



THE VIKINGS CAME!



On Tuesday, November 29, 2018, the Senior Alumni sponsored an event featuring the ROM For You volunteer group's presentation of the ROM's Vikings exhibition. This was a major exhibit at the ROM during the 2017/2018 Season and if you missed it, this was a good opportunity to enjoy the exhibit after the fact.

Carolyn Swadron (pictured at left) introduced her fellow volunteers and presented the first section of The Vikings: "Meet The Vikings." She pointed out

that the general perception of the Vikings as bloodthirsty, warring invaders was mostly a misconception. In general they were farmers and traders. The Viking helmet with the horns was also a myth. That vision came from a Wagner Ring opera costume. The helmets were actually the regular medieval 'spade' shape. Petrina Wilson continued the presentation: "Family, Community And Home." which dealt with family, social and community life. The next section of the presentation, "More Than Just Worship And The Living And The Dead." was given by Buffy MacGregor, and delved into the Vikings' religious and belief practices.

In "Away On Business And Over The Seas," Sue Gibson described the Vikings' incursions into other countries and areas of Europe and Asia, mostly to trade but also to conquer. They could reach areas further inland that larger ships could not since the Viking boats had such a shallow draft.

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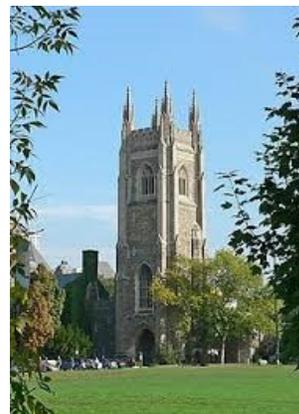
AGM

Monday May 6, 2019

Notice of Annual General Meeting Volunteer Recognition Day and Reception

Details will follow in the April / May, 2019 newsletter.

Volunteers Needed for Soldiers' Tower Memorial Room



The Soldiers' Tower Committee is looking for volunteers who would help keep the Memorial Room, a small military museum inside the Tower, open. This would appeal to those who like meeting people and who believe that it is important to remember the sacrifices of those who served in the two world wars and other engagements.

The ideal candidate would be able-bodied (there are 3 flights of stairs with landings upon which to rest), personable, reasonably outgoing, have a good memory and an interest in the subject matter. The role would involve talking to visitors about the University's involvement during war time, and about the artifacts in our collection. A volunteer shift is typically two hours, but that is flexible. We typically work in pairs so the volunteer would not be on their own. There is a greater need between May and November. Training is provided.

Volunteers are also needed to help out at the carillon recitals, for those who are thus interested. This involves being outside and handing out programs.

Anyone interested could contact

Kathy Parks
Coordinator, Soldiers' Tower & Carillon
Alumni Relations, University Advancement
University of Toronto
Telephone: 416-978-3485
E-mail: soldiers.tower@utoronto.ca

Joann Rossiter
Co-chair, Senior Alumni Volunteers Committee
E-mail: joannwanda@rogers.com



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.

University Health Network Volunteer Opportunities



COURAGE LIVES HERE

Are you retired and/or looking to get involved in something meaningful? Come and volunteer with us at 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, clinic or unit support, waiting room support or administrative support across our hospital sites. The programs we would like to highlight are:

- **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.
- **Engage Program/Creative Arts Program** – Volunteers engage patients through music, art, or crafts primarily in inpatient units. Typically, we are looking for volunteers who play the guitar, flute, violin, erhu, banjo, bandura, clarinet, keyboards and piano, and volunteers who enjoy drawing and sketching or doing crafts such as origami with patients.
- **Waiting Room Program** – Volunteers liaise between families and friends of patients, and the clinical staff. They provide friendly and compassionate support and general assistance to family and friends of patients in waiting rooms, keep staff informed of any questions or concerns of visitors and assist them administratively.
- **Navigator Program** – In their role as Navigators, volunteers are situated at information desks, at entry points of the hospital or near elevators. From there, they greet, direct and escort patients, families, and visitors to different areas of the hospital; ambulatory clinics, inpatient units, waiting rooms or to administrative areas.
- **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.
- **Inpatient Visiting Program** – Volunteers provide emotional support to patients and their family members in inpatient units, listening to them, engaging them in conversation, games or other activities, reading to them or providing them with reading material.

Contact Ivetka Vasil, 416-603-5800 ext. 2362

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



Department of Psychology
UNIVERSITY OF TORONTO

**Are you
55-80?**

The University of Toronto's Psychology Department is looking for volunteers to participate in a variety of aging studies.

To volunteer, you must have at least a grade 11 education and be fluent in English. Participants are paid \$18 per hour.

Contact us for details

Phone: (416) 978-0905 E-mail: adultpool@psych.utoronto.ca
<http://www.psych.utoronto.ca/users/adultpool/>



...Events



U OF T ALUMNI REUNION MAY 29–JUNE 3, 2019

U of T Alumni Reunion is the largest alumni gathering of the year. Come back to campus for fascinating lectures, fun family events, class dinners, and more! With 130+ events, it's the perfect way to catch up with friends, meet new people, and enjoy your alma mater. As of the printing of this newsletter, events have not yet been posted but bookmark the Reunion site and check it regularly. Register early as many events fill up quickly. **And don't forget to visit us at the SAA Info Desk!**

More details at:

alumni.utoronto.ca/events-and-programs/alumni-reunion



Participate in a simulated driving experiment aimed at improving road safety!

The goal of this study is to examine whether younger and older drivers differ in terms of their ability to make safe and accurate judgments under more versus less demanding driving conditions. **We are looking for healthy adult volunteers between the ages of 20-35 or 65+ to participate in a research study.** You will be asked to complete a driving task in a driving simulator at Toronto Rehab. To learn more or participate, please contact:

Katherine Bak
E-mail: Katherine.Bak@uhn.ca
Phone: (416) 597-3422 x 7803

“Quotable Quotes”

Nothing would be done at all, if a man waited till he could do it so well that no one could find fault with it.

John Henry Newman, theologian

President's Corner



When I first started writing this edition of the President's Corner, it was toward the end of January. We had that really, really bad snowstorm. Despite the cold and snow, we had a very good turnout for the first lecture of our Canadian Perspectives winter lecture series on January 29. Pearce Carefoote, the head of the department of Rare Books and Special Collections at the Thomas Fisher Rare Book Library, delivered the lecture *Forbidden Fruit: Some Naughty Books at Fisher Library*. There are still a few lectures left

in the series. Visit <http://uoft.me/saacp> for more information.

While the Fisher Library serves the faculty, staff, students and alumni of the University, it is also open to the public. There's a small gallery space just inside the main entrance. The current exhibit, *Nature on the Page: The Print and Manuscript Culture of Victorian Natural History*, runs Mon, Jan. 28, 2019 to Fri, Apr. 26, 2019. Tours of the exhibition will be held on:

Thursday February 21, 6:00-7:00 pm

Thursday March 14, 6:00-7:00 pm

If you can't make one of the tours, there's also a free hour-long audio guide, narrated by the curator, Maria Zytaruk, Associate Professor of English, University of Calgary. She guides visitors through the themes of the exhibition and point to specific highlights in each of the display cases. The Fisher is open Mon.-Fri., 9am to 5pm. See:

<https://fisher.library.utoronto.ca/exhibition/current>.

But I digress. I thought I could use the storm as a segue to remind everyone that better—and warmer—days are ahead and that everyone should start thinking and planning for University of Toronto's Alumni Reunion to be held May 29 to June 3. And then the weather turned downright balmy! Oh well.

Ihor Prociuk, president, SAA
ihor.prociuk@utoronto.ca

The Vikings Came!

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...And finally, in "The Vikings In Canada," Sandra Craig-Hallam discussed the Vikings' exploration, courage and seamanship in reaching our east coast and Labrador shores.

Carolyn and her group brought Viking artifacts (see photo at right) which were displayed for perusal and they answered questions about them during the break for refreshments.

It was an incredibly interesting and informative afternoon, and a great way to "tour" the Royal Ontario Museum.

Wendy Talfourd-Jones
events chair

SAA Awards and Scholarships

2017–2018 Recipients of the Peter John Hare Memorial Scholarship in the Environment



Cameron Pak Heng So recently graduated with an Honours Bachelor of Science in Ecology and Evolutionary Biology, and Environmental Sciences. He is now pursuing a Masters of Science (MSc), studying the adaptive potential of plants, namely *brassica rapa*, in response to future climate scenarios. After graduating, Cameron hopes to start a career in scientific research studying the effects of climate change on plant populations and ecosystems. His interest lies between the intersection of policy and science, where he hopes to influence communities to make better choices in response to climate change and global environmental issues.

