



McMaster University Retirees Association
<http://mcmaster-retirees.ca/>

Fall 2017

Editor: Helen Barton
905-525-9140, ext. 23171

President's Corner



Have you been enjoying the extended summer/autumn weather? I guess it is a reward for the rather damp spring and early summer. Certainly didn't seem like October when we were closing up our cottage on Thanksgiving weekend while the neighbours children were still paddle boarding and swimming at the lake!

While MURA Council liaises on your behalf at all times (even during the summer months), the pace picks up starting in September as committees are all working on their respective areas. You can find a list of Council members and their roles on the MURA web site at: mcmaster-retirees.ca/council.html. If you or someone you know would like to get involved, contact anyone on Council or let us know by phone or email (see p.10)

You will see that the Pensions and Benefits area has been particularly active working with Human Resources on issues related to Sun Life health and dental claims and information on the Biennial Pension statements legislated by the Government of Ontario. You will want to read more on both these issues further in the newsletter (see p. 3).

Haven't been on campus recently? Then you may be interested in an informative article regarding the newest building additions on campus on page 9.

Also of note, Mary Johnston who was a MURA President for one year (and then Past President for two more) and served on the CURAC/ARUCC Board previously (our national organization), has recently been appointed as a Board member and as Secretary. Congratulations Mary!

Of course the Christmas Lunch Committee led by Gail Britton has been busy organizing this popular annual MURA event. You can find all the details on page 2. I hope to see you there on December 5th.

In the meantime, enjoy the fall while it lasts

Heather Grigg, MURA President

MURA Christmas Lunch

Tuesday, December 5, 2017

See p. 2 of this issue for more information.



MURA Christmas Lunch

Tuesday, December 5, 2017 at 12:00 Noon
CIBC Hall — McMaster Student Centre

RSVP by Friday, November 17, 2017

The Annual Christmas Lunch will be held on campus again this year. The University President's office has generously subsidized the expenses for this event, which is keeping the cost to retirees to an amount similar to past years.

We have once again booked the CIBC Banquet Hall in the Student Centre for this year's Christmas Lunch. We will have two lines of buffet tables for quick service.

The lunch buffet will be a traditional Christmas menu consisting of freshly baked rolls, salads, veggies & dip, roast turkey with sage dressing, baked ham with raisin cider sauce, roasted potatoes, and fresh mixed vegetables. All this will be topped off with assorted tarts, festive cookies, a fresh fruit platter, and tea and coffee.

There will be a cash bar with both alcoholic and non-alcoholic choices for your pre- and post-lunch enjoyment, while you chat with fellow retirees in this festive season. We will also have many draw prizes for you to win.

This is a good opportunity to renew friendships with your former working colleagues. Call them, and arrange to arrive a little early to choose and share a table. Each table seats nine people.

The price is \$17.50 per person. Please be advised that you must pre-book and pay for the Christmas Lunch by Friday, November 17, 2017 and should make your booking as soon as possible. We will try to accommodate everybody who wants to attend, but seating is limited to **200**. **You will not be able to pay for your meal on the day of the event.**

Please fill out and send in the Booking Form (on p. 10 of this issue of *MURAnews*) along with your cheque by Friday, November 17, 2017.

For information, contact Gail Britton at 905-627-4539 or britton@mcmaster.ca.

Complimentary Parking MURA thanks Parking Services for their generous support

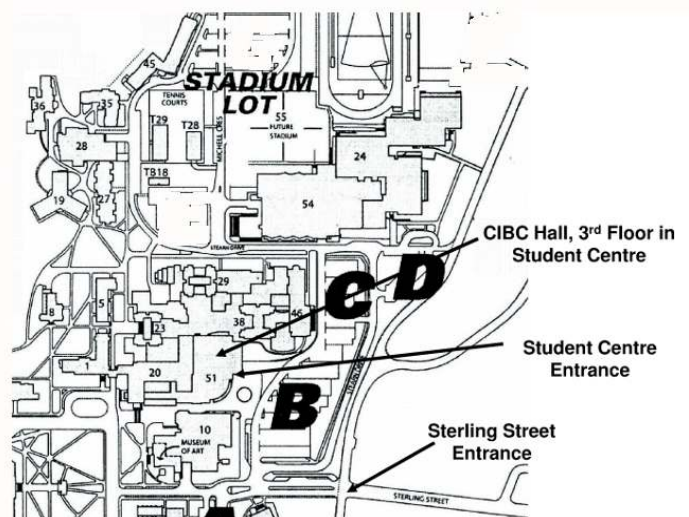
Retirees who do not have a McMaster parking permit and transponder will have access to Parking Lots B, C and D, close to the Student Centre, and the underground Stadium lot. Come on campus via the Sterling Street entrance. Park in any of these lots showing "Visitors - Open". Take an entry ticket from the machine at the lot entrance and exchange it for a complimentary "Exit Ticket" at the luncheon registration table. Your Exit Ticket will be used at the exit gate to "pay" for your parking when you leave your parking lot.

