



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

Stay Connected



www.wprobusnsvan.com password WP2324 – NOTE – New Password

August/Sept. 2023

NEWSLETTER

Vol. 17: No. 1

**Meeting at Kay Meek Arts Centre
Monday 18th September, 2023 at 10:00 with refreshments at 9:15 am
Speaker: Mr. Paul Ferguson, Criminal Defence Lawyer**

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SPEAKER: Mr. Paul Ferguson, JD, Criminal Defence Lawyer
Presentation title: The Role of a Defence Lawyer in BC and Canada

Paul Ferguson was born and raised in Alberta and received his first degree, a Bachelor's Degree in History, at the University of Lethbridge. He followed that with a Masters degree in History from the University of Victoria, and then a Juris Doctor degree from UBC. Paul was called to the Bar in British Columbia in 2005 and is a founding member and partner at Ferguson Allingham.



Paul practices primarily in the area of criminal defence law as well as related civil law and administrative matters. He has acted on a wide variety cases including crimes of violence from assault to murder; driving offences; and drug offences. Paul's primary focus has been on drug related defence work including *Charter* litigation.

He has appeared at all levels of Court within British Columbia including the Court of Appeal, and has appeared in Courts throughout British Columbia.

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**Special Event Fisheries Research Centre tour Monday September 25<sup>th</sup> 11:00 am- 12:00 pm**

### **Tour of Fisheries and Oceans Canada Pacific Science Enterprise Centre, West Vancouver**



**Location: 4160 Marine Drive, West Vancouver**

**Tour: 1 hour facility tour, indoor and outdoor  
NO FEES and No Limit to number of attendees  
Do not wear sandals or open toe shoes**

**Parking: Lots of parking at facility, parking area  
and gravel parking**

**Lunch/Coffee optional after at  
Isetta Café Bistro, 4360 Marine Drive, West Van  
(2 blocks west of Pacific Science Enterprise Centre)**

**To register contact Inga Harding at  
[ih62972@gmail.com](mailto:ih62972@gmail.com)**

Join the Probus Women's Club for a one-hour tour of the Pacific Science Research Centre (PSRC) aquatic research facility located right on West Vancouver waterfront. Collaborative research partners from academic, government and other science practitioners share research goals and needs in this facility. You will see indoor and outdoor tanks with sources for fresh and saltwater, a building with 350 tanks serving as an outdoor experimental system, 2 artificial streams, docks, wet and dry laboratories and office space. We will see some of the most recent research in aquatic animal health, fish culture, marine biology, plankton research and more.

## PRESIDENT'S MESSAGE

Dear Probus Members,



I welcome back all returning members and special welcome to the new 20 members joining us this year. Great thanks to Diana Sonderhoff, our Membership Chair, for all her hard work with renewals and enrolling new members over the summer. Our Speakers' Program Committee members have also been busy lining up a year of amazing speakers.

I would like to welcome Lisa Hunter, a new member to the Club who has volunteered for our Management Committee to work with Alison Watt on Communications in putting together our monthly newsletters.

As I start my 3rd year as your President, and with Covid in the rearview mirror, I am looking to change things up to encourage more socialization amongst Probus Ladies Club members. The one complaint I have received many times is that members don't always want to sit by themselves at events. To address this, the first change is at all Kay Meek speaker meetings, we will have Buddy tables in the Lobby for members to connect and welcome new members to the Club. I urge you all to reach out. The second change is with our Christmas Event, where there will be a sit-down buffet luncheon at group tables at the West Vancouver Yacht Club along with a special comedian to entertain. The cost of a luncheon is \$56.25 per person inclusive of gratuity and taxes. This will be a great way to start the holiday season.

We continue to encourage members to bring guests to our speaker meetings as it is a great way to bring in new members. To attract new members, we have also put flyers up across the North Shore on Community Boards in libraries and community centres. We had a good response last spring with 6 volunteers joining our Management Committee and have a great team of dedicated ladies this year. However, there will be several retiring at the end of this year, so we are in need of volunteers for Treasurer, Membership Chair, Vice President and another House Committee member. You can see the duties of the positions on our website [www.wprobusnsvan.com](http://www.wprobusnsvan.com) / members information / volunteer.

