



**Best wishes for a healthy,  
happy 2008.**

MURA's 25<sup>th</sup> Anniversary Fundraising Campaign has had an outstanding start in 2007, thanks to the 54 retiree donors who have already pledged almost \$12,000 toward our \$32,000 goal.

This campaign will fund MURA's two annual academic awards in gerontology in perpetuity - a \$1,000 scholarship to a full-time student and a \$250 prize to a part-time student. The drive will continue until 2010, our 25<sup>th</sup> anniversary year. By then we hope to have exceeded our goal and thus able to increase the value of these awards.

If you are not one of the 54 current donors, please make 2008 your year to start contributing.

**The McMaster Volunteer Network**

McMaster President Peter George has given his enthusiastic support to the establishment of a McMaster volunteer network proposed by MURA. As a result of a December meeting to discuss the proposal, Dr. George asked that a budget submission be made to support a three year trial period. MURA representatives and staff from the Alumni Office will start the development work this month. The network will provide a wide variety of University volunteer opportunities for retirees and alumni.

**MURAnews**

MURA Council has been working on improving MURAnews by packing it full of useful and interesting articles.

We believe you would enjoy more articles about your fellow retirees, and particularly about their specific retirement activities, milestones and accomplishments. In the Fall we told you about Wanda Bujalski's special retirement project. This issue features Gary Warner.

We welcome ideas for 'human interest' stories about McMaster retirees. Please send short summaries of ideas to [mura@mcmaster.ca](mailto:mura@mcmaster.ca), or write to MURA, Gilmour Hall B108, 1280 Main Street West, Hamilton ON L8S 4L8. It's not necessary to send full, completed stories. In fact, tips or leads are preferred. These suggestions about what retirees are doing in their retirement, or milestones reached, will be assigned to a writer. It may not be possible to follow up on all ideas we receive, but we certainly will try.

To get this new activity going we're looking for "assignment reporters". These MURA reporters will work on stories assigned by the newsletter committee. As well as writing articles about retirees and other topics, these reporters could be researching, interviewing, rewriting or editing somebody else's work. This is a great opportunity to get into a new retirement activity. Please let us know if you'd like to get involved. And don't worry about previous experience or training. We have people available - including a former Globe and Mail senior editor - to work with you.

**Good News about Your McMaster Email Account**

As most of you probably know, as a retiree you are entitled to have a free McMaster email account, and use a McMaster email address. Until now, however, retirees using this service have been bothered - and often confused or annoyed - by having to respond to an account expiration notice every 5 years. Not any longer.

The details of this service enhancement from University Technology Services (UTS), as well as improved information for retirees, are on the UTS web page <http://www.mcmaster.ca/uts/retirees.html>.

**Are you looking for a way to keep physically active?  
Are you in need of rehabilitation services?**

See the articles from the Athletics and Recreation Department and the Sports Medicine and Rehabilitation Centre on pages 9 and 10 of this issue on the programs, services and facilities available to Mac retirees.

Helen Barton



**CALL FOR NOMINATIONS**

The duly constituted MURA Nominating Committee is now receiving input for the nomination of Council members for 2008-2009. The Committee comprises

- Lorraine Allan
- John McCutcheon
- Donna McGreal
- Pam Penny
- Brian Ives (Chair)

Please forward expressions of personal interest and/or suggestions for nominees to the Committee Chair, Brian Ives at: [ives@mcmaster.ca](mailto:ives@mcmaster.ca) or 905 634 8354, or any member of the Committee, not later than February 11, 2008.

Submitted by M. Van der Wel,  
MURA Secretary



**MENNO MADE HIS  
MILESTONE...**

On December 31<sup>st</sup>, Menno DeGroot celebrated his **100<sup>th</sup> birthday**. Congratulations from all your fellow retirees, Menno! Our only regret was not being able to be there to share in the festivities.

## WIRELESS HOME NETWORKS - SOME WORDS OF CAUTION

by Marianne Van der Wel

A wireless home network can provide convenience in homes with:

- more than one computer
- printers and scanners that support wireless technology
- a laptop computer you want to use in different locations in the home.

But wireless convenience introduces security concerns. Wireless network activity is broadcasted like radio waves. So, without proper protection, anyone close to your home such as a neighbour, or a person parked nearby can use your "air time". Even worse, people with enough know how can read your online activity and get into your computer. Your passwords, on-line banking activity, personal e-mails, etc. are at risk of being seen and copied by an outsider.

Most home wireless networks use hardware (called a router) which is slightly slower than highspeed internet. The wireless range is about 100 feet. A new wireless standard coming on the market, designed to be faster, has an even longer range.

While no wireless network is as secure as a hardwired one, you can protect your computer and personal information on a wireless network.

**How? Use encryption!** Encryption is basically a formula that turns ordinary data into "secret code".

One thing you need to know if you are installing a wireless home network is that encryption is not automatically set up when a wireless router is installed. It must be done as one of the installation steps, or as a retrofit for an already existing wireless system.

Some types of encryption provide better protection than others because they are more difficult to decode. The recommended encryption standard available today is WPA [WiFi Protected Access]. When WPA is selected during setup of the router, you will have to supply a key. The longer the key you choose, the more difficult it will be for anyone to "crack" the encryption. The older encryption standard, WEP [Wired Equivalency Privacy], is fairly easy to crack and not recommended.

