



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

Stay Connected



www.wprobussvan.com NEW password **WProbus2022**

NEWSLETTER

December 2022

Vol 16: No. 4

We are at the Kay Meek Arts Centre for our Christmas event
Monday 19th December at 10:00 am

**** NEW EASY BOOKING SYSTEM ****

All you need to do is send an email to reservationprobus.aea@gmail.com
and let us know that you are coming, along with any guests

December 19th Refreshments between 9:15 – 9:45 am
Kay Meek Lobby with Coffee, Tea, Mulled Apple Cider and
Christmas goodies

Come early (9:15) and enjoy!

Members can get into the spirit of the season with Festive attire (optional)



Amy Newman and the Christmas Revelers are a dynamic and highly entertaining a cappella caroling quartet that brings its own special musical blend of holiday cheer to every event at which it performs.

Enjoy this wonderful entertainment and the special Christmas-time treats from Modern Pantry caterers.



~~~~~

## **PRESIDENT'S MESSAGE**

**Merry Christmas and Happy New Year Probus Ladies,**



We had a great turn out of members and guests at our November Speaker Event to hear the inspiring story of Madison Mailey, our North Shore Olympian Gold Medal winner. Thanks to Anne Adams, our Vice President, for filling in for me in hosting the meeting. We are pleased to welcome five new members also this month noted in this newsletter.

2022 has been another amazing year of change for our Women's Probus Club. In April, we were able to safely return to in-person meetings at Kay Meek. In June, we brought back our pre-meeting refreshments and social time Al Fresco and now in the Kay Meek lobby. We again opened our meetings up to guest attendance and had organized two special outings.

It is a time now to celebrate and we have a great Christmas Event planned for you with amazing Christmas goodies and Hot Apple Cider, a performance by Amy Newman and the Christmas Revelers of classic Christmas Carols, and a special treat for you to take home. Be sure to register for this event and come early before the goodies are gone. I would like to thank our House Committee members Fran Hodgkins and Joanne Pugh for organizing the refreshments and goodies.

Our Programs Committee has a stimulating line up of Speakers for our January to June events and several Special Event outings are being planned, so stay connected to what is happening through our newsletters and website.

On behalf of the Management Committee, I wish all members and your families a Merry Christmas and Happy New Year, stay safe and see you in the new year.

Sincerely,  
Carolyn Armstrong, President

~~~~~

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 should rsvp by email to reservationprobus.aea@gmail.com if possible by Thursday 15 December - we need the numbers for our catering order please.
- Masks are no longer required in indoor settings but encouraged in spaces where physical distancing is difficult to maintain. Kay Meek Arts Centre encourages you to continue to wear your mask when attending an event in its venue.
- Refreshments are not 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.

~~~~~

All you need to do to attend is send an email to  
[reservationprobus.aea@gmail.com](mailto:reservationprobus.aea@gmail.com)  
(you can copy and paste this email address into your email)  
and let us know that you are coming, along with any guests  
There will be no reserved seats and all the seats will be available in the theatre.

### Guests are welcome

If you want to bring a guest to a Probus Speaker meeting or the Christmas event, please follow these steps

- Include your guest when you confirm your attendance by email
- 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. **Please Note that if your guest decides to become a member of our Probus club, this \$10 charge can be deducted from the membership fee.**

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

**We also welcome these new members to the Probus Club**

Anne Abdel-Barr  
Sue Engelbert  
Inga Harding  
Donnie Kerr  
Vi Roden

~~~~~

**VOLUNTEERS NEEDED !!! – COME AND JOIN THE
MANAGEMENT COMMITTEE**

We are looking for help with Special Events, Communications

For further information to volunteer contact:

Carolyn Armstrong presidentwprobussvan@gmail.com

Future Events

16 January 2023 – Jim Allworth – RBC Wealth Management – 50 years as a research analysis and portfolio strategist: [Where do we go from here?](#)

13 February, 2023 – Vickie Jensen, Author – The Story of British Columbia’s World Class Undersea Tech Industry

SPECIAL EVENT – “EMERGENCY PREPAREDNESS” special presentation for Probus Members is in the planning stage for February.

20 March, 2023 – Jane Jordan – What is Palliative Care? Jane is Coordinator of the Every Day Counts palliative care program in North Vancouver

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

15 May, 2023 Dr. Paul Evans. Professor UBC. Topic: Navigating a Cold War with China

**19 June, 2023 AGM and Lydia Cruttwell--Pacific Assistance Dogs Society. PADS
Changing Lives - One Dog at a Time**

~~~~~

## FRAUD ALERT

A recent article in the North Shore News discusses ways in which seniors in particular can protect themselves against fraud and scams. Here is the [link](#) to this article in the North Shore news.

~~~~~

November Presentation – Madison Mailey – Olympic Gold Medal winner – women’s eight rowing – Tokyo 2020 (held in 2021)

Madison Mailey gave a very enjoyable and inspiring talk about her journey as a rower – culminating in securing a seat in the women’s rowing eight for 2018 and then in the Olympics. Raised on the North Shore, Madison started rowing at Deep Cove and progressed to the junior Canadian team before heading to Northeastern University in Boston where she majored in Management and Entrepreneurship.

Her journey to the Olympics was both an individual feat, but also a remarkable team feat. The crew trained constantly for years honing their physical skills and developing their positive mental skills to deal with whatever challenges sprang up in their way.



Madison Mailey speaking about her experience as an Olympic rower – wearing her Olympic jacket.



Women’s Eight and coxswain with their gold medals

Madison brought her gold medal to show our members including this Pacific Assistance Dog (PADS)

On 19th June, 2023 our speaker meeting will feature Lydia Cruttwell who will be speaking about the work of the Pacific Assistance Dogs Society (PADS).

Along with studying and rowing, Madison also earned a certificate of Merit in Classical Voice from the New England Conservatory of Music. She now sings recreationally with the Paragon Singers under the direction of Lars Kaario. Madison works as a wealth management advisor in Vancouver following in her parents' footsteps.



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
- Reservation instructions
- COVID-19 Protocols and Waiver of Liability
- Photo Gallery
- Special Events and Outings

Management Committee Contacts:

President – Carolyn Armstrong – presidentwprobusnsvan@gmail.com

Vice-President – Anne Adams – reservationprobus.aea@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 – eventsnwprobusnsvan@gmail.com

Special Events – Barbara Budzynski - Info@barbarab.ca

Newsletter Editor – Alison Watt – communicationswprobusnsvan@gmail.com

If you have any feedback or suggestions about the speaker sessions or events, or please contact the appropriate Management Committee Member.

Please also let one of us know if you haven't been receiving the newsletter. But please check in your spam folder first. Thank you!



We acknowledge the opportunity to live, work, play, and learn on the traditional territory of the Squamish (sḵwxwú7mesh), Tsleil-Waututh (selílwitlh), and Musqueam (xʷməθkʷəy̓əm) peoples.