



# NEWSLETTER

## WOMEN'S PROBUS CLUB OF VANCOUVER

Volume 17 Issue 9, February 2020

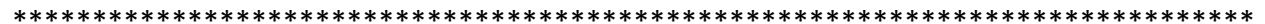
**Next meeting: Tuesday, March 3, 2020**

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

**Speaker for March:** Erin Williams, Senior Program Manager, Asia Pacific Foundation of Canada  
**Topic:** Preparing Canadian Youth for the Asia Pacific Century



Women's Probus of Vancouver: [www.probusvancouverwomen.com](http://www.probusvancouverwomen.com)  
Probus Canada: [www.probus.org](http://www.probus.org)  
Probus International: [www.probusglobal.org](http://www.probusglobal.org)



### Member Information

**Membership:** Any changes to the roster MUST be completed on the form which appears at the foot of the Roster on the website: <http://www.probusvancouverwomen.com>.

If you do not wish to continue to belong to the Club, please let Membership Chair know.

If you are sponsoring a new member, she should print an application from our website and mail it, together with a cheque, to the Membership Chair, Lois Lindsay.

Any member who has an email address is asked to be sure that it is included in the password-protected Roster on the website. This will ensure that you receive last-minute notifications such as weather-related meeting cancellations.

Please check that your postal address, phone number and email address are correct. Please indicate all the changes on the form which can be found on the Website roster.

**Correspondence:** Sharon Norlander has taken on the job. If anyone knows of someone who should receive a card, please let Sharon know.

**Friendly Reminders:** Please turn off cell phones and, as a courtesy to other members, NO PERFUME at Probus meetings. Please remember to return your badge to the desk before leaving the meeting.

Lunch is available in the Point Grey Golf Club restaurant after our meetings. We are limited to 20 people. Please sign up at the "M-Z" badge desk. Payment is by debit or credit card only. The restaurant is closed for lunch in January, February and March.

The golf club has a defibrillator if anyone has a problem during the meeting.

Material to be included in the January newsletter should be submitted to Vera Devins by March.

## **Women's Probus Meeting, February 4, 2020**

**Greeter:** Oke Midge.

Barbara Wynn opened the meeting at 10:00 a.m. She introduced two new members: Anne McLennan and Deep Sandhu.

The VSO tickets are selling fast, so if you are interested fill out the form at the end of this newsletter and send it to Estelle Jacobson.

Jane LePorte then made an urgent request for more volunteers to take notes at the meetings. It would be a much easier job if the work can be divided up between a few people.

Jane introduced the speaker, Robb Lucy, who spoke about how we will all be remembered. Most people think they will be remembered because of their 'legacy'; that is, the 'stuff' they leave behind. Robb thinks we should rethink our idea of 'legacy'. He knows we can easily create a variety of legacies now, while we're young. Those legacies will connect us to others, enhance all our lives, make us happy and will continue to positively affect others when we're 'gone'.

His book, *"How Will You Be Remembered"* is a guide to creating and sharing your life stories. He discussed five aspects of our legacies:

- Legacy and Money?
- Legacy and Sex? (Women are the story-tellers)
- Legacy and Religion?
- Legacy and Ego?
- Legacy and Time?

About legacy and happiness, research showed that people are most unhappy when:

1. Unresolved conflict (56%)
2. Inertia (32%)

3. Money running out (12%)

Tell your Legacy story in a Legacy Letter. Legacy definition:

1. Connects you to others
2. Enhances our lives
3. Makes you happy
4. Affects others when you're gone

Three ways to produce your legacy stories:

1. Tell your story
2. Gather their story
3. Create new stories (list of talents and skills)

He asked whether there is a person in your life whose story you want to know about. Pick a person in your life and ask: "Tell me about ...."

Robb does a podcast with interviews and conversations with different people. For those who are interested, go to [www.Legacycafe.org](http://www.Legacycafe.org).

He ended his talk with some questions from the membership.

Meredith Kezar thanked Robb Lucy.

Robb Lucy would very much appreciate your comments on his talk; for instance, how you enjoyed it, what you learned and how you will act on it. Please E-mail him at [stories@createmylegacy.com](mailto:stories@createmylegacy.com).

Thank you all for coming out on yet another snowy day!



Correction from the last newsletter: Anna Linsley thanked the speaker at the January meeting. We apologize for the error.

In addition to January's topic: Agi Radcliffe took a course called "*Active Aging*". One of the most significant tips she received was that "*when walking, if you consciously put your HEEL down FIRST, you CANNOT trip and fall.*"

## VANCOUVER SYMPHONY CONCERTS

FEBRUARY 14 - Friday 8 pm - For every Beatles' Fan - **Perfect Valentine's Date**

**Sgt. Pepper's Lonely Hearts Club Band** live with full band and orchestra, performed exactly as it was originally recorded, the first Rock LP to win a Grammy. Hear the complete album live the way it was meant to be with the original symphonic treatment.

Purchase no later than January 24. *Purchase early -- expected to sell out!*

MARCH 13 – Friday 8 pm – **The Beethoven Experience**

Otto Tausk conducting **Symphony No. 6 Pastorale**, which is Beethoven's portrait of nature, and the breathtaking **Piano Concert No. 4**.

*Purchase no later than February 21.*

### *A UNIQUE VSO EXPERIENCE 5:30 pm to 8 pm*

APRIL 30 – Thursday 5:30 pm

Join the VSO for **happy hour** in the Orpheum at 5:30 pm, a **shorter format** of two compositions instead of three and no intermission. General admission. **Concert at 6:30 pm** hosted and introduced by the conductor in a casual atmosphere. Then mix and mingle with VSO musicians after the performance. **Bernstein On the Town:** Three dance episodes. **GERSHWIN Porgy & Bess.**

*Purchase no later than March 27.*

Name \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

\$55 (formerly \$95)

**Sgt. Pepper** – Seating Preference – Orchestra \_\_\_\_\_ Balcony \_\_\_\_\_ # of seats \_\_\_\_\_

\$55 (formerly \$95)

**Beethoven** – Seating Preference – Orchestra \_\_\_\_\_ Balcony \_\_\_\_\_ # of seats \_\_\_\_\_

\$23.75 (formerly \$28.75)

**Unique Experience** – General Admission, Orchestra level only \_\_\_\_\_ # of seats \_\_\_\_\_

**WHICH PROBUS CLUB?** Men's \_\_\_\_\_ Women's \_\_\_\_\_ Mixed \_\_\_\_\_

Cheques only accepted - made out to the Vancouver Symphony Orchestra

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