



# Blue Sky PROBUS Club

PROBUS Club # 268

## Notes Blue Sky PROBUS Club Meeting August 15, 2019

- 36 attendees – 6 new members
- The first item on the agenda was the distribution of name badges to those who did not receive them at the last meeting.
- The official meeting started at 10:00 am. With Howard Kizell President of the club presiding.
- H. Kizell welcomed all.
- Currently there are 60 members.
- H. Kizell emphasized once again the need for volunteers to assist with organizing social events and activities.
- There will be extra effort in September to get activity groups organized.
- There were two birthdays announced: B. Cochrane and H. Truskoski. Not telling their ages. Ha!
- Helen announced that she will be moving to Ottawa after being in the Bay for five years.
- H. Kizell spoke further about the dinner party idea and how much fun it is.
- For insurance purposes, any interest group must maintain a list of participants and check off when present for an activity.
- 25 people signed up for the Gravenhurst trip.
- The charter for our club was presented to G. Godin from M. Sandula. M. Sandula read out the charter. We are the 268<sup>th</sup> club in Ontario.
- Question: Can one attend a club meeting in another city? Generally, you have to be invited. Can contact club to indicate interest in attending a meeting.
- An overview of archery resources was presented. A maximum of 6 people could sign up for a demonstration at a future date.
- Speakers: This month's speakers were from Bodystream.
- Bodystream is a clinic located in the old Masonic building on First Ave.
- The clinic provides services to assist people who wish to use medical cannabis.
- Clients are interviewed by a knowledgeable physician through tele health services.
- If there is a resultant prescription, clinic staff will register the client with licensed providers.
- Typically clients are interested in CBD or CBD/THC products.
- These products can be obtained online from the registered providers.
- Bodystream staff provided information on the potential health benefits of cannabis.
- A number of clients are looking to end opioid dependence.
- Apparently humans have cannabis receptors.
- The difference between medical and recreational cannabis were outlined.

- Medical cannabis quality is more strictly regulated. Some insurance companies cover the cost and the cost is deductible on income tax.
- There were many questions from the members.
- A brochure was made available for those interested.
- Unfortunately, no samples were available. Ha!

The meeting adjourned at 12:00 pm.