



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

June 2010

Next Meeting: June 8th, 2010

Time: 9:30 am

Location: H.R. MacMillan Planetarium and Space Centre, Lower Level

Speaker: David Emerson

Topic: Global Geopolitics and Economics and Risks for Canada

President
Nick Thornton
604-263-2418
nicktis@shaw.ca

Past President
George Adams
604-926-0906
George_adams@telus.net

Vice President
Bill Sexsmith
604-261-8293
bpsexsmith@shaw.ca

Secretary
Ted Horsey
604-731-6213
efhorsey@telus.net

Treasurer
Wayne Audette
604-929-7586
wayneaudette@shaw.ca

Speakers Committee
David Scott
604-408-9021
david@scott.ca

Membership Committee
Don Newman
604-263-5740
The_newmans@telus.net

Activities Committee
John Cruickshank
778-330-7617
johncruickshank@shaw.ca

House Committee
Doug Lambert
604-266-2422

Newsletter Editor
Roy Williams
604-926-4727
roytwitch@shaw.ca

Membership Services
Jon Collins
604-261-2468
jonkay@telus.net

Historian and Archivist
Gordon Thom
604-739-0714
thomga@telus.net

DAVID EMERSON



In 1975, Mr. Emerson joined the Government of British Columbia, becoming the Province's Deputy Minister of Finance in

1984. In 1986, he left government to become President and CEO of the Western and Pacific Bank of Canada, then, following a merger, Chairman and CEO of Canadian Western Bank. Four years later, he returned to the provincial government as Deputy Minister of Finance, then Deputy Minister to the Premier, and later President of B.C. Trade Development Corporation. From 1992 to 1997, he served as President and CEO of the Vancouver International Airport Authority.

He was President and CEO of Canfor Corporation (1998 – 2004).

David Emerson was first elected to the House of Commons in 2004 and was named Minister of Industry in July. He was reelected in

2006. From 2006 to 2008, he was Minister of International Trade with responsibility for 2010 Winter Olympics and Asia Pacific Gateway initiative for the Government of Canada. He became Minister of Foreign Affairs from May to November 2008.

Currently, Mr. Emerson is Chairman of Emerson Services Ltd. He is Chair of the Premier's Council in Alberta for Economic Strategy. Chair, Energy Policy Institute of Canada and Co-Chair, Prime Minister's Advisory Committee on the Public Service.

He is a Director of several companies including, Finning International Corporation, TimberWest Forest Corporation and Jazz Air, LP.

Mr. Emerson has his bachelor's and master's degrees in economics from the University of Alberta and his doctorate from Queen's University.

He and his wife Theresa have two children. He also has three grown children.

Report of the May 11th Meeting

Attendance: 184 Members and Guests

President Nick Thornton called the meeting to order at 10:00 AM, **Ted Horsey** acted as Secretary. Treasurer **Wayne Audette** reported that as of April 30th we had approximately \$15,300 cash, as opposed to a budget of \$11,800. Vice President, **Bill Sexsmith** announced that on September 14 to 18, 2011, the six Probus clubs in the Lower Mainland will be sponsoring a Probus Canada Rendezvous for Probus members from the whole of Canada. The organizers expect about 300 attendees. He asked for volunteers to help in the organization. **Gordon Thom** said that there was room for three additional members in the Rotary Investment Club. It meets on the last Thursday of each month for dinner at the Royal Vancouver Yacht Club. Persons interested should contact **Gordon Thom**. Membership Chairman **Don Newman** introduced four new members (see "Welcome New Members").

John Madden introduced the guest speaker, Dr. Max Cynader, the Director of the Brain Research Centre, and a Professor of Ophthalmology. His full curriculum vitae is in the May issue of the Newsletter.

Dr. Cynader said the Brain Research Centre is involved in neuroscience research in a partnership with the University of British Columbia and Vancouver Coastal Health. It's role is most important because diseases of the brain affect over 4 million Canadians at a cost of over \$30 billion annually and are frequently chronic, requiring prolonged support from family, caregivers, and the health system. We face a looming epidemic in brain diseases such as Alzheimer's, Parkinson's, strokes, glaucoma and muscular degeneration.

Recent achievements of the Brain Research Centre are new drugs for multiple sclerosis, new diagnostic / assessment techniques for Alzheimer's disease, new imaging techniques to assess Parkinson's disease therapy, new experimental model for Hunting-

ton's disease, new experimental treatments for lazy eye, new tests for early diagnosis of dyslexia, new treatment for brain cancer in clinical trials, new techniques to save brain cells following strokes, new tools to promote regeneration after brain trauma and new devices to improve hearing.

Some discoveries by Brain Research Centre researchers are a peptide that blocks addition cravings, an Alzheimer's disease blood test, identification of a new death channel in strokes, a new therapeutic target in Alzheimer's disease and a new gene mutation linked to frontotemporal dementia.

The Brain Research Centre has filed about 250 patents, formed over 20 corporations, and raised \$700 million in private capital. It has created over 800 highly skilled and advanced training jobs.

THE AGING BRAIN:

The specific challenges for the Brain Research Centre are can we prevent the decline in memory and cognitive capacities that occur with aging, better prevent and treat degenerative disorders, promote wellness, flexibility and quality of life in our aging population and increase the human lifespan?

Good genes are the most important single factor is slowing the aging of the brain. Scientists are decoding the human genome. There are approximately 25,000 human genes. The pace of development is increasing rapidly. There is a strong genetic component in the aging of the brain, the heredity influence is about 25%, the environmental influence is about 75%.

Environmentally, income is very important in longevity and the aging of the brain. It is better to be rich. Stress and how one deals with the stresses of everyday life appears to have great influence on longevity and the aging of the brain. A simple thing that can be done to increase longevity is to eat less. Eating less can increase longevity by 40%, starting at any time and at any age. It appears that a glass of red wine a day aids in the good health and is beneficial to stress-related genes.

