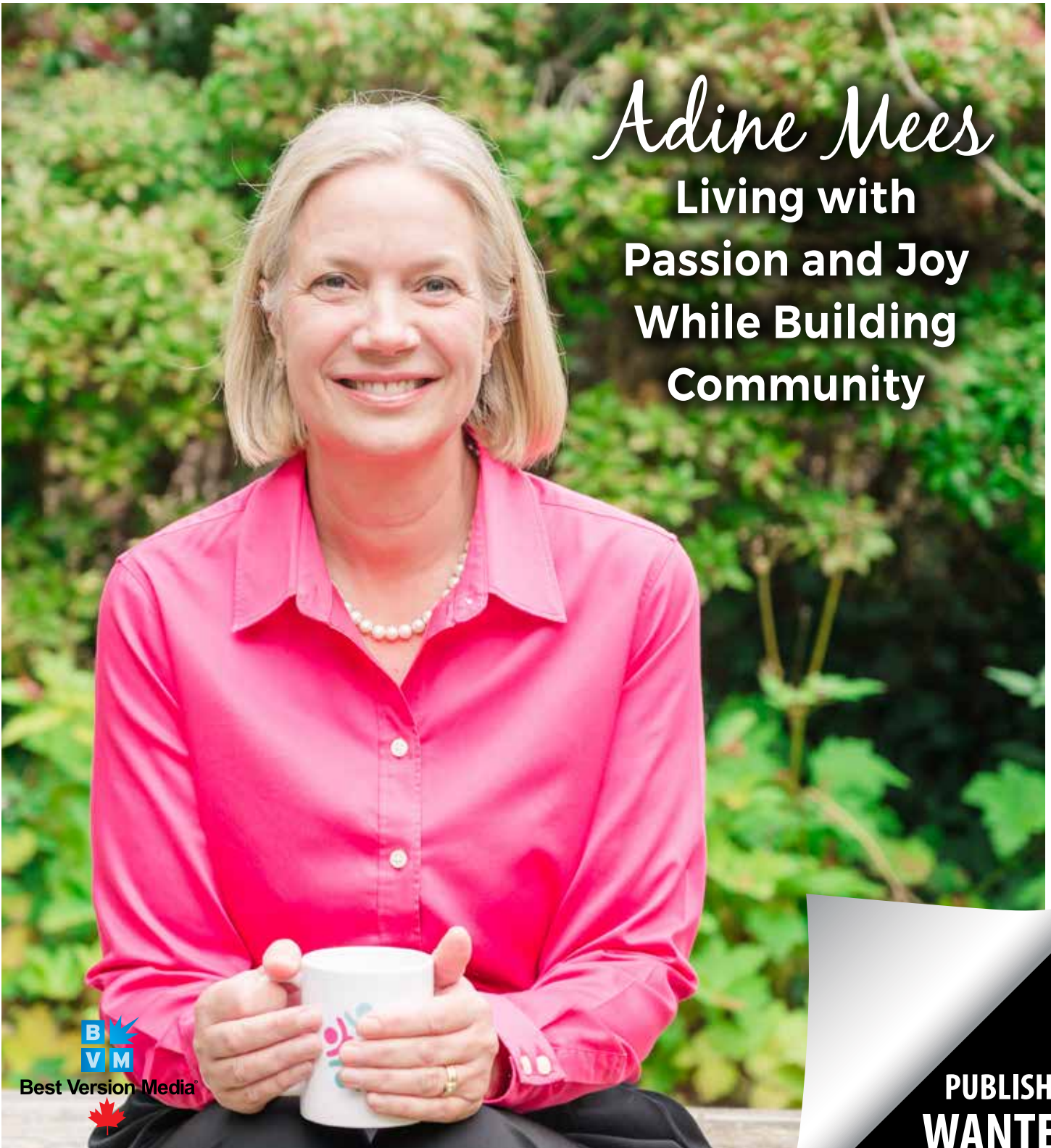


JANUARY 2020

An exclusive magazine for the residents of Dundarave, Altamont, Westmount, West Bay and Bayridge

NEIGHBOURS OF DUNDARAVE

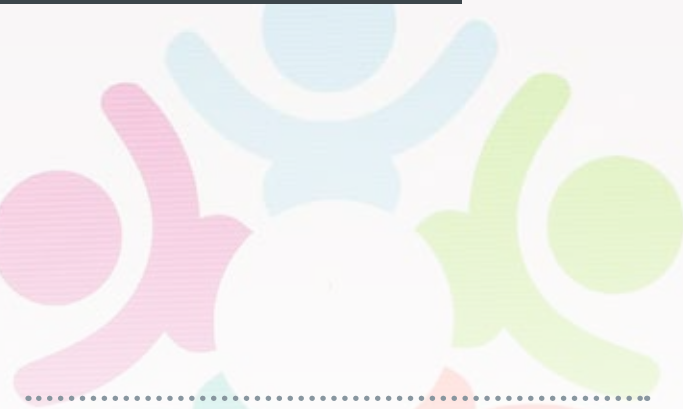
Adine Mees
**Living with
Passion and Joy
While Building
Community**



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Cover Photograph by Vanessa Fukuyama, Fortune Hill Photography



ADINE MEES

Living with Passion and Joy While Building Community

By Janine Tasaka

Having grown up in Dundarave and Ambleside and now living and working here, it's safe to say that Adine has loved West Vancouver her whole life. After attending Irwin Park Elementary and Hollyburn Elementary, she went on to graduate from West Vancouver Secondary School in 1980. Adine's passion for Art History led her to study at UBC where she graduated with a Bachelor of Arts in 1985.

