



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 27, NO. 3

September 27, 2018

In this Issue

- [Welcome to all](#)
- [Volunteering benefits](#)
- [LIFE is just a bowl of cherries](#)
- [Volunteer Award](#)
- [Hosting at LIFE](#)
- [Communications Committee](#)
- [Co-housing](#)
- [In Memoriam and The Back Page](#)

SAVE THE DATE(S)

LIFE 2017-18 AGM

Tuesday, October 16
2 PM - 4:30 PM

[Register for the AGM](#)

[AGM materials](#)

[Proxy](#)

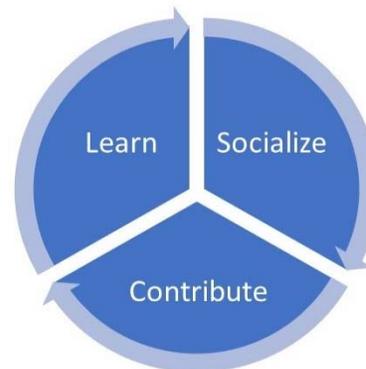
Please see important details re:
By-Law change below.

Winter 2019 Calendar will be
on-line at the end of November.

Registration for winter courses
will commence December 3.

*Living*LIFE

Welcome to all



Welcome to the 7th edition of *LivingLIFE* Newsletter. The circle above represents the three pillars of the LIFE Institute. Not coincidentally, **learning, socializing and contributing** together provide a recognized formula for healthy aging. They combine to keep those brain cells working and to keep those endorphins flowing!

In this issue, we will be highlighting one particular pillar – namely, **contributing**, by volunteering at LIFE. We chose this theme because it is crucial to the existence of the LIFE Institute, especially now, with membership growing exponentially. LIFE is primarily a volunteer-run organization. We presently have a membership of about 2400, and a roster of over 150 volunteers. LIFE volunteers do everything from moderating courses to planning special events, developing course calendars, IT consultation, hosting, finding space for courses, running clubs, and many more behind-the-scene activities.

WINTERFEST

Thursday, December 13
11:30 a.m - 2:30 p.m. at the
Hot House Restaurant and Bar

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. Most answers can be found online. Here are some examples:

- [Refund policy](#)
- [Can I claim LIFE courses on my income tax return?](#)

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. If you are interested in volunteering please contact the LIFE office info@thelifeinstitute.ca or 416-979-5000 x6989.

Without a strong volunteer component, the LIFE Institute would not exist.

Volunteering and its surprising benefits - Executive Director, Elisabete Way's perspective



Elisabete Way, Executive Director, The LIFE Institute

The benefits of volunteering are enormous to you and to the LIFE Institute. The right match can help enhance your mental and physical health, make new friends and contacts, increase your social and relationship skills and provide you with a sense of purpose - all embraced by our Learn, Socialize and Contribute pillars. Research has found that giving to others makes you healthier and happier.

Why volunteer? Volunteering at LIFE offers vital learning, socializing and contributing opportunities to you, the volunteer. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. We value and welcome both short and long-term commitments.

When it comes to volunteering, passion and positivity are the only requirements! Bear in mind that the most valuable skills you can bring to any volunteer effort are a desire to learn, an open mind and a positive attitude - the only requirements for a fulfilling volunteer experience.

Don't be afraid to make a change. Don't force yourself into a bad fit or feel compelled to stick with a volunteer role you

REVISED LIFE BY-LAW #1

Early in 2018, the Board of Directors of LIFE Institute directed Board's Governance Committee to work with legal advice to update the Corporation's By-Laws. Lawyers at Fasken Martineau DuMoulin LLP worked with the Governance Committee to draft revised By-Laws. Our lawyers have assisted us in presenting a Revised By-Law # 1 (which incorporates the required elements of the Constitution). This has resulted in a streamlined By-Law document that meets the requirements of the Ontario Corporations Act, the legislation under which Life Institute currently exists and anticipates the new legislation (Ontario Not for Profit Corporations Act (ONCA) which is anticipated to come into effect in 2020. The Board reviewed the Draft Revised By-Law # 1 at its June meeting and recommended that it go forward for final approval at the October Annual General Meeting.

Below, please find the links to the on-line Draft Revised By-Law # 1 and an accompanying memo prepared by our lawyers which describes the main changes.

[The LIFE Institute Draft By-Law Number 1](#)
and
[Summary of By-Law Number 1](#)

An information session on this by-law revision will be presented by the LIFE Governance Committee **October 9, 11 a.m. – 12 p.m. in CED511** and is open to all current members.