Alzheimer's disease was first described by Alois Alzheimer in 1907. It accounts for 2/3 of the cases of dementia. More than 10% of the population over 65 suffers from the disease. There is no effective treatment to halt the progress of the disease, and no cure. The Brain Research Centre has many researchers studying Alzheimer's disease.

A stroke occurs as the result of a sudden loss of blood supply to a part of the brain. This can occur when a blood vessel in the brain bursts or is obstructed. Cells in the affected region of the brain die because they no longer receive oxygen and nutrients from the blood. As a result, the affected area of the brain is unable to function, leading to one or more of an inability to move one or more limbs and / or parts of the body, an inability to understand or formulate speech, and an inability to see one side of a visual field. We know that strokes are largely preventable if some of the risk factors can be recognized in time and controlled effectively. We also know that many of the brain cells in the regions of the brain affected by stroke do not die immediately after the loss of blood supply, but instead die over several hours to days following the stroke. With timely treatment there is hope that these cells can be saved.

The Brain Research Centre focuses on identifying risk factors for strokes, increasing our understanding of the biological mechanisms by which neurons die following a stroke, and developing therapeutics for effective treatment of stroke patients. If a cure is administered within three hours it is possible to prevent neurons from dying.

Neuroplasticity is the changing of neurons, the organization of their networks, and their function via new experiences. The brain consists of nerve cells (or "neurons") and glial cells, which are interconnected, and learning may happen through change in the strength of the connections, by adding or removing connections, or by adding new cells. "Plasticity" relates to learning by adding or removing connections, or adding cells. By enhancing neuroplasticity we reduce the effect of aging in the slowing of our brain functions. There is some evidence that we can improve neuroplasticity by transcranial magnetic stimulation.

We can enhance our neuroplasticity by:

- Getting a Good Night of Sleep - The following will help: exercise; avoid caffeine, nicotine and

alcohol; relax before bed; avoid napping; keep bedroom dark, quiet and cool, and see a doctor if sleeping is a problem.

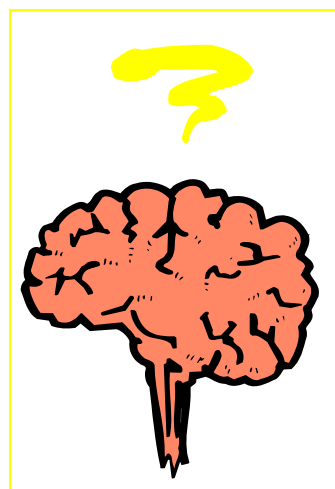
- Eating less: Dr. Cynader tells us that we will increase our longevity by up to 40% if we eat less, and eat a balanced diet with lots of fruits and vegetables of all colours
- Exercising: Exercise can reverse the normal decline brain function because it increases levels of neurotrophic factors and specific glutamate subunits.
- Be happy
- Stay cognitively, socially and emotionally involved

The Brain Research Centre needs Support

Dr. Cynader told us The Brain Research Centre needs our support. He suggested a number of ways to do this including joining the Centre's community of supporters and subscribing to its E-newsletter and by introducing the Centre to individuals with a special interest in brain research. Another way is to tell our elected officials about the good work of the Centre. Ask them to support the Centre.

The Centre welcomes donations Contact Chris Crossfield (chris.crossfield@vch.ca) for information.

For more information go to www.brain.ubc.ca. After answering questions, Dr. Cynader was thanked by Otto Forgacs.





Membership Services Team

Membership Services Desk:
Jon Collins

Cash Desk:
Harry Beattie,
Bud Boyer
Leon Pond

Greeters:
Norm Weitzel,
Tony Wooster.

Welcome New Members

William "Bill" Haberl –
Chartered Accountant

David Howard –
Real Estate Development and
Mortgages

Lionel Jinks –
Dentist

Hans Vanderslagt –
College Administrator

NOTICES



Due to Lack of Interest the **FOUR PROBUS CLUB VANCOUVER HARBOUR CRUISE**

has been CANCELLED

All members who have signed up and paid for this event will be refunded.

THREE OPENINGS AVAILABLE FOR MEMBERSHIP IN ROTARIANS' INVESTMENT CLUB



The Club meets at 6.00 pm on the last Thursday of every month for dinner at the RYYC, and members of the Probus Club are eligible to be considered for membership.

Guest speakers are invited on topics of interest, especially Presidents of small listed companies in Western Canada where the Club may consider purchasing some shares for appreciation; for example Pacific Insight and Azure Dynamics in the past. Members are also encouraged to present ideas for discussion, and the range of experience around the table can be very informative and lead to lively discussions. As well, "watchdogs" are appointed to watch stocks that have been purchased or being considered. Educational features are also presented. Christmas and August meetings are usually part social with partners being invited.

Due to some retirements, there are three openings for membership in the Club. Membership is limited to 33 Rotarians or Probus Members.

Membership requires a willingness to take an active part in bringing forward investment ideas, tracking and research, and reasonably regular attendance, and purchasing a share of the current portfolio value and pre-paid dinner/wine cost.

If you would like further information, please contact Gordon Thom (739-0714).

PARKING

The parking arrangements made with **Easy-Park** are working very well. Most members who drive now have a pass. Members driving to future meetings who do not have a pass can pick one up at the Parking Desk inside the Planetarium. Don't forget to display your pass on the dashboard of your car and to pay your \$5 per meeting at the Parking Desk.



IN MEMORIAM

It is with regret we announce the passing of **Bill St John on April 29, 2010.** our condolences to his family. A donation will be made in his memory by Probus to the Salvation Army