

## PRESIDENT'S CORNER

The MURA Christmas luncheon was very well attended and, based on numerous comments, greatly enjoyed. Many thanks to Janice Rischke and Linda Grocott for all they did to make it such a success.



Nominations to MURA Council are being solicited by the MURA Nominating Committee. You will find details in a notice on this page. We welcome all nominations, but especially encourage nominations of newly or recently retired individuals. There are a variety of roles to be filled on MURA Council, including some that would be enhanced by recent experience and connections with the university and its workings.

Keep up with what is happening as a consequence of the Provincial Budget proposal to pool pension plan assets of several broad public service areas, including universities. See the article by Cliff Andrews and Bob West starting in the next column, which clarifies how this could affect pension funds here at McMaster.

Also in the newsletter is the notice of the MURA 2013 AGM which will take place on Tuesday, June 4th. Please mark it on your calendar now.

Consider getting involved in one of the volunteer opportunities mentioned on page 7 and let us know of any such opportunities that we can advertise in future issues of MURAnews.

You will find many other interesting and informative items in this issue of the newsletter, including trips – one for each month from March to June (page 10).

Les King has written a tribute to Lorraine Allan, a MURA Council member, who passed away in December of pancreatic cancer (page 8). She was the 2012-13 Chair of the Pension & Benefits Committee, Observer to the Board of Governors, and Liaison with MUFA. We will miss her, her commitment and her valuable contributions.

Best wishes to all for a healthy, happy New Year.

Marianne Walters  
MURA President  
[waltersm@cogeco.ca](mailto:waltersm@cogeco.ca) or 905-648-2309

## CALL FOR NOMINATIONS

The duly constituted MURA Nominating Committee is now receiving input for the nomination of Council members for 2013-2014.

The Committee comprises

Joe Laposa (Chair)  
Helen Dietsche  
Les King  
Jan Peer  
Janice Rischke.



Please forward expressions of personal interest and/or suggestions for nominees to the Committee Chair, Joe Laposa, at: [klaposa@cogeco.ca](mailto:klaposa@cogeco.ca) or 905-648-6610 or to any Nominating Committee member, not later than February 11, 2013.

Submitted by Wayne Rouse,  
MURA Secretary

## POOLED ASSET MANAGEMENT FOR ONTARIO'S PUBLIC-SECTOR INSTITUTIONS

### How might this affect McMaster's pension funds?

As Administrator of the McMaster pension plans, the University is responsible for the investment of pension plan assets. A report being considered by the Ontario government may change how university pension plan assets are handled in the future. It's too early in the process to know how or when, or indeed if, these changes will be made but we want to make MURA members aware of the issues.

In May 2012, the Provincial Budget proposed the pooling of pension plan assets of the broader public service, which includes universities, and appointed William Morneau as Pension Investment Advisor. The Morneau Report was issued in October 2012<sup>1</sup>. The report recommends the establishment of a new independent asset management corporation, and legislation requiring pension funds with less than \$40 billion of assets to place these funds with the new corporation for investment. Universities may also voluntarily place endowment, trust and reserve funds with the new investment corporation.

The creation of this new investment management vehicle is intended to reduce asset management costs

<sup>1</sup> <http://www.fin.gov.on.ca/en/consultations/pension/recommendations-report.html>

and increase investment returns. These benefits would result from economies of scale, reduced administrative costs, access to a broader range of asset classes and greater risk control. Pooling of pension assets across universities could provide opportunities to make advantageous investments that would not be feasible for an individual university pension plan.

What does this mean for active and retired members of the McMaster pension funds?

For active members, better investment returns would enhance the sustainability of pension plans and potentially reduce, or limit increases to, employer and employee contributions to the plans in the future.

For retired members, better investment returns would increase the likelihood that annual pension indexing would keep pace with inflation.

Shortly after the Morneau Report was issued, the Premier resigned and Provincial parliament was prorogued until a new Liberal leader is chosen. Whether and when the proposals will be implemented is yet to be determined.

Stay tuned!



Cliff Andrews,  
Observer,  
Hourly Pension  
Plan Committee



Bob West,  
MURA representative,  
Salaried Pension  
Trust Committee

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## SALARIED PENSION PLAN REPORT

**There will be no increase in pensions in January 2013 for McMaster retirees covered by the Salaried Pension Plan.** This makes the fourth consecutive year without an increase in pensions, which translates to a decline in the real value of our pensions of approximately 7.5% over that period.

