



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

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# HAPPY NEW YEAR

## AND GOOD RIDDANCE TO 2020

**Next Meeting:** Tuesday, January 12 at 9:30 am  
**Location:** Your Home via Zoom  
**Speaker:** Geoff Mynett, our fellow PROBUS member, lawyer and author  
**Topic:** The Story of Pioneer BC Doctor Horace Wrinch

**NEXT MONTH'S SPEAKER**  
**Feb. 9: Douglas White, B.A., J.D.**  
**First Nations Lawyer**  
**Topic: Indigenous Law**

### GEOFF MYNETT



Vancouver Probus member Geoff Mynett will speak about his 2020 best-selling biography of Dr. Horace Wrinch— *Service on the Skeena: Horace Wrinch, Frontier Physician*, published by Ronsdale Press. Horace Wrinch (1866-1939) was sent to Hazelton in northern BC as a medical missionary in 1900. He was the first resident doctor and surgeon in the northern interior, an area stretching from the coast to Edmonton and from Atlin to the Cariboo. In 1904 he built the Hazelton Hospital, now Wrinch Memorial Hospital. There he established a nurses training school as well as a hospital farm. In 1907 he set up a basic health insurance scheme for the district. He was a witness to the rich history of Hazelton—sternwheelers on the Skeena River, the packer Cataline, the accused murderer Simon Gunanoot, the arrival of the railway in 1913 and the New Hazelton bank robberies. During the Spanish Flu in 1918, Wrinch was the only doctor between Terrace and Vanderhoof. He helped establish the BC Hospital Association in 1918 and served as its President for two terms. Elected a Liberal MLA in 1924, he served for two terms, promoting progressive causes. During the 1920s, he achieved a provincial reputation as a champion for public health insurance. His motions in the House in 1927 and 1928 led to a Royal Commission and to the 1936 legislation for public health insurance in BC, a program that later lapsed. Geoff qualified as a Barrister in England, immigrated to British Columbia in 1973, requalified as a Barrister and Solicitor, and worked as house counsel and corporate secretary for MacMillan Bloedel for his whole career. He married Alice Wrinch, Dr. Wrinch's granddaughter. His next book, *Pinkerton's and the Hunt for Simon Gunanoot*, will be published by Caitlin Press in March 2021. ([www.geoffmynett.com](http://www.geoffmynett.com), [www.geoffmynettart.com](http://www.geoffmynettart.com).)

## Report of the December 8th Meeting

Attendance: 88+ Members and Guests

After welcoming our speaker, Rich asked Hugh Chaun to introduce a new member (see page 3). Following the traditional short story, Rich asked Hugh to introduce our speaker, Dr. Bee Wee, who was speaking to us from her home in Cambridge, UK.

Developing guidelines for palliative and end-of-life care is an incredibly tough task, one that Professor Bee Wee has bravely taken on in her role as the National Clinical Director for End of Life Care at The National Health Service in England. Palliative care is highly complicated by nature, lacks the necessary resources, and is highly stigmatized. However, it needs to be talked about. Every one of us will be affected by palliative care, whether it's for ourselves down the line or for someone we care about.

There is a lack of resources when it comes to palliative and end-of-life care. Globally, the population is growing and ageing. As healthcare has been improving, people are living longer in general, and with diseases. For example, someone with cystic fibrosis who once was only likely to live into their 20s can now live well into their 40s. In conjunction with this, we also have an ageing and reduced workforce with the Boomer generation's retirement. Additionally, there is a lack of national data on the subject of palliative and end-of-life care. It is incredibly difficult and often costly to collect meaningful measurements. For example, while it is much easier to collect information on when and where someone died, it is much harder to collect data on the quality of death and care, and whether or not that person received care in their preferred location (hospital vs home). People do not like to talk about death, and neither do politicians. This stigma has led to a lack of funding being earmarked for palliative and end-of-life care. Because we don't talk about it enough, we also do not have a proper understanding of the true economics of palliative care and how its value is reflected in our societies.

End-of-life care is also highly individual and, therefore, highly complex. It is not bound by condition, time, or age. While it primarily affects older folks, people of all ages suffer from life threatening illnesses. A person's expectations of palliative care are based on their personal perceptions, experiences, values and attitudes. Unlike treatment for something like a surgical procedure, palliative care is hard to categorize. It requires a holistic wrap-around approach that looks at physical, psychological, and spiritual support. People are now living with more multi-morbidities and multiple life-altering conditions. Finally, the issue of worldwide and national equity gaps also needs to be considered. Studies show that folks with the lowest socioeconomic status have more multi-morbidities ten years earlier than those that are in the highest socioeconomic class. Age compounded with other inequalities such as socioeconomic disadvantages, BAME (Black, Asian and minority ethnic), LGBTQ2IA+, homelessness, imprisonment, individuals living alone or far away from family, and those suffering from dementia and learning disabilities are all more at risk of receiving poor palliative care.

