



The Women's Probus Club of North Shore Vancouver

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www.wprobussvan.com password **NSW2020**

NEWSLETTER

April 2022

Vol 15: No. 8

**We are back at the Kay Meek Arts Centre in Person for our Speaker meeting
April 25, 2022 at 10:00 am – PLEASE COME EARLY**

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President's Message

Dear Probus Ladies,

Spring has arrived and what better way to start then with a great presentation by Stellow Design Interiors with tips for designing and refreshing your home. We had a good turnout with 92 members logging on to the Zoom presentation. See the write up in the newsletter for the design tip details if you missed the presentation.

Our hearts go out to the Ukrainian people who remain under siege in their country, and to those with family members either fleeing or remaining there.

With BC Public Health relaxing certain COVID protocols, we are returning to in-person meetings at Kay Meek Arts Centre for our April 25th speaker series and welcome guests back to our in-person meetings, bring a friend, male or female. There are some changes to the COVID Meeting Protocols, a signed COVID Liability Waiver required and a refresher on Kay Meek Box Office Booking instructions, all listed in this newsletter. All this information is also on our website under Members' Information.

Our April 25th speaker is Ms. Siobhan McCarthy of blissful PRODUCTIONS speaking on using cannabis as a supportive medicine for health and well-being, focusing on topicals and CBD (Cannabidiol). It will be interesting to hear how plant medicines used as topical treatments are now treating a wide range of ailments.

We are coming up to our June AGM and the election of a new Management Committee. We have 7 positions becoming available for the 2022-2023 year. If you have not served a term on the Management Committee, it is time to get involved. This Club exists solely because of those who volunteer their time.

I would like to thank three MC member volunteers who give their time and attention to the following Club duties: Heather Miller, Secretary; Joanne Thorpe, Treasurer; and Marie Harlow, Website. These ladies along with other members of the MC have worked hard throughout this challenging year keeping this Club strong.

Sincerely
Carolyn Armstrong, President



Covid-19 Virus Pandemic Waiver – PLEASE BRING THIS TO THE MEETING

PROBUS CANADA and its local clubs do not have any liability insurance coverage for COVID-19 virus pandemic claims. The Club was informed the insurance industry no longer offers such liability insurance as of the end of last year. As a result, this leaves our local Women's PROBUS Club of North Shore Vancouver, its Officers and Directors as well as members at risk for any claims related to any health risks or adverse health consequences, arising as a result of in-person participation in the Club's events.

The Club along with Kay Meek Arts Centre follow all BC Health Covid Guidelines and provide in our newsletters and on our website COVID Meeting Protocols for members to follow to stay safe. However, due to the highly contagious nature of the COVID virus, no in-person event can be entirely risk free. Therefore, members are asked to sign a COVID Liability Waiver accepting the inherent risks in contacting the virus, and indemnifying the Club, Management Committee, members and venue owners from any liability.

A Waiver form is sent as a separate attachment with this newsletter dated for the upcoming April 25th Speaker's Event at Kay Meek Arts Centre. You are asked to print it, sign it and bring it with you to the theatre. There will also be forms on entrance in the Lobby to sign if you forget or do not have access to a printer. We appreciate your understanding in these challenging circumstances.

Kay Meek Arts Centre-COVID-19 Meeting Protocols for our meetings

When attending PROBUS Club in-person meetings at Kay Meek Arts Centre, Members and Guests are asked to comply with the following protocols for the safety of all members and Kay Meek staff.

- All attendees must have pre-registered for the event and received a pre-assigned seat. Unregistered drop-ins will not be allowed in. Members must pre-book seating through Kay Meek Box Office either on-line or by phone.
- Masks are no longer required in indoor settings but encouraged in spaces where physical distancing is difficult to maintain. Therefore, Kay Meek encourages you to continue to wear your mask when attending an event in their venue.
- Reserved spaced out seating through the Kay Meek Box Office will be at 50% capacity
- As of April 8th, 2022 BC Health will no longer require BC Vaccine Passports for events.
- PROBUS Canada and its local clubs do not have liability insurance for COVID-19 Virus Pandemic Liability Claims, so Members and guests are required to sign a Covid-19 Virus Pandemic Liability Waiver.
- Members are asked to arrive early and not linger in the lobby area as well as clear the lobby area in an orderly fashion when leaving.
- No refreshments are permitted in the Kay Meek theatre, however bottled water is allowed.
- There will be no refreshments served prior to the speaker event.
- If you are not feeling well or have any COVID symptoms, we ask for the safety of other members you do not attend.

SEVEN VOLUNTEERS NEEDED !!! FOR 2022-2023 MANAGEMENT COMMITTEE

It's that time of year again, where we look to the Management Committee for the next year. We have a number of vacancies due to retirement and to the creation of teams for some of the roles.

