



President's Corner

Amazing, it is almost two months into 2010. How quickly the months go by. The decorations have been packed away along with lots of memories of a joyful Christmas and New Year celebrations. Perhaps by now resolutions have proved to be too much and comfortable habits have returned. However, we do hope that 2010 is kind to you.

This issue of *MURAnews* is full of interesting items, among which is an article by one of our members on her life experience. Many interesting trips have been planned for the year; the sign-up form is on the back page of the *MURAnews*. There are photos of our very popular Christmas celebration, along with an announcement of our Annual General Meeting as well as the CURAC Annual General Meeting. The full programme of the MURA AGM will be in the next edition of the *MURAnews*. This year is the 25th anniversary of MURA and celebration events are being planned, among which is a contest to design a logo for MURA. Details of this appear on page 2. All of these items and many more can be found in this edition of the news. Most importantly, if you are interested in standing for election to the MURA Council please let the Nominating Committee know. It will be meeting shortly under the capable hands of Helen Barton whose e-mail address is barton@mcmaster.ca.

Of course, MURA will continue to monitor and keep you advised of any University developments and any other items which may have an effect on retirees.

If you have any suggestions your input is always welcome. Please let us know.

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

CONTACTING MURA

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

Phone: 905-525-9140. Ext.23171 (checked only several times per week)

E-mail: mura@mcmaster.ca

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

CALL FOR NOMINATIONS

The duly constituted MURA Nominating Committee is now receiving input for the nomination of Council members for 2010-2011. The Committee comprises

Tom Davison
Mike Hedden
Lynne Hopkinson
Kathy Overholt
Helen Barton (Chair)

Please forward expressions of personal interest and/or suggestions for nominees to the Committee Chair, Helen Barton at: barton@mcmaster.ca or **905 528 8951**, or any Committee member, not later than February 19, 2010.

Submitted by W. Rouse,
MURA Secretary

SOPHOS (ANTIVIRUS PROGRAM) NO LONGER SUPPORTED

McMaster University is no longer supporting Sophos, the antivirus program that the university had allowed you to use on your home computer for free. Instead, you can use the antivirus software that the university has licensed for university computers, called **Trend Micro**, available for home use for an annual fee of \$10 from "MacMicro - Titles Bookstore"; Phone: **(905) 525-9140 x24417** or see: <https://antivirus.mcmaster.ca/> and <https://antivirus.mcmaster.ca/homeuse.html>

There is also good free antivirus software available. Three such packages are:

- * AntiVir by Avira: See: <http://free-av.com/>
- * Avast See: <http://www.avast.com/>
- * AVG See: <http://tinyurl.com/csej4p>

If you choose one of the free packages, please read the information for each package carefully to determine what protection the package offers and does NOT offer. For terminology related to computer viruses, please see page 8 of the Fall 2008 *MURAnews*. When downloading a free package also read the instructions very carefully as it is very easy to download the professional (not free) versions. The free packages tend to provide good protection without all the bells and whistles. Some will require you to register.

Whatever you decide, please make sure you first de-install your previous antivirus program (Sophos in this case) BEFORE installing your new antivirus program, and please do not use the Internet WITHOUT an antivirus program.

MURA ANNUAL GENERAL MEETING

Wed. May 26, 2010

Starting With Lunch at Noon

See details in the spring issue of *MURAnews*



YOUR MONEY, YOUR HEALTH HEARING AID FUNDING

The Ontario government's Assistive Devices (ADP) Program provides funding for hearing aids for all adults that have a long-term hearing loss who have a valid Ontario health card. Coverage is 75% up to \$500 per ear.

For more information see:

<http://www.health.gov.on.ca/english/public/pub/adp/hearaid.html>

or phone: **1-800-268-6021** (In Toronto: **416-327-8804**)

You may have additional coverage for hearing aids through Sun Life depending on what benefit plan you belong to. Note that the university retiree benefit plans vary greatly with regard to reimbursement for hearing aids. Those in salaried plans 4 (Faculty, Librarians, TMG and CAW) have hearing aid coverage for some additional reimbursement to that provided by the ADP program for two hearing aids. People in plans 1, 2, 3 and hourly plan 4 have some additional coverage beyond ADP reimbursement, but only in cases of hearing aids required as a result of accidents.

