

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

This being my first "President's Message", I would be remiss in not acknowledging the fine leadership shown by Geoff Adams during his tenure as President of the Association. We will certainly lean on his wisdom and insight in his new capacity of Past President. I would also like to express my appreciation to the out-going members of the Executive Committee – Bill Cozens, Madeleine Graton and Peter Pitsiladis – for their encouragement and support over their terms of office. Regretfully, we mourn the passing of Maylis Tiffou, who served as a Member-at-Large.

Our new Executive Committee "team" are ready and willing to take up new challenges and move the Association forward over the next two years with energy and enthusiasm. I look forward to working with Bob Pallen (Vice-president), Audrey Williams (Secretary-Treasurer) and continuing Members-at-Large Larry Bessner and Dawn Johnson and welcome new Members-at-Large Roland Beaudoin and John Fiset.

As Geoff Adams reported in the last CUPARUC, we are revitalizing the "Telephone Tree" system of rapid and urgent communications with the membership. With the assistance of Guy Gervais and Earl Hutton we have assembled lists of members and their phone numbers, fax numbers and e-mail addresses from our membership data base. These lists are now being assigned to certain members each of whom has volunteered to call five or six names with urgent or important communications whenever necessary. This will be ready by the Fall meeting and will be formally launched at that time. For those of you who have ready access to fax machines and/or e-mail addresses, you might want to let Audrey Williams know of these numbers or addresses so that we can expand these forms of communication and lessen the burden of the phone volunteers.

The University has advised us that our offices in the AD Building are going to have to be relocated due to the expansion of some of the academic support units. The final location of our new offices is still being discussed, but we will remain on the Loyola Campus and there will be no change in our phone number. We will keep you

MOT DU PRÉSIDENT

Celui-ci étant mon premier *mot du président*, je tiens à souligner l'excellence de la direction effectuée par Geoff Adams comme président de l'ARUC. Nous comptons profiter de la sagesse et de la vision qu'il nous apportera dans sa nouvelle fonction de président sortant. Je tiens également à exprimer ma reconnaissance aux membres du Conseil qui terminent leur mandat: Bill Cozens, Madeleine Graton et Peter Pitsiladis, dont j'apprécie beaucoup l'appui. C'est avec grande tristesse que nous constatons le décès de Maylis Tiffou, qui a servi en tant que membre général.

La nouvelle équipe se déclare prête à affronter les nouveaux défis et à faire avancer l'ARUC avec énergie et enthousiasme dans les deux prochaines années. J'aurai le plaisir de la collaboration de Bob Pallen (vice-président), Audrey Williams (secrétaire-trésorière), Larry Bessner et Dawn Johnson, qui conservent leur fonction de membre-général, et de Roland Beaudoin et de John Fiset, nouveaux membres généraux.

Comme Geoff Adams annonçait dans le dernier numéro du bulletin, nous relançons "l'arbre téléphonique", lequel nous permet de communiquer rapidement avec nos membres dans des situations d'urgence. Aidés par Guy Gervais et Earl Hutton, nous avons créé, à partir de notre base de données des listes de membres avec leur numéro de téléphone, leur numéro de télécopieur et leur adresse courriel. Nous sommes en train de distribuer ces listes à certains membres qui ont accepté chacun de transmettre à cinq ou six personnes des communications importantes ou d'urgence, le cas échéant. Le système sera prêt lors de l'assemblée d'automne, auquel moment il sera formellement mis en vigueur. Nous invitons ceux et celles d'entre vous disposant déjà d'un télécopieur et/ou ayant une adresse courriel, d'en communiquer les détails à Audrey Williams, afin que nous puissions faire une meilleure utilisation de ces modes de communication, tout en réduisant la tâche des participants au système téléphonique.

L'Université nous a fait savoir que notre bureau dans le pavillon AD doit être déménagé, à cause d'une expansion des services d'appui à l'enseignement. Alors que l'emplacement exact reste à déterminer, il doit demeurer sur le campus Loyola et notre numéro de téléphone

advised.

As you will see in other reports in this issue of CUPARUC there have been continuing activities on the litigation front as well as in the pension and benefits areas over the summer months.

