

# Shorelines

## NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

NOVEMBER 2010

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### Next Meeting

**Monday, November 8th, 2010**

*with speaker*

**Col. (Ret'd) Keith Maxwell, OMM, CD**

*“The Canadians in Normandy”*

At approximately 0730 hours on 6 June 1944 the eight lead companies of the two Canadian assault Brigades landed on Juno beach under withering fire from German beach defences; they took 50% casualties in the process of securing the 3rd Canadian Division's landing. In getting there they passed through lanes swept by Royal Canadian Navy minesweepers, were supported by naval gunfire from many RCN ships, and many were brought ashore by RCN landing ships and assault craft. By nightfall Canadian troops were eight kilometres inland, farther than any other allied troops landing over the beach. Over the next 90 days three Canadian Divisions and one supporting Armoured Brigade fought Canada's largest battle of the Second World War. Their contribution to the Allied victory was substantial - of 37,000 allied soldiers killed in the Battle of Normandy 5,000 were Canadians. Additionally, more than a thousand Canadian airmen were killed in the battle. Proportionately, Canada's casualties were the highest of all the allied nations.

All of the Canadian formations and units in Normandy were fighting their first battle of the war. They made the same mistakes all troops make under these circumstances, but learned from their experience. They fought against, and defeated, some of the best German Panzer and SS Panzer formations on the western front, and ended the battle as seasoned soldiers second to none.

The presentation will cover the Canadian operations within the Allied operational context, including the political implications when the high infantry casualties led to conscription in Canada for service overseas.

Colonel Maxwell has a History degree from the University of Manitoba and is a graduate of the Canadian Forces Staff School, the US Air Force Air War College and the Canadian Forces Senior Defence and Security Studies Programme. He has written several articles on Canada's role in both World Wars. He is now retired and lives in Sechelt BC. Colonel Maxwell was appointed as an Officer in the Order of Military Merit in 1989.

**Annual Christmas Luncheon**

**Monday, December 13th**

*Book NOW to avoid Disappointment*

**Note: Your Spouse is welcome to attend as your guest**



## Last Month Speaker



### Dr. Cheryl Wellington and President Dan Potts

We thank Dr. Wellington for her excellent presentation that has provided an understanding of the focus of the UBC Brain Research Centre and in particular, the dedication of Dr. Wellington and her associates to researching the causes and prevention of Alzheimer's Disease (AD).

The incidence of AD is extensive. Of those over the age of 85 one half suffers some degree of AD. In 2001, 1 in 8 persons 65+ was afflicted and this is expected to increase to 1 in 5 by 2026. While AD usually shows itself in the older age groups, it is known that the development often begins in middle age e.g. 40s and 50s.

Dr. Wellington told us that we each have within our powers the ability, through lifestyle, to influence and retard the onset of AD. It is known that hypertension, high cholesterol levels and diabetes can be contributors to AD. All of these are largely controllable by lifestyle and/or medication. Research has shown that head injuries also are linked to dementia and importantly, they are cumulative. Exercise, both physical and mental, along with careful dietary considerations should be a major part of our lives and will enhance our resistance. Also, studies are ongoing to determine the value of Statins and anti-inflammatory drugs in the fight against AD.

Research costs money, a lot of money. By way of example, the cost for generating and initial testing of over 30 prevention/treatment formulations, optimization of these and non-human efficacy testing, is estimated at \$1.9 million. To obtain this level of funding requires many applications to potential sources and occupies a great deal of time and effort that might well be better spent on research.

We can be thankful for the efforts of the Brain Research Centre and in particular, for those of Dr. Wellington and her associates. Importantly, there is hope for us and generations to come. Her presentation is on our website for viewing at: <http://www.probus-northshorevancouver.ca/speakers.htm>.

*Bev Machesney*

## Special Events

### B.C. Museum of Mining, Britannia Beach Thursday, November 18, 10:00-12:30 PM

Probus has arranged for a tour of the newly reopened B.C. Museum of Mining in nearby Britannia Beach, only a 30 minute drive from Horseshoe Bay. The event will start at 10:00 with a guided underground train trip into the mountain and a chance to try your hand at gold panning.

We then visit the admin building, a restored heritage building; the Visitor Center, which contains several mining exhibits; the theatre to watch a 15 minute film of the history of the mine; their gift shop and the Canadian Mining Hall of Fame, finishing approximately at 12:30.

They can accommodate up to 50 persons at a charge of **\$12.80 pp** including taxes. Please confirm your attendance to Fraser Grant 604-921-6660 or to Ernie Maguire 604-926-7574 and bring your cheque to the November meeting or mail to PROBUS (*see address on page 4*).

