

Insiders' View of a Dazzling Show

The Cast and Orchestra of *The Overcoat* perform in Open Rehearsal at the University Club

By Diana Wiley



Rehearsal for "The Overcoat" with Tapestry Opera

It was March 21st, just nine days before the opening night of the Canadian Stage / Tapestry Opera's new production of Gogol's story, *The Overcoat*. All 27 members of the cast and orchestra were filing into the dining room cum rehearsal hall of our Club for a sitzprobe, a seated rehearsal where the cast sings with the full orchestra for the first time.

Artists have an (undeserved) reputation for being starry-eyed and impractical, but somehow, whatever near-disasters happen as opening night approaches, the curtain always goes up at 8 pm on the appointed day. This musical version was ten years in the making, with playwright and director Morris Panych collaborating with award-winning composer James Rolfe. That evening, we had a privileged behind-the-scenes look at the final stages of the creative process.

First up was a panel comprised of the creative team moderated by Tapestry Artistic Director Michael Mori. The ensuing banter was lively, peppered with anecdotes about how the production came together and the challenges overcome. Conductor Leslie Dala left to get the sitzprobe underway and shortly after, primed with the backstory, we slipped into the rehearsal space to spend 45 minutes observing how a musical performance is shaped, phrase by nuanced phrase. The music was a delightful surprise, strongly rhythmic and melodious, full of tunes you leave humming (which is not often the case with contemporary music).

Fleshing out the entire work from the bare-bones sketch we were given takes an act of imagination that eludes most of us, so the visual impact of the actual performance a week later was staggering. Nevertheless, the preview deepened our appreciation and understanding of what we were seeing and hearing. The performances were very physical, some were even acrobatic, and every movement was choreographed. For us, an added thrill was (barely) recognizing the 'ordinary just-like-us' singers we had watched in rehearsal, now transformed into creatures of the stage, luring us into that magical space in theatre where you suspend your disbelief and fall into the story.

Just how privileged we were to have had this insider's experience became clear when the critics delivered their verdicts: "*Slick, visually rich, arresting... a must-see for anyone who appreciates good writing, brilliant orchestration and great stagecraft*" (The Globe and Mail)

The art in the Club

Two new acquisitions

By Neil Guthrie

Thanks to two anonymous donors, we now have two pastel portraits by Joachim Gauthier (1897-1988), a contemporary of the Group of Seven.

Gauthier's portrait of his friend and painting companion A.Y. Jackson (1882-1974) already hangs in the Upper Canada Room on the main floor of the clubhouse (although we will be rehanging all three portraits together).

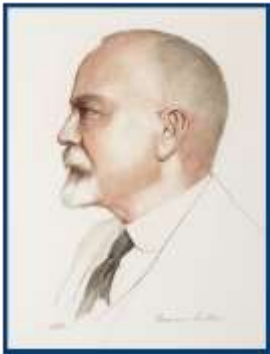
Our two new pastels, both 18 by 14 inches, are portraits of Canadian artists of the generation that preceded the Group: the painter Maurice Cullen (1866-1934), and the painter and sculptor Marc-Aurèle de Foy Suzor-Coté (1869-1937).

Judging by the clothes of the sitters, the Cullen and Suzor-Coté portraits probably date from the 1920s; the one of Jackson, similar in style but in watercolour not pastel, is much later (it is dated 1967).

Cullen is dressed in his portrait like a Teutonic banker in a suit and tie, while Suzor-Coté sports a dandyish floppy bow-tie that clearly identifies him as a man of the arts. Suzor-Coté became paralysed in 1927



Marc-Aurèle de Foy Suzor-Coté



Maurice Cullen

and moved to Florida for the sake of his health; these portraits presumably predate that.

We are grateful to our donors for these very fitting additions to the University Club collection – and encourage other members to donate works of art which fall within our acquisitions policy (broadly speaking, the Group of Seven in its various iterations over the years, plus artists who painted or exhibited with them). Talk to a

member of the Art Committee first, though; there are things we don't want or that would fall outside the collecting mandate.

If you have a large Varley oil portrait, a David Milne or an Emily Carr that you would like to transfer from your walls to our own, the Art Committee would be very interested to hear from you.

