CUPARUC

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

Vol. 9, no. 1. January/janvier 2000

PRESIDENT'S MESSAGE

I hope that all of you will have found special ways to herald the new century and that none were fastidious enough to abstain on the ground that the new millennium doesn't really begin until Jan. 1, 2001!

All told, it's been a good year for the University. The fund-raising campaign was certainly a spectacular success, as was the shuffle, in which so many of our members participated. Last August, Shirley Maynes, who's a member of CUPA but who has been very actively involved in the 25th Anniversary celebrations, talked to the Executive about how CUPA might make its own contribution. We've thought about it and will put a motion to you at the Annual General Meeting on April 27, 2000, urging that we support a special voluntary levy to support the University's Bursary and/or Scholarship funds.

We've invited the Rector to the Annual Meeting to talk about the University's academic vision as the new century opens, and about what this will mean in terms of structure, architecture and institutional development. Come with your questions!

The litigation brought against the University by the CNTU-led unions is in a latent stage at the moment. The unions are still intent on challenging CUPA's right to intervene in the dispute, so the period of calm may end at any time. The Executive is extremely grateful to the large number of members who showed up at the annual information meeting of the Pension Committee on Oct. 20. Our presence in such numbers prevented what we had feared might happen - a challenge to the current elected representation on this all-important committee, namely, our valiant defenders John Hall and Howard Fink.

Bob Pallen and Joyce Barclay have planned three exciting events for the New Year. Details on the following pages. Hope to see you there as well as on April 27.

MOT DU PRÉSIDENT

J'espère que vous aurez tous pris vos dispositions pour saluer le nouveau siècle et que personne n'aura négligé de le faire sous prétexte que le nouveau millénaire ne commence en réalité que le 1er janvier 2001!

Dans l'ensemble, l'Université a connu une bonne année. La campagne de souscription a connu un franc succès, tout comme le "shuffle" auquel tant de nos membres ont participé. Au mois d'août, Shirley Maynes, membre actif de l'ARUC, et qui s'est beaucoup impliquée dans l'organisation des célébrations du 25e anniversaire, a suggéré aux membres du Conseil un certain nombre d'initiatives que pourrait prendre en charge notre Association. Lors de sa prochaine Assemblée générale annuelle, prévue pour le 27 avril, le Conseil vous proposera, après en avoir délibéré, une cotisation spéciale pour appuyer le programme de bourses d'études de l'Université.

Nous avons invité le Recteur à prendre la parole lors de l'Assemblée générale annuelle afin de nous présenter, en ce début de siècle, les perspectives de développement de notre Université, aussi bien du point de vue structurel qu'institutionnel et matériel. Venez et n'hésitez pas à poser toutes les questions qui vous viennent à l'esprit sur ce sujet.

Le recours collectif que pourraient intenter contre l'Université les syndicats affiliés à la CSN est , pour le moment, au point mort. Cependant, les syndicats persistent à vouloir remettre en question le droit de l'ARUC à intervenir, ce qui pourrait avoir pour effet de créer de nouvelles tensions. Le Conseil tient à exprimer sa reconnaissance aux nombreux membres qui ont assisté à l'assemblée annuelle d'information du Comité de Retraite de l'Université, tenue le 20 octobre. C'est grâce à leur présence qu'à pu être évitée, comme nous l'espérions, la remise-en-cause de la représentation actuelle dans un comité si important. Nous devons, à ce propos, assurer de notre gratitude John Hall et Howard Fink, qui sont à cette instance de courageux et dévoués porte-parole.

Vous trouverez ailleurs dans ce numéro les détails des activités que vous proposent Bob Pallen et Joyce Barclay pour l'année qui vient. Au plaisir de vous y voir participer, J'espère aussi avoir le plaisir de vous retrouver à l'assemblée générale du 27 avril.

Geoff Adams

A WORD FROM THE EDITOR

Happy New Year to you all! And my computer still works! My thanks to Maylis Tiffou who has kindly provided more elegant French versions of the principal texts.

This issue is a slimmer one, because nobody sent me anything. Let the new millennium spur you to provide me with your contributions, literary or otherwise.

LE RÉDACTEUR VOUS PARLE

Bonne et heureuse année à tout le monde! Et mon ordinateur marche toujours! Mes remerciements à Maylis Tiffou, qui a bien voulu fournir une version française plus élégante des principaux textes.

