

PRESIDENT'S CORNER

Over the three years that I have been on MURA Council – first as a Councillor and Chair of the Pension & Benefits Committee, then as Vice-President and now as President – I have discovered again, just as I did as an active faculty member, the dedication and the wide range of skills, knowledge and creativity of individuals who take on the responsibilities of committee work, or liaison, or filling the offices of University organizations. It is a great pleasure to work with such capable, interested and hard-working people; all of whom give their time and efforts on a volunteer basis.



There are a number of changes in the composition and roles of Council members this year:

- **Joe Laposa** will continue on Council as Past President. His advice and experience will be very much appreciated.
- **Jack Evans** is MURA's new Vice President. I have worked with Jack in the past and look forward to doing so again.
- I am very pleased that **Wayne Rouse** will remain as Secretary, and **Beth Csordas** as Treasurer.
- **Helen Barton** completed her office as Past President, and is now an elected member of Council. She has agreed to act as a consultant to the Executive at my request, as well as continuing her work heading up the volunteer network along with a number of other involvements.
- **Kathy Overholt** completed her six years on Council, but has been appointed by Council to continue as Chair of the *MURAnews* Committee.
- **Pamela Penny**, who has done such a good job as Membership Chair and Chair of the Christmas Lunch and the AGM, is leaving Council after 6 years. **Janice Rischke** has become Chair of the latter two committees and **Linda Grocott**, a new Council member, will become Chair of the Membership Committee in the Fall.
- After a brief vacancy in the position Liaison for Hourly Staff, we are fortunate to have **Dianne Coventry**, a newly elected Council Member, taking up this responsibility.
- **Lorraine Allan** has been appointed by Council as Chair of the Pension & Benefits Committee. You will

see an article of interest by her on page 3 in this issue of *MURAnews*.

- **Anne Sinclair** has stepped down after many highly successful years running the Trips Committee; **Shari Mercer** has taken on this responsibility, as Chair of Trips and Special Events. A number of upcoming trips are described in this newsletter.

Many other returning members of Council continue with their former responsibilities, all greatly contributing to the smooth running of MURA. The full list of MURA Executive and Council for 2012-2013 is on page 5.

Les Robb, after many years of stellar service as our representative on the Salaried Pension Trust Committee, is leaving that position. We will miss him, but welcome **Bob West** as our new representative. You will find an abbreviated version of Les Robb's comments at the AGM with regard to the Pension Trust Committee on page 6.

Consideration of the information above gives some idea of the broad range of activities carried out on your behalf by your retiree association, MURA. They include working with the University to safeguard, and where possible to improve, our pensions and benefits, and providing information to the membership on these matters. The Council and Executive communicate with members via the newsletter and email. MURA promotes volunteer opportunities on campus and in the community, organizes trips and special events, and arranges the Christmas lunch and the AGM. We also keep lines of communication open with groups representing current University employees, such as MUFA, CAW 555 and SEIU Local 2.

I welcome your suggestions to improve or expand our activities/services. Suggestions can be made by e-mail to mura@mcmaster.ca or by telephone at 905-525-9140, ext. 23171 or by writing to me at the MURA office at McMaster, Gilmour Hall Room B108.

Finally I wish to thank all who attended the AGM for the good turnout, and in particular President Patrick Deane for a most interesting presentation on *McMaster and the Hamilton Community*. His talk was closely related to the recent McMaster position paper on Community Engagement – one of the four areas of exploration flowing from his letter to the university community, *Forward with Integrity*.

Finally I wish you a very enjoyable, relaxing and healthy Summer, and hope you will be ready to begin or continue your involvement in MURA activities in the Fall.

