



Palingenesis™

n. regeneration (lit. & fig.); revival; (from Gk)

Caring for Our Own™

PAL Canada's National Quarterly Newsletter

VOLUME 14 ISSUE 1

Spring 2014

NEW EXECUTIVE DIRECTOR IN PLACE

PAL Canada has successfully concluded its search for a new Executive Director. He is *Adrian Luces* (shown here), a resident of Toronto, who was engaged in early January and has already presented priorities to the PAL Board of Directors -essentially the tasks of raising profile and membership numbers as well as establishing firmer financial support for our work.



Adrian Luces -Executive Director

Mr. Luces arrives with solid credentials, including a long professional

performer resume. A graduate of St. Michael's Choir School in Toronto, he received a degree in Vocal Performance from Boston's New England Conservatory of Music. He also studied jazz performance at the Berklee College of Music in Boston and has performed around North America, including appearances at such notable venues as Boston's Symphony Hall, New York's Avery Fisher Hall, Toronto's Massey Hall and others.

Very active in the Toronto community, having created and produced many fundraisers and concerts for various organizations, he sits on the Board of Directors of the Sick Kids Foundation Herbie Fund. Away from the musical and theatrical stage, Adrian has appeared before the public as a spokesperson for a variety of groups and has been a regular guest speaker for several companies and organizations. He has been a freelance writer with the Toronto Sun Newspaper and even guest host and commentator on CFRB AM 1010 in Toronto.

Adrian Luces is a welcome addition to PAL and he hopes to make contact with as many members as possible, as quickly as possible, throughout the organization.

ILLNESS FORCES RESIGNATION

Long-serving former President *Chris Marston* was forced to tender his resignation at yearend following complex back surgery. After a two week hospital stay he returned home and has been recuperating well. However, due to the debilitating nature of the illness and the length of recovery time, Chris felt it unfair to continue with his Board responsibilities at this time.

A PAL supporter from the start, he has proven an invaluable asset to PAL Canada. His presence and sage advice will be missed.

Board member *Aggie Elliot* recently presented Chris and his wife, *Francine*, with a gourmet food company gift certificate, along with the Board's gratitude and best wishes for a continued speedy recovery.

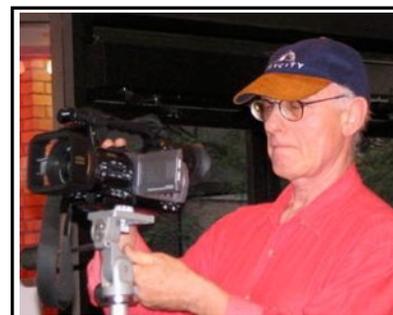


Chris Marston Past Pres

NEW PAL TORONTO ARCHIVIST

Norman Hart, the intrepid photographer whose photos offer grace the pages of *Palingenesis* (shown here setting up equipment) has been appointed PAL Toronto Archivist, following the retirement of Founding Archivist, *Gladys Richards*.

We are happy to note that Norman will continue his busy photographic career, meaning these pages will continue to profit from his talented ability to capture interesting events for us in the PAL Toronto area.



Norman Hart, PAL Toronto Archivist

HOW CANADIAN OF US

The moving finger writes.....

This space has often commented on our surprise when others recognize PAL's value and her amazing array of services provided to colleagues since our founding in 1986. We're rather proud of the fact that ours is a volunteer organization and that this philosophy of service provides its own rewards. As we've also said many times, the huge amount of work we undertake means there is little time to individually assess the effect our work has. So, we are startled when unexpected praise reaches our ears or appears on paper in the form of a letter. This happens quite often in fact and usually arrives when least expected. A recent, lovely example is on page 7 of this Issue.

The letter, which you will find in its entirety on our website, was a shot in the arm for volunteers in Halifax but illustrates for all how amazing our work can be to others and how impressive is it that we even dare to undertake such tasks. It also reminds us that we should not shy away from boasting about what we are and do.

We recently recorded the following complaint at a PAL event, "Dammit, this is a fundraiser and I haven't been asked once to make a donation!" We should be less shy about asking during our events since, as the above comment suggests, many of those in attendance expect to have an opportunity to contribute to our work during one.

The article on our PAL Ottawa President's op-ed piece (*also on page 7*) is an example of how to take advantage of an opportunity to inform the general public about PAL. We should do more of this.

Raising the profile of PAL nationally is constantly talked about but too seldom realized. There is nothing shameful in grasping every opportunity to educate others about the proud history we possess, the strides we continue to make and the stunning successes we achieve despite economic hardships and overworked volunteers.

