

MURAnews

McMaster University Retirees Association <http://mcmaster-retirees.ca/> E-mail: mura@mcmaster.ca Summer 2011

PRESIDENT'S CORNER

I have several pieces of news for you from MURA.

Marianne Walters was elected Vice President of MURA at the Annual General Meeting on May 26th. Newly-elected MURA Councillors were Janice Rischke, Kathy Heywood, and Harold Siroonian. Mike Hedden and Stefania Miller have completed their terms of office. I'd like to thank all Councillors, whether past, continuing, or new, for their dedication and involvement.



The highlight of the AGM was a talk by McMaster Professor Walter Peace on *Hamilton's Architectural Heritage as Influenced by its Geography, History, and Culture*. His presentation was well received by the 100 plus MURA members in attendance. You can find more details about the talk in this newsletter.

Your Executive and Pension and Benefits Committee have met several times over the past months with University administration and Human Resources to examine more closely the \$10,000 out-of-province/country emergency medical benefit, and to discover how the coverage can be more useful to retirees. An update on our deliberations can be found in the right-hand column of this page.

This issue of *MURAnews* includes information on two new trips organized by MURA for its members. In October there will be a one-day bus visit to the McMichael Gallery in Kleinburg; at that time the autumn leaves should be appearing in their multi-coloured splendour, so come along if you can. A wonderful seven-day Alaska Cruise is planned for May 2012. Because this trip is expected to be very popular, early registration is advised.

Having completed 26 years, our Association has grown to over 2000 members. As a result, our always-popular Christmas Luncheon will be moving to a more spacious location on the 3rd floor of the Student Centre. It's hard to believe, but that event is only about five months away!

MURA is made up entirely of volunteers, for all McMaster retirees. If we can help you, or if you have suggestions for new initiatives, contact me or any other member of Council. We are always eager to hear from you.

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



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

MURA's Pension and Benefits Committee and the MURA Executive are continuing their work on obtaining clarification from Human Resources (HR) on coverage and procedures for this benefit, and on developing a plan that would coordinate our group coverage with additional individually purchased reduced rate private insurance.

As stated in the two previous MURA newsletters, HR strongly recommends retirees purchase additional coverage appropriate for the location where they will be travelling, and MURA Council endorses this advice.

A productive meeting was held on June 22, 2011 between MURA representatives, our authorized broker who is an expert in medical/travel insurance, Human Resources, and a representative from Sun Life, our benefits provider.

A very important outcome of our meeting is a new understanding of the possible use of our present \$10,000 benefit. It was agreed by all parties that the \$10,000 can be used as first payor on an emergency out-of-province/country 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. The higher the deductible under the private insurance, the less expensive the premium will be.

Also as a consequence of that meeting, HR agreed to make changes to their document presently 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>.

These changes are needed to clarify our current coverage and the procedures to access it. We had hoped that these changes would be finalized in time to present in this newsletter, but that has not proved possible.

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HR reported that it is working with Sun Life to develop an optional additional travel insurance product for retirees which would be available for purchase at reduced rates. Sun Life does not have such a product at this time, but expects to develop one in 2012.

Meanwhile, our broker Mr. Geoff Burman of Broker Advantage (recommended to us through The Canadian Life and Health Association) continues to look into currently available additional travel coverage plans with private insurers which would be optional and would benefit most MURA members and offer reduced rates. We expect to receive more information from him before the end of summer, and 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).

RETIREE BENEFITS REMINDER

The benefit year end is June 30th. Please ensure all benefit claims dated from July 1, 2010 to June 30, 2011 are submitted to Sun Life prior to September 30, 2011.

Late claim submissions will not be reimbursed.

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

Please contact Sun Life at **1-800-361-6212**.

