

Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

January 2023

www.probus-northshorevancouver.ca

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Management Committee

President:
Gord Cook

Vice President:
Terry McLeod

Secretary:
David Walker

Treasurer:
Gordon Adair

Past President:
Darryl Stodalka

Communications:
Steve Wilson

House:
Rick Ryan

Membership:
Dale Douglas

Speakers:
Gordi Moore

Special Events:
Doug Magoon

Monday, January 9th Meeting

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

Nick Whittle, General Manager, Westerleigh PARC
“Senior Living Details”



Nick Whittle has been a qualified accountant for 45 years with 35 years of financial and management experience in healthcare including acute care, independent living, assisted living and complex care.

He held Director level positions with two BC Health Authorities and/or their predecessor organizations for 12 years before assuming management positions in seniors' living.

Nick owned and operated his own company Affinity Seniors Care for ten years and at its peak had approximately 250 employees including nurses, care aides, dietary, housekeeping, laundry and maintenance staff. He sold his company in 2020 before joining Revera's flagship retirement community, Crofton Manor, in Kerrisdale as Executive Director.

Nick has been a resident of West Vancouver for almost 25 years and is currently employed as General Manager of Westerleigh PARC.



Mark Your Calendars with These Important Dates



February 13th, 2023 - Jerry Dobrovolny, Civic Administrator, *“An Overview of What Metro Vancouver Does”*

March 13th, 2023 - John Foster, Energy Economist, *“Geo-politics: War of the Titans”*

President's Notes



I trust all my fellow members had a joyous and wonderful Christmas and are looking forward to a happy, healthy, and prosperous new year.

We ended 2022 on a festive note, with approximately 100 of our members attending our annual Christmas Luncheon where they enjoyed fun, fellowship, good cheer, good food and wine, and laughter with Janice Bannister, head instructor at Laughter Zone 101, teacher of stand-up comics, motivational speaker, and, as she proudly says, the writer of absolutely no books. I believe an enjoyable time was had by all.

Looking forward. If 2022 was our year of transitioning from Zoom only meetings to in-person only meetings, then 2023 should be our year of rebuilding our membership and meeting attendance.

Prior to Covid, in 2019 we had 359 members. Today going into 2023 we stand at 241. Where did 118 members go? Prior to Covid, we could expect 25-30% of our members to attend a monthly meeting. Today we are experiencing 15-20%. We are not unique in this phenomenon, chapters all across the country are reporting a comparable situation. So, what can we do?

1. PROBUS Canada is developing a marketing campaign to be rolled out later this year.
2. Your own club Management Committee is working hard to present a slate of impressive guest speakers, along with a broad range of interesting activities and social events.
3. And yes, you too can do your part. It is easy to become complacent. Have you forgotten the fellowship, friendship, and fun of gathering with your peers. Discussing topics of common interest, extending your social network, and expanding your areas of interests?

Let's get back into the habit of attending our monthly meetings. Also, it costs nothing to bring a guest, so bring a friend and let him experience the benefits of being a member. Better yet, give him a membership application.

Once again, wishing you all a happy New Year! May it be filled with new adventures and good fortune.

Let's make 2023 our best year yet.

Gord Cook, President

Please Note: Vice President Terry McLeod will be handling Gord's presidential meetings for the next 2 months. during his absence to a warmer climate.

Special Events

Christmas Luncheon Review

Our club held its annual Christmas luncheon at the West Vancouver Yacht Club on December 12th. It was attended by close to 100 members who enjoyed good fellowship, a tasty lunch and fun and light-hearted entertainment presented by our guest, Janice Bannister. Janice trained initially as a psychiatric nurse and worked in that role for twelve years before deciding to fulfill her ambition to be a wellness teacher and stand-up comic. She believes in the therapeutic power of laughter and loves to enlighten audiences in new brain research and wellness laughter tools. Janice is owner of laughter Zone 101, a comedy and storytelling school in New Westminster and teaches Stand-up Comedy Art for Brain Fitness for the Simon Fraser University 55+ Continuing Studies Program. She has been featured on national TV networks and appeared at many comedy festivals and entertainment venues in North America.

