

# ***CUPARUC CUPARUC CUPARUC***

**newsletter of the concordia university pensioners' association  
bulletin de l'association des retraité-e-s de l'université Concordia**

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**vol. 17, no 1, avril-mai/april-may 2008**

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## **PRESIDENT'S MESSAGE**

Whew, enough of the snow!! Spring at last!! A special welcome back to our new University President, Judith Woodsworth and Provost, David Graham. It's good to see familiar faces when new appointments are made!

In spite of the current market situation our pension plan is doing satisfactorily (however full indexing may be further off). Remember we are a "Defined Benefit" plan which means the University commits to our pensions even if the markets suffer however it is obviously better if they do well.

We have just had our Spring Annual General meeting (which is covered elsewhere) with an excellent talk by Joanna Lynn on Food and Nutrition for Seniors (especially as a large part was done in the dark due to a power failure!). Special thanks to Bérengère Gaudet who has stepped down from the executive. More members would be welcome (see elsewhere in this issue)

Socially we have just had a good "Sugaring Off" but again not too large an attendance. I guess you're all sweet enough!!

A word about CURAC – the College and University Retiree Associations of Canada – which groups most University retiree associations, will be having its annual conference in Montreal on May 21-23. We are joint hosts with UQAM and you are all eligible to attend. The program has a number of sessions on topics of interest. For information, contact Howard Fink, our co-chair at (514) 484-9048 or e-mail at [howard@seabark.ca](mailto:howard@seabark.ca) or checkout their site at [www.curac.ca/index.htm](http://www.curac.ca/index.htm)

You may have noticed we are trying to go electronic. If you have given us your e-mail address, you should be receiving the notices and newsletters by e-mail. Unfortunately we are still missing a lot of e-mail addresses (and some bounce because they have been changed) so still have to send a lot by snail mail. Check our web site also – [cupa.concordia.ca](http://cupa.concordia.ca).

Have a good summer,

Graham Martin

## **MESSAGE DU PRÉSIDENT (la fonction «colonnes» me joue des tours)**

Enfin, finie la neige ! Et le printemps arrive! Nous tenons aussi à souhaiter la bienvenue à la nouvelle Rectrice de l'université, Judith Woodsworth, et notre nouveau Vice-Président, David Graham. Quel plaisir de constater que les nouvellement nommés ont des visages connus !

Malgré l'état fluctuant du marché, notre plan de pension se porte bien (mais notre pleine indexation se fera attendre encore.) Notre plan contient une disposition à prestations déterminées; à cet effet l'université doit respecter nos pensions même si le marché fluctue. Ce serait plus simple évidemment si le marché se portait mieux.

Nous venons de nous retrouver pour la réunion annuelle du printemps (voir le compte rendu) où nous avons eu le plaisir d'écouter Joanna Lynn nous parler de la Nutrition pour aîné-e-s, présentation d'autant plus remarquable qu'une panne d'électricité l'a obligée à en faire la moitié dans la «grande noirceur.»

Un mot au sujet de l'ARUCC, qui regroupe la plupart des associations de retraité-e-s des universités et collèges canadiens et qui organise son congrès annuel à Montréal cette année, du 21 au 23 mai, sous l'égide de Concordia et de l'UQAM; vous pouvez alors, tous et toutes, vous y inscrire. Renseignements : Notre coresponsable, Howard Fink : 514 484 9048 ou [Howard@seabark.ca](mailto:Howard@seabark.ca) ou encore leur site : [www.curac.ca/index.htm](http://www.curac.ca/index.htm).

Nous essayons actuellement de nous transformer sur le plan électronique. Si nous disposons de votre adresse courriel, c'est par ce biais que vous recevrez dorénavant préavis et bulletins. Malheureusement, il nous manque encore beaucoup d'adresses et certaines même ont changé sans que CUPARU ait été prévenu. Nous devons continuer alors à payer les frais de port. Consultez donc notre site : [cupa.concordia.ca](http://cupa.concordia.ca)

Profitez de l'été,

Graham Martin

l'exécutif/ the executive  
who are we ? /qui sommes-nous ?

Président/President : Graham Martin  
Past President/ président sortant : John Hall  
Vice-President/vice-président : Howard Fink  
Secrétaire-trésorier/ Secretary-Treasurer : Colin Waters  
Members at Large/sans fonction déterminée : John Fiset, Barbara Harding, Peter Paquet,  
Shirley Robinson, Audrey Williams,  
Membre ex-officio/ ex-officio member : Maïr Verthuy, rédactrice du Bulletin/Newsletter  
editor.

Où nous trouver ?

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Phone no. (514) 848-2424 Local 8755 (please leave  
message)

Téléphone : 514 848 2424, poste 8755 (prière de laisser un  
message.)

*«Je n'écris des romans pour les vendre, mais pour obtenir une unité dans ma vie; l'écriture est pour moi une colonne vertébrale» Michel Butor*

### **What you missed at the AGM.**

You missed the company of former colleagues whom you would no doubt have been happy to see again. You also missed a great deal of valuable information and an excellent speaker. You even lost your democratic right to vote on substantive issues. Really, you should join us at these meetings. They are organized with you in mind.

I learned long ago that women should be totally incompetent at taking minutes; otherwise we would always get stuck trying to write down everything the men said. Unfortunately, my system failed me yesterday, so I jotted down some notes. You will note, however, that my incompetence in this area is not in doubt!

We received a great deal of information from Graham John and Howard, who, as usual, have worked very hard in our favour. None of the news was bad, although we must obviously remain alert in this roller coaster world where grains are produced to make our vehicles run with less gas and our stomachs with far less food... Given the continued drop, however, in the level of our bank account, it was unanimously agreed, after a very useful discussion, that the annual fee should be raised to 20\$ as of June 1 2008. Special arrangements are being made for the interim period; please call our Secretary.

There was some discussion also of possible activities that members might enjoy : the MILR at McGill and the 2008-2009 Senior Sundays at the Segal Centre (ex-Saadye Bronfman.) More information on the latter can be found in the Newsletter.

Peter Paquet sent a message to inform us that work on the website and e-mails was being completed.

We were very lucky to be able to meet one of the students to whom a CUPARUC scholarship was granted, Patrice Maranda, a visual artist. It was courteous of him to come and thank us in person as well as to speak to us of his work. We are hoping he will write to the Newsletter on the topic.

Last but certainly not least :

#### **Joanna Lynn, the guest speaker, on the subject of Nutrition :**

Joanna began by talking about longevity. Science and technology predict that, by finding cures for diseases, replacing body parts just like in our automobiles, and with the use of resveratrol, babies born today may live to 150. Indeed some scientists foresee living for a thousand years !

Nutrition, she explained, is a field of many specialties. The other problem is that there are facts and there are opinions. She was going to stick to the facts.

The most important fact today is that we must eat a balanced and varied diet. Carbs for energy, fats for proper functioning, and proteins for repair. (Very Basic). When we eat a balanced diet of carbs, proteins, and fats, we necessarily eat the necessary micronutrients (vitamins and minerals). When we eat grain based foods, the best choice, whether rice, bread, or pasta, is whole grain, not whole wheat. White foods are stripped of nutritional value. The nutrients re-introduced after the refining process are not the same quality.

