



NEWSLETTER

WOMEN'S PROBUS CLUB OF VANCOUVER

Volume 18 Issue 13, June 2021

Next meeting: **Tuesday, July 6, 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 June
and the link to the Zoom meeting will be sent July 5, 2021.

PLEASE ATTEND THIS MEETING.

**10:00 – a brief AGM will be held to vote on the 2020/21 Executive Officers
And the Financial report as a quorum was not present at the June 1 meeting.**

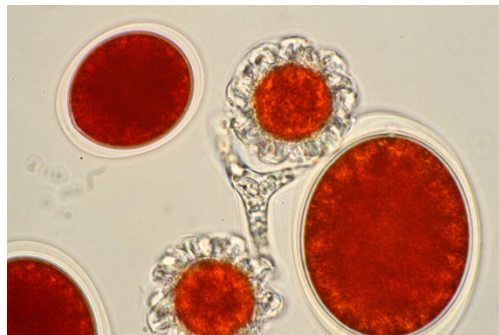
***** You will not want to miss our speaker immediately following the vote. *****

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

Speaker: Professor Lynne Quarmby

Topic: Watermelon Snow and Climate Change

Our engaging speaker will take us from cell biology and climate science to climate activism, one-time politics, burnout, and the Mythic Arctic landscape. This talk will provide an interdisciplinary look at the climate crisis by interweaving stories and data to reveal both the urgency of the crisis and a path forward.



Are these jewels or snow algae cells?

Lynne Quarmby is a Professor of Molecular Biology and Biochemistry at Simon Fraser University. As a cell biologist, she studied the molecular machinery of motility and sensation and confesses science is her passion. In 2016 her research pivoted to an ecological exploration of the climate-threatened microbiome living on the surface of alpine summer snow.

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 Barbara Wynn

Dear Members:

Having written what I thought was my farewell letter in the last newsletter, I am now hard-pressed to think up something relevant to say. However, I can update you regarding future meetings.

At this point we do not have a final commitment from PGGC about the resumption of meetings in-person. They have assured us they will notify us promptly when they have more clarity about their plans. The meeting room is presently being used for office space, and they will have to rehire hospitality staff.

Incoming President Leslie Chang is in constant contact with them and will notify you about developments as she hears of them. Hopefully, sometime this fall we will meet again in person. Meantime, we will continue with our series of Zoom talks.

On June 1 we lost quorum when people left the meeting before the vote. Therefore, we will vote on the slate and financial statements at the commencement of the July meeting, immediately prior to hearing from our speaker. Please log on promptly and in numbers, as this vote by a quorum is required by our constitution. We will send out an email explaining the voting process, which is simple.

Although the last year has been challenging at times, it has had one benefit. I did not have to buy the Chanel wardrobe that I had thought necessary to keep up appearances!

It has been an honour and pleasure to serve as your 'virtual' President through the pandemic year. You will be in good hands going forward, with a diligent management team and in-coming President Leslie Chang at the helm.

I do hope you all have a very pleasant summer. With most of us being fully vaccinated, restrictions on movement and gatherings should be eased.

I look forward to meeting many of you in person.

Warm regards,

Barbara



The first rose of summer in Barbara's garden

MEMBERSHIP INFORMATION



A BIG thank you from all the members of the Women's PROBUS Club of Vancouver to President Barbara Wynn for keeping us on an even keel in this very different year and to her husband Graeme who ensured we had trouble-free Zoom meetings.



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.

We Are Still Zooming!!

Annual Membership Dues

Dues for the 2021-2022 year are now payable and must be paid by September 15 to maintain your membership. To do this, the preferred method is to go on-line and log onto your profile on our website: <https://probuswomen.com>. Webmaster Estelle Jacobson has sent out instructions on how to do that and will repeat the instructions if needed.

You then 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. **

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>.

We still need a Vice President!!

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.

June Speaker – Dan Levitt, Adjunct Professor on Aging, SFU

Dan is a Ted X speaker, Gerontologist, writer, Senior Care leader, Health Care Consultant, Fundraiser, Adventurer climbing Kilimanjaro for Alzheimer's, and is now Executive Director of Tabor Village Elder Care Community in Abbotsford.

Joan Williams introduced Dan as an acclaimed speaker whose goal is to improve lives for seniors. He guides individuals into a positive direction instead of telling people what to do. His topic was: Disrupt Ageism: Changing the conversation to create new ways of living and ageing and the solutions to make this happen. A celebration of growing older, healthier and happier!"

Dan addressed three issues: Ageism, Gerontophobia and Misnomer.

