

# The OPAL

PAL OTTAWA'S  
NEWSLETTER



August 24, 2014. A snazzy Jerry Grey parades with PRIDE down Elgin St., accompanied by the boys in PAL Ottawa's Dixieland Marching Band!

**Calling all Pals!** PAL Ottawa is a non-profit charitable organization. You can support PAL by getting involved as a **member**, a **donor**, or a **volunteer**. We are currently seeking volunteers interested in joining one of the following committees: Business & Finance, Housing, **Supporting Cast**, Communications and Outreach, Fundraising, and Events.

## Bradford's Beat — a message from the chair of PAL Ottawa

In spite of our best intentions, dear readers, we have not been able to realize our goal of regular newsletters to our membership. With our apologies comes the promise to do better in the coming year. However, we wouldn't want you to think we haven't been busy! On the contrary, we have been so busy in the past 12 months that there has barely been time to document everything that has happened. PAL Ottawa, it

must be said, is entirely volunteer-driven. With no paid staff, we are reliant on the goodwill of those who have stepped forward to join our board and committees to accomplish all we have set out to do, and that includes communicating with you, our members and friends.

This issue of The OPAL will bring you up to date on our activities, and perhaps our board and committees is the place to start! On May 26 we held our 2<sup>nd</sup> **Annual General Meeting**, combined with a community consultation (see p.3 for details). With great regret, we said goodbye to board members **Jerry**

**Grey** and **Robert Cram**, working artists who have served PAL with great dedication from our inception.

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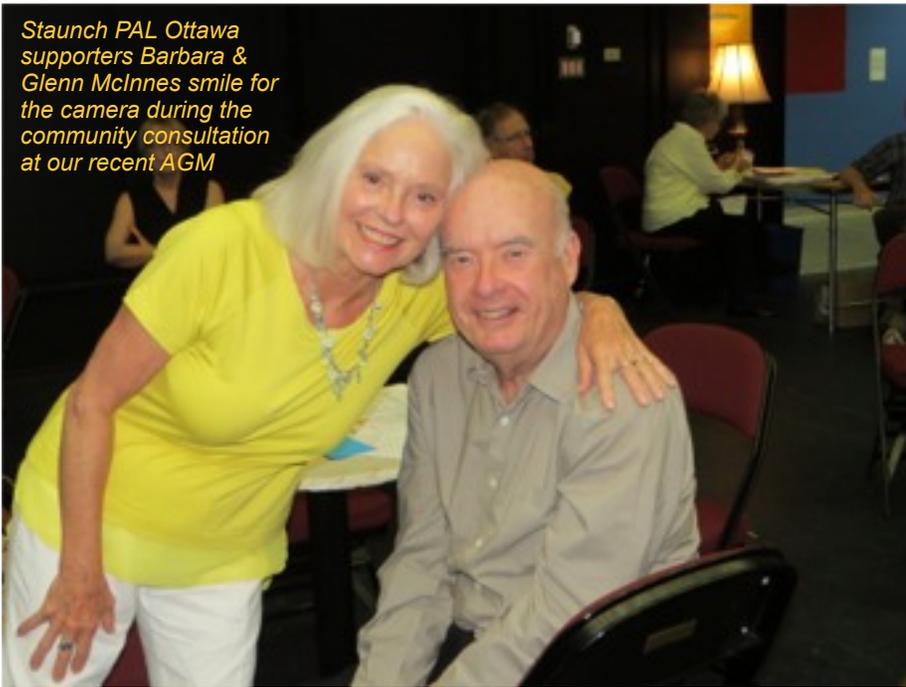


2014

## Our Purpose

PAL Ottawa will provide or help connect senior and disabled arts professionals in Canada's Capital with essentials such as affordable housing, personal care services, and links to the local arts community, so they can live not in fear, hunger, and isolation, but in dignity within a caring community.

*Staunch PAL Ottawa supporters Barbara & Glenn McInnes smile for the camera during the community consultation at our recent AGM*



### **Bradford's Beat** continued

Fortunately for us, and despite busy schedules, both Jerry and Robert have agreed to stay on our Communications Committee, where they continue to make a significant contribution to the growth of the organization and, in particular, to helping us build our case for support. Two other hard-working board members, **Emmanuelle Coutu** and **Guy Buller**, left us late in 2013, and so the AGM was an opportunity to thank them publicly for their tremendous support.

It was with great excitement that we welcomed three new board members to our fold: **Hali Krawchuk**, Coordinator of Cultural Activities at the University of Ottawa's School of Music, **Catherine Lindquist**, newly appointed Executive Director of the Council of Heritage Organizations in Ottawa, and **Don Westwood**, architect, writer, actor, and Professor Emeritus of Architecture at Carleton University. They have all begun to make important contributions to PAL Ottawa. Hali is our new Secretary, Catherine is chairing our September Garden Party event, and Don, although he has subsequently had to withdraw from the board, now serves on our Housing Committee.

