

PRESIDENT'S CORNER

Good news! MURA's supporting groups have agreed to fund our budgetary requirements for the three-year period 2012 – 2014. The generosity of CAW Local 555, the McMaster University Faculty Association (MUFA), and the President's Office will allow all of our members to continue to enjoy the dues-free benefits of MURA membership.



To help us cut expenses as much as possible we ask you, if you haven't already done so, to send us your email address and allow us to email you a notice when *MURAnews*, our quarterly newsletter, is available for you to read in cyberspace, rather than sending a paper copy by Canada Post.

We have reached another milestone at MURA. After almost 26 years in existence, our membership has just broken the barrier of 2000. Total membership as of April 12th is 2004.

MURA's Pensions and Benefits Committee has met twice with the University Administration in the past months, with the aim of co-ordinating the retiree \$10,000 Out of Province/Country Emergency Medical Coverage with other carriers so retirees can purchase additional coverage at reduced rates. We'll continue discussions in May, and let you know of further developments.

Note in this issue of *MURAnews* that our Special Events Committee is back in operation, with plans for a tour of the new Engineering Technology Building. It should be an interesting and informative time.

The Annual General Meeting (AGM) of MURA will take place on Wednesday May 25 on campus in Celebration Hall, following a noon luncheon and a presentation by McMaster Professor Walter Peace on "Hamilton's Architectural Heritage as Influenced by its Geography, History, and Culture". The AGM part of the midday event will include the Report of the Nominating Committee, elections, and a short review of last year's activities. I hope to see you there!

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



NOTICE OF ANNUAL GENERAL MEETING

Date: Wednesday, May 25, 2011

Time: 12:00 noon

Place: Celebration Hall in Kenneth Taylor Hall

RSVP is required by **May 13, 2011** to establish numbers for the lunch. Contact Pam Penny at penny@mcmaster.ca or phone 905-627-0463.

See page 3 for details and plan to attend

This issue of MURAnews is being mailed to all members without email contact to ensure they receive the Notice of the AGM and the Nominating Committee's report, as required by the Constitution.

YOUR MONEY, YOUR HEALTH

An Update on Retiree \$10,000 Out-Of-Province Emergency Medical Coverage

As indicated in the Winter 2011 *MURAnews* article on this topic, the MURA Pensions and Benefits Committee and MURA Executive have been seeking clarification of the \$10,000 retiree out-of-province emergency medical coverage and procedures. They have also questioned how retirees can best make use of both the McMaster coverage and a purchased insurance policy.

In response to MURA's inquiries, Human Resources has provided a document which clarifies the coverage as it is currently in place.

The document also provides a Travel Card that retirees can print and carry for easy reference when they travel.

The document and travel card are available by selecting the link 'Retiree Out of Province Coverage Summary' under the 'Other Benefits Information' column on the right side of the HR retiree web page <http://www.workingatmcmaster.ca/retirees/index.php>. The direct link to the document is <http://tinyurl.com/3vec895>. Human Resources will also provide you with this information (email working@mcmaster.ca, or phone 905-525-9140, extension 22247, and press "3"). Also contact Human Resources for specific information about your coverage before embarking on a trip.

MURA representatives have met with the University Administration twice in the past months with the aim

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of coordinating the \$10,000 coverage with other insurance coverage, so that retirees can purchase additional coverage at reduced rates. MURA has authorized a broker, who is an expert in medical/travel insurance, to work with us to reach this goal. He participated in our last meeting with the Administration, and it is anticipated that he will prove very helpful to both parties in future meetings. We expect the next meeting to take place in late May.

As noted in the Winter 2011 article, retirees have been informed by Human Resources (HR) that the \$10k coverage is not adequate by itself in almost all out-of-province travel situations. HR recommends retirees purchase additional coverage appropriate for the location where they will be travelling. MURA Council agrees with this recommendation.

MURA will continue to update members on this issue as further information becomes available.

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

Approaching 65? Beware of "THE GAP"

MURA members who retired under the rule of 80/85 provision and have not yet reached age 65 are reminded that there may be a "gap" between receiving their last monthly bridge benefit from McMaster and their first Old Age Security (OAS) payment. This gap will also exist for the first Canada Pension Plan (CPP) payment for those who retired early and chose to have their CPP start at age 65.

Retirees approaching age 65 are advised to review their retirement documentation and prepare for a gap of up to 2-months between their last bridge payment and their first OAS (and possibly first CPP) payment.

