

FOOTNOTES

THE MONTHLY NEWSLETTER OF THE
CAPITAL CITY ROADRUNNERS

FREDERICTON, N.B.



“THE FUN RUNNING CLUB”

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THE EXECUTIVE

PRESIDENT	STEVE SCOTT	454-1714
VICE-PRESIDENT	JOY ELLIOTT	472-6367
REGISTRAR TREASURER	JIM LYTHGOE	454-2415
SECRETARY	ANN MacDOUGALL	455-0562
MEMBER AT LARGE	MIKE McKENDY	459-8516
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	MARY ROBINSON	472-0796
FUNRUN COMMITTEE	ELDEN McLAUGHLIN	472-7308
	EUNICE PHILLIPS	459-7562

BEHIND THE SCENES

The year 1986 is now past history. For most of us it was a good year. PR's were set, marathons were attempted, "mountains" were climbed and many saw their goals become realities. The club participated in many fitness events throughout the year not to mention the numerous races supported strongly by our members. The social scene was active with many parties complimented with great food, excellent company, lively dancing and the best in "intelligent" conversation. The club prospered, acquired new members and saw our Fall Classic continue it's path of prosperity. And so 1986 has come to a close. Did you survive all the parties and "over eating" during the holidays?? Ugh!! Welcome to 1987 and getting back into shape!! May it be a good year for you, may you meet all your challenges and may running continue to be your inner source of strength that carries you through the forthcoming year.

We are again including the 1987 club's registration form. They are trickling in. If you haven't sent yours, please do so and don't forget to add your goals for 1987.

We would like to thank Mike McKendy for his contribution to last month's newsletter. We hope you enjoyed reading his write up on the New York Marathon, we certainly did.

Last month's issue should have read "Ace Reporters" not "Cub Reporters". We apologize for any "slight" assumed or implied by the choice of words.

Gloria and Mary

EXECUTIVE MEETING

An Executive Meeting will be held at the home of Steve Scott on January 29, 1987 at 7:30 p.m.

FROM THE PRESIDENT

by Steve Scott

Another year has come and gone. Many people will remember with a great deal of satisfaction their accomplishments of 1986. Some may even recall a disappointment or two, but this is a new year and the time has come for resolutions, goals, predictions, and whatever.

Those who have received their newsletter by mail or hand may have noticed a registration form enclosed with space included for goals, etc. for the year, 1987. You are encouraged to return these forms as soon as possible. Don't forget to fill in the goals section no matter how modest or boastful they might be. Our editors, I am sure, will be giving us the low down as 1987 unfolds. Please don't feel shy about this information. In order for our Club to survive and indeed thrive, it needs feedback from the members.

With a new year upon us, we must also consider how and who will operate the executive part of the Capital City Road Runners in 1987. You will find included in this newsletter a revised constitution prepared by George Filliter, one of our newer members. This document will be discussed at our Annual General Meeting to be held near the end of February. Please consider attending the meeting to discuss this document and to also elect a new executive. This meeting is vital in that we are dependent on participation to keep the Capital City Road Runners Club one of the best running organizations in New Brunswick.

We need new blood on the executive so that new ideas and new commitments come forth and we continue to be a healthy organization with vitality to match.

At this time, I would like to thank the present executive of Joy Elliott, Mike McKendy, James Lythgoe and Anne MacDougall for their efforts during 1986.

NEW MARYLAND
FOUR MILE ROAD RACE
(4TH EDITION)

DATE: February 7, 1987

START TIME: 10:30 a.m.

STARTS FROM: New Maryland Rec Centre

REGISTRATION: \$4.00
New Maryland Rec Centre
9:00 a.m. to 10:15 a.m.

COURSE: Out and Back Phillips Road

LUNCH: 11:30 A.M. TO 12:30 p.m.
A hot soup provided by:

GARRY'S PLACE
Hwy 101, New Maryland
459-1638

AWARD'S
PRESENTATION: 12:30 p.m.