Below are some web sites that explore this field further:

### **How Home Networking Works**

<http://www.howstuffworks.com/home-network.htm>

### **4 Steps to Set Up Your Home Wireless Network (Microsoft)**

<http://www.microsoft.com/athome/moredone/wirelesssetup.msp>

### **How to Buy Home Networking Products**

<http://www.pcworld.com/article/id,125779-page,2/article.html>

### **Wireless Router Guide**

<http://www.firewallguide.com/wireless.htm>

### **Getting Rid of Wires is Easy**

[http://seattletimes.nwsources.com/html/business/technology/2003022206\\_ptomerenetwork27.html](http://seattletimes.nwsources.com/html/business/technology/2003022206_ptomerenetwork27.html)

### **Router Basics**

<http://www.pcmach.com/article/router-basics>

## ATTENTION: MURAnews Recipients Opt for MURAnews on the Web

If you have Internet Access and have not done so already, please consider receiving MURAnews via our web site: [www.macra.ca](http://www.macra.ca).

By reading MURAnews on the web, you'll help keep our budget in check by saving postage and printing costs!

You will also see MURAnews in colour and have direct access to web pages and email addresses in the articles. The web is also a faster way to get MURAnews - you'll be able to read it online about a week earlier than by postal delivery.

If you have received this issue by postal mail, there should be a green slip and a postage-paid return envelope in your mailing. Please complete the green slip and return it to us if you are ready to make the switch to MURAnews on the web. Include your email address and we'll let you know as soon as each new issue is ready. We'll also inform you of upcoming activities that don't get published in MURAnews because of timing. Alternately, email Pam Penny, at: [penny@mcmaster.ca](mailto:penny@mcmaster.ca).

For members already reading MURAnews on the web, thank you! And for those who need a copy mailed to you, please continue to enjoy MURAnews in the traditional manner.

## RECENT PASSINGS

Mrs. Edith Johnson, Chem. Engin, Jul.26/07  
Mr. Michael Mildren, Building Ops., Aug.4/07  
Dr. Orville Mirehouse, Surgery, Aug.21/07  
Mr. Hector Blanchard, Accel Lab., Aug.25/07  
Dr. Alan Smith, Kinesiology, Sept.19/07  
Dr. Robert Lofthouse, Surgery, Sept. 17/07  
Mrs. Enid Malcolmson, Epid. & Biostats., Oct. 26/07  
Mr. William Duncan, Buildings&Grounds, Oct.29/07  
Mr. John Kassner, Physics. & Astronomy, Nov.18/07  
Mr. Robert R. Neale, Health Sci. Admin., Nov.10/07  
Mrs. Anna Barsony, Hospitality Services, Dec. 9/07  
Mrs. Shirley Aleta McGill, Sociology, Dec.17/07  
Mrs. Gerda Loomans, Financial Services, Dec. 29/07



## WELCOME NEW MEMBERS

Dr. Kiran Yashpal, Health Sci. V.P.'s Office  
Mrs. Doris Forget, Library  
Mr. Maurice Forget, Civil Engineering  
Mr. Terry Galan, Purchasing Resources  
Mrs. Gayle Griffin, V.P. Research  
Dr. Hallie Groves, Pathology  
Ms. Diane Kennedy, Research Services  
Mr. Adam Marianski, Elec. & Comp. Eng  
Mr. Juan Lopez, Cent'l Animal Facility  
Mr. Gerrit VanDyk, Building Operations  
Mrs. Nancy White, Financial Services  
Dr. Barry Bartlett, Kinesiology  
Dr. Matthew Cooper, Anthropology  
Miss Elizabeth Denesiuk, Faculty of Science  
Mrs. Dorothy Fitzgerald, Health Sci. Library  
Mrs. Anna Fucic, Epid. & BioStats.  
Mr. Gus Gerontzos, Hospitality  
Mr. Wm. (Bill) Lee, Social Work  
Mr. Meinhard Mantey, Printing Services  
Mrs. Stana Maric, Building Operations  
Mr. David McCausland, Divinity College  
Dr. Spiro Panagiotou, Philosophy  
Dr. Helen Ramsdale, Medicine  
Dr. John Vlachopoulos, Chemical Engineering  
Dr. Richard Swinson, Psychiatry



**January 2008 Pension Increase for the Salaried Pension Plan**  
**Contributed by Les Robb**  
**MURA representative on the Pension Trust Committee**

**Your Current Year Increase**

You should have received a letter from Retirement Support Services letting you know that the pension increase for the current year (starting payment in January 2008) will be 1.72%. This note explains the calculation of this increase. The note following explains how there will also be a supplementary increase as well in January

The current year pension increase calculation is based on the difference between the 5 year average rate of return (net of investment costs) and 4.5%. The calculation for the 2007 increase is as follows:

<b>Calculation of Five Year Average (for 01/01/08 increase)</b>	%
2007 Rate of Return (ending June 30, 2007)	14.45
2006 Rate of Return (ending June 30, 2006)	5.93
2005 Rate of Return (ending June 30, 2005)	10.00
2004 Rate of Return (ending June 30, 2004)	14.84
2003 Rate of Return (ending June 30, 2003)	(2.57)
 Total Return for Last Five Years	 42.65
 Five Year Annual Average Return (Total Return / 5) =	 8.53%
(A) Rate of Return in Excess of 4.5% (4.69% - 4.5%) =	4.03%
(B) Average Consumer Price Index to June 30, 2006 =	1.72%
 <b>Increase to Pensions (the lesser of A and B) =</b>	 <b>1.72%</b>

As I anticipated in a recent article in the Fall 2007 MURA News there is excess return that is not needed to provide the current year increase – in particular the difference between 4.3% and 1.72%. This difference amounts to 2.271% (not the simple arithmetic difference between 4.03 and 1.72 which would be 2.31%. The reason it is not the simple arithmetic difference is because of compound interest. The 1.72% is applied first and then the 2.271% is applied to this new level of pension and this leads to an overall increase of 4.03% ( $1.0172 * 1.02271 = 1.0403$ ).

**Your Supplementary Increase**

So, there is an additional 2.271% available to be applied against past losses. Who gets this increase? Well, it depends on how much you were 'shortchanged' in recent years.

Let me start with a table that shows the increases that can be expected on January 1 for those who retired on July 1 (the so-called "normal" retirement date in our Plan).

Retirement Date	Increase for the current year	Supplementary Increase
July 1, 2004*	1.72%	2.271%
July 1, 2005	1.72%	1.596%
July 1, 2006	1.72%	0.000%

\* applies to all dates before July 1, 2004 also.

This table shows that those who retired on July 1, 2004 or earlier will receive the full 2.271% that is available. Those retiring the following July 1 will get a smaller 'catch up' because this is all they would have been eligible for had they received full indexing in the past. Those who retired on July 1, 2006 will get no supplementary increase as they are not deemed to have missed out on any indexing to which they were entitled. And, of course, those retiring on July 1, 2007 or later are not eligible for any increase until January 1, 2009.

What about those who retired on dates other than July 1? Well, pension rules only allow one to 'catch up' for what was deemed to be lost, so someone retiring on, say, Jan 1 of a year is eligible for half of the increase for the year in question that was received by those retiring the previous July 1. To be more exact, those retiring before March 2005 are deemed to have lost at least 2.271% over the past three years (the time frame we look at for this calculation) and are thus eligible for the full 2.271% supplementary increase. Those retiring between that date and July 1, 2006 will receive a 'catch up' that reflects how much they are deemed to have lost. This catch up declines to 1.596% by July 1, 2005 and by 1/12<sup>th</sup> of 1.596 (or 0.133%) each month that retirement was delayed after that date.

I am posting a more complete table of the exact percentages that can be expected for each retirement date and a more complete explanation of the increase calculation on the MURA website at [http://mura.mcmaster.ca/Pages/salaried\\_plan\\_reports.htm](http://mura.mcmaster.ca/Pages/salaried_plan_reports.htm) If you do not have access to the MURA website, please contact MURA at (905) 525-9140 ext 23171 for a copy of this extra material.

**Information on the Hourly Pension Plan – 2008 potential pensioner increase calculation**

Provided by Jeff Chuchman  
Manager (Acting), Retirement Support Services

As in the Salaried Pension Plan, the Hourly Pension Plan also uses a 5-year average rate of return to determine whether pensions paid from the Plan should be increased. However, the formula in the Hourly Plan requires that the 5-year average rate of return on the Fund exceed 6.0%, a higher rate than required by the Salaried Plan.

The Hourly Pension Fund investments earned 12.02% for the benefit year ending June 30, 2007. Negative returns in 2003 and lower than expected returns in 2006 resulted in a five-year average of 7.24%. Therefore there will be an increase of 1.24% to pensions paid from the Hourly Plan on January 1, 2008, in respect of Hourly retirees who were in receipt of a pension on June 30, 2007. The increase will be pro-rated for anyone who retired between August 1, 2006, and June 1, 2007.

The 5-year calculation is as follows:

<b>Calculation of Five Year Average (for 01/01/08 increase)</b>	<b>%</b>
2007 Rate of Return (July 1, 2006 to June 30, 2007)	12.02
2006 Rate of Return (July 1, 2005 to June 30, 2006)	2.99
2005 Rate of Return (July 1, 2004 to June 30, 2005)	11.09
2004 Rate of Return (July 1, 2003 to June 30, 2004)	13.04
2003 Rate of Return (July 1, 2002 to June 30, 2003)	(2.94)
Total Return for Last Five Years	<u>36.20</u>
Five Year Annual Average Return (Total Return / 5)	= 7.24%
(A) Rate of Return in excess of 6.0% (7.24% - 6.00%)	= 1.24%
(B) Average Consumer Price Index to June 30/07	= 1.72%
Pensioners Increase (the lesser of A and B)	0 1.24%



**A NOTE TO MEMBERS OF THE HOURLY PENSION PLAN**

Welcome to 2008. As we move into yet another year we may have some trepidation as to what the new year will have in store for us.

Firstly, I would like to wish all of the McMaster pensioner community a very happy and healthy year, a year that will see our various dreams fulfilled. I personally do not find a lot of time to spend dreaming. Hopefully most of you have found fulfillment in perhaps hobbies, volunteering or, maybe in the warmer days, spending time in the garden or on the beach or in the park.

