



# NEWSLETTER

## WOMEN'S PROBUS CLUB OF VANCOUVER

Volume 18 Issue 12, May 2021

Next meeting: **Tuesday, June 1, 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 May  
and the link to the Zoom meeting will be sent May 30, 2021.

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

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**Speaker: Dan Levitt**

**Topic: Disrupting and Confronting Ageism; Changing Percepts of Age**

Dan Levitt is an acclaimed international speaker, elder-care leader, writer and gerontologist, specializing in helping others to create better lives for seniors. Dan's purpose is to teach people how to transform the lives of older adults across the globe. As a popular professional speaker, he has delivered inspiring keynote speeches impacting thousands of people on four continents. Dan doesn't tell people where to go but guides them in the direction of where they need to go. His talks leave the audience with a new mindset on aging needed to thrive in the 21<sup>st</sup> century.



As the Executive Director of Tabor Village, Dan Levitt shepherds the enhancement of social, spiritual and care needs for more than 300 seniors, inspiring a team of over 400 employees and volunteers with a commitment to continuously improving the quality of life. Dan is an Adjunct Professor in Gerontology at Simon Fraser University; an Adjunct Professor, School of Nursing, University of British Columbia; and a Sessional Instructor, British Columbia Institute of Technology.

Dan's adventure exploits have taken him from Africa's highest peak Mt. Kilimanjaro to the Caribbean Sea's coral reefs, from canoeing across the Yukon to racing in the six World Marathon Majors.

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Women's PROBUS of Vancouver:

<https://probuswomen.com>

Contact us:

[PROBUSwomen.news<at>gmail.com](mailto:PROBUSwomen.news@at@gmail.com) (replace <at> with @)

PROBUS Canada:

<https://probus.org>

PROBUS International:

<https://probusglobal.org>

## **A Message from President Barbara Wynn**

Dear Members:

As we approach the end of another PROBUS year and our 2021 AGM, I can only reflect that a year ago the Management team and I were trying to envision how to connect with you all. Our first virtual AGM, made possible on Gluu, started the ball rolling. Then we went to Zoom for all our on-line talks as this technology was more accessible and people were more comfortable using it.

Our June 1 meeting will once again be virtual. We will begin with a brief AGM via Zoom, so please log on to Zoom before 10am so that we can vote (with a Quorum) on the upcoming slate and current budget. Our speaker will commence his talk straight after the AGM.

After 12 months of not collecting dues during the Covid year, we are now again levying annual dues at the same level as 2019, \$80.00, and you will be able to pay online or send a cheque to our Treasurer, Barbara Paterson. A full explanation is on Page 3 of this Newsletter.

Despite the unique happenings over the past year, the Management committee has rejuvenated the newsletter by developing it into an interesting and elegant format; upgraded the website for wider communication; and provided us with an ongoing list of excellent speakers. Our finances are in reasonable shape and all of this makes for a club we can be proud of.

We now want to encourage new members, and we do need to appoint a Vice-President for 2021-2022. It would also be great to have an activities coordinator to offer a more diverse experience.

I have enjoyed being your 'virtual President' despite concerns how this would play out. Without the unflagging support of your capable Management team and the invaluable technical support of my husband Graeme, who also acted as a co-host for a year of virtual talks, our talks and meetings would have stalled.

I want to thank Leslie Chang, your incoming President, for taking such an interest in all PROBUS matters and taking the minutes at the Management meetings. She is a more than capable person and we are lucky to have her as our incoming President.

It is now time to hand over the 'virtual gavel'. Until we meet in person at PGGC, take care.

With all my warmest wishes,

Barbara

Barbara gave us the following telephone number to register for our second vaccination shot.

BC COVID19 Vaccination Registration Line 1-833 838 2323

Online at: [gov.bc.ca/get vaccinated](https://gov.bc.ca/get-vaccinated)

## Annual General Meeting

The Annual General Meeting for the Women's PROBUS Club of Vancouver will take place on June 1, 2021 at 10:00 AM via Zoom.

We will elect the Management Committee for the July 2021/June 2022 year, and the following names have been put forward. Further nominations may be made at that time but must have prior approval of the nominee.

**The position of Vice President is crucial for the ongoing existence of Women's PROBUS Vancouver Club. Please contact any member of the Executive if you would fill this role.**

### Management Committee 2021/2022

#### Executive

President	Leslie Chang
Past President	Barbara Wynn
Vice President	<b>** Still Vacant **</b>
Treasurer	Barbara Paterson
Newsletter Editor	Jane LePorte
Webmaster:	Estelle Jacobson
Membership:	Lois Lindsay

#### Committees:

Speakers:	Cheryl Banfield, Laurie Drummond, Joan Williams
Newsletter Reporters:	Anne Earthy, Mary Graham, Meredyth Kezar, Mary Newman, and Anne Roberts
Greeters Coordinator:	Sharron Williams
Membership Services Coordinator:	Mary Gillespie
Membership Services:	Pauline Dunlap, Michelle Gambrel, Dorothy Miller, and Ann Williams

Please see the Members only Treasurer's Income Statement as of April 30, 2021 on the last page of this Newsletter.

## **MEMBERSHIP INFORMATION**

**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.

**Zooming:** Many of you have been joining our meetings via Zoom for the past year, which has kept us connected until we meet in person again. 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 not be available at the June meeting.

