

Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

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604-984-6880

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Speaker – Monday, October 6 Dr. Paul Evans, Ph.D

“Canada and a Global China: Are we ready?”

Dr. Evans is Professor in the Liu Institute for Global Issues, UBC and Senior Advisor to the Board, Asia Pacific Foundation of Canada. He was born in Alberta and educated at University of Alberta and at Dalhousie University where he received his Ph.D.

As a recognized authority on contemporary political and security issues in Asia, Dr Evans provides expert advice to governments and the private sector and has given more than 300 speeches and presentations in 18 countries. He has written a number of books on modern China and on peace, security and cooperation in South Asia. His writings have been translated into eight languages. His current writing focuses on Asian responses to human security and Sino-Canadian relations.

Dr. Evans' teaching and administrative appointments have included York University and University of Toronto (1981-97) and Harvard University (1997-99). He has held visiting fellowships at the Australian National University (1988); Chengchi University in Taiwan and Chulalongkorn University in Thailand (1989); the East-West Center in Hawaii (1995); and, the National Institute for Research Advancement in Tokyo (1999).

**NEXT MONTH
Monday, November 10**

Dennis Molnar

Researcher of WW II battles and operations:

“The German Enigma Machine and British efforts to break the military encryption codes”

Last Month's Speaker



Esio Marzotto with Dr. Max Cynader

Dr. Cynader shared with us the results of extensive research in BC and around the world on how to keep a healthy mind and body and some important factors that affect how we may live longer.

More than four million Canadians are affected by diseases of the brain, including Alzheimers disease, Parkinsons disease, stroke, glaucoma, macular degeneration, depression, and many other disorders.

There are more than 700 people working in brain disease research in Vancouver at the Brain Research Centre at UBC and at the Vancouver Coastal Health Research Institute. Mapping of the cerebral cortex by PET scanning has identified the different areas that are involved in specific functions with interconnections among all of them. Some recent research successes include the discovery of a new peptide that blocks the cravings of addiction and a promising new blood test for Alzheimers disease. Brain research at UBC has been good for business growth with 20 companies being spun off as new business ventures giving an average return of 23% per annum.

Per Dr. Cynader, the principal determinant of longevity is the genes one has inherited. Another interesting predictor of longevity apparently is one's position and one's salary at retirement. In a British Civil Service Study, retired support staff on average died younger than did clerical staff who, in turn, died younger than retired professional staff, and the latter died younger than the most senior retired civil servants.

This finding may be explained by differences in chronic stress experienced at the different levels of the civil service. Chronic stress is bad for longevity because of the harmful effects of prolonged, high cortisol levels on cells in the hypothalamus. Cortisol suppresses the immune system, and promotes memory loss and depression.

Based on extensive experiments with significantly reduced caloric intake performed on many species, it has been shown that longevity also may be increased by eating less. A well-balanced diet of "many colours" also is very important. By reducing calorie intake, length of life has been increased by as much as 40% in some experiments in animals.

Research has shown that new brain cells (neurogenesis) are added every day, enhanced almost entirely by physical exercise, probably as a result of increasing blood flow to the brain. Experiments are underway to find out if aerobic exercise, such as running, or weight training are equally important in promoting neurogenesis. Cognitive stimulation (e.g., sudoku, crossword and other puzzles and learning new skills) will increase the number of connections between brain cells and, thus, is also important.

In summary, Dr. Cynader's advice for keeping the brain healthy involves eating less, regular physical and mental exercise, and getting a good night's sleep. "Be happy, and do what it takes to stay cognitively, socially and physically active".

David Osoba

September Greeters



Les Janz and John Eaves

Meet your President and Vice-President

Esio Marzotto, President

Esio was born in Windsor, Ontario to immigrant Italian parents. He attended Wayne State University in Detroit, Michigan, as a full and part-time student graduating with Bachelor and Masters degrees in engineering and later a doctorate in Educational Administration.

His first career was in television broadcasting with positions with TV stations in Windsor, Ontario, Winnipeg, Manitoba, CBC Head Office, Ottawa, and with the Television Centre at Wayne State University. While at WSU a new interest in education led him to complete the requirements for the doctorate.

He joined the University of Windsor administration in 1968 and led the design and construction of a Communication Centre serving the needs of the academic community.

In 1986 Esio was seconded to the new Sultan Qaboos University in the Sultanate of Oman to act as interim Director of the Centre for Educational Technology. Returning to the University of Windsor in 1988, he joined the Department of Communication Studies as an Associate Professor, rising to Department Head in 1994. Esio retired in 1997.

