



The Probus Club of Burlington Lakeshore

Hi-Lites - October 2026

Monday, October 19

10:00 am

Ernie Schramayr

Fitness & Lifestyle

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
Larry Beatty, House
(905) 815-3164
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

I hope you have been enjoying the beautiful fall weather we have been experiencing. The warm, sunny days have provided a wonderful opportunity to get outdoors, enjoy the changing colours, and make the most of this special time of year.

I would also like to explain why our Annual General Meeting has been rescheduled from the October meeting to our November meeting.

At its September meeting, the Management Committee approved the proposed slate of candidates for the 2026–2027 Management Committee. We had planned to publish the slate in the October issue of *Hi-Lites*. However, we subsequently realized that our By-Laws require members to receive notice of the proposed slate at least 28 days before the Annual General Meeting. By the time we recognized the oversight, there was no practical way to provide the required notice to all members before the October meeting. I take responsibility for missing this important requirement.

Rather than proceed without complying with our By-Laws, the Management Committee agreed that the proper course of action was to postpone the AGM until our November meeting. This allows us to provide the required notice to all members and ensures that the election process is conducted in full accordance with our governing documents.

The proposed slate of candidates appears later in this issue of *Hi-Lites* and will also be announced at our October 19 meeting, ensuring that all members receive the required notice well in advance of the AGM. My sincere thanks to Tom Williams and the members of the Nominating Committee for their thoughtful work in developing an excellent slate of nominees who are prepared to serve our Club.

Good governance is built on following the rules we have established for ourselves. While changing the meeting date is inconvenient, I believe it is the right decision and demonstrates our commitment to conducting the Club's business with fairness, transparency, and integrity.

I look forward to seeing you at our October meeting.

— Keith Weaver, President

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Hi-Lites - October 2026

Guest Speaker - Ernie Shramayr



IMPACT Life Coach

Public Speaker, Writer and Personal Trainer

Hamilton Spectator columnist of "Coaching Solutions" and author of "Fitness Solutions: The Book" Available at www.Amazon.ca (or www.Amazon.com).

7 times voted Hamilton's "Best Personal Trainer"

Pat Lennon, Speakers Committee

Holiday Season Luncheon

Please save the date for our annual Holiday Season Luncheon on Monday December 14. The venue will once again be beautiful Burlington Golf and Country Club.

There will be Menu choices and live musical entertainment.

Bring your spouse or friend. The cost has been held at \$75 per person. Please sign up at the table at our next meeting!

Brian Harrison

Special Events

The Events program for 2025 came to an end on October 2nd with Shaw Festival performance of "Funny Girl".

The Events Committee is continuing to work on the planning of next year's program and we have a preliminary program laid out.

Colin Lindsay, Events Committee

2026 GENERAL MEETING SCHEDULE

All meetings begin at **10:00 a.m.**

Location: Port Nelson United Church

- **Monday, October 19**

- **Monday, November 9**

- followed by the Annual General Meeting

- ★ **Monday, December 14, Holiday Celebration Luncheon**

- will be held in place of the regular General Meeting.

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Membership

Thank you to all that filled out our Membership Survey. We received 68 responses. Not surprising, Fellowship and Guest Speakers rated highest on the approval scale. Outings were also strong for the many reasons members choose to join and continue for many years with Probus.

Fellowship can be enjoyed by arriving early and mingling over coffee, attending outings alone or with your partner or getting involved in the management of the club. We have various openings coming up for next year and committee chairs are always seeking our new people with good ideas.

Another great success was our sandwich break after last months meeting. This was a great social and another chance to get to know your fellow members.

The officers and committee chairs will review and make any adjustments as necessary. I was pleased to see several members say keep the course.

If you haven't had an opportunity to view our new and improved website, check it out at www.burlingtonlakeshoreprobus.org

October is the start of our new year so it is time to renew your membership. Our dues remain at \$ 60.00 for the year

- Payment can be made at a meeting or by e-transfer to : paymentsprobuslakeshore@gmail.com
- Debit at a meeting
- Cheque

If you choose not to return, please let me know so I can update our roster.

Gary Kirkwood - Membership

Email gmgak@outlook.com

Phone 905 5477-5475

Notice of Annual General Meeting

The **Annual General Meeting** of the **Probus Club of Burlington Lakeshore** will be held immediately following the regular General Meeting on **Monday, November 9.**

The business of the Annual General Meeting will include:

- **Election of the Management Committee** for the 2026–2027 fiscal year.
- **Approval of the Club's Financial Statements** for the fiscal year ended Sept. 30, 2026.
- **Approval of the Budget** for the 2026–2027 fiscal year.

The Annual General Meeting is an important part of the Club's governance and provides members with the opportunity to elect the Club's leadership and approve its financial plans for the coming year. We encourage all members to remain following the regular meeting to participate in the business of the Club.

Keith Weaver, President

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Sponsorships

With the approval of the MC we have added a huge information section to our sponsors section. This is in response from our members to expand knowledge for healthcare providers not connected with the current retirement homes.

Starting with our January meeting we will have representatives from facilities such as physio therapy, relocation, hearing aids and diet awareness. We feel this will provide you with a valuable reference source and another benefit that our club can provide for you!

We want it to be an open forum for you, so if you have any questions or requests, please forward them to me at kenmed1620@gmail.com

Navigating the retirement market can be difficult, we hope to make it easier for you.

We will continue to offer our Sponsors table and adding a second table in January for the "added sponsors" drop by and say hello!

Ken Medland, Sponsor Chair

Cheer Committee

Please keep our long-time members, Derek Short, Paul Lonergan and Jim Barnett in your thoughts and prayers as they recover from their medical challenges.

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 get in touch with 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.



Next Month
Monday, November 9

Ted Barris
The Battle of Britain

The Probud Club of Burlington Lakeshore

Hi-Lites - October 2026

Nominating Committee

The Nominating Committee is pleased to announce the following members who have agreed to stand for election as Officers and Committee Chairs for the **2026–2027 fiscal year**. These nominations will be presented to the membership for election at the **Annual General Meeting on November 9**.

President	Brian Harrison
Past President	Keith Weaver
Vice President	Tony Lafromboise
Secretary	Tom Williams
Treasurer	Ken Snider
House	Larry Beatty
Sponsors	Ken Medland
Speakers	Pat Lennon
Membership	Gary Kirkwood
External Publicity	Mike Flintoff
Events	Colin Lindsay
Internal Communications	Ron Shermet
Cheer	John McArthur
Golf	Walter Rosinski

Additional nominations are welcome. Any member wishing to nominate another member for one of these positions may do so, provided the nominee has agreed in advance to let their name stand.

To allow time for the Nominating Committee to review and confirm all nominations, additional nominations must be received **no later than October 19**, which is **21 days before the Annual General Meeting**. The final list of nominees will be distributed to the membership by **October 26**, at least **14 days before the AGM**.

The Probud Club of Burlington Lakeshore is **run by members, for members**. We encourage members to consider serving in a leadership role and thank all nominees for their willingness to contribute their time, experience, and talents to the continued success of our Club.