

The PAL Leader

Published by PAL Toronto's Communication Committee

Edition: Spring 2023



The O'Keefe Centre for the Performing Arts

by Bruce Bell

On October 1st in 1960, Toronto entered a new cultural age. On this day the brand new O'Keefe Centre, named for its giant brewery benefactor and located at the prestigious corner of Front and Yonge Streets, opened its doors.

Just as historic as the auspicious launch of this world-class building, is the fact that its opening production was the first-ever pre-Broadway tryout of the musical Camelot, starring Julie Andrews, Richard Burton, and Canada's own Robert Goulet in the role of Lancelot.

The O'Keefe Centre (presently known as Meridian Hall) was to demonstrate to the world that sleepy ol' Toronto - where it would still be decades before one could shop on Sundays - was a vibrant modern city with a thriving arts centre.

One hundred and thirty years earlier, the site was the location of the Freeland Soap and Candle Factory, considered to be Toronto's first industry. In those 1830s the name of Peter Freeland was known to all, for it was his candles which lit the homes of York's first citizens in the days before electricity and light bulbs.

At the beginning of the 1850s the railroad moved into the area with its belching smoke of steam engines, and by 1866 the Great Western Railroad Station had replaced the candle factory.

Today the only extant remembrance of Peter Freeland and his factory's existence is Freeland Street, running parallel to Yonge Street between the Lakeshore Expressway and Queen's Quay, 2 streets West of the Loblaws on Lower Jarvis.

By the beginning of the 20th century the train station, which had outlived its usefulness, was converted into a wholesale vegetable market. On May 17, 1952 the building was destroyed by fire, and for the following few years the site became a

parking lot. Then in 1957 the remaining buildings, which were mostly warehouses fronting onto Front Street, were demolished - all to make way for the newly planned O'Keefe Centre.

The living history of the O'Keefe can be written by past and present occupants of PAL.

One of our first residents was the late great Mary Jolliffe, the O'Keefe's first Public Relations Director, responsible for handling all the media arrangements for the theatre's opening and first season. She told me her favourite memory was escorting actor Richard Burton on his arrival for rehearsals to sneak a look at the new auditorium. A wary Burton peered into the vast space of the luxurious 3,000-seat house, turned to her and exclaimed, "God! Think of the hangovers that went into that!"

Another PAL who'd attended that glittering opening night was the drama critic for the Globe and Mail newspaper, the late Herb Whittaker. He wrote, "When you approached the theatre you visualize it as a ship, with the sharp prow of the modern marquee followed by the great bulk of the auditorium, and making a wonderful contrast with the rosy brick buildings of Old Toronto."

The late Hugh Walker, another one of PAL's most eminent residents, worked as the General



Opening night on Oct 1st, 1960 to a full house at the sensational O'Keefe Centre.

"O'Keefe Centre" continued on Page 5



A Word from the President

by
Jocelyn Reneuve

Well, we have finally turned the corner into Spring, and I for one couldn't be happier - slowly and surely, we will be entering those welcome longer days and warmer weather.

Having grown up out West, I well remember there being four distinct seasons - and though I admit that Autumn is still my favourite, Spring was a close second, as it brought about so much hope and enthusiasm for what the days would be. As the snow melted away, the crocuses and bluebells began to colour the hillsides, and minuscule leaves began to peek out on their viridescent branches. Spring also brought severe thunder and rain, after which we would put on our rain gear and head outside, just to ascertain all was still well with the world. And of course I had to make sure my pet worm hadn't been washed away (in case you were wondering, his name was Herbie!).

So here's to Spring, with its optimism and good spirits. And moving forward, we have been working with the Health Services Coordinator on restarting some seminars and workshops for this Spring. These may include a return/continuation of the popular First Aid/ CPR workshops for our residents, and a seminar on financial budgeting which we hope will include representatives from our unions.

Thank you to all those who attended the PAL Annual Toronto Membership meeting on March 7, which was a bit of a prelude to the PAL Annual General Meeting currently scheduled for June 22. This year, as we build our Board of Directors, we are giving priority to several Executive positions including a Treasurer, an Executive Secretary, and Chairs for Communications and Supporting Cast.

