



A Newsletter for Members of LIFE Institute at The G. Raymond Chang School of Continuing Education, Ryerson University

Some bold predictions for a greater LIFE ahead

Jean Paton asked LIFE Board members (including herself) to look into their crystal balls and tell us “What’s Ahead for LIFE?” Short term, long term, difficult or wonderful, here are their predictions:

Judith Levkoe looks ahead five years with this prediction:

The Future of LIFE is Rosy! The 1,500 members that we will have in the next five years will bring with them fabulous skills and experiences that will make our learning opportunities even more vibrant and diverse than they are today.

We will collaborate with other like-minded groups in the GTA to plan and offer annual conferences on healthy aspects of older-adult empowerment in educational, health and social justice matters that will attract guest speakers from around the world.

Our Travel opportunities will incorporate travel experiences together with learning, volunteerism and mentoring and will lead us into international educational opportunities with later-life providers around the world.

We will have so many opportunities



opening up for us that we will be compelled to develop additional staff resources and consider active recruitment of members who are willing to take on leadership roles.

In short, The LIFE Institute will become a model for exciting university older adult partnerships in Canada and encourage governments and corporations to become involved and contribute.

Louise Brousseau wants her dream to come true sooner than that! My wish is a LIFE building with many classrooms, very near RU. And this by 2014!

Marilyn Wright’s prediction

is all positive: We will be able to encourage a larger and more diverse membership with access to a wide range of courses and activities to satisfy a wide variety of interests. This will happen because our relationship with the Chang School will be one of a true partnership in all aspects.

Classrooms will be available as we need them. LIFE will be the educational model for the 50-plus population as a venue for respectful interaction with all sorts of interesting people.

Jean Paton looks ahead nine years to see: A LIFE clone in every community in Ontario by 2020.

Martha Wall expresses guarded optimism: Continued growth in numbers — both of participants and courses — will produce wider recognition, which in turn will lead to more growth! Will we become

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Ring June 16 on your calendar

The Annual General Meeting of LIFE Institute will be on Thursday, June 16 at 10:30 a.m. at the International Living and Learning Centre, 240 Jarvis Street. This business meeting is open to all LIFE members. Lunch following the meeting is also at the International Living and Learning Centre. Cost is \$25; prior registration is required. Note: We’re making progress on the new website. Stay tuned!

Yes, we have some more fearless predictions from our Board

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too big for our boots or will we find new boots?? Stay tuned.

Leonie Thelwell philosophizes, “It takes time to build castles,” (an old Irish saying). LIFE has already laid its solid foundations, and as we move forward, laying brick by brick, our castle will rise to meet us.

Ellen McLean dreams beyond the classroom: My wish would be to have a good social centre where we can gather for good conversation and a coffee. Oh yes, to have courses and courses so that we do not have so many on waitlists!

Fran Smookler has some worries, and some innovative solutions: What’s ahead for LIFE? Lots of good stuff, BUT I think our membership has grown too large and, without some creative or difficult decisions being made, I can see LIFE becoming a victim of its popularity.

What should an organization do when it doesn’t really want to cap its registration numbers but has a valid reason to be concerned about its growth due to classroom availability challenges?

One suggestion would be to require that new members make a commitment to give LIFE a certain amount of their non-class room time – as a volunteer, committee member or course leader.

There are potential new members who will not want to make this commitment and they will go elsewhere thus slowing down our growth while strengthening our ability to serve our membership.

Marcel Deurvorst’s dream is coming true soon: I have been the LIFE Registrar for the last six years. In that period my registration team and I have processed tens of

thousands of registration forms, opened the envelopes manually, checked the information for accuracy (with a calculator), kept track of the number of courses members registered for on a manual chart, and passed all this information on to the office manager who then had to enter every course one by one in the LIFE computer system.

All in all, an outdated, awkward, time-consuming system which paralyzed the operation of the LIFE office for at least three to four weeks three times a year. I dreamed that one day we would have a system which

- would be user-friendly and easy to navigate, where members could easily find what they were looking for, and with quick answers to their questions;
- would allow the purchase of memberships online, and create an account with LIFE so that membership renewal could be made online as well;
- would have the LIFE calendar online for easy access for choosing and registering for courses;
- would allow the use of a credit card for payments and donations to LIFE;
- would send confirmations by email.

I am happy to report that my dream is coming true and that the new on-line system will be implemented some time this year. If that is not good news, what is?

Shirley Griffin remembers the importance of our LIFE volunteers: My dream for LIFE is that as it grows, more members will volunteer their skills, knowledge, time and energies to make it the #1 life long learning institute in North America. My hope is that one day it will

have dedicated space for all its programs within the Ryerson campus.

Margaret Edgar, who chaired the Twentieth Anniversary Celebrations this year, gets the last word: she looks ahead 20 more years, for this exciting vision of our future. Her 2031 Prediction:

As Chair of the Twentieth Anniversary Committee, my focus has been on celebrating our past and the people who made it possible for LIFE to flourish, expand beyond the wildest predictions, and who continue to step forward to give of themselves by serving on committees, the Board, and in the classroom.

