

Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

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February Meeting at Chief Joe Mathias Centre 100 Capilano Road, North Vancouver

Monday, February 17th

with speaker

Rhona Hunter, P.Eng.

Director, Infrastructure Delivery, Port Metro Vancouver

“Port Metro Vancouver’s Container Capacity Improvement Program”

The Container Capacity Improvement Program is Port Metro Vancouver’s long-term strategy to deliver projects to meet anticipated growth in container capacity demand. Container traffic through Canada’s Pacific Gateway is expected to more than double over the next 10 to 15 years. Even with recent and current improvements at Port Metro Vancouver’s terminals, and planned investments at the Fairview Terminal in Prince Rupert, the west coast of Canada will need still more container capacity by the early 2020s.

The Roberts Bank Terminal 2 Project is a proposed new three-berth container terminal at Roberts Bank in Delta, B.C. that would provide additional capacity of 2.4 million TEUs (twenty-foot equivalent unit containers) per year to meet forecast demand until 2030. Subject to environmental approvals, the Roberts Bank Terminal 2 Project would drive economic growth and increase employment, benefiting the region, the province and the country.

The Roberts Bank Terminal 2 Project has been the subject of extensive public and First Nations consultation, and will be undergoing an environmental assessment by an Independent Review Panel. Based on the current project schedule and subject to environmental approvals, the proposed Roberts Bank Terminal 2 Project could be operational by the early-to mid-2020s.

Rhona Hunter is a Professional Engineer. In her role as Director, Infrastructure Delivery for Port Metro Vancouver, her primary responsibility is leading the permitting and development of the Roberts Bank Terminal 2 Project. Previous positions with local and regional governments, consulting, and private development have required Rhona to lead complex projects touching on a multitude of priorities including First Nations, stakeholder engagement, engineering and construction, and environmental and biological systems.

Happy Valentines Day 

Mark Your Calendars with these Important Dates...

March Meeting at Chief Joe Mathias Centre

- Monday, March 10, 2014 - Dr. Robert Evans - *Health Care*

Upcoming Special Events - *See page 3 for more details..*

- UBC Wine Research Centre, Tuesday, March 4th



President's Notes



2010 Olympic Memories

At our January meeting, Dr. John Helliwell delivered a most engaging and educational presentation on measuring people's happiness.

He listed some key reasons for happiness, which included the feeling of safety, freedom, generosity and trust coupled with the support of family, friends and community. These conditions create an environment of confidence and oneness.

As we approach the 2014 Winter Olympics, I relate what Dr. Helliwell said to the feelings that were present throughout the 2010 Winter Olympics. Everywhere one went the majority of citizens and visitors were wearing red – scarves, mittens and jerseys. Thousands of citizens generously volunteered – some over many years - and many thousands more ensured sold out venues for the events. The malls and streets were jammed with red and people stood in front of TV's to cheer our athletes to their personal bests.

The atmosphere was patriotic and electrifying. Our athletes nurtured this feeling by winning 26 total medals including a nation leading 14 gold medals. As each medal was achieved, people in restaurants often began singing the National Anthem. There was an outpouring of pride and joy. The majority of citizens felt a deep sense of participating, not just observing. When the rings changed to Gold, Canadians felt they played a part.

Many of our members have memorable experiences of the various events they attended and pavilions they visited. The sports world did come together in true Olympic Spirit. For me the highlight was witnessing the Gold Medal hockey game. My son had secured two tickets located up high and directly behind the net where Sidney Crosby scored the OT winner! It was euphoric to be part of the celebration that took place as the medals were presented and our flag was raised. After the presentation, players kept skating around the rink carrying our flag and the crowd kept cheering. No one wanted to leave!

When we finally did exit the cheers from the high rise balconies surrounding the arena and the crowds that filled the downtown streets kept on resonating. Taking the packed bus back to the North Shore was a slow but joyful ride for every

time the bus had to stop for the Georgia Street masses the passengers would sing O Canada – often off-key but always with enthusiasm. Based on Dr. Helliwell's measurements, happiness would have scored a very high level.

While the Sochi Games will be in a different hemisphere and time zone, it will be interesting to see how much red will be visible in our streets as we again celebrate our athletes and our country. Best wishes to all participants for a great Olympics!

Go CANADA Go!

Don Leier

January Meeting Photos



Greeter Bob Pearmain



Front Desk Members at work



President Don Leier presenting Probus pins to new members.

Special Events - UBC Wine Research Centre

UBC Wine Research Centre - Tuesday, March 4

Date: Tuesday, March 4th

Time: Tour 10:00; Lunch and wine tasting Noon

Price: \$42

The UBC Wine Research Centre was established in 1999 to help wineries in the province improve wine quality through innovation and leading-edge applied research (see www.landfood.ubc.ca/wine). The Centre has one of the most modern and best-equipped viticulture (the cultivation of grapes) and enology (the study and the making of wine) research facilities in the world. It also has a Wine Library/wine cellar which contains 7,000 bottles of wine and is growing.

Although the Centre is not generally open to the public, Probus has arranged a repeat of this very popular tour of this institution. The event will consist of a lecture and Q&A session by the Centre Director, Dr. Hennie van Vuuren, a tour of the laboratories and Wine Library and lunch with a tasting of Canadian wines (tasting samples of four wines will be provided as part of the fee).

The schedule for the event will be:

- 9:30 AM – arrival at Michael Smith Labs (Room 101 - 2185 East Mall, UBC)
- 10:00 - 11:00 AM – lecture and Q&A by Dr. van Vuuren
- 1:15 - Noon – tours of the laboratories and Wine Library
- Noon – lunch and wine tasting.

The cost will be \$42. The number of attendees is restricted and only a few spaces remain. The event is open to spouses or guests. If you would like to attend please contact Mike Sommers at michaelsommers0916@yahoo.ca or by phone at 604-985-1678 or Colin Ritson at colinritson@shaw.ca. Registrations will not be confirmed until your cheque is received by mail at: The Probus Club of North Shore Vancouver, P.O. Box 92042, West Vancouver, BC, V7V 4X4.

Mike Sommers

New Members Welcomed and Introduced at January Meeting



Leigh A. Farrell
Secondary School Principal



Lionel L. Dodd
Executive and Corporate Director

Probus at Chief Joe Mathias Centre

Members approaching by Capilano Road from Highway 1 should be in the left lane at Marine Drive. When the marked parking spaces to the west of the building are full, the surfaced area in front of the main doors may be used. This is accessed from the main parking area by a lowered curb close to the south-west corner of the building. The building may be conveniently entered by the west side-door or through the main doors to the south.

Bill Caulfield

Last Month Speaker - Dr. John Helliwell



Speaker Dr. John Helliwell thanked by Don Leier

Dr. John Helliwell - Well Being and Social Capital

“If you’re happy and you know it clap your hands.” Thus started John Helliwell’s engaging talk on happiness and its importance in the community. We live in a society where the media mostly reports bad news and leaves the one good news item for the end. Happiness is also vital for a successful business, unlike the “10 most hated companies” in the news.

Psychologists traditionally deal with people’s problems, but there is a new movement called positive psychology. This discipline strives to find and nurture talent and make life more fulfilling, and encourages people to make the pursuit of happiness a central core of their life. He said the best way to measure people’s happiness is to simply ask them: how happy are you today, how happy are you with your life? Helliwell gave a number of key reasons which make people happy with their lives:

1. Trust - the ability to feel safe in one’s environment, and not be a victim of violence, fraud, corruption, etc.
2. Social Support - having the support of a family, friends and community.
3. Freedom - the ability to do what one wishes within the laws of a civil society.
4. Generosity - the sharing of any number of things between each other. Prof. Helliwell used the example of buying a coffee for someone behind you in the line.
5. Physical and mental wellbeing - suicide is highest among those with mental illnesses.
6. High, stable employment - knowing that you can support yourself and your family.
7. Individual values - people who care more about other people are happier. Church goers tend to be happy people, because of their connections and “the golden rule”.

8. Adaptation - a person who can adapt to major changes in his life, such as a death, eventually finds greater happiness than one who cannot adapt.

By countries, levels of happiness differ greatly. Many countries have very low levels of happiness. Norway, Sweden, Denmark and Finland scored highest. Canada came in sixth, and the US, sixteenth. The highest score was 7.4 while the lowest was 3.4, and these were in sub-Saharan Africa. So be thankful you are a Canadian, and buy a cappuccino, half cream, no sugar, with cinnamon, for a stranger. An interesting website is at <http://www.oecdbetterlifeindex.org/>.

Ken Bryden

Monthly Quote

As it is Valentine’s month...

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. And now these three remain: faith, hope and love. But the greatest of these is love.” -

Corinthians 13:4-8, 13

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 and may be sent by e-mail to :

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For Information on Probus Clubs in Canada, visit
Probus Canada: <http://www.probus.org/canada.htm>