



Dinner With Six Strangers

For five years in a row, the Senior Alumni Association has participated in the "Dinner With Twelve Strangers" program offered through the University Alumni Association. U of T alumni host a small group of students new to the U of T campus (and often, to Toronto and Canada) in the alumni's home for dinner, lunch, a picnic, or some other social event. It doesn't have to be 12 students. It could be less or more. The alumni get to meet the students of today, who are often from various cultures and countries, and the students get to know each other.



l to r: Katie, May, Julia, Maureen Somerville, SAA president, Melody, Istiaque, Charles

Last November 14th, our SAA president, Maureen Somerville hosted some of the SAA executive and six students in the conservatory of her condominium. She provided a huge pot of her truly exceptional chili as well as barbequed chicken. Salads, cheeses and desserts were 'pot-lucked' by the other executive members. Along with the great food, lively conversations ensued as each student told us about his/her background, studies and hopes/plans for the future and the executive shared our past experiences as students at U of T and our own career paths. The evening was a resounding success and a memorable time was had by all.

We encourage you to consider hosting some students yourself. It's a very worthwhile endeavor and a very rewarding experience for both you, as U of T alumni, and the students. Students who are interested in attending the dinner register with the UTAA and UTAA will co-ordinate with you regarding the details of the dinner. For further information, contact:

Aisalyn Templin
phone: 416-978-3329
email: aisalyn.templin@utoronto.ca
Web: <http://alumni.utoronto.ca/volunteer/host-a-dinner/>

Wendy Talfourd-Jones, events chair

SAA Town Hall with Susan Eng

U of T's Senior Alumni Association held a Town Hall for SAA members and guests last November 17th, at Alumni House, 21 King's College Circle. The topic was *What Does The Future Hold For Seniors Under The New Liberal Government?* Susan Eng, LLB, executive vice-president of CARP (Canadian Association of Retired Persons) was our guest speaker, and we had an excellent turnout.



Maureen Somerville, SAA president (left) with Susan Eng, executive vice-president of CARP

Susan, who is a Toronto lawyer, a former chair of the Toronto Police Services Board (1991-1995) and a former alumni representative on U of T's Governing Council (2000-2009), gave us some insights into her lobbying of the political parties and candidates on behalf of senior Canadians during the recent federal election process. From her lobbying position within CARP, Susan was able to share some tales not only of her interactions with some of the running candidates (and the different

receptions from and access to various party individuals) but also CARP's prior awareness of the outcome of the final results of the election. CARP's on-line poll, which was available to all members, was showing the positive trend towards the Liberals and their majority well before election day. Susan and her team were not at all surprised with the result from the feedback they received from their polls.



During the lively question-and-answer period and the light refreshments following Susan's presentation, members were able to interact with each other and with Susan and pick up the CARP publications and literature made available for those who wanted more information.

The SAA is planning future events for this spring. We will keep you informed and we hope to see you then.

Wendy Talfourd-Jones, events chair



Senior Alumni Volunteer Opportunities

One of our objectives is to provide opportunities for senior alumni to serve the University. We hope you will try one of these opportunities.

Volunteering at the University Health Network

Are you retired and/or looking to get involved in something meaningful? Come and volunteer with us at the University Health Network, where you can meet new friends and gain a different experience while making a positive difference in someone's life. We have a lot of opportunities in the areas of patient support, clinical support and administrative support across our hospital sites. In addition, we offer the following specialized programs:

Hospital Elder Life Program (HELP) – Volunteers' involvement allows elderly patients to stay physically and mentally active during their time at the hospital through activities, mobility exercises and communication with the healthcare team. This ensures patients receive the best care possible.

Enhanced Recovery After Surgery (ERAS) – Volunteers assist patients as they transition through multiple points of the recovery after colorectal surgery.

Healing Beyond the Body (HBB) – Volunteers contribute to patient care by offering enhanced emotional support and system guidance at every stage of the cancer journey.