Clubs like ours depend on everyone being active participants. Volunteering for a position on the Management Committee is a great way to meet other members and get involved in our community, and with COVID isolation times coming to an end, a great time to get involved. We are a large club, but in order for it to be a vibrant, dynamic club we need more people to help. Many of our positions will now involve teams of 3 people which allows for people to travel or be off in case of illness. We are all busy, but if our club is to survive everyone needs to step up and contribute a few hours over a year. So, if you are a member and haven't volunteered yet, this is the time to do it and, in the process, meet new people and learn new skills.

If you feel you would like to contribute in this way, Margaret Landstrom and Anne Carroll, both Past Presidents, **will be at the Volunteer Information Table in the Kay Meek Lobby prior to the next meeting April 25th and would be more than happy to answer your questions.** We look forward to meeting you. **Nominating Committee – Anne Carroll & Margaret Landstrom**

The following are Management Committee Positions to be filled. Meetings are once a month and held via ZOOM.

VICE-PRESIDENT – To support current president duties in preparation for serving as President in 2023-2024. Public Speaking and some writing required.

SPEAKER PROGRAMS COMMITTEE MEMBER – To work with Program Committee members in identifying and booking interesting speakers for the monthly speaker sessions. Some public speaking required in introducing speakers.

COMMUNICATIONS – To work with current Communications director in writing and organizing the Club monthly newsletters and other communications to members. Office Word familiarity required.

SPECIAL EVENTS – Two volunteers to organize the annual Club Christmas event and outings for small groups of members throughout the year.

Members at Large – 2 – Any skills in running ZOOM meetings, familiarity with website management, Computer Word and/or Excel programs

For further information to volunteer contact:

Carolyn Armstrong presidentwprobusnsvan@gmail.com

April 25th, 2022 Speaker at Kay Meek Arts Centre

S.Siobhan McCarthy *Product Specialist, Formulator & Plant Medicine Educator:*

TOPIC: Using cannabis as a supportive medicine for health and well-being, focusing on topicals and CBD (Cannabidiol)

[PRESS HERE TO BOOK YOUR SEAT FOR APRIL SPEAKER MEETING](#)

Award-winning film and web series producer, creator, writer, and director, Siobhan McCarthy, is the CEO and Executive Producer of blyssful PRODUCTIONS and red trike media inc. Ms. McCarthy was recently profiled in Forbes Magazine.

blyssful ALCHEMY is an educational Do-It-Yourself workshop series educating people about plant medicines and holistic modalities.



Please book your ticket (yellow bar above) before 8 pm on Sunday 24th April, 2022. Thank you.

We are asking members to come early, with their tickets and waivers, and be seated by 9:55 am so that the Speaker Session can start on time at 10:00 am. Thank you!

GUEST POLICY FOR OUR PROBUS CLUB

- Club members may bring a female or male guest to the Club Speaker Events at Kay Meek
- One member can only bring one guest at a time
- Each guest may attend up to two meetings throughout the year
- The member must pre-book a seat for their guest through the Kay Meek Box Office
- A Guest fee of \$10.00 will be charged upon entry and payable in CASH only.
- The Guest will be required to sign a COVID Liability Waiver upon entry and comply with meeting COVID Protocols
- The Management Committee reserves the right to determine whether guests will be allowed at specific meetings (i.e. the Christmas Event)

MARCH 21st SPEAKERS – In case you missed it

Our March speakers Clair Parke and Kelsey Bradshaw of Stellow Interior Designs presented their top five tips for making your home more visually appealing and complete.

1. **Scale** – they showed how the size of a room needs furniture and lighting to be of a similar scale – large rooms need larger pieces – small rooms need smaller footprint pieces while still having spaces for the furniture to breathe. Carpets should have some piece of the carpet under the furniture and not floating free, as it breaks up the room.
2. **Lighting** – there are 3 types – ambient such as overhead lighting, task lights such as bathroom wall sconces, and accent lighting such as highlighting a painting or fireplace. For tasks such as cooking, there should be no shadows. Light dimmers were recommended to play with the ambiance of the room and adjust for evening light. Lighting is one of the most complex issues in design.
3. **Window treatments** - Windows should not look naked. Look to the function of the window treatment – keeping out the sun, privacy or adding texture to determine type needed. The window treatment should be in the style of your home – more traditional home with traditional treatments such as drapes, more modern with blinds. 1980-90 curtain valances are dated and when renovating, consider removing.
4. **Décor/Art** – Decluttering is the big message here. A few meaningful pieces on shelves balanced with a plant, each with air to breathe. One big art photo can be a reasonably inexpensive way to add a wow factor to a room, or small groupings of framed pictures can bring a personalized touch.
5. **Flow** – A well designed home has some elements in common or a theme that gets carried through the rooms giving a cohesive feel and look. It can be a color, wood or metal accents, patterns, or overall style.

