

Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

September 2025

www.probus-northshorevancouver.ca)

Vol. 23 No.09

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Monday, September 8th, 2025 Meeting

West Vancouver Yacht Club, 5854 Marine Drive,
Coffee and Buns at 8:30, Meeting at 9:30,

ANNUAL GENERAL MEETING, followed by guest speaker

Dr. Hélène Bertrand,

"Back Pain and Other Body Areas"



Hélène Bertrand received her MD from McGill University in 1965, at age 22. She has always been passionate about solving her patients' complex problems, doing research to check how well the solutions she found worked, and teaching. In the last 12 of her 55-year medical practice she concentrated on treating painful conditions. She developed a mannitol containing cream able to calm the nerves that send pain and itch messages to the brain, QR cream. She found new solutions to many painful conditions including one of the most difficult ones to diagnose and treat—low back pain.

Her newest book addresses that pain with a simple 2-minute exercise anyone can do to solve their low back pain without surgery or medication. This is what she will be talking about on September 8.

90% of all low back pain is called "nonspecific" (cause unknown). That is because the sacroiliac joints (between the pelvic bones and the sacrum) are so irregular, they cannot be assessed with x-rays, CT scans, MRIs or ultrasounds.

The examination Dr. Bertrand developed showed in what direction the pelvic bones were displaced. This determined the corrective exercise which immediately relieved 80% of all those with low back pain. By the end of the talk most people with low back pain will know how to find relief.



**IF YOU HAVE NOT RENEWED YOUR 2025-2026 MEMBERSHIP
PLEASE DO SO NOW!**

MARK YOUR CALENDARS



October 6 - Emily Erickson McCullum, Guide Dogs

November 10 - Dr. Hector M. Baillie, "The Ageing Healthcare Network"

December 8 - Christmas Luncheon

President's Notes



This past Probus year whizzed past with unbelievable speed. When I looked at my reminder calendar, I had to take a couple of minutes to realize this is my last President's column for Shorelines. It has been quite the year. I noted in previous messages that our club began to gradually transition back from Covid restrictions. Past Presidents' Ron Wood, Darryl Stodalka, Gord Cook and Terry McLeod kept the club momentum moving forward when Covid shut down in-person meetings and then gradually permitted gatherings with certain limitations. My predecessors carefully managed our return to pre-Covid activity, and this year it felt like the old times were back.

Our monthly general meetings attendance numbers increased, which generated a positive buzz before and after our speakers' presentations. Our special events were expanded this year, which, together with our golf and bridge groups, added tremendously to achieving the purpose of Probus.

In 2023/24 the MC reviewed Probus Canada's recommendation that local clubs maintain a year's operating reserve. It was decided, last year, that a six-month reserve was appropriate for our club and we developed our 2024/25 budget based on that projection. After a review of this year's experience, the MC agreed that maintaining a reserve of six months was sufficient for our club. Of course, our financial position is always dependent on membership numbers. In this regard, we ended the year with over 200 members, and we anticipate the year ahead will reach similar numbers. However, our goal depends on current members renewing their membership in a timely manner (now is that time) and introducing new members. As we begin a new Probus year, it is an excellent time to bring a prospective member to our Monday morning gathering,



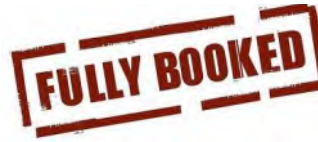
This year also marked the establishment of our organization becoming an incorporated not for profit society. Although our legal entity is different, the activities and management of Probus is the same as in the past. I am passing the gavel to Bryan McConachy confident our members will provide him with the same support you provided to me. In my final message to members, I would be remiss if I did not extend, once again, a special thank you to our MC members who, this past year, made my job easy and enjoyable.

Rick Ryan, President

CBC Newsroom Tour

CBC Newsroom Tour

Our next special event is a tour of the CBC Newsroom on Wednesday, September 17th. Unfortunately, this tour is completely sold out, with a long waitlist. We will try to schedule a second tour in November for those who couldn't make this one. If and when we find a date, we will contact those on the waitlist who still wish to attend and you will be given priority before opening it to the general membership. More news to come.