As the result of membership reaction to the Executive Committee's proposal for a CUPA Scholarship Fund at the Spring General Meeting, we have revisited the concepts with the help of some of the members who made suggestions at that meeting. Susan Drysdale, Katherine Waters, Larry Bessner and myself met with representatives of the Advancement Office and Financial Aid to clarify some of the perimeters of such a project. This was initially intended to be our Concordia 25th Anniversary project, but because of the logistics developing the right criteria and of raising the necessary funds the launch will now have to be for the 2001-2002 academic year.

Your Executive Committee is working on some interesting and helpful activities for the coming year some of which I intend to announce at the Fall General Meeting which will take place on Tuesday, October 31. I look forward to an active and productive term of office as President in the prospect of encouraging the Association in its quest to be of meaningful service to its membership.

John Hall

HOW TO BE BUSY AND HAPPY IN ENGLAND

by Grendon Haines

(As part of our series of contributions from distant members, we asked Grendon to tell us about living and working in England. At Concordia, Grendon worked in Admissions and Liaison, and subsequently in conflict management - Ed.)

When I was planning retirement I was already thinking of moving to U.K when Graeme Decarie suggested that I try somewhere more exotic — a place that I had never been to before. I applied to Voluntary Service Overseas, and an offer came to work in Nepal, but I backed out at the last minute, and decided to revert to my original plan. After nearly four years here, I realize that it was

demeurera inchangé. Nous vous tiendrons au courant.

Comme vous verrez ailleurs dans ce numéro, les mois d'été ont vu une suite d'activités dans le domaine du litige, aussi bien que dans ceux des rentes et des avantages sociaux.

Devant la réaction de la part des membres qu'a connue, lors de l'assemblée générale annuelle, la proposition du Conseil que soit créées des bourses ARUC, nous l'avons revue à l'aide de certains membres qui avaient formulé des suggestions lors de cette assemblée. Accompagné de Susan Drysdale, de Kathy Waters et de Larry Bessner, j'ai rencontré des représentants des services d'avancement et d'aide financière, afin d'éclaircir les différents aspects d'un tel projet. A l'origine, il était question d'un projet de 25e anniversaire, mais à cause des délais résultant du besoin d'établir les bons critères et d'organiser la collecte des fonds, ce projet est remis à l'année 2001-2002.

Le Conseil exécutif se penche sur des projets d'activités susceptibles de vous intéresser pour l'année qui vient, dont j'espère annoncer quelques-uns lors de l'assemblée d'automne, prévue pour le mardi 31 octobre. En attendant, en tant que président, je me réjouis de la perspective d'un mandat actif et producteur, destiné à assurer que l'ARUC apporte une aide significative à ses membres.

something of a risk. I did not know if the Concordia early retirement funds would be sufficient for expensive Britain, given the strong English pound and the weak Canadian dollar, but this has not turned out to be a problem. There is plenty of paid (and unpaid) work available.

Furniture was placed in storage in Montreal in case I changed my mind. Buying a home in England is a nightmare. First, the house prices are at least double those in Montreal and you do not get much. After viewing dozens of flats and homes in the Hampstead and Willesden Green areas of London, I made an offer to purchase a flat for the asking price. This was accepted, but an acceptance in England is not binding until all the paper work has been

completed. In the meantime, another buyer has the right to make a higher offer, and the seller can demand more money at the last minute. I was not able to close the sale for another three months. I did not know if the sale would be completed until move-in day. Fed up as I was with living in B&Bs, I can remember the bliss of moving in that day! Besides not knowing the legal complexities of buying and selling property, I had the additional challenges of finding work and a social life.

For the first two years of my re-settlement in U.K. I lived in Harrow-on-the-Hill, a London suburb, after having had no luck in finding something in Hampstead. The apartment complex was located next to the playing-fields of Harrow School. From the bedroom window I could hear the cows and chickens from Orley Farm. While waiting for the flat to become available, I joined the local church; on the first day I moved into the flat, two parishioners arrived with a bed, kettle, china, milk, corn flakes, toilet paper and a TV. The welcome was well received!

Within weeks, I was able to find a job in South Kilburn, London, working for the National Association for the Care and Resettlement of Offenders. This was a crime-prevention pilot project in a low-income housing estate, working primarily with parents. The mandate was two-fold: improving parenting skills and building community amongst the parents. I left the expertise in parenting skills to some excellent books and videos based on an American programme called *Systematic Training for Effective Parenting (STEP)*. This was a two-day-a-week job for me, so I had time to develop other interests.