It is wise to check your benefits plan booklet or to contact Human Resources Services to determine your Sun Life coverage. Phone: 905-525-9140. Ext. 26466 or e-mail: working@mcmaster.ca or check the Web Site:

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

VOLUNTEERS NEEDED TO GREET WEARY STUDENTS DURING APRIL EXAMS

Volunteer for a two-hour shift (either 5:30-7:30 or 7:30-9:30 p.m.) in a comfortable 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: Amanda Williamson chaplain@mcmaster.ca, or by phone at: **(905) 525-9140, extension 24207.**

The service runs from **Sunday April 11th to Wednesday April 21st** (excluding Saturdays)



MURA COUNCIL NEEDS YOUR HELP!

If you have word processing, graphics design **and/or** web page maintenance skills, **WE NEED YOUR HELP!** We do not have enough people to produce our ever-evolving newsletter, the *MURAnews*, or to keep the MURA web site current. If you would like to assist us in this area and be part of MURA Council, a dynamic, friendly, fun and supportive team, please contact: mura@mcmaster.ca or phone our President, Joan Parker, at: **905 648 2244**

MURA Endowment Fund Campaign

As of January 26, 2010, the MURA Endowment fund total is **\$36,488**, well beyond our original goal of \$32000. This will enable us to increase the value of our annual scholarship to one full-time Gerontology student and prize for one part-time Gerontology student. **THANK YOU!** If you wish to donate to make the fund grow even more, contact:

Jenny Thomson,

Development Officer,
Office of Alumni Advancement,
McMaster University
The President's Residence
1280 Main St. W, 2nd Floor
Hamilton, ON L8S 4K1

Phone: 905-525-9140
ext. 23071

E-mail: jthoms@mcmaster.ca

As of January 26, 2010, the
TOTAL = \$36,488

GOAL: \$32,000



MURA LOGO DESIGN COMPETITION

Science has one. Engineering has one. Indigenous Studies has one. To celebrate the 25th anniversary of MURA in 2010 MURA Council is asking for your help in designing a distinctive logo to represent our organization. All MURA members are invited to submit a coloured design for a distinctive logo which MURA can use on the *MURAnews*, MURA website, and other communications. Your submission should include an explanation of the design, and why you feel it represents MURA and McMaster.

There is one restriction: the elements of the McMaster University logo and coat of arms cannot be taken apart and used in any form of the design.

There will be a prize for the winning design, should one be selected, of a \$25.00 gift certificate to Titles Bookstore.

Please send your submission no later than **April 15, 2010** to MURA electronically at mura@mcmaster.ca or by regular mail to:

MURA, Room B108 Gilmour Hall
1280 Main St West,
McMaster University
Hamilton ON L8S 4L8

**Celebrating 25 Years
with MURA**

**The objectives of the
Association are:**

- 1: to contribute in as many ways as possible to the welfare, prestige, and excellence of the University;
- 2: to promote interest in, cooperation with, and support of the University;
- 3: to encourage and promote a spirit of fraternity and unity among the members of the Association, and to provide means for continuing the associations which retirees enjoyed as employees of the University;
- 4: to represent the interests of the members of the Association in all matters relating to the benefits accruing to the members; and
- 5: to foster an understanding of the functions of the Association among employees of the University who are nearing retirement age.

25 MURA 'FACTS'

1. Stuart Winn drafted his thoughts on creating a retiree's association in 1983.

2. Wilf Patterson, Bill MacPherson, Stuart Winn, Charlie Cook and Dorothy Jacobs were founding members.

3. Gil Murray launched the first newsletter, the "Mural" which was published every two weeks.

4. First meeting of MURA was held in August, 1985.

5. All retirees automatically become life members upon retirement.

6. There is no membership fee.

7. Funds are provided by the University, MUFA, and CAW local 555.

8. MURA is administered by the MURA Council which consists of a minimum of 6 members.

9. Council members are volunteers. Any retiree can serve on the MURA Council, but first must be elected at the Annual General Meeting or be appointed by the voting members of Council

10. Council members normally serve a three year term.

11. MURA represents the interests of the members of the Association in all matters relating to the benefits of retirees and MURA has a voting representative on the Salaried Pension Trust Committee and a representative on the Hourly Pension Trust Committee.

