

President's Corner



As I write this, spring has finally arrived with lovely warm weather after a winter that seemed to go on forever. I always enjoy this time of year, but this spring is especially wonderful with the arrival of our fifth grandchild in April.

Over the past three months, MURA Council and its committees have been working on several projects. The Communications Committee has been reviewing and revising our policy on the types of information that we disseminate to MURA members by email, in the newsletter and on our web site. This committee is also evaluating platforms for a new MURA website.

The Volunteering Committee recently conducted a survey to solicit ideas about how best to use the talents of retirees to the mutual benefit of MURA and McMaster: a big thank-you to MURA members who completed the survey. This committee has also been busy seeking out volunteering opportunities on campus for MURA members. A new focus will be connecting retirees with students in formal and informal mentoring roles.

I hope to see you at the MURA Annual General Meeting on June 3rd. We will have lunch, followed by an interesting talk about the City of Hamilton's plans for an age-friendly city and a business meeting. An important part of the AGM is the election of a new vice-president, president and three new councillors. More information appears on p. 4, including the slate of candidates for your consideration on p. 5.

MURAnews is produced four times a year by a small group of volunteers. Wayne Rouse, who has done an excellent job as news editor over the past year, will soon move on to other activities. If you are interested in contributing ideas or articles or would

like to play a role in editing, producing or disseminating the newsletter, please contact us at mura@mcmaster.ca. We'd love to have you on the team.

Lastly, MURA Council recently conferred honorary MURA membership on Helen Barton in recognition of her extraordinary contributions to the Association. As a long-time regular member, Helen has served on Council, as Vice-President, as President, as newsletter editor and on almost every MURA committee. Helen is a font of knowledge about MURA's history and constitution. This honour recognizes her hard work on behalf of Mac retirees.

Hope to see you at the AGM.

Mary Johnston
johnston@mcmaster.ca

Notice of Annual General Meeting

Date: Wednesday, June 3, 2015

Time: 12:00 noon – 3:00 pm

Place: Celebration Hall

RSVP is required by May 15, 2015 to establish numbers for the lunch. Contact Pamela Penny at penny@mcmaster.ca or phone Mary Johnston at 905-627-1409.

If you have an Ontario Accessible Parking Permit and require reserved accessible parking, please let Pam know.

See p. 4 for details and plan to attend.

This issue of *MURAnews* is being mailed to all members to ensure they receive the Notice of the AGM and the Nominating Committee's report, as required by MURA's Constitution

Toward an Age-Friendly Hamilton

by Ellen Ryan

We need to change our thinking about people in the over sixty age group, in radical ways. Longevity has advanced to the point where conditions like old age and frailty can no longer be defined by numerical age. Past stereotypes developed in past centuries no longer hold. When a 100 year old man finishes a marathon, as happened last year, we know that conventional conceptions of old age must change.

— Dr. Margaret Chan, Director General, World Health Organization, 2012

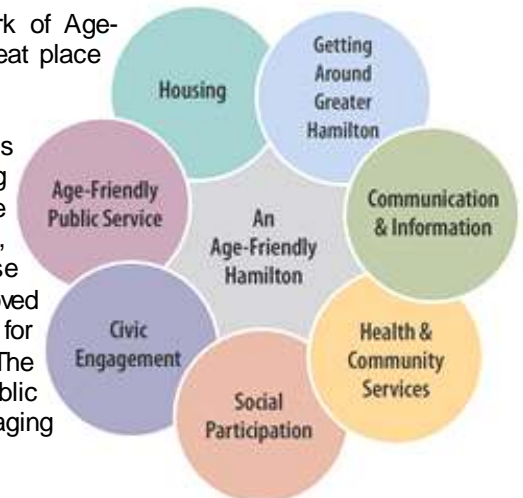
Hamilton is becoming an ‘older’ city — citizens aged 55 and over will constitute one-third of the city’s population within 20 years.

The World Health Organization has challenged cities across the world to become age-friendly, setting general criteria. The development of the plan for Hamilton has been spearheaded over the past seven years by Margaret Denton, a member of MURA, through the Hamilton Council on Aging and the Neighbourhood and Community Initiatives Division of City Council.

