

# Shorelines

## NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

June 2024

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

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### Management Committee

**President:**  
Terry McLeod

**Vice President:**  
Rick Ryan

**Secretary:**  
David Walker

**Treasurer:**  
Gordon Adair

**Past President:**  
Gordon Cook

**Communications:**  
Darryl Stodalka

**House:**  
Alex Campbell

**Membership:**  
Ron Ash

**Speakers:**  
Gordi Moore

**Special Events:**  
Steve Wilson

### Monday, June 10<sup>th</sup>, 2024 Meeting

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

*with guest speaker*

**Gordon Gray, SFU Instructor, Program 55+**  
***“Filthy Lucre: A Philosophical History of Money”***



Born in the Yukon Territory and spending much of his childhood living on a boat on Canada’s west coast, Gordon Gray received a BA from Stanford University and an MFA from the University of California at Los Angeles. After a decade working in broadcasting and college teaching, he began a 5-year study program leading a certification as a Certified General Accountant. While he and his wife Kathleen were living in a house, they personally built in the remote island community of Sointula, BC. Returning to Vancouver after CGA certification, Gordon began a career with the CGA Association of BC, where he rose to the position of manager for CGA course delivery to over 4,000 students in BC and the Yukon. After early retirement, he returned to university to study languages and humanities and received an MA in Humanities from SFU for his thesis on the 12th-century English ecclesiastic and diplomat, John of Salisbury.

Following a two-year sabbatical holiday in Paris, Gordon began teaching in SFU’s Program 55+, a program of general interest classes at SFU’s Harbour Centre campus. Over the past nine years, his classes have included a four-course series on the history of philosophy from Plato and Aristotle to Post-Modernism, as well as a course on the history of capitalism. He is currently teaching a course titled “Mine: A Philosophical History of Ownership,” while also developing the syllabus for a September-October class tentatively titled “Seven Deadly Sins...in Six Days,” a history of moral transgression from pre-history to the 21st century. The course will include a detailed introduction of Dante’s Divine Comedy, focusing on Dante’s depiction of the Nine Circles of Hell.

### Mark Your Calendars with These Important Dates



**July 8<sup>th</sup>** - Issam Laradji – Professor – Artificial Intelligence, UBC

**August 12<sup>th</sup>** - David Cameron – Fisher Investments Councillor

**September 9<sup>th</sup>** - Ran Kalon - North Shore Rescue

## President's Notes



Hopefully, June greets us with splendid summer weather having experienced the constant deluge in April. There's hope according to former Prophets and now AI - June is a month of warmth, celebration and flourishing gardens. We'll see.

During the past month, two outings took place – Private Tour of the Vancouver Aquarium and the Golf Group commenced its first gathering. The Aquarium event was exciting, fully booked and I encourage more of you to join coming events as new ones may be added, I'm told, due to the sellout situations; stay tuned. For golf interest, contact Phil Boase to join the group. I understand they have fun and play golf. The gatherings are organized by volunteers, and I extend thanks for their extraordinary work.

Speaking of volunteers, the election of next years Management Committee positions occurs in September. We are in the final stages to appoint a new Speaker Chair; however, the position of Secretary remains open. Current Secretary, Dave Walker, earlier expressed his wish to retire the position after several years of service in addition to being a former Past President. He will be available to support his replacement. As further enlightenment, Board meetings take place monthly at PARC Westerleigh. We meet in the 'Board Room' or by Zoom and partake in their delightful refreshment service. Interested members are welcomed to contact a member of our Nominating Committee for discussion:

- Rick Ryan
- Terry McLeod
- Gord Cook

Our general meetings continue to be well attended primarily due to excellent speakers arranged by Speaker Chair, Gordi Moore. If you haven't attended a meeting recently, they are exciting, provocative at times and well worth the time listening, enjoying fellowship and good treats. At a past Management Meeting, we did discuss the prospect of massive turnouts which could require classroom style seating. But for the time being the table setup can serve to maximum capacity of the room and we plan to leave as is – it provides the best atmosphere for camaraderie.

