



NEWSLETTER

PROBUS CLUB VANCOUVER

#252 - 2025 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

March 2011

Next Meeting: March 8th, 2011
Time: 9:30 am
Location: H.R. MacMillian Planetarium and Space Centre, Lower Level
Speakers Merran Smith and Mr Sterritt
Topic: The Great Bear Rain Forest".

UPCOMING EVENTS

**Tour of BC Cancer Agency's
Research Centre
Wednesday, March 23rd**

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Merran Smith



Merran Smith directs the energy initiative at Tides Canada.

The project is bringing together a diverse array of mainstream organizations, businesses and others to build support for a bold, credible, and scientifically-relevant vision of a near-zero-carbon future.

A former Climate Director and British Columbia Director with ForestEthics, Merran has a long track record of forging groundbreaking partnerships between unlikely bedfellows. Merran was the lead environmental architect of the Great Bear Rainforest conservation agreement. Signed in 2006, the agreement now protects some two million hectares of coastal British Columbia, while providing for new economic models to support coastal First Nations communities. Merran is on the board of the Coast Opportunity Foundation, and serves on B.C. Hydro's Electricity Conservation and Efficiency advisory committee. She won the Wilburforce Foundation award for Outstanding Conservation Leadership in 2006 and the Seasons Fund Transformative Leadership Award in 2009.

Art Sterritt



Art Sterritt is currently the Executive Director of the Coastal First

Nations (CFN) in Vancouver, British Columbia. Art provides leadership in the implementation of the Coastal First Nations vision for a sustainable coastal economy.

The CFN is an alliance of First Nations on British Columbia's North and Central Coast and Haida Gwaii working together to develop and implement regional conservation-based economic strategies in forestry, fisheries and tourism.

Art, a member of the Gitga'at First Nation, has more than 30 years of experience in the areas of Aboriginal Rights and Title, as well as self-government and community economic development.

Art also is a well-known carver (wood, stone and jewelry) in B.C. and Canada. His work can be found in museums and private collections throughout North America.

Report of the February 8th 2011

Attendance: 195 Members and Guests

President **Bill Sexsmith** called the meeting to order at 10:00 AM, welcoming all attendees. **Brian Wasson** acted as Secretary.

He announced the incorporation of Probus Club Vancouver effective January 25, 2011. All members in good standing of the former society are now members of the Corporation. As stated before, the purpose of incorporation is to eliminate member liability.

Bill Robertson, Activities Chairman described the proposed tour of the new Cancer Research Centre at VGH on Wednesday, March 23, 2011. The arrangements have been spear-headed by **Ken Yule**. It is one of only four such centres in the world. The tour cost is \$20.00 and guests are invited. There are about 10 places left to fill.

The President called for special recognition of **Doug Lambert** for his outstanding work in making the arrangements for the Presidents' Lunch last month.

Membership Chairman, **Conrad Rademaker** introduced three new Members (See "Welcome New Members".)

Dr. Peter Mackay introduced the eminent pathologist, Dr. James Hogg of whom the Canadian Medical Hall of Fame has said "Dr. Hogg has arguably had a greater influence on the medical community's knowledge of Chronic Obstructive Pulmonary Disease(COPD) than any other individual worldwide." As early as 1967, Dr. Hogg focused on the smaller, rather than the larger airways in determining how lungs work in both healthy and diseased people, including the harmful effects of smoking and pollution. His lecture centred on air pollution and what it does to your body. He pointed out that the American Heart Association in 2010 accepted that exposure to air pollution causes cardiovascular events. In other words, PM (particulate matter) levels are associated with cardiovascular morbidity and mortality.

He pointed out that many studies have taken place on the subject, beginning with the London Fog of 1952 where 8,000 deaths are attributed to atmospheric pollution. More recently the South East Asia Haze of 1992 was the source of much research. An interesting example was a mine and smelter shutdown in a town in the United States where comparisons of lung tissue in the presence and absence of industrial pollution could be made.

The area of pollutants of most difficulty to human beings is the PM10 (10 micrometres or less) levels. The processes causing lung damage from particulate matter are: -Oxidative stress; Cytokine release due to inflammation and impairment of antiprotease enzymes allowing lung damage.

Dr. Hogg provided numerous examples of research into the effects of pollutants and the formation of white blood cells and the formation and rupture of atherosclerotic plaque in the arteries. There is indeed a link between heart disease and the holding of particulates in the lungs.

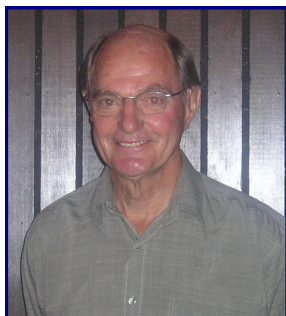
Dr. Hogg concluded his lecture in answering questions from the floor.

In part:

- There is good statistical data on pollution levels in Canadian cities.
- Vancouver is fortunate to have its air cleaned by rain
- It is the finer particles that cause lung damage
- Often the air quality inside is no better than outside
- Humidifiers are clearly a benefit in keeping airways open

Dr. Hugh McDonald thanked the speaker for his highly technical yet comprehensible presentation and reiterated what an honour it was to have Dr. Hogg speak to us.

