

PRESIDENT'S CORNER



It's only a few weeks until the annual MURA Christmas party on December 4th. This festive occasion featuring good food, good company, and a cash bar will again this year be held in the CIBC Banquet hall of the McMaster University Student Centre. We are most grateful to the McMaster University President's Office for partially subsidizing this event. You'll find the information and form for response on pages 3 and 10.

Input from the MURA Pension & Benefits Committee, chaired by Lorraine Allan, recently led to changes by Human Resources on the McMaster University website: <http://www.workingatmcmaster.ca/retirees/>. These changes clarify, under *Retiree Information: Retiree Out of Province Coverage Summary*, that our emergency medical coverage also applies to out of country travel, and that it is available not only to eligible retirees, but also to their eligible dependents – two areas that our members had raised questions about.

I am also pleased to report that some progress is being made in addressing our concerns about reports of inaccurate information given by Europ Assistance customer service providers when contacted by retirees with a medical emergency while travelling outside of Ontario. Human Resources has reported that they are working with Sun Life to ensure that service is upgraded to an acceptable level.

Take a look at the Volunteer Opportunities on pages 7 and 8. There are a number of varied and useful ways to become engaged – some on campus, some in the wider community; some for a single occasion, some on an ongoing basis.

Also of special note is Hamilton Third Age Learning - a programme of life-long learning - new to Hamilton this coming Spring. Details on this upcoming lecture series are on page 4.

Marianne Walters,
MURA President
waltersm@cogeco.ca or 905-648-2309

The MURA Academic Awards Fund -- help make it grow



- ★ The cost of education continues to grow.
- ★ Our MURA fund needs \$15,000 more over the next three years to
 - increase the annual MURA Gerontology scholarship from \$1250 to \$2000
 - increase the annual MURA part-time Gerontology student prize from \$350 to \$550.
- ★ We can do this! The MURA endowment fund grew from \$0 to \$49,000 in five years with donations (both small and large) from retirees and 'friends of MURA'.
- ★ A pledge card will be arriving in your mail box soon; please respond as you are able
- ★ or make a donation at <http://MURAscholarship.ca>, or by calling Meggie MacDougall, Annual Giving Intern, at 905-525-9140, extension 24667.

YOUR MONEY, YOUR HEALTH

Are you drinking enough? The importance of proper hydration¹

Adequate hydration, i.e. taking in an adequate amount of fluid, is important at any age but becomes more of an issue as we get older. You may be very aware of the need to drink enough fluids to prevent dehydration during the summer. Staying well hydrated when it's hot is definitely a must. But hydration is important to your health year round.

Older people are at increased risk of dehydration. Thirst receptors aren't as pronounced as when we were young, so we don't get the same cues to drink as we used to. Research suggests that seniors are at increased risk of dehydration because their brains fail to effectively gauge how much water their bodies need. Bladder problems may lead some people to cut back their fluid intake to minimize the need to go to the washroom.

(continued on page 2)

¹ Sources: <http://www.50plus.com/health/hydration-key-to-good-brain-health/140919/>
<http://www.cbc.ca/news/health/story/2007/12/18/senior-dehydration.html>
<http://www.eatrightontario.ca/en/Articles/Water/Facts-on-Fluids---How-to-stay-hydrated.aspx>
<http://www.realage.com/food/how-much-water-do-you-really-need>

(continued from page 1)



As well as physical symptoms such as fatigue, elevated heart rate, headache and dizziness, dehydration may adversely affect cognitive function – to the point of causing mental confusion in some people. Some of these symptoms may increase the risk for falls and other accidents.

How much should we drink? Iris Weinberg, a dietitian at the Baycrest Centre in Toronto, recommends “at least 1,500 ml per day which is equivalent to six cups. This can be made up of coffee, tea, soup and other fluids.” Aim to drink fluids often throughout the day.

There are exceptions to this advice. Your healthcare provider may have advised you to restrict fluids because you have a health condition or are on medication that compromises your body's ability to get rid of fluids or maintain adequate sodium levels. If this applies to you, do not make changes to the amount that you drink without consulting your physician.

