



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

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June 2024

NEWSLETTER

Vol. 17: No. 9

**June Meeting – Monday 17 June, 2024  
Annual General Meeting 10:00-10:10 am  
Followed by**

**Speaker: Dr. Paul Evans, Professor Emeritus, UBC: China Revisited**

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**June Meeting – 17 June, 2024 10:00 am**

**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 technonationalism as a defining force in regional affairs.

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**PRESIDENT’S MESSAGE**

Dear Probus Ladies,

You will have already received our June 17th Annual General Meeting Notice and information on the two motions requiring members to vote on. I am pleased to welcome Karen Shalansky stepping up to volunteer as Co-President with me next year and Jacquie Fitzgerald volunteering to replace Joanne Thorpe as Club Treasurer. Also Wendy Trousdell, who joined our MC in January, is taking on the Membership Chair. These ladies provide the needed leadership to keep the club going forward next year.

In talking recently to some new members, they were unaware of the meaning of 'PROBUS'. It is short for Professional Business. We are the Women's Professional and Business Club of North Shore Vancouver.

Going into next year with our current and new MC members, we still remain short two critical positions:

*Vice President for 2024-2025, then Co-President for 2025-26 and President 2026-2027*

*Communications – emailing member newsletters and announcements and ZOOM host for MC meetings.*

*Website Master – we have been fortunate to have Marie Harlow continue on managing our website under contract from her new home in Winnipeg until a member with website experience volunteers.*

I know many of you close your ears when I call for volunteers, but we do not want to be in the position again where we were looking to dissolve the club for lack of volunteers. We also do not want to overload our existing volunteers taking on double duties. So please look to volunteer this coming year.

We are going into our September 2024 – June 2025 year strong with a healthy financial reserve of \$40,000. Our Programs Committee, with your survey feedback on topics, has already booked into 2025 a lineup of great speaker topics you can see in this newsletter and on the website.

Our membership renewals are underway with a deadline of June 30th. You can pay by cheque or e-transfer, just be sure to drop off or send in your renewal form as well. We are also taking in new members so be sure to let your friends know. We will continue to welcome guests, though, due to rising meeting costs, the guest fee is going to \$15.00. A reminder our guest policy only allows the same guest to attend nor more than two meetings a year.

I have enjoyed serving as your President for these past three years, even through the challenges of COVID, venue changes and getting volunteers. I look forward to sharing the leadership of the Club as Co-President next year with Karen Shalansky. See you all in September.

Carolyn Armstrong, President

Women's Probus (Professional and Business) Club of North Shore Vancouver

## Introducing our new Management Committee members

### **Karen Shalansky – incoming Co-President**

Academically, Karen graduated from the University of Toronto with a Bachelor of Science in Pharmacy and continued her education at the Medical University of South Carolina to obtain her Doctor of Pharmacy degree (Pharm.D.) in 1990. She is currently retired but worked x 33 years at Vancouver General Hospital as a Clinical Pharmacy Specialist in Nephrology in the Hemodialysis Unit. She has published and received several awards for her research papers in this field.

Karen was a Clinical Professor at the Faculty of Pharmaceutical Sciences, UBC and mentored many students in her career. Professionally, she was active on several committees, including Programs Chair and Secretary for the BC Canadian Society of Hospital Pharmacists (CSHP), Co-President of the Renal Pharmacists Network, and Editor of the VGH Pharmacy Newsletter. She was conferred the distinction of Fellow of CSHP in 1996 and was honoured with their Mentorship (2014) and Distinguished Service (2018) Awards.



### **Jacquie Fitzgerald – Incoming Treasurer**



I've been a member of the Women's Probus Club of North Shore Vancouver for about 9 years. Originally from London, schooled in South Africa and Zambia and after a decade in London where I met my husband, I immigrated to Canada. I was employed by CBC in both television and Radio for 20 years as a Production/Unit Manager.

Upon retirement I was elected Treasurer of the newly formed CBC National Pensioner's Association (BC region) for two terms and later I accepted a part-time position handling payroll for the District of West Vancouver. For two terms I was elected Treasurer of the condo strata council where we lived and am currently Treasurer of the CBC/SRC retirees social club.

For the last 10 years I've been enjoying yoga classes at the WV community centre and for the last 14 years I've been a member of "Burstin' with Broadway" - an awesome non-audition community choir of 150 people singing show tunes.

thank you

A BIG THANKS to our retiring Management Committee Members who have contributed so much time and effort in running our Club these past years.

Joanne Thorpe – Treasurer – 3 years  
Marie Harlow – Webmaster, emailing, Zoom – 3 years  
Gail Youldon – Programs Committee – 3 years  
Barbara Budzynski – Special Events – 2 years  
Sheila Drummond – House Committee – 1 year  
Lisa Hunter – Communications – 1 year

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**Buddy Tables will be available at the West Vancouver Yacht Club**

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**Management Committee Volunteers Needed  
June 2024 – June 2025**

**Vice-President  
Membership emailing  
Zoom host**

**Come and join this great team of ladies!**

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**Special Events  
There is still room to register for this event**

**Vancouver Orpheum Theatre Tour  
Saturday, June 8<sup>th</sup>, 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](mailto:womensprobusnorthshore@gmail.com)

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Contact Inga Harding to reserve your tour spot [ih62972@gmail.com](mailto: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.



**West Vancouver Art Museum – Arthur Erickson**  
**Centennial Exhibit**  
**Wednesday, May 15<sup>th</sup>, 2024**

Tour and Talk – W.V. Art Museum – Arthur Erickson

We had 15 members attend the tour and talk by Hilary Letwin, Curator of the West Vancouver Arts Museum on Arthur Erickson. The exhibit gave insight into the renowned architect's private residence. In 1957, he bought a Shaughnessy property with a garage and overgrown garden and transformed it into a unique style of modernism.



