



MURA Christmas Lunch

See p. 5 of this issue for more information.

President's Corner

I am not a believer in conspiracy theories, but earlier this summer when I learned of the challenges of the recent changes in parking and the email systems, I did harbour the thought that my election as President of MURA was engineered by persons seeking to exact their revenge on me. But the assurances and hard work of your Council members and officers have served to allay my fears. Thanks to them, the issuances of the new parking transponders went very smoothly for our members. The changeover in the email system has been a more difficult task, but Vice President Heather Grigg, Helen Barton and Nora Gaskin have worked closely with the University administration to ensure that our members are well informed on the process and many of you will already have made the changeover. There is a related article in this Newsletter which will be of interest to those who have still to make the change [see p. 7].



In closing, I draw attention to our continuing efforts to reduce our operating costs by having more of our members read our Newsletter on-line rather than receive it by mail. Not only do the related costs of printing and mailing take up a large portion of our annual income, but the mailing requires a great deal of 'busy' work by volunteers in stuffing envelopes and so on. If you can read the Newsletter on-line, please do so and let us know. Thank you. Enjoy the fall months. I hope to see many of you at the MURA Christmas lunch on December 2nd.

Les King, MURA President

Contacting MURA

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(voicemail is checked twice a week)

Email mura@mcmaster.ca

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

*One of the blessings of growing older
is the discovery that many of the things
I once believed to be my shortcomings
have turned out in the long run to be my strengths,
and other things of which I was unduly proud
have revealed themselves in the end
to be among my shortcomings.
Things that I have hidden from others for years
turn out to be the anchor and enrichment of my
middle age.
What a blessing it is to outlive your self-judgments
and harvest your failures.*

~ Rachel Naomi Remen

Alvin Lee, Honorary MURA President



McMaster Daily News

The Council is very pleased to announce that Dr. Alvin A Lee, President Emeritus of McMaster, has accepted our invitation to serve as Honorary President of MURA. Dr. Lee is very well known to our membership and was guest speaker at our 2010 AGM. He joined the faculty of the English Department in 1960 and later served as Dean of

Graduate Studies, Vice President (Academic), and President and Vice-Chancellor (1980-90). A scholar of Old and Middle English literature, he served as the general editor for the 30-volume *Collected Works of Northrup Frye* published by the University of Toronto Press. Since his retirement in 1992 Alvin has taken an active interest in the activities of MURA and has been a frequent attendee at our annual meetings and the Christmas lunch. We are delighted that this involvement will continue.

~ Les King

Remembering Pam Penny

MURA Council and the McMaster and Dundas communities have lost a long-time member and tireless, enthusiastic volunteer, Pamela Penny. Pam passed away in July, after a year-long battle with cancer.



Pam was the Administrative Coordinator in the Mathematics and Statistics department for many years before her retirement in 2003. In retirement, she served on MURA Council for 10 years. Pam looked after the membership database, and was also the lead person in organizing MURA's Christmas lunches and Annual General Meetings for most of those years. Pam volunteered for many years on the McMaster Annual Children's Party committee, and represented retirees on the Mac United Way committee. In the community, she was active on the Dundas Seniors Advisory Committee and Dundas Community Council, and as a community policing volunteer with Hamilton Police Services.

Pam loved her cats and travelling the world, particularly cruising, with her friends.

MURA Scholarship & Prize Fund

Watch your mailbox in November for an announcement about a new goal for the MURA Scholarship and Prize Fund!

The endowment fund, supported by retirees and friends of MURA, has now reached over \$69,000. This surpasses the goal of \$64,000 needed to provide an annual scholarship of \$2,000 and a part-time student prize of \$550 to McMaster Gerontology students.

Further donations to the fund will increase the financial assistance which can be awarded.

But why wait until November? Please consider giving now to avoid the end of the tax year rush.

Donations may be made at <http://MURAscholarship.ca> or by calling Meggie MacDougall, Alumni Officer, Special Projects, at 905-525-9140 ext. 24667.

