

Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

July 2016

www.probus-northshorevancouver.ca

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Monthly Meeting at the Chief Joe Mathias Centre

100 Capilano Road, North Vancouver, 604-980-6338

Coffee and Fellowship: 9:00 am, Club Business and Speaker: 9:30 - 11:15 am

Monday, July 11th

with speaker

Jason Beck

Curator and Facility Director, BC Sports Hall of Fame

"A Week You'll Remember A Lifetime - 1954 British Empire Games Vancouver"



For more than a decade Jason Beck has worked as the Curator and Facility Director of the BC Sports Hall of Fame in Vancouver leading the Hall's re-emergence as one of the finest in North America. In that time he has also developed into one of

BC's leading sports historians, often sought out by national and local television, radio, and online media sources for interviews.

His work has appeared in international sports historical and sports literature journals, as well as *The Province*, *Vancouver Courier*, and www.canucks.com. His *British Columbia History* article, 'The Cinderella Crew,' won the prestigious 2014 Anne and Philip Yandle Best Article Award.

A lifelong competitive soccer player and avid runner, Jason lives with his wife Nicole in Langley. A labour of love for over a decade and now a BC best-seller, *The Miracle Mile: Stories of the 1954 British Empire and Commonwealth Games*, published by Caitlin Press in April 2016, is his first book.

Mark Your Calendars with these Important Dates



Next Meeting at the Chief Joe Mathias Centre, North Vancouver

- Monday, August 8th - Jock Finlayson, Business Council of BC
- Special Events, see page 2 for more details...

President's Notes



Our June speaker's presentation was very well-received. Dr. Cynader is an exceptional speaker and his topic was of particular interest to me. My mother is still alive and well at 98 years of age but she has suffered from dementia since she was 82. Meanwhile her brother who is 89 is physically fit and sharp as a tack. Hopefully Dr. Cynader and people like him will someday achieve a cure. Dr. Cynader's commercial endeavor is Synaptitude Brain Health. I am taking advantage of Synaptitude's offer of a brief review of my brain health for \$99. If you are interested in receiving more information you can go to Synaptitude's web site at, <http://synaptitudebrainhealth.com> and click on "Join Today" which explains their various options.

June is a great month. Summer is almost here and thousands of schoolchildren look forward to the end of the school year. The month sees much construction activity on roads and other structures and is sandwiched between the anniversary on 6 June of the D-Day landings in Normandy and Canada's 149th birthday on 1 July. I was traveling in Ontario recently and was impressed by the number of Canadian flags flown by many homeowners. I was saddened however to see the anniversary of D-Day go by with no wide recognition by the media. And further saddened as I thought of the decision that students not be required to learn by memorization since in the view of the BCTF's BC Association of Mathematics Teachers "memorization can lead to anxiety and can be harmful for children". If there is no memorization, I fear that Canada's history will not be properly taught in our schools. All citizens should know the origin of their country and know and honour the sacrifices made by their predecessors who fought and died for Canada.

Probus-Canada Inc. has a new executive team which includes Bill Sexsmith our District 2 director as Vice President. The new president is Richard Furlong. The Executive is concerned that the rate of growth of annual membership has declined over the last 15 years from 14.7% to 2.7%. The rate of growth is not expected to greatly increase in the short term. Action has been taken to promote the creation of new clubs and to increase membership of existing clubs.

Director Bill is planning to organize a meeting in Vancouver in September of 1-2 members of the management team of each of the 13 clubs in District 2. He hopes we can share ideas and concerns and discuss national programs and in particular the possibility of establishing new clubs and increasing membership in District 2. Information concerning the meeting will be distributed to all clubs in District 2 in the near future.

And finally the commercial. Your PROBUS club cannot

run without volunteers. With the management committee of 10 the workload is shared so that no one member of the management committee has any unusually onerous duties. Your club needs volunteers and I ask you to please react favorably when Past President Barry Heselgrave asks you to participate.

Mike McMahon

Contact - president@probus-northshorevancouver.ca

Special Events

Nav Canada Vancouver Area Control Centre Tour

This was an excellent tour. Attendees received a fascinating glimpse at the control of aviation from the B.C./ Alberta border to 125 miles west of Vancouver Island. This highly stressful operation ensures the safe overflight of aviation traffic, other than local low flying light aircraft. The Centre does not control takeoffs and landings at Vancouver airport. This is the job of the air traffic controllers at that airport.