When we eat fats, we want to eat the least amount of animal-based fat as possible (lean meats, small amounts of butter..). The recommended fats are polyunsaturated and monounsaturated fats (omega, olive, sunflower, flax... plant and fish based oils, nuts and seeds). Omega 3 and Omega 6 are essential fats (our body does not produce them). We tend to eat enough Omega 6 and, unless we have a health condition that requires supplementation, we

do not need more than we eat. We tend to not eat enough Omega 3, found in fish and some nuts and seeds. While it is recommended that we eat fish three times a week, mercury levels in fish are cause for concern: one should prefer wild fish and purchase high quality Omega 3 fish oil supplements. One tablespoon of ground flax a day is also recommended.

When we eat protein, we are keeping our muscles, skin, bones and bodies healthy. Eating a large amount of protein will not increase muscle mass, but the daily protein servings requirement will keep our bodies healthy. When we use calories, we burn carb calories first, fat calories second, and protein calories last. Ideally, we do not want to burn our protein calories because we may lose muscle mass. While engaged in aerobic (constant) exercise (walking, swimming...), we burn more fat calories than when we are engaged in anaerobic (start/stop exertion, weight bearing..) when we burn more carb calories. (Some dispute this theory).

The CBC Marketplace Canada Health check symbol report is well worth watching. While the nutritional content is based in the Canada Food Guide, companies pay to have the logo on their packages. Some foods without the Health Check may be as healthy, if not healthier. It is important that as consumers, we be knowledgeable, read labels, and the list of ingredients. There are no daily recommendations for salt and sugar so the Health Check symbol does not really monitor those ingredients, according to CBC Marketplace.

People who live 100 years or more may have overcome serious illnesses and may be genetically predisposed to live a long life. However, studies seem to indicate that they do have certain common characteristics. A love of life, a passion for living and loving, a strong spiritual belief, close relationships, hobbies, interests, a willingness to learn new things, to engage in activities (physical and mental), to manage stress, and accept loss and change. They tend to adapt easily, know how to have fun, and enjoy life.

The key to living a healthy life, however long, seems to include those as well as leading a balanced life. Reducing stress, meditating, relaxing, having fun, engaging in social interaction, building and maintaining relationships, eating, sleeping, getting exercise through hobbies (gardening, golfing, bicycle riding, etc...).

Addendum : A calories reduced diet involves eating the minimum of calories required to maintain life. There is a theory that we eat too much and that eating less allows us to live a more healthy life.

Recommendations :

1. When taking supplements, it is important to remember to take no more than the recommended dosage, especially when taking Fat Soluble Vitamins (A, D, E, K)

2. Do a google search for CBC Market Place Canada Health Check Symbol or visit this website :

[http://www.cbc.ca/marketplace/2008/01/23/hyping\\_health/](http://www.cbc.ca/marketplace/2008/01/23/hyping_health/)

3. Do a google search for Canada Food Guide or visit this website :

[http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

4. For information on supplements, do a google search for genuine health or visit this website (great info)

<http://ca.genuinehealth.com/english/>

P.S.. To purchase a book, contact Joanna Lynn [joanna@letsfussaboutfood.com](mailto:joanna@letsfussaboutfood.com) or visit amazon

<http://www.letsfussaboutfood.com/>\*\*



Joanna would NOT approve ! Inutile de chercher l'approbation de Joanna !

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## Françoise Ligier

### Revenir avec l'espoir de repartir

J'aime la vie montréalaise mais alors pourquoi est-ce que je cherche toujours à partir? J'aime voyager mais je déteste monter dans un avion... Pourquoi dès le 10 janvier est-ce que je me prends à rêver de vieux copains ou de lieux pleins de couleurs, de fleurs, d'odeurs et que... je reprends l'avion ?

Cette année, j'ai passé une grande partie de l'hiver à Paris mais le 21 mars il a bien fallu me résoudre à rentrer.

A Roissy, à une question routinière, mais non innocente, d'une employée d'Air

France j'ai répondu que je rentrais heureuse mais en reculant. Sourire de circonstance aux lèvres, elle m'a proposé une solution à mes hésitations : être volontaire pour céder ma place moyennant compensation et partir par le vol suivant. En acceptant j'ai surtout pensé que je pourrais rentrer avec l'espoir de pouvoir repartir bientôt puisqu'une partie de mon prochain vol était déjà payée.

J'aime l'atmosphère des aéroports ou plutôt j'aimais l'atmosphère des aéroports avant qu'ils ne grouillent d'uniformes. C'était autrefois un lieu de passage, un lieu de rencontres, un lieu où en entrant on savait qu'on se sentirait hors du temps et de l'espace. Pour moi c'était le lieu où tous

les rêves étaient permis. Maintenant, la triste réalité du monde extérieur est entrée ici en bottes et en kaki et a envahi ma boîte à rêves. Maintenant, pour survivre dans un aéroport, plus que jamais, il me faut un livre.

Le 21 mars, à côté de ce dont on a besoin pour la soirée et la nuit à l'hôtel, j'avais dans mon bagage à mains **Le Boulevard périphérique** d'Henry Bauchau publié aux éditions Actes Sud. En mettant ce livre dans ma petite valise je ne savais pas à quel point il collerait aux circonstances.

Dans un hôpital au nord de Paris une femme, la belle-fille du narrateur, se meurt d'un cancer. Pendant la dernière guerre un ami du narrateur est mort héroïquement dans des circonstances atroces. De quoi s'interroger, faire vaciller l'espoir et Liens, bien sûr, entre des lieux mais aussi entre le présent, le passé et le futur car que faire sur le périph à moins que de penser. Durant ce trajet quotidien, notre narrateur rassemble les morceaux de son existence afin de construire un sens à sa vie avant de se diriger vers une sortie, symbole d'un timide espoir.

Henry Bauchau est poète, dramaturge, romancier et psychanalyste. Tout cela se ressent dans ce dernier roman écrit comme peut le faire le poète, construit comme le ferait le dramaturge, et au cours duquel le narrateur interroge le conscient et l'inconscient comme peut le faire le psychanalyste. Ce roman qui nous plonge

permettre à l'absurde de s'installer. Chaque jour le narrateur qui est Henry Bauchau, psychanalyste, part de son domicile dans la banlieue pour se rendre à son cabinet dans le centre de Paris et à l'hôpital dans la banlieue nord. Pour aller d'un lieu à l'autre, il emprunte le boulevard périphérique qui enserme Paris pour mieux le desservir. Le périphérique, le péric, comme disent les Parisiens, c'est un ruban circulaire où chacun roule sans se poser de questions, en suivant celui qui est devant, sans grand danger de se perdre car si vous ratez une sortie il vous suffit de prendre la suivante. Le boulevard périphérique c'est des lieux qui s'affichent, Porte de la Chapelle, Porte de Clignancourt, Porte de Picpus, Lille, Amiens; c'est des souvenirs qui défilent. Le boulevard périphérique c'est l'endroit rassurant, anonyme, qui permet les liens;

dans des lieux de mort est étrangement optimiste car il semble affirmer «l'amour de la vie mystérieusement éveillée à sa condition mortelle».

En tournant la clé dans ma serrure j'ai compris que Montréal était mon périphérique à moi, le lieu où j'ai mes repères, le lieu qui fait le lien entre mon passé et mon futur, le lieu qui fait mon unité et mon présent. J'ai compris aussi que s'il faut prendre une sortie sur le péric pour que l'emprunter ait un sens; de la même façon, il faut que je m'échappe parfois de Montréal pour mieux y revenir. Décidément, je suis une nomade...

