



A newsletter for members of the York University Retirees' Association (YURA)

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YURA is a member of CURAC/ARUCC, the federation of the College and University Retiree Associations of Canada/Associations de retraités dans les universités et collèges du Canada

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Photos taken by Ian Greene at the Aga Khan Museum and Ismaili Centre's restaurant.



Message from the YURA Co-Presidents

Where did the summer go? As we return to the campus, there are students everywhere, and the excitement of a new term in the air. We have been ramping up for our fall activities for YURA and there are lots of things to look forward to this year and to tell you about.

Thanks to the work of Michele Young, our website is more user-friendly. Please check it out for yourselves at: YURA.info.yorku.ca. You will see that we have added the membership renewal form for you to download and complete if you have not already renewed your membership for 2019-2020. We have been processing membership renewals all summer, trying to keep up with the mail and getting the memberships out. But there are still some of you who have not returned your forms. If you have not renewed your membership, please do so. If you need additional help with this, please contact us at the YURA office and we can assist. Our office hours are Tuesday, Wednesday and Thursday, 11:00 a.m. to 3:00 p.m.

We are looking for volunteers to help us with the office hours. John Wilson, who has been available on Wednesdays, has had to step away from that role, and so we would be happy to have someone else step up to help Agnes on Wednesday or Sara on Thursday. If you have an interest in doing so please contact us in the office. On behalf of YURA we want to thank John for his service these last three years.

Many of you will notice that we have **new activities planned for the fall**. The Muskoka Cruise was fun on a brilliant sunny day. Before the *Newsletter* went to press, we were still selling tickets for the Shaw Festival trip on Tuesday, October 8th to see Brigadoon.

Of course the biggest challenge this fall will be for our YURA team walking in the **Scotiabank Charity Challenge on October 20, 2019**. If you are not walking, you may be asked for sponsorship. A team of 20 strong will walk for scholarship

support. If you have not signed up yet but are intending to do so, please contact Ian Greene (igreene@yorku.ca) so that he can get you properly registered. All donations raised will go toward the endowment of the YURA York Graduate Student Awards.

We are delighted that Anna Porter has agreed to be our speaker at the **Annual General Meeting on Friday, October 25th**. We introduced her in the *Summer Newsletter*. Please mark the date in your calendar as we hear from her and then have a lovely lunch and AGM.

Tuesday November 12 is set for Showcase (9a.m. to 3p.m.). This year the event will be held in the Vari Hall Rotunda. We are collecting for the Attic Treasures table now. Please contact the office about dropping off your donations. We can always use volunteers to help with this event. If you are interested, please let us know and we can get you involved.

And finally, the Planning Committee is working on an outing for later in November. Watch your emails as the details become firmer.

We hope you have a good fall and look forward to connecting with you at the Annual General Meeting.

--Charmaine Courtis and Ian Greene, Co-Presidents

IN PRAISE OF JOHN LENNOX

I want to salute here a role that John has played for YURA that is known to only a few. We all know, and have so much appreciated, John's role as YURA's co-president. Furthermore, John has continued volunteering in the office and participating in the work of the Executive Committee as past co-president.

But what our members do not know is that he has been my “private editor,” after Sandra Pyke (who may not have been sufficiently praised for her own roles in YUFA and CURAC). For the past 6 years, John “scrutinizes” all the Newsletters and the PTPs our members receive. After I put an issue together, he carefully goes over my “French accent” which lurks behind the English *faux pas* I make, whether in grammar or in sentence construction. For this I am very thankful. Otherwise you might occasionally read very strange things—that is, even stranger than they already are, especially in the PTPs!

John accomplishes these tasks with great tact, finesse, and a sense of humour. I should add patience to this list because, as is the case with my accent, I don’t seem to be able to learn my lesson on some aspects of punctuation and turns of phrase.

Thank you so much, John.