The health care system in England recently restructured from a command and control approach to a localism approach. Both methods have their pros and cons. It is very difficult to provide personalized care from a large centralized perspective so pa-

tients are more likely to receive a more blunt approach. However, using a localism approach means that where you live affects the services and the quality of services you receive, which results in a postal code lottery and exacerbated inequities. So, how can we scale up and reduce variation safely and effectively while still providing a very personalized approach to end of life and palliative care that addresses everyone's unique needs?

Many organizations decided to take on the challenge from different angles and at various scales, each developing their own set of recommendations. Overall there were hundreds of overlapping and confusing recommendations on the topic of palliative care. In 2015, Professor Bee Wee took on the task of co-leading the development of a national framework for local action. Over 35 partners across health, social care, and the voluntary sector were all brought together to condense all of the recommendations from all of the different reports into a framework that everyone could agree on. This framework would eventually be known as the Ambitions for Palliative and End of Life Care. Their relationship building was the most critical piece, given that everyone was coming from different experiences and values. The team worked together and developed a vision written in the first person, "*I can make the last stage of my life as good as possible because everyone works together confidently, honestly, and consistently to help me and the people who are important to me, including my carer(s).*" By writing in the first person, the statement felt personal and could ensure that everyone was on the same page. Whenever there were disagreements, the team could return to this statement to connect them.

To bring about this vision, they developed six simple accompanying ambitions:

1. Each person is seen as an individual
2. Each person gets fair access to care
3. Maximising comfort and well-being
4. Care is coordinated
5. All staff are prepared to care
6. Each community is prepared to care

Each ambition is also expanded upon on their website in the form of an "I" statement and comes with a set of building blocks to help achieve the goals. There is also a set of cross-cutting foundations developed to help meet the ambitions, with leadership and co-design being the most important.

The framework is now in its 5th year. Fortunately, colleagues in the field are very pleased with their progress using the system and want to continue this route. They have asked, "Please, no more changes."

### Terminology:

**Palliative care** – The care given to people with advanced diseases that are progressing and cause life-limiting conditions.

**End of life care** - The care given during the estimated last year of life.

**Dying Phase** – Someone's last days or hours.

John Madden thanked Bee for her excellent and informative presentation.

*To read the Questions & Answers, please go to our PROBUS website at [www.probusvancouver.com](http://www.probusvancouver.com), click on "Speakers" and then on "Dr. Bee Wee"*

### Rotarians' Investment Club

Dr. Bonnie Henry cancelled our anticipated Christmas Meeting on December 3<sup>rd</sup>, so unfortunately we had to change it to a "Zoom" Meeting with an attendance of 17 Members. However our Club was able to hold three most enjoyable dinner meetings at the RYVC, even though we were limited to four tables in the big dining room with only 3 members per table! We have also held 3 or 4 "Zoom" meetings at which 17 – 18 members were able to attend.

Our first 2021 meeting will be held on Thursday January 28<sup>th</sup>, which we suspect may have to be by zoom again.

#### Murray Leith, EVP Investment Research, of Odium Brown will be our Guest Speaker.

However he will attend via Zoom - but at least we will be able to have a Q. & A. period.

Club Members have decided that interested Probus Members will be unable to attend as guests until "things are normal again!" due to space limitations.

Our Investment Club was formed in April 1998 by members of your Probus Club and the Rotary Club of Vancouver.

Information about our Club is available by contacting me. Keep Smiling & Stay Safe !

John Sullivan,

Membership Chair, Rotary Investment Club  
Email: [johnws@telus.net](mailto:johnws@telus.net) Res: 604-263-4486

### THE PRESIDENT'S COMMENTARY



Oliver Herford may have been looking at this time of year the same way as most of us when he wrote:

"I heard a bird sing in the dark of December.

A magical thing and sweet to remember.

We are nearer to spring than we were in September."

We may be closer but a lot of challenges still make spring and release from Covid hibernation seem far away. The second wave, possible new variations and continuing, increasingly restrictive shutdowns remain formidable stumbling blocks in the way of a return to what we hope will be normal life. But those who wish will be jabbed before too long and brighter days will dawn.

Thanks to all of you who participated in our recent survey. Many commented on the lack of socialization that has been forced upon us during this pandemic. I know that Raymond will ensure that a full supply of coffee and treats will be on the table as soon as we can return to the Planetarium. Meanwhile we will endeavour to combat Zoom fatigue by making the Zoom meetings as interesting as we can.

At our meeting on January 12 Geoff Mynett an artist, author and member of our club will be telling some of the story of his grandfather-in-law who was a pioneer BC doctor in Hazelton on the Skeena. I hope many of you will be able to tune in to hear about this part of our history.

Meanwhile we will follow Dr Henry's guidance and stay safe and socially distanced.

### WELCOME OUR NEW MEMBER

Since we started meeting by Zoom in May, we had not received any applications for membership until the last meeting when we welcomed

**Dr. Ken Lee—General Medical Practitioner**  
to the PROBUS Club of Vancouver.



Ken was introduced by Past President Hugh Chaun. The Board of Directors thanks Hugh for working to get some new members. He tells us that he has another good prospect "in the wings"!