Would you like a little Gershwin with your crab cake?

Music and Food Pairing with Toronto Summer Music

By Diana Wiley

What a night! On Friday, February 23rd two stars in Canada's classical music firmament teamed up with two creative chefs to present a spectacular evening of music paired with food. A capacity crowd turned up, intrigued by the concept dreamed up by pianist Philip Chiu with collaborator Jonathan Crow, and brought to life in the kitchen by Chef Patrick Desmoulines, guest chef Michael Tong and the Club's stellar staff.

The unusual centrepieces were the first hint that this dinner would not unfold in the usual way. Large branches hung with dolmades-chrysalises suggested the spring theme and large lotus leaves sheltered the first course – no peeking! The guidelines had been explained: once everyone is served, the music starts and everyone eats together, in silence, focusing on the sensory explosion of sound, taste, texture, fragrance and sight.

Philip introduced the first musical course, evoking memories of the innocence of childhood and the enchantment of fairy tales. As he took his seat at the piano and Ravel's 'Mother Goose Suite' started to work its charms on us, we lifted our lotus leaves, uncovering a garden of earthly delights – a medley of vegetables embedded in herbed rice 'soil'. This was followed by Liszt's St. Francis Sermon to the Birds – "In order to see birds it is necessary to become a part of the silence (Lynd)" – accompanied by a devilled egg in a phyllo nest with sauce verte. The dolmades were plucked from the branches and savoured with Beethoven's 'Spring Sonata.'

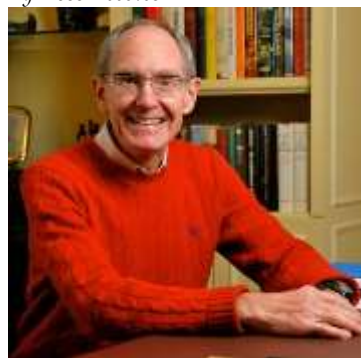
The music for the six courses was beautifully chosen and sequenced, and our guests loved the element of surprise that was woven through the evening. A sequence that brought the house down was a virtuosic arrangement of Gershwin's 'Porgy and Bess' by Heifetz, which Jonathan and Philip tossed off with a bluesy insouciance and served with a side of crab cake.

The dinner ended with consommé, which sounds monastic but the presentation had the power of ritual. As the ethereal melody of the second movement of Prokofiev's violin concerto wove its way into our hearts, the wait staff solemnly processed through the room in single file, faces illuminated by the candle floating in the rich broth they carried. When the last note died, silence preceded the thunderous applause.

Everyone involved in this complex project participated with enthusiasm and open minds, carrying off the evening without a hitch. Warmth and generosity of heart permeated the evening, and continued through the dessert course, which Chef Patrick had waiting for us in the Lounge. Once more, our artist-in-residence Jonathan Crow (now also Artistic Director of Toronto Summer Music) had quietly brought us a unique and moving musical experience.

President's Message

By Ross Peebles



Every year a small number of people decide not to renew their membership in the Club. They generally cite changed professional or personal circumstances as the reason. Sometimes they can be persuaded to take a leave of absence as an alternative to resignation

but that is not always a viable option. While we hate to lose those who have become our friends, a certain amount of turn-over is inevitable.

We recently received a letter from a member who had decided not to renew. He explained that he had not used the Club in recent years and attributed that to the lack of interesting programming. I later spoke to him and asked if he could elaborate so that I could better understand his concern.

He told me that years ago all of the most interesting political figures spoke at the Club and now that didn't seem to be the case. He referred specifically to the Walter Gordon Circle as one of his favourite events back then. I explained that the Walter Gordon Circle was still very much alive and in the previous week it had hosted the Premier, certainly an interesting figure by any measure. I pointed out that hardly a week has gone by when the Club has not hosted one or more well-attended and popular events. Sadly, he seemed to have missed all of those opportunities.

Not long after that exchange, I was chatting with a long serving member who volunteered that the Club's current calendar of events was the best he could recall. The comment didn't surprise me but the endorsement was most welcome, particularly coming after my earlier conversation. I immediately shared the feedback with the co-chairs of the Program Committee who were delighted to hear that their work was appreciated.

