

PRESIDENT'S CORNER

MURA's ranks continue to increase; as of mid-October of this year, our membership stands at 2076. Welcome to all new members.

One of MURA's ongoing projects is supporting the MURA Endowment Fund for a Scholarship and Prize in Gerontological Studies. You should soon receive this year's appeal letter, signed by last year's prize winner Marsha Schofield. Please consider making a contribution to this worthy cause.



In past months, *MURAnews* has provided important information on the \$10,000 out-of-province/country emergency medical coverage available to Mac retirees. In the current issue, you'll find a discussion of the pros and cons of using the coverage to reduce premiums when purchasing extra private medical insurance.

Are there any authors of recently-published books in the ranks of our retirees? If so, MURA would like to pass on this information to our members via the *MURAnews*.

MURA's annual Christmas Lunch will take place on Monday December 5th at the CIBC Banquet Hall, located on the 3rd floor of the Student Centre. This facility is more spacious than the Celebration Hall site where we met in the past few years. If you plan to attend, please complete the form on the last page of this issue, and get it to Pam Penny, along with your payment, by November 18th. I look forward to seeing many of you. It is a great occasion to renew old acquaintances and make new ones!

We are always ready to receive suggestions about improving your retirees' association. Let us hear from you.

Joe Laposa, MURA President
jklaposa@cogeco.ca or
905-648-6610



UPDATE ON \$10,000 OUT-OF-PROVINCE EMERGENCY MEDICAL COVERAGE

Should you use your \$10k coverage to reduce the premium when purchasing additional private insurance?

As reported in the Summer 2011 newsletter, the \$10,000 retiree out-of-province/country emergency medical coverage can be used as first payor on a claim. Thus, when purchasing additional private insurance with a deductible you can use the \$10,000, or whatever portion of it you have remaining under the McMaster plan, to coordinate with the private insurance. *

This means you can use your McMaster benefit to cover the deductible on any private insurance plan that offers that option. The higher the deductible, the less expensive the premium will be.

HR strongly recommends retirees purchase additional coverage appropriate for the location where they will be travelling. MURA Council endorses this advice.

If you are purchasing additional individual travel insurance using your McMaster coverage as a deductible, be sure to contact Europ Assistance if you have an out-of-province medical emergency to ensure your claim is properly coordinated. Europ Assistance contact information is on the printable Travel Card in the document on the HR web site. *

Be sure you know how much of your \$10,000 benefit you have remaining. If you have never made a claim since retiring, you'll have the full \$10,000. But the McMaster benefit has a *lifetime* maximum of \$10,000. For example, if you've already had a claim for \$3,000, you'll only have \$7,000 remaining. (The current amount of your benefit can be obtained from Sun Life at 1-800-361-6212.)

Some companies offer a deductible, some don't. Those that MURA is currently aware of range from 0 to 50% reduction in rates for a \$10,000 deductible. And premiums vary greatly from company to company, by age, and by health status, so you'll want to shop around.

But should you use your McMaster coverage to reduce your premium when purchasing additional private insurance, or not?

There are no hard and fast rules to follow when making this decision, but here are some things to think about that may help you decide.

- If you use your retiree coverage to reduce your private insurance premium and then make a claim on the private insurance, your McMaster coverage will be the first payer on your claim. The amount of McMaster coverage remaining for the rest of your life will be reduced by that claim, up to the full \$10,000.
- You don't have to use all, or any, of your McMaster coverage toward premium reduction when purchasing private insurance. It's your choice.
- You may not want to risk losing your McMaster coverage if the private insurance premium is low. Balance risk against benefit. If, for example the insurance premium is \$100.00, is it worth using your \$10,000 McMaster coverage as a deductible to obtain a 50% reduction, while risking the loss of up to \$10,000 if you have a claim? But what if the insurance premium is \$3500.00?
- Since the McMaster coverage is very inclusive (i.e. it covers all pre-existing medical conditions), whereas most private insurers will deny coverage or charge very high rates if you have certain medical conditions, you might want to save your McMaster coverage for your later years when you are likely to have more difficulty in getting insured.