For any of these things to be possible, we all rely on our pensions which we all see shrinking in respect of our daily living expenses. From experience I have watched particularly our hourly pension remain static for the last five years due to the poor rate of returns on our pension plan investments. However, despite my pessimism of a year ago, the plan has done relatively well and due to this we are able to receive a 1.24% increase in our pensions.

This only equates to an added few dollars to our monthly cheques. At this time however, being positive, we can only hope that the investment plan may continue in a growth mode permitting the plan to produce added benefits for us all in the years ahead. Our pension plan has an indexing formula tied to the C.P.I. (Consumer Price Index). This formula is selected as a preferred method of determining the escalation of our cost of living, on a general basis, but not including many of our everyday needs. Due to this, even if we are able to attain full C.P.I. indexing it will leave us lagging behind, so go into the new year with joy and hopes for another successful year in the life of your pension plan, that you may see enhanced benefits in the years to come.

Clifford Andrews

## Seeking Meaning in Retirement

**Tuesday, April 8, 15 and 22**  
**1:30 -3:30 p.m., Togo Salmon Hall, Room 719**

A series of three discussion meetings sponsored by the McMaster Ecumenical Chaplaincy.

**Fee \$ 5 per meeting (\$15 total).**

Participants will be assisted to reflect on their personal strengths and dreams, their vision for meaningful activities, and strategies for incorporating these activities within their lives. Preparation for each session will involve readings and brief self-reflection assignments. Facilitated groups will enable participants to discuss their individual experiences with the process of finding meaning in retirement.

Facilitators: Dr. Ellen Ryan, Ms. Cathy Greven and Rev. Carol Wood

To register contact Carol Wood via Email: [woodcar@mcmaster.ca](mailto:woodcar@mcmaster.ca), or call the Chaplaincy Centre: (905) 525-9140, extension 24207.

## GREAT NEWS FOR GOLFERS

Dundas Valley Golf & Curling Club have a special package for their '08 Membership Drive. They are prepared to offer McMaster retirees this package at a 25% reduction.

McMaster retirees will pay only a \$6000 initiation fee (compared with the current pre-season special invitation fee of \$8000 over four installments). This \$6000 initiation fee will be paid in four installments. The normal annual dues which are based on the category of membership selected (ie 7-day, 5-day) will be applied.

For those who do not know the Dundas course, it is a Stanley Thompson design and the present membership have undertaken significant course improvements over the past two years returning the course to the original Thompson design.

This is a limited special offer (until full membership of 525 members is reached) so act immediately. If you have thought in the past you would like to belong to a club, this is the time to pursue it with Dundas Valley's Membership Co-ordinator, **Barrie Hutchinson** at **905-628-6731 ext. 250**, or e-mail, [membershipsales@dundasvalleygccc.com](mailto:membershipsales@dundasvalleygccc.com).



Geoff Evans, Pensions and Benefits

### ALUMNI ASSOCIATION TRIPS

you may want to find out more about the exciting trips arranged by McMaster University Alumni Association for the year 2008.

Some members plan to explore the **Beauty and Natural Wonders of China and Tibet, May 11-25th**. There are still some seats available, but hurry as time is running out. Payment due March 7, 2008. For full information contact Anne-Marie Middel, e-mail [middel@mcmaster.ca](mailto:middel@mcmaster.ca), or call 905-525-9140, ext.27255, or 1-888-217-6003.

## PLAN TO ATTEND THE FOLLOWING EXCITING SPECIAL EVENTS ARRANGED BY MARGARET

Forget winter blues and look forward to joining McMaster colleagues at two spring events which will both take place on campus.

**Tuesday, March 25<sup>th</sup>, 2008** – Luncheon concert in Convocation Hall at 12 noon followed by lunch at the University Club.

We will attend the last scheduled luncheon concert for the 2007/2008 season.

### Don Englert Trio (Don Englert saxophone)



Don studied music at California State University. He toured for nine years with several bands and since moving to Toronto, has performed at the O'Keefe Centre, The Royal Alexandra Theatre, The Royal York Hotel and Hamilton Place. Don has worked with Tony Bennett, Stevie Wonder and is a studio musician for the CBC in both TV and radio. Don teaches jazz saxophone in the School of the Arts at McMaster. This concert is sure to put a little swing in your day.

Following the concert we will walk to the University Club for lunch in the West Room.

Cost \$20.00 (including taxes & gratuities)

To register please call Geoffrey Evans, 905-627-8763 or e-mail [gevans127@cogeco.ca](mailto:gevans127@cogeco.ca)

Make cheques payable to McMaster University Retirees Association and send to Geoff Evans, 205 -4000 Creekside Drive, Dundas, ON L9H 7S9.

**Thursday, May 15<sup>th</sup>, 2008 – Spring Dinner**, Great Hall, University Club

We are very fortunate to have **Dr. Gary Warner** as our speaker for this event. He will address an issue which is very relevant to the Hamilton area and Canada in general.

### **"The Challenge of Diversity in Canada".**

Canada has evolved from a settler colony to a modern multicultural state. Successive waves of immigrants have modified the face of the country. Does multiculturalism present a threat to the fabric of Canadian society in the 21<sup>st</sup> century or is it a source of Canadian vitality?