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### **And an interesting letter from a colleague**

Dear Colleagues,

I am writing to you about a new NGO, Academics for Higher Education and Development/ Universitaires pour l'éducation supérieure et le développement ([www.ahed-upesed.org](http://www.ahed-upesed.org)), the mission of which is to support developing countries build capacity in higher education. It proposes to fulfil its mission by sending college and university academics, both retired and active, including staff, faculty, and administrators as volunteers on projects to the

developing world.

AHED – UPESED will be working with several partners, including, VSO Canada, and l'Agence universitaire de la francophonie. Both VSO Canada and the Agence universitaire francophone (AUF) will financially support our volunteers and the former, will provide training for them.

<http://www.ahed-upesed.org/en/vso-partners/>

We now have several projects for which we are seeking volunteers. <http://www.ahed-upesed.org/en/projects/> If you are interested in volunteering or putting your name on our list of potential volunteers, please consult our web page at <http://www.ahed-upesed.org/en/volunteer/> Also, we are looking for people who are interested in working with us in various capacities, since AHED – UPESED was founded and run by a Board of academics. <http://www.ahed-upesed.org/en/about/directors/> Please contact me if you would like further information about participating in the activities of AHED – UPESED or about the organization. [sdavis@ahed-upesed.org](mailto:sdavis@ahed-upesed.org)

Would you please forward this letter to anyone who you think would be interested in AHED – UPESED's mission? Thank you in advance for this.

I look forward to hearing from you.

Regards,

Steven Davis Chair, Board

AHED – UPESE

Professor Emeritus, Simon Fraser University and Carleton University

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From an American source :

***In Larry King's interview with Jon Stewart, Larry asked him about the primaries.***

***Jon had this line that just has to be shared:***

**Larry asked Jon if America was ready for a woman or a black president.**

**Jon looked at him quizzically and said: "This is such a non-question ... Did anyone ask us in 2000 if Americans were ready for a MORON?"**

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**Suite des renseignements sur le Congrès national de l'ARUCC.**

**Prière de noter que le colloque sera entièrement bilingue**

**Profitez de l'occasion pour mieux connaître des collègues venus de tout e Canada et pour mieux défendre la cause des retraité-e-s**

**CURAC/ ARUCC ANNUAL NATIONAL CONFERENCE, May 21 to 23, 2008  
CONCORDIA UNIVERSITY AND UQAM, MONTREAL**

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We welcome our CUPA and UQAM retiree members to the 2008 CURAC/ ARUCC Annual National Conference, which will take place in three weeks at Concordia University's Hall Building, with the Annual Banquet at Université de Québec à Montréal.

CURAC/ ARUCC is the Federation: **College and University Retiree Associations of Canada/ Association de retraités des universités et collèges du Canada**. CUPARUC was a founding member of our Federation in 2001. Currently our institutional membership includes Associations from virtually all Canadian post-secondary institutions, with an estimated 20,000 individual members on sixty campuses in every Canadian province.

CURAC/ARUCC's mandates are, first, to gather and distribute information about retiree rights and benefits to our member Associations; and second, to act as advocates for all or any members (institutional and individual, faculty and staff) whom we can help, with our combined pan-national weight. Examples are our surveys of non-medical and medical benefits in member-institutions, our briefs to national and provincial commissions, the obtaining of low-cost health insurance for retirees deprived, our interviews with the federal granting agencies, and our support of individual associations in countering prejudicial changes in their pension plan.

The major sessions of our Annual Conference this year, reflecting our activities and offering, include:

- Provincial and Federal Pension Regulation: Changes and Conflicts
- Aboriginal Peoples and [opportunities for] Post-secondary Education
- Mental health of Seniors [the federal commission]
- Needs of Retirees and the 2008 Québec Commission
- Elder laws as they Affect Retirees

The speakers at these sessions include both national experts on each topic and members of the Commissions involved

The CURAC Conference opens with the Reception at Concordia on the afternoon of May 21<sup>st</sup>, two full days of chaired sessions—with breakfasts, luncheons and health-breaks included on both days. The Annual Banquet takes place on the evening of the 22<sup>nd</sup>, on the campus of our co-host, UQAM). There will be a Closing Cocktail (hosted by CUFA) on the evening of the 23<sup>rd</sup>. All these sessions, meals and events are included in the Registration fee of \$110 (late fee \$120). Concordia retirees may choose one-day registration, including all the above except the Banquet for a \$40 fee. (The Banquet separately is \$50.)

For more information, and Registration Form, please see the CURAC website [www.curac.ca](http://www.curac.ca) or please contact me:

Howard Fink, Chair 2008 Conference, (514) 484-9048, [howard@seabark.ca](mailto:howard@seabark.ca)

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**John Udy**

FREE ? I DON'T THINK! or "THE EMPRESS HAS NO CLOTHES."

"The concert is free!" Norma came back from Multimags, very excited. "The conductor is that Kaluzny lady. You know the girl who was the organist and choir director at a Montreal church at the age of eleven, then created this chamber orchestra

at the age of twenty. She's absolutely amazing! Everybody says so. It is at the Claude Champagne, at the far edge of the University of Montreal campus, but that's no sweat in our new car." So naturally, we went.

It didn't start well. It was snowing and the climb up to the entrance is exceptionally steep and icy. We were stalled behind a giant BMW and when we did get moving, the wheels spun out of control and I thought they'd never catch, but finally, after revving well beyond what Philippe, at the dealers, had told us was advisable, we gained the entrance. Then having let Norma off, (she had a bad leg) I had to go down the other side to find a parking space, only to have to clamber back up again.

But finally I regained the entrance and we were able to climb the particularly ugly staircase, with its randomly patterned, modern tiles, to join the huge crowd stuck in front of the closed entrance to the hall. But Norma knew a way to beat the system. She'd heard we could go up to the balcony, so that's what we did. There was one other person up there and a young man opened the door for us. The other person soon leapt up, but she had left her coat so she was obviously intending to return. We settled down, watching the orchestra rehearsing on stage. They were not tuning up, which I always find pleasant to the ears; rather, they were individually practicing their parts and the result was a highly unpleasant cacophony and it went on for ten minutes. But we had a front seat and no one sticking their foot into the back of our seat, so we happily bore with it.

But our beating of the system was about to be beaten. The concert was about to begin when an official came down the stairs and showed us the door. We pleaded with him. What harm could there be in letting two elderly people (one of them lame) remain on the balcony? But he was adamant. So we went through the door, to be greeted by stairs up and down, with another "Sortie" at the bottom end, and another staircase. What way to go? I persuaded Norma to climb up to where we had gained entrance to the balcony and back down the hideous (and long) staircases to where the crowd

had been. Now they were all seated and in the dark we had to look around for the by now rare two empty seats together.

But we were lucky, for there were two such seats in the back row, so without further ado we excused ourselves to squeeze past a particularly large lady and gent and finally we were seated. The fit was tight. No room to take my coat off, and the couple we had passed were amorous, such that she, sitting (or rather, lying) next to me with her head on her partner's shoulder and her legs sprawled over my space. She seemed totally unconscious that she was playing "kneesy" with me. For my part, I was far too conscious. (She was not really my type, you understand.)

And the concert began. After the tune-up came the Mozart symphony, and I watched the whiz kid conductor (now in her forties) with amazement. Facing the orchestra with her black hair and mannish long black jacket and pants, she looked a bit like Kent Nagano, but that's where the resemblance ended. The orchestra seemed to be playing on "automatic," (and sounded like it too). Ms Kaluzny stood almost motionless, beating time mechanically like Miss Tandy did for our choir in Barclay elementary in Park Extension--- one up, one down, one sweep to the left and back up again--- tirelessly, and need one add, without an iota of inspiration and the orchestra responded accordingly.