MURA is still working to identify private insurance plans which would benefit most MURA members and offer reduced rates. We will keep you updated as further information becomes available.

Please send comments or questions to Marianne Walters, MURA Vice President and Chair, Pension & Benefits Committee (email: waltersm@cogeco.ca or by phone to MURA at 905-525-9140, extension 23171).

*This is documented in the "Retiree Out of Province Coverage Summary" document, available under the 'Other Benefits Information' column on the Human Resources (HR) retiree web page <http://www.workingatmcmaster.ca/retirees/index.php>, or by calling HR at 905-525-9140, extension 22247.

KALE

Nature's most nutritious vegetable

You've probably seen kale at farmers' markets or at the grocery store. It is widely available at this time of year and is becoming a popular vegetable. Some of us are tempted to buy kale, but are unsure about how to cook it. Others may have less than fond memories of boiled greens from childhood. If you haven't already done so, now is the time to try kale. It is very nutritious and can be delicious.

Kale is a descendent of wild cabbage. You may see several varieties for sale. The most commonly

available are curly kale (photo on the left below) and Tuscan kale (photo on the right), which is also known as black kale or dinosaur kale.



Kale is one of the options listed in Canada's Food Guide under the recommendation to eat a dark green vegetable every day. According to the US Department of Agriculture, kale is an excellent source of Vitamins A, C and K. It is also a rich source of the antioxidants β-carotene (which is converted to vitamin A in the body), lutein and zeaxanthin. Kale, however, is not for everyone. It contains oxalates which, when concentrated, may crystallize in persons with untreated kidney or gall bladder problems. Because of its high vitamin K content, people taking anti-coagulants such as warfarin should avoid kale as it alters the effectiveness of the drug and can cause side effects. But for most of us, kale provides a wide range of nutrients as well as fibre.

Choose kale that is firm, with deeply coloured leaves. Small leaves are tender and have a milder flavour than larger leaves. You can store kale in a plastic bag in the fridge for up to 5 days. Don't wash before storage. Kale freezes well. To freeze, cut the leaves from the stems and discard the stems. Place the leaves in boiling water for about 3 minutes, drain, and place in ice water. Drain and dry the kale with a towel before freezing in airtight bags. Kale has a milder, sweeter flavour after freezing.

I use kale as I would use spinach. You can use the leaves in a salad, steam it, or cook it into sauces and stews. The healthiest way to cook kale is by steaming it for 5 minutes. Steamed kale is great in mashed potatoes. Kale also pairs well with dried beans, especially in soups. Some people even make kale chips! After cutting the leaves into small pieces, toss with some olive or other oil. Top with sesame seeds or sea salt and bake at 350 degrees for just a few minutes. Get out your cookbooks or search the web, and you will find all kinds of ways to add nutritious kale to your diet.

Janice Rischke



**SWITCH TO THE ONLINE VERSION OF
MURAnews**

Help keep our budget in check! If you receive *MURAnews* via the post, you can save MURA postage and printing costs by reading it online instead. To switch to the online version of *MURAnews*, please phone Pam Penny at 905-627-0463 or email her at penny@mcmaster.ca



**MURA CHRISTMAS LUNCH
Monday, December 5, 2011 at Noon
CIBC Hall - McMaster Student Centre
RSVP by November 18, 2011**

The Annual Christmas Lunch will be held on campus again this year. The University President's office has generously subsidized the expenses for this event, which is keeping the cost to retirees to an amount similar to past years.

We have booked the CIBC Banquet Hall in the Student Centre for this year's Christmas Lunch. This new venue will give us more space to mingle and enjoy each other's company. The lunch buffet will be a traditional Christmas menu consisting of freshly baked rolls, five salads, veggies & dip, roast turkey with sage dressing, baked ham with raisin cider sauce, roasted potatoes, and fresh mixed vegetables. All this will be topped off with assorted tarts, festive cookies, and tea & coffee.



There will be a cash bar with both alcoholic and non-alcoholic choices for your pre- and post-lunch enjoyment, while you enjoy chatting with fellow retirees in this festive season.

We will also have our usual draw prizes for you to win.