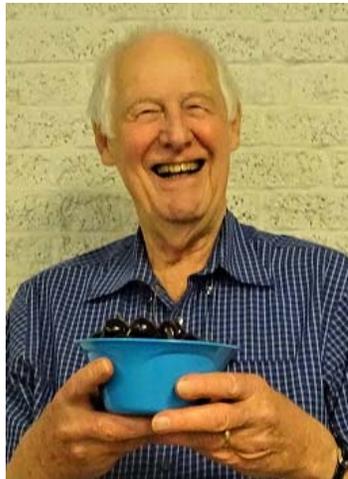
dislike. Talk to us about changing your focus or look for a different volunteer opportunity that's a better fit.

Enjoy yourself. The best volunteer experiences should benefit both the volunteer and the organization. If you're not enjoying yourself - talk to us about it. Pinpointing what's bothering you can help you decide how to proceed and help us retain you – after all we are here for you, the volunteer and our members.

Contact us if we can be of assistance. We have a new Manager, Volunteer Services, Denise Smith who can be reached at d.smith@thelifeinstitute.ca. Denise's primary goal is to aid all our volunteers. **Help us welcome her into our community!**

LIFE is just a bowl of cherries

Volunteer Recognition Event / Luncheon



It's nice to be appreciated – and we were. A volunteer recognition event was held on June 20th to celebrate the contribution of volunteers to the LIFE Institute. The event kicked off with a savoury luncheon. Geoff Arnold, a founding member of LIFE, gave a historical overview of LIFE from its inception about 25 years ago to the present. LIFE was started by a small group of seniors with a vision

(a school for old people!) who wanted to continue learning and growing. This led to the formation of the LIFE Institute, which blossomed into its present form. We also heard from Marai Karimi, a PhD student studying the role of social media in society. Marai gave us much food for thought on the pros and cons of social media.

The showing of a video clip of Bing Crosby, Dean Martin and Patti Page singing and dancing to Life is Just a Bowl of Cherries provided a nostalgic moment, and a few giggles as well. With dessert, surprise chocolates as well as bowls of

OUR NEW LOOK

As noted in previous newsletters, the I.T. Committee is developing an updated website for LIFE. At the same time, the Newsletter Committee has scheduled release of a new format of the Newsletter for the next edition. It will be in dynamic FlipBook layout which is simpler to access and easier to read. Hopefully, you will all approve.

FREE LECTURES, EVENTS AND A CONCERT

For more information and to register online please visit [Programs for 50+](#)

HAVE A LOOK

With our current issue, we hope to keep you up to date on events at LIFE. However, the previous 8 issues of *LivingLIFE* are chock full of news, important information, and other items that will give you a well-rounded picture of the LIFE experience. We invite you to have a look at these issues by going to the LIFE [website](#), clicking on [About LIFE](#), and scrolling down to [LivingLIFE Newsletters](#).

cherries appeared on all the tables. Who could ask for more? A BERRY good time was had by all!

Winner of the G. Raymond Chang School of Continuing Studies Volunteer Award

These awards celebrate the exemplary generosity and contribution of alumni and friends to Ryerson University. The award is named in honour of G. Raymond Chang for his deep belief in the importance of volunteering.

“I love this campus” says Marcel Deurvorst, a senior in Programs for 50+ in The G. Raymond Chang School of Continuing Education. “There’s a mixture of young and old students, which is very inspiring”.

Marcel is a super active volunteer in the LIFE Institute, focused on liberal arts study and the largest of our Programs for 50+ in The Chang School of Continuing Education. Marcel has been a member of LIFE Institute since 2004 and started actively volunteering a year later (2005).

The Ryerson University campus is so busy and so full particularly in the fall, it is now a struggle to find enough space on campus for all of the LIFE Institute course offerings. But that just makes Marcel more diligent in seeking out accessible, comfortable space within a reasonable walking distance of the actual campus. He has built a sizeable resource to access for all of our courses and programs. His volunteer tenacity in this capacity ensures that LIFE institute can run over 180 non credit courses a year.

Marcel was born in Holland and had an illustrious career with IBM for 25 years. He then ran his own special events business for 12 years before retiring. As a result, he has also been a tremendous source of information and support for LIFE Institute in hosting a variety of special events on campus. He does this with a positive attitude and always willing to check and recheck various steps in the process.

He actively participates in music, art and history courses and volunteers to moderate courses every year on the opera, a

passionate interest for him. In addition, he spends hours and hours at the beginning of each semester volunteering to ensure that all the class leaders and instructors are comfortable with using the Ryerson podiums and off campus technology.

All this and he volunteers every day in the summer teaching in the Disabled Sailing Program at Toronto's Harbourfront. Marcel loves learning and combining it with volunteering: "it expands my horizons, fits my personality and gives me opportunity. You must be curious and want to know more. I come home feeling that I have contributed to my life and others lives by moderating, volunteering and helping others."



Marcel was the ideal candidate for Programs for 50+ to nominate for the G. Raymond Chang Volunteer Award and received his award from the President of Ryerson University, Dr. Mohamed Lachemi and Ian Mishkel, Vice President, University Advancement and Alumni Relations, Ryerson University.

