



The Women's Probus Club of North Shore Vancouver

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NEWSLETTER

March 2023

Vol 16: No. 7

Meeting at Kay Meek Arts Centre for our March Speaker
Jane Jordan and Eleanor Campbell – What is Palliative Care?
Monday 20th March, 2023 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
(we need to know because of the catering order, and also we pay a per person charge to Kay Meek)

March 20th Refreshments between 9:15 – 9:45 am
Kay Meek Lobby with Coffee, Tea, and goodies
Come early (9:15) and enjoy!



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

Jane has been working in health care since 1986, and for the past 30 years with Vancouver Coastal Health. Since 2000 Jane has worked in the North Shore Palliative & Supportive Care Program at Lions Gate Hospital, 18 years as the Program Assistant, working with an exceptional multi-disciplinary team, gifted nurses, amazing volunteers, and a dedicated group of physicians. Focusing on how patients and their families access services and striving to improve this process has been a priority in her work. Her work has resulted in broadening palliative criteria, and expanding services.

Jane’s primary role now is Program Coordinator of the Every Day Counts Program, which provides an additional layer of support to our palliative patient and family population on the North Shore.

Generously funded by the Lions Gate Hospital Foundation and the North Shore Hospice & Palliative Project (formerly the NS Hospice Society), Jane supports the wellness services which are offered, as well as the coordination of bereavement support.



Jane Jordan



Eleanor Campbell

Eleanor Campbell is a long-time resident of West Vancouver, a nurse, and a grandmother to 6!

Eleanor graduated from St Paul’s Hospital School of Nursing and has a nursing degree from the University of Victoria. Eleanor had a certification in palliative care nursing from the Canadian Nurses Association. She retired from a 48-yr career involving various specialties. For the last 20 years, Eleanor’s nursing experience has been as a home care nurse on the North Shore. Home care nurses provide care for many patients with various illnesses, but a good portion of her practice has been with palliative care patients. Although challenging at times, Eleanor has found this work very rewarding. Working with an amazing multi-disciplinary team Eleanor helped support patients and families with symptom control, and overall navigation through this difficult journey.

Eleanor has also been an 11-year board member of the North Shore Hospice Society and the North Shore Hospice and Palliative Project. For many years she has been on the organizing committee for Honour a Life, an annual remembrance ceremony, and has had a key role in fundraising and educating

in the community. Eleanor also has personal experience with palliative care ...the stresses and joys of providing care for her mother in her own home. On a personal level, Eleanor loves curling, biking and yoga when not involved with her active grandchildren.

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## PRESIDENT'S MESSAGE

Dear Probus North Shore Ladies,

I am happy to report that new members continue to join the Club and their participation in our events is welcome. Bringing guests to our events is a great way to introduce the Club to potential new members. Those members who have brought their friends in as members this year are greatly appreciated.

A big thanks to our Management Committee members and Kay Meek for smoothly managing the unexpected delay to the start of our February Speaker session. We had 95 members attending and enjoying extended refreshment time and very stimulating speaker session.

There was a good turnout for the Emergency Preparedness event on February 1st and a good number participating in the luncheon afterwards. Thanks to Barbara Budzynski for organizing this event. In April, a special spring Club tour to VanDusen Botanical Gardens and lunch is being organized.

My message continues to stress the importance to members stepping up to volunteer for our Management Committee positions. This month in the newsletter, we are highlighting the **Speaker Committee** duties currently performed by Allison Shand and Gail Youldon, who will be retiring after 2 years serving on the Committee. The Speaker program is a key element of our monthly Club meetings, bringing forward interesting topics and booking speakers. An outline of the duties of the Speaker Committee members is highlighted in this newsletter.

Anne Adams, our current Vice-President, will not be staying on for the coming year. Therefore, it looks like I will have to stay on for a 3<sup>RD</sup> term as President. The **volunteer Vice-President position** duties are outlined below. It is important for there to be a back up to the President for leader succession. There are four other Committees needing volunteers – House Committee, Communications, and Special Events. Please feel free to contact me to volunteer or with any questions on these positions at [presidentwprobusnsvan@gmail.com](mailto:presidentwprobusnsvan@gmail.com)

Sincerely

Carolyn Armstrong, President  
Women's Probus Club of North Shore Vancouver

**Management Committee (MC) Volunteers Needed for  
Speaker Program Committee – 2 Members  
June 2023 – June 2024**

There are 9 Club Speaker events, September to June (excluding December Christmas Event) for which the Speaker Committee members need to book speakers. This involves reviewing past speakers and looking for a mix of interesting topics to consider. Then consulting with others (MC members, Club members, personal contacts) and reviewing other Probus Club speakers to develop a list of potential speakers.

From this list, candidates are contacted for interest to present, topic and availability on event dates for an honorarium of \$200 paid by the club. A number of candidates will not be available to speak or may decline, but others will be interested and available and then a mutually agreeable date is set.

The Committee will then request a brief biography and photo of the speaker in advance for promotion. Also, an instruction sheet is sent to the speaker with information on time, location, Covid Waiver and Kay Meek set up. A cheque payment is arranged to give to the Speaker. A Committee member greets the Speaker just prior to the Event and gets them organized on stage with Kay Meek techs.

A Speaker Committee member (or other MC member) introduces the Speaker at the Event, fields questions to the Speaker and wraps with thanks. Public speaking is preferred but not mandatory, as other MC members can fill in this function as needed.

