



The Women's Probus Club of
North Shore Vancouver

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May 2024

NEWSLETTER

Vol. 17: No. 8

*****BREAKING NEWS*****

THE CLUB WILL CONTINUE FOR 2024-2025!!

Two members were galvanized to volunteer for our much-needed leadership positions for the Club going forward. Karen Shalansky will be Co-President along with Carolyn Armstrong (existing President) and Jacquie Fitzgerald will be our new Treasurer. Thank you for stepping up ladies and leading our Club forward.

Membership Renewals will be going out this week at the same \$100 membership fee for the 2024-2025 year.

The June Final Farewell luncheon mentioned at the April meeting **will NOT BE HELD**, as those monies will now be used in the following year budget. There will be a June 17th AGM held to vote on the New Management Committee for 2024-2025 and approve the Year End Financial Statement.

Meeting at West Vancouver Yacht Club

TUESDAY, 21st May, 2024, at 10:00 with refreshments at 9:15 am

Speaker: Leslie Howard, Author

Turning Fact into Fiction: Using True Stories and Events to Unlock the Creative Mind

There is parking in front of the WVYA club house and just to the west of the sailing school smaller building. There is also lots of parking at Thunderbird Marina, east of the Yacht club, but it is a bit of a walk along Marine Drive and no sidewalk. There is also a smaller parking lot at the marina just west of the yacht club, shorter walk along Marine Drive, again no sidewalks. We encourage members to carpool. 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.



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May Speaker – Leslie Howard – Tuesday May 21st, 2024 10:00 am WVYC

<p>Leslie Howard</p> <p>“Although I have been a storyteller my whole life, I didn’t start to earnestly put pen to paper until my retirement a few years ago. My mother, the novelist, Blanche Howard, (a well-known North Shore resident for many years) encouraged and supported my efforts. After studying writing and honing my craft, I eventually found an agent who was able to sell the rights of my debut novel, <i>The Brideship Wife</i>, to a publisher.”</p> <p>In her presentation, Ms. Howard will explain how she has mined true historical narratives as fodder for her novels.</p> <p>Simon and Schuster held an official Book Launch of Leslie's latest book "The Celestial Wife" on April 14, 2024</p>	<p>Photo</p>  <p><i>Bopomo Pictures</i></p>
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PRESIDENT’S MESSAGE

Dear Probus Ladies,

I am so delighted two Club members were galvanized to volunteer for the much-needed leadership positions to keep the Club viable going forward. Karen Shalansky, a new member this year, has volunteered to serve as Co-President along side me next year. Karen has held a number of leadership roles and has the experience to lead the Club going forward. Jacquie Fitzgerald has volunteered to take over the Treasurer position from Joanne Thorpe. Jacquie has served as a treasurer in a number of different capacities and is more than capable to handle our finances. Thank you to Joanne Thorpe for volunteering for three years as our Treasurer.

I appreciate all the heart felt feedback from members on the intent to dissolve the Club. I also appreciate the positive feedback on my leadership over the past 3 years. Along with a great team of ladies on my Management Committee who deserve more of the credit, we have managed the club through some challenging times. The high level of member participation at our monthly speakers’

meetings is feedback in itself on the success of the Club. I am happy that with the new volunteers the Club will continue its success going forward. There are other volunteer vacancies – check out these positions on pages x and Y, contact me and come and join the Management Committee team.

Club Survey Results – 154 members took the time to provide feedback on meeting venues and speaker topics. The results were as follows:

- 59% in favour of West Vancouver Yacht Club – most cited reasons Pro: better for socializing and easy parking; con: distance to drive
- 41% in favour of Kay Meek Art Centre – most cited reasons pro: central location and theatre quality venue; con: difficult to socialize, and difficult access

The results for ranking speaker topics of interest are;

1. Healthcare
2. Current Events
3. Arts
4. Science/Environment
5. Geo-politics

As a result of members' feedback, we will continue holding our 2024-2025 meetings at the WVYC. Our Programs Committee will be considering the topic rankings when booking speakers for next year meetings. Thank you to members for taking the time to provide us with your input.