Besides contacting Sun Life, you can also contact Human Resources Services:

Phone: 905-525-9140. Ext. 22247. Web Site:
<http://www.workingatmcmaster.ca/retirees/index.php>

SWITCH TO THE ON-LINE VERSION OF MURAnews

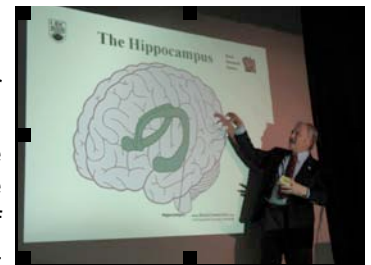
Help keep our budget in check! If you receive MURAnews via the post, you can save MURA postage and printing costs by reading it online instead. To switch to the on-line version of MURAnews, please phone Pam Penny at 905-627-0463 or email her at penny@mcmaster.ca

MEMORIES FROM THE 2011 CURAC CONFERENCE AND AGM by Marianne Van der Wel

I was fortunate to attend the May 11-13, 2011 CURAC/ARUCC Conference/AGM as MURA's delegate. The meeting was held at the Saskatchewan campuses of the University of Regina and the First Nations University of Canada. I stayed on campus in a residence apartment with two great roommates - the President of AROHE (Association of Retirement Organizations in Higher Education, the USA/international counterpart of CURAC), and the representative of Toronto's Seneca College Retirees.

The first session centred on "The Little Centre on the Prairies", which is doing great things to promote lifetime learning ranging from knitting classes to discussion about economics.

Later that day, I attended a session on "The Aging Brain". This one was dear to my heart as I learned that exercise helps the hippocampus grow. The hippocampus is a part of the brain used for short-term memory and I want



a big one - so exercise it is! I also learned that we need a good night's sleep. When in deep sleep, the brain processes the day's events and stores the memories in the part of the brain meant for longer-term memories. Once we go into REM (rapid eye movement) sleep, we stimulate our creative side. Other facts that can help aging brains:

- We can grow new neurons and improve the pathways between them by regularly trying something we have never tried before.
- Stress can kill neurons; hence good stress management is also key to help us keep healthy brains.

Another session focused on the future of "medicare" (expect changes), and the possible impact of the recent federal election results on pensions. A representative from Mercer Canada Limited, one of our conference sponsors, said that in a few decades many employers might regret the current trend towards "Defined Contribution" pension plans and away from "Defined Benefit" plans since a "Defined Benefit" plan might be a means to keep valued employees which may then be in short supply.

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Thursday evening, delegates were guests at a dinner sponsored by the Life Long Learning Group of the University of Regina, honouring Senator Pamela Wallin. Earlier that day, during a session called 'Best Practices', I gave a short presentation on MURA's newly designed web site and other MURA endeavours to keep members informed via electronic communication.

See: <http://tinyurl.com/4xaqzvw> for a summary of my presentation.

However, my favourite part of the conference was sitting in the grand hall of a most significant building...the First Nations University of Canada, a separate institution working in partnership with the University of Regina. Our Friday morning sessions were in this magnificent building and I stayed in the grand hall, in reverence, long after the morning sessions were over. I almost missed my lunch at Luther College where the afternoon sessions were held, the last one I attended being on Brain Gymnastics.



For a more complete flavour of the "First Nations University of Canada", please view the slide show at: <http://tinyurl.com/6dwgp2b>. Scenes from the University of Regina campus are at: <http://tinyurl.com/69okeu2> and some photos from the actual sessions are at: <http://tinyurl.com/6la9cvg>

WATERLOO INSURANCE SPECIAL PROMO

MURA members are eligible for group rates on auto and property insurance with Waterloo Insurance. Until August 31 an insurance quote from the firm will enter you in a contest to win \$2011. MURA's group code 6262 is required. You'll also receive a \$5 Tim Horton gift card for each insurance quote.

See the insert in this issue of *MURAnews*, view it at <http://tinyurl.com/3lwu5zc>, or call Waterloo Insurance at 1-866-247-7700 for more information.



MURA Christmas Lunch
Mark Monday, December 5th, 2011 on your calendar for MURA's annual Christmas Lunch.

The lunch will be held in the CIBC Banquet Hall on the 3rd floor of the Student Centre on the McMaster campus.

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

GETTING ENOUGH EXERCISE?

