

Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

February 2026

www.probus-northshorevancouver.ca

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Monday, February 9th, 2026 Meeting

West Vancouver Yacht Club, 5854 Marine Drive,
Coffee and Pastries at 8:30, Meeting at 9:30, with guest speaker

Patti Shales Lefkos

"What does it take to trek 800km of the Nepal's Himalayan Trail at the age of 77?"



Patti is passionate about sharing her love of wilderness adventure travel to inspire others to leap out of their comfort zone and to make a difference in a developing country. Her presentation will recount how Patti (77) and her husband Barry (76), tackled an 800 km trek along the 1,500 km high altitude route of The Great Himalayan Trail. Physical and psychological challenges forced the couple to redefine their relationship, connections to the mountains and people of Nepal. Patti and Barry ponder taking on the trek to Kachenjunga Base Camp, the last section of the Great Himalaya Trail, before their "best before" date.

After a career in education, in 2006 Patti attended the post-graduate Journalism certificate program at Vancouver's Langara University. She holds a Masters of Environmental Education from Simon Fraser University and a post-graduate certificate in Wilderness Leadership from Vancouver's Capilano University. Since beginning as a freelance writer in 2007 her more than 200 published articles have appeared most notably in the *Globe and Mail*, *Maclean's*, *The San Francisco Chronicle*, *Travelife.ca* and *Elevation Outdoors*. She has been a guest on 25 podcasts worldwide and given countless presentations on Zoom and in person across Canada. She has marketed her first two books on her own.

"All profits from book sales and speaking engagements, accompanied by Himalayan adventure slideshows produced by my husband, Barry Hodgins, continue to support our BC registered non-profit Nepal One Day at a Time Society. To date we have built one school and three homes destroyed by the 2015 earthquake and provided scholarships for several children in Gorkha."

Copies of her book "NEPAL IT'S NEVER TOO LATE - Redefining Love, Connection and Personal Resilience on The Great Himalaya Trail" will be available for sale after the presentation for members who wish to purchase a copy.

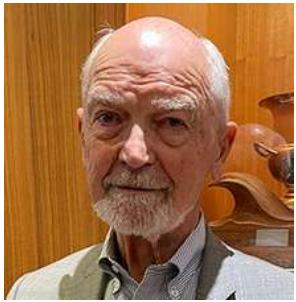
MARK YOUR CALENDARS



March 9 - Caroline Elliot, "UNDIP and DRIP"

April 13 - Christopher Hebb, "The Battle of the Oceans – China, Japan, Taiwan, USA"

President's Notes



The club is doing well. We have some interesting special events coming up and our speakers committee is evaluating their list of potential speakers recommended by members. Membership and finances are stable, and our house and communications functions keep our meetings running smoothly. My resolution for 2026 was to do some new things. In January, I went to the Orpheum theatre for a performance by the Vancouver Symphony Orchestra – a first. This may not count for much as the VSO were playing the soundtrack from a James Bond movie that was on the big screen. However, I have signed up for our February 8th day at the opera – definitely something new for me.

The last issue of The UBC Magazine had the Title "What Does Healthy Aging Look Like?" The World Health Agency defines healthy aging as the process of maintaining the functional abilities that enable well being in older age. I prefer the cryptic "it's not about living longer but living well".

According to StatsCan, one quarter of Canadians will be 65 and older by 2043. Since the majority of the members of our club are already in that category, I thought I would ask what our club contributes to the healthy aging of our members. The usual categories for healthy living are diet, exercise and social connections.

1. Diet: I don't think our menu of coffee, cakes and cookies before our meeting would be considered as contributing to healthy living. Anybody for vegetable smoothies and fresh fruit slices instead? No? I didn't think so.
2. Exercise: Maybe the small number of our members in our golf group give us some credit but since many of our members are also in Fit Fellas, let's leave the exercise category to them. So far, not so good in categories 1 and 2.
3. Social Connections: If the mandate of our program of speakers and special events is to educate and entertain, how are we doing with respect to healthy aging? The very nature of our monthly meetings contributes to social connection. We typically have about 10 tables of 8 members and I can't recall ever seeing a table where no one was talking- sometimes it is the same person talking. These conversations start in the hour before our formal meeting and often continue after its closure. Are the topics of our speakers relevant to healthy again? I think so. October was navigating the health care system, November was on relieving back pain and in January, the LGH Foundation told us what's available in our community to keep us well and what LGH my need in the future to keep up to date. Our special events can be educational (CBC tours) or entertaining (Bard on the Beach) but they are always social - on the bus and the lunch following the event.

Since our speakers and special events make us champions of social connections, we definitely contribute to the healthy aging of our members.

Bryan McConachy, President

New Members Welcomed



Paul Geddes was born in Toronto, found his way out to the promised land and has lived in West Vancouver since 2006. After high school Paul took several select business courses and entered the family business. Paul was instrumental in building the business sales, engineering & fabrication. The firm, Pacline Corporation, employ 20 plus

employees and enjoys sales in Canada, internationally, and has a sales office in the United States. Today Paul enjoys travel and fitness. He enjoyed skiing and as a paddler partaking in canoe and kayaking activities. Paul was a big-time mountaineer climbing, Mount Assiniboine, Mount Robson and Mount Logan among others.

Paul has been involved with the Alpine Club of Canada since 1977. He received a leadership award in 2003 and service awards in 2014 and 2025. Paul was also active with Friends of Cypress and worked as a trail steward on the Howe Sound Crest trail in Cypress Provincial Park.