12. MURA arranges many trips, cruises, lectures and excursions for retirees.

13. MURA provides a scholarship for one full-time Gerontology student and a prize for one part-time Gerontology student annually.

14. MURA recently raised more than \$32,000 to endow these academic awards in Gerontology.

15. MURA Council keeps members informed by publishing the *MURAnews* four times a year. The *MURAnews* is available in print or on the web.

16. MURA maintains a website with information on upcoming events, back issues of the *MURAnews* and lots of information of interest to retirees which can be found at <http://mcmaster-retirees.ca/>

17. MURA Council meets once a month, September through June.

18. There is an annual general meeting each Spring, usually in May, to which all retirees are invited.

19. To keep up-to-date with former friends and colleagues, a Christmas luncheon is held every December.

20. Council currently has 14 members and an additional five non-voting consultants.

21. The executive consists of the President, Past-President, Vice-President, Treasurer and Secretary.

22. MURA recently donated a transport wheelchair to Student Health Services.

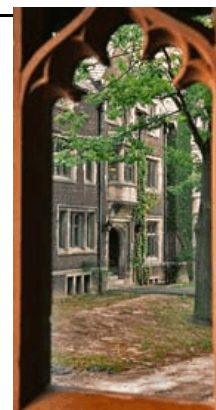
23. MURA membership is currently over 1900.

24. MURA has an official observer seat on the University Board of Governors.

25. A chronology of MURA presidents:

- 1985-1989 Bill MacPherson
- 1989-1992 Charlie Cook
- 1992 Blythe Williams*
- 1992-1993 Charlie Cook
- 1993-1995 Jim Walker
- 1995-1997 Jack Evans
- 1997-1999 John McCutcheon
- 1999-2001 Gerry Keech
- 2001-2003 Frank Drieman
- 2003-2005 Mildred McLaren
- 2005-2007 Brian Ives
- 2007-2009 Helen Barton
- 2009- Joan Parker

* Served until his death in Fall 1992



Report on the Salaried Pension Plan

by Les Robb, MURA representative on the Pension Trust Committee

For the last few years I have reported at this time of year with good news of pension increases. However given the stock market collapse I warned in the Summer 2009 newsletter not to expect an increase in January 2010, and I can now report that the annual rate of pension increase this year (January 1, 2010) is ZERO. The rate of return in the pension fund for 2009 was -11.69%. Combining this return with the previous 4 years of return gave rise to a five year annual average rate of return of 2.94%. This rate falls short of the 4.5% required for indexing so there will be no indexing this year.

I did a quick calculation to see what would be required to achieve indexing in 2011. The fund would need to earn 18 per cent or more in the year ending on June 30, 2010 to bring the calculation back into the range that would lead to positive indexing. Such a rate of return is a very rare event in a plan such as ours, so my best guess is that we will have zero indexing for at least 2 years.

HELP KEEP MURA's COSTS DOWN

With the recent postal increase of three cents per letter in Canada (more for overseas), we ask all MURA members that have access to the Internet to consider switching to reading *MURAnews* on-line at:

http://mcmaster-retirees.ca/Pages/MURA_Activities/Newsletter.html

If everyone receiving *MURAnews* via the post could switch to the on-line version, MURA would save almost \$3000 per year on postage alone. However, since not all of our members have access to the Internet, a more realistic saving for MURA is approximately **\$650** per year if all members who have Internet and currently have *MURAnews* delivered by post switch to the on-line version.

To switch to the on-line version of *MURAnews*, please contact: Pam Penny at:
Phone: 905-627-0463 or email penny@mcmaster.ca

MURA Christmas Party December 7, 2009

Celebration Hall, Kenneth Taylor Hall

Our annual MURA Christmas luncheon, held on campus for the first time this year, was a resounding success. The photos tell the story.

Our thanks to the University President's Office for its generous support!



How circumstances of our lives can change us... Marilyn Paterson, McMaster Retiree

One would think that being diagnosed with a serious illness would alter one's disposition for the worse, but Marilyn is living proof that this is not always the case. Realizing that life was so precious, her disposition became significantly more positive. She was not going to sit on the sidelines and weep. Not being willing to accept that her activities would be considerably curtailed, Marilyn plunged right in and took control of her destiny by exploring ways in which she could make beneficial adjustments to her existence. Marilyn was on a mission! She researched all aspects of the dreaded diagnosis of Primary Lateral Sclerosis (PLS).