I have developed a private counselling practice, working with families, couples and individuals. I do "house calls" for my family clients. Parents prefer that — it is much easier to round up the children. Not all the children are willing participants, as they find their parents too controlling. These kids want to be street-smart, but their moms and dads panic over their outdoor activities in the big city.

Last year, I received another government grant to train facilitators of support groups in the UK. This was great fun. We met for four week-ends in a country home

in Green Park, Buckinghamshire. These facilitators-to-be were parents, so that the course had a double benefit. They got work out of the training programme and they learned alternative methods to reward and punishment as a means of motivating their own children.

Harrow-on-the-Hill, a London suburb, was thirty minutes' walk from the tube (metro) station and the bus service was not the best in the world. I prefer living in the city, so eighteen months ago I relocated to Oxford, where I am about a five-minute walk from Magdalen Bridge. No need for a car in the City of Spires, as I can walk or bike to any part of the city in about twenty minutes. I travel twice a week to London and one day to Winchester to work with parents whose children are at risk. I am hoping that these travel arrangements will come to an end in the Fall. World-class opera companies and theatre groups regularly visit Oxford. City parks and playgrounds are abundant and there is a broad range of social and intellectual stimulation.

The backyard is in need of a gardener. An old bomb-shelter forms a hill in the middle and shrubs grow with force all over. I bought myself a garden shredder at an auction some weeks ago. How does one make this fearsome-looking thing work?

I am a trustee of four charities and chair two of them. One of the charities is a low-cost counselling programme in Oxford. Another, located in Reading and privately funded, is for the benefit of abused children and adults, and ex-convicts with a history of physical and sexual abuse. I chair the Adlerian Society (of the UK), and that takes up much of my time sorting out the many challenges of organizing training programmes in counselling and psychotherapy.

Singing has been a key interest for most of my life. I joined the Harrow Choral Society and the Sir Malcolm Sargent Festival Choir. I never thought that I would end up waving the Union Jack and singing *Rule Britannia*, accompanied by the Royal Philharmonic Orchestra, to five thousand cheering English nationalists! The next Classical Spectacular of Choral Music is scheduled for November — how about coming over?

NEWS OF OUR MEMBERS / NOUVELLES DE NOS MEMBRES

We are happy to welcome the following, who have become members of CUPA since the publication of the last issue / *Nous sommes heureux d'accueillir les personnes suivantes qui sont devenues membres depuis la parution du dernier numéro*: **Suzanne Belson, Bernice Goldsmith, Jackie Lamarche, Steve**

Scheinberg, Oswald Tee. We announce with regret the deaths of / *Nous regrettons d'annoncer le décès de*: **Wynne Francis, Catherine Hughes, Peg MacMurray, Dick McDonald, Jean Peters, Maylis Tiffou, Rytsa Tobias.** Congratulations to our former President, **J-P Pétoles** and **Betty**, who recently celeb-

rated their 50th wedding anniversary, not to mention J-P's second hip replacement, which is functioning very well / *Nos félicitations à notre ancien président, J-P Pétolas et à Betty, qui fêtaient récemment leur 50e anniversaire de mariage, sans parler de l'acquisition.*

de la part de J-P, d'une deuxième prothèse de hanche, laquelle fonctionne à merveille. Members are invited to send in to the Editor news of their colleagues' achievements / Nous invitons les membres à envoyer au rédacteur des nouvelles des exploits de leur collègues.

ACADEMIC VISION AND PHYSICAL PLAN FOR CONCORDIA - 2000 AND BEYOND

by Marcel Danis

(The following is a summary by the Editor of the address given by Vice-Rector Danis at the 2000 Annual General Meeting)