The many innocent folks in the audience, who were not regular concertgoers and therefore unaware of the convention that one applauds only at the end of a piece, clapped vigorously after each movement. This was seemingly encouraged by the conductor, in line with her mission, to bring music to the unwashed masses. Unfortunately, I found this got in the way of appreciating the continuity of the piece, the obvious reason for the tradition that Kaluzny had happily laid aside.

Things were no better with the Kulesha. A competent piece, but uninspired and based on folk melodies, which I always think is a crutch for composers with nothing original to say. About this time, two rows ahead, the babe in arms that the self-indulgent parents had brought to the concert, began wailing away and after being taken out and back again a few times, settled down to noisily slobber at its mother's breast.

Things got a bit better with the Beethoven for Kaluzny was hidden behind the grand piano to be played by the young Korean, Su Jeon. Ms Jeon looked very young indeed. Swathed in a deep cream coloured long dress, she had no figure at all. She had a lot of trouble getting her seat to her liking, but once she began her recital she took command and acquitted herself very well. I presume, because of the sharpness

of the tone, that the piano was a Yamaha, which is a pity. The German pianos (Bosendorfer, Steinway or Bechstein) are more mellow and therefore more to my liking, but probably too expensive for a university to buy.

The Delius was on a par with the Kulesha, again, leaning heavily on original folk music. One has to have the skill of a Dvorak to pull this off.

At the end, a final break for us. Being in the back row, we were among the first out of the hall and down the slippery slope to home sweet home. As they say, there's no free lunch; neither, we discovered, is there anything like a free concert. Yes, the Empress had no clothes, but no one seemed to notice.

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Could this be a member of the American presidential family ?



## **Béregère Gaudet**

### Lectures pour tromper le temps

Dans un récent numéro de ce bulletin, Françoise Ligier nous proposait la lecture de trois romans qu'elle a beaucoup appréciés et qu'elle nous recommandait vivement. J'espère qu'elle ne m'en voudra pas de reprendre ici cette formule. Pour ma part, j'aimerais vous parler aujourd'hui de deux ouvrages que j'ai particulièrement aimés. Ce sont des lectures de détente, ce qui n'exclut pas le plaisir d'apprendre bien des choses. Un bon antidote contre les rigueurs de notre hiver et les grosses chaleurs de nos étés.!

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### Portrait d'un homme heureux<sup>1</sup>

#### Mémoire cavalière

Philippe Noiret

Ed. Robert Laffont

Nous sommes nombreux à regretter la disparition de Philippe Noiret, figure à la fois familière et mythique du cinéma français, et, à mon avis, le plus grand acteur de sa génération qui en compte pourtant beaucoup de remarquables. J'ai toujours eu la plus grande admiration pour son immense talent. D'où mon intérêt pour ses Mémoires, qu'il a rédigés durant l'année précédant son décès.

« J'ai, nous dit-il, toutes les apparences d'un bourgeois, l'allure d'un bourgeois, mais je me considère avant tout comme un saltimbanque et un artisan. ». De ses études (c'était un cancre !) à ses années de formation en art dramatique et à ses débuts au théâtre avec la troupe du TNP de Jean Vilar, où il a côtoyé les plus grands, comme Gérard Philipe et Maria Casarès, puis à ses nombreux rôles au cinéma (125 films, dont plusieurs sont des chefs d'œuvre), son récit retrace l'itinéraire d'une carrière exceptionnelle et d'une vie enviable.

En parlant des principaux personnages qu'il a interprétés, Philippe Noiret emmène le lecteur dans les coulisses du cinéma, racontant la genèse parfois laborieuse de tel ou tel film, le rôle important des scénaristes, celui des producteurs, décrivant divers aspects techniques, les problèmes inattendus qui peuvent surgir en cours de tournage, etc. Noiret a eu le privilège de tourner avec plusieurs grands cinéastes, tels Philippe de Broca, Franco Zeffirelli, Giuseppe Tornatore, Claude Chabrol, Bertrand Tavernier, Alfred Hitchcock, ainsi qu'avec les meilleurs acteurs et actrices. A travers des anecdotes souvent amusantes, parfois tragiques, il trace des portraits vivants et nuancés de ces personnages hors du commun qui ont marqué le cinéma contemporain, et dont certains comptaient au nombre de ses amis. L'auteur explique également comment il choisissait ses rôles, en se fiant à la fois à son instinct et à ce qu'il savait du metteur en scène, et ce qui l'aidait à se glisser dans la peau de ses personnages. Sans complaisance, il critique parfois son interprétation de certains rôles, où il estime n'avoir pas été à la hauteur de ses propres exigences.

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- <sup>1</sup> Avec mes excuses à Erik Orsenna, dont l'un des ouvrages porte ce titre. Il s'agit d'une biographie de Le Nôtre, le grand jardinier de Louis XIV à Versailles.

Ce qui émerge surtout de ces Mémoires, c'est le portrait d'un être authentique, un gentleman qui avait le goût de l'élégance, un homme simple et chaleureux à qui la gloire n'a jamais monté à la tête. Quand Philippe Noiret nous parle de sa passion pour son métier, on sent chez lui le souci constant de la rigueur et de la qualité, le souci de servir humblement le texte et l'œuvre. Toute sa vie, il a apprécié le travail bien fait, la « belle ouvrage », comme il l'écrit, et comme on dit aussi chez nous, d'où son grand respect pour les vrais artisans. Finalement, le trait le plus attachant de sa personnalité demeure son amour pour le métier d'acteur, un métier qu'il aura servi jusqu'à la fin avec talent et panache.

### Le Vin comme œuvre d'art

#### Dictionnaire amoureux du Vin

Bernard Pivot

Ed. Plon

« Le vin, c'est de la culture », écrit Bernard Pivot d'entrée de jeu dans l'avant-propos de son ouvrage, « la culture de la vigne, bien sûr, mais aussi de la culture pour l'esprit ». Né à Lyon, il a passé son enfance dans les vignes de Quincié-en-Beaujolais, où ses parents avaient un petit vignoble. C'est dire qu'il est en quelque sorte « tombé dedans étant petit », comme Obélix dans la potion magique. Par ailleurs, sa réputation de bon vivant et d'amateur (éclairé) de bons vins n'étant plus à faire, il était donc tout désigné pour écrire ce Dictionnaire amoureux du Vin.

Pivot n'a pas la prétention de rivaliser avec les œnologues et autres experts, « érudits pipelets de la pipette », dit-il, malgré ses vastes connaissances dans ce domaine. Il ne parle que de ce qu'il connaît et qu'il aime, après avoir passé une vie à vider un certain nombre de bouteilles... Ce livre n'est ni une histoire de la vigne et du vin, ni un manuel de dégustation, ni un carnet de bonnes adresses. On peut y voir tout simplement un hommage au vin, qui depuis l'Antiquité contribue au bonheur de l'humanité.

Bien sûr, l'auteur y raconte la petite histoire des principaux vignobles français, et c'est toujours avec humour et sans se prendre au sérieux. Son Dictionnaire est rempli d'anecdotes savoureuses et souvent d'aventures cocasses, où il est question d'écrivains, d'hommes politiques, d'acteurs, de vigneron et de viticulteurs qui, tous, ont en commun l'amour du vin. Nombreux sont les écrivains qui, de Homère à Colette, ont célébré le vin. Pivot leur accorde une place de choix, en émaillant ses descriptions de courts poèmes ou d'autres citations éloquentes puisées dans sa prodigieuse culture littéraire.

