

# C U P A R U C

newsletter of the  
concordia university  
pensioners association

bulletin de nouvelles  
de l'association des retraité(e)s  
de l'université concordia

vol. 4, no. 2, 1995

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## PRESIDENT'S MESSAGE

In response to the question raised at the meeting of April 26, 1995, I can assure all members that spouses are most welcome to attend CUPA meetings. My only regret is that we did not think of this sooner. Of course, only members of the Association have the right to vote.

I was also asked if we could provide electronic audio assistance to those who would appreciate this service. As our proceedings are recorded, it may be possible to plug into the appropriate circuit during the course of our meetings. We hope to have something working for the October meeting.

I would like to thank Jim Whitelaw for this year's additional CUPARUC issue - a sure sign of our association's health and energy.

Finally, though most of us are continuously on holiday - in theory at least - I want to wish all members happy vacations during these glorious summer months.

J-P. Pétolas

## MOT DU PRÉSIDENT

En réponse à la question qui m'a été posée lors de la réunion du 26 avril, 1995, il me fait plaisir d'annoncer que les conjoint(e)s de nos membres sont tous les bienvenus à nos réunions. Je regrette de ne pas y avoir pensé plus tôt. Evidemment, seuls les membres ont le droit de vote.

On m'a aussi demandé s'il serait possible de fournir un service d'aide auditive aux membres qui le voudraient. Puisque nos délibérations sont toujours enregistrées, il se pourrait que l'on puisse accommoder ces personnes. Nous espérons avoir quelque chose en marche pour la réunion d'octobre.

Je tiens à remercier Jim Whitelaw pour ce numéro supplémentaire de CUPARUC - signe sûr et certain de l'énergie de notre association.

Quoique nous soyons, pour la plupart, continuellement en congé - du moins en théorie - je tiens à souhaiter à tous de bonnes vacances durant des beaux mois d'été.

J-P. Pétolas

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## THERE'S HOPE FOR US YET !

Christine MacKay's mother recently celebrated her ninetieth birthday. She lives on her own and cuts her little plot of grass with a pair of scissors. Christine occasionally pays somebody to do it, only to find that they have been dismissed by her mother and told to keep the money, which she considers they probably need more than she does. Around Christmas, she goes for her annual check-up, bearing gifts for the doctor and for the nurse. Last time, the doctor indicated that while she was in good shape, her cholesterol was up a little and she should go easy on salt. He gave her a diet sheet, to which her response was: "Thank you, doctor - I'll put it with the other ten you've given me over the years. When you're my age, then you can tell me what to eat."

## ELDERHOSTEL

by Randy Swedburg, Associate Professor, Leisure Studies

*(A summary of the address delivered at the 1995 Annual General Meeting)*

Dr. Swedburg set his remarks in the context of lifelong learning and leisure education. He cited the example of a retired couple he had come across, of whom the wife, aged 72, had learned to operate a knitting machine since retirement, while her 74-year-old husband was active on the local library board, as well as driving seniors unable to get around on their own. This, he said, is an example of "what I want to do when I grow up". When dealing with retired people in class, he believed in starting off by challenging their imagination - for example, asking pseudo-mathematical questions. He recalled listening to "Jackrabbit" Johanssen, aged 110, reminiscing about what he had done forty years earlier - when he was 70! Retirement gives people a chance to be what they'd rather be. While there are things that one must do, even more important are the things that one wants to do.

The Concordia Leisure Studies Department was created in 1974 - one of the first in Canada. It has now attained a respectable level, and significant research is being carried out. Leisure is not the antithesis of work - it is now seen in a much broader context: freedom to appreciate what is around one without necessarily having to do something about it. He cited six aspects of leisure - not necessarily in order of importance: the physical, the social, the creative (especially arts and crafts), the cultural, the benevolent (volunteer work) and the intellectual.

It has been stated that "we teach young children to hate learning" and we tend to continue to do so throughout life. How can one persuade people to be creative learners?

The key to a healthy leisure environment is not how you play the game, but whether you play it at all. What prevents people from undertaking learning is often fear of failure. In that connection, Dr. Swedburg cited his own golf performance, where he commonly takes twice as many strokes as most people to complete a round, but in this way, he said, he gets twice as much pleasure. This, he stated, shows the timid that "anything that's worth doing is worth doing badly".

