

## Board of Governors

PRESIDENT	Owen Glendon	679-8660
VICE-PRESIDENT	Peter Ziebart	681-1390
SECRETARY	Kirk Flowers	657-1010
TREASURER	Grant Hilliard	681-1221

## Committee Chairs

CRC (DELEGATE)	Owen Glendon
CRC ACTION	Darryl K. Boyce
EDUCATION	Brenda Stonehouse
TECHNICAL, ENERGY & GOV. ACTIVITIES	Dan Shah
MEMBERSHIP	Michael Gubesch
NOMINATION	Tom Drennan
PROGRAM	Peter Ziebart
RECEPTION	
RESEARCH	Darryl K. Boyce
HISTORIAN	Bert Fenner
NEWSLETTER & PUBLICITY	Brad Deneau
REFRIGERATION	Bill Ovington

## Chapter Past Presidents

71 - 72	Jack Vanstone
72 - 73	Cliff R. Morrison
73 - 74	John Bisset
74 - 75	Russ A. Gonder
75 - 76	Jack Henderson
76 - 77	Wayne Barker
77 - 78	John J. Payne
78 - 79	Bill Mitchell
79 - 80	Chuck Sharp
80 - 81	Bill Rutherford
81 - 82	John J. Payne
82 - 83	Richard D. Palser
83 - 84	Walter Lucas
84 - 85	Ronald E. Granger
85 - 86	Donald M. R. Johnson
86 - 87	John Kenney
87 - 88	Peter Golem
88 - 89	Charles Clemance
89 - 90	Greg James
90 - 91	Tom Drennan Dr.
91 - 92	Darryl K. Boyce



# Newsletter

**London Canada Chapter**  
**American Society of Heating, Refrigerating and Air Conditioning Engineers Inc.**  
 521 Colborne Street, London, Ontario N6B 2T6

SOCIAL PLANT FACILITIES ENGINEERING & CONSTRUCTION	
FILE --	CIRC. --
MAY 28 1993	
DKB --	UoS --
JMD --	DLM --
CKK --	WCC --
OTHER --	
BF --	

## MAY MEETING

## HIGHLAND COUNTRY CLUB LTD.

279 Commissioners Road East  
 London, Ontario

**Monday, May 31, 1993**

Social Hour & Tech. Session - 5:30 PM

Dinner - 6:30 PM

**Guest: Dr. Rose Marie Jaco**  
 Associate Professor  
 Department of Social Work  
 King's College  
 University of Western Ontario

**Topic: Stress Management**

## PRESIDENT'S MESSAGE

Thanks to all those who participated in our Phonathon to raise money for ASHRAE Research and Discuss Chapter Activities.

Of the 49 area assigned members that could be reached, 25 made personal contributions.

Those individuals were: Hernan Asuncion, John Bisset, Darryl Boyce, Ron Britnell, Joseph Claessens, Charles Clemanca, Neil Courneya, Matthew Cy Ma, Brad Deneau, Kirk Flowers, Owen Glendon, Ronald Granger, Jeff Haywood, Grant Hilliard, Don Johnson, Cyril Mayo, Derek Macartney, David McCormick, Cliff Morrison, Kristine Norris, Bill Ovington, Michael Palmer, Ewart Roberts, Bill Rutherford, Linda Rutherford. For those who could not be reached, Darryl Boyce is still humbly accepting contributions.

We were also pleased with the constructive responses to our questions on Chapter activities. Generally you felt:

- 1) The Highland venue is appropriate, food acceptable/good and Monday Nights are suitable.
- 2) Chapter membership dues are reasonable, but many would support higher rates to supplement increased Chapter activity (i.e. pay for speakers).
- 3) The newsletter was sufficiently informative, though it could still arrive earlier for those with cumbersome inner office mail systems.
- 4) The meeting program was good with more emphasis on new technology.

Specifically, some suggestions were:

- 1) Reevaluate need for spouses night.
- 2) Schedule more building/facility tours.
- 3) Speaker topics - atomic energy power generation - smoke evaluation - cogeneration enhancements - industrial energy conservation - etc.
- 4) Bring in ASHRAE PDS Seminar to London.

