; Nights two and three we will stay in Washington; Night four we will stay in Baltimore. The hotel information

will be available later in the year.

Price Per Person: Twin: \$730.00CA; Triple \$705.00CA;

Quad: \$690.00CA; Single \$980.00CA

and includes:

- 3 Continental Breakfasts;
- Guided Tours of Washington and Baltimore;
- Reserved seats for The Cherry Blossom Parade,
- Visits to The Smithsonian Institute and Arlington National Cemetery (all in Washington);
- Admission to The Baltimore Aquarium.;
- Services of a Tour Director;
- All taxes, plus gratuities for the driver

The Deposit will be \$200.00, with the Balance due Feb 15, 2010

Please let me know if you would like to be added to my Waiting List, as I already have 35 names, and the maximum number of passengers will be 54.

I would like to get your feedback on our trips, so please call or e-mail me with your thoughts.....Thanks, Anne.

Booking forms for
Trips are on page 9.

CONTACTING MURA

Mail: Gilmour Hall B108, McMaster University,
1280 Main Street West, Hamilton, ON L8S 4L8
Phone: 905-525-9140. Ext.23171 (checked once
a day Monday to Friday)

MARGARET'S SPECIAL EVENTS FOR THE FALL

CONTACT MARGARET at (905) 648 2401 or by e-mail at:
mnr.jenkins@cogeco.ca

TUESDAY SEPTEMBER 29, 2009

McCALLION PLANETARIUM



Our spring trip to the Planetarium had to be cancelled due to a projector failure. This event has been rescheduled for Tuesday, September 29th and those who registered and paid for the May event have been automatically re-registered for September 29th. There is still space for others who would like to attend so join your fellow retirees for a one hour private showing and learn more about the night skies. After this exciting show we will be served "Afternoon Tea" at the University Club.

Price Per Person: \$25.00 includes Planetarium admission, Afternoon Tea, taxes and gratuities)

When and Where: Tuesday, September 29th, 1.00 pm. Meet a few minutes before 1 o'clock outside the Planetarium which is in the basement of the Burke Sciences Building Room B149.

TUESDAY OCTOBER 27, 2009

LUNCH at THE ROYAL HAMILTON YACHT CLUB AND TOUR of MUM SHOW



In February we escaped from the cold and toured the Mediterranean Gardens at the RBG. On Tuesday, October 27th, come out and enjoy lunch in the nautically themed dining room of the Royal Hamilton Yacht Club and then drive to Gage Park greenhouses to see the Chrysanthemum Show. (People may choose to car pool from the Yacht Club to Gage Park). This year's theme is Autumn Harvest and is created by Hamilton's finest horticultural staff. More than 100 varieties with 75,000 blooms will be on show. Hopefully, Gage Park itself will still be displaying some fall colours.

Price Per Person: \$25.00

When and Where: Meet Tuesday, October 27, 12 noon at the Royal Hamilton Yacht Club

Booking forms for
Special Events are on page 9.

(CANdrive Information courtesy of CURAC/ARUCC)

Keeping Safe Older Drivers Driving



The Candrive Research Program

Candrive, a Canadian research program aimed at improving the safety and quality of life of older drivers is now into its sixth year of activity.

Candrive's primary research goal is, through a 5-year cross-Canada study of older drivers, to determine the key factors that impact their driving safety. Study investigators propose to recruit 1000 older drivers, aged 70 and older, from seven Canadian cities. The study will be comparing the characteristics of older drivers with their driving performance. The results of this study will assist Candrive researchers in determining the risk factors that are associated with older driver involvement in motor vehicle crashes. Results from this study will help with the development of an in-office decision tool to help physicians identify older drivers who may need further assessment of their driving ability. The decision tool, by identifying high risk drivers, will allow physicians to confirm the majority of older drivers are safe to drive.

Interested in Participating? Please call us if you:

1. Are able to visit the study clinic in Toronto, Hamilton, Thunder Bay, Winnipeg, Victoria or Montreal.
2. Are 70 years of age or older and have a valid general driver's licence.
3. Own a vehicle which you drive at least four times a week.
4. Have a family physician.
5. Are fluent in English.

What Will Be Required?

1. Yearly assessment at the study clinic for each of the 5 years of the study – including an interview about your health, function and driving habits, as well as an examination of your physical and thinking abilities.
2. Short clinic visits (1/2 hour) at 4 months and 8 months.
3. Small information collecting device installed into your car to record details about your driving habits.
4. Permission to get copies of your driving records.
5. Participation is voluntary. The information collected will only be used for the purposes of the study and will be kept strictly confidential.

If you are interested or want more information

Please contact the **Candrive Research Office** toll-free at **1-866-233-1133** or visit their website at **www.candrive.ca**.

BOOKING FORMS

TRIPS

To book for 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**, to Anne Sinclair, **207-104 Osler Drive, Dundas, ON L9H 4B7**.
Phone: **905 627 0968**. E-mail: sincla@mcmaster.ca

of persons Amount \$

Tues. July 14/09 - "CAMELOT" , \$93.00 pp WAITING LIST ONLY!

Name:.....

Address:.....

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

of persons Amount \$

Thu. Sep 10/09 - Book before Aug. 1st - Credit Valley Explorer, \$91.00 pp

Name:.....

Address:.....

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

of persons Amount \$

Fri. Oct 9/09 - Book before Sep 3rd - "Brigadoon", \$93.00 pp

Name:.....

Address:.....

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

of persons Amount \$

Thu. Apr 8/10 to Mon. Apr. 12/10 - Washington Coach Trip,

Deposit of **\$200** required when booking. The balance is due **Feb 15/10**. **Circle your price choice:**

Twin: **\$730.00CA pp**; Triple **\$705.00CA pp**; Quad: **\$690.00CA pp**; Single **\$980.00CA pp**

Name:.....

Address:.....

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

SPECIAL EVENTS

To register for special events, please call Margaret Jenkins **905 648 2401** or email mnr.jenkins@cogeco.ca . Then please complete and mail the relevant section of this form, along with a cheque payable to **McMaster University Retirees Association**, to Margaret Jenkins, **430 Hamilton Drive, Ancaster L9G2B1**.

of persons Amount \$

Tues., Sep 29/09 Planetarium and Afternoon Tea, \$25.00 pp

Name:.....

Address:.....

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

of persons Amount \$

Tues., Oct 27/09 Lunch at the Royal Hamilton Yacht Club

followed by the MUM Show art Gage Park, \$25.00 pp.....

Name:.....

Address:.....

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