

Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

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Next Meeting

Monday, February 13th, 2012

with speaker

Dr. Brian Day

Associate Professor UBC, Medical Director Cambie Medical Centre
“Straight vs Crooked Thinking in Reforming Our Health System ”

Dr. Brian Day was born in Liverpool, England and graduated in medicine at the University of Manchester in 1970. He obtained specialist qualifications in both internal medicine and general surgery before moving to Canada, where he completed his orthopaedic training. He is a Fellow of the Royal Colleges of Surgeons of Canada and England and the American Academy of Orthopaedic Surgeons. In 1979, he received the Canadian Orthopaedic Association's Samson Award for outstanding orthopaedic research in Canada. He was a leader in the early teaching of arthroscopic surgical techniques and in 2003 he served as President of the Arthroscopy Association of North America.

Dr. Day is a former Vice-President of the Canadian Orthopaedic Foundation, and in that role, he helped launch the national “*Hip-Hip Hooray*” walks that helped raise \$20 million for orthopaedic research in Canada. He is a past Chair of the Royal College of Surgeons of Canada Test Committee in Orthopaedics.

Dr. Day is an Associate Professor in orthopaedics at the University of British Columbia. He has been a visiting professor and lecturer at many universities and learned societies and has published over 150 scientific articles and book chapters. In 1984, his collaborative work with a group of biomedical engineers resulted in the development of “*Arthrobot*”, the world's first surgical robot which received world wide acclaim and was featured by *National Geographic*.

Dr. Day has specialized in the surgical treatment of sports injuries and has treated many international and national elite athletes. He is the founder, President and CEO of Cambie Surgeries Corporation, a company that in 1995 opened the first private, for profit, hospital of its type in Canada.

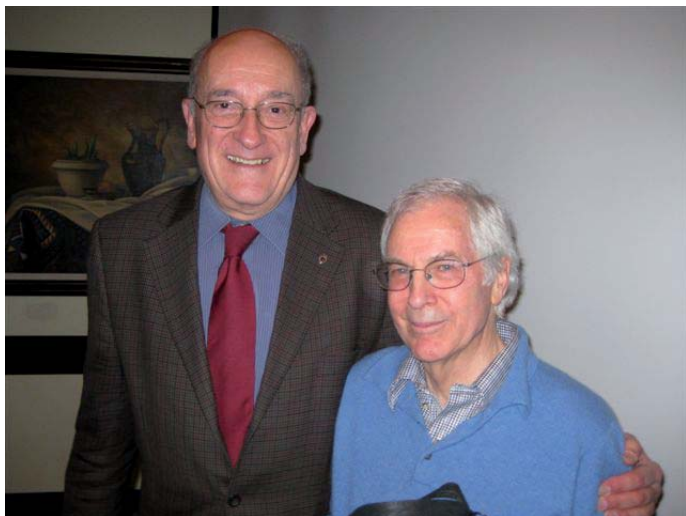
MacLean's, Canada's leading news magazine, described him as “*an iconoclast, whose time is now*”. In August 2007, Dr. Day became the only orthopaedic surgeon in the more than 140 year history of the Canadian Medical Association to assume the role of President. Dr. Day will present his views on the coming transformation of our health system.

March Meeting

Monday, March 12th

TBA

Last Month Speaker - "Management of Water"



President Alex with speaker Hans Schreier

Our January, 2012 meeting featured an outstanding presentation by UBC's Dr. Hans Schreier about water, specifically, the management of water resources in our society traditionally, and in light of climate change.

His message is that we're the world's most profligate users and wasters of water, and the least interested in innovation and conservation. Locally we're blessed with an abundance of water, but it's declining with global warming. Continuing "business as usual" is unsustainable, even here – and that's without huge new pressures on supply like fracking.

Agriculture and urbanization are the two biggest users of water, and our use of water is governed by the archaic 1909 BC Water Act. The "Drinking Water People" don't talk to the "Waste Water People" and we've been building increasingly impervious surfaces in urban areas. Climate change is here, and nobody wants to address it. So, we can look forward to increasingly severe floods and droughts.

Dr. Schreier described five categories useful in considering water management:

- Blue Water – rainfall into lakes, rivers, ground water;
- Green Water – rainfall intercepted by soils and plants, and returned to the atmosphere by evaporation and plant transpiration;
- White Water – water evaporated in leaving the watershed (non-productive);
- Grey Water – moderately polluted wastewater, usable for some purposes;
- Black Water – heavily polluted wastewater, not usable economically.

The quality of our drinking water is superb (bottled water is a "hoax"); however, it's far too cheap and we waste half of it on lawns. Per capita daily water consumption in North America is 350 litres, at 50¢/m³; in Japan it's 250 litres, at \$2.00/m³; and in Europe it's 150 litres, at \$3.50/m³. Clearly, we can do much better. In recent years Queensland, Australia has reduced its consumption from 260 to 140 litres/day. The World Health Organization estimates a person's minimum daily water requirement at 50 litres.

Domestic water conservation – Roof water harvesting could reduce outdoor consumption by 50%. Widespread Water Smart living (metering, low-flow toilets, rainwater collection) could reduce consumption 30-50% by 2020. The massive, billion-dollar Capilano-Seymour filtration project was designed to meet, not to control or encourage positive change to, our traditional patterns of wasteful consumption.