Despite having undergone a 25% funding cut in the last five years, Concordia has come out in better shape than any Quebec university. It is the only institution to have increased its enrolment in that period — in 1999-2000 it stood at 26,000. The academic planning process has made it possible to maintain quality and choice despite a dramatic decrease in faculty and staff through early retirement. There are now 20% fewer courses offered in Arts and Science. Now the University is short of space, with the increased enrolment in introductory courses. Some new programmes have been made possible through funding from business, etc. The Capital Campaign has had an enormous success, the total now having passed the \$100m. mark. Students contributed over \$9m. — the best performance in Canada. Anonymous gifts of \$2m. and \$5m. have already been received towards the new buildings. Fund-raising offices have been established in Toronto and Hong Kong, and there are active alumni offices throughout Canada, the U.S. and elsewhere. The Task Force recommendation to

locate Science on the Loyola campus, together with Communications/Journalism, Psychology and the Performing Arts, has been accepted. The Science building will be located on the existing parking lot, while the existing Drummond Science building will house Communications and Journalism. Negotiations are going on with the Jesuits with a view to taking over their residence. Hingston Hall will revert to its original residence rôle. Within four to five years it is hoped to put up a Performing Arts building — perhaps in the old rink area. As for the downtown campus, keeping the old York Theatre would have cost us \$3-4m. but we could not use it anyway, so we are trying to negotiate demolition. An Engineering building will be built and negotiations are currently going on with the Grey Nuns, with a view to acquiring their building for Fine Arts. A Commerce building is planned for the property which the University has acquired at the south-west corner of Guy/De Maisonneuve. Total cost for the two campuses will be about \$350m., of which we have \$90m. The Provincial Government is being asked for \$25m. and the Federal Government for \$45m. Building and renovation have to be done in a certain sequence — in many cases one project at a time.

SUMMARY OF THE 2000 ANNUAL GENERAL MEETING

1. In his introductory remarks the President, Geoff Adams, welcomed new members and announced with regret the names of recently deceased members. He noted that the Quebec Government has invited us to send in comments on the format of the 1999 income tax forms. Comments should be addressed to the Executive.
2. The Nominating Committee had recommended that John Hall move from Vice-President to President, that Bob Pallen be appointed Vice-President (it being under-

RÉSUMÉ DE L'ASSEMBLÉE GÉNÉRALE ANNUELLE DE 2000

1. Le Président accueillit les nouveaux membres et annonça avec regret les noms des membres récemment décédés. Il nota que le Gouvernement du Québec nous invitait à commenter le format des formulaires de l'impôt sur le revenu. De tels commentaires devaient être envoyés à un membre du Conseil.
2. Le Comité des candidatures recommandait que John Hall passe du poste de Vice-président à celui de Président, que Bob Pallen soit nommé vice-président (il fut entendu

stood that the unofficial tradition of subsequently moving from Vice-President to President would not apply in this case), and that John Fiset and Roland Beaudoin be appointed new members-at-large. These recommendations were approved. It was also announced, with regret, that Maylis Tiffou had resigned from the Executive for health reasons (*see also "News of our Members" on p.3 — Ed.*). The President expressed his appreciation to those members whose terms had expired.

3. John Hall, with the assistance of Howard Fink, reported on the Class-Action suit and the activities of the Pension and Benefits Committee. (*Given the constant evolution of matters in these domains, details will be found in an updated report elsewhere in this issue — Ed.*) Given the large number of questions elicited by these topics, the President suggested that we should consider having a special meeting on them at an appropriate point.

4. Given the lack of interest in social activities, apart from the Christmas lunch, the President wondered whether they should be continued.

5. Earl Hutton expressed the hope that the "telephone tree" would soon be in operation.

6. Roland Beaudoin has agreed to be our representative on the Alliance of Quebec Seniors (AARAQ).

7. The Secretary-Treasurer tabled a financial statement for the period ending March 31, 2000. She noted that total membership, at 425, is slightly down over that last reported, but explained that this was partly because a number of non-paid-up members had been removed from the roll. She nevertheless expressed concern that we do not seem to be attracting new retirees and asked for the cooperation of members in encouraging their former colleagues to join CUPA. She expressed thanks to Lorraine Boyce and Pat Kierans for their assistance as well as to Bérengère Gaudet who had helped with translations.

8. In the absence of the Rector, Dr. F. Lowy, who was in Paris opening an Alumni office, Marcel Danis, Vice-Rector, Institutional Relations and Secretary-General, spoke on the topic "Academic Vision and Physical Plan for Concordia 2000 and beyond". (*A summary of this presentation will be found elsewhere in this issue — Ed.*) In answer to general questions, Vice-Rector Danis stated, with reference to the demutualization issue involving the University's life insurance coverage, that this was a widespread phenomenon, and that most Canadian universities are facing similar situations. Legal opinions were being sought.

9. The proposed amendment to By-law 6 of the

que, dans ce cas particulier, la tradition officieuse du passage subséquent de la vice-présidence à la présidence ne s'applique pas), et que John Fiset et Roland Beaudoin soient nommés membres-général. Ces recommandations furent approuvées. On annonça, avec regret, la démission, pour des raisons de santé, de Maylis Tiffou, membre général (*voir aussi "Nouvelles de nos membres" à la page 3 — NDLR*). Le Président remercia les membres du Conseil dont le mandat s'était épuisé.

3. John Hall, aidé par Howard Fink, fit une présentation portant sur le recours collectif et les activités du Comité de Retraite et du Comité des Avantages sociaux. (*Puisqu'il s'agit, dans ces domaines, d'une évolution constante, les détails se retrouvent dans une mise-à-jour qui figure ailleurs dans ce numéro — NDLR*). A la lumière des nombreuses questions qu'a suscitées cette présentation, le Président proposa qu'une assemblée spéciale se tienne au bon moment.

4. Compte tenu du manque d'intérêt en ce qui concerne les activités, à l'exception du dîner de Noël, le Président s'interrogea sur leur utilité.

5. Earl Hutton exprima l'espoir que "l'arbre téléphonique" serait bientôt opérationnel.

6. Roland Beaudoin avait accepté de nous représenter au sein de l'AARAQ.

7. La secrétaire-trésorière présenta un relevé des revenus et des dépenses pour la période terminée le 31 mars 2000. Elle fit remarquer que le nombre des membres — 425 — avait diminué légèrement, mais elle commenta que cette baisse s'expliquait au moins en partie par le fait qu'on avait rayé de la liste un certain nombre de personnes qui n'avaient pas payé leur cotisation. Elle s'inquiétait néanmoins du fait qu'il semble que nous ayons du mal à attirer de nouveaux membres et elle sollicita la coopération des membres afin qu'ils encouragent leurs ex-collègues à faire partie de l'ARUC. Elle exprima sa reconnaissance à l'égard de Lorraine Boyce et de Pat Kierans, qui l'avaient tant aidée, ainsi que de Bérengère Gaudet qui l'avaient aidée dans le domaine de la traduction.

8. En l'absence du Recteur, le docteur F. Lowy, qui assistait à l'ouverture, à Paris, du bureau des Anciens, Marcel Danis, vice-recteur aux relations institutionnelles et secrétaire-général, donna une allocution intitulée "Academic Vision and Physical Plan for Concordia 2000 and beyond". (*Un résumé paraît ailleurs dans ce numéro — NDLR*). Répondant à des questions d'ordre général, le vice-recteur Danis dit, à propos de la démutualisation de la compagnie responsable du programme d'assurance-vie, qu'il s'agit là d'un phénomène assez répandu et que la plupart des universités canadiennes se trouvaient face à une situation analogue. On recherchait des avis juridiques.

9. Le projet d'amendement du règlement 6 des Statuts de

Constitution, reducing the term of elected members from three years to two years, was approved, with an amendment that "renewable once" be changed to "renewable twice".

10. An Executive recommendation to provide \$1500 annually to fund a scholarship, as CUPA's contribution to the 2000 celebration, was discussed. Concern was expressed that such a move might merely result in the University's contribution being reduced by that amount, and it was decided that a special committee should be struck to examine this and other aspects of the proposal — for example, can we designate a particular kind of recipient?

11. It was agreed to maintain the annual dues at \$15 for 2000-2001

l'ARUC, à l'effet que le mandat des membres du Conseil passe de trois ans à deux ans, fut adopté, sujet à un amendement à l'effet que "renouvelable une seule fois" soit remplacé par "renouvelable deux fois".

10. Une recommandation du Conseil voulant que l'ARUC crée une bourse annuelle de 1.500\$, comme contribution aux célébrations 2000, fut débattue. Des membres s'inquiétaient de la possibilité qu'un tel don ne serve qu'à réduire, d'un montant correspondant, la contribution de l'Université. Il fut donc décidé qu'un comité spécial soit créé qui étudierait cet aspect du projet ainsi que d'autres — par exemple, l'ARUC a-t-elle le droit de désigner le type de bénéficiaire?