Also, in September there is a special Probus tour arranged at the Canadian Fisheries Research centre in West Vancouver. There is no fee or limit to the number of members attending. Our Special Events Committee will be bringing other events to you throughout the year.

Welcome Back

Carolyn Armstrong

**New Management Committee members who have volunteered to help run our Probus Club**



**Judith Berg - 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 - 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 - 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 - 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 - Special Events Team**

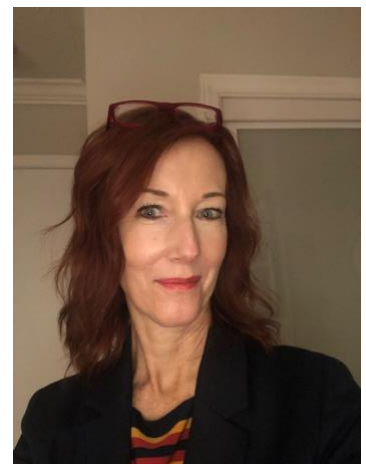


I was born in Stockholm, Sweden. 1961 I applied for an Internship at the Foreign Affairs in Stockholm. After a year I was sent to the Swedish Embassy in Monrovia, Liberia. In Monrovia I met my English husband to be. We lived in several European countries. In Germany I began work as an agent for Real 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 grandchildren grow up.

### **Lisa Hunter – Communications/Newsletter**

Lisa has worked passionately as a senior living advisor for over 10 years having held sales positions at several continuum of care communities in the Greater Toronto area where she focused on both external business development and client relations. Most recently, she held the position of Senior Living Specialist at PARC, a BC independent retirement living provider where she worked at two of their North Shore communities: Summerhill and Westerleigh. Prior to her senior living career, Lisa held diverse sales and marketing positions within both the consumer packaged goods, hospitality and food service industries.



Lisa is a high energy individual actively participating in hiking, ballet/barre, paddleboarding and travelling. She enjoys volunteering in the local North Shore community in Vancouver where she resides and is the proud parent of three sons and one senior canine dog!

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## Probus Ladies Buddy Tables



Looking to connect with other members? Don't want to sit by yourself? We are making it easy! At our September meeting, we are setting up Buddy Tables in the Kay Meek lobby for new members and existing members to connect during refreshment time. Fran Hodgkins and Joanne Pugh will be facilitating connecting members. New members will be wearing a **yellow circle** on their name tags so they can be welcomed.

As one of our key club functions is to connect members, the Buddy Tables help make these happen. Long-time members should also reach out at the Buddy Table to welcome new members. The open seating of Kay Meek Grosvenor Theatre makes it difficult for members to connect, so the new Buddy Tables in the lobby is the place to be.

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## Volunteer positions

- Vice-President
- Treasurer
- Membership
- Events/House

The duties of the positions on our website [www.wprobusnsvan.com](http://www.wprobusnsvan.com)

## Summary of the Annual General Meeting held on June 19, 2023

The Club's AGM was held at the beginning of the meeting, with the slate of Management Committee members (see the list at the end of the Newsletter) approved as well as the 2022-23 Financial Statement.

### Working with Pacific Assistance Dogs – PADS speaker

The speaker for the meeting was Ms. Kim Gramlich, who attended with her dog Puma, a Victim Services Accredited Facility Dog with the Delta Police Department. Also in attendance were Karen Dean who has provided the first 12 months of training for a new PADS dog, and Anika Electra, a dog sitter – who will take a training dog for a few weeks while the designated trainer takes time away for a vacation or a leave.

This program was pioneered in BC and runs currently in BC and Alberta. Many other jurisdictions are looking to set up similar programs. The BC/AB program has approximately 800 volunteers involved in all levels of training the dogs for their work as helpers for people with mobility challenges as well as individuals dealing with PTSD – particularly first responders, or veterans or people who are called as witnesses to court proceedings.

Dogs in training have yellow vests and are usually in the training period for approximately 18 months. When the dogs graduate they are given blue vests. Most of the dogs in PADS are Labs, Golden Retrievers or a mixture and PADS has a breeding program to ensure the best care of the dogs from the outset. Most dogs do graduate from the program but occasionally a dog's temperament is just not suited to a PADS role.