We are starting our search for candidates early, so now is the time to consider thinking of putting your name forward, or perhaps nominating someone who you know would like to volunteer and be an asset on your PAL Board of Directors.

Happiest Spring Wishes to us all!



Editor's Two Cents



OK... I did say I like winter and snow and all that stuff ... I went to Metro the other day and I fell down. A very nice man came over to help this blushing lump of aging flesh to her feet. Made it. Oh well. I was dressed warmly enough, and luckily I'd worn my mittens so when my hands landed in snow, they were warm. Then I napped when I got home... well, it was nap hour. Slept for an hour, with a cat on my lap. I'm now officially ready for Spring.



Then there was "Thundersnow"... that was a new one for me. A night display that would have made a perfect setting for horror movies. Smudge slept all through it. Amazing!

Oh Boy!!! Baseball season is back... well, it's Spring Training, but the home opener is April 11th. (Sold Out, of course - the newly-renovated Rogers Centre awaits.) My favourite of all the sports that I watch on TV. Go Jays Go!!

New beginnings. PAL starts to show signs of life with the opening of the Crest Theatre Green Room for the PALZA-A-POPPIN dinner shows, rehearsals, performances, and improv classes; the Celebrity Club has Friday Night Karaoke and additional PAL events. I'm sure there will be more to come as well!

Growth is happening everywhere.



Greetings from our Executive Director

by David Plant

I am thrilled to introduce myself as the new Executive Director of PAL Toronto. I am honoured to be given the opportunity to lead this incredible organization which has played such a vital role in the lives of senior artists in the community for the past 40 years.

For those of you just getting to know me, I started my career as a news reader for CBC, and became an ACTRA member before transitioning to build Toronto's film and television industry in the Toronto Film Office. In my role as Toronto's Film Commissioner working in the Mayor's office, I provided support to over 1200 film & TV projects during the 80's and 90's, and have screen credits on Academy Award-winning movies like 'Good Will Hunting'. After that I then worked in Silicon Valley selling computer animation technology to IMAX, Disney and ILM, and I have worked internationally as an executive producer with many first-time and with mid-career award-winning filmmakers and equity-deserving artists on films shown at TIFF, Imaginative Film Festival, Hot Docs and other international festivals. For the past 8 years I have been working as an arts administrator and active advocate in the media arts sector.

To start, one of my PAL priorities is to create increased awareness in the community about the importance of affordable housing for arts and culture workers, and to re-engage our labour organizations and industry stakeholders with our government partners. I believe this is a critical issue which needs to be addressed in order to support the continued growth and development of our vibrant arts and culture scene.

I have already had a very positive meeting with ACTRA, and will be meeting with IATSE and Equity in the coming weeks. I've also had an excellent get-together with Toronto Community Housing to discuss our future, and have already confirmed meetings with our local City Councillor and our provincial MPP. I'll be reporting on those outcomes next month.

In the meantime, being able to demonstrate a strong and active membership is important to the message we are taking to these groups. Please renew your membership in PAL Toronto now - because being a resident here at PAL does not automatically mean you are a member of our PAL Toronto organization, which owns and operates

the building. Many people who provide financial support to PAL Toronto are not residents, but hold membership. Members have a vote at the Annual General Meeting and control the affairs of the organization, including its leadership and intrinsic direction. Most importantly, as a PAL resident you need to have your say! Show your solidarity, and ensure your voice is heard: become a member of PAL Toronto.

Part of my new role will be to work to improve communication between the residents, staff, and board, which is essential in ensuring that we are all working together towards our common goals and objectives. For matters pertaining to building maintenance or tenancy, please continue to direct those issues to the property management through Leslie Wall. However, for anything else related to policy changes, services, programs, or new ideas for partnerships and collaboration, please feel free to reach out to me directly.

To facilitate open communication and dialogue I am available every Friday in the Green Room during that morning's coffee-time for an 'Ask Me Anything' session. It's an opportunity for you to ask me any questions you may have about the organization, membership, my role, and any other matters of concern. Additionally, you can reach me anytime at davidplant@paltoronto.org.

