



NEWSLETTER

WOMEN'S PROBUS CLUB OF VANCOUVER

Volume 18 Issue 7, December 2020

Next meeting: Tuesday, January 5, 2021

9:45 a.m. - You are welcome to log on to Zoom

10:00 a.m. Meeting online via Zoom. Please be on time.

A reminder of the meeting will be sent December 27

and the link to the Zoom meeting will be sent January 4, 2021.

If you wish to join by telephone: please call Barbara Wynn for the number and ID #.

Speaker: Dave Doroghy, The Accidental Aphiarist

Topic: Beekeeping

Dave Doroghy has worked in radio broadcasting and advertising and has spent the last 30 years in sports marketing. He was the Vice President of the former NBA Vancouver Grizzlies and more recently the Director of Sponsorship Sales for the Vancouver 2010 Olympic Winter Games.

He is the co-author of *"111 Places in Vancouver You Must Not Miss"*.

Dave now lives on a float home just outside the city, where he raises bees and blogs about it at houseboathoney.com. He has also written an amusing book, *"Show Me the Honey"*.

Women's PROBUS of Vancouver: www.probusvancouverwomen.com
Contact us: [PROBUSwomen.news<at>gmail.com](mailto:PROBUSwomen.news@gmail.com) (replace <at> with @)
PROBUS Canada: www.probus.org
PROBUS International: www.probusglobal.org

A Message from President Barbara Wynn

Dear Members,

As I take a stroll outside and see our street festooned in lights, I realize that many are making the most of staying home and celebrating the festive season with magical resilience.

It has been a tumultuous 2020 and I look forward to meeting again 'in person' in the not too distant future now that the first vaccines are being distributed and administered.

We continue to have interesting speakers for our Zoom series, and look forward to our first speaker of the New Year speaking on beekeeping. Our speaker Dave Doroghy has had a diverse and interesting career, and this talk will be a wonderful way to start 2021.

I would also urge you to consider joining our Management team, as Past President Davinder Grewal and her committee will be approaching members in the New Year to fill spots for these important roles.

Wishing you a very happy and relaxing Holiday Season,

With all my Warmest Wishes

Barbara

Photo by Meredyth Kezar

Membership Information

Please see the last page of this Newsletter for confidential telephone or email contacts when you need or want to send information.

Zoom Meetings: We are becoming more comfortable with Zoom meetings but if you need help, please do not hesitate to email or call Barbara Wynn or Jane LePorte. YouTube has good tutorials and don't be afraid to push buttons. The sound will be muted when the meeting starts but please turn your video off if you are moving around or eating breakfast!

If you don't want to Zoom, you may join the meeting via telephone; Barbara Wynn will give you the number and ID number to use.

New Members: A big welcome to two new members of our PROBUS Club.

**Charlotte Warren
Sharron Williams**

We will see them at Zoom meetings and when we meet again in person.

If you know someone who would like to join, the application is on the web site www.probusvancouverwomen.com under Membership.

Update Your Information: It is important to update changes to your email and postal addresses and your telephone number to ensure you continue to receive the Newsletter and emails with timely information.

There are two ways of doing this:

1. Go to the foot of the password-protected Roster on our website, select "Roster Change Button" and a form will pop up. Follow instructions including "Click this button" at the very bottom of the form.
2. Email Lois Lindsay with these changes.

Newsletter: Material to be included in the next Newsletter should be submitted to Editor Jane LePorte by the 10th of the month.

Correspondence: If you know a Women's PROBUS member who should receive a get-well or condolence card, please let Davinder Grewal know.

Jottings and Jokes

A Big Thank You to these two lovely Women's PROBUS members for contributing articles for our Newsletter. Please send more to Newsletter Editor Jane, or just add your comments to these two subjects. As you can see, "Anonymous" is a possible pen name.

Pandemic Bridge

Before Covid, I was an ardent bridge player, enjoying both duplicate bridge and also playing with four or eight friends at our homes, three or four times a week. I was absolutely adamant that I would never play on line. Since the arrival of the pandemic, how things have changed! A friend introduced me to BBO, Bridge Base Online. This computer programme provides the choice of playing at beginner, intermediate or advanced ability levels, either with three friends, with strangers, with robots, or even solo practice hands. Players choose interesting player names for themselves and, amongst others, I play with a dog, a saint, a puzzler, and an optimist called "*well4ever*"!