The challenge presented to me now is to look forward to 2031, and through my crystal ball, suggest what may have taken place to ensure that LIFE continues to thrive. In my mind there is no question that will happen.

We jump forward only five years from 2011 to find that, as the Baby Boomers leave the work force in greater and greater numbers, they are looking for mental stimulation that comes from challenge and risk.

LIFE Institute is perfectly placed to provide this, but the past seven to eight years have been a battle to find enough classrooms for the ever-growing number of classes offered each semester. Popular courses are particularly vulnerable as the large classrooms have continued to be the most difficult to acquire.

As LIFE has grown, so too has Ryerson’s undergraduate and post graduate student body. The cost of renting classrooms that Ryerson, though apologetic, cannot provide, has escalated, demanding higher fees both for membership and for individual courses. Buildings on campus continue to be closed down one at a time to allow for extensive renovation, thus shattering any hope of new opportunities for LIFE.

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Travel tips for savvy travelers, or tripping the LIFE fantastic

Ken Smookler discusses the curious facts of flying that don't feature on your ticket

You've bought your ticket, packed your bag or bags and as you are checking in the agent casually says to you, "And that will be another \$25, please." Or maybe "\$50" – or maybe not.

How can you tell in advance if you are going to hear those chilling words? Well, here are a few tips to help you figure this out.

First of all, you have to be aware that the airline into whose plane your bag is being loaded may not be the airline that issued your ticket. In order to keep seats full, co-operating airlines will carry passengers for each other, a system called Codesharing.

If you were considering buying your ticket from Air Canada to fly to Frankfurt, you and your baggage may fly on one of Lufthansa's planes. Even if you are just going to New York, you may "Fly United" or any other member of the Star Alliance headed that way.

And why does this matter? Because the baggage charges will be levied by the actual carrier, not Air Canada. To protect yourself always find out, either by looking at the booking on line or asking your agent whether your flight is a codeshare and, if so, who will be operating your airplane.

When charges will differ

Then go to that airline's website and look under Baggage to find out if there will be an extra charge for your first (maybe not) or your second piece of checked-in luggage (probably). You may then think it worthwhile to change your intended departure time or even your carrier to avoid that codeshare flight and minimize or eliminate the extra charges.

But that's not all! The charges may (probably will) differ depending on whether you are flying Domestic (within Canada and the USA) or International (usually lower).

Is that all? Not yet. If there is a baggage charge it is frequently at a lower rate for those people who check in early on line, rather than waiting until they get to the airport. This gives the airline a better chance to calculate its load



What to do after it's shut

and, with the increased cost of jet fuel, the airline can tell in advance how much jet fuel that flight will need and how strict they need to be about overweight luggage (the lighter the load, the less it will cost to fly the route).

(Here is a completely unverified rumour I picked up from an agent — the closer the plane to flying full the less forgiving the agents can be about allowing a few pounds overweight without charge.)

And there's still more.

Some airlines that do charge will let some or all of your baggage go free if you hold one of the top level Affiliated Credit Cards such as the Gold Delta SkyMiles Credit Card or the Continental Airlines Presidential PlusSM Card. Again, if you do have an affiliated card check its privileges or ask the agent or the airline and, if so, bring it with you.

For those of you who want to be aware in advance about such items as baggage charges, overweight charges, etc. go to the web pages of the airline that you plan to use or, for a general overview of most airlines' rules, try this website: www.expedia-aarp.com/daily/flights/airline-fees.asp.

Then there's everything else you want to take. I'm sure you all have a standard carry-on bag, but if it is bigger than the rules allow (23cm x 40 cm x 55cm or 9" x 15½" x 21½") the airlines are getting tougher about requiring you to check it and possibly pay for it as your second piece of checked luggage.

Finally, you're allowed to carry on one personal article, i.e. a purse or its equivalent. Mine is a bag I bought at Travel CUTS which holds my noise-cancelling earphones, my iPad and/or my MP3 player, my sandwich, fruit and water (empty bottle, filled after I pass security), a book or two and one Kleenex® pack.

Try a photographer's vest

If I really have to carry more than that I put on a photographer's vest-of-many-pockets and **wear** the added extras.

Obviously there are a lot more travel tips I could have covered which I will try to address in later columns but, if you have a question that can't wait, drop it off with your e-mail address at the LIFE office, addressed to the Travel Column. I'll answer you directly as soon as I can and I'll print the more interesting ones (without your name if you want) in the next issue of LIFELines.

Omnia dicta fortiora si dicta Latina

Omnia dicta fortiora si dicta Latina:

Everything sounds more impressive when said in Latin! You already know more Latin than you might think, even if you have never studied the ancient language of Caesar and the Romans. Try these (literal translation in brackets):

- **a mari usque ad mare** (from sea to sea). Motto of Canada.
- **ad hoc** (to this): Improvised, or to be used for only a specific, immediate purpose.
- **alter ego** (another self): A second persona or alias. Often used of a fictional character's secret identity.
- **bona fide** (in good faith).
- **carpe diem** (seize the day): An exhortation to enjoy each day as it comes.

tion to enjoy each day as it comes.