AWARD
CATEGORIES: MEN WOMEN

16 & under	16 & under
17 to 29	17 to 29
30 to 39	30 to 35
40 to 49	35 +
50 +	

FACILITIES: Small change area
No showers

ADITIONAL
INFORMATION: Paul Lavoie - 459-5713

NOTE: IN THE EVENT OF BAD WEATHER CALL ABOVE NUMBER OR 459-1611 AFTER 9:00 ON RACE DAY

1986 IN REVIEW

JANUARY: Tri-athlon in Oromocto. The club was represented by Steve Scott, Brenda Tree and Larry Robinson. This "gruelling" feat consisted of a one mile skate, a two mile cross-country ski and a three mile run.

Four members participated in a run into the New Year. They were Brenda Tree, James Tucker, George Hubbard and Reg VanDrech.

FEBRUARY: New executive was elected which consisted of Bill LeDrew, Steve Scott, Jim Lythgoe, Ann MacDougall, Joy Elliott and Brenda and David Tree continuing as Footnotes Editors and Bruce Meyer and John Cathcart as our funrun co-ordinators.

The newsletter acquired a new cover page thanks to Reg VanDrech and company.

MARCH: St. Paddy's Day Race in Saint John. The club was represented by Scott Hare, James Tucker, Elden McLaughlin and Larry Robinson. Dave Prebble ended up as support crew as he forgot his sneakers. Post-race party was held at Steve and Carol Scott's.

APRIL: Heart Marathon month. The club set up a booth at the race which was again a popular feature. "Numerous" club members participated in the race as well as the pre-race carbo-loading party at Pizza Delight.

James Tucker represented the club at the Boston Marathon and Tim Andrews gave a humerous account of "The Art of Coarse Running" at the General Meeting.

MAY: Terry Goodlad was crowned U.S. Champ at the U.S. 10km championships in Portland, Maine in the 50 to 59 age group.

The club was represented at the Maine Coast Marathon, also in Portland, by Bill LeDrew, Steve Scott, Bruce Meyer, Elden McLaughlin and Larry Robinson. They were supported in this arduous feat by Flo, Carol, Maria, Gloria and Mary.

Mt. Kathadin was tackled by our mountain climbing convoy of Dick Mawhinney, Dave Prebble, Bill and Flo LeDrew, Ann MacDougall, Steve Oley and Joy Elliott. Beg your pardon, Dave Prebble's son also went on the trek.

James Tucker and George Hubbard ran a two day relay from Newcastle to Fredericton in support of "Run The World" in conjunction with National Physical Activity Week to raise money for African relief and rehabilitation.

JUNE: The club picnic was held at O'Dell Park. It was well attended. Hamburgers, hotdogs and refreshments were provided. Family games proved very entertaining.

Eunice Phillips represented the club at the Moncton Marathon.

One funrun had "29" members turn up and "7" of our members helped out with the Special Olympics.

JULY: The club organized a 5km Jubilee Jog in conjunction with the "River Jubilee Days" in Fredericton.

AUGUST: Another climbing expedition took place, this time to Mt. Washington, by Dick Mawhinney, Steve and Carol Scott, Ed Takacs, Joy Elliott, Dave Prebble, Bill and Flo LeDrew, not to mention Tim and Susan Maillet who climbed a different mountain.

A club party was held at Joy Elliott's cottage at White's Cove, Grand Lake. It was well attended.

George Hubbard held a Ladies Only Race. Male club members turned out in great force to give their support.

1986 IN REVIEW (continued)

SEPTEMBER: The club set up a booth at the "Leisure Fair" at the Fredericton High School. It was sponsored by the Recreation Dept. and the purpose was to inform the public of leisure activities they could do.

Mt. Kathadin was again tackled by club members Dave Prebble, Dick Mawhinney, David Tree, Ed Takacs, Joy Elliott and Bruce Meyer.

Our own Fall Classic Race was held. The post-race party was hosted by Don and Carolyn Townsend.

Carolyn Townsend spoke on running related injuries at the General Meeting.

OCTOBER: Bill, Flo, Peter and Randy LeDrew moved to Winnipeg.