Adine's career history includes 15 years at Vancity where she contributed passionately to their corporate culture. Her final position was VP of Corporate Responsibility and Marketing for its subsidiary, Citizens Bank. Adine says, "I then made a heart transition to the not-for-profit sector, joining Canadian Business for Social Responsibility as their CEO. HRH, The Prince of Wales became our Patron." Adine spent 12 years at CBSR and during that time she grew the organization from a small, Vancouver-based network to

Photo courtesy of Vanessa Fukuyama, Fortune Hill Photography



Canada's leading voice on Corporate Social Responsibility with offices in Vancouver, Calgary and Toronto. She then joined the Minerva Foundation as their CEO which was an opportunity to learn about and work on Women and Leadership programs. And her most recent move was to the West Vancouver Foundation where she's spent almost three years contributing positively to our community.

Adine and her husband David Van Seters met at work. "A mutual friend introduced us. I had been asked to organize an academic conference on Ecological Economics and this was an area I knew nothing about. It was also the first time I was going to be organizing a conference of this scope," says Adine. "David knew a lot about both so voila, he became the Chair of a newly-imagined advisory committee." The conference was a big success and Adine sent David a big bouquet of flowers following the conference. Shortly after they had their first date at Delilah's in the West End and the

Photos courtesy of Adine Mees



rest - as they say - is history.

Together Adine and David have three children – Philip (and wife Devon), Juliette (and husband, Matthew) and Sarah. They also share a love for furry pets and Adine says, "After having our Wheaten Terrier, Tigger, for 15 years, we now have two beautiful grand dogs. Max is a rescue husky from the Yukon and Harley is a fun and active lab/husky cross. They keep us busy and fit!"

David and Adine moved into their current house in Dundarave 10 years ago and the kids all grew up in Dundarave as well. "We love the proximity to the sea and the big trees, and we feel so blessed to be able to bring our children up in this beautiful area," says Adine. When the couple first moved on to their block, they hosted a block party to meet their neighbours. A handful of people came, and over the years that number has grown. There's now a block party committee that organizes events on an ongoing basis. Last summer they had a "red and white" themed Canada

"Giving locally is such a wonderful way to have an impact. There are so many small organizations working locally to make our community more vibrant, healthy and connected."

Day party and in December they held a Noel party for the 2200 and 2300 of Haywood and Inglewood. Adine says, "It's a great way to meet new neighbours and to create a sense of connection."

Food is also a big focus in this family's life - their son Philip opened a restaurant in Deep Cove a year ago and Scratch Kitchen was voted #1 on the North Shore by Trip Advisor within its first year of operation. "It's our favourite place to eat!" says Adine. "Our daughter Juliette stepped in to help serve in the restaurant during those first few bumpy months, and the restaurant is doing incredibly well now."

Sailing is another passion for Adine and David and they can often be found out on their boat Coco in the summer. Adine says, "She's moored in Thunderbird Marina and we love exploring the Gulf Islands and find every opportunity we can to get our kayaks in the water to explore

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the coastline up close.” The couple also tries to spend their Sundays exploring different parts of the Lower Mainland and hiking the North Shore mountains. Adine says, “This past summer, we hiked the Pembroke Trail which took us along the southern coast of Wales where we hiked over 300kms in 13 days.” Adine also organizes a weekly hike with friends on Friday mornings and together they love exploring our beautiful local trails. And to add to her long list of passions, Adine is currently having fun working on a certificate in fine art from Emily Carr.

When it comes to extended family, they look forward to the Van Seters Family Reunion every two years. “There are five brothers in David’s family and they each take a turn hosting the event,” Adine says. “We gather together with all our families for a week and given that everyone lives in different places in Canada and the U.S., it’s quite an event

to organize.” The gathering is also growing as the next generation of family starts to bring their partners. “Two years ago, David and I organized the event on the Sunshine Coast at a water-access only resort. It was beautiful,” says Adine. “Some flew in by sea plane, some sailed up with David on Coco and some of us took BC Ferries. We paddle-boarded, kayaked, hiked and relaxed together. It’s the perfect way to reconnect, particularly because we don’t live close to each other.”

