



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

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NEWSLETTER

June 2023

Vol 16: No. 10

**Meeting at Kay Meek Arts Centre for our
Annual General Meeting, and June Speaker
Pacific Assistance Dogs Society (PADS) "Changing Lives – one dog at a time"
Monday 19th June, 2023 at 10:00 am
Al fresco refreshments - Outside Lobby with Coffee, Tea, and goodies 9:15-9:45 am
** Bring a Guest for \$10 ****

No NEED TO RESERVE A SPOT FOR THE SPEAKER MEETING – JUST COME!!

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19 June, 2023

Lydia Cruttwell or one of her colleagues in the Pacific Assistance Dogs Society (PADS) along with some 4-legged furry assistants will captivate us on Changing Lives – one dog at a time.

The presentation will commence immediately following the short Annual General Meeting.



**Annual General Meeting and Speaker Meeting 19th June, 2023
At Kay Meek Arts Centre at 10 am**

Items for approval:

- Motion to Approve the Management Committee Members for the 2023-2024 Year
- Financial Statement for 2022/23 (Trial Balance to the end of May 31, 2023)

Details were circulated by email on 18 May 2023.

New - Upcoming EVENT – 15 June, 2023

Walking Tour – NEW!

Mark your calendars! On Thursday June 15th we are confirmed to meet John Atkin and have him as our walking guide through Coal Harbour Vancouver area! John is an expert in heritage architecture in Vancouver, you can find more info about him opening this link:

[walks home
johnatkin.com](http://walkshome.johnatkin.com)



When: June 15th, 2023 Time: 10.30 am

Where: meeting by the Olympic torch at Jack Poole Plaza, Vancouver.

Duration: about 90 min walk

Cost: \$15 per person

Capacity: max 15 people (first come, first serve basis).

Please register at ih62972@gmail.com to Inga Harding.

Only 15 spaces available.

Method of payment: bring exact \$15 for the event.

After the walk we can socialize at the nearby Tap & Barrel @ Convention Centre! Hopefully, with the nice June weather, this event will leave lasting memories!



1941 aerial photo of Coal Harbour from the collections of the Vancouver City Archives

PRESIDENT'S MESSAGE

Dear Probus North Shore Ladies,

It was my honour to present two Probus Canada Citation Awards last month to well deserving Club members, Margaret Landstrom and Joan McLeod. Both ladies' hard work and dedication over years have greatly contributed to our Club's success and sustainability. Details of these awards are further on in this newsletter.

Our May speaker Dr. Paul Evans last spoke to us a few years ago on China at the time of the two Michaels in captivity in China. We had an exceptional turnout of 143 members and guests attending to hear him speak on the current geopolitics of China, a summary of the talk is in this newsletter. Our April VanDusen Garden Tour got a perfect sunny spring day for seeing the flowering gardens and trees on the 55 acres of gardens. We had a great turn out of 32 members and guests.

The Annual General Meeting materials for our upcoming AGM on June 19th were circulated by email on 18 May. . One of the items you will be asked to vote on is the slate of 2023-2024 Management Committee members being nominated by two past presidents, Anne Carroll and Margaret Landstrom. We have eight members staying on with the MC along with 5 new volunteer members and it is great group already planning our Club's next year's events. I will be running for a 3rd year as President. We have four members retiring from the MC and I would like to thank them for their dedication and hard work that has contributed to the success of our Club – Anne Adams serving as VP, Fran Hodgkins and Joanne Pugh on the House Committee and Allison Shand on the Speakers Program.

At the AGM, you will also be asked to vote on the Financial Statement of Revenues and Expenses for this past year 2022-2023. Member dues and guest fees are the only revenues of the Club to cover our year's expenses for Kay Meek rental, refreshments, speakers' fees, and operational costs. With membership renewals now due June 30th, we ask members to be prompt in renewing. This will allow for our budgeting of next year events and help the big task of renewals for our Membership Chair Diana Sonderhoff.

Following the AGM, our June presenter Lydia Cruttwell of the Pacific Assistance Dogs Society (PADS) along with some 4-legged furry assistants will captivate us on Changing Lives – one dog at a time. It will be a great event so don't miss it.

To wrap up the year, we have a Special Events planned for June 15th, a Coal Harbour history walking tour and following lunch organized by Barbara Budzynski and Inga Harding. It can only take 15 attendees so book early. I wish everyone a great summer as the Club takes a two months summer break. There will be a newsletter sent out to you in late August outlining the upcoming fall events for your participation and we will see you in September. You can stay connected to what is going on through our website.