11. Il fut décidé de conserver le chiffre de 15\$ pour la cotisation 2000-1.

J.H.W.

REPRESENTATIVES' REPORT

Litigation: Submissions from your representatives, John Hall and Howard Fink, were submitted to the court and other interested parties. As a result your representatives will be interrogated by the lawyers representing the Plaintiff (Richard Bisailon) in September. As you are aware, our position is that the class action as stated in their motion does not represent the interests of the non-active members of the pension plan.

Health Insurance Plan: Issues continue to arise as a result of the changes to the health insurance coverage, particularly with respect to the out-of-province coverage. We will be bringing these issues to the attention of the Benefits Committee in an effort to find reasonable solutions. We are also investigating alternative coverage providers for out-of-province coverage in excess of 60 days.

Pension Committee: A Sub-committee has been struck to investigate the possibility of increasing the foreign content percentage of the plan portfolio to take advantage of changes in Federal regulations over the next year concerning the amount of foreign content in pension investments. The Sub-committee will also investigate changing the ratio of fixed income to equity content. These issues will involve searching for additional fund managers in order to take advantage of wider diversification of the fund make-up. Meetings are being held over the summer months with the

RAPPORT DES REPRÉSENTANTS

Le Litige: Des déclarations préparées par vos représentants ont été soumises à la cour ainsi qu'aux intéressés. Il s'en suit que vos représentants seront interrogés par les avocats du demandeur (Richard Bisailon) au mois de septembre. Comme on le sait, notre point de vue est que le recours collectif, tel que celui-ci figure dans leur proposition, n'est nullement conforme aux intérêts des membres non-actifs du régime de retraite.

Régime d'assurance-maladie: Les changements apportés à ce régime continuent à soulever des interrogations, surtout en ce qui concerne l'assurance hors-Québec. Nous porterons ces interrogations à l'attention de Comité des Avantages sociaux, dans le but d'arriver à des solutions équitables. Nous étudions également ce qu'offrent d'autres assureurs en ce qui concernent les absences de plus de 60 jours.

Comité de retraite: On a créé un sous-comité dont le mandat est d'étudier la possibilité d'une augmentation du pourcentage des investissements étrangers, afin de profiter des modifications apportées aux règlements du Gouvernement fédéral en ce qui concerne ce pourcentage dans le cas des caisses de retraite. Le sous-comité se penchera également sur la question de changer la proportion des titres à revenu fixe par rapport à celle des titres de participation. Ces questions pourraient avoir comme conséquence la nomination de gestionnaires additionnels afin de profiter d'une diversification accrue des éléments de la caisses. Des réunions auront lieu au courant de l'été.

objective of having a recommendation brought to the Pension committee during the Fall.

Benefits Committee: A Sub-committee of the Benefits Committee was also struck to determine how the proceeds of the demutualization process at Sun Life should be distributed. Since our "Basic Life Insurance" coverage and our "Optional Life Insurance" coverage were paid by premiums from the University and from ourselves respectively, these premiums generated surpluses from investments. Once Sun Life decided to change its ownership from policyholders to shareholders (the demutualization process) these surpluses had to be returned to the policyholders. The methods by which these proceeds (surpluses) are to be distributed to each party are being investigated. Meetings are being held over the summer and a proposal will be made to the Benefits Committee in the Fall.

afin que ce sous-comité soit en mesure de soumettre une proposition au Comité dès l'automne.

Comité des Avantages sociaux: On a créé un sous-comité, ayant comme mandat de déterminer la distribution éventuelle des montants qui résulteraient du processus de démutualisation chez Sun Life. Puisque les primes de la couverture de base d'assurance-vie et ceux de la couverture facultative ont été payés, respectivement, par l'Université et par nous-mêmes, ces primes ont donné naissance à des surplus en provenance des placements. Du moment que la Sun Life a décidé d'enlever aux titulaires de police la propriété en faveur des actionnaires (le processus de démutualisation), ces surplus devaient être remis aux titulaires. La méthode de distribution de ces surplus à chaque intéressé est à l'étude. Des réunions auront lieu au courant de l'été, afin que ce sous-comité soit en mesure de soumettre une proposition au Comité dès l'automne.