In addition to thirst and dry mouth, there are other clues that you may not be drinking enough. If your urine is a dark yellow colour and has a strong smell, you may not be getting enough fluids. The amount of urine you make can also be a sign of your hydration status. If you feel light-headed and tired, are not able to focus or have many headaches, these could be signs that you are dehydrated. Dehydration may also make constipation worse.

Very large amounts of water are not necessary for good hydration, but regular intake of fluids over the course of the day should help you feel healthy and alert.



10 Tips for a Successful Visit to the Audiologist²

At least 30% of people over 65 years of age have significant hearing loss but many are unaware of their problem. Simple screening by family physicians can identify those who should undergo further examination to determine if they need hearing aids. There is good evidence from clinical studies that hearing aids improve the quality of life of people with hearing loss.

If you have been advised that you may need hearing aids, the next step is to visit an audiologist. The American Association of Retired Persons (AARP) provides the following advice to prepare for your visit to the audiology clinic:

1. Don't go alone. Bring along a friend or relative to the examination. They will help you to hear and remember what is said by the audiologist.

2. Interview a provider. The College Of Audiologists And Speech-Language Pathologists Of Ontario (Phone: 1-800-993-9459; email: caslpo@caslpo.com) may be able to help you to find audiologists in your area.

3. Know before you go. Ask yourself: "What do I want the hearing aid to do for me?" For example, do you just want to be able to hear the television? Or do you hope to hear the sermon in church? Knowing your priorities will help the audiologist determine what type of hearing aid is best for you.

4. Have your hearing tested. During your visit, you should be given a hearing test in a soundproof booth. It will tell the audiologist or hearing specialist what type of hearing loss you have so a hearing aid can be programmed specifically for you. Not all devices will fit every person or every degree of hearing loss.

5. Try before you buy. Ask for a demonstration of the hearing aids recommended for you. And take your time – buying a hearing aid is an important and costly decision.

6. Ask about add-ons. Depending on your particular circumstances and lifestyle (e.g., using a cell phone, attending concerts) some technological enhancements might be right for you. But consider what you really need. Don't be pressured into buying extras you don't need – all technology comes at a price

7. Can you hear me now? After you buy your hearing aid, don't leave the office without checking whether it fits. And not just physically; does it do what you want it to do? Ask to have an automated "real ear" test to see how it works in your ear.

8. Get it in writing. Get a signed copy of a contract that outlines what you're buying – the model and make of hearing aid – and the price, trial period, any non-refundable fees as well as the warranty.

9. Follow-up visits are a must. People with hearing aids need to undergo regular examinations, since the aids can malfunction or may become inappropriate with further deterioration in your hearing.

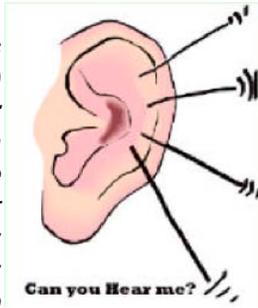
10. Ask about training. There is more to buying a hearing aid than just fitting it to your ear. You don't hear only with your ears - you also hear with your brain, and your brain may not know what to do with the sound after you get your hearing aids. Ask your audiologist about aural education and rehabilitation.

(continued on page 3)

² Sources: C. Patterson, MD; J. Feightner, MD, MSc. Promoting the health of senior citizens. CMAJ: 15 OCT. 1997.
<http://www.aarp.org/health/conditions-treatments/info-05-2011/getting-the-right-hearing-aid.html>
<http://www.canadianaudiology.ca/consumer.html>
<http://www.health.gov.on.ca/en/public/programs/adp/publications/hearaid.aspx>
<http://www.caslpo.com/AboutTheProfessions/FindAPrivatePractitioner/tabid/395/Default.aspx>

(continued from page 2)

The Ontario government's Assistive Devices (ADP) Program provides funding for hearing aids for all adults with long-term hearing loss who have a valid Ontario health card. For more information phone: 1-800-268-6021 (In Toronto: 416-327-8804) or visit the ADP web site <http://www.health.gov.on.ca/en/public/programs/adp>.