If none of these lots show "Visitors - Open", use the Help button at a lot entrance that indicates "Full to Visitors" to gain access or be directed to an available lot.

Retirees with valid transponders may park in any lot that shows "Transponders - Open".

PARKING SPACES ARE AT A PREMIUM. WHY NOT TRY CAR POOLING?

For the mobility impaired, if you have an Ontario Accessible Parking Permit and require reserved accessible parking, please be sure to tell Gail in your RSVP. Reserved parking will be provided in Lot C close to the Student Centre. Press the Help button at the entrance to gain access to the lot. Parking staff will be on duty to assist with accessible parking in Lot C. Please have an Ontario Accessible Parking Permit on display in your vehicle.



Your Money/Your Health

Biennial Pension Statements

The Government of Ontario passed legislation which requires that all retirees and former members of Ontario registered pension plans be provided with biennial pension statements, beginning this year. Most retirees will already have received their first biennial statement of pension benefits, which sets out all of the required information relating to their pension.

The information presented on the statement is based on the personal and employment data that the University has on file. There are some statements which were delayed while the University reconciled all of the information in its files so that the most accurate and complete information is included on the biennial statement. Human Resources expects that all delayed statements will be sent out by the end of November, 2017.

All retirees are requested to review the biennial statement carefully. If you wish to correct any erroneous information, have any questions, or have not received your statement by the second week of December, please contact the Human Resources Service Centre at:

McMaster University
Human Resources Service Centre
1280 Main Street West
CSB 202
Hamilton, Ontario L8S 4M3

Tel. 905-525-9140, extension 22247

Email: pension@mcmaster.ca

You will receive your next biennial statement in 2019.

Retirees Experiencing Issues with Sun Life Health & Dental Claims Coverage

Statement from McMaster Human Resources Services

“This past July, McMaster University implemented a new process for updating our benefits provider, Sun Life Financial, with our member and dependent benefit enrolment information. The new process is more efficient as we have eliminated duplicate entry into two systems

(Mosaic and Sun Life Financial), which has the benefit of reducing the number of data input errors.

Since this change was made, we have heard that some retirees have been experiencing issues with their claims coverage. If you have a benefit claim that has been declined through Sun Life, please check with Sun Life 1-877-786-7227 first, to verify why the claim was declined. If the reason was not due to a benefit provision limitation (example: you’ve reached the plan maximum for reimbursement, you must pay a deductible, the plan does not provide coverage for a specific service, etc.) the issue may be related to an error in your enrolment information. Please call the Human Resources Service Centre at 905-525-9140 extension 22247, and ask them to check your enrolment information with Sun Life to validate you are set up in the correct plan with the correct coverage.

We apologize for any inconvenience this new process may cause you and appreciate your continued support through this transition.”

Additional Information from your MURA Council

The transition has not been without hiccups. Two issues have arisen that require that retirees be diligent in evaluating Sun Life reimbursements:

1. In the majority of cases, retirees should expect to continue to receive the same coverage and reimbursements as they have had since they retired, and should also experience no change to the process used to submit claims and receive reimbursements.

A number of retirees have noted that benefits have been incorrectly decreased since the new system was implemented (e.g., a decrease in prescription eyeglass coverage), and detecting these errors may require some vigilance on the part of the plan holder. Thus, if you receive reimbursement from Sun Life (or if you have been denied reimbursement), Sun Life’s decision should be compared with the provisions of your particular retiree group benefit plan.

2. In the course of implementing the Mosaic-Sun Life integration, Human Resources discovered some instances where retirees were not transitioned from their active employee benefit plan to their appropriate retirement benefit plan when they retired. July’s updates corrected

continued on next page

these errors. If you don't receive the reimbursement that you think you're entitled to, it is possible that you are in this group. Again, the benefits summarized in your retiree benefit plan booklet should be compared with your Sun Life reimbursement.

