

Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

JUNE 2013

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Monthly Meeting at Capilano Golf and Country Club 420 Southborough Drive, West Vancouver, 604-922-9331



Monday, June 10th

with speaker

Greg D'Avignon

President and CEO, Business Council of British Columbia

"Economy of BC - Post Election"

Greg D'Avignon is the President and Chief Executive Officer of the Business Council of British Columbia, a 250-member organization which represents the provinces leading businesses in every sector of the provincial economy and more than one-quarter of all jobs in the province. Established in 1966, the Business Council is the foremost policy and business advocacy organization in the province.

A fourth generation British Columbian, Greg has played an active leadership role in business, politics and the community for over 25 years earning a reputation for results and building collaborative solutions that positively benefit companies, organizations and the lives of people that invest, live and work in BC.

During his career he has successfully led organizations and provided advice and practical policy solutions at senior levels within Canadian regulated and resource industries and within Government that have creatively addressed challenges and effectively enabled growth and efficient operations. He was President, Western Canada, Canada's National Brewers, having previously served the Prime Minister of Canada, and the Minister of National Defence and Minister of Justice.

Greg is active in his community, serving currently as a Board Member and Chair of the Development Committee of the British Columbia Cancer Foundation. He also served as the Chair of the Canadian Breast Cancer Foundation-BC/Yukon Region and on its National Board.

He is the honorary co-chair of the Surrey Regional Economic Summit, has been the campaign manager for a Prime Minister and Premier and served on numerous campaigns. He also serves on the board of the North Shore Winter Club, and several for-profit and not-for-profit boards.

Mark Your Calendars with these Important Dates...



Next Meeting at Capilano Golf and Country Club

- Monday, July 8th - Steve Dotto, Technology Expert

Upcoming Special Event - see page 2 for more details

- Bard on the Beach, "Twelfth Night" - Sunday, July 21st

President's Notes



As mentioned in our May meeting, we are pleased to formally recognize three more of our members – Brooke Campbell, Larry Fournier and Roddy MacKenzie who received Queen's Jubilee Awards for Outstanding Community Service. Congratulations to you deserving Probus members, we are proud to have you in our group.

May proved to be quite a month. On the 6th we enjoyed a sunny tour of the beautiful VanDusen Botanical Gardens organized by our Special Events Committee. On the 13th we were treated to an excellent presentation at our monthly meeting by pharmaceutical specialist James McCormack whose topic *'Medical Myths You Need To Learn About Before It's Too Late'* was both highly informative and very humorous. On the 14th, we elected a pro-business government against the pollsters predictions (congratulations to member Ralph Sultan on winning his riding handily), and on the 27th we will commence the 2013 Probus Golf season with a game at Peace Portal.

Our June meeting featuring the CEO of the Business Council of British Columbia discussing the economy of B.C. post-election should prove most interesting.

I would remind you that our meetings now get underway at 9:30 a.m. I would also remind you to keep August 12th open as we are going to have a members-only 10th year Anniversary Party. We are going to celebrate 10 years as a growing, active Club and will provide food, drink and entertainment. Stay tuned for what should prove to be an enjoyable outing.

Fraser Grant



Special Events

10th Anniversary Luncheon – Monday, August 12th

Our club will celebrate its 10th Anniversary on 12 August at the Chief Joe Mathias Centre starting at 11:00 AM and ending at 2:00 PM. Lunch will be included (at no cost to members). There will be a no host bar. More details will be provided when they become available.

Bard on the Beach - Sunday, 21 July, 2013

This year's production is *"Twelfth Night"*. The cost will be \$75 per person which includes:

1. Bus transportation to and from Park Royal South to the Vanier Park site.
2. A delicious "picnic" meal in the Marquee Tent.
3. Our own cash wine bar in the Marquee Tent.
4. A pre-performance briefing by Christopher Gaze.
5. Of course the play in our reserved seating at 7:00 PM.

Participation is limited to 50 (members and their spouse/partner/guest). You may register by contacting Mike McMahon at mike@mcmtax.com or 604-671-3598. Make your cheque out to Probus Club of North Shore Vancouver and mail to E.M. McMahon at 2408 Haywood Avenue, Suite 204, West Vancouver, B.C. V7V 1Y1. Your registration is not confirmed until payment is received.

Logistics are such that in order to allow participation by 50 persons we need 8 volunteers to stand on the bus.

Mike McMahon

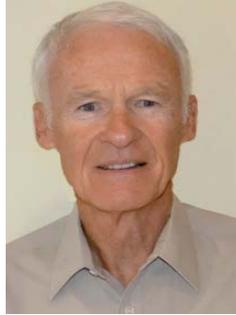
TWELFTH NIGHT

May Greeters



George Polling and Ed Mitchell

New Members Welcomed and Introduced at May Meeting



Sandy Aird
Entrepreneur



Bob Sitter
Professional Engineer

Brief Backgrounds of a Few Recent New Members



Sandy Aird (*member since April 2013*) was born in Penang, Malaysia and received his education in Australia, Ceylon and Scotland, ultimately qualifying as a Chartered Accountant. He came to Canada in 1985, initially settling in Toronto before moving to British Columbia in 1998 where he lived in West Vancouver before moving to North Vancouver 5 years ago. Sandy spent most of his business career with Moore Corporation International Division, ultimately as Vice President-Finance of that Division, at times based in London (UK), Toronto, and Lausanne.

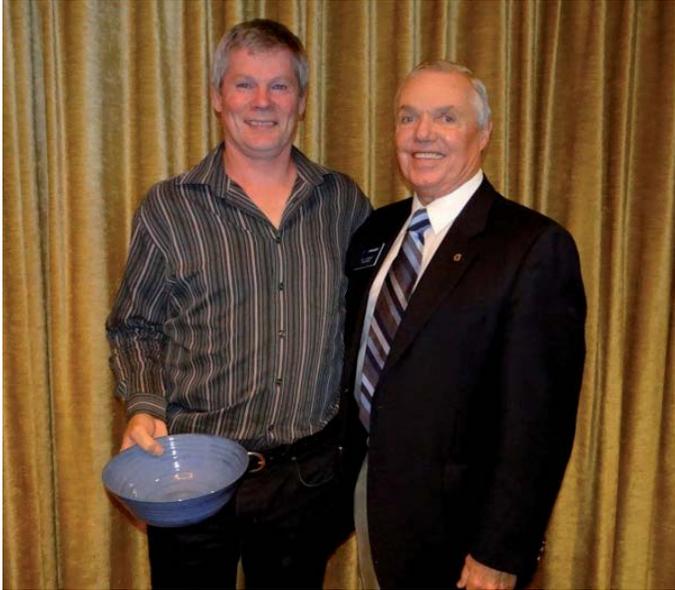


Doug Hayhurst (*member since February 2013*) was born in Toronto and has lived off and on in West Vancouver since 1973. After graduation from Richard Ivey School of Business (University of Western Ontario) with a BA (Hons.) he joined Price Waterhouse where he qualified as a Chartered Accountant. Doug's career with the firm included corporate tax advisor, national and regional management and finally management consultant to the pulp and paper and packaging industries, plus assignments with the Federal Government (Canada Revenue and Finance). Outside his career, Doug served as Chair of the BC Region board of the Nature Conservancy of Canada and now serves on the national board.



Roddy MacKenzie (*member since October 2012*) was born in Calgary and graduated from the University of Calgary with a BA (Political Science), subsequently obtaining an LLB from University of British Columbia in 1972 and admission to the Bars of Alberta and BC. In 1980, he founded a law practice in downtown Vancouver restricted to acting for local governments, starting with three local bodies and ultimately serving 57 throughout BC. Roddy volunteers in the community, including Seaforth Highlanders, Boy Scouts of Canada, WestVan United Church Choir, Naval Officers Association of BC, Winston Churchill Society and FitFellas. In recognition of his community involvement, Roddy was awarded the Queen Elizabeth II Diamond Jubilee Medal in January 2013.

Last Month Speaker - James McCormack



Speaker James McCormack with Fraser Grant

Medical Myths You Should Know

James McCormack, PhD

Jim McCormack is professor of pharmacy at UBC, and his mission in life is to educate the public and medical community about medical myths and pharmaceutical skullduggery. The goal should be to deliver minimally disruptive healthcare. He demonstrated this with a lot of humour and 70s rock music some of us had trouble identifying. McCormack said that we must use only evidence based medicine, and not rely on old beliefs and what the drugs companies tell us. So much of what has been passed down has no basis in fact, and could even be harmful. For example, avoid bloodletting unless you are donating it; you will not cramp up and drown if you swim after eating; sugar does not make kids hyperactive, being young does; eight glasses of water will not make you healthier, it will only make you pee more; and low fat diets won't make you thinner, eating less will. He also said that organic foods are no healthier to eat than inorganic ones; and in most cases, it may not be necessary to take antibiotics for the full ten days, three to five days is usually enough. Of course this depends entirely on the type and gravity of the illness, as well as underlying health issues.

"Big Pharma" has many successful tricks to make us buy their products. They use scare tactics with phrases like "silent killer" for strokes, "silent thief" for osteoporosis, and "pre-diabetes". If you suffer from "metabolic syndrome" you are fat (eat less). Not only are pharmaceutical companies guilty of this, but so are fundraising organizations and even health care providers. Many drugs result in no measurable improvement in a person's health, often time does that. For all the new drugs that come out every year,

on average there is only one that shows improvement, and at the same time, the FDA is removing drugs from the approved list. In 2011 there were no new drugs that showed "modest improvement", and in 2012 there were two.

McCormack stressed that it is important to be informed, and diagnosed correctly. 25% of people diagnosed with high blood pressure do not have it, and a third of the people diagnosed with asthma do not have it.

Numbers can be misleading. McCormack said that in a group of people, between 45 and 60, who were tracked for five years, half were on placebos and the other half on statins. Those on placebos had a 5% rate of cardiac events and those on statins had a 3.7% rate. So statins resulted in a decrease of 1.7%, but that is a 34% drop from 5%. Figures lie. When making a decision on whether to take the drug, always ask for absolute numbers. His message is that we must be well informed and proactive about our health as we would about any other decisions. And remember; always insert the small end first.

Ken Bryden

Monthly Quote

"Number one rule of arguments; if you're losing, start correcting their grammar."

-Author Unknown

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: 8:45 am to 9:30 am

Club business and speaker: 9:30 am to 11:15 am

Members are welcome to bring a guest to a meeting.

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Editorial contributions and comments are welcomed
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