I thank you for your ongoing support and I look forward to meeting each and every one of you, as we work together to continue making Performing Arts Lodges Toronto an outstanding organization that supports senior artists in our community.

In order to vote
at the next Annual General Meeting,
slated for June 22nd,
all interested parties must have
an up-to-date
PAL Toronto Membership.
The annual fee is \$25.

To join, confirm, or renew your membership,
please contact:

admin@paltoronto.org



Slumber & the Sandman

by Marcia Tratt

I'm having issues with my deliveryman. He's been arriving later and later every night, and now? Some nights he doesn't even show up at all. I'm talking about the Sandman, and what he is no longer at all punctual about delivering, is Sleep.

In my younger days, I could lay my head on a pillow and immediately get whisked away, off to dreamland. When I was performing in a show, I would go to bed at midnight and get up at noon the next day - twelve hours of solid slumber. Even when not working onstage, these habits stuck with me. My old friend the Sandman and I were cozy nighttime partners.

Until about 12 years ago.

Menopause changed everything. What I had blithely taken for granted - my body, my mind, and most of all, my effortless ability to catch zzz's - all underwent a fearsome upheaval, which continues without reprieve. Until you experience it, you have no idea how bereft insomnia can make you feel - why is Mister Sandman held hostage, no longer bringing my sleep to me? Why has he forsaken me?

With age comes the inevitable depletion of sleep hormones, and the wretched accompanying loss of slumber - & it's not just physical symptoms - because when you're awake later and later for longer and longer, your mind begins to dread the prospect of trying, and failing, to sleep. It starts to become a rigid self-fulfilling prophesy, with Can't Sleep leading ruthlessly to Can't Face Yet Another Night of Can't Sleep.

My friend Larry's new Apple iWatch allows him to trace his nightly sleep patterns. It tells him via technicolour graphs of his heart rate, and blood pressure, and body temperature, that even though he feels conscious at night, he actually IS indeed sleeping. But he states that he feels 'awake.' So if his physical body is insentient but yet his psychic mind is not, can he still get the benefits of what these graphs insist is Larry Being Asleep? Can any of us?

Put away your digital devices, stop eating after 8pm, clear your mind, lie quietly in the darkness, banish worry, get a good pillow, count sheep ... all this doesn't work? It's on to some other feasible solutions, of the herbal variety - valerian, catnip, skullcap, melatonin, ginsengs, lavender sachets,

CBD oil, chamomile tea. Still not helping? On to pharmaceutical aids, with their assorted caveats - gravol, zopiclone, ativan, mersyndol, clonazepam, temazepam. Why do I sound like a junkie when I am just trying to get some sleep? When these individual drugs stop working - which they most invariably will do - increasing the dosage is the all-too-slippery-slope next step. Do I want to be the doorkeeper to a future of putting pills in my mouth every time I shut my eyes? Not yet.

I want what the Sandman and I used to have, a relationship of understanding and mutual trust: he arrived and I let him in.

Insomnia isn't yet claiming my every night, but it's starting to scramble my brain, harangue my health, meddle with my moods. Sleep, that most essential mystery - repairing the anxious mind as a frayed sleeve is repaired by knitting, once said Shakespeare. Without it, life can feel much like an endurance test. So here I lie, hoping Madame Menopause will deign to release the Sandman someday, to help me pass that test on a regular basis again. To sleep, perchance to dream... Yes, please.



Murderess Winter

by Paul Amato

It came in cold and just won't let up. Each day is painful, both physically and mentally. The body, the mind together reject this terrible winter weather. Winds howl, snow flies, sun hides, skies cry. People bundle, dogs go out to do their business, run back inside. Joy waits for warmer days. Happiness is lost among the frost. Trees shiver while branches snap. Birds hop, hide beneath the spruce nettles, waiting for the sun to warm their feathers. Wild wolves wander on frozen tundra searching for food alive or dead. Lonely souls wait for spring to come alive, but only if they can survive this murderess winter.



"O'Keefe Centre" continued from Page 1

Manager of the O'Keefe Centre from 1960 to 1975. He always carried around in his wallet a photograph of himself in 1959 showing a young Queen Elizabeth the architectural model of the soon-to-be O'Keefe Centre.