Comme on le sait, Bernard Pivot est également un amoureux de la langue française, un amoureux des mots. Avec une verve gourmande, son écriture nous offre des bonheurs d'expression qui font sourire le lecteur presque à chaque page. Adjectifs rigolos, associations inattendues de mots ou d'idées : visiblement, l'auteur s'amuse autant qu'il nous amuse.

Bref, voilà un livre à déguster à petites gorgées. J'y ai glané de nouvelles connaissances et découvert les appellations de nombreux cépages et de vins que j'aimerais pouvoir me procurer. Reste à savoir s'ils sont disponibles à la SAQ, et, le cas échéant, si leur prix n'est pas trop exorbitant pour mon portefeuille... En attendant, pour oublier les rigueurs de l'hiver, quoi de mieux qu'une bonne lecture, ou un bon vin ! A votre santé, et bonnes découvertes !

P.S. « Le vin a le pouvoir d'emplir l'âme de toute vérité, de tout savoir et philosophie ». De qui est cette citation ? De Bossuet !

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Representative of the Non-active Members of the Pension Plan, **John Hall submits the following reports. Many thanks.**

Pension Committee Report  
April 24, 2008

As you are aware the Committee meets monthly to carry out its mandate. These meetings usually consist of performance reviews of some of our managers (usually two managers per meeting) and reports from sub-committees or from our consultants. One of the presentations at the March meeting was the RBC Dexia 2007 Fourth Quarter Performance Report, which is a report on the performance of the managers of our fund compared to the performance of other similar sized pension funds. In short who's doing well and who is not. It seems that over the 2007 period growth managers were doing better than value managers. However the report stated that over the past 10 years, the fund had a real return of 6.6% thus meeting the fund's policy objective of 4%

In my report of the Fall meeting I reported on the activities of two sub-committees of the Pension Committee who are working on separate mandates as part of the Committee's work. One sub-committee, the Investment Policy Sub-committee (on which I serve), is investigating some changes in the investment approaches of our fund. We are currently reviewing candidates for managers of US enhanced Index funds (small to mid cap). The firm of BrockHouse Cooper are assembling a list of 10 - 12 potential investment managers. The sub-committee will select a short-list of 4 managers which we will interview during May. The chosen candidate will be recommended to the Pension Committee in the June meeting.

The second sub-committee is Socially Responsible investments on which Howard serves and he will report on its activities later.

The Committee is also working on the Internal Management Rules of the Pension Plan, which is a document that spells out the regulations and procedures governing structure, composition and working requirements for the Pension Committee.

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Concordia University Pensioners' Association  
Benefits Committee Report  
April 24, 2008

The major activity of the Benefits Committee over the past few months was the review and acceptance of the Health and Vision and Dental plan premiums. Of interest to our members was that there was a 4% reduction of Health Insurance premiums for the over 65 group which means that we enjoyed a premium holiday for the month of January.

The Committee will be reviewing, over the next few months, proposals from two consultants (Morneau and Mercer) on revisions to our benefits package. These studies will focus on (1) strategic positioning, (2) financial impact, (3) design and its value to the members, and (4) administrative support impact.

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Concordia University Pensioners' Association  
Board of Governors Report

Since our last report the Association has lost a major friend and contact with the University Administration with the resignation of Hon. Marcel Danis. However he has been replaced

with Me Bram Freedman who is very much aware of our existence. We also are well known by the current Interim President Michael Di Grappa.

Also, as you are aware, a former Concordia professor, Dr. Judith Woodsworth, will be coming in as President on August 1<sup>st</sup>. She will not be unfamiliar with our Association. We will try to make our goals and objectives known to her.

Major Board issues attracting media attention these days are a proposed increase in International Student fees and the negotiations with the Full-time and the Part-time Faculty Associations.

The Board meets once a month and you can view all the major decisions on the University's web site and through the Journal following each meeting.

.....  
*Thanks to John Hall and Marcel Danis for making this report available to us.*

**REQUEST FOR PENSION GRIEVANCE NEGOTIATIONS (FORMERLY CSNPENSION LAWSUIT)**

The Unions had requested that the University consider negotiating the Pension Grievances that emerged as a result of a failed attempt to pursue a Class Action Lawsuit. One meeting was agreed to by the University in the Fall of 2006 and it was decided that the Unions would first provide the University with its stated objectives and positions so that the University could consider whether it would negotiate. As a result, the Unions agreed to place all related grievances in abeyance notwithstanding maintaining the University's full rights and privileges of these grievances. A common date is in the process of being secured whereby the Unions will present its position to the University. The Board of Governors is represented during these preliminary discussion sessions by Mr. George Hanna and Mr. Ron Lawless.

okThe decision of the Appeal . Hearing on January 10,11,2007 of *Kerry (Canada) Inc. vs. Nolan, Phillips, Ruccia, Fuller, Carter, Varney, Fitz* being members of the DCA Employees Pension Committee representing certain of the members and former members of the Pension Plan for the Employees of *Kerry (Canada) Inc.* was released on June 5,2007. In brief, the decision allows an employer to take contribution holidays and to pay some expenses from the Pension Plan.

If this ruling is not appealed to the Supreme Court, it effectively means that the \$71 million plus interest (as of December 1997) CSN lawsuit potential liability has been reduced down to \$15 million. In addition, the May 18, 2006 Supreme Court Decision effectively placed the matter on a different timeline - one of a grievance process chronology, effective May 16,2003, thereby reducing the resultant potential estimated interest by approximately five years five months (approximately a 67% reduction of potential interest costs). It should be noted that up to this point at no time has the merits of the case been heard. We are comfortable with the

administration of the pension plan in the years under review and believe that the University's chances of success are good.

For your reference, the following is a summary of the CSN Pension Class Action Lawsuit: **Decision of the Supreme Court of Canada on Procedural Character of Pension Lawsuit**

1. The University was served with the **Motion for Leave to take a Class Action** on December 23, 1997.

**The CSN alleges the following:**

That in 1983, the University illegally amended the Pension Plan in order to charge administration fees to the Plan, in 1997, the administration fees were estimated at some \$15 million.

That in **1988**, the University illegally amended the Plan to enable it to receive a portion of the surplus at Plan termination. This amendment was rejected by *la Regie des Rentes du Quebec*.

That in **1989** and in **1991**, the University illegally amended the Pension Plan, permitting the University to take contribution holidays. In 1997, they estimated the cost of these Pension holidays at \$41 million.

That in 1994, the University illegally withdrew a portion of the surplus of the Plan to fund early retirement programs for the staff and professors In 1997, they estimated the amount of the money taken out of the Plan at \$15 million.

Total amount of lawsuit is \$71 million plus interest, as of December 1997.

s. In 1997, they estimated the amount of the money taken out of the Plan at \$15 million. Total amount of lawsuit is \$71 million plus interest, as of December 1999

????????????????????????????

**How are your social activities**

Summer may soon be upon us but, much to the irritation of my elder daughter, I'm a long-term planner and already lining up my Fall and Winter activities; these will include the Senior Sundays at the Leonor and Alvin Segal Theatre at the Saidye Bronfman Centre for the Arts. Every year, 6 plays are produced at the theatre, very varied in style and depth, always interesting and well produced. And, at the beginning of every run, there is a **Senior Sunday** preview, always in the afternoon for the greater convenience of the older theatregoers, particularly those who come from afar. This special performance is always preceded by a free, often informal, entertaining lecture, given by someone very familiar with the play or with the questions it raises. The last play of every season is usually a yiddische comedy with subtitles, a warm laugh to welcome the summer.