Seven existing PAL Ottawa

board members have remained in office, including myself as Chair, **Lynn McGuigan** as Vice-Chair and Chair of the Business and Finance Committee; **Victoria Steele**, Treasurer, Fundraising and Nominations Committee Chair; **Alison Atkins**, Co-Chair of our Housing Committee; **Barbara Laskin**, Chair of Communications and Outreach; **Jim McNabb**, Chair of our Events Committee; and **Michael Namer**, Coordinator of our Supporting Cast Program;

The AGM was my opportunity to acknowledge the hard work and accomplishments of this remarkable team, but also to thank our more than 175 members and donors, without whom we would not be where we are after our first full year of operation as an incorporated, non-profit charitable organization. It is their belief in our mission that is driving the progress of our strategic plan, our Supporting Cast services and our many events.

To all of you who continue to support us, our heartfelt thanks. Particular thanks to the **Community Foundation of Ottawa** and the **CMHC**, who have provided generous grants; to **Same Day Theatre**, the **National Arts Centre**, and the **Ottawa Little Theatre**, who organized benefit performances for PAL; to **Barbara and Glenn McInnes**, who hosted our first Garden Party in 2013;

## **Become a member of PAL Ottawa!**

Membership is open to anyone who wishes to support and advance PAL Ottawa's goals and is not restricted to those in the arts.

Membership has benefits:

- Automatic membership in PAL Canada
- A vote in person or by proxy at PAL Ottawa's annual meeting
- The opportunity to run for election to the twelve-member board and/or to nominate other individuals
- Regular news of PAL Ottawa's progress
- A subscription to PAL Ottawa's newsletter
- A subscription to Palingenesi, PAL Canada's newsletter
- An invitation to participate in PAL Ottawa events
- Positive recognition through association with an organization representing arts professionals in all disciplines in Canada's Capital

To become a member of PAL Ottawa, click [here](#)

to a special couple who directed their friends to contribute to PAL Ottawa in honour of an 80<sup>th</sup> birthday (you know who you are!) and to all those individuals and organizations who have donated their time, goods, and services to our various events over the past year.

## Living in community - a prescription for better health?

"Loneliness, it turns out, is as bad for your health as smoking, or being obese. The research that Prof. [John] Cacioppo has done with colleagues also adds to the growing body of work that shows how bad loneliness can be for your health. It shows that loneliness suppresses the immune system and cardiovascular function, and increases the amount of stress hormone the body produces. It causes wear and tear on a cellular level, and impairs sleep.

[Prof. Cacioppo's] theory, simply, is that we are social animals who function most successfully in a collective; the physical pain and degradation caused by loneliness are a kind of early-warning signal of a failure to connect, the way the pain of a cut finger tells you to fetch a Band-Aid."

...Elizabeth Renzetti, "Life of solitude: A loneliness crisis is looming," *The Globe and Mail*, November 23, 2013.

"Another belief of mine; that everyone else my age is an adult, whereas I am merely in disguise."

– Margaret Atwood

## Progress on the Housing Front!

As PAL Ottawa supporters know, our major goal is to create a vibrant, affordable housing centre in Canada's Capital. Ideally, this centre will enable arts professionals in all disciplines to live in community, with access to studio, exhibition and performance space, and to continue interacting with people seeking education, enjoyment and inspiration through the arts. We envisage a centre where artists support one another and engage creatively with the wider community.

In the past year we were fortunate enough to receive funding from both the Community Foundation of Ottawa and the Canada Mortgage and Housing Corporation; this, in addition to many generous donors, allowed us to undertake a feasibility study and the development of a business plan. This initiative is intended to answer critical questions about the needs of local artists, potential partnerships, possible housing and governance models, and associated costs. An RFP was issued in early March and by the end of the month the board had made its selection. We are privileged to work with affordable housing

## Upcoming Events Not To Be Missed!

It's not too late to buy tickets for our second annual garden party in support of PAL Ottawa. This year's event is dubbed the "**The Mad Hatter's Tea Party**" and will take place on **September 7, from 2:00 to 4:30 p.m.** at the home of two legendary hosts, Grete Hale and Gay Cook. This is an occasion not to miss — a chance to tour the house and gardens of one of Ottawa's most historic homes, the Bayne-Morrison House, built in 1828. Sip tea, mingle with a colourful cast of characters from the arts and business communities, and munch on delicious sandwiches and pastries from budding Algonquin College chefs. Or quaff a Pimm's while comparing headgear with other PAL supporters and beating them out for bargains at the live and silent auctions. The madder the hat, the better —whatever you do, don't come hatless, or **it's off with your head!**

To purchase or reserve tickets, buy a membership, or donate to PAL Ottawa, visit [Eventbrite](#). There are

consultant Ken Foulds of Re/Fact Consulting and architecture firm Colizza Bruni; together this amazing team is undertaking the research and stakeholder consultations necessary to bring us to the next phase in our development. Their first community consultation took place in the context of our AGM on May 26.

