



The Probus Club of Burlington Lakeshore

Hi-Lites - February 2026

Monday, February 9
10:00 am

Andrea Warnick

Managing Grief

Management Committee 2025-2026

Keith Weaver, President
(289) 856-8523
Tom Williams, Past-Pres
(416) 553-8227
Brian Harrison, 1st VP
(905) 847-8059
Mike Flintoff, 2nd VP
(905) 334-0248
George Caughell, Secretary
(416) 230-6975
Ken Snider, Treasurer
(905) 632-1467
Pat Lennon, Speakers
(905) 681-8963.
Gary Kirkwood, Membership.
(905) 577-5475
Ron Shermet, Int. Comm.
(289) 245-1355
Colin Lindsay, Events
(905) 399-8534
Dave Little, House
(905) 681-6147
Ken Medland, Sponsors
(905) 818-2902
John McArthur, Cheer
(905) 631-7162
Stan Witowski, Ext. Publ.
(905) 681-3533
Walter Rosinski, Golf
(905) 336-5734

President's Message

As I sit down to write this message, we find ourselves in the middle of a true Canadian winter snowstorm. Snow is falling, winds are blowing, and winter is reminding us that it still has a firm grip on us. While these conditions can be challenging, they also bring a certain beauty—and a good reason to slow down and take care.

For those who are able, I encourage you to spend a bit of time outdoors once the weather is clear. A short walk, some fresh air, or simply enjoying the winter scenery can do wonders for both physical and mental well-being. Of course, please use good judgment, wear appropriate clothing and stay safe, especially with icy conditions.

Recently, I have been inspired by a friend who regularly joins us on our weekly hike. At 90 years old, he may move a little more slowly, but his determination and spirit are remarkable. Even on a windy Tuesday morning with the temperature at -14°C , he was out walking with us. His example is a powerful reminder of the benefits of staying active, connected, and engaged—at any age.

Winter may keep us indoors more than we'd like, but our Probud community continues to offer connection, friendship, and encouragement. I look forward to seeing you at our February meeting.

— Keith Weaver, President



**Mark Your
Calendar**

Probus meeting in April will be:
Wednesday, April 15th!

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Guest Speaker - Andrea Warnick

Andrea is a Registered Psychotherapist and Registered Nurse whose passion lies in helping individuals, families and communities support people of all ages who are grieving an illness or death in their lives. With years of nursing and counselling experience both in Canada and abroad and a Masters degree in Thanatology Andrea brings to her work a rare mixture of medical and psychosocial expertise.



Andrea developed and teaches the 5 Day *Certificate Program in Children's Grief and Bereavement* through SickKids Centre for Community Mental Health. She was also the lead content developer for the websites *KidsGrief.ca* and *KidsGrief for Educators*. Once a month Andrea hosts a free monthly forum through Canadian Virtual Hospice, *KidsGrief Q&A*, where she responds to questions from families and professionals from around the world about supporting grieving children and youth.

Andrea lives in Guelph, Ontario, from where she co-leads *AWC Grief Support*, a group practice of over 30 therapists who provide grief therapy across Ontario and grief consultation and education internationally.

Pat Lennon - Speakers' Committee

Membership

We enjoyed another excellent and informative guest speaker this month.

Dr. Josh Koenig, Assistant Professor at McMaster University, spoke about food allergies and the important research he and his team are conducting. It was a fascinating presentation and a great example of the high-quality speakers our members enjoy.

If you aren't yet a member, you're missing out on many outstanding presentations. Please consider inviting a guest and encouraging them to join.

Our club also offers monthly excursions to a variety of interesting destinations, and the fellowship at our meetings continues to be a highlight for many.

I am currently updating the membership roster, with a few renewals still outstanding. If you are one of those members, please take a moment to renew. October was our renewal month, and the annual fee remains \$60.00.

Payment Options:

Cheque: Payable to Ken Snyder, 616 Andrea Court, Burlington, ON L7T 1W4

e_transfer: paymentsprobuslakeshore@gmail.com

In person: Debit, Visa, or cheque at any meeting

If you do not plan to renew, I would appreciate a quick note so we can update our records accordingly.

Thank you for your attention to this, and for helping keep our club strong.

