



The Probus Club of Burlington Lakeshore

Hi-Lites - May 2023

Mon., May 8
10:00 am

**Dr. James
MacKillop**

Medical Cannabis

Management Committee 2022-2023

Ken Medland, President
(905) 818-2902
Malcolm Ramsay, Past-Pres.
(905) 681-8109
John McArthur, Vice Pres.
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Al Ayre, Secretary
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Dave Little, Treasurer
(905) 681-6147
Brian Duncombe, Speakers
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Gary Kirkwood, Membership
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Ken Clarke, Int. Comm.
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George Caughell, Events
(416) 230-6975
Doug Woodward, House
(905) 637-7676
Jim Thurston, Cheer
(905) 319-9352
Ken Medland, Ext. Publicity
(905) 818-2902
Bill O'Brien, Golf
(905) 336-8998
Jim Barnett, Curling
(905) 639-8624

Ken Medland's Presidential Message

All our golfers must be ecstatic, and I know Bill O'Brien is getting very busy putting the final touches on our golf tournament **for Friday, May 26th**. It looks like a record turnout, so be sure to sign up at our next meeting on Monday, May 8th. **YOU DON'T WANT TO MISS IT!**

Bill tells me he has some special surprises for all of you. See you there!

It's been an amazing start to our season with a total of 161 members on board with a number of pending memberships upcoming. A great job by all.

I know I use the term "**The best men's club in Burlington**" a lot, and there is a reason!

We not only talk about what we are going to do, but WE ALSO DO IT and you all should be proud of what you have helped us accomplish.

Some recent achievements include:

- Recognition of our founding and 20-year members
- The ongoing quality membership additions We are at a record **161** with a number pending!
- A number of very interesting events with more coming!
- A series of high-powered speakers adding education and interest to our meetings
- Our attendance at the Retirement Expo for the 3rd year! (New members and Sponsors). See attached invitation.
- The renewal of our inter-club golf event
- The introduction of our coffee sponsorship allows us to source retirement solutions and has also had the benefit of reducing our deficit.
- A recharged pre-meeting environment allowing us to "meet & greet" present and new members.
- A very active management committee that listens to your comments and puts them into action.
- All of this is possible because of YOU and the energy you bring to our meeting.

The ongoing theme of Probus Lakeshore is FELLOWSHIP AND FUN, and as I listened to our new members relate their bios, I was amazed at the QUALITY they continued to add to our club and that is one of the key factors in why I am proud to state what a great club WE have. One of the reasons it works so well is that we have all worked towards the goal of "Be a Friend, Bring a Friend", and it works!... Thanks to all of you for believing.

That's all for now, it was pointed out to me that we are in our 30th year. We must be doing something right and we intend to keep doing it!

Ken

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Guest Speaker: James MacKillop, PhD, CPsych, FCAHS

Dr. James MacKillop is the holder of the Peter Boris Chair in Addictions Research, a Canada Research Chair in Translational Research and is a Professor of Psychiatry and



Behavioural Neurosciences at McMaster University and St. Joseph's Healthcare Hamilton. There, he directs both the Peter Boris Centre for Addictions Research and the Michael G. DeGroot Centre for Medicinal Cannabis Research, where his research investigates diverse aspects of addiction and medical cannabis.

To date, Dr. MacKillop's research program has generated more than 350 peer-reviewed publications and other works. This work has been recognized by awards from the Society for Addiction Psychology, the Research Society on Alcoholism, and the American Psychological Association and been funded by the Canadian Institutes of Health Research, Health Canada, and the National Institutes of Health.

Dr. MacKillop trained as a clinical psychologist at Binghamton University and Brown University.

Danny Kraftcheck, Speakers' Committee

2023 Probus Golf

Hello to Probus Golfers – Our Spring Tournament with the Burlington Probus Club is all set for Friday May 26 at Flamborough Hills GC with tee times starting at 9:00 AM. This will be a best ball scramble event with a cross-over arrangement followed by lunch (burger, fries and soft drink). All for a mere cost of \$90, payable in advance. We currently have 42 golfers from our Club signed up although a few haven't paid yet. For those golfers wishing to play, you must pay in advance. You can do this by e-transfer to paymentsprobuslakeshore@gmail.com and be sure to note "golf tournament" in the message box.

We will make up the teams and will send out the tee sheets at least a week in advance. By our May 8 meeting, we should know if we will have any extra spaces to fill so if you are interested and haven't signed up, please see Bill O'Brien before the meeting. We will be awarding trophies for the winning club as well as to the team with the best score.

