

CUPARUC

newsletter of the concordia university pensioners association
bulletin de nouvelles de l'association des retraité(e)s de l'université concordia

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PRESIDENT'S MESSAGE

Here's hoping your summer has gone well, with just the right mix of relaxation and stimulation.

Your incoming executive is meeting twice before Labour Day in an effort to ensure that the coming year will be a lively one. The recent FALRIP exercise has brought us many new members whose energy and enthusiasm we're eager to exploit!

Bruce English, Mary O'Toole and Audrey Wells are sharing responsibility for the work of the secretary-treasurer. The same trio is in charge of the social agenda which will include the annual Christmas luncheon, the Valentine's Day trip to the Casino de Montréal and a sugaring-off excursion towards winter's end. John Hall, our new vice-president, will be kept busy as our representative on the Pension and Benefits Committees of the Board, and as fellow-delegate with Madeleine Graton and myself, to the Coalition of Quebec Seniors.

The University's Capital Campaign is moving into high gear and deserves our fullest possible support at a time when Concordia faces a serious drop in public funding. We hope to see many of you in the annual campus-to-campus Shuffle in September. And may I enter a special appeal to all of you on behalf of the second annual Concordia Book Fair, to be held towards the end of February. We're aiming to take in at least \$10,000 this time, with a good selection of titles, including a table devoted to first editions, antique books, autographed copies, etc. Please contribute!

All the best for the summer's end! Hope to see you at the next meeting, on the 23rd of October!

Geoff Adams

MOT DU PRÉSIDENT

J'espère que l'été passe bien pour vous, avec un mélange satisfaisant de repos et de stimulation!

Le nouveau conseil va se réunir deux fois avant la Fête du Travail, afin de s'assurer que l'année qui vient soit pleine de vie. Le programme récent d'incitation à la retraite anticipée (FALRIP) nous a attiré bon nombre de nouveaux membres. Nous tenons à profiter de leur énergie et de leur enthousiasme!

La responsabilité du poste de secrétaire-trésorier sera partagée entre Bruce English, Mary O'Toole et Audrey Wells, et cette même *troika* se chargera des activités, y compris le dîner de Noël, la visite de la Saint-Valentin au Casino de Montréal et une partie de sucre vers la fin de l'hiver. John Hall, qui passe à la vice-présidence n'aura pas l'occasion de s'enrayer, car il devient représentant auprès du Comité de retraite et du Comité des avantages sociaux de l'Université. Avec Madeleine Graton et moi-même, il participera aux activités de la Coalition des Aînées et Aînés du Québec.

La campagne de souscription publique de l'Université part en grande vitesse, et elle mérite tout notre appui, à un moment où l'Université se trouve face à une baisse importante des subventions gouvernementales. Nous comptons vous voir nombreux en septembre, lors du "Shuffle" (marche annuelle d'un campus à l'autre). Je me permets, de plus, de vous faire un appel spécial en faveur de la Foire du Livre de l'Université, qui se tiendra pour la deuxième fois vers la fin du mois de février. Nous visons cette fois 10.000\$, grâce à, nous l'espérons, un bon choix de titres, sans parler d'une table qui serait consacrée aux premières éditions, aux livres antiques, aux exemplaires signés par l'auteur, etc. Nous attendons vos contributions!

Avec mes meilleurs voeux pour ce qui reste de l'été, et espérant vous revoir lors de l'assemblée du 23 octobre.

Geoff Adams

THE TRANSITION - PROFESSOR TO STUDENT

by Robert Pallen

(Bob Pallen retired a year ago from the Dept. of Chemistry and Biochemistry. He had also served a term as Assistant Dean, Curriculum for his Faculty. Upon retirement, he decided to see what life was like on the "other side". A string bass player in various jazz bands in his spare moments, he decided to register in a music course, if only to find out what he thought he had been "doing naturally" for years)

Why does one become a university professor? Not just the ego or the "acting ham" that is part of one's make-up. It involves a real passion for learning and a love of helping others master the subject. I speak for the teacher-professor. It requires patience to explain concepts from different points of view in an effort to help the various types of learners. At the same time, especially for introductory subjects, you find yourself instructing students in how to study, to solve problems, to prepare for and write examinations. Many students approach exams with fear and trepidation. I would advise them to relax, and a good start is to understand the material thoroughly. "When you seat yourself in the exam room, take several deep breaths, read the questions carefully, write down equations and statements that might apply to the problem, see what the question requires for an answer and then set about formulating your answer!" Every professor will recognize this approach and recall this or similar advice that they have given to their students.