If you do not have your retiree benefit plan booklet, you can download it from

<http://www.workingatmcmaster.ca/retirees>

or request a copy by calling Human Resources at 905-525-9140 extension 22247.

If you encounter changes to your usual coverage or denial of coverage by Sun Life, please make inquiries as suggested by Human Resources in the above statement.

If these steps do not resolve your issue, please let MURA know by email to mura@mcmaster.ca or by leaving a phone message at 905-525-9140, extension 23171. Council members will assist as far as possible in finding a resolution.

MURA has requested that Human Resources audit all retiree benefit records to ensure that Sun Life has the correct information for every retiree and dependent spouse.

Looking for a Physiotherapy Clinic Covered by OHIP?

Seniors 65 years of age and older are eligible for OHIP-funded physiotherapy assessment and treatment at specific clinics in Ontario. Younger retirees (those under 65) should be aware that patients of any age are covered by OHIP for these services after an overnight hospital stay for a condition requiring physiotherapy.

To be eligible for OHIP-funded physiotherapy, you must be referred by a physician or nurse practitioner. There is no fee for these physiotherapy services, but you will need to bring your health card to your physiotherapy appointment.

A list of OHIP-funded physiotherapy clinics is available at http://www.health.gov.on.ca/en/public/programs/physio/pub_clinics.aspx.

Twenty-six clinics are listed under "Hamilton Niagara Haldimand Brant", including two in Burlington.

To obtain information by telephone, call: *ServiceOntario* at 1-866-532-3161 (toll-free number in Ontario) or *the Seniors' INFOline* at 1-888-910-1999

ALSO GOOD TO KNOW:

If you are age 65 or older and require in-home physiotherapy (whether in your own home or a retirement home), contact a Community Care Access Centre (CCAC) by phone: your area code (e.g., 905)-310-CCAC (2222).

Anyone living in a long-term care home qualifies for government-funded physiotherapy. Contact the doctor or nurse practitioner on staff at the care home.

[Source of information for this article: <https://www.ontario.ca/page/physiotherapy-clinics-ohip-funded> and <https://www.ontario.ca/page/get-physiotherapy>.]

What Works Best for Relieving Back Pain?

(The following is an excerpt from a Blog Post featured on the McMaster Optimal Aging Portal; for the full article, see <https://www.mcmasteroptimalaging.org/blog/detail/blog/2017/08/09/what-works-best-for-relieving-back-pain>)

If you suffer from a bad back, you're not suffering alone: low back pain is the leading cause of discomfort and disability in the world and the prevalence peaks in older age.

However, there are ways to get relief. Here are some treatments and strategies that show promise for reducing pain and disability caused by low back pain.

Non-drug therapies

Remedies that don't involve drugs (which come with the risk of side effects) are often the first line of defense when it comes to pain relief, particularly for chronic, long term low back pain. Research summarized on the McMaster Optimal Aging Portal shows that yoga and other types of motor control exercises including Tai Chi have the greatest effect on reducing pain levels and increasing function in adults with low back pain. There is also evidence that acupuncture, massage and rehabilitation can help relieve pain.

The effectiveness of these therapies reinforces the recommendation that people experiencing back pain should move, stretch and perform certain types of exercise – even though their inclination might be to just rest. Research studies have also shown that strength/resistance training helps to alleviate back pain, strengthen muscles and improve mobility.

Medication options

For people who do not respond to non-drug approaches as the first line of treatment, the research-based

continued on next page

recommendation is to try NSAIDS (non-steroidal anti-inflammatory drugs) for either acute or chronic pain. As a second choice, duloxetine, a type of antidepressant, was shown to help relieve chronic back pain. Opioids may also help reduce back pain, but have higher risks of side effects, addiction and overdose.

Ask your doctor or pharmacist about the type of medications you are prescribed for your pain and advice about weighing the risks vs. benefits for your situation.

McMaster at the Forefront of Research on Aging

Canada has more people aged 65 and over than under the age of 15. By 2036, seniors will make up one-quarter of the population. As a society, we need to be concerned about ensuring that seniors stay independent and in good health for as long as possible, on the one hand, and dealing compassionately with end-of-life issues, on the other.

McMaster University has become a recognized leader in aging research, which is being conducted in many areas across campus. The McMaster Daily News web site has featured two examples recently.