In September, City Council approved **Hamilton’s Plan for an Age-Friendly City** [<http://coahamilton.ca/wp/wp-content/uploads/2014/03/HPAFC-finalwithcover-201410181.pdf>]. The Implementation Plan, based on further community consultations, is due this summer.

Hamilton has now been accepted as a member of WHO’s Global Network of Age-friendly Cities and Communities for its commitment to making Hamilton a great place in which to live and age well.

The key ingredients in Hamilton’s plan are depicted in this diagram. As expected, big priorities include housing for income-squeezed, downsizing seniors, transportation for the disabled and suburban residents no longer able to drive, and improved walkability in neighbourhoods. Access to information, including training in the use of evolving technologies, is central to making use of available services and also for providing feedback regarding improved services. A special focus is enhancing access to existing opportunities for individuals with disabilities and members of diverse ethnic groups. The Hamilton Council on Aging has already initiated pilot projects on use of public transportation, walking for fun and exercise, poverty among seniors, and engaging elders within specific ethnic groups.



Guiding principles emphasize creating supportive and enabling environments; optimizing opportunities for health, participation, security and lifelong learning; neighbourhood capacity building; and engagement of seniors in the life of the entire community.



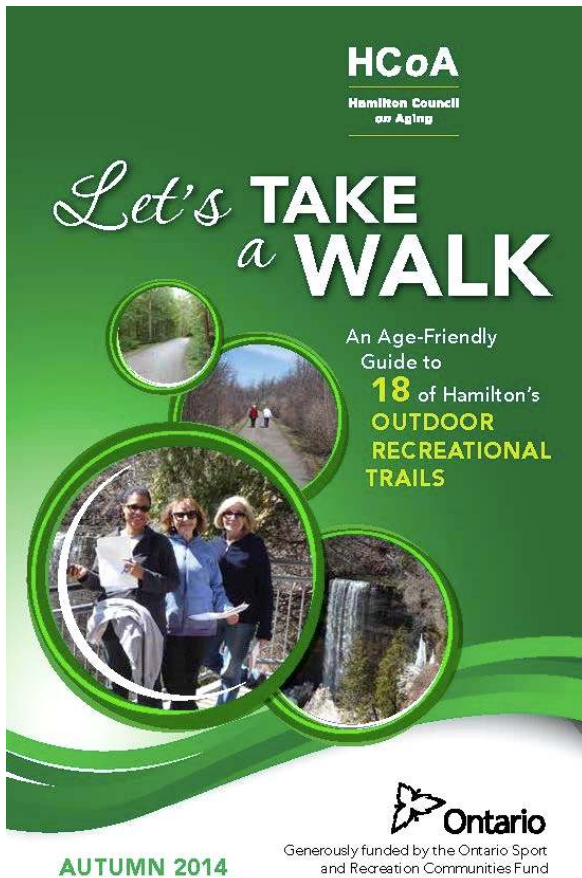
The Age-Friendly movement shifts the focus from an individual's responsibility for optimal or successful aging to recognize that Communities must provide both physical and social environments that allow older adults to live in safety, enjoyment, good health and well-being while continuing to participate in society in meaningful ways.

Margaret Denton

Once you review the **Plan** [<http://coahamilton.ca/wp/wp-content/uploads/2014/03/HPAFC-finalwithcover-201410181.pdf>], you are invited to provide your input regarding implementation — best by the end of April — by contacting Shelagh Kiely at the Hamilton Council on Aging: kielys@HHSC.CA or telephone 905-777-3837 ext. 12238.

[Click Here to Download](#)

[http://coahamilton.ca/wp/wp-content/uploads/2014/09/AL_G49659-HCA-Walk-Book-web.pdf]



Watch for further information

Second Annual
**Aging in Community Panel:
Home Sharing Options**

Thursday, June 4, 2015
Time to be arranged
St. Paul's Anglican Church, Westdale.

Contact: ryaneb@mcmaster.ca
or phone 905 648 0437

**McMaster Convocation Assistants
required:**

Health Sciences Convocation: May 22, 2015
Spring Convocations: June 8 to 12, 2015

The Office of the Registrar welcomes retirees to become involved in the most exciting days of McMaster students' academic lives — convocations. Volunteers are needed to assist at the front desk at convocations, where your role would be to meet, greet and direct guests, as well as check tickets. You will work alongside a full time employee who can offer assistance and training.

