



MURA LATE SUMMER/ FALL 2016 NEWS BULLETIN

MURA Website: <http://mura-arum.association.mcgill.ca>

MURA ACTIVITIES AND EVENTS

Membership Fees 2016-17

You will soon be receiving a notice from Henry Leighton, the VP External, concerning your membership dues for the 2016-17 membership year which begins on September 1st. MURA has now reached agreements with MUNASA, MUNACA and SEU Local 800 for a recurring direct annual contribution that will cover the cost of membership for all their former members. So if you paid dues to these groups during your working life you no longer have to pay MURA again for membership. The former agreement to cover the membership cost of those who pay the MAUT-RS membership fee is also continuing into 2016-17, and if you have paid MAUT-RS you do not have to also pay MURA.

For those who did not pay membership dues to these unions and associations during their working years, the annual membership fee for MURA will remain at \$25.00 for 2016-17. Congratulations to the MURA Executive for successfully negotiating these benefits for members both present and future.

Upcoming Events: Save the Date

First Annual MURA Apple Picking and Luncheon

Friday September 30th 2016

Looking for a great way to spend an autumn

NON-MURA ACTIVITIES

Montreal Storytellers Guild

The Montreal Storytellers' Guild continues to provide the gift of stories at the Westmount Public Library (4574 Sherbrooke St. West). They meet on the 2nd Thursday of the month from September to June. It's free and open to all adults and children over 10 years. For more information call Paula at 514-593-9947 or visit :

<http://mtlstorytellers.wordpress.com/>

Several MURA members are involved.

Research Participants Sought

You are invited to volunteer for a study at the McConnell Brain Imaging Centre of the Montreal Neurological Institute.

Participants are needed for a study involving imaging healthy brain activity using safe, non-invasive brain imaging techniques (magneto-encephalography (MEG), magnetic resonance imaging (MRI), and electroencephalography (EEG)). Participants must be healthy (no present or previous psychiatric or neurological history) and between 60 and 75 years old.

There will be two separate scanning sessions and the maximum duration each session will be 2-2.5 hours. Participants will be compensated \$75 for the time and inconveniences of participation.

For more information and to verify that you qualify to participate in the study, please send an email at:

day? Join us to pick apples at the Macdonald Campus farm, followed by a luncheon at Tadjia Hall!

Time: 11am to 12 noon for apple picking
Place : Macdonald Campus, behind the Horticultural Centre. Free Parking at Mac Market.

Cost: \$10 per 10lb bag of apples

Lunch: 12-2pm

Place: Tadjia Hall (Mac Campus Faculty Club)

21082 Lakeshore Blvd.

\$20 for lunch (\$30 for guests).

Reserve by: September 26th

For complete information and reservation, please click [here](#).

2nd Annual Homecoming Reception and Concert

Date : Friday October 28th 2016

As part of the Homecoming Weekend MURA is once again partnering with the Schulich School of Music and the Alumni Association to hold its 2nd annual Reception and Concert . The McGill Symphony Orchestra will perform Gustav Mahler's Symphony No. 9.

The Reception

Time: 6 p.m.

Where: 8th Floor, Elizabeth Wirth Music Building, 527 Sherbrooke West followed by:

The Concert

Time: 7:30

Where: Pollack Hall

555 Sherbrooke Street West

Cost: \$30 for members and guests, \$40 for non-members. For complete information and registration, please click [here](#).

Book Club

The MURA Book Club will begin meeting again on September 12th. Generally it meets on the first Monday afternoon of each month. This year we are reading Canadian authors. For more information contact MURA with "Book Club" in the subject line mura-arum.association@mcgill.ca

biosignals.analysis@gmail.com

or call (514) 398-5457. Name of Principal Investigator: Dr Marie-Hélène Boudrias.

Volunteer at the Château de Ramezay Historic Site and Museum

Are you interested in a volunteer experience that will offer you the opportunity to share your interest in history? Would you like to be a part of a group of motivated and enthusiastic people? Then volunteering at the Château Ramezay Historic Site and Museum is for you. Come to an Open House to find out more about participating in living history programs for children, weekend guiding and/or group tours for students and tourists. A 10 session training program is provided.

WHEN: Monday, September 26 between 10:00 am. and 2:00 pm.

