

Shorelines

NEWSLETTER OF THE PROBUS CLUB OF NORTH SHORE VANCOUVER

August 2019

www.probus-northshorevancouver.ca

Vol.17 No.8

Management Committee

President:

Jim Grey
604-926-9248

Vice President:

Herb Grubel
604-980-7922

Secretary:

Norm Alban
604-926-2343

Treasurer:

Gordon Adair
604-230-9122

Past-President:

John Zaplatynsky
604-925-1548

Communications:

Darryl Stodalka
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, August 12th

with speaker

Jim Allworth, Investment Strategist, RBC Dominion Securities

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



Raised in Toronto, Jim Allworth has resided in Vancouver with his wife Rojeanne since 1975. He is a graduate of Simon Fraser University (Econ).

Jim has been in the investment business for 50 years, as both a research analyst and portfolio strategist. Through more than four decades at RBC Dominion Securities (and predecessor Pemberton), Jim has developed investment policy for the firm and translated that into solutions for individual clients.

He is the RBC Dominion Securities investment strategist and Co-Chair of the Global Portfolio Advisory Committee.

Nominating Committee

Your Past President John Zaplatynsky, President Jim Grey and Vice President Herb Grubel are the Nominating Committee. They are responsible for putting together a slate of Management Committee members for the 2019-2020 fiscal year. The candidates recommended by the Nominating Committee, for election at the September Annual General Meeting, follow on page 5. Nominations close on August 26, 2019. If you have a member that agrees to be nominated for a position on the 2019-20 Management Committee, please submit the name to John Zaplatynsky 604-925-1548 prior to August 26, 2019.

Mark Your Calendars with the Next Monthly Meeting



Monday, September 9th at the Capilano Golf and Country Club

Speaker - Eleanor Campbell and Jane Jordan,

“Developments in Palliative and Hospice Care on the North Shore”

- **Membership Renewals** - details one page 2 ...
- **Special Events** - details on page 2 and 3 ...
- **2019/2020 Proposed MC (to be elected)** - details on page 5 ...

President's Notes



I trust that everyone has been enjoying our summer weather. It has been a pretty good balance of rain and sun. The good news is that the fires seem to be more manageable this year although we still have August and September to get through. August will start off with BC Day on Monday August 5. This is a follow on to August 1858 when Britain passed an Act to create the Crown Colony of British Columbia. Just think how things have evolved since then.

We will again be meeting at the North Vancouver School District offices on Lonsdale and 21st Street. The venue has proven to be very good and once we get the air conditioning tuned up, it should be perfect. We had a couple of interesting speakers last month and hopefully we are all resting better. I was concerned to hear that consuming alcohol before going to sleep was a bad thing to do but the good news is that we can start drinking in the morning.

The AGM is scheduled to be held as part of our September meeting. In addition to reviewing our financials, we will be electing our Management Committee. We will also be looking for additional committee volunteers and would appreciate hearing from anybody that is interested. Personally I have found that volunteering for our club is very rewarding and enjoyable and frankly does not require a lot of time. Our speaker program is booked up until early next year and our special events continue to identify opportunities for our members. Enjoy the balance of the summer.

Jim Grey

Contact: president@probus-northshorevancouver.ca

Membership Renewals

If you have not received it yet, you will, very shortly, get a membership renewal invoice for \$80 by e-mail, due by September 15, regardless of the month in which you joined. The renewal rate has not changed and remains at \$80 for the year.

Completing the renewal notice will help considerably. It will also allow you to confirm that your database information is current. Should there be changes, please advise Linda Metcalfe, our administrator, by email listed below.



Last year, we asked members where they are prepared to assist in the running of the club, even if only occasionally. This was very successful and we are doing it again. We tried to contact all of you who responded positively but, if you did not hear from us, please don't give up!

Please return the completed renewal notice with your \$80 cheque. This helps to ensure the payments are properly processed. We often encounter situations where the payment is with a company cheque or has only initials and a surname rather than the name used in the PROBUS registration.

Completed forms and cheques for \$80 may be mailed to the P.O. Box address on the renewal notice or brought to the August or September meeting – with the form, please.

Your prompt response will be greatly appreciated. If you have any questions or concerns, please let me know at jeremy@marrassoc.com or contact our administrator at linda@probus-northshorevancouver.ca.

Jeremy Marr

Special Events - October 25

Port Authority and Harbour Air Tower Visits

Friday, October 25

Visits to Vancouver Port Authority and Harbour Air Control Tower. Sign up information and tour details will be in the September Shorelines. Space will be limited to 20 members.

John Elliott

Special Events - Britannia Mine Museum Tour, September 11

Board a Mine Train and Rumble Inside an Early Haulage Tunnel



Once inside, an engaging team of interpreters will demonstrate actual mining equipment, teach you about Britannia's quest for copper, and allow you to experience the mine's working conditions just like miners back in 1914.

This is only one of the many experiences you'll come into contact with on our September 11, 2019 PROBUS tour of the Britannia Mine Museum.



Following the Mine Museum tour we'll gather at the Sea To Sky Gondola for a discounted ride to the Summit Lodge for a "no-host" lunch and visit all their mountain top facilities.

This tour will be limited to 30 attendees and is open to members and a maximum of 1 guest each.

Total cost (Mine Museum and Gondola) \$75.00 per person.

This will be a Car Pool trip.

More information and registration will be sent out in a couple of weeks.

Gord Cook

Special Events - Sunset Dinner Cruise, August 28

ONLY A SHORT TIME LEFT TO REGISTER YOUR FRIENDS AND FAMILY FOR OUR

SUNSET DINNER CRUISE

August 28, 2019 Boarding at 6:30 pm



Enjoy:

Scrumptious west coast themed dining featuring fresh B.C salmon and slow roasted sirloin of beef.

Live entertainment.



OPEN TO MEMBERS, FRIENDS AND FAMILY

**Special all-inclusive PROBUS Pricing
(20% off Regular Price)**

\$80.00 per person

(Taxes and Gratuity Included)

**See attached flyer for
registration
information.**

New Members Introduced and Welcomed at July Meeting



Ash Abhyankar (*member since March 2019*) Ash was born in Bombay, India before it became Mumbai but has lived in West Vancouver for 33 years. Ash graduated from Indian Institute of Technology in Engineering, received his Master's degree in Saskatoon. He is a graduate of

IBM's advanced Executive Management Development program at Harvard University. During his career he has worked in senior management positions on four continents and still acts as a Management Consultant and Business Advisor specializing in digital transformation. His interests are bridge, golf, walking, tennis and chess, and has a special interest in First Nations Grade 12 Math and Science education, Alzheimer research and caregiver support.



Ron Barre (*member since June 2019*) Ron was born in Ste Rose du Lac, a community of 1000 about 50 km from Dauphin – in Manitoba. He started his career as a banker with the Bank of Montreal before joining the Vancouver Ticket Centre. Over forty years he built that organization up to what is now known as Ticketmaster Canada.

He has served as a director on the boards of Science World and Ballet BC. Committed to the cultural life of BC he has served also on the Vancouver Symphony Society and Playhouse Theatre Company Marketing Boards and the "Save the Stanley" Theatre Committee. Current interests are golf, fishing, travel and reading.



Gary Grafton (*member since June 2019*) Gary was born in Port Alberni and received a BA in Economics and Psychology from the University of Victoria and an MBA from UBC. That led to a career in marketing and advertising with General Foods, Baker

Lovick, McKim Advertising and Wasserman and Partners. He has been on the Board of the Arts Club Theatre, and West Vancouver United Church and involved with North Shore Family Services. Current interests are travel, church, 2 concert bands, photography, gardening and learning Spanish.

Special thanks to photographer Darryl Stodalka



Mike Hoole (*member since June 2019*) Mike was born in North Vancouver and received his BCom and then a Law degree from UBC. He went into industry as corporate solicitor with Placer Development and VP and General Counsel with BC Forest Products. Then later with Kimber Resources and

Alaska Hydro. He retired to Sechelt 8 years ago and, when not gardening and tinkering with cars, he gets involved with local politics, architecture and community planning.



Jim O'Rourke (*member since May 2019*) Jim was born in Prince George and graduated from UBC with a BAsC in Mining Engineering. That led to a career of building and operating mines with companies that included Placer Development, Princeton Mining, and finished

with Copper Mountain Mining where he was President and CEO until his retirement last year. Jim was a 2011 recipient of the Order of British Columbia and the Mining Person of the Year award for British Columbia in 2010. Now his interests are golf, skiing, hunting and fishing.



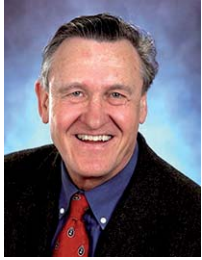
Nelson Savein (*member since June 2019*) Nelson was born in Toronto and received a B.Sc. from U of T and then an M.D. He worked in places as far apart as Sechelt, Yellowknife and Kuwait before settling in Vancouver

specializing in obstetrics and gynecology. Now retired, his interests are in travel, golf and cycling.



Greeters George Reynard and Steve Wilson

2019/2020 Proposed Management Committee (*to be elected*)



Herb Grubel
President*



TBD
Vice-President



Norm Alban
Secretary*



Gordon Adair
Treasurer*



Darryl Sodalka
Chair: Communications*



Gary Sutherland
Chair: House*



Jeremy Marr
Chair: Membership*



Gordon Bird
Chair: Speakers*



John Elliott
Chair: Special Events

Additional Member Not Requiring Election

Jim Grey, Past President*

* *Member of the 2018-2019 Management Committee*

Note: Nominations for the Management Committee close on August 26, 2019. If you have a member that agrees to be nominated for a position on the 2019-20 Management Committee, please submit the name to John Zaplatynsky 604-925-1548 prior to August 26, 2019.

Herb Grubel (*Member since March 2007*) Herb is a Professor of Economics (Emeritus) at Simon Fraser University and Senior Fellow at The Fraser Institute. He was the Reform Party Member of Parliament in Ottawa for Capilano-Howe Sound from 1993 to 1997, serving as the Finance Critic from 1995 to 1997. He has published 27 books and 130 articles.

TBA - At time of publishing the August newsletter, this position has yet to be filled.

Norm Alban (*Member since April 2016*) Norm's career was primarily as a management consultant at Price Waterhouse and various volunteer projects world-wide. His interests include cycle touring, West Vancouver School Trustee and West Vancouver United Church.

Gordon Adair (*Member since December 2008*) Gordon's career for 57 years was in Finance and Accounting and is a Chartered Professional Accountant (CPA) and a FCPA (Fellow of the CPA's), is a board member of the Coho Society of the North Shore for 30+ years. He was also a former partner at Deloitte and Director of Finance at ICBC.

Darryl Stodalka (*Member September 2005*) Darryl's career in Information Technology took him from government in Edmonton to the oil patch in Calgary and on to Vancouver in the insurance industry. Darryl and his wife have lived in West Vancouver for over 25 years. When joining PROBUS he helped the Club go digital contributing to lowering dues.

Gary Sutherland (*Member since February 2014*) Gary's entire career was in the investment industry, first with Pemberton Securities and then VP and Investment Councillor with Royal Bank Investment Management. Gary is a past Director of Pacific Insight Electronics Corp. and past volunteer President of the Heart and Stroke Foundation.

Jeremy Marr (*Member since December 2008*) Jeremy came to Canada from the UK fifty years ago with an engineering degree from Cambridge. He worked for Chrysler Canada in Toronto and Pacific Press in Vancouver before becoming a consultant in quality management systems. His interests include bridge, golf and singing with the Pacific Spirit Choir.

Gordon Bird (*Member since December 2015*) Gordon's career was as a self employed lawyer, majoring in civil litigation and mediation. He has participated in church mission work, both local and abroad, Rotary and the federal Conservative Party. His interests include bridge, live theatre and travel.

John Elliott (*Member since 2005*) John's career was primarily in the energy area including H.A. Simons where he held the position as Director of Energy Services. He has lived in West Vancouver for 40 years. His interests include golf, granddaughters, and some traveling. John has served on the PROBUS Special Events Committee for the past six years.

Last Month Speakers - Dr Glenn Landry and Tim Pezarro



Past-President John Zaplatynsky thanks each speaker Tim Pezarro and Dr. Glenn Landry and with a bowl hand crafted by member.

On Monday, July 9th the Probus Club we had the pleasure of hearing two highly qualified experts confirm, in detail, the advice we have all heard throughout our lives: **“Get eight hours sleep a night”** and **“stay away from florescent light”**

Dr. Glenn Landry (Glenn) (an MD and a PHD) not only practices what he teaches, he uses his expertise to consult with entrepreneur-scientists in an effort to bring his knowledge about sleep to the consumer.

Tim Pezarro, P.Eng, is an entrepreneur-scientist who was the co-founder of PMC Sierra and presently is Chief Revenue Officer of a new start-up called Nano-Lit Technologies.

Glenn and Tim consult with each other to integrate their knowledge of sleep and light so as to apply their respective sciences for the health and wellbeing of us all.

Glenn first explained that, after many years in Academia including the study of the science behind circadian rhythms and sleep, he had moved into the translation of that science for the benefit of those who had paid for the research. He pointed out that the science of sleep had been pretty well known for twenty years but that the application of that science had only been slightly accomplished. He and Tim were attempting to at least partially rectify that.

Sleep deprivation has been proven to affect one’s health generally, and Glenn pointed out that **CHRONIC SLEEP DEBT IS A KILLER!** There is a direct connection to Dementia, high blood pressure, Cardiovascular Disease, Obesity & Diabetes and Impaired Immune System Function.

Glenn stated that it was not possible to pass on in one hour what he spent 20 years to learn, he suggested four books that are available to those who may wish more in-

formation than was possible for him to pass on.

The books are *Principles and Practice of Sleep Medicine* (a Doctors handbook); *CIRCADIAN medicine*; *Why We Sleep*; and *The Circadian Code* (best for laymen).

After advising us that less than 7/8 hours of sleep a night is TOXIC to the proper functions of our brains, Glenn produced a graph showing what each of us should strive to achieve if we want to give our brains a chance to recharge on a regular basis. Read carefully as it will add enjoyment to your life:

To get the “perfect sleep”, hit these targets:

- Deep Sleep > 75 minutes
- REM Sleep > 105 minutes
- Light Sleep > 4 HOURS
- Awake < 48 minutes or less than 10%

Glenn then pointed out the problem that arises with those (e.g. first responders) who cannot follow the natural circadian rhythms and are forced into employment as shift workers. They are forced to turn day into night and night into day thus upsetting their circadian rhythms. This is so serious that it shortens their life span. It is possible to help shift workers adjust their circadian rhythms by using the science of light and how it affects the rhythms. In effect, it helps those shift workers turn their night into day and get them closer to their natural circadian rhythm.

Tim talked about the light spectrum and how important the timing of “blue light” is to the circadian rhythm. It should get as much blue light as you can during the day and the best way to do that is to walk outside in the sun. However, you do not need blue light after sundown as too much of it upsets your circadian rhythms. To limit blue light in the evening hours (watching TV time), you can use “orange lens glasses” available from Uvex via Amazon.

Tim then turned to the technical side of his presentation by explaining just how the startup company (Nano-Lit Technologies) is working on the technology to turn light into day so that a night shift worker could get blue light at night. Nano-Lit has the engineering down and is proceeding to get this to consumers through a lamp. (Thus achieving just what Glenn set out to do by marrying science to technology!)

Tim pointed out that we are living in the dark ages when it comes to lighting our offices and homes in that we continue to use florescent lighting when we know that it is the most interruptive to our circadian rhythms. Nano-Lit hopes to change this with its “sun light Lamp.” Glenn can be reached at: glenn@elitesleep.ca and Tim can be reached at tim@nano-lit.com.

George Davis