Ce numéro est plutôt mince, parce que je n'ai rien reçu de votre part. Que le nouveau millénaire vous pousse à me faire parvenir vos contributions - littéraires ou autres.

Jim Whitelaw

YOU'RE INVITED !

In celebration of Concordia's 25th Anniversary an Open House will be held on both campuses on January 21 and 22, 2000. A special invitation is to be mailed to all retirees, inviting them to come to the Open House on Saturday, January 22 and join their friends in the Faculty Club Dining Room on the SGW campus (H-769). A tea in honour of the retirees will take place at 2.30 p.m., in celebration of this anniversary. We hope that as many of you as possible will be free to accept this invitation and join us for this event. Watch for the invitation and accompanying letter and be sure to reply. Hope to see you there!

ON VOUS INVITE !

Pour fêter le 25e Anniversaire de l'Université, deux journées "portes ouvertes" se tiendront sur les deux campus les 21 et 22 janvier, 2000. Une invitation spéciale pour le 22 janvier doit être expédiée à toutes les personnes retraitées, laquelle leur permettra de se réunir avec leurs amis dans la salle à manger du Faculty Club du campus SGW (H-769). En célébration de cet anniversaire, un thé sera offert en l'honneur des retraité(e)s à 14h30. Nous espérons que vous y assisterez aussi nombreux que possible. Surveillez votre courrier et ne manquez pas de répondre à l'invitation. Au plaisir de vous y voir!

MEDICINE AT THE MILLENNIUM AND BEYOND

by Dr. Phil Gold

(This is my summary of the address given by Dr. Gold at the October meeting of CUPA. Inevitably it cannot communicate the superb delivery of the speaker, but it is the best that we can do to let all members benefit from this most stimulating presentation - Ed.)

Focus is upon the expansion of knowledge, bio-medical ethics, medical professionalism in an age of increasing consumer awareness, and the increasing role of complementary medicine, not to mention the "mystique" of the millennium. We are moving into the Age of Aquarius, but peace and understanding may not necessarily occur. The payback for the death of Princes Diana was the search for someone to blame. Medicine is at the point where doctors will be increasingly blamed for everything that goes wrong. One can trace the evolution of medicine from the time of the Ancient Greeks, but whereas changes have hitherto been quantitative, they are now also qualitative. Vaclav Havel, the poet-president of the Czech Republic, has suggested that while the culture of healing may be a less visible aspect of life, it is perhaps the most important indication of the humanity of a society. The doctor plays the dual roles of healer and professional, but it is only recently that doctors have got into defining their professionalism. Some years ago, the distinguished American jurist, Louis Brandeis, proposed a definition of professionalism which suggested that a profession is the keeper of a body of knowledge, a proportion of which

comes from experience, and which is responsible for passing this knowledge on to the next generation and attempting to improve it by observation and research. It has a code of ethics which includes, at least in part, service to others, it establishes standards and values performance above reward. Society has given doctors a monopoly on health care delivery, but society demands in return ethical principles which are transparent. What society has given it can equally well take away.

Medicine has never been in such a state of flux. Factors include the enormous fiscal restraints at all levels, involving closures, mergers, etc. to conserve available funds; the fact that information now doubles in less than five years, while the capacity of information storage grows even more rapidly; technological advances are beginning to pay off, but a more sophisticated public makes ever-increasing demands on the system; health is no longer simply the absence of disease, but there are other aspects - cultural, religious, socio-economic and others. Four major parameters affecting the nature of health care are: level of education, social status, position in the workplace and income. It could be said that current social policies imply that health care is a right, while clothing, housing and food are privileges. A professional journal has listed the following societal expectations of doctors: they should be expert physicians and surgeons, expert communicators, scholars, keen collaborators and coordinators, teachers, basic researchers, clinical investigators, administrators, managers and political advocates for improving the system.

The past and the present no longer make it possible to predict the future. Thanks to the "information highway", the doctor's need to know the traditionally patient-based approach is now being replaced by the ability to find information, although this information is only needed for the moment. Will this transient character of information result in a transient attitude towards patient X? Can this lead to a transient relationship between doctor and patient? Telemedicine is upon us - diagnoses may be made without the specialist ever actually seeing the patient, and "surgery at a distance" is not far away. The growing number of activities that can be readily carried out by technicians means that the traditional role of the doctor or surgeon has to be re-defined. This implies that before you, as a patient, ask for something, you have to be sure that you know what it is and that you really want it, because your may well get it.

