



NEWSLETTER

WOMEN'S PROBUS CLUB OF VANCOUVER

Volume 18 Issue 10. March 2021

Next meeting: **Tuesday, April 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 March and the link to the Zoom meeting will be sent April 5, 2021.

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

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Speaker: Ms Nurjehan Mawani

Topic: Afghanistan: Protecting the Gains of Equality

Nurjehan Mawani, C.M is a lawyer, public servant, diplomat and a global Canadian. She has been described as a "transformatio nal leader" and as a champion of diversity and equality.

During her long and distinguished career with the Canadian Public Service she served as Chair person of the Immigration and Refugee Board of Canada where in 1994 she issued the groundbreaking Guidelines on Gender-Related Persecution which took into account the unique ways in which women experience violence and conflict. She also served as Commissioner of the Public Service Commission of Canada and Senior Advisor on Diversity to the Canada School of Public Service.

Following her 19 years in the Government, she served as the Diplomatic Representative of the Aga Khan Development Network (AKDN) to the Kyrgyz Republic and the Islamic Republic of Afghanistan. As Ambassador, she led AKDN's engagement through periods of political, security and economic transition while facilitating the Network's development activities including strengthening critical human and institutional capacity with a strong focus on gender equity and inclusion.

Her current endeavors reflect a continued commitment to the pursuit of equity, reconciliation and advancing the public good. She is a Senior Fellow of Massey College, a volunteer Director of the Vancouver Foundation and sits on a number of Advisory Councils.

Nurjehan is a recipient of the Order of Canada and has been conferred Honorary Doctorates by the University of Ottawa and the American University of Afghanistan.

She lives in Vancouver with her family and is a proud grandmother of two.

Contact us: 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:

March is National PROBUS Month. This designation was initiated in 2013 by Steve Campbell, a member of the executive for PROBUS Canada.

PROBUS aims to promote "fun, fellowship, and friendship". It has been more than challenging to achieve these goals in the last year, but we should be proud of the fellowship and friendships that we have been able to foster and sustain through the pandemic.

Our Vancouver Women's PROBUS Club came into being in 2003 , when the bright and accomplished first President, J. Lorraine (Robbie) Mckenzie, approached several friends married to members of the men's PROBUS group with the idea of starting a women's club. From these small beginnings, we have grown, in less than 20 years, to a membership of approximately 260 .

To ensure the continuing vitality (and growth) of the Vancouver Women's PROBUS Club, we need your input and leadership. So please consider participating in the management committee. We need a Vice-President and are considering the creation of a new position, an activities/events co-ordinator . This person will be assisted by our industrious webmaster, Estelle Jacobson. Anyone interested in organizing events will be warmly welcomed.

Our Zoom talks have been consistently well attended. Earlier this month, speaker Egan Davis from the Horticulture Program at the UBC Botanical Garden offered sage advice on preparing containers for a summer of vibrant blooms and succulent herbs.

Our next speaker is a distinguished advocate for the conflicted country of Af ghanist an. Nurjehan Mawani will speak on equity and inclusion with a focus on gender. This will give us important insight into this troubled country.

Many of our members will have had, or will soon receive, their Covid-19 vaccinations. Once we are more certain of Be's progress toward herd immunity (and the opportunities to gather that will bring), we will provide details about when "in-person" meetings will occur again.

Meantime I hope that you all stay safe as we look forward to a more social summer.

Warmest wishes,

Barbara



Memories of Dorothy Joplin from Anne Roberts

Dorothy and I met in 1986 when our husbands were involved at EXPO 86. Hers was the Commissioner of the Canadian Pacific Pavilion and mine was the Deputy Commissioner General in charge of protocol and official VIP visits. The theme of EXPO was Transportation and Communication, which was a perfect fit for Dorothy as she was a great communicator.



It was a very busy six months with national days as well as other international visitors and cultural events. Dorothy and I were involved in many of these and met several times each week. One of the highlights was when Princess Margaret was in Vancouver for part of the national-day activities of Britain. My husband and I escorted her to several pavilions including the Canadian Pacific one where she was given a tour by Dorothy and her husband, Fred, and watched the movie Rainbow War. This was a very popular stop for visitors and Dorothy would chat with people in the line-up and kept them entertained. There is a good overview of the pavilion on Google and a presentation of the movie, which was nominated for an Oscar.

Later in the summer, Dorothy decided some of the EXPO ladies should form a choir. We called our selves Dorothy and the Doo-Wops and had a lot of fun meeting and getting to know each other in a more relaxed setting. She selected several songs for us to rehearse and we gave a few performances, usually to our spouses and other EXPO employees.

It was wonderful to meet up with Dorothy again at PROB US, though not surprising as she loved being around people and always made everyone feel special. The registration desk was the perfect place for her. We will all miss her cheery greeting and smile when we meet again in person.

For Our Members

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.

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. 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. The breakout rooms will continue for about fifteen minutes after the meeting for casual chat with a small group.

