

Under the distinguished patronage of His Excellency the Right Honourable David Johnston C.C., C.M.M., C.O.M., C.D., Governor General of Canada



Palingenesis™

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

Caring for Our Own™

PAL Canada's National Quarterly Newsletter

VOLUME 14 ISSUE 2

Summer 2014

AGM HEARS PAL IS HEALTHY

The 2014 Annual and Special General Meeting of the members of PAL Canada Foundation took place on 23 June at the Crest Theatre Green Room in PAL Toronto. President, Jeff Braunstein, was in the Chair and made the introductions, particularly noting the satisfying turnout of 7 of the Directors at the meeting and welcoming all those members also personally present.



PAL Toronto - AGM Site

The meeting heard annual reports from the President, the Executive Director and various committees, particularly that from Treasurer, Ron Zammit. His 2013 financial statements indicated that the affairs of the Corporation ended up favourably for the year despite the lack of an Executive Director for several months and the absence of capable personnel in the internal administration of the Foundation

for nearly a year. These situations are now happily behind us and, following a brief review of the current budget, the members approved resolutions regarding the reports.

The major item of the meeting was a discussion of actions required to comply with new corporate legislation -the "Special Meeting" part of the proceedings. PAL Canada Foundation (the "Corporation") is required to conform to

See AGM Page 5

See New Board of Directors - Page 7

SOARING AT PAL VANCOUVER

The highly anticipated show, *The Flying Walchuks: Song and Dance ~ We Sing, You Dance* promises to be a big hit at the PAL Studio Theatre, July 20th.

PAL residents and BC Entertainment Hall of Fame inductees **Judy** and **Jim Walchuk** will perform with their sister **Marlee Walchuk** and the **Miles Black Quartet** for an evening of original songs followed by dancing, with Marlee and Judy singing the favourites we know and love. Tickets are available

online:
brownpapertickets.com



PAL HALIFAX PARTNER CLEARS HURDLES

A Halifax City Council meeting has approved the development (depicted here) which PAL Halifax hopes will lead to up to 20 apartments being made available for PAL's affordable housing within the next three years. While there are still a couple of minor steps to be taken, Housing Trust of Nova Scotia, with which PAL Halifax has partnered for several years, expects clear sailing from this point on.



Architect: Lyndon Lynch
PAL units would be in building on right

The project, benefitting from the fresh eyes of a new Council and strong support from the local councillor and several PAL stalwarts, was overwhelmingly approved. It will see a long neglected area in the storied "North End" rejuvenated and a large number of social housing units created in what is fast becoming the city's artistic centre.

As someone said, "Now, the hard part begins for PAL Halifax." Many decisions remain to be made regarding the specifics of the project relative to PAL's needs and objectives. PAL lodges are not simply apartments like all others but must cater to areas found, as a result of the PAL experience, to be essential. However, this major step has been very long in coming and hopes are high that, as the need grows more intense, support will grow that much stronger and faster.

THE AGE OF NEGLECT

The moving finger writes.....

At what point did society decide that its older brothers and sisters have reached that age when they may now be ignored, overlooked and even abused? Why was this decision even thought necessary? How is it reached? It used to be that society's aged individuals were thought to have accumulated some smarts through the years and this wisdom was deemed beneficial to society. Not now. It is "youth oriented" (by youth) and the older one gets the more one is made to feel "in the way".

PAL was founded to combat such attitudes, and we've had considerable success in doing so. Our lodges are vibrant examples to politicians and others of the value of older members to society, and many awards and recognitions indicate society is taking notice.

The specific, basic principle forming the foundation of PAL was, and is, the awareness that we have an obligation to assist older members of our Arts Community to live out their lives in comfortable, safe and supportive surroundings. This moral commitment extends to those associated with the Arts too, and it is not limited to supplying the affordable accommodations we proudly show-off in our lodges, but in working to address needs wherever we are able through our network of Chapters and their amazing Supporting Cast committees throughout Canada.

Now, lest we be accused of only being interested in "ol' folks", let us say that PAL has always maintained its interest and involvement with all elements of society, recognizing that such association is fundamental to our very art. Such action, however, is an adjunct to the sort of people PAL types are. PAL is interested in all those associated with the Arts - PAL Vancouver is particularly active in inter-generational activities, for example- and other Chapters discuss maintaining connections with all levels of society and the fascinating members of it. While our purpose is to assist older artists and their associates, we remain tuned into the real world too and show our concern and empathy for all artists. Indeed, our younger artists are vital to the sustaining of the PAL ideals and it is heartening to hear of the many cooperative programmes operating throughout PAL and the contributions younger people make to further our goals.