Now! How do you apply these words of wisdom? Well, I soon found out. I retired from active teaching with the introduction of FALRIP (I dislike the use of the last three letters). I registered as a part-time undergraduate student in the Music Department. I always had a keen interest in music - in fact, I had worked as a musician for a number of years, so that an introductory course should be a "piece of cake". But how would the professor of the course view this aging intruder? Or, more to the point, would the students accept me? I soon found out. The first week, I encountered a professor of another music course, a fellow musician from my earlier days.

After greetings, he asked: "What course are you teaching?" "None", I replied - I'm an undergraduate student in the "baby" course. This was my first error. The professor of my "baby course" was right behind me and explained that the course was not a baby course! I

tried to correct wrong impressions with "I meant, an introductory course". Fortunately, the professor of my course has a great sense of humour. He had to have for what he put up with from me. I kept interrupting the class, often with sincere questions, but also with matching puns or jokes. I forgot that I was not the professor of this class; I should play the role of a respectful student. I never mastered that role, at least not outwardly. I was to find out what he meant by "not a baby course". I had to work my butt off to keep up with the material. It was more than a full-time occupation. He had high standards and expected the students to apply themselves. I loved the challenge, but it was a lot of work.

I frequently visited my "old" department. The students I met always asked: "How is it going?" Now I could tell them. "Professors don't understand students, they keep piling up work for them, demanding far more work than a single course should be entitled to, without consideration of how much other work a student must do, and they were far too strict with their marking scheme". "Don't I get part marks for this?" I didn't get very much sympathy from my former students, for all this was exactly what I did as a professor. I was getting my own treatment of students applied to me, and they loved my predicament. I received not a word of consolation!

We had numerous exams of different types. My nemesis was the ear training and the sight singing. These were "one-on-one" sessions - just the professor and myself in a sound-proof room! I have never been so uptight for any exam before, but I was not alone; the other students felt the same way. Although the professor tried to put us at ease (I think), my mental state was in such a frazzle that I only became more disoriented. I would even break into a cold sweat! "But", I exclaimed on more than one occasion, "I was able to do this perfectly at home!" Was he getting back at me for my class-room behaviour? No, a professor would never do that! Now I could appreciate the psychology of students. It is nothing like the superior attitude that professors can assume. But that was not all! We had written tests on music theory. Now, here was something that I could get my teeth into, the kind of exam that I was accustomed to - real sit-down reasoning and hard work, good! Now I felt I could apply all the advice that I had given my students: relax, read the question, etc. Well, nearly!

My first exam (and the second!) came back with numerous red marks and comments. Most surprising - and disconcerting - was the bold statement: **READ THE QUESTION!** How could I have been so stupid as not to follow my own advice? I misread questions, I dove into the exam without analysing what was required, and this situation generally deflated my ego. This wasn't what is expected from a learned ex-professor. From then on the professor started the questionnaire with **Read the Question!** Any day that an exam was expected, my wife would wave me from the house with the loving words "Read the question!" Even my dog took up the refrain!

However, I thoroughly enjoyed every minute of the course, it was a great experience and, yes, I did pass. Oh yes! - I was accepted by the other students and I learned to appreciate the view-point of an undergraduate. I learned quite a lot from this talented and tolerant professor. What will I do next? Sit back and lick my wounds? No! Being a glutton for punishment, I have registered for two more courses, which are extensions of this year's course. Hopefully, I won't make the same mistakes, but I do know that I will enjoy myself, and I will advance my knowledge and understanding of music .It was a good year!

