

# Shorelines

## NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

June 2017

[www.probus-northshorevancouver.ca](http://www.probus-northshorevancouver.ca)

Vol. 15 No. 6

### Management Committee

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### Monthly Meeting at the West Vancouver Yacht Club

5854 Marine Drive, West Vancouver, 604-922-9331

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

**Monday, June 12<sup>th</sup>**

*with speaker*

**Dr. Barry Cartwright,**

Senior Lecturer, School of Criminology, SFU

*“Cyberterrorism and Cyberwarfare: A Clear and Present Danger”*



Dr. Barry Cartwright has a BA and MA in Sociology, and a PhD in Criminology. He is a Senior Lecturer in the School of Criminology at Simon Fraser University, and a member of SFU's International CyberCrime Research Centre. His areas of specialisation include cyber-research, cyber-bullying, and cyber law. Recently, he was the Chair of the Organising Committee of the 2016 International Conference on CyberCrime and Computer Forensics (ICCCF 2016), held at SFU's Harbour Centre campus in June 2016, and was the chief editor of the ICCCF 2016 conference proceedings, published in the Institute of Electrical and Electronic Engineers' on-line journal, IEEE Xplore.



### Mark Your Calendars with these Important Dates...



#### Next Meeting at the Capilano Golf & Country Club

- **Monday, July 10th** - Cathy Peterson, “Human Trafficking”
- **Special Events** - see page 2 for more details ...

## President's Notes



A fantastic Victoria Day weekend - first time in 10 years we have had three days of sun for the holiday weekend. Hopefully a good omen for summer.

One thing that appears to be missing in our area this year are song birds. In previous years, I would wake to the greeting of song birds however this year they have all but disappeared. Not sure if anyone else has noticed the same.

In June, the days get longer, the temperatures get warmer, summer officially arrives and for tennis buffs we have Wimbledon.

June has many historic events, however, I would like to note just one. In 1215 King John sealed the Magna Carta. In guaranteeing basic rights the charter has been the foundation of modern democracies around the world

Dr. Finlay's presentation last meeting was extremely informative on the research being undertaken on microbes and links to various diseases. Dr. Finlay stated that if there was just one thing to take away he wanted us to brush our teeth three times a day. I was not aware of the link between brushing your teeth and dementia.

Unfortunately, I missed the walking tour through historic Strathcona, however, I understand from those attending it was a great outing. Another excellent event organized by our Special Events Committee.

Canada Day is quickly approaching and this year is Canada 150. Hope you are planning something special this year. Our Special Events Committee is planning a river cruise as a club Canada 150 event!

I noted in an earlier newsletter that the mandate of PROBUS is "involved solely with the basic principle of fellowship and learning and remaining connected to the world through speakers and programs...". Since our club was established we have managed to achieve this mandate through the excellent efforts of the many talents of our members and volunteering their time on the many committees as well as sitting on the Management Committee.

Our Past President (Michael McMahon) will be calling for volunteers for next year's Management Committee. If you have the time in your busy schedule and have an interest in either serving on the MC or assisting in one of the many Committees please contact Michael or myself.

Remember the June meeting is at the West Vancouver Yacht Club.

HAPPY FATHER'S DAY

Dave Walker

Contact - [president@probus-northshorevancouver.ca](mailto:president@probus-northshorevancouver.ca)

## Special Events

### Celebrate Canada's 150 Birthday by Cruising the Historic Fraser River August 9, 2017



Enjoy a delicious buffet style luncheon on board an authentic replica of the paddlewheelers that plied the Fraser River from the late 1850s until the 1920s. They carried everyone from pioneers, fur traders, gold rush miners, freight and livestock as well as family passengers from the communities along the Fraser River, those working boats were vital connections between B.C. communities in the early days of this province.

Your 3-hour voyage will take you from Canada's largest port, up river to Surrey past the 10-lane Port Mann Bridge to the Douglas Island Wildlife Preserve as well as to the mouth of the Pitt River. Watch for wildlife and view the remains of an old paddlewheeler on the riverbank. A knowledgeable narrator will have lots of amusing and interesting stories of the past and present about the Fraser River and can answer any questions you may have.

This event requires a minimum of 50 members and guests and can accept a maximum of 65 members and guests.

Guests are welcome. Please limit guests to one per member until after July 10, at which time, if there is space, more will be welcome.