Contact Ivetka Vasil, 416 603-5800 ext. 2362 or visit:

http://www.uhn.ca/corporate/ways-help/Volunteering_UHN/Pages/default.aspx

University Health Network Research Volunteer Pool



More than half of us will be touched by disability, either personally or through someone in our family. You can help by joining the **Research Volunteer Pool** and participating in research at the Toronto Rehab-UHN. Our discoveries are helping speed up the return to home, work or school; allow people to live independently longer, significantly improve use of impaired limbs with new treatments and technologies, ensure that healthcare is delivered in the best way possible, and, prevent injury and illness.

If you enrol, a research staff member will contact you to get relevant information which is stored confidentially. When a specific study matches your profile, researchers will contact you. You can choose whether or not you want to participate. You will remain in the pool for other researchers to contact you again in the future.

There is a need right now for persons who have early dementia / early Alzheimer's / stroke / osteoarthritis but are otherwise healthy.

We are also trying out assistive technologies but there is no experimental drug administration involved.

• main website:

<http://www.torontorehabresearch.ca/>

• research progress and videos:

<http://www.torontorehabresearch.ca/index.php/innovation-impact/research-videos>

Remember, enrolment is completely voluntary. All UHN research studies have been reviewed to ensure they meet the highest scientific and ethical standards. Contact:

Maria Theresa N. Del Mundo
TRI - Patient Research Liaison
416-597-3422 ext 7840
tess.delmundo@uhn.ca



Events

Senior Alumni Association CANADIAN PERSPECTIVES Lecture Series

There is still time to catch some excellent lectures in our Winter Canadian Perspectives (CP) Lecture Series. All lectures take place at the Carlton Cinema at 20 Carlton Street (at Yonge St) which is easy to reach via the TTC. The best value is to purchase the entire 5-lecture series but you can pick only the lectures you are interested in. The lectures are open to the general public so bring along your friends.

For your convenience we offer secure, online registration at:

<http://alumni.utoronto.ca/alumni-groups/senior-alumni/canadian-perspectives-lecture-series/>

or call the Senior Alumni Office at 416 978-0544.

Tuesday Morning Series, 10:00 am – noon

February 2

Emergency Food Systems

Ryan Noble, North York Harvest Food Bank

February 9

Creating Urban Health Solutions

Dr. Stephen Hwang, staff physician, St. Michael's Hospital

February 16

Restoring our Relationship with Indigenous Peoples: Answering the Truth and Reconciliation Commission's Calls to Action

Joelle Morgan

February 23

Memoir Now! The Importance of Writing your Memoirs

John Timmins, author

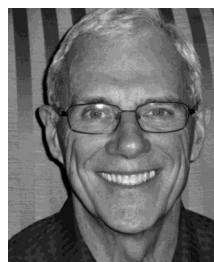
March 1

Mental Health in Later Years

Dr. David Ryan, psychologist, Toronto Regional Geriatric Program

Changes in the CP Lecture Series committee

Jean Orpwood, who joined the CP Lecture Series committee more than 5 years ago, will be leaving the committee. Jean was the former head of the City of North York library system. She has brought her redoubtable enthusiasm to her volunteer role as she has to life. We are grateful to have had her contribution to the committee and look forward to her continuing presence at the lectures.



Joining the committee is Brian Yawney. Brian graduated with a BSc in chemistry in 1964 from UBC and a PhD in chemistry from Monash University in Melbourne followed by two post-docs in Bristol and UC Irvine. His industrial career spanned 38 years with seven companies doing extractive metallurgy, adhesive and plastic coatings and automotive plastics. Having enjoyed the CP series for three years, he very much looks forward to maintaining its momentum for the enjoyment of current and future attendees.

Ihor Prociuk, editor

President's Corner



Happy New Year to you all! We've been blessed with an extraordinarily mild late fall and early winter; however, we seem to be catching up. We live in Canada, so I won't complain, but do I hope you're safe, warm and healthy.

