



NEWSLETTER

PROBUS CLUB OF VANCOUVER

PO Box 74539, KITSILANO, Vancouver, BC, V6K 4P4

Enriching members with topical, entertaining speakers and social activities

www.probusvancouver.com

August, 2018

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Next Meeting: Tuesday, August 14 at 9:30 am
Location: H.R. MacMillan Space Centre
Speaker: Dr. Marilyn Bowman, Professor Emerita SFU
Topic: James Legge & the Chinese Classics

NEXT MONTH'S SPEAKER

**September 11: Cameron Cathcart,
Military Historian**
Topic: 100th Anniversary of WW1

Our scheduled speaker for our August meeting, Dr. John Clague, had to cancel his presentation as he has been appointed as a member of a three-person, government-mandated committee to review a tailings storage facility operated by a mine in northeast BC. The committee is meeting in Tumbler Ridge the week of August 13-17 and thus he was unable to address our club. We hope to have Dr. Clague back to speak to us in the New Year. After considerable effort, Hugh Chaun, Chair of our Speakers Committee, has succeeded in getting an acquaintance of his, Dr. Marilyn Bowman, to take Dr. Clague's place.

DR. MARILYN BOWMAN



Dr. Marilyn Bowman, Professor Emerita SFU, schooled in Edmonton and at McGill, taught at Queens (1972-76) and Simon Fraser University (1976-2005). She was the founding director of the doctoral program in clinical psychology at SFU and served variously as Chair of Psychology, Associate Dean of Graduate Studies and Research, Deputy Chair of Senate and Deputy Chair Board of Governors. She was made a Fellow of the Canadian Psychological Association. She completed Grade 10 in piano with the Royal Toronto Conservatory, studied pipe organ with Robert Pounder in Edmonton and sang with the Vancouver Bach Choir for many years. A wide-ranging traveler, she became a painter during her retirement. Long interested in China she became interested in the life of James Legge, Scots translator of the Chinese Classics, so interested that she did research in Oxford, New York, London and Hong Kong and over a 14 year period of research and writing, published her book "James Legge and the Chinese Classics" in 2016.

Dr. Bowman's research and clinical academic career as a psychologist focused on individual differences in cognitive abilities and in response to challenging life events. Long interested in the history of China and in the countries of the Silk Road, she has travelled widely in Asia and Europe, seeking places with their historical connections. Her encounter with James Legge combined her professional interests with her interests in Asian history. The challenging events that James Legge experienced across his life in Hong Kong revealed his exceptional linguistic talents and steadfast resilience, her own "peculiar department", as Legge described his interests. As she discovered his rich blend of talent and resilience in a setting of great political and cultural conflict, she wanted more people to know about this outstanding man.



PROBUS VANCOUVER BRIDGE CLUB

Our PROBUS Vancouver Bridge Club has limited openings for new members. The Club plays Rubber Bridge in private homes from mid-September until mid-June. PROBUS members may join as singles or as twosomes with their partners, who do not need to be Probuss members.

Members who are interested should contact:

**Carl Jonsson: 604-261-6687 or 604-640-6357 – Krokabo@shaw.ca,
for more details.**



Report of the July 10th Meeting

Attendance: 135 Members and Guests

President Hugh Lindsay opened the meeting and welcomed the guests present, especially our speaker, Dr. John Esdaile. Hugh called on Doug Horswill to introduce three new members (see page 3). Rich Carson, Activities Committee Chair, reminded us about the Bard on the Beach event on Tuesday, July 17. He also told us about the visit to the Polygon Gallery in North Vancouver on Tuesday, August 21 and a tour of The BC Sports Hall of Fame and BC Place on September 18. Remember that all payments to our Probus Club can now be made through PayPal. Raymond Greenwood thanked his cashiers and greeters. Hugh asked Jon Collins to introduce our speaker.

Arthritis is the most significant cause of disability in Canada and the US. There are over 100 types of arthritis, affecting over 5.6 million Canadians. As people are living longer and taking more risks with their joints, we will see the ratio of Canadians with arthritis rise from 1:6 to 1:4. It is the most expensive condition to treat in Canada and the US.

In 2000, Dr. John Esdaile founded Arthritis Research Canada, currently the largest clinical research centre in North America, headquartered in BC with over 100 staff. Their tagline is "Practical Research for Everyday Living" with a mission to improve the lives of people with arthritis through research. The Public Health agency of Canada now uses the Centre's numbers. The Centre works with many different groups including, drugstores, IT companies, universities, Health Canada, Statistics Canada, and institutions in the US, UK, Netherlands, France, Scandinavia, Australia and China. From 2000-2017, the Centre has increased its grant revenues for salaries, clinical trials and research projects from \$893,000 to \$6.3 million. In 2017 they had 180 major publications. Furthermore, they also send many of their researchers to Harvard and UC Davis to get them trained to a level in which they can make a real difference in the lives of Canadians. As universities bring in more money for medical research than was spent by the federal government, the provincial and territorial governments, and all the charities in Canada, it is the best way to give researchers the skills they need.