Supported by the Public Health Agency of Canada, the Canadian Society for Exercise Physiology (CSEP) released new physical activity guidelines in January. For people 65 years of age or older, the guidelines recommend:



"To achieve health benefits, and improve functional abilities, adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.



It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.



Those with poor mobility should perform physical activities to enhance balance and prevent falls.



More physical activity provides greater health benefits."

Your physician can help you to interpret the guidelines and advise on how they apply to you. Different types and amounts of physical activity may be appropriate if you are frail or have a disability or medical condition.

For more information about the guidelines, visit the CSEP web site: <http://www.csep.ca/english/view.asp?x=804>. Printed copies of the *Physical Activity Guidelines Information Sheet* may be ordered from Service Ontario. Call 1-800-267-8097 (toll free).

Don't be discouraged if 150 minutes seems a daunting amount of exercise. For those who are currently physically inactive, exercising even below the recommended levels can provide some health benefits. Start with smaller amounts of physical activity and gradually increase duration, frequency and intensity until you meet the guidelines. Minutes count – try to increase your activity level 10 minutes at a time.

The guidelines encourage older adults to participate in "a variety of physical activities that are enjoyable and safe". Examples of moderate-intensity aerobic physical activity include walking quickly and cycling. Cross-country skiing and swimming are vigorous-intensity aerobic physical activities.

A brisk 30-minute walk five times a week is a simple way to get your 150 minutes of aerobic physical activity. Joining a walking group in your neighbourhood or at a mall may make walking more enjoyable and provide an extra incentive to stick with it. For members of the David Braley Athletics Centre, the indoor track at McMaster provides a place to walk when the weather is inclement. A ten-minute walk to the store or bus stop counts toward your 150-minute-a-week goal. Activities like pushing the lawn mower or taking a dance class also count.



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Nordic walking (that is walking with poles...a bit like cross-country skiing without skis!) offers your whole



body a great workout while you walk. Nordic walking engages the upper body and reduces the load on lower joints. The upper body develops strength and mobility not provided by regular walking. If you

are interested in trying Nordic walking, look for an INWA-certified (International Nordic Walking Federation) instructor who leads a group at your fitness level.

Muscle-strengthening activities build up or maintain your muscles. With bone-strengthening activities, your muscles push against your bones.

This helps make your bones strong.

A gym or personal trainer that understands the needs of older adults can advise you on strength training using free weights, resistance bands, weight machines or exercises such as push-ups and curl-ups. The YWCA, McMaster's Centre for Health Promotion and Rehabilitation, and St. Joseph's Villa all provide fitness programs tailored to older adults.



Another way to maintain muscle and bone strength is to continue with normal daily activities such as climbing stairs and digging in the garden. Running, walking and yoga can also contribute to bone strength.



Activities that improve and maintain balance and flexibility include yoga, tai chi and Pilates. Better balance can decrease the risk of falls and their consequences. Activities that maintain or improve flexibility may help you to maintain function and independence as you age.

Examples of public fitness programs for seniors in the Hamilton area

These programs are generally open to people aged 55 and over.

YWCA Hamilton Seniors' Active Living Centres

<http://tinyurl.com/3gbkc38>

75 MacNab Street South, Hamilton 905-529-7727

52 Ottawa Street North, Hamilton 905-522-9922 ext. 2

St. Joseph's Villa Seniors' In Motion Gym

<http://tinyurl.com/6y5zwhq>

56 Governor's Road, Dundas 905-627-3541

MacSenior Exercise and Wellness Program

<http://tinyurl.com/3cpeh6s>

Department of Kinesiology, Ivor Wynne Centre,
McMaster University 905-525-9140, ext. 24877

Some **City of Hamilton Senior Centres** offer recreational activities that provide exercise, such as dancing and table tennis. What's available varies from centre to centre. The Ancaster Senior Achievement Centre in Alberton and the Sackville Hill Seniors Recreation Centre on the Mountain have the most diverse list of classes. Look in the Government Pages of your phone book, under Municipal Government Services - subheading 'Seniors' for phone numbers. They are also listed at <http://tinyurl.com/3fp4h1k>.