Regarding lunch, there is a restaurant at nearby Shannon Falls ; a small fish and chip place across the street and the new casino Chances Boardwalk Squamish , a short drive away for an individual or group lunch for around \$13 which includes a \$5 IVS ticket to be used in any of their slot machines, electronic poker or blackjack machines.

*Ernie Maguire*



A **registration desk** will be set up at the November meeting to accept your payments for the **Christmas Luncheon** and the **B.C. Museum of Mining** event.



## New Members Introduced at October Meeting and a Life Membership Award



**Russ Senenki**  
Financial Services



**Stan Stanley**  
Management Consulting

### Life Membership Award

At the October meeting David Osoba presented a Life Membership Award to Don Brinton, who along with John Leonard, helped to found the Probus Club of North Shore Vancouver.

## Brief Backgrounds of a Few of Our Recent New Members



**Stephen Allison** (*member since September 2010*) lives in North Vancouver. Stephen earned a B.Eng. (Civil) from McGill, M.Sc. (Irrigation) from University of California/Davis and a Ph.D. (Water Resources) from University of California/Berkley. He has more than 40 years of international experience in project planning and analysis in the integration of engineering, economic and environmental issues in water resource development.



**Hector Campos** (*member since June 2010*) was born in Chile and served as an officer in the Chilean Navy. He has lived in West Vancouver since 1982. Hector graduated in Mechanical Engineering from Chile and from McGill University. He has worked on thermal power projects for utilities in Canada and all over the world. He retired in 1988 as Vice-president of SNC-Lavalin in Vancouver, later operating his own consulting company until 2004.



**Larry Fournier** (*member since September 2010*) was born in Cranbrook. He has lived West Vancouver for 39 years. Larry graduated with a B. Comm. from UBC in 1962 and afterwards qualified as a Chartered Accountant. He is a member of Financial Executives International. In his professional career Larry served as General Manager and Chief Financial Officer for various small and medium sized businesses.



**Harold Lindgaard** (*member since July 2010*) was born in Hazenmore, Saskatchewan, later moving to Dawson Creek, BC and on to Vancouver. He has lived in West Vancouver for 8 years. Harold graduated from UBC in electrical engineering in 1949, becoming a registered Professional Engineer in 1961. He enjoyed a 47 year working career in electrical contracting and construction for pulp and paper mills, major bridges and other large projects.



## President Dan Pott's Notes



Another great turnout and great presentation by a fascinating speaker in October. I must admit some of the technical details of Cheryl's presentation were over my head but her message was clear. There are a lot of very talented people working hard to find a way to stop or delay the onset of dementia and Alzheimer's disease. Further, there are grounds for hope that progress will be made but it is not likely that any new drugs or treatment regimens will be available very soon. And by the way, send more money!

Membership renewal has gone very well. The response to the first renewal notice was an amazing 83%. As of early October we have over 300 members with about 50 members yet to respond. The Management Committee is continuing the policy of accepting new members and will do so as long as the attendance at monthly meetings does not exceed the capacity of Capilano Golf and Country Club.

From my discussions with members there are a variety of views regarding the size of the club. Some think the club has such a large membership it is impossible to know everyone and the result is a less friendly and enjoyable monthly meeting than might be the case if the club were smaller. Other members would not want to exclude folks who want to join. Some think the club should split in two, but how to do that poses some serious problems.

Do you have any thoughts on this issue that you would like to share? Please send them to me at my email address danpotts@shaw.ca.

Dan Potts

## In Memory



*Sunset and evening star  
And one clear call for me!  
And may there be no moaning of the bar  
When I put out to sea....  
And may there be no sadness of farewell,  
When I embark....*

Remembering our members who passed away this year:

Eric Cant  
Dr. Ron McAdam  
Jack Mellor  
Don Milliken

## Meetings

Second Monday of each month, except when changed to avoid conflict with special holidays on that day; in addition, our Christmas Luncheon replaces the December meeting.

Dress Code: Business Attire. Jeans are **NOT** permitted.

Coffee and fellowship: 9:00 am to 9:45 am  
Club business and speaker: 9:45 am to 11:30 am

### Capilano Golf and Country Club

420 Southborough Drive  
West Vancouver, BC V7S 1M2  
Phone: (604) 922-9331

Visit: <http://www.capilanogolf.com/public/club/index.aspx>

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Editorial contributions and comments are welcomed  
and may be sent by e-mail to:

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or by mail to:

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