Kim stressed that the dogs really self-select the kind of work they will do by their temperament. Puma, she said, was ideal for Victim Services because he is very calm, relaxed – and wants nothing else than to be petted and loved. Other dogs have an innate interest in helping and are very active. Amazingly, Puma lay by Kim's side for the whole presentation and didn't move an inch.



More information about the Pacific Assistance Dogs Society can be found at [pads.ca](http://pads.ca)

Kim, Karen and Anika brought the dogs out into the lobby after this excellent presentation and met many Probus members, answering their questions.



## Women's Probus Club – Coal Harbour Walking Tour – June 15, 2023

I have driven and walked through Coal Harbour many times as a born and raised Vancouverite, seeing the tall buildings and traffic congestion. However, after going on the Coal Harbour Guided Walking Tour with John Atkin, a knowledgeable civil engineer who worked in city planning, I now see Coal Harbour in a very different way. What we see now is a very thoughtful city planning process going back as far as 1917. Each city street would **forever** have a direct, unimpeded view to the water, whether running north/south or east/west. This picture is evidence of this early planning, even the Coal Harbour Marina is lined up with the city plan.

While there are lots of high rises, the resident buildings in the West End must be a minimum of 80 feet distance from the next high rise, with lower spaces filled in with lower-level townhouses, acting as a platform for the high towers. This also sets the tower back from the street level, which gives an impression more of a community of homes rather than high rises. Trees planted along the streets are to provide much needed shade in the summer to lower the heat levels in the buildings. Commercial towers do not have the same spacing requirements.



The City of Vancouver Coal Harbour area also has the most advanced earthquake preparedness system of any city in the world. One of the major results of an earthquake are fires, from broken gas lines, but at the same time the water lines will also be damaged. Underground in Coal Harbour, there are a number of old train tunnels, that are now used to house extensive highly protected water piping and pumping systems. The pumps run on diesel from huge storage tanks underground and can pump sea water from Coal Harbour to special water stations marked in blue and white throughout the downtown area to fight fires due to earthquakes.

In more recent planning, as Coal Harbour waterfront industry left and was replaced with condos, a sea walk was put in to join up with Stanley Park. By design, the City planners did not want a lot of commercial activity along the sea walk, keeping it to a minimum for a more tranquil experience. City planners from all over the world come to Vancouver to see and learn from the forethought over a century that has resulted in this amazing beautiful area. Thanks to Inga Harding and Barbara Budzynski for arranging this tour. CAROLYN ARMSTRONG



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

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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.

A Very Warm Welcome to our new members

Chipperfield	Patricia	Macaree	Daphne
Davis	Mel	Mayo	Karen
Ericson	Margareta	McDiamid	Judy
Fitzgerald	Jaquie	McKnight	Cindy
Forsyth	Jean	Netolicky	Doreen
Huang	Yubin	Piercy	Nancy
Hunter	Lisa	Thurgood	Ginny
Kvarnström	Berit	Vail	Karen
Lamb	Darlene	Vassiliadis	Cathy
Lyle	Anne		

Upcoming Club Speaker Events

16 October 2023	Michael Geller. Retired architect, planner, and real estate consultant and property developer Title: Seniors' Housing: 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	Seasonal Lunch – West Vancouver Yacht Club

Website

Members Information section is password protected for current members only – the **NEW** password is **WP2324** 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 and their contact information

President – Carolyn Armstrong – presidentwprobussvan@gmail.com

Vice-President – vacant

Secretary – Heather Miller – infowprobussvan@gmail.com

Programs – Gail Youldon, Vi Roden and Judith Berg

Membership – Diana Sonderhoff – membershipwprobussvan@gmail.com

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

Events – Sheila Drummond and Susan Hayto – eventswprobussvan@gmail.com

Special Events – Barbara Budzynski and Inga Harding - Info@barbarab.ca

Newsletter Editor – Alison Watt and Lisa Hunter – communicationswprobussvan@gmail.com

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

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