The lecture starts at 11 a.m., although it is Wise to arrive earlier ! Coffee and refreshments are served in the lobby. Lunch is available in the cafeteria afterwards, unless you wish to bring your own. The play will begin about 1.15 p.m. and, at approximately 3.30, you will be free to leave. There is, of course, always something to view at the Saidye Bronfman, Obviously, tickets for each play can be bought on an individual basis. It is, however, very advantageous to select a subscription package for a sequence of 4 (74.00\$), 5 (92.50\$) or 6

(111.00\$) plays. The prices quoted are for seniors only. Youngsters under 65 have to pay almost twice as much!

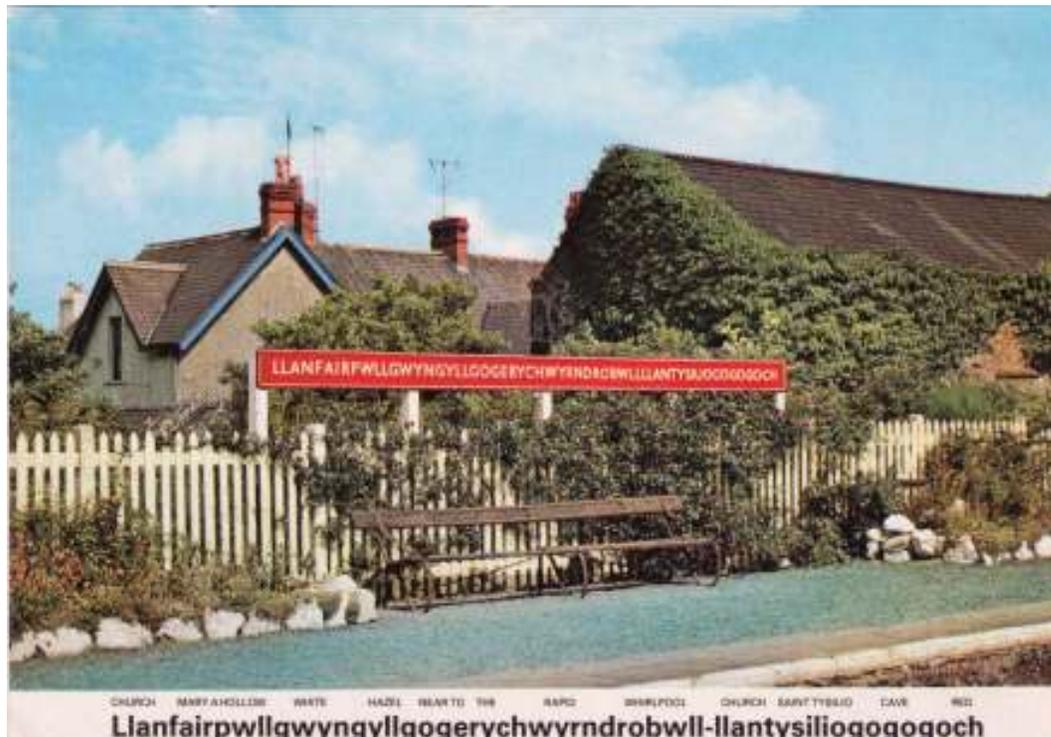
**The plays offered starting this Fall :**

1. *Dangerous Liaisons* adapted from Choderlos de Laclos, Sept. 7 (Senior Sunday) to Sept. 28
2. *Cat on a Hot Tin Roof* by Tennessee Williams, Oct. 26 (S.S.) to Nov. 16
3. *Buried Child* by Sam Shepard, Feb 1 (S.S.) to Feb. 22 2009
4. *Tryst* by Karoline Leach, Mar. 8 (S.S.) to Mar. 29 2009
5. *Over the River and Through the Woods* by Joe DiPietro, April 19 (S.S.) to May 10, 2009
6. *The Pirates of Penzance* by (?) Gilbert & Sullivan, May 31(S.S.) to June 18 2009

**FOR MORE INFORMATION, CALL  
514 739 2301, EXT. 8327**

PLEASE NOTE :

1. INDIVIDUAL TICKETS AND NEW SUBSCRIPTIONS MAY NOT BE AVAILABLE UNTIL MAY 16. AFTER THAT, IT'S A FREE-FOR-ALL!!
2. THEY DON'T SPEAK WELSH



## NEW MEMBERS SINCE OCTOBER 2007

Daniel McLaughlin
Rosalind Knitter
Daryl Ross
John Fisher
Roger Kenner
Robert Aiken
Yves Gosselin
Yvonne Marshall
Barbara Howie
Sylvia Ruby

BIENVENUE ! WELCOME ! CROESO !

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**MAIS À MONTRÉAL, ON SORT AUSSI EN FRANÇAIS !!!**

Heureusement...

Je recommande alors à tous et à toutes de se familiariser avec L'Institut des Études méditerranéennes à Montréal. Le moyen le plus facile : l'internet mail il existe aussi, bien sûr, le téléphone, voir ci-dessous :

<http://iemm.over-blog.com/article-3384306.html>

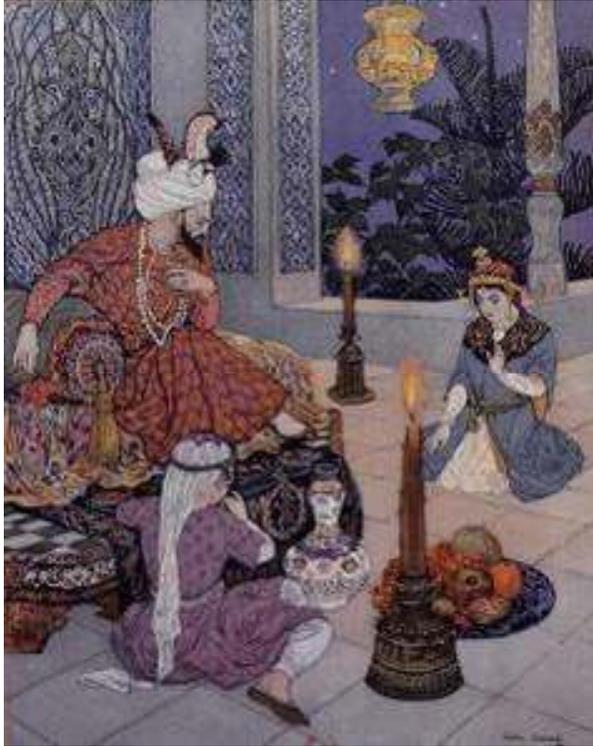
Téléphone : 514-861-4036

« *L'Institut d'Études Méditerranéennes de Montréal, qui existe depuis février 2004, est un organisme sans but lucratif, apolitique et ouvert à la diversité, qui a été affilié pendant deux ans à l'Institut Canadien des Études Méditerranéennes dont il constituait le chapitre montréalais. Depuis le 13 février 2006, notre Institut a modifié sa raison sociale pour adopter l'actuelle appellation Institut d'Études Méditerranéennes de Montréal, (IEMM), plus conforme à ses aspirations et mieux identifiée à Montréal. L'Institut a aussi acquis une totale autonomie décisionnelle et financière afin de poursuivre ses objectifs. Ceux-ci sont d'établir des ponts entre Montréal, le Québec, et les pays de la Méditerranée afin de diffuser le plus largement possible la connaissance des différentes cultures dont nous sommes les héritiers directs ou indirects, d'aider la recherche d'étudiants aux cycles supérieurs et de favoriser les échanges interuniversitaires.* »

Le programme annoncé pour l'automne et l'hiver à venir est extraordinairement alléchant. Les conférences et autres activités ont lieu le soir mais il me semble que nous devons encore avoir assez d'énergie pour nous présenter sur les différents lieux vers 19h. (7 heures du soir) -- un

seul lieu par soirée quand même... Je ne pense pas qu'il soit nécessaire d'envisager un abonnement, mais une adhésion est toujours possible, n'est-ce pas ?