At the risk of seeming smug, I feel certain that our programs are among the best of any club in the city. One recent highlight for me was the fireside chat featuring two retired

Justices of the Supreme Court of Canada, the Honourable Ian Binnie and the Honourable Thomas Cromwell. It was an absolute delight to hear such witty and candid reflections from two very distinguished jurists.

The performances of the Juno Award winning New Orford String Quartet provide an opportunity to experience world renowned players in the type of intimate setting for which chamber music was composed. Whether your tastes run to wine tastings, art, film, jazz, outstanding speakers, or just a pleasant evening with friends, you are bound to find something in our program that will appeal to you.

The Club can only offer such a broad range of programming if members are prepared to support the events. Elsewhere in this edition, you will see references to some of the recent events that have been held at the Club. If you missed any of those, it's unfortunate, but rest assured that there will be others for you and your guests to enjoy.

If you don't regularly attend Club events, please check the weekly e-blasts and see for yourself what great opportunities await. By attending you will not only enjoy a variety of enriching experiences but you will also expand your circle of friends and acquaintances. Surely, that is the essence of club life.

I look forward to seeing you at the Club.

Club history

Members who won the Victoria Cross

(Excerpt from *The University Club of Toronto: Its Life, Its Times* by Donald Rumball)



Lt. B.H. Geary

Three Victoria Crosses graced membership lists after World War I. One was won in 1915 by B.H. Geary, who was a Lieutenant in the East Surrey Regiment, an English regiment that can trace its roots back to 1702. He displayed extraordinary courage in defending Hill 60 in the battle of Ypres, rallying his platoon and holding off an onslaught of German soldiers almost single-handedly, helped only by a private who was reloading guns for him. In the final stages of his successful defence of the hill, he was hit in the head by a bullet. The private who recounted this tale in the citation with typical British understatement left no doubt as to Geary's extraordinary bravery. He ended by saying, "He survived but lost the sight in one eye and had serious hearing difficulties."

Two years later, a second member won the VC. Colonel T.W. MacDowell earned his at Vimy Ridge, where he reached the German position ahead of his company, in the Cameron Highlanders of Ottawa. He destroyed one machine-gun nest and chased the crew from another. He then saw some Germans disappearing into a tunnel from which they could see very little of what was going on outside. He was accompanied by

just two men and he saw his opportunity. He persuaded two German officers who were leading 75 men into believing that he and his two men were part of a much larger force. One German saw through the bluff, grabbed a rifle and tried to shoot one of MacDowell's

accomplices, but they managed to kill him first and maintain their illusion. MacDowell held his position for five days, despite being wounded and facing heavy shellfire.



Lieutenant-Colonel Thain Wendell MacDowell, V.C., D.S.O. receiving the Victoria Cross from H.R.H. King George V at Buckingham Palace.

The final member of the Club's trio of winners of the VC was Billy Bishop, who was made an honorary member of the Club after the war, sometime before he rose to the rank of Air Marshal. His exploits are legendary, of course. He transferred out of the infantry to the Royal Flying Corps in 1915, earning his wings in early 1917. He participated in the Battle of Vimy Ridge, when he was promoted to Captain, and went on to win 72 air victories, of which 55 were assessed as destroyed and the balance as "out of control." He was recognized as the leading fighter pilot in the British Empire and the second-highest ranking Allied ace behind French Lt. René Fonck, who scored 75 victories. The action for which he was awarded the Victoria Cross has since been disputed because of a lack of evidence in German records and the absence of any other allied airmen during the engagement, but there was no disputing the damage his airplane received in the course of the action. His record stands.

Bishop later played an important role in World War II, recruiting vigorously for the Royal Canadian Air Force; he was also instrumental in setting up and promoting the Commonwealth Air Training Plan, which trained more than 55,000 airmen in Canada during the war.



Billy Bishop

An Evening with David Mulrone

By Judith Cole

As part of the Dinner Speaker Series, 60 members and guests gathered this March to hear David Mulrone, Canadian Ambassador to China between 2009 and 2012, talk about Canada's changing relationship with the People's Republic of China. As Canada's senior diplomat in China, he had a unique perspective on our evolving relationship and recently published *Middle Power, Middle Kingdom – What Canadians Need to Know about China in the 21st Century*.



