

# Shorelines

## NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

June 2022

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

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### Management Committee

**President:**  
Darryl Stodalka

**Vice President:**  
Gord Cook

**Secretary:**  
Vacant

**Treasurer:**  
Gordon Adair

**Past President:**  
Ron Wood

**Communications:**  
Terry McLeod

**House:**  
Terry McLeod\*

**Membership:**  
Dale Douglas

**Speakers:**  
John Elliott

**Special Events:**  
Doug Magoon

\*Interim

### Monday, June 13<sup>th</sup> Hybrid Meeting

West Vancouver Yacht Club, 5854 Marine Dr., Coffee/Buns 8:30, Meeting 9:30

with speaker

**Mark Milke, PhD, Author and Columnist,**

*“The Victim Cult: How the Grievance Culture Hurts Everyone and Wrecks Civilizations.”*



Mark Milke is a public policy analyst, keynote speaker, author and columnist, with six books and dozens of studies published across Canada and internationally in the last two decades. Mark’s work has been published by think tanks in Canada, the United States and Europe, including the Fraser Institute, the Montreal Economic Institute, American Enterprise Institute, the Heritage Foundation and the Brussels based Center for European Studies. A regular columnist, his commentaries have appeared in the Globe and Mail, the National Post and Maclean’s.

His newest book, *The Victim Cult: How the grievance culture hurts everyone and wrecks civilizations* is an Amazon bestseller

Mark Milke PhD, is president of a new think tank, The Aristotle Foundation for Public Policy. In 2019 he was the lead architect of the United Conservative Party election platform and principal policy advisor to UCP leader Jason Kenney

Dr. Mark Milke will give a talk from his new book. Mark will talk to us about the motivation for the book, and why he thinks chronic victim thinking is a problem and for more than just the individuals who engage in it. No one disputes that some people are victims—of others, accidents, and life...

But we also all know someone who seems stuck. They make life worse because of an intense focus on the past. On a personal level, the chronic victim-thinker can be toxic. But what happens when victim narratives dominate entire societies?

### Mark Your Calendars with These Important Dates



**July 11th** - Kevin Obermeyer, Chief Executive Officer, Pacific Pilotage Authority, *“Navigational Safety on the West Coast of Canada.”*

**August 8th** - Scotty Grubb, President of Unit One, *“The Royal Canadian Marine Safety and Rescue, Unit One, its People and Mission.”*

## President's Notes



Fellow PROBUS members, On May 29, I will embark on a 6-day motorcycle ride with a treasured friend to the Kootney region. This is one of the pleasures that we in BC are grateful for. I hope that the slow start to summer is providing similar enjoyment for all of you.

In past messages, I have highlighted opportunities for members to join our management team. As September is fast approaching, I once again am seeking members to fill several important portfolios.

**Speaker Chair:** This role is central to our club. Monthly meetings would be of little interest without having a diverse and interesting selection of high quality speakers. John Elliott has done a superb job of scheduling speakers over the past 2 years and has spots filled for the balance of 2022. John is looking for a member to step up to work into this role. John is willing to mentor his replacement. Furthermore, the entire management team regularly contributes to providing suitable contacts.

**Treasurer:** Gordon Adair has aptly filled this role for a number of years. He is ready for a break. He is willing to work with his replacement to ease that person into the role. Should you have an accounting background, we ask that you would consider filling this role.

**House Chair:** Now that we are meeting in person, we have long term arrangements to meet at the West Vancouver Yacht Club. As a result, this portfolio is low maintenance. Nevertheless, we are keen to fill the seat. Members of the Management Team can ensure a smooth transition.

**Communications Chair:** This person acts as a liaison with our Administrator, Linda Metcalfe. Linda is on auto pilot in the sense that she has been managing her duties for quite a while and needs little to no input. Another important function of this Chair is to ensure that there is a scribe on duty for each meeting. Over the past 2 years, member Darlene Dean has filled this role impeccably. She will need a break from time to time. Another key role for this chair is managing the Zoom dimension for the club. With considerable depth of experience within the team, so a smooth transition is guaranteed.

That wraps up my message to the membership. We hope that we will hear from you to ensure that we can put forward a strong slate of people for the 2022-2023 year which will begin with our AGM on September 12, 2022.

Wishing all of you an enjoyable summer if it ever arrives.

*Darryl Stodalka, President,*

## Special Events



### Pacific Sciences Enterprise Research Centre Tour

A visit scheduled for May 18th to the Pacific Sciences Enterprise Centre had to be postponed because of forecast severe rain and wind. It is rescheduled for June 23rd at 1:30 pm with the participants arriving at 1:15. The presentation made to our club by Dr. Steve MacDonald, then Director of the Center in June of 2021, was most interesting so the tour should be very informative. Jon Strom will be contacting the twenty three participants who had signed up for the tour to confirm details and participation for the revised date. The Events Committee will send a notice to members if there is space on this tour for additional participants.

The Special Events Committee is working on other tour opportunities for this year and will be notifying members when details are finalized.

*Doug Magoon, Special Events Chair*



# Register Today!

## Happy Fathers Day



## Chinatown Walking Tour Report with A Few Photos

A group of 17 PROBUS Club members enjoyed participating on April 27th in what they considered to be an excellent tour of Chinatown presented by Vancouver historian John Atkin.