-Sandra Kerr, Program Director, Programs for 50+

Hosting at LIFE

Jean Brady is the Chair of the Class Host Recruitment Committee. She provided the following information on the vital role of Class Host:

The Class Host Recruitment Committee is composed of volunteer LIFE members. Our mission is to assist the LIFE Institute through recruiting, training and supporting the



members who volunteer as class hosts each semester.

The role of class host is two-fold: The first is to be a liaison between the LIFE office and class participants, thereby supporting the smooth operation of LIFE classes. The second is to be a champion for the LIFE Institute engagement activities, enhancing members experience with LIFE.

Jean mentioned that as a committee chair she has “enjoyed the friendships that have grown over the last few years.” She also “enjoyed the opportunity to run and direct the group and share the load with others.”

On a personal level, Jean stated that she is “Irish by birth, but Canadian by choice.” Jean enjoys “a good glass of wine, a TV show with subtitles, and dark chocolate.” Most of all, she loves it when one of her grandkids gives her a hug. Jean told us “that is the best feeling in the world to me.”

We thank you Jean, and all the volunteer hosts for your ongoing support.

Communications committee - our link to you

It all starts with a plan

Communications has different meanings for different people. At LIFE, it means providing members with information about all that the organization offers -- learning, socializing and contributing. Volunteering is one of many opportunities to contribute. That’s the purpose of the communications committee. Its members are responsible for the strategy, branding and vehicles for communicating effectively. It all starts with a communications plan that first identifies information needs, then establishes goals and objectives, lists communications channels (email, newsletter, website, etc.), identifies challenges, tactics, success indicators and priorities, and sets a road map for the future.

A vital part of the communications committee mandate is helping to strengthen the relationship between LIFE and its partners – Programs for 50+, The Chang School and Ryerson University – by supplying information and promoting their events and learning opportunities to LIFE members. The chair

is also a member of LIFE's Committee Chairs Steering Group, supporting the other committees' communications requirements.

The current communications committee is made up of four volunteers with backgrounds in writing, editing, marketing, publications, TV production, strategic planning and policy, and web design. It also includes the two-member *LivingLIFE* newsletter team. New volunteers with similar interests or



complementary skills are welcome.

Chair, Catherine Pitt has a corporate communications background, having worked for different organizations in Toronto, Montreal and Vancouver. Her responsibilities spanned employee publications, communications plans, brochures and media relations. She retired from the

City of Toronto as a senior communications coordinator assigned to Toronto Water. "Fortunately, I never had to repair water-main breaks or disconnect any downspouts," she points out. Her interests include travel, hiking, cross-country skiing, gardening and movies -- and contributing at LIFE.

Is co-housing your next step?

If you've ever considered co-housing, this new workshop is for you.



Co-housing generates enormous interest -- and also considerable confusion. What exactly do we mean by co-housing? What are its benefits? How does it work? This two-day workshop, designed especially for people 50+, will give you a chance to explore different models of co-housing and consider them in relation to your own goals.

Is co-housing your next step? will help you to explore the benefits of living in community for a healthier, happier, active life. Leadership is provided by Kitty Elton, a founder and director of West Wind Harbour Cohousing in Sooke, B.C. You'll also meet members of two co-housing/co-living communities located in Port Perry, ON and Kamloops, BC. The workshop is hosted by Wine on the Porch, Inc., a Toronto-based equity co-op which is currently in development.

Saturday, October 20 and Sunday, October 21, 9:30 a.m. to 4:30 p.m.

Runnymede Library, 2178 Bloor St. West.

Casual barbeque at Wine on the Porch on Saturday evening

For more information or tickets please visit:

www.universe.com/is-cohousing-your-next-step.

LIFE Institute members use promo code LIFE2018 to receive \$50 off the regular registration price.

In Memoriam and The Back Page

In Memoriam

Unfortunately, over the past few months, two of our LIFE members have passed away.

We remember:

Patrick Bloomfield, died July 1, 2018

Frances Slayton, died July 8, 2018

The **LIFECares** program sends cards to members who are ill, have suffered a bereavement, or are celebrating a special occasion. If you know or hear of someone who should receive a LIFECares card, contact the LIFE office. Sharon Roebuck is our current LIFECares volunteer.

THE BACK PAGE

To make sure this newsletter is interesting and useful for LIFE members, on behalf of the Newsletter Committee, we welcome your feedback.

We also invite members to submit story ideas for consideration by the Newsletter committee, or to join the Committee if you have the urge to let your inner writer shine. Please send your feedback to either Peter Douglas at ptdins@sympatico.ca or to Ruth Lerner at rzlerner@hotmail.com.

LivingLIFE is published by LIFE Institute. Opinions expressed are not necessarily those of the Institute. Articles may be reprinted provided credit is given and a copy sent to the Institute.