Although patients generally require "evidence-based" medicine, the fact remains that large numbers of people use complementary or alternative medications which have no such base. We have to prepare medical students to face an increasingly informed population, even if the calibre of this information may be doubtful. Another side of the information issue is the possibility that medicare cards may become "smart" cards, containing all relevant information on an individual's medical past, medication currently being taken, etc., in which case it will be essential to ensure that only authorized persons have access to this information. Such systems must be designed with the full knowledge of the consumer and not by technical experts acting on their own. We have already got to the point where information systems are increasingly running hospitals.

The greatest revolution in the history of medicine is the explosion of molecular genetics and "genomics". The perception is that within some four years the entire human genome will have been sequenced and mapped, so that it would be possible to have, at birth, a map of all medical propensities for the individual, so as to be able to predict disease. The next step would be the creation of "designer modification of genes" products, so that the pharmaceutical industry would become a "bioceutical" one. Rather than molecules of drugs, as at present, there would be molecules of biological agents now present in the normal individual's system in physiological concentrations.

The most important problem, however, is less that of genetics in itself than that of ethics. We cannot afford to do genetic testing and/or therapies for everyone, so who gets them? Do people have the right to know that they have a lost future? Not everything can be reversed. Again, the same genetic map may be found in people who are desperately ill and those not ill at all, because multiple factors interact, and biostatisticians have suggested that it may take a hundred years to find out how they do. There again, the new discipline of biomathematics may accelerate the speed of interpreting data. Some potential problems include: who gets what done - what testing is done? How do insurance companies view the gene map? - they must not be allowed to penalize people for it. Decisions on such questions must be societal and not medical.

For aging populations, the traditional objective of making people live longer has turned into the problem of increased numbers of the elderly without a "game plan". Nothing has been done to assess the impact of aging on our population. A major overhaul is needed. The current hospital structure is wrong. Patients requiring hospital stays constitute a small population. It is also not good for teaching purposes. What is needed is far better and larger ambulatory care facilities. Traditional hospital facilities will be dramatically reduced. There is a great need to separate the chronically ill from the acutely ill, if only because in the average hospital the former are inevitably short-changed.

Robert Fulgham, in a book published some years ago and entitled "All I needed to know I learned in kindergarten", suggests some principles which could well be applied to doctors:

Share everything, play fair, don't hit people, put things back where you found them (particularly applicable to surgeons), clean up your mess (i.e. don't pass the buck), say you're sorry when you hurt someone (most medico-legal problems are not that a doctor or surgeon did something wrong, but because he or she didn't know how to handle the patient afterwards); learn to sing and dance and play every day; take a nap in the afternoon; when you go out into the world, watch out for traffic, hold hands and stick together; be aware of wonder.

In conclusion, paraphrasing some of Fulgham's suggestions: imagination is stronger than knowledge; myth is more potent than history; dreams are more powerful than fact; hope always triumphs over experience; laughter is the only way to cure despair; and love is stronger than death.

ACTIVITIES FOR THE WINTER SESSION, 2000

1. February, Thursday 10th	**Tour of the BIODOME (Group rate: $6.00)** Meet at 10 a.m.
2. March, Thursday 30th	**SUGARING-OFF (Group rate: $11.50)** Lunch at noon.
3. April, Thursday 27th	**ANNUAL GENERAL MEETING.** 10 a.m.
4. May, Friday 12th	**BIG BAND DANCE ($15 per person)** 9 p.m. to 1 a.m.

WHERE?

1. The Biodome is located at 3,000 Viau (next to the Olympic Stadium). Take the Metro to Viau station (or drive). Meet inside the main entrance.
2. La p'tite Cabane d'la Côte - 10331 Côte St. Louis, Sainte-Scholastique (Mirabel), same location as last year (good meal, best price). Take Autoroute 15 north, getting off at Exit 35 - Autoroute 50 West (towards the airport), after 18 km take Exit 272 to Chemin Côte St-Louis. At stop sign, turn left. Cabane is about 3 km. further (tel. 514-562-7215). Bring your own wine!
3. Annual General Meeting - Russell Breen Auditorium, Loyola Campus.
4. Big Band Dance - at Dorval Community Centre. Take Highway 20 to the Dorval Circle. Exit to Dorval Avenue and continue to junction with Lakeshore Road (Bord-du-Lac). Turn right and go west for about ¼ mile. Centre is on the right at 1335 Bord-du-Lac.