### IN MEMORIAM

*It is with regret that we announce the passing of John Hoyle, Honourary Life & Charter Member, on November 26*

*Our condolences to his family and friends. The PROBUS Club of Vancouver will make a donation in John's name.*

*If anyone knows of a charity that John would like supported, please let me know at [peter26@telus.net](mailto:peter26@telus.net)*

### ACTIVITIES COMMITTEE

Although we're not able to plan any outside events at the moment, your Activities Committee is working to ensure that there'll plenty of opportunities to gather for some interesting outings, once we are. Ken Waithman would love to hear from any members who would like to be part of this vibrant committee. If this is you, please contact Ken at 604-688-9793 or [kwaithman@live.com](mailto:kwaithman@live.com).

### PROBUS FRED COTTON BOOK CLUB



During the current time of physical spacing, The Book Club will meet at 9:00 a.m. on the first Wednesday each month via Zoom.

Upcoming books we will discuss:

January 6—*The Man Without a Face: The Unlikely Rise of Vladimir Putin* by Masha Gessen

February 3—*The Splendid and the Vile* by Erik Larson

A list of books read since the Club began in 2008 may be found on the Club website by clicking the "Book Club" link.

For further information contact Ken Yule at [kjyqc@shaw.ca](mailto:kjyqc@shaw.ca) or 604-266-4563. Ken will send out the invitation to join the meeting.



## THE JANUARY FUNNIES PAGE!

### TWO MORE OF KEN'S GROANERS

Two Parisian train enthusiasts set up an elaborate model railroad in a small apartment in Montmartre. The tiny trains went running about the tracks, taking curves at speed, switching tracks, passing sidings, crossing over and doing reverse loops. The operators at the control panel had a great time cleverly controlling the various train movements.

There was only one problem. Whenever an engine went through a certain siding switch it kept falling off the rails. One of the hobbyists, exasperated at the constant derailment, asked the other if he had any idea why this was happening. The partner examined the faulty switch carefully, and suddenly found the reason why the train kept derailling. He explained, "It is too loose, le track."

In the Malayan jungle lived a great tribal king whose passion was to collect all sorts and shapes of thrones. Not only did he like to sit on them for the sense of empowerment it gave him in itself but he also felt stronger because he was depriving other monarchs of them. He hoped to capture all the thrones and thereby become all-powerful. As his collection grew he added more and more stories to his grass palace. He had no difficulty getting planning permission for the extensions because the builders wanted the work and to keep the king happy with them, and the planning officials depended on the builders for their under-the-counter bananas.

But eventually the accumulated weight collapsed the pile, destroying the building and crushing the king and his wives to death. Thus he learned the hard way that people who live in grass houses shouldn't stow thrones.

This guy is sitting at the bar staring at his drink when a large, troublemaking biker steps up next to him, grabs his drink and gulps it down in one swig. "Well, whatcha gonna do about it?" he says, menacingly, as the victim suddenly burst into tears.

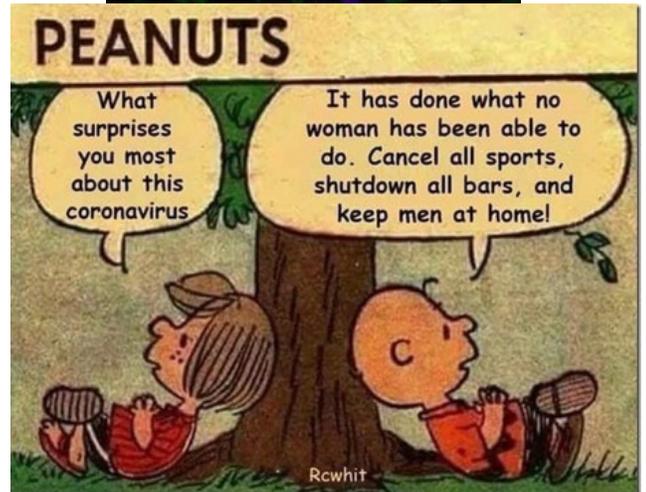
"Oh, come on, man," the biker says, "I didn't think you'd cry. I can't stand to see a man crying."

"This is the worst day of my life," the poor fellow says. "I'm a complete failure. I was late to a meeting and my boss fired me. When I went to the parking lot, I found my car had been stolen and I don't have any insurance. I left my wallet in the cab I took home. I found my wife in bed with the gardener, and then my dog bit me."

"So I came to this bar to work up the courage to put an end to it all. I buy a drink, I drop a capsule in and sit here watching the poison dissolve; then you, you jackass, show up and drink the whole thing! But enough about me, how's your day going?"

### IF 2020 WAS A MATH PROBLEM

If you're going down a river at 2 MPH and your canoe loses a wheel, how much pancake mix would you need to re-shingle your roof?



### SANTA'S HELPER IN THE BATH TUB ON COLLINGWOOD AND W. 23rd AVE.



### This Month's Quote

***"I WON THIS ELECTION. BY A LOT"***

**A tweet by Donald Trump**