One of our members who retired under the Special Retirement Date provision (rule of 80/85) wrote to MURA recently, having been surprised by the occurrence of this time gap. After investigating the issue, MURA has confirmed the following:

- ◆ The bridge benefit provided under the McMaster Salaried Pension Plan is payable until the month a retiree attains age 65. A retiree's last bridge benefit payment is paid in advance on the first of the month in which the retiree turns 65 (e.g. 65th birthday between October 1st and 31st, last bridge payment on October 1st).
- ◆ The first OAS benefit payment will be received at the end of the month following the month an individual turns 65 (e.g. 65th birthday between October 1st and 31st; first OAS payment at the end of November).

- ◆ The first CPP payment for retirees opting to start CPP at age 65 will be paid with the same timing as OAS.

Human Resources has also confirmed that details of pension and bridge benefits and exact payments are explained verbally and in writing in retirement interviews, and that a document detailing the exact start and end date of the bridge is mailed to the retiree's home shortly after retirement.

Are You Getting Enough Vitamin B12?

A recent article in *Best Health* magazine (March 2011) suggests several strategies for keeping your mind sharp. Among a list that includes exercising, drinking water and engaging in activities that provide mental stimulation, the article recommends eating foods that are good sources of copper and vitamin B12.

Vitamin B12 and its relationship to brain health in the elderly is the subject of ongoing research. You may have read about some of these studies in newspapers or magazines. On September 10th 2010, the *Health News* column in the *Hamilton Spectator* reported on a study investigating B vitamins to delay Alzheimer's disease. The *Globe and Mail* ran a story on September 9th 2008 about a study that found less brain shrinkage over time in healthy people aged 61 to 87 who had higher levels of vitamin B12 in their blood, compared to those with lower levels.

Vitamin B12 is important for maintaining the health of your central nervous system, including the brain. Low vitamin B12 levels are common in the elderly. For these reasons, your physician may order a blood test to measure vitamin B12 as part of your annual physical.

What you eat will influence vitamin B12 levels. Vitamin B12 is found in meat, fish and milk. Guidelines from the British Columbia Ministry of Health list clams, oysters, and veal or beef liver as excellent sources of Vitamin B12. Herring, crab, trout, caribou and salmon are listed as good sources.

You may want to discuss vitamin B12 and the role of vitamins and minerals in healthy aging with your physician during your next visit.

Sources of information for this article:

Sandstrom, Helen. "Long live your brain!" *Best Health* March/April 2011: 64-5.

"Health News" *The Hamilton Spectator* 10 Sept. 2010: <http://tinyurl.com/3z7mrc9>

Dunham, Will. "Higher vitamin B12 levels linked to less brain shrinkage in the elderly" *The Globe and Mail* 9 Sept. 2008: <http://tinyurl.com/45yym9o>

Guidelines and Protocols Advisory Committee. *B12 Deficiency - Investigation & Management of Vitamin B12 and Folate Deficiency*. 1 April 2007. <http://www.bcguidelines.ca/pdf/b12.pdf>

**McMaster University Retirees Association
NOTICE OF ANNUAL GENERAL
MEMBERSHIP MEETING AND LUNCHEON**

Date: Wednesday, May 25, 2011

Time: 12:00 noon - 2:30PM

Place: Celebration Hall

(Basement of Kenneth Taylor Hall)

McMaster University

RSVP is required by May 13, 2011 to establish numbers for the lunch. Contact Pam Penny at penny@mcmaster.ca or phone **905-627-0463**.

Luncheon

A light sandwich luncheon will be served while you socialize with friends.

Special Presentation to the AGM

***Hamilton's Architectural Heritage as
Influenced by its Geography, History and Culture***

by Walter Peace



Dr. Peace, a native Hamiltonian and McMaster graduate, knows the city very well. He is past chair of the Hamilton Historical Board and has been a member of the Bay Restoration Council. His research interests include urban geographical landscape studies, the geography of architecture, and Hamilton's

history. Recently, he was awarded the Service to Ontario Geography Award from the Canadian Association of Geographers.

Walter is a stimulating teacher, writer and editor. In 2009 he received the McMaster University President's Award for Teaching Excellence. He edited the book *From Mountain to Lake: The Red Hill Creek Valley*, which was published in 1998. Walter has been a major player in introducing visiting campus groups to the rich heritage of the University, and to the City in which it operates and to which it contributes.