- **caveat emptor** (let the buyer beware):

The suitability and condition of the goods is entirely the responsibility of the purchaser.

- **curriculum vitae, CV** (a course of life): Outline of one's life's work, similar to a resume.
- **e pluribus unum** (one coming out of many). Motto of United States of Amer-



ica.

- **emeritus** (veteran): retired; often used to denote a position held on retirement, as an honor.
- **et cetera, etc.** (and the rest); In modern usage, "and so on"; phrase used to shorten lists.
- **ex officio** (from the office): By virtue of the office or position; for example, LIFE's Past President is an ex officio member of the Board.
- **ibidem, ibid.** (in the same place): Used in bibliographic citations to refer to the last source referenced.
- **in camera** (in the chamber): Used to mean "in secret," especially a part of a meeting that will not be recorded in minutes open to the public.

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Slowly, LIFE's brave new world will unfold

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It is about this time, 2016, that statistics indicate that the number of students graduating from Ontario high schools has decreased. Schools are half full. Ryerson too is affected.

Also at this time, LIFE receives a generous legacy from a long-time member. The stipulation is that the money be put toward permanent classrooms for LIFE.

Suddenly a whole new opportunity opens. The President of the Board, assisted by the newly appointed Executive Director, begins negotiations with Ryerson.

As it has evolved, the VIC building is due for closure and renovation. A proposal is developed that includes a brilliant fundraiser who has worked in the academic area before. The proposal is brought to the President of Ryerson: LIFE Institute wishes to acquire the sixth floor of the VIC building on a purchase basis.

The contract includes our consultation regarding the renovation and layout of classrooms of various sizes and includes the expansion of the CEL (LIFE's popular computer education lab).

All classrooms will be outfitted with the latest technology for presentations as well as technology to allow for enhanced hearing. One large space will be set up as a "green room" where members can relax between classes, have a light snack or lunch, and generally socialize.

The LIFE office, which now has two full-time administrators, will be moved to VIC as well. There will be offices for the Executive Director and for the executive members of the Board.

'In 2026 our new domain will open'

The money from the legacy that came with the direction to purchase classrooms will form the basis for the offer LIFE makes as a down payment.

Ryerson is intrigued — recognizing that it is not as besieged with students as it had once predicted. It takes two years for a contract to be fleshed out and an agreement to be signed. Our fundraiser has already gone into high gear and because the cause is so close to the hearts of the members, donations and long-term commitments are made.

Following the first legacy, many more members write LIFE into their wills. We continue to use Ryerson classrooms when possible, knowing that in the end we will have our own space, close to the subway, and accessible to Wheel Trans vehicles.

It takes four years, filled with delays and obstacles designed to discourage even the most dedicated. But a light shines at the end of the tunnel when several more legacies are received, and they, combined with the Government of Ontario's new policy to fund Seniors' education, provide the final stimulus for the project.

It is 2026 and the doors proudly open on LIFE Institute's new domain. The membership now is close to 2000. We are able to offer classes not only during the weekdays, but also in evenings and on weekends. The fundraising has not ended — but each year brings the organization closer to the goal of being masters in our own house.

The five years leading to our Fortieth Anniversary will be filled with challenges and accomplishments — most of all, filled with seniors who have found a new delight in learning and in being part of the challenge.

A New Member's Journey Through LIFE

Frances Smookler

*Teachers have it,
Politicians too,
But not her.
She had to find her voice.*

*Others are smarter,
Know things to say.
Doesn't want to seem
simple,
Silence is golden.*

*She sits in the classroom,
They're asked to join in.
Her eyes watch the rain-
drops*

*Till others engage.
Still, she's welcome too.
Maybe next year.*

*Bright faces returning,
Greetings and hugs.
Tries to feel confident.
Maybe next year.*

*They're asked to make
choices,*

*Pick something to offer,
Conduct their research,
Share information.*

*They're urged to move
forward,
Who's first, and who sec-
ond;*

*She studies her fingers.
Maybe next year.*

*New people join them,
Assume that she knows
things.*

*She can't disappoint them
And starts speaking softly*



Frances Smookler, whose poem this is, with husband Kenneth, who takes over the Editor's Chair of LIFELines in the coming year. Photo: David Smookler.

Everyone listens.

*Can't justify reasons
For not volunteering.
Maybe she'll try once.
How hard can it be?*

*She thinks it went poorly.
Still, everyone thanked
her.*

*And research was fun.
Will she do more?
Maybe next year.*

*On a committee now,
Phoning up members.
They're chatty and
chummy,*

*She answers their ques-
tions.*

*She joins more commit-
tees.*

*Then one day a call
comes:*

*A Board spot is open,
Will she stand for elec-
tion?*

*She's shocked and says,
"Maybe next year."*

*She likes the Board's
spirit,
The humour and friend-
ship.*

*She makes small sugges-
tions,
She's making a difference.*

*The years come and go
With each a hat change.
Then one day a summons,
Would she wear the top
hat?*

*"Who me?" -- she is speech-
less.*

*"Why not you?" comes the
answer.*

*She looks round at her
Board friends,
Sees the trust in their
glances*

*And, at last, finds her
voice.*

It is finally "next year."

*"I guess I must face it.
If next year is now
Then --Yes, why not me?"*

LIFE Then and LIFE Now: A Few Changes!



Fran Gruber, Honorary Member

Twenty-three years ago, because of sickness, I was forced to retire earlier than I expected from teaching, which I loved. I was not happy until I answered a little ad in the Retired Teachers' newsletter asking for volunteers. It was a research project looking at senior programs in North York.

A new world opened for me. The findings from this research brought providers of programs throughout the city together. Elderhostel introduced us to peer-led courses like those that were jumping up in American Universities and at McGill in Montreal.

The next step was Ryerson — and LIFE was born. Those early days were challenging and exciting, as I worked with so many committed people. I became president of the fledging organization, and was able to attend conferences of other learning institutes. We were all excited as we set up our original mandate. Both my physical and mental health were on the mend. My personal experience has allowed me to help others who were newly retired and worried what they would do for the rest of their lives....

What has changed in 20 years? Everything!

We can start with the changes in electronics: electronics have changed our world, but our educated senior population has kept pace. In 1990, I was one of the few in my age group using a computer. Look at seniors today! Most of us have personal computers and are major users.

**Fran Gruber as MC
at LIFE's Founders'
Day lunch, 2010
Photo: Ken Smookler**

When our Computer Education Lab opened, all my students wanted was to learn to send E-mails to their children to show they were computer-literate! Consider the sophisticated courses LIFE's CEL offers now: developing pictures from an iphone or camera, EXCELing your own income tax, banking online, managing files and making PowerPoint presentations ... yes, you could say that seniors have embraced technology!

Today, when you volunteer to moderate a course you can sit at your computer at home and Google anything you want, any time of the day or night, then get in touch with the rest of the class by E-mail. The office can keep everyone informed about events through the LIFE blog. Remember "telephone trees" and snail mail?!

When we started, if we had five participants we could run a course. Today, if I don't sign up the minute I get the newsletter — poof, I'm not in the class. Our original idea was to keep class sizes at 15, which would allow everyone to participate.

Today, there are so many choices

Now, although we may have fifty in some classes (a problem for Ryerson) everyone seems happy to give an opinion! Look at our Calendar! There are so many choices I don't know which one to sign up for first. The Curriculum Committee, the backbone of LIFE, continues to come up with great ideas for courses, recently adding courses in the spring and walks in the summer.

I think, too, of how the role of moderators has evolved. In the beginning members suggested courses, offered to take on some leadership, and we just started! Now LIFE's Moderators' Committee offers help and advice, workshops and courses for new or reluctant moderators.

During that momentous first year we decided to have a LIFE holiday party. It was held in my condominium party room. One of our own members played the harp for us. (Yes, her husband arrived with the harp!) Friendships grew as we put learning and social gatherings together. We grew into an interesting and supportive group of LIFE members. There were and still are romances! This social ingredient of LIFE has developed steadily over the years, and has made a warmth that is infectious, and unique to our program.

Last week, when I attended the first class of the spring term, I was greeted by everyone. Josephine, who is 96 and in a wheel chair, was back to class, along with Norman, who is a kid at 92. Their contribution to our class is well respected. What great role models they are.

There are many more "then and now" comparisons, but I have not been asked to write a small book! In 1997, you honoured me as founding and first president of LIFE. I was told there would be benefits and responsibilities to go with this accolade. I received a lifetime membership in this most wonderful organization. Thank you, LIFE. The benefits for me over these years are, as my grandchildren would say, "awesome."

Thank you to everyone who helped

Margaret Edgar

As we come to the end of our celebrations for the Twentieth Anniversary of LIFE, and as I step down as Chair of the committee mandated to organize events over the year, I want to let you all know that this kind of challenge is not accomplished by one person! And so, let me extend truly deep thanks to the many members who contributed time and expertise:

The “Blue Sky Committee” was comprised of Geoff Arnold, Fran Gruber, Pam Hitchcock, Sandra Kerr, Joan Lee, Sheila MacDonald, Jean Paton, Mel Shipman, Fran Smookler, Eugene Strauss, and Marilyn Wright. We started “blue sky-ing” in August of 2009. Over our three meetings, ideas abounded from which choices had to be made.

Throughout the fall and winter of 2009-2010, we refined what would be possible within the limits of our budget.

The official beginning of our Twentieth Anniversary celebrations was the Eyes of Experience photography exhibit mounted in May 2010. Two weeks later we welcomed back Marilyn Booth, Dean of Continuing Education (1993 to 2005) as guest speaker at our AGM (2010).

The first major event in the fall was a special luncheon honouring our founders and charter members, past presidents and Deans. Geoff Arnold, Fran Gruber (LIFE’s first president) and Fran Smookler and I worked together to develop a contact list.

Together we became super sleuths and ended up with a guest list of 50, with 36 in attendance at the Donalda Club in north Toronto. Highlights of the event were Geoff’s terrific Power-Point presentation: LIFE Through the Years, which was shown again at Welcome Day, and a delightful piano concert by Joan Lee.

The fall Welcome Day featured Kevin Courrier in a discussion about the

changing face of movies over the past 20 years. We also started inviting members to be the “Celebrity Cake-Cutters” at each event – Ralph and Kitty Wintrob at September Welcome Day, Phyllis Vosko and Phyllis Broder at Winterfest, John and Mary Twomey at Winter Welcome Day, Hermine Borduas and Peter Tuer at March Mingle, and Geoff Arnold and Fran Smookler at our AGM (2011).

Gift to the Chang School

At March Mingle we presented our gift to the Chang School, in appreciation of our special relationship.

Pam Hitchcock, who had suggested the idea originally, Jean Paton and I, with the help of Kathy McMaster, Archival Analyst in the Ryerson li-

brary, found pictures of Heaslip House in the early 40s when it was built as the head office of the O’Keefe Brewery. Purchased by Ryerson in the 60s, it became the home of Ryerson’s radio station, CJRT. And now it is the proud home of the Chang School of Continuing Education – and LIFE Institute.

Member Harvey Levkoe designed a wonderful photo montage, which will be unveiled in its permanent location in Heaslip House during the Silver Screens Arts Festival.

We will complete our celebratory year at the AGM with a skit written, directed and performed by LIFE members, about LIFE in 2031 – a subject of much conjecture, as you can read in this issue of LIFELines. So thank you everyone!

Now bring on the next 20!

A warm farewell to Herb Simson

Fran Smookler

In September 1991, after reading an article in a column about seniors in the *Toronto Star*, Herb Simson, recently retired from his successful printing business, turned up at a start-up meeting of The LIFE Institute.

Some years later he wrote in *LIFELines*, “I was impressed with the programs and curricula presented, the vitality of the membership and the dedication of the Executive and Moderators.”

In the beginning Herb only signed up to take a couple of courses but, starting a year later, he began leading courses and setting up getaway tours — “*Friends of Music*”; “*What Makes Us Tick*”; “*Niagara Wine Tour*”; “*Creative Writing For Literati in Limbo*.”

In 1992 Herb became the editor of *LIFELines*, and he continued to edit the newsletter for several years. Herb was a thoughtful writer, an artist and a music lover who believed “we must look beyond our horizons to make a better world for all.”

The 1991 Winter edition of *LIFELines*

included a poem by Herb:

AUTUMN LEAVES

*So wildly upon the breeze they fly
Now high, now low, now rising again
Then gently they settle on the misty
fields.*

*So brilliant their colours
The yellows and golds
The burnished amber and copper.
Again they rise upon the wind*

*In tumultuous waves
Then rest on the soil
The bright leaves of autumn.*

In recent years Herb had been ill and had been lovingly looked after by his devoted wife, Florence. Sadly, Herb was not well enough to attend our Twentieth Anniversary Founders Lunch.

While he was still in his teens Herb walked for months to escape from Germany after experiencing the horror of Kristallnacht. The shadow of that experience always stayed with him. We hope you rest in peace, Herb, in the knowledge that you were important — not only to your family — but also to us.

Honour Roll of LIFE Presidents

Compiled by Geoff Arnold

Founding President Fran Gruber 1991-1993

“The germ of an idea, then meeting, planning and working to make it all happen: laying the foundations for the innovative LIFE Institute.”

Harvey Lewis 1993-1994

“Imagine what we can do to make LIFE grow and prosper! Consider what you can do to make our organization better qualified to achieve the aim of self-directed learning! JUST IMAGINE!”

Jack Brown 1994-5, 1995-6

“Our new partnership with Ryerson is a win, win, win situation — a win for LIFE as we accept responsibility for more programs, a win for Ryerson as programs for seniors are better coordinated and a win for all members of LIFE as options for learning and experience are expanded and enhanced.”

Geoff Arnold 1996-7

“The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experiences.”

Harold Wakefield 1997-8

“It’s not the strongest who survive, nor the most intelligent, but the ones most responsive to change.”

Harriet Law 1998-9

“In a multicultural, age-divided society, we at LIFE Institute cultivate diverse participation and programs. We



Two-termer Simon Pearson

embrace change that builds a satisfying holistic community. We lead the way!”

Fran Smookler 1999-2000

“When LIFE invites us to work on a committee, lead a course, help with LIFELines, become a Board member, assist with office routines, etc. we have wonderful opportunities to add significant dimensions to our lives.”

Marilyn Grace-Holyer 2000-2001

“I see LIFE Institute as one of the many opportunities for older adults to fulfill themselves by pursuing knowledge and experience while enjoying camaraderie with their peers.”

Jack Marmer part 2001, 2002-3, 2003-4 (2-1/2 years)

“Efficiency, strengthened committee structure, members’ involvement, leading to more interesting and attractive courses; the result: higher membership revenue to fund even more programs.”

Bryan Fearon 2004-5

“A delicate two-step in the dance of a new, deepening relationship with Ry-

erson University was under way and LIFE had to make a full commitment in order to be fully recognized and obtain an assured future.”

Margaret Edgar 2005-6

“My Presidency has been a roller coaster year! Difficult, with many crises, almost a full time job, it has nevertheless been very rewarding, and has strengthened my desire to make sure LIFE survives. There are challenges to come, but I am confident that the huge body of experience in LIFE members will meet the future with grace.”

Sally Ferguson 2006-7

“Growth remains our biggest challenge, and the need for volunteers is ongoing. Our members came up with some brilliant ideas at the spring seminar, ‘Ideas for LIFE,’ and we plan to implement some in future.”

Simon Pearson 2007-8, 2008-9

“LIFE is almost entirely a volunteer organization. The more people volunteer, the better we can serve our members. And LIFE has many different types of classes. Stretch yourself a little – try a class with a little more involvement. Surprise, surprise: you’ll enjoy the challenge.”

Judith Levkoe 2009-10

“Winston Churchill said we make a living by what we get, but we make a LIFE by what we give! As we move out of the Getting Stage of life and into the Giving Stage of LIFE, we can recognize how true these words are.”

Sure, we know much more Latin than we think

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- **in memoriam** (in the memory): Refers to remembering a deceased person.
- **magnum opus** (great work): Masterpiece.
- **modus operandi, M.O.** (method of operating): The term, familiar to fans of crime and detective shows, is used to explain a criminal’s methods.
- **per diem** (by day): By/per day, the specific amount an organization allows an individual to spend per day, typically for travel expenses.

- **persona non grata** (person not pleasing): An unwelcome, unwanted or undesirable person.
- **pro bono publico** (for the public good): In Canada, commonly abbreviated to pro bono; work undertaken as a volunteer service, usually by a lawyer.
- **quorum** (of whom): The lowest number required to make a meeting constitutional.
- **status quo** (the situation in which): The current condition or situation.
- **terra firma** (solid land).
- **verbatim** (word for word): Exact quota-

tion.

And then there are these abbreviations from Latin phrases, used and mis-used so often:

- **exempli gratia, e.g.** (for the sake of example): For example.
 - **id est, i.e.** (that is): That is, or in other words ... ; usually followed by an amplification of the term or phrase.
- There are lots more examples of Latin phrases we use every day, including this one:
- **omnia vincit amor:** Love conquers all.

What's Better Than Free?

Jean Paton

Ontario Place is celebrating its 40th anniversary by offering free admission all season long, May 21 to November 13.

Charges will apply for rides, for some specially ticketed concerts and for films at the refurbished Cinesphere, but general admission and a variety of performances on three stages will be FREE.

Here are some other free (or almost free) things to try in our city this summer....

Museums, galleries

- The Sun Life Financial Museum and Arts Pass: The "MAP" is available from Toronto Public Library Branches, and offers free admission to Toronto treasures such as Black Creek Pioneer Village, Casa Loma, Fort York National Historic Site, Mackenzie House, Spadina Museum, etc., etc. Note that libraries have cards for different sites. More details from your Toronto Public Library Branch, or on the website,

www.torontopubliclibrary.ca. Search for: Sun Life Museum and Arts Pass.

- Art Gallery of Ontario: Free admission Wednesday evenings from 6 p.m. to 8:30 p.m. (Permanent Collection only).

- Gardiner Museum: Free after 4 p.m., first Friday of every month; Museum closes at 9 p.m.

- Bata Shoe Museum: Every Thursday evening, between 5 p.m. and 8 p.m., admission is pay-what-you-can, with a suggested donation of \$5.

- Royal Ontario Museum: Half price general admission on Friday evenings, from 4:30 p.m. The Museum closes at 8:30. (This special price is funded through the generosity of Sun Life Financial.)

Music

- Jazz: TD Toronto Jazz Festival June 24-July 3. Free lunchtime concerts presented by Air France daily, Metro

Square: www.torontojazz.com

- Jazz, Blues, Caribbean, and more: 23rd Annual Beaches International Jazz Festival Streetfest: Thursday July 21 to Saturday July 23, with bands along a 2 km. stretch of Queen St., between Woodbine and Beech Aves., and at Woodbine and Kew Parks. www.beachesjazz.com

- Classical, Other: Summer Music in the Garden: Concerts in the Toronto Music Garden, Thursdays at 7 p.m. and Sundays at 4 p.m. www.harbourfrontcentre.com/torontomusicgarden

Toronto parks

- Riverdale Farm never closes! Open every day from 9 a.m. to 5 p.m.: Horses, sheep, pigs, chickens, donkeys, and butterfly-herb-flower-vegetable gardens. The Farm Kitchen serves refreshments in Simpson House from 10 a.m. to 4 p.m. every day but Monday. If you go early, you can even buy fresh eggs from the farmer. Go to www.toronto.ca/parks, and click on Riverdale.

- Dream in High Park: Canadian Stage production for 2011 is Shakespeare's *The Winter's Tale*: cast of 12 actors and musicians and original music. Canada's oldest outdoor theatre event continues from June 28 to September 4. Minimum donation requested. www.canadianstage.com

- The Toronto Maple Leafs Inter-county Baseball Club: Home games at: Dominico Field at Christie Pits. Regular season runs from May 1 to July 24 with lots of home games on Sundays at 2 pm. (No admission fee, but you will be strongly urged to buy some draw tickets to support the team!) Schedule posted at www.leafsbaseball.com.

- Music Garden Audio Tour: Rent a hand-held audio player with commentary by the Garden's designers Yo-Yo Ma and Julie Moir Messervy, detailing each unique section, as well as

excerpts from Bach's First Suite for Unaccompanied Cello. Rental is \$6; go to the Marina Quay West office at 539 Queens Quay West (on the pier immediately south of the Garden). A security deposit is required. www.harbourfrontcentre.com/torontomusicgarden

Miscellany

Out of this World! 9 p.m., first Thursday of most months: Free tours by graduate students in the Department of Astronomy and Astrophysics at the University of Toronto. Presentations are generally in a hall in the McLennan Physical Labs building at 60 St. George Street; observing sessions take place on the 15th and 16th floors. www.astro.utoronto.ca/StGeorge_tours.html

Pedestrian Sundays, Kensington Market: Always something interesting happening at Kensington Market! Enjoy a car-free stroll on the last Sunday of the month, May to September. Kensington is located just to the west of downtown Toronto, and is bordered by Spadina Avenue and Dundas, Bathurst, and College Streets. www.kensington-market.ca

Toronto Island Ferry. Get off and stroll on Toronto Islands, or just stay on for a round trip on a hot summer night! Entrance at the foot of Bay Street. Seniors \$3.50. Ferry schedules: www.toronto.ca/parks/island/ferry-schedule

Farmers' markets

Farmers' markets are springing up all over Toronto. Most run from mid May to late October. Following is a selection only – see full list at www.toronto.ca

Riverdale: 3 p.m. to 7 p.m. Tuesdays
Nathan Philips Square: Wednesdays, 8 a.m. to 2:30 p.m.

Trinity Bellwoods Park: Tuesdays 3 p.m. to 7 p.m.

Withrow Park: Saturdays, 9 a.m. to 1 p.m.

Metro Hall : Thursdays, 8 a.m. to 2 p.m.

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It's all about adapting to the ravages of old age

Patrick Bloomfield

It may be a ##### test in Boston but we don't do things like that here in civilized Ontario.

If you haven't yet had to make your way to a seniors' "Educational Session" office in Ontario you may be surprised by the courtesy, civility and genuine desire to help that you encounter when you get there.

One blessing: you don't have to take a driving test. Instead, the instructor devotes an hour-long seminar on the effects of getting older and how to adapt to them, and then you write a test to ensure you know road signs, regulations, legislation and rules.

The whole course is simply about adapting to the things that happen to you as you grow older. No lecturing, no hectoring.

For instance, the instructor at a previous session (you have to attend one every two years after reaching 80) stressed that she would be frightened stiff if seniors were not be allowed to drive. She'd then have to share the road just with all those other yahoos. She noted that seniors devise their own strategies to counter the problems of ageing.

This time around the instructor (and a

Adapt your driving to your age

very helpful booklet) ran over our ageing problems — declining vision, reduced hearing, less flexibility, slower reaction time, the potential effect of prescription drugs — and how to adapt to them.

The adaptation part was full of helpful tips, such as a detailed discussion on exercise classes and where to find them.

Then there was a reminder of something I had never known, that it is legal to undo one's safety belt when backing. That helps you turn your



body around to look properly backward.

There was a useful tip on those dreaded left turns. Instead of taking the risk of having to cross the stream of oncoming traffic safely, you can drive straight ahead, take the first right turn, then the next right turn and finally turn into the road going in the direction you want.

And, should you think that sounds a roundabout way of doing things, our instructor assured us that she uses this stratagem regularly to avoid one clogged intersection in her neighbourhood and invariably gets where she wants more rapidly.

We learned about the two- and three-second rules. The former is a rule for younger drivers when following another vehicle on the highway when road conditions are ideal.

