



# NEWSLETTER

## PROBUS CLUB VANCOUVER

#252 West 42nd Ave., Vancouver, B.C. V6M 2B5 Phone and Fax 604-261-6818  
Clubs for retired and semi-retired professional and business persons, former executives and others

[www.probusvancouver.com](http://www.probusvancouver.com)

March 2010

**Next Meeting:** March 9th, 2010  
**Time:** 9:30 am  
**Location:** H.R. MacMillan Planetarium and Space Centre, Lower Level  
**Speaker:** Rick Antonson  
**Topic:** Tourism Vancouver

### UPCOMING EVENTS

**MARCH 23rd – Visit to Quest University in Squamish**

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### RICK ANTONSON



Rick Antonson is President and CEO of Tourism Vancouver, representing 1,000 member businesses responsible for the market development of Metro Vancouver as a convention, incentive, and leisure travel destination. He has held this position for 17 years.

As a travel industry leader, Rick currently serves on the Board for the Pacific Asia Travel Association; is an Ambassador for the 2010 Vancouver Olympic & Paralympic Winter Games; and is Vice President of the Board of Directors for Pacific Coast Public Television.

Prior to his joining Tourism Vancouver, he had been a Vice President with Rocky Mountaineer Vacations, a Vice President with Douglas & McIntire Ltd., Book Publishers and CEO of Tourism Edmonton.

Rick attended Simon Fraser University.

Rick is also a published author of three books including *Slumach's Gold*, *In Search of a Legend* and *To Timbuktu for a Haircut: A Journey Through West Africa*.



**Olympic Torch Bearer  
Bob Swannell  
Accompanied By Mayor Gregor  
Robertson**

## Report of the February 9<sup>th</sup> Meeting

*Attendance: 161 Members and Guests*

President **Nick Thornton** called the meeting to order at 10:00 AM. **Ted Horsey** acted as Secretary.

The President commented on the following items: **Parking; Probus Canada Travel Insurance; Probus BC Conference and the Temporary Moratorium on Applications for Membership.** Details are covered inside the Newsletter.

Five new members were introduced by **Don Newman** (see "Welcome New Members"). VP **Bill Sexsmith** announced that the Book Club's name is now the "**Fred Cotton Probus Book Club**" to honour Fred's great contribution to the establishment and growth of the Club.

**John Cruickshank** outlined the Quest University tour on Tuesday, March 23<sup>rd</sup>. Details inside.

Guest Speaker Dr. Larry Goldenberg, introduced by **Bill Sexsmith**, spoke on the subject "Are you on the right path? The need for a men's health initiative". He started by giving the sorry statistics of men's health compared to women's, namely: 39% more likely to die from diabetes; 84% more likely from arterial diseases; 70% more likely from heart disease; 29% more likely to be diagnosed with cancer and 40% more likely to die as a result; 80% more likely to have spinal cord injuries, substance abuse, violent and crime involvement; 80% more likely to die from suicide attempts and 90% of workplace deaths.

The more common male health problems chronologically from birth to death are: development disorder, learning disability, autism; congenital anomalies, delayed puberty; testicular cancer; risk taking/MVA, violence, crime, substance abuse, suicide; reproductive life dysfunction, sexual dysfunction, HIV/STI; cardiovascular disease, diabetes, hypertension, obesity, metabolic syndrome; prostatitis; mental health, depression; chronic arthritis, kidney stones, colon cancer; hypo-

gonadism, osteoporosis; prostate cancer, enlarged prostate gland; lack of good health habits.

In Canada, **life expectancy** of women exceeds men by about six years. The gap may be explained by: biological factors (hormonal brain structure); environmental factors (riskier jobs, less social support); behavioral factors (higher risk taking, the masculine role etc.).

Another important statistic to consider is "**health expectancy**", the number of years males can expect to be disability-free and functional dependence free. For men, this averages about ten years less than life expectancy.

The need for a men's health initiative is promoted by many organizations. The Commonwealth Foundation report of 2000 headed "Out of Touch: American Men and the Health Care System" called for "expanded efforts to address men's special health concerns and risks.

The World Health Organization Madrid Statement in 2002 stated: "...to achieve the highest standard of health, health policies have to recognize that women and men, owing to their biological differences and their gender roles, have different needs, obstacles and opportunities"

The Vienna Declaration of the Health of Men and Boys in 2005 declared that health authorities should: recognize men's health as a distinct and important issue; develop a better understanding on men's attitudes to health; invest in "male sensitive" approaches to providing healthcare; initiate work on health for boys and young men in school and community settings; develop coordinated health and social policies that promote men's health.

The Men's Health Initiative of BC ("MHIBC") is an "umbrella" initiative of prominent Vancouver physicians and surgeons dedicated solely to the pursuit of excellence in male health. The mandate of the Men's Health Initiative of BC is for: consolidation of local expertise; coordination of clinical, education and research activities; comprehensive research in public and popu-

lation health; central strategy for health promotion, screening aids, risk assessment, disease prevention; communication - social networking, media, website; clinical guidelines and standards of care publication for primary health providers; continuum of care - biopsychosocial - across all ages; community outreach to all socioeconomic groups; collaborate locally, nationally and internationally; creation of government men's health Policy.

It is a large-scale initiative aimed at improving men's health and quality of life through leadership, awareness and education campaigns, research, and disseminating best practices in clinical care. MHIBC has been created in the Department of Urological Sciences, in the Faculty of Medicine of the University of British Columbia in conjunction with the Vancouver General Hospital.

