



The Women's Probus Club of North Shore Vancouver

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October 2024

NEWSLETTER

Vol. 18: No. 2

October Meeting – Tuesday 22 October, 2024

10:00 am

Dr. Kyle Wellband, Fisheries and Oceans Canada

**Understanding the risks of fish hatcheries for salmon fisheries and
conservation**

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22 October Speaker – Dr. Kyle Wellbrand, Fisheries and Oceans Canada

Please note – the October meeting is scheduled for **Tuesday 22 October**

Dr. Kyle Wellband is a research scientist with Fisheries and Oceans Canada in West Vancouver. His areas of expertise are in fish evolutionary biology, genomics, and biotechnology. He leads a team that conducts research to support improved fisheries management in Canada.

Fish hatcheries have long been used in the management of salmon populations around the world. In these facilities, salmon are spawned, raised in the hatchery for a period of time, and then stocked into streams and rivers. This is done to support objectives that range from improving fishing opportunities to conserving declining populations. There are concerns about the effects of stocking on natural populations because hatchery practices could cause inadvertent natural selection on hatchery fish. The reproductive success of hatchery fish in natural environments is frequently less than natural fish, but we do not fully understand why this happens. DFO conducts research to better understand how these effects occur and whether or not they can be inherited with the goal of improving management practices for Pacific Salmon.



Dr. Wellbrand will describe results from recent and ongoing research projects aimed at answering some of these questions.

PRESIDENT'S MESSAGE

Dear Probus Ladies,

Our first speaker meeting of our 18th year as the Women's Probus Club of North Shore Vancouver was a great success with a sunny day and 101 attendees. Dr. Veronica Dahl from Simon Fraser University gave an informative and thought-provoking talk on Artificial Intelligence. She talked on how the historical biases of society and the male dominated field of AI developers leave AI open to uses for exploitation of women. Alison Watt has done an excellent summary of Dr. Dahl's talk in this newsletter along with the references she used, as many members were asking for this after the meeting.

Big thanks to our front desk Management Committee members for registering guests, helping new members, booking events, and renewing memberships. Welcome to those new members just joining us and we continue to welcome new members through out the year.

Our September Vancouver Public Library Tour was a success with 20 members attending. The October 25th Seymour Capilano Filtration Plant Tour is now **fully booked** to the maximum of 20 attendees. You may contact Inga Harding at ih62972@gmail.com to put your name on the wait list in case of any cancellations.

It might seem early, but with only 2 months away, we are **now taking reservations for our second annual Christmas Luncheon on December 2nd at the Yacht Club**. See the announcement in this newsletter and on the website. Last year's luncheon was a huge success, so you will want to book early with your payment. As members requested more time for socializing, this year we have only a short talk by Mayor Linda Buchanan on North Shore Issues. The Christmas Luncheon is open for MEMBERS ONLY at this point, and if spaces are still available after November 10th, guests will be permitted with advanced payment booking. The booking deadline is November 25th as per WVYC's requirement for final numbers to order the food.

Karen Shalansky, our Co-President will be hosting the Speaker Meetings starting in November, as I start to step back, though I will continue volunteering on the Management Committee to support Karen. We are still in need of a volunteer for Vice-President for continued leadership as well as a volunteer for working on our Club newsletter, so please contact me if you would like to participate.

Carolyn Armstrong, Co-President presidentwprobusnsvan@gmail.com

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

Management Committee Volunteers URGENTLY needed June 2024 – June 2025

Vice-President 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 presidentwprobusnsvan@gmail.com.

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

Report of Vancouver Public Library Tour – Saturday 14 September

Surrounded by all the tall modernistic skyscrapers Vancouver's Central library stands in stark contrast, reminiscent of a Roman amphitheater it takes up a whole city block. On Saturday approximately 20 Probus members toured all nine stories of this building. Each floor has a different theme and together tries to cater for every need for information as well as amenities such as computers, recording booth and tutorials. It even loans out musical instruments and all this is free. There are no fines for tardy book returns only printing and copying has a cost.

It was noted that there were far less shelves for literature than for technical books. The answer was that because the literature was much more popular and left the library more often than the academic, less shelving was needed.

