

Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

May 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
604-921-6888

Speakers:
Gordi Moore

Special Events:
Doug Magoon

Monday, May 8th Meeting

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

Rick Hulbert

Educator, Photographer,

“Inspiring Creativity - Photography for the logical and inquiring mind”



Rick Hulbert, Educator, Photographer, Retired Architect and Urban Designer ...

You don't need to be a photographer to enjoy and benefit from this presentation. Rick's photography is informed from his four decade background as a Professional Architect and Urban Designer.

He is a Life Member of the Royal Canadian Academy of Arts, and a Fellow of The Royal Architectural Institute of Canada.

Rick Hulbert is a teacher of photography at Simon Fraser University and Langara College in Vancouver, Canada, and in more typical times, leads multi-day photo-workshops throughout Europe and North America.

His teachings reflect his knowledge of the History of the 2-Dimensional Arts of Drawing and Painting along with the Sciences of Human Vision. He was one of only two photographers invited to attend and display his Fine Art images at the World Art Games held in Bratislava, Slovakia.

To learn more about Rick and his photography, consider viewing his website:
<https://www.rickhulbertphotography.com> .

Mark Your Calendars with These Important Dates



June 12th, 2023 - Lynette Dujohn, P. Eng., VP IT and Chief Officer, Vancouver Airport Authority

July 10th, 2023 - Gordon Maynard, Lawyer, Vancouver Law, “Immigration“

President's Notes



Although our club, like most PROBUS clubs, functions as an autonomous entity, we remain accountable to the governance of PROBUS CANADA. Historically, the organization has operated in a silo, with little communication or involvement at the local level. However, it is heartening to observe a shift

towards increased collaboration and engagement between PROBUS CANADA and its member clubs.

I am writing this a few days prior to PROBUS CANADA's 2023 Annual General Meeting, which marks a significant milestone as it will be the first time that individual club representatives have the opportunity to attend and vote. Previously only the PROBUS CANADA board, which comprises District Directors, had the authority to attend the meeting and cast votes on constitutional and bylaw matters.

With recent changes in PROBUS CANADA's constitution, individual clubs now have two alternatives for representation at the AGM. They can either attend the meeting in person, through a virtual platform such as Zoom, or delegate their proxy to the District Director, who will then act on their behalf and cast votes in accordance with their specific wishes. The default position is that the District Director has the proxy for clubs in his/her district unless a club withdraws their proxy and chooses to attend the meeting and vote themselves.

In mid-April, the twelve clubs within our district met to discuss our representation for the upcoming AGM. We reached a unanimous consensus on how we wished to vote on the proposed resolutions. Eleven of the clubs agreed to entrust their proxies to our district director, Jack Zaleski, who will cast eleven individual votes. One club, even though they shared our views on the resolutions, decided to revoke their proxy, and opted to attend the meeting and vote in person.

Additionally, this year, all clubs have been given the opportunity to attend the AGM as observers, regardless of whether they delegated their proxy to the District Director or not. Unfortunately, both Terry McLeod, our Vice President, and I were unavailable on the scheduled day. In our stead, our Secretary Dave Walker will stand in for us.

It is heartening to witness the increased collaboration between PROBUS CANADA and its member clubs, as this will undoubtedly benefit our organization in the long run. Needless to say, we are eagerly awaiting Dave's report with great anticipation.

Gord Cook, President

Special Events



Your Special Events Committee is developing an interesting agenda of events for 2023. Please consider marking you calendars for the following activities.

- North Shore Rescue has invited Probus Club members to their base of operations on April 28th to get an update on their activities including new technologies they utilize, such as night-vision helicopter technology, in their search and rescue activities. The tour is very popular and is fully subscribed.
- H R MacMillan Space Center private visit is planned for May 12th with focus on NASA's Artemis and Gateway programs to visit the moon again coupled with some supplementary information about the contribution to this space program and others by Canada's MacDonald Dettweiler (MDA). There are still a few spaces available for this tour for those who can self-drive to the Space Centre.
- John Atkin has agreed to lead a tour of Coal Harbour (last done in 2016) on Monday May 29th to review the interesting history of the development of the harbour site and the industrial activities that occurred there in decades past.
- The visit to the Seymour Salmonid Society fish hatchery facility in the Lower Seymour Conservation Reserve, is tentatively planned for Tuesday, June 13th. Details to follow.
- Metro Vancouver is happy to provide another Capilano Watershed tour in July or August. This tour was last by the club in 2018 and found to be most interesting to those who participated at the time.
- September marks the 20th anniversary of the charter of our club. A special 20th anniversary recognition event is being planned. Information to follow in due course.
- Our ever-popular Christmas Luncheon will be held at the West Vancouver Yacht Club on December 11th. Details to follow in due course.