Following are Marilyn's own words explaining how she went about making the many positive changes to improve her life and the lives of so many fellow sufferers. Her journey is an inspiration to all of us. If you would like more

information about Marilyn's experiences she can be contacted at mpaterson@quickclick.net

- Veronica Morrison

MY JOURNEY WITH PLS

My career at McMaster commenced in 1979 when I accepted a nine-month maternity leave assignment with the Instructional Development Centre with Dr. Alan Blizzard. In 1980, I was hired by the Faculty of Engineering. During the next 19 years, I was administrative assistant to many Deans of Engineering, starting with Dr. John Bandler, then Dr. Jack Wade, Dr. Art Heidebrecht, Dr. Gary Purdy and Dr. Mamdouh Shoukri.

May 1997, I was golfing and my left toe stubbed. Soon afterwards, if I was taking a long walk or hiking, my left leg experienced some dragging. That started a barrage of tests and in January 1999, I was diagnosed with Primary Lateral Sclerosis (PLS) a slower moving Amyotrophic Lateral Sclerosis (ALS) commonly known as Lou Gehrig's disease. The specialist said that it could move to the full-blown ALS at any time. At that time, I could barely walk across the street as I was so weak. I recall saying to my friends that my life was similar to living in a play-pen. At that time, I left my position in the Dean's office. I immediately started physiotherapy, got fitted with a leg brace, and started walking 10 minutes each day. A newly-published book called 'Your Miracle Brain' by Jean Carper, indicated a very high anti-oxidant regime could benefit ALS patients. I also heard about glyconutrients, which I started taking. Being very active all my life, I decided to learn tai chi and started doing water exercises. Soon, I was gaining some strength and am now pleased to say that I practice tai chi five times a week. I do pool exercises 5 times a week also, and can walk a few kilometres.

My friends now tell me that they can't keep up with me! I was active in the ALS community for numerous years and now volunteer many hours with Wesley Urban Ministries and play a huge part registering and serving families in the no-charge Christmas store.

A new therapy named **BOWEN** has recently become available in Canada, and after a few treatments I am gaining mobility that I haven't experienced in ten years.

My latest good news is that the PLS has stabilized and the specialist does not think I will get any worse.

I travel to Scotland each year to visit family and friends, enjoy my family including two grandchildren and have learned that, with hard work and faith, 'challenges' can be overcome.



CARP (Canada's Association for the 50Plus) Memberships Available at a Discount Through CURAC

One of the perks of belonging to a group such as CURAC is that collectively the group carries more clout than each of its single members. Since MURA belongs to CURAC, MURA members are now eligible for CARP membership or membership renewal (including subscription to CARP's "Zoomer" magazine) at a 25% discount from the advertised fees.

The CURAC rate is \$26.21 for one year and \$78.64 for three years (regular rates \$34.95 and \$104.85, respectively). The registration form to be completed and mailed directly to CARP is posted on the CURAC web site: <http://www.curac.ca>. Follow the link 'CARP Membership' under 'Benefits' in the bar on the right. If you do not have access to the internet, please contact MURA at (905) 525-9140 ext 23171 for a copy of this form.

For more information on CARP, link to their web site at: <http://www.carp.ca>



Winter Alumni Event Calendar

McMaster Alumni welcomes retirees to participate in an exciting list of events. Some of the events may have already happened and others are "SOLD OUT" but there is still a long list of events left to choose from

For more information and to register, visit http://www.mcmaster.ca/ua/alumni/programs_events_registration.html or call 905 525 9140 ext. 23900.

ANNE's MURA TRIPS

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

MONDAY MARCH 15, 2010

ST. PATRICK'S DAY TRADITIONAL IRISH MUSIC



Enjoy a day of traditional Irish music! We start the day at Great Canadian Holidays for coffee before travelling a short way to shop at Bo-De Sweets outlet in Waterloo. Indulge your sweet tooth and take advantage of incredible savings on sweets and treats.