Marianne Walters
MURA President



REPORT ON THE 2012 CURAC ANNUAL MEETING

Marianne Walters

In April I attended the CURAC (College and University Retiree Associations of Canada) annual meeting in Victoria, a beautiful city that I had never before visited. The two-day conference covered a variety of topics including two sessions in which “Sharing Best Practices” was the focus. I gave two brief presentations: one on MURA’s endowed scholarship and prize to gerontology students, and one on the funding of MURA. Our funding arrangement with active employee groups and the President’s Office which results in no fees for retirees’ membership in MURA is quite unusual, valued by us and envied by others. I also learned that our arrangements with the university are more generous than for retiree groups in many other universities. We, for example, have cost-free e-mail accounts and ID cards, the same access to meeting rooms and university facilities as any university department and, recently, a subsidy for our annual Christmas Lunch.

Some sessions and presentations dealt with alternative living arrangements for seniors. At the business meeting there was discussion around the possibility of CURAC advocating for increasing the availability of home care.

How to keep healthy in body and mind as we age was another topic covered.

One session focused on the re-establishment of a regional organizational structure for CURAC, since it is thought that regional associations could be more successful in taking an advocacy role in some areas than the national organization. In the column to the right, you will find an article about the initial meeting of the CURAC Regional Association of Ontario, which will take place in Toronto on October 15, 2012.

Finally, a very informative session on “Issues in Pension Plan Governance” brought home the very important role of participant trustees (e.g. MURA’s representative to the salaried Pension Trust Committee), and the critical importance of educating

them to reach a comfortable knowledge level. The session also pointed out that such committees are made up of a mix of experts and participant trustees whose skills, loyalties, and codes of conduct may be at variance.

CURAC ONTARIO REGIONAL CONFERENCE MONDAY, OCTOBER 15, 2012

Marianne Van der Wel

For the first time ever, CURAC is hosting a one-day regional conference for Ontario. It will be held at Ryerson University, downtown Toronto, from 9:30 a.m. to 4:00 p.m. Because MURA is a member of CURAC, all our members are invited to attend. Details of registration, including the registration fee, will be announced later this summer.

In order to maximize participation, a small group, round table format will be adopted with eight topics from which each registrant will be able to choose three. The program will end with a plenary session at which time the resolutions/conclusions will be presented to assess support for each and a determination of further action.

The topics are identified below. The first three derive from the Drummond Report (See:

<http://www.fin.gov.on.ca/en/reformcommission/>)

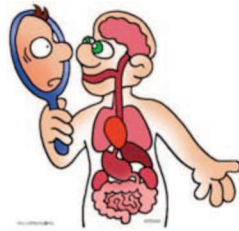
1. Post-secondary education in Ontario
2. Recommendations re health
3. A provincial pension plan
4. Co-housing
5. Relations with faculty/staff unions and associations
6. Future of a regional meeting & relations with CURAC
7. Retiree benefits, privileges, perks
8. Potpourri – other topics of interest

Please check the MURA web site at:

<http://mcmaster-retirees.ca/curac.events.html> for additional information as it becomes available or phone the MURA office at 905-525 9140 ext. 23171.



YOUR MONEY, YOUR HEALTH



Bitter Kale? Just Massage It!

Janice Rischke & Kathy Overholt

Although kale is becoming a popular ingredient in soups and stews, it is also good in salads. The secret to getting rid of that tough bitter taste is to give it a good rub down.

Add a little olive oil and a sprinkle of salt to kale leaves. Knead it and squeeze handfuls of the leaves until they start to wilt and shrink in size. It only takes a couple of minutes. The leaves will turn dark green and lose the bitterness. Taste it to determine whether it has the right mixture of sweet and bitter. Add a little citrus or vinegar to these soft sweet leaves for a wonderful salad.

There are now several varieties of kale in a range of colours and they all work equally as well as long as you give them a good massage first.

In case you have never tried a kale salad here's a recipe for you to try.

2 cups of chopped, massaged kale

½ avocado

1 chopped tomato

¼ teaspoon salt (or to taste)

juice from ½ a lemon or lime

Mix together and enjoy!

