

Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

July 2019

www.probus-northshorevancouver.ca

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Management Committee

President:

Jim Grey
604-926-9248

Vice President:

Herb Grubel
604-980-7922

Secretary:

Norm Alban
604-926-2343

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John Zaplatynsky
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Communications:

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604-925-2570

House:

Gary Sutherland
604-926-2807

Membership:

Jeremy Marr
604-926-9368

Speakers:

Gordon Bird
604-988-8280

Special Events:

Gordon Cook
604-921-7393

Monthly Meeting at the North Vancouver School Board Offices

2121 Lonsdale Avenue, North Vancouver 604-903-3444

Coffee and Fellowship: 9:00 am, Club Business and Speaker: 9:30 - 11:15 am

Monday, July 8th

with speakers

Dr. Glenn Landry and Tim Pezarro, Nano-Lit Technologies

“ Circadian Rhythms, Sleep, and Circadian Rhythm Lighting ”



In their joint presentation, Dr. Glenn Landry and Tim Pezarro, P.Eng. will uncover the science behind circadian rhythms and sleep, the impacts of circadian disruption, and the effect light has on humans.

Dr. Landry will focus on the science and will offer practical, evidence-based solutions to improve sleep quality. He will explore the

bi-directional relationships between sleep, disease, mental health, and wellbeing.

Mr. Pezarro is going to go into more detail about how Nano-Lit Technologies is offering a next generation indoor lighting, going beyond energy efficiency. This “Sunlight on Demand” circadian rhythm lighting technology has human health and wellbeing at its core.

Dr. Glenn Landry has studied circadian rhythms and sleep for over 20 years. After completing his graduate research at Simon Fraser University, where he examined circadian mechanisms of entrainment, he did his postdoctoral research in the Aging, Mobility, and Cognitive Neuroscience Lab at UBC. His research there explored age-related changes in sleep duration, efficiency and architecture. Through his private practice, Elite Sleep, Glenn is active as a sleep coach, helping older adults, shift workers, and families improve their physical and mental health by translating sleep science into practical interventions.

Tim Pezarro, P.Eng., is a sales and marketing executive with sales experience in a well-rounded 30 year technology career delivering explosive growth in early phase start-ups. Extensive expertise in marketing deciding what product to create by identifying and qualifying sources from the greater universe of product inspiration. Co-founder of PMC Sierra, Hardware Design Engineer of Northern Telecom. He is Nano-Lit’s Chief Revenue Officer focusing on the sales efforts of the company. He is also the lead investor of Nano-Lit.

Mark Your Calendars to Attend Our Next Meeting

Monday, August 12th at the North Vancouver School District Board Offices



Speaker - Jim Allworth, Investment Strategist, RBC Dominion Securities,

“Thoughts on the Outlook for the Global Economy and Financial Markets”

Special Events - Lions Gate Hospital Tours Review, details on page 3 ...

President's Notes



I am sure we are all enjoying the great weather we are having. You sure can't beat Vancouver as a beautiful location...great weather, mountains, the ocean and lots of outdoor activities. And of course, our Special Events Committee has organized lots of events this summer. It was interesting to see at our last meeting how many people signed up for the two Lions Gate Hospital tours. I expect that we may need to schedule at least one more. It was also good to hear how active our bridge group is and clearly the members enjoy playing and are fairly competitive. Our June speaker, Dennis Molnar, who spoke on "Ten WW2 stories, including the spy who inspired James Bond" was outstanding. I must admit I had never heard about the stories he told and was fascinated to hear how Hitler treated his senior military officers. Also, the North Vancouver School Board facility was great and we can look forward to using it the next couple of months.

Our Past President, John Zaplatynsky, will be heading up the Nominations Committee looking for volunteers for positions on our management committee. These positions provide direction for our PROBUS Club and are very helpful but don't require a significant amount of time. If you have any interest please touch base with John at our July meeting which he will be hosting.

Our annual general meeting in September is when we elect a new management committee. Also, in September we start a new year and our annual dues need to be paid but we will deal with that in our August newsletter.

Hope everyone has a happy and healthy summer.

Jim Grey



Contact: president@probus-northshorevancouver.ca

June Meeting Photos



Bob Witzel at Membership Desk



Greeters Steve Wilson and Nigel Clarke



Phil Boase presenting Bridge awards to Hector Campos, Fraser Grant and Victor Harrison

Special thanks to photographer Darryl Stodalka

Lions Gate Hospital Tours - June 12 and 19

Judy Savage, President and CEO of the Lions Gate Hospital Foundation, hosted a total of twenty-four PROBUS Club members and spouses on June 12 and 19 tours of Lions Gate Hospital.

The tour began in the newly renovated Atrium and Outpatient Care Centre – a welcoming and airy locale for outpatients and visitors. It was interesting to note some of the \$1.2 million of donated art that adorns the hospital including the Atrium area.