In tandem with our housing consultants, fundraising expert Mena Gainpaulsingh of International Fundraising Consultancy has begun to research the potential for private and corporate support in the community.

You may be hearing from one of these consultants and if so, we hope we can count on you to share your thoughts and advice. If you have ideas for our consulting team, please make contact through [communications@palottawa.org](mailto:communications@palottawa.org)

This is an ambitious project and we are determined to go forward with eyes wide open, knowing that we have canvassed opinion from a broad cross-section of the community and that whatever action we take is informed by solid research. Our consultants are expected to report in late autumn. Stay tuned!

discounts on tickets for PAL Ottawa members and accompanying children will be admitted free of charge.

Later in the fall, on **Sunday, November 23, the Ottawa Little Theatre will host its second benefit performance for PAL Ottawa, *The Railway Children***, based on E. Nesbit's children's classic of the same name. Perfect family fare as you head into the holiday season!

And finally, keep your eyes open for news of our **end-of-year event** for members new and old. Last year's sold-out Kitchen Party was a down-home success, featuring a number of local performers, some excellent screech, and an amazing spread of home-made culinary delights.

This year we hope to provide an opportunity for PAL Ottawa's special friends and supporters to celebrate the close of another successful year and, perhaps, to hear some of the research results and recommendations from our housing and fundraising consultants. There are exciting times and big challenges ahead!

## FOUNDING PARTNERS OF PAL OTTAWA

ACTRA Ottawa  
Canadian Actors Equity Association  
Council for the Arts in Ottawa  
IATSE Local 471  
PAL Canada  
University of Ottawa School of Music



PAL OTTAWA IS A CHAPTER OF PAL CANADA ®

## TO DONATE ONLINE TO PAL OTTAWA:

<https://www.canadahelps.org/en/charities/pal-ottawa/>

If you would prefer to send your donation by mail:

PAL Ottawa  
c/o Council for the Arts in Ottawa  
Arts Court  
2 Daly Ave.  
Ottawa, ON K1M 6E2  
[info@palcanada.ca](mailto:info@palcanada.ca)

Charitable Registration No: 806300885RR0001

## Learning how to support vulnerable artists:

The first PAL Ottawa workshop for Supporting Cast volunteers

by Mitzi Hauser

The smell of coffee greeted the volunteers as they filed into the church hall to begin a day of training for the “Supporting Cast” program of PAL Ottawa. Coffee was being prepared for the break, but apparently, it was needed now. Eight caring people had come to learn about how they could help vulnerable writers, actors, and artists of all disciplines living in their city.

Michael Namer and I had prepared a workshop based on the VON’s “Neighbours Helping Neighbours” program. It clarified the roles volunteers could play as members of Supporting Cast. A group discussion outlined what “support” for our artists means in the context of PAL’s program and, also, what it does not.

We are acting as advocates for clients who need access to existing social services. We discussed many ways of providing support, all of them quite simple: driving clients to appointments or arts events, shopping and undertaking small chores, or simply providing a bit of companionship. We explained the nature of the volunteer positions to be filled, and the hours that might be involved. A brief exercise on ways of communicating and the power of “listening” followed. The importance of confidentiality was stressed.

Our break prompted further ideas, simple ones, about how to help our clients. We discussed attitudes and values and how we might need to establish boundaries. We heard about the process of aging and reviewed PAL’s Abuse Policy. Home safety issues and the problem of pain perception were two topics that generated lively discussion. Jim Bradford emphasized the importance of a team approach, based on his experience with a hospitalized colleague. The workshop also covered nutritional needs of clients — advice well heeded by the organizers, judging from the delicious, healthy lunch served to participants!

Discussion of liability, auditing and the necessity of a police check for volunteers ended the very informative day. To our delight, many of the participants signed up to become Supporting Cast volunteers, giving us a good, solid corps of trained workers to rely upon. Many thanks are due to Dina Namer and Jim Bradford for their logistical support and the success of the workshop.

If you are interested in becoming a Supporting Cast volunteer, or you know of someone who could use the services of Supporting Cast, we want to hear from you!

Please contact Michael Namer:  
[supportingcast@palottawa.org](mailto:supportingcast@palottawa.org)

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## PAL Ottawa Board of Directors

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Hali Krawchuk - Secretary  
[secretary@palottawa.org](mailto:secretary@palottawa.org)

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