David Mulrone

Mr. Mulrone warned of the dangers of failing to recognize that, after the United States, China is the country that will have the greatest influence on Canada's future prosperity – and of not planning accordingly. He spoke of the great opportunities inherent in this relationship and the equally serious risks.

Mr. Mulrone, who is a fluent Mandarin speaker, has served in China on multiple occasions, including a stint as a junior officer at the Consulate in Shanghai when Xi Jinping, now the Chinese President, was Mayor of Shanghai.

The evening ended with dinner in the Library and an opportunity to continue the conversation. His views and keen sense of humour when discussing life in China resonated with the audience members who had done business in China.

The Beefsteak Dinner

By Sean Lawrence



On Friday, April 20th the Library was the setting for the Club's second "annual" Beefsteak Dinner. This 21st century update of Victorian-Era Beefsteak Banquets maintains the fabulous food, festive spirit, and five-finger dining, while avoiding the overtly political and exclusively male overtones embraced 150 years ago. The first Beefsteak, billed as "a carnivore's delight",

originated in the political realm of New York City in the mid-1800s as celebratory meals or "testimonials", frequently sponsored by an organization wishing to laud or raise money for politicians, newly promoted friends, or celebrities. They quickly became the hallmark of the Tammany Hall political machine, which regularly threw Beefsteaks as political fundraisers, and as a reward for "voting early and voting

often". These early Beefsteaks were raucous, men-only, all-you-can-eat events with diners sitting on crates and eating with their fingers – no utensils were provided. Recently, leading chefs across North America have embraced and reinterpreted the Beefsteak as a modern communal culinary celebration. The UCT version provided an outstanding evening of food, fun, and collegial friendship at the "Long Table" in the Library – and we did continue with the essential requirement of no utensils.... aprons were provided.

As you can imagine, constructing a menu around this can provide a challenge for Chef Patrick and his team; however they not only rose to the occasion, but went above and beyond – guests feasted on outstanding shrimp cocktail, carved strip loin, "lollipop" lamb chops, Korean-style short ribs, roasted chicken legs, and artful platters of seasonal vegetables, accompanied by the *piece-de-resistance*: a whole roast suckling pig! Unbelievably, this was all followed by a masterful *croque-en-bouche* pyramid with a base of fresh berries.

As always, the informality of the evening also gave rise to a series of lively discussions between members and guests, making the entire evening a memorable and enjoyable one for all who attended. Please make plans to join us for our next Beefsteak planned for the Autumn. I look forward to seeing you there!

COO's Remarks

By Sohail Saeed



After six months on the job, I am starting to feel the full benefit of the advice and input I have received from the directors, members and staff since I joined the Club last November. I am most grateful to everyone who has made me feel welcome and part of the Club's family. I have enjoyed speaking with many of you as I continue to learn more about the Club. Since the Club exists for its members, your feedback is critical to

our success. Your comments or suggestions about anything you experience at the Club are most welcome; please let me know in person or drop a confidential note into the box located in the main corridor across from my office.

I am very pleased to announce that one of our key team players, Jill Hutchison, has returned after her second maternity leave. She and her husband, Mat, are the proud parents of two girls. Since her return Jill has taken up the new position of Business Development Associate, working directly with me. Her three main areas of focus are supporting me in the development of sustainable membership strategies, supporting the Programme Committee in organizing events for members and prospective new members, and assisting me in developing and implementing a new social media strategy. Amy Hart will continue on as Events Coordinator.

The culinary team is very encouraged by the reception the new menus have received. Once again, Chef Patrick and his staff have demonstrated their creativity and attention to detail. Our plan is to refresh the menus every 60 days or so, having regard to our sales reports and your suggestions. Please take a moment at the end of your meal to complete the comment card that is provided with your chit. Your feedback is critical in ensuring that we reflect your preferences in developing future menus.

Also related to dining at the Club, you may have noticed that we have introduced separate menus for the Library, the Bar and the Sports Lounge. Our objective is to provide a variety of options based on the type of dining experience you wish to have. Sandwiches and similar types of food will no longer be available in the Library in order to create an atmosphere where formal dining prevails. Those wishing lighter fare can continue to order such fare in the Bar where full meals will also be available for anyone preferring to dine in a casual setting.

