

Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

JULY 2012

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Regional Director:**

John Leonard
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Next Meeting

Monday, July 9th

with speaker

John Carruthers

President, Enbridge Northern Gateway Pipelines

“The Enbridge Pipeline”

Enbridge Northern Gateway Pipelines is a \$5.5 billion Project which involves construction of a twin pipeline system to export petroleum and import condensate. The proposed pipeline will run from Bruderheim, Alberta to a new marine terminal in Kitimat, British Columbia.

Prior to leading Northern Gateway, John was Vice President of Gas Development at Enbridge, responsible for gas marketing, LNG, storage projects and Enbridge’s interests in Aux Sable gas processing.

Prior to joining Enbridge, John was employed by BP Canada as Vice President of Alaska Canada Gas Pipeline with responsibility for Canadian and US Regulatory, environment, land & public and government affairs aspects of the Project.

Prior to BP, John worked for TransCanada PipeLines as President of the publicly traded TC PipeLines LP and Vice President of Energy Transmission. John was on the Management Committee of various pipeline investments including Northern Border, Express, Foothills, TQM and Iroquois.

John has served on the boards of the not-for-profit Clean Water for Haiti, Calgary Children’s Festival and Canucks Rugby Club.

Mark Your Calendars...

Next Meeting

- Monday, August 13th., Speaker TBA

Special Events *(Details on Page 2)*

- Bard on the Beach - Sunday July 22nd
- Abbotsford Air Show - Saturday, August 11th



President's Notes - Rendezvous 2011



Outcomes – (Part 2 of 2)

Continuing last month's Notes, the following is a summary of Rendezvous-2011 – how participants liked it, and resulting recommendations for Probus Canada, for Probus Clubs and for future National Reunions.

Evaluation

Of the 180 individuals attending, 52 completed a comprehensive evaluation questionnaire. Out of a maximum 5.0 points, the event's scores were the following:

- Speakers, entertainment, and catering were very highly rated at 4.8 (excellent).
- Organizational arrangements and Rendezvous-2011 communications were rated at 4.2 (good). Pre-event communication could have been better and earlier.
- Overall satisfaction with Rendezvous-2011 was rated at 4.0 (good).
- Hotel & facilities were rated at 3.4 (fair) – hotel costs were felt to be too high, and meeting rooms too small for the number attending.
- Workshops were rated at 3.4 (fair) – while considered important, they were felt to be rather disorganized, with facilities too crowded and noisy for good discussion.

Recommendations

Probus Canada:

- It should raise its profile, be more pro-active, and develop a yearly action plan in support of its role as a national coordinating body.
- Many members are unaware of its existence and services, and few clubs use its website.
- Its communications (website, newsletter) are not seen by most members, and need upgrading.
- It should make available to clubs "super-simple" templates, for membership and financial records, Management Committee minutes, and newsletters.

Probus Clubs:

- Should be familiar with Probus Canada's services, particularly its website, and post their newsletters.
- Maintain meaningful contact with nearby Probus clubs, and hold occasional joint events.
- Should e-mail to club members the Probus Canada material sent to Club Presidents.

Future National Events:

- There is solid interest in staging a National Reunion every three years. While the numbers attending are not

Special Events

Bard on the Beach Event - Sunday, July 22nd

Play - "*Taming of the Shrew*", Cost - \$75

"*Taming of the Shrew*", which we are reserved to see on Sunday July 22nd, has received strong reviews. Marsha Lederman of The Globe and Mail says, "*Shrew is the absolute romp Shakespeare designed it to be, with a strong, believable and yes, even beautiful love story at its heart*".

While we are technically booked up, there may be last minute cancellations. You and your partner can still register as a "stand by" by contacting Barry Heselgrave at bach@ripleroad.com or by phone at 604-922-9481.

Abbotsford Airshow 50th Anniversary

Saturday, August 11th, Cost - \$178

There are still vacancies for this 50th Anniversary Airshow. We are scheduled to view the show in a luxurious and worry free manner with bus transportation and President's Club membership whilst at the Airshow.

You can still register by contacting Barry Heselgrave at bach@ripleroad.com or by phone at 604-922-9481.



President's Notes - cont'd...

large relative to the total membership, the event is seen as a "glue" that provides linkage among clubs.

- Subsidize the travel costs of members who have to travel by air to attend, for example via a levy of \$1 on the annual Probus Canada membership fee.
- Schedule information presentations for the morning, and tours and excursions for the afternoon. The "fun" aspect is as important as "information".
- Maintain good records, to assist in organizing future events.

Alex Tunner

Brief Backgrounds of a Few Recent New Members



Reay Mackay (*member since May 2012*) was born in St John, NB, and currently lives in West Vancouver. He is a graduate from University of Western Ontario with a BA in Economics. Reay retired in 2003 following a 40 year career in the financial services industry with RBC Dominion Securities, Royal Bank and predecessor companies, one of those early companies being W. C. Pitfield and Company, Limited which he joined in 1963 and later became Pitfield, MacKay, Ross, Limited before merging with Dominion Securities in 1984. Outside his business life, Reay was Chair of the United Way of Metro Toronto and served for ten years as Chair of the Finance and Audit Committee for the Hospital for Sick Children in Toronto.



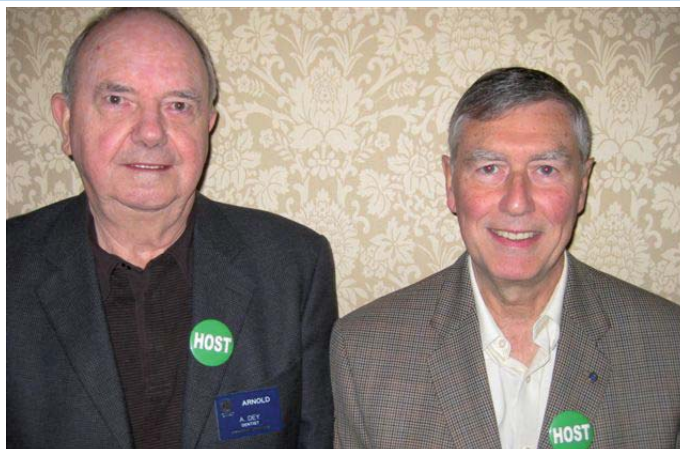
Colin Ritson (*member since January 2012*) was born in Pretoria, South Africa and has lived in West Vancouver for the past 15 years. He is a graduate with a B.Sc. Engineering (Civil/Structural) from University of Natal, Durban, South Africa. Colin is a Life Member of APEGBC (Association of Professional Engineers and Geoscientists of British Columbia). In his professional career he specialized in heavy industry projects, including pulp and paper, power generation, infrastructure and cement and lime production and 'waste to energy conversion' throughout Africa, Europe and Asia and the Americas.



Ted Wainwright (*member since April 2012*) was born in Sheffield, England and has lived in West Vancouver for 36 years. From just out of College in 1944 he joined and spent a brief time with RAF 159 Squadron in the middle east and then in India for the balance of the war. When the Squadron was disbanded Ted moved to Vancouver in 1947 where he joined and became Director of Purchasing for Crown Zellerbach until he retired in 1989. In his spare time Ted volunteers at the WestVan Seniors Centre.



John Zaplatynsky (*member since April 2012*) was born in Winnipeg, MB and has lived in West Vancouver since 1980. He is a graduate from University of Manitoba with a B.Sc. (Chemistry). In his early career John spent 14 years with T. Eaton Co. Ltd. before founding Canada Garden-Works Ltd. of which he was President and CEO for 27 years, and now is Chair of the Board of the company which continues as a family owned and operated business. Outside his business, John had served on Boards and in leadership roles for Retail BC and Canadian Nursery Associations and as a Director of several public and private companies.



July Greeters Arnold Dey and Bob Nowell

Last Month Speaker



Alex, Maureen McGrath and Jon Strom

Maureen McGrath, RN, NCA spoke on Sexual Health in the Golden Years. In her private practice she deals with bladder, bowel, prostate and sexual health problems. She addressed these in a relaxed, matter-of-fact and humorous way. She is Canada's leading "sexpert", and hosts CKNW's Sunday Night Sex Show 8-9 pm, 980 am.

Individuals can be sexually active into their 80's and 90's, and good sexual function improves cardiovascular and prostate health, boosts immunity, improves sleep, and reduces stress. Her slides are posted on our website at: www.probus-northshorevancouver.ca

Here are some important points from Maureen's presentation – note that it took me a while to stop listening, and start scribbling:

- Constipation, if persistent, can lead to sexual dysfunction (SD).
- There are new developments in treating prostate cancer, and a new drug is due next year.
- A digital check covers only 1/3 of the gland, and a biopsy is definitive.
- There are many psychological components to SD.
- Maureen's creed is to maintain good general health – drink less, eat less, exercise 30 minutes every day, and eat 35g of fibre daily.
- She particularly recommends Kellogg's All-Bran Buds with Psyllium fibre – about 1/3 cup per day provides 1/3 of one's daily fibre need.
- Erectile dysfunction many indicate cardiovascular problems that could lead to stroke or heart attack. Don't try to cover up the condition with Viagra.
- Viagra and similar drugs work in about 65% of the cases, but it is recommended that you have your testosterone levels checked before taking them. There

is a slight increase in the possibility of cancer.

- Loss of testosterone will lead to loss of energy and muscle strength. It can also lead to moodiness and depression.
- Anxiety is a huge general health problem in our society, specifically regarding sexual health.
- If you "leak", do regular "Kegel" exercises: "squeeze 2,3; hold 2,3; release 2,3; and repeat."

Ken Bryden

Caring Alert

A reminder that this space is made available to note members/spouses who may welcome contact from friends, at a time of illness or bereavement.

Please contact an MC director should you have any information to share.

Monthly Quote

"You can't shake hands with a clenched fist"

-Indira Gandhi, Indian Prime Minister

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

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Phone: (604) 922-9331

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

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