



## President's Corner

As your new Association President, I extend greetings to all members and a warm welcome to those who are joining our ranks this year.

Our Association is very well-served by members from all parts of the University and I take this opportunity of thanking those who are stepping down from the duties they have performed in recent years. Mary Johnston, now Past President, did excellent work leading our organization this past year, including representing us in the work of the national organization, CURAC. I will continue to seek her advice on this and other matters. Helen Barton, Linda Grocott and Betty Ann Levy who are finishing their elected terms on Council have all given wonderful service and will be missed. Betty Ann remains on Council as Chair of the Volunteering Committee and Helen continues to contribute to the work of several MURA committees, and to *MURAnews*. I extend a warm welcome to Gail Britton, Diane Coventry (for her second term) and Nora Gaskin who have been elected to Council for the term until 2018. I also look forward to working with Heather Grigg, the new Vice President. Fortunately for all of us, Kathy Overholt, Secretary, and Beth Csordas, Treasurer, have agreed to stay on in those roles.

The death of President Arthur (Art) Bourns earlier this spring was a sad moment for the University and for this Association, of which he had been Honorary President for many years. An appreciation of Dr. Bourns' life, written by his good friend Alan Frosst, is printed in this newsletter (see p. 5).

Nobody can be involved with the administrative work of a university without being confronted at some time and in some manner with the issue of parking. And so it was with me. One of my first meetings as MURA President this summer was with the Director of Parking and his assistant. I was accompanied by Peter Sutherland, Chair of MURA's Pensions & Benefits Committee, and we sought to clear up questions that had arisen in

connection with the planned changes in the issuance of new parking transponders. We are grateful for the valuable work that Helen Barton did in following up on our discussion. The result is the article on the parking changes that appears in this newsletter (see p. 8). I urge you to read this piece and to let us know if you encounter difficulty in obtaining your new transponder.

Your council this year will continue to encourage you to participate in the work of the Association and to support activities within the University. We will also seek to improve the flow of information to members by way of our newsletter, website and email and thereby reduce our mailing and postage costs which consume a very large portion of our annual revenue.

Have an enjoyable summer.

*Les King, MURA President*

### Retiree Benefits Reminder

The benefit year-end is June 30<sup>th</sup>. Please ensure all benefit claims dated from July 1, 2014 to June 30, 2015 are submitted to Sun Life prior to September 30, 2015.

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>

# 2015 MURA Annual General Meeting



Mark Weingartner and Margaret Denton

**Mark Weingartner**, a senior policy analyst with the City of Hamilton's Neighbourhood and Community Initiatives Division, spoke about Hamilton's Plan for an Age-Friendly City, which 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:

**1. HOUSING.** Everyone should have a place to live. People are supported in ways that make sense for their unique circumstances with a full range of housing options in their neighbourhoods.

**2. GETTING AROUND GREATER HAMILTON.** The City's transportation systems, urban design and physical infrastructure enable people to participate in community life as they choose, as well as age in their community.

**3. COMMUNICATION AND INFORMATION.** Older adults have access to information and systems that are better connected, and are able to influence and design the type of information systems they need; customer service and way-finding are intentional and responsive to individual needs and capacities.

**4. HEALTH AND COMMUNITY SERVICES.** Older adults have access to a wide range of supports and services that allow them to remain in their homes and attend to their health and personal needs. Aging in community is eased by good urban design, appropriate housing, and the support of family and community.

**5. SOCIAL PARTICIPATION.** Social engagement opportunities are welcoming and reflect the diverse interests and preferences of older adults in the community, and are available in a variety of formats.

**6. CIVIC ENGAGEMENT, VOLUNTEERISM AND EMPLOYMENT.** Hamilton's vibrant civic life includes meaningful roles for older people as leaders, influencers, employees and volunteers.

**7. AGE-FRIENDLY PUBLIC SERVICE.** Leaders in all City of Hamilton departments will champion age-friendly strategies in their scope of authority and practice, and in partnership with the community.

Mark then invited MURA member, Margaret Denton, a member of the Steering Committee for the report and a member of the Hamilton Council on Aging, to give her perspective.



Following Mark Weingartner's presentation MURA President Mary Johnston called the business meeting to order during which vacancies on the 2015/16 Executive and Council were filled.

## Executive

President	Les King
Vice-President	Heather Grigg
Past President	Mary Johnston
Treasurer	Beth Csordas
Secretary	Kathy Overholt

## Councillors

Serving until 2016	Brian Beckberger Shari Mercer
Serving until 2017	Dianne Bird Pam Penny* Peter Sutherland
Serving until 2018	Gail Britton Dianne Coventry Nora Gaskin

*\*Pam Penny served on MURA Council for 10 years. MURAnews reports with regret that Pam died on July 16, 2015*

A special prize draw took place for all those who had recently opted out of receiving the mailed version of *MURAnews*. Mary Poudrier (Provost's Office) was the big winner. Congratulations, Mary!

## Support McMaster's Discovery Program

MURA has become a partner in one of McMaster's outreach programs: the Discovery Program.

Discovery offers free, non-credit university courses for adults in Hamilton who face barriers to pursuing post-secondary education, often due to poverty and health related issues. These students have a love of learning and a desire to connect with the university that could not be met without this Program.

The Discovery Program will be entering its fifth year in September. The Program's 80 graduates are keen to continue their participation with McMaster. MURA is working with the program to offer additional educational opportunities for these students. In partnership with the Discovery Program team, MURA is planning a series of events (speakers, campus facility visits, etc.) for these Discovery graduates over the upcoming academic session.

As these new events are not covered by the Program's current budget, MURA is asking retirees and friends of MURA to make a financial contribution to the Discovery Program to make sure these new events can be offered.

The Discovery Program's total funding goal for 2015/2016 is \$6,000. The funds raised will help expand the Program and also decrease barriers to participation by funding childcare, meals, educational supplies and transportation. Each of us, as McMaster retirees, can play a part in reaching this target and supporting this community outreach program.

Donations can be made through the Discovery Program iFundMac campaign by using this link: <http://goo.gl/EltHSP>, or by contacting Patrick Byrne at 905-525-9140 ext. 24066. Tax receipts will be issued.

The Discovery Program is coordinated through McMaster's Arts & Science Program. You can find out more about Discovery and the impact it is making on the Hamilton and McMaster community at the website <http://arts.ci.mcmaster.ca/mcmaster-discovery-program/> or by contacting Arts & Science Program Coordinator, Patrick Byrne at [bynep@mcmaster.ca](mailto:bynep@mcmaster.ca) or 905-525-9140 ext. 24066.

*"The Discovery Program has been life changing! Exposure to actual classrooms, professors, students etc. has increased my confidence in pursuing university education." - J. Wolfenden, Discovery graduate, 2014.*

## Changes are Coming to McMaster's Email Service

McMaster's existing 'Univmail' email service is being replaced this year with 'MacMail', a Microsoft Exchange service. This change is campus-wide, and it will affect all retirees who use an email address ending with @mcmaster.ca.

Retirees will be moved to the new service during the Fall Term. University Technology Services (UTS) has been working on the migration in stages, with hundreds of McMaster email users already converted.

All retirees who need to move to the new service will be contacted by UTS and MURA before the end of September with details of what preparation needs to be done, and information on where to get help. Information about your personal migration date, when all of your email will be moved to the MacMail server, will be sent to you later in the Fall from the email address [exchangeproject@mcmaster.ca](mailto:exchangeproject@mcmaster.ca). Information about the migration project, supported software, and some steps you can take to prepare ahead of time on your own are at <http://macmailhelp.mcmaster.ca/>. Inquiries should be directed to [exchangeproject@mcmaster.ca](mailto:exchangeproject@mcmaster.ca)

### STOP THE BOUNCE

Are you getting undelivered mail when sending to McMaster email addresses? Here's the likely reason why ...

The new MacMail system does not recognize email addresses that contain references to UnivMail. For example, an email address that looks like [johndoe@univmail.cis.mcmaster.ca](mailto:johndoe@univmail.cis.mcmaster.ca) will 'bounce' in the new MacMail system. The correct new format for McMaster email addresses is [johndoe@mcmaster.ca](mailto:johndoe@mcmaster.ca).

For more information, see <http://macmailhelp.mcmaster.ca/MacMail/help/stop-the-bounce>

Thanks to the generosity of our donors, over \$69,000 has been raised for the MURA Scholarship and Prize Fund. This amount will allow further increases to the academic awards given to students in Gerontology.

Please help the fund and the award amounts to grow by making a donation at <http://MURAscholarship.ca>

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



# Volunteer Opportunities

## Victorian Order of Nurses

If you are ready to make a difference, **VON is ready for you to volunteer.** VON Hamilton is looking for volunteers for all of its community support programs:

**Volunteer Visiting** — Volunteers visit seniors and adults with disabilities in their homes once a week. Education provided.

**Meals On Wheels** — Drivers and servers deliver meals to elderly and/or disabled clients, two hours once a week at noon. Drivers are reimbursed for mileage.

**Meals on Wheels Truck Drivers** are needed one day a week for 3 hours, 10 am -1 pm

**Congregate Dining** — Volunteers take clients to a lunch-out program every other Tuesday, and help with lunch.

**Medical Transportation** — Drivers take seniors to medical appointments.

**Hospice Volunteer Service** — Volunteers provide care for people with life threatening illness, providing assistance and support to individuals and families in their home or other settings.

**Tele-Touch** — Volunteers make reassuring phone calls to seniors and adults with disabilities living independently in their homes. Calls help alleviate social isolation and add to clients' safety.

**Call today for a rewarding Volunteer experience to 905-522-0053 or visit us at: [www.von.ca](http://www.von.ca)**

## Therapy Dog volunteer work is the best

by Diane Johnson

(Retired Scheduling Officer, Office of the Registrar)

When I retired in mid 2013, I was actively training my Labrador Retriever, Cap, in obedience. I really enjoy working with him, he is such an easy going dog. One of the members of our dog obedience club sent out an email calling for dogs to be evaluated for St. John Ambulance Therapy Dogs in the spring of 2014. I went to the orientation meeting and then brought Cap in to be evaluated.

By May we were visiting the elderly at Macassa Lodge. It is very rewarding for all of the volunteers. I cannot say how many times we have been thanked for coming to visit. I was asked to become a Therapy Dog evaluator because of my obedience experience and knowledge of dogs, and have now completed my training. I also coordinate outreach visits, such as to McMaster and Mohawk students before and during exams.



Cap really enjoys the students. It's hard to tell who is enjoying it the most.

If you have a friendly dog and are thinking of volunteering, Therapy Dog work is the best.

More information on the St. John Ambulance Therapy Dog volunteer program and an application form may be found by clicking **HERE** (<http://www.sja.ca/English/Community-Services/Pages/Therapy%20Dog%20Services/Become-A-Therapy-Dog-Volunteer.aspx>).

Alternately, please email Mary-Jo Lentz, Therapy Dog program coordinator at [therapydogs@outlook.com](mailto:therapydogs@outlook.com) or call Kevin Keith, Hamilton Branch Manager, St. John Ambulance, at 905-387-1880.

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## 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/>

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### 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](mailto: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.

## An Appreciation

# Arthur Newcombe Bourns

President Emeritus, McMaster University and Honorary President, MURA



Photo by Mike Lalich

Dr. Arthur Bourns served the McMaster University community in the widest range of responsibilities. His contributions to students, faculty, staff, and the University as a whole affected more people than most others ever have the opportunity to influence.

Dr. Bourns joined the

Chemistry Department as Assistant Professor in 1947 and, during the following 31 years, demonstrated those principles of integrity and service that followed him into the President's Office.

Dr. Bourns passed away recently at 95-and-a-half years of a distinguished life during which he impacted significantly on not only the University and its students but through his associations and responsibilities with Provincial and Federal agencies. His obituary, which cited the extensive list of his dedication and career accomplishments, can be found on-line at <http://goo.gl/z3z0i4>. He was honoured as Fellow of the Royal Society of Canada, Fellow of The Chemical Institute of Canada, by five universities with the LL.D., and by his country as Officer of the Order of Canada. He was also very proud that MURA appointed him Honorary President.

He served as Chairman of his department, Dean of Graduate Studies, and Vice-President, Science and Engineering prior to being named President. In the words of Dr. Peter George, President Emeritus, at the Celebration of Arthur Bourns' life, Dr. Bourns was a "visionary, yet completely approachable, earning the trust of the community by being open to suggestion, available to colleagues, and willing to consider alternative viewpoints. He opened up the decision-making processes to collegial and student participation because he thought it would add value to the University's decision-making outcomes."

Dr. George went on to say, "Art was caught up in the maelstrom of student activism and demands for greater participation by diverse stakeholders in the governance process that featured large in the public arena of Ontario universities." He believed that Dr. Bourns, "was absolutely the right man at the right time to deal with these impossibly contrary and opposing forces."

In the words of Dr. Alvin Lee, who served as Dr. Bourns' Vice-President, Academic, and later as President, "Two characteristics stand out: his huge

*commitment to trying to improve the public funding of university education and research, and his astuteness and humanity in dealing with political tensions on campus."*

Arthur Bourns' first passion, however, was his love for the students, whom he served as mentor and Professor. A strong believer that teaching and research must go hand in hand, he often remarked that these commitments were the most fulfilling. When he was made an Honorary Member of the McMaster Alumni Association in 2012, he declared "*It was a truly marvelous privilege to have a career involving association with young people and to be able to follow their progress in their studies and their personal qualities.*"

He utilised a well-developed lecturing technique which, combined with a particularly effective use of the blackboard, enabled him to make his subject come alive. This rare teaching quality was also evident when supervising graduate students, which often served as the catalyst for lengthy discussion well into the night, 'shedding light' on the fascinating subject of his research. His individual attention and great capacity for understanding the frustrations of his students taking their first steps in independent research provided strong encouragement and inspiration for them to strive for higher achievement.

*contributed by Alan Frosst*

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### TRAVEL OPPORTUNITIES THROUGH CURAC

*Those of you who like organized tours may be interested in opportunities available through the College and University Retiree Associations of Canada (CURAC). CURAC recently entered into an agreement with the travel firm Collette to offer a broad range of 160 tours around the world to member associations of CURAC, of which MURA is one. To launch this new initiative, CURAC President Ken Craig is hosting a river cruise from Amsterdam to Budapest in June 2016.*

*To find out more about this cruise, other tours offered by Collette and special offers available to CURAC members, visit [www.collette.com](http://www.collette.com) or phone 1-800-248-8991. Mention that you are a CURAC member. All MURA members qualify.*

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# McMaster University, Volume 3, 1957-1987: A Chance for Greatness by James G. Greenlee

## A Tale of Four Presidents

One summer evening in 1968 I was getting into my car after a busy day in the Chemical Engineering Department, when I was hailed by Dean J. W. (Jack) Hodgins. "Malcolm, how would you like \$800?" It turned out that the money was sitting in a Faculty account and it had to be spent by the end of the month. Fortunately, I could think of something that I needed — a metering pump — and a purchase order was rushed through on the following day. That little anecdote symbolizes the free-and-easy atmosphere of the Thode era at McMaster.

But a decade later the situation had changed; cash shortages dictated that thermostats in the buildings were set rather low in the winter and rather high in the summer. Light switches carried stickers with a (politically incorrect) picture of a canny Scotsman in a Glengarry bonnet, exhorting us to save electricity.

Dr. Greenlee's new instalment of McMaster's history helps us towards a deeper understanding of how and why things happened as they did. It is lucidly and sometimes pithily written and it steers an optimal course between the sleep-inducing prose of Faculty minutes and the trumpet-blowing which is all too common in university histories. The book focuses heavily on the personalities of the McMaster leadership. President Gilmour oversaw the change of McMaster from Baptist to secular status, while the three later presidents were all well-suited to the conditions in which they operated. The contributions of secondary movers and shakers, such as John Evans, Jack Kirkaldy and Les King, are all duly noted. Studio photographs of the leaders have been chosen to reflect their personalities; we are spared from group photographs.

McMaster University has always valued its autonomy, but this history reminds us that its progress has been a balancing act between the visions of its leaders and *realpolitik*. For example, the University is accountable to the Province of Ontario and it cannot ignore public opinion in the Hamilton area. Last but not least are the views of the McMaster community itself: students, alumni, faculty, and staff.

Dr. Greenlee quotes statistics only where they are directly relevant to his text, but it would have been helpful for the reader to see the overall statistics which show how McMaster University has grown over the 30 years covered, despite the many constraints. Annual records could have been given on student and faculty numbers, and annual budgets (actual dollars and

inflation-adjusted dollars). This data could easily have been attached as an appendix without interrupting the flow of the text.

However, that is a small quibble and I would rate this book as an "A" and a worthy successor to earlier volumes of the McMaster history.

*Malcolm Baird*  
(faculty, Chemical Engineering, 1967-2000)

*MURA would be pleased to publish additional reviews of this book in subsequent issues of MURAnews. If you are interested in submitting a review, please contact MURA at [mura@mcmaster.ca](mailto:mura@mcmaster.ca) or phone 905-525-9140, ext. 23171.*

## Report from the 2015 CURAC Conference (and an Important Issue for the Federal Election)

It was my pleasure to represent MURA at the 13<sup>th</sup> annual meeting of the College and University Retiree Associations of Canada (CURAC) in May. CURAC is a non-profit federation of retiree organizations at colleges and universities across Canada. Its primary aims are to coordinate activities that promote communication among member organizations, share information, provide mutual assistance, and speak publicly on issues of common concern to its more than fifteen thousand members across Canada.

This year's host, the Retirees' Association of Queen's, organized an excellent program, with interesting topics and engaging speakers. We heard three talks related to health care for seniors, one on the environmental impact of the Alberta oil sands, and two sessions on the future of post-secondary education — one from the college perspective and one from the university perspective. I participated in a round-table discussion where representatives from a number of university retiree associations shared experiences and ideas on renewing association leadership.

Without a doubt the highlight of the conference was the opening session: *Toward a National Senior's Strategy* given by Chris Simpson, President of the Canadian Medical Association. He encouraged us to spread the word that a national plan on care for seniors is an important issue for the upcoming federal election. Take a look at the website <http://www.demandaplan.ca> to find out more and register your support. This is a topic worth raising with candidates from all parties when they come knocking on your door.

*Mary Johnston*



## Welcome New Members

Dr. Peter Adamson, English  
Mr. Paul Bates, DeGroot School of Business  
Mr. Stuart Connolly, Medicine  
Mrs. Justyna Derkach, Chemical Engineering  
Dr. John Eyles, Geography & Earth Science  
Dr. Anne Foerster, Psychiatry  
Mr. Wayne Gowan, University Technical Services  
Mr. George Granger, Office of the Registrar  
Dr. Evan Haley, Classics  
Ms. Kathleen Hannan, Political Science  
Ms. Carolyn Hochreiter, University Advancement  
Mrs. Terry Holt, Obstetrics & Gynecology  
Mrs. Bonnie Hugill, Anaesthesia  
Dr. Michael Kliffer, French  
Dr. Manfred Kolster, Mathematics & Statistics  
Mrs. Theresa Lachowicz, Facility Services  
Dr. John Leach, Economics  
Mrs. Wendy Malerak, Medical Physics  
Dr. Maung Min-oo, Mathematics & Statistics  
Dr. Gabriel Moyal, French  
Mr. Allen Tak Lun Ng, Hospitality  
Mrs. Kathryn Patterson, Student Wellness Education  
Dr. Walter Peace, Geography & Earth Science  
Ms. Lynda Peters, Medicine  
Ms. Laura Pickard, Medicine  
Ms. Vivian Robinson, Health Sciences Finance  
Dr. Harry Shannon, Clinical Epidemiology & Biostatistics  
Mrs. Patricia Taylor, Clinical Epidemiology & Biostatistics  
Mr. Drew Thompson, Library  
Mrs. Liza Thong, Clinical Epidemiology & Biostatistics  
Mr. Jozef Verhaeghe, Engineering  
Dr. Irwin Walker, Medicine  
Mrs. Nancy Wilczynski, Clinical Epidemiology & Biostatistics  
Mr. David Wilson, Kinesiology  
Mrs. Bronwen Wood, Obstetrics & Gynecology  
Mr. John Wynne, University Technology Services  
Ms. Janice Yeo, Purchasing Services  
and a belated welcome to:  
Mrs. Clare Stewart, Oncology

## MURA Christmas Lunch

Mark **Wednesday, December 2, 2015**, 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*

## Recent Passings

Mrs. Florence Bagasar, Operations and Maintenance, Mar. 10/15  
Dr. Arthur Bourns, Chemistry, May 29/15  
Dr. Joan Canby, Pediatrics, Feb. 25/15  
Mrs. Angeladea Cappelli, Building Operations, May 7/15  
Ms. Mary Jane Deary, Economics, May 1/15  
Mrs. Jacqueline Emery, Facilities Services, June 15/15  
Dr. Ernest Oksanen, Economics, Apr. 8/15  
Dr. David Sackett, Clinical Epidemiology & Biostatistics, May 13/15  
Mrs. Donna Sergeant, School of Nursing, June 12/15  
Mrs. Glennys A. Yff, Office of the Registrar, March 25/15

*Through MURA's membership in CURAC (the College & University Retirees Associations of Canada), MURA members are offered discounted rates on home and automobile insurance with Economical Select.*

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# Parking Transponder Upgrades



McMaster's parking gate and antennae equipment is being upgraded over the summer. Parking permit holders will need a replacement transponder to be able to park after the changes are made.

The installations are being done on a lot by lot basis. The work started in early July, and is expected to be completed in early August. There will be two types of transponders available to permit holders.

You will be given a free non-transferable sticker transponder in exchange for your current transponder, either at the parking lot gate if you arrive on installation day or at the Parking Office. Sticker transponders must be mounted to your windshield to work, and cannot be removed or used on another vehicle.

Transferrable Velcro transponders, similar to what you currently have, will be available at the Parking Office for \$5 to those who paid a deposit for their current transponder. The charge for those who did not previously pay a deposit will be \$25.

**Do not** affix a sticker transponder to your windshield if you want to exchange it for a transferrable Velcro one — take it to the Parking Office with you.

If you arrive at a lot on installation day, Parking staff will be at the gate to provide you with your new sticker transponder in exchange for your current one.

If you cannot enter your usual lot when you arrive on campus, use the 'help' button intercom at the entrance to gain access, and then go to one of the Parking Offices to obtain your new transponder, taking your current transponder with you. The intercom system is monitored at all times.

Parking Offices are located in the Campus Store in Gilmour Hall, and in the E.T. Clarke Centre.

Parking Services may be contacted by e-mail at [parking@mcmaster.ca](mailto:parking@mcmaster.ca) or by phone at (905) 525-9140, extension 24232.

## Of note:

➡ You will continue to have access to the same lots as you currently do. Retiree parking permits allow parking in all lots except Lot A and the Stadium.

➡ This equipment change only affects transponder holders. Flex passes, special event parking vouchers for gated lots and hang tag users of non-gated lots will not be impacted.

➡ If you have a parking transponder but did not receive email notices from Parking Services about the change, contact Parking to have yourself added to their email subscription list to ensure that you receive future notifications.

## *These are the rules....*

Everywhere we go there's rules  
In the playgrounds, in the schools  
in the car and on the bus  
There's someone always watching us

Traffic Lights are camera spies  
And Drones now track us from the skies  
The doctor and the dentist too  
Have their rules for treating you

Movie theatres outlaw phones  
And don't forget no parking zones  
Smokers just don't get a break  
Scorned for every breath they take

Bring your own bags to the store  
If not, your shopping costs you more  
Bag your waste, sort and recycle  
Wear a helmet when you bicycle

Wait in line, wait to be seated  
Wait for the bell, wait to be greeted  
Don't jump lanes, and don't cut off  
Cover your mouth when you cough

Never stare, don't make a face  
Remember your manners, know your place  
Return what you borrow, replace what you break  
Don't take the biggest piece of cake

Walk this way, don't touch that  
Remove your shoes, hang your hat  
Don't block the door, leave a path  
Quiet please, take a bath

Wash your hands, put that away  
Close the door, don't overstay  
Do not litter, do not spit  
Do not loiter, do not sit

No pets allowed, don't feed the ducks  
No panhandlers, no heavy trucks  
No speeding, don't pass on the right  
Don't drive with a broken light

It starts at home, then school and work  
Learn the rules, don't be a jerk  
But every year the rules increase  
Made up by the "Rules Police"

And All of us, one time or not  
Fear the time that we'll get caught  
And hear like all the other fools  
Haven't you learned... *"These are the rules"*

*Janet Murphy,  
Retired Administrator  
McMaster Manufacturing Research  
Institute (MMRI)*



## Try Mac's *Intelliresponse* System

*Intelliresponse*, also known as *AskMcMaster*, is an online database of McMaster specific questions and answers relevant to employees and retirees. This service can help shorten the time it takes to navigate through the McMaster website to find the information you're looking for.

Type your question in the *AskMcMaster* search box on the [workingatmcmaster.ca](http://workingatmcmaster.ca) home page, or select a question from the choices that appear as you type. *Intelliresponse* will provide information, suggested links and resources to assist you.

Human Resources monitors this system regularly to add answers for questions that have not been answered.

You can view the top 10 questions asked by Mac employees and retirees at

<http://mcmasteru.intelliresponse.com/workingatmcmaster/index.jsp>.

Retirees who cannot find answers to their questions on the [workingatmcmaster.ca](http://workingatmcmaster.ca) website are welcome to contact Human Resources at 905-525-9140, extension 22247.

## Do you know about 211?

**211** is a telephone helpline and online database of community and social services in Ontario. Dialing 211 connects the caller to a "certified information and referral specialist", who can provide information on programs and services in the local community and advise callers about how to access the help they need. The service is free and available 24 hours a day, 7 days a week. All calls are confidential.

The 211 phone line and related web site ([www.211ontario.ca](http://www.211ontario.ca)) provide information to all citizens of Ontario on a broad range of topics, such as:

- Pensions — Canada Pension Plan, Old Age Security, Guaranteed Income Supplement, pensions from abroad, War Vets allowance
- Taxes — eg, community income tax clinics, home renovation tax credits
- Legal Help — eg, legal clinics, will and power of attorney preparation services
- Health Care: Drug Benefits, Assistive Devices,
- Mental Health Counselling
- Elder Abuse: counselling, support and shelter programs
- Home Care and home support services
- Long-Term Care, Housing and Vehicle Modifications
- Energy — eg, Low Income Energy Assistance Program

- Food — eg, Meals on Wheels
- Social, Recreation and Education Programs
- Help with Pet Costs

[Sources: [www.211ontario.ca](http://www.211ontario.ca) and *Hamilton Spectator*, 20 September 2010]

## Trial Membership Offer The University Club of McMaster

The University Club is offering trial membership for MURA (no membership fees, until July 1, 2016). This offer does not apply to current members.

Individuals who are interested should contact Al Mercato, Club Manager, by email at [mercato@mcmaster.ca](mailto: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's website, <http://ucmcmaster.com>.

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" for a \$15 fee, and there is a reduced golf initiation fee for University Club members.
- 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.

## View Public Lectures About Aging Online

In the Fall 2014 issue of *MURAnews*, <http://goo.gl/9n8sg0>, p. 5, we told you about the McMaster Optimal Aging Portal — an excellent source of quality health and medical information for seniors.

Among other things, the site gives you access to video recordings of public talks and panel discussions organized by the McMaster Health Forum, such as the talk on *Wearable Technologies and Optimal Aging* presented on April 23<sup>rd</sup>, 2015 at the McMaster Innovation Park. If you would like to view this or one of the many other talks available through the web site, go to <http://www.mcmasteroptimalaging.org/events>.

*The Retirees Association of Mohawk College welcomes McMaster retirees, and their spouses and friends to this special event.*



## RETIREES ASSOCIATION OF MOHAWK COLLEGE

4:45 pm — Bus departs Mohawk College Fennell Campus, from Main (south) Entrance  
7:30 pm — Showtime [at Exhibition Stadium, Toronto]  
10:30 pm — Bus returns to Fennell Campus

Tickets: Adults \$90; under 12 years of age \$75

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Indicate if Parking Pass Required: \_\_\_\_\_  
[Meet at the Main (south) entrance to get parking pass from Jack Freiburger before parking your vehicle.]

Email: \_\_\_\_\_

# Adults @ \$90: \_\_\_\_\_ # of Children @ \$75: \_\_\_\_\_

# regular feasts: \_\_\_\_\_ # vegetarian feasts: \_\_\_\_\_ # gluten-free feasts: \_\_\_\_\_

Make cheque payable to **Mohawk College Retirees Association**, payable by November 5, 2015 and mail to **Jack Freiburger, 44 Miami Drive, Hamilton, Ontario L9C 2K3**

Questions? Email [jackfrei@bell.net](mailto:jackfrei@bell.net) or Telephone 905-388-9837