Dr. Goldenberg spoke about MHIBC's goals and their awareness and risk assessment strategies. He covered the subjects of impotence, osteoporosis and prostate problems in considerable detail and recommended periodic, comprehensive clinical screening for these conditions.

He mentioned the funding sources for Men's Health Initiative of BC stating that VGH and UBC Hospital Foundation will accept donations and issue tax receipts (Website:<http://www.aboutmen.ca> or phone(604)875-4676).

The supporters of Men's Health Initiative of BC want to seize the opportunity for British Columbia to be a world leader in men's health and in men's well being.

After questions, **Dr. Bill Ibbott** thanked Dr. Goldenberg for his excellent presentation.

**NOTE: Detailed statistics and complete information about various topics in Dr. Goldenberg's presentation can be found on the Probus Vancouver website under the heading "Probus Members Meeting Minutes" for February 9<sup>th</sup>.**

## PRESIDENT'S MESSAGE



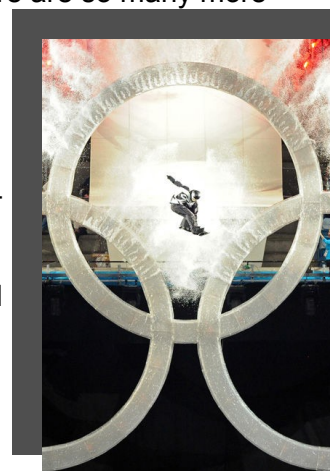
Whether you are in favour of the Olympics or not, it is hard not to be impressed with the manner in which John Furlong, his VANOC crew, and Translink have handled the logistics of such a

mammoth exercise. Faced with the tragedy of the first day, extraordinary weather conditions, ridiculously heavy security needs, and the need to move huge quantities of people in short periods of time, all have done a very credible job. It astounds me that the relatively few naysayers are able to command such press, particularly internationally, when there are so many more good news stories to cover. I enjoyed the opening ceremonies, certainly unique.

Did you know that it was long time Probus member Gordon Lyall's grandson, Johnny Lyall who soared on his snowboard through the Olympic Rings and opened the games to the world ?

Wow!

Go, Canada, Go!



### PAY PARKING

Arrangements have been made with **Easy-Park** to provide Probus Vancouver with parking passes. When you arrive at the March meeting, a Probus member will be stationed at each parking meter to hand out passes to car drivers, who will put them on their dashboard.

The parking fee is \$5.00 which drivers are requested to pay at a special cash desk Inside the Planetarium.



## Membership Services Team

**Membership Services Desk:** Jon Collins

**Cash Desk:** Bill Manson & Brian Maunder

**Greeters:** Lindsay Mann & Conrad Rademaker

## Welcome New Members

**Terence Anderson**  
Physician/Professor

**Norman Leach**  
Airline Catering

**Peter Martin**  
Hotel Management

**Gerald McGavin**  
Business Executive

**Bernard Rowe**  
Financial Advisor

## NOTICES

### QUEST UNIVERSITY EVENT TUESDAY, MARCH 23<sup>rd</sup>

A partner/friend event -\$60.00 per person – payable in advance



We will visit Canada's only private university. Located in the mountains above Squamish, it attracts students from around the world. President David J. Helland will speak to us and has invited us to tour the campus, which was paid for entirely with private funds.

For a true appreciation of the Quest curriculum, we'll join in student's 20 person seminars and lunch with students, two per table, in Quest's spectacular view dining room.

**Only the first 50 people to register and pay can attend!**

The all inclusive \$60 fee covers the bus, lunch, a stop at Shannon Falls and parking at St. David's United Church, 1525 Taylor Way, West Vancouver.

**Bus leaves at 9 AM sharp and returns at about 5 PM.**

#### TO ATTEND THIS EVENT

1. Phone the Activity Line (604-568-5800). After the message, leave your name, phone number and e-mail address (if applicable). Then mail a cheque made out to Probus to: Probus, 1101-2988 Alder Street, Vancouver, BC V6H 4C3. Only your cheque secures your seat(s) on the bus.

2. Sign Up on line at [www.probusvancouver.com](http://www.probusvancouver.com) and pay by PayPal or Credit Card. Your payment secures your seat(s) on the bus.

**Once registered, expect confirmation of your participation. If you have any questions phone the activity Line 604-568-5800.**

**No cancellation refund is possible after March 15<sup>th</sup> unless you arrange for someone on the wait list to replace you.**

### PROBUS BC CONFERENCE May 18-19, 2010

Parksville, Vancouver Island

The Northwest Bay Probus Club will be hosting this year's annual get together of members of BC Probus Clubs. Complete details including a Registration Form are available on our website [www.probusvancouver.com](http://www.probusvancouver.com)). Click on "Probus BC Conference - Parksville" listed under "Most Recently Added Members Information".



#### Important Notice Regarding Nominations For Membership

Effective immediately, there is a **temporary closure of Nominations (Applications) for membership.**

Our Club has 380 members and another 20 are waiting for membership. Also, attendance at our last three meetings in 2009 was close to or exceeded the capacity of our regular Planetarium venue.

It is for these reasons that the Management committee has closed Nominations (applications) for membership until further notice.

Nominations received before this decision remain on the waiting list and will be admitted to membership over the next six months.

*Don Newman, Membership Chairman*

#### Probus Canada Travel Insurance Program

Probus Canada has introduced a travel insurance program which should be of interest to many of our members. Complete details of the program can be found on our website

[www.probusvancouver.com](http://www.probusvancouver.com).)

Click on "Probus Canada Travel Insurance" listed under "Most Recently Added Members Information".