

# Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

December 2021 [www.probus-northshorevancouver.ca](http://www.probus-northshorevancouver.ca) (Members Password: probusns2021) Vol.19 No.12

## Management Committee

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## 2021 Christmas Luncheon



**Monday, December 13<sup>th</sup>**

**11:00 a.m. to 2:30 p.m.**



**West Vancouver Yacht Club, 5854 Marine Drive**

*with special luncheon guest*

**Alan Mallory**

**World Record Holder Successfully Climbing Mount Everest**

*and lots of*

**Fun, Food, Fellowship, & Good Cheer**



## Mark Your Calendars with These Important Dates



**Monday, January 10<sup>th</sup>, 2022**, with speaker Mark Collins, CEO, President of BC Ferries

February 14<sup>th</sup>, with speaker Dr. Mark Jaccard, Energy Economist and Author

## President's Notes



We are delighted to report that in person meetings are on the horizon. We start off with the annual Christmas luncheon. As you will see details elsewhere in this newsletter, the event will be at the West Vancouver Yacht Club on December 13, 2021. The WVYC has been very diligent in observing health protocols to the extent that their model has been emulated by other organizations in the region including the rec

center. I believe that we have cause to be confident in meeting in this venue. There is still time to book your spot.

Looking into the New Year, our first meeting will be on January 10, 2022. This will be our coming out event in that it will be in-person at the WVYC. But wait, there's more. This event will also be live streamed using Zoom. This is called a hybrid meeting. This strategy gives our members a choice of how they wish to attend. We recognize that some members will not yet be ready for the traditional in-person style.

I would like to give a shout out to various teams who have been working hard to ensure that we have great meetings ahead of us. Terry McLeod has been handling communications (mainly zoom and venue technical details) as well as managing the house bookings (WVYC). Doug Magoon has been busy organizing the Christmas luncheon (finding a great speaker and arranging the details). John Elliott has been chasing down speakers for well into the New Year. Other members of the executive continue keeping our house in order. Thank you to a great team for all that you do.

I am looking forward to seeing all our members in person soon. Merry Christmas and Happy New Year (this is the first time that I have made that greeting this year).

*Darryl Stodalka*

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



## Committee Support Members

We are delighted to recognize our members who have provided valued support and share in the workload of the Chairs of the committees. If you are interested in serving on a committee, please contact the appropriate Chair.

*Communications, Chaired by Terry McLeod*

- \* Darryl Stodalka, Zoom Technology
- \* Linda Metcalfe, Shorelines Publisher & Editor, Website

*House, Chaired by Terry McLeod (Interim)*

*Membership, Chaired by Dale Douglas*

*Speakers, Chaired by John Elliott*

- \* Art Winckers
- \* Darlene Dean, Scribe

*Special Events, Chaired by Doug Magoon*

- \* Pete Stacey, Jon Strom, John Walker

*Golf, Chaired by Roman Cehelnycky*

*Bridge, Chaired by Barry Heselgrave*

- \* Phil Boase, Fraser Grant

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## New Member Introduced and Welcomed at November Meeting



**Bill Dyer**, was originally from Toronto. He Received a BA from UBC and a Master of Divinity from Union College. He is a member of the United Church of Canada Clergy.

Bill has worked in several places throughout Canada including Fort Nelson, Calgary, Nanaimo and Fort Langley.

His interests are traveling, volunteer work and Church activities. Bill was a group leader at Habitat for Humanity and was involved in 10 builds throughout the world.

## Christmas Luncheon

Hooray! Our first in-person meeting since early 2020 is coming up soon. 86 of our members will be assembling at the West Vancouver Yacht Club on December 13<sup>th</sup> for our annual Christmas Luncheon. The venue will be available at 11:00 AM for fellowship, with luncheon service beginning at 12:00.



Following lunch, will be Alan Mallory, an entertaining and informative speaker who will describe to us his record breaking ascent of Mount Everest in 2008 with three family members. He and his family were following in the footsteps of George Herbert Leigh Mallory, a distant relative by marriage, who attempted to summit Mount Everest in the 1920's, dying on his third attempt in 1924.