The annual January pension increase (if any) is based on the amount that the 5-year average rate of return on the pension fund, as of the previous June 30th, exceeds 4.5%. In addition, any increase in pensions is limited to the increase in the Consumer Price Index for the previous year (July 1 to June 30).

The investment return for 2011-2012 was 3.85%, giving a 1.92% average for the 5-year period ending June 30, 2012, far short of the 4.5% threshold. The average rate of return for the past 3 years was 8.42% but this was

more than offset by negative rates of return during the world financial crisis in 2007-2009 (-3.98% in 2007-2008 and -11.89% in 2008-2009).

Looking forward to January 2014, a rate of return greater than 8.99% would be required for the year ending June 30, 2013 before a pension increase would be possible. Since the required rate of return is greater than the average rate of return in past years, it is very likely there will also be no pension increase in January 2014. The gross (before investment management fees and administrative expenses) rate of return for the first 3 months of 2012-2013 (July – September) was 3.6% and a positive rate of return for the October – December period is also expected, a good start to the year.

The implementation of previous decisions to diversify a portion of fund investments into long-term bonds, real estate and infrastructure has been deferred until interest rates return to normal from the unusually low current rates. Also complicating future investment decisions is a proposal by the Ontario government to create a “Super Fund” to manage the pension fund investments of Ontario universities in the future (see separate article on this topic starting on page 1).

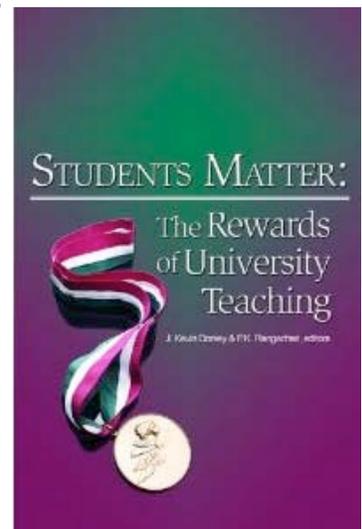
Robert West  
MURA representative, Salaried Pension Trust Committee

## NEWS FROM MURA MEMBERS

Dr. Rangachari, Emeritus Professor of Medicine, has sent news about the publication of the book *Students Matter: the Rewards of University Teaching*.

The book is a tribute to Dr. Howard Barrows and includes Dr. Barrow's essay *An Accidental Educator*, where he describes his own educational journey. He recognizes the contributions of many others to his own education with particular praise for Dr. James Anderson, the Founding Chair of Anatomy at McMaster.

Dr. Barrows was an outstanding teacher who had an enormous influence on medical education globally. He pioneered the notion of using simulated patients to train medical students. Excited by the student-centred approaches being carried out at McMaster in the late 60's, Barrows joined the Faculty of Medicine from 1971 to 1980 and played a significant role in the early years of the MD Undergraduate Program. He later went on to be the Chair of Medical Education at Southern Illinois School of Medicine. After retirement, he returned to Hamilton; he passed away in March 2011.



## AGING, WRITING AND CREATIVITY

*Art enables us to find ourselves  
and lose ourselves at the same time.*

~ Julia Cameron

*Imagination grows by exercise.*

~ W. Somerset Maugham

Writing and other creative activities are especially suited to older adults. In retirement, we often have both the time and inclination to reflect on the various stages of our lives and to consider our individual and collective legacy to younger generations. We also may need to incorporate new activities into our daily lives to stretch our bodies, minds and spirits.



For me, new kinds of writing have engaged me – both professionally and personally. My research veered from painstaking experiments demonstrating the negative impact of poor communication with older adults to a freer exploration of fostering positive communication through life story and creativity. With colleagues I have edited a series of 10 books highlighting the writings of older adults in Southern Ontario. These have included short stories, memoir, poetry, and caregiving stories.