--Anne-Marie Ambert, Editor

IN MEMORIAM

Gisela Argyle	August 20
Margaret Beare	August 12
Joan Bone	July 23
Joan Burnell	June 9
Walter Carter	September 2
Jerome Ch'en	June 17
Beatrice Chiotti	June 11
Brian Colman	September 10
Charles Dugan	June 23
Pearl Ginsler	August 29
Elisabeth Gunning	June 20
John Heber	June 9
Ann Lamb	June 15
Sandy McNeil	July 1
Martin Muldoon	August 1
Maureen Pereira	July 19
Huw Pritchard	August 9
Vito Riccardi	July 8
Marilyn Silverman	June 18
Louise Turnpenny	June 22
Douglas Verney	July 24

Glenis Wild August 31
 Leon Tretjakewitsch June 12

NEW YURA MEMBERS

Theja De Silva
 Patricia Keney
 Gerard Naddaf
 Xiulan Sun
 Wendy W. Chan Tang
 Stanley H. Vittoz
 Marc Wilchesky

Note: New members whose name do not appear here can add their name to the next list by reaching out to the editor, ambert@yorku.ca

LAND ACKNOWLEDGEMENT

I thought it would be interesting to reprint in our pages York’s land acknowledgement and compare it with that of Ryerson University as it is also located in Toronto. As well, I found the explanation for the wording on a website and it is very interesting and applicable to the entire Toronto region.

Where I live at Christie Gardens, a retirement residence (with its own private long-term care facility), we read a very similar land acknowledgement before our key meetings and some other residents’ activities.

LAND ACKNOWLEDGEMENT for YORK UNIVERSITY

In 2017, the then York University Aboriginal Education Council, now called the Indigenous Council, formulated a new land acknowledgement for York University, recognizing the presence of Indigenous peoples on the campus both in the past and present. It reads as follows:

“York University acknowledges its presence on the traditional territory of many Indigenous Nations. The area known as Tkaronto has been care taken by

the Anishinabek Nation, the Haudenosaunee Confederacy, the Huron-Wendat, and the Metis. It is now home to many Indigenous Peoples. We acknowledge the current treaty holders, the Mississaugas of the New Credit First Nation. This territory is subject of the Dish With One Spoon Wampum Belt Covenant, an agreement to peaceably share and care for the Great Lakes region.”

LAND ACKNOWLEDGEMENT for RYERSON UNIVERSITY

"Toronto is in the 'Dish With One Spoon Territory'. The Dish With One Spoon is a treaty between the Anishinaabe, Mississaugas and Haudenosaunee that bound them to share the territory and protect the land. Subsequent Indigenous Nations and peoples, Europeans and all newcomers have been invited into this treaty in the spirit of peace, friendship and respect."

EXPLANATION OF WORDING

The "Dish", or sometimes it is called the "Bowl", represents what is now southern Ontario, from the Great Lakes to Quebec and from Lake Simcoe into the United States. We all eat out of the Dish, all of us that share this territory, with only one spoon. That means we have to share the responsibility of ensuring the dish is never empty, which includes taking care of the land and the creatures we share it with. Importantly, there are no knives at the table, representing that we must keep the peace.

This was a treaty made between the Anishinaabe and Haudenosaunee after the French and Indian War. Newcomers were then incorporated into it over the years, notably in 1764 with The Royal Proclamation/The Treaty of Niagara.

The land acknowledgement statement started in British Columbia where there are no treaties at all. Its popularity has spread as an acknowledgment of Indigenous presence and the assertion of Indigenous sovereignty. It is used in a variety of ways, such as at opening events, ceremonies, and meetings.

REMINISCENCE

Our 27th Reminiscence is authored by Joan Elizabeth Humphrey. Joan Elizabeth retired from York in 1996. At the time, she was Assistant to the Chair of the English Department in the Faculty of Arts. She has entitled her Autobiography, "A Wry Reminiscence."

“Cast your mind back to March 1944. What were you doing that month? Always assuming you are old enough of course. Well I’ll never forget how I was occupied ...because, at the tender age of eight and a half I spent it in Bradford Children's Hospital, Yorkshire in the North of England.

Fortunately, no bombs fell on the BCH. Although at school we were taught that Bradford was the centre of the entire world's woolen industry, apparently no one told Hitler; because the City had only one night of air raids, the Luftwaffe dropping off the tag end of the load left over from Leeds, our much bigger next-door neighbour.

How did I, the middle child between two other girls and much missed no doubt by them and my ever-loving parents, not forgetting the dog, find myself in this lonely and frankly rather scary situation? Well, it all began about a month earlier, when I went to school with a perfectly normal head on my little shoulders and returned home to lunch with what I now know was torticollis or 'wry neck'. Whether it was painful or not I no longer recall. But it certainly made me feel silly, with my head all twisted to the right side, and no amount of orders from the teacher to "straighten your head Joan" could remedy it. "Please Miss she can't!" Cried my classmates. Most embarrassing!