Alan will be speaking to us from Ontario, projected on a big screen. We will have camera and audio set up so that audience members can personally ask him questions at the conclusion of his presentation. It should be an entertaining, informative and interactive event.

Public Health rules regarding group meetings will have to be observed. All participants must show proof of vaccination. Masks must be worn in the facility unless seated at a dining table. We will appreciate your cooperation with these COVID protection requirements.

*Doug Magoon,  
Special Events Chair*



Alan Mallory enjoys the view at the top of Mount Everest.

## Meeting Venue Descriptions

Members will find reference to Meeting Schedule Date and Venue on the website. For Venue clarification, **WVYC** refers to West Vancouver Yacht Club having in-person attendance without broadcast, A large screen and podium offers the ability to have remote or in-house speakers. **WVYC-Hybrid** refers to meeting attendance and meeting broadcast via Zoom. **Zoom Broadcast** only, means the venue is not available and would take place via pure Zoom use. During Covid-19 restrictions, other venues are not readily available.

*Terry Mcleod,  
Communications Chair*

## MEDOC Travel Insurance



Now that health regulations are permitting international travel you may be searching for a reasonable rate for travel insurance. In the past, members have commented that the group insurance rates offered to PROBUS members are just that.

Members of a Canadian PROBUS Club can apply for travel insurance at a group rate with MEDOC Travel Insurance through Johnson Insurance. To access the site to obtain a quote, click the link below.

Make certain that you are applying for the PROBUS group rate. Wishing you safe travels.

<https://www.johnson.ca/travel-insurance?gp=367>



### Men's Health and Sex Lives as They Age

The presentation is about aging, remaining healthy and men having a sex life. As men age there are threats to well-being. These threats are outlined below.

1. Depression and Suicide Statistics show that more women attempt suicide but more men succeed.

Depression impacts include:

- An emotional disturbance that affects your whole body and overall health
- Men with depression are more likely to develop heart disease
- Brain chemicals out of balance; sleep, appetite and energy levels
- Men have a tendency to hide feelings, expressed differently than women
- Aggression vs sadness or crying
- Tend to drink
- Less likely to seek help

It is important to seek help, reach out to a Dr. or friend and tell someone as there are effective treatments.

2. Lung Cancer

- Remains a threat and the leading killer in men
- Ugly, aggressive and always metastatic
- Cigars, cigarettes and tobacco

Quit smoking. See your doctor as there are many smoking cessation products and programs.

3. Heart Health

- 1/5 of men under the age of 65 will die from heart disease
- Men's arteries clog faster than women's
- Men have to work harder than women to reduce risk – women have more HDL (good cholesterol)

It is important to manage stress which will affect blood pressure and overall health. Blood pressure is the most important measure and should be 120/80 ideally. Men's blood pressure is affected by abdominal girth usually a result of excess weight/obesity. Men are advised to get cholesterol under control; control blood pressure; stop smoking; increase physical activity; increase intake of fruits and vegetables; and eat less saturated fats.

4. Diabetes (Type II) is a silent threat.

- It begins without symptoms
- Blood sugar increases over time
- Thirst and frequency become symptoms

Excess glucose is poison to blood vessels and nerves, and can lead to heart attacks, strokes, blindness, kidney

failure. Being overweight/obese feeds diabetes; it is important to exercise and eat a healthy diet such as the Mediterranean diet.

5. Prostate Cancer is the leading cancer in men.
- Prostate is prone to problems as men age
  - Most common cancer in men next to skin cancer
  - 1/6 men are diagnosed with this and
  - 1/34 will lose their life
  - Prostate cancer is slow growing to aggressive
  - DRE and PSA tests are used to diagnose
  - You may survive, but live with ED (Erectile Dysfunction) and UI (Urinary Incontinence) which affects the quality of your life

See your Doctor to evaluate your overall risk.

Erectile Dysfunction is the inability to attain and maintain an erection adequate for penetrative sex. Blood vessels in the penis are much smaller than in the heart or brain. Treatment depends on the cause – weight, obesity, heart health, anxiety.