For ten years I have been learning to write poetry – an exercise in humility but also a rich source of fulfillment. I had not written a poem since I had to rely on my mother's help in Grade 4 to write briefly about spring. Nor did I have much connection to literature during university when I was focused on math and science. Once I recognized my interest in writing poetry, I had to seek out learning opportunities. I signed up for a continuing education course to learn about iambic pentameter and metaphor. In the first class I discovered that I was to bring 25 copies of a poem for group critique to class every two weeks. It was a sink or swim process that convinced me of the value of writing with a group. I am still trying to move out of my 'visual focus' to reach for metaphors based on the other senses: hearing, touch, taste and smell. Now I write regularly with several different groups. The process of writing quickly together as a group has been so helpful to me that I have been assisting with the formation of a new group each year. A writing group can also offer valuable constructive criticism of almost-finished pieces. Of course, as with marking papers, learning to offer good criticism directly aids my own work.

If you think you are too old to begin a new creative practice, consider my 100-year-old poet friend Naomi Wingfield (McMaster graduate, class of '38) who began writing poems in her early 80s. Other inspiring examples are included in the book *Celebrating Poets over 70*, which includes many longtime poets but also some who took up poetry in retirement.

### What the Poets say

I write poetry to stay alive! . . . Writing is my passion . . . I am 83 and write every day . . . poetry: the power to fly . . . music of words . . . avenue to celebrations of life . . . I write to see what could happen . . . writing poetry comes naturally . . . explore the colours and shapes of words . . . mysteries of the written word in verse . . . capturing strong emotional moments . . . Writing a poem helps me to live gratefully . . .

Excerpt from *Celebrating Poets over 70*, edited by M. Vespry and E. Ryan

To learn how to write short articles for the public, I initiated a website and monthly blog in 2010. I rely on the regular requirement to prepare the blog to keep me learning and writing. I also seek out other publication opportunities (e.g., a recent article on writing exercises to support the Spirit of Travel<sup>1</sup>) which grow out of the blog or enrich it. After years of writing long dense academic articles, I am intrigued with the value and the difficulty of *saying something worth saying* clearly and briefly. This is an art I can practice and grow with indefinitely.

Ellen B. Ryan

[ryaneb@mcmaster.ca](mailto:ryaneb@mcmaster.ca)

Writing, Aging and Spirit: <http://www.writingdownouryears.ca>

### The Road Now

Ellen Ryan

Retiring from paid work  
I stop to see where I am

follow the echoes  
of projects heralded  
for grit and wit

touch the ribbed weave  
of disciplines colourful  
in their crossing

sniff the ricochet  
of novel thoughts  
tearing through  
tough peels  
of assumptions

taste the chocolate cherry joy  
of collaborations where  
three minds surpass  
possibility

What road now  
worth the pilgrimage

<sup>1</sup> <http://writingdownouryears.ca/spirit-of-travel/>

## MURA CHRISTMAS LUNCH – DECEMBER 2012

MURA's Christmas lunch was held in the CIBC Banquet Hall in the Student Centre on December 4th 2012.



We once again had an excellent turnout, with special guests President Patrick Deane, past University Presidents Peter George and Alvin Lee, Vice-President Administration Roger Couldrey, MUFA President Martin Dooley, MUALA President Laura Banfield, MURA prize winner Gerontology student Ginette King, Chancellor Red Wilson, and past Co-Chancellors Mel and Marilyn Hawkkrigg.

A delicious lunch was provided by Paradise catering. There were plenty of door prizes and everyone had a wonderful time reconnecting with friends and colleagues.

Thanks to the President's office for subsidizing this event, and to Paradise Catering, the McMaster University Student Centre, McMaster Parking Services and members of MURA Council for their assistance in making this a memorable event.

Janice Rischke  
Chair, Christmas Lunch Committee

### PHYSICAL ACTIVITY CAN PREVENT BONE LOSS

As we age, we are at increased risk for developing osteoporosis, a disease characterized by low bone mass and deterioration of bone tissue. This can affect both men and women. Gradual thinning of our bones makes them more fragile and increases our risk of broken bones, particularly in the hip, spine, wrist and shoulder.

The good news is that appropriate exercise can help to prevent bone loss. Exercise where bones and muscles

work against the force of gravity or bear the weight of the body can increase bone density and strengthen bones. Exercise also improves balance and coordination, which helps prevent falls, and this in turn may reduce the chance of breaking a bone.