Our new Executive Director views "profile rising" as a priority going forward, along with increased membership numbers. They are complementary and we have more reasons than most organizations to boast of our achievements. Let's do it!

...And having writ moves on.

LETTERS

Editor:

Thank you for the informative and well-designed PAL newsletter. Looking good!

David Fujino
Toronto

Editor:

Congratulations on an excellent and informative publication. Pictures were great, and the Chapter updates were very informative.

I have had very positive input from all of our Governors.

Robert Underwood, President and CEO,
Actra Fraternal Benefit Society

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VIEW FROM THE PRESIDENT'S OFFICE



President Jeff Braunstein

PAL Canada is at a crossroad in its evolution. With the appointment of a new Executive Director we will surge forward as an organization. Adrian Luces brings new ideas and much energy and I know his enthusiasm will be contagious.

PAL Canada needs not only to increase membership but to sustain and develop our Chapters. We also need greater visibility within our communities, which will be a major goal and of utmost importance when it comes to fundraising

At our 2014 AGM (June 23rd) we will be electing new board members. Our Nominating Committee, chaired by Allan Macmillan, will be seeking and recommending candidates to add to our Board and the Committee will be pleased to consider any suggestions. I would like to thank all of our current board members for their care and work.

One of our board members who has had to resign for health reasons is Chris Marston. Chris has worked tirelessly on behalf of PAL for many years as President, and as Chair and member of various committees. I would like to take this opportunity to publicly thank him on behalf of PAL Canada and all of the Chapters.

NOTES FROM THE EXECUTIVE DIRECTOR

It has been just over two months since I assumed the role of Executive Director of PAL Canada. It has been an enlightening and interesting time.

I have been able to make contact with most of the chapters but, unfortunately, not all so far. I look forward to connecting with you all sometime very soon.

In mid-February I visited Ottawa to attend a fundraiser for PAL Ottawa. It was an honour and privilege to be introduced as their special guest, and to have had the opportunity to speak to the audience about PAL Canada, and my vision of moving it forward.

At the end of February a number of us attended the ACTRA Toronto Conference where we had a small booth and handed out brochures and PAL Canada membership application forms.

For the past two and a half months though, I have spent much of my time analyzing PAL Canada by meeting with various stakeholders, speaking with Chapter representatives and receiving advice from marketing, digital and media consultants on how to best raise the profile of PAL Canada and in turn raise memberships and needed funds.

As a result of these many discussions, and realizing the need to raise the profile of the organization, I have decided to focus much of my attention for the next several months on growing the membership base of PAL Canada. I hope to achieve this goal by streamlining the membership process and by making it easier for people to join PAL and to renew their memberships on an annual basis.

To this end, I have begun the process of redeveloping the PAL Canada website to allow people to join and renew online. The website will have a fresh new look, and will hopefully have a "members only" section. The refurbished website should be up and running by the end of April, at which point we will initiate a drive to raise membership levels substantially from current numbers.



Exec Director Adrian Luces

DEADLINE NEWS FLASH

Barb Grisé

PAL has a new Administrator. *Barb Grisé* has leapt into the fray following the sudden departure of her predecessor one week ago.

Barb arrives highly recommended and with previous experience with our Executive Director, a team we look forward to having with us in our new era of change.

Barry Flatman

The Actors' Fund has appointed *Barry Flatman* as their Rep on PAL Canada's Board, in accordance with their new policy of selecting former Presidents of AFC for the position.

Flatman is an honoured and respected actor and former President of ACTRA Toronto.



PAL HALIFAX

2014 has been off to a busy start at PAL Halifax!

Our Board finished up its new 'Orientation Handbook' and we are already using it to attract new Board members. With so many 'irons in fires' with three possible/potential PAL buildings we need more hands on deck. If any of you would like a copy of the new Handbook please contact me at palhalifax@gmail.com

On alternate years, odd years, PAL Halifax hosts *Scrabble® with the Stars* – all of those involved in our 2013 event are still talking about what fun it was. This year, in the works is a 'musically' orientated fundraiser which will be a first of its kind for us and we look forward to reaching out to a new sector of our 'art-loving community.'

2014 is all set to be a year of growth for the PALifax crew as we welcome new board members, return with our messaging in place to discuss development plans and continue to see our membership and donation/ support budget line grow.

We have relationships established with two potential Pal buildings and 2014 -15 will see those blossom.