- 2/3 of men over age 70 experience this
- Men with ED report less joy in life
- More prone to depression
- Often is the canary in the coal mine for Heart Disease – atherosclerosis

Men and Canadian couples in general have difficulty talking about this but should look at it as a health concern. There is a general taboo around sex. Post-menopausal women also experience changes with age including dryness and pain which may lead to low sexual desire, to UTI's in women, and possible to sepsis, hospitalization, and death. Treatment is personal moisturizer and/or low dose vaginal estrogen. An over the counter product called "pHemme" may help with this.

Urinary incontinence is not just an issue with little old ladies – it is experienced by 16.6% of men for frequency and urgency to go. There is urge incontinence which is generally due to an overactive bladder, and overflow incontinence which is generally due to a blocked urethra.

There are many treatments for this including behavioural strategies that include fluid management; water; reducing bladder irritants including caffeine, citrus, Vitamin C, sugar, alcohol, chocolate, spicy foods, and tomatoes; urge suppression; Diapers (with loss of dignity attached to the wearing of); Kegels; Contino Device – new and requires fitting; Clamps; Condom Catheters; Surgery; Managing constipation by walking more and consume bran buds, flax, prunes, increasing water intake, exercising, and increasing fruits and fibers. 30 minutes a day walking is beneficial for

## Last Month Speaker - Maureen McGrath

your soul, mood, and general health.

Diapers are the #1 product sold which is shocking and sad, as there are so many treatments for incontinence.

6. Cognitive Decline. Cognitive decline is often associated with alcohol consumption. Men were 44% more likely to have mild cognitive decline which includes things like:

- Forgetting appointments and dates
- Forgetting recent conversations and events
- Feeling increasingly overwhelmed by making decisions and plans
- Having a hard time understanding directions or instructions
- Losing your sense of direction
- Losing the ability to organize tasks
- Becoming more impulsive

To prevent cognitive decline there are many things you can do including getting good sleep; exercising; eliminating alcohol; eating a Mediterranean style diet; getting mental stimulation; having social contacts; and doing brain stretching activities.

To summarize, the speaker presented the secret to Great Health:

SEX! Sex is a great motivator to getting healthy with the result that you have:

- More energy
- More pleasure
- Lower blood pressure (she recommends you have a blood pressure monitor)
- Better immune system
- Better heart health, possibly including lower risk for heart disease
- Improved self-esteem
- Decreased depression and anxiety
- Increased libido
- Immediate, natural pain relief
- Better sleep

Overall, exercise and a healthy diet are the best things you can do for yourself – it helps everything!

### Questions:

Q1 You mentioned nicotine having an anti-depressant effect?

A Yes. It is why people become addicted. When people have problems, they go to a substance for relief. It is much better to get treatment.

Q2 What is the “All in Diet”?

A A diet that she lives herself, and that she provides

her customers that consult with her. She provides a shopping list of what to buy and recipes/ meals to go along with it. It includes yogurt and blueberries – a low glycemic index food; protein; and salad. No bread, sugar, or alcohol. She has had lots of success with men especially getting healthy on this diet.

Q3 What is a reasonable testosterone level for a man 80 years of age?

A Testosterone levels depend on the lab that is used. As you age, you should have a baseline done at age 40. Try not to self-diagnose as you need a specific test to determine this. There is a lot of complexity to testosterone. It is important to have a physical every year.

Q4 You mentioned your diet has no bread or cereal?

A Yes. Bread is not a great dietary food as it is loaded with sugar and has no nutrients. Kashi cereal is OK. It is important to have high protein, healthy foods.

Q5 Watched a documentary on men getting erections and food that can affect this.

A Meat is high fat and can feed cancer cells. It should be served in small, lean portions. Limit burgers, steaks that are on the high fat side. Fat affects blood flow – erections are all about blood flow.

As men age, many experience issues around blood sugar. Men that have issues tend not to talk to anybody, whereas women have people that they will talk to about what they are experiencing for support.

*This summary was prepared by member Darlene Dean*