Please contact Rachel Huang in the Office of the Registrar, e-mail convo@mcmaster.ca, or by phone at 905-525-9140 ext. 24386.

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/>

Join the MURAnews team.



**MURAnews is produced by retiree volunteers.
We need YOU as a contributor.**

Email: muranews@mcmaster.ca

Notice of Annual General Membership Meeting & Luncheon

Date: Wednesday, June 3, 2015
Time: 12:00 noon - 3:00 PM
Place: Celebration Hall (Basement of Kenneth Taylor Hall), McMaster University
RSVP is required by May 15, 2015 to establish numbers for the lunch. Contact Pam Penny at penny@mcmaster.ca or phone Mary Johnston at 905-627-1409. See next column for parking information.

Luncheon

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

Special Presentation to the AGM

The guest speaker is **Mark Weingartner**, a senior policy analyst with the City of Hamilton's Neighbourhood and Community Initiatives Division. He will talk about Hamilton's Plan for an Age-Friendly City.

Hamilton's Plan for an Age-Friendly City was developed by the City of Hamilton in partnership with the Hamilton Council on Aging and the City of Hamilton's Seniors Advisory Committee. The Plan was informed by the World Health Organization's Age-friendly Cities and Communities framework and is organized around seven themes or goals:

- housing,
- getting around greater Hamilton,
- communication & information,
- health & community services,
- social participation,
- civic engagement, volunteerism & employment,
- age-friendly public service.

During his presentation, Mark will highlight how Hamilton's Plan was developed, the areas of focus and next steps.

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 29th.

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

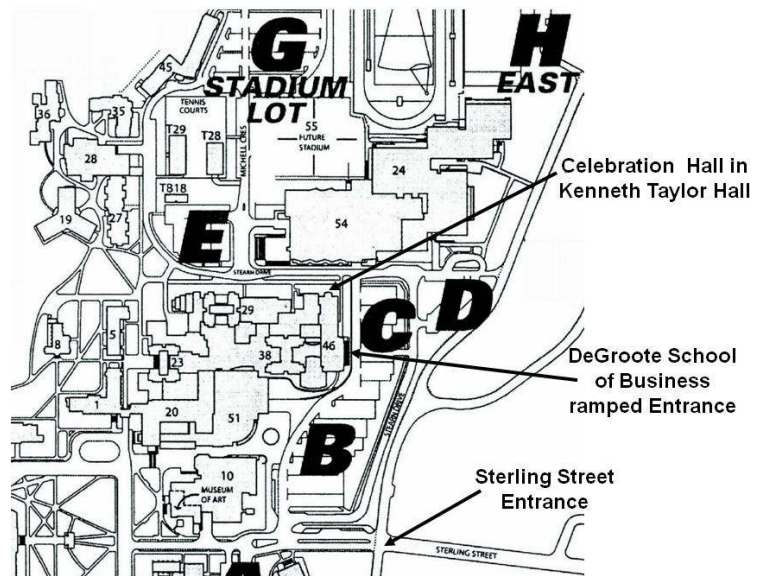
Complimentary Parking for the AGM

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 Pam 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



2015 Nominating Committee Report MURA Council 2015/2016

Honorary President*: Arthur Bourns

Executive

Past President (ex officio): Mary Johnston

President (Nominated): Leslie King

(One year term, to 2016)

Vice President (Nominated): Heather Grigg

(One year term, to 2016)

Treasurer*: Beth Csordas

Secretary*: Kathy Overholt

Councillors

Nominated for office until 2018:

Gail Britton

Dianne Coventry

Nora Gaskin

Continuing in office until 2017:

Dianne Bird

Pam Penny

Peter Sutherland

Continuing in office until 2016:

Brian Beckberger

Shari Mercer

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:

Marianne Walters (Chair)

Helen Barton

Eleanor Frank

David Hitchcock

Kathy Overholt

CURAC 2015 Conference



The annual conference of the College and University Retiree Associations of Canada (CURAC) will take place at Queen's University in Kingston from May 20th to 22nd, 2015. The Retirees'

Association of Queen's will host delegates from universities and colleges across Canada, including representatives of MURA.

The theme for this year's conference will be *Looking Ahead*. There will be sessions on Healthcare for Seniors, Climate Change, the Future of Post-Secondary Education in Canada, and the Future of Pensions. Delegates will also have the opportunity to participate in interactive sessions with representatives from other CURAC retiree associations.

For more information visit the [website](http://www.curac.ca/wp-content/uploads/queensconf/2015-Conference-Preliminary-Information.html) (<http://www.curac.ca/wp-content/uploads/queensconf/2015-Conference-Preliminary-Information.html>).

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

We thank the members who have helped make up for the rising postal rates by opting out of the postal mailing of *MURAnews*.

Please phone Helen Barton at 905-528-8951 or email her at barton@mcmaster.ca if **you** would like to join this group of budget rescuers.

We make it easy to print your own *MURAnews* by attaching a PDF copy to the email that's sent when a new *MURAnews* is ready to read. Or you can just click the link in the email and read online.

As an added incentive, you could win a prize in the 2015 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 3rd.

To try the online version of *MURAnews*, go to www.mcmaster-retirees.ca/MURAnews.2014-15.html. We hope that you like what you see!

What's Happening at Mac?

McMaster Downtown Health Campus to Open in Stages.



Photo by Barry Gray

The newly constructed downtown health campus at Main Street West and Bay Street, across from Hamilton City Hall, is being readied for occupation beginning this spring. The six story structure will be home to the Department of Family Medicine of the Michael G. DeGroote School of Medicine, the headquarters of Public Health Services of the City of Hamilton, and several educational programs of the Faculty of Health Sciences. The building will also have large clinics to be used by the McMaster Family Practice Unit, the Maternity Centre of Hamilton, and Public Health Services.

Green MAC This is not the name of a new apple variety. Rather it alludes to McMaster being ranked second in the province and fourth in the country by the [GreenMetric World University Ranking](#) in campus sustainability and environmentally friendly university management. Statistics collected from participating institutions included data on energy use, waste management and transportation. Overall, McMaster was ranked 66th in the world.

President's Reunion Luncheon: An Opportunity for Retired Faculty to Reconnect with Former Students

Retired McMaster faculty have a standing invitation to attend the President's Reunion Luncheon on Alumni Reunion Day. The luncheon, held on the first Saturday in June each year, provides an opportunity for alumni to reconnect with the professors who taught them.

The next Alumni Reunion Day - on Saturday, June 6th, 2015 - covers the classes of 1935, '40, '45, '50, '55, '60 and '65. The invitation to the President's Reunion Luncheon for 2015 applies to faculty members who taught students from that group. The lunch takes place at 11:30 am. There are also other activities throughout the day.

For information or to register for the lunch, contact Laura Escalante at escalan@mcmaster.ca or phone 905-525-9140, ext. 21314. For more information on Alumni Reunion Day 2015, go to <http://alumni.os.mcmaster.ca/> and click "Alumni Reunion Day" under *Learn and Explore*.

The Science of Antidepressants. A recent paper in the journal *Neuroscience & Biobehavioral Reviews* challenges the prevailing ideas about the nature of depression and the effects of some of the world's most commonly prescribed anti-depressant medications. Lead author, Paul Andrews of the McMaster Department of Psychology, Neuroscience & Behaviour, noted, "we are taking people who are suffering from the most common forms of depression, and instead of helping them, it appears we are putting an obstacle in their path to recovery."

The study combed existing research for evidence supporting the theory that depression is related to low levels of serotonin in the gaps between cells in the brain, a theory that has dominated nearly five decades of depression research. The theory's acceptance has resulted in the commonly prescribed serotonin-boosting medications that, according to the new study, actually inhibit a patient's recovery. The study claims that, instead of helping, the medications that boost serotonin appear to interfere with the brain's own recovery mechanisms. The available evidence suggests that there is more serotonin being released and used during depressive episodes, not less. The authors suggest that serotonin helps the brain adapt to depression by re-allocating its resources, giving more to conscious thought and less to areas such as growth, development, reproduction, immune function, and the stress response.

McMaster at One James North. In March, several McMaster groups located in downtown Hamilton moved to One James Street North from the old Downtown Centre at 50 Main Street East. These include:

- ➔ Internal Audit
- ➔ Centre for Continuing Education
- ➔ Finance
- ➔ Institutional Research & Analysis
- ➔ University Advancement.



Classes at the McMaster University Centre for Continuing Education began at One James North on March 28th. CCE's new home features a brand new student lounge, large windows in every classroom, new classroom equipment and all new furnishings.

The new building is easy to reach from main campus by public transit.

Source: *McMaster Daily News* web site

Welcome New Members

Mrs. Evelegh Carol, Pathology & Molecular Medicine
Mrs. Shirley Ferguson, Pediatrics
Mrs. Nina Gilners, Purchasing Resources
Mrs. Kimberley Hamilton, Facility Services
Mrs. Julia Kuruc, Facilities Services
Mrs. Lorna Marhal, Human Resources
Mr. Joe Medeiros, Facility Services
Mrs. Carmela Melo, School of the Arts
Dr. Geoffrey Norman, Clinical Epidemiology & Biostatistics
Dr. Linda O'Mara, School of Nursing
Mrs. Ying Qi Song, Pathology & Molecular Medicine
Mrs. Penelope Taylor, McMaster's Children's Centre

Recent Passings

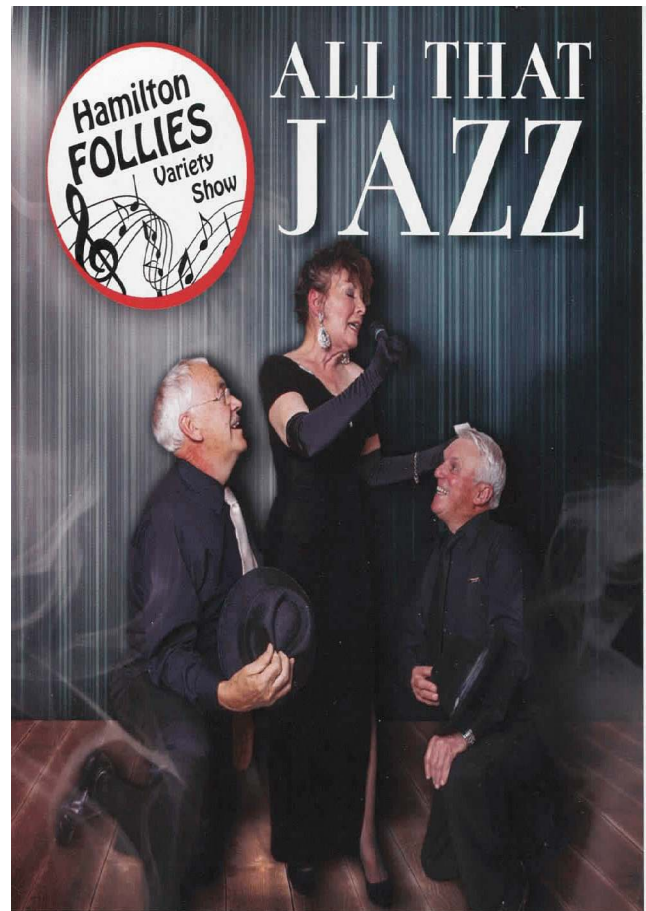
Mr. John R. Doek, Facility Services, Feb. 7/15
Ms. Sylvia Farrell, Clinical Epidemiology and Biostatistics, Dec. 15/14
Mr. John Greb, Planning and Construction, Jan. 5/15
Mrs. Patricia Hall, Biomedical Sciences, Feb. 3/15
Miss Muriel Israel, Divinity College, Aug. 1/15
Mr. William L. Phillips, Planning & Construction, Jan. 4/15
Mr. Ian Thompson, Chemistry, Mar. 7/15
Mr. Arnold Woolvett, Physics Accelerator Lab, Feb.28/15

Thanks to the support of our members, we have raised \$68,858 for the MURA Gerontology Scholarship. You can participate in this worthy cause by making a donation at

<http://MURAscholarship.ca>

or by calling Meggie MacDougall, Alumni Officer, Special Projects, at 905-525-9140, ext. 24667

OOPS! In the Winter Issue containing the book review of Susan Evans Shaw's book, *Canadians at War, Vol. 2*, we neglected to acknowledge Janice Jackson, whose photograph of Susan accompanied the article.



Coming up 2015!

THURSDAY JUNE 18TH - 2PM
FRIDAY JUNE 19TH - 2PM & 7PM

McIntyre Performing Arts Centre

Mohawk College, Hamilton, Ontario—Admission \$27.00
For Tickets, call Harold at 905-527-5473

Change of Address Notification to Human Resources

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 form (available at <http://www.workingatmcmaster.ca/med/document/Retiree-Address-Change-Notification-Form-1-43.pdf> (or [click here](#)) and mail it to the HR Service Center at the address outlined on the form.

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

Kindest regards,
Michele Leroux, Director, HR Services

...and while you're in a
"changing" state of mind...

Let MURA know if you have a new e-mail address. You can send this information to mura@mcmaster.ca

Paris and Normandy:

The English Connection

October 25 - November 8, 2015



Join Dr. Graham Roebuck, Professor Emeritus, McMaster University, on a fascinating journey from Paris through Normandy. An eight-day river cruise from Paris to Rouen and return on board Viking River Cruises' Viking Pride, will be followed by a seven-day land trip through Normandy. Two nights will be spent in St. Malo followed by four nights in Bayeux before returning to Paris. During the trip, Dr. Roebuck will introduce discussions of history, literature, art, architecture and gastronomy inspired by this remarkable region.

Highlights include: Giverny, Versailles, Chartres, Mont St Michel, Canadian, US and British war sites, Cherbourg, Deauville, Honfleur.

Optional day trip to Vimy Ridge on November 8.

Fares*

Cruise: From \$3,599 CAD to \$4,199 CAD
Land: \$2,490 CAD

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

**Book soon as space on the ship is extremely limited.
Book by May 30 and save \$100 CAD per person on land portion!**

For More Information Contact:

Web: elizabethmccallum.cruiseshipcenters.ca

Email: emccallum@cruiseshipcenters.com

Telephone: 905-540-8747



TICO #5000074

McMaster Alumni Association Trips

MURA members, associate members and friends of MURA are invited to join the McMaster University Alumni and Friends Travel Program Excursions.

Isles and Empires of the Adriatic: October 29 – November 7, 2015 Book by June 30, 2015 and save \$1,000 per stateroom

Upcoming trips include [click on trip titles for websites]:

Holiday Markets: November 27 – December 8, 2015 No single supplement for solo travellers. Save \$250 per person if booked by May 12, 2015

Baltic Marvels: August 13-21, 2015 . Book by May 29, 2015 and save \$1,000 per stateroom

For more information on any of the trips, please visit www.discoveryourmacadventure.ca or call Jessica Lounsbury at 905-525-9140, ext.24882.

Wonders of the Ancient World: October 20 – 28, 2015

Mohawk Retirees Invite MURA Members to the Shaw Festival



MURA members, associate members and friends of MURA are welcome to join the Retirees Association of Mohawk College (RAMC) on their trip to the Shaw Festival in Niagara-on-the-Lake to see Sweet Charity on Thursday, September 24, 2015.

Sweet Charity is a dazzling musical set in the bold and colourful world of 1960s New York. Songs such as “Big Spender” and “If My Friends Could See Me Now” paired with a book by Neil Simon made this a Broadway hit in 1966.

The schedule for the day is:

- | | |
|------------|---|
| 10:15 a.m. | Coach leaves Mohawk College Fennell Campus, Main Entrance |
| 11:30 a.m. | Arrive at the popular Betty’s Restaurant for lunch |
| 1:00 p.m. | Coach to Festival Theatre in Niagara-on-the-Lake |
| 2:00 p.m. | Show Begins |
| 5:30 p.m. | Estimated return time to Mohawk College Fennell Campus |

Cost for the day for MURA members and friends is \$115 per person.

For more information, phone RAMC member Ann Dunn at 905-383-9772.

To reserve a seat, please complete the form below and mail it with a cheque, payable to Retirees Association of Mohawk College and dated no later than **August 1st 2015**, to Ann Dunn, 126 West 4th Street, Hamilton, ON L9C 3N2.

Retirees Association of Mohawk College Trip (tickets for MURA members, associate members and friends of MURA)

SWEET CHARITY, Shaw Festival, Niagara-on-the-Lake, Thursday, September 24, 2015

Please reserve seats @ . \$115.00 each.

Name(s) _____

Address _____

City _____ Postal Code _____ Telephone: _____

Full Payment for x \$115 = = \$..... is Enclosed.