

## President's Corner

Summer is the best time to be retired. As I write this, I'm looking out over Shoe Lake in cottage country. The sky is blue, the breeze is fresh and all is right in my world. I hope that, wherever you are, you are able to spend some time outdoors relaxing and enjoying the birdsong.



It was great to see old friends and new faces at the MURA Annual General meeting on June 4th. Following lunch and a very informative presentation by Susan Denburg on the Forward with Integrity initiative at McMaster, the new MURA Council was elected. After two years of excellent service to MURA as President, Marianne Walters is now our Past President. We owe her a huge vote of thanks for steering our Association so ably. Council member Betty Ann Levy has taken on the role of Vice-President. Kathy Overholt, Beth Csordas and Bob West continue as Secretary, Treasurer and Auditor, respectively. Returning Councillors for 2014/15 are Brian Beckberger, Shari Mercer, Helen Barton, Diane Coventry and Linda Grocott. We say goodbye and thank you to Joe Laposi, Janice Rischke, Harold Siroonian and Kathy Heywood, and welcome new Council members Dianne Bird, Heather Grigg, Pam Penny and Peter Sutherland.

There have also been changes on the *MURAnews* team in recent months. Wayne Rouse now has three issues under his belt as News Editor and this is the first issue with Phyllis DeRosa-Koetting as Production Editor. Old hands Helen Barton and Kathy Overholt round out the newsletter group. I hope that you enjoy this issue of *MURAnews*, which is packed with good stuff.

Do you have a story, joke, or book review to contribute to *MURAnews*? Please send us news of your travels or other retirement activities so that we can share it with other MURA members through the newsletter. You can find contact information for MURA on page 5 or you can reach me directly at [johnston@mcmaster.ca](mailto:johnston@mcmaster.ca). We'd love to hear from you.

Till next time.  
Mary Johnston, MURA President

### Retiree Benefits Reminder

The benefit year-end is June 30<sup>th</sup>. Please ensure all benefit claims dated from July 1, 2013 to June 30, 2014 are submitted to Sun Life prior to **September 30, 2014**.

Late claim submissions will not be reimbursed.

Please 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 their claim responses and follow up with Sun Life if there is any question regarding accuracy (e.g. denial of a claim due to excess of maximum limit).

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

After contacting Sun Life, should you still have questions regarding your benefits, please contact HR Service Centre at:

Phone: 905-525-9140, ext. 22247

To find out more details on your benefits or how to submit claims electronically, visit:

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

# College and University Retiree Associations of Canada (CURAC) Conference and AGM – 2014

Wayne Rouse



MURA and the Retirees Association of Mohawk College hosted the 12<sup>th</sup> annual CURAC conference from May 28<sup>th</sup> to 30<sup>th</sup>.

About 60 registrants representing 27 universities and colleges from across Canada participated in two full days of formal meetings at McMaster. Delegates had opportunities to socialize during a reception at the Phoenix, a banquet at Mohawk College and lunch in Celebration Hall.

On Day 1 of the conference, there were five invited presentations by McMaster faculty members related to the conference theme, “Innovation: The Future of Aging”, followed by CURAC’s annual general meeting.

## ***How Mac Researchers Developed Leading-edge Hearing Aid***

Dr. Sue Becker, from McMaster University’s Department of Psychology, Neuroscience and Behaviour, talked about how we hear and described how and why our hearing deteriorates. She covered this highly technical subject, to which our audience of retirees could easily relate, in a clear and understandable manner. She explained that contemporary hearing aids do not perform well when the individual is exposed to multiple sounds and chatter as, for example, in a crowd. Sue described a new type of hearing aid called the NeuroCompensator. Bringing this innovative design to market is the result of collaboration between a research team at McMaster and the private sector. The NeuroCompensator has the potential to reduce the “cocktail party chatter” problem and transmit a more normal sound to the brain. The McMaster group is also interested in exploring the potential of a hand-held device called the Personal Audio Enhancer (PAE), which has promise for the development of smarter hearing correction systems. The PAE may, in the future, be used for treating very difficult or atypical hearing loss patterns, and even tinnitus. [See “Participants Wanted: Hearing Aid Technology Evaluation”, p. 3]