Future Dues: Treasurer Barbara Paterson is monitoring our finances and will let us know when dues will be assessed again. They were last collected in September 2019 .



Women's PROBUS Website

Stay tuned, exciting *Website* announcement soon!

Update Your Contact Information: To ensure you continue to receive the Newsletter and emails with important information, update any changes to Membership Chair Lois Lindsay.

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 .

Thank you to Meredyth Kezar once again for the timely and beautiful photos throughout pages 3 to 6.

Spring is in the Air

The month of March gave us two events to put a spring in our step:

March 14 we gained an hour for longer sunny days - and rainy ones.

March 20 - the Spring Equinox marks the official beginning of a very welcome season when our gardens and containers delight us with blossoms galore. A poignant thought - *"A weed is just a flower that no one loves."*

In the spring, at the end of the day, you should smell like dirt. Margaret Atwood



Smiles

Golf- a sport to see who can play the least golf.

I want to grow my own food, but I can't find bacon seeds.

I'm getting tired of being part of a major historical event.

Book Nook

The February Newsletter listed "*The Giver of Stars*" and here is another recommendation in the same theme of Packhorse Librarians, "*The Book Woman of Troublesome Creek*" by Kim Michele Richardson. Both of these books relate to the International Women's Day on March 8 as not only did these librarians bring reading material to remote areas, this initiative gave jobs and independence to women in the Depression era. Of course, riding a horse or mule in these sometimes dangerous areas in all kinds of weather to deliver books and magazines was not always a "*walk in the park*".

While we are on the subject of libraries, have you encountered a Little Free Library on your walks? This is a very good way to trade books on a casual basis -- your Editor spotted two recently: On West 315\ north side in the 3800 block (across from Dunbar Lawn Bowling) -- at the corner of Trafalgar and West 5th. Do you know where others are?

Two more book recommendations:

"The Stationary Shop" by Marjan Kamali - set in Iran and the U.S. in the '50s; a love story with insight into the differing cultures of each country. Barbara Wynn.

"The Guernsey Literary Potato Peel Pie Society" by Mary Ann Shaffer and Annie Barrows may be a favorite of many of you. Barbara Barron and Jane LePorte really, really like it.

As always, your recommendations of books or any literary events are valuable - please send them to Editor Jane LePorte (see her contact information on the last page of this Newsletter).

March Speaker - Egan Davis

GROWING PLANTS IN CONTAINERS

Egan Davis is the head of the UBC Botanical Gardens horticulture training program. The course is in its 9th year and runs for eight months; three days a week are conducted on site on field study, outdoor lab activity and practical training. The other two days are classes on-line. It covers a wide range of topics including plant identification, soil sciences, garden design, and plant health.

Container Media

Egan started his talk by explaining the many ways that potting soil differs from terrestrial soil. Garden soil and compost should never be used in containers. When in a confined space they get saturated and become mud which doesn't drain. Instead, he recommends peat moss, although it is not a sustainable product. Coir which comes from coconut husks is a good alternative, is sustainable, but needs more water. The third is composted bark which is particularly good for larger containers and is available locally. Good choices are Pro Mix HP, West Creek Farms potting soil or any of the many John Innes mixes. Sea soil is also sold for large containers but contains a lot of salt. There needs to be a high level of air space (porosity) to allow for good drainage and perlite or vermiculite are good additions.

Physical Qualities

Containers need a high level of air space (porosity), so drainage is key. Never put rocks in the bottom of containers. Water accumulates in the bottom layer of soil, which is sitting on the rocks and this makes drainage more difficult. Instead put a screen or use a tray underneath. There should be a hole in the base of the container and, if possible, elevate on feet. Tall, narrow pots have better drainage capabilities than shorter round or square ones.

Nutrition

Potting soil contains no nutrients, so needs the addition of fertilizers. These can be granular, which dissolves over a period of time; water soluble, which works instantly; or natural (kelp, etc.) Some contain a lot of salt, so should be used at half strength and the pots should be flushed with clear water from time to time. Bone meal should not be used. It contains a lot of phosphorous that binds with iron and makes nutrients unavailable to plants. The use of too much fertilizer promotes lush growth which attracts aphids.



The watering of containers is better done in the morning and if a pot is light when lifted, it needs watering. The properties in potting soil deteriorate after a few years so should be changed every few years to reduce salt and improve porosity.

A lot of information and great resources are available on growgreenguide.ca. It was developed by Metro Vancouver in collaboration with UBC Botanical Gardens.

Denise Cunningham introduced Egan, and Barbara Wynn thanked him. Many thanks to Anne Roberts for recapping our speaker's "earthy" advice and suggestions.

Women's PROBUS Club Management Committee 2020-21

Please do not share this contact information with non-members

Our new website will be finished soon to allow access again to our password-protected membership roster.

Honorary Lifetime Member: Audrey Will

President: Barbara Wynn, 604 734 1950, bar_barawy_nn@shaw.ca

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