



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

Stay Connected



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

November 2023

NEWSLETTER

Vol. 17: No. 3

**Meeting at Kay Meek Arts Centre
Monday 20th November, 2023 at 10:00 with refreshments at 9:15 am
Speaker: Anna Slivinski, RD**

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SPEAKER: Anna Slivinski

Anna Slivinski's topics will be: The Organic Food Debate: Should I buy Organic?; Feeding your Brain – Foods to help with Brain Health; and Vitamin and Mineral supplementation for Seniors.

Anna Slivinski – November Speaker
Home and Community Care - VCH
Clinical Instructor- UBC - Dietetics Program

Anna Slivinski is a Registered Dietitian. She has worked 30 years for Vancouver Coastal Health in Home and Community Care. She is involved in the assessment, treatment and education of clients who require Medical Nutritional Therapy. She is also currently a Clinical Instructor at the University of British Columbia for interns in the Dietetics Program. She has presented at many conferences for all ages including sessions on Positive Aging at the Elder College at Capilano University and at SFU on Nutrition for Dancers.

Her hobbies include dance, horseback riding and cooking. She is born and raised on the North Shore and is committed to serving our unique population.



PRESIDENT'S MESSAGE

Dear Probus Ladies,

Special welcome to all our new members joining us this Fall.

We had another great turnout for our October speaker Michael Geller on "Where are We Going to Live Now". Smaller size units and greater densification seems to be the way of residential developments going forward.



We celebrated Probus Canada Month in October with 2 Probus Logo cakes and with Mr. Jack Zaleski, Director of Probus Canada, District 2, Vancouver Lower Mainland attending. We are one of 250 Probus Clubs across Canada and over 4,000 Clubs worldwide to provide Fellowship, Friendship and Fun for Professional Business men and women in their retirement and semi-retirement years.



Carolyn Armstrong, Susan Hayto, Sheila Drummond and Johanna Harrison

The bookings for our **Christmas Luncheon December 4th** at the West Vancouver Yacht Club are coming in with many members booking at the Event table in the lobby. We are nearly 50% booked so be sure to book soon to get a spot. The Luncheon booking information is in this newsletter and on our website under Members Information – Events. At our November 20th meeting, if there are any spots still available, there will be an event table again in the Kay Meek Lobby. **Deadline for booking is November 24, 2023.**

I am fortunate to be one of those snowbirds going south for the winter, so for November Lisa Hunter, on our Communications Committee, will be filling in for me and with Judith Berg as emcee for the Christmas Luncheon. I will continue to work with our Management Committee members and hold the monthly meetings via Zoom. We have a great team of ladies that pull together to run the Club and provide back-up when members are away.

Our November 20th Speaker is Anna Slivinski, a Registered Dietician and Clinical Instructor at the UBC Dietetics Program speaking on the topic of “Eating Well to Age Well”. We are bombarded with information these days on what or what not to eat, so will be good to hear from an expert. Also, perfect timing before all our Christmas goodies.

Carolyn Armstrong, President

Probus Ladies Buddy Tables



Looking to connect with other members? Don't want to sit by yourself? We are making it easy! We are setting up Buddy Tables in the Kay Meek lobby for new members and existing members to connect during refreshment time. New members will be wearing a **yellow** dot on their name tags so they can be welcomed by other members.

As one of our key club functions is to connect members, the Buddy Tables help make these happen. We encourage long-time members to reach out to welcome new members.

Volunteer positions

- Vice-President
- Treasurer

The duties of the positions on our website www.wprobusnsvan.com

WOMEN'S PROBUS CLUB OF NORTH SHORE VANCOUVER
Special Event Christmas Luncheon



Club Members are invited to attend our Special Event Christmas Luncheon to be held on December 4th, 11:00 am to 2:00 pm at the West Vancouver Yacht Club

***** NOW OPEN FOR MEMBERS TO BOOK GUESTS *****

We have scheduled some light-hearted entertainment for this year's event. **Janice Bannister will be our guest speaker.** Janice has a background in psychiatric nursing and believes in the therapeutic power of laughter as a way for people to connect in an upbeat manner and just plain have fun. Janice is the owner of Laughter Zone 101, a comedy and storytelling school in New Westminister and teaches Stand-up comedy and Arts for Brain Fitness for the Simon Fraser 55+ Continuing Studies program. It should be a fun session to lead us into Christmas.



A Christmas Buffet luncheon will be served prior to our Guest Speaker with **Salad Bar** – Caesar Salad, Mixed Green Salad; **Carving Station** – Roast Turkey & Stuffing; **Entrée** – Salmon Filet with Cranberry Orange Glaze, Mushroom Ravioli, Roasted Squash, Seasonal Vegetables, Mashed Potatoes and Rice Pilaf, Fresh Breads, Condiments and Sauces; **Dessert Table** – Fresh Fruit, Cheese Selection, Plum Pudding, Shortbread and Mince Meat tarts; **Coffee/Tea** **Cash Bar available for wine**

How to Reserve your seat at the Luncheon Event – LIMITED TICKETS!

TICKET PRICE is \$56.25 (inclusive of taxes and tip) payable by the following three methods:

1. Preferred method by **e-transfer payment** to womensprobusnorthshore@gmail.com
2. **Or Cheque mailed** to Women's Probus Club of North Shore Vancouver, PO Box 91624, West Vancouver, BC V7V 3P3
3. **Or In-person** with cheque (preferred) or cash, at the Christmas event table in the Kay Meek Lobby on Nov 20th – subject to availability

BOOK EARLY – Maximum number of attendees 120 seated in tables of 8,
Deadline for booking with payment November 24th
Cancellations: Refunds will be provided only up to November 24th
Email announcement will be sent to all members at such time as the event is sold out

Doors open at the West Vancouver Yacht Club at 11:00 am for socializing prior to buffet lunch that will begin at 12:00 noon followed with the Guest Speaker at 1:00 pm.