It was also my honour to present Diana Sonderhoff with the Probus Citation Award for outstanding commitment to the ongoing development and sustainability of a Probus Club. Diana has been the welcoming face to members, new members and guests for the past 5 years and well deserved of this award.

Our April meeting speaker Carolyn Canfield brought an amazing insight into the mysteries of music and how it effects our emotions. A big thanks to Vi Roden on our Programs Committee for bringing Carolyn to speak with us.

We have upcoming spring Special Events on May 15th the West Vancouver Art Museum Exhibit celebrating Arthur Ericson Centennial; and June 8th the National Heritage site Orpheum Theatre Tour. At this time, there remains spots for those still wanting to participate. For information on these events see in the newsletter and on our website under Member Information - Events.

Membership renewals are being emailed to you this week with a deadline of June 30th. We are still able to keep the fees at \$100. You can mail your cheque and renewal form, or pay by e-transfer and mail your form, or drop off your cheque and form at the May and June meetings.

Sincerely

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

Probus Canada Citation Award

Probus Citation Merit Award

Probus Canada has a Citation Award recognizing a PROBUS Club member who has demonstrated the spirit of PROBUS through outstanding commitment to the ongoing development and sustainability of a PROBUS Club. The recipient must be a minimum five-year PROBUS member, who inspires commitment, sets a benchmark for others, and demonstrates ongoing club sustainability. The process to receive this award involves a proposal candidate by a Club President forwarded to the Probus Canada Board for approval.

The Probus Canada Citation Award this year goes to Diana Sonderhoff.

Diana Sonderhoff has been a Probus member since 2010. She has served on the Management Committee for five years as a Member-at-Large and then as Membership Chair. During her time, she has undertaken membership renewals and new member enrolment. The membership list is regularly updated to ensure member emails lists are current to receive Club news. Diana is a welcoming first contact for new and prospective members. Our Club membership currently sits at 225 members. Diana runs our membership table at every monthly meeting, enrolling new members and answering questions for guests as potential new members.

Diana also has been instrumental in identifying volunteers for the Management Committee and she has personally brought in a number of new members to the Club. Membership and volunteers are critical to the sustainability of our Club and she has excelled at both.



A Probus Citation Award is merited for Diana Sonderhoff's hard work and dedication over these past five years which has greatly contributed to the success of our Club.

June Meeting – 17 June, 2024

Annual General Meeting and Speaker – Dr. Paul Evans, Professor Emeritus, UBC: China Revisited

Paul Evans recently retired from UBC. Paul is the Director Emeritus of the Institute of Asian Research. He is a specialist of Asian and trans-Pacific international relations. His most recent book is entitled [*Engaging China: Myth, Aspiration and Strategy in Canadian Policy from Trudeau to Harper*](#). Earlier, he directed research centres and programs at the University of Toronto and York University, Harvard, and UBC as well as served as Co-CEO of the Asia Pacific Foundation of Canada. A frequent visitor to Hong Kong, he also taught courses in the Department of Political Science and Public Administration at the University of Hong Kong in 2012 and 2013.

His recent writings and media commentaries have focused on Canada-China relations, Asian security dynamics, and the emergence of techno-nationalism as a defining force in regional affairs.



Buddy Tables will be available at the West Vancouver Yacht Club

Management Committee Volunteer Needed For Vice-President June 2024 – June 2025

The Club Management Committee has a succession plan for its Club leader starting with the Vice-President, whose role is to support the current President, then move onto the President's position the following year. This allows the Vice-President to become familiar with the President's duties and gain experience prior to taking the President position. The current President would then move to Past President position and continue to support the current 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 will also support the other Committee members as needed.

Duties of the President include:

- Leading the monthly Zoom Management Committee meetings in running the Club
- Oversee the budgets of the club
 - Hosting the monthly speaker meetings and AGM
 - Supporting other Committee members as needed
 - Communicating to members via the newsletters and website
 - Participating in the monthly Probus Canada Zoom District leaders' meetings
 - Solicitating new volunteers for the Management Committee
 - Overseeing any contracts.

The Vice-President, as in-waiting President, 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. If you like networking and working with a dynamic supportive team, this is an opportunity to volunteer for this position. Please contact Carolyn Armstrong, President at presidentwprobusnsvan@gmail.com.