EXERCISE FOR THOSE OF MATURE YEARS

by Dave Campbell

(Dave Campbell graduated from Concordia's Exercise Science Programme in 1978 and became a Certified Athletic Therapist in 1983. At that time he founded the GDC Sports Medicine Centre in Pointe Claire with Gary Cummings. He is a Director of the GDC Sports Medicine Centre in Pointe Claire as well as the director of the Concordia Sports Medicine Clinic located on the Loyola Campus. He has wide international experience having served as: Head Therapist of the 1985 World Gymnastic Championships held in Montreal, a member of the Canadian Medical Team at the 1986 Commonwealth Games held in Edinburgh and at the 1990 Commonwealth Games in Auckland, also as Head Therapist of the Canadian Medical Team at the 1996 Summer Olympic Games in Atlanta. The following text is based on his address at the 1997 Annual General Meeting)

The purpose of this article is not to preach about the virtues of exercise, which everyone knows, but to consider how older people can exercise safely and more comfortably. People who are working to improve their heart rate and muscle tone are thereby improving their health and fitness but it should be something that they enjoy so that the activity lasts over time. The major cause of people abandoning their exercise is because they get sore or are injured. Most of these injuries are preventable. The most frequent type of injury is the "overuse or abuse" pattern where the muscles or joints are being asked to do too much too often. Some of the most common injuries that occur to various joints and muscle groups are:

a) Foot fascia type injuries (heel spurs, calcium deposits, plantar fasciitis, etc.)

b) Knee-joint ligament, muscle and tendon injuries. Ligaments are like plastic and are inflexible, whereas muscles and tendons are elastic and flexible. Therefore when a ligament is stretched or torn it does not return to its original size. As a result stretched ligaments may have to be corrected by surgery. Another knee problem (frequent in older people) is that if the muscles holding the kneecap are weakened, the kneecap tends to rub or grind on the bones underneath it. This results in a vague pain in the front of the knee joint when climbing stairs or when getting up after sitting for a while. Exercise to strengthen the thigh and leg muscles tend to help this problem. Muscle systems in the body are all interconnected and interact with each other. For instance the trapezius muscle (a triangular shaped muscle attached to the back bone starting at the neck and going all the way down to the lower back) can cause neck pain even if it is the lower part of it that is injured.

c) Lower back problems, frequently caused by the joint between the sacrum and the ilium (the sacro-iliac joint) not being able to move freely due to muscle tightening or spasms around it. This can cause pain not only in the back itself but also in the legs and feet. Hip muscles when tightened can put pressure on the sciatic nerve causing what is normally called sciatica. This can frequently be relieved by freeing up these muscles or by using stretching exercises to improve the movement of

the sacro-iliac joint.

d) Wrist and hand pain, frequently caused by arthritis, which is difficult to treat except by exercising the muscles and joints without overusing or abusing them.

e) Tennis elbow, which is actually tendonitis of the tendons in the elbow, caused by repetitive strain on the muscle group in the forearm causing pain where these muscles are attached to the bone.

f) Shoulder pain, sometimes caused by inflammation of the bursa (a sack filled with fluid which provides lubrication for the muscles to slide over the bones). This is called bursitis. The shoulder is a ball and socket type joint which is very flexible. It has a very large ball and a small socket (like a golf ball on a tee) which causes complications if overused. The rotator cuff is a group of muscles which surround the shoulder and attach on to one area of the upper arm. They help to keep the shoulder together. They are involved in throwing and many other activities and frequently become overused, causing tendonitis.

A major part of the work done by the Concordia Sports Medicine Clinic is education on injury prevention. It is not sufficient only to employ physiotherapy to cure an injury or pain. During treatment the Clinic tries to teach patients about how the skeletal and muscle systems work, about stretching, exercises and posture. There are a number of risk factors that contribute to overuse injuries. Intrinsic factors include misalignment of joints, muscle imbalance, lack of balance between muscle strength and flexibility, and joint instability. Extrinsic factors include training errors, inappropriate equipment, faulty environment for exercise, and faulty techniques.

Statistics show that maximum strength is reached between the ages of 20 and 30 after which it declines at a rate of 1-2% per year. Therefore, without exercise, at 60 people have lost 50% of their maximum strength. Loss of flexibility also occurs. Simple workout programmes can be a factor in preventing this loss.

