



# The Women's Probus Club of North Shore Vancouver

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[www.wprobusnsvan.com](http://www.wprobusnsvan.com) password **WProbus2022**

## NEWSLETTER

May 2023

Vol 16: No. 9

Meeting at Kay Meek Arts Centre for our May Speaker

**Dr. Paul Evans – UBC**

"New Dimensions of the China Challenge for Canada"

Monday 15<sup>th</sup> May, 2023 at 10:00 am

**New – NO NEED TO RESERVE A SPOT FOR THE SPEAKER MEETING – JUST COME!!**

The Management Committee has determined that a reservation system is no longer needed.

Please note that there is NO Waiting List for membership for our Probus Club

May 15<sup>th</sup> Refreshments between 9:15 – 9:45 am

Kay Meek Lobby with Coffee, Tea, and goodies

**Come early (9:15) and enjoy!**



**15 May, 2023 – Dr. Paul Evans**

"New Dimensions of the China Challenge for Canada"

China's growing presence and influence globally and in Canada combined with a worsening US-China relationship poses a myriad of challenges for Canadian policy makers and citizens. The talk will focus on Ottawa's new Indo-Pacific Strategy and the current furor over Chinese influence and interference activities in Canada.

Paul Evans is the HSBC Chair in Asian Research at UBC's School of Public Policy and Global Affairs. His main focus at this point is how Canada is responding to a rising China and an emerging Cold War with the United States.



**NOTICE – Annual General Meeting and Speaker Meeting 19<sup>th</sup> June, 2023  
At Kay Meek Arts Centre at 10 am**

Items for approval:

- Nominations for the 2023-2024 Management Committee
- Financial Statement for 2022-2023 Revenues and Expenses

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**PRESIDENT'S MESSAGE**

Dear Probus North Shore Ladies,

It is the time of year for Membership Renewals again, with renewal forms being sent out to you this month with a deadline of June 30<sup>th</sup> for next year. Good news, in these times of high inflation, the fee remains the same as the last 2 years at \$100. This fee is an incredible deal to attend 10 events with refreshments throughout the year, with a great line up of speakers and topics and also participate in other special organized events. We will continue to hold our monthly speaker

meetings at the Kay Meek Arts Centre with refreshments and snacks served in the lobby beforehand. It is important you enroll by June 30<sup>th</sup> as this allows your Management Committee to better budget for upcoming events as your dues and guest fees are our only revenues.

We had a great turnout of 103 members to hear Dr. Hilary Letwin, Director/Curator of the West Vancouver Art Museum speak on the life of local artist Gordon Smith. Her presentation included a number of stories that were interconnected with the art as well as the influence of international travel.

Some of you may have seen our North Shore News ads in the March, April and May editions titled **“Are You a Retired or Retiring Soon Professional / Business Woman Who Want to Stay Connected?”** This is a first for the Club to advertise for members, relying primarily on word of mouth by our members and with members bringing guests. We undertook advertising because Probus Women’s Club is not widely known on the North Shore, so the ad is to raise an awareness of who we are and to attract more members, especially amongst those near retirement and wondering what is out there for them to do. We have already had some positive results. I thank those members who have brought new members to the Club this past year and encourage all members to spread the word to more North Shore ladies.

I am happy to announce another new volunteer for our Management Committee, Susan Drummond joining our House Committee, welcome Susan. We still need 4 more Management Committee volunteers one for the House Committee, for the Membership Committee, for the Communications Committee on the newsletter and a Club Vice President for the coming year. I know I sound like a broken record, but we need people to share the work load many of us are carrying.

Sincerely

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

### **Management Committee Volunteers Needed**

#### **Vice-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, 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 newsletters and website.

#### **House Committee**

One more volunteer is needed to work with two other new volunteers to serve on the House Committee next year. The House Committee members liaise with Kay Meek about the monthly Speaker meetings and arrange lobby set up and catering for Speaker meetings. They also arrange for volunteers as greeters and counters and order name tags for new members.

### Membership Committee

We are looking for a volunteer to work with our current membership chair over the next year and then take over as Membership Chair the following year. Membership duties include keeping and updating membership lists on Excel files of the contact information of members, staffing the membership table at Speaker meetings, and managing the annual membership renewal process.

### Communications Committee

Another volunteer is needed to work on Communications organizing and writing for the Club's monthly newsletter for members. Familiarity with Word is required and some writing and editing skills would be an asset. Articles and announcements of speakers and events are collected from the relevant Management Committee members monthly for the newsletter. Some material will only require editing and others will require writing of the article.

**All Management Committee members participate in the monthly zoom meetings where the upcoming speaker meetings and events are planned.**

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 Carolyn Armstrong at [presidentwprobustsvan@gmail.com](mailto:presidentwprobustsvan@gmail.com)

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### Kay Meek Arts Centre 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.

- 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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**There are no reserved seats at Kay Meek and all the seats will be available. Effective immediately, our reservation system for the speaker sessions has been discontinued.**

#### MEMBERSHIP Renewal TIME

You will be receiving your membership renewal form by email shortly. Please bring your completed form and cheque to the May Speaker meeting or send it in by mail. Getting your membership renewal form in early will GREATLY assist our Volunteer Membership Chair. Thank you.