Some five years ago an American Medical Association spokesman stated that the number one problem for the twenty-first century was going to be boredom. Already the impact of TV on seniors is alarming - the average senior watches twice as much as the average child - an average of 47 hours per week - and yet public concern so far has been with children. One of the barriers to involvement cited by seniors is lack of time - but how can that be if they watch 47 hours of TV a week?

Despite the success of Elderhostel, and the existence of such organizations as the McGill Institute for Learning in Retirement, the findings of research into leisure do not seem to be getting around. A site survey is under way, covering each region of Canada. At Concordia the possibility is being explored of creating a "college" along the lines of the Simone de Beauvoir Institute, which would act as a focus to bring people together.

Elderhostel activities take place on 1500 sites in North America, 325 of them in Canada, and in forty other countries. Last year there were 18,000 participants in Canada and 300,000 in North America. Course topics vary widely - the only forbidden topic is ageing! These are not "pabulum" courses - Dr. Swedburg recalls listening to a skilled teacher explaining Einstein's theory of relativity in such a way that his audience of seniors all understood.

Elderhostel Canada is a non-profit organization with a mailing list of 60,000 households. Membership lists are not made available to any organization, so that membership does not bring in any more junk mail. Accommodation for Elderhostel programmes is normally in college or university residences.

For programmes in North America, participants provide their own transportation; for those in other countries transportation is normally included in the package..

The Concordia programme has been in existence since 1984. Current offerings include Quebec Culture; Montreal, the World and the City; Tai-chi and World Politics. Volunteers are needed to conduct local tours. Those interested in volunteer work should get in touch with the office on the Loyola Campus Catalogues of Canadian activities are sent to anybody who asks. Making a financial contribution to Elderhostel Canada, which qualifies as a charitable donation for tax purposes, automatically brings in this catalogue. The international catalogue comes out of Boston, and is available at the Concordia office as well as in local libraries.

**Contacts:** *To request that your name be added to the mailing list, write to Elderhostel Canada, 308 Wellington St., Kingston, ON, K7K 7A7.*

*Those interested in local volunteer work should call 848-3313*

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## LAWN BOWLING

by Lib Gardham

*(According to Lib, "next to showing off snapshots of our grandchildren, there is nothing that appeals to us retirees more than an opportunity to show how well we have adapted to retirement, by boring others to death with passionately-narrated details of our latest leisure activity")*

I had thought that my retirement years would be spent on the verdant expanse of the neighbourhood golf course. Unfortunately, what had been an absolutely ideal nine-hole golf course within walking distance of my home fell to a developer's axe, and I found the green fees at some of the other municipal or public courses a little expensive for more than about one game a week. Lawn bowling is inexpensive by comparison. Cissie Beattie, whom some of you will remember from the old SGW Faculty Club, had long regaled us with her experiences at the "Nationals" (championships) and finally succeeded in introducing me to her club in Verdun. I was hooked.

Lawn bowling is a game of very ancient origin, having been mentioned in a biography of Thomas à Becket, who was assassinated in 1170 - but not because he had bowled badly. Between 1327 and 1511 the "royal game" was played by Edward III, Richard II and Henry VIII, amongst others. Only the wealthy, however, were allowed to indulge in the sport, the fear being that if common folk were permitted to play, they would neglect their army-related archery practice.

Closer to our time, the Coaching manual of the Royal Queensland Bowls Association in Australia, states that "Bowls is a science, the study of a lifetime, in which you may exhaust yourself, but never your subject. It is a contest, a duel calling for courage, skill, strategy and self-control. It is a test of temper, a trial of honour, a revealer of character. It means going into God's out-of-doors, getting close to nature, fresh air and exercise, a sweeping away of mental cobwebs, a genuine reaction of the tired tissues. It is a cure for care, and antidote to worry. It includes companionship with friends, social intercourse, opportunities for courtesy, kindness and generosity to an opponent. It promotes not only physical health, but moral force."

Like most other games, bowls has its share of anecdotal history or legends, of which the favourite seems to be that of Sir Francis Drake, allegedly engaged in a game of bowls on Plymouth Hoe in 1588. When informed that the Spanish Armada was approaching the English Channel, he took the time to finish his game.

Lawn bowls is similar in nature to horseshoes, to the Italian game of bocci, the French game of

pétanque and curling, in that all of these games call for the delivery of an object so that it stops at a specific point. To quote the Australian Lawn Bowler's Handbook, "bowls is unique in that it requires the bowling of a biased ball from a relatively stationary position over a smooth surface, generally grass, so that ordinarily it comes to rest as close as possible to a small ball (the jack) 25 to 25 yards away."