Their researchers have done some very interesting and important work. Some students have focused on collecting the data of over 2.7 million people in BC from a variety of databases, on every arthritis diagnosis, every hospitalization, every drug dispensed, every income band, every birth linked to every baby, etc... One researcher found that a commonly used drug, used in the treatment of arthritis in the knee, Glucosamine, does not work any better than a placebo. Another, determined a quick way to determine an 87% likelihood of changes of osteoarthritis on a research grade MRI in the knee through three quick questions, allowing patients to seek treatment early. Researcher Charles R. Ratzlaff figured out how to measure knee and hip force very accurately and found that women put more force through their knees, which could be part of the reason that osteoarthritis in the knees is more common in women than in men. Another researcher looked into the quality of our healthcare in regard to arthritis. Researcher Cheryl Barnabe found that rheumatoid arthritis is 2-3 times more common in aboriginal communities in BC.

This could be due to the belief system of indigenous people, but also due to our system not being able to adapt to address this issue in this group. One student looked at population-based pregnancy data and found that 16% of pregnancies where the mother has rheumatoid arthritis, delivered before 37 weeks, leading to underweight babies and higher likelihoods of congenital anomalies. This percentage increases to 18% in those who were on biologics to treat their RA. They also looked at femoroacetabular impingement (FAI) – which is a bony bump in the hip found in 3% of people in the Lower Mainland aged 20-43. The origin of the bump is unknown, but it has been found to be associated with a 200% increased risk of cartilage damage, 400% increased risk of hip bone bruising and a 300% increased risk of osteoarthritis in the hip. This study also showed that even when an MRI shows cartilage to look normal, biochemical abnormalities can be detected.

In 2010, Linda Li, the authority on knowledge translation and exercise at the Centre, found that only about 25% of people with hip or knee osteoarthritis had received advice on exercise, weight loss and/or mobility. This is alarming to the BC Government because it's much cheaper to give people advice on that than it is to replace their hip or knee. Linda has also been working with Fitbit, looking to find interactive ways to keep people fit, and to maintain that fitness.

Researcher Antonia Avine-Zubieta and his team found that types of inflammatory arthritis, such as, lupus, scleroderma, giant cell arthritis, rheumatoid arthritis, psoriatic arthritis, and spondyloarthritis dramatically increase the risk of heart attack, stroke, lung clots and lung disease. Inflammatory arthritis, tends to start asymptomatic, as patients don't necessarily have a lot of chest pain. If someone with one of these diseases has a heart attack, they'll be more likely to die and if they survive, they're more likely to have a repeat, making this group of diseases 'silent killers'. Gout is the most common inflammatory arthritis and more common in men. It is caused by excess uric acid precipitated in the blood stream. Uric acid beyond your parents' genes can be controlled by diet. Beer increases uric acid, while wine in moderation won't affect it, and coffee decreases it.

Methotrexate and the newer anti-TNF drugs have reduced the risk of death by 50%, almost, if not totally, eliminating the increased risk of a heart attack. The keys to treating arthritis are early diagnosis and aggressive management through diet, weight loss and medicine.

Osteoarthritis in the knee

Are you aged 40-79?

Have you had pain, aching or discomfort in or around the knee on most days of the month at any time in the past?

Have you had any pain, aching or discomfort in or around the knee at any time in the past year? Not for a whole month, just any time.

If you answered yes to all 3, you have an 87% chance of having osteoarthritis show on a research grade-MRI of your knee.

For an unabridged version of the above which includes questions and answers, go to our PROBUS website at www.probusvancouver.com, click on "Speakers" and then on "Dr. John Esdaile"

Rotarians' Investment Club

Our next meeting will be on Thursday September 20th at 6.30 pm with a no-host bar at 6.00 pm at the RVYC on Point Grey Road.

Note that our meetings for this fall have been re-scheduled by the RVYC to the 3rd Thursday due to their other engagements this year.

Our Guest Speaker will be **Mitch Jenkins** and his subject, **“CYBER SECURITY”. “Why” and “What” should we be concerned about?”**

To attend, please email our President, Bill Caulfield at – wcaulfield@telus.net no later than Tuesday September 18th as we

must provide the attendance numbers or be charged for “no shows”.

For \$60.00 (cheque please) it includes a fabulous 3 course dinner/wine with the meal/gratuities/taxes etc. and an interesting evening of intelligent conversation and knowledge.

For Club information and the Agenda (we started in 1998) please contact John Sullivan at johnws@telus.net or residence 604-263-4486; however I leave for the UK on September 15th and will miss the meeting.



THE PRESIDENT'S MESSAGE

We're rapidly approaching the Annual General Meeting on September 11—which marks the end of our Probud year. You will soon be receiving an e-mail with the formal notice of meeting, along with the list of nominations and financial statements. This year, we have some additional business — approval of a revised constitution and bylaws which include amendments required to comply with the new BC Societies Act. We shall deal with this at a special general meeting, immediately before the AGM. Notice of this special meeting and the revised constitution and bylaws will be included in the e-mail with the AGM material. All the documents will be posted on the Probud Vancouver website.