I live alone and, because of Covid, have too much time on my hands. I have to confess that I'm playing even more bridge now than pre-pandemic. It's fun, thought-provoking, and helps to fill time. I really think that playing BBO has helped to keep me sane for the last eight months. Having said that, it can be absolutely infuriating to spend an afternoon with rotten cards with no one but myself to grumble to except in the written chat box. Fortunately there is no audio! (Though I have heard that some people somehow incorporate Zoom.)

Some advantages of the online game - play morning, noon or all night, with your own friends or with people from around the world, fill those empty days, and keep up one's bridge skills for when normal times return. I don't even have to bake, clean the house, or decide what to wear! When restrictions are lifted, it will be interesting to see if friends who are now playing on the computer, will revert to live bridge, continue on line, or a bit of both. Personally, I truly look forward playing with real people again as, for me, the social aspect is part of the enjoyment. If I'm asked next year to play the odd computer game, who knows. Time will tell. In the meantime, stay safe, stay well, and enjoy playing bridge. If you haven't ever played, you could even learn.

Thanks to Anonymous.

Pandemic Solutions to Fitness Challenges

As the days got shorter, darker and wetter, I found myself dipping into the cookie jar far too often. No more golf - too cold or wet. Walks seemed to be more of an effort in the rain. I was starting to become a couch potato.

Time to do something to keep my clothes fitting comfortably. I decided to check out what might be available on-line for work-outs for seniors. What a surprise. There is lots of choice. I started by entering into Google or Safari "Weights for Seniors". Up popped "[More Life Health](#)" hosted by Mike. His accent might be a bit difficult to understand at times but his class was great and he's easy to look at. There are many classes available with Mike as leader. I find it best to go to www.youtube.com and Search – More Life Health Seniors. This will show you what is available and you can select the class you'd like to do.

A further inquiry for Fitness for Seniors brought up more choices. "Total Body Conditioning" with Jenny O'Callaghan or "Ten Best Exercises to Improve your Balance" with Jenny McClean. I think these classes are done by silversneakers.com. This seems to be a USA-sponsored program which is free to eligible seniors. [HasFit](#) is another free program which offered a Whole Body Chair Exercise video.

It was easy to get started. I have 2-pound, 3-pound and 8-pound weights and a chair, clothes to exercise in and running shoes. That's all I needed to take part. It is suggested that you can use tins or water bottles if you don't have weights. I find my 8-pound weights are too much right now and the 2- and 3-pound not quite enough. I double them up when using one arm. Five-pound seem right so I think I'll invest in a pair of them. Sitting on the chair is a very safe way to exercise if you feel unsteady. The instructors are very careful to emphasize safety.

I checked out a few classes and noticed that there are classes of different lengths and difficulty. Most included a short warm-up and then onto the specific goal of the class such as weights, balance, strength, core or full body. To avoid getting bored doing the same class with the same instructor, I like to alternate classes.

It is easy to fit in a small workout at any time. One thing I like to do is lift my weights while listening to a Zoom program. Make sure you block the video button and just use the audio button or everyone can watch you perform.

It seemed hard to actually get started, but felt so good when I did a few classes. Another plus is that there is no one there watching you. My goal is to be able to use my 8-pound weights. I think the pandemic may be over before I get there.

Have fun and keep breathing.

Thanks to Allison Carter for these great suggestions.