Time: Cocktails 6 p.m. Dinner 6.30

Cost: \$42.00 (included taxes and gratuities)

To register please call Margaret Jenkins 905-648-2401 or e-mail [mnr.jenkins@cogeco.ca](mailto:mnr.jenkins@cogeco.ca)

Make cheques payable to McMaster University Retirees Association and send to Margaret Jenkins, 430 Hamilton Drive, Ancaster L9G 2B1.



## OUR VERY OWN DR. GARY A. WARNER

Who doesn't know *Dr. Gary Warner*? Any place involved in the improvement of the human mind, body or spirit you will find him, tirelessly advocating for the improvement of living conditions for the underprivileged members of our society. His accomplishments and awards of distinction are too numerous to mention here. I could fill this whole newsletter, and then some, with the many things he has achieved, which was to a certain extent acknowledged, as you probably all know, when he became the recipient of Canada's highest honour for lifetime achievement—the Order of Canada in 2005.

His resumé is overwhelming. When he first took up his appointment in 1967 at McMaster teaching French language and 17<sup>th</sup> Century French literature, none of us realized what a tremendous impact he was about to make. Later, around 1971 he initiated the first set of courses ever to be taught at McMaster in French African and Caribbean Literature. He was a natural selection as Director of the interdisciplinary Arts & Science Programme.

His contributions in the community to local and international development have been phenomenal, through his service with such organizations as SISO to help new Canadians adapt to Hamilton; in Sierra Leone with CUSO; and development work in West Africa. The list is endless!

Taking up official retirement in 2006 from McMaster provided him with the opportunity to pursue his humanitarian goals with an even greater degree of intensity. In fact it looks as if the word "retirement" will never factor in his life. He is currently serving on 14 committees involved with the betterment of life for his fellow man. So we are indeed fortunate that he can find time to come and talk to us.

Dr. Warner has touched many lives in a most positive way. Humble and unassuming, with his engaging smile, the tenacity and the earnestness with which he pursues his goals are overwhelmingly impressive. He has made an awesomely positive impact on the international scene, the community and academia.

Veronica Morrison  
MURAnews Editor

## VOLUNTEERS NEEDED TO GREET WEARY STUDENTS DURING APRIL EXAMS

Volunteer for a two-hour shift (either 5:30-7:30 or 7:30-9:30 p.m.) in a comfortable room in the Student Centre. The Chaplaincy Centre provides cookies, tea and coffee. Your role is to greet weary students, refill the cookie tray and replenish the beverages. We use ceramic cups so students wash their cups in the kitchen near the Chaplaincy Centre. If you are interested in volunteering, please contact: Loretta Cassiani: [chaplain@mcmaster.ca](mailto:chaplain@mcmaster.ca), or by phone: (905) 525-9140, extension 24207.

The dates are: April 10-25, with the exception of Saturday evenings as there are no exams on Sunday.

## NEWS FROM CARP

The Canadian Association of Retired Persons welcomes **NEW MEMBERS** with a special initial membership discount: One-year membership \$15.95; three-year membership \$39.95. For further information go to [www.carp.ca](http://www.carp.ca), or call 416-363-8748.

## PAM'S REPORT ON MURA'S 2007 CHRISTMAS LUNCH



Right: Vice-President Joan Parker with MURA 2007 award recipients Alexis Benoit (right) and Susan Farley (left)

Happy 2008 to everyone. Once again MURA had a very successful Christmas Lunch on Thursday, December 6, with about 100 retirees in attendance, catching up on what's been happening in their lives since retirement.

As you know, it was decided to try a different venue this year – we went to Eastside Mario's in the University Plaza in Dundas. By all accounts, this seemed to have worked out really well.

The Plaza location allowed for lots of parking and has three bus stops close by. The food was great and the price was right with a wide variety of menu options.

Mrs. Claus gave out some great door prizes and there were chocolates for everyone (compliments of President Peter George's Office). The highlight of this year's lunch was the bestowing of Honorary memberships on former 'co-Chancellors' Mel & Marilyn Hawkgrigg and both our Gerontology Scholarship recipients attended.

We were a little crowded in the room we were allocated, but the Manager has told us that next year, if we come back, we will have the entire restaurant for our group. So that's something to consider when planning for 2008.

If you were there, Council Members hope you had a wonderful time. If you were unable to attend, then you missed another great event – but we hope to see you in December of 2008. Watch the Newsletter and the MURA Website for the date and mark it in your calendar.

## MAC LUNCH BUNCH

Once a month, a small group of Mac Retirees get together for lunch and we'd like to invite you to join us. The only sad thing about retiring is that you can lose touch with the friends you made at 'work', so here's your chance to continue to keep up those contacts after retirement.

Not everyone comes every month, as we all have lives of our own, but it's great to see old friends and find out what they are doing with their new-found freedom in the 'retirement stage' of their lives. We don't have speakers, we just meet for lunch, catch up on all the gossip and set a date for the next one. It's also a great opportunity to network-

- ▶ Someone needs a handy-man to do some work around the house;
- ▶ Another wants to buy something, but doesn't know where to go for the best deal;
- ▶ Someone else wants to travel and would like some tips on the best places to go;
- ▶ Another wonders how to go about volunteering their time in the community;
- ▶ Somebody else wants advice on how to figure out their newly acquired laptop computer;
- ▶ Someone else just wants to 'bitch' about something.