## ***Shifting Gears: Changing Perceptions about Older Drivers in Canada***

Dr. Brenda Vrkljan is an Associate Professor in the Occupational Therapy Program in the School of Rehabilitation Science, where her research focuses on medical risk and driving. Brenda started her

presentation by noting that in a country where public transport can be scarce or non-existent, older drivers need and will continue to need their cars. Supporting safe travel of older people represents one of the greatest public health challenges facing Canadian society and other Westernized countries. The car remains the most viable means of travel for this growing population, particularly for those in rural and suburban areas, who rely on their vehicles to maintain their independent lifestyle. Safe driving depends not only on a person’s health and driving ability, but also on the driving environment itself, including things such as time of day, driving conditions and the type of vehicle. However, the underlying question remains — are older drivers really a problem? Brenda told conference participants about the Candrive study which is tracking over 1,000 drivers aged 70 and older across Canada, Australia, and New Zealand ([www.candrive.ca](http://www.candrive.ca)). The aim of the study is to develop a valid method of determining fitness to drive.

## ***Fostering Resilient Aging through Social Participation***

Dr. Ellen Ryan is Professor Emeritus, Gerontology and Psychiatry at McMaster. She talked about the attributes of individuals and communities that foster resilient aging. She urged us to lead the way to putting the neighbour back into our neighbourhoods and to continue forming and nurturing friendships as we age. Social participation is essential for a meaningful, resilient old age. When individuals can no longer drive or easily access public transportation, they are at risk of social isolation. Community supports — both formal and informal — can enable active social participation. A community’s commitment to interdependence and innovative changes to the physical environment can sustain older individuals experiencing frailty, for the good of everyone. A most important element in that environment is housing that bridges the gap between the family home and the nursing home. Ellen described a number of different approaches to building age-friendly communities, such as the Village model and Senior co-housing.

## ***Population Aging in Canada: Implications for Our Standard of Living***

Dr. Byron G. Spencer is Professor of Economics, Director of the Research Institute for Quantitative Studies in Economics and Population, and Academic Director of the Statistics Canada Research Data Centre at McMaster University. For the last decade, his

research has centred on the Social and Economic Dimensions of an Aging Population (SEDAP) Research Program, whose purpose has been to gain a better understanding of the likely social and economic consequences of the inevitable aging of the population that will take place in Canada over the next few decades. Using a series of time-sensitive models, his presentation at the CURAC conference addressed a range of scenarios centred on the questions:

- How much aging of the population and labour force should we expect?
- Will it mean a reduction in our standard of living?
- Could that be offset by increased work among those 55 and older?
- What else can be done?

### **Canadian Longitudinal Study on Aging and the Labarge Optimal Aging Initiative**

Dr. Mark Oremus (*McLaughlin Foundation Professor of Population and Public Health and Associate Professor, Department of Clinical Epidemiology and Biostatistics, McMaster University; Associate Scientific Director, Canadian Longitudinal Study on Aging; Member, Expert Advisory Panel, McMaster Optimal Aging Portal*) told conference delegates about two large-scale projects at McMaster.

The Canadian Longitudinal Study on Aging (CLSA) will follow 50,000 participants age 45 to 85 from across Canada for at least 20 years. At regular intervals, participants answer questions related to a wide range of topics, including chronic diseases, medication use, employment and retirement experiences, transportation, mobility, and injuries and falls. A subset of participants also undergo tests to examine bone density, lung function, and a range of physical performance measures. The CLSA is a research platform designed to provide data for studying the factors that promote healthy or unhealthy aging. Data from the study will provide information to researchers and policy makers. For example, this information could be used to design public health policies that encourage healthy behaviours and discourage unhealthy behaviours. The study will also enable the identification of subgroups of the population who are at high risk for ill health and might require specialized interventions to promote good health.

The McMaster Optimal Aging Initiative includes an online component designed to bring healthcare information, including research findings, into the hands of citizens, healthcare professionals, public health practitioners, and policy makers. It will contain research summaries, a search engine for finding research on optimal aging, assessments of web sites that present health information, a directory of aging-related agencies and services, and connection tools (eg, blogs, e-mail newsletters, Facebook and Twitter

integration). Plans also include citizen engagement through public panels, talks, and media outreach [see <http://www.mcmasteroptimalaging.org/>].

Day 2 of the conference opened with a lively presentation by therapist Sharron Johnston on **The Awesome Power of Humour**. Sharron's motto is "there's not a lot of fun in medicine, but there's a lot of medicine in fun!" With a laugh-evoking slide presentation, she illustrated her specialty which is using the power of humour to relieve anxiety and enhance well-being.

Sandra Pyke, CURAC President, then gave a report on interim results from her canvas of member associations. In the CURAC 2013 autumn newsletter specific questions were posed to 39 retirees' associations. Twenty-nine associations responded. The questions were:

- What additional services can CURAC provide to the association?
- What are the major issues, concerns or problems confronting the association?
- What issues can CURAC profitably address?

Following Sandra's presentation, various university and college retiree associations reported on current 'Best Practices'. This included presentations by associations from Humber, Mohawk & Niagara Colleges, Simon Fraser University, Sir Wilfred Laurier University, University of British Columbia, University of Guelph, University of Toronto, University of Victoria, University of Windsor and York University. The ideas from these presentations will be published on the CURAC website, [www.curac.ca](http://www.curac.ca).

### **Participants Wanted: Hearing Aid Technology Evaluation**

McMaster researchers are evaluating a new hearing aid technology called the Neuro-Compensator. Participants are needed to evaluate this technology during its development. The study is expected to start this summer and end in August 2016. To participate you must have hearing loss, or suspected hearing loss and be age 18 or older. The hearing loss must be "sensorineural", i.e. originating in the cochlea in the inner ear, as opposed to a blocked ear canal or a bone conductive disorder. Participation will involve free hearing evaluation; the opportunity to try two different types of hearing aids; listening to sounds and speech through speakers and/or headphones; identifying sounds or speech that are played; free parking pass and free beverages and snacks on each study visit.

For more information, please contact study co-ordinator, Ranya Amirthamanooran ([amirts@mcmaster.ca](mailto:amirts@mcmaster.ca)) 905-525-9140 x24832.

# Research Continues after Retirement



*Robert Hansebout MD MSc CSPQ FRCSC FAANS FACS, Professor Emeritus, and Past Chair of the Department of Surgery transferred to McMaster from McGill University in 1979. As a neurosurgeon his major goal was to improve the quality of life of persons with spinal cord injuries and afflictions due to trauma and diseases, many of whom lost some or all use of legs, arms and other bodily functions. For acute, severe spinal-injured patients, he often administered steroids and decompressive surgery together with profound cooling of the injured spinal cord at the Hamilton General Hospital to preserve or enhance neurological function in patients whose fate may have been destined to life in a wheelchair. A summary of the positive effects of this work was published in a scientific paper in the Journal of Neurosurgery – Spine two weeks ago. Bob also founded the McMaster Surgical Outcomes Research Centre and helped facilitate the formation of The Centre for Minimal Access Surgery, both at St. Joseph's Hospital.*

In 1991, while Chair of Surgery, Robert Hansebout began a study at St. Joseph's Hospital, wherein chronic patients with long-standing severe or neurologically complete spinal cord injury volunteered to be treated with the potassium channel blocker, 4 aminopyridine. This drug was used as a bird repellent in Eastern Europe for many years, since in large doses it can produce epileptic seizures, thereafter frightening the birds so that they did not return. In controlled smaller therapeutic doses, the drug has the ability in the traumatized spinal cord to enhance function, enabling injured, dormant fibers to again transmit electrical impulses. For the first time in history, a drug had been found which in some cases could improve lost motor and sensory function. Dr. Hansebout patented the drug with McMaster University and the Canadian Spinal Research Organization for use in a number of countries. Until retirement, Dr. Hansebout carried out clinical trials with the drug which confirmed that in certain cases it could enhance neurological function. The cost and time involved to develop a new drug are enormous, so further drug development was carried out by Acorda Therapeutics, in New York State. Dr. Hansebout continued to be involved in various aspects of the drug research for years after his retirement in 2000. It was found that although many persons with severe spinal cord injury got enhancement of neurological function, some victims of multiple sclerosis enjoyed statistically significant improvement of motor and sensory function, which manifested as improved sensation and the ability to walk.

The drug was approved by the Federal Drug Administration in the United States in 2010 and has been sold by prescription as AMPYRA and was later approved by the Health Protection Bureau in Canada in 2012 and sold by prescription under the brand name FAMPYRA in Canada and many other countries.

Royalties have been received by the Canadian Spinal Research Organization and also McMaster University. Dr. Mo Elbestawi, Vice President of Research and International Affairs for McMaster University, indicated that "research is not instantly gratifying, but with perseverance it can improve people's lives. Dr. Hansebout's work demonstrates both the importance of persistence and how McMaster's research can and does benefit human health".

The drug will likely enhance independence and improve the quality of life of people who have sustained damage to the spinal cord due to multiple sclerosis and other diseases. Since the drug has the potential of helping at least 12 million people worldwide, Dr. Hansebout is delighted to have finally achieved his research and clinical goal, albeit during retirement.

## A Heads Up Out of Province/Country Health Travel Insurance

At June's AGM, Cliff Andrews gave a timely warning regarding travel insurance. It is extremely important that your insurer be kept up-to-date with any changes in medical status prior to travel and that all questions regarding pre-existing conditions and medications are answered accurately. It is well known that claims have been refused when these requirements have not been met.

# 2014 MURA Annual General Meeting



**Susan Denburg**, Associate Vice President (Academic), Faculty of Health Sciences and Strategic Advisor to President Deane, was the guest speaker at MURA's June 4 luncheon and annual general meeting. Susan provided an update on the progress and priorities stemming from Deane's directional document entitled 'Forward with Integrity' (FWI)

and the subsequent Advisory Group paper, 'The Emerging Landscape'. Susan framed the update by posing a number of questions to indicate the impact of FWI on the University's strategic direction.

## Who are we?

McMaster is a research-focussed, student-centred institution. We are a massive, flourishing, complex organization with strong roots and a foundation of educational innovation and research excellence.

## What do we want to do?

McMaster will 'educate for capability' and seek opportunities to integrate our research intensity into our educational mission. We will enhance our connections with communities, both locally and globally, and foster a thriving culture of research distinction.

## How are we going to do it?

We need to dream of where we want to be, but remain grounded in reality and be cognizant of our environment. We will promote integrity, civility, openness and flexibility. We will strengthen our internal community and our connections with external partners. We will make sure that our enabling platforms are functioning and that our research excellence is not compromised. We will work to ensure that our students are prepared to engage with our world.

## How will we evaluate our success?

We have a strong foundation to build on, and we need to continually assess our progress towards our tangible goals to remain top ranking, educate students to function in a complex environment, and ensure that research permeates everything we do, from the classroom to the laboratory.

Under the title 'Stoking the Creative Impulses', Susan described the disbursement of 76 starter grants to support creative ideas from faculty, staff and students that were consistent with the priorities and goals of FWI and focused on enhancing the student experience or initiating interdisciplinary research collaborations. Susan showed a video in which fund recipients shared updates on their projects and reflected on the impact that the FWI funding had on their work.

Denburg noted that the engagement of retirees in the strategic direction of the University has been the subject of several conversations during the initial years following the letter. There are many potential roles for MURA members within this program, such as participation in the development and implementation of the Learning Portfolio, an online tool that allows students to plan, record and reflect on a range of educational experiences: academic, extra-curricular and experiential. Retirees might become involved by enhancing the Portfolio through mentorship, helping establish the most effective means of mentoring students and participation in community-campus partnerships. For more information, see

<http://studentsuccess.mcmaster.ca/students/learning-portfolio.html>

or contact Laura Harrington (905-525-9140, Ext 28658; [harrin@mcmaster.ca](mailto:harrin@mcmaster.ca)).

## 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](mailto:mura@mcmaster.ca)

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

# Are Our Pensions Keeping Up with Inflation?

Les Robb (Pension & Benefits Committee)

The Fall 2008 *MURAnews* contained an article on this topic, detailing the extent to which Pensioner increases were keeping up with Inflation [[http://mcmaster-retirees.ca/Pages/MURA\\_Activities/MURAnews/fall.2008.muranews.pdf](http://mcmaster-retirees.ca/Pages/MURA_Activities/MURAnews/fall.2008.muranews.pdf), page 3]. To summarize, over the 10 years ending in June 2007 inflation was 23.5%. Salaried pension plan members received increases of 16.08%. Hourly plan members received 5.64%. Salaried plan members thus had about 2/3 of their purchasing power restored through indexing, while hourly plan members had just under 1/4 of their purchasing power restored. (The difference between the two plans arises because of different indexing provisions — ones that were put in place years ago.)

None of the poor market performance from the recent recession had happened in time to influence the results published in 2008, but it certainly influences the latest decade — the 10 years ending in June 2013 — on which we are now providing information. The major stock market correction that came with the recession, with the corresponding reduction in the rate of return in the Plans, has meant that the indexing formulas provided much less increase in our purchasing power in recent years.

The tables below on indexing performance for the most recent decade (June 2004 to June 2013) show that cumulative inflation was about 20% over the period. The cumulative pension increase for Salaried Plan members was 9.5%. The increase for Hourly Plan members was 2.9%. Thus, during this period Salaried plan members recaptured just under half of the cost increases due to inflation (47% of the 20%) from the indexing provisions, while the hourly plan members recaptured only about a seventh of the cost increases (14% of the 20%). Many of us thought the indexing provisions of the earlier period were inadequate, but the recent period makes it even clearer just how bad the provisions can turn out to be.

The following two tables, one for the Salaried Pension Plan and one for the Hourly Pension Plan, provide the details of the recent experience. The tables are courtesy of Michele Leroux of Human Resources.

<b>McMaster Salaried Pension Plan - 10 Year Summary of Results</b>				
<b>For Period Ending</b>	<b>5 Year Annual Average Return</b>	<b>Pensioner Increase Date</b>	<b>Pensioner Increase %</b>	<b>Average CPI</b>
June 30, 2004	4.48%	January 1, 2005	0.00%	1.73%
June 30, 2005	4.69%	January 1, 2006	0.19%	2.08%
June 30, 2006	5.39%	January 1, 2007	0.89%	2.50%
June 30, 2007	8.53%	January 1, 2008	4.03%	1.72%
June 30, 2008	8.25%	January 1, 2009	3.75%	2.18%
June 30, 2009	2.94%	January 1, 2010	0.00%	1.67%
June 30, 2010	2.24%	January 1, 2011	0.00%	0.70%
June 30, 2011	4.04%	January 1, 2012	0.00%	2.53%
June 30, 2012	1.92%	January 1, 2013	0.00%	2.39%
June 30, 2013	4.87%	January 1, 2014	0.37%	0.97%
			<b>9.50%</b>	<b>20.06%</b>

**Please Note:**

- The increase payable on January 1, 2008, represents a combination of the Annual Pension Increase (1.72%) and the Supplementary Pension Increase (2.271%).
- The increase payable on January 1, 2009, represents a combination of the Annual Pension Increase (2.18%) and the Supplementary Pension Increase (1.537%).
- The above information is intended to summarize the 5 Year Annual Average Return and Pensioner Increase Percentage History. As it is a summary only, this document is not intended to have legal effect. In the event of any discrepancy or inconsistency, the original documents (audited financial statements) will govern.

## McMaster Hourly Pension Plan - 10 Year Summary of Results

For Period Ending	5 Year Annual Average Return	Pensioner Increase Date	Pensioner Increase %	Average CPI
June 30, 2004	4.14%	January 1, 2005	0.00%	1.73%
June 30, 2005	3.86%	January 1, 2006	0.00%	2.08%
June 30, 2006	4.35%	January 1, 2007	0.00%	2.50%
June 30, 2007	7.24%	January 1, 2008	1.24%	1.72%
June 30, 2008	7.62%	January 1, 2009	1.62%	2.18%
June 30, 2009	3.66%	January 1, 2010	0.00%	1.67%
June 30, 2010	2.47%	January 1, 2011	0.00%	0.70%
June 30, 2011	4.22%	January 1, 2012	0.00%	2.53%
June 30, 2012	2.28%	January 1, 2013	0.00%	2.39%
June 30, 2013	5.08%	January 1, 2014	0.00%	0.97%
			<b>2.88%</b>	<b>20.06%</b>

**Please Note:**

- The above information is intended to summarize the 5 Year Annual Average Return and Pensioner Increase Percentage History. As it is a summary only, this document is not intended to have legal effect. In the event of any discrepancy or inconsistency, the original documents (audited financial statements) will govern.

Another way of looking at these results is shown in the third table, below, which shows how purchasing power changed over the two different time periods. To make things easy to understand, we look at what happens to the value of \$10,000 of pension at the start of each period. Consider first the salaried plan in the earlier period -- after ten years, the \$10,000 eroded in value to just under \$9,400. In the more recent period, \$10,000 eroded to about \$9,100. The hourly plan, on the other hand, shows that \$10,000 eroded to \$8,550 in the first period and to about \$8,570 in the second period.

### Loss of Purchasing Power over the two periods studied

		Decade 1998-2007	Decade 2004-2013
<b>Initial Pension</b>		\$10,000	\$10,000
<b>Salaried Plan</b>	Value at end of period	\$9,397	\$9,120
<b>Hourly Plan</b>	Value at end of period	\$8,552	\$8,569
<b>Salaried Plan</b>			
	Inflation (%)	23.53	20.06
	Indexing Adjustment (%)	16.08	9.50
<b>Hourly Plan</b>			
	Indexing Adjustment (%)	5.64	2.88

Given the current indexing provisions of our pension plans, what might we expect in the future? Most analysts agree that the "great recession", which in combination with continuing inflation gave rise to the recent poor indexing performance, was a rare event and unlikely to be repeated frequently. So, in my optimistic mode, I think we might expect indexing in the next decade to be more like the earlier decade than the more recent one, although only time will tell. It would be naïve, however, to think that a negative market correction of the size of the recent one will never happen again.

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## Recent Passings

Mrs. Ann Booth, Human Resources, May 2/14  
Mr. Stefan Cabai, Facility Services, Jan. 27/14  
Prof. Pierre Conlon, Modern Languages & Linguistics, Mar. 31/14  
Mrs. Murlis Cooper, Faculty of Engineering, Apr. 30/14  
Dr. Hallie M. Groves, Pathology & Molecular Medicine, Apr. 30/14  
Mr. James Hunter, Parking & Transit Services, June 7/14  
Dr. Frank Jones, Sociology, May 22/14  
Mrs. Helen Ketsetzis, Building Operations, Aug. 24/13  
Mr. Roderick Phillips, Facility Services, Apr. 29/14  
Miss Kathleen Richardson, Dean's Office, Faculty of Health Sciences, Mar. 13/14  
Dr. John G. Robinson, Medicine, Apr. 25/14  
Mrs. Marlene Rogers, Education Services, Faculty of Health Sciences, Jan. 24/14  
Dr. John (Jack) C. Sinclair, Pediatrics May 2/14  
Mr. Joseph Turley, Purchasing Services, May 4/14  
Dr. Frederick J. Wright, Anaesthesia, Mar. 24/14

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## DO YOU REALLY NEED *MURAnews* MAILED TO YOU?

MURA still needs at least 35 more retirees to access *MURAnews* online and opt out of the postal mailing. Please phone Linda Grocott at 905-689-7520 or email her at [grocott@mcmaster.ca](mailto:grocott@mcmaster.ca) if you can help.

We needed at least 200 volunteers to make up for the 35% postal rate increase that hit us all in March. Our thanks to the 165 who have already done so.

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



### MURA Christmas Lunch

Mark **Wednesday, December 3, 2014**, on your calendar for MURA's annual Christmas Lunch.

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

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

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## Welcome New Members

Dr. Virginia Harris Aksan, History  
Mr. Jerre Bell, Economics  
Mrs. Helene Gallier-Morgan, Centre for Continuing Education  
Ms. Wendy Greenway, Hospitality Services  
Dr. William Edgar Harris, Physics & Astronomy  
Dr. David Hitchcock, Philosophy  
Dr. Mary Law, School of Rehabilitation Science  
Dr. Timothy Lee, Kinesiology  
Ms. Kelly McCaughey, Faculty Association  
Dr. Charlene Miall, Sociology  
Dr. Fiorigio Minelli, Linguistics & Languages  
Mrs. Connie Oosterlinck, Math & Statistics  
Ms. Eileen Shea, Family Medicine  
Mrs. Deborah Trebych, University Library  
Mrs. Cindy Walsh, Psychiatry & Behavioural Neurosciences

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## MURA Executive and Council 2014/15

Honorary President Arthur Bourns

### Executive

President Mary Johnston  
Vice-President Betty Ann Levy  
Past President Marianne Walters  
Treasurer Beth Csordas  
Secretary Kathy Overholt

### Councillors

Serving until 2015 Helen Barton  
Dianne Coventry  
Linda Grocott

Serving until 2016 Brian Beckberger  
Shari Mercer

Serving until 2017 Dianne Bird  
Heather Grigg  
Pam Penny  
Peter Sutherland

### Consultants and Delgates

Salaried Pension Trust Committee — Bob West  
Hourly Pension Plan Committee — Cliff Andrews  
University Board of Governors — Betty Ann Levy  
Chair, Pensions & Benefits — Peter Sutherland  
Chair, *MURAnews* — Kathy Overholt  
Web Site — Marianne Van der Wel, Patricia Chang

## Status of MURA Endowment Fund

### Look at how close we are!

The MURA endowment fund needs just over \$2,000 more to increase the value of our student academic awards. This will help the students we support as the cost of education continues to grow.



**TARGET: \$64,000**  
**CURRENT FUND TOTAL: \$61,810**  
**SHORTFALL: \$2,190**

Since 2007, MURA donors have funded an endowment that currently provides:

- An annual scholarship of \$1,250 to a full-time Gerontology student
- An annual prize of \$350 to a part-time Gerontology student

\$64,000 will:

- Increase the scholarship to \$2,000
- Increase the prize to \$550

Please make a donation at <http://MURAScholarship.ca>, or by calling Kris Gadjanski, Development Officer, at 905-525-9140, ext. 21837.

## Trips and Special Events

Please use the booking forms on page 10 of this newsletter to register for trips.

### Decades at Deerhurst Lodge, Muskoka, Tuesday — October 7, 2014

We will depart the Fortino's parking lot, 1579 Main Street West (behind Boston Pizza) at 8:00 am and return by 7:00 pm, traffic permitting, although we will use highway 407 both ways to hopefully expedite our time. There are coffee stops in both directions for your added comfort.

*Decades at Deerhurst Resort:* Today we will enjoy a delicious buffet lunch and matinee performance at the Deerhurst Resort. Embracing Peninsula Lake, Deerhurst Resort is a beautiful year-round retreat to Ontario's famous cottage country in Muskoka. The Decades show is a ninety-minute trip through some of the most memorable music of the past six decades. A stunning combination of live music, dance and talent will steal your attention as you are transported from the rockin' days of Elvis all the way to today's stellar hits.

Cost for this all inclusive day (minus coffee stops which are your choice!!) is \$112.00 per person, payable to MURA, and dated September 1, 2014.

### Everything I Love about Christmas (Orangeville), Wednesday, December 10, 2014

For our seasonal day outing, we will depart the Fortino's parking lot, 1579 Main Street West (behind Boston Pizza) at 9:15 am and return by 5:30 pm, traffic permitting. Travelling to Orangeville, which is north of Toronto, we will sit down to enjoy a seasonal buffet at the Nottawasage Inn and then enjoy a matinee performance at Theatre Orangeville of *Everything I Love About Christmas*, by Robert More, which promises to get us in the spirit of the Season.

Cost for this inclusive day is \$105.00 per person, payable to MURA, and dated November 5, 2014

## Booking Forms for MURA Trips Listed on Page 9

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 **MURA, 1280 Main Street W, GH B108, Hamilton, Ontario L8S 4L8**. (Or contact MURA by phone: 905-525-9140, ext. 23171 or email: [mura@mcmaster.ca](mailto:mura@mcmaster.ca) for more information.)

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**October 7, 2014**

### **Decades at Deerhurst Lodge — Muskoka**

**\$112.00 per person**

post date cheques to September 1, 2014 payable to McMaster University Retirees Association (MURA)

# of persons \_\_\_\_\_ Amount (# of persons x \$112) \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_ Telephone # \_\_\_\_\_ email address \_\_\_\_\_

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**December 10, 2014**

### **Everything I Love about Christmas — Orangeville**

**\$105.00 per person**

post date cheques to November 5, 2014 payable to McMaster University Retirees Association (MURA)

# of persons \_\_\_\_\_ Amount (# of persons x \$105) \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_ Telephone # \_\_\_\_\_ email address \_\_\_\_\_

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