Doug Magoon, Special Events Chair

New Members Introduced and Welcomed at April Meeting



Ron Ash was born in Vancouver and has lived on the North Shore for over 23 years. He attended UBC, BCIT, Simon Fraser and NAIT in Alberta. His career has been in the steel and metals industry with AC Leslie, Wilkinson and A&M. Ron became an owner of

Specialty Metals, which was then sold to Ideal Metals and eventually became Atlas Metals. Ron worked as a contractor with his own company Cararon Enterprises with Samuel Specialty Metals until his retirement. His biggest project in his career was supplying Aluminum for the fast ferries project. Ron's interests include family, snowshoeing, hiking, travel, golf and automobiles. Furthermore, he belongs to the Kinsmen's Club, Masons, Fit Fellows and the Corvette Club.



Jack Christiansen was born in Denmark and has resided in North Vancouver for 38 years. He attended Carson Graham, SFU. He was employed as a CPA with Morgan & Company for over 37 years, Price Waterhouse and Coopers Lybrand. Prior to his retirement he was active on

the board of directors of an International Accounting Firm Association representing member firms in North, Central and South America. Jack's interests are skiing, golf, travel, biking and motorcycles.



Barry Wilson was born in Toronto and has lived in the Vancouver area since 1975. He earned at B.Comm. from McGill and later gained his CPA working in the financial area with various companies such as Touche Ross, Kaiser Resources, Westar, BC

Rail and Vancouver Wharves. Barry's interests are travel and bridge.

Last Month Speaker - Jennifer Abbott



Speaker Jennifer Abbott and President Gord Cook

Jennifer Abbott, RHIP, CDP on the topic of Hearing Loss & Hearing Aids

Some facts about hearing loss: 50% of people over 65 years old have some degree of hearing loss, and in 2030, 25% of Canadians will be over the age of 65. Hearing loss can manifest in many ways and is different for everyone. A few ways to recognize hearing loss include:

- Struggling to follow a conversation in a group
- Struggling to hear in a noisy background
- Struggling to hear on the phone
- Turning the volume up on the TV
- Assuming people are mumbling and asking others to repeat themselves
- Responding to something incorrectly
- Difficulty hearing women's and children's voices
- Family and friends are getting annoyed

Jennifer told a story of a client in a care home who got hearing aids at her daughter's request, but then returned them. A short while after that the mother requested to have them again, and when asked why she changed her mind, she said that she had no friends and that no one would sit with her.

Someone you know may have hearing loss but denies that there is anything wrong with their hearing. A cartoon was shown with a husband and wife sitting on a couch and she says "I think you need a hearing test!" and he replies "Why the heck to I need a hairy chest?" A similar conversation you have had with someone might go like this... You can't make someone have hearing aids if they are in denial – if you make them get hearing aids, the person

Last Month Speaker - Jennifer Abbott

won't likely wear them.

People with hearing loss may not acknowledge their condition. Jennifer suggests that a person dealing with hearing loss goes through stages. Referring to the 5 stages of grieving (On Death and Dying – 1969 Ross Kubler) as it relates to hearing loss:

1. Denial – “My hearing is fine”
2. Anger – “It’s everybody else’s fault”
3. Bargaining – “I’ll get help if it gets worse”
4. Depression – “I’m 69, why bother?”
5. Acceptance – “I’m ready to seek help”

Untreated hearing loss can be considered an invisible disability as it affects a person’s ability to process information, and ultimately their quality of life. Your brain gets lazy and can’t process information as well when you have hearing loss, and the longer you go without, the less effective hearing aids will actually be due to the brain not being able to process information. You cannot regain this lost function but you can prevent further loss with hearing aids. Don’t wait too long!

If you suspect you have hearing loss – talk to your Doctor; ask friends and family who have hearing loss; and find a clinic to check it out. When you take a hearing test, the practitioner will take a case history including work, family, lifestyle, medications you take, etc. followed by a series of tests in a sound booth in a clinic or in a quiet room. The tests produce an audiogram outlining your hearing loss, if any, that will be explained to you by your practitioner. If you do have hearing loss, the practitioner will explain the various options to address this for you.

