



NEWSLETTER – March 2022

WOMEN'S PROBUS CLUB OF VANCOUVER

Next meeting: **Tuesday, April 5, 2022**

9:30 a.m. - Arrival Point Grey Golf Club
10:00 a.m. - Meeting 3350 S.W. Marine Drive, Vancouver

Please bring your vaccination document and personal ID.

Masks are optional.

Speaker: **Madeleine Shaw, Social Entrepreneur and Author**
Topic: ***How Social Entrepreneurship is changing the face of business and philanthropy***

Madeleine Shaw is a multiple award-winning social entrepreneur and author based on unceded Coast Salish territory (Vancouver BC). She is best known as the co-founder of [Aisle](#) (formerly Lunapads), one of the first groundbreaking ventures in the world to commercialize reusable menstrual products, today a thriving industry. In 2014, she founded [GDay](#), a national event series for tween girls and their supporters, and in 2017 [Nestworks](#), a family-friendly coworking community.

Madeleine was born and raised in Vancouver and is a graduate of Queen's University, BCIT and the THINK School of Creative Leadership. She is Board Chair of [Free Periods Canada](#), a student-led menstrual equity non-profit, and [Vancouver Junior Roller Derby](#), one of the few gender-inclusive team sports available to youth in the Lower Mainland.

In her first book, [The Greater Good: Social Entrepreneurship for Everyday People Who Want to Change the World](#), she offers encouraging tips and reflections for aspiring impact-based entrepreneurs. In the book, she presents an inspiring look at how a new generation of non-traditional entrepreneurs can use their personal values and vision to launch and grow world-changing ventures. She dispels the myth that you need a business degree or a blockbuster tech idea to start a successful enterprise, and argues that passion, a willingness to step into one's personal power, and strong relationships are what propel social entrepreneurs forward.

Website: greatergood.work

Media interviews, podcasts and other writing:

<https://madeleineshaw.ca/inmedia/>

Book video trailer: https://youtu.be/Cf_7AuhGL4c

Link to Madeleine's newsletter: <http://eepurl.com/gRSu1>

Social media handles:

Instagram: [@greatergoodbook](#) | [@ohmadeleine](#)

Twitter: [@greatergoodread](#) | [@gg_madeleine](#)

LinkedIn: <https://www.linkedin.com/company/greater-good-book>

<https://www.linkedin.com/in/ohmadeleine/>



Women's PROBUS of Vancouver: <https://probuswomen.com>

Contact us:

PROBUS Canada: <https://probus.org>

PROBUS International: <https://probusglobal.org>

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

A Message from President Leslie Chang

Dear Members:

After two years of virtual meetings, it felt wonderful to see everyone in person again for our March 1st meeting. As quoted by Jane Austen, *"It is such a happiness when good people get together – and they always do."* I am already looking forward to our April 5th meeting.

I am pleased to welcome *"Hodie"* Rondeau as our Vice President. I am also delighted to share that Meredyth Kezar has accepted the nomination for the role of incoming Vice President 2022-2023. I'm looking forward to collaborating with two capable, energetic women who will serve the membership well.

While I know that I have already thanked the executive team at our first in-person meeting, I think it is important to express my gratitude again for the members who could not attend.

Barbara Wynn, our 2020-2021 President, navigated us through a challenging year! Barbara did a fabulous job adapting and steering us through the pandemic. Thank you, Barbara!

Barbara Paterson is key in consistently keeping our finances in order. Great work, Barbara!

Kudos to Mary Gillespie for ordering and organizing the lovely badges and, as well, thank you to Pauline Dunlap, Michelle Gambrel, Dorothy Miller and Anne Williams of the Membership Committee.

A big thank you to Cheryl Banfield, Laurie Drummond and Joan Williams of our Speakers Committee for organizing such interesting Zoom speakers, and great thanks to our Reporters Anne Earthy, Mary Graham, Meredyth Kezar and Anne Roberts for recording the presentations.

Jane LePorte is instrumental in keeping the Club connected and informed through our fabulous PROBUS Newsletter. Thank you, Jane!

Estelle Jacobson continues to work hard on perfecting our awesome website to keep us updated and informed. Thank you, Estelle!

Thank you, Sharron Williams, for organizing the greeters. We all look forward to seeing your team, in person, at the Club entrance!

I will see you again April 5th!

Sincerely yours,

Leslie Chang



L to R: Past President Barbara Wynn, President Leslie Chang, Vice President Heather "Hodie" Rondeau

MEMBERSHIP INFORMATION

April 5 Meeting: Please bring your vaccination document for Point Grey Golf Club staff to scan plus your personal ID. Masks are optional. Please read emails and the monthly Newsletter for future updates.