The price is \$15 per person. Please be advised that **you must pre-book** and pay for the Christmas Lunch by November 18th, and should make your booking as soon as possible. We will try to accommodate everybody who wants to attend, but seating is limited to 250. **You will not be able to pay for your meal on the day of the event** as was the case when the Christmas Lunch was held off campus.

Please fill out and send in the Booking Form (on the back page of this issue of *MURAnews*) along with your cheque **by Friday, November 18th.**

For information, contact Pam Penny: 905-627-0463 or penny@mcmaster.ca

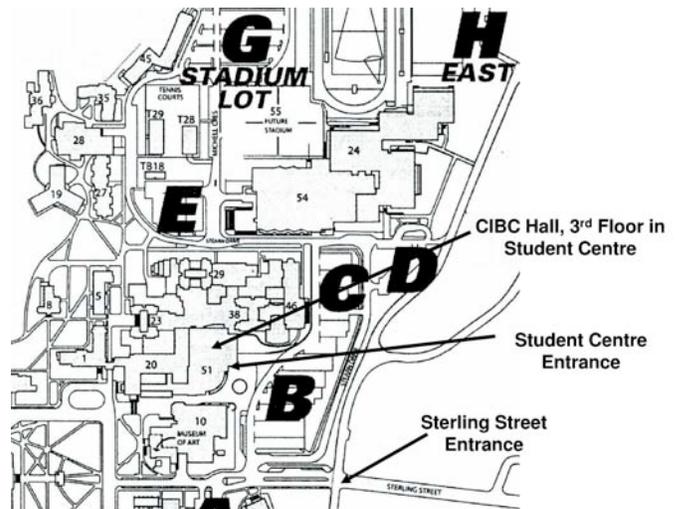
**COMPLIMENTARY PARKING
MURA thanks Parking Services
for this generous support.**

Retirees will have access to Parking Lots C, D and E, all close to the Student Centre. Come on campus via the Sterling Street entrance. Lot G - the underground Stadium lot - may also be used if the closer lots are full.

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

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

For the mobility impaired, reserved parking will be provided in Lot C close to the Student Centre. Parking staff will be on duty to assist with accessible parking in Lot C. Please have an Ontario Accessible Parking Permit on display in your vehicle.



CONTACTING MURA

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

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

Email: mura@mcmaster.ca

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

VOLUNTEER OPPORTUNITIES

Volunteer Opportunity for Professors Emeriti

Professors Emeriti are needed to chair Ph.D. thesis defences. The School of Graduate Studies is continuing to have a high volume of Ph.D. thesis defences. This requires many more Chairs than normal, a position for which Professors Emeriti are qualified.



Professors Emeriti interested in participating should contact:

Christina Bryce (gthesis@mcmaster.ca)

Thesis Defence Coordinator

McMaster University | School of Graduate Studies

Gilmour Hall 212, 1280 Main St. W.,

Hamilton, ON L8S 4L8

Phone: 905-525-9140 extension 23680

<http://graduate.mcmaster.ca/>

Volunteers Needed to Greet Weary Students During December Exams

Volunteer for a two-hour shift (either 5:30-7:30 or 7:30-9:30 p.m.) in a comfortable area (Room 230) in the Student Centre.



The Chaplaincy Centre provides cookies, tea and coffee. Your role is to greet 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: Ruthanna Mack at chaplain@mcmaster.ca, or by phone at 905-525-9140, extension 24207.

The dates are December 6-16, 2011, with the exception of Saturday evenings as there are no exams on Sunday.

Catholic Children's Aid Society of Hamilton

The Catholic Children's Aid Society of Hamilton is looking for:

★**Drivers** (day and evening) for the Volunteer Drive Department. Evening Drivers urgently needed!

Drivers provide transportation for children to and from appointments, family visits, school, camp etc. An ongoing commitment is required. Times can be flexible around your schedule; mileage will be reimbursed. Current police check is required.

If you enjoy working with children and youth, and are looking for a rewarding opportunity please contact Lisa Hostein, Volunteer and Development

Coordinator at 905-525-2012 extension 3256 or email lisa.hostein@hamiltonccas.on.ca

★**Tutors** (January to June) for the Homework and Learning Opportunities Program (HALO).