When dealing with treatment, the therapist looks at the interrelation of the muscle groups and how they work when we exercise. When exercising, the individual should also be aware of which muscles are working and ensure that the techniques used are appropriate. Stretching is a vital component of a flexibility programme, not only for exercise but for day-to-day activities. Efficient

muscles will take a lot of stress off of the joints. If the muscles are working properly the joints and bones will work properly. Stretching exercises should be carried out in a relaxed atmosphere and not be hurried. One should only feel some slight pulling or tightness in the muscle. Each stretch should last for 30 to 60 seconds. Stretching exercises should be individualized to accommodate any deficiencies or mobility problems a person might have. There are different ways of stretching the same muscle group. Strength training (with light weights for seniors) is also an important contributor to proper muscle tone and efficiency. Coronary heart disease and osteoporosis in older people can also be helped with appropriate exercise programmes, along with proper medical treatment.

Any programme should take into account the "Laws of Toos". People do *too* much *too* soon, try to build up *too* quickly and the equipment is *too* old (or inappropriate). One factor that is not in this concept, however, is that the person doing the programme is *too* old! Common sense is the key to proper exercise. If pain occurs, listen to the pain and determine if it is caused by improper techniques, or injury or a chronic condition. Seek professional help to cure the pain and to ensure that the exercise is appropriate. One should not stop exercising as a cure for pain. One should try to find the right form of exercise.

Low impact exercises such as cycling, cross-country skiing, swimming and "aquafit" programmes, stairmaster, etc. are all excellent exercises. Cross-country skiing is renowned to be one of the most efficient forms of cardio-vascular exercise because both the arms and the legs are being used. Running, under proper conditions, using the proper techniques, on a soft surface and with proper shoes is also a good cardio-vascular exercise. In the case of osteoporosis, a healthier bone growth is promoted through a programme of light impact such as walking or the stairmaster machine. An aquafit programme improves muscle strength but not bone development. Tai-chi promotes muscular control with very specific patterns of exercises. It involves a whole concept of movement patterns, very specific for certain joints, with good postural strengthening, promoting control and strength through the abdomen and the central core of the body. There is no impact with the body. However, none of these activities should be done without ensuring that the body is ready to accept the demands of these types of activities through proper stretching and strengthening exercises. The whole purpose of presentations such as this is to avoid injury which could have been prevented.

The amount of time spent per day on exercising depends upon the intensity of the programme and the individual. A good rule-of-thumb for intensity is to calculate the maximum rate of heartbeat during exercise (220 heartbeats per minute) minus your age. For instance, a 60 year old (whose maximum heart-rate would be 160) working at an intensity level of 75% of that (i.e. a heart-rate of 120) is working at a significantly high intensity and would not need as long a period of exercise as a less intense exercise such as a brisk walk at a heart-rate of 80 to 90. The best time to perform stretching

exercises is after a workout because this is when the muscles are warm and will respond best to the stretching. However stretching exercises should be performed both before and after a period of intense exercise.

Most fitness organizations, such as the YMCA, do have fitness consultants on their staff who will provide advice and programmes to suit an individual's needs. People should seek these people out to be sure that the exercise programmes and the equipment being used are effective for their personal requirements.

YOUR NEW EXECUTIVE

Geoff Adams moves from Vice-President to President, and John Hall from Secretary-Treasurer to Vice-President. J.P. Pétolas becomes Past President. Bruce English becomes Secretary-Treasurer, aided by Mary O'Toole and Audrey Wells, and this team will also look after social activities. Bill Cozens, Madeleine Graton, Stan Kubina and Sarah Maritzer continue as members-at-large, with the addition of Peter Pitsiladis. Jim Whitelaw, Editor of CUPARUC, is an ex-officio member.

Our sincere thanks to J.P. Pétolas for his devoted work as President for the past three years, to John Hall, who has been Secretary-Treasurer for the past five years - and not forgetting Yolande Hall, who spent a lot of her time helping her husband - and to Muriel Armstrong, who represented us so well on the Pensions and Benefits Committees of the University.

LE NOUVEAU CONSEIL

Geoff Adams passe de la vice-présidence à la présidence, et John Hall du poste de secrétaire-trésorier à la vice-présidence. J-P. Pétolas devient Président sortant. Bruce English devient secrétaire-trésorier, aidé par Mary O'Toole et Audrey Wells, et cette équipe s'occupera des activités. Bill Cozens, Madeleine Graton, Stan Kubina et Sarah Maritzer demeurent membres généraux, avec l'addition de Peter Pitsiladis. Jim Whitelaw, rédacteur du CUPARUC, est membre d'office.

