



The Women's Probus Club of
North Shore Vancouver

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JANUARY 2024

NEWSLETTER

Vol. 17: No. 4

Meeting at West Vancouver Yacht Club – Please Note

CHANGE OF LOCATION – IMPORTANT – PLEASE READ

Monday 15th January 2024, at 10:00 with refreshments at 9:15 am

Speakers: Fran McDougall and Polly Krier:

ACT 2 Child Family Services Society

Due to major construction underway at the West Vancouver High School for the new track and field facilities until the winter of 2025, behind Kay Meek Arts Centre, the parking lots are now closed during the daytime for the foreseeable future. With only street parking available for our members attending meetings, this is not a viable option for us.

The West Van Yacht Club, as those attending our Christmas luncheon experienced, is a nice facility with ample parking. WVYC also hosts the two other Probus Clubs of the North Shore for their monthly meetings. Our meeting format will be in tables of 8 throughout the room with refreshments buffet style to take to your tables. WVYC seating capacity is 120, which is similar to our current attendance runs 100-110 at Kay Meek. We unfortunately will not have the same great audio-visual support we enjoyed at Kay Meek Arts Centre.

The monthly meeting dates will remain the same except for the February and May dates. The meeting costs including room rental and refreshments are similar to those at Kay Meek, so there should be no change to our budgets. We will continue meetings at WVYC through to June and reconsider venue options going into next year, and hoping to return to Kay Meek

Parking is available at the WVYC, and the West Van Blue 250 bus stops right outside the WVYC for those using transit. Travelling by car on the Upper Levels Highway, take Exit 2, Eagleridge Drive down to Marine Drive, turn left on Marine Drive to the Yacht Club. See map on the next page.