Programs designed to **reduce the risk of falls** provide safe exercises focusing on range of motion, endurance and balance. There are a number of programs in the Hamilton area, such as the **Stand Up Program for Seniors** (905-529-2020 or 1-888-840-8050) and **Healthy, Safe and Strong** (905-546-2544). Other programs are listed in the Older Adult Programs and Services Database: <http://tinyurl.com/68nl3nl>. (See page 3 of the Fall 2010 issue of *MURAnews* for more information about this useful database:

<http://tinyurl.com/47hp4y6>).



Dear Retirees of McMaster University

McMaster retirees and their significant contributions to the McMaster University workplace campaign have made it possible for McMaster to exceed our annual target, year after year, over the past five years. We are pleased to announce our 2010 campaign total of \$263,891.58. Thank you very much for your commitment to our community. We couldn't have done this without you.

The retirees of McMaster were major contributors to our campaign. Your group contributed \$51,871.00 (from 128 donors) to the campaign, 20% of the campaign total. We want to thank our university retirees for this generous support to the United Way and for your continued effort in showing McMaster's commitment to the Hamilton and Burlington communities.

Planning is now underway for the 2011 campaign. We welcome your ideas and your participation in the campaign in other ways. Perhaps you are interested in joining us on the committee or in planning an awareness/fundraising event? Anyone with suggestions or who would like to become involved in our activities, please e-mail or call one of us. We look forward to your continued support and thank you again for your contributions to the 2010 campaign.

Michele Corbeil (corbeil@mcmaster.ca; Ext. 23865)

Ken Cruikshank (cruiksha@mcmaster.ca; Ext. 24850)

Co-Chairs, McMaster United Way Campaign

2011 MURA AGM



MURA's 26th Annual General Membership meeting and luncheon was held on May 25th, 2011. You can view a slide show capturing the day's events on the MURA web site at <http://tinyurl.com/69r5cwe>.

The highlight of the meeting was a very enjoyable and informative presentation by Dr. **Walter Peace**, of McMaster's School of Geography and Earth Sciences, on the heritage architecture of the city of Hamilton and how it was influenced by geography, history and culture. The talk covered the period from 1825 to 1945:

❁ 1825-1846 Unlike many cities that were established for military purposes, Hamilton was first developed by land speculators, notably George Hamilton and Nathaniel Hughson. Most of the early settlement took place on the well-drained sand plains away from the harbour. This was where the first substantial buildings constructed by the rich merchants and landlords were located (e.g. Dundurn Castle). Most of the lands bordering Burlington Bay were swampy and did not attract early settlement. In 1846, Hamilton was incorporated as a city with a population of about 7000 people.

❁ 1846-1920 Hamilton grew largely due to its hub location on the Great Western Railway in which Allan Napier MacNab was an investor and member of the board of directors. In 1860, a small replica of the Crystal Palace in London, England was built in (present day) Victoria Park, and in the 1880's City Hall was established on James St. North. Other memorable buildings of this period were Arkledun (home of merchant Richard Juson) and the Custom House on Stuart Street. Around the turn of the century, major industrial development led to infilling of the swampy lands bordering the bayfront.

❁ 1920-1946 The modern city took shape. The population grew from 129,000 to 175,000. Many of the significant buildings still standing were built during the depression. These include the Pigott Building, Basilica, Delta Collegiate, Westdale Secondary School, Bank of Montreal, TH&B Station, and University and Hamilton Halls at McMaster University. The two major steel companies became large integrated units and thrived during the Second World War.

Up to 1946 almost all of Hamilton's development had been constricted by the escarpment to the south and the bay and lake to the north, resulting in spread along the east-west axis in the lower city. Subsequently, with the building of access routes crossing the escarpment, the population spread southward so at the present day, about 1/3 of the city's population resides on "the mountain".

Dr. Peace's enthusiasm and presentation style along with his obvious expertise added to the experience. Many retirees remarked afterwards that this was one of the best presentations ever at a MURA AGM. Walter is not yet retired from McMaster, but we look forward to welcoming him as a MURA member in the not-too-distant future.