PAYMENT

Except for the sugaring-off, which is paid on the spot, a cheque, made out to "Concordia University, in trust", should be sent to Concordia Pensioners' Association, Room 206, Loyola Campus, Concordia University, 7141, Sherbrooke St. W., Montreal, QC, H4B 1R6.

If you plan to attend any of these events, please call Bob Pallen at 514-697-5907

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:* **Peter Paquet, Bob McDevitt.** We regret to announce the deaths of / *Nous regrettons d'annoncer le décès de:* **Rostislaw Dolinsky, Dagmar Brodie McDougall, Brian Markland, Doreen Osborne, Calvin Potter.**

Residence of members living outside Quebec, according to the October list / *Domicile de nos membres en dehors du Québec, selon la liste d'octobre:*

NS/*NE* - 4; PEI/*IPE* - 1; ON -52; AB - 3, BC/*CB* - 4 (the other provinces/*les autres provinces* - 0); US/*EU* - 5; other countries/*autres pays* : 4.

SUMMARY OF THE MEETING OF OCTOBER 27, 1999

1. The President stated that the Annual Book Fair had raised $7500, fifty per cent more than last year, all of which went to student aid, and that many CUPA members had attended the Annual Information Meeting of the Pension Committee, held on October 20, in response to a call from the Association.

2. John Hall, our representative on the Pension and Benefits Committees of the University, noted that the good turn-out of members at the October 20 meeting referred to above had probably contributed to the fact that the anticipated call for elections had not been forthcoming. There had been no further developments in the class-action suit. He reminded members that the Pension Committee is mainly concerned with the management of the Pension Fund. Adjustments to members' pensions are the responsibility of the Benefits Committee. The latter had made a recommendation to the Board that when there was a cumulative surplus in a given financial year, first consideration should be given to indexation of pensions. This would be in addition to any indexation arising out of the "CPI-minus 2%" indexation. He also noted that, to avoid making frequent changes to the Pension Plan, the decisions of the Committee were to be contained in a separate document. Regarding health insurance, a sub-committee, of which he was a member, had brought forward to the Committee an extensive number of recommendations regarding people over the age of 65, in the areas of emergency out-of-province coverage, drug coverage, co-insurance and deductibles (*the Committee has since approved these and a communication may be expected shortly from Human Resources - Ed.*). There was a possibility a card might be introduced for use when purchasing drugs and that dependents might have to be registered.

3. The guest speaker, Dr. Phil Gold, Executive Director of the McGill Clinical Research Centre at the Montreal General Hospital, made a presentation on "Medicine at the Millennium and beyond" (*a summary of his talk will be found elsewhere in this issue - Ed.).*

4. The President reported that the Coalition of Quebec Seniors had now been incorporated as a non-profit organization under the name of "Alliance des Aînés du Québec". Its purpose and goals remained

RÉSUMÉ DE L'ASSEMBLÉE DU 27 OCTOBRE, 1999

1. Le Président informe l'assemblée que la Foire annuelle du livre a permis de recueillir la somme de 7500$, destinée à contribuer au programme de bourses de l'Université. C'est une augmentation de 50% par rapport à l'année précédente. Il note d'autre part avec satisfaction que de nombreux membres ont donné suite à la demande de l'ARUC en faisant acte de présence à l'Assemblée annuelle d'information du Comité de Retraite de l'Université, tenue le 20 octobre.