Sincerely

Carolyn Armstrong, President

Women's Probus Club of North Shore Vancouver

PROBUS CANADA CITATION AWARDS Presentations made at Kay Meek on 15 May, 2023

The Probus Canada Citation Award honours Probus members who have had a lasting effect on their Club. The recipients of this award are minimum five-year Probus members who inspire commitment, set a bench mark for others, and demonstrate ongoing club sustainability. Club Presidents submit recommendations for those meeting those standards to the Probus Canada Board of Directors for approval.

While there are many members who have contributed greatly to the club, and who may qualify for this award, Carolyn Armstrong recommended two members that she felt brought the greatest sustainability towards building a strong future for our Probus Club of North Shore Vancouver.

The first Citation Award was awarded to **Joan McLeod**. Joan has been a member since 2015 and served for 3 years as the Speaker Program Chair. She brought a varied and noteworthy mix of speakers to the club's monthly events. When COVID hit, Joan had to pivot from hosting speakers at in-person meetings to ZOOM, at the same time learning a new technology for these meetings. She was able to successfully continue the Speaker series with a member participation of 100 to 120 at each session.

During Covid, the Club was notified that its current meeting location at Capilano Golf Club was no longer available to us. Joan led a group of members who undertook a search for a new suitable and affordable meeting facility on the North Shore. Joan is a volunteer at the Kay Meek Arts Centre and was instrumental in getting a rental agreement for the Club's 2021-2022 year. Even though Joan stepped down as Speaker Chair, she continued to work as a liaison with Kay Meek and assist the new Chair with bookings for the fall of 2021.

A Probus Citation Award is merited for Joan McLeod's organizational skills, adaptability and hard work above and beyond which contributed to our Club's continued success through the tough COVID times and with our new venue at Kay Meek.

Congratulations and thank you Joan!



The second Probus Canada Citation Award was given to **Margaret Landstrom**.

Margaret has been a club member since 2012 and served 3 years (2018-2020) on the Management Committee as Vice President, President and Past President. When Carolyn came on as President in 2021 and fairly new to the Club, with a vacant Past President position, Margaret continued to provide much needed support and advice. Margaret has a strong connection with many of the Club's members through her years with Probus and involvement in other local clubs.

As Covid hit, the club membership declined as well as volunteers for the Management Committee. Margaret undertook the tough task of seeking out volunteer members for the 2021-2022 year, successfully bringing in a number of new volunteers to fill key positions, several of whom still serve now. Margaret's support with her connections and persuasive ways, enable the Club to continue running with a great Management team these past two years. Margaret also filled in hosting duties when needed.



A Probus Canada Citation Award is merited for Margaret Landstrom's continued support and, when called upon, in bringing in management volunteers, a key to the management and success of the club.

Congratulations and thank you Margaret!

MEMBERSHIP Renewal TIME

If you have not already submitted your renewal, please bring your completed form and cheque to the June AGM and Speaker meeting or send it in by mail.

Deadline – 30 June, 2023 Thank you.

15 May, 2023 – Dr. Paul Evans "New Dimensions of the China Challenge for Canada"

There was a good turnout of 143 members and guests to hear Dr. Evans talk on the changing geopolitics of China. He stated that the United States and China are the top two most powerful nations in the world right now and are intricately interwoven through trade and economies. China is the top trading partner for 126 countries in the world. China has only grown stronger economically and in build-up of military arms, while the US is slipping with its fractured political system and trade deficits.

Dr. Evans spoke of the US and China now entering into a Cold War 2. Cold War 1 was a dark time with fear of nuclear fallout between the Soviet Union and the US in the 1950's, with the US coming out on top as the Soviet Union collapsed. This Cold War 2 is different as it is a competition for control of select advanced technologies through research and development in areas of artificial intelligence, communications, energy, use of rare earth elements and advanced semi-conductor production. He referred to the US and China as adversaries and not enemies. While China has stolen and copied other countries' technology, it has also advanced its own research and development sponsored by the state.

In referencing the recent news on interference by China in Canada and the US, he said it has resulted in universities and research institutes pulling back on collaboration with Chinese universities on specific technologies. Also, restrictions have been imposed on export of specific technologies to China. Foreign interference is undertaken by many countries in Canada, he noted the US, India, Thailand, Singapore and Israel. While each country goes about it differently, China crossed a line in threatening a Canadian MP's family members located in China, resulting in a diplomate expulsion and retaliation. The biggest effect of China and other countries' interference comes in the political nomination process. While US and Canada have interests in spreading its views on democracy and humanitarian causes, China seeks to strengthen its own authoritarian rule and relations with other authoritarian regimes.