NUTRITIONAL SUPPLEMENT INCREASES LEAN BODY MASS AND STRENGTH.

A study by the McMaster Institute for Research on Aging found that a combination of whey protein, creatine, vitamin D, calcium and fish oil taken twice daily significantly improved the physical strength and lean body mass in men over 70 years of age, especially when combined with exercise. Future research will look at effects in women. To read the article, go to:

<http://dailynews.mcmaster.ca/article/scientists-develop-new-supplement-that-can-repair-rejuvenate-muscles-in-older-adults/>.

The full study results can be found at <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0181387>

NARROWING THE CARE GAP.

The Improving Advance Care Planning for Frail Elderly Canadians (iCAN-ACP) study is being conducted in hospital, primary care and long-term care settings across Canada. Researchers from McMaster's Department of Medicine, School of Nursing and Department of Family Medicine have lead roles in this study, which aims to "narrow the gap between the care that frail elderly Canadians want and the care that they receive".

Research has shown most frail elderly patients want to maintain quality of life rather than prolong it, but the use of invasive life-sustaining technologies in this population has been increasing.

The study will evaluate ways to improve conversations between patients, families and health professionals about the individual's wishes for future health care. The full article can be found at:

https://fhs.mcmaster.ca/main/news/news_2017/new_study_aims_to_narrow_the_gap.html.

Recent Passings

James Allan, Parking & Transit Services, Sept. 25/17
Heather Arthur, School of Nursing, July 27/17
Russell Bell, Chemistry, Oct. 3/17
Luis Branda, Biochemistry & Biomedical Science, July 29/17
Gabiella Feleki-Carr, Anatomy, May 14/17
Robert Forrest, Maintenance, July 18/17
Earl Isbister, Surgery, Sept. 12/17
Nina Marusiak, Facility Services, Aug. 20/17
Gilbert Murray, Office of Public Relations, June 24/17
David Ouellette, Library, Oct. 8/17
Jean Westermann, Biology, July 30/17
William Wilson, Pediatrics, Sept. 16/17

Welcome New Retirees

Helen Ayre, University Secretariat
Carolyn Byrne, School of Nursing
Linda Colarusso, Campus Stores
Gunter Diehl, Facility Services
Noel Fraser, Health, Evidence and Impact
Mita Giacomini, Health Evidence and Impact
Feng Guo, Museum of Art
David Kidney, Library
Eleanor Komadowski, Library
Rosamaria Leon, Oncology
Ola Lunyk-Child, School of Nursing
Colleen McKey, School of Nursing
Robert Nunn, Security Services
Jane Osier, Financial Services
Margaret Rutten, Learning Technologies
Susan Schiff, Oncology
Paul Stratford, School of Rehabilitation Science
Darlene Velenosi, Pathology

and a belated welcome to

Ed Kennedy, Security Services
Martin Knyf, Geography & Earth Sciences

Recycling Cell Phones

by Marianne Van der Wel

With the advent of the cell phone that has evolved into today's ever changing world of "smart" phones, let us look at the importance of ways we can reuse and recycle these devices.

Precious metals such as tantalum (a derivative of Coltan), tungsten, tin, and gold make up parts of these phones. For power, most use a lithium-ion battery with three primary components: the positive and negative electrodes and electrolyte. Generally, the negative electrode of a conventional lithium-ion cell is made from carbon, the positive electrode is a metal oxide, and the electrolyte is a lithium salt in an organic solvent.

Wasting such resources would be sad but worse, many of these materials are rare and fuel conflicts in zones such as the eastern part of the Democratic Republic of the Congo. Our need for lithium may also aggravate the war in Afghanistan since that region has large deposits.

According to the David Suzuki foundation web site <http://www.davidsuzuki.org/>, about 96 per cent of the materials in mobile devices are recyclable. But the reality is that only 12 per cent of used mobile devices are being recycled in Canada. To help build that "better", sustainable world, we can all do our part by not tossing our phones in the garbage, but finding ways to recycle and reuse them.

www.recyclemycell.ca (1-888-797-1740) is an initiative by Canada's telecommunications industry to help make it easier for us to recycle our phones. To find a drop-off location in your area, all you need is your postal code. If you look around, you may even find vendors who will buy your used phone or give you a discount on a new one.