Post-Retirement Health Benefits

Lorraine Allan

Chair, MURA Pension and Benefits Committee

Until recently, with a few exceptions (such as dental implants and out-of-province/country emergency medical coverage), McMaster salaried employees retired with the health benefits that were in place for their employee group on the date of retirement. Moreover, the cost of providing these post-retirement health benefits was borne entirely by the University as per previous negotiations. In recent years, the picture has become more complicated. The provision of post-retirement benefits and the payment for these benefits now vary across employee groups. Post-retirement health benefits are no longer available to recent TMG hires. Recently hired salaried staff (CAW), hourly-rated staff (SEIU and IUOE), and librarians (MUALA), if they meet certain requirements, can opt for post-retirement benefits through a copayment plan. Future faculty

(MUFA) retirees who qualify for post-retirement benefits can opt for these benefits through a copayment plan.

Information about your retiree health benefits can be downloaded from the Human Resources (HR) website:

<http://www.workingatmcmaster.ca/retirees/index.php>, or by calling the HR service centre (22247). If you call Sun Life directly (or Europ Assistance for out-of-province/country emergency medical coverage) to enquire about your benefits, it is essential to provide information about your employee group and your retirement year.

The MURA Pension and Benefits Committee can help you to understand your post-retirement health benefits and can provide assistance in connecting you to the appropriate HR contact in the event that your claim is denied by Sun Life or by Europ Assistance. While sometimes a retiree claim is not covered by their benefit package, we are aware of instances where valid claims have been rejected.

You can contact the Chair of the MURA Pension and Benefit Committee by email

(pbchair@mcmaster-retirees.ca) or by leaving a message through MURA voice mail (905-525-9140 ext. 23171).

RETIREE BENEFITS REMINDER

The benefit year end is June 30th. Please ensure all benefit claims dated from July 1, 2011 to June 30, 2012 are submitted to Sun Life prior to September 30, 2012.

Late claim submissions will not be reimbursed.

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

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

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

Phone: 905-525-9140. ext. 22247. Web Site:

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

A Primer on Rehabilitative Therapy

Use (and abuse) over the years can leave us with aches and pains, as well as joints and muscles that no longer behave as we would wish. Leading an active life can help¹, but sometimes we need therapy to overcome these problems.

MURA member Marianne van der Wel is a poster girl for the active, fit retiree. An avid user of the Pulse (weight and strength training gym) at the David Braley Athletic Centre, Marianne's journey back to health started with McMaster's Sport Medicine & Rehabilitation Centre² and the rehabilitation services offered there, which include Physiotherapy, Athletic Therapy, Massage, Chiropractic and Osteopathy. You may also encounter these services at clinics and practices in the community. Depending on the setting and your needs, therapy may be given by a Physiotherapist, Physiotherapy Assistant, Kinesiologist, Athletic Therapist, Chiropractor or Osteopath.



Marianne has experienced real benefits from Osteopathy and Athletic Therapy combined with a fitness program. "After all the damage I did to my right side sitting in front of computer screens, there is no way that simply working out would have led to the results I'm getting. My range of motion is so much more, my aches and pains are so much less, and the differences between right side and left side which was quite huge is slowly decreasing."

There is overlap across Physiotherapy, Athletic Therapy, Massage, Chiropractic, Osteopathy and Kinesiology in terms of the techniques used, but there are differences in the underlying principles of the disciplines, as well as in the training. A short description of each discipline appears below. The MURA website has additional information comparing the purposes and methods of these types of therapy³. Physiotherapists, Registered Massage Therapists and Chiropractors are regulated by the Regulated Health Professions Act in Ontario, but Athletic Therapists and Osteopaths are not. Kinesiology is expected to come under the act later in 2012.

Physiotherapy is the treatment of disease, injury, or deformity by joint and soft tissue mobilization, electrical stimulation, cryotherapy (cold), thermotherapy (heat), exercise and massage. It may be delivered by a Physiotherapist (a health professional with a Master's degree in Physiotherapy) or by a Physiotherapy Assistant under the supervision of a Physiotherapist. Some

physiotherapists in the Hamilton area will make home visits following orthopedic surgery and injuries for those who are house bound

Athletic Therapy uses physiotherapy techniques, as well as supportive taping and bracing to return a person to exercise following an injury. Certified Athletic Therapists have an undergraduate degree with specific training in the area of activity-related injury.