Malheureusement, la place me manque pour citer tous les événements mais procurez-vous le programme. Vous allez voir ! Et entendre ! Surtout si vous vous organisez pour y aller en groupe avec des ami-e-s. Et vous y retrouverez peut-être d'autres membres de CUPARUC...



Schéhérezade

Scholarship Committee Report.  
April 24, 2008

Once again 12 scholarship or bursary awards were disbursed this year from the Concordia University Retired Faculty and Staff Endowment Fund. There were four (4) Graduate Awards (or scholarships) of \$ 4375.00 each to: Raphaëlle Beaulieu, Patrice Maranda (cf the AGM minutes), Trevor Mowchun and Anup Sinha. I invited all recipients to be here today and I believe Anup Sinha is here. We congratulate you on your endeavors and achievements. Would you like to introduce yourself to the members.

There were four (4) Undergraduate scholarships of \$ 2000.00 each awarded as well as four undergrad bursaries provided of \$ 2375.00 each.

Unfortunately I do not have the names of the U/G scholarship recipients, so I cannot announce them here. For the bursary recipients, in keeping with the confidentiality policy of the Financial Aid and Awards Office their names are withheld.

All U/G recipients were invited to this meeting through the Financial Aid and Awards Office to be recognized and congratulated. I have received replies from some and for a variety of reasons, most were unable to come, if there are any of the U/G recipients present, would you like to introduce yourself to the members.

Congratulations on your achievements and success.

As for the future, the Endowment Fund seems to be reasonably robust and continuance of this work seems to be assured.

Respectfully submitted,

John L. Hall  
Chair, Scholarship Committee

Deceased Retirees since October 2007/Collègues décédé-e-s depuis octobre 2007

<i>Anne Dillon</i>	<i>Non member</i>
Pierre L'Herault	
Kulendra Majumdra	Non Member
Morfydd Gibson	
Linda D. McDonald	
Magda Haddad	Non Member
Allan Wennerstrand	
Normand Dubeau	Non Member
Frank Papineau	

Toutes nos condoléances aux ami-e-s et à la famille de nos ancien-ne-s collègues  
We extend our sympathy to friends and family of these, our former colleagues

## **Volunteers Needed!!**

As I said at the Annual Meeting, the Executives of the Association are getting long in the tooth and some have served for many, many years! Even I, as your president, for the last four years and should be replaced. While we were able to add Audrey Williams and Mary Baldwin, we still need more new blood and initiatives! It isn't an onerous job – Meetings once a month (at the most) from September to May.

Also we need some new ideas (and volunteers to organize them) for our Social activities. The current Day at the Races, Casino visit, and Sugaring Off appeal to some members but there are obviously a lot of you to whom they don't. What about something else – Theatre shows; Gourmet cooking; Wine tasting and appreciation, Book clubs, etc ... and do them in either language.

**How about volunteering and starting something!** It'll keep you young – remember Dr. Dastoor's advice about avoiding Alzheimers disease!!! Just contact myself or any member of the Executive.

Graham

## LIGHT-HEARTED MEMOIRS OF A RETIRED ACADEMIC ADMINISTRATOR

by Jim Whitelaw

Some thirty-odd years ago, when I was responsible for something hilariously called Academic Planning, there came across my desk a communication from the Canadian Horse Council, asking whether we had or planned courses or programmes in the equine or equestrian disciplines. Understandably, I had to confess to them that, for some unaccountable reason, we had no such animal. I was however led to allow my imagination free rein, and I came up with a hypothetical answer, which was as follows:

It gives me great pleasure to answer your letter. It so happens that we have just approved an interdisciplinary programme in Hippology, with the possibility of future developments in the areas of Hippography and Hippometry. The programme consists of the following courses:

Psychology 333: Horse Sense.

This course is intended to demonstrate the problems of hippocracy. It will also touch on Horsepower and Mares' Lib.

Mathematics 234: Differential Equestrians.

Geohippic progressions, etc.

Computer Science 342: Probability.

Computer applications of prediction theory. Punter's Law. Field trips to Blue Bonnets.

Applied Social Science 269: Hippological Deviation.

A course designed for those interested in taking the bit between their teeth.

Geography 404: The Higher Amazon.

Studies of alcoholism in horsewomen.

Marketing 404: Horse-trading.

An advanced seminar, conducted by the Vice-rector, Academic, with the participation of Faculty Deans.

Zoology 333: The Spring and Fall Equine Ox.

This course is designed for students who feel that Hippology is a lot of bull. It will also stress the differences between horses, asses and donkeys.

The University has the good fortune to have on its faculty Dr. Horst Bunnz, of the Lipizzaner Institute of Vienna, who is celebrated, as you must well know, for his advanced research in the area of *Pferdtrotgalopundsplatt*, which, I suppose, is not really translatable. While we do not at the present time have other specialists of this calibre, there is a sufficient number of faculty members to constitute a rump, so to speak.

I am sending a copy of your letter to our Faculty Deans, all of whom have shown a keen interest in the project from the first shot, and to the Executive Assistant to the Rector, who is responsible for the University Stables.

### **The Beer, the Beatles and I**

By Alex Sengbush

“Yeah, yeah, yeah, yeah!” Any former teenagers in the house? If you recently joined CUPA like me, you are probably a ‘leading edge baby boomer’, and a former teenager. I know, some people forget that they were teenagers and define themselves by the last position they held at the end of their career, but of course this is not the case here. I went to a recent CUPA Christmas dinner and I know what’s going down! This is a fun-loving group that likes music. If you can admit today that you cranked up the volume on Elvis, Bill Haley, Fats Domino and other Rock ‘n Roll greats just to tick off your parents, then you’re a former teenager...if not just skip the rest of this story and move on to the book reviews, do not ‘pass go and do not collect \$200’.

Well, I was a teenager during the early sixties and as you all know, if there was ever a best time to be a teenager it was then. We were the first teenage generation to have our own music, our own cloth, our own language, it was all about us, period.

So, what’s my connection here with the Beatles. Just a hint: I was going to headline this story “Shore leave in Hamburg”, which is much less catchy, but that’s how this started. If you read some of my other stories published in the CUPA newsletter, you already know that I spend my teenage summer vacations on board ships plying the seas. After a trip from Sweden we laid over in Hamburg to get some repairs done.



Figure 1 Hamburg Harbour

To set the stage I need to talk briefly about Hamburg. Situated in northern Germany, this City State is located on the Elbe River, 100 km inland from the North Sea, also called the “Free and Hanseatic City”. This is second-largest port city in Europe, ninth-largest port in the world, with about 1.7 million inhabitants, the Hamburg Metropolitan Area is home to 4.5 million people. It was Charles the Great, Charlemagne, who

built a castle, “Hammaburg” here in 808 AD against Slavic incursions. In 845 it was promptly destroyed by 600 Viking ships, but rebuilt time and time again after other intrusions. In 1189 the city was granted the status of an “Imperial Free City” by Frederick I, known as Barbarossa, and given tax free access on the Elbe river to the North Sea. An alliance in 1241 with Luebeck, a city on the Baltic Sea, created the powerful Hanseatic League of trading

cities. Hamburg was briefly annexed by Napoleon in 1810, and freed by Russian forces. This is the home of the Hamburg-America line, which became the world's largest transatlantic shipping company. Hamburg was never ruled by any king or prince, but was governed by its own citizens for most of its history

Summa summarum, Hamburg was and is an independent, international trading city – elegant and understated.