-Jeremy Webb

PAL TORONTO



We're bustling and Spring is in the air! What with the launching of our first

PALTOR NEWS and our up-coming Townhall meeting, (see **EVENTS**), not to mention the sewing, the art, the dance, the library and scrabble, bridge and chess, and all the different events and committees with residents and members, we are happy campers.

Supporting Cast is working hard with PalFuture. *Scrabble® With The Stars* will be celebrating their 10th anniversary on Monday May 5th.

PAL TORONTO is heavily involved with *Senior's Strategy*, a group formed as a result of the last senior's charette and our Board had a retreat on January 18th. The day was well spent in brainstorming, discussing board communications and strategies etc.

Rehearsals are underway for an evening tribute to Stephen Sondheim (June 14th), *Sondheim Summer Seasonings*. *con't ↗*

(PAL Toronto Con't)

Most importantly, our AGM is on June 19th and we will be holding elections for new board members. I have been sitting on the Board since our last AGM and I encourage Toronto members and residents to get involved and consider running or joining a committee. It is a real honour and very rewarding work, to be a part of PAL CANADA via PAL TORONTO.

Until next time, " everything's coming up roses for me and my PALS."

-Merle Matheson



artists urban village

PAL EDMONTON (Artists Urban Village)

We're gearing up, re-starting the design development phase, gaining momentum again. We held several meetings with our new architect for the Board to share our vision and ensure he fully understands who we are and our dreams.

They were truly inspiring conversations, this is such an exciting adventure.

We've contracted a professional fundraising company to get us started with that important component.

Another information session was held- once again over twenty artists attended! Every gathering, the response is overwhelming; so many want this project to succeed.

We had a very positive first meeting with the provincial Minister of Culture. The chequebook didn't come out, but we felt definite support and interest.

If we can get funding to move into design development, more pieces of the puzzle that will be the Artist Quarters will fall into place.

- Linda Huffman



PAL VANCOUVER

Cabaret Series kicks off. **Dances for a Small Stage** launches a new project aimed at developing young artists by creating new and exciting collaborative dance/ music works. The PAL Studio Theatre will host the first Salon where young artists will show 3-5 minute works they have been creating and developing.

GRUMPY OLD MEN JUSTIFIED?

Seems like being grumpy in old age may be forgivable after all, according to a study by Carolyn Aldwin of Oregon State University. She found that men begin "the unhappiest period in their lives" after the age of 70. It appears men grow increasingly better at shrugging off stress and anxiety up to age 65 or so but become depressed after 70.

Most experienced happier lives until that dramatic turnaround. This may be attributed to losing loved ones, increasing health difficulties and some mental decline.

"In general, life gets better as you age in the sense that older adults on average have fewer hassles and respond to them better than younger adults", Professor Aldwin states, but after 70, "how you react to these hassles changes and may be dependent on your resources or your situation in life."

The study, published in the journal *Psychology and Ageing*, studied 1,315 men aged 53 to 85 regarding how their mental states changed as they aged.

A previous theory, the *hedonic treadmill model*, had suggested happiness is relatively stable throughout a man's life. Seems there's a turning point.

Ed.: A fuller version of this article is on our website: palcanada.org.

BMO presents the Third Annual joint fundraiser in support of PAL Canada with Theatre 20.



TICKETS AVAILABLE: www.theatre20.com
(Secure online payment through PayPal - VISA, AmEx, MC, debit)

Tickets are \$125 each; tables are \$1,000

IN MEMORIAM

Bill Buck Anna Cameron
Webster Catherwood Christina Duff Andrew
Giedroyc Tom Harvey Katherine Jackson
Dale Robertson Arla Jean Sillers,

NON-DELIVERY UNCOVERED

Residents of Pal Place, Toronto, have their hardcopies of Palingenesis delivered to their apartments. Each issue is printed, addressed and sent via courier to our PAL Toronto lodge for distribution.

We recently learned our *Winter Issue* was not received by most residents. Illness caused the delivery to be delayed for some days, following which other distractions evidently diverted attention from completing the delivery.

While not our fault, Palingenesis is sorry to learn that you did not receive your Winter Issue. PAL Toronto has taken steps to prevent such an event in the future and we would like to let you know that backcopies of Palingenesis are always available on our website at: palcanada.org.

PAL RAISES PROFILE AT CONFERENCE

In line with his announced intentions to increase PAL Canada's profile and membership, Executive Director

Adrian Luces arranged an informational display at an ACTRA conference at Toronto's Ryerson



University 20th February.

With assistance from *Aggie Elliot, Patty Gail Peaker* and *Norman Hart*, a table was set up containing many informative bits and pieces about PAL and its activities.