Hearing aids can be purchased over the counter (OTC) without a hearing test, prescription or appointment with an audiologist, but you are advised to have the testing done by a qualified practitioner in order to ensure that the best product is selected for your situation, and custom made to fit your requirements.

In addition, assistive listening devices are available to enhance your hearing for telephones, clocks, and various audio devices.

Our speaker has her own business called “Hear at Home” which is a mobile hearing clinic. Her business won a 2023 Readers Choice award through the North Shore News. She has provided her details if you are interested in following up. She has invited anyone in the audience to reach out privately if they have questions and are not comfortable asking them here.

Website: www.hearathome.ca Telephone #: 778-340-1101
Office at #112 – 3721 Delbrook Ave. in North Vancouver.

Questions:

Q1. Does the quality of the hearing aid affect its price?

A Yes. The challenge is in dealing with noisy environments, and there are many options for you to decide upon depending on your lifestyle. If you choose a basic hearing aid, you won’t compromise the quality per se, but you won’t have the extra features.

Q2. You mentioned several times about background noise. Consumer Reports did an evaluation of hearing aids and they said there is no hearing aid that can do anything about background noise. Can you comment on this please?

A I can. Can a hearing aid eliminate background noise perfectly? No. The hearing aids have directional microphones imbedded, some of which work to bring down the level of outside noise, and others that work to pick up the speech. Not perfect, but they help.

Q3. I was interested in your comment about people with hearing aids, when near microphones, there may be feedback. When you were first starting your presentation you were talking quickly, and not directly into the microphone and I had trouble hearing you. When you spoke directly into the microphone, I could pick up what you were saying.

A I agree, and apologize for speaking quickly. Microphones are important. With a remote microphone, it streams right into your hearing aid. If you have a T-Coil in your hearing aid you will be asked to turn it on if you are in a space with looping so you can hear it more clearly.

Q4. The cost of hearing aids is significant and can be a barrier to people accessing high quality hearing. It occurs to me that the high cost is from having a high end computer put into a miniaturized hearing aid. Since most people now carry a smartphone, can functions within the hearing aid be done with the smartphone so that people don’t have the high expense of the hearing aid?

A That would be a question for a hearing aid manufacturer. The cost in general has increased. Some people can’t manage functions remotely, and it may be difficult to manufacture something to meet everyone’s needs.

Q5. What is the cost of the basic lower ones? And what does it cost for the “adders” as you move to the higher models? Is there a benefit analysis of the added features

A For myself, our very basic hearing aids are \$4,500. And the most expensive are about \$6,500. The basic hearing aid is best for one on one. All models have Bluetooth. At higher levels, there are many more programs built in i.e. wind suppression etc. There are many features to use for various environments you find yourself in. Someone

Last Month Speaker - Jennifer Abbott

mentioned Costco – they are good but sometimes the technology they sell can be a little older - you can ask about that when you are there. Costco also recommends that you upgrade your hearing aids every three years, as they don't service them after that – something to think about – they may be cheaper at the outset but how long will they last? Someone mentioned they have had their hearing aids for 8 years – so that works out to about \$500 per year.

Summary prepared by member Darlene Dean

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?'

Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.''

The doctor said, 'I didn't say that.. I said, 'You've got a heart murmur; be careful.''

L-R - New Members Ron Ash, Barry Wilson and Jack Christiansen welcomed by President Gord Cook



Join Our Management Committee



**MEMBERS
PLEASE
CONSIDER
JOINING OUR
2023-2024
Management Team!
Contact Darryl at
604-925-2570**



My Kid: I feel like you're always making up rules and stuff.

Me: Like what?

My Kid: Like if I don't clean my room a portal will open and take me to another dimension.

Me: Well that's what happened to your older brother.

My Kid: What older brother?

Me: Exactly.



Do you know that awesome feeling when you get into bed, fall right asleep, stay asleep all night and wake up feeling refreshed and ready to take on the day?

Yeah, me neither!

Winston Churchill loved paraprosdokians, figures of speech in which the latter part of a sentence or phrase is surprising or unexpected

A clear conscience is the sign of a fuzzy memory.

You're never too old to learn something stupid.

You do not need a parachute to skydive. You only need a parachute to skydive twice.

I didn't say it was your fault, I said I was blaming you.

To steal ideas from one person is plagiarism. To steal from many is research.



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Editorial contributions and comments are welcomed