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**Next Meeting
Tuesday February 21, 2006**

Dr. Andre Gerolymatos

**Chair of Hellenic Studies
Simon Fraser University**

Dr. Gerolymatos returns for his 3rd visit to present his studied view of developments in the Middle East over the past year.

Andre Gerolymatos, PhD (McGill), is Chair of Hellenic Studies and Professor, in Research Areas: Political & Social History of Modern Greece; Ancient Greek & Roman, Diplomatic History & International Relations.

Dr. Gerolymatos, was educated in classics and modern history at McGill University in Montreal. He specializes in Military and Diplomatic history, and has published several articles and books on these fields such as Espionage in Classical Greece and Guerilla Warfare and Espionage in Greece 1940-1944. From 1987-1996 he was the Director of the Hellenic Studies Centre at Dawson College in Montreal and in 1996 he received the Hellenic Canadian Congress of BC Chair in Hellenic Studies at Simon Fraser University. In 1997 Dr. Gerolymatos was appointed Director of the Research Institute on Southeastern Europe at Simon Fraser University.

More recent works include: The Balkan Wars: Myth, Reality, and the Eternal Conflict for Stoddart Publishing 2001. And re-published in the United States by Basic Books in 2002 under the Title: The Balkan Wars: Conquest, Revolution and Retribution from the Ottoman era to the Twentieth Century and Beyond; and Red Acropolis, Black Terror: The Greek Civil War and the Origins of Soviet-American Rivalry 1944-1949 for Basic Books, July 2004.

Upcoming Speaker

9:30 AM, Tuesday, March 21, 2006

**Mr. Russ Anthony, President
of the "under construction" new
Vancouver Convention Centre and Exposition
Pavilion**



**John Leonard introduced
Guest speaker James Delgado**

There was no mistaking Mr. Delgado's passion and enthusiasm for undersea exploration and the many human stories therein contained. For the last 15 years, as Executive Director of the Vancouver Maritime Museum, he has worked diligently to collect tens of thousands of artefacts and has been inspired to research their stories.

He told us of the HMS Hood's flag presented to the City of Vancouver on a visit in 1922; cork from a Titanic lifeboat and papers saved by the local descendants of a Titanic Engineer who went down with the ship.

The Maritime Museum has had a stormy history. Fifteen years ago when Delgado arrived 90% of its funding was provided by the three levels of government. Today it operates with about the same level of funding with 90% coming from non-government funding sources. It has been known for some time that the location was not sustainable in the long term and several studies to find a new home have been fruitless. The remaining option was to close the museum in ten years and distribute the collection.

Mr. Delgado was ecstatic with the announcement last week that North Vancouver will be the permanent home of the new National Maritime Centre. The deep water port location meets all of the needs of a major maritime museum. The added space will also provide financial support for operating expenses. He anticipates that most of the collection will be moved to the new facility on the North Shore including the St. Roc. Mr. Delgado will not continue with the new museum. He has accepted the position to lead the Institute for Marine Archeology based in Turkey but fortunately, the museum will still have access to his expertise and experience on a consulting basis.

President Brinton thanked Mr. Delgado.



New Members This Month

Barry Hicklenton, Larry Pereira and Keith Goddard were pinned by President Don at the January meeting.



President Don with Barry Hicklenton and Larry Pereira

HEALTH AND LIFESTYLE

This month we are offering you the first of a series of articles which will appear periodically in "Shorelines". Titled "Health and Lifestyle", the articles, from information widely available, are being monitored for appropriateness by a Committee of member physicians.

In our "Senior" years we tend to spend a lot of time thinking about and discussing our health, and these columns are intended to provide helpful additional information to consider. We look forward to hearing your comments and our panel will welcome suggestions on topics to be covered, but specific medical advice will not be provided as this is for individuals to determine with their own physicians.

We look forward to hearing your comments and also any topics you might like our panel to consider. If you would like to e-mail your response please send it to: Al Cummings, who is preparing this column, at cummingscom@shaw.ca, or call him 604-929-8698.

JUST THREE SIMPLE QUESTIONS

An e-mail that has been widely circulated in recent weeks claims that three simple questions could make a big difference to a possible stroke victim.

Their advice:

If you think someone has suffered a possible stroke, here are three simple questions you can ask the person:

1. Ask the person to **SMILE**.
2. Ask him or her to **RAISE BOTH ARMS**.
3. Ask the person to **SPEAK A SIMPLE SENTENCE** (Coherently) i.e... It is sunny out there today.

If he or she has trouble with any of these tasks, call your local emergency services, and describe the symptoms to the dispatcher.

That is the "meat" of the e-mail message. Is it credible? We asked the Heart & Stroke Foundation of B.C. & Yukon and the answer is a resounding YES!

They also told us ways to recognize some of the typical warning signs of a stroke:

Weakness - Sudden weakness, numbness or tingling in the face, arm or leg

Dizziness - Sudden loss of balance, especially with any other stroke warning signs

Trouble Speaking - Sudden temporary loss of speech or trouble understanding speech

They further tell us "If you or someone you know is experiencing any of the signs above, call 911 or your medical emergency number **immediately**". There are drugs that can improve the outcome of the stroke and prevent devastating brain damage. However, to be most effective, these drugs must be used within three hours of the onset of the stroke.

Three simple questions ... that could be a lifesaver.

If you have any questions on risk factors, heart disease or stroke recognition, or want more materials (free of charge), you can call toll free to 1-888-HSF-INFO to reach the Heart & Stroke Foundation of BC & Yukon.

AC





Presidents Report

It's interesting to see that Probud, as a concept, i.e., a club for retirees, continues to catch on across Canada. In talking to Maureen Huisman of Newmarket, Ontario, our new Probud Canada President, she mentioned that as of this month, there are over 175 Probud Clubs in Canada. She expects there will be 200 by year-end.

As reported at our last General Meeting, our Probud Club of North Shore Vancouver membership stands today, Feb. 1, 2006, at 265. From this membership, our average meeting attendance is about 120, around 45%. A larger attendance would enhance our abilities to continue to attract top quality speakers. So much of the success of our Club depends on the impressive speakers who are able to entertain as well as provide intellectual stimulation. To increase our per-meeting attendance we need to recruit more members and also encourage a higher level of participation.

So please spread the word, and in addition to swelling our ranks, please keep your thinking caps on for ideas for speakers and special event suggestions.

Buenos Dias,
Don Brinton

Future Programs

- Feb. 21 --- Andre Gerolymatos,
SFU
- Mar. 21 --- Mr. Russ Anthony
President new convention centre
- April 18 --- Murray Leith,
Odlum Brown

Some interesting facts about the 1500's

Most people got married in June, because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children! Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water."

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip off the roof. Hence the saying "It's raining cats and dogs."

MEETINGS

Third Tuesday of each month 9:30 – 11:30 AM
Year Round
Hollyburn Country Club
West Vancouver

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