The 2023 Fall Golf game will be on September 20 at Rockway Vineyards GC. This event is for our club only and we have booked a block of tee times for 40 golfers, starting at 11:33 AM. We have negotiated a rate of \$60 for green fees and cart, payable at the course. Rockway is a very nice course and not really that far from Burlington. We will start taking reservations for this game in June or July.

So let's get those clubs out, cleaned up and do a bit of practice.

Bill O'Brien, Golf Committee

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Membership

It keeps getting better thanks to the members bringing guest to our meetings. We are currently at 161 members having signed up 3 in April with another 3 pending. It is also nice to see new members bringing out guests to share the experience.

Our group is fortunate to have great speakers such as the one on April 10. I am sure her story of Margaret touched many of us and perhaps one or more of us can effect change.

The Toyota tour was well attended and enjoyed by all. Truly eye opening to see a world class facility and what appeared to be happy employees turning out cars. Wish my garage was as clean and organized as their facility.

These are some of the reasons we join so let's continue to share in fellowship and experiences with others.

Please contact me if you have any changes for your contact information.

If you would like an up-to-date membership list, please contact me at gmgak@outlook.com.

Gary Kirkwood, Membership Chair

Be a Friend



Special Events

Burloak Water Treatment Plant

Wednesday, May 24th. 1pm

no charge

touted as the Latest and greatest, State of the Art plant - 90 min, some stairs involved
Additional tour days can be organized if we are overbooked, as the tour limit is 12.

The Grand River Cruise

Wednesday, July 5th, 11:30 am (original date of July 12th was double booked)

\$80 /person

Starts with a Fiddle show extravaganza and then a 2 1/2 hr cruise with Lunch included
Still available spots (don't miss out by waiting too long to book).

Norm Foster Play

Wednesday, August 16th 2pm

"Jenny's House of Joy" \$40/person

St. Catharines Ontario - Limited seating left

Shaw Festival

Tuesday, October 3rd

"Blyth Spirit" \$80/person

Don't miss out by waiting till it's booked !!

Upcoming

Hamilton Archives Tour (date in June to be determined)

Car Rally (date to be determined)

Hagerty Car Club Tour (investigating tour possibilities)

George Caughell

Events Committee

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Notes from the House

April 10 saw record attendance of approximately 95 & also a record 50/50 pot as well! A coffee machine malfunction was disappointing, and Burlington Art Gallery promised it to be corrected in the future along with providing tea and ice water.

Our thanks to our Greeters, Guido Steinnagel , Nash Hamid, along with our 50/50 super ticket salesman Doug Mitchell.

It was nice to see Ken Davy, one of the founders of Burlington Lakeshore Probus, in attendance, to support our speaker, his daughter Denise Davy.

Doug Woodward
Committee Chair



Next Month

Dr. Amy Barron

**What Digging Teaches Us About
WW1, WW2 Spies**

Monday, June 12, 2023

Computer Interest Group

We are a joint, Burlington and Lakeshore Probus Club group, who get together to discuss current developments in the computer fields and help solve each other's computer related issues. We meet the fourth Thursday of the month at 10 am. The cost is free until we go to live meetings. If you would like to join us, please email Bob Dickison at rgdickison@gmail.com and he will add you to our email list.



Cheer Committee

It has been brought to our attention that JAMES (JIM) MacMILLAN, a Founding Member of our Club, passed away on March 4, 2023 after a lengthy illness.

The Cheer Committee will contact or visit members who are ill. In the event of a death of a member, or his spouse, a card of condolence is sent to the family. A memorial donation is made to an appropriate charity on the passing of a member. Please contact me, or any member of the Management Committee, if you are aware of an illness or bereavement.

Jim Thurston, Chairman, Cheer Committee
50thirsty05@gmail.com
905.319.9352

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FREE!

Halton Retirement & Seniors Expo Sunday, April 30th 10am-3pm Burlington Senior Centre | 2285 New Street, Burlington

Over 40 vendors including Halton Retirement Residences, Navigating Health Care, Transitions Specialists, Local Senior Organizations and Seminars throughout the day.

Seminars (optional to join)

- 10 AM** - Learn about frequent scams & fraud.
- 11 AM** - Learn about the housing options available for older adults in Halton.
- 12 PM** - Learn how to use your principle investment to generate cash flow.
- 1 PM** - Smart aging goes beyond a financial & legal plan.
- 2 PM** - Learn what the Disability Tax Credit is.



To Register Visit: www.HaltonRetirementExpo.com

Amal Helbah
Financial Planner, Investment
and Retirement Planning



Hosted By:
Sarah Logue
Broker of Record



Jeanette Bock, CPCA
Elder Care Planner