Summer will soon be upon us and I remind you that our summer schedule will begin on June 29 when the Club will be open from Monday to Thursday but closed on Fridays. I hope you all have a safe and happy summer.

Always at your Service.

High Fashion at the Club

By Catherine Latulippe

On May 16, the art on display at the Club was a little different from what we are used to seeing, as we hosted the Club's first fashion show featuring the millinery creations of international award-winner, David Dunkley.

From the first hat, a cream-coloured wide-brim hat adorned with black curled ribbons of straw, to the last creation, a daring piece with white ostrich feathers standing straight up in the air, David Dunkley Fine Millinery's creations kept surprising us. On display were some pieces of his Royal Wedding collection and Queen's Plate collection: classic and delicate. Others were eccentric and vibrant, demonstrating his broad range of abilities. One unforgettable piece was a two-foot high top hat frame, surrounded by a purple butterfly on light yellow tulle!

Our Main Dining Room was transformed into a cozy runway and show room with one row of chairs on each side of the runway, giving each guest the perfect view of the beautiful hats and fascinators worn by the four models paraded before us (at times even dancing!).

After the fashion show, David Dunkley spoke with guests, and as the informal talk turned into more intimate conversation, he shared with us details about himself, his creations and his journey from working as a medical lab technician to the international award-winning milliner he is now; a story as inspiring as the beautiful hats and fascinators we had seen. Particularly interesting was his decision to write to the former Royal Milliner to Her Majesty Queen Elizabeth the Queen Mother asking her simply whether she taught. This was the equivalent of a message in a bottle and David never really expected to hear back from her. His bold move paid off and Rose Cory invited him to London to train with her.

Consequently, it is fitting that in May, David Dunkley's hats and fascinators returned to London for the Royal Wedding of a certain former Toronto resident to her very own red-haired Prince.



The Munk Debate

By Jeff Haylock

"Be it resolved what you call political correctness I call progress." This was the resolution debated at the latest Munk Debate, which a large group of members watched live-streamed at the Club on May 18. On the pro side were Michael Dyson, a Baptist preacher and Georgetown professor, and Michelle Goldberg, a widely published American journalist. On the con side were Jordan Peterson, a U of T professor who has recently risen to world-wide fame for his outspoken views on free speech, and Stephen Fry, the British actor.

First up was Goldberg, whose halting style left her looking the weakest of the four debaters. She began by disavowing the excesses of today's "social justice warriors." However, she stated, many past changes in language now find unquestioned acceptance. Today's "politically correct" neologisms, like gender pronouns, will, in her view, find similar acceptance as time moves on. She also questioned that the impulses behind political correctness are found only on the left, pointing out that at times those on the right wing of the spectrum appear as sensitive and censorious as their political opponents.

With his characteristic (and to some, off-putting) intensity, Peterson presented the view that the key debate of our time is between an Enlightenment narrative that gives primacy to the individual, and one that views people primarily as members of groups (race, gender etc.), and that interprets history primarily as a battle between those groups. The latter narrative, Peterson suggested, is on the rise, but does not represent progress. Fearful of where current trends might lead, Peterson challenged his opponents to define what it would take for the left to go too far, though his insistence on that seemed to distract him from the subject at hand.

Dyson, whose rhetorical flourishes straddled the line between the impressive and the excessive, was at his strongest when pointing out that for much of history the members of

many groups have themselves lacked individual rights because of the groups they were a part of. Fixing those historical legacies, therefore, requires that group identities be taken into account.

"If I miss that plane to London I won't half hear the end of it from the bridegroom's grandmother." So began Fry, alluding to his royal plans the next day. He was the most impressive speaker of the group. Indeed, after the debate Peterson said Fry turned in one of the most impressive rhetorical performances he had witnessed, combining wit, forbearance, passion and erudition. Fry bemoaned a world in which people are frightened to express their convictions. He also made the point that policing people's speech merely angers them, and drives them in the opposite direction. The election of Donald Trump and the Brexit result, he suggested, were in part the result of resentment about political correctness. His overall message was a plea against the seriousness, closed-mindedness and certainty that underlie political correctness, and a call, instead, for lightness, curiosity and doubt.