Let Us Know If We Can Stop Mailing *MURAnews* to YOU

Please help MURA's budget by opting out of the postal mailing of *MURAnews*. Email Helen Barton at barton@mcmaster.ca or call her at 905-528-8951.

You can print your own *MURAnews* from the PDF copy we send by email, or just click the link in the email and read online.



I enjoy waking up and not having to go to work. So I do it three or four times a day.

~Gene Perret

MURA Volunteering at McMaster

You may have noticed an increase in the number of MURA emails and newsletter articles inviting you to be involved in the work of McMaster. After long and satisfying careers here, many of our members want to remain active participants in the McMaster community. We thank those who responded to our survey in February; it helped us to better understand the interests of MURA members.

RESEARCH PARTICIPATION. MURA recruits retirees to participate in research studies. Several researchers have told us how delighted they were by the volunteer rates from our membership. Being research participants offers us learning opportunities and keeps us connected to the active research work at McMaster. Look forward to more posting for seniors as volunteers in the coming year.

MENTORING STUDENTS. We have been pleased to recruit retired faculty members as mentors for undergraduates in some programs. If you are interested in this role please let us know so we can contact you when MURA is asked for volunteers.

CHAIRING GRADUATE ORALS. The School of Graduate Studies invites emeritus professors to volunteer as Chairs for oral examinations. Make sure your name is on their list if you would enjoy this role.

DISCOVERY PROGRAM. In the summer edition of *MURAnews* we told you about this exciting outreach program for citizens of Hamilton (<https://arts.ci.mcmaster.ca/mcmaster-discovery-program/>). We thank those who made donations to McMaster for this work. MURA is partnering with the Discovery Program to offer additional events for program graduates. In September Dr. Don Wells, School of Labour Studies, gave an engaging presentation on *The Disappearing Middle Class* that was well received by the Discovery alumni and that prompted a lively discussion. We are currently finalizing plans for another event in November, and hope to organize more meetings in the winter term. We hope MURA members will continue to offer support for this worthwhile outreach activity.

HELPING WITH STUDENT EVENTS. Retirees help meet and greet students and their guests at convocations, host exam hospitality drop-ins, and participate on a volunteer basis in other student activities.

The MURA Volunteering Committee will continue to seek interesting ways for our membership to be actively involved with the work of our University.

Please send us ideas and let us know how you would like to improve your connection to McMaster.

—Volunteering Committee—Betty Ann Lew (Chair), Helen Barton, Barb Carpio, Eleanor Frank

Please contact Betty Ann Lew by email at levy@mcmaster.ca, or by phone at 905-529-8076.

Volunteer Opportunities



Share Your Retirement Story. McMaster University, in partnership with MURA and facilitator Employee Financial Well-Being, is looking for recent retirees to share their story and experience of transitioning into retirement. Your story will be made anonymous and will be shared with McMaster employees participating in Retirement Planning Workshops.

The goal is to help those employees preparing to retire, better understand what happens when they retire, and to ease some of their stress and anxiety around transitioning to something they may not know or understand.

You can participate in a few ways:

- ! Share your story in your own words, of how you felt preparing for retirement, transitioning to retirement, and your time in retirement. You can do this in writing or by email, or by recording (video or audio) yourself sharing your story.
- ! Answer a questionnaire to share your experiences
- ! Participate in a retirement planning workshop at McMaster to share your story in person and answer questions from the group.
- ! Become a retirement mentor. We are gathering interest in participating in a retirement mentorship program where retirees will be a mentor for those preparing for or simply thinking about retiring. The intent is to help those who aren't sure if they want to retire with an opportunity to learn more from one who has.

Please respond to: Deb Garland, McMaster Human Resources Services at dgarland@mcmaster.ca or 905-525-9140 ext. 24556.



Cookie Drop In. We are searching for friendly individuals who would like to be hosts for Exam Hospitality in December. The Chaplaincy Centre provides cookies and hot beverages to students during

a time when they are super stressed out — the exam period. If you and a friend(s) would like to volunteer as a host we would love to have you on the team. As a host, replenish cookies, talk to and welcome students, prepare the hot beverages in a two-hour shift (all materials provided). Drop In dates are December 8th to the 18th (excluding Saturdays). I look forward to hearing from you!

Contact Amanda by email: chaplain@mcmaster.ca. Or we can talk as well. Please call 905-525-9140 ext. 24207. Thank you!



The Welcome Inn Community Centre is located in the heart of the Hamilton's North End. The Centre runs programs for kids and seniors, a food bank and a community drop-in program, as well as the New Horizons Thrift Store.

Some of the current need for volunteers are:

- ! **Food Bank Intake Worker:** records data about visits of the food bank participants. Requires basic computer skills.
- ! **Food Bank Worker:** makes up food boxes for the food bank participants. Requires physical strength.
- ! **Receptionist:** welcome visitors to the Community Centre, answer phone calls and inquiries, perform small admin tasks.
- ! **Manager/Cashier/Receiver** positions at the Thrift Store located at 520 James Street North, Hamilton.

If interested, please contact: Mubashra Hamid, Administrative Coordinator, at 905-525-5824 or mubashra@welcomeinn.ca.



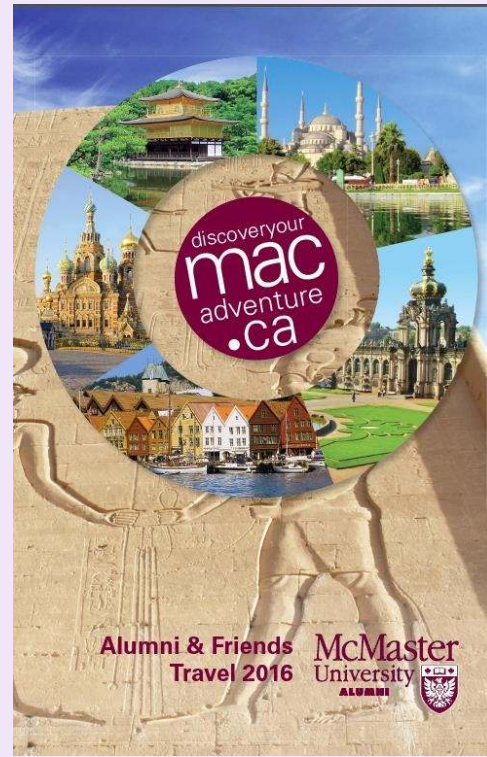
Neighbour to Neighbour Centre, primarily serves Hamilton Mountain, including Ancaster and Upper Stoney Creek. It is a multi-service organization that supports unemployed and underemployed individuals and families in Hamilton. N2N strives to meet the emergency needs of families, while providing self-help services to assist people in improving their lives.

Volunteers help 5000+ people each month with:

- ! **Education** (volunteer positions in the Reading Tutor program)
- ! **Community Food** (volunteer positions in the Food Bank and Christmas Program)
- ! **Family Support** (Community Counselling and Financial Literacy)

To learn more, or to apply to volunteer, visit www.n2ncentre.com, or call Marija at 905-574-1334 ext. 203.

Discover Your MAC Adventure



McMaster Alumni Association invites MURA members and Friends of MURA to **Discover Your MAC Adventure** * by joining McMaster Alumni and Friends on an irresistible line-up of once-in-a-lifetime trips to some amazing destinations. Enjoy the worry-free convenience and value of group travel while sharing your dream vacation among like-minded travellers. Working with reputable travel partners, each known for their deluxe travel programs and expert assistance, the Association has selected quality, exciting, adventurous trips, enhanced by knowledgeable lecturers and experienced travel directors, offering built in educational experiences not often found through larger group travel. **Click here** ** to view the 2016 McMaster Alumni and Friends Travel Brochure.

To request a 2016 travel brochure, or additional information on any Alumni Association trips, please contact the Travel Alumni Officer at (905) 525-9140 ext. 24882 or email mactrav@mcmaster.ca. There is a lot of world out there to see, are you coming?

* <http://discoveryourmacadventure.ca>

** <http://goo.gl/NeMLMZ>



MURA Christmas Lunch

**Wednesday, December 2, 2015 at 12:00 Noon
CIBC Hall - McMaster Student Centre**

RSVP by Monday, November 16, 2015

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 two lines of buffet tables for quick service.

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 \$17 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 p. 10 of this issue of *MURAnews*) along with your cheque by **Monday November 16th.**

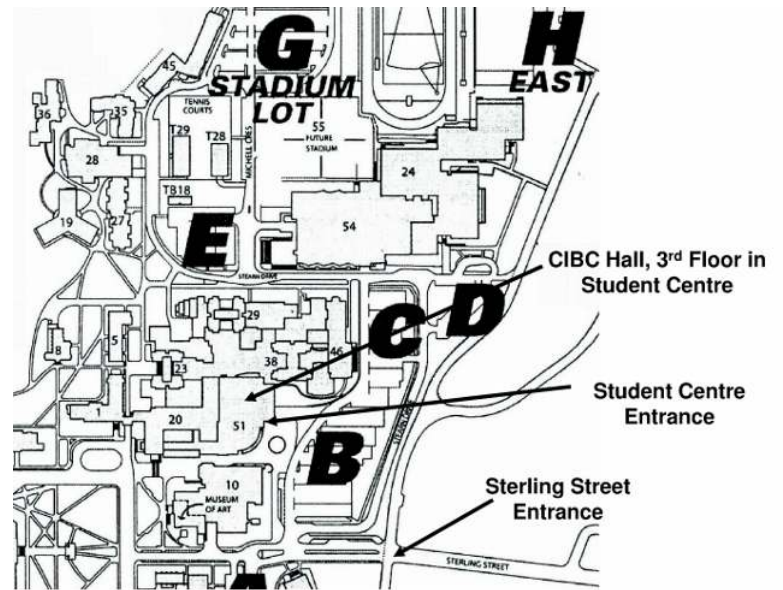
For information, contact Gail Britton (905-627-4539 or britton@mcmaster.ca.)

Complimentary Parking MURA thanks Parking Services for their 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 Gail 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.



Your Money/Your Health

Ideas on Avoiding “Death Taxes” in Ontario

Caution: We recommend you have your tax, financial and legal situation examined by professional advisors before acting on the information below.

In Ontario, Estate Administration Tax (EAT) is charged on the total value of a person's estate, the value of all assets owned by the deceased at the time of death. This tax is payable to the Ministry of Revenue when the person (or institution) who is going to administer a deceased person's estate applies to be appointed as Estate Trustee.

EAT, appointment of Estate Trustees, and exceptions to standard requirements are explained in the **Ministry of the Attorney General FAQs About Estates*** and the **Ministry of Finance EAT web page****.

The current tax rates are: \$5 per \$1,000 for the first \$50,000 of an estate's value, and \$15 per \$1,000 of value over \$50,000. For example, an estate valued at \$240,000 would pay \$3,100 EAT. (There is no tax payable if the value of the estate is \$1,000 or less.)

Here are some strategies commonly used for legitimately avoiding the EAT.

JOINT OWNERSHIP WITH RIGHT OF SURVIVORSHIP

When assets are jointly owned, at death the deceased's share of the jointly owned asset moves directly and immediately to the surviving joint owner. It does not go through the estate and is therefore not counted in determining EAT. Joint ownership can also help an adult child to manage an elderly parent's property.

Some of the possible risks to this strategy are capital gains tax due when ownership is transferred, complications if an adult child's marriage breaks down or they have unpaid debts, losing exclusive control of property, and disputes over intended ownership after the parent's death.

LIVING TRUSTS

This involves transferring ownership of your property to a trustee who maintains the property in the trust for

your benefit, then transfers it to your heirs at death. You no longer own the property in the trust, so it is not part of your estate when you die and so does not attract EAT. A trust also allows the trustee to manage your property if you become incapable of managing it while still alive.

