



NEWSLETTER – January 2022

WOMEN'S PROBUS CLUB OF VANCOUVER

Next meeting: **Tuesday, February 1, 2022**

Your Management Committee feels it is prudent to continue with Zoom meetings to keep us protected from Omicron. This is disappointing as we look forward to meeting in person, but *“better safe than sorry”*.

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 January and the link to the Zoom meeting will be sent January 31, 2022.

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

Speaker: Trevor Heaver, Professor Emeritus, UBC, Transport and Logistics

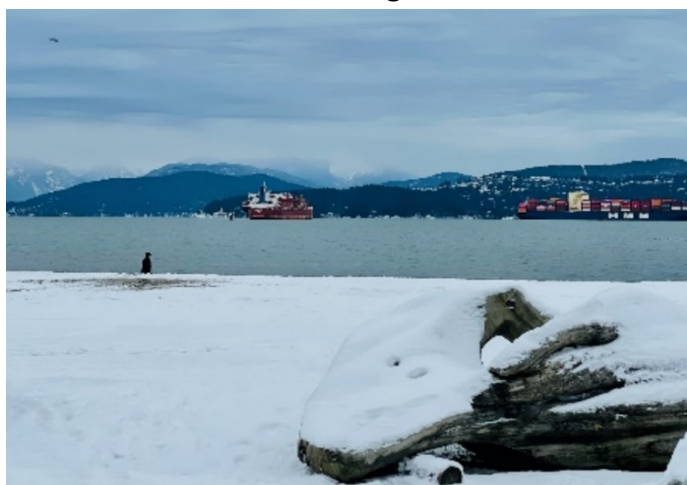
Topic: What do we see going on in shipping in Vancouver?

Key Elements:

- What are the ships that we normally see at anchor?
- Why are they normally there?
- What is happening this year?
- And the future ...?



Trevor Heaver has degrees from Oxford University and Indiana University. He is Professor Emeritus, University of British Columbia where he was head of the transport and logistics programs. He was a co-founder and headed the International Association of Maritime Economists and the World Conference on Transport Research. In 2015, he was a recipient of the Onassis Prize for Shipping. He is still playing cricket and soccer and, of course, enjoying walks along Jericho Beach and Spanish Banks.



Thanks to Meredyth Kezar

Women's PROBUS of Vancouver: <https://probuswomen.com>
Contact us: [PROBUSwomen.news\(at\)shaw.ca](mailto:PROBUSwomen.news(at)shaw.ca)
PROBUS Canada: <https://probus.org>
PROBUS International: <https://probusglobal.org>

A Message from President Leslie Chang

Dear Members:

Warmest Wishes for the New Year!

I hope you all had a peaceful, relaxing and safe winter holiday. Although the year seems to be off to a rocky start with the Omicron surge, I'm hopeful that 2022 will bring us brighter days with more socializing and fewer restrictions.

There's something about a new year that brings anticipation for a better future. In the Chinese zodiac, 2022 is the Year of the Tiger – a year made for bold action. While the 2020 Year of the Rat was about surviving and navigating the unfolding pandemic and the 2021 Year of the Ox was about pragmatism and anchoring ourselves in this new reality, this upcoming Year of the Tiger will be about making big changes and finding enthusiasm once again as we emerge stronger from the past two years.

The tiger is known for its power and ability to do everything on a grand scale. In ROBUS, I look forward to the robust lineup of speakers and activities planned this year and hope to restart our in-person meetings once it is safe to do so.

I look forward to connecting with everyone soon! In the meantime, please enjoy the photo I took of my late-blooming amaryllis plant.

Sincerely,

Leslie Chang



MEMBERSHIP INFORMATION

The Speakers Committee needs your help to fill their brains!

Seriously, if you know of a good speaker with an interesting topic who would be of interest to Women's PROBUS **PLEASE** let them know.

Speakers who will: engage us; challenge us; entertain us; make us think inside or outside the box; amuse us; stir the grey matter and inform us with their knowledge.