Nos sincères remerciements à J-P. Pétolas qui pendant les trois dernières années a rempli avec dévouement la fonction de président, à John Hall, qui est secrétaire-trésorier depuis cinq ans - et n'oublions Yolande Hall, qui a mis beaucoup de son temps à aider son mari - et à Muriel Armstrong, qui nous a si bien représentés au sein du Comité de retraite et du Comité des avantages sociaux de l'Université.

WE ARE NOT ALONE

J.P. Pétolas received in May a report from the Retired Acadia Faculty Association (Wolfville, NS) on a survey of associations of retirees in Canadian Universities. Seventeen institutions were approached, and eleven responses received, including that of CUPA. There is not a wealth of detail, but our association has been in existence the longest of those institutions which gave a founding date. There is considerable variation in membership eligibility, recognition by the university, facilities, etc. Some limit membership to faculty, while others include librarians, "administration/staff", etc. Concordia, Laval and Trent specify all former employees. Annual dues are mostly in the \$10-30 range, although two new groups just starting up charge \$5. The Laval association has 700 members and is recognized by the University as official spokesperson for retirees. Most have representation on Pension and Benefits committees. All have access to the Library and most to computer facilities, gymnasias, etc. About half have a newsletter, varying in frequency from monthly to annual. Some institutions provide facilities and limited funding. Anybody interested in looking at this two-page report should contact the editor, who will be happy to send a copy.

NEWS OF OUR MEMBERS / NOUVELLES DE NOS MEMBRES

Muriel Armstrong and Don have abandoned Montreal West in favour of even more western climes. They had originally thought of Victoria B.C., but were persuaded by their daughter to settle - at least temporarily - near her in Calgary. This apparently strange choice is more easily understood when we remember that they came from Alberta in the first place.

Talking of Alberta, **Alberta Boswell** and Graeme have moved from Pointe Claire to Beebe, QC.

(If anybody else moved, nobody told us / *D'autres membres ont pu déménager, mais nous ne sommes pas au courant*)

We welcome the following new members who have joined CUPA since the last issue / *Nous sommes heureux d'accueillir ceux et celles qui sont devenus membres de l'ARUC depuis la dernière livraison du CUPARUC:*

Gerry Auchinachie, Mary Baldwin, Anne Goebel Barkman, Gabe Breton, Mary Brian, Art Broes, Dan Brown, Richard Cheng, Kuldy Dhindsa, Denis Diniacopoulos, Jeanne Drolet, John Drysdale, Susan Hoecker Drysdale, Howard Fink, Sherman Friedland, Bill Gilsdorf, Don Ginter, Ron Hooper, Ragai Ibrahim, Mohammed Malik, Brian Markland, Mike Mason, Shirley Maynes, Eira Miller, Dave Mitchell, Stan Morris, Kalya Mukherji, Helen Parent, Ann Pearson, Dorothy Plummer, Sundara Rajan, David Sheps, Joe Soric, Denise Stobbe, Akira Takahashi, Ray Zienius.

We regret to announce the death of / *Nous regrettons d'annoncer le décès de:*

Alphonse Denis, Elizabeth de Simini, Emily Gerard, Audrey Prendergast, Paul Widdows

SUMMARY OF THE 1997 ANNUAL GENERAL MEETING

1. There were over fifty members in attendance.
2. On behalf of the Nominating Committee, the President, J.P. Pétolas, proposed candidates for election to the Executive (*details of which will be found elsewhere*). Geoff Adams, on behalf of the membership, expressed appreciation to J.P. for his stewardship over the past three years.
3. With the approach of the tenth anniversary of the founding of the Association, honorary memberships were awarded to the founding officers - Jack Bordan, Libby Gardham and Jim Whitelaw.
4. Muriel Armstrong, representative on the Pension and Benefits Committees of the University, reported that as a result of early retirement programmes the total number of retirees would be around 750 by June, and further programmes could generate a further increase. She also reported on two proposals cur-