Esio has been an active volunteer in the communities in which he has lived. He served on the United Way Board of Directors and campaign executive of the Windsor and Essex County UW and was named Volunteer of the year in 1977; a member of the Board of Directors of the Annual Windsor Detroit Freedom Festival; and has been a member of Rotary since 1977.

On moving to North Vancouver in 1999, he became a member of the Lions Gate Rotary Club and was President in 2001-02. Esio was the North Shore Assistant District Governor in 2005-08 and chair of the NS Service Club Committee to reopen the NS Youth Safe House in 2007.

Esio is a charter member of our club and served as Communication Chair until becoming Vice-President in 2007. He enjoys golf and skiing.

David Osoba, Vice President

David was born and educated in Alberta and received his BSc and MD from the Univ. of Alberta in Edmonton. He trained in Internal Medicine and Hematology in Vancouver.



His academic appointments have been at the Univ. of BC (1963-66 and 1985-1977) from which he retired in 1997, and the Univ. of Toronto (1966-1985) starting as Assistant Professor and rising to Professor of Medicine at both institutions. His hospital appointments were at the Vancouver General Hospital, and then the Princess Margaret Hospital and Sunnybrook Medical Centre when he moved to Toronto. Upon returning to Vancouver he worked at the BC Cancer Agency, Vancouver Cancer Centre and the UBC Hospital and Vancouver General Hospital. He became a Medical Oncologist while at the Princess Margaret Hospital and was first Head of Medical Oncology at the Toronto-Sunnybrook Regional Cancer Centre. He was the first Chief Examiner in Medical Oncology for the Royal College of Physicians and Surgeons of Canada.

In addition to practising medical oncology, teaching and administration, David was an active researcher in immunology, medical clinical trials, and in health-related quality of life assessment. He has published over 300 articles in scientific and medical journals, written and edited several books and given several hundred lectures and talks to scientific and medical societies around the world. David has been President of the Canadian Oncology Society and of the International Society for Quality of Life Research (ISOQOL).

He lives in West Vancouver and in addition to volunteering for the National Cancer Institute of Canada Clinical Trials Group and ISOQOL, he likes to golf, play bridge, read, walk and go to chamber music concerts. He does not like going to the gym but does it anyway because “it’s good for you”.



President's Report

As a new year begins in the life of the Probud Club of North Shore Vancouver, it is appropriate to recognize the important contribution by Art Eberwein, our immediate Past President. I have come to know him as a person with the rare ability to carefully analyze a challenging situation and then focus on achieving a clearly desirable outcome. During the last year, this trait has been a great asset to the Management Committee and we will be ever grateful. Thank you Art; you leave the Presidency with a Club in excellent order and a bright future.

As your new President, and with the assistance of a fine Executive and Management Committee, I will endeavour to continue the excellent record of previous administrations to attract high quality speakers, provide enjoyable special events, and to maintain a high level of communication with you, our members.

It is important that you have input to our planning process and, in the next few months, we will conduct a survey to learn your preferences for presentation topics, special events and other group activities that cater to those with special interests. But you need not wait for the survey should you have something to tell us. Please see me or a member of the Management Committee before or after a meeting, or send us a note.

A major reason I joined this Club was to meet interesting people that I would not otherwise contact in my day-to-day life. One special goal I have set for myself in the coming year is to get to know many more of you, so please say hello when the opportunity presents itself.

Esio Marzotto

In Memoriam

John Beveridge died on September 8, 2008, at 85 years. He joined Probud after retirement from operating a successful printing supply business. John is survived by his wife Barbara and two sons along with six grandchildren and great grandchildren.

Geoffrey Burgess died on September 1, 2008, at 78 years. He graduated in medicine in Sydney, Australia, moved to the U.K. and then to Canada. He had a long career in orthopaedics. Geoffrey is survived by his wife Lois (also a doctor) and seven children and six grandchildren.

Robin Bell-Irving died on August 28th, 2008, at 84 years. He joined Probud following a distinguished career in medicine as an internist and family practitioner on the North Shore. Robin is survived by his wife Norma and their five children along with eleven grandchildren and great grandchildren.

FUTURE SPEAKERS

December 16: Annual Christmas Lunch
January 12: Bjorn Moller, T.K. Shipping
February 9: Dr. Andre Gerolymatos

MEETINGS

Second Monday of every month: 9:30 am -11:30 am
Capilano Golf and Country Club
420 Southborough Drive
West Vancouver BC V7S 1M2
(604) 922-9331

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Editorial contributions and comments are welcomed
and may be sent by e-mail to:

shorelines@probud-northshorevancouver.ca

or by mail to:

Probud Club North Shore - Communications Chair
P.O. Box 92042
West Vancouver, B. C., V7V 4X4