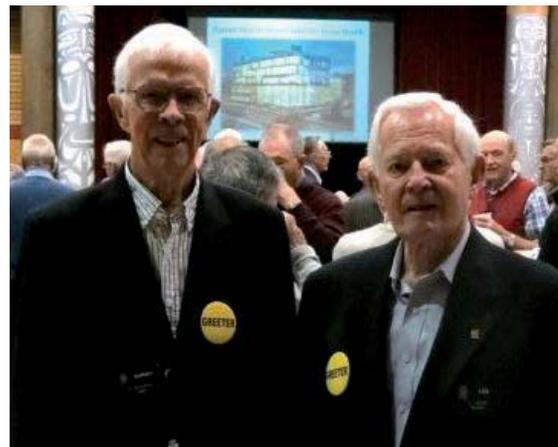
This tour was oversubscribed and your committee continues to work to obtain another tour in the near future.

Bard on the Beach

The committee is in the throes of arranging a dinner and show combination at Bard on the Beach, likely in August. You can expect further information in the near future.

Colin Ritson

June Meeting Greeters



Barney Blondal and Les Janz

Photos from the June Meeting



Above L-R
Mike McMahon
Colin Ritson
Michael Coady



Top L-R
Birds Eye View of Meeting Room,
and
Grdon Adair with a Guest.

Bottom Photo

Speaker
Dr. Cynader

Note: View Speaker presentations, when available, on our website at:
<http://www.probus-northshorevancouver.ca/speakers.htm>



President Mike McMahon thanks speaker Dr. Max Cynader with a bowl hand-crafted by a member.

How to Keep Your Brain Healthy as You Age

Dr. Max Cynader is a world-renowned neuroscientist who has made vital contributions to our understanding of the mechanisms by which early use or misuse of our brain affects its functioning for the rest of our life. Through advanced work done at the Djavad Mowafaghian Centre for Brain Research at UBC, progress has been made in treating dementia like Alzheimer's Disease, but no cure has been found. Even more depressing, the problem starts perhaps twenty years before it is diagnosed.

With Alzheimer's disease there are three main problems. The first is plaque that is formed by a protein that forms minute "pebbles" that plug up the brain. Second is tangled neurons, and the third is inflammation caused by the brain trying to get rid of the plaque.

Strokes are another cause of dementia and there are two kinds: ischemic and hemorrhagic. A trans ischemic attack (TIA) is a temporary blockage in a blood vessel but resolves in a few minutes. They are warnings of a bigger stroke to come. Twenty percent of people have covert strokes and don't realize it. (There are 4,000 miles of blood vessels in the brain.)

A positive breakthrough in brain research is the new understanding of brain plasticity. Dr Cynader's mantra is "*neurons that fire together wire together.*" The more connected neurons are, the better it is. He gave the example of a memory long ago of one's grandmother. When you think of her, you remember what she looked like, her voice, her illnesses, her gifts to you and other kindnesses. When doing this, many parts of the brain that are connected react.

There are steps we can take to improve our brain health. We must exercise, get seven hours of sleep a night, eat

properly, not smoke, and limit the amount of coffee and alcohol we consume. A plant-based diet, or a Mediterranean diet is much better than one with lots of starches and red meat. Reducing stress is also beneficial. Stress can release cortisol in the brain, which has been implicated in Alzheimer's disease. Meditation and a more relaxed lifestyle helps. Challenging the brain is also helpful, by reading more difficult books, going to lectures, studying a language, or playing bridge.

Dr. Cynader explained how important a good night's sleep is. Deep sleep is the time when the brain makes new memories permanent. This is done in the hippocampus which "broadcasts new memories to the rest of the brain." Sleep is also a time when the brain cleans out metabolic waste.

Another surprising and recent discovery is that not only is forty minutes of daily walking good, but resistance exercise is good too. Researchers think that muscles under stress (lifting weights, or digging the garden) will release a protein into the blood that can cross the brain barrier and increase brain cell production. More research has to be done in this area.

While not all the news is good at our age, we can still make new brain cells and we can still have many intellectually happy years. To quote Dylan Thomas, "Do not go gentle into that good night."

Ken Bryden



Why not be part of the team and consider putting your name forward for a position on the MC

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<http://www.probus-northshorevancouver.ca/>

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For Information on PROBUS Clubs in Canada, visit
PROBUS Canada: <http://www.probus.org/canada.htm>