Business Meeting

Including reports of Officers and Council Elections

Need a ride? If you live in the Hamilton area and would like to attend but don't have transportation, we'll pick you up and take you home.

Need help getting to Celebration Hall from the bus stop? Contact Kathy or Helen with your request by Sunday May 22nd.

Kathy Overholt 905-521-0303 overhol@mcmaster.ca

Helen Barton 905-528-8951 barton@mcmaster.ca

2011 NOMINATING COMMITTEE REPORT

MURA Council 2011/2012

Honorary President* Arthur Bourns

Executive

Past President (ex officio): Helen Barton

President (Nominated): Joe Laposa

(One year term, to 2012)

Vice President (Nominated): Marianne Walters

(One year term, to 2012)

Treasurer*: Beth Csordas

Secretary*: Wayne Rouse

Councillors

Nominated for office until 2014:

Kathy Heywood

Janice Rischke

Harold Siroonian

Continuing in office until 2013:

Helen Dietsche

Alan Fraser

Mary Johnston

Shari Mercer

Continuing in office until 2012:

Kathy Overholt

Pamela Penny

Auditor:* Bob West *appointed



In accordance with Article 8.01 Section 3 of the MURA Constitution: "Further nominations for the nominated positions will be received by the Secretary of the Association up to seven (7) days prior to the date set for the annual general meeting from nominators who are regular members of the Association together with the verbal or written acceptance of the nominee. Nominations will also be received from regular members at the annual general meeting."

Nominating Committee:

Helen Barton (Chair)

Linda Grocott

Jim Kramer

Kathy Overholt

Pam Penny

COMPLIMENTARY PARKING FOR THE AGM

MURA thanks Parking Services for this generous support

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

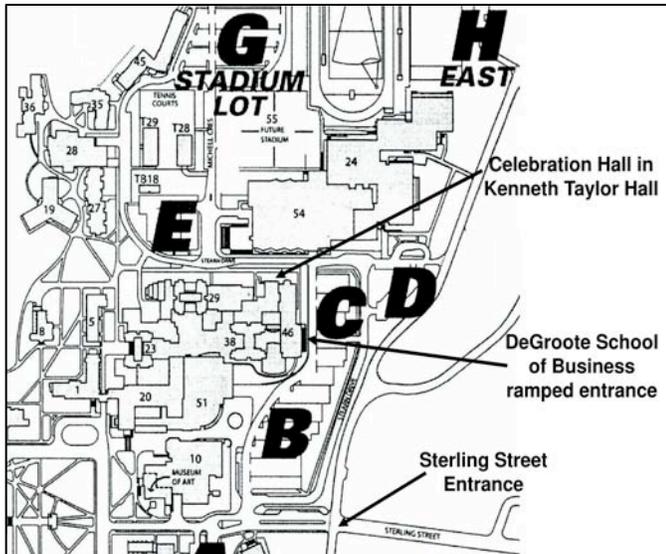
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Retirees who do not have a parking permit and transponder may park in any of these lots showing "Visitors - Open". Take an entry ticket from the machine as you enter. Then pick up an "Exit Ticket" from the check-in table at the AGM. Insert the Exit 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 ramped entrance to the DeGroote School of Business. Use the elevator just inside the DeGroote building to access Celebration Hall in the Kenneth Taylor Hall basement. 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.



TO MEMBERS OF THE MCMASTER UNIVERSITY HOURLY PENSION PLAN

If your pension comes from the Hourly Pension Plan, you should have received a letter from McMaster University, dated March 22nd. This very official looking piece of information, while needed as an official document as per regulations, should not cause concern to any of us.

You are probably aware that, due to several years of lacklustre results by the stock markets, most pension plans including yours and mine are falling behind in their funding. McMaster University has for several years been paying much larger sums of money than in the past to offset this shortfall, but still the pension funds are falling behind.

There are regulations in place which state that these shortfalls must be made up in a certain time frame. However, universities may apply to extend the number of years over which they may make up these payments to ease the strain on the university's

budget. This is the sole reason for which this letter was sent; it is for information only. As it clearly states, there is no need for you to worry. A contact phone number is supplied in your letter.

This note is simply sent to give you peace of mind. Even with this assurance, we are still in the unfortunate position that, until the stock markets improve, it will be impossible to expect any pension improvements in the near future.