Storm water management – Instead of drains and pipes, run-offs could be reduced and delayed by swales, detention ponds (wetlands), pervious pavements and innovative parking lots.

Thus, water management at the property and community level can go a long way to reduce pressure on supplies, sewers, and pollution.

Ed. Note: In addition to Dr. Schreier, fortunately there are a few other smart people around. In North Vancouver, Richard Boase, P.Geo. is innovative, working on a bold vision to restore the rainfall capture capacity of the urban landscape – he is the son of our Phil Boase.

Alex Tunner

January Greeters



Les Janz and Don Roberts

New Members Welcomed and Introduced at January Meeting



Mark Andreassen
Auto Dealership



Alistair Duncan
Chartered Accountant



Ron Foxall
Civil/Elec. Engineer



Gary Graiss
Construction Engineer



Don Homer
Realtor



Bruce Milley
Chartered Accountant



Bob Nowell
Corporate CFO



Robert Paterson
Financial Management



Jason Poon
Consulting Engineer



Colin Ritson
Consulting Engineer

Brief Backgrounds of a Few Recent New Members



Doug Butterworth (*member since October 2011*) grew up around Kalamalka Lake in the interior of BC; he has lived in West Vancouver since 1965. After graduating from UBC in 1961 with a B. Comm., he co-founded Taiga Building Products, a large wholesale distributor of lumber and building products with current annual sales in excess of \$1.25 billion which went public on the TSE in 1993. Doug consulted to both the Lumber Trade Council and the Federal Government on the softwood lumber negotiations, served as Commodore of WestVan Yacht Club and has served as a director of Metro Vancouver and North Fraser Port authorities.



Burke Corbet (*member since October 2011*) was born in Vancouver; he has lived in West Vancouver since 1981 in a somewhat modified original West Bay cottage. He has a BSc. in civil engineering from UBC and an MBA from University of Western Ontario. Following six years as a structural engineer in Vancouver (FENCO and Phillips Barratt), Burke began a career with Ventures West and Canadian Enterprises Development working with early stage companies in the technology and resource sectors as venture capital provider and advisor.



Ernie Gregorash (*member since November 2011*) was born in Thunder Bay (formerly Fort William), Ontario; he has lived in North Vancouver for the past 42 years. After attending UBC, Ernie began articling as a Chartered Accountant and qualified in 1967. Afterwards, Ernie pursued a career in public accounting in the Lower Mainland with his articling firm, Griffiths and Griffiths, before joining another firm that merged with Grant Thornton in 1987. Ernie retired in 2007 after a more than 45 year career in public accounting, specializing primarily in income taxes.

President's Notes - "Road Rage"



In a road rage incident on New Year's Day, a North Shore resident was attacked and severely beaten with a baseball bat by two men. Apparently they felt he had "cut them off" when he merged onto the south-end of the Second Narrows Bridge. They pursued him, forced him off the road half-way up "The Cut", and inflicted injuries that sent him to hospital. Fortunately passing drivers alerted police, and the perpetrators were arrested and charged.

This incident is a reminder for all of us to be patient. Driving can be stressful, and all of us have gotten frustrated at some point. In our own driving, it's important to avoid aggressive behaviour such as "giving the finger", failure to yield, and quick lane changes. They can trigger a disproportionate response, escalating into assault, and even murder. And, when we're the "victims" of rude driving by others, it's essential to remain calm and "take a deep breath and count to ten".

Remember that "we are responsible for our feelings". This may be difficult to accept, but think about it – the same incident can lead some people to "white hot rage" and others to "shrug and move-on".

So, here are some defensive driving reminders for all of us.

- Avoid making rude gestures, tailgating, cutting-off, honking, eye-contact.
- Avoid gestures that might cause anger, even "harmlessly" shaking your head.
- Be courteous and pleasant, give "breaks" to others, and don't compete.
- Leave yourself "enough time", rather than trying to "make good time". Being late is far quicker than having to cope with an accident.
- Be defensive by steering clear of aggressive drivers and dangerous traffic situations.
- Be prepared to call 911 for help.

Alex Tunner

Special Events

George C. Reifel Migratory Bird Sanctuary

Our first special event for 2012 is a visit to the George C. Reifel Migratory Bird Sanctuary in Delta followed by lunch in nearby Ladner. This event is scheduled for the morning of Wednesday, April 4th. The tour consists of a half hour orientation to the Sanctuary and a 1 1/2 hour walk in the Sanctuary with a qualified tour guide. Details with regard to transportation, lunch and the event price are being developed and more detailed information regarding the tour will be forthcoming in the March Newsletter and at the March Probud Meeting. The tour is restricted to approximately 30 persons. Keen "birders" or pseudo birders who just like to get out and savour a new experience can email **Barry Heselgrave** at bach@ripleroad.com or telephone at 604.922.9481 (*E-mail preferred*). Your reservation can be confirmed once we provide details of price, transportation and lunch arrangements. For more information about the bird sanctuary visit www.reifelbirdsantuary.com.



Meetings

Second Monday of each month, except when changed to avoid conflict with special holidays on that day; in addition, our Christmas Luncheon replaces the December meeting.
Dress Code: Business Attire. Jeans are **NOT** permitted.

Coffee and fellowship: 9:00 am to 9:45 am
Club business and speaker: 9:45 am to 11:30 am

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Visit: <http://www.capilnogolf.com/public/club/index.aspx>

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