Kinesiology is the study of human movement. Kinesiologists apply a range of assessment and therapeutic interventions aimed at enhancing movement. They have completed at least a four-year university degree in Kinesiology.

Massage Therapy uses pressure such as rubbing, kneading or vibration of muscles to relieve tension or pain, increase circulation and improve the mobility of muscle tissue. Registered Massage Therapists have completed a 2-3 year college program.

Chiropractic is a therapy based on manipulation of misalignments of the joints, especially those of the spinal column. Chiropractors receive four years of training at private Chiropractic Colleges.

Osteopathy uses manipulation and massage of the bones, joints, muscles and organs to improve mobility and circulation. Osteopathic Manual Practitioners have a diploma or degree from a private educational institution.

In some cases Physiotherapy may be covered by OHIP, but the other types of therapy described above are not. For specific information on your eligibility for OHIP coverage, call the *ServiceOntario INFOline* at 1-866-532-3161.

Your McMaster Benefits Plan may also cover some of these services. Check the *Extended Health, Dental, and Group Life Benefit Plan* booklet specific to your employee group (MUFA, CAW, SEIU, etc.) and year of retirement for details. For information on your personal coverage, visit Sun Life's web site at

<http://www.mysunlife.ca> or McMaster University's site at <http://www.workingatmcmaster.ca/retirees/index.php> or call Sun Life at 1-800-361-6212 between 8 a.m. to 8 p.m. ET Monday to Friday.

You may also want to refer to an article on funding for physiotherapy in the Fall 2008 issue of *MURAnews*.⁴

It's never too late to investigate ways to keep your body moving. As Marianne says "Without your body, where are you going to live"?

¹ Summer 2011, *MURAnews*: http://mcmaster-retirees.ca/Pages/MURA_Activities/MURAnews/summer.2011.frames.html

² <http://marauders.ca/sports/2011/3/28/patientservices.aspx?tab=patientservices&path=sportsmed>

³ <http://mcmaster-retirees.ca/muranews.archives.html>

⁴ Fall 2008, *MURAnews*: http://mcmaster-retirees.ca/Pages/MURA_Activities/MURAnews/fall.2008.frames.html

MURA EXECUTIVE and COUNCIL 2012-13

Honorary President Arthur Bourns

Executive

President: Marianne Walters
 Vice President: Jack Evans
 Past President: Joe Laposa
 Treasurer: Beth Csordas
 Secretary: Wayne Rouse

Councillors

Serving until 2013: Helen Dietsche
 Mary Johnston
 Shari Mercer

Serving until 2014: Kathy Heywood
 Janice Rischke
 Harold Siroonian

Serving until 2015: Helen Barton
 Dianne Coventry
 Linda Grocott

Consultants and Delegates

Salaried Pension Trust Committee: Bob West
 Hourly Pension Plan Committee: Cliff Andrews
 University Board of Governors: Lorraine Allan
 Chair, Pensions & Benefits: Lorraine Allan
 Chair, *MURAnews*: Kathy Overholt
 Web Site: Marianne Van der Wel, Patricia Chang

2012 MURA AGM

MURA's 27th Annual General Membership meeting and luncheon was held on May 30th, 2012. The McMaster President's Office has provided photos of the event on Flickr⁵.

After lunch, a delicious cake was shared by all to celebrate McMaster's 125th Anniversary and to thank donors to the MURA Endowment Fund for Gerontology Students.

McMaster President Patrick Deane addressed the AGM with a presentation entitled *McMaster and the Hamilton Community*. He noted that 2012 marks the 82nd anniversary of the University's relocation from Toronto to Hamilton. Over the years, McMaster and the City of Hamilton have enjoyed a great partnership exemplified by shared goals, ambition, competitive spirit and talent.