Bowls vary in size, of course. Mine are about four and a half inches in diameter and weigh about three pounds. They are biased (flattened slightly on one side) so that they don't travel from source to destination in a straight line, but rather curve in towards the target (hopefully).

Apart from the fresh air, exercise and the strategy involved, one of the nicest things about lawn bowling is the people who play it. There are currently nine clubs in the Montreal area, and there are opportunities over the summer to play at least once in all of them, and for representatives of all of them to play at your home club. There are ladies' tournaments, men's tournaments and mixed tournaments and, depending on your home club, opportunities for games with your own sex only or for mixed bowling. There are many variations of the basic game, some determined by the number of players on each team - e.g. singles, doubles, trebles and rinks - and the number of bowls per end depends on the game you are playing. In singles each bowler delivers four bowls alternately, in pairs four, in trebles three and in rinks (fours) only two bowls each.

Lawn bowling is a very civilized sport - there is a dress code, rules or laws of the game and rules of etiquette. Its civility does not, however, translate into "boring". I remember being somewhat annoyed when, during the Commonwealth Games in Victoria, Ted Blackman on CJAD, bemoaning the lack of either hockey or baseball, was reduced to watching the games on TV. He admitted somewhat ruefully that he would watch just about anything - except lawn bowling. Oh well, bicycle racing is so exciting to watch!

Most clubs - and there is probably one very close to you - have an "open House" some time during the summer to introduce novices to the game, Try it - you might like it!

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## COMINGS AND GOINGS / VA-ET-VIENT

Welcome to the following new members, who have joined us since the last number of CUPARUC/  
*Bienvenue à ceux et à celles qui sont devenus membres depuis la dernière livraison de CUPARUC:*

**Leonda (Lee) Adler, John Buell, Hildegard Enesco, Ida Gold, Hubert Guindon, Patricia Harries, Alex Newell, Suzanne (Phil) O'Dougherty, Joseph Princz, Francesco (Frank) Tomás, George Xistris.**

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

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## NEXT MEETING

THE NEXT MEETING WILL TAKE PLACE ON  
**TUESDAY OCTOBER 24, 1995 AT 10.30 A.M.**  
IN THE SGW FACULTY CLUB LOUNGE

## PROCHAINE RÉUNION

LA PROCHAINE RÉUNION AURA LIEU  
**LE MARDI 24 OCTOBRE, 1995 À 10H30**  
DANS LA GRANDE SALLE DU SGW FACULTY  
CLUB

## UN POÈTE PARMİ NOUS

*Gustave Labbé, professeur d'études françaises avant de prendre sa retraite, est aussi poète et auteur de plusieurs recueils de poésie. Voici un extrait de Litanie des sources:*

### MIDI

Si les vœux de tous les cœurs  
Et la joie de tous les vins  
S'unissaient au silence des mystères marins  
La paix serait ardente et douce la journée

Si toutes les floraisons se mariaient enfin  
Dans la ronde des vents et la ferveur naïve  
Si l'indispensable femme demeurerait simple  
La beauté enivrerait et stable serait l'ancre

Si chaque baiser d'amour réunissait les âmes  
Et chaque pas humain réintégrait son sens  
Dans la marche nombreuse et lâche des destins  
La terre serait bonne et forte l'espérance

Si la musique de tous les poèmes  
Dévalait en marée sur les plages du monde  
Parmi les peines tuées et leurs échos perdus  
La vie serait extase et le cœur diaphane

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### SUMMARY OF THE 1995 ANNUAL GENERAL MEETING

1. A summary of the excellent address by Dr. Randy Swedburg, our invited speaker, will be found elsewhere in the newsletter.
2. The minor amendments to the Constitution, details of which were sent to all members, were approved unanimously.
3. Muriel Armstrong reported that there had been no further developments on Dental/Vision care, as only two groups in the University had expressed interest in participating. An up-dated booklet on the health care plan is projected but it looks like being a while before it appears. The possibility of guaranteed indexing of pensions is under discussion. If it is approved it will most likely, in her opinion, be at the Consumer Price Index less 2% level, with the possibility of a cap to protect the plan from a return of high inflation rates. There is no further movement on access to Internet. She pointed out that the cheapest way for local members to participate is by registering for a course.
4. Doreen Bates reported on a successful social programme, involving visits to the Pointe à Callières Museum, the Architecture Centre and the Montreal Casino, the annual luncheon in December and a sugaring-off party at St-Marc-sur-Richelieu.