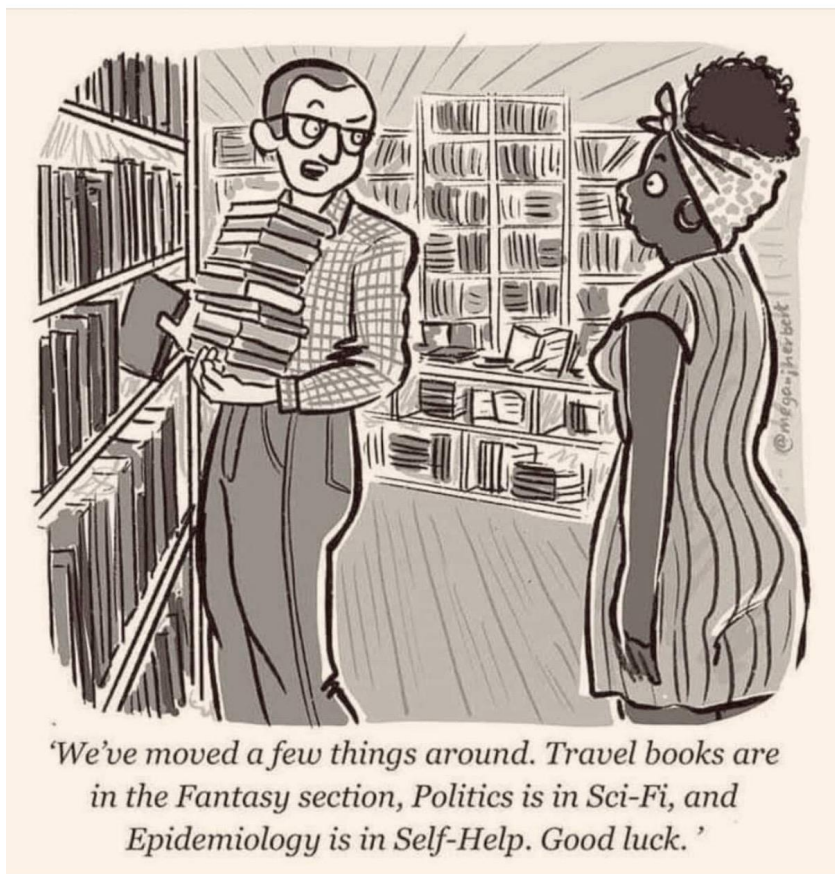
From Editor Jane: For online [yoga](http://www.vancouvergentleyoga.com), check out www.vancouvergentleyoga.com.

I never thought I'd be the kind of person who would wake up early in the morning to exercise and I was right.

December Speaker – Scott McIntyre

At our last Women's PROBUS we were delighted to have speak to us Scott McIntyre CM, OBE, LLD (Hon) from SFU. Scott is co-founder and retired CEO of Douglas McIntyre publishing company.

Although retired since 2012, Scott keeps busy internationally, nationally and locally and is currently writing his memoirs which he reported are half done. His topic for our meeting was IN THE SHADOW OF TWO EMPIRES – CREATING A CANADIAN LITERATURE. To explain:



Scott told us that Canada has been a minor figure in the publishing world which is dominated by USA and the UK. Scott outlined publishing through to the 1970s and on to today. He did state that publishing is really about authors and their words, and that publishing houses are influenced by the success of these authors.

Prior to the 1950s, Canada had very poor sales compared to the USA and the UK. Some Canadian schoolbooks were developed, but 60% of books used in school were American. Success came only to authors who were published elsewhere.

With the return of WW2 Veterans and then the formation of the Canada Council in 1957, times for

authors were changing, although they still had their books published out of Canada. An independent store like Duthie's opened in Vancouver in 1957. It was being recognized that the public wanted Canadian books, which were in! In the 60s and 70s there were many small independent stores, even some owned by the authors. The market was still small and some publishing houses became farm teams for American companies. For their protection, in 1971 some firms formed the Association of Canadian Publishers (ACP) and with the sale of two of our larger firms, the Federal Government in 1974 moved to regulate the foreign book industry. Money was given to save Canadian publishing, although eventually the government caved in its support of publishing.

Scott went into detail on the companies that kept Canadian Publishing alive over the years: Ryerson, University of Toronto Press, McClelland & Stewart, Clarke Irwin, Gage, Doubleday Canada, Mel Hurtig, Anna Porter and her Key Porter, and Douglas McIntyre. Books were favoured for a while but Canadian publishing became a part of larger US firms. Canadian children's authors are well known, although over 75% of their books are sold now into the international market.

Scott spoke of authors like Alice Munroe and her recent Nobel prize, Margaret Atwood and the success of her *Handmaid's Tales* and *The Testaments*, Wade Davis's 2012 award, several Booker winners, and the success of Canada Reads as a promotion of Canadian literature. Our market is still small and large booksellers such as Indigo (Canadian owned), and Amazon dominate. Many of our new authors use international agents and are internationally recognized. UNESCO ranked Canada as 21st on its list of books published per year.

Thanks to Mary Newman for recapping Scott McIntyre's information-filled talk.

Pop-ups for the lexophiles:

I'm reading a book about anti-gravity. I just can't put it down.

Writing with a broken pencil is pointless.