Allison Shand and Gail Youldon will work with the new Committee to assist booking speakers into the start of the new year.

Our goal is to have 2 members on every committee so volunteers remain free to travel or take time for personal down time. Other Management Committee members also pitch in and assist as needed.

If you like researching interesting topics and contacting people, this is an opportunity to volunteer for these positions. Please contact Carolyn Armstrong, President at [presidentwprobusnsvan@gmail.com](mailto:presidentwprobusnsvan@gmail.com)

## **Management Committee (MC) Volunteer Needed for Vice-President June 2023 – June 2024**

The Club Management Committee has a succession plan for its Club leader starting with the Vice President, whose role is to support the current President, then move onto the President's position the following year. This allows the Vice President to become familiar with the President duties and gain experience prior to taking the President position. The current President would then move to Past President position and continue to support the current President. The Vice President will participate on the Management Committee in running the Club and step in to fill in for the President duties when not available. The Vice President will also support the other Committee members as needed.

Duties of the President include:

- Leading the monthly Zoom Management Committee meetings in running the Club
- Oversee the budgets of the Club
- Hosting the monthly speaker meetings at Kay Meek and the AGM
- Supporting other Committee members as needed
- Communicating with members via the newsletter and website
- Participating in the Monthly Probus Canada Zoom District Leaders' meetings
- Soliciting new volunteers for the Management Committee

The Vice-President, as President in-waiting, will need to be comfortable both in writing and in public speaking to communicate to Club members at events and through the Club newsletter and website. If you like networking and working with a dynamic supportive team, this is an opportunity to volunteer for this position.

Please contact Carolyn Armstrong, President at [presidentwprobusnsvan@gmail.com](mailto:presidentwprobusnsvan@gmail.com)

Our goal on the MC is to have a least 2 volunteers for each position, so members remain free to travel or have personal down time with a back-up. The MC meets via Zoom once a month to conduct business of the Club. The following MC positions are coming available for June 2023:

- **Vice- President** – Supports the President and takes over as President in June 2024
- **House Committee Chair and Co-Chair (2)** - Responsible for organizing event refreshments and front of house logistics (registration, layout, meeting volunteers, caterer)
- **Speaker Program Chair and Co-Chair (2)** - Responsible for identifying and booking stimulating speakers for the year event calendar.
- **Communications (1)** - To assist in preparing the monthly member newsletter
- **Special Events (1)**- To assist in planning and booking special outings for members including the Christmas Event.

If you have not already served on the MC, please seriously consider volunteering for one of these upcoming positions this year. To volunteer or if you have any questions please contact me at [presidentwprobusnsvan@gmail.com](mailto:presidentwprobusnsvan@gmail.com)

## 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](mailto:reservationprobus.aea@gmail.com) if possible by Thursday 16 March - 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.

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All you need to do to attend is send an email to 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.

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### Guests are welcome

If you want to bring a guest to a Probus Speaker meeting, 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.**
- **AS WE ARE NOW HALF WAY THROUGH THE SPEAKER SEASON, MEMBERSHIP FEE IS NOW \$50 + \$15 FOR YOUR NAME TAG. ENCOURAGE YOUR FRIENDS TO JOIN!** Bringing a guest is an excellent way of introducing potential new members to our Probus group.

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A warm welcome to our newest Member

Judy McDiamid

FUTURE EVENTS

April – Date and Time to be confirmed – Our Events Coordinator Barbara Budzynski is hoping to arrange a tour to VanDusen Botanical Gardens.

17 April, 2023 – Dr. Hilary Letwin, Administrator and Curator of the West Vancouver Art Museum
Topic: **The Mysterious Struggle with Chance: The Life and Work of Gordon Smith.**

This is a change of topic from the previously announced topic.

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

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February 13<sup>th</sup>, 2023 Speaker

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

*Vickie Jensen’s talk focused on the immense contributions made to underwater explorations by groups of people and companies that have been based in North Vancouver. She started by outlining the huge increase in the depth to which undersea exploration is now possible, starting in the 1950s when the limit was approximately 100’, progressing through the 60’s-80’s when underwater activity at +2,000’ is now feasible. And this has been possible by the evolution of the equipment from diving suits through to submersibles and now to remotely operated autonomous vehicles. These vessels are used in deep water construction, disaster recovery, salvage, research, and tourism.*

*In referring to these developments, Vickie named the various companies which had played an integral part of these contributions, HYCO, Oceanworks, International Submarine, Atlantis and CanDive, as well as the (mainly) men who had been such important pioneers. In the Q&A session, the issue of the paucity of women in this and many allied mechanical and technical fields in North America was raised by Vickie and several members, which contrasts with the experience in Europe and other parts of the world.*

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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
- 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

Programs – Allison Shand and Gail Youldon

Membership – Diana Sonderhoff – membershipwprobusnsvan@gmail.com

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

Events – Fran Hodgkins – eventsprobusnsvan@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!

If you have read all the way to the end of this newsletter – **congratulations** – you might want to join me as a Communications/Newsletter coordinator for Probus. It's a fun group to work with! Send me (Alison Watt) an email at communicationswprobusnsvan@gmail.com. We could get together and chat over coffee.



We acknowledge the opportunity to live, work, play, and learn on the traditional territory of the Squamish (sk̓wx̓wú7mesh), Tseil-Waututh (selílwitlh), and Musqueam (xʷməθkʷəy̓əm) peoples.