My shipmates and I were on shore leave in Hamburg for a couple of days. As the youngest one on board, it was my job to scout out the best places for amusements. At that time, I lived in Hamburg and I knew the city well. I made a beeline for the 'Reeperbahn', the notorious night life, red-light, drinking, stripping and music area of the city. As I was walking along the 'Reeperbahn' I noticed some guys fooling around on the sidewalk and chatting in English. They were my age. So I talked with them and it turns out they were from Liverpool and they asked me to come to their see them play their gig at a nearby club later that night.

So we went to the Indra Club, where they were playing, the notorious Indra Club, frequented by loud sailors and rowdy students. I think the stage was constructed of wooden boards laid across some barrels of beer.



### Figure 2 Beatles in the Top Ten Club in Hamburg

The band had played here for some time and were doing this for about two months, night after night, almost non-stop each night, a typical bar band. They played pretty good and as was the custom, we bought rounds of beer for the band, they were just making \$70 a week. We were buying beer for **the Beatles!** We were drinking buddies. Paul was more or less their spokesman and always thanked us for the rounds: 'Cheerio mates'.

After I went back to school, I saw the Beatles again on many occasions, like each Saturday night. The Indra Club was closed down due to 'rowdiness', and the Beatles moved to another club down the street, the Kaiserkeller and the Top Ten Club. In a dispute with the club owners, George was fingered for being under age and deported. He was 'just seventeen, you know what I mean'. Paul and Pete, the original drummer, were deported for 'starting a fire', a minor disturbance, in the apartment they lived in right above the club. They returned to Liverpool and came right back when George turned 18. This time they brought Ringo Starr as their drummer and things took off in a new direction.

During this 2<sup>nd</sup> stay in Hamburg, they recorded their first professional record at Polydor Records with Bert Kaempfert in charge of production. Bert, also a musician and native of Hamburg is known for his "Wonderland by Night" instrumental which was #1 that year and later composed the hit "Strangers in the Night" for the Frank Sinatra and "Danke Schoen" for Wayne Newton.

There it is, Hamburg, the free and independent city, its people and I had some positive impact on the Beatles and the Beatles music.



"Hey guys, John, Paul, George and Ringo, thanks for the music and the good times we had. Paul and Ringo, remember the night at the club, you guys The night when John jumped off the chair



and crashed through the stage boards, I know, I know, he did not do it on purpose but he won the bet, and the night when you did just three songs all night, and again nobody noticed, those were the days! Cheerio mates!”

“Hey Paul, those were the good old days. Way before Yoko, before Heather and before my Ex. Oh, wait a minute, wait a minute, I feel a song coming on, altogether now:

Yesssterdayyyy, all my troubles were so faaar awayyyy....yeah, yeah, yeah....yea.” were so .....oh well, you played ‘My Bonnie’ ten times in row and nobody noticed. You did ‘The Saints’ for an hour and a half but it didn’t matter.

The night when John jumped off the chair and crashed through the stage boards, I know, I know, he did not do it on purpose but he won the bet, and the night when you did just three songs all night, and again nobody noticed, those were the days! Cheerio mates!”

“Hey Paul, those were the good old days. Way before Yoko, before Heather and before my Ex. Oh, wait a minute, wait a minute, I feel a song coming on, altogether now:

Yesssterdayyyy, all my troubles were so faaar awayyyy....yeah, yeah, yeah....yea.”

**Post Script** – quoted from a web-site:

“For those unfamiliar with the Beatles’ stay in Hamburg, the “**Baptism by fire**” documentary may prove interesting. Contrary to the four squeaky-clean lads who invaded America in 1964, the down-and-dirty, leather-wearing Beatles honed their unshakeable and electrifying stage act in Hamburg, Germany beginning in 1961. The Hamburg Reeperbahn was seedy and dangerous, and the teenage Beatles (minus Ringo) would play as the house act in seedy little clubs like “The Indra”, The Kaiserkeller”, “The Top Ten” and “The Star Club” from six to ten hours at a stretch. The Beatles would play everything from covers of other groups’ hits to long, drawn out riffs, propelled by alcohol and uppers that were readily available by accommodating waitresses who dealt drugs as a normal part of bar business. It was in Hamburg that Paul lost his baby fat, John lost his best friend and bass player Stu Sutcliffe, George got deported for being underage, and Ringo joined the group as their new drummer. To say that the Hamburg period was important to The Beatles’ development as an act would be an understatement”

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#### EDITOR’S REMARKS

I did say at the AGM that my ranting editorial would constitute both an apology and an explanation for the delay in producing this Newsletter. But that would really be boring so I’ll spare you the foaming at the mouth.

We left some space in the previous Newsletter to readers’ comments but nothing happened. Why not write in (preferably with praise, of course) but other possibilities exist. We would like to hear from you and to know your réactions to those who take the time and trouble to contribute to our newsletter. We would like to know that you acually read it!!!

I wish you all a happy summer.

Mair

## REMARQUES DE LA RÉDACTRICE

J'avais promis à l'Assemblée du printemps que je déverserais toute ma rage anti-informatique dans cet éditorial pour vous expliquer le retard dans la préparation de ce Bulletin et vous présenter mes excuses. Mais ce serait trop, alors je vous épargne cette lecture !

Dans la dernière livraison, nous avons lancé l'idée d'un espace réservé aux commentaires des lecteurs/lectrices. Grand silence de votre part. Peut-être que personne ne lit le Bulletin. Voilà qui serait triste pour nous et pour toute personne qui apporte sa contribution au Bulletin. Nous avons besoin de vous...

Passez un bon été,  
Maïr

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### AVIS

**SEULES LES SOUMISSIONS EN TIMES 12 SERONT ACCEPTÉES À L'AVENIR. Date limite pour l'automne, le 10 août 2008**

### NB

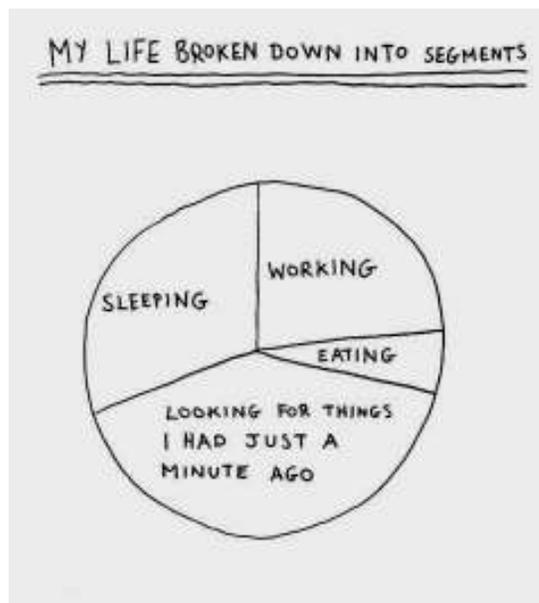
**ONLY SUBMISSIONS IN TIMES 12 WILL BE ACCEPTED AFTER TODAY. Deadline for Fall Newsletter : August 10.**

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Thanks, Shirley