All of your suggestions will be carefully reviewed by the Board of Governors. We feel confident that with your help, the quality of our program will improve. And, thanks Darryl and Brad for those hours on the phone

## PROGRAM

Guest Speaker: Dr. Rose Marie Jaco  
Topic: Stress Management

That deadline is fast approaching. The telephone and fax machine both won't quit. No time for dinner, the kids need a ride to baseball. Those are your kids, aren't they? The doctor's told you to lose 10 pounds, but you haven't been to the gym in three months. You have also been told to cut down on the coffee and quit smoking.

Sound all too familiar? While we can not eliminate stress from our lives, we may be able to get a better handle on it. Dr. Jaco, our guest speaker for this month's program, will be presenting some techniques on stress management. Come out to the meeting. It should be an interesting, as well as, informative evening. This will be our last formal meeting for the 1992-93 season.

### About Dr. Rose Marie Jaco

#### Degrees

- |      |   |
|------|---|
| 1987 | Ph.D., Faculty of Social Work, The University of Toronto. Thesis: "A Study of the Marital Role-Related Learning Needs of Engaged People". |
| 1973 | M.A., Sociology, The University of Western Ontario. Thesis: "Family Life Education as an Instrument of Attitude Change".                  |
| 1954 | B.S.W., Social Work, St. Patrick's College, Ottawa.   |
| 1950 | B.A., University of Toronto.  |

#### Employment History

- |                |  |
|----------------|--|
| 1990           | Private Practice in Psychotherapy and Counselling.   |
| 1989 - Present | Associate Professor, Department of Social work, King's College, The University of Western Ontario. |

#### Courses Taught:

Introduction to Social Welfare and Social Work  
Introduction to Professional Practice  
The Helping Process  
Social Work with Individuals and Families  
Family Social Policy  
Women and Social Work Practice  
Family Practice  
Social Work in Health Care Settings

- |           |   |
|-----------|---|
| 1988-1989 | Sabbatical Leave.   |
| 1980-1988 | Associate Professor, Department of Social Work, King's College, The University of Western Ontario |
| 1976-1979 | Assistant Professor, Department of Social Work, King's College.                                   |
| 1973-1976 | Lecturer, Department of Social Work, King's College.  |
| 1972-1973 | Part-time Lecturer, Department of Social Work, King's College.                                    |
| 3 Years   | Part-time, Department of Social Work, St. Joseph's Hospital, London, Ontario                      |
| 3 Years   | Mental Health Clinic, Sudbury General Hospital, Sudbury, Ontario.                                 |
| 2 Years   | Children's Aid Society, Lanark County, Ontario.   |

#### Academic Interests

Family Life and Marital Education.  
Suicide Prevention.  
Health Care Delivery.  
Voluntary Social Services.

## FUTURE PROGRAMS

London Chapter  
ASHRAE

## GOLF TOURNAMENT

Oxbow Glen Golf Course  
Monday, June 21, 1993

Golf + Dinner = \$48.00

Dinner - 6:00 PM = \$25.00

Tee-Off Times: 10:00 AM to 12:00 Noon  
(Limited Space)

For Reservations Call - Palsar Enterprises  
471-9382

Prize donations Welcome

Sponsored by: Don Morton Sales Ltd

## RESEARCH COMMITTEE REPORT

The research promotion campaign is nearing completion. We have forwarded \$4,025.00 to Atlanta and have pledges totalling \$1,985.00, which would amount to a total contribution of \$6,010.00. I believe that we should be able to achieve our chapter goal of \$5,300.00 by June 30, 1993.

I would like to thank Brad Deneau and Owen Glendon for their support in the Phonathon. The Phonathon was a great success; we contacted 49 area members and received pledges from 22 members, for a total of \$710.00.

Darryl Boyce

## NOMINATIONS

Nominations for Board of Governors for ASHRAE London Chapter have been received as follows:

PRESIDENT:	Peter Ziebart
VICE PRESIDENT:	Kirk Flowers
SECRETARY:	Grant Hilliard
TREASURER:	Brenda Stonehouse

## MEMBERSHIP COMMITTEE REPORT

The local Chapter would like to welcome Mr. Mark Broughton, Mr. Peter Edmiston and Mr. Wayne Hutchison to ASHRAE as Society Members. We, here at the local Chapter extend an invitation to come out to our next Chapter meeting.

The Membership Committee thanks everyone who paid their Society and Local Chapter membership dues. A few individuals have left their dues unpaid, but overall most members are in good standing.

Mike Gubesch

## DISCLAIMER

Due to overwhelming response during the Phonathon, the disclaimer clause will be discontinued.