After a month or so at home with my Mum valiantly rubbing this and that into my pate, as per doctor's orders, the unruly little head still veered stubbornly to the right. (A young candidate for the Conservative party perhaps?) If I close my eyes I can still see that scene of 70 years ago: an enormous room, white-tiled and green-painted, filled with small beds whose occupants probably ranged from 2 years to 10. Not much progress

having been made in the first week of my treatment, it was decreed that I lie still as a mouse and as quiet for 2 weeks. Later I heard from my sisters that surgery had been mooted, and the possibility of maybe a heart problem! And, yes, when my parents were finally 'allowed' to visit (the rule being that no visits were to be made so as not to upset the patients), there I was, to my Mother's relief, sitting up in bed sporting a large hair ribbon and a perfectly STRAIGHT NECK!

--Joan Elizabeth Humphrey



("Parenting in the Wild" contributed by Rosemarie Nielsen)

PRESSING ENVIRONMENTAL ISSUES

This is an article (and a portal) from the Aljazeera group and it provides a vast array of articles on the environmental crisis. The one we focus on here pertains to our dying oceans and the consequences for life on earth.

<https://tinyurl.com/y6gndsf>

Please note that the above URL was 4-lines strong and, in order to make it manageable, I followed a suggestion made by **Peter Paolucci** who wrote: "There's a service called <https://tinyurl.com/> that lets you create a short, simpler URL for those long ones--and it's permanent and free!" Many thanks, Peter.

FOUR FILMS ON THE ELDERLY, LOVE, AND ADAPTATION

The following four films are all very beautiful and illustrate various trajectories of ageing as well as coping mechanisms, especially among couples when one of the spouses develops Alzheimer's. Only one of these films, the first one described below, focuses on an elderly woman alone. The ending of all these films leaves much food for thought.

MRS. PALFREY AT THE CLAREMONT. (2005)

This film presents the uplifting story of an elderly woman living in an upscale but miserable senior hotel in London, abandoned by her family, and who accidentally meets a very young man. The development of this relationship and its at-times amusing ramifications are the focal points. Joan Plowright stars, as the elderly and feisty woman, and Rupert Friend portrays the young man. This film reserves many surprises and has a bit of a suspense plot.

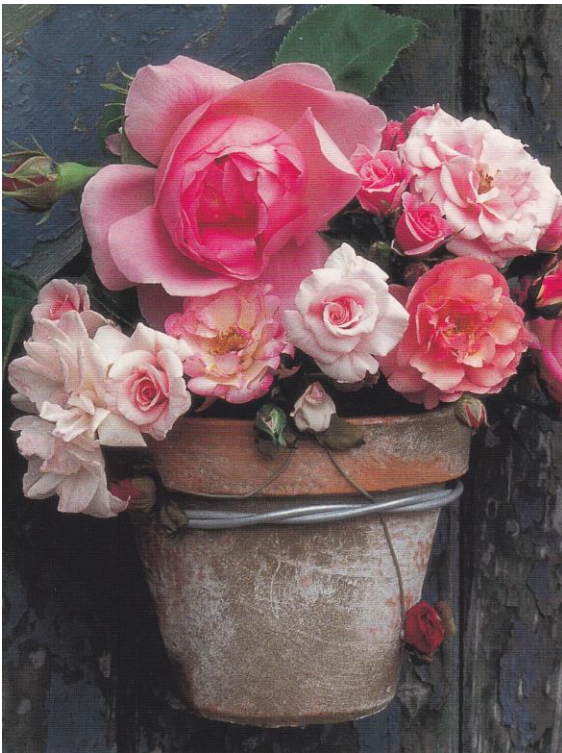
THE NOTEBOOK (2004). In the 1940s South Carolina, mill worker Noah Calhoun (Ryan Gosling) and rich girl Allie (Rachel McAdams) are desperately in love. But her parents don't approve. Then Noah goes off to serve in World War II and, in the interim, Allie becomes involved with another man (James Marsden). But when Noah returns to their small town years later, on the cusp of Allie's marriage, it soon becomes clear that their romance is anything but over. This is the background history. However, the main focus of the movie and the real story centres on the elderly Allie (Gena Rowlands) who develops Alzheimer's and, with the same love of her life (played by an aged and surprisingly mellowed James Garner) narrating their story.