I look forward to talking to you at the MURA annual general meeting which will be held on May 25th, 2011. A luncheon will be available but must be pre-booked. Details appear in this copy of the *MURAnews*.

Greetings and sincere good wishes,
Cliff Andrews
Hourly pension rep.

PARKING PERMIT RENEWALS NO LONGER REQUIRED



Parking Services has announced an improvement in service for retirees.

Retiree parking permits will no longer require annual renewal. Your parking permit and transponder will remain active on a continuous basis. There will not be a renewal mailing from Parking Services this year and you will not be required to submit a renewal form.

You should let Parking Services know about any changes to your address or vehicle information. You can do this by email: parking@mcmaster.ca, online at <http://parking.mcmaster.ca/Update.html>, in person, or by post to Security & Parking Services, McMaster University, 1280 Main Street West, ET Clarke Centre, Room 102, Hamilton, ON L8S 4K1.

Retired McMaster University faculty and staff can apply for an on-campus retiree parking permit at no charge, with one exception. If you resume working for the University, you will need to pay for your parking permit. Please note that retiree permits are not transferable to other people.

More information and the online form to apply for retiree parking for the first time may be found at http://parking.mcmaster.ca/Retiree_Parking.html.

MURA Endowment Fund Campaign

The MURA Endowed Scholarship and Prize Fund, to fund academic awards for Gerontology students, is open for donations. You can donate online at <http://MURAscholarship.ca> or by calling Jenny Thomson, Development Officer, at 905-525-9140, extension 23071.

ANNE'S TRIPS

Upcoming trips

Use the booking forms on the last page of this newsletter to register for trips.

The mailing address for cheques is: Anne Sinclair, 207-104 Osler Dr., Dundas, ON. L9H 4B7. Please make cheques payable to MURA

STRATFORD.....CAMELOT
LUNCH AT THE QUEEN'S INN
WEDNESDAY, JUNE 22ND, 2011
\$137.00 PER PERSON
POST DATE CHEQUES TO MAY 15TH



I have scheduled an hour of free time in Stratford so that everyone can shop or just enjoy a stroll through the town before lunch. The Queen's Inn is a popular spot for lunch, and is very close to the town centre. After lunch our coach will take us to the Festival Theatre,

where we will enjoy the delightful *Camelot*. We should be home approx. 6.30 p.m.

STRATFORD.....12TH NIGHT
LUNCH AT DEMETRE'S
WEDNESDAY, SEPTEMBER 28TH, 2011
\$126.00 PER PERSON
POST DATE CHEQUES TO AUGUST 15TH.

After 45 minutes of free time, we will have lunch at Demetre's Family Eatery (a new spot for us to experience). Then on to the Festival Theatre, where the wonderful Brian



Dennehy will entertain us in *Twelfth Night*. We should be home approx. 6.30 p.m.

SHAW FESTIVAL.....MY FAIR LADY
LUNCH AT THE PRINCE OF WALES HOTEL
WEDNESDAY, OCTOBER 19TH, 2011
\$120.00 PER PERSON
POST DATE CHEQUES TO AUGUST 29TH, 2011



As with Stratford, I am scheduling some free time in Niagara-on-the-Lake, before we enjoy lunch at the Prince of Wales. After lunch, the coach will take us to the theatre for a performance of that great musical *My Fair Lady*. We should arrive home approx. 6.30 p.m.

Well that should keep us busy until November, so please get your reservations in early because time flies. For more information about these trips, please contact me at 905-627-0968 or sincla@mcmaster.ca.

Update on other trips

Enchanting Danube River Boat Cruise...August 2011...SOLD OUT

Bermuda Package (Coach & Cruise) May 27th, 2011SOLD OUT

I have received requests to do another **Alaska Cruise** (the first one was 6 years ago, and was very successful), and I would be happy to plan one for May, 2012. Please would you let me know if you are interested, and I will keep a list of names so that I can keep in touch with everyone as I receive the information.

Cheerio,

Your Trips Co-ordinator, Anne Sinclair

MURA SPECIAL EVENT

1:30 Wednesday, June 29th, 2011

Join us for an afternoon tour of the new Engineering Technology Building located at the Main Street entrance to McMaster. This state-of-the-art building is designed to



Leadership in Energy & Environmental Design (LEED) standards, an internationally recognized green building certification system. In addition to providing innovative classroom space for engineering students, the building itself functions as a teaching tool.

