



The Women's Probus Club of North Shore Vancouver

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www.wprobussnvan.com password **NSW2020**

NEWSLETTER

May 2022

Vol 15: No. 9

**We are back at the Kay Meek Arts Centre in Person for our Speaker meeting
May 16, 2022 AT 10:00 AM – Please bring your ticket and covid waiver**

DAN FUMANO – VANCOUVER SUN AND PROVINCE NEWSPAPERS

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.

Dan has won the Jack Webster Award, B.C.'s top journalism honour, five times, and has been selected as a finalist three times for the National Newspaper Awards, winning once. He lives in Vancouver with his wife and two children.

Topic—how to identify misinformation/fake news. How it spreads when reading on-line



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

PRESIDENT'S MESSAGE

I am so proud of our capable Management team and volunteers, organizing and running our Club's first Kay Meek speaker meeting back after 3 months of COVID Zoom sessions. As I recover at home from some surgery, I envy those 107 members getting out on this nice day to hear our speaker Ms. Siobhan McCarthy on topical uses of CBD. Also attending members received special Chocolate PROBUS logo treats, our House Committee had made at Charlie's Chocolate Factory. While the chocolate blue and gold foil wraps are PROBUS colours, they are also a reminder of the brave people of Ukraine.



It is coming up to **Membership Renewal time** and members will shortly receive their renewal package by email. Member fees will remain the same and we will continue holding our meetings at Kay Meek Arts Centre for the 2022 – 2023 year. We plan to return to pre-meeting socializing and refreshments next year in the lobby as COVID protocols permit. **Renewals deadline is June 30th, 2022** and members can mail in their forms and cheques or drop them off at the May or June speaker meetings. Also new members are welcome to join.

Our May 16th speaker is Dan Fumano, a City Columnist at the Vancouver Sun and the Province speaking on *“How to Identify Misinformation/Fake News and How It Spreads When Reading on Line”*. This is a timely topic as we hear so much about fake news now around the Russian invasion of Ukraine.

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. Please consider joining our Management Team.

Sincerely
Carolyn Armstrong, President

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## **MEMBERSHIP RENEWALS for 2022-2023 DUE JUNE 30<sup>TH</sup>, 2022**

It is time for Membership Renewal for the coming 2022 – 2023 year. We are keeping Membership Fees at the same \$100.00 and are continuing our monthly meetings at the Kay Meek Arts Centre. An email package will be sent out the beginning of May consisting of a Membership Renewal Form and a Covid Liability Waiver Form. Members need to fill out the forms and submit along with a cheque by **no later than June 30<sup>th</sup>, 2022**. The Covid Liability Waiver Form signed with Renewal will be good for all Club events for the coming year. Bank transfer payments are not available for payments this year.

Members can either mail in their signed forms with a cheque or drop them off at the lobby desk at the May or June meetings. Members not renewing will be removed from the mailing list and access to the Club's website "Members Information" section blocked as new passwords will be issued to renewing members.

On the Membership form there is a section for your input on what topics you would be interested in hearing from speakers. Your feedback is welcome. Members' support during this challenging COVID year through participation at meetings either via Zoom or in-person at Kay Meek has been incredible. We look forward to welcoming you back to a year where we can be more social while attending meetings with notable speakers providing topical and stimulating thought. Looking forward to having you again next year.

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### **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 May 16<sup>th</sup> Speaker's Event at Kay Meek Arts Centre. Please 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 8<sup>th</sup>, 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.

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### **VOLUNTEERS NEEDED !!! – COME AND JOIN THE TEAM! 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 participate in this way, **Margaret Landstrom and Anne Carroll, both Past Presidents, are serving as the Nominating Committee.**

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 [presidentwprobustnsvan@gmail.com](mailto:presidentwprobustnsvan@gmail.com)

## April SPEAKER S. Siobhan McCarthy, Blyssful Alchemy

**S.Siobhan McCarthy**, Plant Medicine Educator, gave a very wide-ranging and fascinating presentation about using cannabis as a supportive medicine for health and well-being, focusing on topicals and CBD (Cannabidiol). Siobhan was badly injured in an accident at an early age, and her experience has guided her into the field of cannabis use where she currently focusses on educational programs about the use of various cannabis components. To support her work, she now has a 2 acre farm in Langley where she grows the herbs and plants she uses to create salves and ointments. She explained that while the various forms of cannabis can assist with a variety of ailments, one of the primary benefits of topicals is that they are applied to and absorbed into the skin to help relieve pain from arthritis, burns, inflammation, skin infections, etc.

Information about Siobhan's work can be found at: <https://blyssfulalchemy.com/our-gallery>



## June is AGM and Speaker meeting Monday June 20, 2022

The June Probus AGM and Speaker Meeting will be held on **Monday June 20 2022. 10 am at Kay Meek Arts Centre. Our Speaker will be John Pyrik who will speak about investment frauds. He is a former investigator for the BC Securities Commission.**

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WEBSITE

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
- Kay Meek Booking instructions
- COVID-19 Protocols and Waiver of Liability
- New Photo Gallery
- PROBUS Travel Insurance – If you are a travelling Snowbird, it is worth checking into the PROBUS discount with Johnson, Inc. MEDOC Travel Insurance



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We acknowledge the opportunity to live, work, play, and learn on the traditional territory of the Squamish (s̱kw̱x̱wú7mesh), Tsleil-Waututh (selílwitlh), and Musqueam (xʷməθkʷəy̓əm) peoples.