

PRESIDENT'S CORNER

MURA's Annual General Meeting is fast approaching. We are looking forward to hearing from this year's speaker, Dr. Susan Denberg who is the Associate Vice President (Academic) of the Faculty of Health Sciences at McMaster University. She will be speaking on 'Forward with Integrity'. Read more about her presentation in the Notice of AGM Meeting and Luncheon on page 3. Mark your calendars for noon on Wednesday, June 4th.



Following the lunch and speaker there will be a Business Meeting which will include Council elections and reports from Council officers. The Nominating Committee Report is available on page 4. I wish to thank the Committee, chaired by Joe Laposa, and composed of Phyllis DeRosa-Koetting, Linda Grocott, Les King, and Kathy Overholt, for carrying out this important work for the Association.

Please note that after the AGM there will be a panel discussion starting at 3:30pm across campus in MDCL 3024 entitled 'Aging in Community -- Seniors' Options for Creating Mutual Support and for Cohousing', which will be of interest to many of our members. See the notice of the panel discussion as well as an introductory article by Ellen Ryan on page 5 for background on "Aging in Community" and opportunities for you to be involved.

Included in this issue is an update on the CURAC 2014 Conference which will be hosted by MURA and RAMC (Retirees Association of Mohawk College) in late May. Helen Barton and Mary Johnston, Co-Chairs of the Organizing Committee for the conference are doing a wonderful job of overseeing all aspects of necessary planning of the diverse activities involved. Registration for the conference is open to all.

Other topics covered in this issue of MURAnews include a Report to the Members of the Hourly Pension Plan by Cliff Andrews, details of upcoming MURA trips, a review of the book "Hydrology in Cold Regions" by Ming-ko Woo, and an informative article about a website for grocery store sales

Especially after such a harsh Winter, I wish you a kinder Spring, and hope to see you at the AGM.

Marianne Walters
MURA President

waltersm@cogeco.ca
905-648-2309

NOTICE OF ANNUAL GENERAL MEETING

Date: Wednesday, June 4th, 2014

Time: 12:00 noon – 3:00 pm

Place: Celebration Hall

RSVP is required by **May 17th, 2014** to establish numbers for the lunch. Contact Janice Rischke at rischkej@mcmaster.ca or phone 905-627-1798. If you have an Ontario Accessible Parking Permit and require reserved accessible parking, please let Janice know.

See pages 3 & 4 for details and plan to attend.

This issue of MURAnews is being mailed to all members without email contact to ensure they receive the Notice of the AGM and the Nominating Committee's report, as required by MURA's Constitution.

HELP SAVE MURA's POSTAGE BUDGET!

SWITCH TO THE ONLINE VERSION OF MURAnews

An electronic welcome and a big thanks to the retirees who recently joined the fight to hold the line on MURA's postage budget.

Because of the 35% postal rate increase that has just hit us all, MURA needs at least 200 members to opt out of the postal mailing of MURAnews to keep the budget balanced. 82 have already made the switch! We need at least 118 more of you modern retirees to join those who read MURAnews online or print their own copy at home.

We make it easy to read MURAnews on paper by attaching a PDF file to the email notice that's sent when a new MURAnews is published. Or you can just click the link in the email and read online.

To switch to the online version of MURAnews and opt out of the postal mailing please phone Linda Grocott at 905-689-7520 or email her at grocott@mcmaster.ca.





REGISTER NOW FOR THE CURAC 2014 CONFERENCE!

It's time to register for the 12th Annual Conference of the College and University Retiree Association of Canada (CURAC).

MURA is one of 40 member associations of CURAC. MURA and the Retirees Association of Mohawk College (RAMC) are hosting the conference in Hamilton on May 28th - 30th 2014. Conference sessions will take place at McMaster and the conference banquet will be held at Mohawk College.

In addition to MURA's official delegate to CURAC, a number of MURA Council members and MURA members from the local conference organizing committee will attend. We hope that other MURA members will join us for some or all of the conference.

The conference program covers a range of topics of interest to retirees:

- McMaster experts will speak about their research on innovations related to some of the challenges faced by an aging population, including: driving, hearing aids, social participation, access to information, and economic costs to society.
- Staff from the Hamilton Public Library will talk about keeping up with new developments in computing.
- There will also be presentations on the activities of university and college retiree associations from across Canada and on CURAC's work on behalf of its members.

The full program is available on the conference website at mcmaster-retirees.ca/curac2014.html.

To register for the conference online and pay by credit card, go to

<https://conferencereg.mcmaster.ca/go/conferences/CURAC-2014>. You may register for the full conference (reception, all conference sessions, lunch & refreshment breaks, banquet) at a cost of \$160.00, or for a single day. Registration for a single day (May 29th or 30th) is \$50.00 and includes conference sessions, lunch & refreshment breaks; you may also purchase single-day registrations for both dates for a total cost of \$100. The cost of parking is covered for all levels of registration. Extra banquet tickets – to supplement single-day registrations or for quests – are \$60.

Alternatively, a registration form for those who wish to pay by cheque is available on the conference web site mcmaster-retirees.ca/curac2014.html, at the second line under 'Conference Registration'.

To find out more, visit the conference website at mcmaster-retirees.ca/curac2014.html, contact the organizing committee at curac2014@mcmaster.ca or leave a phone message at 905 525-9140, ext. 23171.

WHAT'S ON SALE?

Do you get tired of searching through flyers (on paper or online) to see if your favourite brand or that particular product you really need is on sale? There is a web site available, called **salewhale** (www.salewhale.ca/en), which allows you to search your local area to see what's on sale.

You can search by brand name (e.g. Bounty) or by product (e.g. eggs, ground chicken). Start by selecting your location in the area directly below the top left logo. The site will tell you in which stores you can find your choices on sale. You can even restrict the search to stores at which you prefer to shop. The web site also provides access to online flyers.

If you choose to sign up (free), you can save a list of products so you can find out when they are on sale (e.g. bathroom tissue, cat litter). Also, by clicking on your name at the top right of the screen, you can subscribe to email alerts. You will receive an email every Friday, telling you where your "Sales Alert" products are on sale. Because the site shows you a selection of stores and prices, you can figure out where to find the best deal.

What could be easier than that?

CREATE A LASTING LEGACY

You don't need to be a millionaire to create a lasting legacy for generations to come. Every year, people from all walks of life make a difference through bequests of all sizes to their favourite charitable organization.

What is a Bequest?

A bequest is a donation directed to a charitable organization, specified according to your wishes through a provision in your will. Funds may be bequeathed as a specific dollar amount or asset, or as a percentage of the residue. Donations may be named in memory of a loved one, a former colleague, or any other special person in your life. Your gift may also bear your own name to show your support of those who will come after you.

Creating a student award is one important way in which you can have an impact on the future. Or perhaps there is a field of research near and dear to your heart. Or you wish to support an important new program or learning opportunity. You may also provide an unrestricted gift that will go toward the area of greatest need.

Why Make a Bequest?

An estate can often provide a much larger gift than the donor can afford during life. With a little planning, you may be able to leave a significant legacy in perpetuity.

Once your needs and those of your loved ones are met, a bequest is a simple, affordable and tax-effective way to support the area of your choice, with little or no effect on your current finances. A bequest intention is revocable and can be changed if your financial circumstances change. A charitable tax receipt will be issued to your estate, which can reduce the overall tax burden on your heirs.

Other forms of “planned gifts” may also be made through life insurance policies, registered retirement funds, charitable gift annuities, charitable remainder trusts, stocks and securities, and other vehicles.

A Story from the McMaster Community

When he graduated from McMaster University in 1926, Harold Chalk wrote in his class book that he was looking forward to becoming a teacher and being able to “assign the tasks which he himself has so meekly borne.”

Over the course of his life, he and his wife Anne made the decision to remember McMaster in their estate plans. When they both passed away in 1996, their bursary was established. Since then, the Anne and Harold Chalk Memorial Bursary has supported more than 320 deserving students so far.

“I wish I had the chance to thank Anne and Harold in person, but they are always here in my heart,” says Bosa Zagorac, a recent bursary recipient. Thanks to the Chalks’ generosity, Bosa is now a fourth-year undergraduate, majoring in Psychology, Neuroscience and Behaviour, with plans to study medicine and become a neurosurgeon. “I feel they are right here rooting for me and it pushes me to do better.”

Your Impact on the Future

A charitable bequest is a link between the past, the present and the future. It is a deeply meaningful way to establish your own personal legacy in the area(s) of your choice. All donations, no matter the size, are deeply appreciated and will add up to create an important and lasting impact on generations to come.

To learn more about planning ahead to make a charitable gift in your will, please contact:

Paul Grossman
Director, Major & Planned Giving
McMaster University
Tel: 905-525-9140, ext. 23447
Email: grossma@mcmaster.ca



NOTICE OF ANNUAL GENERAL MEMBERSHIP MEETING AND LUNCHEON

Date: Wednesday, June 4th, 2014

Time: 12:00 noon - 3:00PM

Place: Celebration Hall
(Basement of Kenneth Taylor Hall)
McMaster University

RSVP is required by May 17th, 2014 to establish numbers for the lunch. Contact Janice Rischke at rischkej@mcmaster.ca or phone 905-627-1798.

See page 4 for parking information.

Luncheon

A light sandwich luncheon will be served while you socialize with friends.



Special Presentation to the AGM

Forward with integrity

Dr. Susan Denburg is the Associate Vice President (Academic) of the Faculty of Health Sciences at McMaster University.

In 2011, McMaster President Patrick Deane published *Forward with Integrity: A Letter to the McMaster Community*. The letter reaffirmed McMaster’s historic strengths and challenged the McMaster community to find new and innovative ways to approach the University’s core mission through excellence in teaching and research. The letter was intended to reinvigorate activity in four key and interconnected areas; the student experience, McMaster’s research environment, our relationship with the surrounding community and McMaster’s commitment to global activities. Since the letter was distributed, a number of initiatives have begun to alter the landscape at McMaster. Dr. Susan Denburg, Associate Vice President (Academic) in the Faculty of Health Sciences and Strategic Advisor to the President, will describe the impact of the letter and provide an update on the initiatives that followed and the current landscape.

Business Meeting

Including reports of Officers and Council Elections

Need a ride? If you live in the Hamilton area and would like to attend but don’t have transportation, we’ll pick you up and take you home.

Need help getting to Celebration Hall from the bus stop? Contact Kathy or Helen with your request by Friday May 31st.

Kathy Overholt 905-521-0303, overhol@mcmaster.ca
Helen Barton 905-528-8951, barton@mcmaster.ca

2014 NOMINATING COMMITTEE REPORT

MURA Council 2014/2015

Honorary President*: Arthur Bourns

Executive

Past President (ex officio): Marianne Walters

President (Nominated): Mary Johnston

(One year term, to 2015)

Vice President (Nominated): Betty Ann Levy

(One year term, to 2015)

Treasurer*: Beth Csordas

Secretary*: Kathy Overholt

Councillors

Nominated for office until 2017:

Dianne Bird

Kathy Heywood

Pam Penny

Peter Sutherland

Continuing in office until 2016:

Brian Beckberger

Shari Mercer

Continuing in office until 2015:

Helen Barton

Diane Coventry

Linda Grocott

Auditor*: Bob West *appointed

In accordance with Article 8.01 Section 3 of the MURA Constitution: "Further nominations for the nominated positions will be received by the Secretary of the Association up to seven (7) days prior to the date set for the annual general meeting from nominators who are regular members of the Association together with the verbal or written acceptance of the nominee. Nominations will also be received from regular members at the annual general meeting."

Nominating Committee:

Joe Laposa (Chair)

Phyllis DeRosa-Koetting

Linda Grocott

Les King

Kathy Overholt

COMPLIMENTARY PARKING FOR THE AGM

MURA thanks Parking Services for this generous support

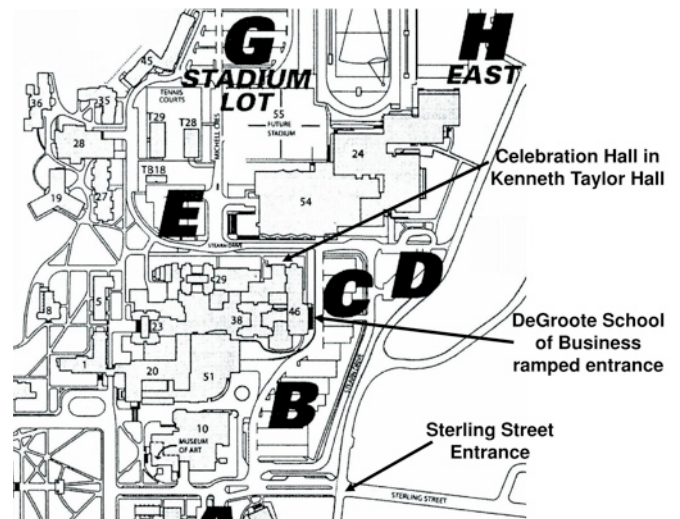
Retirees will have access to Parking Lots C, D and E, all close to Kenneth Taylor Hall. Come on campus via the Sterling Street entrance. Lot G - the underground Stadium lot - may also be used if the lots closer to KTH are full.

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 AGM 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 ramped entrance to the DeGroot School of Business. Use the elevator just inside the DeGroot building to access Celebration Hall in the Kenneth Taylor Hall basement. Parking staff will be on duty to assist with accessible parking in Lot C. Please have your Ontario Accessible Parking Permit on display in your vehicle



MURAnews ONLINE

Win a prize in the 2014 Opt Out Draw. If you switch to reading *MURAnews* on the web and opt out of the printed version before or at the MURA AGM, we will enter your name for a prize to be drawn at the AGM on June 4th.

To try the online version of *MURAnews*, go to

<http://mcmaster-retirees.ca/MURAnews.2013-14.html>

We hope that you like what you see!

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

AGING IN COMMUNITY --

A Return to Neighbourliness

Older people in North America frequently report that their greatest desire is to maintain independence as they age. Yet changes in our society have bought individual independence at a price.

Increasingly people of all ages feel disconnected. The oldest members of our society are at high risk for social isolation. Moreover, loneliness is linked to increased frailty and early mortality. Should we look back at earlier

generations and societies for strategies to anchor individuals in community and give them with a sense of connection? Can we elders build up a feeling of community through neighbourliness?

'Aging in Community' is a phrase that incorporates the following. International and local initiatives to strengthen connections among older people and across generations. Strategies to enhance social networks. Strategies to make cities and towns more age-friendly, and create a wider range of housing arrangements.

There are many questions that come to mind when considering 'Aging in Community'. Do we wish to consider alternatives for old age such as more affordable and friendlier living as compared with the traditional choice between aging in one's own home and moving into assisted living? Would we consider joining a social network committed to mutual support? Can we envision local neighborhoods linked via information access and easy transportation to city-wide activities, parks, and intergenerational opportunities? Can we contribute to our communities as long as possible?

Our local informal group of retirees is discussing ways to support each other and increase connections in every sphere of our lives. We invite you to join us in a **Senior's Month panel discussion** to learn about options and to share your ideas. Copies of the overview book *Aging in Community* [Blanchard, 2013] will be on sale for a reduced price. For further information, you may contact me via email [ryaneb@mcmaster.ca].

Ellen Ryan

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/>

THE MURA ACADEMIC AWARDS FUND

A Small History and a Large Thank You

Since 1992 MURA has supported McMaster Gerontology students by providing an annual Scholarship and Prize. Originally these were funded from our Operating Budget.

In 2007 we set up an endowment fund which allowed these awards - a \$1000 Scholarship to a full-time student and a \$250 Prize to a part-time student - to be paid in perpetuity. The \$32,000 needed was raised through a series of successful solicitations to retirees and friends of MURA.

In late 2010 MURA decided to increase the fund to \$50,000 in order to increase the Scholarship and Prize to \$1250 and \$350. This new goal was achieved in only two years with the generous support of our donors.

In 2013, a new target was announced. To keep pace with the rising costs of university education, the aim was to increase the Scholarship to \$2000 and the Prize to \$550. An additional \$15,000 was needed to do this, raising the fund to \$65,000. This campaign was launched in October 2013 with solicitations by mail and in *MURAnews*.

To date a total of \$61,000 has been raised toward this new target.

Many thanks to those who have generously donated in the past and during the current campaign.

We are almost there. Please help in reaching the goal.

Donations may be made at MURAScholarship.ca, or by calling Kris Gadjanski, Development Officer at 905-525-9140, extension 21837.

Complimentary Trial Membership at University Club

The University Club has generously offered to grant trial membership to retirees, without membership fees, until June 30, 2015. (This offer does not apply to retirees who are already members.)

Retirees who are interested should contact Al Mercato, Club Manager, by email at mercato@mcmaster.ca or by telephone at the University Club - 905-525-9140, extension 23246 to obtain an application form and other details about the club. Alternately, the application and information is available on the Club website.

McMaster University presents:



AGING IN COMMUNITY

Seniors' Options for Creating Mutual Support and for Cohousing

June 4th [following the MURA lunch and AGM]

3:30-5:00pm at McMaster in
MDCL 3024 [Michael DeGroot
Centre for Learning and
Discovery, near Health Sciences
- Third Floor]

ALL WELCOME. FREE.



Chair:

Donna Paige, Psychotherapist & Meditation Teacher

Panelists:

- Ellen Ryan, Gerontologist & Prof Emeritus
- Denise O'Connor, Hamilton Council on Aging & Age-Friendly Hamilton
- Bernie Baldwin, Senior Volunteer

Member Benefits of the University Club of McMaster:

- Use of the Club dining facilities and attending special events.
- Reciprocal signing privileges to the Dundas Valley Golf and Curling Club. UC members are permitted to play golf on their "short course" (this fee is \$15)
- Reciprocal signing privileges to the Royal Hamilton Yacht Club.
- Discount membership at the Royal Botanical Gardens (RBG)
- Discount rate at the Holland Park Garden Gallery
- Discount rate at the Westdale Florist.
- Reciprocal arrangements at faculty clubs across Canada and the US.



Tickets from Harold Siroonian: 905-527-5473 or hsiroonian@gmail.com.

TO CHANGE YOUR MAC ID PASSWORD – AGAIN

In the Summer 2013 issue of *MURAnews*, we told you about the new rules for MAC ID* passwords instituted by University Technology Services (UTS). These rules aim to raise MAC ID passwords to a more secure standard.

According to the new standard, MAC ID passwords will now expire after 12 months from the last password

change. This means that you will need to choose and enter a new password every year. You likely received a notice from UTS recently saying that passwords upgraded during last spring's campaign will expire soon and need to be changed as soon as possible. You will be unable to use your MAC ID if you do not change your password.

Any new password needs to fit the new standard instituted in February 2013.

The UTS online password change tool and a description of the requirements are available at <http://www.mcmaster.ca/uts/macid/index.html>. UTS recommends clearing all saved instances of a MAC ID password before changing it. Saved passwords are often found in, for example, email programs on computers and Wi-Fi logins on smartphones. See the 'Clearing Saved MAC ID Password Guide' at <http://www.mcmaster.ca/uts/macid/clearpwds/index.html>.

Please contact UTS at 905-525-9140, extension 24357 or by email at uts@mcmaster.ca if you have questions or encounter difficulties.

WELCOME NEW MEMBERS

Ms. Lesley Beaumont, Nuclear Medicine
Mr. Richard Beith, Campus Store
Mrs. Dragica Dronjak, Facility Services
Dr. Alfred Haines, Clinical Epidemiology & Biostatistics
Mrs. Marilyn John, Facility Services
Mr. Yu-Kang Mao, Pathology & Molecular Medicine
Mrs. Mira Palubiak, Facility Services
Dr. Irene Patelis-Siotis, Psychiatry & Behavioral Neurosciences
Mr. Bernard Shaw, Facility Services
Ms. Sheila Turcon, University Library
Ms. Katie West, University Technology Services
Mr. Reginald Woodruff, McMaster Institute for Innovation and Excellence in Teaching and Learning

RECENT PASSINGS

Dr. Alwyn Berland, English and Cultural Studies, Mar. 1/14
Dr. James Dale, English and Cultural Studies, Feb. 13/14
Dr. John Lott, Biology, Apr. 2/14
Dr. C. Barber Mueller, Surgery, Feb. 13/14
Mrs. Eleni Pavlidis, Facility Services, Jan. 13/14
Mrs. Elena Radia, Facility Services, Feb. 12/14
Mrs. Leila Sabeen, Facility Services, Jan. 26/14
Dr. Stanley W. Schatz, Surgery, Apr. 6/14
Prof. Boris Stein, Social Work, Mar. 10/14
Dr. Vivienne Walters, Sociology, Nov. 22/13
Dr. John Warkentin, Chemistry, Mar. 30/14

* A MAC ID provides authentication to applications such as Univmail, LibAccess, the campus Wi-Fi network, McAuth, and the VPN. Your MAC ID is not your 7-digit employee number. It is an identifier that usually includes part or your entire surname. For retirees using a McMaster email account, it's the userid portion of your email address userid@mcmaster.ca

END OF YEAR REPORT- to the Members of the Hourly Pension Plan

Hello to all hourly staff retirees. Your Pension Plan investments are starting to keep pace with our escalating living costs. After a number of years of dismal returns, this year the plan did make an extremely good return of 12.9%. However, due to the 5 year formula, this still leaves us with a 5 year annualized result of 5.08%. This is below the threshold of 6% at which some indexing would occur. This lack is still due to the disastrous returns of the 2008-2009 period. The better news is that our plan is still being maintained by the University's input of approximately 2.8 times the member's contributions. This includes an additional \$20,000.00 per month top up by the University. At present the committee is looking at possible ways to enhance the pension in the future, which we look forward to.

I wish everyone a good year following this harsh winter. I hope to meet many of you at the upcoming A.G.M. It offers a free lunch and generally an interesting talk.

There are a number of avenues to become active in MURA, the retiree's association for all McMaster University retirees. During the course of the year trips and outings are organized and available to all who would like to join in. There is also an annual Christmas lunch which is a little less formal than the A.G.M.

Your pension and benefits representative.

Cliff Andrews

HAALSA

The Hamilton Association for the Advancement of Literature, Science and Art (HAALSA) is a CRA-registered charity based in Hamilton with a mandate for public education that dates back to 1857. A large percentage of our members are current or retired McMaster faculty and staff or former McMaster students. The University currently recognizes HAALSA as an accredited outside organization allowing them to offer eight free annual public lectures on campus, in the Ewart Angus Centre. For a list of such talks see their web site: www.haalsa.org. On this site, you will find links to other organizations such as the 3rd Age Learning in Guelph, Burlington and Hamilton that also offer lectures by professors and community experts covering a wide range of interesting subjects for the retired and semi-retired who wish to continue learning.

Change of Address Notification to Human Resources (Michele Leroux)

Are you moving? Please don't forget to update your address on file at McMaster University to ensure you receive any correspondence including your T4A to the correct address. The Human Resources Service Centre provides McMaster retirees with one point of contact to update their new addresses. McMaster retirees can call, email, or complete a change of address form as shown below. Upon receiving your address change, the HR Service Centre will update the following as applicable on your behalf:

- Communicate updated address information to The McMaster University Retirees Association (MURA)
- Update the Sun Life System (for benefit purposes)
- Communicate address information to CIBC Mellon (for pension purposes)
- Update the McMaster HR System

Address changes can be forwarded to the HR Service Centre in the following methods:

- Phone: (905) 525-9140 extension 22247 (222HR)
- Email: You can find your HR Advisor's email address at www.workingatmcmaster.ca/contacts
- Complete the following form and mail it to the HR Service Center at the address outlined on the form: <http://tinyurl.com/lg42rj9>

Please do not hesitate to contact your HR Advisor with any questions.

Kindest regards,

Michele Leroux
Director, HR Services

MURA TRIP

Les Miserables- Thursday July 31, 2014.

Drayton Entertainment is putting on a well-rated performance of Les Miserables at the new Dunfield Theatre in Cambridge. The bus leaves Fortino's parking lot on Main Street West at 10:30 a.m. We travel to the Cafe Troy for lunch and an on-site visit of Don Zver Pottery. Then on to Cambridge for the 2:00 p.m. performance. We will return to the Fortino's by 6:00 p.m. (traffic permitting). Cost for this day is \$117.00 per person. Please make the cheque payable to MURA and date this one June 20, 2014.

A few other trips are planned so please check your upcoming issues of the MURA News or give me a call at 905 336 5568

For more information, please contact Shari Mercer at 905-336-5568 or mercerc@mcmaster.ca.

Mail your cheque to MURA and booking form to Shari Mercer, 1502-477 Elizabeth Street, Burlington, Ontario, L7R 2M3.

Please use the booking form on page 8 to register for the trip.



Book Review Hydrology in Cold Regions

Hok Woo (left) with Phil Marsh (McMaster PhD 1983)
on Ellesmere Island in the Canadian Arctic



With our earth in a warming period, major impacts are occurring to permanently frozen ground (permafrost) dominated regions. 40-50% of Canada's land mass is underlain by permafrost. Further, it is estimated that permafrost underlies 20-25% of Earth's land area. Understanding and predicting these impacts requires detailed knowledge and experimental expertise. Ming-ko (Hok) Woo, a world expert on permafrost hydrology, has put his expert knowledge into word in this impressive work. Woo is Professor Emeritus in the McMaster School of Geography and Earth Sciences. Born in Hong Kong, he adopted the cold region hydrology of the Canadian northern lands as his scientific passion.

In the process, he has passed on this passion to numerous McMaster and other students. Woo's experimental work has taken him to most of the permafrost environments in Canada. This includes the high arctic islands, the Yukon, the Mackenzie River Valley and the barren lands over a period spanning many decades. His book is organized into 10 chapters. These include a description of permafrost distribution and environmental factors that influence its occurrence, a discussion of how heat and water move in frozen soils, how this builds the distinct surface features associated with permafrost terrain and the role of snow in regulating the processes.

Woo's book is abundantly endowed with illustrations and photographs which are essential to an understanding of this complex subject. I would not describe Woo's book as a cover to cover read. Rather it's a detailed and highly accurate reference source for anyone interested in the often special processes that create the unique features of permafrost landscapes. It is also a timely topic since frozen ground is rapidly being transformed in response to climate warming.

BOOKING FORM FOR MURA TRIP

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.

Thursday, July 31, 2014

Les Miserables

Drayton Entertainment, Cambridge, Ontario

\$117.00 per person

post date cheques to June 20, 2014 payable to McMaster University Retirees Association (MURA)

of persons: **Amount (# persons X \$117) \$:**

Name:.....

Address:.....

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