**Departing on:** Wednesday August 9, 2017 at 11:00 am  
(boarding at 10:30 am)

**From:** 788 Quayside Drive, New Westminster, BC

**Cost:** \$65.00 per person (including taxes and gratuities)

Please make your cheques payable to **The PROBUS Club of North Shore Vancouver** and send it, along with your name, phone number and email address to:

The PROBUS Club of North Shore Vancouver  
P. O. Box 92042,  
West Vancouver, B.C. V7V 4X4

Please mark your envelope "**PADDLEWHEELER**"

*Gord Cook*

## Strathcona Walking Tour

Twenty-four members and guests enjoyed an interesting walk through the Strathcona area of Vancouver on what turned out to be cool overcast conditions with no precipitation. Perfect weather for walking.

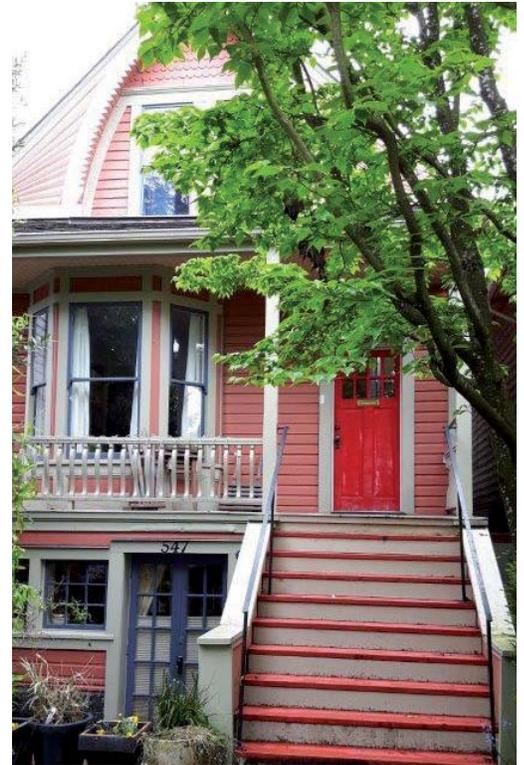
Strathcona is Vancouver's oldest and most diverse commercial and residential neighbourhood. Yet it remains an area that most of us had never really visited nor knew much about. On the other hand our guide Andy Copeland, knew the area well.

He knew the architecture, ownership history and interesting historical tales of completion, deceit, bribery, bootlegging and other nefarious activities associated with each of the buildings we observed.

Strathcona was once a hilly area but in the 1880s and 1890s all of the roads were levelled to make it easier for horse and carriages and the imminent trolley service. As a result, some houses are 8-10 feet above the lowered road and require steps in order to reach the main floor, while others are 8-10 feet below the raised road and are entered by an upper floor.

The walk finished at the Strathcona Beer Company, where we refreshed ourselves with craft beer and pizza, before heading home to the North Shore.

Photos below (clockwise) show group preparing to leave, house where street was lowered, Mike McMahon enjoying the surroundings and Any Copeland pointing out a sight. Photo credits to Mike McMahon, John Elliott and Gord Cook.

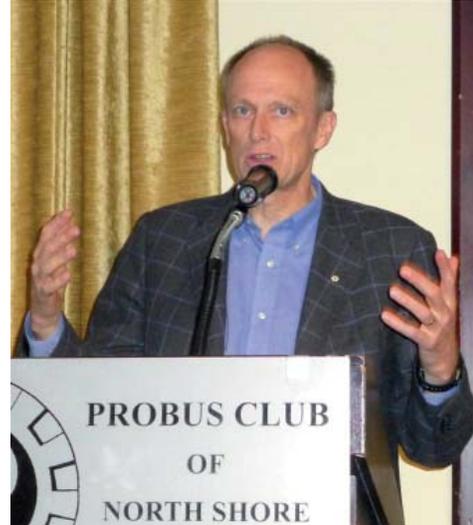


## Photos from the May Meeting



**Greeters John Peirson and Tom Fawsitt**

*Special thanks to photographer Ed Frazer*



**Dr. Finlay Addressing the members.**

**Note: View Dr. Brett Finlay's presentation on our website at:**  
<http://www.probus-northshorevancouver.ca/speakers.htm>  
You can also view past Speakers' presentations, when available.

### Special Events Committee

As we try to increase the quality and quantity of our Probus special events, we need more hands, minds and willing bodies.

If you are creative, enjoy working with your fellow members, outside organizations and especially if you are in town over the winter months, we need your help. All applications will be accepted.

