



NEWSLETTER – December 2022

WOMEN'S PROBUS CLUB OF VANCOUVER

Next meeting: **Tuesday, January 3, 2023**

This meeting is via Zoom and the link will be sent to your email.

You may join at 9:45 AM; the meeting will start at 10:00 AM.

*We wish to acknowledge that we meet on the unceded lands of the
Musqueam, Squamish, and Tsleil-Waututh Nations.*

Invite a guest to hear:

Speaker: Patti Shales Lefkos, Travel Journalist, Passionate Educator, Adventurer, Volunteer

Topic: Nepal One Day at a Time: A Himalayan Adventure Travel Memoir with a Humanitarian Twist



Patti Shales Lefkos is a Canadian writer and journalist. Her Himalayan adventure travel memoir *Nepal One Day at a Time* celebrates her creative non-fiction debut.

Patti's articles, profiles, columns and travel writing have appeared in a range of Canadian and international publications. She was part of the San Francisco Chronicle team that won the Lowell Thomas Award for the best newspaper travel section in 2014. *Nepal One Day at a Time* is the story of her first trekking trip on her own.

Born and raised in Toronto, she has also lived in Neuchatel, Switzerland and Vancouver. Following a rewarding career as a teacher, educational consultant, administrator and advocate for inner-city children, Patti studied journalism at Langara University. She is a graduate of the University of Toronto, Toronto Teachers' College, Simon Fraser University and the Wilderness Leadership Program at Capilano College.

In 2006, she set out to pursue international adventure travel. Whether canoeing the Yukon River, back-country skiing in BC's Monashee Mountains, hiking in Scotland's Outer Hebrides or trekking in Tibet and Nepal, she embraces the culture and environment of wilderness areas. When not travelling, she skis downhill, Nordic and back-country from her home base at Silver Star Mountain Resort in BC's Okanagan Valley. In summer she paddles canoe, kayak and stand-up paddle board at her Ontario island cottage.

In April 2015, 9,000 people died and 22,000 were injured in a devastating earthquake in Nepal. As a result, Patti and her husband, Barry Hodgins, founded BC non-profit *Nepal One Day at a Time* to support education in Gorkha province, Nepal, the epicentre of the earthquake. *Nepal One Day at a Time* partners with Kathmandu- based NGO Sambhav Nepal and Vernon, BC's Kalamalka Rotary where Patti is a member of the PR Committee.

Patti was Recently Awarded Rotarians with Vision 2020 Rotary District 5060 The Rotarian that Connects the World

Women's PROBUS of Vancouver:

<https://probuswomen.com>

Contact us:

PROBUSwomen@gmail.com

PROBUS Canada:

<https://probus.org>

PROBUS International:

<https://probusglobal.org>

MEMBERSHIP INFORMATION

President Hodie opened the meeting by thanking Greeters Past President Denise Cunningham and new member Janice Brown. We also gave a round of applause to the Membership Committee for their warm welcome and efficient handing out of the badges when we arrive at meetings.

We now have a slightly smaller meeting room at Point Grey Golf Club which many felt creates a more social and cozy environment.

January 3 is our next meeting and, as PGGC is closed and the speaker lives near Vernon, we will be on Zoom again. The link will be sent to you close to the date.

As we look back at 2022, we have been able to meet in person since March at Point Grey Golf Club to enjoy the social time with friends and listen to wonderful speakers. We hope to see even more members at meetings in 2023.

Merry Christmas to all from the Management Committee with wishes for a wonderful relaxing holiday season and we will see you in the New Year.

Action Items

Reminder: Please turn off your cell phones and, as a courtesy, no perfume at PROBUS meetings. The golf club has a defibrillator if anyone has a problem during a meeting.

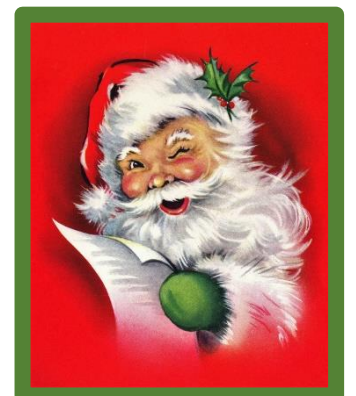
Management Committee Contacts: Women's PROBUS members will find the *confidential* phone numbers and email addresses on the last page of their Newsletter. Please contact them if you have any questions.