Volunteers Needed For Management Committee Member for Club Member E-mailings and Setting Up Zoom meetings June 2024 – June 2025

Member E-mailings

A volunteer is needed to email the monthly Club newsletters and other announcements to members (currently 225 members).

This involves keeping an up-to-date email list provided by the Membership Chair. Then forwarding newsletters and announcements as provided by Communications and President to all members. Familiarity with Excel, which is the format the membership data is kept, and Gmail group emailing is helpful.

ZOOM Meeting Host

A volunteer to host the monthly Zoom and special meetings for the Management Committee. The volunteer will set up a Club sponsored Zoom account and set up in advance Zoom meetings for Management Committee members to log on to. The volunteer will also assist in any trouble shooting if problems during the Zoom meeting. Familiarity with running Zoom meetings helpful.

Please contact Carolyn Armstrong, President at presidentwprobusnsvan@gmail.com to volunteer or ask any questions.

Special Events
There is still room to register for these 2 EVENTS

West Vancouver Art Museum – Arthur Erickson Centennial Exhibit
Wednesday, May 15th, 2024 – 1:00 pm – 2:30 pm

Women's Probus Exhibition Tour of Images and reconstructed model of the home and gardens of Arthur Erickson's Dunbar Vancouver property, owned by the Arthur Erickson Foundation.

Arthur Erickson (1924-2009) taught architecture at UBC and built many competition winning designs internationally and locally including Simon Fraser University, Robson Square, Museum of Anthropology at UBC and many amazing homes in West Vancouver and Vancouver. His awards include the Royal Architecture Institute of Canada Gold Medal, American Institute of Architecture Gold Medal, French Academy of Architecture Gold medal and the Order of Canada.

Location: West Vancouver Art Museum – 680 17th Avenue (and Esquimalt), West Vancouver, across from WV City Hall.

Parking: Parking available on the south side of the museum and street parking
Maximum – 15 people for the tour

The Tour is FREE, but you must contact Inga Harding to reserve your tour spot ih62972@gmail.com
After viewing the exhibit, join the group for coffee at La Crema. 15th Avenue and Bellevue Street, WV.

Vancouver Orpheum Theatre Tour
Saturday, June 8th, 2024 – 1:00 pm – 2:30pm

Women's Probus Orpheum Theatre Tour is 90 minutes viewing of one of the most beautiful halls in North America. The theatre is a National Heritage Site built in 1927. The interior features antique décor, sweeping staircases, and a domed auditorium complete with ceiling mural and giant crystal chandelier. The tour is led by BC Entertainment Hall of Fame revealing secrets of the theatre's history. ****Note:** Tour includes staircase climbing.

Orpheum Tour:

Location: 601 Smithe Street, Vancouver (between Granville and Seymour)

Maximum – 15 people

Cost - \$11.09 per person Payment: Cash/ cheque in advance at April or May meetings Inga Harding or e-transfer to womensprobusnorthshore@gmail.com

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Contact Inga Harding to reserve your tour spot ih62972@gmail.com

Parking: There is no parkade attached to the Orpheum but there is parking in the neighborhood at meters, and public parking lots. Buses from North and West Vancouver can also be taken to Georgia and Granville and it's a short walk down Granville to Smithe.



Guests are welcome at our Speaker Events!

Guests fee of \$10 for the May Speaker meeting. Check in at the front desk and get a name tag.
Note: An individual guest can attend no more than 2 meetings per year.

Aquarium Tour – 18 June

The Probus Aquarium Tour was a small group enjoying a full agenda with a wet lab demonstration of jelly fish, 4D show on sea turtles, feeding and talk on sea lions, feeding and talk on sea otters and a snake talk and demonstration. Then we enjoyed lunch on the Aquarium's sunny patio. Thanks to Barbara Budzynski for organizing.



Notes on our April Speaker - Carolyn Canfield – The Mysteries of Music and Emotion
April 15th 2024 10:00 am to 11:00 am

At our April meeting we had a wonderful interactive presentation from Carolyn Canfield who is a highly accomplished, professional violinist, music educator and founder of Violin for Wellness, a program that matches her love of music, and horses, which uses the violin to trigger vocalization in autistic children as they ride therapeutic horses.