At the end of his talk, Dr. Peace listed several "must read" books about Hamilton:

- ❖ C.M. Johnston (1958) The Head of the Lake
- ❖ A.G. McKay (1967) Victorian Architecture in Hamilton
- ❖ J.C. Weaver (1982) Hamilton: An Illustrated History
- ❖ R. Kosydar (1999) Hamilton: Images of a City
- ❖ J. Terpstra (2002) Falling into Place
- ❖ S. Otto (2004) Robert Wetherell and Dundurn: an Early Architect in Hamilton
- ❖ M. Anderson (2011) Tragedy and Triumph: Ruby and Thomas B. McQuesten

MURA EXECUTIVE and COUNCIL 2011-12

Honorary President Arthur Bourns

Executive

President: Joe Laposa
Vice President: Marianne Walters
Past President: Helen Barton
Treasurer: Beth Csordas
Secretary: Wayne Rouse

Councillors

Serving until 2012: Kathy Overholt
Pamela Penny
Serving until 2013: Helen Dietsche
Alan Fraser
Mary Johnston
Shari Mercer
Serving until 2014: Kathy Heywood
Janice Rischke
Harold Siroonian

Consultants and Delegates

Salaried Pension Trust Committee: Leslie Robb
Hourly Pension Plan Committee: Cliff Andrews
Trips & Tours Organizer: Anne Sinclair
University Board of Governors: Lorraine Allan
Web Site: Marianne Van der Wel, Patricia Chan

SALARIED PENSION REPORT TO MURA
Notes from the presentation to the 2011 AGM
by Leslie Robb, Salaried Pension Trust
Committee Representative

Let me start by updating you on the investment performance of the salaried pension fund. Recall that the annual rate of return that is relevant for the calculation of indexing improvements is the July 1 to June 30 return. At this stage we have information on only the first 9 months of that period and the return is about 13.9% (according to my calculations). Unfortunately, the markets have fallen off a little since the first of April and



it looks like the annual return may end up somewhat below that level. I reported in *MURAnews* in January that we would need to earn a bit over 17% for the year to achieve indexing next January as we had to make up for some poor past returns. This seems quite unlikely at the moment. However, a good return this year would mean that improvements due to indexing have a better chance of happening in future years.

To continue on the investment front, the Pension Trust Committee (PTC) has been reviewing and reconsidering our investment strategy over the last year or so and at the last meeting of this year we approved some revisions to the asset mix. The changes were based on a study of the asset/liability mix conducted for the Committee by our investment consultants AON (Hewitt). On the equity side, the fund will move more heavily into Canadian equities (from 13% of the portfolio to 20%) and real estate (from zero to 5%) and away from foreign equities (from 52% to 40%). On the fixed income side (bonds) the fund will move into longer bonds as the duration of these matches more closely the duration of the liabilities of the plan (the pensions). These changes move our portfolio mix more closely in line with other University Pension plans. Had we had this mix over the past decade, our performance would have been better – though what worked better in the past may not be better in the future.

The other major activity at the PTC worth mentioning is that there have been increases to the contribution rates of most employee members of the Plan. These have been negotiated as the various contracts came up. The increases were encouraged by the Ontario Government through legislation it passed to allow for special treatment of plans in deficit (nearly all the University defined benefit plans) if the Sponsors made progress in putting the plans on a more sustainable basis (read, by negotiating increases in employee contributions). With

completion of the recent MUFA (faculty) negotiations McMaster has put itself in a position to take advantage of the new legislation which allows for a longer period to eradicate a deficit.

During negotiations with the two major employee groups, MUSA (CAW) and MUFA, the University attempted to end defined benefit pensions for new hires. From the perspective of retirees, I believe it is a good thing that the University failed in this attempt. Had new employees been moved to a different plan, there would have been less and less interest in preserving the defined benefit plan both by employee groups and by the University as time passed. With everyone in the same plan, we can expect continuing support for the Plan through our retirement years.