Dr. Evans used the metaphor of China/US/Canada relations being in the dead of winter, dark and chilly. But spring could be coming as there are some recent indications of light in future relations, being noted in recent US and Canada high level meetings with China.

27 April, 2023
VanDusen Garden Tour

It was a gorgeous sunny day, perfect for touring the spring flowering trees and gardens at VanDusen Gardens. 32 Probud ladies and guests participated with a golfcart for 5 ladies and the rest in 2 groups with volunteer guides. VanDusen is 55 acres of gardens cared for by only 7 gardeners, each gardener looking after a geographic assigned area such as tree and plant species from Asia, South America, Mediterranean, New Zealand/Australia and local. Our guide, Peter, who is a tree specialist, pointing out unique identifiers of the tree species and their origins. Some brave members even successfully walked the maze. The colours of the flowers and tree blossoms were spectacular in the spring sun.



Thanks to Barbara Budzynski for organizing this great event.

2023-2024 Dates and Speakers – 10 am Kay Meek Arts Centre, West Vancouver

18 September 2023	Awaiting confirmation
16 October 2023	Michael Geller “So where are we going to live next?”
20 November 2023	Anna Slivinski, RD Home and Community Care-VCH Clinical Instructor- UBC Dietetics Program
4 December 2023	11:30 am Seasonal Buffet Lunch, West Vancouver Yacht Club Speaker: Janice Bannister, Owner of Laughter Zone 101 will speak on Laughter Wellness. Cost: \$57 per person inclusive of taxes and gratuity 5854 Marine Dr, West Vancouver, BC V7W 2S2
22 January 2024	To be announced
26 February 2024	To be announced
18 March 2024	To be announced
15 April 2024	Carolyn Canfield “The Mystery of Music and Emotion”
13 May 2024	To be announced
17 June 2024	AGM and To be announced

Introducing New members of the Management Committee



Judith Berg - incoming Speaker Program Co-Chair

Judith is a third generation to reside in metro Vancouver. She is a psychologist who specialized in occupational health, employee assistance and trauma intervention. She has been involved in numerous Community and provincial Board work. Leisure interests include travel, nature walks and reading. Capilano University Award of Distinction and Ontario Provincial Government Service Excellence Award – Valuing People.

Vi Roden - incoming Speaker Program Co-Chair

I was born in Vancouver and attended Kitsilano High School, and Fairview School of Commerce. I joined the Elizabeth Fry Society for a period of ten years. I formed my own not-for-profit society called ACT 2 Child and Family Services in 1982. I started the first Sexual Abuse program in BC. The following year I started the first program in BC for Women suffering domestic violence.

I have three children. 6 grandchildren and nine great grandchildren. I am delighted to be a part of PROBUS.





Susan Hayto - joining the Events/House Team

I was born in Vancouver, but I lived almost 35 years in Regina, Maryland, Montreal (McGill), and Toronto (UofT). My career was predominantly in voice technology (voice mail!) but after children I ended up tutoring high school math.

Currently I enjoy travel, fitness classes, learning Spanish and making wooden toys for children.

Sheila Drummond - joining the Events/House Team

I was born and raised in West Vancouver. I have worked and volunteered in a variety of areas. I retired in 2018 from helping support children with special needs in the West Vancouver School District.

For the last year we have been raising a service dog puppy for PADS. I enjoy family time with our four sons and their partners, golfing, sewing, traveling and reading.



Inga Harding - joining the Special Events Team

I was born in Stockholm, Sweden. 1961 I applied for an Internship at the Foreign Affairs in Stockholm. After a year I was sent to the Swedish Embassy in Monrovia, Liberia. In Monrovia I met my English husband to be. We lived in several European countries. In Germany I began work as an agent for Real Estate businesses in Marbella. I continued this work when we moved to the UK.

My interests are music, travelling, reading, gardening and walking.

I moved to Vancouver 2018. I enjoy living here and to be near my family and to see my grand children grow up.

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 presidentwprobusnsvan@gmail.com

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### 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 June speaker event without any further charge.

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

## 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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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

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

Secretary – Heather Miller – infowprobusnsvan@gmail.com

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

Membership – Diana Sonderhoff – membershipwprobusnsvan@gmail.com

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

Events – Fran Hodgkins and Joanne Pugh, Sheila Drummond and Susan Hayto – eventsprobusnsvan@gmail.com

Special Events – Barbara Budzynski and Inga Harding - 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!

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We acknowledge the opportunity to live, work, play, and learn on the traditional territory of the Squamish (skw̓xwú7mesh), Tsleil-Waututh (selílwitulh), and Musqueam (xʷməθkʷəy̓əm) peoples.