AWAY FROM HER. (A Canadian film by Sarah Polly, 2006.) Long married, Fiona (Julie Christie—born in 1940, as a reminder of times past) and Grant (Gordon Pinsent) find their mutual devotion tested by her struggle with Alzheimer's disease. When it becomes apparent that the condition is worsening, she goes into a retirement home where Grant is

forbidden from seeing her for a month—a long time in the life of a person with Alzheimer’s. In fact, during that month, she has temporarily erased him from her memory and has grown close to Aubrey (Michael Murphy), a fellow resident who also has dementia and is, additionally, in a wheelchair. Jealous and hurt, Grant finally seeks help from Aubrey’s wife (Olympia Dukakis).

THE LEISURE SEEKER (2007). This film stars Helen Mirren and Donald Sutherland and takes place in the US. A runaway (from their adult children) elderly couple goes on an unforgettable journey in the old faithful RV they call the “Leisure Seeker.” All the while, the wife tries to stall her husband’s mental deterioration as she recounts their family past and former trips via nightly old pictures projected on the side of their RV in the evenings. A series of frightening (for the viewers) misadventures follows while one observes this loving couple trying to cope with events that are beyond their ability to manage—but manage they do at their own pace as they confront what life throws at them.

—Anne-Marie Ambert



GOOD READS

Daniel Silva. 2013. *The English Girl* (available in Toronto Public Libraries). This is another of Silva’s intricately written spy suspense books with Gabriel Allon as his main character—an Israeli agent who passes for an art restaurateur. The plot takes place in Corsica, France, England, Israel, and Russia. Allon’s task, it appears, is to locate the young mistress of the Prime Minister of England, who is kidnapped on the island of Corsica. But the plot thickens when Allon discovers that Russian agents are involved. The book deals expertly with British politics and the tentacles of Russia’s spy network linked to the greed for power in the Kremlin. The long conclusions are multi-faceted and not what the reader may have expected. Although this is all fictional, Silva’s page-turners are always very educational.

OUTING SUGGESTION IN FLORIDA

For forest bathers and nature seekers, try Ocala north of Orlando. About a half hour from Ocala lies the **Ocala National Forest**. The largest sand pine scrub forest in the world is a hiker’s and cyclist’s dream, with everything from brief boardwalk to hundreds of miles of trails that crisscross this natural phenomenon. Reward yourself with a refreshing dip in the forest’s Juniper Springs, where the water stays a bracing 72F year round. (Adapted from a recent *Zoomer Magazine*.)

HUMOUR DEPARTMENT

THE CREATION: NEW VERSION

1. In the beginning, God created the Heavens and the Earth and populated the Earth with broccoli, cauliflower and spinach, green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.

2. Then using God's great gifts, Satan created Ben and Jerry's Ice Cream and Krispy Creme Donuts. And Satan said, "You want chocolate with that?" And Man said, "Yes!" and Woman said, "And as long as you're at it, add some sprinkles." And they gained 10 pounds. And Satan smiled.

3. And God created the healthful yogurt that Woman might keep the figure that Man found so fair. And Satan brought forth white flour from the wheat, and sugar from the cane and combined them. And Woman went from size 6 to size 14.

4. So God said, "Try my fresh green salad." And Satan presented Thousand-Island Dressing, buttery croutons and garlic toast on the side. And Man and Woman unfastened their belts following the repast.

5. God then said, "I have sent you heart healthy vegetables and olive oil in which to cook them." And Satan brought forth deep fried fish and chicken-fried steak so big it needed its own platter. And Man gained more weight and his cholesterol went through the roof. God then created a light, fluffy white cake, named it "Angel Food Cake" and said, "It is good." Satan then created chocolate cake and named it "Devil's Food."

6. God then brought forth running shoes so that His children might lose those extra pounds. And Satan gave cable TV with a remote control so Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering blue light and gained pounds.

7. Then God brought forth the potato, naturally low in fat and brimming with nutrition. And Satan

peeled off the healthful skin and sliced the starchy centre into chips and deep-fried them. And Man gained pounds.

8. God then gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created McDonald's and its 99-cent double cheeseburger. Then said, "You want fries with that?" And Man replied, "Yes! And super-size them!" And Satan said, "It is good." And Man went into cardiac arrest.

9. God sighed and created quadruple bypass surgery.

10. Then Satan created Cuts to the Health Care System. Amen

(Contributed by **Rosemarie Nielsen**)



Cordoba, Spain

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