Finally, let me note that the deficit is still a big issue for the Plan and for the University. Assets have increased over the year but so too have liabilities. We may have improved the deficit picture somewhat but not by a huge amount. Plans need to do an actuarial evaluation every 3 years and one is due for our Salaried Plan as of July 1 this year. As a consequence, a clearer picture will emerge in the fall when the report is presented to the Pension Trust Committee. I will report further on it in the fall.

E-MAIL PREDATORS ARE BECOMING
MORE SOPHISTICATED
by Marianne Van der Wel

When you're changing your password for an internet application, the vendor will often send you an e-mail notice in case someone else is tampering with your account. This is a good thing. A few months ago I changed my Paypal* password and received a legitimate e-mail warning. A half hour later, however, I found a second e-mail warning – again supposedly from Paypal. Upon investigating this second "Paypal" message, I found a huge clue: "If you didn't change your password, submit your details through our secure form in order to reset it, or confirm your change by ignoring this notice." It almost sounds right but a legitimate company would not instruct me to fill in anything or to go to a web site within an e-mail when security issues are at stake. Other clues were found in the recipient's e-mail address which was: "sevice@paypal.com <update@service.com>". In addition to 'service' being misspelled in the 'paypal.com' address, the actual address in the angled brackets has nothing to do with Paypal. Of course, other text in this message was full of helpful advice such as: "Never share your password with anyone." and "Create passwords that are hard to guess". If I had filled in this form, it's highly likely a predator would have had my password and gone on a shopping spree with my credit card.

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Here's another example of the sophistication of net predators. I received e-mail from "Canada Post <tracking@canadapost.ca>". The address "canadapost.ca" is the legitimate web address of Canada Post but I had not sent a parcel, and wasn't expecting one. Upon careful examining of the message I found: "Dear client! Your package has been shipped. The tracking# is: 267CA23POST2617Z and can be used at "http://www.canadapost.ca/cpotools/apps/track/personal/findByTrackNumber?execution=e9s1 [www.rogatica.net]" Even though the link I was instructed to use inside the e-mail was that of Canada Post, the address in the square brackets isn't. I didn't touch that link! Instead I went to my web browser, independently submitted Canada Post's web address and put the tracking number in the Canada Post system. Sure enough, the tracking number was bogus.

The most insidious e-mail I received came from ScotiaInfoAlerts saying someone had used my debit card for the sum of \$7.82. I do not have a debit card! I examined this message inside and out ... the web address in the message was legitimate, as was the phone number I was given to call. I independently went to the Scotia Bank site "http://www.scotiabank.com". That was fine, but when I added "/InfoAlerts" at the end I was warned I was being re-directed away from the Scotia web site. I did not proceed. Upon further investigation the best clue was in the "reply-to:" in the e-mail header. It pointed to a yahoo account which ScotiaBank would never use!

During this investigative journey, I used Mozilla's Firefox as my web browser with settings set to warn me about any such redirects. Please check the information found under 'Help' for your browser for such a feature.

* Paypal is an Internet application that lets you pay online with relative security using your credit card.

VOLUNTEER OPPORTUNITIES

❖ The **Hamilton Chapter of Osteoporosis Canada** is looking for Back Up! We need volunteers for our board in the areas of Education, Fundraising and Volunteer co-ordination as well as committee members to help run our annual Bone China Tea. Please email kat.thompson@sympatico.ca or phone 905-525-5398 to arrange for an information interview regarding these opportunities.

❖ The **Dundas Community Services' Seniors Advisory Committee** is looking for help to expand the programs available at the Dundas Rotary Cattel Senior Centre at the Dundas Lions Memorial Community Centre. Contact Pam Penny at penny@mcmaster.ca or 905-627-0463 if you would like to help the committee. You can find more information about new initiatives at the Dundas Senior Centre in an article that appeared in the Dundas Star News on July 6th:

<http://www.dundasstarnews.com/news/article/238744>.

❖ **Hamilton Police Services** welcomes volunteers. To volunteer you must be at least 18 years of age, pass a screening interview & Police Check and be sworn in before beginning your duties. Police volunteers also read and sign a Code of Conduct and are asked to commit to 8 hours of volunteer work for the Police Services each month.