Here he is shown during his stint at the PAL Canada table in this photo by Norman Hart.

CONNECTIONS

Palingenesis encourages participation from readers. If you have comments, article ideas, certain information you would like to see, contact us: palingenesis@eastlink.ca

CALL FOR NOMINATIONS TO PAL CANADA BOARD OF DIRECTORS

PAL CANADA is looking for several persons who want to make a positive difference in the lives of seniors who work (or have worked) in the professional performing arts or allied crafts. At our Annual General Meeting on June 23, 2014 we shall be electing our new Board of Directors. We strive to build a strong and effective board by ensuring that it is comprised of a broad and diversified base of talented and skilled people. Our Board will be made up of 10 persons elected at-large from across Canada as well as representatives from the 8 PAL Chapters in Halifax, Ottawa, Toronto, Stratford, Winnipeg, Edmonton, Calgary and Vancouver, and ex-officio representation from the professional associations and performing arts unions who founded PAL Canada in the 1990's.

This year there will be at least 3 vacant seats to be filled. We have a particular need right now for candidates with backgrounds in the legal and communications professions and, as always, candidates with a knowledge of fund raising and accessing governments. As well, we are most interested in hearing from potential candidates in Quebec and Newfoundland and Labrador

The Board meets 6 times a year in Toronto, with members from other parts of Canada connected by conference call. Meetings last approximately 2 hours. Each member of the Board is expected to be actively involved with the activities of at least one of the Board committees. All Board members need to become current members of PAL Canada if they are not already.

Our Board members are passionate about the performing arts—the people who devote their lives to creating Canadian live performance, and to our mission: Taking Care of Our Own. Previous experience as a board member for a non-profit organization is an asset, as is experience in business or other professions.

If you are interested in being considered by the Nominations Committee, please contact Allan Macmillan, Secretary at macmillan22@gmail.com at your earliest convenience. Note also the final date of May 9, 2014 for receipt of formal submissions of nomination for election to the Board in the Notice of Elections below, as well as the mailing address.

NOTICE OF ELECTIONS: BOARD OF DIRECTORS, PAL CANADA FOUNDATION

The By-laws of PAL Canada Foundation currently make provision for ten (10) Members-at-Large to be elected to its Board of Directors by the membership. The term of office is for two (2) years from the date of the Annual General Meeting which, this year, will be held on June 23. The term of one current member of the Board who is a Member-at-Large will expire at the 2014 Annual General Meeting. The incumbent has indicated his willingness to stand for re-election for a further term.

There are three (3) seats to be filled. If, by the deadline for nominations there are more nominations received than seats available, there will be an election and nominees will be advised as to the election procedures.

We encourage any member in good standing who would like to become a candidate for a seat on the Board of Directors to submit a nomination. If you are not currently a member in good standing and would like to be eligible for nomination, please contact the PAL Canada office to make the necessary membership arrangements. The nomination will bear the signatures of two other paid up members of PAL Canada, as well as that of the nominee indicating a willingness to serve. The inclusion of a brief biography of the nominee would be helpful, but it is not an absolute requirement at this point. Nominations should be directed to the Secretary, PAL Canada Foundation Inc., 1000 Yonge Street, Suite 300A, Toronto, ON, M4W 2K2 and must be received no later than May 9, 2014.

PAL CANADA OFFICE MOVES UPTOWN

From a small space near the entrance to Toronto's Pal Place, referred to as "the fishbowl" because of its many windows and unimpeded viewing by passersby, PAL's offices have moved to larger quarters in the Actra Fraternal Benefit Society's building at 1000 Yonge Street. AFBS donated the space to PAL some time ago but the offer was not taken up until the installation of our new Executive Director, Adrian Lucas. Both Mr. Lucas and newly hired Administrator, Barb Gris , and now housed there.

THE AWAKENING

The following was copied to PAL Halifax several weeks ago. Originally a 'letter to the editor' of a local paper (unused), this slightly adjusted version is reprinted with the writer's agreement. -Ed.

"I recently attended a PAL Halifax fundraising event. I heard about it by chance. It seemed intriguing and would provide an excuse to get together with a group of interesting people and play Scrabble. Yes, Scrabble.

My first thought was that it would be fun. My second thought was that it seemed to be for a good cause. My third, fourth, and fifth thoughts were that I wish I'd been aware of PAL Canada before, because I'd have supported them from the time of their formation, almost 30 years ago.