The new Societies Act requires that the Constitution set out only the name and purposes of the Society, which remain unchanged. A new permitted section declaring it to be a member-funded society will be added, and two sections on the disposition of funds on dissolution will be moved to the bylaws. A “member-funded” society is one that is funded primarily by its own members to carry on activities for the benefit of those members, and is subject to fewer accountability measures than an ordinary society.

The proposed amendments to the bylaws are designed for compliance with the requirements of the new Act and for improved clarity. The only substantive change is to increase the size of the Society's board of directors from five to twelve, with all the current Management Committee positions now becoming board positions. At present only the five officers on the Management Committee are directors. With this change, there'll be no need for a separate Management Committee.

This will make no difference to the way the Society is run. The change will simplify our governance structure and remove uncertainty and duplication between the roles and responsibilities of the board on the one hand and the Management Committee on the other. The Management Committee structure has served us well, and will continue to serve us well, with only a change of name to “board of directors”.

Once we have the new constitution and bylaws in place, we shall apply for transition and continuation under the new Societies Act.

If you have any questions or comments, please feel free to call me—604-732-0366.



PROBUS FRED COTTON BOOK CLUB



The Book Club meets at 9:00 a.m. on the first Wednesday each month (except July and August) at the White Spot, Georgia & Cardero.

Upcoming books we will discuss:

NO MEETINGS IN JULY OR AUGUST

September 5: *Into the Silence* by Wade Davis

October 3: *Fantasyland: How America Went Haywire* by Kurt Andersen

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

Thanks to our June

Member Services Team

Greeters: Stan Shackell & Joel Altman

Cashiers: Bob Boyd & Nick Bloom

New PROBUS Canada Executive Team

Each year at the PROBUS Canada Annual General Meeting, this year held on March 5th in sunny Victoria, a new Executive Team is elected.

The following members were elected to the Executive Committee:

President	Bob Boone (Mississauga, ON)
Vice President	Marlene Pearce (Moncton, NB)
Secretary	Bob MacNair (Collingwood, ON)
Treasurer	Jamie Doolittle (Cobourg, ON)
Past President	Bill Sexsmith (Vancouver, BC)

Welcome New Members



MIKE COHENE
EMERGING ARTIST



IAN DAVIDSON
INVESTMENT ADVISOR



RON STRAIGHT
EMERGENCY CARE EDUCATOR

Tuesday, AUGUST 21st

THE POLYGON

\$20 PER PERSON
(Members may invite 1 guest)

We have arranged a guided tour of the Polygon Gallery located at 101 Carrie Cates Ct , about 300 meters from the North Van Seabus Terminal. The gallery focusses on photography and media based art exhibits. The current presentation is Altered States by Susan Hiller. The gallery was designed by Patkau Architects Ltd, the same Vancouver based firm that designed the Audain Gallery. This is an opportunity to see the modern structure and an interesting art exhibit.

We will meet in the foyer for coffee and muffins at **10:30** and the guided tour will begin shortly thereafter. The cost of the visit to the gallery will be \$20.00 per person. After the tour, participants will be invited to a no host lunch at the nearby Tap and Barrel restaurant.

Participants are encouraged to take the 12 minute Seabus trip. The fare can now be paid by tapping either your Compass card or your Visa or Mastercard.

There is pay parking available in the Market nearby.

Registration

Go to www.probusvancouver.com, click on Activities and use our PayPal option (no registration form required)

OR

Make cheques for \$20.00 per person, payable to the PROBUS CLUB OF VANCOUVER and mail to Doug Graham, 2068 West 35th Avenue, Vancouver, BC, V6M 1H9 with this form completed
DEADLINE FOR REGISTRATION AND CANCELLATION IS AUGUST 4th

Remember - you are not registered until payment is received.

Name _____ E-Mail _____

Phone _____ # of tickets _____ Cheque enclosed for _____

To check that you are registered, go to the Activities section of the website.

Tuesday, SEPTEMBER 18th

BC SPORTS HALL of FAME and MUSEUM



The BC Sports Hall of Fame and Museum preserves and honours BC's sport heritage by recognizing extraordinary achievement in sport by using our collection and stories to inspire all British Columbians to pursue their dreams.

Join us for the BC Sports Hall of Fame's "All Access Experience" which provides an enhanced visit to the Hall of Fame and exclusive behind the scenes tour of BC Place! The All Access Experience hits all the stadium highlights:

- The Media lounge
 - The Premium Suite areas
 - The team locker rooms (when available) and
 - Access onto the field providing visitors with an amazing viewpoint of BC Place (when available)

Time: 9:30am

Location: Gate A of BC Place

Price: \$20 per person

Registration

Go to www.probusvancouver.com, click on Activities and use our PayPal option (no registration form required)

OR

Make cheques for \$20.00 per person, payable to the PROBUS CLUB OF VANCOUVER and take to the Activities desk on August 14 or September 11

OR

Mail to PO Box 74539, KITSILANO, Vancouver, BC, V6K 4P4

Email: jack.zaleski@gmail.com for more further information, if required

DEADLINE FOR REGISTRATION AND CANCELLATION IS

Remember - you are not registered until payment is received.

Name _____ E-Mail _____

Phone _____ # of tickets _____ Cheque enclosed for _____

To check that you are registered, go to the Activities section of the website.