In closing, recall our PROBUS Canada theme 'Get Together: Stay Together'. In action, the returns are rewarding and a health force as we age.

*Terry McLeod, President*

## Special Events

### Tour of the Vancouver Aquarium on May 9<sup>th</sup>

35 members participated in a tour of the remodelled aquarium, arranged by Terry McLeod and Alastair Campbell, on May 9<sup>th</sup>. The tour started with a meeting in the aquarium boardroom at which the new aquarium organizational structure was outlined, including the role of interpreters. The aquarium is vastly improved under the new ownership, with many new exhibits and features, but also retaining some of the popular older features, such as the seal feeding presentation.

The group then split into three, with Terry taking one and his two fellow volunteers taking the others. All the tour guides were very knowledgeable about the exhibits and made the tour significantly more interesting and entertaining. The exhibits still include many marine species, but also many museum-like displays and a temporary, rotating exhibit on the lower floor. We were also fortunate to witness a special diver who cleans the water-based exhibits in the off hours! Towards the end of the tour, we had free time to wander and revisit any of the exhibits of interest. To view photos from the tour visit our website under the members tab.

We then proceeded to Milestones in Park Royal for lunch. Everyone agreed the tour was a great success. Thanks Terry and Alastair!

*Steve Wilson,  
Chair, Special Events Committee*

## Probos Golf Report

### Burnaby Mountain, May 27, 2024



The second event of the season was a great success in that we out-guessed the weather. The forecast was rain but it cleared in the early morning and stayed cloudy (no rain) the rest of the day. Sixteen golfers turned out.

Competition for the event was "estimate your score". Three golfers tied for top prize as their estimate was right on. Ten other golfers were less than five while there were three "others". Results show that Probos golfers know their game.

Next event is at Green Tee Country Club (formerly Pagoda Ridge) in north Langley June 17. Notice of the event and signup will be issued next week. Three other events are planned - July 15, August 19 and September 16.

*Phil Boase*



## New Members Introduced and Welcomed at May Meeting



**Larry Doyle** was born in Jasper, Alberta and now resides in West Vancouver.

Larry has a Bachelor of Architecture from UBC in 1961, following a was a registered architect, AIBC, in 1963.

He has worked in Vancouver, NYC, London & established L. Doyle

Architects Inc. Larry retired in 2012, however, he is still working freelance for some major developers. Larry's interests are travel, reading history and bridge. He also keeps an interest in the latest architecture and city planning.



**Alan Maberley**, originally from Banff, Alberta, has been a resident of West Vancouver for 53 years.

Alan is an M.D., Ophthalmologist specializing in vitreous retinal procedures. Alan received a Bachelor of Science in Bio Chemistry and a Fellow American College of Surgeons (FACS),

as well as, a Fellow Royal College of Surgeons. He is a UBC Emeritus Professor. He has worked at the Vancouver General Hospital, and the Vancouver Children's Hospital. In his leisure Alan enjoys golf, jogging, swimming and bridge. *Below President Terry welcomes the new members.*



## Last Month Speakr - Karen Tyrell



**Above President Terry McLeod thanks Karen Tyrell, Certified Professional Consultant on Aging (CPCA); Certified Dementia Care Provider (CDCP) and CEO & Founder of "Personalized Dementia Solutions Inc."**

Dementia is a syndrome that can be caused by a number of diseases which over time destroy nerve cells and damage the brain, typically leading to deterioration in cognitive function (i.e. the ability to process thought) beyond what might be expected from the usual consequences of biological ageing.

Karen's background - She began her journey in 1995 providing therapeutic recreation activities to seniors in residential/long-term care. Over time Karen observed many inappropriate care practices and approaches towards residents on dementia care units which led her to create positive change in long term care recreation. She worked in the recreation department in several care homes in Ontario and British Columbia, enhancing the quality of life for individuals living with symptoms of dementia using person-centered care practices. She was also involved in major projects, including being part of the development team for the first true Canadian Dementia Village in Langley, BC, and consulting and supporting the opening of the new Adult Cognitive Wellness Centre in Langley, BC. She provides talks and workshops related to dementia, and has written a book, "Cracking the Dementia Code – Creative Solutions to Cope with Changed Behaviours." Additionally, she delivers

## Last Month Speaker - Conner Da Silva, Port of Vancouver

talks on maintaining a healthy brain to community groups and assisted living homes.

