



LIFE Institute

in partnership with Programs for 50+ at Ryerson University's
G. Raymond Chang School of Continuing Education

LivingLIFE (formerly known as LIFElines) VOLUME 25, NO. 3 November 3, 2016

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*Living*LIFE

Winter 2017 Calendar & Registration Dates

Don't Miss Out!

The Winter 2017 calendar will be posted on our website the week of November 21st.

Enrollment begins the week of December 5th. Please review or familiarize yourself with LIFE's [Registration Process](#)

BE AWARE: As more and more of LIFE's courses are being held off-campus, please consider the possibility that, especially during the Winter months, back-to-back classes may not be ideal for you.

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What is new with Class Hosts

One of the critical volunteer roles at the LIFE Institute is that of Class Host. Class Hosts are an important link between the LIFE office, your moderator/lecturer and you. Class Hosts are selected and supported by the **Class Host Support Committee**.

All the tasks performed by Class Hosts add up to an

EVENTS

WINTERFEST TURNS HOT!

Save The Date!

This year, we will celebrate **WINTERFEST**, our Seasonal Get-Together, at the **Hot House Restaurant** on the corner of Church and Wellington Street in Toronto. Andrew Chan, a well known Toronto harpist, will entertain us during a three course lunch.

The Hot House Restaurant has been pleasing its customers since 1994, long before it became part of the trendy area it is today. The restaurant is easy to reach by TTC, with parking close by.

Celebrate with us on
Thursday, December 15
11:30 AM - 2:30 PM.

Register on line mid-November.
Exact registration date TBA.
Come out and have fun!

NEW PILOT-COURSE WEB PAGES

The Web was invented as a way to share information. Today, using the web as a way to share information with members of a class has almost become the norm.

LIFE is taking the first step in that direction. A simple Class Web Page is available to the LIFE classes that have chosen to participate in the Fall term.

enhanced learning experience. Taking attendance, ensuring seats are reserved near the front for those with mobility and hearing issues, sharing LIFE announcements, ensuring the room is set up properly, bringing AV cards, collecting evaluations, and providing feedback to the LIFE office are among the important administrative tasks of this role.

One of the most rewarding activities you can do in life and at LIFE is to volunteer. As with other volunteer roles, the LIFE Institute endeavors to provide guidance and support for those who volunteer to be Class Hosts. This is done through orientations, handbooks, brainstorming sessions, and now, through the buddy system.

New this year is the **Class Host Buddy System** where each Class Host has been assigned a support person from the Committee who they can ask for advice and clarification. The Buddies for the Class Hosts are assigned by class day.

Eva Bell **Monday/Saturday/Sunday**
evabell296@gmail.com

Carol Duncan **Tuesday**
carolduncan122@gmail.com

Barry Anderson **Wednesday**
barry.g.anderson@outlook.com

Jean Brady (Chair) **Thursday**
jean_m_brady@hotmail.com

Sharon Thomas **Friday**
sharonanthomas@hotmail.com

If you are interested in volunteering as a class host, please speak to your Class Host or to any Class Host Support Committee member, or contact the LIFE office.

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AGM Recap

David Crombie, Keynote Speaker

Once again, LIFE had a very successful Annual General Meeting that was held on October 24, 2016. The Keynote Speaker, David Crombie, presented the topic *"The Future of the Greater Golden*



The person leading the LIFE class can use this page as a way to share information with class participants.

The website is located at <http://CoursePages4LIFE.ca>

Access to the course pages is restricted only to LIFE members

Quick Links

- [LIFE Website](#)
- [Contact LIFE Office](#)
- [LIFE Board of Directors](#)
- [Clubs](#)
- [Chang School Programs for 50+](#)
- [Ryerson University](#)
- [ACT II Studio](#)

FAQs

Want answers fast? Check out the [Frequently Asked Questions](#) on the website.

GET INVOLVED

LIFE Institute is a volunteer-run organization. Almost everything we do is done by volunteers. This includes the board, the committees, moderating and being a class host. As a result, volunteer opportunities occur frequently.

Horseshoe." This presentation was well received. Here are some of the links to the reports he referenced:

Province of Ontario's Municipal Affairs and Ministry of Housing Growth Plan for the Greater Golden Horseshoe; Coordinated Land Use Planning Review
<http://www.mah.gov.on.ca/Page10882.aspx>

Planning for Health, Prosperity and Growth in the Greater Golden Horseshoe: 2015-2041 [PDF 25MB]
<http://www.mah.gov.on.ca/AssetFactory.aspx?did=1110>

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Interested in Travelling with some like-minded LIFE Members?



This fall 175 LIFE members have joined the newly formed LIFE Travel Club. At the first meeting we discussed possible destinations (Europe and Southeast Asia were popular, as were Canadian destinations outside Ontario), desired

travel style ("comfortable" and neither 5 Star nor "student hostel") etc. Wherever we go and whatever we do it seems certain that LIFE Members are looking for a pre-travel educational component to the adventure!