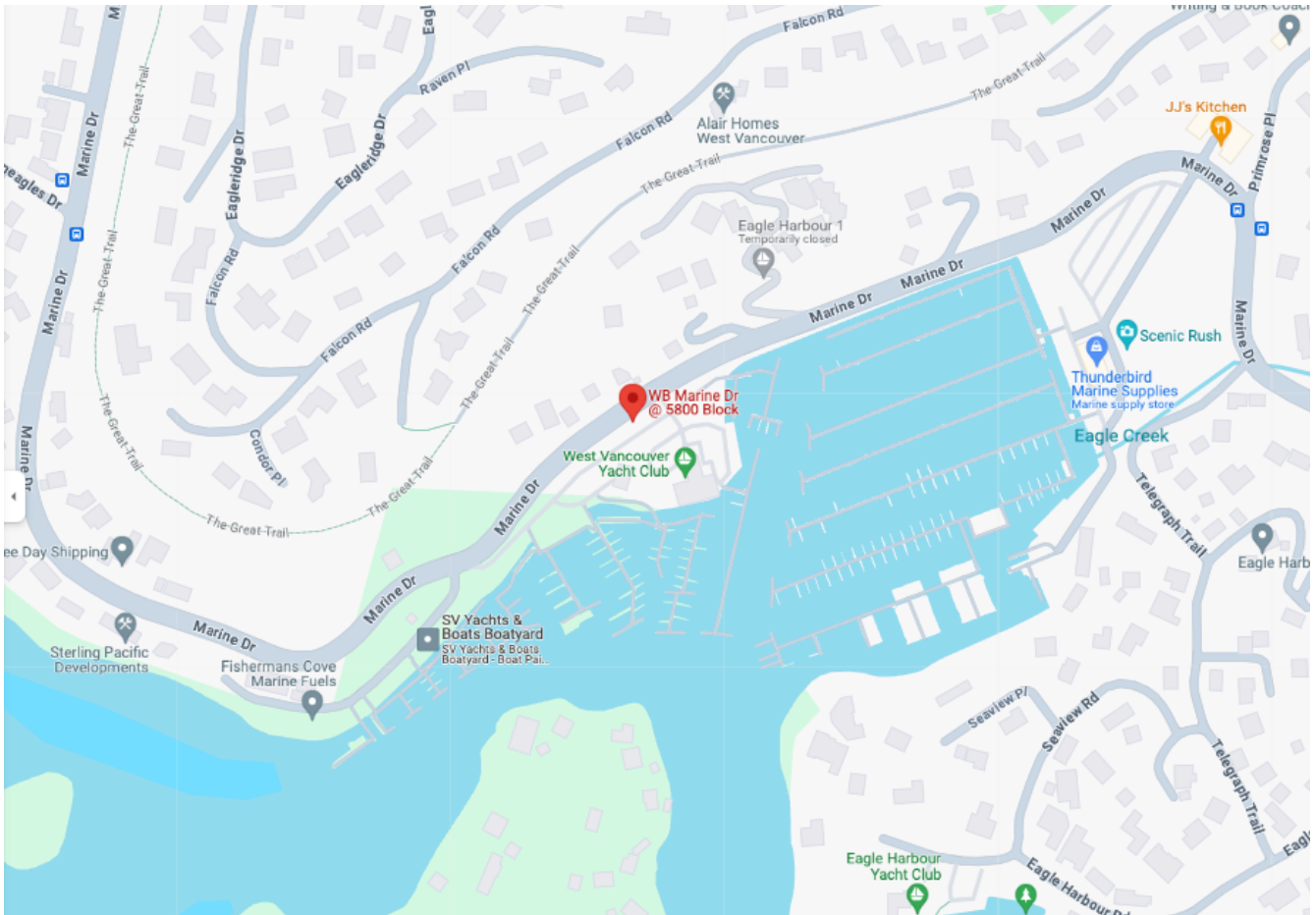


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January 15, 2024 Speakers: Fran McDougall and Polly Krier: ACT 2 Child Family Services Society

**Fran McDougall – Executive Director
ACT 2 – Child and Family Services Society**

Title: Transforming Trauma into Hope

Since 1980, a small group of committed volunteers have continued the mission/vision of the two founders, Vi Roden and Charmaine Atkinson.

What started as a support for women involved with the correctional system to move back into the community, is now today a highly-recognized Second Stage Transition Housing in Vancouver, specialized clinical counselling for emotionally traumatized children in Ridge Meadows and Tri-Cities, and parenting assessment, education and counselling for high risk families to retain or regain custody of their children in Surrey.

Each year the agency continues to grow to meet the emotion and shelter needs of children, youth and adults.



Polly Krier – Board President ACT 2 – Child and Family Services



Polly Krier

Since relocating to Vancouver from Minneapolis, Minnesota in 2005, Polly Krier has entrenched herself in the Tri-Cities by building relationships in both the corporate and not-for-profit sectors. These relationships are built on trust, respect, honesty & have taught her how to be her authentic self.

Recently she has taken her Event Management Company to the next level by limiting the number of corporate events she does which allows her to spend time doing things that are close to her heart – helping those less fortunate.

Polly joined the Board of ACT2 Child and Family Services in 2008 out of her concern for those who have experienced the effects of violence, sexual abuse, and trauma in their lives. She began as a director and currently holds the position of Board President. She is proud of the how the organization has grown under the leadership of Fran.

She also supports homelessness with the Tri-Cities Homelessness & Housing Task Group, and the community she lives in as 2nd term Councillor for the Village of Anmore. In her spare time, she golfs, travels, works out daily on her Peloton and spends quality time with her husband, Trevor and new kitty, Mika.

PRESIDENT'S MESSAGE

Dear Probus Ladies,

Happy New Year 2024 to everyone!

Our January 15th Speaker's event with Fran McDougall, Executive Director of ACT 2 Child and Family Services on Transforming Trauma into Hope has a very special connection to our Club. Vi Roden, a member on our Speaker's Committee, was instrumental in identifying the over-whelming needs of these victims and finding the funding to set this agency up in 1980. **As mentioned in my email to you on 22 December – we are moving our meeting location to the West Vancouver Yacht Club.**

Our Club ended the year with a successful Christmas Luncheon at the West Vancouver Yacht Club with 104 members and 9 guests attending. After a social time and a delicious buffet lunch, attendees were entertained by Janice Bannister, owner of Laughter Zone 101 for a fun session. Members' feedback on the event has been very positive and we will look to make this an annual event.

Such an event takes a lot of effort to put together by our Management Committee members. I would like to give special thanks to our Special Events Committee, Inga Harding and Barbara Budzynski for organizing the event with WVYC and for the beautiful table settings some of you were lucky enough to take home. Also, thanks to Judith Berg for hosting the event. There was also a lot of effort put into promoting the event and with payment collections. A true team effort.

Our well attended November speaker meeting at Kay Meek with Anna Slivinski gave an interesting overview on food and supplements for health. There are so many aspects to this topic, we may look to have Anna return at a future date on further dietary health topics. I would like to thank Lisa Hunter for hosting this event in my absence.