Unice Phillips and George Hubbard represented the club at the Montreal Marathon.

Many club members participated in Benjamen's 10km in Bangor, Maine.

Terry Goodlad competed in the World's Masters Games in Vancouver, B.C. and came away with 2nd place in the 10km.

Mike McKendy became a member of the executive.

NOVEMBER: Mike Stapenhurst, Mike McKendy and Terry Niles conquered the New York City Marathon. Mike McKendy gave a report on the event at the General Meeting.

DECEMBER: The club Christmas Party was held at Larry and Mary Robinson's. Over 30 were in attendance.

WHAT A YEAR!!!

AT THE RACES

Ernie Fitzsimmons recently returned from a few weeks vacation in Florida. He spent his first week there running along beautiful sandy beaches. He didn't see many runners and those he did come across just ran one or two km at a slow pace. They seemed to be into the fitness aspect of running more so than the competitive side. After getting climatized to the heat Ernie decided to run in a 5 km race he saw advertized. It was slated for Saturday at 2 P.M. and the temperature was a hefty 86°F. Around 30 to 40 people were entered. At the start of the race Ernie pushed hard knowing the distance wasn't great and finished a very respectable 20:11. That's quite a feat in the heat, especially considering the fact they had "NO WATER STOPS". Ernie was well rewarded by capturing 1st place in the Master's division and his first trophy. It took Ernie 1800 miles to win his first race!! Our hats go off to you Ernie for your hard won effort! Keep up the good running!!

UPCOMING RACES

The Southeast Striders will be hosting the Dieppe Frigid Run on February 15, 1987. The registration fee will be \$5.00. All other details are in the 1987 New Brunswick Road Racing Booklet.

HEART MARATHON REMINDER by Steve Scott

The Heart Marathon is now less than three months away. Marathoners should be beginning to train now. This may also be a good time to start lining up sponsors for your efforts this year.

Some people may know that I am the Special Events Coordinator for the Fredericton Chapter of the New Brunswick Heart Fund with responsibility to the NB Heart Marathon for 1987. Because of problems with last year's event, the fund raising aspect was much lower than in previous years, so this year I hope everyone will consider raising funds for this very worthy cause.

I will be reporting on the 1987 version of the Heart Marathon in future issues of FOOTNOTES.

MEMBER PROFILE

This month's member profile introduces you to one of the Club's newest members - Howard Myatt. Howard is Director of the Monsignor Boyd Family Center which has numerous fitness programs available to people of all walks of life. Howie, himself, teaches fitness three days a week. A hardworking individual who is putting his heart into running, Howie tells me he loves it. Howie is a long standing soccer player who had been doing some running on his own for training. He has been running approximately six months, the last three months more seriously building up slowly to five runs a week and approximately 40 miles. Howie says he got into running partly due to his soccer training and partly due to meeting the fellows who run at noon hour from the Monsignor Boyd Center. They talked him into going along with them. Howie says runners are a great bunch of people and very friendly, always pushing him to do better. Asked about future objectives, Howie says mostly it is to "survive through 1987". As he is also a soccer player, he may have to make a choice this summer as both activities take up a lot of weekends. If he can continue his training, his hopes are to break 40 minutes at 10K and try a marathon. Howie commented that generally he was used to team sports and likes running because it is self-dependant, he can run when he wants and likes to run with the guys. Keep in there Howie, happy to see you running around.

RACE REPORTS

Ukiah, CA. October 19. Paul McCloy of Canada ran 27:48 to win the second annual Penofin 10K TAC National Championships in the fastest overall point-to-point 10K in history. Seven runners broke 28 minutes, 47 men ran under 30 minutes and eight of the first ten set personal records in a close and exciting finish.