For recycling other electronics, the web site <https://www.recyclemyelectronics.ca/> by the non profit Electronic Products Recycling Association (<http://epra.ca/> or 1-888-567-4535) may be useful.

Services for Seniors: Ontario 2-1-1

by John Horsman

We all know about dialing 9-1-1 for emergencies and many know 4-1-1 for telephone and address look-ups and 5-1-1 for Ontario road conditions, but how many know about 2-1-1?

Ontario 211 (2-1-1) is a free helpline and online database of Ontario's community and social services accessible 24/7. Most major communities in Ontario, including Hamilton, have local 2-1-1 services.

ONLINE COMPUTER ACCESS: The website address for 2-1-1 is <https://211Ontario.ca>. The homepage is a search

screen for "Programs and services in your area". A basic search using the topic "Seniors" and location "Hamilton" will return over 4400 entries within the default 100km radius. Refining the search criteria by selecting a Topic, Sub-topic and Distance from "Options" will significantly reduce the list. For example, looking for "transportation" for "older adults" within 25km of Hamilton brings up 16 hits including, but not limited to: Senior for Seniors, Flamborough Seniors/Community Bus, VON Hamilton, Wesley Urban Ministries, Ancaster Community Bus, Canadian Red Cross, and Hamilton Public Works.

Be aware that search terms are not necessarily synonymous and will yield different results. For example, "Seniors" is a generic term vs. "Retirees", which will return results for retiree-specific organizations or clubs associated with local industries or businesses such as Stelco, Dofasco, UNIFOR 504, Police, Teamsters, and also community organizations like Roxborough Senior Centre, Big Brothers/Sisters, and Grace Baptist Church.

CALLING 2-1-1: This is a phone service that is available 24 hours a day, 7 days a week. The initial computerized response will ask you to select the language you wish to use. The 2-1-1 operator will identify him/herself and ask the nature of your call. From here it is much like the computer interface in that you have to identify where/what/why you are calling. It may take more probing questions to narrow down your specific needs to enable the operator to identify the information to satisfy your request.

Ontario 2-1-1 is not for emergencies requiring police or fire or ambulance services. In such cases call 9-1-1.

For non-urgent, non-medical needs, using the computer to access 2-1-1 information is a good place to start. Note however, that requests for information submitted via the "Contact" section of the website are only answered during regular business hours. If your need for information is more urgent, but not a medical emergency, call 2-1-1 or toll free 1-877-330-3213. For persons with hearing impairments use the TTY (teletype devices for assisted telephone communications) at 1-888-340-1001.

For non-emergency health related issues such as advice on medications, how to treat a bee sting and the like, call Tele-Health Ontario at 1-866-797-0000.

It May Be Time to Try the Bus

If you have given up driving or are thinking of doing so, consider using Hamilton's public transportation system as a way to get out and about. Even those with cars may want to take the bus on occasion to avoid the cost of parking — for example, when visiting local hospitals.

Continued on next page

Seniors (65 or older) have three options to pay for a single ride on the Hamilton Street Railway (HSR) buses:

- Use an **adult bus ticket** (\$2.30 each); these are sold in strips of five at over 100 Hamilton area vendors, listed at <https://www.hamilton.ca/hsr-bus-schedules-fares/fares/hsr-ticket-vendors>. Seniors tickets are no longer available.
- Pay **cash** (\$3.00). You will need exact change.
- Use a **Presto card** (\$1.90 per ride for seniors). Please see the Summer 2013 and Winter 2016 issues of *MURAnews* for more about Presto cards.¹

The Presto card can also be used to purchase a Senior Monthly Pass (\$26.50) or Senior Annual Pass (\$265).

Seniors aged 80 or over are eligible for a **Golden Age Pass**, which is free with the purchase of a \$6 Presto card at the Hunter Street GO Station.

Visit: <https://www.hamilton.ca/hsr-bus-schedules-fares/riding-hsr> or phone Customer Service at 905-527-4441 for additional HSR information.

Burlington Transit has a similar range of options. Visit <http://www.burlingtontransit.ca/en/fares/Burlington-Transit-Fares.aspx> or phone 905-639-0550 for information on bus fares in Burlington.