### RÉSUMÉ DE L'ASSEMBLÉE GÉNÉRALE ANNUELLE DE 1995

1. Un résumé de l'excellente communication prononcée par l'orateur invité, le docteur Randy Swedburg, se trouve ailleurs dans ce bulletin.
2. Les amendements mineurs aux Statuts et Règlements, dont les détails furent communiqués à tous les membres, furent approuvés à l'unanimité.
3. Muriel Armstrong rapporta qu'il n'y avait aucune évolution du dossier Soins visuels et dentaires, puisque seuls deux groupes dans l'Université s'intéressaient à y participer. Une révision de la brochure portant sur le Régime d'assurance santé est projetée, mais sera vraisemblablement lente à voir le jour. La possibilité de l'indexation garantie de la pension est à l'étude. Au cas où elle serait implantée, ce serait, à son avis, au niveau de l'augmentation de l'indice des prix à la consommation, moins 2%, avec la possibilité d'un maximum, afin de protéger le plan contre un retour des taux d'inflation élevés. Rien à signaler quant à l'accès à l'Internet - le moyen le moins cher est de s'inscrire à un cours à l'Université.
4. Doreen Bates parla d'un programme d'activités très réussi, y compris des visites du musée de Pointe-à-Callières, du Centre d'Architecture et du Casino de Montréal, le dîner annuel en décembre et un parti de sucre à St-Marc-sur-Richelieu.

5. The Secretary-Treasurer's financial statement for the period June 1, 1994 to March 31, 1995 indicated expenditures of \$2106.30 as against total revenues of \$2558.00, and a current balance of \$2045.12.

6. Geoff Adams reported that the Coalition of Quebec Seniors, in the face of radical changes at the federal and provincial government levels, is working on statements of principles and is prepared to be more militant than it has in the past. The Coalition represents some 500,000 individuals.

7. The President indicated that the telephone tree will be revised this summer, and suggested that perhaps the time has come to do another survey of members' interests, experience and needs, as was done four years ago.

8. It was agreed to maintain the annual dues for 1995-1996 at \$10.

9. John Hall was elected for a second term as secretary-treasurer and Bruce English was elected as member-at-large, replacing Doreen Bates, who did not wish her mandate to be renewed. The President expressed his gratitude to Doreen for having done an excellent job as convener of the activities committee.

5. Les états financiers préparés par le secrétaire-trésorier pour la période 1er juin 1994 au 31 mars 1995 indiquèrent des dépenses de 2106,30\$ à côté de revenus de 2558,00\$, le bilan étant de 2045,12\$.

6. Geoff Adams rapporta que la Coalition des Aînés du Québec, face à des changements fondamentaux au niveau des gouvernements fédéral et provincial, travaille sur des énoncés de principe, et qu'elle est préparée à adopter un rôle plus militant qu'elle n'a joué jusqu'à présent. La Coalition représente quelque 500.000 personnes.

7. Le Président annonça que "l'arbre téléphonique" serait révisé au courant de l'été et suggéra que c'est peut-être le moment de mettre sur pied une enquête sur les intérêts, l'expérience et les besoins de nos membres, à la manière de celle effectuée il y a quatre ans.

8. Il fut décidé que la cotisation de 10\$ demeure inchangée pour 1995-1996.

9. John Hall fut élu à un deuxième mandat comme secrétaire-trésorier, et Bruce English fut élu membre général, remplaçant Doreen Bates qui ne posait pas sa candidature à un deuxième mandat. Le Président exprima sa reconnaissance à Doreen pour son excellent travail comme présidente du comité des activités.

## CUPA / ARUC 1995-1996

President / *Président*  
Past President / *Président sortant*  
Vice-president / *Vice-président*  
Secretary-Treasurer / *Secrétaire-trésorier*  
Members-at-large / *Membres généraux*

Representative of non-active members on the Pension and Benefits Committees / *Représentante des membres non-actifs auprès du Comité de retraite et du Comité des avantages sociaux*  
Alternate / *suppléant*

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**Geoff Adams**  
**John Hall**  
**Bill Cozens**  
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