2. Selon John Hall, notre représentant au Comité de Retraite et au Comité des Avantages sociaux de l'Université, c'est en toute probabilité grâce à l'assistance nombreuse lors de cette assemblée que la demande prévue de procéder à des élections n'a pas été faite. Aucune suite n'a été donnée au recours collectif. Il rappelle aux membres que le Comité de Retraite a pour mandat de superviser l'administration de la Caisse de retraite, alors que les modifications apportées aux rentes relèvent du Comité des Avantages sociaux. Celui-ci a expressément recommandé au Conseil des Gouverneurs de donner priorité à l'indexation des rentes chaque fois qu'un excédent cumulatif est prévu à la fin d'un exercice financier. Celle-ci s'ajouterait à toute indexation calculée selon la formule "IPC-moins 2%". Par ailleurs, afin d'éviter de fréquentes modifications au Régime de retraite, les décisions du Comité devaient être consignées dans un document à part. En ce qui concerne l'assurance-santé, un sous-comité, dont John Hall est membre, a proposé un nombre important de recommandations intéressant les personnes âgées de 65 et plus. Elles portent notamment sur la couverture prévue dans les situations d'urgence en dehors du Québec, sur les médicaments, la co-assurance et les franchises (*ces recommandations ont été approuvées par le Comité et on peut s'attendre à une communication là-dessus de la part du Service des ressources humaines prochainement - NDLR*). La création d'une carte à présenter lors de l'achat de médicaments, ainsi que l'enregistrement des personnes à charge, devraient être envisagés.

3. Le conférencier invité, le docteur Phil Gold, directeur exécutif du Centre de recherche clinique de McGill à l'Hôpital général de Montréal, présente une allocution intitulée "Medicine at the Millennium and beyond" (*dont on trouvera un résumé ailleurs dans ce numéro - NDLR*).

4. Le Président annonce que la Coalition des Aînées et des Aînés du Québec est maintenant incorporée comme organisme sans but lucratif sous l'appellation "Alliance des Aînés du Québec". Son objectif et ses buts restent inchangés,

unchanged, but as an incorporated entity it would have a stronger voice when raising issues at various government levels.

5. The Secretary-Treasurer reported that membership now stood at 422, forty of whom had not paid their dues. She tabled a statement of income and expenditures for the year June 1, 1998 to May 31, 1999, showing total income of $8937.13 as against expenditures of $7631.86, with a closing balance of $2122.53.

6. Shirley Maynes summarized the various programmes associated with the 25th Anniversary. The celebrations would continue until October 2000. Highlights would include the naming of the Concert Hall after Oscar Peterson, the "marriage" of Georgina Williams and Aloysius Loyola, an open house, etc. CUPA and the University would organize a tea for the retirees. Details could be found on the University's home page on the Internet.

7. Bob Pallen announced a programme of events, starting with the Christmas luncheon on Dec. 2 (*for further details see box elsewhere in this issue - Ed.*).

mais, comme organisme incorporé, elle pourra jouer un rôle plus déterminant au moment de soulever diverses questions à différents paliers gouvernementaux.

5. Selon les informations de la secrétaire-trésorière, le nombre des membres se chiffre à 422, dont 40 qui ne se sont pas acquittés de leur cotisation. Un relevé des revenus et des dépenses pour l'exercice du 1er juin 1998 au 31 mai 1999, distribué aux assistants, fait état de revenus atteignant 8937,13$ et de dépenses s'élevant à 7631,86$, ce qui permet de dégager un solde positif de 2122,53$.

6. Shirley Maynes énumère les différents programmes reliés aux célébrations du 25e anniversaire. Les festivités devraient se poursuivre jusqu'en octobre 2000. Parmi les événements les plus marquants, il faut souligner le baptême de la salle de concert sous le nom d'Oscar Peterson; le "mariage" de Georgina Williams et d'Aloysius Loyola, l'organisation d'une journée "portes ouvertes", etc. ... L'ARUC et l'Université se proposent d'offrir un thé pour les personnes retraitées. Tous les détails figurent à la page d'accueil de l'Université sur l'Internet.

7. Bob Pallen communique les grandes lignes d'un programme d'activités qui doivent débuter avec le repas de Noël du 2 décembre (*des informations complémentaires figurent ailleurs dans ce numéro - NDLR*).

NOTICE FROM THE SECRETARY-TREASURER

A reminder is enclosed with this newsletter for those members who have omitted to pay their annual dues for 1999-2000. Your prompt attention to this matter would be appreciated. If a reminder is not enclosed, that indicates that you are paid up.

AVIS DE LA SECRÉTAIRE-TRÉSORIÈRE

Nous mettons sous ce même pli un rappel à l'intention des membres qui ne se sont pas encore acquittés de leur cotisation 1999-2000. Nous vous saurons gré de bien vouloir vous en occuper. Si un tel rappel ne fait pas partie de cet envoi, cela veut dire que vous êtes membre en règle.