Patrick gave examples of some of the important hallmarks of this partnership:

- ❖ Ambitious leadership prompted McMaster to move from Toronto, where it was under the shadow of the University of Toronto, to Hamilton in 1930.
- ❖ The same competitive spirit and ambition drove the University's leaders in the 1950's to build scientific research capability. McMaster is now firmly entrenched among the world's first-rate universities.
- ❖ In the 1960's the visionaries who founded the Faculty of Health Sciences introduced inquiry and problem-based learning to medical education, an innovation that subsequently was adopted around the world.

Patrick went on to emphasize that the university has a responsibility to participate in the pursuit of health, culture and prosperity in the world at large, but especially at home, which for McMaster means the country, the province and especially the city. A reciprocal and mutually beneficial relationship with the local community is a key aspect of McMaster's *Forward with Integrity* initiative.

As an integral part of the City of Hamilton, McMaster has made substantial contributions to life in the community:

- ❖ McMaster is one of Hamilton's top five employers.
- ❖ The scale of our activities is important to the region's prosperity.
- ❖ McMaster increases the gross provincial product of Ontario by nearly \$1.5 billion annually.
- ❖ About 17,000 Hamiltonians owe their full-time jobs to the presence of the University.
- ❖ McMaster has worked to support Hamilton's priorities, from helping to invigorate the downtown by increasing our presence there to working with our municipal partners to extend clinical health care practices throughout the Hamilton/Burlington region. These are ongoing and substantial activities. The planned downtown Health Campus is an obvious example that will provide public space, research facilities and a clinic for 16,000 people who do not presently have a family doctor.
- ❖ The city has served and continues to serve as an ideal environment for experiential learning by McMaster students. This learning, in turn, feeds back to benefit Hamiltonians.

All of these activities feed on input from the city and feed back to the well-being and development of the city. It is a juxtaposition of mutual advantages that President Deane wishes to foster further.



⁵ <http://www.flickr.com/photos/36245728@N08/sets/72157630066145048/>:

SALARIED PENSION REPORT TO MURA

Notes from the presentation to the 2012 AGM

**by Leslie Robb, Salaried Pension Trust
Committee Representative**

After representing MURA on the Pension Trust Committee for the last eight years Les felt that it has generally worked quite well. In this his last report to MURA members, he decided to talk generally about the state of the Salaried Pension Plan and how he views the current deficits.



Before addressing the deficit issue, he pointed out that due to poor market performance, there were no increases in pensions in the current year and unlikely to be any in the upcoming year either. Les emphasized, however, that in the current economic climate, we are fortunate to have defined benefit pension plans.

Since the financial crisis began five years ago, the Plan has been doing badly and those still working have been asked to increase their contributions to help make up the shortfall. The University as 'contributor of last resort' has made major increases in its contributions and will continue to do so. However, the plan is still not in good shape and it will be some years until deficits are eliminated.

Les listed a number of reasons why the large deficit came about. The stock market crash in 2007/8 is one of the reasons. Also of major importance is that, in recent years, liabilities have grown substantially. This arose because the expected interest rates on investments needed to fund the liabilities (such as pensions) have been much lower than anticipated from historical performance. The lower the interest rate, the more money that must be set aside to cover the pensions. In Les' words 'defined benefit plans have been hit by the double whammy of low market returns and low bond interest rates'. He elaborated on the nature of the problem in more technical terms and noted that for those interested the discussion can be followed up on by reading the Actuarial Valuation

reports on the 'Working at McMaster' website⁶. He concluded that the liabilities of the Plan are a big part of the problem and that it will not be until interest rates rise again that the deficits can be escaped.

Under rules established by the Provincial Government, employers are required to make up deficits fairly quickly to avoid long-term risk to the employees. Universities have argued that these rules are designed out of a concern for the bankruptcy of private companies and are inappropriate for quasi-public employers. The lobbying worked and the rules were relaxed early last year to allow such organizations to make up their deficits more slowly. McMaster chose to switch to this new regime in the fall of 2012. Under the new legislation McMaster University will put less into the Plan to restore financial health than they otherwise would have for at least the next three years. Details on this can be found on the 'Working at McMaster' web site under the 'Plan 2000 Solvency Relief' link⁷.