We had been experiencing a downturn in attendance at the Canadian Perspectives Lecture Series, but thanks to promotional help from the Alumni Office and good word-of-mouth advertising from our members along with other efforts, the Carlton Cinema was

much fuller for the fall 2015 series. Thank you so much for that! I hope this trend continues, and encourage you to attend the winter series, due to begin on February 2nd. It will run for five weeks on Tuesday mornings. It was decided at the last SAA Executive meeting to raise fees for all series by \$5.00, but keep the individual lecture cost at \$15.00. Even though we're experiencing an increase in attendance, we do need this money. It has been several years since the fees were raised. We no longer can depend on free or lower-cost accommodation on the U of T campus, and a lot of you seem to like the Carlton for its location. So 5-lecture series will now cost \$55.00, and the 7-lecture series in the fall will cost \$75.00. The raise will help cover the cost of coffee at the lectures. Remember that we support several scholarships with any extra cash we bring in. Kristine Thompson and her committee work hard to find and slot in excellent speakers. I know that I enjoyed tremendously the lectures I attended in October and November.

Wendy Talfourd-Jones has been hard at work planning events for you to attend. The town hall with Susan Eng was excellent and well-attended. See her article on the front page. Wendy has other events in the planning stages. She has also reserved tickets through Mary Morton Tours to see *A Chorus Line* at Stratford and Oscar Wilde's *A Woman of No Importance* at the Shaw Festival. There is an application form and article in this newsletter for the Stratford trip on the back page. Information for the Shaw trip will appear in the April/May newsletter. I will be doing one of my "walks" in early May with a focus on St. George Street. The contrast between the age of buildings on either side of the street is fascinating. It illustrates the expansion of the University in the early 1960s as it prepared for the baby boomers.

2016 marks the 40th anniversary of the founding of the U of T Senior Alumni Association. It all began with lectures and exercise classes as a means to attract senior alumni back to the St. George Campus. We are proud of our accomplishments over the years since and the number of you who have been reached. The original founders are all gone now, and we could do with one or two new members to bolster the executive, but we enjoy doing what we do for you and hope that our work continues in other hands for many years to come. We're planning some treats to celebrate.

Our Annual General Meeting will take place on May 2. We are very pleased to have U of T President Meric Gertler as our AGM speaker. The U of T Spring Reunion will take place in late May. We hope to see you at both!

Maureen Somerville, president, SAA

AGM

Monday May 2, 2016

Notice of Annual General Meeting and
Volunteer Recognition Day

**This year we are celebrating our
40 Anniversary**

Guest Speaker

Meric Gertler

President, University of Toronto

Details will follow in the April / May, 2016 newsletter.

Still Going Strong After 40 Years!



After 40 years, the Senior Alumni Association of the University of Toronto is still active and vibrant. On the occasion of our 10th anniversary (1986), the SAA published a booklet, *Senior Alumni in Action at U of T*, giving a brief history of our association and listing some of our awards and accomplishments. Below is an excerpt from that booklet.

PREPARATION FOR RETIREMENT

The third flagship that resulted from that memorable March meeting in 1976 was Preparation for Retirement. Then little information was available about successful retirement and few firms offered courses to guide the new sixty-fiver into the next chapter of life.

It was decided the Senior Alumni should offer a course to U of T graduates about to leave the marketplace. Wilson Abernethy knew just the right man to direct the program — Preparation for Retirement Living. Allan Upshall is still on the job. He then was the recently-retired manager of staff relations for Eatons. He had important contacts in the field and soon put together a comprehensive course. It was designed to present to those about to retire a wide range of useful knowledge on the adventure ahead. Seven topics were included — health, housing, the law, planning retirement income, community resources, leisure activities and the psychology of aging.

Since that first program in the fall of '76, a series of courses has been arranged for university alumni and a second for faculty and administrative staff within the University itself. On the average, 30-40 people take each course and, as boy scouts prepare for the challenge of the teens, they prepare for a new way of life.

THE SENIOR ALUMNI ASSOCIATION

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Application form for *A Chorus Line*

A Chorus Line

Cost: \$169.00 per person (taxes included)

The cost includes taxes and gratuities. You will receive a receipt. Make your cheque payable to **Mary Morton Tours**. Complete the form below and mail *directly* to:

Mary Morton Tours
11316 Petty Street
Ailsa Craig, Ontario N0M 1A0

Deadline: Friday, April 8, 2016

The completed order form must be received at Mary Morton Tours by the deadline date.