I would like to welcome volunteer Wendy Trousdell to our Management Committee, joining the Membership Committee with Diana Sonderhoff. We look forward to her participation as we head into our membership renewal period in the spring. Volunteers are critical to our Club management and we still have two open positions – Club Treasurer and Vice President. If you have any bookkeeping/accounting background or leadership experience, please consider volunteering.

We look forward to seeing you all in the New Year.

Cheers

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

Probus Ladies Buddy Tables – will be available at the West Vancouver Yacht Club



Looking to connect with other members? Don't want to sit by yourself? We are making it easy! We are setting up Buddy Tables at WVYC 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.

Special Event Christmas Luncheon was held on Monday 4 December At the West Vancouver Yacht Club

Members attending the Probus Christmas Luncheon on December 4th at the West Vancouver Yacht Club were greeted by the House and Special Events Committees where they picked up their place cards. Inside the room, members socialized in groups around tables decorated with red poinsettias and fresh greenery. After a delicious buffet lunch, Judith Berg welcomed us and introduced the guest speaker Janice Bannister. She was a psychiatric nurse and feels that her career as a stand-up comedian is very similar. Janice believes in audience participation and led us through "laughter exercises". After many humorous anecdotes and stories, Janice encouraged us to try new things in order to stimulate our brains.



In spite of challenges, with the Marine Drive closures and the atmospheric river, the Christmas Luncheon was a success, with many members expressing interest in this becoming an annual event.

Comments from members on the Christmas luncheon event

“Thank you for organizing this pre-Christmas luncheon. My friends and I had a very enjoyable time. I personally met a neighbour from the past as well as a new neighbour where I live now. We’ve enjoyed the speakers over the last year, especially the people who run the PADS program, as I have a young relative currently bringing up a PADS dog.” JF

“That was absolutely the loveliest Luncheon I’ve ever attended!! Every detail was taken care of and I can only try to imagine the hard work that went into putting it all together! The food was wonderful, the tables so prettily decorated, the entertainment hilarious...everything was perfection to ‘the nines’!!

Thank you! Thank you! Thank you to every one of you who made this happen! It was a first for the time I’ve been a member and I think it will have to become an annual event!! People really socialized as well.. A HUGE SUCCESS!! Thank you again! Thanks too, to West Vancouver Yacht Club for catering the amazing lunch!!” CD

“I had the most wonderful time at today's Luncheon for Christmas! I think a shorter time for a speaker would have been PERFECT, giving us more time to chat with the people at our tables. Thank you so much to everyone who did the planning for this successful event” JS

Volunteer positions

- Vice-President
- Treasurer

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

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.

A Very Warm Welcome to our latest new members

Merla Beckerman and Violet Hughes

Summary of Anna Slivinki's talk on Monday 20th November, 2023

Speaker: Anna Slivinski, Registered Dietician, VCH and UBC Clinical Instructor

On a lovely November morning, Probus Ladies and guests gathered to hear from Ms. Slivinski about Eating Well to Age Well. Anna's presentation was in three parts: The Organic Debate; Feeding Our Brain; and Vitamins and Minerals.

After clarifying the difference between dieticians and nutritionists basically dieticians are regulated under the Health Professions Act in BC and nutritionists are not, the presentations moved into discussion about organic foods. Anna indicated that the general public is fairly confused about the difference between organic and natural labelling and the associated claims. Anna indicated that organic animal, plant and food manufacturing in Canada requires that the product has a nutrition facts table, with ingredients in descending order and that organic ingredients are noted. Canadian Organic Standards cover animal welfare, soil health, antibiotic restrictions, pesticide restrictions and do not allow genetic modification. Canada and the US have an organic standards equivalency agreement. Canada's regulations also cover seafood, but the US does not.

In terms of organic foods and nutritional value, the macronutrients are largely the same in organic and non-organic foods. However, organic foods have increased density of helpful antioxidants and phytonutrients, and lower levels of toxic metals. Anna mentioned that detectable pesticides are four times higher in conventional crops as opposed to organic crops, and these pesticides are *associated* with ADD, asthma, and various cancers. She went on to mention that organic food characteristics that are protective against disease include being higher in phytonutrients.

Anna had a great graphic illustrating recommendations on buying organic – she called it the Dirty Dozen and the Clean 15.

- **Dirty dozen – you should consider buying organic if possible** – and if not – you should carefully wash these items: Apples, spinach, strawberries, peaches, peppers, kale, grapes, pears, cherries, celery, tomatoes and nectarines. (All these have relatively soft skins).
- **Clean 15 – not necessary to buy organic:** Onions, pineapple, kiwis, corn, peas, broccoli, papaya, cauliflower, asparagus, avocados, honeydew melon, cabbage, cantaloupe, mushrooms, eggplant.

