



**The Women's Probus Club of
North Shore Vancouver**

Stay Connected



www.wprobusnsvan.com Note **NEW** password **WProbus2022**

NEWSLETTER

September 2022

Vol 16: No. 1

We are at the Kay Meek Arts Centre in Person for our Speaker meeting

[Press here to book your ticket for the Speaker Meeting](#)

Or call Kay Meek Box Office 604 981-6335 on or after Sept 6th

Tuesday – Friday noon-4:00 pm

**September 19th Refreshments Al Fresco
between 9:15 – 9:45 am**

**Kay Meek Outdoor Patio Lobby Level
Come Early before the 10:00 am meeting
Socialize with Coffee, Tea and Pastries**



Monday September 19 - Speaker Meeting at Kay Meek Arts Centre 10:00 am

Speaker: Connie Jorsvik, Patient Pathways

Topic: Navigating the BC Healthcare System

September Speaker: Ms. Connie Jorsvik

Title: "Navigating the BC Healthcare System: Understanding Home Care and Residential Care" with a brief introduction to Advance Care Planning.

Connie Jorsvik is an expert in Healthcare and Advance Care Planning in BC. She is the senior healthcare navigator and patient advocate with Patient Pathways that she has owned and operated for more than 11 years. She was an RN for 25 years: 15 in cardiac care. She understands the entire healthcare system which is fragmented and complicated. She empowers adults to take charge of their own health and care, which is more important than ever. Her second book, *Navigating the BC Healthcare System* is currently being published and will be available this fall.



Membership Name Tags

Please REMEMBER to wear your name tag to the meeting. New members can pick their name tags up at the registration desk. Members of the Club Management Committee will have a star on their name tags to identify them and feel free to speak with our MC members on any issues.

Monday September 26th Women's Probus Club Fall Luncheon Cruise Indian Arm

We are pleased to invite all members to our first special event after a long break!

When: Monday, September 26th, 2022

Time: 11.00 am BOARDING AT 10:30 AM

Place: Harbour Cruises Pier: Vancouver, 501 Denman Street V6G 2W9

We were able to negotiate 15% discount as a group: \$92.00 - 15%= \$78.20 + \$6.44 gratuity + 5% tax = \$88.87 (final).

To purchase a ticket please call 604 688-7246 code: "Probus" for the clerk to apply discount. If needed, our contact person is Jessie Liu. Payment is not refundable. Space is limited. Book early to avoid disappointment.



[Lunch details can be viewed here.](#)

Members may also purchase a ticket for one guest.

Pay parking is available close by (499 Denman St.). Bus #250 from West Vancouver and Bus #240 from North Vancouver: stop at West Georgia and Denman - 5 minute stroll to the pier.

If you have questions, please contact our Events Committee at outingswprobusnsvan@gmail.com

PRESIDENT'S MESSAGE

Dear Probus Ladies,

I hope you all had a great summer and I welcome you back to the start of our upcoming year of exciting speakers at Kay Meek. And after a two-year Covid hiatus, we are again organizing special events and outings for members kicking off with the Luncheon Cruise this month. Special welcome to our new members joining us, we look forward to your participation in the club events.

We welcome two new volunteer Management Committee members this year, Anne Adams coming in as Vice-President, and Barbara Budzynski as Chair of Special Events. Our Management Committee has been busy working over the summer with our membership renewals, speaker and special events planning, and a new membership recruitment plan.

We are starting the year with a membership of 198 members, somewhat down from the previous year. Due to Covid issues the past two years, our new member recruitment was not a high priority. However, we are now in active recruitment mode, with a promotional flyer now posted in most North Shore Community centres and libraries. A copy of the flyer is attached with this newsletter. Guests are welcome to our meetings, so feel free to bring your friends (see Guest section below). The promotional flyer will be available at every meeting for you to take and pass on to any interested ladies. New membership application forms are on our website and applications can be made at any time during the year.

With Covid in mind, we are keeping our Kay Meek Box Office seating arrangement at the 50% spacing, and while masks are not mandatory, we encourage members to wear masks when in the theatre. We are holding Al Fresco pre-meeting refreshments again this September, and going forward will be having refreshments in the Kay Meek main lobby, so come early. In the event of any future Covid Protocol changes, we will comply with all Kay Meek and Public Health requirements. Member safety is our main priority.

To facilitate member feedback and contact with our Management Committee members, at the end of the newsletter are email links to some committee members as well as on the website. We welcome your feedback.

Sincerely
Carolyn Armstrong, President

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## **Kay Meek Arts Centre - COVID-19 Meeting Protocols for our meetings**

When attending PROBUS Club in-person meetings at Kay Meek Arts Centre, Members and Guests are asked to comply with the following protocols for the safety of all members and Kay Meek staff.

- All attendees must have pre-registered for the event and received a pre-assigned seat. Unregistered drop-ins will not be allowed in. Members must pre-book seating through Kay Meek Box Office either on-line or by phone.
- Masks are no longer required in indoor settings but encouraged in spaces where physical distancing is difficult to maintain. Therefore, Kay Meek encourages you to continue to wear your mask when attending an event in their venue.
- Reserved spaced out seating through the Kay Meek Box Office will be at 50% capacity
- As of April 8<sup>th</sup>, 2022 BC Health will no longer require BC Vaccine Passports for events.
- No refreshments are permitted in the Kay Meek theatre, however water bottles are allowed.
- If you are not feeling well or have any COVID symptoms, we ask for the safety of other members you do not attend.