We seniors were recommended to observe the three-second rule. You note when the vehicle in front passes a particular roadside landmark, then count one thousand and one, two



Can you identify signs such as these in an instant? Signs are (in order): Hidden school bus stop; Steep hill ahead; Snowmobiles crossing ahead; Truck entrance on right.

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A quiz to tell us all about LIFE

Try this quiz, to learn some fun facts about LIFE

1. LIFE members have enjoyed cake this year to celebrate what special anniversary? a) 20th Anniversary; b) Golden Anniversary; c) Bi-centennial.
2. True or False: LIFE's Mission Statement is "To provide opportunities for lifelong learning, leadership and personal growth for adults 50+."
3. LIFE is a founding member of TAN. TAN is an acronym for: a) Torontonians Are Nice; b) Take Action Now; c) Third Age Network.
4. True or False: The current president of LIFE is a) Andrea Kier; b) Peter Tuer; c) Louise Brousseau.
5. LIFE membership in 2011 stands at about 750. How many members did LIFE have its first year? a) 700; b) 78; c) 15.
6. The Dean of Continuing Education at Ryerson when the LIFE Institute was formed was: a) Milton Orris; b) Marilyn Booth; c) Julia Hanigsberg.
7. In 1997, four state-of-the-art computers were donated to LIFE, and the CEL (Computer Education Lab) was set up. The generous donor was: a) IBM; b) Apple Computers; c) Jim Balsillie (RIM).
8. LIFE's office administrator is known as a) Rosanne Bernard; b) The Queen of the Blogs; c) Superwoman; d) all of the above.
9. The LIFE office is situated in: a) JOR/Jorgenson Hall; b) CED/Heaslip House; c) OAK/Oakham House.
10. True or False: Elderhostel Canada was instrumental in the founding of LIFE, providing lists of possible members and suggestions for courses.
11. True or False: LIFE's Investment

Club is open only to millionaire investors.

12. LIFE Travels has organized trips to a) Prince Edward County; b) Russia; c) Bhutan.
13. True or False: One of LIFE's vision statements reads: "[To] Promote a sense of community and belonging."
14. How many courses, exclusive of computer courses, were listed in LIFE's 2011 Winter Calendar? a) 3; b) 38; c) 138?
15. The LIFE Board meets: a) Once a year, at the AGM; b) At least 9 times a year; c) Every week during the school year.
16. The awards funded by donations from LIFE member, made to Ryerson students whose studies and research will improve the lives of seniors, are called: a) Jack Brown Awards; b) Egerton Ryerson Awards; c) Heaslip House Awards.
17. True or False: The course Recording Recollections pre-dated the founding of LIFE.
18. The photography contest and exhibit hosted by LIFE in 2010 was called: a) The Eyes of Experience; b) LIFE in Film; c) Seniors See.
19. The Silver Screens Arts Festival is a feature of Seniors' Month. When is Seniors' Month in Ontario? a) September; b) May; c) June.
20. The Bryan Whyte Fearon Award is presented to: a) A winning Ryerson athletic team; b) LIFE's outstanding member of the year; c) A Ryerson Film student.

Answers:

1. (a); 2. True; 3. (c); 4. (c); 5. (b); 6. (a); 7. (a); 8. (d); 9. (b); 10. True; 11. False; 12. (a) and (b); 13. True; 14. (b); 15. (b); 16. (a); 17. True; 18. (a); 19. (c); 20. (b).

All the things one can do to have a fun-filled summer

Continued from Page Nine

St. Lawrence North: 5 a.m. to 5 p.m. (all year)

Street Fairs

There are lots of street fairs through-

out the summer. Here's the largest event of its kind in North America:

- Taste of the Danforth, August 5,6,7, 2011, Danforth Avenue, between Broadview and Jones.

Carrying on driving

Continued from Page Ten

thousand and two, three thousand and three. If you pass the same landmark before you get to the "three" then you're driving too close (for a senior, that is).

In all my three sessions I was struck by the courtesy with which we were treated.

This time around I arrived 20 minutes late, having had myself driven to the wrong driver testing centre. Unperturbed, our instructor told me not to worry and to just take my seat at the long table.

She readily agreed to give me my visual test so I would not waste my time answering the multiple choice questions if I failed. And I had not been home long before she phoned me to say that I had left my bag and my Kindle reader behind — and arranged to get it to me next week at College Park, where she also ran sessions.

That was good, if belated, news, after I had been driven all the way out to Downsview for the session. As for that written test, comprising eight pages of multiple choice questions identifying road signs, doing the right thing when navigating our way around, and knowing the law, don't treat it too lightly.

We may think we know our road rules and road signs because we follow them and obey them daily. But confronted with written questions one can still flounder.

In my experience, it was worth studying for an afternoon or two, which can be readily done if you buy the Ministry of Transportation's driving manual and particularly the department's study guide — 201 sample questions and proper answers.

In any event, one wants to remain a good driver.

In three days, every Restaurant on Danforth, showcases their food and culture to huge crowds. Enjoy your Summer!



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