You may have additional coverage for hearing aids through your university retiree benefit plans, although the plans vary greatly with regard to reimbursement for hearing aids. Check your benefits plan booklet or contact Human Resources Services to determine your coverage. Phone: 905-525-9140. Ext. 22247 or email: working@mcmaster.ca or check the web site: <http://www.workingatmcmaster.ca/retirees/>



MURA CHRISTMAS LUNCH
Tuesday, December 4, 2012 at 12:00 Noon
CIBC Hall - McMaster Student Centre
RSVP by November 16, 2012

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

We have once again booked the CIBC Banquet Hall in the Student Centre for this year's Christmas Lunch. We will have twice as many buffet tables for quicker service and have moved the bar to the lounge so that you will have more room to move around.

The lunch buffet will be a traditional Christmas menu consisting of freshly baked rolls, five salads, veggies & dip, roast turkey with sage dressing, baked ham with raisin cider sauce, roasted potatoes, and fresh mixed vegetables. All this will be topped off with assorted tarts, festive cookies, a fresh fruit platter, and tea and coffee.

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

We will also have many draw prizes for you to win.

The price is \$16 per person. Please be advised that you must pre-book and pay for the Christmas Lunch by November 16th, and should make your booking as soon as possible. We will try to accommodate everybody who wants to attend, but seating is limited to 200. You will not be able to pay for your meal on the day of the event.

Please fill out and send in the Booking Form (on page 10 of this issue of *MURAnews*) along with your cheque **by Friday November 16th.**

For information, contact Janice Rischke: 905-627-1798 or rischkej@mcmaster.ca

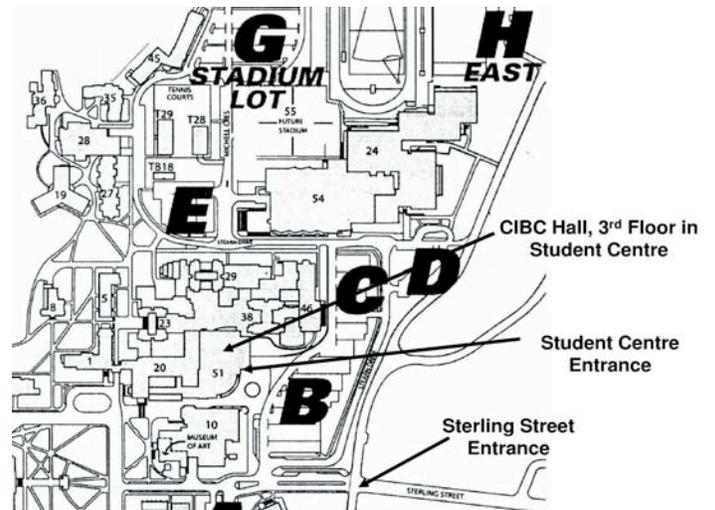
COMPLIMENTARY PARKING
MURA thanks Parking Services
for this generous support.

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

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

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

For the mobility impaired, if you have an Ontario Accessible Parking Permit and require reserved accessible parking, please be sure to tell Janice in your RSVP. Reserved parking will be provided in Lot C close to the Student Centre. Parking staff will be on duty to assist with accessible parking in Lot C. Please have an Ontario Accessible Parking Permit on display in your vehicle.



WHAT'S HAPPENING ON CAMPUS & BEYOND

Hamilton Third Age Learning – Understanding the 21st Century

A new program of lifelong learning is set to begin in Hamilton in the spring of 2013.

The Hamilton Third Age Learning (HTAL) program will begin next April with six lectures on the theme of 'Understanding the 21st Century'. Professors Cliff Burgess, Martin Horn, Graham Roebuck and Sandra Witelson from McMaster will be four of the lecturers.



The sessions will be held in the Atrium building at the McMaster Innovation Park on Longwood Avenue, on Friday mornings from 10 a.m. to noon. Free parking will be available.

More information on the program and a brochure can be obtained at the website, www.htal.ca.

Everyone is welcome and you are encouraged to register early for the program.