Les concluded by saying that, in the extremely unlikely event that McMaster should declare bankruptcy, its assets are very large and he expects would be more than sufficient to pay off the debts to pensioners and others.

CONTACTING MURA

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

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

Email: mura@mcmaster.ca

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

NEWS FROM MURA MEMBERS

Dundas Seniors Day - September 15, 2012

A day of events to celebrate seniors, hosted by the Dundas Division, Hamilton Chamber of Commerce⁸

The main event will be at the Dundas Lions Memorial Community Centre/Dundas Rotary Cattel Seniors Centre, 50 Market Street, Dundas, with bingo and entertainment starting at 4:00 p.m. and dinner at 5:00.

Contact MURA member Pam Penny at penny@mcmaster.ca or 905-627-0463 for more information.

⁶ <http://www.workingatmcmaster.ca/med/document/OrigPlanValuationJul-1-2011-1-40.pdf>

⁷ <http://www.workingatmcmaster.ca/link.php?link=employee-health%3Apensions-plan2000>

⁸ <http://www.hamiltonchamber.ca/component/rsevents/event/278-dundas-seniors-day>

SWITCH TO THE ON-LINE VERSION OF *MURANews*

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



Many MURA members prefer to read *MURANews* on paper rather than on a computer screen. If this is your preference, please consider going to the online version of *MURANews* on the MURA web site and printing a copy on your own printer. This will save MURA the cost of an envelope and postage - money that can then be used for another purpose to serve MURA members.



VOLUNTEER OPPORTUNITIES

Visiting Library Service

The Visiting Library Service provides a wide range of library materials (books, audiobooks, magazines, etc.) to Hamilton residents who are homebound for three months or longer due to illness, injury or disability. This valuable service for the homebound is made possible through the efforts of volunteers who deliver the library material.

Volunteers are assigned four or five clients for delivery who are geographically as close together as possible. Materials are chosen based on each client's expressed interests and then bagged and shipped to the branch selected by the volunteer. Volunteers contact each client to arrange a mutually convenient time for delivery. At the time of delivery, the volunteer picks up the previous month's material from the client and returns it to any library branch.

Further information is available at:
<http://myhamilton.ca/articles/visiting-library-service>

If you would like to volunteer with the Visiting Library

Service, contact the Volunteer Coordinator at 905-546-3200, ext. 3620 or email volunteer@hpl.ca.

Support Those Affected by Dementia - Be a Volunteer Visitor

The Alzheimer Society of Hamilton and Halton is hitting milestone numbers of new referrals to its programs. Those who are reaching out for help could be your friends, neighbours or acquaintances.

To support this growing need, the Society is expanding its Volunteer Visiting Program throughout the Hamilton and Halton regions. This program is designed to provide both the client and the volunteers a rewarding experience based on friendship and socialization. It can be as easy as going for coffee once a week or taking a walk in a neighbourhood park.

The commitment is only 2 hours per week and the benefits are priceless.

If you are interested in learning more or becoming a Volunteer Visitor, please contact Meaghan Plomp at mplomp@alzhh.ca, or by phone at 905-529-7030.

Nordic Walk Fundraiser for Osteoporosis in Niagara-on-the-Lake

Join Osteoporosis Canada to train, get fit and celebrate on Friday, October 12, 2012. Using Nordic poles, we will be walking around the beautiful wine country of Niagara-on-the-Lake. Here is a great opportunity to raise funds for a very worthy cause, win great prizes and spend a wonderful fall day with friends.

Registered participants will receive Nordixx walking sticks, weekly training and a fitness plan based on their current fitness level.

For more information, send email to nordicpolewalking@osteoporosis.ca or call 1-800-463-6842.



MURA Christmas Lunch

Mark Tuesday, December 4th, 2012 on your calendar for MURA's annual Christmas Lunch.