March 1 Meeting: This was our first in-person meeting since March 2020 and approximately 70 members attended; President Leslie Chang opened the meeting by introducing and thanking the Management Committee for their work behind the scenes during COVID-19 when we met via Zoom.

We all owe a very special thank you to President Leslie Chang and Past President Barbara Wynn for their many hours spent on our behalf during COVID-19. In her message for this Newsletter, Leslie acknowledges everyone who will be responsible for the smooth running of Women's PROBUS Club of Vancouver as in-person meetings resume.

Please Help: As help is always welcome, please consider volunteering for one of the following positions on the Management Committee.

TREASURER: Someone to be mentored by our current treasurer.

NEWSLETTER: To join a team of Reporters to summarize the speaker's talk.

SPEAKERS COMMITTEE: An added person to help find quality speakers.

WEBSITE: Someone with some computer skills to help our Webmaster.

MEMBERSHIP COMMITTEE: Assist at the tables with badges and other pertinent information.

**GREETERS: Be available when called on to greet members at the door for our monthly meetings.

** A sign-up sheet will be available on the badge desks at the April meeting.

NEW POSITION: An ACTIVITIES CO-ORDINATOR -- to approach members who would be interested in running an activity...such as Art, Garden, Science, Museum, Book Club or any other field trip of interest.

If you are interested, please contact barbarawynn.



New Members: Since COVID-19 sent us Zooming in 2020, these eleven women joined our Club and no doubt have attended meetings on Zoom.

Caroline McNeill
Sue McEwen
Isabelle Stroud
Charlotte Warren
Sharron Williams

Hodie Rondeau
Mackie Chase
Anne Graham
Helen Ballam

Margaret Davis
Donna Ornstein

We look forward to meeting them at future meetings at Point Grey Golf Club.

Membership: If you know someone who would also like to join, please ask her to go to our website, www.probuswomen.com; click JOIN US and complete the application.

Guests: Members may invite four guests per year; each guest only one time.

News from January 2022 Speaker: Andy Cook, Helen Arkell Dyslexia Charity UK, generated a great deal of interest and, as he has donated his honorarium to the Charity, Joan Williams received a thank you and an offer to our members to subscribe to the regular newsletter for more heartwarming stories. Visit www.helenarkell.org.uk.

ANNOUNCEMENTS

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.

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.

A Few Smiles to Lighten the Daily News

Being a functional adult every day seems a bit excessive.

From a Church Bulletin:

Miss Charlene Mason sang "*I will not pass this way again*", giving obvious pleasure to the congregation.

One-liners:

My fake plants died because I didn't pretend to water them.

The road to success has so many tempting parking spaces.

You can't tell me what to do; you're not my granddaughter.

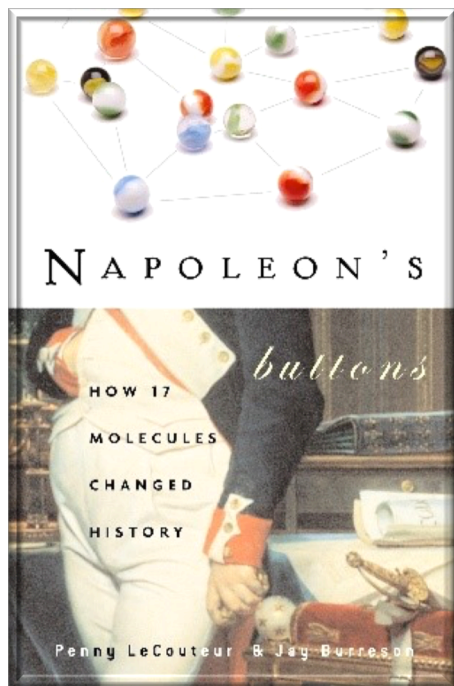


Tulips from Hardy Bunn's garden

MARCH SPEAKER

Dr. Penny LeCouteur, *Molecules That Changed History*

As a chemist, Penny noticed that her botanist, geologist and zoologist colleagues were often travelling the world studying subjects such as tropical plants, northern rock formations and



underwater mysteries. Meanwhile, Penny was spending her time studying chemicals in a lab!! She also noticed that chemistry books were largely absent from the science section in bookstores. So, she decided that one day she would write about chemicals from around the world and that she would first pick her travel destinations and then pick the compounds she would write about. The result of Penny's travel and research is her book *Napoleon's buttons How 17 Molecules Changed History*. Penny shared some fascinating and amusing stories about the molecules as well as information about their chemistry.