Anna also talked about the 5 components of Brain health comprising mental and physical wellbeing, social, spiritual and nutritional wellbeing. A balanced diet promotes Brain health and she suggested there were three components: reduce one's intake of saturated fats; eat protective foods focusing on monounsaturated and polyunsaturated fats (avocados, olives nuts seeds and olive oil), omega 3 including fatty fish, antioxidant-rich drinks – green tea, red wine; and folate (Vitamin B 9) foods such as: oranges, mandarins, bananas, corn, broccoli, squash, whole grain cereals, peanuts and soy.

Towards the end of her presentation, Anna outlined the necessary vitamins and minerals for older adults: Calcium and Vitamin D, Vitamin C and E, Vitamin B 12 and supplements. She concluded with a brief comment about probiotics (this could clearly be another session on its own!) saying that probiotics are helpful to restore the natural balance in our digestive systems but they should never be taken when taking any antibiotics.

Upcoming Club Speaker Events

	Speaker	Topic
Tuesday February 20, 2024 <i>New date</i>	Hilary Letwin, Curator/Administrator, West Vancouver Art Museum <i>New date to be confirmed with speaker</i>	Cornelia Oberlander: Landscape Architect
March 18, 2024	Max Wyman in conversation with Ken MacQueen	Can Art Build us a Better World?
April 15, 2024	Carolyn Canfield	The Mysteries of Music and Emotion
Tuesday May 21, 2024 <i>New date</i>	Leslie Howard, author <i>New date to be confirmed with speaker</i>	Turning Fact into Fiction: Using True Stories and Events
June 17, 2024 - AGM	TBA	

New Members of the Management Committee – Welcome aboard



Terre Swan – House Committee: I am a lifelong Lower Mainlander. I was born in Port Moody and over the years have lived in North Vancouver, Vancouver, and finally West Vancouver.

Between 1980 and 1991 I attended a number of schools in BC: Douglas College, SFU, UVic and finally UBC. With a Human Service Worker Certificate and a Bachelor of Education. I initially worked at Sunnyhill Hospital. After also substitute teaching for a few years, I went to the North Vancouver School District as a primary teacher. I finished my teaching career in 2017 in an amazing teacher librarian position. I truly miss getting kids of all ages excited about books, whether *Captain Underpants* or *Shakespeare*.

I am now enjoying retirement, traveling to visit family around BC., reading, riding my electric bike and volunteering with new refugees to Canada.

Wendy Trousdell – Incoming Membership Committee

I was born in Toronto and spent my elementary school years in Ottawa. My family moved to Arlington Virginia in 1960 and I was there for the Kennedy years before moving to North Vancouver in 1963. I attended Delbrook High before going to UBC for my degree in nursing.

In 1970 I graduated and was married. My husband and I spent the next four years in BC, Alberta and Ontario where I worked first in Mental Health and then as a Public Health nurse. By 1974 we were back in B.C and I became a Public Health nurse in West Vancouver. A few years later found us in Hudson's Hope and our first son was born in Dawson Creek. After three years we were back in North Vancouver where our second son was born.

I became a docent with the Vancouver Aquarium in 1986 and started to work part time in 1990 at a college for Japanese students. At this time I also became involved with the One to One reading program in the schools.

In 2001 my husband and I both retired and we volunteered with Habitat for Humanity in Hungary, Portugal, New Zealand and Vietnam. We also taught skiing at Cypress and



started playing in the West Vancouver Community Band. I have just recently again become a volunteer with the One to One Program. Our children and grandchildren all live in Lynn Valley and we are lucky to be involved whenever possible in their busy lives.

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
- **NEW Probus Group Discount Home Insurance Policy**

Probus Canada has arranged with Belair Direct a Probus Member Group Discount on Home Insurance. To get more information or a quote from Belair Direct you can find their link on our website www.wprobusnvan.com under Members Information - Probus Home Insurance, or go to the Belair Direct link

https://www.belairdirect.com/en/savings.html?organization_source=targetmarketwfrp1006

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 and Wendy Trousdell – membershipwprobusnsvan@gmail.com

House: Sheila Drummond, Susan Hayton, Johanna Harrison, Terre Swan

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

Special Events – Barbara Budzynski and Inga Harding

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.

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