Tutors provide after-school one-on-one support with homework. Each child is paired with a tutor who will assist them with their work and encourage appropriate social skills, help build self-esteem and confidence, and teach problem-solving skills. Current police check is required.



If you enjoy working with children and youth, and are looking for a rewarding opportunity please contact Anna Gill, Tutor Coordinator at 905-525-2012 extension 3220 or email anna.gill@hamiltonccas.on.ca

16th Annual McMaster Children's Party

Volunteers are needed for the Mac Children's Party on December 3rd. The party for children under 12 years of age will take place in the Sports Hall of the David Braley Athletic Centre from 10 a.m. until 2 p.m.



The organizing committee can always use an extra pair of hands on the party day.

To volunteer, please go to the website <http://www.workingatmcmaster.ca/kidsparty/volunteer/> and fill out the volunteer registration form, or contact Pam Penny: email penny@mcmaster.ca; phone 905-627-0463.



The 2011 McMaster United Way "Change Starts Here" campaign is off to a great start; as of early October it was already halfway to the \$265,000 goal.

The 2010 campaign total of more than \$250,000 (including well over \$51,000 donated by McMaster retirees) helped to reduce and prevent poverty, strengthen neighbourhoods and support seniors in the Hamilton-Burlington area.

This year's campaign will continue that tradition of community support. **The 2011 campaign will conclude on December 6th.** This is a shorter campaign period than last year, but there is still plenty of time to get involved and give back.

To make a donation, or for more information about the McMaster United Way campaign's progress and upcoming events, please visit www.workingatmcmaster.ca/uway, or call 905-525-9140, extension 24787.

NEWS FROM MURA MEMBERS



Humanitarian Mission in Italy

Stelio Cro, Modern Languages & Linguistics

In talking to people on my travels I have discovered that many people are unaware that tens of thousands of African refugees have inundated the towns and cities of Italy in the last few months. These events have been touched on only lightly by the media. But they have personally touched my wife, Ann, and me recently.

This summer, while spending time at our house in Tuscany, I was approached by the office of the District Attorney in Chianciano Terme, the town where my wife and I live. They asked me to assist the local authorities to prepare a questionnaire for the African refugees from Nigeria and the Congo that had arrived in Chianciano, their designated temporary residence until their documentation could be prepared. The Nigerians are Anglophones (they speak English) and the Congolese are Francophones (they speak French). The local Italian officials could not communicate with them, so they thought that I could help, since I speak English and French as well as Italian. I met eight refugee couples and, following instructions from the District Attorney's office, asked them the following:

- How did they arrive in Lampedusa, the small island off the southern coast of Sicily that has become the rendezvous point of the African refugees to Italy?
- Whether they paid for their trip and to whom.
- How long did the trip take from the African coast to Lampedusa?
- Did they have any documents?
- Why did they leave from Libya?
- How long had they lived in Libya after leaving their country in Africa?
- Did they pay money to go from Nigeria, or the Congo, to Libya?
- Was there any organization that directed their travels?

The eight couples that I interviewed, one couple at a time, answered in a variety of ways, often contradicting each other - so much so that, sometimes, the husband ordered the wife to be quiet.

Among the answers given by the refugees, some particularly struck me. For instance, they had fled from Nigeria and the Congo because they were Christians and had been persecuted by the Muslims. When asked why they left Libya they all said "the Libyans did not like black people". The refugees did

not have documents. Most of them explained this by saying that suddenly their homes were set on fire and as a consequence they had left with only their clothes and had no time to retrieve their personal belongings.

Refugees' immediate needs are met by the Italian government that pays 45 euro (about \$60.00) a day, per person, to the agencies and charities that take care of lodging and feeding the refugees. They will remain in the emergency facilities for six months after their arrival. After the six months have expired, they will be interviewed by a committee in order to establish whether they qualify for refugee status and will be given new documents and work permits.

My wife and I gave the refugees classes in Italian language and culture for eight weeks. Most of them did not have a word of Italian and needed to learn as much as possible if they hope to integrate into Italian society.