LET'S TAKE THE BUS WORKSHOPS

If you are new to taking the bus or it's been a while, the Hamilton Council on Aging (HCoA) is offering a series of workshops for seniors to learn about the HSR and other ways to get around the City. There will be 10 workshops taking place at different locations in Hamilton in the next two years. For example, there is a workshop at the Fortino's store at 65 Mall Road in Hamilton on Wednesday, November 15th from 11:00 am-2:00 pm. For information about this and other upcoming workshops, please visit www.coahamilton.ca or contact Shelagh Kiely, Project Coordinator at 905-777-3837 ext. 12238 or kielys@hpsc.ca. **If you would like us to organize a special workshop for MURA members and friends, please contact Mary Johnston at johnston@mcmaster.ca or 905-627-1409.**

[Main Source of information for this article: <http://coahamilton.ca/wp-content/uploads/2016/05/Lets-Take-the-Bus-Brochure-May-2017.pdf>]

¹http://www.mcmaster-retirees.ca/Pages/MURA_Activities/MURAnews/summer2013.MURAnews.pdf and http://www.mcmaster-retirees.ca/Pages/MURA_Activities/MURAnews/WINTER2016.pdf.



CURAC Report

(College and University Retiree Associations of Canada)

The following announcement is from the CURAC/ARUCC Board. On September 18, 2017, Edgar Williams (MUNPA) tendered his resignation as CURAC/ARUCC Board Member and Secretary to the CURAC Board. Ed has served CURAC tirelessly since 2010, as Board Secretary, as a Chair of many committees, most notably as Chair of the Awards Committee (which he founded and whose structure and procedures he developed). Ed maintained many strategic duties and portfolios along the way, contributing greatly to the management of CURAC Board's affairs. A fuller description of Ed's considerable contributions to CURAC will appear in a forthcoming article on the CURAC web and in the Newsletter.

In accordance with the CURAC Constitution, Mary Johnston (McMaster MURA) has been appointed as a Board member and as Secretary. This appointment is effective immediately and will last until the May 2018 AGM at Dalhousie University. Mary has served on the CURAC Board and has held several senior positions in the McMaster Retirees Association.

Donate to the MURA Scholarship and Prize Fund

**We only need \$7,167 to reach
our \$85,000 goal.**

\$85,000 will allow an increase in the values of the MURA awards to students in the Department of Health, Aging and Society.

With your help:

The annual Scholarship to a full-time student will increase from \$2000 **to \$2500.**

The part-time student Prize will increase from \$550 **to \$750.**

Donate at <http://murascholarship.ca>, or contact Meggie MacDougall at macdouml@mcmaster.ca or 905 525 9140 ext. 24667

Volunteer Opportunities

Don't want to volunteer alone? Sign up with a friend.

YMCA Hamilton's Seniors Peer Connector Program.

Do you know an isolated senior?

Is there a senior in your neighbourhood who may benefit from connecting with other seniors? Is there an older friend or family member you wish had more connections to the community?

Peer Connector volunteers age 55+ provide in-home social support and can accompany isolated seniors to attend activities and appointments in the community.

Call 905-522-9922, ext. 316 or email Shannon Hanley shanley@ywcahamilton.org to find out if the Seniors Peer Connector program can help the senior you know.

Or to become a Peer Connector volunteer yourself.

VON Hamilton. Volunteers are urgently needed to share social time and conversation visiting seniors in their home. Volunteers are also needed to deliver Meals on Wheels, and to assist in the adult day care centre, tending their new community garden, and spending time one-on-one or in group activities with clients. Contact 529-0700 or voncsshamilton@von.ca

CNIB Vision Mate Program. Volunteers are needed to assist blind and partially sighted community members with walking, reading, organizing, or just coffee and conversation. If you would like to be a part of this

program, contact David Wallis at 888-275-5332, ext. 5304 or david.wallis@cnib.ca. Seeking young adults and seniors.

Hamilton Literacy Council is looking for volunteer tutors to teach English-speaking adults basic reading, writing and math. Next orientation session: Monday, November 6, 1 or 5 pm. Register in advance. Two-day certified training workshop, November 17 and 24, 9 a.m. to 4 p.m. Must attend both Fridays. Register: 905-529-9907 or info@hamiltonreads.ca. See <http://www.hamiltonreads.ca/volunteers.php> for more information.

For the Halton region, contact Literacy South Halton. Burlington: 905-631-1770. Oakville: 905-469-8528. Online information:

<http://literacysouthhalton.ca/volunteers/>

Exam Hospitality 2017@McMaster.