We must caution, however, that PAL cannot be "all things to all people". The amount of good work PAL presently accomplishes in extending our services to our special clientele should not be spread further afield. Let us leave those areas of need to those organizations specifically designed to address them. Overextending PAL's always limited resources will lead past the breaking point and deliver a great disservice to those we dearly want to help the most. There are others on the sidelines ready to jump into PAL's areas of expertise and these johnny-come-latelys usually arrive with scant substance or appreciation for historical perspective. They do bring "vaulting ambition" though, and you know what Shakespeare had to say about that!

If the founding principles of PAL are muddled or skewed to accommodate ill-fitting ideas, PAL loses its *raison d'être*. Be vigilant. Be wary. Don't contribute to this age of neglect. Keep the faith!

...And having writ moves on.

LETTERS

Dear Colleagues:

This is the last issue of *Palingenesis* in which I will be taking an active part as Editor/publisher. The journey has been long and arduous over the past few years and it seems a good time to turn the reins over to another's imagination and strengths.

Many aspects have been rewarding, particularly the many times we have received encouragement and praise from individual members for an article, or for our approach to a subject or just stating a general satisfaction with the idea of being brought in touch with members nationwide four times a year through these pages. Thank you for that.

PAL Board will be appointing a new Editor for the Fall Issue.
-Dan MacDonald.

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NOTES FROM THE EXECUTIVE DIRECTOR

My thoughts go out to our members in Manitoba and Saskatchewan who may be affected by the severe flooding, and to those in Atlantic Canada who may have been affected by hurricane Arthur. I hope that everyone will soon be enjoying a well deserved, wonderful summer.

The PAL Canada AGM was held on June 23rd and it was a great success. Special thanks and acknowledgement must be paid to Allan Macmillan for his outstanding organization of this event, and for all the work by his governance team with preparing and compiling the required documents of continuance with Industry Canada (Corporations Canada).



Executive Director Adrian Luces

Though a bit later than I had hoped and expected, I am happy to report that the new PAL Canada website is very close to completion and almost ready to begin a review by the Communications Committee. The website will now allow online membership purchasing, activation, and renewals. It will also automatically send out reminders when your membership is about to expire. It has a fresh and clean new look and there is much less copy on the front end of the site. We are now working on the back end, or the new member's only section. So I look forward to the launch of the new site in the coming weeks.

Once the website rebuild is launched and fully functional, I will initiate a membership drive that will hopefully attract much needed new members. As well, I have begun the grant-writing process and will be working closely with the Fundraising Committee to develop a strategy that will help solicit more donations to the Foundation.

I look forward in my next report to sharing positive news about our progress in the areas of membership and fundraising. Until then, I wish you all a wonderful remainder of your summer.

NEW ADMINISTRATOR IS IN PLACE

Executive Director, Adrian Luces, announces that PAL Canada has a new administrator onboard, *Melanie Ferrara*. Melanie joined PAL Canada in May and has been a tremendous help to the organization in getting its office administration on the right track.

She is a self-employed fashion designer who specializes in designing uniforms. Her many skills are proving to be just what we need to be better organized and efficient as an organization.

Welcome to the PAL community Melanie.

LATEST ALMOND BOOK ASSISTS PAL CANADA

Paul Almond, a Canadian author living in Malibu, launched his new book, *THE GUNNER*, on May 6th in Toronto. It is Book Six his *The Alford Saga*, a series depicting soldiers and conditions during the First World War. Fifty percent of the proceeds of the sale of his book at its launch were earmarked for PAL Canada.

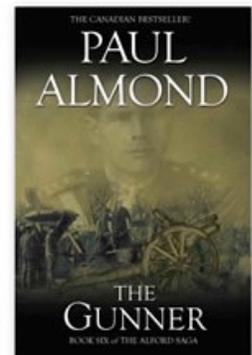
The series is an historical account of World War I and of particular interest to those who may have connections or are studying these bloody years of horror during World War I. Very timely during this, its Centennial year.

Paul Almond, of course, is the same Paul Almond with whom many members of PAL will have worked during his days as a very successful producer/director at CBC, and as writer/director since moving to California some years ago.

The Alford Saga **continues...**



And now... **Book Six**



If you ever wanted to know anything about World War One, now is the time — on the hundredth anniversary of the "War to end all wars".

The Gunner is available in every bookstore, independent or otherwise, and from Amazon or whichever Internet supplier you prefer, and on every e-platform: iPad, Kobo, and Kindle.