Itasca, IL. October 5. Four days before this year's Oktoberfest 12K in Itasca, Illinois, race director Rick Staback received a call from Itasca's chief of police, who suggested a meeting. "When?" asked Staback. "Now!" said the chief. After the meeting Staback had to reroute, remeasure and recertify the course or send 6,500 runners wading through a newly formed lake. Unseasonably high rains had flooded Itasca and many other Chicago suburbs. "I don't know why I spent six months worrying about certifying the old course," Staback said diplomatically, "when it took me only one day to do the new one." Paul McCloy of Newfoundland, Canada did not have any trouble with the new course, winning in 34:23 over de Castella, who came in second in 34:24. Martyn Brewer of Kentucky was third in 34:26.

THE SOCIAL SCENE

Dave Prebble and Daisy were recently rear-ended while on their way to a race in Saint John. Hope they've sufficiently recovered from their stiff necks. Talk about a good excuse for not showing up for a race, eh??!!

Where are you Fred Turnbull, Jim Lythgoe, Ann MacDougall, Martin Grosweiner, John Webster, Tim Andrew, Reg VanDrech, Tony Little, Sue Borland, and Mary Maillet???? Have you passed away, moved on or are you still alive and running???? Let's do away with your vanishing act. Come join us on our funruns, join us at the parties, races or whatever. Just come join us!!!

It was brought to our attention just recently a little item I'm sure you'll find quite interesting. A Christmas card was sent to Edna Harris from none other than Crystal Nash in Alabama announcing her marriage to Tom Inzinga on June 16, 1985. This card was received on December 20, 1986. Interesting time lapse!

Dick Mawhinney made the suggestion to us about having a "sliding party" sometime in the near future. We've certainly got lots of snow for it. Perhaps someone would be interested in organizing such an event. Preparations would be minimal for the slide but in Dick's words, "Preparation H" essential after the event - ha! It would be something everyone could participate in. Sounds good!! Everyone start fighting now over who would love to organize such a "sliding event".

Bill and Flo LeDrew sent us a letter last month that didn't arrive in time for the December newsletter, so we've enclosed it with this month's newsletter. Since we couldn't oblige them about having a "team drink" at the Christmas Party, the next party shall be reserved to honor Bill and Flo with their "request".

Talents in our club are quite diversified. One past Sunday found Steve Scott and Larry Robinson enjoying a couple of hours of cross-country skiing through wooded trails along the McLeod Hill Road. Most weekends Joy Elliott and Eunice Phillips can be found pursuing the down-hill ski trails at Crabbe Mountain.

The members who didn't make it to the Club's Christmas party missed out on the fun. If you thought you weren't going to find the house, there was hanging from a post at the entrance of the driveway, the smelliest sneaker in these parts. Larry and Mary were gracious hosts and I am sure a lot of people would be proud to have three children who slept so soundly throughout all that ha ha. The food was excellent. Ed T. must have been terribly hungry. He watched the pot most of the evening to make sure he could get seconds. For a while we thought we were under government restraint. As usual feet were busy on the dance floor and to the tunes of Dick's tape of songs from the 80's. Mike, Rosaire and James orchestrated a Christmas sing-a-long which included a lively rendition of one by James T. It certainly was a hit. New faces included Howie Myatt and his wife Susan. Santa Claus incidentally forgot to come but I am sure he was just too busy so close to Christmas.

FOR SALE

The Club has several crested items of clothing for sale including singlets, shorts and a golf shirt. Anyone interested please contact Steve Scott at 453-2624 or 454-1714.

74 Columbus Crescent
Winnipeg, Manitoba
R3K 0C6
December 3, 1986

Hello from Winnipeg:

It's hard to believe that we have been away from Fredericton for almost two months. While we are adjusting to Winnipeg and think we're going to like it here, we greatly miss Fredericton and our friends, especially you CCR members.

I've been planning to write this letter for some time now, but I've been busy and on-the-go a lot - I'm travelling more here than I did in Fredericton. Florence has not started working yet, she's been awfully busy at home trying to get things the way we would like. Pete is enjoying himself at the University of Winnipeg - although he really misses his friends in Fredericton (back home). Randy has really settled in at high school and is enjoying Winnipeg. Peter is spending a couple of weeks in Fredericton before Christmas - if you see him say "hello".