The O'Keefe would see the greats from the worlds of ballet and opera, Broadway and London, perform on its stage, as well as many of our own home-grown theatrical giants.

Just one of the several superb opera artists who live at PAL, Gerard Boyd tells me that when he appeared in Puccini's Turandot as Altoum, the Emperor of China, the curtain opened on him raised high on a platform throne 60 feet in the air. He wryly recalled, "The view from the top of the proscenium at the O'Keefe Centre was a very awesome experience - nothing prepared me for this, especially as one who is terrified of heights."

Another thriving PAL resident who performed many times at the O'Keefe as a member of the Canadian Opera Company is the delightful Arlene Meadows, my neighbour here at PAL since the opening day of this building. Arlene related that while performing in Salome with the COC back in 1965, there was an enormous rainstorm taking place in Toronto; when the cast arrived onstage for their curtain call, Arlene could still hear the thunder and pounding rain, but soon realized it wasn't the storm but the rousing applause coming from the audience!

What a wonderful metaphor, for both PAL and its neighbour, the O'Keefe.

All too many buildings in Toronto barely last 50 years, so to have the O'Keefe/Hummingbird/Sony Centre/Meridian Hall still standing and flourishing - regardless of its numerous name changes - is an architectural miracle.



Sonnet

by Nicholas Rice

Emerging from
an early-morning dream,
I thought I heard
a sweet familiar voice –
how real these unexpected moments seem,
that spring to life unbidden,
not by choice.

I heard it whisper
gently in my ear
a single word,
inflected as a question.
"Oh, say some more,"
I thought,
"Don't disappear,
I'm at your service,
open to suggestion."

But then the daylight made its presence known
and life resumed
with all its obligations,
and there I was,
my waking self, alone,
to delve the dream
and its interpretations:

that sweet familiar
echo in my head –
a single simple "Dad?" was what it said.

ACT 3 THEATRE

A mature women's professional theatre collective

Presents staged readings of

WHO AM I NOW?

New original scenes written by Act 3 members

Performed in PAL's Green Room:
March 25th & March 26th @ 2pm
Pay What You Can at the door.

(Cash Only. Limited Seating. Mask Required.)

Enjoy refreshments at Break
(Cash Only Donations)

Running time approx. 2 hours.

Feel free to stay for "Talk Back" after the reading

A CAEA production under the Artists' Collective policy
Funded by the New Horizons for Seniors Program

Sumptuous Easy Egg Recipes

by Vivienne Muhling

Egg Muffin Cups

Here is a tasty way to use up lots of left-over veggies in your fridge.

Grease a 6-cup muffin pan and set aside.

Heat oven to 350 degrees.

Chop an onion and place in your mixing bowl. Chop and add green or red peppers, and then whatever leftovers you have... broccoli, Brussel sprouts, kale, spinach, green beans - whatever - kernel corn or cooked dried beans are also fine. You can also add diced left-over sausage or meat bits - but not too much! Now add some seasonings: a tsp of dried spice such as thyme, sage or basil, a grinding of black pepper.

Beat 3 eggs very well in a small bowl and pour them into your mix. Blend all thoroughly, then fill each little muffin pan to its brim (you will need about a cup of mixture for each little pan).

Bake in a 350-degree oven for 20 minutes. Take out of the oven and let rest for a few minutes before serving.

Voilà... a good breakfast or lunch for two, or you can save some in the fridge, to reheat and eat another day.

Shakshukah

Though all foods have gone up in price, eggs are still your most economical source of protein. Everywhere in the world has some delicious egg recipes. Here is a good one from the Middle East - Shakshukah, which is equally good at breakfast, lunch or dinner. The ingredients are:

- 1 28-ounce can tomatoes
- 1 small onion, diced
- 1 diced garlic clove
- 1 green or red pepper, chopped
- salt, pepper & spices to taste
- 2 - 3 eggs



Shakshuka

Heat a little olive oil in frying pan and brown onions and garlic. Add peppers and stir until its softened.

