



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

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September 2024

NEWSLETTER

Vol. 18: No. 1

**September Meeting – Monday 16 September, 2024**

**10:00 am**

**Speaker: Dr. Veronica Dahl, Professor Emerita, Computing Sciences, SFU**  
**Artificial Intelligence's influence in our everyday world**

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## 16 September, 2024 Speaker – Dr. Veronica Dahl

**Verónica Dahl** is an Argentine/Canadian mother of two, computer scientist, musician and writer whose greatest ambition is to help bridge the gap between the formal and the humanistic sciences. She has been honoured as one of the 15 founders of the logic programming field and received numerous scientific awards - such as the Calouste Gulbenkian Award for Science and Technology and the Marie Curie Chair of Excellence for her extensive contributions to logic programming, CHR, computational linguistics, deductive knowledge bases, computational molecular biology, cognitive sciences and web based virtual worlds. She has also received three First Prizes for her literary work. Verónica is Professor Emerita of Computing Science at Simon Fraser University.



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### **PRESIDENT'S MESSAGE**

Dear Probus Ladies,

Along with our Co-President Karen Shalansky, I would like to welcome Probus members back and new members joining our upcoming 2024-2025 year. Karen and I will be splitting President duties this year, as I step back and turn over the running of the Club to Karen. I hope everyone enjoyed the summer sunshine and that it continues with us into the fall. We have an amazing line up of speakers booked for the year and are starting with a highly topical subject matter – Artificial Intelligence. AI offers incredible opportunities and concerns on how it is used, so be sure to attend and hear from an expert. Thanks to our Programs Committee Judith Berg, Vi Roden and Karen Shalansky for all their work on booking this year's speakers.

Our Membership Committee members, Wendy Trousdell and Diana Sonderhoff, have been busy over the summer with membership renewals and we thank those members who promptly sent in their dues. We are currently at 155 members, down somewhat from our 225 total last year. This was in part expected, as some members living on the East side of North Vancouver found the distance to the West Vancouver Yacht Club too far for them to commute. Other members who were not attending meetings for a variety of issues decided not to renew their membership. Fortunately, our Probus Club remains in a healthy financial position to afford the expenses incurred in running the Club and

meetings for the year. Thanks to our Membership Committee and our Treasurer, Jacque Fitzgerald, for their efforts in processing membership renewals.

We are welcoming new members to join at anytime and urge you to bring guests to our speaker meetings as this is a great means of introducing them to our Club. Guests fees this year are now set at \$15 per person to cover the increased costs of the meetings, but still remains a good deal for coffee, snack and speaker session.

There are two Probus Special Events coming up this fall; **Saturday September 14<sup>th</sup> a FREE Guided Tour of Vancouver Central Library** on Georgia Street, no registration and no limit of attendees; **Friday October 25<sup>th</sup> a FREE Guided Tour of Seymour Capilano Filtration Plant** limited to 20 people. See details in this newsletter on how to attend these events. Also book your calendar for **December 2<sup>nd</sup> for our Probus Club Christmas Luncheon**, details for booking will be in the October newsletter.

**VOLUNTEERS** – I would like to thank and welcome Linda Koopman for stepping up to volunteer for our House Committee. With a number of Management Committee members retiring last year we have **three volunteer positions that need to be filled – Vice President, Communications Newsletter, and Membership Emailing**. Please consider participating in the running of our volunteer Club, it is a rewarding endeavour. Details on the positions are listed in this newsletter and on our website. I look forward to seeing you at our Monday, September 16<sup>th</sup> meeting.

Carolyn Armstrong, Co-President

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

**Management Committee Volunteers URGENTLY needed  
June 2024 – June 2025**

**Vice-President  
Membership emailing  
Communications/Newsletter**

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

## Management Committee Volunteer Needed For Vice President September 2024 – June 2025

The Club Management Committee has a succession plan for its Club leaders starting with the Vice President, whose role is to support the current Co-Presidents, Karen Shalansky and Carolyn Armstrong for 2024-2025 in 2025-2026, becoming President in 2026-2027. This allows the Vice President to become familiar with the President duties and gain experience prior to taking the President position. Karen Shalansky would 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 at the West Vancouver Yacht Club and AGM
- supporting other Committee members as needed
- communicating to members via the newsletters and website
- participating in the quarterly Probus Canada Zoom District leaders' meetings
- solicitating new volunteers for the Management Committee
- Overseeing any Club 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, Co-President at [presidentwprobussvan@gmail.com](mailto:presidentwprobussvan@gmail.com).

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## Volunteer Needed For Communication Membership Emailing

Club communications are a crucial element to keep membership connected and informed of Club events and activities. A volunteer is needed to send out membership emails for newsletters, announcements and reminders.