## Guests are welcome

The Management Committee has relaxed the rules about bringing guests. There is no longer a limit to the number of guests, but each guest needs to check in at the Membership table and pay the \$10 fee

Guests who join now for 2023/2024 can pay the annual fee for next year and enjoy the remaining lectures without any further charge.

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

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## FUTURE EVENTS

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

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## PAST SPEAKER SESSIONS

**March 20<sup>th</sup>, 2023 Speakers Jane Jordan and Eleanor Campbell - What is Palliative Care?**

Jane is Coordinator of the Every Day Counts palliative care program in North Vancouver, and Eleanor Campbell is a long-time Board member of the North Shore Hospice Society.

Jane and Eleanor presented an informative and insightful description of palliative care and hospice care on the North Shore. They got the audience thinking by questioning us on the true objective of palliative and hospital Hospice care.

The approach that is taken is one that improves quality of life of patients and their families facing the challenges associated with life threatening illnesses through the prevention and relief of suffering be it physical, psychosocial or spiritual. While Hospice care provides end of life care, palliative care improves quality of life when a cure is no longer possible. The North Shore facilities include community care, a palliative care unit, a Hospice as well as long term facilities.

We were also informed of the steps to be taken when one wants to die at home: planning is essential, the patient's wish is fundamental, families must be involved, and the support team made available. The program on the North Shore offers information sessions regarding navigating palliative resources on the North Shore, systems management with a palliative professional, care for the caregiver, legacy, financial planning workshops and advanced care planning. Support is offered such as individual counselling, music therapy, grief support and children and family program support.

No program like this works without volunteers and there is an annual intake of new volunteers which requires a six week training course, a one-year commitment, attendance at monthly support meetings, and participants have access to educational events, social gatherings, and special events.

The organization is looking forward to expanding and collaborating with the Tsleil Waututh and Squamish nations, therapy and drum circle programs as well as a lunch program for clients and family members.

Having been a recipient of this program, I wish to emphasize the quality of the service as well as the commitment of the staff that comes to your home.

Submitted by Anne Adams, Vice-President, Women's Probus of North Shore Vancouver

### **April 17<sup>th</sup> Speaker – Dr. Hilary Letwin**

Dr. Hilary Letwin's talk about the West Vancouver artist Gordon Smith was very well received at this month's speaker's meeting. She talked about his early life in the UK and his move with his mother and brother to Winnipeg in 1935, and subsequent move further west to British Columbia. Her slides demonstrated the incredibly wide range of Smith's artistic genres over his long and highly productive life, and she confirmed that the black period of his work was a direct result of his World War II experience in Italy.

Gordon Smith was connected to so many of the other important artists of their time, a good friend and mentor to many upcoming artists particularly through his work as an art teacher at the Vancouver School of Art, and later as a Professor of Art Education at UBC. The Smith home (designed by Arthur Erickson) was often the focus of artistic gatherings. Not only was he generous in his support for artists but Gordon frequently gave copies of his works to people when they visited him - including Hilary herself.

Gordon and Marion Smith were instrumental in establishing the astoundingly successful [Artists for Kids](#) program through the North Vancouver School Board which brings together artists and educators to enrich the learning opportunities of students.

Gordon Smith died at the age of 100 in early 2020. He willed the art that was in his home to the West Vancouver Art Museum. This collection of 75 works includes some of his own work, but also art works that he and Marion purchased for their home, and also some art that was given to them by artist friends. Slides showing a selection of this art work concluded Hilary's excellent presentation.

The West Vancouver Art Museum is located at 680 17<sup>th</sup> Street, West Vancouver, V7V 3T2 and has several interesting exhibitions planned for 2023.

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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
- Photo Gallery
- Special Events and Outings



## Management Committee Contacts:

President – Carolyn Armstrong – [presidentwprobusnsvan@gmail.com](mailto:presidentwprobusnsvan@gmail.com)

Vice-President – Anne Adams – [reservationprobus.aea@gmail.com](mailto:reservationprobus.aea@gmail.com)

Secretary – Heather Miller – [infowprobusnsvan@gmail.com](mailto:infowprobusnsvan@gmail.com)

Programs – Allison Shand and Gail Youldon, Vi Roden and Judith Berg

Membership – Diana Sonderhoff – [membershipwprobusnsvan@gmail.com](mailto:membershipwprobusnsvan@gmail.com)

Newsletter mailings/website – Marie Harlow – [northshoreprobus@gmail.com](mailto:northshoreprobus@gmail.com)

Events – Fran Hodgkins and Joanne Pugh, Sheila Drummond and Susan Hayto – [eventsprobusnsvan@gmail.com](mailto:eventsprobusnsvan@gmail.com)

Special Events – Barbara Budzynski and Inga Harding - [Info@barbarab.ca](mailto:Info@barbarab.ca)

Newsletter Editor – Alison Watt – [communicationswprobusnsvan@gmail.com](mailto: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](mailto:communicationswprobusnsvan@gmail.com). We could get together and chat over coffee. And the first member to email me that she has read the whole newsletter will get an honourable mention in the next newsletter.

Spring in BC – version one



Spring in BC – version two



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We acknowledge the opportunity to live, work, play, and learn on the traditional territory of the Squamish (sk̓w̓x̓wú7mesh), Tsleil-Waututh (selílwitlh), and Musqueam (x̓m̓əθk̓əy̓əm) peoples.