Newly Published Book

Robert L. Baber

I would like to inform you about my latest book *The Language of Mathematics: Utilizing Math in Practice*, which was just published by John Wiley & Sons, Inc.

The initial idea that ultimately led to this book came to me while teaching the Software Design II course at McMaster between 2000 and 2003, so the Department of Computing and Software and the Faculty of Engineering at McMaster was a sort of birthplace of the book.

The subject of the book is how to formulate a mathematical model based on an English description of a problem and the requirements its solution must satisfy. This process is presented as a language problem, a translation problem, not a mathematical problem. More detailed information is available at <http://Language-of-Mathematics.eu>.

MURAnews WANTS TO HEAR FROM YOU

Please let us know if you have published a book or article that might be of interest to other MURA members. Send us a note telling other retirees about your travel or volunteer experiences. Or share a joke.

We would also like to hear from readers about topics they would like us to explore in future issues of *MURAnews*. Do you know of volunteer opportunities for MURA members?

Your feedback on the newsletter is very important. We would love to hear from you.

The *MURAnews* Committee: Helen Barton,
Mary Johnston, Kathy Overholt, Janice Rischke

THE FOLLIES VARIETY SHOW

Please support your fellow retirees who are in this show.

For tickets call Harold Siroonian at 905-527-5413 or email him at hsiroonian@gmail.com.

Christmas with the Follies

All New Theatre
All New Family - Friendly Shows
Same Great Entertainment

follies
variety show

November 30 - 2pm
December 1 - 2pm
December 2 - 2pm & 7pm
December 3 - 2pm

For Tickets Call:
905-528-8095

WE HAVE MOVED!

THEATRE: McIntyre Theatre @ Mohawk College
OFFICE: Hamilton City Centre (Formerly the Eaton Centre)
York & James Doors, Lower Floor

WHAT'S HAPPENING ON CAMPUS

Use your free parking privileges to come back to campus to take in a concert or lecture, to visit the planetarium or art gallery, to use the gym, or to take a walk around the grounds.

Concerts

Visit <http://sota.mcmaster.ca/events/concerts/> or phone 905-525-9140, extension 24246 or 27671 for information about concerts on campus, including free lunchtime concerts.

Free Lectures

The Alumni Association presents the *Albert Lager Lecture Series* which takes place at the Parks Canada Discovery Centre, Hamilton Harbour. Go to

<http://tinyurl.com/24qlnot> or call 905-525-9140 extension 23900 for information.

You can also get information about the *Discover Psychology* lecture series held in Gilmour Hall from the Alumni Association web site.

The Hamilton Association presents free public lectures on Saturday evenings in the Ewart Angus Centre in the Health Sciences Centre on campus. For information, go to www.haalsa.org/lectures.htm or call 905-527-0080.

Art

Visit <http://tinyurl.com/25zc9r> or call 905-525-9140, extension 23081 to find out about current exhibits and events at the McMaster Museum of Art.

Planetarium

Go to <http://tinyurl.com/2bkdsbc> or call 905-525-9140 extension 27777 for a list of shows at the W.J. McCallion Planetarium

Athletics & Recreation

You can use <http://tinyurl.com/6cx3af9> or call 905-525-9140 extension 24464 to register for the many programs and activities offered by the Department of Athletics and Recreation at Mac. For a full list of offerings, ask for the *2011-2012 Guidebook*.

LITERARY LEGENDS

BY SEA AND BY LAND

Join Dr. Graham Roebuck, Professor Emeritus at McMaster University, Director of McMaster Stratford Shakespeare Seminars and Past-President of the John Donne Society, on a two-week literary journey from New York to Stratford-on-Avon and London. Departing May 29, 2012 on board Cunard's Queen Mary 2, the group will sail to Southampton, England and then embark on a six-day land excursion to Stratford-on-Avon and London, escorted throughout by Dr. Roebuck.

Fares Starting From**

Cruise: \$1412 Inside \$1675 Oceanview \$1990 Balcony
Land: \$1995

**Pricing in Canadian Funds. A minimum of 25 guests is required in order for this trip to be hosted. Please note that the cruise and land excursion may be booked separately.