Photos courtesy of Adine Mees



Adine and David also enjoy travelling and this year they visited Hawaii together. Adine also went on a girls holiday with two friends to New York. “That trip was all about getting lost in the boroughs, eating good food - like donuts! - taking in art, vintage shopping and lots of walking,” says Adine. Their daughter Sarah works for Formwerks in Kitsilano and she and David enjoyed quality time together when they went to Chicago to explore the amazing architecture. Adine says, “David and I also have a trip planned to the Philippines in January and we’re going on a quiet get-away to Sooke in March. We love holidays that combine culture, activity and relaxation.”

Although Adine spent most of her life living in West Vancouver, much of her adult life was spent downtown working. “When the West Vancouver Foundation approached me, I had to Google it,” says Adine. “I had never heard of it.” Adine and her team are trying to change that, and they’ll be launching their first “Give Where You Live” campaign in November and December, the months when people give the most.

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Neighbours of Dundarave | January 2020

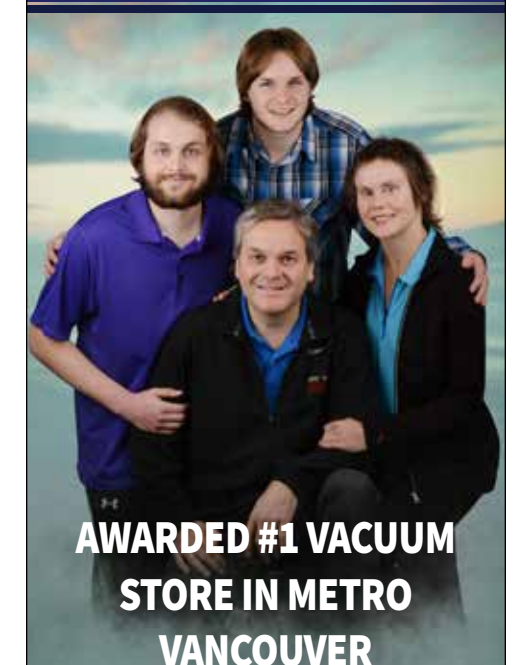
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“Giving locally is such a wonderful way to have an impact. There are so many small organizations working locally to make our community more vibrant, healthy and connected,” says Adine. “They need our charitable support and it’s a way that we can see our donations at work.” Each gift to the West Vancouver Foundation is a unique expression of what each person cares about the most. Where and how we give reflects our values and hopes for the future. “For some of us, it’s an opportunity to share a good life with others,” says Adine. “To thank the community that has nurtured us and our families.”

Adine and David set up a fund with the West Vancouver Foundation last year. They started small and will add to it each year to grow it over time. “Our family fund was established to support the areas of greatest need in the



community, and adjust as those needs change over time,” says Adine. “We love that it’s a legacy fund and that the Adine Mees and David Van Seters family fund will be around, doing good, long after we’re gone. We also think it’s a great way to involve our children in our philanthropy work.”

Adine is a big believer in lifelong learning and following your passions. “When I jumped from thinking about work as a job, to work as a passion area, everything changed for me,” says Adine. “I really try to think about my motivation for doing things. Given my work, there are a lot of invitations to participate in things and I try to pick those things that bring me joy in some way. I also consider the opportunities that I can learn from and contribute to. If I can’t tick those boxes, then I reprioritize my energies elsewhere.”

Do you know a neighbour who has a story to share? Nominate your neighbour to be featured in one of our upcoming issues! Contact us at jtasaka@bestversionmedia.com.



It’s inspiring to meet a woman like Adine who truly lives her life committed to the things she’s passionate about. She and her family choose to give back to their community in ways that will leave a lasting legacy and there are few things more selfless than thinking about future generations and how you can make the world a touch brighter for them.

As we round the corner to 2020, it’s a wonderful time to think about how your energy is being spent and contemplate if you’re living from a place of joy. If lifelong learning, passion projects and contributing to your community are on your list of priorities - like Adine’s - then you’re likely living a life that is joy-filled and intentional. And it is certainly a life to be proud of.



SET & FORGET

Slow Cooker Veggie-Lentil Soup

By Kailee Capela

Slow cookers are great for those days when it seems like you have a million things on your to-do list. This soup falls into the category of recipes my mom likes to call “set and forget.” Not only can you combine these ingredients in your slow cooker and just wait; you can also prep it in advance and freeze until needed!

Ingredients

- 1½ cups red lentils
- 3 large carrots, peeled and diced
- 1 red bell pepper, chopped
- 1½ cups celery, chopped
- 3 russet potatoes, peeled and chopped
- 3 garlic cloves, minced
- 1 onion, chopped
- 1 tsp. salt
- 1 tsp. parsley
- 1 tsp. oregano
- ½ tsp. paprika
- ¼ tsp. cayenne pepper
- 6½ cups vegetable stock

Instructions

For same-day cooking, place all ingredients in a slow cooker and pour in vegetable stock. Cook on high for 5 hours or on low for 8 hours. Make sure to stir a few times.

If you would like to save this recipe for another day, add all the ingredients except for the broth to a large zip-top bag and place in the freezer. When ready to use, remove the bag from the freezer, dump contents into your slow cooker and add broth. Cook on high for 5-6 hours, or low for 8-9 hours (low is preferred when cooking from frozen).