It was an extremely interesting tour but at 1 and 1/2 hours quite tiring.



Photo and summary by Diana Sonderhoff

September Speaker – Dr. Veronica Dahl, Professor Emerita, Computing Science, SFU

Dr. Dahl, has been retired from SFU for 10 years, but still carries on funded research into Logic Programming, Computational Linguistics, Constraint Solving and Deductive Knowledge Bases. In her spare time, she is a parent, a prose and poetry writer, and a singer and musician.

Dr. Dahl gave a very interesting and illuminating talk about Artificial Intelligence stressing that AI has to be a public good and regulated, and not be controlled by private individuals.

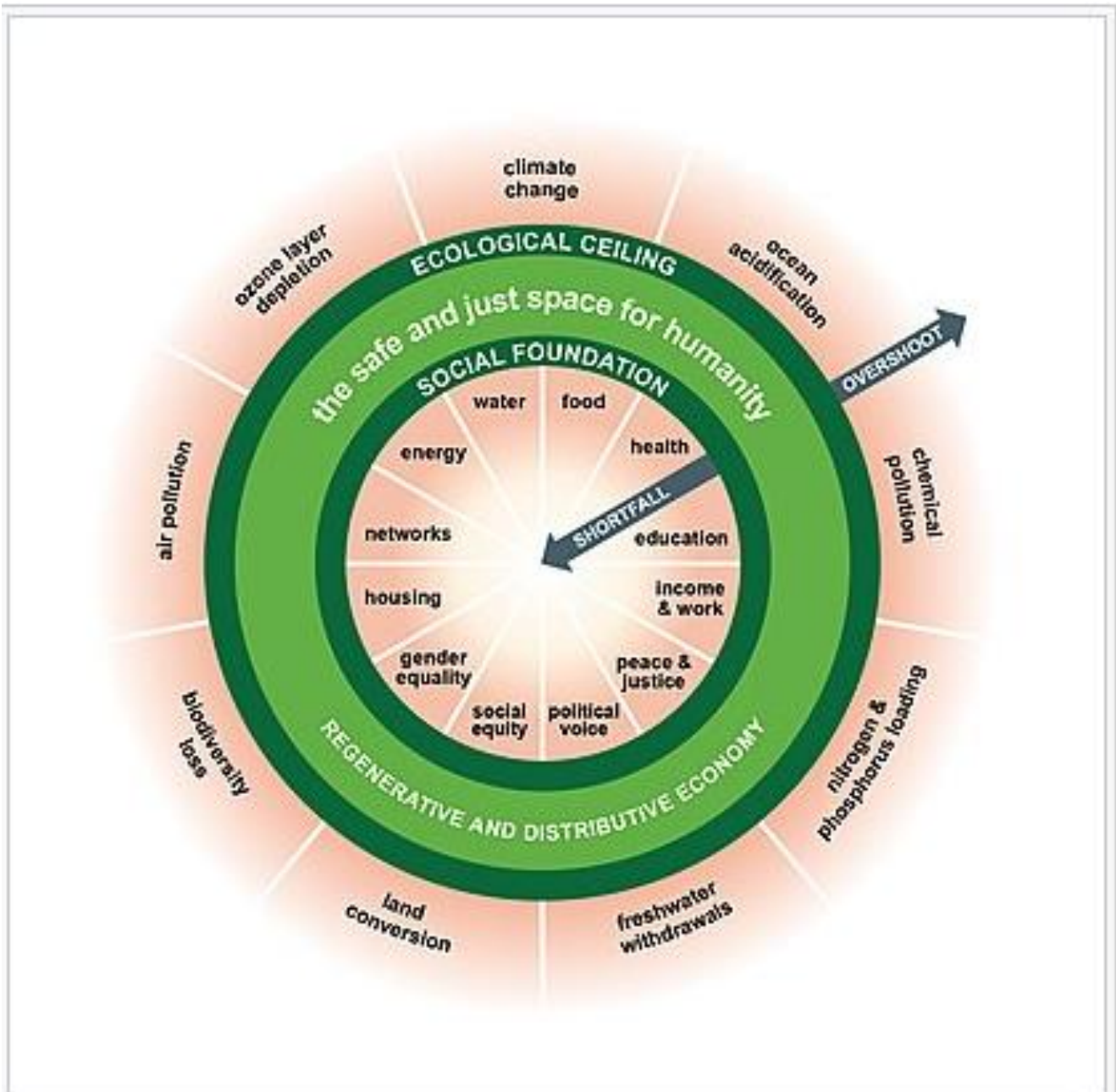
Artificial Intelligence is a form of LLM – Large Language Model – in which computers use big data (large amount of information) and statistics and programmed algorithms to generate predictive information. The quality of the output is significantly affected by the various biases of the programmers. And in much of the AI world, the programmers are white, privileged, males living in the developed (first) world. This potentially/frequently produces inherent biases in the AI outcomes. Data is being used without the knowledge and consent of the owners of the data (do we always read and understand the consent forms when we download computer application?). Individuals are often providing the data for free, and AI is replacing humans resulting in growing unemployment.