PAL HALIFAX

Several years ago PAL Halifax made an important decision to host *Scrabble® with the Stars* every second year instead of annually so as not to exhaust this wonderful, unique fund-raising event. In years when 'Scrabble wasn't on the table' the Board then planned to host a unique fundraiser. 2014 is one of those years.

This year, rather than having an event ourselves, the Board is opting to focus Fall fundraising on a series of collections at public performances and shows. Not only will we collect the all-important fundraising dollars, but we will gain exposure and membership. PALifax is approaching theatre companies and concert promoters to seek opportunities to spread the PAL message across Nova Scotia this Fall.

- Jeremy Webb/Ann Pocket



PAL OTTAWA

At our Annual meeting, three new Directors, joined the Board; **Catherine Lindquist, Hali Krawchuk** (Administrator of the School of Music at University of Ottawa) and **Don Westwood**, a

retired professor of architecture at Carleton and ACTRA member. This leaves us three short of the ideal twelve, so our search continues. Our thanks for their extraordinary efforts go to the two departing members, musician **Robert Cram** and portrait painter **Jerry Grey**, both of whom are continuing as members of the *Community Engagement and Communications Committee*.

We have signed two important contracts, with consultants *Re Fact*, for a Feasibility Study a possible building, and with *Mena Gainpaulsingh*, to help us design our fundraising strategy. Later in the summer, we will again wave our banner at the Civic Pride Parade, so join us on August 24 if you happen to be in Ottawa.

Last year's very successful Garden party, hosted by Barbara and Glen McInnes, will this year be at the heritage home of Grete Hale and her sister Gaye Cooke, on September 7th. Again, join us if you can, but his one will cost you \$50!

Ottawa Little Theatre is again giving us a benefit performance, this time of its production of *The Railway Children*, in late November.

-Jim Bradford



PAL TORONTO

We had our AGM on June 19th and I am

pleased to announce our new board members. Our new resident board members are: **Stephen Adler, Dini Petty and Austin Schatz**. **Vivienne Muhling** was re-elected. Our new non-resident board members are **Bob Kemp** and **Ron Davidson**. Non-residents up for re-election who won by acclamation are: **Ken Gass, Sandi Ross, John Coulbourn**. Congratulations to all, a huge round of applause to all who ran and heartfelt thanks to our out-going board members who worked so hard in their commitment to PAL TORONTO. It was a well attended, positive AGM.

We will be having a mini-retreat in July to get to know everyone and to familiarize new members with the workings of the board .

Our yoga classes are very successful, enjoyed by all who take them. These classes will continue into July. They are on a trial basis at the moment and we do hope they continue.

We successfully published a summer edition of the *PALTOR* and our deadline for submissions for our Fall edition is August 30th. The Communications Committee also held a membership drive in May that residents were very excited about.

A good time was had by all at *Scrabble® With The Stars*. This is our yearly main fundraising event. So much work goes into this event and we thank **Kate Barris** and her committee for making this a truly remarkable event and a fun evening.

PAL TORONTO is researching ways to help seniors aging in place, when their needs require more help than PAL is able to do at this time. Vivienne Muhling is vigorously investigating these matters with the city and the seniors' communities. Enjoy the summer everyone and happy gardening!!!!

-Merle Matheson



PAL STRATFORD

Over the past 12 months, PAL Stratford has filled all 5 units in our apartment building. We have a short waiting list of applicants interested in the one bedroom units, but no vacancies are expected in the near term. *The*

Tenants Relations Committee now must turn its attention to policing harmonious living.

Reduction of the balance owing on the mortgage continues to be the focus of our capital fundraising campaign because we know that operations will not break even until the mortgage is retired. Our campaign co-chair **John Wilkinson** organized a second annual luncheon event for us, generating a lump sum aimed at getting our mortgage balance down below \$130,000 this year. Note that PAL Stratford receives no financial support from any level of government for ongoing operations: we alone must make this affordable housing project successful in spite of being limited to just 80% of comparable market rental revenue.

-Sarah Drake

(Letter found in library book in Stratford's Pal Place)

*'Tis true, 'tis true, 'tis pity
And pity 'tis, 'tis true
I want to act in Shakespeare
And so I write to you.
I prithee, read my resumé
Peruse my photo, do
Then speaketh thou, by phone or mail
And I will come to you!*

(Stratford Festival's response, date unknown)

*'Tis pity, 'tis pity, 'tis true
It is too late for you
The auditions have passed
The season is cast
Write again, next year, do.*

(AGM continued from Front Page)

the provisions of the new *Canada Not-for-profit Corporations Act*, federal legislation adopted by Parliament a year ago. The Chair stated the new Act requires that the Corporation be continued under the *Canada Not-for-profit Corporations Act* and a number of resolutions were required to be enacted to accomplish this.