Add tomatoes, stir, breaking up the tomatoes with a wooden spoon. Add 1 tsp salt, 1/2 tsp pepper, and a tsp either paprika or zatar.

Simmer on stovetop for 15 minutes, stirring occasionally. Correct seasonings. Gently break the eggs onto the mixture. And when the egg whites are cooked, it is ready to serve. Bon Appetit!



Egg Muffin Cups

PALZ-A-POPPIN SUPPER SHOWS CONTINUE IN 2023!

LAST TUESDAY OF EVERY MONTH:

Mar 28th Apr 25th
May 30th June 27th

NEW TIME SLOT
6:00pm Potluck / 7:00pm Show
Mark your calendars!

WHOM TO CONTACT:

PERFORMERS:

Pam Hyatt 647-302-1886,
seniordame@gmail.com

POTLUCK CONTRIBUTORS:

Fiona Andrew, 416-856-9536
fiona4andrew@gmail.com

&

Aine Furey, 416-720-2566
fureytwo@gmail.com

THE COUNTDOWN CONTINUES!!!



Focus on the Colin Miller Library

by Shirley Lewis

When you arrive at the 4th-floor PAL library just around the corner from the elevator, there is a nice picture of Colin Miller, beside the door to the right. We have this man to thank for advocating for this library, from the very inception of PAL.

Colin had immigrated from England, and he worked primarily as a stage actor across Canada. When the PAL building was being devised, he was one of the original residents. He saw the need for a library on the premises and worked tirelessly to ensure that adequate space for it was included in the plans. Championing an in-house library and having helped plan it, Colin became its first librarian.

In the early days, an elevator took residents directly into the library, but not for long: this turned out to be a bad idea, due to limited library hours and residents finding the library in total darkness at night. And so, that elevator was taken out of commission.

But as Colin Miller envisioned, the library has always been an integral part of PAL's resident services. It is run by volunteers, headed (at the moment) by a retired librarian, and works pretty much the same as any public library. Books may be borrowed by PAL residents for up to 3 weeks - highly popular books need to be returned sooner - and renewed as needed. The hours used to be limited, but now it's 9am to 9pm daily. And after experimenting, it turned out that residents are pretty good with a self-serve honour-system: the library staff follows up when popular books are needed, but otherwise books are checked out and returned without much ado. In this way we can trust our residents to enjoy and support the library.

Last year our Colin Miller Library handled 1,920 loans, with lots of residents showing their appreciation for being able to get early access to best-selling authors like John Grisham and Linwood Barclay and Louise Penny. The library has a pretty well-rounded collection of popular fiction, literary works, poetry, drama, plays, science, art, biographies - with such a large selection of almost everything, it's good to pop into the library and see if what you're looking for is there.

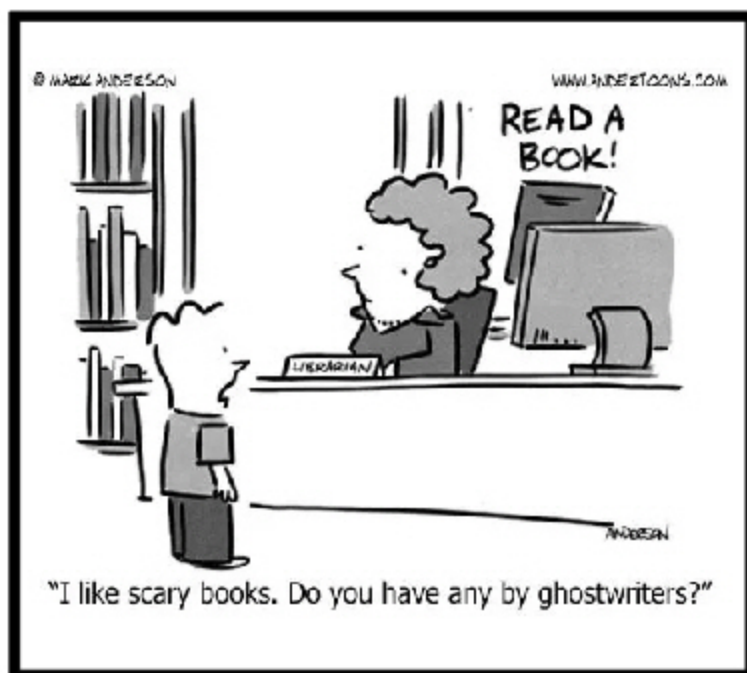
And don't bypass the DVD collection on the far wall. Even though the technology is moving from

DVDs to streaming, many PAL residents have a DVD player and the library has over 1,000 films to choose from in our current catalogue - features, classics, concerts, documentaries, TV series - you name it.