Afterwards, we'll make our way to the Black Forest Inn Conestogo, located only minutes from St. Jacobs in the heart of Mennonite Country. At the Showplace Dinner Theatre, we enjoy some traditional Irish music, performed by one of Canada's greatest fiddlers, Karen Reed. Her wonderful passion for the fiddle is contagious. Backed by Crossbow, this show also features Irish dancer supreme, Sarah Ferguson.

Price Per Person: **\$81.00**; POST DATE CHEQUE FOR **FEB.15TH**, the deadline date for booking
Depart: **9.00AM** from Fortino's, 1579 Main St. W., Hamilton, East end of parking lot closest to Boston Pizza
Arrive back in Hamilton: Approx. 5:30PM

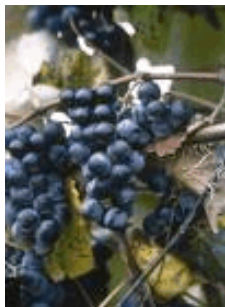
TUESDAY MAY 18, 2010 A DAY IN NIAGARA

Includes:

- Luxury motor coach transportation
- Tour and tasting at Magnotta Wines
- Lunch, tour and tasting at Rockway Glen Estate Winery
- Free time at Niagara-on-the-Lake
- Visit to Kittling Ridge Winery
- GST and Gratuities

Come along for a wonderful day of winery touring!

Join us today as we travel to the Niagara Peninsula, enjoying the breathtaking scenery of the Niagara Escarpment and surrounding vineyards enroute. Our day begins with a tour and tasting at Magnotta Winery, Ontario's third largest winery. We then stop at Rockway Glen Estate Winery for a lunch, tour and tasting. The Winery offers an extensive list of VQA wines, and the Antique Wine Museum, Le Musee du Vin, brings the art of making wine to life. Next we stop for some free time in one of Ontario's prettiest towns, Niagara-on-the-Lake. Last but not least is Kittling Ridge Winery. As both a winery and distillery, Kittling Ridge offers something you can't see anywhere else in wine country



Price Per Person: **\$73.00**;
Depart: **9:45am** from Fortino's 1579 Main St. W., Hamilton, East end of Parking Lot closest to Boston Pizza
Arrive back in Hamiton: Approx. 5:30PM

MONDAY - TUESDAY SEPTEMBER 20 and 21, 2010

ST. JACOBS AND DRAYTON (OVERNIGHTER)

This trip is still "in the works", however we had such a nice trip to Drayton last summer, that I decided an "overnighter" would be a great idea for all of us to enjoy. Here is what I have so far. We depart in the morning of September 20 and head for the Best Western St. Jacobs Country Inn and check in. Then you will have free time on your own for lunch and shopping. We meet for dinner at Crossroads which has a wonderful Buffet. The next day, we will enjoy a "Deluxe Continental Breakfast" at Best Western and check out. Then on to Drayton for lunch at Windfields with its excellent food, followed by a production of "Guys and Dolls" at Drayton Festival Theatre, a beautiful spot. We will arrive home early in the evening.



Price per person:

| | |
|--------|----------|
| TWIN | \$290.00 |
| TRIPLE | \$275.00 |
| QUAD | \$265.00 |
| SINGLE | \$365.00 |

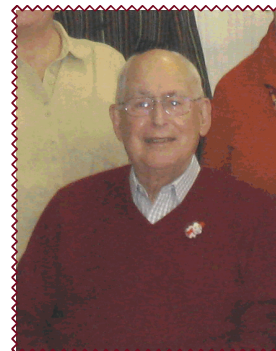
Price includes Hotel & Breakfast, Dinner at Crossroads, Lunch at Windfields, Production of Guys and Dolls at the Drayton Festival Theatre; Luxury motor coach transportation and Gratuities.

Deposit of \$100.00 at time of booking, with the balance due **July 31st**

Booking forms for
Trips are on the last page

MURA COUNCIL SAYS GOODBYE TO ONE OF OUR MEMBERS

Dr. Geoff Evans died November 24, 2009. Geoffrey had been a valuable member of Council since 2005, where he served on the Pensions and Benefits committee as co-chair and chair. He also was our liaison with the Faculty Association for the past year and a half. Geoff was a prominent cardiovascular/thoracic surgeon in our community and one of the pioneer researchers in determining the role aspirin plays in reducing heart attacks. Geoff had a long association with the University, joining the then new Faculty of Health Sciences in 1968.
MURA will miss you!