Forming those resolutions has meant many months of discussion and legal actions all of which, with Allan Macmillan's deft shepherding, were able to be accomplished with precision, accuracy and on time.

All of the recommendations were approved by the members without variation.



artists urban village

**PAL EDMONTON
(Artists Urban Village)**

We are thrilled to share the news that this week

Edmonton's City Council unanimously approved the release of \$700,000 of the \$8.3 million that has been committed to the Artists Quarters. This will allow us to proceed with the next phase of development – schematic design.

Our hope is to apply for a development permit by June 2015. The next year will be a busy one! We have to raise funds from both the Federal and Provincial Governments as well as continuing to market and fundraise. But this is a major step forward; with these funds we will be able to complete the work that will convince the other funders that our vision is worthy of their support.

We wish everyone a wonderful warm summer!

- Linda Huffman



PAL VANCOUVER

Bi-monthly tours of PAL Vancouver are in full swing. Created by many of PAL's 125 actors,

musicians, filmmakers, and visual artists, tours widen our circle of friends and raise awareness about how the arts and social housing combine to improve the lives of seniors and those living with disabilities. Register at tours@palvancouver.org to help us spread the word. We would be delighted to show you around. You will hear some of our residents' extraordinary stories and visit a sample apartment, PAL's rooftop garden, the 8th floor professionally equipped theatre, and enjoy an extraordinary musical performance.

-Karen Woodman

Long experience has taught me that in England nobody goes to the theatre unless he or she has bronchitis.

-James Agate

PALS CHORUS WELCOMES YOUNG 'UNS



The photo shows the PAL Vancouver **PALS Chorus** which held a concert, *We Will Rock You*, at *Unity of Vancouver* in June. The concert defied

expectations around aging as some very special guests were welcomed to the show.

ShowStoppers, a dynamic troupe of young performers, presented a variety of choreographed, hip, and hot numbers to everyone's delight.



HALIFAX LOSES "MAGIC"

He lived an amazing life. **Bruce "Magic" Armstrong** was born in Montreal but became Halifax's own wizard bringing lots of fun, laughter and entertainment to all. He came to Nova Scotia as a magician/actor and became an award-winning author. Along the way, he created a wonderful

children's series, Max Museum, a variety programme for young people, along with its leading and much loved character, "Uncle Max", and generated oohs and awhs from young and old for several years. Bruce died on 22 January, 2014, in Parkstone Enhanced Care in Halifax after suffering from dementia. He was 80.

Bruce loved Halifax, especially his neighbourhood Spring Garden Road and its famous Public Gardens where he could be found daily. His work in CBC Radio drama offered a chance visit to the "graveyard of the Atlantic", fabled Sable Island, where he immediately fell under its spell for the remainder of his life. He won the Evelyn Richardson Award in 1982 for his 1981 book, *Sable Island*. Nova Scotia writer Harry Thurston, a four-time winner of the Richardson prize calls it a modern classic saying that years later it stands as the definitive book on Sable Island.

Bruce was a member of the International Brotherhood of Magicians and lectured in universities and at conventions of magicians. His book for fellow conjurers, *The Encyclopedia of Suspensions and Levitations* is a masterly text on the subject.

He is survived by three children: Rob, Cathy and Chris in Langley, B.C. A celebration of his life was held in June overlooking the ocean at Black Rock Beach in the city's Point Pleasant Park.

BUBBLY PAL OTTAWA AGM



-Jerry Grey photo

PAL Ottawa's Annual General Meeting (AGM) was followed by a **Re Fact**

presentation. The Re Fact organization has been contracted to deliver a Feasibility Study for a possible PAL building in Ottawa.

The presentation segued into a consultation session between the consultants & members. Ottawa hopes to present Re Fact's report to members in November. The above photo shows L-R, **Ken Foulds** of Re Fact, former Board members **Florence Moore** and **Mitzi Hauser**, along with impresario **Harvey Glatt**, one of PAL Ottawa's most loyal supporters.

PART OF OPEN DOORS EVENT

-PAL Stratford Popular

The Open Doors Event featured the Pal Place residence of PAL Stratford earlier this June. Some 400 visitors came to see the designated heritage building, take photographs of the original woodwork and staircase, and relive memories of the family

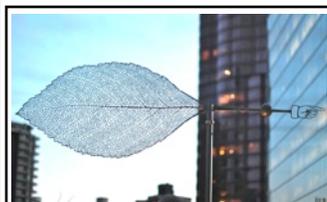


that built the house.