Lots of member questions with the overall theme being each person has their own preferences and will choose what they are comfortable with. Happy Spring cleaning!

The May Meeting is on **Monday May 16, 2022. 10 am at Kay Meek Arts Centre**

Dan Fumano will talk about how to identify misinformation/fake news. How it spreads when reading on-line. Dan Fumano is the City Columnist at the Vancouver Sun and The Province, his hometown daily newspapers, where he was first hired in 2013 as a reporting intern. He currently covers municipal politics and a range of urban issues.

WEBSITE

We hope you started to access our website. The Members Information section is password protected for current members only – password is **NSW2020**. Check regularly for updated information:

- Most recent Newsletter – you will always have access to your newsletter as well as past copies
- Updated Speaker Schedules
- COVID-19 Protocols and Waiver of Liability
- Updated Management Committee Members
- Volunteer Positions - Want to volunteer, check positions open now
- PROBUS Travel Insurance – If you are a travelling Snowbird, it is worth checking into the PROBUS discount with Johnson, Inc. MEDOC Travel Insurance



Kay Meek Box Office Registration Instructions

1. **PRESS “BOOK YOUR SEAT** Kay Meek Box Office page appears, go down to the Seat Selection and click on the **BLACK DOT** for the available seat location you want. Due to Covid protocols you are asked to only book one seat for yourself. If you are wanting to sit with a member friend, coordinate booking in advance with them or phone Kay Meek Box Office. When selection is made, a small green ticket symbol will show over the **BLACK DOT**.

PRESS “Continue” and it will show your seat(s) selection.

PRESS “Continue” again and the details of the event date and time will be shown.

PRESS “Checkout”. This will take you to a LOGIN page.

2. **LOGIN** - You will be asked for your email and a password **

** If you are new to Kay Meek Box Office, never having booked an on-line ticket before, it will ask you to input your email address and a password. You will now be setting up a personal account with Kay Meek. Enter your own new password of 6-12 characters (it is NOT the password NSW2020 which is only for use on the club website). **PRESS “Continue”** to enter your contact information (name, address, phone), then **PRESS “Continue”** to go to **TICKET**.

DELIVERY (When you return to register for future events you will just need to enter your email and personal password as your account will be established).

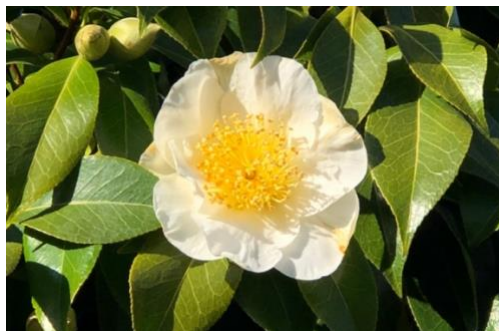
If you already have a Kay Meek account, having purchased tickets on line in the past, you will enter your personal Kay Meek password, (if you forgot it press the “Forgot password” and the site will take you through a process to renew your password) and then **PRESS “Continue” to go to **TICKET DELIVERY**.

3. **TICKET DELIVERY** – Check that the seat location is the one you selected and then mark which delivery method you would like
 - Leave ticket at box office where you can pick them up in the lobby the day of the event,
OR
 - send e-ticket and Kay Meek will email you the e-ticket for you to print and bring with you or download to your smartphone. Then **PRESS “Continue”**.
4. **SUMMARY** - Ticket selection summary is shown with delivery method selected, **TICK “AGREE”** to Terms and **PRESS “Confirm”**.
5. **SUCCESS** – you will see your order confirmed. Print this if you are picking up your ticket at the box office or you will receive an email from Kay Meek if you selected the e-ticket option.

APPLE iPad and APPLE iPhone users – The Kay Meek Box Office uses cookies in its software, so if you are having trouble, go to your **SAFARI APP** and select the option for **COOKIES** to be blocked turned OFF. You should then be able to follow the above instructions.

BOOKING BY PHONE

If you are unable to register an account with Kay Meek and book your ticket on line, then you can phone Kay Meek Box Office at 604-981-6335 - Monday to Thursday 1-4pm. There is no way to book tickets other than on-line if you miss the Box Office. You can pick your ticket up at the Kay Meek Lobby Box Office the day of the event. At that time, you will be shown the COVID-19 Waiver of Liability that you will be asked to sign prior to picking up your ticket.



We acknowledge the opportunity to live, work, play, and learn on the traditional territory of the Squamish (s̓k̓w̓x̓w̓ú7mesh), Tsleil-Waututh (sel̓ílwitlh), and Musqueam (x̓w̓məθk̓w̓əy̓əm) peoples.