Volunteers are being welcomed to help out for exam drop-in this December. We are looking for individuals who would like to spend time with students dropping in for a coffee break from studying. The shifts are from either 5:30-7:00 pm or 7:00-8:30 pm. We host from December 10th until Dec. 17th not including Saturdays. We also welcome cookie donations (store bought or homemade, but not peanut butter cookies please). Contact Rebecca Pike through chaplain@mcmaster.ca if interested.

Hamilton Public Library (HPL) Fall Book Sale

Monday, November 20 to Saturday, November 25

in the Hamilton Room, Central Library, 55 York Boulevard in downtown Hamilton
Monday — Thursday 9am-9pm; Friday — 9am-6pm; Saturday — 9am-4:30pm

Prices from \$1 to \$5, with some exceptions. Tables are restocked continuously.

The Hamilton Public Library book sales are the major fundraisers for Soroptimist International of Hamilton-Burlington. These sales began in 1980. The proceeds support local Soroptimist partnerships such as McMaster Children's Hospital Pediatric Critical Care Unit, Good Shepherd Centre Women's Services, Out of the Cold, City Kidz, and the HPL summer reading programs.

Helen Otrosina, a retiree from McMaster's Education Services and a longtime Soroptimist member, has been participating in the HPL book sale fundraisers since 1980 and organized the sales for 30 of those years.

Read more about Soroptimist International of Hamilton-Burlington and the Soroptimist International worldwide service organization for women at <http://sihamiltonburlington.ca/>.



NEW BUILDINGS ON CAMPUS

The L.R. Wilson Hall Liberal Arts Building

(McMaster's new space for the Social Sciences and Humanities)

Where: at the Sterling Street entrance to campus (the former Wentworth House location)

When: Opened this year.

Size: 5 floors, 150,000 square feet

Features:

- ◆ 350 seat concert hall, 400 seat lecture hall, 150 seat multi-purpose black box theatre, interactive classrooms,
- ◆ Arts & Science program, Indigenous Studies program
- ◆ Gilbrea Centre for Studies in Aging, Social Sciences Research labs, Centre for Policy Analysis and Change Management, Institute on Globalization and the Human Condition
- ◆ L.R. Wilson Institute for Canadian History, Institute on Ethics & Policy for Innovation, Centre for Advanced Research in Experimental & Applied Linguistics
- ◆ Student commons, café, study and meeting rooms



Funding: a \$10-million gift from McMaster University Chancellor Lynton (Red) Wilson and a \$45.5-million investment from the provincial government

The Gerald Hatch Centre for Engineering Experiential Learning

(Engineering's central hub for student-focused experiential learning initiatives)

Where: beside, and attached to, the John Hodgins Engineering Building

When: Opened this year.

Size: 3 floors, 28,000 square feet

Features: meeting rooms, large spaces and shared workspaces provide a hub for engineering teams, clubs, societies, student support services and collaborative workspace.

Funding:

- ◆ \$2-million donated by the global engineering consultancy Hatch, founded by the late Gerald G. Hatch. In addition, several Hatch employees made contributions that, when matched with company donations, totalled over \$1 million.
- ◆ \$2-million from McMaster Engineering undergraduate students
- ◆ \$1.5-million contributed by Gennum Corporation co-founders Doug & June Barber
- ◆ \$1-million donated by Walter G. Booth, former Chairman and CEO of the Timberland Group of Companies





Booking Form for MURA Christmas Lunch



Tuesday, December 5, 2017, 12 noon
\$17.50 per person – payable to MURA

Book by November 17, 2017

To reserve seats for the Christmas Lunch, please complete this form and mail with a cheque payable to MURA to:
Gail Britton, 20 Autumn Leaf Road, Dundas, Ontario L9H 3V7

For more information, contact Gail Britton (905-627-4539 or britton@mcmaster.ca)

of persons _____ Amount (# of persons x \$17.50) \$ _____

Name _____

Address _____

Postal Code _____ Telephone # _____ email address _____

Name(s) of Additional Guest(s) _____

I have an Ontario Accessible parking permit and require reserved accessible parking:
Yes _____ No _____

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 or call her at 905-518-5339.

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.

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 once a week)

Email mura@mcmaster.ca

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

MURAnews is produced by MURA Members Helen Barton (News Editor for this issue), Phyllis DeRosa-Koetting (Production Editor), John Horsman, Mary Johnston, Kathy Overholt and Marianne Van der Wel. We welcome submissions from MURA members.

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