The debate reached a particularly tense point when Dyson referred to Peterson as a "mean white man", and then, after Peterson's reply, repeated the insult, drawing many boos from the audience. This was characteristic of the heatedness of the debate. As often happens when things get heated, the debate lacked focus. When asked at the end how history would view the current issue of political correctness, Fry quipped that "people will look back on this debate and wonder why political correctness was not discussed."

After the debate, the kitchen extended its hours to accommodate members who watched the live-feed and many stayed on for dinner in the Library, where the debate continued, though more collegially than the discourse on display at the Munk Debate itself. After much discussion of the relative merits and pitfalls of collectivism and individualism, the con side prevailed among members.

New Zealand wines

By Michael Haddad



On May 9th, the Club played host to a sold-out event featuring New Zealand winemakers, including: Erica Crawford (Loveblock Wines), Rhys Julian (Giesen), and Simon Waghorn

(Astrolabe). Also on hand were Andrea Backstrom and Melissa Stunden Mercer, the Canadian marketing team of the New Zealand Winegrowers. Each winemaker circulated from table to table so members could meet the winemakers, ask questions, and compare personal notes as the dinner was served.

Most of us were already aware of New Zealand's success with producing high-quality Sauvignon Blanc wines. The Sauvignon Blanc varietal represents 60% of all plantings and 86% of the total wine exports. But the quality, sustainability, and variety of New Zealand grapes has been expanding over the last few decades and wineries are now also cultivating viable Rieslings, Merlots, Syrahs and Gewürztraminers.

We sampled a variety of wines that were selected for the event by the winemakers themselves. Members and their guests were positively impressed by the Chardonnay, Pinot Gris, and Pinot Noir offerings. Loveblock's Pinot Gris from Marlborough is certified organic and would be enjoyable with all sorts of flavours. Many also felt it stood pleasantly on its own. Also from Marlborough, Astrolabe's Pinot Noir was deliciously full-bodied and colourful. It paired equally well with our fish course (yuzu seared tuna) and main course (rack of lamb with mushroom fricassée). Both Astrolabe and Loveblock presented Sauvignon Blancs, and each stood up to the evening's appetizer (New Zealand mussels, roasted almonds, garlic and parsley). Stoneleigh's presenters shared two Pinot Noirs, a 2017 from their Latitude line and a 2014, both hailing from Marlborough. Both were drinking well and showed sturdy potential.

The Wine Committee agreed to make some selections, which will appear on our list in the very near future – in time for relaxed, summer-weather imbibing! Most wines we source from New Zealand are immediately approachable and suitable to enjoy right away.

Book review

Lawyer-speak unveiled

By Lionel Tupman

When I read the recently released book by Neil Guthrie, a long-time Club member, it struck a chord; it made me realize how often I exhibit some of the bad writing practices of lawyers to which Neil refers.

Guthrie's Guide to Better Legal Writing effectively advises lawyers on how to become proficient writers by humorously showcasing many of those common mistakes that plague the work of legal writers and frustrate masters of the craft to no end. From the mind-numbing internal debate of whether to use *that* or *which*, to the *who vs. whom* debacle, Neil Guthrie opens the reader's eyes to the habits and mistakes we all could live without. He encourages legal writers to be clear, correct and compelling in their work.

As a practicing lawyer in the modern age, I have come to appreciate that clients do not have the time or the desire to decipher the overly complex legalese that lawyers use to explain something that, absent their obscure use of the language, is quite simple to understand. Guthrie addresses many of these deficiencies that most need fixing. The book provides a historical context for many intricacies of legal

writing such as the common use of Latin jargon, often not understood by lay readers, and demonstrates how these terms translate (or do not translate) into what is required of legal writing today. For example, for the lawyers reading this, the maxim *ex turpi causa non oritur actio* has a meaning, but for most other people, it is meaningless.

Guthrie emphasizes the importance of effective blog posts, letters, memos and publications for external audiences with plenty of advice on how to present clear and effective communication without ungrammatical and inelegant jargon that is never well received by the reader.