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

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

WELCOME NEW MEMBERS

Mrs. Gina Alaimo, Hospitality Services
Mr. Edward (Ted) Allaby, Bookstore
Mrs. Eva M. Crevier, University Libraries
Mrs. Aurora Demiglio, Hospitality Services
Mrs. Gail Elliot, Gilbrea Centre, Faculty of Social Sciences
Mr. David W. Heatlie, Facility Services
Mrs. Sandra Miller, Facility Services
Ms. Patricia A. Monger, Research & High Performance Computing
Mr. Douglas Young, Housing & Conference Services

And a special, belated “welcome to MURA” to the following people who retired in the past few years but, for various reasons, were added to the MURA roster just recently:



Dr. Larry Arsenaault, Pathology & Molecular Medicine
Mrs. Pauline Beale, Housing & Conference Services
Mrs. Jadwiga Bielak, Facility Services
Mr. Mario Bulhao, Building Operations
Dr. David Churchill, Medicine
Mrs. Gloria DiDiodato, Faculty of Business
Ms. Bruna Giacoboni, Hospitality Services
Mr. Alan Goddard, Faculty of Business
Dr. Paul Jessop, Engineering Physics
Mrs. Ida Kopac, School of Nursing
Dr. Atif Kubursi, Economics
Mr. Fred Kus, Faculty of Health Sciences, Computer Services Unit
Mr. Murray Lapp, Human Resources
Mr. Floyd Mann, Faculty of Health Sciences - Dean's Office
Mrs. Jane May, Medicine
Mrs. Marilyn McIntyre, School of Graduate Studies
Ms. Lois Mombourquette, Health Sciences - North (Sioux Lookout)
Ms. Janet Murphy, Mechanical Engineering
Miss Hasmukh Patel, Biochemistry & Biomedical Sciences
Mrs. Margaret Pauls, Clinical Epidemiology & Biostatistics
Mrs. Sylvia Ragis, Faculty of Business – Academic Programs Office
Mrs. Rose Riopelle, School of the Arts

RECENT PASSINGS

Mrs. Agni Hristopoulos, Hospitality Services,
April 3/ 12
Prof. Everett Knight, Modern Languages & Linguistics,
June 3/ 12
Dr. Elizabeth Latimer, Family Medicine,
April 28/12
Mrs. Florence Matthews, Building Operations,
March 29/12
Mr. Douglas Pearson, Building Operations,
April 23, 2012
Mr. William Scott, Institute for Materials Research,
May 14/ 12
Dr. B. William Shragge, Surgery,
April 20/12
Mrs. Suzanne Southward, Pediatrics,
May 4/ 12
Mr. Nick Stojan, Maintenance,
March 3/ 12
Prof. Nyal Wilson, Civil Engineering,
March 17/12



COMPUTER TIPS & TRICKS

Having Trouble Reading PDF Files?

Marianne Van der Wel

From time to time, MURA's web site posts files using a format called PDF. PDF is an acronym for Portable Document Format. The PDF format presents documents in a manner independent of application software, hardware and operating system. Hence it is a popular format for information sharing on the web as it can be read by almost anyone provided they have a current version of the program for reading PDF files, which is supplied for free by a software company called Adobe.

It is important to update your version of Adobe Reader whenever such a request is made on your computer. Using an older version will mean, at some point in time, that the PDF files you wish to access will not be readable or will be only partially readable.

If you have an outdated version or none at all, you can download a current version of the Adobe PDF reader program (currently 10.2.1), free of charge, at: <http://get.adobe.com/reader/>.

Press the "Download" button if the operating system listed above the button is what you have. Otherwise press on the message "Do you have a different language or operating system?" or go to <http://get.adobe.com/reader/otherversions/>.

If you are accessing a PDF file with an Apple or Android mobile phone, please note you will need to load an Adobe reader for that device. See: <http://www.adobe.com/products/reader-mobile.html>

When downloading a current version of Adobe reader, it's best to un-check the box that says: "Yes, install McAfee Security Scan Plus - optional (0.98 MB)" unless you have McAfee as your antivirus software.