Please contact any of our existing special events committee members or email: [gord.cook@telus.net](mailto:gord.cook@telus.net)

*Gord Cook*



### News from PROBUS Canada

PROBUS Canada, with 240 clubs and a membership of 34,000, is constituted with a Board of 12 Directors, representing the various regions across Canada, meeting four times per year. Highlights from the recent special celebration of our 30th anniversary in Cambridge, Apr 27th and our AGM in Toronto, Apr 28th are;

#### **New Executive Positions (2017 – 2018)**

President – Bill Sexsmith (Vancouver)  
Past President – Richard Furlong (Newmarket)  
Vice President – Bob Boone (Mississauga)  
Treasurer – Jamie Doolittle (Cobourg)  
Secretary – Marlene Pearce (Moncton)

#### **Celebration of 30th Anniversary**

A day session of all Board members and over 200 Probusians, primarily from the Ontario Clubs, met in Cambridge to celebrate the 30th anniversary of PROBUS in Canada. Various presentations were made on the history of our organization, current status and growth trends.

Special presentations were made to the four clubs started in 1987. The second club to start in Canada after the Cambridge Club was the PROBUS Club of White Rock and South Surrey. Recognition of this will be made at their September meeting. Letters of congratulations were received from The Rt Hon Justin P J Trudeau, PC, MP, Prime Minister and Kathleen Wynne, Premier.

*Bill Sexsmith, President PROBUS Canada*

## Last Month Speaker - Dr. B. Brett Finlay



**President Dave Walker thanks speaker Dr. B. Brett Finlay with a bowl hand crafted by a member.**

The speaker at our May meeting was Dr. Brett Finlay, professor of Microbiology at UBC. He is one of the leaders in microbiology research and has been awarded the Order of Canada for his work. He has a wry sense of humour which came across in his speech, and in the title of his recent book, *Let Them Eat Dirt*. The theme of this work is that microbes are essential to our wellbeing in ways we need to rethink.

This presentation was in many ways a sequel to the April presentation on genomic research. We are learning how fast medical science research is advancing with new ways of approaching health problems. We are on the edge of changing the way we live, eat, and take care of ourselves.

His presentation began with a reminder that we are not a single organism. Our bodies are covered with bacteria and microbes, and our intestinal tract is home to literally billions of them. Modern medical science is taking a new look at how these work with our bodies for good or bad. Rather than thinking that digestion involves food and organs, there is an essential initial step. Microbacteria are required to preprocess the food.

The traditional view is bacteria are harmful and eliminating them improves public health. However, as our speaker pointed out, other diseases have been growing, and research is indicating that this is at least in part due to eliminating microbes essential to health along with eliminating those that are harmful.

Health problems, including heart and circulatory issues, diabetes, obesity and others are not usually associated with bacteria, but modern thinking is changing. There is some thought that jet lag may be caused through microbiotic action. Oral hygiene is now being linked to dementia.

Asthma is being linked to the bacteria involved in breast feeding in children, or rather to the absence of breast feeding, which can reduce the intake of bacteria that help build the immune system.

The research into bacterial and micro bacterial involvement in these issues is at an early stage but answers, or possible answers, are beginning to appear. The research appears to be taking the approach that it isn't necessarily how our organs process what we eat that causes problems; it's how the bacteria processes them first that starts the process. For example, if your car is designed to run on high octane fuel, using one with high ethanol content will do more than take power away. The bacteria that are set to process the high octane start to die off, and even if you return to using high octane the damage may be long term if the bacteria cannot rebuild. Meanwhile, the ethanol isn't being processed, and may cause other issues. In people this then leads to the issue of how the micro bacterial balance should be addressed.

Customized probiotic packages aren't ready yet to treat specific diseases and conditions. This leads to the issue of which we have all heard, fecal transplants. Most of us are put off by the thought, but, it turns out that humans are one of the very few species that do not eat fecal matter. It may well be that other mammalian species do this in a form of natural health care to maintain microbacterial levels.

One of the interesting developments is it is possible to detect whether your current bacterial makeup implies you may be prone to various diseases. Just as a few years ago genetic testing was rare and expensive but now is commonplace. Micro bacterial testing may be following the same path. It soon may become easy to test your general bacterial composition and receive advice on what you should personally eat to limit personal exposure to modern deadly disease.

We again had a robust and lively question period. It is a great and positive indication of the interest of the membership in living healthy long lives.

*Tom Gunn*

"Shorelines" © A monthly publication of  
**The PROBUS Club of North Shore Vancouver**



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

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

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or by mail to:

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