



**JUNE 2023
NEWSLETTER**

WOMEN'S PROBUS CLUB OF VANCOUVER

Next meeting: **Tuesday, July 4th, 2023**

9:30 a.m. - Arrival

Point Grey Golf Club

10:00 a.m. - Meeting

3350 S.W. Marine Drive

NOTE that there is No Meeting in August

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

Masks are optional

JULY SPEAKER

Speaker:

Melanie Galloway

Topic:

**Fitness Instructor,
Personal trainer and
medical exercise
specialist**



Fitness Instructor, Personal trainer and medical exercise specialist

Melanie will discuss all aspects of fall risks and the best ways to reduce them. Falls put more seniors in hospital than any other kind of injury.

At age three she was partially paralyzed by polio. Years of physiotherapy, learning to walk again, and being the last choice for teams in physical education, led to a dislike of activity.

After receiving a degree in biology and raising three children she began with participating in "aquafit" which eventually led to qualifications in weight training, personal training, and specialized fitness for various conditions. With over 80's being the fastest growing segment of the population, and thousands of baby boomers passing 65 daily, competent fitness instruction for older adults is a critical need. Melanie trains and mentors other fitness instructors through both in-class and distance education courses throughout British Columbia.

She is a tireless volunteer who has been nominated or received numerous awards. Melanie was awarded Educator of the Year by BCRPA in 2011.

She has an excellent website <https://www.growingstrong.ca> Her book, which is excellent, Bottoms Up! From Toes to Head: The Many Reasons to Stand Up and Move will be available for sale at this session.

Women's PROBUS of Vancouver:

<https://probuswomen.com>

Contact us:

probuswomen@gmail.com

PROBUS Canada:

<https://probus.org>

PROBUS International:

<https://probusglobal.org>

JUNE SPEAKER

The Honourable Risa Levine

Afghan Women Judges in Canada

Risa has had many years in law and a seat on the BC Supreme Court and then the Court of Appeals until her retirement. She is a member of an organization for female judges. The International Association for Women Judges (IAWJ) was formed as a support Committee to help Afghan women judges and their families to get out of Afghanistan and to assist them to resettle when they had immigrated to a country e.g. Canada.

In August 2021, when the Taliban took over Kabul, 270 Afghan women judges and their families were being harassed or assassinated. A rescue operation assisted 170 of these women and immediate families to escape to nearby countries where they waited for immigration papers to go to the UK, Ireland, Germany, Australia, US and 36 to Canada.

The Canadian Chapter of the IAWJ, consisting of 160 Canadian judges, agreed to act as partners to these Afghan women judges and to assist them to resettle by guiding them to appropriate basic and professional English lessons, Canadian culture and to be a friend and support.

Forty women judges applied to immigrate from Greece in 2021. They sat in other countries waiting, then thirty – six arrived in Canada in March of 2022. Four arrived in Vancouver and were expedited to become permanent residents. They were linked to Canadian women judges who agreed to partner with them. Roles included tours of their community, education on Canadian law and our legal system, how to apply for academic positions, and support and suggestions on how to adapt to Canadian life.

A friend, Patricia Hannia, Assistant Professor at Metropolitan University of Toronto (Ryerson) contacted all the deans of the Canadian law schools seeking assistance to help these women judges be able to use their knowledge and wisdom within our communities and legal systems. UBC's Allard School of Law has been most responsive and has begun creating programs to assist these women.



They are developing a two year full time associate research position and two visiting scholar positions for the judges living in Vancouver. These Afghan judges are receiving free tuition for two years in the English Language Training institution. They are also providing support for these women judges to continue with their research and writings. Risa and Patricia are now working with other law schools to replicate the Allard school program to assist the other Afghan women judges settled in other parts of the country. (24 in Ontario, others in Moncton and Calgary).

The Canadian judges who are part of the IAWJ have developed deep bonds with these ladies and so admire their resilience, strength, serenity, and adaptability. It has been a positive experience for all.

Risa showed two videos – Mirror of Justice which explains the conditions in Afghanistan and the need to leave.

The second is a CTV news clip that describes the Allard Law School program and comments from the Afghan judges located in Vancouver.

Questions:

What happened to those left behind. The airport is now closed so they are stranded in their homes.

Efforts are being made to connect them with charitable organizations and hopefully get to Greece. However, the NGO's are no longer able to have female staff to assist other women. They must apply for refugee status only once out of Afghanistan. It is a sad situation.

We were quite somber while hearing the plight of these Afghan women Judges. We are so appreciative of the efforts of our Canadian women Judges to assist those that have arrived to contribute to their Canadian communities.

*Wendy Baker introduced Risa.
Mary Graham thanked her*

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MEMBERSHIP INFORMATION

President Hodie opened the meeting and thanked the greeters & Badge ladies.

- membership has decreased post Covid and asked members to continue to invite friends to join Women's Probud.
- An Activities Coordinator would generate more interest in our Club

Hodie thanked Jane LePorte, who will now be devoting her volunteer hours to Rotary, and Estelle Jacobson for establishing and maintaining the website; a big job.

AGM

Treasurer Barbara Paterson submitted the financial report and it was accepted unanimously (details in May Newsletter).

Past President Leslie Chang submitted the slate after asking if there were any new nominations, especially to fill "open" positions. None were received.

The following three Executive positions are two-year terms:

- President - Heather "Hodie" Rondeau
- Vice President - Meredyth Kezar
- Past President - Leslie Chang
- Treasurer - open
- Newsletter Editor - open
- Webmaster - Hodie Rondeau

Corrections from May Newsletter

New Members: Wendy Baker, Sydney Hook, Catherine Pallen, Susan Macht, Andrea Petersen, Janice Brown, Peggy Kane, Frances Lawson, Carol Matthews, Carolyn Ash, Rona Cheifetz, Nancy Davidson, Georgia Eriksen

Annual Membership Fees Are Coming Due:

The 2023/24 membership fees of \$80.00 are due by September 15. Those with an email address will receive an invoice in July.

Payment by credit card is preferred – go to www.probuswomen.com, click the "head and shoulders", enter your email address and password, fill in your credit card information, and finish the transaction - don't forget to log off.

Your receipt of payment will be in your inbox in a few minutes.

Another option: write a cheque (\$80.00) payable to Women's PROBUS and send it to Janice Brown at 904 West 22nd Ave., Vancouver BC V5Z 2A1, or bring the cheque to the July or September meetings.

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>

Or email

womensprobus@gmail.com