Newsletter: Contributions of stories, poems, jokes and brain teasers are welcome. Please send them to the Newsletter Editor any time you wish.

Update Your Contact Information: Have you moved, changed your email address or phone number? Please update your profile on the Club's website <https://probuswomen.com>.



*Season's Greetings
from the Management Committee Team!*



This and That

Joan Williams, when she was on the Speaker's Committee brought us Dr. Sebastian Marino who Zoomed in on December 7, 2021 from England to talk about his enthusiasm of studying exocomets. The James Webb Space Telescope was launched shortly after his talk and he will have been using its findings in his work.

Dr. Marino's talk was met with great interest from PROBUS members and Joan has sent this link to a TED talk about the James Webb Space Telescope.

https://www.ted.com/talks/heidi_hammel_and_nadia_drake_the_marvels_and_mysteries_revealed_by_the_james_webb_space_telescope



This link may not tweak your interest in outer space travel but, if you are traveling near or far for the holidays, perhaps you could hitch a ride with Santa.

And finally, a little humor to finish the year ...

When making the list of New Year's resolutions or writing your Memoir, here's something to ponder -

"It took me 11 minutes to do that thing I've been avoiding for three months."



Perhaps you will appreciate this during this holiday season –

"Sometimes I wish I could be the load of laundry in my dryer so I could sit in a dark, quiet space and everyone would ignore me for at least a week."

Ed. Note: Who leaves laundry in the dryer for a week???

Finally – *"Some people you're glad to see coming; some people you're glad to see going"*

DECEMBER SPEAKER

Magdalena How

An Opera Singer's Journey



What a wonderful musical morning we had. Magdalena not only explained the process of becoming a professional opera singer, she sang seven lovely and diverse pieces:

-*Queen of the Night* by Mozart – a teacher early in her musical education discovered she is a coloratura soprano and told her she would one day sing Queen of the Night,

which she has with the UBC Opera.

- *Amarilli, mia bella* by G. Cascini, quiet and slower and more difficult to convey the emotions;
- *Batti batti, o bel Masetto* by Mozart from *Don Giovanni*;
- *Dona nobis pacem* (Grant us peace) from *Silent Night* by K. Peats and M. Campbell, always sung acapella;
- *Vanilla Ice Cream* from the movie "*She Loves Me*" by J. Bock;
- *I Dreamed a Dream* from *Les Miserables* by C.M. Schonberg;
- *I'll Be Home for Christmas* by Kim Gannon, Walter Kent and Buck Ram.

Magdalena was passionate about music from a very young age, singing along to music in TV shows, attending UBC music summer camp, performing at Arts Umbrella, and at 16 started serious classical training at the VSO School of Music.

Magdalena did her undergrad work at McGill where all first-year students take Italian, French and German classes, as it is a challenge to convey the meaning of a story in a foreign language. Students make copious notes on scores – when to be quiet, louder, sad, where to put emphasis, etc. She constantly works on technique, even after receiving her Master's degree at UBC in 2021.



Singing opera consists of many, many elements: breath control to project a voice in a large space (mostly in a foreign language), storytelling with many emotions with a company of other singers and an orchestra. Extreme emotions such as grief and tension used to convey the story need to be suppressed as this could adversely affect breathing.

After studying all the basics, specifically with an opera teacher, a singer must practice, practice, practice to find what works best with her or his voice, and what they like to sing best.

Currently in the UBC doctoral program under the guidance of Nancy Hermiston, her thesis will be on “*music as therapy for those affected by PTSD*”. Operas written in the 19th and 20th centuries helped people work through their traumas in war zones.



When asked the question, she agreed wearing heavy and/or uncomfortable costumes and high heels, and performing on sloping stages made a performance very challenging!

Her future plans are uncertain – her doctorate would lead to teaching and, while her passion is performing and storytelling, she also wants a family someday. A dilemma faced by many women.

She has a recital scheduled in April which will be listed on her website www.magdalenahow.com.

Cheryl Banfield introduced Magdalena and Mary Graham thanked her.

Enjoy the Season

– WITH ALL IT BRINGS!!