Osteoporosis Canada provides the following advice:

The first step, for all seniors, is to consult your doctor before you start a new exercise program. If you have osteoporosis or low bone mass, or have broken a bone from a minor event such as falling from a standing height or doing a simple task, you should undergo a risk assessment to determine the specific types of exercises that you can perform safely and those you should avoid. If you have a spinal fracture from osteoporosis, your risk for another fracture is high. It also means that you should avoid high impact exercises or sports that require forward bending, heavy lifting, reaching overhead, twisting, jumping, bouncing or jerky movements.

A comprehensive exercise program would include all of the following:

1. **weight-bearing exercise** (e.g., walking, dancing, stair climbing, tennis)
2. **strength training exercise** (using free weights, machines, exercise bands or body weight as resistance)
3. **posture training** (exercises that emphasize good neck, back and shoulder positioning)
4. **balance training** (Tai chi, yoga, other exercises designed to challenge balance) and
5. **stretching** (most effective, safer and easier to do if done after first warming up the muscles with other types of exercise).



Although most individuals can perform all five types of exercise, some exercises may need to be modified for those who have a moderate or high risk of fracture, including those with a spinal fracture. A Kinesiologist or Physiotherapist can design an appropriate exercise program for you. See page 4 of the Summer 2011 issue of *MURAnews* for information on public fitness programs for seniors in the Hamilton area<sup>2</sup>.

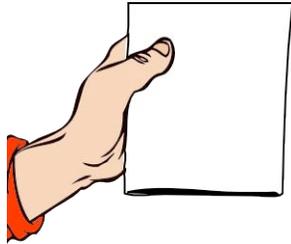
If you would like to see the full article from Osteoporosis Canada, *Exercise for Healthy Bones*, visit their web site<sup>3</sup>. If you do not have access to a computer, leave a message at the MURA office (905-525-9140 extension 23171) and we will mail a copy of the article to you.

<sup>2</sup> [http://mcmaster-retirees.ca/Pages/MURA\\_Activities/MURAnews/MURAnewsSummer2011optimized.pdf](http://mcmaster-retirees.ca/Pages/MURA_Activities/MURAnews/MURAnewsSummer2011optimized.pdf)

<sup>3</sup> [http://www.osteoporosis.ca/multimedia/pdf/publications/OC\\_Exercise\\_For\\_Healthy\\_Bones\\_EN.pdf](http://www.osteoporosis.ca/multimedia/pdf/publications/OC_Exercise_For_Healthy_Bones_EN.pdf)

## KNOW YOUR BENEFIT BOOKLET

Many McMaster retirees are eligible for healthcare (e.g., prescription drugs, dental, hearing aids, eye glasses, physiotherapy) and group life insurance benefits after retirement. When you retired from the University, Human Resources (HR) may have provided you with a booklet listing these benefits. If you do not have a copy of the booklet, you may find it on the *Working at McMaster* web site (<http://www.workingatmcmaster.ca/retirees/index.php>) or you can call HR at 905-525-9140 x 22247.



In order to be fully informed about your post-retirement benefits you should have a copy of your booklet. The front cover states to whom the plan applies (e.g., “Retired Teaching Non-Clinical Faculty and Librarians plan 5”) and gives the Contract Number for McMaster retirees: 25018/50813. The first paragraph on the second or third page gives further information (e.g., “These plans apply to individuals who retired after July 1, 1998 or those who retired earlier and opt to participate in this plan.”). Taken together, this information identifies you as a member of a specific plan.

Seventeen different benefit booklets are listed on the HR web site. The booklet that applies to you depends on the employee group or bargaining unit to which you belonged while working and your year of retirement. None of this is simple; you may need help from HR to determine where you fit into the table below. Your benefit booklet may not appear on the Human Resources website or in the table. If in doubt, contact HR.

Employee Group	Plan Number	Date of Retirement
Clinical Faculty	4	after July 1, 1998 *
Faculty	4	after July 1, 1998 but prior to July 1, 2005*
Faculty/Librarians	5	on or after July 1, 2005, but prior to June 30, 2006
Faculty/Librarians	6	on or after July 1, 2006, but prior to June 30, 2007
Faculty/Librarians	7	on or after July 1, 2007
Librarians	4	after July 1, 1998 but prior to July 1, 2005*
Hospitality	4	all retired Hospitality Services Staff
Machinists	4	all retired Machinists
MUSA	1	on or before June 30, 1994 and who have remained in this plan
MUSA	2	on or after July 1, 1994 and on or before November 30, 1996** who remain in this plan.
CAW	4	after July 1, 1998 *
Operating Engineers	4	all retired Operating Engineers
Ops & Maintenance	4	all retired Operations and Maintenance staff
Parking Services	4	Parking Services staff who retired after 1989*
Security Services	4	all retired Security Services Staff
TMG	1	on or before June 30, 1994 and who have remained in this plan
TMG	4	after July 1, 1998 *