We will have a guided tour followed by a get-together in the second-floor lounge to socialize and enjoy strawberries and other treats. Spouses and guests are welcome.

To register for this event, please complete the booking form on the last page of this newsletter and mail it to Mary Johnston, 15 Hillside Avenue S., Dundas ON, L9H 4H7. Enclose a cheque for \$10 per person, made out to the McMaster University Retirees Association.

Please get in touch with Shari (phone: 905-336-5568; email: merciers@mcmaster.ca) or Mary (phone: 905-627-1409; email: johnston@mcmaster.ca) if you have any questions.

We are planning a trip to the McMichael Canadian Art Collection in Kleinburg in the autumn of 2011. See the upcoming Summer issue of *MURAnews* for details.

Shari Mercer and Mary Johnston
Special Events Co-ordinators

SEVEN REASONS TO READ *MURAnews* ONLINE

If you receive *MURAnews* via the post and are an internet user, please consider reading the newsletter online instead. Rather than mailing a paper version of the newsletter to you, we will send you an email listing the highlights of each new issue and providing you with a web link.

Some of the benefits of reading *MURAnews* online:

7. See illustrations in full colour.
6. Save MURA the expense of printing and mailing.
5. Adjust the online font size to suit your needs.
4. One less newsletter for a volunteer to fold and stuff into an envelope.
3. Access web links in articles with the click of your mouse.
2. See *MURAnews* earlier - usually on the day that it goes to printing, which is a week or more before it arrives in the post.
1. **Win a prize in the 2011 Opt Out Draw. If you switch to reading *MURAnews* on the web and opt out of the printed version before or at the MURA AGM, we will enter your name for a prize to be drawn at the AGM on May 25th.**

To try the online version of *MURAnews*, go to <http://tinyurl.com/3hm64jr>. We hope that you like what you see!

To switch to the online version of *MURAnews*, please phone Pam Penny at 905-627-0463 or email her at penny@mcmaster.ca.

WHAT'S HAPPENING ON CAMPUS



Things will be quiet on campus over the next few months. To see what's happening at McMaster, go to the *Daily News* site (<http://dailynews.mcmaster.ca/>). For information about art exhibits, plays, concerts, public lectures and other events, click on 'Calendar of Events' at the left hand side of the web page.

Confucius Institute at McMaster: Chinese Language Summer Program 2011

The Confucius Institute at McMaster is offering a Chinese Language Summer Program in May, 2011. This short-term fun language program is open to anyone interested in learning some basic Chinese words and experiencing traditional Chinese arts and crafts.

The program includes six sessions. Each session is composed of two parts:

1. An introduction to basic Chinese (Mandarin) (50~60 minutes);
2. Trying out some Chinese arts and crafts (30 minutes).

The cost is \$30 per session, with a 10% discount for registering before May 1st or for being a senior 65+. There is also a "buy 5 sessions, get the 6th session free" offer.

For more information and the registration form go to <http://confucius.mcmaster.ca/>, email Yi (Lisa) Cai at yicai@mcmaster.ca or call her at 905-525-9140 extension 23203.

GERITOL FOLLIES

follies
variety show

May 26—2 pm
May 27—2 pm & 7 pm
Hamilton Place

MADE IN CANADA. EH

For Tickets call
905-528-8095
www.geritolfollies.ca

Please support your fellow retirees who are in this show.

For tickets call Joan Zywina at 519-647-2518 (not long distance from Hamilton) or email Joan at zywina@mcmaster.ca

NEW UTS 'MacSecure' SERVICE

Retirees who use wireless access to the internet while on campus might want to check out the latest in campus WiFi security. University Technology Services (UTS) encourages wireless users to switch to MacSecure.

