



The Probus Club of Burlington Lakeshore

Hi-Lites - March 2024

Mon., March 11

10:00 am

Allison Thierault,
Halton Police
Cyber Security for
Seniors

Management Committee 2023-2024

John McArthur, President
(905) 631-7162
Ken Medland, Past-Pres
(905) 818-2902
Mike Flintoff, 1st Vice Pres
(905) 334-0248
Dave Little, 2nd Vice Pres
(905) 681-6147
Tom Williams, Secretary
(416) 553-8227
Ken Snider, Treasurer
(905) 632-1467
Pat Lennon, Speakers
(905) 681-8963.
Gary Kirkwood, Membership.
(905) 577-5475
Ken Clarke, Int. Comm.
(905) 308-5766
George Caughell, Events
(416) 230-6975
Ken Medland, House
(905) 818-2902
Jim Thurston, Cheer.
(905) 319-9352
Lawson Hunter, Ext. Publicity
(905)802-8633
Bill O'Brien, Golf
(905)-577-7846

President's Message

February has been an interesting month for our club.

There were 93 in attendance at the February 12th membership meeting, including seven guests. Vice President Mike Flintoff did an outstanding job pinch-hitting for me as chair of the meeting.

Hopefully, most of these guests will consider joining as members. Being a friend by bringing guests to our meetings continues to be our best recruiting source for new members!

An additional eight members participated in Zoom. At last count, there have been 105 views of the YouTube video of the meeting. The guest speaker Dr. John Moore, a professor Emeritus at the University of Waterloo, provided insight on the pros and cons of artificial intelligence His presentation was very well received and publicized in Burlington Today under the banner "AI has 'fantastic benefits' when it comes to health, Burlington Probud Club hears." Please see the link below:

<https://www.burlingtontoday.com/local-news/ai-has-fantastic-benefits-when-it-comes-to-health-burlington-probus-club-hears-8317924>

On February 14th, under the leadership of external publicity chair, Lawson Hunter, assisted by Gary Kirkwood and Ken Medland, our club participated in the Seniors Active Living Fair at the YMCA by sharing a table with the Probud Men's Club of Burlington. Our members spoke to about 25 attendees with about five possibilities for future membership. From a sponsorship perspective, it was also a successful meeting as commitments were obtained for meeting coffee sponsors from two participating retirement homes, Bayshore Home Health and Burlington Garden. Thanks to house chair Ken Medland's initiative, we now have a waitlist for sponsorship! Ken will also be making a presentation about Probud to residents of The Williamsburg Retirement Living on March 28th.

Membership chair Gary Kirkwood has enrolled Jim Keith as a new member and has several pending applications. On a sadder note, due to his sudden and unexpected passing, on Sunday, February 4th, we lost long-time member Bob Neilson on Sunday, February 4, 2024.

Our condolences are extended to the Neilson family. In memory of Bob, Cheer chair, Jim Thurston, has arranged a donation to Parkinson Canada in our Club's name.

The Probus Club of Burlington Lakeshore

Hi-Lites - March 2024

President's Message Continued

District Three Director Bill Willson's term will be completed as of the Probus Canada AGM on April 26th, 2024. Thank you for all your work on our behalf, Bill! Two candidates are running as his replacement. More details to follow.

Dave McKenzie has updated the current version of our website. At our next management committee meeting, we will discuss the need for site enhancements.

The speaker at our March 11th meeting will be Constable Allison Theriault, a 24-year member of Halton Regional Police Service, now a member of the Older Adults Investigative Team as the Older Adult Support Officer. Her topic will be of high interest to our members on "How seniors can prevent being scammed."

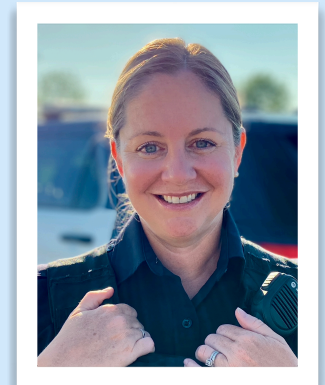
John C. McArthur

Guest Speaker: Allison Thierault

Allison has been a member of the Halton Regional Police Service for 24 years.

She started her career as a uniform patrol officer in Burlington where she spent 9 years in patrol before moving over to the investigative side of policing.

Allison was a member of the Child Abuse & Sexual Assault Bureau and Intimate Partner Violence Unit where she also worked on Human Trafficking and Homicide investigations. After spending 12 years in investigative portfolios, Allison decided she wanted a change and entered into a community policing role. Allison was a community officer in Burlington and recently was transferred to police headquarters in Oakville where she is a member of the Older Adults Investigative Team as the Older Adult Support Officer. In her current role, Allison is a resource officer who provides outreach, connections to supports and community services for older adults in Halton Region. She works in partnership with uniform patrol officers, investigators, social workers, as well as community agencies with the goal of connecting older adults to supports and services.



On a personal note, Allison is a strong advocate for the Special Olympics community and is the organizer of the Halton Regional Police - Law Enforcement Torch Run (LETR) in support of Special Olympics athletes.

Brian Duncombe,
Speakers Committee

The Probus Club of Burlington Lakeshore

Hi-Lites - March 2024

Greetings from the House

I hope you are enjoying our non-typical Canadian winter!

I don't know if the ease of driving has contributed, but we have enjoyed record crowds at our monthly meetings...thank you.



What's new in the house?

- We continue to add new members and still have room for more, bring a friend!
- I attended the recent Senior show and added 2 new sponsors..the free coffee continues!
- Please drop by and say hi to our sponsors, they appreciate it.
- I always make a point of stressing the quality of our speakers, it's one of our many features"
- I see George has great activities lined up and we are all looking forward to seeing you there.
- We will be doing a presentation in March at The Williamsburg seeking new members.

Thanks to all for supporting our 50-50 draw each month, the payout continues to grow!

That's all folks, thanks again for making us the best club in Burlington 😊

Ken Medland
House Committee Chair

Membership

Great attendance at our February meeting.

Thank you to the members that brought out a record number of seven guests for our meeting to experience the fellowship of Probus.

These prospects have been contacted and so far, two has joined.

Three new members introduced themselves at the meeting. Ron McMillan, Jerry Bruce and Ernie Thompson. Great additions to or club.

Our club was represented at the YMCA Retirement Show with our booth manned by Lawson Hunter and Ken Medland. Not sure if it attracted any new members but made ourselves known.

In the coming months we will be recognizing long term members, with a Probus Pin, that have 20 to 30 years plus of membership. I will contact you prior to the meetings to verify your attendance.

If anyone requires a current membership roster or replacement name badges please reach out.

Gary Kirkwood, Membership
gmgak@outlook.com

905 577-5475

The Probus Club of Burlington Lakeshore

Hi-Lites - March 2024

Special Events for 2024

- March 20 -Shawn & Ed Brewery
66 Hatt Street, Dundas
12 Noon, tour followed by Beer
Flight, and Lunch
\$18 / person - Tour Guide Ted
- April (TBA)- Hamilton Steam Museum
(4/17 tentative)
900 Woodward Av, Hamilton
(Free parking)
\$ 8 / person (based on 15 min)
- May 15 - Welland Canal Museum
1932 Welland canal Parkway
\$ 6 / person
- June 1st - Theatre Aquarius
STING, 1;30 PM (lawyers charity play)
\$ tentative cost \$60
- June 29 - Stories in the Stones-Hamilton
Cemetery (Free Parking at Dundurn
Castle, cross road at the light)
11;00 AM, No charge
- July (TBA) - Burlington Sewage Treatment
Plant - Lakeshore Road
(No Charge)
- August 15 - Norm Foster Theatre- St.
Catharines - Melville boys
\$ 40 / person (2PM)
- Sept (TBA)- 40 Creek Whisky tour
- Oct 2nd - SHAW Festival
My Fair Lady, 2pm
- Oct (TBA)- Car Rally - Volunteers required. Please
save the rally and volunteer.
- George Caughell, Events

Probus Golf News:

Hello Golfers – it still feels like winter but spring will be here soon and that means GOLF!!

Our annual tournament with the Burlington Probus Club has been arranged and it will be held on Friday, May 17 at Flamborough Hills Golf Club, with tee times starting at 9:00 AM. We will play 18 holes with a scramble format followed by a hamburger lunch in the FHGC banquet room followed by prize presentations. The cost of joining this event will be \$100 paid in advance to our Probus Club Treasurer. Payments may be made by e-transfer sent to paymentsprobuslakeshore@gmail.com or you may pay by cheque, credit card or debit card at our March or April meetings. The payment of \$100 covers:

- Green fees and carts
- Hamburger lunch
- Sleeve of new golf balls and bottle of water provided by Heritage Place

If the event is cancelled due to rain, lunch at FHGC will still be provided and golfers will be provided with rain checks for green fees and cart on another date.

You may sign up for this event as a foursome, smaller groups or as an individual. Just let us know your preferences when you sign-up or by e-mailing Bill O'Brien at nancybill60@gmail.com We will be able to accommodate up to 40 golfers but we recommend that you get signed up and make your payment so that you will get a spot. We will have a sign-up available at the March and April meetings until these 40 spaces are filled.

The Probus Club of Burlington Lakeshore

Hi-Lites - March 2024

External Communications

On Feb. 14, the local YMCA hosted a Seniors Active Living Fair, one of several events set up through the Ontario Ministry for Seniors and Accessibility across the province.

Dozens of non-profit groups and retirement residences had tables displaying different groups and activities that might be of interest to seniors.

Our Probus club, along with the Men's Probus Club of Burlington, staffed an information table throughout the day to explain to the 150 attendees what Probus is and why other seniors might be interested in joining.

The event also held a couple of speakers – one on 'Blue Zones' around the world (hotspots where a large number of residents live to be 100 years or older), and professor Anthony Levinson speaking about McMaster University's Health Sciences department and the study of dementia.

Though the topic is a bit concerning, Dr. Levinson pointed to several actions seniors can take to slow down or even avoid dementia in coming years. Perhaps our speakers group might approach Dr. Levinson to speak to an upcoming meeting.

Thanks to Ken Medland for setting things up, and to the (other men's) Probus Club for allowing us to join them at their table. Proof that if all Burlington Probus clubs work together – we can inform the public of the benefits of Probus in general.

Also, speaking of speakers – Our last month's speaker, Dr. John Moore's presentation to us was profiled in a recent article by the online newspaper BurlingtonToday.com. You can read the article by searching BurlingtonToday.com and looking for 'AI has 'fantastic benefits' when it comes to health, Burlington Probus Club hears'.

Lawson Hunter
External Communications

Cheer Committee

GOOD NEWS: Our member, MIKE HILL, has returned to his home after a few months in respite care. Mike would be happy to hear from you and would welcome a visit.

Your Cheer Committee contacts or visits 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



**Next Month -
Monday, April 8, 2024**

John Boyko

Canada's Role in the Civil War