



The Probus Club of Burlington Lakeshore

Hi-Lites - January 2026

Monday, January 12
10:00 am

Dr. Josh Koenig

Why Are Some Allergies Lifelong?

Management Committee 2025-2026

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Walter Rosinski, Golf
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President's Message

I hope and trust that you and your families have been enjoying the holiday season and that the New Year has begun on a positive and healthy note for each of you.

Our Holiday Luncheon in December was a great success. It was a pleasure to see so many members and spouses come together to celebrate the season in such a warm and festive atmosphere. A special thank you to Mike Flintoff and his committee who helped organize and support this enjoyable occasion.

The New Year often brings resolutions. Rather than focusing solely on what we want to "fix," perhaps we can think about what we want to *strengthen*—our friendships, our sense of belonging, our willingness to try new activities, and our commitment to staying mentally and socially active. Small, realistic intentions can make a meaningful difference over time.

Our Probus Club plays an important role in all of this. Through our meetings, speakers, social events, and shared conversations, we create opportunities to learn, laugh, and support one another.

I look forward to seeing you at our upcoming meeting on Monday, January 12 and to sharing another enjoyable and rewarding year together. Remember, we are meeting at Port Nelson United Church.

— Keith Weaver, President

Probus Golf

I want to extend a Happy New Year to all our Probud members hoping everyone stays healthy and eager to sign-up for our golf tournaments to be held in 2026.

The Southbrook Golf Club is reserved for the Probud Annual Competitive Golf Tournament. The date is Thursday, May 28th, 2026. Last year our competitors edged us out of a victory.

Sign-ups for this event will commence in our March 2026 meeting. The total cost including green fee, cart rental, the lunch meal and HST should be finalized in March.

Heritage Place will be our sponsor for this tournament.

Walter Rosinski

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Guest Speaker - Dr. Josh Koenig

Dr. Josh Koenig is an Assistant Professor at McMaster University. He is one of the foremost experts on how the immune system causes lifelong allergies. His innovative research program uses next-generation technologies to reveal the poorly understood “rules” that underpin allergic immunity. He uses these discoveries to design new therapies that target the core cause of persistent allergies, rather than only targeting the symptoms. His team collaborates extensively with pharmaceutical companies to evaluate the effectiveness of newly designed therapies, with the hope of finding a cure for allergy. In 2024, Dr. Koenig’s team discovered a new type of memory cell that “remembers” allergy, and which has quickly become a leading target for developing new therapies.



Dr. Koenig will give an engaging presentation entitled “Why Are Some Allergies Lifelong?”, where he will try to answer questions like: What causes allergic reactions? Why have we struggled to develop good therapies for diseases like food allergy? Why are Pulitzer Prize winning journalists afraid of the immune system? Join this talk to learn what his team is working on and what is needed to finally beat allergies.

Pat Lennon, Speakers’ Committee

Membership

No meetings were held in December. Instead, we had a very successful Holiday Luncheon at the Burlington Golf and Country Club.

Renewal of yearly membership so far has left us with 140 members. I believe we will see a few more renewing at our next meeting.

It was a great year for guests attending and it remains our best source for new members.

Please bring a guest and introduce them to our group.

We have fantastic guest speakers and monthly outings of interest.

Wishing all a happy New Year and I look forward to another great year of fellowship.

Gary Kirkwood

Membership

gmgak@outlook.com



Sponsorship

We have achieved 100% renewal for 2026 and have created a wait list due to your response for additional information....thank you!

The sponsors provide a great opportunity for you to make future planning decisions today.

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Special Events

The tour of the McMaster University Nuclear Reactor is set for Wednesday February 25 at 10:00 am. Although there is no cost for the tour there will be a charge for parking of \$15-20. As mentioned previously, the number of participants will be limited to 30 and this is filling up quickly.

For the Shaw Festival, we have arranged a block booking for the musical "Funny Girl" on Friday October 2 at 1:00 pm. Ticket price remains at \$105 and the sign-up sheet will be available at the January meeting.

The following events are still in the planning stage:

- March – visit to the Rockwool plant in Milton
- April – Woodland Cultural Centre and Mohawk Residential School in Brantford
- May – Niagara Power Station
- June – Toyota Plant in Cambridge
- July – Norm Foster play
- August – Sleeman Spring Mill Distillery in Guelph
- September Grand River cruise with Blazing Fiddles

Colin Lindsay, Events Committee



Next Month
Monday, February 9, 2026

Andrea Warnick
Managing Grief

Cheer Committee

A donation was made to Carpenter Hospice in honor of longtime member Rod Rodman.

On December 29, our former vice president, Dave Little, was released from Joseph Brant Hospital for home care. He will receive PSW assistance three times a day. Dave remains very positive and will welcome visits from his Probud friends.

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

Your Probud Cheer Leader, John McArthur,
905-630-2271,
john@mcArthurconsultants.com.

Technology Interest Group (TIG)

We are a joint, Burlington and Lakeshore Probud 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.