. The following are the duties for this position:

- Set up a Club Gmail account and group email list
- Keep member e-mailing list up to date as new members join
- E-mail out monthly newsletters and announcements as directed by the MC members in timelines needed.
- Participate on the Management Committee with monthly ZOOM meetings on running the Club

The Club has 10 newsletters and meeting reminders and approximately 6 event mailings from late August to June. If you are interested to volunteer for this important function, please contact Carolyn Armstrong, Co-President at [presidentwprobusnsvan@gmail.com](mailto:presidentwprobusnsvan@gmail.com)

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## Volunteer Needed for Communications Committee

A volunteer is needed to work with Alison Watt on the Communications Committee organizing and writing for the Club's monthly newsletter for members.

Familiarity with Windows Word is required and some writing and editing skills. Articles and announcements of speakers and events are collected from the relevant Management Committee members monthly for the newsletter. Some material will only require editing and others will require writing of the article.

. The following are the duties;

- Participate on the Management Committee with monthly ZOOM meetings on running the Club
- Set timelines for articles and information for publication dates for emailing to members in a timely manner.
- Obtain upcoming speaker's bio and topic for promotion and write a short summary on the previous speaker's topic.
- Write up announcement of date, time and place and registration info for each speaker's meeting as well as any special events coming up.
- Gather President's message and any other information the President has for announcements, member renewals, volunteers, guests, etc.
- Review final newsletter with President.
- Liaise with Website Manager who posts the final newsletter on the website, and liaise with MC member doing the emails for timing to send out newsletters, announcements or reminders re timelines and for postings on the Club website.

Our goal is to have 2 members on every committee so volunteers remain free to travel or take time for personal down time. Other Management Committee members also pitch and assist as needed.

If you like writing and organizing, this is an opportunity to volunteer for this position. Please contact Carolyn Armstrong, Co-President at [presidentwprobusnsvan@gmail.com](mailto:presidentwprobusnsvan@gmail.com)

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**A Buddy Table will be available at the West Vancouver Yacht Club  
for NEW members to socialize and get to know new and continuing members.**

## Introducing our new Management Committee member

### Linda Koopman – House Team

I joined Probus in March 2024 .

I retired December 2019 after 43 years with BC Hydro. I had the opportunity to work in many different areas of the company and spent the last 10 years at the BC Hydro Control center in Langley.

I am thoroughly enjoying my retirement spending time in the outdoors, gardening and theatre.

I am also active with my retiree group planning social events.



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### Welcome to our new members

Cheryl Fary  
Nicole Garton

Ros Guggi  
Terri Kerr  
Linda Koopman

Barb Perrault  
Liz Shirreff

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**Guests are welcome at our Speaker Events – Guest fee is \$15.00 per person  
Guests may attend up to 2 Speaker meetings during the year; after two meetings,  
guests are encouraged to become members. Guests can apply their \$15 guest fee to  
an annual membership of \$100 (plus one time fee of \$15 for name tag)**

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### Announcing TWO Special Events

**SPECIAL EVENT – Saturday, September 14<sup>th</sup> 10:00am – 12:30 pm  
VANCOUVER CENTRAL LIBRARY GUIDED TOUR  
AND LUNCH (optional)**



**11:00am – 12:30pm - FREE Guided Walking Tour of Vancouver’s largest library occupying a full city block, on 9 floors. Tour resources, unique spaces and collections.**

**Location:** 350 West Georgia, Vancouver,  
**Meeting Time** Meet at Library main entrance by 10:45am  
**Direct bus routes** 250 from Park Royal along Georgia Street to Library or  
240 from Lynn Valley, North Vancouver to Library  
Both buses stop at Georgia at Homer Street.

**No registration required and guests welcome.**  
**Optional LUNCH** after at Library Square Pub after tour.

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**SPECIAL EVENT – Friday, OCTOBER 25, 2024**  
**9:00 – 11:00 am**  
**Metro Vancouver’s Seymour Capilano Filtration Plant Tour**



**FREE Guided tour of the Seymour Capilano water filtration plant** which supplies 1.8 billion litres daily of clean drinking water to Metro Vancouver residents. The plant connects the Seymour and Capilano Reservoirs through twin underground tunnels. The plant uses UV as its primary disinfection regime and secondary chlorination to guarantee the safety of the potable water travelling through the municipal systems. This plant is one of the largest of its kind in North America.

**Maximum 20 attendees – Due to Plant security, reservations must be confirmed by no later than October 15<sup>th</sup>.**

**Time: 9:00am to 11:00am** – tour 1.5 hours with extra for questions. Arrive between 8:30-8:45am.

**Location: 4400 Lillooet Road, North Vancouver, BC** (Driving directions below)

**Access:** by car only, carpooling recommended due to limited onsite parking.

**Required Attire:** Wear close-toed sturdy footwear (no high heels or sandals) and weather appropriate arm/leg covering clothing. Hard hats, safety vests and eyewear will be provided at the plant. **For safety reasons, all tour attendees must be able to navigate stairs and walk without the assistance of mobility devices.**

**To Register:** Please register by **no later than October 15<sup>th</sup>** you will be attending the Tour and optional Lunch to **Inga Harding [ih62972@gmail.com](mailto:ih62972@gmail.com)**. Due to plant security, tour attendees' names must be submitted 10 days prior to the tour.

