



The Probus Club of Burlington Lakeshore

Hi-Lites - March 2025

Monday, March 10

10:00 am

Melanie Walker

**Joseph Brant and
Mental Health**

Management Committee 2024-2025

Tom Williams President
(905) 553-8227
John McArthur, Past-Pres
(905) 631-7162
Mike Flintoff, 1st VP
(905) 334-0248
Keith Weaver, 2nd VP
(289) 856-8523
George Caughell, Secretary
(416) 230-6975
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
Keith Weaver, Events
(289) 856-8523
Dave Little, House
(905) 681-6147
Ken Medland, Sponsors
(905) 818-2902
Rod McGrath, Cheer
(905) 332-3941
Bob Elliott, Ext. Publ.
(416) 434-6827
Walter Rosinski, Golf
(905) 336-5734

President's Message

Greetings gentlemen and welcome to the wonderful month of March. I trust this month's Hi Lites finds you and your families well and eager for the oncoming Spring season. As I write this article, Google tells me there are 24 days to spring. This is welcome news for most of us who are already well tired of the cold and snow. As a much younger man I loved the winter as it was a time for me to drag my skis to beautiful places in our world where mountains and valleys welcomed me to a winter wonderland. Those days are now beautiful memories but I am now happy to contemplate the sun and warmth that accompany spring. This is a time of year for new growth in many ways. We prepare the ground and plant our gardens with great anticipation of spring showers followed by summer flowers and the beauty of an awakening world around us.

We need to apply these principles to our local Probus Club. In talking to our treasurer, Ken Snider, I am informed that our present membership this year is 155. This number reflects the fact that some of members have moved, become infirm or sadly passed away since last year. We have added some new members recently but I would like to challenge each of you to actively and aggressively look for new members to join Probus. Think of your friends and neighbours and assess which one would both enjoy and benefit from association with our club. The management committee is working hard to provide many interesting speakers for our monthly meetings as well as a multitude of outings and activities to suit the interests of all over the coming months. I am sure you can think of others in your circles of interest who would benefit from and enjoy being actively involved in Probus. A growing and active membership keeps our club robust and healthy and allows us to continue to provide a high-quality experience for us all.

One of the rituals of March, of course, is the arrival of Daylight Saving Time. This custom seems to set off discontent every year. Generally causing disagreement between the city folk and the rural folk as to whether this is a good idea or not. This year, failure to comply will probably mean that you will miss the March Probus meeting since our meeting is on the 10th, one day after the beginning of EDT.

For those of us with Irish roots, we get to celebrate the accomplishments of our beloved St. Patrick and encourage our friends to drink green beer. A happy precursor to the green grass we hope to see immersing through our unusually high snow accumulation this year.

Continued. . . .

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President's Message Continued

We anticipate the return of our friends and members who have been fortunate enough to escape the ravages of winter as they have retreated to areas with warmer climate where they can maintain and hone their golf skills and lead the way as our local clubs open for play. All in all, a wonderful month filled with anticipation and hope.

On a personal note, I am hoping for improved health and vigor to enjoy the coming season. I am scheduled for bypass surgery on March 3 and would appreciate your continued support as you have done in the past. Although I will miss the March activities of Probus I am hopeful that it won't be too long before I am back in full swing and able to participate freely once again.

Tom Williams

Sponsors

It's that time to thank our valued coffee

sponsorships but as importantly solicit their input

as to how to plan

for your retirement plans to ensure a plan to make it one of the best times of your life!

Having recently survived a serious medical setback, I can say that the more advance planning you have in place, the better prepared you will be able to survive any unexpected events .

I would encourage you to take advantage of the various retirement representatives at our monthly meetings to make sure your retirement plans and options are in place.

Ken Medland
Sponsorship Chair



Guest Speaker - Melanie Walker

Melanie Walker is the Intake Coordinator, DBT Therapist and Professional Practice Lead for Community Mental Health at Joseph Brant Hospital where she has worked for the past 22 years. She has a private practice where she helps clients better manage a variety of mental health concerns including depression, anxiety, trauma and borderline personality disorder.



She has a strong interest and investment in mental health both professionally and personally. She is the co-chair for the Walk to the Lighthouse which is a fundraiser to support the redevelopment of mental health and addiction services at Joseph Brant Hospital. She is passionate about this role as it not only raises much needed funds but also awareness for mental health and addiction.

In her spare time, Melanie enjoys exercise classes, walking with friends, paddle-boarding with her husband and dog and watching her 4 children as they mature and build their own lives.

Pat Lennon,
Speakers' Committee

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Special Events 2025

A. Woodbine Mohawk Park

6:00pm, Friday, April 25

- An entertaining evening of standard bred horse racing together with dinner (your own cost) in the Harvest Kitchen. Spouses encouraged.
- Mohawk will give instructions on betting and will provide free tours of the paddock.
- Sign up by emailing Keith Weaver (keithsweaver@gmail.com) or at the Events table at our Probus meetings

B. Summit Station Dairy Farm

1.00pm, Wednesday, May 14, Cost: \$17.00 (includes HST)

- Tour of a large advanced dairy farm on Hwy 52, north of Hwy 403 in Copetown
- Sign up and pay at the Events table at our Probus meetings
- For information contact Malcolm Ramsay

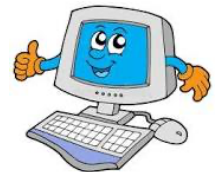
C. Other Planned Events – See Events Table for details

- June 18th, 10am Tour and Wine Tasting, 13th Street Winery
- July 17th, 3.00 pm Norm Foster “On a First Name Basis”, St. Catharines
- August 13th, 9.30 am 80th Anniversary Lancaster Presentation and Museum Tour
- September 26th, 1.00 pm Shaw Festival “Anything Goes”, Niagara on the Lake

Keith Weaver,
Events Committee

Technology Interest Group

We are a joint, Burlington and Lakeshore Probus Club group, who get together to discuss current developments in technology including but not limited to computers. We help solve each others technology and computer related issues. We meet the 4th Thursday of the month at 10 am at the Burlington East Presbyterian Church on Walkers Line and have an option to join via Zoom. The cost is \$5 per meeting. If you would like to join us please email Bob Dickison at rgdickison@gmail.com and he will add you to our email list.



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Membership

We had two guests attend our February 10 meeting.

I will try and add them to our current membership of 152

Three new members introduced themselves. John Barker with a career in accounting and enjoys travel, reading and golf.

Gerry Howe with a career in Petrochemical and Pharmaceutical companies with golf as a hobby.

Andrew Gaydon is an Agricultural Engineer with curling walking and Rotary to keep him busy.

Updated membership rosters are available just send me an email or talk to me at a meeting.

Several great outings planned and a good selection of guest speakers booked.

Please bring a guest and introduce them to our group.

Contact me with any questions at gmgak@outlook.com

Gary Kirkwood

Membership

Be a Friend



Cheer Committee

Paul Lakin – the latest information reported that Paul continues to receive active treatment for his cancer and other medication to keep him comfortable at Bob Kemp Hospice in Hamilton. Conversation with Paul is somewhat difficult and it is recommended that people visit in pairs and plan for only 20 minutes.

Dick Hames – is now recovering at Wellington Care Centre in Burlington. He is receiving therapy mornings and afternoons. He is quite optimistic on his progress recovery, despite it not being as quickly as he would like. He is open to visitors, but suggests only after 4pm

Please keep both of these individuals in your thoughts and prayers.

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.

Rod McGrath, Chairman, Cheer Committee
rmcgrath@sympatico.ca
(905) 332-3941

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Probus Golf News

The first golf tournament of the year is scheduled for Friday May 16th, 2025, at Flamborough Hills GC. Following the completion of the rounds of golf, a luncheon of hamburgers and salad will be served in the dining room. The cost is between \$100.00 and \$105.00, which includes green fees, golf cart rental, lunch and HST.

So, please reserve this date in your calendar.

Signing up for the tournament will take place next March and April during our monthly meetings. The Probus members who are eager to sign-up can meet with Bill O'Brien who will be at the sign-up desk for the March meeting.

The Probus Lakeshore Club will be holding our golf tournament at the Rockway Vineyards Golf Club on Friday, September 19th, 2025. We have reserved tee time slots for 36 to 40 golfers. The cost will be \$70.00, which includes green fees, golf cart rental and HST.

Signing up for the tournament will take place next July and August.

So, please reserve this date in your calendar.

Walter Rosinski

Golf Committee

CARP

CARP (the Canadian Association of Retired Persons) is a non-partisan, non-profit association offering seniors opportunities for social engagement, a variety of benefits and advocacy. With over 250,000 families and individuals, they are Canada's largest advocacy association for older Canadians promoting equitable access to health care, financial security, and freedom from ageism.

CARP operates independently of government funding, relying on revenue generated from membership fees and contributions from educational partnerships.

In addition to regular opportunities to socialize such as meetings and information sessions, membership includes access to educational and informative webinars and newsletters. In addition, members receive discounts on a wide range of products and services- insurance, travel, financial, health, entertainment.

Further information is available at the website for the local Halton CARP chapter at haltonseniorsadvocacygroup.ca.



**Next month -
Monday, March 10, 2025**

Allan Harrington
Burlington Historical Society

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