The library receives many donations in its Donations Box - it's always a thrill when we are given current popular titles, so please consider donating these when you are finished reading them. Recent books up on the Hot Wall shelves include "Spare," the royal tell-all memoir by Prince Harry, Linwood Barclay's "Take Your Breath Away," Canadian film director Sarah Polley's "Run Towards the Danger," and Mick Herron's amusing AND thrilling spy novel "Slow Horses" about spies who have been spurned by spy agency M15 but manage to redeem themselves. Contemporary biographies include "The Boys," written by Ron Howard (the child star turned movie director) and his actor brother Clint.

And remember: not long ago the Green Room introduced an extensive BOOK NOOK, which is administered by the library, containing books that residents can just take - no need to return any of these! This collection includes donated books, and occasional games, and puzzles.

Happy reading, everyone!





Cinema Corner

by Wyndham Wise

In the 45 years I spent toiling in the Canadian film business, one of the nicest and brightest individuals I had the privilege to meet and write about was actor-director-writer-producer, and obviously multi-talented, Sarah Polley.

Our paths first crossed when she was forced to attend a meet-and-greet promotional event for the CBC series *Road to Avonlea* in the early 1990s, which I was attending as a freelance journalist with my two young daughters who were big fans (she later revealed to me that she had had a terrible head cold that day and reluctantly showed up because of her contract with Sullivan Films). And my last job as a paid journalist was a half-day spent on the set of her film *Take This Waltz* starring Michelle Williams and Seth Rogen. Polley was shooting in Trinity Bellwoods Park, while the paparazzi were stalking Williams on adjacent Grace Street; when the crew broke for lunch, we ate in a nearby church basement. I remember when leaving I challenged her to win the Palme d'Or at Cannes, an accomplishment no Canadian director has yet achieved. She laughed.

And so she should: with her screenplay for *Women Talking*, based on the novel by Miriam Toews (Polley also directed the film), she is now a two-time Oscar nominee for the Best Adapted Screenplay, a singular and brilliant achievement, a feat which all other Canadian filmmakers have not yet accomplished.

For those unfamiliar with her work (seriously, are you living under a rock?), Polley has been acting since the age of four – landing her first movie part in *One Magic Christmas*, and starring in Terry Gilliam's 1989 *The Adventures of Baron Munchausen* at the age of eight. She became a household name with the role of Sara Stanley in *Road to Avonlea* (1989 - '96), and excelled in Atom Egoyan's 1997 film *The Sweet Hereafter*.

Polley turned down the pivotal role of the band groupie 'Penny Lane' in *Almost Famous* – a role that would have propelled her into Hollywood stardom, as it did for her replacement, a young Kate Hudson. Instead, she preferred what she considered more challenging work in independent features such as *Last Night*, *Guinevere*, and *The Law of Enclosures*.

Polley won a Genie Award as Best Actress for her thoughtful portrayal of a young mother dying of cancer in *My Life Without Me*, and another for her work behind the camera on *I Shout Love* (Best Live-Action Short). Her debut feature *Away from Her*, starring Julie Christie and Gordon Pinsent and based on an Alice Munro short story, proved to be both a critical and box office hit, earning Polley her first Academy Award nomination for Best Adapted Screenplay - and then eight Genie Awards, including Best Director, Best Picture and Best Adapted Screenplay.



Award-winning Toronto-based filmmaker Sarah Polley

Stories We Tell, an intimate meta-documentary about her mother's life and birth father's origins, has been hailed as a major artistic achievement and was awarded Best Feature Documentary at the 2013 Canadian Screen Awards.