Discussions are underway as to how we can meet the desire to have information sessions that cover a variety of travel-related (but not specific trip-related) topics, such as travel insurance, websites, suppliers, travel related scams etc.

Let us know if you would like to be involved in planning a trip, and/or educational session or would like to receive information about upcoming events and trips.

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The Member Engagement Committee would like to thank Marcel Deurvorst, Helen Pierre, Ruth Lerner and Elaine Goldbach for their contributions that they have made as active member of this committee. They have now moved on to other opportunities but their good work continues.

We would also like to thank the Chair of this Committee, **Jeanette Browne** whose is also moving on to other opportunities at LIFE. Jeanette has made enormous contributions as the leader of this Committee and the LIFE Institute in general . She has been a committed leader and carried the member engagement flag for many years. Thank you for all you have done and continue to do for LIFE.

HELP!

As you all know, space is a problem here at LIFE. We have need of storage space for our boxes of decorations. If you live reasonably close to Ryerson and have some empty storage space, we would love you forever. Altogether, we need space for 7 boxes: 3 tall ones and 4 squares. If you can do this for us or want more information, please email Jeanette Browne

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Let us know if you would like to be involved in planning a trip, and/or educational session or would like to receive information about upcoming events and trips.

You can reach the Club at lifemembertravel@gmail.com.

Happy travels!
Charlotte Snider, Louise Brousseau, Lawrence Altrows.

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Report on Programs for 50+

What's Coming up in Programs for 50+ and across the campus this fall? Here's the lowdown – watch for further details closer to the time – or give us a call at Programs for 50+

Upcoming Events in Programs for 50+ You don't have to be a member of LIFE Institute to take part in any of the following activities. A great way to bring your friends along to see, hear some of the exciting activities happening on the Ryerson campus for the 50+ !

1. 50+ Lecture Series
“The Cuban Reality Behind the Tourist Curtain“
Enrique Colina, Director and Film Critic from Cuba
50+ Lecture Series

Sunday, November 13, 2016
1:30 – 3:30 pm
LIB 72, 350 Victoria Street



Enrique Colina

2. Lifestyle
Congress of the Humanities and Social Sciences: *The Next150* Canada's largest academic conference will be held here at Ryerson this spring (May 27- June 2) AND is seeking to fill contract positions and recruit volunteers
Town Halls to get further information and details about

how you can be involved will be held on:

Thursday, October 27, 2016 from 12 – 1pm and
Thursday, November 17, 2016 12 – 1 pm
The Student Learning Centre Amphitheatre Yonge and
Gould Street

3. Who are You?

Finding meaning and purpose in your next **life chapter Workshop**. A fun, exciting and engaging workshop with a wonderful opportunity to reflect on what lies ahead in retirement for you or your friends. Bring them along!

Saturday, November 5, 2016
7th floor Heaslip House
297 Victoria Street

4. Rethink Aging



A two day conference hosted by the National Institute on Aging at Ryerson on the Pillars of a Seniors Strategy. Day one focuses on Independent, Productive and Engaged Citizens and Healthy and Active Lives and Day two on Care Close to Home and Healthy Aging

November 24 and 25, 2016
BMO Education Centre
For more information and to register go to
www.ryerson.ca/nia/events

5. Film Club

Rebellious Jukebox – Innovative Jukebox Musicals

A series of 4 interactive opportunities to see some new and not so new films focusing on a particular theme and then join in discussion with noted film critic and lecturer, Kevin Courier

Sunday, November 8-27, 2016
1 – 4 pm
Jorgenson Hall

6. Literary Lecture Series

“Farr & Beyond - Lawyers for the Other Worldly”

An engaging look at what happens when legal principles are applied to our most familiar and beloved fairy tales and stories by lawyer turned author – and LIFE Member - Ken Smookler

Friday, December 2, 2016

11 am – 12:30 pm

7th floor Heaslip House

Sandra Kerr

Director, Programs for 50+.

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Getting to Know the LIFE Board

Through this and future newsletters, we will continue to acquaint you with our talented volunteers who, in many different capacities, are the foundation upon which the LIFE Institute is built.

In this issue of *LivingLife*, you will have the opportunity to get to know two of our board volunteers through a series of questions we posed to them.

Here's what we asked:

Q1) What interested you in becoming a LIFE Board member?

Q2) What is one thing that people may not know about you, that you want them to know?

Q3) What has been your favourite or most memorable experience as a board member so far?

Here's what we found out:

Virginia Bosomworth replied:

Q1) "I've always enjoyed the university academic environment, the opportunity to learn new things, and to lend my skills to work that benefits others. When LIFE Institute expressed a need for board volunteers, I volunteered, was interviewed, and was asked to join the board."

Q2) "I write a blog...By Chance and By Choice. I find that writing for my blog encourages me to reflect more deeply on things that peak my interest or matter to me,

knowing that as I put a pen to paper (or fingers to the keyboard) to capture these thoughts others may actually take a read!”