PAL works to create a space for people who've historically given so very much to our community - and to whom I suspect many don't give much thought beyond the latest performance/production/piece. People involved in the arts, whether they are actors, writers, technicians, painters, sculptors, musicians, or anything else you might name, generally don't do these jobs for the huge salaries. Some people make a LOT of money in those disciplines; many more, however, do not. Most people who create art to charm, please, thrill, and provoke us do so because they simply love what they do.

What many do not realize is that some of the very best we have must hold more than one job, not to live richly but to live reasonably. The person doing stunt work today might be the person serving you in retail or at a restaurant tomorrow. They are cobbling together a living in a way that allows them to do the thing they love to do most of all - and all their contributions make our community richer.

Something common in this group is income uncertainty. The idea of a comfortable retirement, of a retirement fund or pension plan, is often impossible when just living takes all that is earned.

PAL Canada was created by a group of people involved in the arts to create a community - a tangible community, in a physical home - in which those very artists will not have to live near or at the poverty line in order to keep doing what they do. PAL will provide residents with security, care and a sense of being personally valued. They will be well housed, and engaged in their community.

Throughout my life, I have appreciated art in all its forms and have taken advantage of dozens of opportunities every year to enjoy and to share it with my daughter. It seems to me entirely appropriate to support PAL because of everything the arts and entertainment industry has given me. I know that my support for PAL will enable me to give back, even if it's really just a fraction of all the pleasure I've received.

I couldn't possibly have imagined that attending one fundraising event would have such a profound effect on my desire to support PAL's efforts in an ongoing way, but it has. And I couldn't be more pleased. If you missed a PAL event recently, you haven't missed a chance to contact them yourself and find out more about what they do. Your community will benefit if you do.

-B Zahra."

Ed.- A complete version of this letter is available on our website: palcanada.org/articles

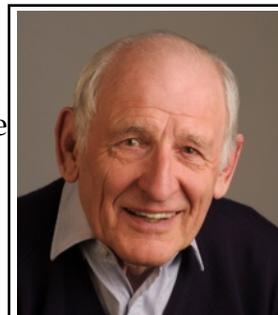
THE OTTAWA CITIZEN USES PAL OTTAWA PRESIDENT'S OP-ED PIECE

Ottawa's respected local newspaper, *The Ottawa Citizen*, printed a lengthy article about the development PAL Ottawa written by its President, **Jim Bradford**. The well-composed piece pointed out the difficulties older artists face and the reasons behind PAL efforts to raise funds toward establishing affordable housing and supportive services.

Particularly telling were the words of a former cellist, hoping to connect with others "with common experience of the performing arts" in a future lodge.

A PAL fundraiser was held at the historic Ottawa Little Theatre in February.

The Citizen has been supportive of the efforts of our Ottawa Chapter.



PAL Ottawa's Jim Bradford

-EVENTS-

**ANNUAL GENERAL MEETING
PAL CANADA AGM
23 JUNE, 2014
Pal Place, Toronto**

PAL VANCOUVER (PAL Studio Theatre)
 13-30 March - **Lowest Common Denominator**
 Tues-Sat 8pm Matinee Wed, Sat, Sun 1pm
 6 April (Sun) **Dances for a Small Stage**
 Times: 7.30pm (running time: 2 hours max)
 Tickets: By donation at the door
 26 April (Sat) **Sing City & Fat Chants -7:30pm**
 27 April (Sun) **Sing City & Fat Chants -1:30pm**
Choirs With Attitude

PAL STRATFORD
 28 April (Mon) **ANNUAL GENERAL MEETING**
 Time: 7:00 pm
 Pal Place - 101 Brunswick Street

 10 May (Sat) **PAL DONOR RECOGNITION EVENT**

 24 May (Sat) **PAL STRATFORD YARD SALE**
 Pal Place - 101 Brunswick Street
 Drop-off Times: Wednesday mornings at 10am
 Sunday Evenings at 7pm
 More Info at: palstratford.org

PAL TORONTO
 27 March **TOWN HALL MEETING**
 Time: 7pm
 Crest Theatre Green Room
 29 March **EARTH HOUR**
 Time: 8:30 - 10:30pm
 Crest Theatre Green Room
 Sponsors: *Supporting Cast & Management Review Comm*
 5 May **SCRABBLE® WITH THE STARS**
 10th Anniversary Edition
 Arcadian Lofts
 31 May **CELEBRATION: THE LIFE OF SHARON DYER**
 Time: 4-7 pm
 Crest Theatre Green Room
 17 June **SONDHEIM SUMMER SEASONINGS**
 19 June **ANNUAL GENERAL MEETING**
 Crest Theatre Green Room

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