The converted garage became his house at 680 sq ft which contrasted with his public monumental projects like Robson Square, Simon Fraser University and the Museum of Anthropology. The gallery exhibit portrayed the home with enlarged photos of the spaces, a 3D model and a replicated living room with the Gordon Smith painting given to him by Gordon, his collection of books and personal treasures.

The original overgrown garden became a large pond with landscape contouring including a large berm and lots of trees to give privacy. This became Arthur's refuge and decompression chamber. Thanks to Inga Harding for organizing this event.

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**May Speaker – Leslie Howard – Tuesday May 21<sup>st</sup>, 2024 10:00 am WVYC**

Leslie Howard explained the fascinating process that she used to write her two historical fiction novels - The Brideship Wife and her latest book -The Celestial Wife.

She feels that writing improves with age...a lifetime of using words becomes muscle memory. Leslie had written non-fiction articles published in newspapers, websites and trade journals as part of her career in finance. She wrote her historical fiction novels after retiring.

The key to writing historical fiction, non-fiction or a memoir, begins with research. Museums, field trips, online searches and interviewing locals are resources that she used to add details to support the story. For example in her latest novel she interviewed locals in the Okanagan, visited Bountiful and read accounts of polygamy.

Leslie read a Greek Fable to illustrate the structure of the novel. She walked us through a comparison of Pygmalion and My Fair Lady following her outline.

This is the handout from Leslie about structuring her writing.

### **The structure of the novel**

1. At the start of the novel, the hero (or main character) is fine where he/she is in life and does not want to make any changes. Here, the writer creates a scene that demonstrates the status quo.
2. An event happens to upset the hero's world and there is a call to action which she resists.
3. An incident occurs (the Inciting Incident) that the hero cannot ignore, and she is launched on her journey and is often egged on by another character.
4. Events follow that are referred to as rising action and they culminate in a major event often called Plot Point One. At this juncture, there is no turning back for the hero.
5. At the middle of the novel, the hero begins to see herself differently as a result of the transformation she has experienced to that point in the novel.
6. Plot Point Two involves an incident or development that marks the beginning of the resolution of the novel.
7. The climax is the point in the novel where the action and stakes are at their peak.
8. The final resolution allows the writer to show the reader how much the hero has been transformed and to describe how the hero will move forward for the rest of her life.



## 2024/2025 Scheduled Events

| <b>2024</b>                                 | <b>Speaker</b>  | <b>Topic</b>                    |
|---|---|---------------------------------|
| Monday, September 16, 2024                  | Dr. Veronica Dahl, Professor Emeritus, SFU                              | Artificial Intelligence         |
| Tuesday, October 22, 2024                   | Dr. Kyle Wellband, BC Fisheries and Oceans                              | Status of Oceans Today          |
| Monday, November 18, 2024                   | Dr. Arielle Beauchesne, SPH Pharmacist - Opioid Stewardship             | Oxycontin and the Opioid Crisis |
| Monday, December 2, 2024 Christmas Luncheon | Linda Buchanan, Mayor City of North Vancouver                           | North Shore Issues Today        |
|   |   |                                 |
| <b>2025</b>                                 | <b>Speaker</b>  | <b>Topic</b>                    |
| Monday, January 20, 2025                    | Behzad Saffari, Public Educ. Director North Vancouver Search and Rescue |                                 |
|   |   |                                 |
| Monday, February 17, 2025                   | Dr. Elaine Lum, VGH Pharmacist - Cardiology                             | Women's Healthy Heart           |
|   |   |                                 |
| Monday, March 17, 2025                      | TBD   |                                 |
|   |   |                                 |
| Tuesday, April 22, 2025                     | Cathy Peters  | Child Sex Trafficking in Canada |
|   |   |                                 |
| Tuesday, May 20, 2025                       | Dr. Vera Frinton and Dr Elisabet Joa, Gynecologists                     | Menopause and Beyond            |
|   |   |                                 |
| Monday, June 16, 2025                       | TBD   |                                 |

## How to get to the West Vancouver Yacht Club

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.

## 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

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## Management Committee membership

President Carolyn Armstrong and Karen Shalansky – [presidentwprobussvan@gmail.com](mailto:presidentwprobussvan@gmail.com)  
Secretary Heather Miller – [infowprobussvan@gmail.com](mailto:infowprobussvan@gmail.com)  
Treasurer Joanne Thorpe/Jacque Fitzgerald - [womensprobussnorthshore@gmail.com](mailto:womensprobussnorthshore@gmail.com)  
Programs Vi Roden, Judith Berg and Gail Youldon  
Membership Diana Sonderhoff and Wendy Trousdell – [membershipwprobussvan@gmail.com](mailto:membershipwprobussvan@gmail.com)  
House Sheila Drummond, Susan Hayto, Johanna Harrison, Terre Swan  
Newsletter mailings/website Marie Harlow – [northshoreprobuss@gmail.com](mailto:northshoreprobuss@gmail.com)  
Special Events Barbara Budzynski and Inga Harding  
Newsletter Editors Alison Watt and Lisa Hunter – [communicationswprobussvan@gmail.com](mailto:communicationswprobussvan@gmail.com)

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We acknowledge the opportunity to live, work, play and learn on the traditional territory of the Squamish (sk̓w̓x̓w̓ú7mesh), Tsleil-Waututh (selílwitulh), and Musqueam (x̓ʷməθkʷəy̓əm) peoples.