**LUNCH: 11:30 – 1:00 pm** - (Optional) – **Medley's Grill at the nearby Holiday Inn**, 700 Old Lillooet Road, North Vancouver. Free parking in Holiday Inn lots. Reservation under PROBUS. Each member will be billed separately for their lunch and an 18% gratuity is applied as policy for groups.

**Driving Directions:**

From East-bound on Hwy 1 (Upper Levels) take EXIT 21 for Mountain Hwy S,  
Merge onto Mountain Hwy then left on E Keith Rd,  
Turn left at the light at Lillooet Road, continue up Lillooet Rod past the cemetery,  
Continue into the Lower Seymour Conservation Reserve, there are speed bumps on the road.  
The Seymour Capilano Filtration Plant is located near the end of the road on the right-hand side.  
Cars should continue past the Guard House up the road to the public parking lot on the right-hand side. Walk back down the road to the Guard House and report in at the gate. Registered attendees' names will be with security at the gate.

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**MARK YOUR CALENDARS FOR THE CHRISTMAS LUNCHEON**

**MONDAY 2<sup>nd</sup> December, 2024**

**West Vancouver Yacht Club**

**SPEAKER:** Mayor Linda Buchanan, City of North Vancouver – will talk about North Shore Issues Today  
Booking details will following in the October Newsletter



## 2024/2025 Scheduled Events

| 2024                                               | Speaker                                                                                      | Topic                              |
|----------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------|
| Monday, September 16, 2024                         | Dr. Veronica Dahl, Professor Emeritus, SFU                                                   | Artificial Intelligence            |
| <b>Tuesday</b> , October 22, 2024                  | Dr. Kyle Wellband, BC Fisheries and Oceans                                                   | Status of Oceans Today             |
| Monday, November 18, 2024                          | Dr. Arielle Beauchesne, Pharmacist-Opioid Stewardship, St. Paul's Hospital                   | Oxycontin and the Opioid Crisis    |
| <b>Monday, December 2, 2024 Christmas Luncheon</b> | <b>Linda Buchanan, Mayor, City of North Vancouver</b>                                        | <b>"North Shore Issues Today"</b>  |
|                                                    |                                                                                              |                                    |
| 2025                                               | Speaker                                                                                      | Topic                              |
| 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                             | Frances Peck                                                                                 | Publishing Fiction in Later Life   |
|                                                    |                                                                                              |                                    |
| <b>Tuesday</b> , April 22, 2025                    | Cathy Peters, Author and advocate in the fight to stop Human Trafficking                     | Child Sex Trafficking in Canada    |
|                                                    |                                                                                              |                                    |
| <b>Tuesday</b> , May 20, 2025                      | Dr. Vera Frinton and Dr. Elizabet Joa Gynecologists -                                        | Discussion on Menopause and Beyond |
|                                                    |                                                                                              |                                    |
| Monday, June 16, 2025<br>AGM and Speaker Meeting   | Dr. Thomas Ruth, Researcher Emeritus, TRIUMF (Canada's national particle accelerator centre) | Research in Medical Isotopes       |

## 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.



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## PROBUS INSURANCE

The following is from the PROBUS Canada website Club Reference Guide:

<https://www.probuscanada.ca/club-reference-guide/insurance/optional-plans/health-and-travel>

PROBUS Canada has worked with Johnson Inc., a national benefits provider, to offer plans for our members. The plans include the following voluntary benefit options that can be purchased on a standalone basis to meet your insurance needs:

- **MEDOC® Travel Insurance** (includes Trip Cancellation). This plan can be purchased online at <https://travel.johnson.ca>. Enter PROBUS Canada as the group name.
- **Extended Health Care** (EHC) with "Prestige" Travel Insurance (includes Trip Cancellation)
- **Dental Care**
- Standalone Trip Cancellation & Interruption Travel Insurance
- Guaranteed or Term Life Insurance

There are also opportunities for **Home and Auto Insurance**:

<https://www.probuscanada.ca/club-reference-guide/insurance/optional-plans/home-and-auto>

## Website

Members Information section is password protected for current members only – the password is **WNS2425** 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

Co-Presidents Carolyn Armstrong and Karen Shalansky – [presidentwprobussvan@gmail.com](mailto:presidentwprobussvan@gmail.com)  
Secretary Heather Miller – [infowprobussvan@gmail.com](mailto:infowprobussvan@gmail.com)  
Treasurer Jacquie Fitzgerald - [womensprobussnorthshore@gmail.com](mailto:womensprobussnorthshore@gmail.com)  
Programs Vi Roden, Judith Berg and Karen Shalansky  
Membership Wendy Trousdell – [mbrshwpnsv@gmail.com](mailto:mbrshwpnsv@gmail.com)  
House Susan Hayto, Johanna Harrison, Terre Swan, Linda Koopman  
Special Events Inga Harding and Diana Sonderhoff  
Newsletter Editor Alison Watt – [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 (sq̓w̓x̓wú7mesh), Tseil-Waututh (selílwitulh), and Musqueam (xʷməθkʷəy̓əm) peoples.