Our presentation began with a discussion on maintaining a healthy brain and the benefits of doing so, which include:

- Maintaining one's independence
- Increasing one's quality of life (Family/Travel)
- Maintaining one's dignity
- Saving money on health care costs
- Fending off dementia, and
- Reducing the risk for Alzheimer's disease

Researchers are looking for ways to reduce the risk of developing dementia, as there is no cure for the disease. In recent years, researchers have focused on lifestyle factors that may affect dementia including one's diet.

Common symptoms of dementia include:

- Memory impairment
- Thinking impairment
- Judgement problems
- Communication problems
- Personality changes

Some causes of dementia are treatable, including depression, thyroid issues, Vitamin B12 deficiency, delirium, Lyme disease, certain medications, mixing medications, overmedicating, normal pressure hydrocephalus, and many more. Untreatable, non-curable causes include Alzheimer's disease, vascular dementia, frontotemporal dementia, Huntington's disease, Parkinson's disease, Lewy body dementia, primary progressive aphasic, stroke, HIV-AIDS, and many more.

Some Statistics:

As of January 1, 2024 over 733,040 Canadians are currently living with dementia and estimated to be nearly 1 million by 2030. 20,000+ Canadians will develop dementia every month in the 2040's. There are 350 new cases every day in Canada and WHO estimates that dementia numbers will triple by 2050 (currently almost 47 million people).

She strongly advised us all to adopt a healthy lifestyle in order to maintain a healthy brain, including:

- Get regular exercise
- Avoid / stop smoking

- Avoid smoking cannabis. Long-term cannabis use is linked to hippocampal atrophy and poorer cognitive function in midlife –known risk factors for dementia.
- Avoid excess drinking
- Control weight
- Eat a healthy diet. The Mediterranean diet is associated with decreased risk of dementia. This diet rich in foods such as seafood, fruit and nuts may help reduce the risk of dementia by almost a quarter, a new study has revealed
- Do daily physical activities
- Maintain healthy blood pressure and cholesterol numbers and blood sugar levels
- Limit stress.

Chronic stress takes a heavy toll on the brain and can lead to shrinkage in the hippocampus. The shrinkage affects nerve cell growth, and increases your risk of Alzheimer's disease and other dementias.

A study on hearing loss indicated that the risk of dementia was increased among those with hearing loss of greater than 25 decibels. More study is being done on this to determine whether this is a marker or modifiable risk factor for dementia.

Lastly, Exercise the Brain! If you don't use it ... you can lose it! In as little as 5 minutes a day, we can expect to see noticeable and lasting improvements in our mental performance.

Exercise the 5 key brain functions:

- Memory: to store and recall information
- Word Skills: to increase verbal confidence and communication
- Focus: to improve ability to prioritize and organize
- Coordination: to enhance sensory perception & motor skills
- Critical thinking: to develop logic and reasoning

Advice to us all: Get plenty of sleep, stay socially active, limit stress, laugh lots – laughter is medicine, protect your head ... and schedule a hearing test.

You can join the Dementia Solutions newsletter on their website and find them on facebook, "X" and Instagram.

*Summary Prepared by Member Darlene Dean*



I'VE COME TO THE CONCLUSION THAT MY MEMORY IS LIKE AN ETCH-A-SKETCH... I SHAKE MY HEAD AND FORGET EVERYTHING.



**“We contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle.”**

*Winston Churchill*

**The main function of your big toe is to make sure all the furniture in the house is in the right place.**



**Apart from helping out, making new friends, enjoying new experiences, developing new skills, having fun and building a better community, I can't see the point in volunteering!**