One of Penny's first trips was to Manado on the northern tip of Indonesia. Here she smelled the clove trees and realized that eugenol, which gives cloves their smell, would be her first molecule. Nutmeg was grown on nearby islands and contains isoeugenol, which is a close variation of eugenol. Cloves and nutmeg were highly valued in Europe and were the earliest spices to be carried back by explorers

from Portugal and Spain, such as Magellan. Because of their anti-bacterial and anti-fungal properties and strong taste and smell, these spices were used as condiments, food preservatives and medicine. At that time, nutmeg was thought to prevent Bubonic plague. The theory was that the smell of the isoeugenol may have deterred the plague carrying fleas that lived on the rats. Columbus, on his spice-trade explorations in the West Indies brought back pepper (piperine) and peppers (capsaicin). The chemical structure of these compounds makes them taste hot or spicy. Both were used to disguise the taste of heavily salted or preserved foods.

Sugar is a compound of glucose and fructose. Within 14 years of Columbus finding it in the West Indies, this slave-grown sugar was being traded to Europe. Cellulose, which is glucose molecules joined end to end in a polymer, is the primary component of cotton. Cotton was a much cheaper fabric than linen or wool and the demand for cellulose was high. Profits from sugar and cotton were used to bring more slaves from Africa.

The Age of Exploration led to the death of many sailors from scurvy, which is caused by the lack of ascorbic acid or Vitamin C. Ghost ships were often found adrift after all the sailors had died. Fruit bats and primates have lost their ability to make Vitamin C, whereas all other animals do not require a dietary source of the vitamin. Captain Cook solved the problem of his sailors dying from scurvy by having citrus fruit and other ascorbic acid foods onboard to keep them healthy.

Penny told an interesting story about nitro compounds. Nitro cellulose was experimented with by early scientists. By adding large quantities of the nitrate group to cellulose, nitrocellulose or guncotton was produced. By adding smaller amounts, a lovely silky fabric was made. There was some excitement about this new, low-cost, synthetic version of silk until it was found to be very flammable and totally unsuitable for use as a fabric! In later years, and with further experimentation, nylon was developed and was hugely successful as a synthetic fabric.

We heard some fun facts about natural dyes. Indigo can be sourced from the indicant shrub. The indican is colourless, but air oxidation leads to colour. Tyrian purple originally came from the Murex mollusk. Thousands of shells were ground to make 1 gram of powdered material and air oxidation also led to these shells becoming coloured. As a natural dye, it was so rare and so valuable that it was only used for royal coronation robes, Roman emperor's robes, etc. The term "born into the purple" was used at one time to describe someone with great wealth. Carminic acid, a red dye from the cochineal beetle was used to dye the British Army's coats; hence the soldiers were called "red coats". Saffron from the stamens of the crocus is a yellow dye, but also the most expensive of the spices. The saffron robes of monks are actually dyed with cumin, not saffron!

The first "wonder drug" was developed in Germany by the Bayer Company. Salicylic acid from willow bark had been used in the past to treat headaches and inflammation. By acetylation of this compound, acetylsalicylic acid or ASA was developed. ASA was not as hard on the stomach as the willow concoctions. Bayer named their medicine Aspirin and, although they copyrighted the name Aspirin, Bayer had only a short patent on the drug itself so it was soon copied by other drug companies. Bayer also developed a "super aspirin" that was meant to replace morphine as a painkiller because morphine was very addictive. However, this Hero drug of acetylated morphine proved to be even more addictive and was quietly withdrawn from the market after only a couple of years. This drug was heroin!!

Penny had many other entertaining stories of the role of molecules in everything from rubber to witchcraft. Her book contains 17 chapters, one for each of the molecules she selected from around the world. Oh yes, and Penny was able to add Greece to her travel schedule as she went there to study olive oil.

Napoleon's buttons has sold over 170,000 copies and still occupies a prominent place amongst the science books on book store shelves. As for Napoleon and his buttons – the story is that the buttons were made of tin and disintegrated into a white powder in the winter cold in Russia. The soldiers had to hold up their pants, which meant their hands were not free to fight, and that's why they lost the Russian campaign of 1812!!

Dr. Penny LeCouteur was introduced to us by her long-time friend and PROBUS treasurer, Barbara Paterson. President Leslie Chang thanked Penny for sharing her time and expertise with us in this fascinating lecture. Mary Graham beautifully summarized Penny's presentation.