Polley also wrote the 2017 six-part miniseries *Alias Grace*, based on the Margaret Atwood novel, which premiered on CBC and then Netflix.

Once again she was centre stage on March 12 in the Dolby Theatre for the 95th presentation of the Academy Awards. The downbeat *Woman Talking* (which is an American movie, not in fact Canadian, and produced by the likes of Frances McDormand and Brad Pitt) was a bit of a long shot for the Best Picture, up against such heavy favourites as *The Banshees of Inisherin* and *Everything Everywhere All at Once*. But industry betting-odds were in favour of Sarah Polley winning for Best Adapted Screenplay. No doubt we were all watching the televised event with fingers and toes crossed - and it worked: Polley achieved that most stunning Oscar win! It was a joyous moment in our Canadian film history and a felicitous tribute to our own Ms Polley.

Two Friends

by Carole Zorro

THERE IS A PLACE FOR YOU

waking up to aches and pains
as she reaches for the Voltaren

appointment today with the physical therapist
to help with the mending of her broken hip

soon she will be asked to leave
she has no place to go
building has been sold
new landlord
soon their son and his wife
will move into what was once her place
a place she used to call home for many years

how can this be
where can she go
what has happened to our seniors
why have we let them down

she led a productive life
she gave of herself to the community
why have we left them out in the cold

keep hopeful dear friend
stay resilient
 there is a place for you

It is the wild west out there she says
places already seen
dingy, small
rents out of control
one place smelled like someone had
died in there she says
another so small you could not swing a cat around

where would she put her beloved mementos
her life
her history
must she also throw them out with the trash

keep hopeful dear friend
stay resilient
 there is a place for you

I WILL WALK WITH YOU

did you see your eighties coming she asks
I did she adds
but I did not expect
the end to come so soon

she knows we are all sad
that we are hiding our sadness
in the hopes of sparing her

she thinks she is melancholy
only because we are melancholy

she sees her daughter in tears
which makes her cry

to see her daughter in tears
of course she cries

I love you dear friend
you are and will remain
 ever so close to my heart

at the same time she is grateful
for the special love we share together

everything is up to me she says
I can stop my treatments
whenever I want

In the meantime
walk with me along the road she says
there is still time
live day by day

walk with me in the sun
walk with me in the rain
dry up your tears
regain your smiles
let's make more memories

at the end of the road
when I am gone

as you continue along your journey
left will be happy memories
with every bend in the road
you will feel my love once more

I love you dear friend
you are and will remain
 ever so close to my heart

2023 PAL Proust Questionnaire Page

In 5 sentences or less, tell us about your life, and how you arrived here at PAL

Dual Yank/Canuck, thanks to NFB cameraman Johnny Foster proposing marriage to this New Yorker in 1957, opening CBC TV and radio drama doors to me in 1958. ACTRA/CAEA member 65 years. I was an original Toronto PAL resident in February 1993 to 2000. Six years in Vancouver, then happily returned here in 2011.

Which talent would you most like to have?

Astaire-like ballroom dancing skill.

What is your idea of perfect happiness?

Being totally present in the present moment WITHOUT the assistance of weed. I'm striving, Lord knows, I'm striving!

What is your greatest fear?

Not having sorted out - prior to dying - all the pragmatic details demanded by institutions upon death. I don't want to burden my sons with this task. It would be a lousy gift.

What is your greatest extravagance?

Now it's Alternative Medicine, thank God/Allah/Buddha - choose your fave name.

What do you regard as the lowest form of misery?

Having no soul mates, no kindred spirits throughout one's life. That must be ghastly.

What do you consider the most overrated virtue?

Humility - the false humility masqueraded by Uriah Heep-ish modern-day bores.

What is your most treasured possession?

Cherished memories of loved ones. My Texan mom taught me the impermanence of things. I don't cling to objects.

If you could change one thing about yourself, what would it be?

Procrastination

If you were to die and come back as a person or thing, what do you think it would be?

I'd hope to return as a more consciously-evolved human.

What is your favourite thing to eat?

Seared ahi tuna.

Who are your favourite writers?

