



# The Probus Club of Burlington Lakeshore

## Hi-Lites - September 2023

Mon., September 11  
10:00 am

**Dr. Parminder  
Raina**

**Living Long,  
Living Well**

### Management Committee 2022-2023

Ken Medland, President  
(905) 818-2902  
Malcolm Ramsay, Past-Pres.  
(905) 681-8109  
John McArthur, Vice Pres.  
(905) 631-7162  
Al Ayre, Secretary  
(905) 632-6736  
Dave Little, Treasurer  
(905) 681-6147  
Brian Duncombe, Speakers  
(905) 639-6260  
Gary Kirkwood, Membership  
(905) 577-5475  
Ken Clarke, Int. Comm.  
(905) 308-5766  
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

Wow, this year and particularly this summer is flying by!

Charlene and I have just returned from a great trip that we've wanted to take for a while...Nashville Tennessee. A city we would heartily recommend.

We are both music lovers and have never thought of ourselves as country music fans, but having immersed ourselves in the history and culture of the music have gained an appreciation of what the music is all about.

First some information about Nashville. Architecturally inspiring, the downtown is surrounded by water and is a well-thought-out blend of old and new.

The city's population is just over 700,000 and has not only an NHL team, the Predators, but a 70,000-seat NFL stadium for the Tennessee Titans. They are going to expand the stadium to host a bid for a Super Bowl. Both facilities are in the middle of downtown.

Nashville also has 180 recording studios and over 100 music clubs with live entertainment starting at 10 a.m.! If you can't have fun there, you're in trouble!

In the evenings we took a riverboat cruise and attended The Grand Old Opry...a must-see!

**On the local scene, we have started our annual renewal drive and hope to see all of you renew to continue to make Probud Lakeshore the great club it is! Remember to bring a friend to our next meeting, he'll thank you!**

**We are pleased to announce that fees have remained at an amazing annual fee of \$ 50.00, the best deal in town and we are staying at the Art Gallery!**

Our annual tradition, the Holiday Lunch at the prestigious Burlington Golf & Country Club is set for December 11 and the cost remains at \$ 75.00 per person. This event is always a highlight of our year, be sure to mark it in your calendar.

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### Guest Speaker: Dr. Parminder Raina

Dr. Parminder Raina, C.M. PhD, FCAHS is a Professor in the Department of Health Research Methods, Evidence, and Impact at McMaster University. He specializes in the epidemiology of aging with emphasis on developing the interdisciplinary field of geroscience to understand the processes of aging from cell to society. He has expertise in epidemiologic modeling, large population-based longitudinal research, and knowledge mobilization. Dr. Raina is a fellow of the Canadian Academy of Health Sciences, holds a Canada Research Chair in Geroscience, and the Endowed Raymond and Margaret Labarge Chair in Research and Knowledge Application for Optimal Aging. Dr. Raina became a Member of Order of Canada in 2022 for his research in aging. He is the founding Scientific Director of the McMaster Institute for Research on Aging, and The Labarge Centre for Mobility in Aging, and is the lead principal investigator of the Canadian Longitudinal Study on Aging including Healthy Brain and Healthy Aging Study. He is one of the founding members of the McMaster Optimal Aging. Dr. Raina was a member of National Seniors Council of Canada from 2018-2021 that provided evidenced-based advice to the federal Minister of Seniors and Minister of Health, and has served on several national and international committees including, National Research Council Aging in Place, the Ontario Minister's Advisory Group on Alzheimer Disease and Related Dementias Research, and Panel for Public Dialogue on Privacy and Health Research in Canada.



Danny Kraftcheck, Speakers' Committee

### Upcoming Special Events

September

#### Car Rally

Thursday, September 21

Last chance to sign up

\$25 per/Car

Min 2 , Max = Seat belts

October

#### Shaw Festival

Tuesday, October 3rd

"Blyth Spirit" \$80/person

Ghostly comedy

George Caughell, Events Committee

[gcaughell@yahoo.com](mailto:gcaughell@yahoo.com)

### 2023 Probus Golf

Our Fall golf tournament is set for Wednesday, September 20 at Rockway Vineyards GC. We have 9 foursomes booked, with tee times starting at 11:33 AM. Bill O'Brien will be at the September 11 Probus Club meeting and can advise you of your tee time. He will also send out the tee time sheets to those golfers for whom he has an e-mail address.

As a special treat for this event, Astra Belisario of Heritage Place will be out to give each golfer a sleeve of golf balls and a bottle of water for their round. We are asking each foursome to turn in their scorecard at the end of their round and we will be awarding our Burlington Lakeshore Probus Club trophy to the foursome with the lowest combined gross score over 18 holes. We plan to do this presentation at our October meeting.

Bill O'Brien, Golf Committee

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### Cheer Committee

We recently learned that George Bedford, a former, long-standing member, passed away on August 17, 2023. George was well known in sports circles. He was awarded the AJ Dunn Award as Burlington's Sportsman of the Year for his contributions to sport in Burlington. His family invites you to join them in a celebration of George's life at Smith Funeral Home, 1167 Guelph Line in Burlington on Saturday, September 16 at 1 p.m.