\* also applies to individuals who retired earlier and opted to participate in this plan

\*\* and those members of Plan 2 for retired MUSA members who opted to join this plan

Mary Johnston  
Editor, *MURAnews*

### HELP KEEP MURA'S COSTS DOWN

If you receive *MURAnews* via the post and are an internet user, you can save MURA postage and printing costs by reading the newsletter online instead. To switch to the online version of *MURAnews*, please phone Linda Grocott at 905-689-7520 or email her at [grocott@mcmaster.ca](mailto:grocott@mcmaster.ca).

## BOOKING FORMS FOR MURA TRIPS LISTED ON PAGE 10

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 or MURA, to **Shari Mercer, 1502-477 Elizabeth Street, Burlington, Ontario L7R 2M3**  
You can reach Shari by phone: 905-336-5568 or email: [mercers@mcmaster.ca](mailto:mercers@mcmaster.ca) for more information.

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**Thursday, March 21, 2013**  
**Tour of Toyota Motor Manufacturing Canada Plant**  
**Cambridge Ontario**

\$73.00 per person

post date cheques to March 10, 2013 payable to McMaster University Retirees Association (MURA)

# of persons: ..... Amount (# persons X \$73) \$: .....

Name:.....

Address:.....

Postal Code: ..... Telephone #: ..... email address: .....

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**Thursday, April 4, 2013**  
**Mary Poppins**  
**Dunfield Theatre, Cambridge, Ontario**

\$106.00 per person

post date cheques to March 1, 2013 payable to McMaster University Retirees Association (MURA)

# of persons: ..... Amount (# persons X \$106) \$: .....

Name:.....

Address:.....

Postal Code: ..... Telephone #: ..... email address: .....

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**Friday, June 7, 2013**  
**Fiddler on the Roof**  
**Stratford, Ontario**

\$130.00 per person

post date cheques to May 1, 2013 payable to McMaster University Retirees Association (MURA)

# of persons: ..... Amount (# persons X \$130) \$: .....

Name:.....

Address:.....

Postal Code: ..... Telephone #: ..... email address: .....

## MURA ANNUAL GENERAL MEETING

Tuesday, June 4th, 2013

Starting with lunch at Noon

Look for details in the Spring 2013 issue of  
MURAnews

## VOLUNTEER OPPORTUNITIES

### Regional Science Fair

March 20 – 23, 2013

at Hillfield Strathallan College and Mohawk College

The Bay Area Science and Engineering Fair (BASEF) is an annual exhibition and competition of science, technology, and engineering projects for grades 7 to 12 students in Hamilton, Halton, Brant, Haldimand, Norfolk and Six Nations.



**Mac retirees from all backgrounds can help make this event a success as:**

- ◆ **Volunteer Judges** – Judging day is Thursday, March 21st. Volunteer at [www.basef.ca/judging](http://www.basef.ca/judging) or email [judging@basef.ca](mailto:judging@basef.ca).
- ◆ **General Volunteers** – Help with set-up, registration, supervising student activities, and welcoming and guiding participants and visitors. Volunteer at <http://basef.ca/volunteer>, email [volunteers@basef.ca](mailto:volunteers@basef.ca), or call Helen Barton at 905-528-8951.

### Student Open Circles Invites You to Get Involved

Saturday, February 2, 8:30 a.m. - 5:30 p.m.



Volunteer alongside McMaster students through our 1-Day Volunteer-a-thon serving a variety of Hamilton agencies that provide essential inner-city services.

This is your chance to...

- ★ Have a great time and get to know others,
- ★ Collect sponsors for Student Open Circles,
- ★ Debrief and reflect about your volunteering experience as well as discuss social issues facing Hamilton.