Janice entertained us with her wit while enlightening us with lifestyle tips. Everyone emphasises diet and exercise while talking to seniors about a healthy lifestyle. However, in Janice's opinion, other important factors contribute to wellbeing. Loneliness and isolation are important risk factors for seniors' health that one needs to recognize and try to alleviate for themselves and others. The fellowship we enjoy at PROBUS and in other group activities can contribute to a healthy lifestyle. Stimulation, whether it be the colours we wear, the activities in which we engage, changing our routines by trying new activities, and seeking out entertainment and opportunities to laugh and be happy, are important ways to enrich our lives. Janice concluded by having the assembled group stand and undertake some humorous exercises that got the blood and endorphins flowing. It was great fun watching our ninety plus members making funny gestures, funny noises and silly faces at one another. Good humour was much in evidence at the conclusion of the luncheon. Thoroughly enjoyed by all!

Doug Magoon, Special Events Chair



Red Dot on Name Badge

Have you noticed a red dot on a PROBUS member's name badge? Several members have asked what is the significance of the red dot on certain name badges.

The red dot indicates that we have welcomed a new member to PROBUS. Please take the time to introduce yourself and welcome them to our PROBUS club.

Dale Douglas, Membership Chair

Join Your Special Events Committee

The key elements of the PROBUS Club experience are fellowship and the opportunity to hear from first rate speakers at our monthly meetings. The Special Events Committee endeavours to augment that experience by organizing outings and tours to interesting facilities so that participating members can see and learn first hand at interesting venues. The Special Events Committee has historically been a committee of four club members but two of our committee participants, who have served for many years, have had to step down for family-related reasons. Pete Stacey and I, the committee's remaining members, would appreciate some help.

Why we serve: Participating on the Special Events Committee is a rewarding activity.

- When I first joined the PROBUS Club, I only knew three other club members. Working on the committee has afforded me an opportunity to meet and get to know many of our members. About 15 to 25 members typically participate in our tours. One interacts with a hundred or so of our members during the organization of the annual Christmas Luncheon. I really enjoy getting to know members.
- Our club members are inquisitive people. Organizing tours and outings affords members opportunities to see and learn, something they enjoy doing. One member, as we were riding the mini-rail at the Squamish BC Railway Museum this August, exclaimed "I am 80 years old and I am having fun!". It is rewarding to see members enjoying the activities we plan.

How the committee works:

- The committee meets at the West Vancouver Seniors' Activity Center two to four times a year for a brief planning meeting. A list of proposed activities is discussed and formulated.
- Each committee member takes one or two of the proposed activities and researches their feasibility with the target facilities / organizations.
- If the activity is viable, it is advertised to the membership, a list of participants is compiled and tour logistics information is emailed to participating members.
- The Special Events Committee organizing member hosts the tour when it occurs with assistance from other committee members as required.

Please consider joining the Special Events Committee. The work is not onerous and it is rewarding and fun to interact with our club members and help enhance the club experience for participating members. If you are willing to help out, please contact Doug Magoon.

A Little Humour to Enjoy

When I was
eighteen I used
to touch my toes
twenty times
each morning,
these days
I have a cup of
coffee and wave
at them



So many people these days
are too judgemental.
I can tell
just by looking at them.

A Little Humour To Enjoy

One thing no one ever talks about when it comes to being an adult, is how much time we debate keeping a cardboard box because it's, you know..... a really good box.

Being a little older, I am very fortunate to have someone call and check on me everyday. He is from India and is very concerned about my car warranty.

The biggest lie I tell myself is
"I don't need to write that down, I'll remember it."

You think you know stress? When I grew up, if you missed a TV show you just missed it. Forever.

Had a bad mixup at the store today..when the cashier said strip down facing me,apparently she was referring to my credit card.

Brain: I can see you're trying to sleep. Can I offer a selection of your worst memories from the last 10 years

I BURN ABOUT 2000 CALORIES EVERY TIME I PUT ON FITTED SHEETS BY MYSELF.