



# PROBUS Club of Sidney

February 2025 Newsletter  
Volume 22: Issue 5

## Management Committee

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**Nora Franklin**

Newsletter

**Pat Currie**

## To contact members of the Management Committee

- consult the Membership list for  
the appropriate email address or  
phone number

## The Fantastical Story of Vaccines: from Smallpox (1796) to Malaria (2023)



Our February speaker, Dr. Patricia Gunton, aka “Dr. Pat”, works exclusively in Long Term Care. It is a wonderful ending to a long career as a Family General Practitioner and Hospitalist. She obtained her medical degrees graduating from St. Andrews University in Scotland (later attended by Prince William and Kate Middleton!). Residency training in Kingston,

Ontario, and decades of general practice in Calgary were followed by working as a hospitalist in Nanaimo. Dr. Pat retired several years ago and moved to the Capital Region where she read an appeal for physicians to work in the area. She came out of retirement and is now responsible for the medical care of residents in five Long Term Care homes in the Capital Region.

### Beyond the Front Page

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Wine Tasting Future Speakers

Nadene Gwyer and Linda Bowd are recent members of our Club. Please look for them - they will have a blue dot on their badges - and make them welcome by introducing yourselves and chatting. We have 144 members and look forward to adding more (Club fees are prorated for the following months)!

# From Your President



Leading with this photo is a little difficult for me. The boy in the photo is far braver than I was at his age – maybe even braver than I am now! Still can't look when I get that injection.

The topic of our talk this month is vaccines- their history and understanding how they work and their importance to our health. It is hard to imagine a health care system without vaccines. As a young boy, polio swept through our community and when some neighbouring kids were infected, it was terrifying for our parents – as kids we really didn't appreciate

that it could happen to us. The Salk vaccine was not yet available, so I recall having to go to the doctor's office for a shot of gamma globulin. I was NOT an enthusiastic or appreciative patient, but I did get the shot and did not get polio.

Of course that was not the only childhood vaccine. There was smallpox and measles and mumps. Since then, as with most of you, vaccines have continued to play an important role in our lives protecting us against the worst effects of a great variety of diseases from our now routine fall flu vaccines to the recent dramatic fight against COVID.

Like many of you I have found it difficult to understand how suspicion and indeed a substantial opposition has arisen about the value and safety of such an effective public health measure. I very much look forward to February's presentation to improve my understanding of such a fundamental health measure.

By the way, when you arrive at Mary Winspear on Tuesday, February 11, you will find the room set up a bit differently. Your executive will be curious to see how you like the change.

On another note, I would like you to check out our updated website. <https://probussidneybc.ca/> There you will find past newsletters, reports from our interest groups and notices of upcoming events.

Our first Interest Groups have gotten underway. The [Movie Review](#) group has had their first outing seeing, I believe, "Complete Unknown". Our membership director Aldy Kristofy is organizing this group. The [Current Events](#) group, coordinated by me, also had their first meeting on January 28. We worked out some logistical details and had a lively, informative and civil conversation on a number of topics. A more complete report is on our website.

I believe this coming meeting will offer an opportunity to sign up for another interest group. Check this Newsletter for information about a wine-tasting group.

OK – enough for now. One last request. Let's make a special effort to welcome recently arrive members and guests. If you see someone you don't recognize, step forward to introduce yourself.

REALLY the last item. Special note from Robert Kennedy hearing: [Keep kids from dying from old age, stop vaccinating today.](#)

Cheers, Ken Marsh

## LOOKING AHEAD - TOURS

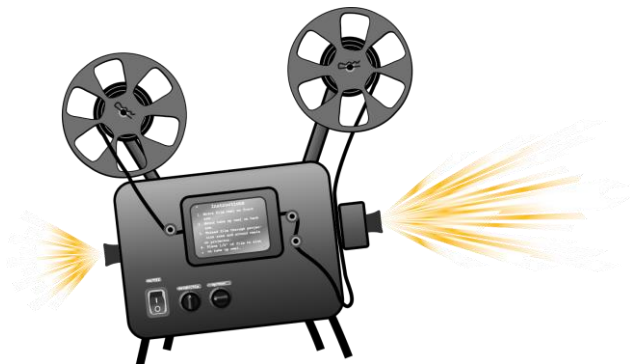
On **February 12**, 2025, Dr. Ralph Hayes MD (retired) will voluntarily provide CPR/AED training for our members. He is offering 4 sessions of about 55 minutes each. The response from members has been very positive. As of today, there are only 2 spots available. If others wish to participate in training for CPR/AED, we will ask Dr. Hayes to offer more sessions at a future date.

On **March 18**, from 10:30 am to 11:15 we will have a tour of CanAssist at UVic. Can Assist is dedicated to helping people with disabilities improve their quality of life, with a focus on promoting independence and inclusion. The team develops technologies and programs where there are gaps in existing services. There is plenty of space if you wish to participate please send \$10 to <[sidneyprobustreasurer@gmail.com](mailto:sidneyprobustreasurer@gmail.com)>.

**Upcoming events** include: a tour of the Maritime Helicopter squadron of the Royal Canadian Air Force and a tour of Craigdarroch Castle.

## MOVIE MATINEE

We had our first movie outing and several people attended. We saw the movie "A Complete Unknown" which we enjoyed. The discussion afterwards was interesting and I am constantly amazed at the "smarts" of the group. Everyone had a good point to add to the conversation and I know I came away more aware of the different facets of the movie and the story. Thanks to all who attended.



The group plans an outing for our members to go to a Tuesday afternoon matinee at the local Star Cinema once a month. We will meet at the Star Cinema a half hour before the show begins so everyone can purchase their ticket and find a seat. After the show, we will find a coffee/wine bar to sit down to discuss how we liked (or disliked) the movie and to choose a movie for the next outing.

If you are interested in joining the group, please contact Aldy Kristoffy.

## WINE TASTING

At the next PROBUS meeting we will be asking people interested in joining a 'Wine Tasting Group' to sign an expression of interest so that they can be contacted with a view to setting up an exploratory meeting to determine the breadth and specific areas of interest of the potential members. Among the considerations to be addressed are size, location, and frequency of meetings, level of sophistication of the tasting groups, price range of the wines to be sampled, and how to fund the wine purchases. The bulletin distributed earlier offers additional insights as to the potential direction of the group.



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## VISIT THE WEB SITE

Please remember that you can get information on Sidney Probus activities, by visiting our website <https://probussidneybc.ca/> You can also find it by typing Probus Club of Sidney BC into your search engine.

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## FUTURE SPEAKERS

- March 11 Dr Lynne Stuart-Hill, Associate Professor, Exercise Science, Physical & Health education, University of Victoria
- April 8 Paul Allison, Gardener and International lecturer
- June 10 Adam Olsen, former MLA for Saanich North and the Islands

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***You are encouraged to bring a prospective PROBUS member to one of our meetings. There is no cost.***