RECENT PASSINGS



Dr. Geoffrey Evans, Surgery, November 24/09
Dr. Robert Horvath, Civil Engineering, Nov. 27/09
Dr. Gerald King, Chemistry, Oct. 30/09
Dr. Ronald George McAuley, Family Medicine, Oct. 22/09
Dr. Mary Kathryn Tremblay, Nursing, October 13/09
Miss Hazel Alice Ward, Nursing, September 13/09
Mr. Kenneth John West, Physical Plant, November 10/09

WELCOME NEW MEMBERS

Mrs. Sylvia Avery, Centre for Leadership in Learning
Mrs. Lynda Booker, Clinical Epidemiology & BioStats
Miss Carole Chambers, Clinical Epidemiology & BioStats
Mrs. Karen Dion, Human Resources
(Health Sciences)
Mrs. Kathleen Garay, University Library
Mrs. Nancy Gribben, Bookstore
Mrs. Betty Ho, Family Medicine
Mr. James D. Kraemer, Health Sciences
Mr. Myron Kulczycky, Pathology &
Molecular Medicine
Mrs. Jean Johnson, Nuclear Reactor
Mr. John Kupczak, Purchasing
Mrs. Denise Mirabelli, Human Resources Services
Mrs. Pingala Thind, Bookstore
Mrs. Cheryl Weir, Medicine
Mrs. Louise Wilson, Planning & Analysis



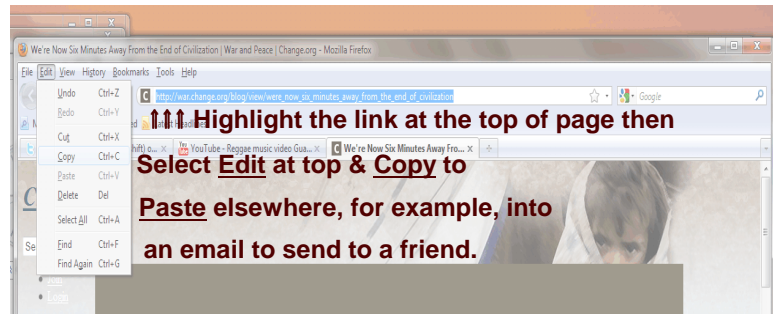
Tuesday to Thursday MAY 18 to 20, 2010
CURAC/ARUCC
Conference & Annual General Meeting

The College and University Retirees Associations of Canada (CURAC) will hold its annual Conference and AGM at York University in Toronto this year. This event is open to all MURA members and since the event is relatively close to home, MURA members may wish to attend this interesting, informative and congenial conference. For preliminary information, please see: http://www.curac.ca/?page_id=681 or contact MURA (see page 1).

Sharing Your Favourite WEB Links

M. Van der Wel

a) Copy and Paste The Link



b) Making The Links Shorter

Do you find yourself wanting to share web links you have discovered that point to articles of interest? Often these links are long and cumbersome and simply do not fit into your document or other means of communication.

For example, when compiling the *MURAnews*, we often want to show links that are very long yet must fit on a single printed line. One way is to reduce the font size so much that the links are hard to read without a magnifying glass.

You may have the same issue if you use Twitter to share your favourite web page with your friends, colleagues and other followers. With Twitter's limit of 140 characters (including the blanks) long web addresses are not feasible.

The solution?: Use <http://tinyurl.com/> On this web site, you can enter a very long link such as http://war.change.org/blog/view/were_now_six_minutes_away_from_the_end_of_civilization

TinyURL's web page will generate a link such as <http://tinyurl.com/ykwqvlv> for your use that points to the same web page but is much shorter. The relation between the long and shorter link reportedly never expires. We have an example of a link from TinyURL in the article about Sophos Antivirus on page 1.

c) Twitter: Useful for Sharing Links

- Twitter is currently free of advertising
- You do NOT need an account to read a Twitter page: Try: <http://twitter.com/cbc> to read CBC news articles
- Twitter provides a nice way of pointing to a variety of web sites and blogs that you may wish to share

To sign up: <http://twitter.com>

VOLUNTEERS NEEDED FOR AREA SCIENCE FAIR

McMaster is hosting the 50th annual Bay Area Science and Engineering Fair (BASEF), March 24 – 27, 2010.