The Group met at the Chinatown Memorial Plaza at the monument dedicated to recognition of Chinese residents who served in World War II and as labourers on railway construction, in our fishing, mining and forestry industries. Vancouver's Chinatown is one of the largest in North America and was established in the late 1800's by Cantonese speaking immigrants who came to work in the gold fields, in railway construction and in local industries.

We learned on the tour about the market gardening businesses they established, with the attendant discrimination they faced from non-Chinese competitors; their meat, vegetable and baked goods markets patronized by residents, and the culinary diversity of their restaurants. Our guide pointed out the Clan society buildings that served two purposes - firstly, acting as social services centres almost like cooperatives built in family associations and secondly, providing accommodation for those in need or requiring shelter between seasonal jobs in BC industries. We concluded our tour with a delicious lunch at the Jade Dynasty restaurant. We have a few photos to share from the tour.

*Doug Magoon, Special Events Chair*



Start Your Tour!



## Last Month Speaker - Connie Jorsvik

### Connie Jorsvik - Patient Pathways Senior Healthcare Navigator and Advocate

Connie is writing a book (e-book) that will be available by the Fall. Also, all the information is available on the education blogs on her website ([patientpathways.ca](http://patientpathways.ca)).

We are experiencing a tsunami hitting the healthcare system. Since 2020 there has been an exodus for retirement. This has made it difficult to understand the best way to go. You need a care partner that can help you.

The healthcare system is complex, fragmented and siloed. She demonstrated this using a chart of “bubbles (consisting of many sub-sections) and arrows” (see website). The arrows signify the transfer of care from one unit/ Dr/ Clinic to another and this is where communication errors occur.

The health care system is system centered and not patient centered. It is important to be proactive and do your homework on your health conditions and medications and understand the system before a health crisis. You and your care partner must ensure your own safe passage from one point of care to another. Be assertive and follow-up everything. Health care professionals are often too busy and overworked to communicate with each other. Keep a notebook and write down who you talked to, when, and what was said. Doing this can save you time, stress and missed information and appointments, and maybe even your life. Studies show that we retain as little as 7 - 17% of information after leaving an important appointment. Sign up for electronic health care portals - [https:// mycarecompass.LifeLabs.com/](https://mycarecompass.LifeLabs.com/)

For any appointment where you are getting complicated instructions or information, take someone with you to take notes and help you ask questions you've forgotten.

If you go to emergency, follow up with your family doctor. If your symptoms worsen, go back to the emergency. Never feel like you are being a bother and don't dismiss your own concerns. Wherever possible, have someone with you (especially important for seniors) to keep an eye on your condition and be assertive about gathering information. You may want to plan ahead and put a representative agreement in place. Your representative is entitled to assist you while you are capable and able to “act as you” if you are incapable of making your own healthcare decisions.

If you are admitted to hospital, you are likely to be discharged before you are ready. Doctors have little influence on when a discharge will take place. Find out who will make the decision and keep following up. All hospitals are mandated to try and send the patient home with home support before a transfer to assisted living or long-term

care will be considered. Only if the patient ‘fails’ to manage at home will residential care be considered. Home Care is ‘non-medical’ assistance for activities of daily living: bathing, dressing, transferring and eating. It does not include any housekeeping, laundry, meal preparation or shopping. Other services can fill the gap.

If the adult can't manage at home and private home care is not a financially viable option - keep taking them back to the hospital.

Questions:

Q1. It seems like senior management in hospitals/ health care system is awful - they never follow-up with asking how things went.

A. I wish I had a different opinion. Many people do fall between the cracks. See my blog on making a complaint. The older you are, the more likely you'll get less care. Ageism is in the system - the health care system is in trouble.

Q2. What is the main problem?

A. Lack of funding from the Federal Government and the #1 problem is lack of care and lack of qualified professionals. There is an association called CARP that provides lots of information. If you sign up for my emails I'll send you an article: “Aim higher for health care”.

Q3. Can we choose to go to private health care?

A. Yes, for some things. Health Care Tourism is becoming more popular. People can come here for healthcare, but we can't go there. Some surgical centres have been shut down. Public health care won't look at a CT scan or MRI that has been privately done. Call your MLA and/or Minister of Health to make things better.

*This summary was prepared by member Darlene Dean*



**PLEASE Consider Joining Our Team  
Contact Darry Stodalka at**



### A SHORT GUN STORY

A GUY WALKED INTO A CROWDED BAR, WAVING HIS UNHOLSTERED PISTOL AND YELLED, "I HAVE A 45 CALIBER COLT 1911 WITH A SEVEN ROUND MAGAZINE PLUS ONE IN THE CHAMBER AND I WANT TO KNOW WHO'S BEEN SLEEPING WITH MY WIFE."

A VOICE FROM THE BACK OF THE ROOM CALLED OUT,

"YOU NEED MORE AMMO!!!"

when a woman laughs during an argument. please know that the psycho part of her brain has been activated. Abort mission.



In 2055, retirement village residents play a game of "Guess what the tattoo used to be!"

I found that I have been happier since I changed from coffee in the morning to orange juice.

My doctor explained that it's the vitamin C and natural sugars but I really thik it's the vodka!



"Shorelines" © a monthly publication of  
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Editorial contributions and comments are welcomed  
and may be sent by e-mail to :

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