Paramahansa Yogananda, Meher Baba, J.D Salinger, A.A. Milne, Namgyal Rinpoche, and Eckhart Tolle.

What are your 3 favourite movies?

Walt Disney's Fantasia; his first Pinocchio; 2001: A Space Odyssey.

When and where were you happiest?

Childhood visits to my Aunt Ellie's estate in Connecticut - and, in 1970, in an emerald green pasture in Switzerland, discovering that my 8-year-old son Carson Foster, and my 8-month-old son Zack Ward, and myself, were truly connected by the powerful conjoining of our hearts

What do you think are your greatest strengths?

My humour, energy & enthusiasm for living - plus "This too shall pass." Ain't nuthin' fixed or immovable.

What do you value most in your friends?

A sense of humour re. themselves, their place in the universal pecking order, plus a sense of awe at the miracle of all being.

Where would you like to live?

Right where I am. PAL is perfection pour moi.

How would you like to die?

Consciously, calmly, smiling as I move into the unending energy from which this form was created.

What is your favourite journey?

Discovering the newness of everything, everywhere, everyone - near and far.

What is your current state of mind?

Positive. One day at a time, enjoy it. Be of service when opportunity arises.

What is your motto?? Don't worry, be happy - the universe knows what it's doing.

PAM HYATT



Interested in doing the
PAL Proust Questionnaire??
Please contact us via
maraltra@yahoo.ca



Sports Word Search

DIRECTIONS: Circle the names of the different sports from the word list in the letter grid below. To find them all you will have to look in every direction, including backwards and diagonally. Good luck!



Archery
Athletics
Badminton
Baseball
Basketball
Boxing
Cricket
Diving

Fencing
Football
Formula One
Golf
Gymnastics
Handball
Hockey
Judo

Lacrosse
Polo
Rugby
Sailing
Skiing
Soccer
Softball
Squash

Sumo
Surfing
Swimming
Taekwondo
Tennis
Volleyball
Weightlifting
Wrestling

PAL Toronto Board of Directors

Jocelyn Reneuve - President
 Rex Hagon - Vice-President
 Jean-Marc MacKenzie - Gov and By-Laws
 Rex Hagon - Mgmt Committee Chair
 Jocelyn Reneuve - Residential Accommodation
 Rochelle Porter - Website Design
 Nina Keogh - Director
 Fiona Andrew - Director
 James MacMillan - Director

David Plant - Executive Director

Committees can be reached by email when visiting the PAL Toronto Website at: paltoronto.org or you may address a letter to the Committee Chair and deliver to the office on the 3rd floor (328) where it can be forwarded to the appropriate director.

PAL LEADER Contributors

Barb Sadegur (Editor) Norm Hart (Photos)
 Marcia Tratt (Proofreading)

Paul Amato	David Plant
Bruce Bell	Jocelyn Reneuve
Pam Hyatt	Nicholas Rice
Shirley Lewis	Marcia Tratt
Vivienne Muhling	Wyndham Wise
Carole Zorro	

PTRA
(TBA)

PROTECT YOURSELF

AVOID THE SPREAD OF COVID-19

1 WASH YOUR HANDS OFTEN WITH ALCOHOL-BASED SOAP/ SANITISER FOR 20 SECONDS

2 WEAR A MASK AND DO NOT TOUCH YOUR FACE

3 BE SURE TO COUGH OR SNEEZE INTO YOUR ELBOW OR TISSUE

4 PRACTICE AND MAINTAIN A SAFE SOCIAL DISTANCE OF 1 METRE

5 CHECK YOUR TEMPERATURE AND FOR OTHER SYMPTOMS AS OFTEN AS POSSIBLE



Got a story to tell??

You can leave a submission at Apt 305 or email me at:

lettertotheeditor305@gmail.com

NEXT DEADLINE: May 31, 2023

Telephone Numbers

Building Manager	416-955-4645
Superintendent	416-806-4588
Superintendent	647-528-4588
Administration	416-777-9674
Health Services	416-368-1677
Emergency	911
Toronto Seniors Helpline	416-338-8888
City of Toronto	311



BE SMART. BE SAFE. BE KIND.