



WOMEN'S PROBUS CLUB OF VANCOUVER

Next meeting: **Tuesday, February 7, 2023**
9:30 a.m. - Arrival Point Grey Golf Club
10:00 a.m. - Meeting 3350 S.W. Marine Drive

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

Masks are optional but recommended

Speaker:
Sheryl MacKay

Topic:
Life on the Air



Sheryl MacKay has kept listeners company early on weekend mornings for 22 years, as host and producer of ***North By Northwest***. She talked with creative people from all around the province about their passions and inspirations; including visits to artists in their studios, musicians and performers backstage, writers at their keyboards and chefs at the cooktop.

The show is still aired in BC on CBC Radio and all over the world on-line; still providing great conversation and a lot of laughs.

Sheryl began her career in radio and television in 1975 at CTV in Moncton, New Brunswick, after finishing a journalism program at Holland College in Charlottetown. She's worked in private radio as an overnight DJ and as a television and radio producer, reporter and host in BC and Prince Edward Island.

Recently she launched a podcast called *Listen with Sheryl MacKay*.

She has a Master's degree in Clinical Counselling and is trained as a Death Doula.

Women's PROBUS of Vancouver: <https://probuswomen.com>
Contact us: probuswomen@gmail.com
PROBUS Canada: <https://probus.org>
PROBUS International: <https://probusglobal.org>

JANUARY SPEAKER

Patti Shales Lefkos

Nepal One Day at a Time:

A Himalayan Humanitarian Adventure Memoir

On Tuesday, January 3, we enjoyed learning how Patti Lefkos went from being a Vancouver School Board administrator to studying journalism to trekking through Nepal and teaching in and then supporting a school there, as well as becoming the author of a number of travel articles and then two books.

Patti grew up in Toronto, but her family always spent summers in a cottage on an island on a lake just north of Kingston, Ontario. She came from a family of outdoor enthusiasts. She and her husband still spend summers in that same cottage and her latest book, *“Grounded by Granite”* tells the story of her family and its history in that region.

When she was in Grade 13, she spent that year in Neuchatel in Switzerland, but she didn't have a passport again until after she retired. After teaching in Toronto, she moved to Vancouver in 1975 and taught, and then became an administrator mainly in inner-city schools where she loved the multicultural element, and she was a strong advocate for these children.

When she retired, she studied journalism and then she and her husband, a teacher as well and one-time mountaineering guide, moved to Silver Star where they could enjoy hiking and cross-country skiing.

She also began to enjoy foreign travel and got another passport; initially, to do some hiking trips in Great Britain, then a trek in Tibet and the first time in 2009 at an altitude. The next trip was three months in Nepal in 2011 with several treks, including Everest base camp. On the way back, in

Katmandu, her husband had an angina attack and had to have a stunt put in. He recovered, so two years later they planned to return. Then she ended up, at 67, going on her own after her husband ruptured his Achilles tendon. Initially, she volunteered in a village school, living in a tent. She was assisted by Raj, whom she had got to know on her earlier visit. Teaching turned out to become quite challenging. As an administrator, she had been out of the classroom for 20 years, and supplies were limited. Raj became her teaching assistant. It was a wonderful experience which after several weeks ended too soon. Then they visited six or seven villages distributing sports equipment they had brought from Canada. The last village was special, and she was the first foreigner to visit. There was one school that was falling down. They asked her for help to build a better school. After that, she had a few days of “R and R” and then a month of trekking with many adventures.

Finally home, and then four days later Patti headed to their cottage in Ontario, still thinking

of that remote village that needed a decent school. Eventually she and her husband formed a foundation and got involved with local Rotary clubs and did lots of fundraising. This became even more urgent after the earthquake in Nepal that did so much damage. In April 2017, they returned, and work began on the school. The next year they returned again and got to see the school finished. Then she wrote a book about her experiences, *Nepal One Day at a Time*.

Now with more help, the school includes kindergarten to grade ten. She and Barry were to



go in 2020, as two homes were supposed to be built. Covid had prevented that, so now the homes will be completed. She and her husband are going back to Nepal in August for four months.

Patti ended her talk with this note she keeps on her desk, *“Life will only change when you become more committed to your dreams than you are to your comfort zone”*. Patti is definitely someone who has lived those words.

If you would like to learn more, please visit her website www.pattishaleslefkos.com or Society Facebook, <https://www.facebook.com/APRIKVILLAGCHILDREN>.

To make a donation, go to:

<https://www.canadahelps.org/en/charities/afretech-aid-society>. Look for NEPAL- ONE DAY AT A TIME in the drop-down menu at Afretech Aid Society. You will receive an instant tax receipt.

Patti has offered PROBUS members a special price for her books , *Nepal One Day at a Time* and/or *Grounded by Granite*. All profits support education, health care and home building in Gorkha, Nepal.

One book - \$25.00 + \$7.00 postage; two books \$40.00 + \$10.00 postage.

Send an e-transfer to pattilefkos@shaw.ca or your cheque payable to Patti Lefkos, Box 3093, Vernon, BC, V1B 3M1, and include your mailing address.

Meredyth Kezar introduced and thanked Patti.

The winter in Vancouver has been challenging and here is a little look at the future - soon we hope!



This and That

1. When I get a headache, I take two aspirin and keep away from children, just like the bottle says.
2. I don't know how to act my age: I've never been this old before.
3. "Your call is very important to us. Please enjoy this 40-minute flute solo."
4. **Flabbergasted**, adj. Appalled by discovering how much weight one has gained.
5. I didn't make it to the gym today. That makes five years in a row.

MEMBERSHIP INFORMATION

The **January 3 meeting** was held on Zoom as Point Grey Golf Club was closed. Our speaker was in Vernon, so that worked out nicely.

We were unable to get actual attendance, but the moderator estimated 70 participants.

Vice President Meredyth presided as President Hodie was having trouble with her Internet connection. We all sympathize with this type of difficulty!



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>

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.

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.

UPDATE -

Our December speaker, Magdalena How, will perform with the Vancouver Symphony Orchestra at the Orpheum on June 9 when she will be one of the soloists in an evening of special music (Summer Nights: Mozart and Berlioz). Magda will sing the role of Susanna in the fourth Act from Mozart's *The Marriage of Figaro*, including Susanna's famous aria "*Deh vieni, non tardar.*" If you would like to hear her on Vancouver's famous stage with full orchestra, use this link to read about the concert details and to order tickets:

[Summer Nights: Mozart & Berlioz - Vancouver Symphony Orchestra](#)