Both Flo and I find it really different here in Winnipeg. The city is about 10 times the size of Fredericton and is not nearly as close a community. The running can be summed up in one word: FLAT!!! (Ok, two words -- FLAT and COLD!!!!). Winnipeg runners would die if they had to run up Regent (or even Hanwell). The only hill in and around Winnipeg is a man-made one - where the old city dump used to be. Quite frankly, we miss the hills. They added some variety and challenge. We have found a couple of pretty good routes, however, they don't compare with those in Fredericton. You should all appreciate what a marvellous city Fredericton is to run (and live) in!!!

Thank-you to those of you who have written us. We love to hear from you. Also we greatly look forward to the newsletter every month. I won't make a rash statement that I'll write every month, but I will keep in touch from time to time. Also we would love to hear from you - drop us a line.

Well, that's all for now. All the best for the New Year. We're really going to miss the Christmas Party - have a "team drink" for us.

Best Regards,
Bill and Flo LeDrew

FUNRUN RECAP

On December 11, 1986 we had nine runners for the noon hour run. They seem to be getting quite popular.

On our Saturday funrun, December 13th, twelve members showed up.... 11 guys and 1 gal. They did about a 7 mile route through our fair city. January 3rd funrun only attracted seven members after "Old Man Winter" gave us our first major storm of the year. And all those hardy "7" were males. Come on ladies, you're not going to let a little bit of snow hold you back, are you?? You don't want to carry the title of "wimpy" at the next funrun do you?? But take heart....even Mike McKendy failed to make an appearance. For those interested in running more than the usual 6 or 7 miles on Saturday morning, an extra 2 or 3 miles are run by some arriving at 9:30 a.m. instead of 10.

The Wednesday night runs are still on. Some leave from the Monsignor Boyd Center at 4:45 p.m. running to University Avenue where they pick up others coming from the U.N.B. gym.

HOT OFF THE PRESS

Saturday's funrun, Jan. 10th saw 18 members running....3 gals and 15 guys.

If you are planning on joining any of these runs, please bring along any extras such as extra sneakers, a spare towel, jacket or socks. All contributions appreciated. Loss of memory seems to be the sign of the times...maybe old age. Someone always seems to forget a valuable part of their running equipment or they are just not getting up early enough to pack all their gear.

QUOTES AND SUCH

HOCKEY NHL

Edmonton Oilers sign quarterback Matt Dunigan to a three-year contract.

Marathons serve a very useful purpose for the people involved. Running 26 miles keeps them from doing something even dumber.

But there was the road winding mile after mile, and nothing to do but go.

OF SPECIAL INTEREST

The Westawea Cross Country Ski Club of Fredericton is hosting a Jackrabbit Classic Cross Country Ski Tour on January 25, Sunday, 1987. A few of our members have expressed an interest in going. There are two tours offered: Full Tour : Kings Landing to Mactaquac Park and return to Kings

44Km START 9AM Landing. Skiers must be at least 16 years old. Mass start from Kings Landing. Registration at Reception Center 7:30 a.m. - 9 a.m.

Short Tour: Mactaquac Park to Kings Landing. Skiers must be at least 14 years. Mass start from Mactaquac Park. 27Km Start 10AM Registration at Mactaquac Lodge 8:30 a.m. - 10 a.m.

ENQUIRIES: Gerry Bance 454-1387 or 453-4897
Harald Piene 459-3924 or 452-3537

Skiers must carry a pack including supplies of food, drinks and extra clothing. Skiers responsible for transportation to and from start and finish.

CAPITAL CITY ROAD RUNNERS

CONSTITUTION

ARTICLE 1 - NAME

1:01 This Association shall be known as the Capital City Road Runners (hereinafter referred to as "the Club").

ARTICLE 2 - OBJECTS

2:01 The objects of the Club shall be to promote and encourage its members in becoming active participants in the sport of road running, and to establish and enforce uniform rules in the governing of all races.

2:02 The Club shall maintain an affiliation with the New Brunswick Track and Field Association.