Jim McLean was born in Oshawa, ON and moved with family to Vancouver in 1970. He lived in West Vancouver during his youth and now resides in Burnaby. He has a Bachelor of Commerce in Finance/ Marketing. He also attended Queens University and Harvard for professional development with focus on finance.

Jim has spent his entire career in the high technology sector, working with IBM in sales and marketing for the 1st half of his career. Jim later became sales director and vice president of the business internet group at BC Tel, as sales director which led to the vice president's role when they merged with AGT to form Telus. After Telus he worked with several startups and in 2009 founded B2B eCommerce company with 3 partners where he led the business expansion in North America and became the CEO of global company after 5 years.

After an incredible career Jim retired in 2009. He enjoys cycling, hiking, scuba diving, woodworking and travelling. Ever since he was a youngster reading has been a daily habit. Jim has been active in fundraising for the BC Children's Hospital & United Way. In addition he has worked with Junior Achievement at several high schools in Vancouver and with Scouts Canada as a scout leader.

Ron Ash, Membership Chair

Special Events

CBC Newsroom Tour, Friday January 16th, 2026

The second Probus tour of the CBC Newsroom took place on January 16th, 2026. Twelve members enjoyed a behind the scenes tour of the state of art newsroom, TV control rooms and a variety of news sets. One small set was where the early morning show - The Early Ed - is produced. Other sets are home to the National, CBC News, Cross Canada Checkup and CBC Radio One. The CBC Vancouver organization is the second largest facility in Canada after Toronto. It was amazing to hear how shows can be produced and distributed nationally in minutes from any studio across the country. It was also interesting to see the complex control panels that show directors need to manage second by second. Our tour guides were knowledgeable and forthright in their description of the facility. Following the tour we went to Browns Social Club across the street for an early lunch. Everybody had a good time and felt better acquainted with the CBC organization. Below is a few photo from the tour.

You can view photos from this tour and the previous tour on our website.

Opera Candide

The next Special Event is a hosted performance of the opera Candide by the UBC school of music. It is sold out with a waiting list.

Alastair Campbell, Special Events Committee



Left:
President Bryan
McConachy
welcomes our new
members
Jim McLean
Paul Geddes.

January Speaker Judy Savage Review

Judy Savage, President and CEO of the Lions Gate Hospital Foundation, was introduced to the group, highlighting her significant achievements in fundraising and philanthropy.

Judy, on behalf of the hospital foundation, thanked our Probus Club for their annual donations over a number of years. Probus's donations have totalled \$13,200, with \$2,000 going toward oncology expansion, \$4,000 to Paul Myers Tower and Technology, \$1,050 towards the 2nd MRI, \$2,000 towards the Critical Care Unit, and \$4,150 to other areas including Neurology and Endoscopy. She went on to say that overall, Community donations have totalled over \$200 million in the past decade. More than \$290 Million dollars has been invested and committed since 2011.

The LGH Foundation leads advancements in North Shore Health Care to enhance quality of life and save lives. Funds raised bridge the widening gap between what government provides and what health care teams need to provide state-of-the-art medical equipment, new technology, improved patient care facilities, to support education for healthcare professionals, and to support research. This, in turn, this allows the hospital to attract and retain the best healthcare professionals. Individual donations make up 44% of their revenue. Given the foundation's low 9% fundraising cost, and having no administrative fees, ensures that 100% of donations go to directly benefit patients' care. LGHF receives no government funding.

Judy presented a comprehensive overview of the hospital campus as it is now, and how it is transitioning, highlighting its ongoing transformation through donations and new facilities. A major issue in particular was the need to relocate Evergreen House, a long-term care facility, to make way for a future new tower.

The new Paul Myers Tower, has state-of-the-art operating rooms, patient communication system, and vital signs monitoring technology. It has a rooftop garden and an art collection, all of which contributes to a restorative environment created for patients and staff. The new tower was built using reclaimed wood from trees from the site and each floor has a separate theme. The new tower offers surgical robotics, including a neurosurgery robot and a DaVinci surgical robot for general surgery, which the Doctors have been training on. The new tower provides an additional 75 beds and accommodates a significant increase in oncology clinic patient visits and has tripled the size of the oncology pharmacy. There is a new physical rehabilitation unit campaign ongoing, which has already raised over \$18 million of its \$20 million goal that will provide for post-stabilization care for patients. The new rehabilitation unit will accommodate 25-30 patients and include advanced technologies for patient recovery.

Judy spoke to the importance of donations of any size, including gifts of securities, and mentioned various ways to support the foundation, such as through legacy gifts and referenced a non-alcoholic beer collaboration that is currently in place. There are ongoing challenges of hospital capacity and funding, includ-

ing the need for more long-term care beds and increased collaborative efforts between the foundation and Vancouver Coastal Health. She spoke to the foundation's investment in technology to enhance patient care and addressed questions about the lifespan of the South Tower and the percentage of funding for capital expenses. She also mentioned the bold initiative to raise funds for a new tower without government approval, acknowledging the complexity of balancing capital projects with operational budgets.

In summary it was emphasized that with the support of LGHF's thoughtful and compassionate donors, Lions Gate Hospital Foundation accelerates progress and innovation in health care on the North Shore by funding life-saving equipment, the latest medical technology, state-of-the-art facilities and infrastructure upgrades to enable more people on the North Shore to receive life-changing care.

.Summary provided by member Darlene Dean



President Bryan McConachy presents Judy Savage with a donation cheque for the LGH Foundation on behalf of the club members.