According to Dr. Dahl, society has been transformed over centuries from partnership societies where neither gender is dominant, to dominator societies which are more violent and where women and children become possessions rather than equals in society. Societies of partnerships develop technologies of production in order to share, whereas domination societies develop technologies of destruction in order to dominate. “It is this emphasis on domination which threatens all life in the globe (and explains AI being misused)”.

Dr. Dahl indicated that regenerative and redistributive AI programs could help get the world to a better place and referenced the work of Dr. Kate Raworth who describes herself as a renegade economist who wrote the book *Doughnut Economics: Seven ways to think like a 21st century economist* in 2012 where the primary goal of society is to meet the needs of all within the means of the planet. (See page 7 for the Doughnut illustration that Dr. Dahl showed as part of her presentation.)

On the other hand, the large scale computing used in the generation of AI consumes vast amounts of energy (for computation and cooling), and this increased energy use has a detrimental effect on the environment.

Dr. Dahl commented that societies that are exclusionary, and lack representation tend to be more repressive and militaristic. She stressed that societies need proportional representation where minority groups are also represented and noted that women’s representation in decision-making is the biggest predictor of state peacefulness.



The classic image of the Doughnut; the extent to which boundaries are transgressed and social foundations are met are not visible on this diagram

Image extracted from Wikipedia.

In closing, Dr. Dahl encouraged members to talk to their families about this topic, and to ensure that the younger generations are educated in civics – the way that our society functions. She stressed that in her view Canada does not have adequate or robust controls over AI and the population needs to be more aware of the issues of inequality and control over AI.

References from Dr. Dahl:

- K. Raworth (2018) Doughnut economics- 7 ways to think like a 21st Century economist see <https://www.youtube.com/watch?v=Mkg2XMTWV4g>)
- D'Ignazio and Klein (2020) Data Feminism.
- R. Di Cosmo (2019) Preserving freedom in an automated decision making world.
- R. Eisler (1987) The Chalice and the Blade: Our history, our future
- R. Eisler and D. Fry (2019) Nurturing Our Humanity: How Domination and Partnership Shape Our Brains, Lives, and Future
- R. Eisler (2008) The Real Wealth of Nation
- S. Federici (2004) Caliban and the Witch. Brooklyn, NY: Autonomedia.
- M. Grey and S. Suri (2019) Ghost Work: How to prevent Silicon Valley from generating a new global subclass
- J. Hickel (2020) Less is More - how degrowth will save the world
- J. Nelson (2018) Bypassing Dystopia. Watershed Sentinel Books (Canadian authoress)
- G. Monbiot, Out of the Wreckage.
- C. Pateman, The Sexual Contract.
- M. Ressa (2021), How to Stand Up to a Dictator: The Fight for Our Future

Also referenced in the Q & A section of the meeting, was the UK newspaper The Guardian's video series entitled "Black Box".

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.

Welcome to our new members

Ros Guggi Linda Arnold Roberta Birnie
Ida Tait Glenys Lawson Dianne Rice Jyoti Thakore

Look out for the Club Roster which will be emailed to you in October.