I also appreciate Neil's emphasis on focusing on the intended reader when writing, and more specifically, blogging and posting to social media. This is something that is often overlooked by lawyers trying to establish a social media presence. Guthrie presents an interesting discussion on the importance of "point-first" writing, that is, making sure the reader knows what you are writing about at the outset, and how any other approach will cause the reader to abandon your work long before they realize that they might actually care enough to keep reading.

These key topics, accompanied by pages of commonly misused words and their actual meanings, common grammar and punctuation issues and insight on how to approach writing and publishing using modern vehicles such as social media, make *Guthrie's Guide to Better Legal Writing* an integral tool for law students and lawyers who will undoubtedly find as I did, that there is always room for improvement.

As a matter of fact, I think I need to read it again. Well done Neil!

Member profile

Born Again and Again

By Douglas R. Scott

My history as a member of the club started before I knew that a Club of this type even existed. Once in the U of T law school, I was attracted to the barrister side of the profession, so, when it came time to look for an articling position in 1968, good litigation firms were at the top of my list. I took a look at most of the major Toronto firms (back then "major" meant having between 35 and 55 lawyers) but ultimately I was attracted most to Fasken & Calvin because of its strong roster of litigators which included Walter Williston, Ron Rolls and John Sopinka.

Prior to embarking on the interviews, I had never set foot in a law firm. They were ensconced in downtown towers with fancy reception areas – pretty exciting to a boy from the suburbs. Luckily for me, I was hired as one of 10 articling students to a firm of about 35 lawyers at the time. On August 30, 1971 I stepped into the reception area of Fasken to start work. Among the rookies that day was Allan Rock, who subsequently became Treasurer of the Law Society and Minister of Justice during the Liberal reign of Jean Chretien.

Fraser Fell, a senior corporate partner at the firm, was active in the Club (he served as president in 1972). So it was natural for a welcoming reception for the new Fasken articling students to be held there. That was when I first entered the portal of the club. The reception was held in the Library which looks much the same today as it did then. As the reception

drew to a close, it became apparent that there would be post-reception festivities at a location to be determined. Next, I found myself in Doug Gibson's 1958 Silver Cloud Rolls Royce on my way to the Brunswick House – not sure where the RR got parked that night.

Because of Fraser Fell's position in the Club, many of the lawyers at Fasken were members. During my formative years as a lawyer, partners often took associates to lunch there. In addition, there were various firm events hosted at the club including squash tournaments. Eventually our own time came to enter the partnership – a less formal process then. If you could last six years without being fired, you became a partner. At Fasken the best perk of partnership was that you were automatically offered a membership in the Club at no cost to you. So starting in 1979, it was my turn to bring associates to lunch.

During the 1980s, I used the Club for business lunches from time to time and for personal use for Mother's day brunch and the Santa Claus parade. However, the distance from our offices at the TD Centre to the Club militated against regular luncheon dining. During that period, my recollection was that there were few events of interest held at the Club and unless you were an avid squash player, little reason to spend much time there. In 1989 there was a change in the tax laws which prevented the firm from deducting club memberships as a business expense. Accordingly all the Fasken lawyers were now faced with the prospect of paying their dues personally on a non-deductible basis. So faced with mortgage and child care expenses, I had to decide how to allocate my remaining discretionary income. A number of my colleagues, including Richard Potter and Robert Cosman maintained their membership and have stayed active to this day. At that time I was an active member of the Fitness Institute (now the Toronto Athletic Club) and I decided to spend that discretionary income on my health and not on Club dues.

So began my long absence. However in the early 2000s the Club offered lapsed members the right of return for the low initiation fee of \$500. In addition, at that time, my good friend Mel Springman had decided to join the Club. This seemed to me to be an opportunity too good to pass up. For a period of four or five years I made it a point to take each of our articling students to the Club for lunch, so they could experience what I had experienced, lo those many years ago. However, the Club still had few events that engaged my interest. Although the Club had created a fitness facility during those years, this was not a significant attraction to me as I continued as a member at the Toronto Athletic Club. So again I decided to leave the Club and to join the Arts & Letters Club which had regular Tuesday luncheon literary events and Wednesday luncheon musical events, plus art shows, plays etc.