Date of Trip: Wednesday, May 4, 2016

Be at 50 Carlton St. (Loblaws entrance of the old Maple Leaf Gardens), east of Yonge St.) by **9:15 a.m. for a 9:30 a.m. departure.**

If you wish to be picked up at the Islington Subway Station, please be there by 9:45 a.m. for a 10:00 a.m. departure. The bus pick up is on the east side of Islington Ave., by the phone booth.

Trip Details:

Lunch will be at the Annex Restaurant in downtown Stratford. Salad, dessert, and coffee or tea are included. Please include any dietary restrictions. Wine, etc., are available, but is not included in the cost. We will arrive at the Festival Theatre in Stratford in time for the 2:00 p.m. matinee of the play.

Return:

We will arrive back in Toronto on Carlton at approximately 7:30 p.m.

University of Toronto Senior Alumni Association *A Chorus Line* — Wednesday, May 4, 2016

Full Name: _____

Address: _____

City, Province: _____

Postal Code: _____

Email: _____

Home Phone: _____

Cell Phone: _____

COST: \$169.00 per person (taxes included)

PAYMENT: Make cheque payable to Mary Morton Tours

BUS PICKUP: ☐ Carlton St. ☐ Islington Ave.

LUNCH: ☐ Stuffed chicken ☐ Baked Atlantic salmon

Indicate any dietary restrictions below.

REMEMBER: This completed form must be received at Mary Morton Tours by Friday, April 8, 2016.



The Senior Alumni Association has arranged with Mary Morton Tours to trek westward to Stratford this spring to see the multi-award winning musical *A Chorus Line* at the main Festival Stage. As in the past, for a very excellent price, Mary Morton Tours include return bus couch transportation, excellent theater seats, and a delicious lunch at The Annex restaurant in downtown Stratford. Unfortunately, our “usual” haunt, The Waterlot, has closed down!

A Chorus Line opened at the Shubert Theatre on Broadway on July 25th, 1975 after several workshops and an off-Broadway production. With music by Marvin Hamlisch, lyrics by Edward Kleban and book by Jams Kirkwood and Nicholas Dante, it was directed and choreographed by Michael Bennett. The musical won nine of its twelve Tony Award nominations, and also won the 1976 Pulitzer Prize for Drama (one of the very few musicals ever to receive this honour) as well as the New York Drama Critics’ Circle Award for Best Play of the Season. When it closed on April 28th, 1990, *A Chorus Line* was the longest-running show in Broadway history, until it was surpassed by *Cats* in 1997 and *Les Miserables* and the *Phantom Of The Opera* in 2002.

The production is based on the concept of Broadway dancers auditioning for spots in a chorus line for a Broadway show. After the next to final round of cuts, seventeen dancers remain for eight coveted positions. Zach, the director, asks the dancers, one by one, to introduce themselves and reveal their past as part of their audition. On a bare stage, each hopeful reluctantly reveals inner secrets, fears and sometimes painful regrets. A side story to this audition process is the past romantic history between Zach and one of the auditioning dancers, Carrie. Musical numbers such as *I Hope I Get It*, *One* and *What I Did For Love* highlight the production.

In 1976, Toronto had its own very successful and popular production of *A Chorus Line*. This current Stratford production should prove to be as successful and exciting since the incredibly talented Donna Feore is the director and choreographer.

...We invite you to join us on May 4th as we bus up to Stratford for *A Chorus Line*. The registration form is at left.

Wendy Talfourd-Jones, events chair

“Quotable Quotes”

If you don't know where you're going, you might not get there.

— Yogi Berra, baseball player and manager

A community is like a ship; everyone ought to be prepared to take the helm.

— Henrik Ibsen, Norwegian playwright

Would that well-thinking people should be replaced by thinking ones.

— Natalie Clifford Barney, American playwright