Last summer PAL Stratford was able to refresh the front of the house with more pleasing colours (you can see the painter at work in the accompanying photo) but additional fundraising is required to complete the exterior. Three other sides remain "ugly" until funds become available.

WONDERFUL, WHIMSICAL SCULPTURE DEDICATED TO JACK THORNE

A new sculpture created in memory of Jack Thorne was dedicated atop PAL Vancouver's residence in February. The work of Vancouver artist Doug Taylor it moves with the wind and is permanently



Sculpture by Doug Taylor

Joy delivers "The Summer Day", poem by Mary Oliver, at dedication



The Thorne Family (L to R, Granddaughter Lucy Stainsby, with Joy Coghill and son David) listen to son Gordon Thorne's address

installed in PAL's rooftop garden area. The ceremony appropriately took place on Valentine's Day in the presence of Jack's family and many friends. His widow, Joy Coghill, delivering a rendition of the poem, "A Summer Day", by Mary Oliver, and the gathering also heard remarks from their son, Gordon.

JEALOUSY STARTS IN INFANCY

A study by Maria Legerstee, a psychology professor, shows that even at 3 months old, babies will kick and holler when mom's attention turns to someone else. Such behaviour, however, is nothing to worry about. "It's a normal and appropriate reaction", she says. So, when does "professional jealousy" begin? Could be a lot earlier than we think, if Prof. Legerstee's work is applicable to artists.

Since this study has now indicated that jealousy (described as "the fear of losing a beloved to someone else") begins at a much earlier age than previously thought, we might ask the experts to do a study on "professional jealousy", which perhaps might be described as a fear of losing that engagement (role, dance or musical gig) to someone else? Jealousy hasn't received much study and has mostly been looked at in the context of sibling rivalry; as a pathological emotion. Is the "artistic temperament" a result of deep-seated needs that go back to childhood? Perhaps (we say hopefully) we can't help ourselves. It's "normal and appropriate".

Professor Legerstee's serious research, conducted back in 2006, only involved babies aged 3 months and 6 months - and with their mothers on hand! While gathering our "stage mothers" in the same room would be an impossible stretch for most of us, wouldn't it be fun if we could? Maybe even scientifically interesting!

**PAL CANADA FOUNDATION
BOARD OF DIRECTORS 2014-2015**
The AGM approved a report from the Nominating Committee Chair, Allan Macmillan, presenting the new slate of Directors as follows:

OFFICERS

President - Jeff Braunstein
Vice-president - Jim Bradford
Secretary - Allan Macmillan
Treasurer - Ron Zammit

DIRECTORS

Sharon Bakker - Aggie Elliot - Christina Smith
John Innes (Vancouver) Sarah Drake (Stratford)
Linda Huffman (Edmonton) Patty Gail Peaker (Toronto)
David LeReaney (Calgary) Alison Atkins (Ottawa)
Rea Kavanagh (Winnipeg) Dan MacDonald (Halifax)

FOUNDER DIRECTORS

Jim Biros (Canadian Federation of Musicians),
Barry Flatman (Actors' Fund of Canada)
Brian Gromoff (ACTRA)
Scott Walker (Canadian Actors Equity Association)

-EVENTS-

PAL OTTAWA
24 August (Sun) Civic Pride Parade
7 Sept (Sun) Annual Garden party
 At the heritage home of sisters
Grete Hale and Gaye Cooke
 join us if you can - \$50!

PAL VANCOUVER (PAL Studio Theatre)
20 July (Sun) The Flying Walchuks: Song and Dance
We Sing, You Dance
 Tickets are available online now at
brownpapertickets.com.

PAL STRATFORD
12 July Celebration of Life of Jack Merigold
 Pal Place 11am - 1 o'clock
15 Sept Expect the Extraordinary!
 Avon Theatre
 Tickets: Festival Box Office
 More Info at: palstratford.org
Tuesdays PAL Internet Users Seminars
 — 11 am-noon
 All WiFi devices welcome
 Pal Place

PAL TORONTO
30 August PALTOR newsletter
Deadline for Fall Edition

*At PAL all our fundamental needs unique to the performing arts
 are abundantly met. Only if one has experienced the terror of an
 opening night, a wretched script or the possibility of waning
 faculties can an accepting if not approving family be vital.*
 -Paul Soles

IN MEMORIAM
Bruce Armstrong Katharine Jackson
Jessica Brooker

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