PRESIDENT'S MESSAGE



Rendezvous 2011 is our National Probus Conference which will take place at the Sheraton Vancouver Wall Centre in Vancouver on Sept 13 – 15 this fall. Invitations are being extended to all Canadian Probus Clubs along with the British and

Australian Probus Clubs. We are anticipating between 300 – 400 attendees. Over the last 9 months a joint national and regional Probus Rendezvous Planning Committee has been developing an action packed program which will include 5 keynote speakers, an organisational workshop, organized tours and local cultural events. You may review the nature and scope of the program through our web site,

www.probusvancouver.com/events which has a link to the rendezvous site, or access the rendezvous web site directly,

[www.probusrendezvous.com/program/hotel/transit and tourism/registration](http://www.probusrendezvous.com/program/hotel/transit_and_tourism/registration). Our Club along with others in the Lower Mainland, the Fraser Valley and Vancouver Island are supporting clubs for this event. Please make your plans to attend. This extravaganza is only 7 months away! *Let's keep that Olympic Spirit alive.*



Probus-Canada Rendezvous 2011

Welcome New Members

Doug Bruce - Chartered Accountant

Craig Harrold - Professional Engineer

Ralph Yorsh - Dentistry

MEMBERSHIP SERVICES TEAM

Greeters - Robert Baird and George Baldwin

Cashiers - Bryan Atkins, Sandy Cairns, Gordon Dungate

Member Services Desk - Jon Collins

IN MEMORIAM

It is with regret we announce the passings of:

- Bud Boyd on January 14
- Gordon Dunn on January 16
- Bob Pollock on January 25

Our Condolences to their families

Donations will be made in their memory by Probus to the:

- Union Gospel Mission
- Gordon H. Dunn Memorial Fund/ Vancouver Foundation
- BC Children's Foundation/Mining for Miracle

Respectively.



NOTICES

B.C. CANCER RESEARCH CENTRE VISIT

Wednesday March 23rd
\$20 per person (payable in advance)

Fewer than ten places remain on PROBUS Vancouver's "behind the scenes" visit to the B.C. Cancer Agency Research Centre, at 675 west 10th Ave., Vancouver.

The prognosis and treatment of cancer patients in British Columbia is one of the best in the world, and the one-year and five-year survival rates for breast and ovarian cancers are the highest, according to a recent study reported in *The Lancet*. We will hear about the Genome Sciences Centre and learn about the world renowned role of the B.C. Cancer Agency in cancer research and patient care.

We will gather at the Centre at 9:30 a.m. for coffee and name tags. About 9:45 in the Diamond Lecture Theatre Doug Nelson, President of the B.C. Cancer Foundation, will welcome us and introduce Dr. Connie Eaves, Vice-President of Research at the Agency. Dr. Eaves will give an overview of the Agency's exciting recent discoveries (seven in the last 18 months alone) and fascinating ongoing research projects, and explain the important interaction between research and patient care. Following the information session researchers will take us in small groups through a Research Centre laboratory, explaining the work being done there. We will then all meet back at the Diamond Theatre and expect to finish around 11:30 a.m..

Parking in the area is limited, and expensive. The Agency lot is one block east of the Research Centre, at 10th Avenue and Ash, with the entrance from Ash. Members may wish to come by public transit or to arrange carpools.

This event is limited to 50 people, PROBUS Vancouver members and "partners". Once registration exceeds 50, we will maintain a waiting list in case of cancellations. Please register in one of the following ways:

- Register and pay online at www.probusvancouver.com.
- Mail your cheque, payable to Probus Club Vancouver, to Bill Robertson at: 3711 Puget Drive, Vancouver B.C. V6L 2T8.
- Sign up at Member Services with cheque (preferred) or cash at the March 8th meeting.

For further information contact Ken Yule at kjyqc@shaw.ca or 604-266-4563.

Fred Cotton Remembered by Probus in its Book Group



Our first President Fred Cotton passed away suddenly just over 2 years ago, but not before he engineered the establishment of the Probus Vancouver Book Club. In his honor it is now the Fred Cotton Probus Book Club.

Since its establishment, the group has grown to 16 members who meet on the first Tuesday of each month (except July and August) at the White Spot at Georgia and Cardero. We start at 9AM and are out by 11AM. Parking is Free.

A good cross section of Probus members gather to review a wide range of fiction and non fiction titles. We are told the discussion afterward is the best part of the meeting. It is enlightening, educational and some times humorous.

Titles are selected by members ususally in advance and we try to keep the costs down, by suggesting soft cover editions. For example the titles we just reviewed over 4 months were:

J.D. Salinger's- *The Catcher in the Rye*, *The Bishops' Man* by Lyndon McIntyre, Doris K Goodmans' *Team of Rivals* and the outstanding revelation by Lynne Olson- *Troublesome Young Men* - a story of the rebels who brought Churchill to power and helped save England.

If you want to join this band of merry readers pick up the phone and call Eric Hayne at 604-922-5181 or drop an email to him at hayne@shaw.ca