WHERE: Chateau Ramezay - 280 Notre-Dame East, Old Montreal (across from City Hall)

For more information before the Open House, please contact Louise Brazeau, Education and Promotion Coordinator Email: rh@chateauramezay.qc.ca

Phone: 514 861-3708 ext. 229

<http://www.chateauramezay.qc.ca/en/>

Volunteer at the McGill Book Fair

"The McGill Book Fair, held each autumn in Redpath Hall, offers buyers tens of thousands of used books, French and English, in categories ranging from architecture to zoology. In addition to volumes old and new, the Book Fair also offers vinyl, CDs, DVDs, and sheet music. One room is devoted exclusively to art and architecture; another to old and rare volumes and nostalgia." To donate books or to volunteer to help, visit their web site at www.mcgill.ca/bookfair

Book Fair 2016: Location: Redpath Hall

October 18: 1:00 pm to 9:00 pm

October 19: 10:00 am to 8:00 pm

October 20: 10:00 am to 6:00 pm

Possible West Island Book Club

A member has expressed an interest in starting a branch of the Book Club on the West Island. If you would be interested in joining this group please contact MURA. mura-arum.association@mcgill.ca.

Social Bridge

MURA will be offering social bridge at the Faculty Club. Please join us if you know the basic conventions of bridge (Blackwood, Stayman and Transfers) and enjoy a friendly game. The Lounge has a capacity of 4 tables for 16 players. Book early to ensure a place at one of the tables. If there is enough interest, the activity will be held throughout the year.

Where: Maude Abbott Lounge, 2nd Floor Faculty Club, 3450 McTavish St.

When: Beginning Tuesday September 20th and meeting monthly.

Tuesdays from 1:30-4:15.

Cost : \$6 (members & guest), \$10 non-members per session. This includes refreshments and loads of fun! For information and registration please email MURA with "Bridge" in the subject line mura-arum.association@mcgill.ca.

Cycling Day Trips

This summer the cycling group of 9 people has been cycling every other Tuesday on paths in the region. We have visited, the Soulange Canal, Parc des Iles de Boucherville, the Seaway and the South Shore, and the Chambly Canal. Upcoming trips include the Lachine Canal and Lasalle Lakeside paths and the Beauharnois Canal. These paths are all off road dedicated paths, easy cycling (not Tour de France style) and within an easy drive of Montreal (as long as the various bridges are functional). Along the way we have enjoyed pleasant cafés and picnic sites, very agreeable conversation, and only got soaked with rain once! We hope to continue into the Fall as long as the weather permits. If you are interested in joining us contact

McGill Volunteer Fair

The McGill Volunteer Fair will be held September 21st, from 10.30am-3pm in the Student Union Ballroom 3480 McTavish St, 3rd floor. Information on many volunteer opportunities will be available, including those provided through the Montreal Volunteer Bureau.

<http://cabm.net/en/organizations/fairs>

A Musical Learning Opportunity New Horizons Band

The Montreal New Horizons Band is a bilingual and intergenerational wind and percussion ensemble that offers the opportunity to learn (or relearn) how to play a musical instrument in a friendly and dynamic environment. No prior musical experience is required.

For more information about the band:

<http://www.nhmontreal.com>
nhmontreal@gmail.com

Montreal Welsh Male Choir

The choir meets at 7pm on Tuesday evenings. First meeting of the Fall is September 13th at Mountainside Church, 687 Roslyn Avenue (at The Blvd) Westmount.

The choir always welcomes new members who must, of course, be male but don't have to speak Welsh. For more information contact john.gradwell@mcgill.ca or visit their web site at

<http://welshmalechoir.montreal.qc.ca>

McGill Community for Life Long Learning

MCLL is a peer learning community "primarily for people of retirement age who want to continue learning for the joy of it, and share their knowledge, ideas and experience with others".

MCLL is based at 688 Sherbrooke West, Room 229.

MURA with “cycling” in the subject line at mura-arum.association@mcgill.ca.

CPR Courses

In October MURA will try to offer members the opportunity to take a CPR course. The cost will be \$20 per person and will be given by the **Canadian Red Cross**.

If you are interested e-mail mura-arum.association@mcgill.ca. Please put CPR course in the subject line.

McGill Athletics and Recreation

We are pleased to remind you that MURA has negotiated a reduced price for members who wish to use the McGill Sports Complex. Present yourself at the Registration Desk and identify yourself as a MURA member. They will check the MURA membership list to verify your eligibility.