So if you're interested in joining the 'Mac Lunch Bunch', call Pam Penny @ 905-627-0463 or e-mail [penny@mcmaster.ca](mailto:penny@mcmaster.ca)

Pam Penny

## COACH AND CRUISE NEWS FROM ANNE

Our last coach trip for 2007 was on December 4<sup>th</sup>, when 52 of us enjoyed a delicious lunch at **The Town and Country** in Toronto, followed by a wonderful production of **Irving Berlin's "White Christmas"** at the **Sony Centre**. We even had a snowfall in the theatre!! It certainly put us all in the Christmas mood.

My thanks to all who supported our trips, both by coach and by ship last year. I look forward to seeing you all again in 2008. The **Queen Mary Cruise**, April 5-16th is **SOLD OUT!** 35 of us are looking forward to our **Great Canadian Coach Trip to New York** on April 5<sup>th</sup>, staying at **The Hampton Inn**, then sailing out of **New York Harbour** on our way to 10 days of fun in the **Caribbean**.

**CRUISE BUNCH NOTE: Don't forget our final get together on March 30<sup>th</sup>.** It won't be long now.

### **SPRING OF 2009: Riverboat Cruise "Provence & Burgundy"**

When Avalon Cruises release their 2009 trips information later this month, I plan on arranging a small group trip of about 20. Will keep you informed as plans develop.

## UPCOMING COACH TRIPS FOR 2008

**TUESDAY MARCH 18:**

### **"WINGS & WINDSHIELDS"**



Today we travel to Cambridge. This trip is a wonderful mix of nature and technology, with a nice lunch thrown in for good measure. Our first stop is **"The Wings of Paradise"**, where we are surrounded by hundreds of free flying butterflies. We stroll through a tropical garden and watch the butterflies feast on trays of fruit. They come from as far away as Costa Rica and Malaysia. It is quite a sight! Next stop is the **"The Holiday Inn"** for an all-you-can-eat buffet. Then off to the **"Toyota Plant"** for an exciting new experience, travelling into the heart of **Toyota Motor Manufacturing, Canada**, to see how Robots and Team Members build the Corolla, Matrix and Lexus FX300. Trained guides will communicate directly with us through audio headsets as we travel on a motorized tram through the assembly area..



Price: \$62.00 pp. Departing Fortino's, 1679 Main Street West, Hamilton, at 9:00 a.m. Estimated return 5:30 p.m.

**THURSDAY JUNE 12:**

### **CRUISE, LUNCH, WINE AND DINNER**



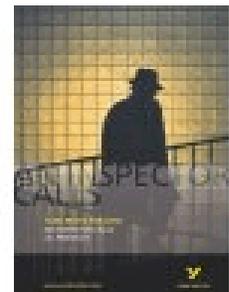
Today we will board the lovely **"Hamilton Harbour Queen"** for a 2 hour Lunch Cruise, where we will enjoy the great scenery and learn the history of the harbour. We then travel to **"Kittling Ridge Winery"** for tasting (and buying?). Departing the winery we will stop at a Niagara-on-the-Lake marketplace to purchase baked goods, jams and crafts. Our day will conclude with a great dinner at the ever-popular **Betty's in Fort Erie**.

Price: \$89.00 pp. Departing Fortino's, 1679 Main Street West, Hamilton at 11:00 a.m. Estimated return 8:30 p.m.

**THURSDAY OCTOBER 9:**

### **SHAW FESTIVAL... "AN INSPECTOR CALLS"**

Today we travel to one of our favourite spots... **"Betty's Restaurant"** in Niagara Falls for lunch. Then it's off to the **Shaw Festival** for their production of **J.B. Priestley's "An Inspector Calls"**. The Birling family is enjoying a quiet celebration when a knock at the door changes their lives. An inspector enters, questioning each of them about their involvement in a mysterious death. Skeletons clatter out of the closet in this complex mystery with a twist. Sounds good!!



Price: \$91.00 pp. Departing Fortino's, 1679 Main Street West, Hamilton at 10.15 a.m. Estimated return 6:30 p.m.

TO BOOK ABOVE TRIPS PLEASE COMPLETE AND RETURN PAYMENT SLIPS FROM BACK PAGE OF THIS NEWSLETTER WITH SEPARATE CHEQUE FOR EACH TRIP. CALL ANNE FOR DETAILS AT 905-627-0968, OR E-MAIL, [sincla@mcmaster.ca](mailto:sincla@mcmaster.ca).

**College and University Retirees Associations of  
Canada 2008 Conference  
May 21, 22, 23 2008**

Venue: Montréal  
Co-hosts: Concordia University and l'Université  
du Québec in Montréal  
Conference sessions will be held on the  
downtown Sir George Williams (SGW)  
campus of Concordia University

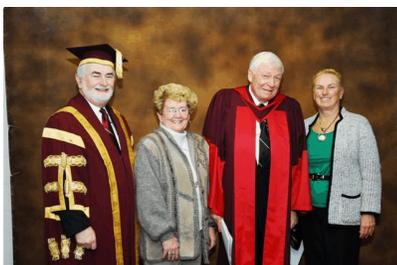
External activities on May 24<sup>th</sup> will include a visit to  
Québec City's 400th anniversary celebrations.