See more at <http://tinyurl.com/3nmntff>

WELCOME NEW MEMBERS

Ms. Diana Boye, Medicine
Mr. Paul Bray, Facility Services
Mrs. Alison Buffet, Psychiatry & Behavioural Neurosciences
Mr. David J. Chajdiak, UTS – Enterprise Systems
Mrs. Pamela Coupland, UTS – Telecommunications
Mr. James Doek, Facility Services – Grounds
Mrs. Carol Fesuk, Surgery
Mrs. Julie Gelder, Regional Medical Associates
Mr. Stuart Gilmour, Facility Services
Mrs. Marlene E. Hamilton, Registrar – Records & Registration
Mrs. Sherry Hinder, Education Services – MD
Ms. Slavna Komljenovic, Physical Plant
Mrs. Rita Maxwell, History
Mrs. Kary McCahill-Harrison, Education Services – Grad Studies
Mrs. Cindy McClung, Education Services - CLC/SPP
Mr. Daniel Noseck, UTS – Application Services
Mr. Raymond Procwat, Biology
Mrs. Lori L. Scapinello, Oncology
Dr. Bhag Singh, Biochemistry & Biomedical Sciences
Mrs. Barbara Stoskopf, School of Rehabilitation Sciences
Ms. Brenda C. Sykes, UTS – Telecommunications
Mr. Jake Vanderwal, Physics & Astronomy
Mrs. Yvonne Wade, Payroll
Ms. Wendy Yacaura, Clinical Epidemiology & Biostatistics



WORKING AT THE UNIVERSITY AFTER RETIREMENT

In response to concerns raised by a McMaster retiree who was seeking work at the University, MURA made inquiries and received the following University position statement from Mark Haley, Chief Human Resources Officer at McMaster University.

McMaster University recognizes that retired staff and faculty have valuable knowledge, skills, and experience gained over their years of employment at the University.

Retired staff and faculty are welcome to apply for temporary or on-going employment opportunities at the University; all posted opportunities are available at <http://www.workingatmcmaster.ca/careers>.

Please note that the implications of re-employment with respect to pension and benefit entitlement will vary with individual circumstances. Retirees who have applied to a posting for re-employment at McMaster University are encouraged to speak with a Human Resources Advisor at 905-525-9440 x22247 to gain a full understanding of information pertinent to their situation.

MURA's WEB SITE HAS A NEW LOOK

We recently changed the look of MURA's web site. Drop-down menus will make it easier for you to find information you need and will give our web site a more cohesive look. Because we have not changed the basic organization of the web pages, navigating through the web site should feel familiar. Check out the new, improved web site at:

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

I would like to thank John Beaudette from *John Beaudette Web Design* for finding the code that allowed us to program the drop-down menus, and the MURA Council members as well as Patricia Chang for providing feedback and taking the time to help me get the initial "bugs" out of this redesign. If you note any errors or have suggestions for improving the new look, please let us know.

I hope you like what we've done!

Marianne Van der Wel
mvanderwel@cogeco.ca

CONTRIBUTE to MURAnews

Do you have news, information, a story or a poem to share with other Mac retirees? Do you know of volunteer opportunities that might be of interest to others?

Please send your contributions and ideas to *MURAnews* c/o Gilmour Hall B108, McMaster University, 1280 Main Street West, Hamilton, ON L8S 4L8 or mura@mcmaster.ca. You may also leave a message at 905-525-9140, extension 23171.

RECENT PASSINGS



Dr. Jen-Shih Chang, Engineering Physics,
Feb. 27/11
Dr. John Davies, Geography & Earth Sciences,
Feb. 4/11
Mr. A.C. Vernon Gibbs, Planning &
Construction, Dec. 6/10
Mrs. Letitia (Lettie) Irvine, Vice-President Academic,
Mar. 29/11
Mr. Robert Potter, Parking & Transit Services, Jan. 20/11
Ms. Mary Schmidt, Building Operations, Dec. 8/10
Mr. James Storing, Physical Plant, Feb. 9/11
Mrs. Maria Szabo, Building Operations, Mar. 3/11

CURAC/ARUCC Conference & Annual General Meeting May 11 – 13, 2011

The College and University Retirees Associations of Canada (CURAC) will hold its annual Conference and AGM at the University of Regina in Regina, Saskatchewan this year. The theme of the conference is “Keeping Up”, with sessions on topics such as lifelong learning, the aging brain, social justice and medicare. This event is open to all McMaster retirees since MURA is a member of CURAC. For further information please see

http://www.curac.ca/?page_id=956

Winter 2011 CURAC Newsletter

The Winter 2011 CURAC newsletter is available online at http://www.curac.ca/?page_id=445

This issue contains a summary of CURAC’s recent activities, as well as articles from several post-secondary retiree associations on topics such as benefits, volunteering, and community partnerships.