"The Peter John Hare Memorial Scholarship provided generous financial support to continue my science education in ecology and evolution. Without this scholarship, I would not have been able to pursue my passions and pursuits of understanding the natural world and our indirect human influence imposed upon it. Furthermore, financial support provided immense motivation for me to pursue a doctorate either domestically or abroad. ... Please extend my immense gratitude to the donors associated with the Peter John Hare Memorial Scholarship." – Cameron Pak Heng So



Laura Lea Houghton Curran is currently in her fourth year of study. She is pursuing a major in Environmental Science and Forest Conservation, and a minor in Environmental Studies. She is involved in several extracurricular activities at U of T including her role as Co-President of the Beekeeping Education Enthusiast Society (BEES) and as a Sustainability Officer for the Environmental Students' Union. In the summer of 2018, Laura received the Centre for Global Change Science Summer Undergraduate Internship, which allowed her to do field work with a forestry PhD student in Haliburton Forest studying greenhouse gas flux from trees. Outside of school, she has worked as a swim instructor and has volunteered as a Young Urban Forest Leader for the non-profit organization, Local Enhancement and Appreciation of Forest (LEAF). Laura is an avid swimmer, reader, and enjoys playing the violin and drawing in her spare time.

"It is my honour to be the recipient of the award for 2017. This award helps motivate me to continue to strive for excellence in my studies. I am from Toronto and am fortunate enough to live with my parents, but have to pay for my University tuition and expenses. This award helped me focus on my studies and extracurricular activities with less of a worry about my finances. I am so grateful for your support in establishing this award." – Laura Lea Houghton Curran

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One Hundred Years of Teaching & Making Music



In 2018, the University of Toronto Faculty of Music celebrated its 100th anniversary. Since 1918, it has produced some of the world's great musicians, scholars, composers, performers, and new knowledge creators. Here are a few highlights of its history:

- 1846: University of Toronto grants Canada's first Bachelor of Music degree to church musician James Paton Clarke.
- 1918: U of T establishes the Faculty of Music when it mainly administered exams for degrees.
- 1962: Faculty of Music moves into the Edward Johnson Building, the first building designed for music study in Canada.
- 2018: Faculty of Music has almost 7,000 graduates and has over 950 students of which 350 are graduate students.

The faculty has an impressive library of more than 300,000 scores, books and periodicals and 200,000 recordings ranging from wax cylinders to digital audio.

Of particular interest to SAA members are the approximately 600 performances and public events offered each year (September through March)! Most events are well-priced for seniors (\$25) and the majority of the events are free. Events take place in various locations in the downtown core of Toronto and are easily accessible by public transit. There appears to be a genre to appeal to almost every musical taste:

- jazz
- opera
- recitals
- student ensembles
- master classes
- new music concerts
- orchestra, winds and brass
- chamber music concerts
- student recitals
- voice, choral music and early music
- lectures and symposia

To see what's coming up, go to their events page:

<https://music.utoronto.ca/concerts-events.php>

You can also get a printed version of the events catalogue at:
https://music.utoronto.ca/docs/2018_19_notes_singles_final.pdf

SAA Awards and Scholarships

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Dana Pugh, a fourth-year student at U of T's Victoria College was another recipient of the Peter John Hare Memorial Scholarship in Environment.

The 2017–2018 Recipient of the Senior Alumni Association Prize in Cell and Systems Biology



Ariana Besik is a second-year master's degree student in the Department of Cell and Systems Biology studying plant. She also holds an Honours Bachelor of Science degree, with a double major in Biology and Physiology, which she completed with High Distinction. In October 2017, Ariana won a Student Poster Award for her poster "High Precision Phenotyping of Field Grown Breeding Populations of White Spruce" presented at the GHG Flux Workshop in Potsdam, Germany.

Ariana is the Assistant Social Director for University of Toronto Mississauga's (UTM) Association of Graduate Students and the UTM Representative for the Cell and Systems Biology Graduate Union.

Outside of school, Ariana enjoys camping, kayaking, and a variety of other outdoor activities. She also shares her mother's love of music, and likes to attend concerts and musicals whenever she gets the chance.

"I joined the Department of Cell and Systems Biology exactly one year ago, and have been really enjoying my experience here since. After earning the highest mark in my supervisor's course, BI0312-Plant Physiology, I was given the opportunity to join a project that uses ground-based physiological measurements in tandem with up-scaled drone measurements. ...

In December 2017, I received the Centre for Global Change Science Graduate Student Research Award, which will provide me with enough funding to attend the CSPB Conference this year, where I will have the opportunity to present exciting updates about my research. My goal is to publish three papers this year; two from my master's project and one from a collaborative project. I am hopeful that my success here will make my applications to medical school and then to the Canadian Armed Forces (to become a medical officer) successful. Thank you for helping me achieve my goals!" – Ariana Besik

THE SENIOR ALUMNI ASSOCIATION

University Advancement Phone: (416) 978-0544
21 King's College Circle Email: senior.alumni@utoronto.ca
University of Toronto Web: <https://alumni.utoronto.ca/senior>
Toronto, ON M5S 3J3

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Senior Alumni Newsletter Staff

Editor: Ihor Prociuk
Assistant Editor: Maureen Somerville