**Annual Membership Dues:** We have weathered the pandemic year, July 2020/June 2021, without collecting dues; however, for the 2021/22 year, we will have to reinstate them. Annual membership will again cost \$80.00 and must be paid before September 15.

Payment methods are:

Cheque or bank draft: Payable to: Women's Probus Club of Vancouver  
Mail to Treasurer: Barbara Paterson, 5749 Athlone Street, Vancouver V6M 3A1

Online at <https://probuswomen.com>

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 SET UP ACCESS TO THE NEW WEBSITE PER THE INSTRUCTIONS SENT VIA EMAIL ON MARCH 29, THESE INSTRUCTIONS WILL BE REPEATED IN THE JUNE NEWSLETTER.**

### **Update Your Contact Information:**

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

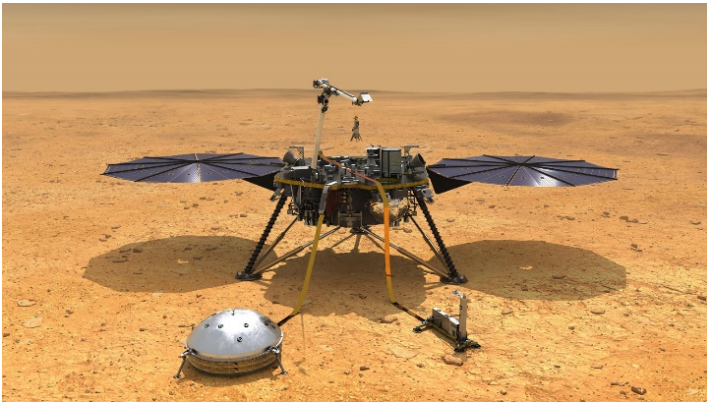
**Correspondence:** If you know a Women's PROBUS member who should receive a get-well or condolence card, please let Davinder Grewal know.

## **May Speaker – Dr. Catherine Johnson, Professor of Geophysics, UBC**

Dr. Johnson was extremely engaging as she shared her knowledge and passion to discover the interior mysteries of rocky planets, moons and asteroids. She is currently Co-Investigator of NASA's InSight mission to Mars which was the topic of her talk.

The InSight Mission lander was launched in May 2018 from California in dense fog and touched down on Mars in November 2018, with the camera lens covered in dust. Its specific purpose is to study the deep interior of Mars for the first time, taking the planet's vital signs, its pulse and temperature. As it is important to know where the interior core is and the thickness of the crust, two radio antennas send signals to Earth to confirm the lander's position as Mars "wobbles and wobbles" as it revolves on its axis.

The lander is only 10 meters wide (including two large solar panels) and two meters high. All the many instruments need to be tiny and light in order to be launched and still accomplish many sensitive tasks. The landing site is in a boring (Dr. Johnson's description) flat area, as the engineers always want to ensure a safe landing, although there is interesting terrain about 1000 km away -- a once active volcano.



A robotic arm unpacked and put the instruments in place, very slowly and carefully. Waiting to measure the first seismic event took patience but finally a marsquake of magnitude 3.7 was recorded in April 2019.

Much is known about the surface of Mars from other missions; its days are 25 hours long and years are nearly twice the length of our Earth year. It is now very dry but was once wet in places and is very rocky and windy. The temperatures at night are minus 110/120°C and a balmy 5/20°C at noon. The atmosphere is 95% carbon dioxide and the core is molten liquid iron. Mars does not have a magnetic atmosphere now but three to four billion years ago it did.

Like much of science, exploring Mars takes patience and enduring the question "why". The scientific reasons for going to Mars can be summarized by the search for life, understanding the surface and the planet's evolution, and preparing for future human exploration.

Regarding humans traveling to Mars, Dr. Catherine feels Elon Musk may arrange a travel package, but as nothing physical has returned from Mars, it may be a one-way trip (don't forget your toothbrush). She hazarded a guess that it will be at least two decades before people go to Mars. Most of us are looking forward to any trip on Earth.

More information on the NASA mission InSight (short for Interior Exploration using Seismic Investigations, Geodesy and Heat Transport) will be found on the Internet.

Mary Newman recapped a wealth of information, with some input from Jane LePorte. Jane LePorte introduced the speaker and Barbara Wynn thanked her.

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“This recipe from Estelle Jacobson will make your garden happy”

**Aphid Spray from Rhubarb Leaves**

3-4 large rhubarb leaves (no stalks). Chop leaves roughly.  
4 cups water in a pot. Bring to a boil.  
Add 2 cups coarsely cut rhubarb to boiling water; turn down heat and simmer for 30 minutes.

Remove from stove and allow to cool.  
Strain into a bowl pressing the leaves in the strainer to extract all the compounds.



Mix 1 teaspoon liquid dish soap with 2-1/2 cups cold water.  
Blend rhubarb infusion with the soapy water and pour into a spray bottle. Reserve remainder in tightly sealed glass jar.  
Spray plants to kill aphids and other disruptive insects.

**DO NOT USE ON VEGETABLES OR FRUIT.**  
If you wish, you could do a trial spray to see if there is any adverse effect on the plant.

(These lovely flowers are in Hardy’s garden; many thanks to her for sharing them.)