To register (by February 1st at noon), email [info@studentopencircles.com](mailto:info@studentopencircles.com) or phone 905-528-1221 extension 4. For further information, visit [www.StudentOpenCircles.com/events](http://www.StudentOpenCircles.com/events)

<sup>1</sup> <http://mcmaster-retirees.ca/PDF/econjan2013.pdf>

<sup>2</sup> <http://alumni.os.mcmaster.ca/s/1439/wide.aspx?sid=1439&gid=1&pgid=737>

### Other volunteer opportunities with Open Circles

Student Open Circles creates discussion forums for a diversity of McMaster students to explore spirituality and social justice as well as connecting over 300 students annually to volunteer in weekly groups throughout Hamilton.

Interested in volunteering with Student Open Circles? We are looking for a range of volunteer skills: accountant services, legal services, assistance with mailings, graphic design, bookkeeping, sales and promotion, professional music mastering and production, helping with events, fundraising. To learn more, contact [info@studentopencircles.com](mailto:info@studentopencircles.com) or 905-528-1221 extension 4, or visit <http://www.StudentOpenCircles.com>

### Greet Weary Students During April Exams

The Chaplaincy Centre provides cookies, tea and coffee to students in a comfortable area (Room 230) in the Student Centre. Your role is to greet students, refill the cookie tray and replenish the beverages.

If you are interested in volunteering, please contact: Ruthanna Mack at [chaplain@mcmaster.ca](mailto:chaplain@mcmaster.ca), or phone 905-525-9140, extension 24207.

The dates are April 11th to April 22nd, 2013, with the exception of Saturday evenings (April 13th and April 20th) as there are no exams on Sunday. Volunteer for a two-hour shift (either 5:30-7:30 or 7:30-9:30 p.m.).



### economical SELECT™ Special Promo

#### Group Rates on Home and Automobile Insurance

This group insurance program is available to MURA members because of MURA's membership in CURAC, the College and University Retirees Association of Canada. For more information, see the insert in this issue of *MURAnews*, link to the brochure on the MURA web site<sup>1</sup> or call economical SELECT at 1-866-247-7700 .

### ALBERT LAGER LECTURE SERIES

#### Presented by the McMaster Alumni Association

Alvin Lee. *The Waltz, A Dance in ¾ Time.*

The Great Hall, Alumni Memorial Hall (University Club)  
Wednesday, February 27, 2013; 7:00 p.m. - 8:30 p.m.

Lectures are free but registration is required through the Alumni Association web site<sup>2</sup> or by calling 905-525-9140 extension 23900.

## A TRIBUTE TO LORRAINE ALLAN

Lorraine Allan's untimely death robbed the University of one of its more dedicated and exceptional faculty members.

An alumnus of McMaster (Ph.D., 1968), Lorraine spent all of her active career at this University as a member of the Psychology Department. In retirement she served as MURA'S observer on the University Board and in 2012 became chair of its Pension and Benefits committee and a member of its Council.

Lorraine was an accomplished teacher, a respected researcher with more than 80 published papers in her name, and a wise and skillful participant in the administration of the University.

In the course of her career she served on and chaired every important committee of the Senate, chaired her department, served on the Board and was President of the Faculty Association in two separate years. As chair of Undergraduate

Council she oversaw the approval and implementation of the Arts and Science Programme and as a member of numerous committees she was a principal framer and author of the University's appointments, tenure and promotion policy (the so-called 'Yellow Document'). As recently as the past year she appeared before the Senate and Board both as a member of the sub-



committee that developed the administrative leave policy and as the chair of a sub-committee charged with reviewing all of the supplementary policy statements of the 'Yellow Document.' She was tireless in her committee work, always sensitive to the nuances of policy issues, and deeply committed to the goal of preserving collegial relations between the different parties within the university community.

Both the McMaster Faculty Association in 2004 and the Canadian Association of University Teachers in 2011 recognized her contributions with their Outstanding Service Awards. Yet she could never be persuaded to stand as a candidate for a deanship in which position she would have been superb. She cherished her role as a faculty member and now her colleagues cherish their memories of her.