RÉSUMÉ DE L'ASSEMBLÉE GÉNÉRALE ANNUELLE DE 1997

1. Plus de cinquante membres étaient présents.
2. Au nom du comité des candidatures, le président, J-P. Pétolas, proposa une liste de candidats (*dont les détails se retrouvent ailleurs*). Au nom des membres, Geoff Adams exprima leur reconnaissance à l'égard du travail de J-P. pendant les trois dernières années.
3. A la veille du dixième anniversaire de la création de l'Association, le titre de membre d'honneur fut accordé aux trois officiers fondateurs - Jack Bordan, Libby Gardham et Jim Whitelaw.
4. Muriel Armstrong, représentante auprès du comité de retraite et du comité des avantages sociaux de l'Université rapporta que, à la suite des programmes d'incitation à la retraite anticipée, le nombre de retraité/e/s de l'Université se chiffrait aux alentours de 750 au début du mois de juin, et d'autres programmes analogues pourraient occasionner une hausse importante de ce chiffre. Elle commenta deux pro-

rently under discussion, the first of which would award an *ex-gratia* payment to those who have been retired for some years, to make up for the long-term cumulative effect of the CPI-minus 2% indexation formula, while the second relates to possible future surpluses resulting from the performance of the pension fund. Geoff Adams noted that Muriel was leaving the Province and expressed appreciation on behalf of the Association for her contribution to the work of these committees.

5. Geoff Adams reported on social events held over the year - a visit to the McCord Museum in November, and theatre visits in September and April, as well as the traditional December lunch, the Valentine's Day visit to the Montreal Casino and the sugaring-off party in March.

6. Geoff Adams reported on the successful February Book Fair, organized by the Concordia Volunteers (CVs) with the participation of CUPA members. Some \$4500 had been raised for scholarships.

7. John Hall, Secretary-Treasurer, presented a statement of income and expenditures for the period June 1, 1996 to Mar. 31, 1997. This showed an opening balance of \$1348, with total expenditures of \$3721 as against total income of \$3497, leaving a current balance of \$1124. Membership stood at 340 as of the date of the meeting. It was noted that the original number of members in 1987 had been about 30.

8. For the Coalition of Quebec Seniors, Geoff Adams reported that a meeting had been held with Minister David Dingwall on federal transfers to the provinces. Currently questions were being prepared for candidates at the forthcoming federal election. There will be a World Congress of Seniors in Montreal in 1999, and there will doubtless be requests for accommodation. Through the Coalition, CUPA has access to a web-site, which allows for members to take training in accessing the Internet (*contact Geoff for details*).

9. In his farewell address as President, J.P. Pétoles thanked his colleagues for their reports and activities. In particular he expressed appreciation to Bruce English, who had chaired the committee, made up of Guy Gervais, Kurt Jonassohn and Dick McDonald, which had prepared the recent survey, analysed the results, and made recommendations which are being implemented over the coming year. He also thanked the Human Resources Dept. of the University for

jets actuellement à l'étude, dont le premier accorderait à ceux et à celles qui prirent leur retraite il y a plusieurs années une augmentation *ex-gratia*, afin de compenser l'effet cumulatif de la formule d'indexation, basée sur l'IPC moins 2%, et le deuxième visait des surplus éventuels, résultant de la performance du fonds de retraite. Geoff Adams nota que Muriel quittait le Québec et il exprima, au nom des membres, la reconnaissance de tous pour sa contribution au travail de ces deux comités.

5. Geoff Adams fit rapport sur les activités sociales de l'ARUC, tenues à travers l'année: visite au Musée McCord au mois de novembre et visites au théâtre en septembre et en avril, sans parler des événements traditionnels, soit, le dîner de décembre, la visite de la Saint-Valentin au Casino et la partie de sucre en mars.

6. Geoff Adams attira l'attention des membres sur la Foire du Livre, tenue au mois de février et organisée par les "Concordia Volunteers" (les CV), appuyés par des membres de l'ARUC. Une contribution de quelque 4500\$ fut consacrée au programme de bourses.

7. John Hall, secrétaire-trésorier, annonça, pour la période 1er juin, 1996 au 31 mars, 1997, des dépenses de 3721\$, et des revenus de 3497\$, le bilan actuel étant de 1124\$. Le nombre des membres se chiffrait à 340 à date. Il constata que, lors de la création de l'ARUC en 1987, il n'y en avait eu qu'une trentaine.