The Montréal 2008 Conference will be the first  
completely bilingual CURAC conference, with translation of all  
sessions if possible.

Session topics and information on registration and  
accommodation will be available soon on the CURAC website  
<http://www.curac.ca>

\* \* \* \* \*

Pres. Helen Barton  
and V.P. Joan  
Parker were  
honoured to be  
invited to the  
installation of Red  
Wilson as the new  
Chancellor of  
McMaster last  
November.



**Some points made by Roger Trull at President Peter  
George's Luncheon for MURA Council**

The new McMaster  
Fundraising Campaign  
priorities consist of 5  
themes:

Building on strengths;  
Forging New Frontiers;  
Creating New Spaces;  
Supporting Student  
Success; and Investing  
in New Opportunities.



–Highlights of specific projects include a new Liberal Arts  
building; Nanotechnology; Learning Commons at Thode;  
Collaborations for Health, Music and the Mind.

–Reasons for Campaign: to attract more donors; to broaden  
and widen support; to raise profile of the University.

–Financial goal of \$400,000.

–Remaining focussed on the Stadium project, with opening  
date set for Spring of 2008.

–Plan to celebrate Campaign's success with Dr. Peter  
George's 3<sup>rd</sup> term completion in 2010.

**Our President Helen gave you the latest update on the progress of MURA's 25<sup>th</sup> Anniversary Fundraising Campaign in her opening paragraph on page 1. We thought you would like to see some pictures...**



Above: Sara Cook, Development Officer,  
McMaster President Emeritus Alvin Lee,  
MURA President Helen Barton, and Assoc.  
Director for University Advancement, Leah  
Hoover at the Campaign launching.

Below: Volunteers in training for the October  
'07 phone-a-thon.



Above: Averil Thompson, Council  
members and other volunteers  
participated in the telephone  
fundraising blitz.

**The camera was busy at the Christmas Luncheon. We thought you'd like to see a little of what it revealed . . .**



Presentation of MURA  
Honorary Membership  
Certificate to Mel and  
Marilyn Hawkrigg.



President Peter George with his  
wife, the Rev. Allison Barrett.



This couple never miss our  
annual event.



**Did somebody REALLY eat  
that dessert...?**

Are you looking for a way to stay physically active through your retirement? If you are looking for a workout facility, why not consider the new David Braley Athletic Centre at McMaster? A wide variety of programmes, services, facilities and equipment ensure that we offer something for everyone.

**OPEN HOUSE  
for  
McMaster University  
Retirees**

**Thursday, January 31, 2008  
David Braley Athletic Centre**

**1:30 – 4:00 pm**

**1:30 Facility Tour – meet at the front door  
2:30 Walking on the Indoor Track  
3:30 Refreshments – DBAC WB113**



**Please join us on Thursday, January 31st 1:30 – 4:00 pm for an Open House.**

Retirees, spouses and spousal survivors are welcome to attend.

The Department of Athletics and Recreation has special rates for McMaster Retirees that make a membership affordable for you.

**Base Membership:**

The base membership gives you access to the pool, indoor track, squash courts, open gym time (for badminton, basketball, tennis and volleyball), sauna, locker rooms, use of day lockers and member rates for instructional programmes like yoga, tai chi ,etc.

Retirees (who retired prior to May 1, 1999) – free

Retirees (who retired on or after May 1, 1999) - \$136/year or \$15/month (minimum of 3 months)

**Fitness Centre Upgrade**

The Pulse Fitness Centre offers a large number and variety of cardiovascular training equipment, weight machines and fitness classes.

Pulse Fitness Centre: \$124/year or \$13/month

Towel: \$48/year or \$4/month Locker: \$72/year or \$6/month

We also provide a personal training service that you may choose to purchase if you would like assistance in developing a programme for your specific needs.

We provide a very large range of very popular instructional classes that you can participate in as a non-member or at a reduced rate as a member of the facility. Some classes that you may be interested in are – yoga, tai chi, pilates, or swimming lessons. We also offer a variety of dance classes to choose from - ballroom, belly dance, latin and tap are just a few of the many classes that are offered.

**Walking Programme – The MAC Mad Lappers (MURA)**

Are you interested in joining a walking group to stay motivated, or simply for social reasons? The MAC Mad Lappers (MURA) is the group for you. (Retirees, spouses and spousal survivors are welcome.) The group will be made up of participants who will meet with the program coordinator, Leah Henderson, and have discussion about general health and fitness topics and will walk the indoor track in partners or as a group. All levels of fitness are welcome.

Tuesdays 2:30 – 3:30 pm – February 5 – April 1, 2008 (9 sessions)

\$45 members, \$55 non-members

Registration can be done in-person, by fax or on-line. To register on-line or for more information, please e-mail [reconline@mcmaster.ca](mailto:reconline@mcmaster.ca), or contact Victor Aguirre at (905)525-9140 ext. 24464. For your convenience, we will also accept in-person registration on the first day of the programme (February 5).

Detailed information about all of our programmes and services can be found at [www.athrec.mcmaster.ca](http://www.athrec.mcmaster.ca) or by calling (905)525-9140 ext. 24464.