Place cards will be provided at the registration of the event to reserve your table seat while social mingling.

LOCATION: West Vancouver Yacht Club, 5854 Marine Drive, West Vancouver, BC



Guests are welcome at our Speaker Events!

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.

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, except water bottles.
- If you are not feeling well or have any COVID symptoms, we ask for the safety of other members you do not attend.

There are no reserved seats at Kay Meek and all the seats will be available.

A Very Warm Welcome to our latest new members

Niki Ahern
Wendy Elliott
Carole Grant
Connie Holland
Carole McAllister
Annie Santini

Summary of Michael Geller's talk on Monday 16th October, 2023

Michael Geller gave an outstanding talk on Monday 16th October by outlining the many options for people who want to downsize their homes and the challenges that face developers, municipalities, owners and renters in this housing market.

Initially he focused on the new kinds of neighbourhoods which would suit older residents – smaller, community centred spaces which are more walkable. He showed several examples of single family homes which are being built with smaller “footprints” than conventional single family homes. He also talked about parking allowances required by municipalities which fly in the face of the fact that older seniors often downsize in terms of their numbers of vehicles.

Michael mentioned that duplexes can be side by side, or semi-detached two storey, and townhouses, and “stacked” townhouses. He also talked about the increasing numbers of laneway or coach house units that are being developed which can allow for multi-generational living, but he cautioned that owners thinking of developing such units should be aware of any tax implications.

Condominiums or purpose built rentals are also an option when considering downsizing and because rentals include many of the costs of owning a home (insurance of the structure, heat, water, waste disposal, etc.), the costs are not out of line. On the subject of wood construction he noted that this was becoming an important element of construction, and interestingly wood structures are now remarkably fire resistant contrary to popular belief.

One concern expressed in the current market place is purchasing dwellings on leased land and Michael indicated that the Lower Mainland had a number of such properties with 99 year leases that should not cause concern in terms of purchasing. Leased land allows for the development of less expensive housing than developments which include the cost of the land.

Michael's presentation was filled with very useful illustrations of potential housing options, and was also sprinkled with some hilarious photos.



Canada Fisheries and Oceans Pacific Science Enterprise Centre Tour 25 September

It was a blustery fall day, still 31 Probus Club ladies turned up for the Fisheries Research Centre tour decked out in rain gear. In two separate groups, we were guided through a maze of outdoor and indoor fish tanks and inside laboratories where experiments and research take place. Our guides highlighted the wide range of research projects undertaken by collaboration between government, academic, private sector, societies and indigenous groups.

In the 1950's the West Vancouver waterfront site housed a large fish cannery owned by the Millard family. They closed the cannery and donated the property to the Federal Government, as a way to payback their success. The land was to be used in perpetuity for research in to aquatic species. Up until 2016, the West Vancouver research facility was not open to the public, leaving a lot of wild speculation by residents as to what was going on there. Since then, the facility has opened up to tours of school children, and groups such as ours.

The West Vancouver location is ideal with access to salt water from Burrard inlet, creek water from Capilano River and several fresh water wells on site. This unique water access allows for

recreating optimum environments for researching sea and fresh water species. Hundreds of indoor and outdoor fish tanks with miles of pipes and controls are set up to house the aquatic animals for the various projects.

Examples of some of the research projects underway discussed were:

- Genetics and fish breeding – the research focuses on the scientific issues coming out of the private sector aquaculture practices by recreating and studying the hybrid animals and environment in order to advise the Federal Government for consideration in licensing and regulation. One project observed on the tour was the creation of a hybrid Coho/Trout species, which we saw in the tanks.
- Aqua culture fish feed - current fish feed is derived from sea species so research is underway to develop a non-fish feed for the fish.
- Plastics and the effect on the oceans – research into the implications of plastic garbage and microfibers from cloths washing effluent on aquatic life
- Bi-valve (clam, oysters, mussels, scallops) aquaculture and environmental effect on surrounding waters - studies are being done on specific bays where culturing is done measuring the effects and concentration of effluent on the waters. The goal is to find the optimum number of licenses that could safely be issued in a specific bay.



There is so much going on at this centre it is impossible to capture it in one article. We are exploring having one of the research groups come speak to our Club next year. Afterwards 10 members met for lunch and warmed by the fire at the Red Lion Pub in Dundarave. Thanks to Inga Harding for organizing this popular event.

If you have a group (maximum 15 people) that may be interested to take a tour of this amazing research facility, you can contact Nikki Kroetsch, Community Engagement Coordinator, 604-358-3055. Individual tours are currently not done.

Upcoming Club Speaker Events

	Speaker	Topic
January 15, 2024	Fran McDougall, Executive Director, Act 2, a Tri-Cities agency serving children recovering from the effects of sexual abuse, neglect and other trauma	Transforming Trauma into Hope
February 26, 2024	Hilary Letwin, Curator/Administrator, West Vancouver Art Museum	Cornelia Oberlander: Landscape Architect

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 – presidentwprobusnsvan@gmail.com

Vice-President – vacant

Secretary – Heather Miller – infowprobusnsvan@gmail.com

Treasurer - Joanne Thorpe - womensprobusnorthshore@gmail.com

Programs – Gail Youldon, Vi Roden and Judith Berg

Membership – Diana Sonderhoff – membershipwprobusnsvan@gmail.com

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

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

Newsletter Editors – Alison Watt and Lisa Hunter – communicationswprobusnsvan@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 (s̓k̓w̓x̓wú7mesh), Tsleil-Waututh (selílwituh), and Musqueam (xʷməθkʷəy̓əm) peoples.