



NEWSLETTER

WOMEN'S PROBUS CLUB OF VANCOUVER

Volume 18 Issue 15, August 2021

Next meeting: **Tuesday, September 7, 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 last week of August
and the link to the Zoom meeting will be sent September 5, 2021.

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

Speaker: Holman Wang

Topic: His creative journey through the world of publishing

Holman Wang is a lawyer by day and a children's author and illustrator by night. He and his twin brother, Jack, are the authors and illustrators of the board book series *Cozy Classics* and *Star Wars Epic Yarns*, which abridge literary and cinematic classics into word primers with just 12 words and 12 needle-felted illustrations. Their work has been featured in the *New York Times*, *People*, *The Wall Street Journal*, and *Parents*. Holman's latest books are *Great Job, Mom!* and *Great Job, Dad!*, companion picture books published by Tundra Books | Penguin Random House Canada. Holman currently serves on the board of the Vancouver Writers Fest. He has a B.Sc. from the University of Toronto, and a B.Ed., M.A. and J.D. from the University of British Columbia. He speaks frequently about his work, including talks at Google, Lucasfilm, SXSW, Star Wars Cele-bration, Maker Faire and San Diego Comic-Con.



Women's PROBUS of Vancouver: <https://probuswomen.com>

Contact us: PROBUSwomen.news@shaw.ca
PROBUS Canada: <https://probus.org>
PROBUS International: <https://probusglobal.org>

A Message from President Leslie Chang

Dear Members:

I hope you are all having an enjoyable summer despite the many challenges we have been facing, including record heat, forest fires, and the ongoing pandemic. The Tokyo 2020 Olympic Games have provided a welcome distraction and I feel a great sense of pride for our Canadian athletes who have continued to train and endure during these unprecedented times. Many of our athletes brought home gold, silver, or bronze medals.

The Canadian women's soccer team's gold-medal victory was particularly heartening.

An unexpected but important theme coming out of Tokyo 2020 was the focus on mental health. The effects of mental strain on some of the Olympics' biggest sports stars reminds us that taking care of our mental well-being is just as, if not more, important than our physical health. I encourage you all to be kind to yourselves as we navigate and adapt to the challenges presented and to check in with other PROBUS members in the spirit of promoting "fun, fellowship, and friendship."

Thanks to vaccines, there is finally a light at the end of the COVID-19 tunnel. Just the other week I held my one-year old grandson, Charles, for the very first time. PROBUS has also been eagerly planning for our members to meet in person once again. In addition to re-starting in-person speaker meetings, Estelle Jacobson is conceptualizing a new "activities" website stream to offer our members the opportunity to attend unique in-person local field trips. The first new event is on Wednesday, September 22 from 2 p.m. - 2:45 p.m. at the West Vancouver Museum/Art Gallery. Sign up soon to avoid disappointment. A special thank-you to Barbara Kaiser for suggesting, arranging, and announcing this tour at our last meeting.

I'm looking forward to the coming months and hope to see everyone in person when we are ready.

Sincerely yours,



The last rose of summer from Leslie's garden

Leslie Chang

Activities

West Vancouver Art Museum - Curator Guided Tour

A tour that will not disappoint you! We have an opportunity to take a Curator's Tour of the exhibition "Balanced Forms" of Coast Salish Artist Xwalacktun (Rick Harry) and his sons James and Austin at the West Vancouver Art Museum.

Date: Wednesday, 22 September **Time: 2:00 - 2:45 pm**

Address: 680 17th Street, West Vancouver

Cost: by recommended donation of \$5.

Transportation: Arrange your own or car-pool with friends. *

Parking: Around the Museum is free for 2 hours.

Lunch/Tea: On your own, all within walking distance of the museum.

Maximum – 15 people

www.westvancouverartmuseum.ca – click Exhibitions for more about these artists and their work.

*Also directions of how to get to the museum are on this website.

TO REGISTER: www.probuswomen.com

Log on with your password (click the head & shoulders in the top right).

Select EVENTS at the top of the page.

Click Register in the blue box under this activity and complete the registration process.

Other Activities

When you log on to www.probuswomen.com and click "Membership Info", you will see a subheading "Activities & Interest Groups".

These are *suggestions* for any member to organize an activity or group of her particular interest to make our Club more interesting and to encourage fellowship beyond a monthly meeting. You may have another idea for an activity or group; just complete the form on the website.

What would it involve? Make the necessary arrangements for that particular activity and advise the Webmaster the name of the activity, date, whether there is a limited number who may attend, the fee if any, the address, time and location where everyone should meet.

Our Webmaster will be able to assist you with ensuring that Members can register through the Website, which could send out an announcement inviting members and would provide a list of names that have registered, limit group size if necessary, send out a reminder not to forget to attend. No phone calls to members should be necessary.

Please Consider Organizing an Activity

MEMBERSHIP INFORMATION

Current Events: Our thoughts are with Nurjehan Mawani who spoke to us in April 2021 on the topic, *Protecting the Gain of Equality (in Afghanistan)*. She worked very hard and made many trips between 2007 and 2018 to that now beleaguered country and was hopeful but concerned about the gains made for women's education and health.