For the past several years I have kept tabs on the Club through my friend and colleague at the firm, Sean Morley. We



Doug Scott

often discussed what would make the Club more vibrant to new members, especially younger people. During this time, I learned of the many and varied events that the Club was hosting. I also looked longingly at the list of reciprocal clubs, which in my view is one of the main benefits of membership. In my first stint at the Club I had visited the Harvard Club in New York and in my second stint, the University Club of Chicago. So at Sean's invitation I once again stepped up to the membership plate and signed on in late 2017. I have since attended a number of events including the Walter Gordon Circle and a concert by our quartet in residence. I have hosted a celebratory lunch for a new partner at our firm and her family, and a retirement lunch for a good friend leaving a major accounting firm. By the time this goes to press, I will have attended an evening with Ken Dryden, a live streaming of the Munk Debate and the concert by six TSO soloists who will play one of the Brahms sextets. I am glad to be back.

Sports and Fitness

Working Out: How Hard Should We Push Ourselves?

By Karen Csida

We are inundated with persuasive advertising for new fitness centres and exercise regimes promising life-changing results through very strenuous and demanding workout regimes. However, pushing your body past its limits every single week is not sustainable or optimal for your health. Regardless of your goal, whether it's weight loss, muscle gain, or improved fitness, there is a time and a place for different intensities of working out. In short: you should be pursuing a balanced set of easy, moderate, and hard workouts every week.

Starting Easy

Easy, low intensity workouts are where your heart rate is elevated, but not to the point of manic breathing. If you were to grade your workouts on a scale of 1-5, an easy workout should be at about 2. Your heart rate should be at 50% of your maximum heart rate and you should be sweating without being uncomfortable.

What are some examples of an easy workout? Many of the activities you do on a daily basis can fit the bill. For instance, walking your dog, going for a bike ride, or going for a post-dinner walk are each examples of a low intensity workout. These types of activities are required in the overall fitness balance if you want to stay active and burn calories. The best part about this type of exercise is that you won't damage your joints, overly stress your body, or tire yourself out – you can withstand quite a lot of low intensity training.

Moderate Exercise

With moderate exercise, you should feel like you're working out – but not so hard that you need to stop every few minutes to catch your breath. This type of workout should be 3 to 4, out of 5, depending on your fitness goals. The American College of Sports Medicine claims that you should engage in 150 to 250 minutes of moderate exercise per week. For intense weight loss workouts of more than 250 minutes are acceptable.

Moderate exercise puts your body into a calorie burning state after you complete the workout, improving

cardiorespiratory endurance, reducing stress, and generally improving heart health.

Intense Exercise

The most effective way to burn fat is through short, intense workout sessions. You can't maintain intense training every single day; your body will require recovery time to repair broken down muscles and depleted resources in the process of working out.

An intense workout means you can't maintain the exercise for more than a few minutes, scoring 4 to 5, out of 5. Due to the nature of intense workouts, these usually assume the form of interval-styles, known as High Intensity Interval Training (HIIT). This form of exercise will burn the most calories during short, intense periods of exercise and into the post-exercise phase. Not everyone can participate in this type of exercise; only those who think (ideally having consulted with a medical professional) they are in shape should consider this degree of intensity, as there is risk of injury or burnout.

The Combination

The key to healthy, sustainable exercise that burns calories and reduces stress is a combination of easy, moderate, and intense workouts. Consider an exercise program over a week that involves 2 intense workouts, 2-3 moderate workouts, and as many low intensity workouts sprinkled throughout the week as you want. Be sure to always listen to your body, and never be afraid to take time off.

Keep in mind that health and fitness is just as much about your nutrition as it is about working out. Fill in your diet with a lot of lean proteins, fruits, vegetables, and whole grains to give it the substance it requires.

Obituary



Regretfully, we report the passing of Associate Member, Patricia Hearn, widow of long-time member, Peter Hearn. Patricia will be remembered for her sense of humour and quick wit, her laugh, style, kindness and her love for her three boys. Her son, Jonathon, often accompanied her to club events in recent years.



Correction. With apologies to the Sharpe family, this is the photo of Dick Sharpe that should have accompanied his obituary in our March edition.