Access to all facilities (except Fitness Centre): \$23 /month

Access to all facilities (including Fitness Centre): \$33/month

Walk in registration through Client Services, Sports Centre, Room G-20C, Monday to Friday, 8h30-20h00. For further inquiries, please call (514) 398-7000 (ext. 0273#) or consult on line: www.mcgillathletics.ca

MURA has also negotiated an agreement for MURA members to have access to staff fitness classes. Check the Athletics web site for the list of staff courses.

Future Possible Activities

Theatre Visits

Are you interested in local theatre productions and would enjoy attending with a group of like minded MURA members? Two members have been exploring this possibility. We would like to propose one theatre visit a month for the Fall. You would have to commit to either paying your money upfront to benefit from a group rate or buying your own ticket for the designated performance. We are also considering

Their Fall Session begins Monday September 19th until November 24th.

On-line registration began August 8th. Fees for one or two courses in the Fall are \$105.

For more information visit them at:

<https://www.mcgill.ca/continuingstudies/programs-and-courses/mccl/about-mccl>

<https://www.facebook.com/mccl.joy>

Thomas More Institute

The Thomas More Institute continues its annual program of talks and courses. They are holding an open house on September 9th and 10th, 2016

Information:

Address: 3405 Atwater Ave

Tel: 514-934-9585

info@thomas.more.qc.ca

www.thomasmore.qc.ca

Cité Mémoire

This impressive outdoor multimedia show is there for you to enjoy in the Old Town.

Download the free Cité Mémoire app, available at the App Store or on Google Play, onto your phone or tablet, and go, with your device and your ear phones, to the Old Town for a great experience. It will run until 2019 and is being enhanced on an ongoing basis.

Great if you have visitors! For information go to <http://www.montrealenhistoires.com/>

Botanical Garden, Gardens of Light

Each September/October the Botanical Garden mounts the *Gardens of Light* in the Chinese and Japanese gardens. Choose a warm evening and, after dark, stroll around the lit garden peppered with magnificent magical lanterns. The lanterns and theme change every year. For information visit their web site

<http://calendrier.espacepurlavie.ca/gardens-of-light-678808>

whether members would like to include a pre theatre dinner for an evening performance or a post theatre dinner for a matinee. If you are interested in this type of event please e-mail MURA mura-arum.association@mcgill.ca with the heading "Theatre Visits" in the subject line and give us your contact information and your preference for evening or matinee performances with or without a dinner.

Restaurant Outings

Are you interested in exploring Montreal's vibrant and ever changing restaurant scene with like minded MURA members? Two members have been exploring this possibility. We would like to propose one restaurant visit a month for the Fall and suggest that we concentrate on BYOB restaurants. If you are interested in this type of event please e-mail MURA mura-arum.association@mcgill.ca with the heading "Restaurant Visits" in the subject line and give us your contact information and your preference for which week day evening you would prefer.

Bowling

Are interested in bowling during the winter? The Rose Bowl in NDG is conveniently located with ample parking and is on the 90 bus line (Vendome Metro). If you are willing to coordinate a league or to participate in this activity please send us an email with "Bowling" in the subject line. mura-arum.association@mcgill.ca.

NEWSLETTER CONTRIBUTIONS

If you have announcements of interest to MURA members that you would like included in the next newsletter please e-mail them to:
mura-arum.association@mcgill.ca or to joan.wolforth@mcgill.ca

Useful Montreal References

Two books which provide useful guides to Montreal activities and places:

"680 bonnes adresses autour du métro: Restaurants, boutiques et curiosités à découvrir à Montréal ", (2016)

Authors: [Louis-Philippe Messier](#) and, [Véronique Harvey](#)

"Montreal's Other Museums: Off the Beaten Track ", (Véhicule Press, 2013) by Montreal writer **Rachelle Alkallay**

The Gazette (August 6th) recently ran an article based on the latter book (*Five Montreal museums that fly under the radar: It's worth following them there.*). In case you missed the article by Susan Schwartz here are the five she suggested:

[Dorval Museum of Local History and Heritage](#)
[Écomusée du fier monde](#)
[Musée des Ondes Emile Berliner](#)
[Montreal Holocaust Memorial Centre Musée des Pompiers de Montréal](#)

College and University Retiree Associations of Canada

MURA is the official McGill member of CURAC and we would like to encourage you to check out their web site for a list of individual benefits on travel, home and auto insurance, and various opportunities and interests that this organization offers us.

<http://www.curac.ca>