Within the Policing centres, volunteers answer the phone, respond to walk-in inquiries and/or perform other office tasks, as well as conduct Police Service follow-up reports and surveys. Volunteers perform many activities outside the Centres, such as manning information booths at local festivals or events and liaising with community organizations/agencies/merchants to provide information about services available within the community.

MURA member Pam Penny has been a Hamilton Police Services Volunteer at the Dundas Centre for more than 2-1/2 years, so contact her at penny@mcmaster.ca or 905-627-0463 for more information. You can also contact the CPC [Community Policing Centre] Volunteer Administrator at 905-546-3397 or go into any Policing Centre to pick up an application.



RECENT PASSINGS

Mr. Nedelko Brankovic, Physical Plant,
May 10/11

Ms. Mary Colbourne, Hospitality Services,
June 21/11

Mrs. Margaret Eastman, University Libraries, June 1/11

Dr. Frederick Hargreave, Medicine, June 15/11

Dr. Edith Herman, School of Rehabilitation Science,
Apr. 17/11

Mr. Ross McAndrew, Civil Engineering, July 3/11

Dr. Grant Smith, Psychology, July 1/11

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/>

WELCOME NEW MEMBERS

Mrs. Maria Agresta, Hospitality
Mrs. Beverley Archibald, Medicine
Mrs. Vincenza Arfuso, Hospitality
Mrs. Laraine Bell, Facility Services
Ms. Regina Bendig, University Libraries
Mr. Leslie R. Berry, Pediatrics
Miss Victoria Boaf, Facility Services
Mrs. Wendy J. Burton, Facility Services
Mrs. Angela Caravaggio, Hospitality
Mrs. Helena Collins, Communications Studies & Multimedia
Ms. Patricia A. Colton, Psychiatry & Behavioural Neurosciences
Mrs. Linda Crooker, Hospitality
Mrs. Milka Culic, Facility Services
Mr. Anthony Cupido, Facility Services
Mrs. Sophie Dimopoulos, Hospitality
Ms. Frances Dinning, Medicine
Mrs. Fanula Durlovski, Facility Services
Miss Nicole Fournier, Facility Services
Ms. Nora Gaskin, University Libraries
Mrs. Beverly Hamilton, Hospitality
Miss Laura M. Honda, Engineering Docucentre
Mrs. Jadwiga Kozbial, Facility Services
Mr. Tibor Kupi, Facility Services
Dr. Elizabeth Latimer, Family Medicine
Mr. David Lemmond, UTS - Student Tech Services
Mrs. Rosa Longo, Hospitality
Ms. Ruth May, Hospitality
Mrs. Carol E. McIntyre, Hospitality
Mrs. Linda Michtics, University Libraries
Mrs. Catherine Moulder, University Libraries
Mrs. Danica Rakas, Facility Services
Mr. Gary S. Read, Facility Services
Ms. Valerie Reid, Hospitality
Dr. Bradley J. Robinson, Centre for Emerging Device Technologies
Mrs. Maria Sarlej, Facility Services
Mrs. Valerie Spicer, Hospitality
Mr. Sherlock Sukhdeo, Facility Services
Ms. Ann Marie Sullivan, Hospitality
Ms. Renee Thomas, Facility Services



LITERARY LEGENDS

BY SEA AND BY LAND



“...to see the wonders of the world abroad...”

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.

Three nights will be spent in each destination and the group will have the opportunity to see at least two plays while in Stratford-on-Avon and London. Throughout the entire trip, Dr. Roebuck will be conducting talks and informal discussions focussing on the Shakespearean era and later.

Sample highlights* of the land trip include:

Stonehenge
Oxford (Christ Church College, Bodleian Library)
Blenheim Palace and Bladon
Cotswolds

*Exact itinerary to be announced closer to departure date.

**Fares Starting From

Cruise: \$1412 | Inside \$1675 | \$1990 Balcony
***Land: \$2000

**Prices in Canadian funds.

***Land portion pricing is tentative and will be revised in the fall of 2011.
Cruise and land excursion may be booked separately.