MURA TRIPS

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



Happy Summer everyone, do hope you are enjoying this slower pace and the hot weather!!

Here is some information on our upcoming day trips for Fall 2012:

Tuesday, September 11, 2012 Johnston's Cranberry Marsh

A little bit different day is planned with travel from Fortino's on a comfortable Great Canadian Coach to the Mariposa Market in Orillia where we can explore the shops for baked goods, collectables, candies and other interesting 'finds'. Then to the Bala United Church where a highly recommended hot lunch will be served. We continue on to Johnston's Cranberry Marsh for a guided 'Bog to Bottle' tour of the farm followed by a tutored wine tasting experience. Before leaving for home we can browse through the Cranberry Emporium displaying delicious preserves, dried cranberries, a variety of wines and much more.

We will depart Hamilton at 8:00 a.m.

Cost is \$62.00 per person inclusive, payable to MURA by August 15, 2012.

Thursday, October 11, 2012 Shaw Festival, Niagara-on-the-Lake Ragtime

Today we travel to the lovely town of Niagara-on-the-Lake and start our day with a wonderful presentation of the musical *Ragtime* at the Shaw Festival Theatre. This performance is at 11:00 a.m., so a little different timing. At 2:00 p.m. we then enjoy a lovely set plate luncheon of Caesar salad, pan roasted chicken breast with vegetables and herbed mash potatoes, and chef's choice for dessert at the historic Prince of Wales Hotel. Before departing for home, we will have an hour's free time in the town.

Inclusive cost (performance, lunch, luxury motor coach transportation, HST, gratuities) will be \$124.00 per person. Post-date cheques to August 25, 2012 and make 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) at 9:00 a.m.

Wednesday November 21, 2012 Festival of Northern Lights

Our seasonal trip this year will be a drive to the north country of Owen Sound, Ontario. There will be 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; post date cheques to October 25, 2012 and make 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) at 12:15 p.m., returning around 10:00 p.m.

For more information on any of these trips, contact me at 905-336-5568 or mercurs@mcmaster.ca.

Mail your cheque(s) and booking form(s) to me at 1502-477 Elizabeth Street, Burlington, Ontario L7R 2M3.

Shari Mercer
Chair of MURA Trips Committee

MURA SPECIAL EVENT

***Alice's Adventures in Wonderland* National Ballet of Canada, Toronto November 2012**

I have spoken to the Group Booking Office at the National Ballet of Canada about tickets for a matinee performance in November of *Alice's Adventures in Wonderland* at the Four Seasons Centre in Toronto. They will not decide which performances will be available for group bookings until the end of August. In the meantime, I am assembling a list of MURA members and friends who are interested in attending. I will be in touch with everyone on the list as soon as I have more information. To be added to the list, please send a note to me at johnston@mcmaster.ca or call me at 905-627-1409.



Mary Johnston

BOOKING FORMS FOR MURA TRIPS

To book any of the following trips, please complete and mail the relevant section of this form, along with a cheque payable to McMaster University Retirees Association or MURA, to
Shari Mercer, 1502-477 Elizabeth Street, Burlington, Ontario L7R 2M3.

You can reach Shari by phone: **905-336-5568** or email: mercerc@mcmaster.ca for more information.

Tuesday September 11, 2012

Johnston's Cranberry Marsh

\$62.00 per person - post date cheques to August 15, 2012 payable to MURA

of persons: Amount (# persons X \$62) \$:

Name:.....

Address:.....

Postal Code: Telephone #: email address:

Thursday October 11, 2012

Ragtime at the Shaw Festival, Niagara-on-the-Lake

\$124.00 per person - post date cheques to August 25, 2012 payable to MURA

of persons: Amount (# persons X \$124) \$:

Name:.....

Address:.....

Postal Code: Telephone #: email address:

Wednesday, November 21, 2012

Festival of Northern Lights

\$75.00 per person - post date cheques to October 25, 2012 payable to MURA

of persons: Amount (# persons X \$75) \$:

Name:.....

Address:.....

Postal Code: Telephone #: email address: