McMaster University

MURAnews

McMaster University Retirees Association http://mcmaster-retirees.ca/ Email:mura@mcmaster.ca Winter 2014

PRESIDENT'S CORNER

We've enjoyed another successful Christmas lunch. Many positive comments on the lovely setting, good food and service, and the opportunity to socialize have been received. Accolades to Janice Rischke and Linda Grocott for producing a highly enjoyable event.

February 10th is the deadline for nominations to MURA Council. If you are interested or can recommend someone who would make an excellent candidate please contact Joe Laposa, Chairman of the Nominating Committee. All nominations are welcome. MURA especially needs individuals who have recently retired and have fresh connections within the university.

In March postage rates will rise by 35%. Please seriously consider switching to the online version of MURAnews to reduce the cost of distributing the printed version.

The CURAC Organizing Committee Report notes that volunteers are still needed to help with the CURAC 2014 Conference. Details of needed assistance are given in the Report. The committee is most grateful that a number of volunteers signed up at the Christmas lunch.

The Report on the Salaried Pension Plan report by Bob West indicates that, for the first time in several years there is an increase; although very small. The report provides hope for larger increases starting next year.

A timely article deals with problems with dementia that many of us retirees are facing or are at least aware of within our families and communities. Although there is no ultimate solution at this time, there are major efforts to help alleviate the many issues that can arise. The article reports on short-term efforts to coordinate the available services in Ontario.

MURA members Jim and Sue Waddington a few years ago entertained MURA with an illustrated presentation on their efforts to trace the landscape painting sites of the Group of Seven. It is gratifying to see that they have enhanced their original research to produce a colourful book which is reviewed in this newsletter.

Other noteworthy articles in this newsletter include the following. Three new spring trips are being offered by the Trips Committee. The McMaster University Club is offering a free trial membership. An historical and perhaps nostalgic view of our Sun Life ID cards is presented together with an update on the contemporary situation. Knitters' and others' interest will be stimulated by the 'Little Hats That Grew'.

Marianne Walters, MURA President
waltersm@cogeco.ca or 905-648-2309

CALL FOR NOMINATIONS

The duly constituted MURA Nominating Committee is now receiving input for the nomination of Council members for 2014-2015.

The Committee comprises
- Joe Laposa (Chair)
- Phyllis De Rosa-Koetting
- Linda Grocott
- Les King
- Kathy Overholt

Please forward expressions of personal interest and/or suggestions for nominees to the Committee Chair, Joe Laposa, at: jklaposa@cogeco.ca or 905-648-6610 or to any Nominating Committee member, not later than February 10, 2014.

Submitted by Kathy Overholt,
MURA Secretary

OVERWHELMED TRYING TO HELP A SENIOR? THERE IS HELP

As our population ages problems arise that involve cognitive impairments due to addictions, dementia, or other neurological conditions. Such conditions can result in seniors exhibiting aggression, wandering, physical resistance and agitation. Although help is available for aging persons and their caregivers, it is often difficult to access and integrate the services, or even be aware of them.

In most regions of Ontario, Behavioural Response programs have recently been formed, operating within the Local Health Integration Networks (LHINs). These new community programs provide short-term support and connect the cognitively impaired person with multiple resources and services. They operate through direct contact with the person (client), the caregiver and other agencies which are, or should be, involved in the person's care. These short-term interventions can be particularly helpful to those persons/caregivers whose ability to navigate the public health system has deteriorated.

Three examples follow:

One of our MURA members has an aged mother with Alzheimer's disease. Her equally aged father - the chief caregiver - is finding it increasingly difficult to cope. Shortly after they make contact with the Behavioural Supports Ontario (BSO) Community Outreach Team

(continued on page 2)

(continued from page 1)

- through their local mental health crisis services - effective social and medical help are coordinated to ease the couple's burden. The service they experience is efficient, warm and kind.

A man and his wife live independently at home. She is experiencing confusion and other behaviour issues. He, after being diagnosed with diabetes and suffering a heart attack, contacts BSO CONNECT. This service is offered by the local Community Care Access Centre (CCAC). A case coordinator visits the couple to assess their needs. The case coordinator learns that the couple has been visited by another agency for an assessment earlier that day. However, the couple is unable to name the agency. The case coordinator is informed that the wife is very difficult to manage when the husband tries to help her get dressed and during bathing. The husband is tired, stressed and frustrated. The CCAC case coordinator contacts other agencies involved with the care. These agencies are now working together toward coordinating services to better meet the couple's needs.

An elderly man has Alzheimer's disease. His wife and primary caregiver is burnt out. According to the wife, her husband often does not recognize her. She awakes at night to find him wandering and sometimes attempting to leave the house. The couple is referred to BSO Community Outreach staff due to the crisis situation. The crisis team, together with the couple, explore options to meet their immediate needs. The staff offers strategies to prevent his wandering at night and help arrange for him to attend an adult day program. This gives his wife some relief. They also connect her with the Alzheimer Society for its 'Safely Home' program and with other local support groups, telephone support counselling and a visiting program.

The structure and method of operation of the BSO programs within a region vary from place to place. The program in the Hamilton, Niagara Haldimand-Norfolk, Brant and Burlington (HNHB) LHIN typically operates as follows:

In a crisis situation - aggression, wandering, physical resistance and agitation, or a caregiver is in crisis due to increased care giving demands – the client/caregiver should make contact using the contact information in Table 1. If warranted, the BSO Community Outreach Team becomes involved with the client and the family to de-escalate the crisis and provide immediate support. This team gathers information and determines an action plan. The plan may include an assessment to determine the client's current decision-making capacity. The team also establishes whether community services have been previously received or are needed. The team can make referrals to other community services, connect with medical professionals for immediate medical attention, and advocate for services such as long term care placement or other housing options. The primary goal is to ensure that the person in crisis is safe, becomes stable and is supported in the best possible way.

In a worsening situation that does not involve a crisis, the client/caregiver should contact BSO CONNECT using the contact information in Table 2. A care plan is created. The plan assigns a community agency to lead in service coordination and navigation of the health care system for the client and family. The care team may consist of a variety of community and health care service providers. For example, it could include a CCAC case coordinator, Alzheimer Society counsellor, mental health worker, family physician and psychiatrist. The team assesses the client's needs and develops a care plan that includes defined roles for each partner in the team, as outlined in some of the personal examples described above. Support is directed toward enabling the client and caregiver to continue to live in their preferred environment in the best manner possible.

Table 1
Contact information for Crisis situations in the Hamilton, Niagara, Haldimand-Norfolk, Brant and Burlington regions

Location	Contact Information
COAST Hamilton	Tel: 905-972-8338 Fax: 905-972- 8448
COAST Niagara	Tel: 1-800-263-4944 Fax: 905-732-5966
Haldimand Norfolk (CAST)	Tel: 1-866-487-2278 Fax: 519-426-3257
St. Leonard's (Brant)	Tel: 519-759-7188 or 1-866-811-7188 Fax: 519-754-0264
COAST Halton (Burlington)	Tel: 1-877-825-9011 Fax: 905-315-9125

Table 2
Contact information for Non-Crisis needs

BSO CONNECT	Tel: 905-310-2222

For those outside the Niagara, Haldimand-Norfolk, Brant and Burlington regions, information on Behavioural Support Ontario programs is available on the internet (e.g. search for 'behavioural support Ontario north east'). Information can also be obtained by phoning your Local Health Integrated Network (LHIN).

Acknowledgement.
Dana Vladescuis, Manager of the Community Outreach Team for the Hamilton, Niagara Haldimand-Norfolk, Brant and Burlington LHIN. We are grateful for her guidance in helping us understand and present the often complex interactions of the many agencies which are involved in helping cognitive impairment clients.

Wayne Rouse
MURA News Editor

UPDATE ON CURAC 2014 CONFERENCE

MURA and the Retirees Association of Mohawk College (RAMC) are hosting the 2014 conference and AGM of the CURAC (College and University Retiree Association of Canada) on May 28th - 30th 2014. The welcoming reception on Wednesday evening May 28 and the conference sessions on Thursday May 29 and Friday May 30 will be held at McMaster University. The banquet, scheduled for Thursday evening May 29th, will be held in the "Arnie" at Mohawk College, Fennell Campus.

The conference theme is "Innovation: The Future of Aging". McMaster and local area presenters will focus on topics related to keeping older adults healthy and active. Keep an eye on the conference website mcmaster-retirees.ca/curac2014.html starting in February for more details and registration information. There will also be more detail in the Spring issue of *MURAnews*.

A big thank-you to MURA members who signed up at the Christmas Lunch as volunteers. The Conference Organizing Committee will need lots of help in the lead up to the conference and during the event to ensure that the conference runs smoothly. We need assistance with a variety of tasks, including:

REGISTRATION

- Hosting the Registration table, handing out name badges, providing information about the conference and host city
- Directing delegates to meeting rooms
- Assembling registration packages
- Setting up information displays

TRANSPORTATION / WAYFINDING

- Meet, greet, and direct delegates as they board shuttles; help the transportation leader manage the services
- Driving delegates between hotels and meeting facility
- Driving CURAC Board members and guest speakers to and from the airport
- Putting up signs around campus
- Directing or guiding delegates between rooms and buildings
- Assisting delegates with mobility concerns or other special needs

ROOM MONITORS

- Ensuring signage is properly located and changed; ensuring equipment is set-up and working during presentations; greeting speakers; guiding delegates to the appropriate meeting room
- Distributing handouts during sessions
- Moving cordless microphones from delegate to delegate during question and discussion periods

SPECIAL EVENT/BANQUET

- Taking photographs
- Making flower arrangements for banquet tables
- Answering questions about MURA, McMaster, RAMC, Mohawk and Hamilton
- Advising delegates visiting Hamilton on activities in the area

If you can help, please contact Heather Grigg at grigghm@mcmaster.ca or 905-335-6742.

SALARIED PENSION PLAN REPORT

You have by now received your January 2014 pension payment which included an increase of 0.37% (prorated if you started receiving your pension in 2013). While this is a very small increase, it is better than the zero increase for the past 4 years. The rate of return on pension assets for the year ended June 30, 2013 was 10.79% and, combined with the rates of return for the previous 4 years, provided a 5-year average of 4.87%, 0.37% greater than the 4.5% threshold necessary before pensions are increased. This is the last year in which the 5-year average rate of return will include the negative 11.69% return in 2009 which has kept the average rate low. Thus, we can look forward to higher increases in the future. While the pension increase each year is restricted to the 5-year average increase in the Consumer Price Index (CPI), if the average investment rate of return exceeds the average CPI, the plan provides for a supplementary increase to capture some of the shortfall of previous years. It is thus possible that any increase in January 2015 may exceed CPI.

The current year's investment return has gotten off to a good start with a gross (before investment management fees and administrative expenses) rate of return of 3.9% for the first 3 months of 2013-2014.

The audited fund financial statements can be found at www.workingatmcmaster.ca/pensions/annual-report.

The implementation of decisions to diversify a portion of fund investments into long-term bonds, real estate and infrastructure has been further deferred as the current unusually low interest rates persist. We are also awaiting a decision by the Ontario government on the creation of a "Super Fund" to manage the pension fund investments of Ontario Universities. A technical working group of experts is to advise the government on this issue in 2014.

The pension plan text restatement was completed in 2013 and has included plan amendments since 2008, changes in pension plan legislation, and improved the wording to make the plan easier to understand and administer. The restated pension plan text will be available on the Working At McMaster web site soon.

R. A. West
MURA representative-Pension Trust Committee

MURA CHRISTMAS LUNCH – DECEMBER 2013

MURA's Christmas lunch was held in the CIBC Banquet Hall in the Student Centre on December 4th, 2013.

We once again had an excellent turnout, with special guests President Patrick Deane, past University President Peter George and his wife Allison Barrett, Past University President Alvin Lee, Vice-President Administration Roger Couldrey, MUFA President Graeme Luke, MUALA President Laura Banfield, and MURA Scholarship winner Gerontology student Erin Fuelt.

A delicious lunch was provided by Paradise catering.

There were plenty of door prizes and everyone had a wonderful time reconnecting with friends and colleagues.

Thanks to the President's office for subsidizing this event, and to Paradise Catering, the McMaster University Student Centre, McMaster Parking Services and members of MURA Council for their assistance in making this a memorable event.

Janice Rischke
Chair, Christmas Lunch Committee

RETIREE SUN LIFE DRUG BENEFIT CARDS

Retirees often ask if they can continue to use the drug benefit card they had when they were an active employee. The answer is yes.

Retirees may have cards of differing colours and with different company names on them, depending on the company name in effect when issued, but they all have the information needed for making drug benefit claims to Sun Life.

The only information required to submit a Sun Life drug claim through a pharmacy is the policy number and certificate number (your former employee number), which do not change when you retire.

Retirees who do not have a card can either print their own from the Sun Life website www.mysunlife.ca (you'll need to register for an Access ID if you don't already have one), or call Sun Life's Call Centre at 1-800-361-6212 and ask that a card be mailed to you.

Why do you need a card? The pharmacy you've been dealing with for years will not likely ever ask to see your card, but if you want to change pharmacies or want to be prepared in case you need a prescription filled when you are away from home, your Sun Life drug benefit card will give you the information you need.

PLEASE HELP SAVE THE MURA BUDGET!

SWITCH TO THE ONLINE VERSION OF *MURAnews*

You've likely heard that postage is increasing by 35% in March.

MURA needs at least 200 members to opt out of the postal mailing of *MURAnews* to help balance the budget. Please become one of this 200. Join those who read *MURAnews* online or print their own copy at home.

Starting with this issue, we're making it easier for those who like to read a printed copy by attaching a PDF file to the email notice sent when a new issue of *MURAnews* is published. Or just click the link in the email and read it on MURA's web site.

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

VOLUNTEER OPPORTUNITIES

Volunteer Judges & General Volunteers
Bay Area Science & Engineering Fair (BASEF)
March 26 – 29, 2014 at Mohawk College

BASEF is an exhibition and competition of science, technology, mathematics and engineering projects for grades 7 to 12 students in Hamilton, Halton, Brant, Haldimand, Norfolk and Six Nations.

Mac retirees from all backgrounds can help make this event a success.

- Volunteer Judges – Judging day is Thursday, March 27th. Volunteer at basef.ca/judging or e-mail judging@basef.ca
- General Volunteers – Help with set-up, registration, supervising student activities, and welcoming and guiding participants and visitors. Volunteer at basef.ca/volunteer, e-mail volunteers@basef.ca, or call Helen Barton at 905-528-8951.

BASEF

For more Volunteer opportunities see page 6.

BOOKING FORMS FOR MURA TRIPS LISTED ON PAGE 8

To book any of the following trips, please complete and mail the relevant section of this form, along with a cheque payable to McMaster University Retirees Association or MURA, to
Shari Mercer, 1502-477 Elizabeth Street, Burlington, Ontario L7R 2M3
You can reach Shari by phone: 905-336-5568 or email: mercers@mcmaster.ca for more information.

Wednesday, April 30, 2014
Crazy for you, Festival Theatre
Stratford ON
$133.00 per person
post date cheques to March 25, 2014 payable to McMaster University Retirees Association (MURA)

# of persons: ..... **Amount (# persons X $133) $: .....**

Name:.....

Address:.....

Postal Code: ..... Telephone #: ..... email address: .....

Tuesday, June 10, 2014
Walters Family Dinner Theatre
Bright, Ontario
$105.00 per person
post date cheques to May 1, 2014 payable to McMaster University Retirees Association (MURA)

# of persons: ..... **Amount (# persons X $105) $: .....**

Name:.....

Address:.....

Postal Code: ..... Telephone #: ..... email address: .....

Thursday, July 31, 2014
Drayton Entertainment
Cambridge, Ontario
$117.00 per person
post date cheques to June 20, 2014 payable to McMaster University Retirees Association (MURA)

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

Name:.....

Address:.....

Postal Code: ..... Telephone #: ..... email address: .....

VOLUNTEER OPPORTUNITIES

McMaster Convocation Assistants
Health Sciences Convocation: May 23, 2014
Spring Convocations: June 9 to 13, 2014

The Office of the Register 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.

Greet Weary Students During April 2014 Exams

The Chaplaincy Centre coordinates cookies, tea and Fairtrade coffee and hot chocolate for students in a comfortable area in the Student Centre on Campus. Your role is to greet students, refill the cookie tray and replenish the beverages. Everything you need is supplied by the Chaplaincy and OPIRG. Shifts are two hours - either 5:30-7:30 p.m. or 7:30-9:30 p.m.

If you are interested in volunteering, please contact: Amanda Lemus at chaplain@mcmaster.ca, or phone 905-525-9140, extension 24207.

The dates are Wednesday, April 9-22, with the exception of Saturday April 12 and Easter weekend April 18-20.

Helping Hands Street Mission (HHSM)

HHSM provide free clothing, encouragement, counseling and other resources to many people who desperately need them. This registered charity is located at Barton and Emerald Streets. in Hamilton.

Two of their current volunteer needs are:
-- help in the Mission, handing out clothing, dispensing coffee or just talking to any of the Mission's extended family.

-- a part time administrative assistant.
Find information about HHSM, and ideas on how you can volunteer your time and talents, or make donations, at www.hhsmhamilton.com

To volunteer, or if you have questions, please contact Sherry Huisman, the HHSM volunteer and training coordinator at 905-973-1734 or by email at volunteer@hhsmhamilton.com

Knit with Little Hats That Grew

Little Hats That Grew is looking for knitters.

In 2013, this group of volunteers knit 5,354 hats, mitts, scarves, slippers, etc. for children and adults in need of these items. With more knitters, they could help even more needy members of the community to stay warm. The knitting is done in volunteers' own homes as time permits. It is distributed by several charities in the Hamilton area. Yarn is provided free of charge to knitters who need it. There are no quotas and all items are welcome.

If you knit and would like to contribute, the group would love to hear from you. Contact Elinor Anthony at elinoranthony@sympatico.ca or 905-648-0571.

FREE TRIAL MEMBERSHIP TO THE UNIVERSITY CLUB

The University Club has generously offered to grant trial membership to retirees, without membership fees, until June 30, 2014. (This offer does not apply to retirees who are already members.)

Retirees who are interested should contact Al Mercato, Club Manager, by email at mercato@mcmaster.ca or by telephone at the University Club - 905-525-9140, extension 23246 to obtain an application form and other details about the club. Alternately, the application and information is available on the Club website 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" (this fee is $15)
- reciprocal signing privileges to the Royal Hamilton Yacht Club
- discount membership at the Royal Botanical Gardens (RBG)
- discount rate at the Holland Park Garden Gallery
- discount rate at the Westdale Florist
- reciprocal arrangements at faculty clubs across Canada and the US.

MURA ANNUAL GENERAL MEETING

Wednesday, June 4th, 2014

Starting with lunch at Noon

Look for details in the Spring 2014 issue of MURAnews

RECENT PASSINGS

Mrs. Florina M. Arsenault, Hospitality Services, July 26/13

Mr. Joseph Arsenault, Maintenance, Oct. 10/13

Mrs. Dorothy Cantwell, Building Operations, Nov. 3/13

Mr. Bruce Christman, University Libraries, June 10/10

Mrs. Hannah Christman, Bookstore, Jan. 8/14

Mr. George Fugina, Building Operations, Nov. 19/13

Mrs. Mara Hickey, Bookstore, Jan. 16/14

Mrs. Elsie Silverthorne, Financial Services (Payroll), Oct. 11/13

Mr. William J. (Bill) Stevens, Purchasing, Jan.12/14

Dr. Stephen Threlkeld, Biology, Jan. 10/14

WELCOME NEW MEMBERS

Dr. Marie Madeleine Ahmed, French
Dr. Heather Arthur, Nursing
Mr. Steve Bendo, School of Business
Dr. Cameron J. Blimkie, Kinesiology
Mrs. Mary Brownridge, Regional Medical Associates
Mrs. Lori Burch, Health Sciences (Business)
Mr. Chris Burke, Hospitality Services
Mrs. Karen Burns, Pediatrics
Mrs. Eileen Carey, Clinical Epidemiology & Biostatistics
Ms. Karin Cassidy, Faculty of Health Sciences Safety Office
Dr. Albina DiCenso, Nursing
Mrs. Pearl Dodd, Psychiatry & Behavioural Neurosciences
Mrs. Leslie Edwards, University Libraries
Ms. Terri Ann Finch, Oncology
Mrs. Nola Fuller, Pathology & Molecular Medicine
Ms. Rosamund Hennessey, Medicine
Ms. Judy Howson, Financial Services
Dr. David Keane, Program for Educational Research & Development (PERD)
Mrs. Anne-Marie Kniehl, Provost's Office
Mrs. Sarka Lhotak, Medicine
Ms. Evelyn Mahy, Regional Medical Associates
Mrs. Janet Marsh, Facility Services
Ms. Wendy Mattingly, Psychiatry & Behavioural Neurosciences
Mrs. Olivera Mirceta, Facility Services
Dr. Helen Ostovich, English & Cultural Studies
Mrs. Susan Ryan, University Libraries
Ms. Dyanne Semogas, School of Nursing
Mrs. Debbie Smaluck, School of Engineering Practice
Mrs. Carol Ann Smith, Medicine
Mrs. Joanne Speziale, Human Resources
Dr. Peter Szatmari, Psychiatry
Mrs. Irena Thomas, Economics
Mrs. Shirley Verhage, Bachelor of Technology
Mr. Martin Wissenz, Media Production Services

WHAT'S HAPPENING AT MAC

Two MURA Members Featured in Video Series by McMaster Students

A group of McMaster students, using a borrowed camera, set out to get a glimpse into their professors' lives and interests outside of the classroom. They examine how and why these faculty members entered the challenging world of academia. The result is a new video series, *After Office Hours*.

MURA members, Louis Greenspan and P.K. Rangachari, are featured.

You can view their interviews on YouTube at http://www.youtube.com/channelUCA_rAe19wA9_H_KisutHgxw

To learn more about the video series, go to http://tinyurl.com/k99sp2f.

Summer Fun for Children and Youth at McMaster

Are your grandchildren looking for activities during the summer? A wide of range of day camps are available at McMaster. These include the following:

LEAP (Learning Enrichment Advancement Program)
This provides well-rounded and highly motivated high school students with the opportunity for advanced study in a variety of engineering, technology, business and entrepreneur disciplines. For information go to http://leap.mcmaster.ca/ or call 905-525-9140 ext. 24906.

(continued on page 8)

(continued from page 7)

Venture Engineering and Science Camp

The camp immerses children in grades 1 to 8 in engineering, science and technology. The curriculum develops problem-solving skills and engages kids through experiments, hands-on projects, and fun education-based activities. For information go to http://venture.mcmaster.ca/ or call 905-525-9140 ext. 24906.

Sport Fitness School

The school provides children and youth ages 6 to 16 with opportunities in a wide range of sport and fitness related activities. It is designed to influence healthy, active lifestyle choices, positive social interaction and individual development through sport and play.

ParaSport Fitness School

For ages 10 to 14, it includes all the Sport Fitness School fun and a special set of accessible parasports: Wheelchair Basketball, Sledge Ball Hockey and Senior ParaSport. Sport wheelchairs, roller sledges and other accessible sport equipment is provided for the duration of camp.

For information about these two camps go to the McMaster Marauders web site http://tinyurl.com/mrxrtq9 or call 905-525-9140 ext. 27071.

Mini-University

This camp is a two-week sneak peak at real university life. It is designed to engage children aged 8 to 14 through hands-on activities. Campers explore the earth, unravel the mysteries of the human mind, discover what it was like to live thousands of years ago, solve crime scene mysteries, test the laws of chemistry and physics, and create their own drama and multimedia shows. For information go to the McMaster Marauders web site http://tinyurl.com/q9qftob or call 905-525-9140 ext. 27636.

MURA TRIPS

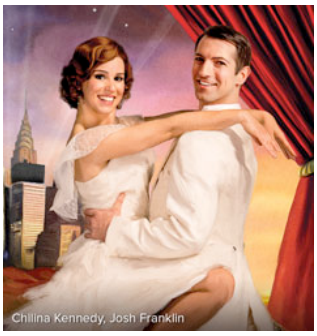
I do hope you had a wonderful December and are now settling into a hopefully short winter! A little information for you to consider for three upcoming MURA trips.

For more information about the trips or to book your place(s), please contact me at 905-336-5568 or mercers@mcmaster.ca.