For further information regarding this exclusive group offer, please contact:

www.elizabethmccallum.cruiseshipcenters.ca

Expedia CruiseShipCenters, Ancaster-Dundas
1685 Main St W
Hamilton, ON, L8S 1G5 Canada
Toll Free: 1-866-431-0130
Email: emccallum@cruiseshipcenters.com



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

ANNE'S TRIPS

Alaska Cruise

Princess Cruises - The Island Princess
7-day Inside Passage
Starts and ends in Vancouver
May 16th to May 23rd, 2012

I am very happy to say that our Alaska Cruise - 2012 is now all set. Right now, we are concentrating strictly on the cruise, as we need to have deposits in order to hold the best cabins for you.

Princess is holding Balcony Cabins on Deck 10 for us. If you would prefer Ocean View (window), or Inside (no window), please let me know. Balconies are certainly the best way to see the beautiful Alaskan scenery, and are very reasonably priced, as you will see.

We are going to arrange a "Package" (Private Coach, Sightseeing, Hotel, for either 3 or 4 nights), which will start as soon as we disembark in Vancouver at the end of our cruise...but that information will come later, so...back to the cruise.

The cruise itinerary includes Juneau, Skagway, Glacier Bay National Park and Ketchikan.

Prices are in Canadian dollars, per person based on double occupancy.

Cruise....\$1,334.00.... Tax..\$100.00..... Total \$1,434.00

The deposit per person is \$267.00, and that is what holds your cabin of choice. The deposit is 100% refundable until February 12th of 2012. The Final Balance is due February 15, 2012.

This cruise is already proving popular among MURA members. So please contact me at 905-627-0968 (leave a message if necessary and I will return call promptly) or email me sincla@mcmaster.ca.

The sooner you book, the faster I can pick the best cabins for you, and the ship is selling very fast at the moment.

More information on the Coach Package and flights will come later, but the Cruise is the important item at the moment.

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

Stratford.....12th Night

Lunch At Demetre's
Wednesday, September 28th, 2011
\$126.00 per person
Postdate 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

Postdate 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.

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

Cheerio,
Anne Sinclair
Your Trips Co-ordinator

MURA SPECIAL EVENT

Please join us for a day trip to the **McMichael Canadian Art Collection in Kleinburg on Thursday, October 13th, 2011.**

We will travel to Kleinburg by coach with Great Canadian. We will be picked up at 9:30 a.m. from the east end of Fortino's Parking Lot, 1579 Main St. West in Hamilton and should arrive in Kleinburg by 10:45 a.m. You will have two hours to wander around the exhibits and grounds before lunch in the Seven Restaurant at the gallery. Lunch will be followed by a guided tour. We will arrive back at Fortino's at about 4:30 p.m.

The McMichael collection focuses on the Group of Seven, as well as First Nations, Inuit and contemporary artists. The imposing fieldstone and log building is set in



100 acres of conservation land with walking trails. From inside, you will have marvellous views of the densely wooded Humber River Valley. A recent addition to the grounds is the Sculpture Garden, opened on July 1st of this

year. A short paved path takes visitors through a landscape with nine large, dramatic bronze sculptures. You can find out more about the McMichael and its art collection at <http://mcmichael.com/>.

The cost of this trip is \$82 per person, which includes transport, gallery admission, lunch, tax and tips. We need a minimum of 40 participants. To register, please complete the Special Events form on the last page of this newsletter and send it, with a cheque payable to McMaster University Retirees Association, to Mary Johnston, 15 Hillside Ave South, Dundas, ON L9H 4H7 by September 9th.

We regret that we cannot provide refunds for cancellations after September 12th.

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

BOOKING FORMS

TRIPS

To book the trips to the Stratford and Shaw Festivals, 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.

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

Day trip to McMichael Canadian Art Collection in Kleinburg - Thursday, October 13th, 2011

Book by September 9th, 2011 - \$82 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; mercercs@mcmaster.ca) or Mary (905-627-1409; johnston@mcmaster.ca) for more information

of persons: **Amount (# persons X \$82) \$:**

Name:.....

Address:.....

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