

Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

December 2018

www.probus-northshorevancouver.ca

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Special Events:

Gordon Cook
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2018 Christmas Luncheon

Still room for a few more. Tickets selling fast!

Monday, December 10th

11:00 a.m. to 2:30 p.m.

West Vancouver Yacht Club, 5854 Marine Drive

with lots of

Fun, Food, Fellowship, & Good Cheer

with special luncheon guest

Brent "Soup" Hayden

Canada's 1st 100m Freestyle Olympic Medalist



Mark Your Calendars to Attend Our Next Meeting



Monday, January 7th at the Capilano Golf and Country Club

Speaker - Tom Van Walleghem, Military Historian and Author

- **Thanks to Members Supporting Our Committees - details on page 2 ...**

President's Notes



The Christmas holiday season is just ahead, and I would like to wish all PROBUS members a Merry Christmas and Happy New Year. I hope you all have an opportunity to spend time with your family and friends. I know we always enjoy getting together with our family and in particular our seven Grandchildren. As they get into their teen years, they all seem to be into cell phones and different applications. They can't believe that I turn off my cell phone at night and keep it in my car.

This past year has been very good for our PROBUS club with excellent speakers and great special events. I would like to thank all our PROBUS Management Committee and the members that work in their committees. Also, thanks to all those who have volunteered as greeters and help during meetings and events. As we look forward to 2019 I am sure we will continue to have some great speakers on local and national issues as well as health related topics and some interesting special events. We will continue to host our monthly meetings at Capilano Golf Course and then move to the North Vancouver School District offices for the summer months. Once again, best wishes for a Merry Christmas and a happy and healthy New Year.

Jim Grey

Contact: president@probus-northshorevancouver.ca



2018-19 Committee Support Group

We are delighted to recognize our members who provide valued support and share in the workload of the chairs of the committees. If you are interested in serving on a committee, please contact the appropriate Chair.

Communications, Chaired by Ken Bryden

- * Linda Metcalfe, Shorelines Publisher & Editor, Website
- * Darryl Stodalka

House, Chaired by Gary Sutherland

Membership, Chaired by Jeremy Marr

- * Pete Stacey

Speakers, Chaired by Gordon Bird

- * Tom Gunn

Special Events, Chaired by Gordon Cook

- * John Elliott, John Pennefather, Jon Strom, John Walker

Bridge and Golf, Chaired by Phil Boase

- * Fraser Grant, Barry Heselgrave



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Bridge Club News



The PROBUS Bridge Club will be starting Season 1 of its 16th year in early January. New members are welcome.

Play is every Monday afternoon to the end of March at the West Vancouver Senior Centre.

Contact Phil Boase at pjboase@telus.net for details.



New Members Introduced and Welcomed at November Meeting



Bill Cooke (*member since October 2018*) Bill was born in Yorkton, Saskatchewan, got a BA degree in Economics at the University of Saskatchewan, followed by a BSW (Social Work) and an MBA. He began his career in social work and ended up in the provincial

Department of Finance. Moving on, he worked for Royal Trust and the Royal Bank before becoming President and CEO of MD Management, which is owned by the Canadian Medical Association. He has served on a number of boards and is currently board chair of Coast Capital Savings. He has worked across Canada and has lived in North Vancouver for the last 20 years or so. There, his interests are jazz guitar, golf and cooking. Among other things, he is trained as an emergency medical first responder in the North Shuswap.



Bob Wilson (*member since November 2018*) Bob was born in Vancouver and received a BA at UBC. He started work as a lumber trader with Cooper Widman before he and a few others in 1973 became an original shareholder in Taiga Forest Products as it was

then. There, for 30 years, he moved on to South Beach Trading until he retired earlier this year. His interests are fishing, reading, travel, family and he has been a member of RVYC for 64 years. He has been President of two Strata Councils, and was on the WV United Church Board as well as a committee to fund and support a Syrian family.



President Jim Grey welcomes new members



President Jim Grey thanks our past Speaker Chair Michael Coady



Membership Chair Jeremy Marr greets members as they arrive for the meeting



Greeters John Robertson and Douglas Forst

Special thanks to photographer Darryl Stodalka



Last Month Speaker - Dr. Cheryl Wellington



President Jim Grey thanks our speaker Dr. Cheryl Wellington with a bowl hand crafted by a member.

We were very fortunate at our November meeting to hear Dr. Cheryl Wellington as our speaker. Dr. Wellington is from the Centre for Brain Health at UBC. The subjects were Dementia and Concussions, with her presentation defining and explaining the differences between Alzheimer's Disease and other related dementias; studies into their early diagnosis and treatment; as well as a summary of concussion injuries and their prevalence in youth and children.

Dementia is an umbrella term of mental illness that robs people of the ability to lead a normal life. Unfortunately, a diagnosis can only be determined with certainty through an autopsy after death. Mild cognitive impairment is a term used to describe an intermediate stage, where there is no impact on the ability to lead a normal life but does cause difficulty with memory and completing complex tasks.

By the time severe memory loss occurs the damage has been done – probably 10 to 15 years earlier – it is too late for effective treatment. The damage is neurodegenerative causing the brain to shrink over time and develop amyloid plaques (sticky protein) and neurofibrillary tangles due to excessive tau protein. Current tests such as PET scans of the brain or lumbar taps to test cerebral spinal fluid are difficult, expensive and not always reliable.

New research being done at UBC in conjunction with other universities is focused on finding “biomarkers” – blood tests that detect amyloids, tau and neurodegeneration – much like routine blood tests for cholesterol. The testing is still in its early research stages and not ready for clinical trials. Once effective tests for each condition are proven, treatment with specific drug regimes can be targeted at each condition. The tests will also allow research into how the three conditions relate to and impact each other.

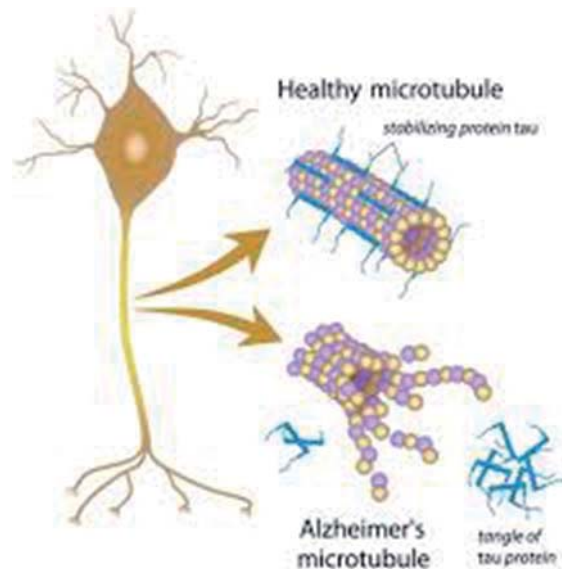
The goal of the research is to develop an inexpensive blood test to measure various protein levels. New technology has enabled advances in detection and validation that could detect a grain of sugar in an Olympic swim-

ming pool! To be effective the testing needs to be done over a period of years to see changes in blood samples. Baseline levels will be determined by a program of testing two age groups of children and youth as part of the Canadian Health Measures Survey once approved by Statistics Canada and the Privacy Commissioner.

The last part of the presentation covered Traumatic Brain Injury (TBI). They are grouped into three stages – mild, moderate and severe. Mild TBI (or concussion) constitute 70% on all these injuries and are predominantly in the age groups under 4 years and over 65 years. Fifty per cent of youths under 19 have experienced concussions, with 70% as a result of sports injuries. Blood tests as described earlier could help detect injury and would minimize the use of CT scans. A study will start in 2019 that will follow 1900 Grade 10 students for 3 years to establish a baseline and measure changes to validate this procedure.

In summary, the proposal to develop a blood test for biomarkers that will yield an early detection screen for use at the primary care level is all part of a national and international effort to fill gaps and provide better ways to prevent, diagnose and treat youth concussions and treat neurodegenerative diseases.

John Zaplatynsky



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Editorial contributions and comments are welcomed
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