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)

Announcing Christmas Luncheon – Monday 2 December, 2024
Special Event Christmas Luncheon



**Club Members are invited to attend our Special Event Christmas Luncheon
December 2nd, 11:00 am to 2:00 pm at the West Vancouver Yacht Club**
***** FOR MEMBERS ONLY *****



Mayor Linda Buchanan of the City of North Vancouver will be our guest speaker for a short talk on “**North Shore Issues Today**”. Linda is in her second term as Mayor, after serving two terms as City Councillor and a term as a School Trustee. Prior to this, she was a public nurse for 20 years. Linda has championed making the City of North Vancouver “the Healthiest Small City in the World”, and has put the health and well-being of residents at the heart of her decision making. She also sits on the Metro GVRD Board of Directors, the Greater Vancouver Sewage and Drainage District Board, the Greater Vancouver Water Distribution Board, Translink’s Mayors’ Council, Chairs North Shore Connects and sits on the Vancouver Coastal Health/North Shore local Governance Liaison Group.

A Christmas Buffet luncheon will be served prior to our Guest Speaker.

Buffet Menu

Salad Bar –Mixed Green Salad, Grilled and Marinated Vegetable Platter, Fresh Dinner Rolls and butter

Carving Station – Roast Turkey & Stuffing;

Entrée – Salmon Filet with Cranberry Orange Sauce, Vegetable Ravioli with Choice of Sauce, Roasted Squash, Seasonal Vegetables, Mashed Potatoes and Rice Pilaf

Dessert Table – Seasonal Fresh Fruit, Plum Pudding, Short Bread and Mince Meat tarts

Coffee/Tea

Cash Bar available for wine

How to Reserve your seat at the Luncheon Event:

TICKET PRICE is \$60.00 (inclusive of taxes and tip) payable by the following three methods:

1. Preferred method by **e-transfer payment** to womensprobushore@gmail.com
2. **Cheque mailed** to Women’s Probus Club of North Shore Vancouver, PO Box 91624, West Vancouver, BC V7V 3P3
3. **In-person** with cheque (preferred) or cash, at the Christmas event table at the West Van Yacht Club, Oct 22nd and Nov 18th (based on availability)
4. If you are paying for more than one member please indicate the name(s) in the e-transfer box or on the cheque so all names are registered.
5. **BOOK EARLY** - Maximum attendees 120 seated in tables of 8
6. **Deadline for booking with payment November 25th**
7. **Cancelations: Refunds will be provided only up to November 25th**
8. **Email announcement will be sent to all members at such time as the event is sold out**

Doors open 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. (There is no reserved seating)

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



2024/2025 Scheduled Events

2024	Speaker	Topic
Monday, November 18, 2024	Dr. Arielle Beauchesne, Pharmacist-Opioid Stewardship, St. Paul’s Hospital	Oxycontin and the Opioid Crisis
Monday, December 2, 2024 Christmas Luncheon	Linda Buchanan, Mayor, City of North Vancouver	“North Shore Issues Today”
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
Tuesday , April 22, 2025	Cathy Peters, Author and advocate in the fight to stop Human Trafficking	Child Sex Trafficking in Canada
Tuesday , May 20, 2025	Dr. Vera Frinton and Dr. Elizabet Joa Gynecologists -	Discussion on Menopause and Beyond
Monday, June 16, 2025 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.



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

Management Committee membership

Co-Presidents Carolyn Armstrong and Karen Shalansky – presidentwprobusnsvan@gmail.com
Secretary Heather Miller – infowprobusnsvan@gmail.com
Treasurer Jacquie Fitzgerald - womensprobusnorthshore@gmail.com
Programs Vi Roden, Judith Berg and Karen Shalansky
Membership Wendy Trousdell – mbrshwpnsv@gmail.com
House Susan Hayto, Johanna Harrison, Terre Swan, Linda Koopman
Special Events Inga Harding and Diana Sonderhoff
Newsletter Editor Alison Watt – communicationswprobusnsvan@gmail.com

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We acknowledge the opportunity to live, work, play and learn on the traditional territory of the Squamish (sq̓w̓x̓wú7mesh), Tsleil-Waututh (selílwitulh), and Musqueam (xʷməθkʷəy̓əm) peoples.