Les King

## RECENT PASSINGS



- Dr. Lorraine G. Allan, Psychology, Neuroscience and Behaviour, Dec. 16/12  
Mrs. Catherine Cameron, Kinesiology, Dec. 16/12  
Mrs. Vivian G. Campbell, Humanities – Music, Nov. 2/12  
Mr. Robert Connolly, Physical Plant, Jan. 8/13  
Dr. Gerard (Gerry) Field, Applied Mathematics, Nov. 12/12  
Dr. H. Robert Morgan, Obstetrics and Gynaecology, Dec. 25/12  
Dr. L. David Pengelly, Medicine and Engineering Physics, Oct. 23/12  
Dr. W. F. Skipper Poehlman, Computing & Software, Dec. 1/12  
Mrs. Dorothy Ringach, Building Operations, Dec. 26/12

## WELCOME NEW MEMBERS

- Mrs. Frances Allen, Engineering Physics  
Mrs. Silvana Berlingieri, University Advancement  
Dr. John Capone, Biochemistry & Biomedical Sciences  
Mr. A Seong Cheong, Biology  
Mrs. Jackie DeFreitas, University Technology Services  
Ms. Ann Falconer, Pediatrics  
Dr. Bruce W. Frank, University Secretariat  
Mrs. Morag Horsman, Health Sciences Computer Services Unit  
Mrs. Leena Jaanimagi, Regional Medical Services  
Mr. Christopher A. King, Health Sciences Finance  
Ms. Jessica Kleefstra, University Technology Services  
Ms. Jude Levett, Museum of Art  
Mrs. Linda Norek, Social Sciences  
Mr. Al Paskevicius, Facility Services  
Mr. Larry Petrie, Bookstore  
Mrs. Linda N. Pretty, University Libraries  
Ms. Bonnie Rush, Education Services  
Mrs. Sue Samson, Medicine *(cont. on page 9)*

(cont. from page 8)

Ms. Mary Sexton, Medicine

Ms. Christine Singer, University Libraries

Mrs. Marianne Smillie, Health Sciences Finance

Mrs. Sue Steele, Pediatrics

Dr. Wayne Warry, Anthropology

And a special, belated "welcome to MURA" to the following new member who retired in 2011 but was added to the MURA roster just recently.

Dr. Vittorina (Vikki) Cecchetto,  
Linguistics & Languages



## MCMMASTER BOOKSTORE COMPUTER DEPARTMENT

While we were working at McMaster, many of us were in the habit of purchasing our computers and related supplies from the McMaster University Bookstore, also known as Titles. I recently visited the computer department at the bookstore and discovered that many of the services offered to employees are also available to retirees. The computer department routinely works with customers to customize systems to suit every need and budget. They also supply service and technical support for their products.



Titles carries Apple, HP, Sony, Fujitsu, Lenovo, Toshiba and ASUS computers, as well as printers, software, accessories and supplies. If you are looking to purchase any of these items, it is worth getting

a quote from the McMaster bookstore. Although educational discounts are not generally available to retirees on Apple products, you may be able to take advantage of special educational promotions on other brands of hardware and software. For example, MURA members may purchase TrendMicro anti-virus software through the bookstore for \$13.50 per year<sup>3</sup>.

The McMaster University Bookstore is a self-supporting organization, fully owned and operated by the University. The bookstore contributes over \$1.25 million annually in support of student success.

<sup>3</sup> <http://www.bookstore.mcmaster.ca/computers/trend-micro-licences.html>

<sup>4</sup> <http://www.bookstore.mcmaster.ca/cgi-mcm/ws/gmhome.exe?wsgm=MacMicro>

Consider including Titles as an option when you are shopping around for computer equipment or software.

You can find out more about the computer department at the bookstore by visiting their web site<sup>4</sup>, sending an email to [macmicro@mcmaster.ca](mailto:macmicro@mcmaster.ca) or calling 905-525-9140 extension 27873.

Janice Rischke

## WHAT'S HAPPENING AT MAC

MURA members with grandchildren may be interested in the **McMaster Children and Youth University program** (<http://fhs.mcmaster.ca/mcyu/>). Now in its second year, the free program of monthly Saturday-morning sessions by university faculty members can accommodate more than 600 participants.

On February 23rd, Christina Grant will speak to students in a special session on how to deal with bullies. Dr. Grant is an award winning instructor who is an associate professor in McMaster's Department of Pediatrics. The session starts at 11 a.m. in the Michael G. DeGroot Centre for Learning and Discovery (Room 1305). To register go to <http://www.fhs.mcmaster.ca/mcyu/registration.html>, email [cymac@mcmaster.ca](mailto:cymac@mcmaster.ca) or phone: 905-521-2100 extension 73790.