For further information regarding this offer, please contact:

www.elizabethmccallum.cruiseshipcenters.ca

Email: emccallum@cruiseshipcenters.com

Phone: 905-540-8747

Special bonus of onboard gifts and shipboard credits.

MURA ENDOWMENT FUND CAMPAIGN

The MURA Endowed Scholarship and Prize Fund, which funds academic awards for Gerontology students, has raised over \$45,000 to date. The Fund provides an annual scholarship of \$1,250 to a full-time student, and a prize of \$350 to a part-time student.

Your donations can help increase the value of these awards.

Donate online at <http://MURAScholarship.ca> or by calling Brennan Reurink, Annual Giving Intern, at 905-525-9140, extension 24667.

MURA TRIPS

Hello Everyone:

Just a note to say that, unfortunately, there will not be a Christmas Coach Trip this year. I am having knee replacement surgery on October 31st (Halloween!), and will be recuperating into the New Year. My lack of mobility after the surgery will make it difficult to answer telephone calls or e-mails for the month of November, so please contact Shari Mercer at 905-336-5568 or mercerc@mcmaster.ca for all trip and cruise information. I look forward to getting back to normal as soon as possible in 2012.

Thanks, Anne Sinclair

ALASKA CRUISE, MAY 2012 SOLD OUT

CHICAGO, APRIL 2012

Four days and three nights (April 17-20, 2012) in Chicago, Illinois

A Great Canadian Holidays tour coach will take us through the lovely springtime countryside of Ontario, Michigan, Indiana and Illinois to our hotel just outside Chicago - the Ramada Inn in Hammond, Indiana. We will tour the area with a step-on guide including a city tour of Chicago (with outstanding architectural views encompassing famous architect Wright); see views of the city from atop the Hancock Building (the Drake Hotel and historic water tower are close by), bird's eye views of Lake Michigan and the surrounding area, a river cruise through the downtown area and enjoy free time at Navy Pier and the Magnificent Mile. We will also enjoy a fun, farewell dinner show "Tommy Gun's Garage" depicting the history of the Chicago gangsters.

This wonderful trip will include the services of a Great Canadian tour director, luxury motor coach transportation, 3 nights accommodation, 3 continental breakfasts, guided tour of Chicago, admission to the Hancock Center, downtown architectural river cruise, dinner and show at Tommy Gun's Garage. Our scheduled hotel, the Ramada, has a shuttle to the casino for those who are so inclined.

Price for this exciting trip, including transportation, accommodation including continental breakfast, scheduled tours, taxes, driver and guide gratuities, in Canadian dollars, is:

Twin \$565, Triple \$535, Quad \$510, Single \$680.

To book the trip to Chicago, please complete and mail the booking form on the last page of this issue of *MURAnews*. We require a deposit now of \$100.00 payable to MURA (McMaster University Retirees Association) and a post-dated cheque (payable same) dated February 15, 2012 for the balance.

Please join us by contacting Shari Mercer at 905-336-5568, email mercerc@mcmaster.ca.

Hope to hear from you to chat about this adventure in travel. More information is available in the Great Canadian Tour booklet if you have one, or call Shari to receive a copy.