Q3) “I am enjoying the progress the board is making to address the needs of a growing, vibrant organization to promote the sustainability of the LIFE Institute, and to fulfill the expectations of its members.”

Dennis Bockus responded:

Q1) “When I retired, I did not want to give in to the temptation to sit in a sunny window with a bottle of scotch and a pile of books. (I still wonder why I thought that might not be a good idea). A friend recommended the LIFE Institute, and since I loved my university years, I thought going back to that environment would be an excellent way to get out of the house. And it has been.”

Q2) “Many people know that I worked at IBM and have some technical knowledge. Few know that as an editor, I put together some of the first Canadian university textbooks for sociology, business, and economics. BTW, I have never taken a single course in computer science, sociology, economics, or business, which just goes to prove something or other.”

Q3) “The conference room where the Board meets is an excellent place to learn and practice humility. It is a pleasure to spend time with so many bright and accomplished people. No wonder the Institute is a success. For my part, I am enjoying working with our technology service provider to design a new and better system for LIFE’s growing number of members.”

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New Ideas Day

“The energy in the room was exciting.”

“A great day!”

“Great to participate in the future of LIFE.”

These were just some of the comments from participants at the end of the New Ideas Day in May of this year.

This workshop was conceived by the Member Engagement Committee. We wanted to give LIFE

members an opportunity to think outside the box, to reconsider the way we do things at LIFE. We wanted to come up with some New Ideas! Participants represented a cross-section of the LIFE membership: long term members, new members, all with a variety of interests.

The day was structured around “Brainwriting” a technique that encourages creativity in small groups. These groups were completely effective in producing a wealth of new ideas for Life programs, new ways to deliver these programs and new approaches for creating opportunities for Life members to socialize and contribute as volunteers. All these ideas have been passed on to new committees for implementation. We want to thank all those who participated and contributed such a wealth of New Ideas to our organization.

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In Memoriam and The Back Page

In Memoriam

Unfortunately, over the past few months, a number of our LIFE members have passed away. We remember the following members (in alpha order):

Beverly Dales (1939-2016)

Bev died after a brief, but brave, battle with acute myeloid leukemia. Michele (her daughter)has said her mother's greatest teaching was not to be afraid to 'go for it', a courageous attitude Bev brought to all the facets of her busy life; in her love of the arts; ventures in business; enthusiasm for sports, bridge, martinis and jazz concerts; dedication to philanthropy, and passion for forging new friendships. Bev took many bold stands including as one of a minority of women graduating from Ryerson University's Merchandising Administration program and later as an active and vocal member of Ryerson's Board of Directors. In addition, Bev was a Board member of the YWCA of Toronto, where she helped to launch the Women of Distinction Awards. She was also a volunteer, donor and proud supporter of the Canadian Women's Foundation, Interval House and of the Stephen Lewis Foundation's Grandmothers' Gathering.

Bev was also an active member of LIFE and most recently was part of the Travel Committee.

Rheta Rosen (d. August 2016)

Rheta Rosen, grandmother, sister and lifelong educator died on August 22, 2016. Rheta has left an indelible mark which will continue to be seen and felt in years to come. Rheta was part of the original committee who established the Interpersonal and Skills Teaching Centre and spent almost a decade as its director. She was also a Professor Emeritus of the School of Nutrition (retired '95) and the former director of the learning and teaching office. In total, Rheta has spent half of her life involved with the Ryerson community and her presence will be sorely missed. Rheta was an active member of LIFE up until recently and enjoyed many different courses over the years.

Mel Shipman 1923 - 2016, political activist, business man, educator, died on June 9, 2016. He left a grateful family and community and an enduring legacy. In addition to earning three university degrees (one of which he earned in his fifties) Mel served as a School Trustee of the North York Board of Education, and played a major role in several organizations that operated to assist groups of individuals in need of empowerment. He was the cofounder of Canadian Friends of Peace Now and United Generations Ontario. He had a lifelong commitment to humanitarian and social justice causes and was a visionary of educational policy. He was also a pioneer in the cable TV industry. Mel was also the founding member of the LIFE Institute. On Oct 27, 1990 he held the first event of LIFE attended by over 100 individuals and advertised as, 'An opportunity to develop and participate in the first self-directed learning institute for retired person in the Toronto area. LIFE has now grown to be over 1800 members strong. He was also the founder and presenter of the highly regarded Shirley Shipman Memorial Lecture series where he annually invited experts to explore social issues that were important to his late wife Shirley who was also very involved in LIFE activities.

Saul Wexler (d. September 2016)

Saul was a long time member of LIFE and regularly registered for 3-4 courses a semester. One of his favourite courses was Current Events and Politics. Since we have been keeping electronic records Saul took this course at least 6 times. He is fondly remembered at LIFE.

THE BACK PAGE

To make sure this newsletter is interesting and useful for members, we welcome your feedback.

We also invite members to submit story ideas for consideration by the Editorial Committee and to join the committee if you have the urge to let your inner writer shine.

Please send your feedback or story ideas to Susan Zimmerman, at s_zimm@thelifeinstitute.ca.

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