The tour then moved to the North Shore Hospice where Jane Jordan, an eighteen year veteran of palliative care, toured us through the purpose-built hospice facility. She discussed in detail the philosophy and activities of the Palliative Care Program to make the final journey of terminally ill patients and their families as comforting as possible. She also described the EveryDay Counts Program designed to support family and spouses of the terminally ill.



The groups then moved to the HOpe Centre, a four story building that houses inpatient and outpatient mental health services on the third floor, BC's first youth psychiatric centre for youth with combined mental health and addiction issues on the fourth floor and the UBC and Vancouver General Hospital medical Education Centres on the second floor.

Karen Schafer, Regional Manager, Clinical Education, toured the groups through the UBC Medical Education Centre dedicated to training nurses, medical students and practicing doctors in diagnostic and some surgical procedures utilizing very realistic computer-controlled mannequins. Some diagnostic sessions utilize actors as well focused on doctor – nurse – patient communication during diagnostic procedures. The objective of the training, in addition to focusing on procedures, is to provide experience in the dynamics of working as a team to successfully perform medical procedures. Judy Savage took the opportunity, from a vantage point on the second floor, to show the groups the construction site between the hospital and the HOpe Centre where the new \$166 million Medical and Surgical Centre will be built.

The tour concluded with a presentation by Judy Savage of future plans for Lions Gate. A future focus is the expansion of communications technology to streamline patient appointment booking, admitting, and integration of patient medical and pharmacological records. Another key project is the construction of a small intermediate care facility for patients who require a higher level of care than most patients but do not really require the care level provided by the Intensive Care unit. That is a care gap that Lions Gate intends to address. She took the opportunity to thank PROBUS for the \$6,000 that the club has donated to the Foundation.

The tours were very informative. The work that has been done and is continuing to provide state-of-the-art facilities, medical training and very compassionate palliative services was most impressive. Judy indicated that this was only possible because of the high level of community support that Lions Gate receives. Vancouver Coastal Health recognizes this and is very supportive of the facility. I wish to thank Judy Savage, Jane Jordan and Karen Schafer for the time they spent to provide our groups with very interesting and enlightening tours.

*Doug Magoon
Photos provided by Gord Cook*



President Jim Grey thanks Speaker Dennis Molnar with a bowl hand crafted by a member.

“Ten WW II Stories, including the Spy Who Inspired James Bond”

Dennis Molnar is more than an Historian. He is a magnificent Story Teller! From the time his audience walked into the meeting room at the North Vancouver School Board Offices they were entertained with slides that teased us with what was to come in in his presentation twenty minutes later. Each of the slides foretold some part of the ten (or more) stories he was to tell. The following is a short summary of each of the stories told by Dennis.

The Battle of the River Plate

The German panzerschiff (battleship) Admiral Graf Spee had been reeking havoc on the British Merchant Marine in the South Atlantic. The British could not locate the German ship because she successfully maintained radio silence (by using code over signal lamps) until the last ship she engaged broke silence just before the Graf Spee sank it. This allowed the British to finally locate the Graf Spee and, notwithstanding the larger caliber (11” to 6” and 8”) guns on the Graf Spee, the British Ships eventually damaged and caused casualties on the Graf Spee to the extent that it had to seek the protection of a neutral port in Uruguay. Captain Langsdorf of the Graf Spee, faced with engaging the British with a wounded ship or with remaining in port decided to do neither, took the Graf Spee to the mouth of the river Plate estuary and scuttled it. A few days later he did the same thing to himself by committing suicide!

The 2nd Biggest Challenge tfor the British Pilots

While the first challenge to the pilots defending Britain was obviously the enemy Germans it came as a surprise to Dennis’ audience that the second was “friendly fire”. Den-

nis used his slides to illustrate planes almost cut in half, bombers with the front gunners’ turret missing, propellers from one plane stuck in another and the bullets flying from chaotic fire fights among 30 or more friend and foe or from the simple fact that sometimes bombers did not keep formation and dropped bombs on one another.

Hitler Bought the Loyalty of the Generals of the German Army

Dennis started this story with some facts:

- There were 3,000 Generals to command 20,000,000 armed forces.
- Only about 10% were Nazis
- All Generals swore allegiance to the State of Germany not Hitler
- Hitler wanted the loyalty of the Generals for without them his army would be ineffective.
- Hitler devised two ways to accomplish his quest for loyalty:
 1. Create personal forces of intimidation through the SS and the Gestapo.
 2. Create a Loyalty program to bribe Generals to be loyal to him.
- Hitler created “Account 5” into which 45million marks per year were placed and to be paid out at Hitlers discretion.
- Hitler then increased the pay of all his Generals from 10,000 Marks/year to 20,000 Marks/year with even fired generals receiving the Bribe. (Even fired Generals may be needed to manage his armies)

As a consequence of intimidation from the SS and the Gestapo coupled with the loyalty payment almost all Germanys’ Generals marched in lock step with Hitler throughout WWII.

Even Generals who directly defied Hitler did not suffer the consequences we thought they would have got such as being shot or hung. Instead they got “Garden Leave” with full “double pay” and in some cases, large real estate holdings. Generals Gordorian, VonLieb and Rommel all were beneficiaries of this program.

The Man Who Helped WWII to End Early

In 1942 a member of the French Resistance by the name of Rene Duchea used his cover as a verbose tall story teller and his profession as a wall paper hanger to gain entry to a Gestapo Office. Apparently the Gestapo felt that Rene was so much the fool that he could never be a member of the French Resistance.

Rene had answered a poster on the outside of the Gestapo offices asking for someone to decorate the rooms in the offices. He got the contract and while assessing the work

to be done noticed a large map that he ascertained were the fortifications the Germans intended to build along the seacoast of Normandy. He took the map and hid it behind a mirror in that office intending to get it when he returned to wallpaper that office.

In the meantime a new officer was in charge who told Rene that the work in that office was not needed. Rene said he would do the office for no pay and the officer agreed. Once he had access Rene rolled up the 12' x 2' map into an excess roll of wall paper and walk off with the map. The map was delivered to England and allowed the planners of D Day to prepare for the landings in 1944 rather than latter.

Dusco Popov, the Serbian Playboy and Double Agent Trusted by the Germans and the British.

Within two days after the British successfully attacked the 9 Italian Navy ships at anchor in Tarantino Harbour the local Japanese Military Attache reported the success to his superiors. A short time later a full contingent of Japanese experts arrived in Tarantino and carefully studied all aspects of the British attack including their use of air delivered, heavily explosive laden, torpedoes.

Soon thereafter Dusco was sent by the Germans to the US with specific instructions to go to Pearl Harbour and report back on its use by the US Navy, its depth, size and how many ships could anchor there.

Dusco realized that the Japanese intended to attack Pearl Harbour using the same technique the British had at Tarantino, advised the British and then, needing a holiday, went to Florida with a 20 year old young lady. By this time the British had advised the Americans that Dusco was a British agent and was "invited" to go to New York and meet with J. Edgar Hoover of the FBI. Dusco informed Hoover of the Japanese intention to attack Pearl Harbour and left. Remember this was well before December 7, 1941!

Dusco Popov, the Real James Bond?

During WWII the British currency restrictions on entry to Britain required the declaration of any amount over one pound. Germany could not get money into Britain to pay their spies located there. The Germans trusted "their" spy Dusco to smuggle Fifty Thousand Pounds into Britain.

Dusco did not trust the safes in his Lisbon hotel so he kept the money in the breast pocket of his suit even though he was off to Enteral to gamble.

The British trusted "their" spy Dusco but maybe not the extent of Fifty Thousand Pounds. So the British sent a Navel Intelligence Agent to Lisbon for the specific reason to watch Dusco and to ensure the money got to them and not to the German spies in Britain. The Navel Agent was Ian Fleming!

Fleming followed Dusco to the gambling centre of Estoril where he saw Dusco use the Fifty Thousand Pounds to bluff an arrogant German from the Baccarat tables. Fleming accompanied Dusco and the Fifty Thousand Pounds to Britain.

On reflection there are a number of similarities between the two agents: both were Agents in MI 16, both drove sports cars (Dusco a 1937 Jaguar and Fleming a 1931 Bentley), both sports cars were blown up, both played Baccarat, both carried a weapon and had a "licence to kill" and did and both had "blue grey" eyes.

Only Fleming was an author and drank Martinnis. Only Dusco drank mostly Scotch, had one phone recognizable phone number...26-007 and appeared on the TV show "To tell the Truth" in 1973. Google it!

Last Story- The second most difficult decision of WWII?

After the French surrendered to the Germans on June 22, 1940, the French Navy had located its fleet in its Colony of Algeria. The Germans promised to use the French Fleet on in "non military" ways. The French Admiral Darland promised Churchill that he would never allow the French Fleet to get into German hands. Churchill requested that Darland move the Fleet from Algeria. He did not.

Churchill was faced with the decision of whether to lose control of the Mediterranean or does he attack an ally?

Churchill chose to attack and the French suffered the death of 1300 Sailors and the wounding of many more. It was his most difficult decision but was it right?

When the Allies invaded North Africa Hitler immediately moved into Vichy France. The balance of the French Fleet of over a 100 vessels was located in the Port of Toulon. Upon the approach of the Germans the French scuttled 77 of their ships. Churchill made the correct, but horrible, decision!

This story brought to an end a most interesting two hour presentation by Dennis. This was not his first talk to the Probus Club NS Vancouver and we hope that it is not the last.

George Davis

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<http://www.probus-northshorevancouver.ca/>

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

linda@probus-northshorevancouver.ca

or by mail to:

PROBUS Club North Shore - Communications Chair
P.O. Box 92042, West Vancouver, BC, V7V 4X4