She presented the question to us that we often all think about “Why does music make us cry”? She **noted that this loaded question is a broad based one that ties many elements together.**

Music responses can either be categorized as either **Knowledge or Universally based.**

She discussed the **Four Insights** into music responses and noted their categorizations:

- 1) **Learned** - knowledge based – i.e.: heard the music piece from the past.
- 2) **Expectations** - knowledge based - i.e.: signing up for a concert.
- 3) **Expression** - universally based i.e.: interactive
- 4) **Activation** - universally based i.e.: fight or flight situation – Beethoven’s Symphony no. 5

As part 2 of her presentation, Carolyn discussed the **Heart/Mind Connection and Healing associated with music:**

- 1) **Vibration** - We all have vibrations as humans. Vibrations are what you feel when you hear music. Carolyn referred to Simon Heather, one of the leading teachers in the field of sound healing who speaks about the power of musical intervals (i.e.: putting 1 note with another note and then putting 2 notes together). She noted how he speaks about varying musical intervals and how they can become stressful in their tone to people and cause a person’s pulse to race and breathing to change. She noted his many discussions about the relationship of how various regions of our brain trigger emotional responses when we hear various musical intervals and sound vibrations.
- 2) **The Center of Music Appreciation** - Carolyn referred to her work with 7-year-old Kherrigan, a blind, mute and autistic young girl who gained confidence in her ability to better express communication through equestrian training that was coupled with music therapy. Her positive communicative response to Carolyn’s violin playing in the active presence of being on a horse clearly demonstrated the emotional connection she had to music despite her many challenges. Carolyn pointed out the research from Dr. Oliver Sacks indicates that people who are blind often have better pitch and there are many musicians who have lost their sight but are incredibly successful in their field.
- 3) **Music can heal the heart** - Carolyn pointed out the research that speaks to how music can change people’s heart rate and breathing. The brain picks up the pleasure signals that come from listening to music hence showing the emotional connection that it provides people.

As part 3 of her presentation, Carolyn examined **Author Elena Mannes and her book “The Power of Music”**

Carolyn shared that Elena who resides in NYC has won six Emmy Awards, her family runs the Mannes School of Music in NYC and she was a conductor in the Metropolitan Opera. In her book, “The Power of Music” Mannes talks about the universe already having music in it through the organization of vibrations. Carolyn points out how Mannes explains that our Earth has a “hum”, and every object has

a frequency. Mannes book speaks about music as being ancestral as all humans are musical beings and it is through this medium that we all communicate.

In Chapter 5 of Elena’s book, “Agony & Ecstasy”, there is a segment about how musical structure works on the brain. For example, our brain responds differently depending on the transition between musical intervals and tempos. Sound sets us up for anticipation and expectation in our brains for what comes next. Often, we need silence to process sound until another piece of music comes into play.

Carolyn explained how in Elena Mannes book she examined how DBR (Daniel Bernard Roumain), a composer, performer and violinist points out the need for silence post the playing of a musical piece to process the music. Carolyn went onto explain that in Elena’s book there is a chapter on the entrainment process whereby musical rhythms are in synchronization.

Carolyn concluded her presentation by re-addressing the initial question – Why does music make us cry? Her answer was this: “There is not really an answer, it’s an ancestral process where according to a famous conductor “there has always been and always will be an early connection to sound as our ears hear first before we see and feel”.

Lisa Hunter, Probus Communications

Website

Members Information section is password protected for current members only – the 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
- Probus Group Discount Travel and Home Insurance Policy

Management Committee membership

President Carolyn Armstrong – presidentwprobustnsvan@gmail.com
Secretary Heather Miller – infowprobustnsvan@gmail.com
Treasurer Joanne Thorpe - womensprobustnorthshore@gmail.com
Programs Gail Youldon, Vi Roden and Judith Berg
Membership Diana Sonderhoff and Wendy Trousdell – membershipwprobustnsvan@gmail.com
House Sheila Drummond, Susan Hayto, 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 – communicationswprobustnsvan@gmail.com

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