2:03 The Club, in carrying out its objectives, without limiting the generality of the foregoing, shall more specifically:

- (a) build a membership of individuals and families of all age groups;
- (b) disseminate information concerning running to its members;
- (c) promote social activities among various members;
- (d) hold a minimum of one "fun run" per week;
- (e) host at least one road race per year to develop and improve all aspects of road running through various seminars, speakers, and in particular, participation in road races; and,
- (f) improve communication, and ensure good public relations between the Club membership and the general public.

ARTICLE 3 - FISCAL MATTERS

3:01 The fiscal year of the Club shall terminate on the 28th day of February of each year.

ARTICLE 4 - MEMBERSHIP

4:01 There shall be the following classes of membership in the Club, who shall have the privileges set out below:

- (a) Adult member --

A person 19 years of age or over, entitled to all the privileges of the Club.

(b) Family member --
A person of 19 years of age or over, entitled to all the privileges of the Club, along with the spouse, who shall also have all the privileges of the family member, and family of said member who shall be entitled to all privileges except voting and holding of executive positions.

(c) Youth member --
A person 19 years of age or under, entitled to all the privileges of the Club, except for voting and holding executive positions.

4:02 A person wishing to become a member of the Club shall fill out and sign an Application form obtainable from a member of the Executive Committee. Such Application shall also be signed by the Secretary upon receipt of the entrance fee, the amount of which shall be established from time to time by the Executive Committee.

4:03 No person shall become or be considered a regularly constituted member of the Club unless the provision noted above, being 4:02, shall have been fully complied with, and all such members shall maintain their membership by supplying the annual fee no later than January of each year, which shall be established from time to time by the Executive Committee.

4:04 Any member found guilty of breaking the rules and regulations of the Club, or of conduct unbecoming a member of the Club, may, after a fair hearing before the Executive Committee, of which he shall have at least ten (10) days notice, and at which he may be heard in his own defence, be admonished, fined, suspended or expelled from the Club, or deprived of any privileges of the Club for a given period of time, by a vote of two-thirds of the Executive.

4:05 A written resignation addressed to the Secretary shall be required from any member wishing to sever his connection with the Club, and may be accepted by the Executive Committee, but the Executive Committee shall not have the power to accept the resignation of any member in any manner indebted to the Club.

ARTICLE 5 - EXECUTIVE

5:01 The executive of the Club shall be the President, the Secretary, the Vice-President, the Treasurer/Registrar, and the Officer at Large.

5:02 The Officers of the Club shall be elected by ballot or by show of hands at the annual general meeting to be held in February of each year, and shall hold office for one (1) year or until their successors shall be elected. A majority of the votes cast by the members present shall be necessary for an election.

5:03 The whole of the Executive Committee shall be elected at the same meeting.

5:04 A vacancy on the Executive Committee during the term will be replaced at the discretion of the Executive Committee by appointment.

ARTICLE 6 - DUTIES OF THE EXECUTIVE COMMITTEE

6:01 It shall be the duty of the President to:

- (a) preside at meetings of the Club;
- (b) preside at meetings of the Executive Committee;
- (c) enforce all the regulations of the Club;
- (d) ensure that all Orders and Resolutions of the Executive Committee are executed;
- (e) sign all documents on behalf of the Club, along with the Treasurer/Registrar who shall also have similar authority; and,
- (f) generally take control of the Club.

6:02 It shall be the duty of the Vice-President to:

- (a) in the absence or disability of the President, perform all the duties and exercise all the powers of the said President;
- (b) assist the President in the discharge of his duties; and,
- (c) act on various committees established by the Executive Committee.

6:03 It shall be the duty of the Secretary to:

- (a) notify each member of every special, general and adjourned meeting;
- (b) file all documents, records, reports and communications connected with the business of the club;
- (c) in the case of inability to attend any meeting, he shall cause the books and papers to be conveyed to the place of the meeting;
- (d) maintain minutes of general membership meetings;
- (e) maintain minutes of Executive Committee meetings;
- (f) collect any dues or assessments or other monies payable to the Club, and transmit same to the Treasurer/Registrar; and,

(g) be signing officer with the President.

