

Probus Club of Burlington



May 2023

Newsletter

Coming up at our May 18th meeting Catherine Morgan will talk to us about Positive Intelligence and Mental Fitness.



Catherine Morgan, a certified Executive Coach, has many years of experience helping leaders to keep developing through understanding that “what got you here, won’t get you there”.

Her presentation will focus on Positive Intelligence (PQ), the science and practice of developing mastery over your own mind so you can reach your full potential for both happiness and success. She’ll also talk about Mental Fitness, a measure of the strength of your positive mental muscles (Sage) versus the negative (Saboteur). She will outline just what a Saboteur is and what being in Sage mind looks like and how to get there. Mental Fitness is your capacity to respond to life’s challenges with a positive rather than a negative mindset. With the rise in mental health challenges, this knowledge will support you in strengthening your resilience as you go through life.

PQ offers you an opportunity to develop better relationships, better decision making, improved personal well-being and happiness.

Find out what is getting in your way by taking the saboteur assessment before we meet on Thursday May 18th @ 10:00.

Here is the link <https://assessment.positiveintelligence.com/saboteur/overview>

Upcoming Speakers

On 15 June, Tom Miceli will guide you through the ways you can protect and improve our Environment, Lower Your Carbon Footprint and Save Money.

On 20 July, Alan Harrington will talk about the history of Burlington. Our beautiful city celebrates its 150th anniversary this year!

President's message

Your management committee continues to explore cost-saving, recruitment, and marketing initiatives to strengthen our Club in terms of long term financial sustainability. The first step was the free coffee graciously provided by Amanda Iline's of TheKey at our April meeting. We hope to have another group provide similar service along with useful information at our May meeting.

Please welcome Keith Dobson as our new First Vice President and Ian MacIntyre as our new Membership chair. Both of these gentlemen bring many years of good business experience to the management committee. Keith has also been very busy working on a members' survey to identify how the Club can better serve our members.

As noted last month, Kevin Harraher has for stepping up to find speakers for June, July and August. We still need someone to take on the role of Speaker Committee Chair. Kevin and I have both done it for a while and have lots of ideas.

On a personal note, I'd like to thank Keith Dobson for stepping up to preside over April's Club meeting after I came down with CoVid. As a kidney transplant recipient, I'm "high risk" so have been "vaxed to the max" and have been very careful so it was a big surprise. I'm slowly getting better. It's still out there gentlemen - please continue to be vigilant.

Cheers, *Chris*

President Probus Men's club of Burlington

Future events

VISIT THE WARPLANE HERITAGE MUSEUM

9280 Airport Road, Mount Hope
John C. Munro Hamilton International Airport



Vintage Aircraft
Guided Tour
Flight Simulators
Purchase Lunch at the Museum

Friday, May 12, 2023
10am

Admission \$14 or \$12 for group of ten

Meet at 9am at the Sobeys parking lot at Brant Street and North Service Road to Carpool

Inform Dave Rokosh (rokoshda@gmail.com) if you wish to attend
Please indicate if you wish to carpool
Dave will collect admission fees at the museum

Calling all Golfers!



Registration is closing soon for our **Golf Tournament on Friday May 26, 2023** at the Flamborough Hills Golf Club. Register before May 12 to secure a spot for yourself and your guests and any prospective members - a great way to introduce our Probus Club. Click this [link](#) for the full details and instructions for registration and payment.

List of Your Probus Club Executive

President	Chris Walker mcdwalkers@sympatico.ca
1st VP	Keith Dobson kdobson1257@gmail.com
2nd VP	(vacant, but there is an opportunity to put your name here!)
Past President	Robert English renglish6@bell.net
Secretaries	Tom Evans tomevans1933@gmail.com John Bembenek jb1@cogeco.ca
Treasurer	Mike Binder mbinder@cogeco.ca
Communication Chair	Gary Hindley GHindley1@gmail.com
Website	Bill Valcour bvalcour@bell.net
Membership Chair	Ian MacIntyre macdaddy0087@gmail.com
House Chair	Bob Dickison rgdickison@gmail.com
Events Chair	Dave Rokosh rokoshda@gmail.com
Golf Chair	Tom Evans tomevans1933@gmail.com
Speakers	Chris Walker mcdwalkers@sympatico.ca

Computer Interest Group



We are a joint, Burlington and Lakeshore Probus Club group, who get together to discuss current developments in the computer fields and help solve each others computer related issues. We meet the 4th Thursday of the month at 10 am (one week after our regular Probus meeting). Currently we meet via Zoom but plan to get back to live meetings later in the Spring. The cost is free until we go to live meetings. If you would like to join us please email Bob Dickison at rgdickison@gmail.com and he will add you to our email list.

Do you have a major milestone to share?

If you have a major milestone birthday, anniversary or some other major event you would like to share with our members send them to Gary Hindley at Ghindley1@gmail.com to get them published in the next newsletter.

Do you enjoy being a member of Probus?



If you do, then, no doubt you have friends who would also like Probus. Do them a favor and invite them to join you as a guest at one of our meetings. We have many interesting speakers over the next few months!

Should you need an application form for friends who would like to join us this year, you can visit our website at <https://www.probusclubofburlington.ca/> or email kdobson1257@gmail.com

Published monthly by The Probus Club of Burlington, PO BOX 91562 ROSELAND PLAZA, BURLINGTON, ON L7R 4L6

President: Chris Walker, mcdwalkers@sympatico.ca Editing & Distribution: Gary Hindley, GHindley1@gmail.com