Shari Mercer and Anne Sinclair



WELCOME NEW MEMBERS



Dr. W. Peter Archibald, Sociology
Dr. A. John Berlinsky, Physics & Astronomy
Dr. Margaret Black, School of Nursing
Mrs. Charleen Bradt, Health Physics
Mrs. Cheryl A. Button, Security Services
Dr. Martin Daly, Psychology, Neuroscience & Behaviour
Mr. Colin Easthope, Facility Services
Mrs. Christine Feaver, Economics
Dr. Elaine P. Gordon, Medicine
Dr. Robin E. Griffin, UTS - Enterprise Networks
Mrs. Heather M. Grigg, UTS - Service Development & Delivery
Dr. David Harvey, Medicine
Mrs. Susan G. Hockridge, Bookstore
Dr. Carolyn Ingram, School Of Nursing
Mrs. Helen Jachna, Electrical & Computer Engineering
Ms. Caroline A. Kovacs, Human Resources
Dr. Zdislav V. Kovarik, Mathematics & Statistics
Dr. Robert M.K.W. Lee, Anaesthesia
Dr. Betty Ann Levy, Psychology, Neuroscience & Behaviour
Mr. Jan Lewandowski, Psychology, Neuroscience & Behaviour
Mrs. Assunta Lofaro, Hospitality
Mr. Dan Michalak, Oncology
Mr. Stanley Misiak, Facility Services
Mr. Joseph Mroz, Facility Services
Mr. Ireneusz Tadeusz Padol, Medicine
Mrs. Angela Rosa Paolozza, University Libraries
Mr. Leland W. Pratt, Media Production Services
Mr. Ross C. Prince, Athletics & Recreation
Mrs. Claudette Pugliese, Hospitality
Ms. Gail Rolfe, Student Accounts & Cashiers
Miss Alicia Ryznyk, University Libraries
Dr. John W. Seaman, Political Science
Ms. Lorraine Simmons, Education Services, Health Sciences
Mr. Carl Spadoni, University Libraries
Mr. William Z. Szendrovits, UTS
Mrs. Carlene Viinberg, School of Nursing
Mrs. Marcia E. Williams, Bookstore
Mrs. Janeen Wilson, Health Sciences Library
Dr. Boris Zhorov, Biochemistry & Biomedical Science

RECENT PASSINGS

Mrs. Irma Acs, Building Operations,
Aug. 15/11
Dr. William Barnes, Surgery,
Aug. 6/11
Mrs. Elizabeth Helen Cahill, Housing
and Conference Services,
June 10/11
Ms. Donna Chovanec, Clinical
Epidemiology & Biostatistics,
Aug. 31/11
Dr. Robert C. Joyner, Faculty of Business,
Sept. 8/11
Dr. G.R. (Bob) Piercy, Materials Science & Engineering,
Aug. 27/11
Mr. Walter Tansley, Building Operations,
July 25/11
Mrs. Eleanor Jane Wright, Inst. for Materials Research,
July 30/11



McMaster Note Cards "Fall Colours at Mac"

Original watercolour by Stephanie Lisak, McMaster retiree.
9 x 4-1/8", 80 lb. textured paper, inside is blank

\$1.50 per card, plus postage.

Proceeds to the McMaster University Retirees Association (MURA)
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
mailing address and either your phone number or e-mail address.

Postage charges 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
postage)

Non-Canadian addresses - please contact MURA for a postage
estimate at the above address, or by email to mura@mcmaster.ca
before placing an order.

BOOKING FORMS

TRIPS

To book the following trip, please complete and mail the relevant section of this form, along with a cheque payable to McMaster University Retirees Association, to

Shari Mercer, 2080 Deer Run Avenue, Burlington, Ontario L7M 2S8.

You can reach Shari Mercer at 905-336-5568, or by email mercers@mcmaster.ca for more information.

CHICAGO....3 NIGHTS.....APRIL 17 - 20, 2012

Twin \$565....Triple \$535....Quad \$510....Single \$680

\$100.00 deposit per person required at time of booking,
also cheque post-dated to February 15th, 2012 for the balance.

Please make the deposit and post-dated cheques payable to McMaster University Retirees Association.

of persons: **Amount \$:**

Name:.....

Address:.....

Postal Code: **Telephone #:** **email address:**

MURA'S CHRISTMAS LUNCH

Monday, December 5th, 2011 - CIBC Hall in the Student Centre, McMaster University

Book by Nov. 18th, 2011

\$15.00 PER PERSON

To reserve seats for MURA's Annual Christmas Lunch, please complete and mail the form below (by Nov. 18/11), along with a cheque payable to McMaster University Retirees Association, to:

Pam Penny, 3 – 60 Dundas Street, Dundas ON L9H 7M6

of persons: **Amount (# persons X \$15) \$:**

Name:.....

Address:.....

Postal Code: **Telephone #:** **email address:**

For more information, contact Pam Penny at: Phone: 905-627-0463 or email penny@mcmaster.ca.