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 condolences 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

### Membership

Once again, a great meeting well attended and informative guest speaker.

We welcomed Michael Vollmer, with an interesting resume, to our club.

Current membership is at 169. If you would like a current roster, send me an email.

Two applications were submitted for membership and three guests are pending. Keep up the good work your assistance is appreciated.

This growth is due to members promoting our group and bringing guests to the meetings.

Membership renewal is now due. The yearly amount is \$50.00 unchanged from last year. This averages out at \$4.16 per meeting. Parking passes, for the year, are available at the Centres front desk. Great way to avoid the parking machine.

Please see the treasurer or submit payment to [paymentsprobuslakeshore@gmail.com](mailto:paymentsprobuslakeshore@gmail.com)

If you haven't received your name badge, check the front desk.

Thank you for bringing out guests and spreading the excitement.

Gary Kirkwood,

Membership

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### Next Month

**Notice of the Annual General Meeting of the Probud Club of Burlington Lakeshore to be held Monday Oct. 16, 2023 at 10:00AM.**

Note: This AGM will be part of our regular membership meeting which is one week later than usual due to the Thanksgiving holiday.

### Guest Speaker

**Tom Wilson  
On Being Indigenous**

### Probus Lakeshore 30 year award



Rod McGrath, one of the founders, representing the 5 original members still active  
Martin Capper President Probus Canada  
Ken Medland, President Probus Lakeshore

### From the House

August 50/50 sales continue to be an important source of revenue for Probus Lakeshore. Many thanks to our Greeters, Guido Steinnagel & Grant Baxter, along with our 50/50 salesman, Bob Panabaker, for doing double duties in July & August.

A new and updated podium banner, celebrating our 30th anniversary will be available for the September 11 meeting.

We would encourage members to get an 11 month parking pass from AGB when paying next year's dues.

Doug Woodward  
House Committee Chair

### Holiday Season Luncheon

The Holiday Season Luncheon will be held again this year at Burlington Golf and Country Club on Monday December 11th, 2023. The doors open at 11:00 A.M. The bar will be opened by 11:15 A. M. and the luncheon will start earlier this year at 12:00 P.M. sharp.

The price per person will be the same as last year at \$75.00. Those planning to attend should advise Mike Hill at [mhill2@cogeco.ca](mailto:mhill2@cogeco.ca) and send payment to [paymentsprobuslakeshore@gmail.com](mailto:paymentsprobuslakeshore@gmail.com). Please advise Mike if you or your guest have any dietary or mobility issues.

John McArthur, Luncheon Committee"

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### 2023/2024 DUES RENEWAL

Thank you for your ongoing participation in the best men's club in Burlington.

We are nearing the end of our fiscal year (Sept. 30/23) so it is time to renew your membership for the October 1/23 – September 30/24 membership year.

Your Management Committee has set the renewal fee at **\$ 50**. This is unchanged from last year and will allow us to maintain our current level of operations with only a projected small deficit at the end of the 2024 fiscal year.

By renewing your membership you will continue to enjoy many benefits such as -

- Monthly meetings at the Art Gallery of Burlington with in person, Zoom and You Tube participation options.
- Highly educational and informative, top quality speakers.
- Access to special events (plays, tours) at reduced group prices.
- Fun and fellowship with your co-members.

At a cost per meeting of \$ 4.16, we feel your \$ 50 renewal fee represents exceptional value. We hope you agree and that you will express your agreement by renewing at your earliest convenience.

Payment can be made in one of three ways (# 1 is preferred!) –

1. \$ 50 Interac e-Transfer through your online banking system; Recipient Name is Probus Burlington Lakeshore; Recipient email is [paymentsprobuslakeshore@gmail.com](mailto:paymentsprobuslakeshore@gmail.com)  
OR
2. By \$ 50 cheque payable to Probus Club of Burlington Lakeshore; mail cheque to our Treasurer, Dave Little at 2071 Wellington Ave., Burlington, ON, L7R 1P4  
OR
3. In person at the September 11 meeting, by cheque, Credit Card or Debit Card. Debit is preferred as the cost is less for the club.

Many thanks for your attention to this matter and we look forward to your renewal in our Probus Club.

Gary Kirkwood, Membership Director; Dave Little, Treasurer

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### THE PROBUS CLUB OF BURLINGTON LAKESHORE NOMINEES FOR THE MANAGEMENT COMMITTEE 2023/24

President	John McArthur
Past President	Ken Medland
1st Vice President	Mike Flintoff
2nd Vice President	Dave Little
Secretary	Tom Williams
Treasurer	Ken Snider
Membership	Gary Kirkwood
Speakers	Pat Lennon
Special Events	George Caughell
Internal Communications	Ken Clarke
House	Ken Medland
Cheer	Jim Thurston
External Publicity	Lawson Hunter
Golf	Bill O'Brien

This slate of nominees will be presented to the general membership at the September 11<sup>th</sup> meeting with the request for any further nominations. Nominations will be closed September 25<sup>th</sup>, 2023, and any further nominations will be communicated to the membership before October 2<sup>nd</sup>. The final slate will be submitted for approval at the Annual General Meeting on October 16<sup>th</sup>, 2023