Please call or email: Cheryl Banfield, Joan Williams, Laurie Drummond, or Barbara Wynn – PROBUS members will find contact information on the last page of their Newsletter.

Please also consider joining the Committee – it's a team sharing ideas and providing willing back-up when necessary.

Activity: Women's PROBUS members visited the Michael Smith Genome Science Centre at BC Cancer on January 14, 2022. Richard Moore, Sequencing Group Leader, and Andy Murgall, Library & Biospecium Group Leader, explained in layman's language how they are bringing genome sequencing, bioinformatic techniques and expertise to whole populations of cancer patients; helping to prevent, diagnose and treat many different cancers in entirely new ways and identifying risks for hereditary cancers. They receive approximately 1,000 cancer samples from BC hospitals a month and use robots, technicians, leading edge equipment, and computers to examine minute cancer cells, which takes four to six weeks. They then meet with oncologists and discuss what they have found. This is one of the tools doctors use to make decisions on the most effective way to treat a particular cancer.



Thanks to Sharron Williams for this summary of a fascinating and informative tour, and Estelle Jacobson who made it happen.

Management Committee Contacts: Women's PROBUS members will find the *confidential* phone numbers and email addresses on the last page of their Newsletter.

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>.

Newsletter: Contributions of stories, poems, jokes and brainteasers are welcome. Please send them to the Newsletter Editor by the 10th of the month.

BC Towns Quiz - See answers on page 6

We have come to the end of this quiz – hope you enjoyed it.
For the whole list of 66 Q&A's on one page, email Jane: leporte@telus.net.

1. Attack a large animal
2. Admiral of the fleet
3. Rugged harbour
4. Aching last digit
5. Left side of cantaloupe
6. Woo a joint
7. Halfway between
8. Aware cove





We need some laughs!

A priest, a minister and a rabbit walk into a blood bank. The rabbit says, "*I think I might be a type O*".

I'm sorry - did I roll my eyes out loud?

My doctor asked if anyone in my family suffered from mental illness. I said, "*No, we all seem to enjoy it.*"



Just once, I want a username and password prompt to say, "*close enough*".

These days errands count as "*going out*". (Not so funny. 😞)



Counselor: "*Your wife says you never buy her flowers. Is that true?*"

Spouse: "*To be honest, I never knew she sold flowers.*"

JANUARY SPEAKER

Andy Cook – Helen Arkell Dyslexia Charity, UK



Andy Cook is the CEO of the Helen Arkell Dyslexia Charity which is based in Frensham, Surrey, England. Joan Williams' niece is employed at the charity and, after hearing about the work done at the centre, Joan thought it would be an interesting topic for Probus. Joan also recommended the book "*Spellbinder*", which relates Helen Arkell's story.

Helen was born on August 17, 1920. Her father was in the Norwegian Diplomatic Service, so they moved a lot during her childhood and her mother was born in England. Helen was sent to a convent school in Copenhagen where all the classes were taught in French, so that was her first language. She described it as a school for oddities like her who didn't have much background in education. As well as French, she spoke Norwegian with her father, English with her mother and Danish with friends. Even though she spoke many languages, she was aware that something was wrong as she was failing in every stage at school. She is quoted as saying that this caused low self-esteem and a knock to her confidence.

In 1936, the family relocated to her mother's home in Frensham and she married John Arkell in 1939 when she was 19. She had two children, but after the end of the war her marriage failed, so she was a single mother in her mid- 20s. Her brother and sister still lived in Europe and she had a nephew who had been diagnosed with dyslexia. She was able to go to Denmark where she was diagnosed with dyslexia in her 20s at the Word Blind Institute run by Edith Norrie.

In the 1950s she returned to Denmark and trained as a one-on-one specialist and practiced by teaching her own children, one of whom was dyslexic. In 1962, the neurologist, Dr. Macdonald Critchley, opened the Word Blindness Centre, which brought together many researchers who had worked with dyslexic individuals. He met Helen and together they produced the film called "*Dyslexia and Who Should Be Responsible for It*". Helen's first article called "*Nursery World*" was published in a journal. The term *word blindness* was used in the same way as colour blindness.