John Hall & Howard Fink

DATES TO REMEMBER / DATES À RETENIR

Next meeting / Prochaine assemblée : Tuesday, Oct. 31, 10a.m. / Mardi le 31 oct., 10h00 — H-767
Annual luncheon / Dîner annuel : Tuesday, Dec. 5, 11.30 a.m. / Mardi le 5 décembre, 11h30 — H-767

ON THE PASSAGE OF TIME - or - HOW LONG IS A SENIOR MOMENT?

by Kurt Jonassohn

When we were young, we did not concern ourselves too much with the idea of time. We were too busy with other matters. As we advance towards old age, time seems to loom larger in our self-awareness.

Some of us try to accept the reality of our advancing years. Others deal with aging by denying it as long as possible. In our daily life our perception of time seems to be in continual flux. Sometimes, time seems to pass very slowly. At other times, it passes much too fast. We can all think of many illustrations. Much of the time we tend to agree with the elderly lady who in a thoughtful moment observed: "When I was young, I moved very fast and time passed very slowly; now that I am old, I move very slowly and time passes very fast." *Grosso modo*, this seems to fit most of us. But, during our daily rounds we experience a great deal of variation — depending on our mood, our activity, or our company. Sometimes an hour

slips by without our noticing it; at other times, it seems to stretch out beyond the limits of our patience.

I am keeping this 'senior moment' short, lest it stretch your patience. After all, you can supply your own variations on this theme. So, let me close by recommending to you a short experiment. Some time, when you are frustrated by time passing too fast or too slow, sit yourself down in front of a table clock or a wall clock (a wrist watch does not work as well) and watch the second hand complete one minute. It will try your patience, but don't give up. Watch it for another minute. If you can keep this up for five minutes without taking your eyes off the clock, you will probably be ready to climb trees — but you will also have acquired a new appreciation of the variability of time.

Until the next time, your 'senior moment' correspondent wishes you patience and good cheer.

HOME? - CHEZ NOUS?

Our office is no longer in the AD building, with its pleasant view. In early September we will be established in VE-328-4 (Loyola) (no window). We hope that this is temporary! Telephone number is unchanged.

Notre bureau n'est plus situé dans le pavillon AD avec fenêtre donnant sur le campus. Au début de septembre nous déménagerons au VE-328-4 (Loyola) (pas de fenêtre). Nous espérons que ce sera temporaire! Le numéro de téléphone demeure inchangé.

FROM SOMEONE ELSE'S INTERNET

If Micro\$oft built cars Every time they repainted the lines on the road, you would have to buy a new car. Occasionally your car would die on the freeway for no reason, and you would just accept this, restart and drive on. Occasionally, executing a manoeuvre would cause your car to stop and fail, and you would have to re-install the motor. For some strange reason, you would accept this too. You could only have one person in the car at a time, unless you bought "Car98" or "CarNT". But then, you would have to buy more seats. (Macintosh would make a car that was powered by the sun, was reliable.

five times as fast, twice as easy to drive — but it would only run on 5% of the roads. The Macintosh car owners would get expensive Micro\$oft upgrades to their cars, which would make their cars run much slower). The oil, gas and alternator warning lights would be replaced by a single "general car fault" warning light. New seats would force everyone to have the same size butt. The airbag system would say "Are you sure?" before activating itself. If you were involved in a crash, you would have no idea what happened.

For cat lovers

Rules for cats:

Do not allow closed doors in any room. To get a door opened, stand on hind legs and hammer with forepaws. Once the door is opened, there is no need to use it. If it is an outside door, stand half-way in and out and think about several things. This is particularly important during very cold weather, rain, snow or the mosquito season.

Always accompany guests to the bathroom. It is not necessary to do anything — just sit and stare.

When walking, as often as possible dart quickly and as close as possible in front of the human, especially on stairs when they have something in their arms, or in the dark, or when they first get up in the morning. This will help their coordination skills.

If you have to throw up, get to a chair quickly. If you cannot manage in time, an oriental rug will do. When throwing up on a rug, make sure that you back up, so that the product is as long as a human's bare foot.

When using the litter box, be sure to kick as much litter out of the box as possible — humans love the feel of kitty-litter between their toes.

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