- 1) Ageism: It is important to emphasize the positive aspects of aging. We should be celebrating growing old and encourage healthy and happier lives.

There are a few places referred to as Green Zones where there is a high percentage of persons over the age of 100. One is a small town in Southern Italy where it was thought the Mediterranean diet promotes healthy aging, but now it is thought that it is socialization and positive connections with friends and families.

Robert Butler, an English Gerontologist, wrote an article on "Age-ism: Another Form of Bigotry" in 1969. He urges that we disrupt aging and protest the development of traditional old-age homes and concepts.

- 2) Gerontophobia: is the fear of old people as well as the fear of aging.

AARP and CARP are trying to disrupt ageism by promoting more positive terminology and phrases. An example of an ageism saying is "I'm having a Senior moment", which tends to characterize all older persons with the same forgetful characteristic. Another is, "You are looking good for your age", inferring that as we age we all will look a certain "old" way. It is recommended that you ask someone what year they were born instead of asking how old they are.

Advertising is changing attitudes by using older movie stars and older persons in a variety of activities. The character Baddy Wrinkle is an example of an older person proud of her image and having fun. Another example is Judi Dench on the cover of Vogue magazine proudly showing her wrinkles and grey hair. Betty White hosted Saturday Night Live at age 90. Anthony Hopkins starred in the movie "The Father". Julia Moore acted in "Still Alice", which demonstrates a typical reaction to someone with dementia. Another movie, "The Assistant", shows an older person in a more positive light. Recently Chico's ladies wear store has used a caption asking "How Bold are You? I'm not growing old, I'm growing bolder". Even Mattel is promoting a Barbie and Ken for those over 50 years. The road signage in the UK used to warn drivers of a senior crossing the street with an image of an older person with a hunched back

walking with a cane. This image is being reviewed and one suggestion is having an older person dancing. The message in these ads and movies is to enjoy your age and act natural. Note: 1/3 of people over 85 require care; 1/3 support a loved one, and 1/3 are having fun.

- 3) Misnomer: a wrong or inaccurate name or designation. In regard to the elderly, a common one used is that all older persons are depressed.

Arthur Stone, Researcher at the Schaeffer Center at the University of Southern California, conducted a study with the conclusion that as one gets older one tends to become more content and happier.

To overcome some of these misconceptions, various programs have been developed for younger generations to understand and assist the older persons who are referred to as Digital Natives. This term refers to the older persons who did not grow up with computers and other social and technical devices. One university requires their students to team up with an older person to assist them to become more technically savvy. This is a requirement for graduation.

Another example is training store staff on how best to respond to those with dementia.

In the future, we are to think of more positive comments toward older persons, such as don't retire, inspire. Also, in the older years, one tends to continue to enjoy the activities one previously experienced, such as mountain climbing, skiing and gardening.

Dan also referred to other positive initiatives, such as developing senior and dementia villages. In the Netherlands they have created villages with five people in a household. They can go shopping on the main street and receive services such as a haircut. These are familiar settings for those with Dementia.

The Greenhouse model is where 12 people live together. There is a special Dementia home built in a field in Langley that feels like a natural home setting. It is privately owned, but the government does pay 75% of the bill.

Dr. Levitt concluded by saying there are many books about Ageism. Even Dr. Ruth has advice on promoting good sex in old age. There is always hope. He enjoys the Christ Church service before the Sun Run which promotes encouragement and hope.

Thanks to Anne Earthy for compiling all these great suggestions and wise words.

Barbara Wynn thanked Dan.

A little humor, and true story, apropos to Dr. Catherine Johnson's talk in May:

Scientists at NASA built a gun specifically to launch standard four-pound dead chickens at the windshields of airliners, military jets, and the space shuttle, all traveling at maximum velocity. The idea was to simulate the frequent incidents of collisions with airborne fowl to test the strength of the windshields.

British engineers heard about the gun and were eager to test it on the windshields of their new high-speed trains. Arrangements were made, and a gun was sent to the British engineers.

When the gun was fired, the engineers stood shocked as the chicken hurled out of the barrel, crashed into the shatterproof shield, smashed it to smithereens, blasted through the control console, snapped the engineer's backrest in two, and embedded itself in the back wall of the cabin, like an arrow shot from a bow.

The horrified Brits sent NASA the disastrous results of the experiment, along with the designs of the windshield and begged the US scientists for suggestions.

NASA responded with a one-line memo - "Defrost the chicken."



More chuckles-

My husband said I never listen to him, or something like that.

I intend to live forever. So far, so good.

I hate it when people act all intellectual and talk about Mozart, when they've never even seen one of his paintings....