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Guests are now welcome

If you would like to bring a guest to a Probus Speaker meeting, please follow these steps

- Book a seat for your guest on-line or by calling the Kay Meek Box office 604 981-6335
- Bring the guest early and let her/him know that she/he will need to sign a Covid-19 Liability Waiver.
- There is a charge of \$10 per guest – please proceed to the membership table and pay and register your guest.

Bringing a guest is an excellent way of introducing potential new members to our Probus group.

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### **2022-2023 MANAGEMENT COMMITTEE welcomes two new members**

#### **Anne Adams – Vice-President**

Born in England, raised in La Mauricie, educated in Quebec, I am fluently bilingual and speak Spanish. As a public servant, my energies were dedicated mostly to employment rights, the economic advancement of women, and human rights. I had a successful career in the public, private and the not for profit sectors.

For my involvement in my communities, I was awarded the Commemorative Medal for the 125<sup>th</sup> Anniversary of the Confederation of Canada as well as the Queen Elizabeth II Diamond Jubilee Medal.



I have had a life-long interest in politics; since retirement my focus has been health care, age related and language issues. In 2017, I moved to West Vancouver for love.



## **Barbara Budzynski – Chair – Special Events**

I was born in Poland and immigrated to Canada with my family in 1993.

Our first city was Edmonton, where my husband got a job in a biotech company. I was a lawyer in my old country.

In Alberta, I studied and earned a Bachelor of Social Work degree from the University of Calgary and worked for several years as family court counsellor for Alberta Justice.

In Vancouver, I switched my career again and became a real estate agent, happily retiring last year after 16 years. I love travelling, climbing mountains and riding my e-scooter.

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We also welcome these new members:

Lynne Armstrong
Elizabeth Blake
Bonnie Fry-Smith
Leslie Mark
Janet McCoy
June Robertson
Louise Schneider
Joanne Wallis
Peggy Whiteway

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## **VOLUNTEERS NEEDED !!! – COME AND JOIN THE TEAM!**

### **FOR 2022-2023 MANAGEMENT COMMITTEE**

We are looking for help with Special Events, and Communications.

Also volunteers at Kay Meek speaker events are needed to help with refreshments and registration.

For further information to volunteer contact:

For Management Committee - Carolyn Armstrong [presidentwprobussvan@gmail.com](mailto:presidentwprobussvan@gmail.com)

For speaker events – Fran Hodgkins – [eventsprobussvan@gmail.com](mailto:eventsprobussvan@gmail.com)

## Future Events

### OCTOBER SPEAKER

**Monday October 17, 2022 – 10:00 am Kay Meek Arts Centre.**

**Jason Ainslie of Principals Talent** will be talking about movie production

Principals Talent is a full-service talent agency in Vancouver [www.principalstalent.com](http://www.principalstalent.com)

### OCTOBER WOMEN'S PROBUS CLUB EVENT

**MONOVA: Museum of North Vancouver Gallery Tour**

A guided gallery experience - One of MONOVA's education staff will provide a guided tour through their Permanent Gallery, highlighting stories, objects, belongings, and photographs from communities on the North Shore.

Location: 115 West Esplanade, North Vancouver, BC

Wheelchair accessible

Parking: Street Parking, Lonsdale Quay Market, the Pinnacle Hotel at the Pier and the ICBC Parkade

Face Masks optional

The date and further details will be posted in the October Newsletter.

**21 November, 2022 SPEAKER: Madison Mailey – Gold medal Olympian: Going for Gold – Planning is Key.**

**19 December 2022 – Christmas event with Amy Newman and the Christmas Revelers**

A four person singing group, 2 guys, 2 ladies who dress in traditional Christmas old fashion attire and sing Classical Christmas songs.

**16 January 2023 SPEAKER: Jim Allworth – RBC Wealth Management – 50 years as a research analyst and portfolio strategist**

**13 February, 2023 SPEAKER: Vickie Jensen, Author: *The Story of British Columbia's World-Class Undersea Tech Industry***

**20 March, 2023 – SPEAKER: TBD**

**17 April, 2023 SPEAKER: Dr. Hilary Letwin, Administrator and Curator of the West Vancouver Art Museum Topic: *The Life and Work of Cornelia Hahn Oberlander, CC., OBC, Landscape Architect.***

## May and June 2023 - SPEAKERS: TBD

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WEBSITE

Members Information section is password protected for current members only – password is **WProbus2022** Check regularly for updated information:

- Most recent Newsletter – you will always have access to your newsletter as well as past copies
- Updated Speaker Schedules
- Kay Meek Booking instructions
- COVID-19 Protocols and Waiver of Liability
- New Photo Gallery
- PROBUS Travel Insurance – If you are a travelling outside Canada, it is worth checking into the PROBUS discount with Johnson, Inc. MEDOC Travel Insurance

Management Committee Contacts:

President – Carolyn Armstrong - presidentwprobusnsvan@gmail.com

Secretary – Heather Miller – infowprobusnsvan@gmail.com

Membership – Diana Sonderhoff – membershipwprobusnsvan@gmail.com

Newsletter mailings/website – Marie Harlow – northshoreprobus@gmail.com

Events – Fran Hodgkins – eventswprobusnsvan@gmail.com

Newsletter Editor – Alison Watt – communicationswprobusnsvan@gmail.com



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We acknowledge the opportunity to live, work, play, and learn on the traditional territory of the Squamish (skwxwú7mesh), Tsleil-Waututh (selílwitlh), and Musqueam (xʷməθkʷəy̓əm) peoples.