## LITERARY LEGENDS BY SEA AND BY LAND

Join Dr. Graham Roebuck, Professor Emeritus at McMaster University, Academic 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 June 1, 2013 on board Cunard's Queen Mary 2, the group will sail to Southampton, England and then embark on a six-day land excursion to Stratford-on-Avon and London, escorted throughout by Dr. Roebuck.

**Fares Starting From\***

**Cruise: \$1243 Inside \$1567 Oceanview \$1708 Balcony  
Land: \$1999**

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

For further information regarding this offer, please contact:

[www.elizabethmccallum.cruiseshipcenters.ca](http://www.elizabethmccallum.cruiseshipcenters.ca)

Email: [emccallum@cruiseshipcenters.com](mailto:emccallum@cruiseshipcenters.com)

Phone: 905-540-8747

**Special bonus of onboard gifts and shipboard credits.**

## MURA TRIPS

Hello everyone and Happy New Year. I hope you are enjoying a healthy and active winter.

I do hope one or more of the trips listed below will appeal to your sense of enjoyment.

All day trips should return to Hamilton around or just after the dinner hour. Prices include driver's tip, meal (except spirits), gratuities and good seats for performances.

For more information about the trips or to book your place(s), please contact me at 905-336-5568 or [mercurs@mcmaster.ca](mailto:mercurs@mcmaster.ca).

**Thursday, March 21, 2013**

### **Tour of Toyota Motor Manufacturing Plant Cambridge, Ontario**

Our first trip of the year will be on March 21, 2013 with a guided tour of the Toyota Motor Manufacturing Canada plant in Cambridge Ontario. Our day will start from the Fortino's parking lot, 1579 Main Street West, Hamilton



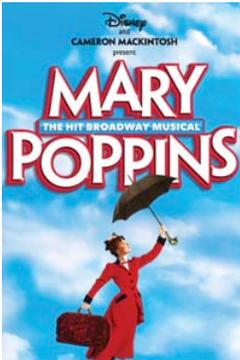
(east side, behind the West End Car Wash) at 9:00 a.m. We travel to the Southworks Outlet Shopping complex for a morning stop. Then on to lunch at the Cambridge Mill before starting our tour of the Toyota plant after lunch. The tour takes place on a motorized tram. Return to Hamilton will be around 5:00 p.m.

Cost for the day is \$73.00 per person payable by cheque to MURA (McMaster University Retirees Association) dated March 10, 2013.

**Thursday, April 4, 2013  
Cambridge, Ontario  
Mary Poppins**

April 4, 2013 sees us travelling to the new performance facility of Drayton Entertainment, the Dunfield Theatre in downtown Cambridge, for a matinee performance of *Mary Poppins*. We depart Fortino's at 10:30 a.m. and enjoy a three-course luncheon at the Blackshop Restaurant in Cambridge before the show.

Price for this day trip is \$106.00 with a cheque payable to MURA and dated March 1, 2013.



## Quebec City

**May 27 – 31, 2013**



Our five day, four night excursion to Quebec City is still open for bookings. The trip is planned for May 27 – 31, 2013 and includes many exciting and informative events. See page 5 of the Fall 2012 issue of *MURAnews*<sup>5</sup> for details or call me at 905-336-5568.

**Friday, June 7, 2013  
Stratford, Ontario  
Fiddler on the Roof**

On June 7, 2013 we have a matinee performance of *Fiddler on the Roof*, the blockbuster musical at the Festival Theatre in Stratford this year. We will depart Fortino's at 9:00 a.m. and travel to Stratford where we will enjoy some free time before our buffet lunch at the Queen's Inn (both events return by popular request!).

Price for this day will be \$130.00 (premium seats) payable by cheque to MURA on May 1, 2013.



**Use the booking forms on page 6 of this newsletter to register for trips. Mail the form(s) along with your cheque(s) to:**

**Shari Mercer  
1502-477 Elizabeth Street  
Burlington, Ontario  
L7R 2M3.**



### **CONTACTING MURA**

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

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

**Email:** [mura@mcmaster.ca](mailto:mura@mcmaster.ca)

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

<sup>5</sup> [http://mcmaster-retirees.ca/Pages/MURA\\_Activities/MURAnews/fall.2012.frames.html](http://mcmaster-retirees.ca/Pages/MURA_Activities/MURAnews/fall.2012.frames.html)