SAVE THE DATE

October 15th we will have a walking tour of Yaletown with John Atkin as our tour guide. Those of you who attended our walking tour of Chinatown will know how knowledgeable John is about all things historical in Vancouver. More details and an official announcement later in September.

*Steve Wilson and Mark Jackson,
Special Events Committee*

Geological Tour Review

On August 20th a group of 14 Probus members went on a geological adventure led by fellow Probus member Lindsay Bottoner. We left the SAC by bus at 9:30 and headed out to Pilot House Point in the Caulfeild area of West Vancouver. Here we saw one of the most spectacular geological outcrops in the Lower Mainland. There were some dark green / black layered metamorphic rocks with an estimated age of 130 to 135 million years. Beside these dark rocks were some cream / grey intrusive granite rocks which form much of the North Shore Mountains. These lighter coloured rocks were formed deep in the earth's crust a mere 100 to 110 million years ago. Who knew our rocks could be so interesting.

The next area we went to was close to the Cleveland Dam and the Capilano River. Here there were more granite type rocks formed about 110 million years ago. The new feature was sedimentary rocks - sandstone and shale - on top of the eroded granite. These rocks were about 80 million years old. The final event we explored is the glacial advance and retreat over the last 1 to 2 million years ago. This glacier action formed the fiords of Howe Sound and Indian Arm.

Lindsay was very articulate and knowledgeable about this tour and we all were in awe of what we saw. Following our climb up 200 steps back to the parking lot, we all went to the Taphouse in Park Royal and had a delicious lunch. We all loved the outing and hope to have Lindsay lead another geological tour to the Whistler area next year. *View photos on next page ...*

Alastair Campbell, Special Events Committee

Geological Tour Photos



Tour guide member Lindsay Bottomer



Above and below -
Members enjoying the tour
lead by member Lindsay Bottomer



August Speaker Geoff Croll Review



West Vancouver Development History

Geoff Croll, President, British Pacific Properties, provided a comprehensive history of the development of West Vancouver, focusing on the acquisition of land by Pacific Properties in 1931. He detailed how the Guinness family, led by brothers Rupert, Arthur, and Walter, invested in the project, which involved building a bridge at First Narrows and developing the land for residential and recreational purposes. He highlighted the significant contributions of Alfred JT Taylor and the role of landscape architecture firm Olmsted Brothers in designing the area. He also discussed the financial challenges faced during the Great Depression and the subsequent sale of the bridge to the provincial government in 1955.

British Properties: A Development Journey

British Properties evolved from a land developer to a housing constructor and back to a land developer. Key projects, include the Park Royal Shopping Center, the Rogers Creek neighborhood, and various housing developments. Geoff emphasized the company's commitment to environmental sustainability, mentioning initiatives like the creation of wetlands, fish ladders, and extensive trail systems. He also discussed British Properties' history of innovation, including early adoption of energy-efficient building practices and a pre-Uber ride-sharing service.

Cypress Village Development Overview and Progress Update

Geoff presented an overview of the Cypress Village development project, highlighting its location, history, and key features. He explained that the village will be a mixed-use community with a focus on sustainability and walkability, featuring a mix of housing types, commercial spaces, and amenities. He emphasized the project's long planning history and its commitment to protecting environmentally sensitive areas while creating a compact, urban community. He also discussed the development's density compared to other areas and its gradual growth timeline, as well as the various amenities and public benefits included in the project.

The Cypress Village has had success as a popup site, with the branding strategy inspired by local rock formations. Infrastructure plans include a new site office, culvert construction and transportation improvements, while emphasizing the commitment to building over the next five years despite market challenges. Geoff addressed concerns about traffic, housing diversity, and healthcare facilities, noting that the community's needs have evolved towards more mixed use developments rather than single-family homes. He also touched on wildfire management strategies and the importance of creating a livable mountain village rather than a resort.

Geoff distributed some gifts including a book on West Vancouver's history and Cypress Village logo backpacks and expressed gratitude for the access provided by British Properties, which he has appreciated during his frequent hikes in the area.

This summary was prepared by member Darlene Dean



President Rick Ryan thanks speaker Geoff Croll

Photos from the August Meeting



Speaker Geoff Croll, Membership Chair Ron Nalewajek, member Christopher Hebb Geoff Croll with VP Bryan McConachy



Members Enjoying the speaker's presentation