Gary Kirkwood, Membership,

gmgak@outlook.com

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Special Events

Wednesday February 25th – tour of the McMaster University Nuclear Reactor starting between 10:00-10:40am in three groups – details will be sent to participants shortly. Although there is no cost for the tour, there will be a parking charge of \$15-20. The maximum of 30 persons for this tour has been reached but we have set up a waiting list.

Wednesday March 18th – tour of the Rockwool plant in Milton at 10:30 am. Rockwool makes insulation materials produced from mineral wool. The visit will include a tour of the plant, lunch and a presentation on the company and its products. Please note that this involves one flight of stairs.

Thursday July 16th – Norm Foster play “The Long Weekend” – 2:00 pm at the Mandeville Theatre, St Catharines. Tickets \$25 per person.

Friday October 22nd – Shaw Festival – “Funny Girl” at 1:00 pm. Tickets \$105 per person

The following events are still in the planning stage:

- April – Woodland Cultural Centre and Mohawk Residential School in Brantford
- May – Niagara Power Station
- June – Toyota Plant in Cambridge
- August – Sleeman Spring Mill Distillery in Guelph
- September – Grand River lunch cruise with Blazing Fiddles

Colin Lindsay, Events Committee

Cheer Committee

Dave Little, our former vice president, is at home convalescing under the care of family with PSW assistance. Dave remains very positive and welcomes visits from his Probus friends at his residence, 2071 Wellington Ave.

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 Probus Cheer Leader, John McArthur,

905-630-2271,

john@mcArthurconsultants.com.

Technology Interest Group (TIG)

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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Probus Golf

With the cold air and significant snow, I am sure many of us are thinking about warmer times and getting excited to sign-up for our 2026 golf tournaments.

The Southbrook Golf Club is reserved for the Probus 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.

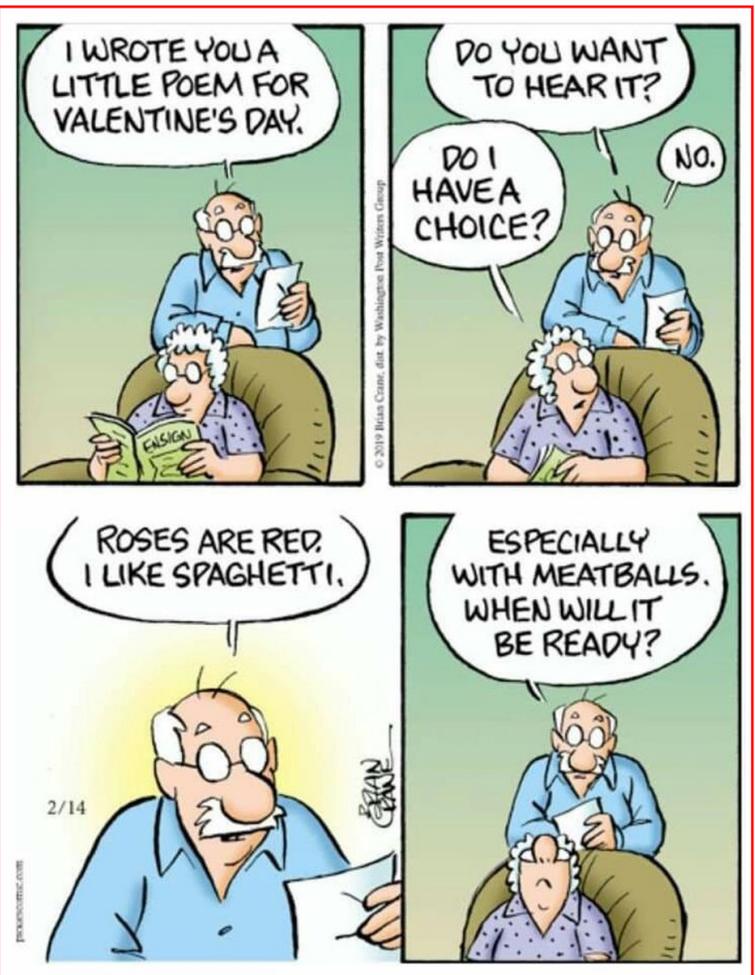
Walter Rosinski
walter.rosinski@sympatico.ca

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.

Ken Medland, Sponsors



Next Month
Monday, March 9, 2026

Chief Stephen Tanner
Crime and The Justice System