6:04 It shall be the duty of the Treasurer/Registrar to:

- (a) keep a true record of all members of the Club, with the names of the members thereat in a book to be provided for that purpose;
- (b) keep a correct roll of all members;
- (c) notify every applicant-elective of his election, and upon his becoming a member, furnish him with a copy of the Constitution of the Club;
- (d) receive all monies from the Secretary or other member;
- (e) ensure payment of all accounts contracted by the Club and certified to by the Secretary as passed by the Executive Committee, keeping a correct account of the same in a book to be provided for that purpose;
- (f) all cheques are to be signed by the Treasurer/ Registrar and one other member of the Executive Committee;
- (g) deposit in a bank to be approved by the Executive Committee in the name of the "Capital City Road Runners Club" all the funds of the Club as received; and,
- (h) make a report to the Club of the amount of money in his hands at any time on the request of the President or the Executive Committee to do so, and at the annual meeting in February.

6:05 It shall be the duty of the Officer at Large to:

- (a) attend all meetings; and,
- (b) be a member of the Executive Committee.

ARTICLE 7 - MEETINGS

7:01 There shall be one annual meeting to be held in February of each year.

7:02 There shall be general meetings held every two (2) months at a time and location to be determined by the Executive Committee.

7:03 The Secretary shall, as far as possible, notify each member of the Club of every regular, special or adjourned meeting of the Club, by directly or indirectly communicating by telephone with each member or giving written notice by the Club Newsletter, which is to be published regularly, at least five (5) days prior thereto. The omission of such notice, or any defect in connection therewith, shall in no way affect

the validity of such a meeting. The order of business of the general meeting shall be as follows:

- (a) the reading of the minutes of the last meeting which shall stand approved if not objected to;
- (b) business arising from the minutes;
- (c) reading of communications;
- (d) Treasurer/Registrar's report;
- (e) Committee reports;
- (f) Executive Committee reports;
- (g) Secretary reports;
- (h) election of officers;
- (i) seminar or speaker; and,
- (j) adjournment.

Every question to be determined shall be so determined by a majority of votes cast by the members present

7:04 The procedure for meetings of the general membership shall be determined in accordance with Robert's Rules of Procedure.

7:05 Five (5) members shall constitute a quorum for the transaction of business.

ARTICLE 8 - EXECUTIVE COMMITTEE MEETINGS

8:01 The Executive Committee, consisting of all members of the Executive Committee, shall meet prior to the general meetings.

8:02 Three (3) members of the Executive Committee shall constitute a quorum for the transaction of business.

ARTICLE 9 - ELECTIONS

9:01 The Executive Committee of the Club shall be elected by ballot at the annual general meeting each year, and shall hold office for one (1) year or until their successors shall be elected.

9:02 The Secretary shall act as returning officer, and as such shall receive all nominations, check the figures of the scrutineers, and declare the results of the elections responsible for the proper carrying out of this Article.

9:03 No person shall be elected to any office who has not accepted a nomination, such nominations must be delivered to the Secretary not earlier than seven (7) days and no later than the day of the meeting. In the case of any failure to nominate within the time

specified, nomination shall be made by a formal resolution to the Executive Committee.

ARTICLE 10 - EXPENDITURES

10:01 All expenditures of the Club funds must be approved by the Executive Committee.

ARTICLE 11 - USE OF CLUB NAME AND LOGO

11:01 Any use of the Club name and logo must be approved by the Executive Committee.

ARTICLE 12 - COMMITTEES

12:01 The Executive Committee shall appoint such committees as are deemed necessary to run the affairs of the Club.

ARTICLE 13 - AMENDMENTS TO THE CONSTITUTIONAL BY-LAWS

13:01 The Constitution of the Club may only be repealed or amended at a general meeting for which written notice has been given to the members at least twenty-one (21) days prior to the meeting by publication in the Newsletter, or by mailing to all members, said notice to be posted in the mail at least twenty-one (21) days prior to the meeting. Such amendment requires a two-thirds majority vote of the members present to be sanctioned.