ON BEING AURALLY CHALLENGED

by Jim Whitelaw

Despite a general move towards calling a spade a spade, a corresponding move towards delicacy has resulted in a flood of euphemisms. For example, the word "deaf" is avoided in favour of such expressions as "the hard of hearing", "persons with auditory problems", "the hearing impaired", etc. Why not "aurally challenged"? Whatever one wants to call it, it is a nuisance that many of us have to live with. Sometimes it is just part of the passage of the years, whereby certain of our physical capacities are less evident - although, of course, our emotional and intellectual maturity continues to expand by leaps and bounds. In

other cases, there are identifiable contributory causes, some of which can be romanticized - in my own case, for example, I spent several of my prime years lobbing 25-pounder artillery shells at an enemy who responded with ones of the 88mm variety, the latter being faster and more deadly, in that the shell arrived before you heard the gun go off, so that if you heard the gun go off, you were all right - until the next one! Supervising the dispatch of the shells meant that my own guns often went off in my ear. As one sweet young hearing-test technician once said to me soothingly: "Just think - you gave your hearing for your country". I suppose that I felt better.

Surprisingly, the aurally challenged get remarkably little sympathy, even from their nearest and dearest. What begins as a simple comment, like "perhaps you should investigate a hearing aid" soon turns into a more peremptory "Go and get yourself a hearing aid". When you realize that your spouse is being persistently deafened (that word again!) by the volume level you need to hear the TV, you realize that something has to be done, so you go, however reluctantly, to the hearing specialist, who, if he or she is an honest person, will tell you what can be done and what improvements, if any, can be anticipated. You are also warned about some aspects of wearing a hearing aid. For example, the average hearing aid amplifies all sounds, with an apparent particular interest in mechanical or other non-human noises. Turning it up simply increases the cacophony. For a substantial sum of money, however, you can buy a sophisticated instrument which can be selective. On the other hand, Medicare provides you with a reasonably effective instrument for free.

One helpful skill, however, is to learn to lip-read. As a one-time language-teacher, I had a professional interest in learning how sounds are produced, so I can lip-read up to a point, provided, of course, that the owner of the lips in question uses those parts of his or her anatomy to best advantage. I found this skill particularly useful when I used to teach high school, as I was able to identify the obscene utterances of an urchin in the back row, and call him to account, thus establishing a reputation for being somewhat spooky, which, as all experienced teachers know, is an essential element in the pedagogue's bag of tricks.

There is one positive aspect of a hearing aid. It has a switch to turn it off when you answer the 'phone, thus avoiding electronic squeals which penetrate even the most decayed ear-drum. It can also be used to free one from traffic noise, from muzak in stores and restaurants and any other emission which you might want to avoid, although members of one's family catch on to this trick rather quickly. For those who don't, you can smile, nod and look intelligent, even if your thoughts are far away. One thing, though - don't forget to take it out before you step into the shower. I have also wondered whether my dreams are accompanied by sound, and whether I would hear better if I kept my hearing-aid in, bearing in mind, of course, that it might amplify other nocturnal sounds.

CUPA / ARUC 1999-2000

President / *Président*	**Geoff Adams**
Past President / *Président sortant*	**Jean-Pierre Pétolas**
Vice-President / *Vice-président*	**John Hall**
Secretary-Treasurer / *Secrétaire-trésorière*	**Audrey Williams**
Members-at-large / *Membres généraux*	**Larry Besner, Bill Cozens, Madeleine Graton, Dawn Johnson, Peter Pitsiladis Bob Pallen, Maylis Tiffou**
Member ex-officio / *Membre d'office*	**Jim Whitelaw**
Representative of non-active members on the Pensions and Benefits Committees / *Représentant des membres non-actifs aux Comités de Retraite et des Avantages sociaux*	**John Hall**
Alternate / *Suppléant*	**Howard Fink**
Mail and fees / *Courrier et cotisations*	AD-206, Loyola Campus, Concordia University, 7141, Sherbrooke St. W., Montreal, QC, H4B 1R6
Telephone / *téléphone*	514-848-8755
E-mail / *Courrier électronique*	cuparuc@alcor.concordia.ca
CUPARUC Editor-Publisher / *Rédacteur-Editeur*	**Jim Whitelaw**, 10, Spruce Crescent, Beaconsfield, QC, H9W 1X5