**Join the  
MAC Mad Lappers  
(MURA)  
for fitness and fun**

**Walk the indoor track**

**February 5 – April 1, 2008  
Tuesdays 2:30 – 3:30 pm  
David Braley Athletic Centre**

**All levels of fitness welcome**

**\$45 members, \$55 non-members  
Please see accompanying writeup for  
further details.**



**Sport Medicine and Rehabilitation Centre  
Information for Retirees**

The McMaster Sport Medicine and Rehabilitation Centre is located in the new David Braley Athletic Centre. The 4700 square foot facility is a state of the art clinic that boasts:

- A highly qualified, multi disciplinary team delivering Physiotherapy, Athletic Therapy, Aquatic Therapy, Acupuncture, Massage Therapy, Osteopathy, and Chiropractor Services including Active Release Therapy
- An in-ground, salt water hydrotherapy pool with under water treadmill and swim current – excellent for osteoarthritic joints, rehabbing acute or chronic injuries, or maintaining fitness
- Choice of eight private treatment rooms or open treatment area
- Bracing retail store – custom and off-the shelf braces for sport participation, injuries, and activities of daily living
- Custom orthotics by a certified pedorthist
- On-site consulting specialists – Orthopedic Surgeon and Sport Medicine Physicians

Take advantage of the convenience ..... come back to Mac and let us take care of you. Parking is reimbursed at time of appointment.

**Insurance Coverage Information for McMaster retirees who have the University's Extended Health Care Coverage**

Your Plan will cover some costs for the services of the following licensed practitioners - physiotherapists, massage therapists, chiropractors, osteopaths. Specific coverage varies slightly based on your Plan number (e.g. Plan 4). But, as a general reference it can be stated that coverage is currently \$15 per visit, with a maximum limit per benefit year of either \$225 or \$300, depending on your Plan, for each practitioner. Also included is one x-ray examination each benefit year in each of the following specialties - chiropractic, osteopathy.

Custom orthotics and bracing are partially covered depending on your Plan. Prescriptions must be submitted and you should call first to confirm coverage.

Retirees should use their own Benefit Plan Booklet as a reference for their own specific coverage and limits. Alternately, please contact Retirement Support Services for any assistance you may need. The clinic will be happy to assist and direct you as well. Call the clinic directly at (905) 525-9140 x 23575

**CLINIC FEE SCHEDULE FOR RETIREES**

(Retirees are charged at the same rate as staff and faculty)

**Physiotherapy & Athletic Therapy:**

Initial assessment	\$65.00
Subsequent Treatment	\$45.00

**Massage Therapy:**

One (1) hour	\$70.00
Half (½) hour	\$50.00

**Chiropractic & Active Release Therapy:**

Initial assessment	\$50.00
Subsequent treatment (per 15 minute unit)	\$30.00



Hydrotherapy pool in the Braley Athletic Centre

**Custom Orthotics:**

Initial assessment	Free
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**Custom Bracing:**

Limited coverage under Insurance Plan - Must have Doctor's prescription Check with Clinic

**Hydrotherapy:**

15 Minute & 30 Minute Time slots tied into Physiotherapy coverage	Check with Clinic
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**Water Walking:**

Morning and evening sessions available	Check with Clinic
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**Special Group Sessions for Osteoarthritis**

Sessions coming soon

**BOOKING FORMS**

**SPECIAL EVENT #1**

To book now for the Lunchtime Concert, please complete this form and mail along with cheque and appropriate "cut-off" strip (below) to Geoff Evans, 205 - 4000 Creekside Drive, Dundas, ON. L9H 7S9. **Cheques must be made payable to McMaster University Retirees Association.**

	# of persons	Amount \$
Tues. Mar. 25/08      Lunchtime concert (Don Englert Trio), \$20.00 pp.	.....	.....
Name: .....		
Address: .....		
Postal Code: ..... Telephone #: ..... e-mail address: .....		

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**SPECIAL EVENT #2**

To book now for the Spring Dinner, please complete this form and mail along with cheque and appropriate "cut-off" strip (below) to Margaret Jenkins, 430 Hamilton Drive, Ancaster, ON L9G 2B1. **Cheques must be made payable to McMaster University Retirees Association.**

	# of persons	Amount \$
Thurs. May 15/08      Dr. G. Warner, Spring Dinner, \$42.00 pp	.....	.....
Name: .....		
Address: .....		
Postal Code: ..... Telephone #: ..... e-mail address: .....		

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**ANNE'S TRIPS**

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

	# of persons	Amount \$
Tues. Mar. 18/08      Wings & Windshields, \$62.00 pp	.....	.....
Name: .....		
Address: .....		
Postal Code: ..... Telephone #: ..... e-mail address: .....		

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	# of persons	Amount #
Thurs. June 12/08      Cruise, Lunch Wine & Dine, \$89.00 pp.	.....	.....
Name: .....		
Address: .....		
Postal Code: ..... Telephone #: ..... e-mail address: .....		

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	# of persons	Amount #
Thurs. Oct. 9/08      Shaw Festival, "An Inspector Calls", \$91.00 pp.	.....	.....
Name: .....		
Address: .....		
Postal Code: ..... Telephone #: ..... e-mail address: .....		