Mac retirees from all backgrounds can help make this event a success. Please volunteer.

BASEF is an exhibition and competition of science, technology, and engineering projects for grades 7 to 12 students from Hamilton, Halton Region, and Haldimand, Norfolk and Brant Counties.

The schedule:

Wednesday, March 24 – noon to 8 pm – Set-up and registration

Thursday, March 25 – 8 am to 5 pm – Student activity morning and Judging

Saturday, March 27– 9 am to 4 pm - Public viewing of projects and awards ceremony

All events are in the Ivor Wynne Centre @Mac

If you are interested in judging, visit www.basef.ca/judging or email Tom Crawford, the Chief Judge, at judging@basef.ca. Judging takes place on Thursday, March 25th.

Volunteers are also needed for a wide variety of tasks including set-up and registration, chaperoning student activities, and welcoming and guiding participants and visitors. To register as a volunteer, visit <http://www.basef.ca/volunteers>, email volunteers@basef.ca, or call Helen Barton at **905-528-8951**.



Academics for Higher
Education & Development
Universitaires pour l'éducation
supérieure et le développement

Academics for Higher Education and Development (AHED), a Canadian bilingual NGO and partner organization of CURAC/ARUCC, is sponsoring a competition for a \$10,000 grant to support capacity development in tertiary education in developing countries.

The deadline for proposals is **March 12, 2010**

Please see details in the News/Nouvelles section of the CURAC/ARUCC website <http://www.curac.ca/> and the AHED/UPESED website <http://www.ahed-upesed.org/>

ON THE LIGHTER SIDE

- submitted by Kursheed Ahmed

Retirement

Question: How many days in a week?

Answer: 6 Saturdays, 1 Sunday.

Question: When is a retiree's bedtime?

Answer: Three hours after he/she falls asleep on the couch.

Question: How many retirees does it take to change a light bulb?

Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees?

Answer: There isn't enough time to get everything done.

Question: Why don't retirees mind being called seniors?

Answer: The term comes with a 10% discount.

Question: Among retirees what is considered formal attire?

Answer: Tied shoes.

Question: Why do retirees count pennies?

Answer: They're the only ones who have the time..

Question: What's the common term for someone who continues to work and refuses to retire?

Answer: NUTS!

Question: Why are retirees so slow to clean out the basement, attic or garage?

Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.

Question: What do retirees call a long lunch?

Answer: Normal.

Question: What's the best way to describe retirement?

Answer: The never-ending coffee break.

Question: What's the biggest advantage of going back to school as a retiree?

Answer: If you cut classes, no one can call your parents.

Happiness is a voyage, not a destination. There is no better time to be happy than NOW!

BOOKING FORMS

TRIPS

To book for any of the following trips, please complete and mail the relevant section of this form, along with a cheque payable to **McMaster University Retirees Association**, to Anne Sinclair, 207-104 Osler Drive, Dundas, ON L9H 4B7
Phone: **905 627 0968**. E-mail: sincla@mcmaster.ca

| | |
|---|-------------------------------|
| | # of persons Amount \$ |
| Monday, March 15, 2010 - Book By Feb. 15, 2010 | |
| ST. PATRICK'S DAY TRADITIONAL IRISH MUSIC , \$81.00 pp | |

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

| | |
|-------------------------------------|-------------------------------|
| | # of persons Amount \$ |
| Tuesday, May 18, 2010 | |
| A DAY IN NIAGARA, \$73.00 pp | |

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

| | |
|--|-------------------------------|
| Monday - Tuesday, September 20 & 21, 2010 | |
| ST JACOBS AND DRAYTON (OVERNIGHTER) | # of persons Amount \$ |

Deposit of **\$100.00 per person** at time of booking, with the balance due **July 31st**

| | |
|---------------------------|-------|
| TWIN \$290.00 pp | |
| TRIPLE \$275.00 pp | |
| QUAD \$265.00 pp | |
| SINGLE \$365.00 pp | |

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