If you are interested in assisting in the work of HTAL please contact Les King at kinglj@mcmaster.ca or 905-648-6636.

Some background on HTAL:

A group of local citizens took the initiative to develop Hamilton Third Age Learning after participating in and studying similar programs that exist in Burlington, Guelph, Kitchener-Waterloo and other communities across Canada.

The Third Age Learning movement began in Toulouse, France, in the early 1970s and is now well-established in various forms in Europe, the U.K., Australia and New Zealand, the U.S.A. and Canada. Their shared aim is to provide learning opportunities for retired and semi-retired persons, typically by organizing lecture series and discussion forums led by experts on subjects of interest.

Fundraiser for McMaster Campus Ministries Council

Tuesday, October 30, 7:00 p.m. Christ's Church Cathedral, 252 James Street North, Hamilton.

Lecture followed by reception. JOHN PHILIP NEWELL (former chaplain at McMaster, poet, peacemaker, author of 15 books). *A NEW HARMONY: THE SPIRIT, THE EARTH, AND THE HUMAN SOUL*

General admission, \$50; students \$20 (cash only). For tickets (or information) contact Rev. Carol Wood (905-525-9140 ext. 24127; woodcar@mcmaster.ca) or Bryan Prince Bookstore (1060 King Street West).

Albert Lager Lecture Series

The McMaster Alumni Association presents free lectures at the Parks Canada Discovery Centre, Hamilton Harbour.

Wednesday, November 7, 2012 at 2 p.m.: *Islam and Modernity: Challenges and Solutions* - Liyakat Takim

Call 905-525-9140 extension 23900 or go to the Alumni Association's web site³ for information about the Albert Lager Lecture series and other events sponsored by the Alumni Association.

Hamilton Association Free Public Lecture Series

The Hamilton Association for the Advancement of Literature Science and Art presents free public lectures on Saturday evenings at 8 o'clock in the Ewart Angus Centre in the Health Sciences Centre on campus.

November 10: *Peter Gzowski and the Complexities of Biography* — Rae Fleming

December 1: *Searching for Signatures of Life in Astrobiology* — Prof. Gregory Slater

For information, go to www.haalsa.org/lectures.htm or call 905-527-0080.

The Follies Christmas Variety Show

Please support your fellow retirees who are in this show.



Contact MURA member Harold Siroonian at 905-527-5473 or email him at hsiroonian@gmail.com for tickets personally delivered right to your door.

³ <http://alumni.os.mcmaster.ca/s/1439/wide.aspx?sid=1439&gid=1&pgid=734>

MURA TRIPS

Hello everyone

Fall is a busy time and I am working on trips for 2013 based on the recently released schedules for the Stratford, Shaw and Drayton theatres. Details as they are completed will be forthcoming via email and future issues of *MURAnews*.

Festival of Northern Lights Wednesday November 21, 2012

Seats are still available; please give me a call or email if you would like to join us.

Our seasonal trip this year will be a drive to the north country of Owen Sound, Ontario with a coffee stop along the way as we travel to the Grey Roots Heritage and Visitor centre. At the centre we will have a guided tour of this cultural facility and some free time. We then go to the Stone Tree Golf Course for our full turkey dinner. After dinner, our step-on guide will join us on the coach for a drive through the lights display. A final stop will be at the visitor centre before travelling back to Hamilton.

Cost for the day will be \$75.00 per person, payable to McMaster University Retirees Association (MURA). We will depart the Fortino's parking lot, 1579 Main Street West, Hamilton (east end of parking lot closest to Boston Pizza) promptly at 12:15 p.m., returning around 10:00 p.m.

Quebec City May 27 – 31, 2013

Our five day, four night excursion to Quebec City is also open for bookings. Again I welcome your inquiries.

The dates are May 27 – 31, 2013. We will travel by luxury motor coach with Great Canadian Holidays. We will have the expertise of a tour guide who will provide information and ideas for our trip to La Belle Provence.



Plans are to stay at the lovely downtown Hilton Hotel located just outside the gates of the Old City of Quebec.