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

Many thanks
Shari Mercer

✱ On Wednesday, April 30, 2014 we will leave 1579 Main Street West (behind West End Car Wash) parking lot of Fortino's at 10:15 a.m.and travel to **Stratford** to enjoy some free time before a delicious luncheon prepared and served by the women of the Parkview United Church. Then on to the Festival Theatre for an upbeat performance of the musical comedy **Crazy for You**, where I'm told we have excellent seats. We will return to the Hamilton Fortino's lot by 6:00 p.m. (traffic permitting). Cost for the day inclusive is $133.00 per person. Please make cheques payable to MURA and date this one March 25, 2014.



✱ On Tuesday June 10, 2014 we have a day at the **Walters Family Dinner Theatre**. Leaving Fortino's at 10:15 a.m. we have a stop at Coyle's Country Store to shop for some goodies and then on to the theatre for lunch and the performance by the Walters Family. The family do two shows themselves per season and bring in other entertainment for their other shows, so we are assured of a great time. We will return to the Fortino's parking lot on Main Street West by 5:00 p.m. (traffic permitting). Cost for this outing is $105.00 per person, payable to MURA and cheques dated May 1, 2014

✱ A special day is planned for Thursday July 31, 2014. Drayton Entertainment is putting on a fabulous performance at their new **Dunfield Theatre** in Cambridge. The title of the promised blockbuster was not available at the time of writing but I will let you know as soon as I do. We will leave Fortino's at 10:30 a.m. and travel to the Cafe Troy for lunch and a visit to Don Zver Pottery on site. Then on to Cambridge for a 2:00 p.m. performance, returning to Fortino's lot by 6:00 p.m. (traffic permitting). Cost for this day will be $117.00 per person with cheques dated June 20, 2014.

Use the booking forms on page 5 of this newsletter to register for trips. Mail the form(s) along with your cheque(s) to: Shari Mercer; 1502-477 Elizabeth Street; Burlington, Ontario L7R 2M3.

BOOK REVIEW

Following the Canadian Group of Seven

Jim and Sue Waddington overlooking Grace Lake in the La Cloche Mountain Range

This book matches painting with modern-day photos from the painting locales of the Group of Seven. Jim Waddington (Professor Emeritus in Physics) and his wife, Sue, have combined a 37-year love of trekking through the Canadian wilderness with a fondness for landscape painting into this highly entertaining volume.

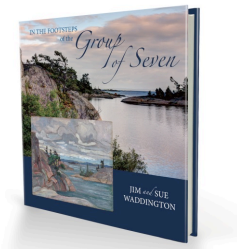
It's a detective story. Physical site is matched to painting. This usually occurs after much preparatory research. The fieldwork involves physical puzzlement, guess work and intuition. The authors credit some of their successful detective work to their years in Orienteering. That pursuit involves fitting landscape to topographic maps. Sue and Jim have developed an expertise in discovering painting sites previously unknown, except to the artists themselves. Their early investigations concentrated in the Algoma region of Killarney Provincial Park. They sometimes involved other investigators whose interests overlapped. One of their stories involves discovering a site overlooking Grace Lake. From here, Franklin Carmichael painted while seated on a sizeable and distinctive rock. On their first trip to the site, the rock seat was in place. On a subsequent visit, it was missing - nowhere to be seen. I will not spoil the drama of this saga. You will have to read the book to discover the result. I will say, however, that there was a happy ending (see photograph above).

Over time, Jim and Sue made trips to many other locations where the Group of Seven painted. These include the north shore of Lake Superior, Bon Echo Provincial Park, the Yukon and Northwest Territories, sites on Baffin and Beechey Islands in the high arctic, and a number of locations in southern Canada.

The authors have been painstaking in matching photograph to painting. Examples of this are where A.Y. Jackson's painting 'Winter Night' is matched with a photo of the site taken in February, and Franklin Carmichael's painting 'Grey Day' matched by a photo taken 95 years later on an equally grey day.

This is an excellent coffee table book and a major contribution to understanding an important period in Canada's art heritage. Most importantly, it's a very good read.

Wayne Rouse
MURA News Editor



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DID YOU KNOW?

According to the CAUT Almanac 2013-14, published by the Canadian Association of University Teachers (http://www.caut.ca/resources/almanac):

The proportion of full time university teachers beyond the age of 65 more than quadrupled between 2001 and 2011 to 5.1% (8.3% of males and 3.8% of females).

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