8. Au sujet de la Coalition des Aînées et des Aînés du Québec, Geoff Adams rapporta que les dirigeants de cet organisme avaient eu une rencontre avec la ministre David Dingwall au sujet des transferts de fonds aux provinces. En ce moment, on préparait des questions à poser aux candidats en vue des élections fédérales. Il annonça la tenue à Montréal en 1999 d'un congrès mondial des personnes de la troisième âge - ce qui créerait sans doute le besoin d'hébergement pour les délégués. Grâce à la Coalition, l'ARUC dispose d'un web-site, ce qui permet aux membres d'apprendre à accéder à l'Internet (*pour de plus amples renseignements, s'adresser à Geoff*).

9. Prononçant sa dernière allocution en tant que Président de l'ARUC, J-P. Pétoles remercia ses collègues de leurs rapports et de leur travail actif. En particulier, il signala la contribution de Bruce English, qui avait présidé le comité, composé de Guy Gervais, Kurt Jonassohn et Dick McDonald, lequel avait été responsable de l'organisation de l'enquête adressée aux membres, ainsi que de l'analyse des données, et qui avait formulé des recommandations, dont plusieurs seraient mises en vigueur au cours de l'année prochaine. Il

their co-operation, and noted that the Association had never deviated from its original objectives and he felt that it was being left in excellent hands.

10. The guest speaker, Dave Campbell, of the Concordia Sports Medicine Centre, was introduced by the President (*His address will be found elsewhere in this issue*). Mr. Campbell was thanked by Stan Kubina.

11. It was decided that annual dues be maintained at \$10.

12. Brian Counihan reported on the Campaign for the New Millennium. The internal campaign was well under way and he thanked CUPA members Bruce English, Doug Potvin, Christine McKay and Martin Franklin, who had served on his committee. The campaign for retirees was to be launched shortly.

13. The next meeting of the Association will be held on **Thursday, October 23, 1997** at 10.30 a.m. in the Sir George Williams Faculty Club Lounge (H-767).

remercia également le département des Ressources humaines de l'Université de leur co-opération. Il constata que l'ARUC ne s'était jamais déviée des objectifs originels, et il exprima sa conviction que l'avenir de l'ARUC était bien assuré.

10. L'invité, Monsieur Dave Campbell, fut présenté par le Président (*On trouvera ailleurs dans cette livraison l'allocation de Monsieur Campbell*). Stan Kubina remercia Monsieur Campbell.

11. Il fut décidé que la cotisation demeure inchangée à 10\$.

12. Brian Counihan parla de la Campagne du IIIe Millénaire. Le volet interne était déjà lancé et il remercia les membres de l'ARUC - Bruce English, Doug Potvin, Christine McKay et Martin Franklin - qui avaient fait partie de son comité. Le volet de la Campagne adressé aux retraité/e/s devait être lancé très bientôt.

13. La prochaine assemblée de l'ARUC est prévue pour le **jeudi 23 octobre, 1997** à 10h30 dans la grande salle du Sir George Williams Faculty Club (H-767).

WHAT'S NEW ? / QUOI DE NEUF ?

If you would like to attend social events, but cannot because you don't have transportation, we shall be glad to have someone pick you up. Rather than trying to organize things on an event basis, we would be pleased to establish a list of such persons, with one individual being responsible for the programme. Those interested should contact the Editor (Jim Whitelaw). / *Si, faute de moyens de transport, vous n'êtes pas en mesure d'assister aux événements de l'ARUC, nous nous ferons un plaisir de passer vous prendre. Plutôt que d'essayer de tout organiser indépendamment pour chaque événement, nous songeons à établir une liste de personnes intéressées et à nommer un responsable. Si cela vous intéresse, adressez-vous au rédacteur (Jim Whitelaw).*

People living alone are often reassured by a regular phone call to check that all is well. CUPA will be happy to organize it. If you're interested, get in touch with the Editor / *Les personnes qui habitent seules sont souvent rassurées par un coup de fil régulier afin de déterminer que tout va bien chez elles. L'ARUC est prête à organiser un tel service, si le besoin s'en fait sentir. Si cela vous intéresse vous n'avez qu'à vous adresser au rédacteur.*

For some time retired scholars have been getting together on a regular but informal basis on the Loyola campus to talk about their research. While this group has reached a manageable maximum number, it may be that there would be interest in forming an analogous group on the down-town campus. People interested in forming such a group should contact the Editor in the first instance.

CUPARUC Editor and Publisher / *Rédacteur et éditeur*
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