It's an ideal spot from which to enjoy our visit and free time during our stay.

Our trip will include a guided tour of Old and New(er) Quebec City, a scenic sightseeing cruise, one dinner, a side trip to the shrine of Ste. Anne de Beaupre with a stop at the outdoor bread ovens to enjoy the bread and maple sugar treats, another side trip for a tour around the Ile d'Orleans with a stop at Manoir Mauvrie Genest and lunch.

Something a little different with our multi-day trips: Great Canadian Holidays is handling the registration and payments directly. They can also advise if you require travel insurance. Deposit at time of booking is \$200.00 per person twin, triple or quad and \$300.00 per person if travelling single.

Prices including all of the above as well as driver and host guide tips and HST are as follows:

Twin \$875.00	Triple \$830.00
Quad \$785.00	Single \$1,180.00

I do hope if you like the itinerary you will contact me or Great Canadian Holidays (1-800-461-8687) to book a spot. Final payment would be due April 9, 2013.

Shari Mercer, Chair, MURA Trips Committee
905-336-5568
mercers@mcmaster.ca

MURA SPECIAL EVENT Guided Tour of Dundurn Castle December 13th, 2012

MURA members and friends are invited to Dundurn Castle for a tour of this historic house all done up for Christmas. The Garden Club of Hamilton decorates the Castle in Victorian splendour with cedar boughs, ribbons and dried flowers.

We will have a guided tour, lasting approximately one hour, starting at 2 p.m. on Thursday, December 13th. The cost is \$7 per person.

To register for this event, please complete the form on page 10 of this issue of *MURAnews* and send it, with a cheque made payable to MURA, to Mary Johnston, 15 Hillside Ave. S., Dundas ON, L9H 4H7.

Mary Johnston
905-627-1409
johnston@mcmaster.ca





**McMaster Note Cards
"Fall Colours at Mac"**

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

\$1.50 per card, plus postage.

Proceeds to the McMaster University Retirees Association (MURA) special projects fund.

To order please mail your request to:

MURA, Gilmour Hall B108, McMaster University, 1280 Main Street West, Hamilton, ON L8S 4L8.

Please enclose a cheque or money order for the amount of your order (\$1.50 per card, plus postage), payable to **MURA**, along with your mailing address and either your phone number or e-mail address.

Postage charges within Canada -

1 to 5 cards - \$1.75; 6 to 10 cards - \$2.50

More than 10 cards: \$2.50 for each multiple of 10 cards, plus \$1.75 for the remainder (e.g. for 25 cards, \$2.50 + \$2.50 + \$1.75 = \$6.75 postage)

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

MURAnews Loves Kale!

Kudos to McMaster's Grounds Department for keeping campus gardens looking colourful over the summer. They even found a way to incorporate kale into some of the plantings; it looks good enough to eat!



**TAKING THE BUS
It's easier than it seems**



Calling individuals 55+ looking to explore your transportation options.

The Hamilton Council on Aging is working alongside the City of Hamilton and Green Venture on a project designed to help older adults navigate the HSR and explore alternate modes of transportation.

Nine free workshops will be offered from October 25 through November 29 at various locations across the city. All workshops will be accompanied by a bus trip to a surprise destination and include a complimentary lunch.

The goal of the project is to provide information and practical experience on using the bus system to navigate around the city.

For more information or to register, please call Shelagh at 905-777-3837 extension 12238 or email kielys@hpsc.ca.

We shall not cease exploring
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.
~T.S. Eliot

TD Insurance
Meloche Monnex

"My group rates saved me a lot of money"
- Miika Klemetti
Satisfied client since 2008

See how good your quote can be.

At TD Insurance Meloche Monnex, we know how important it is to save wherever you can. As a retiree of **McMaster University**, you can enjoy preferred group rates on your home and auto insurance and other exclusive privileges, thanks to our partnership with the McMaster Alumni Association. You'll also benefit from great coverage and outstanding service. We believe in making insurance easy to understand so you can choose your coverage with confidence.

Get an online quote at
melochemonnex.com/mcmaster
or call **1-866-269-1371**
Monday to Friday, 8 a.m. to 8 p.m. • Saturday, 9 a.m. to 4 p.m.