Another poignant event is September 11 – it has been 20 years since that dreadful day.

Annual Membership Dues

Dues for the 2021-2022 year are now payable and must be paid by September 15.

The preferred method is to log onto your profile on our website: <https://probuswomen.com> as follows:

Click the “head & shoulders” icon, top right corner.

Enter your email and password to log in.

Go to “Join Us” and click member profile.

Go to invoice and payments.

Pay by credit card - \$80.00.

A receipt will be sent within a few minutes.

** Remember to log out – click the “head & shoulders” icon **

(If you have not established your profile and need assistance, contact Webmaster Estelle Jacobson.)

To pay by cheque or bank draft: Payable to Women's Probus Club of Vancouver, \$80.00.

Mail to Treasurer: Barbara Paterson, 5749 Athlone Street, Vancouver V6M 3A1.

Update Your Contact Information: Log on to the new website: <https://probuswomen.com>.

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.

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

BC Towns Quiz

How many of these cities and towns have you visited while we wait for traveling to become more appealing? Answers below.



1. Blockade
2. Colored Stone
3. Noisy Dog Town
4. Century House
5. Costello's Chevy &
6. Transparent Fluid
7. Cool Hit
8. Money River
9. Mineral Creek
10. Tough Limb
11. Devil's Entrance
12. Bill's Pond
13. Ice Cream Bar
14. Chocolate Bar
15. Set Fire to Water
16. Overcook Honeymaker

Jokes

Two convicts were sitting on their cot in a jail cell. One says to the other, *"I hear you're getting out in a few days. Tell me something, are you going straight or are you going back into politics?"*

Assuming I'm just an old lady was your first mistake.

Sometimes I talk to myself, then we both laugh and laugh.

Riddle: How do you keep a bagel from getting away? (Put a lox on it.)

Answers to BC towns quiz: 1-Barriere, 2-White Rock, 3-Barkerville, 4-100 Mile House, 5-Abbotsford, 6-Clearwater, 7-Chilliwack, 8-Cache Creek, 9-Gold River, 10-Armstrong, 11-Hell's Gate, 12-Williams Lake, 13-Revelstoke, 14-Nanaimo, 15-Burns Lake, 16-Burnaby

August Speaker – Cassandra Bequary

My Journey to the Vancouver Symphony Orchestra

Cassandra Bequary grew up in a small town in Connecticut. Her first thought of becoming a musician was at the age of three when she wanted to be an opera singer. She then started playing the piano and organized dance parties with her brother. But after watching a solo violinist playing Beethoven's Violin Concerto on a television show, she knew the violin would be her instrument. For her fifth birthday she received her first, very small violin and was enrolled in the Suzuki music programme. The smell of rosin when she first opens her violin case still brings back memories of her first instrument.

At age nine, while still in the Suzuki programme, she auditioned for a youth orchestra in nearby Waterbury, Connecticut, and was put into the senior orchestra to perform with children who were six years older than her. This was a very intimidating experience as she was in a leadership role with no experience. After two years she auditioned and became a pupil of Ingrid Sweeney, a well-known violin teacher. She started entering competitions but was too nervous to participate, though this improved by the time she was 13 or 14. She was invited by the New Haven school orchestra to go on tour to Germany which was a life-changing experience. Cassandra is eternally grateful for her parents' support and the endless hours they spent driving her to rehearsals and study sessions.

Cassandra transferred to Choate Rosemary Hall school where she was able to study academic subjects as well as the arts and at 17 started writing short stories. After that she went to Oberlin College & Conservatory which offered programmes in creative writing as well as music instruction with Marilyn MacDonald. She earned degrees in English literature and violin performance, both modern and baroque. She then moved to the San Francisco Conservatory of Music where she completed her Masters of Music degree and during her time there she served as Assistant Concert Master of the Berkeley Symphony as well as being a tenured member of Symphony Silicon Valley. She switched to teaching and built a studio where her pupils were mostly small children. After five years she realized she wanted to start performing again and found teachers for all her students. Catherine Van Hoesen assisted her in how to prepare for an audition with a symphony and she started the process in 2015.

Her second audition was with the Vancouver Symphony Orchestra. The first few rounds were behind screens to avoid profiling, but the final round was open so those who were interviewing could see her and she could see them. These are now her friends and the musicians with whom she performs. She started with the VSO in 2016 and was under tenure review until 2018 when she became a full-time member of the orchestra. She switched between 1st and 2nd violin sections which gave her the opportunity to play main melodies as well as harmony.

When the pandemic closed everything down in 2019, Cassandra went back to teaching small children and integrated the Suzuki and Royal Conservatory methods. As well as children she teaches teenagers and adults. Her classes take place at the VSO school of music, on Zoom as well as in her own studio.

Earlier this year she started a string quartet with other members of the orchestra and they have performed in many chamber concerts and festivals. Three of them played for a Covid vaccination line-up at the Convention Centre. She is an active member in the Symphony's Chamber Players and with the Blueridge Society. Cassandra and the VSO are very excited to be back to performing before live audiences in September this year. Barbara Kaiser introduced our enchanting speaker and Estelle Jacobson thanked her. Many thanks to Anne Roberts for giving us the essence of this vibrant and talented young woman.