In April 1971, the London Dyslexia Centre was opened by Helen together with Joy Pollock and Elisabeth Wallace, and later a second branch was started in Frensham. The Centre recently changed its name to the Helen Arkell Dyslexic Charity to reinforce their need to raise funds to support assessment, training and programs.

In February 1999, Helen received the MBE from the Queen in recognition for her services to dyslexia. In October 2003, she was named a Pioneer to the Life of the Nation; also attending this event were Richard Branson, James Dyson, Margaret Thatcher and Nelson Mandela, among others. Shortly before her death in August 2019, Helen received a visit from Princess Beatrice who brought her a gift and tea and cakes for them to share. The Princess suffers from dyslexia, which makes it difficult for her to read when she is very tired and creates great stress if she has to read aloud in public. She is now a Patron of the Charity.

People with dyslexia have specific learning difficulties in reading, writing and spelling. They have to keep concentrating all the time when reading and cannot automatically recognize letters and words. They may have difficulty processing speed on a computer screen, and this was a problem for children who were being home- schooled during COVID, especially if they had dyslexic parents. They may also have difficulty with organizational skills. There is no link to intellectual ability, but they have low self-esteem and give up easily. Decoding of words when reading takes up a larger part of the brain, which leaves less room for other functions such as interpreting the meaning of what is being read. They have to fully concentrate all the time as they can't automatically recognize letters or words. For some, the mechanics

of writing are very hard. They can also have visual difficulties, some of which make the words look as if they are jumping around on the page, though these can be helped with treatment and glasses. The Text-to-Speech software on an iPhone can be very helpful.

Dyslexia is highly hereditary, and it is estimated that one in ten people suffer with some of the symptoms.

Some of the problems children face are high frustration and anxiety, low confidence, self-worth and self-esteem. Learned helplessness can lead to poor behaviour. Andy talked about one of the children the Charity has helped. Aliya came from a low-income family and at the age of eight she said to her mother, *"I wish I wasn't stupid"* and *"Why can everyone else do things I can't do?"* She was self-harming in school because of distress and refusing to attend classes. An assessment was booked for her and someone from the Charity spoke with her teachers to find ways to make learning more accessible for her. Aliya was able to get ongoing tuition on a one-on-one basis, as one of the main aims of the organization is that no-one is turned away because they cannot pay. The other two are that they only accept those who have had an assessment first, and people of any age can apply.

The Charity helped 1087 people get one-on-one support last year and they are expecting to do the same this year. A map showed that they see people from Cornwall to Cheshire, but they realize the need to expand access. Lack of support can lead to a downward spiral and negative choices. A report suggests that twice as many people in prison are dyslexic than in the general population. A similar study in the United States indicates it might be four times as many. Proper support can help people believe in themselves and achieve their goals. Richard Branson, Albert Einstein and Jamie Oliver all suffered with dyslexic and were probably well supported at the right time.

Five hundred and thirty-three pounds sterling, or approximately C\$1,000 per person, can change a life by providing funds for an assessment.

Andy asked that we spread the word, raise awareness about the condition and encourage those who may have a problem to seek help.

Andy answered the following questions:

1. Does brain injury cause dyslexia? This has not been looked at as much as heredity, though there may be similar symptoms.
2. What is the best age to diagnose children? The ideal age is around seven when brain patterns are established though they can be changed. However, it is never too late to get help.

Quirky Note. There is a rock band in Canada called the Arkells, named after the street in Hamilton where they lived when they were students. Was there a connection to Helen?

Joan Williams introduced Andy and President Leslie Chang thanked him for his very interesting talk. She also thanked Joan Williams for suggesting the speaker and Barbara and Graham Wynn, our Zoom Masters, for technical help setting up the meeting. Anne Roberts was our excellent Reporter for this speaker's summary. For more information: www.helenarkell.org.uk.

Answers to BC Towns Quiz: 1. Sicamous 2. Nelson 3. Port Hardy 4. Sorrento
5. Port Mellon 6. Courtenay 7. Midway 8. Alert Bay