INTERESTING WEB SITES



The MURA web site has links to a number of web sites of interest to retirees. These may be accessed by clicking on ‘Useful Links’ at the left-hand side of our web site or going directly to

http://mcmaster-retirees.ca/Pages/useful_links.htm.

Among others, the list of web sites includes:

[The Care Guide](#)

Seniors' housing and care

[Canadian Pensioners Concerned](#)

Seniors' Viewpoints on Important Social Issues

[CARP](#)

The Canadian Association of Retired Persons

[CURAC](#)

College and University Retiree Associations of Canada

[50plus.com](#)

Online community and content for Canadians 50+

[Seniors Activation Maintenance Program](#)

Community activities: Hamilton & Halton

[Seniors Canada](#)

Government of Canada Site for Seniors

and several web sites related to volunteering:

[Academics for Higher Education and Development \(AHED\)](#)

[Canadian Executive Service Organization \(CESO\)](#)

[One Stop Site for Volunteering Anywhere Across Canada](#)

[Volunteering Opportunities in the Greater Hamilton Area](#)

You may also want to check out a couple of other web sites, recommended by fellow MURA members:

seniordashboard.com

This site is based in the USA rather than Canada and therefore, has an American focus. Anyone who is shy about using computers may find the site useful.

creativeaging.org

From the US National Center for Creative Aging.

RETIREES IN THE MCMASTER ONLINE DIRECTORY

The Fall 2010 issue of *MURAnews* reported that retirees may now choose to be included in the online McMaster Faculty & Staff directory. We described how to add yourself to the online directory, or to update or delete your record as needed.

In trying to follow these instructions, some MURA members reported problems, mostly related to determining what their “MacID” is and how to go about getting one. As a result of this feedback, revised instructions are now on the MURA web site <http://tinyurl.com/3ropb7h>



The directory may be accessed by clicking on ‘Faculty & Staff Directory’ at the top of the McMaster Home Page <http://www.mcmaster.ca> or Daily News Page <http://dailynews.mcmaster.ca> or by going directly to <http://telecom.mcmaster.ca/directory.cfm>

A number of retirees have already added their names to the directory. You can find some of them by going to <http://telecom.mcmaster.ca/directory.cfm>, typing “retired” in the ‘Title’ field, and then pressing the ‘Search’ button. Or do a search with “MURA” in the ‘Department’ field. Many retired faculty members in the directory include the word “Emeritus” in the ‘Title’ field.

If you would like to be included in the Online Directory but do not have an email address or access to the internet, please contact Tiffany Steinke in Human Resource Services by phone at 905-525-9140, extension 23850.

If you need help with using the online form, please contact the UTS Service Desk at 905-525-9140, extension 24357.

CONTACTING MURA

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

Phone: 905-525-9140, extension 23171
(checked several times per week)

Email: mura@mcmaster.ca

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

**BOOKING FORMS
TRIPS**

To book 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.

You can reach Anne by phone: 905-627-0968 or email: sincla@mcmaster.ca for more information.

CAMELOT AT STRATFORD - WEDNESDAY, JUNE 22ND, 2011

Book by May 15th, 2011

\$137.00 per person

of persons: Amount (# persons X \$137) \$:

Name:.....

Address:.....

Postal Code: Telephone #: email address:

12TH NIGHT AT STRATFORD - WEDNESDAY SEPTEMBER 28TH, 2011

Book by August 15th, 2011

\$126.00 PER PERSON

of persons: Amount (# persons X \$126) \$:

Name:.....

Address:.....

Postal Code: Telephone #: email address:

MY FAIR LADY AT THE SHAW FESTIVAL - WEDNESDAY OCTOBER 19TH, 2011

Book by August 29th, 2011

\$120.00 PER PERSON

of persons: Amount (# persons X \$120) \$:

Name:.....

Address:.....

Postal Code: Telephone #: email address:

SPECIAL EVENT

Tour of the Engineering Technology Building (including refreshments) - Wednesday, June 29th, 2011

Book by June 15th, 2011 - \$10 per person

*Please complete this form and mail, along with a cheque payable to McMaster University Retirees Association, to
Mary Johnston, 15 Hillside Ave S, Dundas, ON L9H 4H7.*

Contact Shari (905-336-5568; mercerc@mcmaster.ca) or Mary (905-627-1409; johnston@mcmaster.ca) for more information

of persons: Amount (# persons X \$10) \$:

Name:.....

Address:.....

Postal Code: Telephone #: email address: