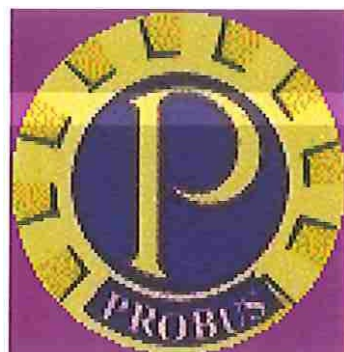


NEWSLETTER



WOMEN'S PROBUS CLUB OF VANCOUVER

#107 - 3088 -W- 41st Avenue Vancouver, B.C.
V6N 3C9 604-261-0708

Volume 15 Issue 1, June 2017

Next meeting: Tuesday, July 4, 2017

Time: 9:30 am - Coffee Place : Point Grey Golf Course
10:00 am - Meeting 3350 S.W. Marine Drive

Speakers for July: Pam Cooper and Michael Connidis, Vancouver

Society of Change Ringers

Topic: The Art of Change Ringing - the Bells of Holy Rosary Cathedral



Greet ers:

- Honorary Life Time Members: Robbie McKenzie
Audrey Will
- President: Donna Battye 604-266- 0536
- Past-president: Denise Cunn ingha m 604-261-0162
- Vice-president: Jane Leporte 604-263-1746
- Treasurer: Barbara Paterson 604-263-7049
- Recording Secretary: Nicki Collingwood 604-261-1051(backup - Mary Graham)
- Corr esponding Secretary: Suzanne Everett 604-228-8482
- Newsletter Editor : Helen Armstrong 604-261-0708
- Speakers: Cheryl Banfield 604-731-8608
Marguerite Ford 604-224-3607
Mavis Jonsson 604-261-6687
Marigold Lyall 604-731-9260
- Webmaster: Estelle Jacob son 604-259-1091
- Membership: Lois Lindsay 604-261 -3653
- Membership Services: Dorothy Joplin 604-261-2955
- Membership Committee: Pauline Dunlap, Michelle Gambrel, Joan Sleigh, Melba Sinclair,
Pat Hudson, Pat Cryder
Sheila Bell-Irving 604-738-1626

Women's Probud of Vancouver: www.probusvancouverwomen.com

Probud International Websit e: www.probus.org

Probud Canada Website: www.probus.org/canada.htm

Notes from our June meeting: With many thanks to Nicki Collingwood .

President Denise Cunningham presided and welcomed everyone to the Annual General Meeting, June 6th 2017.

Visitors were welcomed.

Thank you to our greeters, Mary Pollock and Diane St . John .

Denise introduced t hr ee new members, Barbara Pain, Sara Jones and Alice MacCauly.

Barbara Paterson presented the Financial Report. The Club has a healthy financial status and dues are once again \$40 yearly, due in September. It was moved (Margaret Bullock) seconded (Jane Leporte) and carried that the Financial report be accepted.

Margaret Perry presented the Nomination Committee Report. Committee members are Margaret Perry, Chair; Pat Cryder and Billie Davidson.

Nominations for Executives of the Board of Directors are as follows:

- Past President: Denise Cunningham
- President - Donna Battye
- Vice President - Jane Leporte
- Treasurer - Barbara Paterson
- Recording Secretary - Nicki Collingwood

Margaret asked three times for further nominations from t he floor. There being no further nominations, Margaret moved adoption of the Report as presented . Carried. Margaret thanked the Nominating Committee for their help and support .

Donna Battye thanked Denise Cunningham for her tenure as president.

It was mentioned that a founding member, Joan Straight, had died April 17 at Tapestry, UBC, at age 97.

Joan Lloyd is still at UBC Rehabilitation, first floor, and would welcome visitors . Her rehab may t ake some time yet.

The 2017-2018 membership fee of \$40.00 is due in September and may be paid at any meeting until then. Cheques should be made out to Women's Probus. Your cancelled cheque is your receipt unless you ask for one . Receipts will be issued for cash payments. You may mail cheques to the treasurer, Barbara Paterson, If you do not wish to continue to belong to the club, please let Barbara

Lunch is again available following our meetings. Please sign up at the sign-in tables as we are limited to 20 members of Probus. Don't forget to bring cash to pay for your meal.

Our Webmaster, Estelle, has the Women's Probus Website up and running. Members can access it via www.probusvancouverwomen.com

Individual guests are welcome to attend our meetings in July and August **in addition** to two additional days during the rest of the year.

During the summer, with work being done along Marine Drive, the best way to access the Club is via Blenheim Street.

Please remember, no cell phones or perfume at Probus meetings. The Golf Club has a defibrillator and a first aid person we may contact if any Probus member has a problem at one of our meetings.

Please keep your rosters up to date by making the following changes:

New members:

- Barbara Pain - Sara Jones - Alice Macaulay, Betty Smith -
- Cynthia Nagy - Judy Williams –
- Sandra Posnikoff - Dianne Price -

Let Helen Armstrong (604-261-0708) know if you are not receiving your newsletter by email and wish to do so, or vice versa. Please also let her know of any changes in your information. If you are having difficulty receiving your letter by email. Please contact Hardy Bunn at 604-683-8604.

Don't forget to check your Junk Mail!

Laurie Drummond Introduced our guest speaker, Maria Howard, MBA, CEO of the Alzheimer's Society of B.C.

The Alzheimer's Society of B.C. is the leading health organization in Canada for people with Alzheimer's and other dementia. Each province has its own Board and fund-raising to make decisions for its population. Currently, the B.C. Society does 85% of fund-raising until Government programmes can be counted on for more.

60,000 to 70,000 people in B.C. live with dementia whether Alzheimer's, Lewy Body, vascular, front temporal or others. Blood markers can determine, years ahead, the possibility of future Alzheimer's. A spinal tap can determine if someone has Alzheimer's. There is greater risk after age 70 and a 5% risk increase every five years after 70. There is a greater risk for people who had a parent with Alzheimer's. It is not part of normal aging, not strictly genetic and doesn't only affect older individuals. Signs of the disease include problems with memory, difficulty with ordinary tasks, disorientation of time or place, inability to find proper words, problems with abstract thinking, challenges following conversations and poor judgment. Prevention is the same as recommended for many diseases: exercise, cognitive games and social contact.

Before cure, care is the message. The Alzheimer's Society is striving to develop a society of care for people living with Alzheimer's. The Alzheimer Society currently has a First Link Helpline. It allows a safe place for people living with dementia, their families and friends to ask questions of trained staff and volunteers. Questions about diagnosis, planning for the future, maintaining independence, support groups, volunteering and upcoming educational workshops are answered.

Toll free: 1-800-936-6033. Lower Mainland: 604-681-8651.

The Society has a Research Program which involves Music Therapy for people with dementia, with help from Dr. Robin Hsuing, who was recently awarded the Alzheimer's Society of B.C. Professorship. He is an Associate Professor in the Division of Neurology. Music has power, when used appropriately, to shift mood, manage stress, reduce agitation, stimulate positive interaction, facilitate cognitive function and coordinate motor movements for people living with dementia.

Building a dementia-friendly society involves many ideas, not the least of which is teaching young people, friends and family that the people living with dementia should be included as much as possible and not stigmatized by their disease. They are "still me".

A question period followed. Maria was thanked by Barb Hindon.

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Activities - Small Groups:

The Book Clubs: 1st Book Club - Elizabeth Booth The Club is reading *Clara Callan* by Richard B. Wright.

Membership in the 1st book club is closed.

2nd Book Club - Judy Echols

The Club is reading *A Man Called Ove* by F. Beckman (June). After a summer break, we are reading *The Year of the Runaways* by S. Sahota (August), *The Piano Maker* by K. Palka (September), *An Invisible Thread* by L. Schroff (October) and *The Back of the Turtle* by Thomas King (November).

The LunchBunch - Joan Lloyd 604-261-3810

No lunch is planned for June as Joan is still in rehab at UBC Hospital.

All are welcome to join the Lunch Bunch. Please let Joan Lloyd know at least one day in advance if you are able to attend.

Correspondence{ Suzanne Everett 604-228-8482

No report.

If any one knows of someone who should receive a card from Suzanne, please call Suzanne with the information .

July Speakers: Pam Cooper and Michael Connidis, Vancouver Society of Change Ringers.

Topic: The Art of Change Ringing: Bells of Holy Rosary Cathedral.

Pam Cooper was born in England, the home of change ringing, but did not learn it here. She had been in Vancouver for over 30 years before she read in the Kerrisdale Courier about change ringing at Holy Rosary Cathedral. Since Pam likes music, has always been physically active, is a "people person" liking social activities and is a mathematician, this really appealed to her. Change ringing fits all those criteria and it has been a wonderful hobby. As well as ringing in the six other towers in Canada that have bells for change ringing, she has rung in many towers in Australia, England and the U.S., always receiving a warm welcome.

Michael Connidis first heard the bells ringing at the Holy Rosary Cathedral over a decade ago while he was walking down Dunsmuir Street one evening . Looking up to the bell tower, he could see ropes flying up and down behind the stained glass windows. Intrigued, he learned that he could visit the tower during a practice, where he was warmly welcomed. When he was invited to "have a pull", little did he realize he was about to begin the pursuit of a new passion in his life. Michael has discovered there is more to ringing church bells than he first anticipated, that it is deeply gratifying, challenging him more completely than anything else he has undertaken,

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and that there is an international world and history of bell ringing to be explored, enjoyed and shared.

Coming speakers:

August - Kelly Tweeddale, President, Vancouver Symphony Orchestra, and V.S.O. School of Music

Topic - Imagine the orchestra of the future.

November - Judy Graves, who has been involved for many years with concerns for the homeless in Vancouver .