Using a trust has fewer risks than joint ownership, but there is a cost to creating the trust and, if an institutional trustee is needed, there will be ongoing fees. There also may be capital gains tax payable when the asset is moved into trust. You also surrender some control over the assets.

LIFE INSURANCE PRODUCTS, INCLUDING SEGREGATED FUNDS

When an insured person dies, Ontario's Insurance Act requires the life insurance company to pay the insurance money to the entitled person, so the proceeds of insurance go directly to the beneficiary. They do not pass through the deceased's estate, and do not attract EAT. This is also true of the death benefit from a segregated fund, which is a type of investment fund administered by an insurance company.

Apart from the EAT advantage, insurance and segregated funds have the advantage of guaranteed pay-outs. Some of the downsides may be higher fees for segregated funds than other investment vehicles, less capital gains, and possible penalties and loss of value upon early withdrawal.

Each of these strategies may be valuable, but must be used properly to avoid problems, so anyone contemplating the use of these strategies is advised to obtain appropriate tax, financial and legal advice.

*<http://www.attorneygeneral.jus.gov.on.ca/english/estates/estates-FAQ.asp>

**<http://www.fin.gov.on.ca/en/tax/eat/>

McMaster 2015 United Way Campaign

Dear McMaster Retirees:

The United Way invests in our community supporting priority needs areas. Your donations fund 119 programs through 65 agencies. We believe the United Way is the most effective vehicle for McMaster to help our community in the broadest manner. United Way funding supports programs for people with mental health conditions, provides health equipment to seniors and the disabled, and provides mentors for after school programs.

Our current McMaster campaign goal is \$325,000. Last year, we raised just over \$305,000, exceeding our original goal. We are excited to take our campaign to new heights, and it starts with help from you.

Please add your support through a personal donation. The people accessing services are often neighbours, friends, and family. Learn about the work that your donation supports at

www.workingatmcmaster.ca/uway

Thank you for considering a donation to the United Way of Burlington and Greater Hamilton.

*Linda Dao, Student Co-Chair
Mat Lempriere, Staff Co-Chair
Kalai Saravanamuttu, Faculty Co-Chair*

Mac researchers discover key to maintaining muscle strength while we age

What causes us to lose muscle strength as we age and how exercise can prevent it from happening has never been thoroughly understood. Two McMaster scientists — Gregory Steinberg, professor in the department of Medicine, and Adam Bujak, PhD student in the Medical Sciences Graduate Program — have discovered a key protein required to maintain muscle mass and muscle strength during aging. This important finding could lead to treatments that target the protein in order to preserve muscle function. With an aging population, age-related muscle wasting and loss of muscle strength is a growing issue that shortens lives and creates a significant financial burden on the Canadian health care system. Despite the importance of maintaining muscle function and strength as we age, there is

currently no treatment other than exercise. *Daily News, June 2, 2015:*

(http://fhs.mcmaster.ca/main/news/news_2015/muscle_strength_and_aging.html)

The *McMaster Daily News* web site (<http://dailynews.mcmaster.ca>) is a good source of information about leading edge research conducted at McMaster. The brief reports posted on the site usually include links to publications of the full study reports or reports in the media. For example, *Searching for the words on the tip of your tongue* (July 16, 2015 - <http://dailynews.mcmaster.ca/article/searching-for-the-words-on-the-tip-of-your-tongue/>) may be of interest to MURA members. McMaster psychologist Karin Humphreys and a team of students are studying language retention and retrieval in local seniors to determine what kinds of words present a struggle to the aging brain, whether seniors can improve language retention and whether they are at risk for more memory problems in the future.

An Update on Changes to McMaster's Email Service

In the summer issue of MURAnews, we reported that McMaster's existing 'Unimail' email service was being replaced with 'MacMail', a Microsoft Exchange service, and that all retirees using an email address sending with @mcmaster.ca would be moved to the new MacMail server. By the time you read this, the migration of retirees will be almost complete, with all retirees moved to the MacMail server by mid-November.

Retirees affected were sent an email notice from exchangeproject@mcmaster.ca two weeks before their personal migration date with the subject line: Notice of Migration from UniMail to Exchange.

Help documentation tailored for retirees, prepared jointly by MURA and UTS, is available at <http://macmailhelp.mcmaster.ca/MacMail/retirees>

If you require technical assistance, please contact the UTS Service Desk at (905) 525-9140 extension 24357 and press #6 for retiree assistance. The UTS Service Desk is located on the McMaster Campus in Burke Science Building Room 245.

Email inquiries should be directed to exchangeproject@mcmaster.ca.

Anti-virus Software Available from the Campus Store

Although we no longer use discs to transfer information from computer to computer, it is still important to protect our computers from viruses. Phishing* scams and other types of internet fraud have been much in the news lately, but computer viruses** and other types of malware*** are still around and can cause significant damage to your computer.

There are many anti-virus programs available, at a range of prices. One economical option to consider is TrendMicro, which is available to McMaster retirees from the McMaster Campus Store for \$13.50 per year. Please note that, unlike staff, faculty and students, retirees cannot download TrendMicro from the Campus Store web site. Retirees need to visit the store with a USB flash drive (memory key or stick) to get a copy of the software. To find out more visit

<https://antivirus.mcmaster.ca>

or contact MacMicro in the Campus Store at macmicro@mcmaster.ca or 905-525-9140 x27873.

Other types of anti-virus protection may be available through your email provider (e.g., Cogeco) or by online purchase (e.g., Bitdefender).

* Phishing is an e-mail fraud method in which the perpetrator sends out legitimate-looking email in an attempt to gather personal and financial information from recipients. Typically, the messages appear to come from well-known and trustworthy web sites.

** A computer virus is a piece of code that is capable of copying itself. A virus might corrupt or delete data on your computer, use your email program to spread itself to other computers, or even erase everything on your hard disk. Computer viruses are often spread by attachments in email messages.

*** Malware is an umbrella term used to refer to a variety of forms of hostile or intrusive software, including computer viruses, worms, trojan horses, ransomware, spyware, adware, scareware, and other malicious programs.

LITERARY LEGENDS BY SEA AND BY LAND, THE SEQUEL September 8-23, 2016



Join Dr. Graham Roebuck, Professor Emeritus, McMaster University, on our second adventure exploring English literature, history and culture featuring the great figures of English literature. Departing from New York on September 8, 2016 on board Cunard's Queen Mary 2, the group will cruise to Southampton with a stop in Halifax en route and then embark on a seven-day coach excursion. Three nights will be spent in each of Canterbury and Cambridge followed by one night in London where our journey ends. Throughout the trip, Dr. Roebuck will provide illustrated talks, conduct informal discussions and lead guided tours of the sites.

Highlights

Hastings, Canterbury Cathedral, Sissinghurst Castle Garden and additional National Trust sites, Bury St Edmunds, Wren Library, King's College Chapel

Fares*

Cruise: From \$1981.00 CAD to \$3300.00 CAD
Land: \$2990.00 CAD

*Pricing is per person based on double occupancy.
Cruise and land excursion may be booked separately

For More Information Contact

Web: elizabethmccallum.cruiseshipcenters.ca
Email: emccallum@cruiseshipcenters.com
Telephone: 905-540-8747



TICO #5000074

New and Not-So-New MURA Volunteers

Below we are featuring the retirees who were elected to a three year term on MURA Council at the Annual General Meeting in June.

Welcome New Members

Mrs. Julie Bodden, Psychiatry & Behavioural Neurosciences
Mrs. Regina Browne, School of Nursing
Mrs. Carmen Camilleri, Classics
Mrs. Lori Carey, Medicine
Mrs. Maria Costa, Regional Medical Associates
Ms. Cristina Gage, DeGroote School of Business
Mr. Gordon Richard Hayes, Library
Mrs. Xianxi Huang, Medicine
Dr. David Johnston, Psychiatry & Behavioural Neurosciences
Dr. Pavlos Kanaroglou, Geography & Earth Sciences
Mrs. Mila Khayutin, Library
Mrs. Lorraine Koutalos, School of Graduate Studies
Mrs. Alexia Mars, Vice President, Research
Dr. Neil McKay, Physics and Astronomy
Mrs. Judy Moore, Human Resources
Dr Juan Munoz, Family Medicine
Dr. Colin Nurse, Biology
Mrs. Hedy Piekarczyk, Centre for Continuing Education
Dr. Wendy Sword, School of Nursing
Mrs. Catherine Tompkins, School of Nursing
Dr. Charlotte Yates, Labour Studies/ Political Science
Mr. Min Zhang, Biology

and a belated welcome to

Mrs. Deborah Miller, Human Resources
Mr. Rob Stuppel, Media Production Services

Recent Passings

Edith Denham, Computer Residence & Training Centre,
Sept. 21/15
Mr. William Fowler, Athletics & Recreation, Aug. 30/15
Dr. John Laidlaw, Medicine, June 6/15
Dr. Angus MacMillan, Pediatrics, Aug. 8/15
Mr. James McHugh, Parking & Transit Services,
Aug. 2/15
Mr. Joseph Mroz, Facility Services, Aug. 30/15
Mrs. Pamela Penny, Mathematics & Statistics, July 16/15
Mrs. Elena Pronesti, Hospitality Services, July 10/15
Mrs. Donna Radia, Facility Services, June 16/15
Dr. Eva Tihanyi, DeGroote School of Business,
Sept. 13/15
Mrs. Boleslawa Wypyszynska, Building Operations,
July 28/15



Gail Britton After working in industry for many years, Gail Britton came to McMaster in 1991 as the Graduate Secretary in the Faculty of Engineering's Civil Engineering Department. She thoroughly enjoyed the interaction she had with the students and benefitted greatly by learning about the different cultures of the

international students. She has helped on some of the MURA committees over the years, but will now Chair the Christmas Lunch Committee and the Annual General Meeting Committee. Gail is currently a volunteer with the Cancer Assistance Program. Gail golfs, likes to read and although she doesn't get the opportunity very often, she loves to go fishing.

Dianne Coventry

grew up in Stoney Creek and spent all her adult life in Hamilton. She retired from Physical Plant at McMaster after a lot of years, full-time and part-time. She was involved in the union all of her years at Mac. Now, she spends time with her family, grandchildren, and great-grandchildren. She loves to read. This is Dianne's second term on Council.



Nora Gaskin left McGill University and Montreal for Ontario in 1986. She was a librarian at McMaster for 23 years, mostly in reference and instruction at Mills Memorial Library, and served on the executives of MUPLA and MUALA, and on the MUFA Negotiating Committee. She

sings in a small choir, organizes monthly Hamilton Contra Dances, and enjoys outdoor activities like hiking, rollerblading and cycling. She is a bit of a tech geek, and is mother to two rescue cats, Charlie and Alexander. Nora joined MURA Council this year, and is an active member of the Communications Committee.



Booking Form for MURA Christmas Lunch



Wednesday, December 2, 2015, 12 noon
\$17.00 per person — payable to MURA

Book by November 16, 2015

To reserve seats for the Christmas Lunch, please complete this form and mail with a cheque payable to MURA to:

Gail Britton, 20 Autumn Leaf Road, Dundas, Ontario L9H 3V7

For more information, contact Gail Britton (905-627-4539 or britton@mcmaster.ca)

of persons _____ Amount (# of persons x \$17) \$ _____

Name _____

Address _____

Postal Code _____ Telephone # _____ email address _____

Name(s) of Additional Guest(s) _____

I have an Ontario Accessible parking permit and require reserved accessible parking:
Yes _____ No _____