The TD Insurance Meloche Monnex home and auto insurance program is underwritten by SECURITY NATIONAL INSURANCE COMPANY. The program is distributed by Meloche Monnex Insurance and Financial Services Inc. in Quebec and by Meloche Monnex Financial Services Inc. in the rest of Canada. Due to provincial legislation, our auto insurance program is not offered in British Columbia, Manitoba or Saskatchewan. *The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.



Volunteer to Serve, Grow & Belong

*Where your talents and the needs of the world cross,
there lies your vocation.*

~ Aristotle

Retiring from full-time work at the University opens up possibilities for how we spend our time. Certainly, there will be chances for relaxation, family, leisure, travel, and hobbies. Yet, periodically during later years, we also seek ways to engage deeply with life.

Positive aging involves making the best of our mental, physical and social abilities, extending ourselves for our own sake as well as for the sake of others. More than half a century ago, psychologist Erik Erikson identified Generativity as central to a later life well lived. Generativity involves engaging with our communities, especially investing in younger generations. Indeed, research shows that older people who volunteer are both physically and mentally healthier than those who do not engage in the community.

I appreciate that our MURA newsletter has been listing volunteer opportunities.

MURA member Ann Anas feels she has grown importantly while volunteering since her retirement in



2006. Having managed aging research projects, she has spent 2-3 days a week for six years at Sheridan Elder Research Centre in Oakville where she contributes through editing the Creativity and Aging newsletter, technical support for the Seniors Internet Café, website development, research ethics consultation, and training for applied

research interns. Ann says: "I have met people I know I will stay in touch with for many years to come. The volunteering I do here [at Sheridan College] fulfills the same needs that are my life needs and were fulfilled by my work role: the need to feel useful, to be challenged intellectually and to be engaged with life and people."

Prior to retirement, Ann co-ordinated the SHARE⁴ (Seniors Helping Advance Research Excellence) group

for more than ten years. SHARE is a Volunteer Research Group administered by the Gilbrea Centre for Studies in Aging. SHARE volunteers support faculty and student research by completing questionnaires, responding to telephone interviews, or participating in studies on campus (expenses reimbursed). The projects address topics such as utilization of community services, community participation, successful aging, social attitudes, memory, intergenerational interactions, and health. One year Ann recruited SHARE members in their 80s and 90s for a discussion group filmed for a documentary on the oldest old.

Participation is always voluntary. For more information about SHARE, please contact Chris Due (duec@mcmaster.ca).

Each winter semester Ann also serves as a Senior Class Assistant, co-leading a tutorial group in Introductory Gerontology at McMaster. For more information about Senior Class Assistants, please contact Anju Joshi (joshia@mcmaster.ca).

Ellen B. Ryan
ryaneb@mcmaster.ca
www.writingdownouryears.ca

Greet Weary Students During December Exams

The Chaplaincy Centre provides cookies, tea and coffee and hot chocolate to students in a comfortable area in the Student Centre on Campus. Your role is to greet students, refill the cookie tray and replenish the beverages. Everything you need is supplied. Shifts are two hours - either 5:30-7:30 p.m. or 7:30-9:30 p.m.



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

The dates are Tuesday, December 4 to Friday, December 14, 2012, with the exception of Saturday evening (December 8th) as there are no exams on Sunday.

⁴ <http://www.aging.mcmaster.ca/about-us-1/share>



Volunteers are the heart and soul of Ronald McDonald House Hamilton. We rely on our team of dedicated and committed volunteers who play a valuable role in the day-to-day running of our House, the Ronald McDonald Family Room and caring for our families.

Current Volunteer Opportunities (minimum commitment two shifts per month with a flexible schedule, orientation and training provided) include:

❖ **Reception Volunteer** First Contact for families & donors. Greet and welcome families and visitors; answer telephone and re-direct calls; manage daily family health checks; provide overall assistance to families as needed. Shifts: (9 a.m.-1 p.m.) (1 p.m.-5 p.m.) (5 p.m.-9 p.m.). Currently recruiting for weekends & evenings.

❖ **Kitchen Assistant** Work with our chef. Help serve and replenish buffet; tidy the serving area; pack up/label leftover meals for families to take to the hospital. Shifts: (8 a.m.-11 a.m.) (4 p.m.-8 p.m.)

❖ **Kitchen Prep** Work with our chef to prepare delicious meals for families staying at the House. Tasks include: chopping, peeling, meal assembly; organize/tidy and clean the kitchen (including washing dishes, sweeping, stocking up on supplies); assist chef with implementation of the 'Meals that Heal' program and prepare pre-cooked meals in the absence of the chef (Fridays). Shifts: Sunday to Thursday (1 p.m.- 5 p.m.) Friday (3:30 p.m.-7:30 p.m.)

❖ **Housekeeping Volunteer** Assist housekeeping staff to maintain cleanliness and tidiness of the House: dusting, sweeping, vacuuming the common areas of the House and laundry. Shifts: (11 a.m.-3 p.m.) (5 p.m.-9 p.m.)

❖ **Family Room Volunteer** The Ronald McDonald Family Room in the McMaster Children's Hospital provides families a room to relax, watch TV or a movie, play, use a computer, make a snack or have a cup of coffee, and do laundry. Tasks include: provide atmosphere of warmth and support; interact with visitors; answer telephone calls and in-person inquiries; maintain tidiness and cleanliness; brew coffee; assist families with laundry. Shifts: (9 a.m.-1 p.m.) (1 p.m.-5 p.m.) (5 p.m.-9/11 p.m.) Currently recruiting for weekends.

For additional information, please email Shelley Harrison (sharrison@rmhhamilton.ca) or call her at 905-521-9983 extension 2110.

Or, if you're ready to apply, please fill out the application at <http://www.rmhhamilton.ca/volunteer/apply-today> and email it to Shelley or drop it off in person.

Catholic Children's Aid Society of Hamilton

The Catholic Children's Aid Society of Hamilton is looking for: DRIVERS (day and evening) for the Volunteer Drive Department

Evening Drivers are urgently needed!



Drivers provide transportation for children to and from appointments, family visits, school, camp etc.

An ongoing commitment is required. Times can be flexible around your schedule; mileage will be reimbursed.

A current police check (Vulnerable Sector Screening) and a Ministry of Transportation driving record check will be required. The CCAS Volunteer Co-ordinator can provide more detail about these requirements; fees for the checks will be reimbursed.

If you enjoy working with children and youth, and are looking for a rewarding opportunity please contact:

Lisa Hostein, Volunteer and Development Co-ordinator at 905-525-2012 extension 3256 or email lisa.hostein@hamiltonccas.on.ca

17th Annual McMaster Children's Party December 1st, 2012



This year the Children's Party is celebrating McMaster's 125th Anniversary.

If you'd like to help with the party, the organizing committee is looking for volunteers.

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

SWITCH TO THE ONLINE VERSION OF *MURAnews*

■ Help keep our budget in check! If you receive *MURAnews* via the post, you can save MURA postage and printing costs by reading it online instead of printing a copy at home.

■ To switch to the online version of *MURAnews*, please phone Linda Grocott at 905-689-7520 or email her at grocott@mcmaster.ca.

WELCOME NEW MEMBERS

Mrs. Colleen A. Anderson, Pediatrics
 Mr. Peter Augustyn, Facility Services
 Ms. Marie Louise Ballachey, Pediatrics
 Ms. Margaret Biggs, Biology
 Ms. Mary H. Blackall, Surgery
 Mrs. Claudette Boyko, Facility Services
 Dr. David Capson, Electrical & Computer Engineering
 Dr. Catherine Ann Charles, Clinical Epidemiology & Biostatistics
 Mr. Allan R. Church, Hospitality Services
 Mrs. Diane Crnac, Arts & Science Program
 Dr. James Dickson, Chemical Engineering
 Ms. Sharon M. Facia, Medicine
 Mrs. Julie A. Fairservice, Campus Health Centre
 Ms. Rose Galano, Health Sciences Education Services
 Ms. Lynne Geddes, School of Rehabilitation Sciences
 Mrs. Linda Goeree, Clinical Epidemiology & Biostatistics
 Ms. Deanna M. Goral, Kinesiology
 Mr. Donald Hickerson, Medicine
 Ms. Jeannette Jackson, Communication Studies & Multimedia
 Mr. Owen Kelly, Materials Science & Engineering
 Ms. Kathy Kishimoto, Vice-President, Administration
 Dr. Graham K. Knight, Communication Studies
 Mrs. Shelley Lancaster, Ombuds Office
 Mrs. Helene Leonard-O'Hara, Communication Studies & Multimedia
 Mrs. Terri Lewis, Psychology
 Mr. Kwai Pui (KP) Lo, UTS - Application Services
 Mrs. Christine Lopez, Security & Parking Services
 Mr. Michael Macala, Facility Services
 Mr. Eric Matthews, UTS - Enterprise Systems
 Ms. Ruth Paton, Medicine
 Mrs. Pauline Prashad, Medicine
 Mrs. Patricia Ross, Regional Medical Associates
 Ms. Lucy Sheung, Associate Dean (Academic), Engineering
 Mrs. Lynne M. Taylor, Vice-President, Administration
 Ms. Dianne Terris, School of Rehabilitation Sciences
 Mrs. Susan Todd, Social Sciences
 Ms. Jacqueline A. Tucker, Sociology
 Dr. Stephen Walter, Clinical Epidemiology & Biostatistics
 Ms. Janis R.K. Weir, Anthropology
 Ms. Seanne Wilkins, School of Rehabilitation Sciences

And a special, belated "welcome to MURA" to the following new member who retired in 2010 but was added to the MURA roster just recently.

Dr. David Molloy, Medicine



RECENT PASSINGS

Mrs. Edith Archer, Residence Services, Sep. 6/ 12
 Mr. John T. (Jack) Chadwick, Physical Plant, Aug. 23 /12
 Miss Jean Hurst, Library, June 26/ 12
 Mrs. Gail Elizabeth Kalika, Economics, July 4/ 12
 Mrs. Teresa Maderak, Physical Plant, Aug. 4/ 12
 Mrs. Sarah (Sadie) McRoberts, Office of the Registrar, Oct. 7/12
 Mr. Denis J. Moore, Chemistry, July 6/ 12
 Dr. John R. Roy, Psychiatry, Aug. 24/ 12
 Dr. Wendell Watters, Psychiatry, Aug. 17/ 12



MURA is growing!

MURA Membership as of October 3rd, 2012

Regular Members

Affiliates	36
Clinical Faculty	105
Faculty & Librarians	523
Hourly Staff	260
Research Associates	8
CAW 555 Staff	710
The Management Group (TMG)	195

Associate Members

Survivors	293
Honorary	3

GRAND TOTAL 2133

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

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

Please note that refunds for day trips and special events cannot be made after the booking dates noted on the forms below.
If you find you cannot attend an event, please feel free to send a friend in your place.

BOOKING FORM

Christmas Tour of Dundurn Castle - Thursday, December 13, 2012

\$7 per person- payable to MURA

Book by November 29, 2012

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

For more information, contact Mary (905-627-1409; johnston@mcmaster.ca).

of persons: **Amount (# persons X \$7) \$:**

Name:.....

Address:.....

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

BOOKING FORM

MURA's Christmas Lunch - Tuesday December 4, 2012

\$16.00 per person - payable to MURA

Book by Nov. 16, 2012

*To reserve seats for the Christmas Lunch, please complete this form and mail with a cheque payable to MURA to:
Janice Rischke, 101 HWY 8, Dundas, ON, L9H 4V7*

For more information, contact Janice Rischke 905-627-1798 or email rischkej@mcmaster.ca

of persons: **Amount (# persons X \$16) \$:**

Name:.....

Address:.....

Postal Code: **Telephone #:**

email address:

I have an Ontario Accessible parking permit and require reserved accessible parking -----yes ----- no