

Probus Club of Burlington



Newsletter

February 2024

Our speaker on February 15th will be Hailey Patry

The Best is Yet to Come!

How to make the rest of your years, the BEST of your years

Gentlemen, please join us for a joy-producing workshop, by Hailey Patry, A.K.A. "The World's Happiest Woman".

Hailey is a True Happiness Coach with 6 books, and she has spoken for almost 2 million audience members, serving clients in 136 countries. She is thrilled to be joining us to teach our amazing group how to make the rest of our years, the BEST of our years, and truly squeeze the juice out of life.

Hailey will share with us her proven, practical happiness hacks, and her 5 step I.D.E.A.L. Happiness Method. You will walk away inspired, energized and confident about using at least three happiness techniques right away.



We can't wait to see you on February 15th at 9:30am, to squeeze the juice out of life, together.

Hailey will be covering:

- ✓ The world's top longevity tips from the centenarians in the Blue Zones
- ✓ How to allocate your "5 Precious Resources" on your "I-TEAM"
- ✓ How to Use "The 4 C's of Change":
- ✓ Resilience 101
- ✓ Her I.D.E.A.L. Happiness Method and her "5 Questions of Shift"
- ✓ Plus how to schedule for happiness

Upcoming Speakers

15 February - Hailey Patry. Happiness Expert

21 March - Adam Shoalts - Arctic Explorer

Here are link to articles from Oct 14 from the [Hamilton Spectator](#) and [Toronto Star](#) about Adam Shoalts.

18 April - Paul Sharman, Deputy Mayor of Burlington and Halton Regional and Burlington City Councilor

16 May - Jason Stitt, Cyber Security

President's Message

This This is my last message as President. Keith Dobson, currently First Vice President, will become President at our Annual General Meeting (AGM) on Thursday 15 February. It has truly been an honour and a privilege to serve as President. As detailed in the December newsletter, the Club made significant changes in 2023 to improve both our long term financial sustainability and increase the range of activities for members to enjoy. We're encouraged by the amount of interest seen recently, both through the website and from guests at our meetings, in people asking to join our club. We continue to add new members as we recover from the effects of COVID.

We have a strong and very dedicated management committee team that is already talking about further improvements in 2024, for example a stronger focus on Marketing initiatives to spread the word about what we offer to the rapidly growing Burlington senior demographic. We will be attending seniors events throughout the year - the first is noted below. Interesting tours are starting soon. We will also be updating our website and brochures in the near future.

I know that Keith Dobson will do a great job as President. Bill Williams stepped up this month to fill the Second Vice President position - as of the AGM, he'll become First VP. We will need someone for Second VP. Please see Bob English or myself if you wish to become part of a dynamic management team and eventually become President. Speaking of Bob, his term as Past President will end at the AGM and I will assume that role, which includes responsibility for recruiting new management team members. I'd like to personally thank Bob for his very active participation on the management committee - we'll really miss his wise counsel

and wry sense of humour. We'll introduce the 2024- 25 management committee members at the AGM.

A note about the AGM on 15 February. To accommodate the time required for this special meeting **we'll be starting 10 minutes early, at 9:50 AM.** We'll get through the AGM asap so our speaker has enough time to get to her next event.

Lastly, I would like to congratulate Tom Evans on becoming a CPA fellow. Follow this [link](#) to read the full article.

Chris Walker, Probus Club of Burlington, President

Marketing event -Volunteers needed

Feb 14 – We have a table and 2 chairs at the OACAO Fair. Neil Berger and Chris Walker are manning the PROBUS Club of Burlington table. Chris will be there in the morning and Neil in the afternoon. There are two chairs at the table and it would be great if other members could sit with us. All you have to do is hand out brochures and talk about how the club has worked for you. Please contact Neil or myself if you would like to help out.

This is a free public education initiative, developed in partnership with the Older Adult Centres' Association of Ontario (OACAO) and the Ministry of Seniors and Accessibility (MSAA). Fairs are free and accessible and help to build awareness about programs and services that are available to seniors within their communities. These Seniors Fairs are an opportunity to build community partnerships, share knowledge about healthy aging and encourage participation in an active lifestyle.”

Click [here](#) for more information on this event.

Are you a social media whiz? Do you have an hour or two a month to offer? Would you like to help your Probus Club reach out? If you answered yes to these questions, please contact Keith Dobson, first Vice President.

Membership Chair Position

We are looking for someone to lead our Membership Committee. This is not a recruitment role, but rather an administrative team that manages members' information and keeps numbers up to date. The committee is not responsible for finding new members, but is there to ensure that new members are welcomed and have the answers they need to onboard successfully

The Committee currently has 2 excellent members, Ian MacIntyre and Ray Paquette who are active in keeping records accurate. The Committee needs a voice at the Management Committee level and as such is seeking someone to accept the role as Membership Chair.

Please see Keith Dobson if you are interested.

Greeters (always) wanted!

Are you new(ish) to the Probus Club? Do you see a lot of faces that you would like to get to know better? Then you will enjoy becoming one of our greeters! All you need to do is arrive at 9:30 and shake hands! (No test afterwards!) Contact either Keith Dobson kdobson1257@gmail.com to get your name on the list.



Coffee Sponsor in January

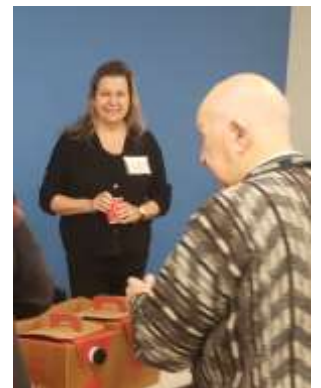
Our coffee sponsor last month was: Elder Care Transitions

Elder Care Transitions is a full service agency that offers a 'Whole Solution' approach to every new project. We are dedicated to making your transition seamless. Our services include but are not limited to, finding the right retirement residence for you, sorting, packing, selling, donating, moving, unpacking, full suite setup, clear outs, storage and staging. We come highly recommended by many retirement residences in the GTA, and for some, work as their exclusive Move Transition Service Provider.

Website URL: www.ECTransitions.com

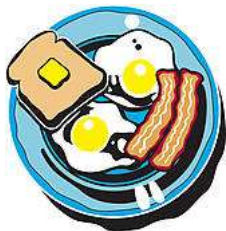
Contact information: Sarah Fentum sarah@ectransitions.com

Marketing & Community Partnership Specialist cell# 416-738-8875 1-833-539-5111 x204



Social Events arranged by Dave Rokosh

PROBUS CLUB OF BURLINGTON BREAKFAST



All club members welcomed

HARVEST TABLE

3350 FAIRVIEW AVENUE

THURSDAY February 1st at 8:30am

Friday Feb 9 at 1pm - CHCH tour. Let Dave Rokosh (rokoshda@gmail.com) know if you are coming [CLICK HERE FOR DIRECTIONS](#)

Join us for lunch at The Squire, 3537 Fairview St., Burlington, after our Probud Meeting on February 15th. Members and guests welcome.

Annual Golf Tournament - The 2024 annual Interclub Golf Tournament with the Lakeshore Probud Club is tentatively scheduled for Friday May 24th, 2024. More details to be provided later. Mark your calendars. Thanks, Thomas L. Evans Email: "tomevans1933@gmail.com"

List of Your Probud Club Executive

President

Chris Walker mcdwalkers@sympatico.ca

1st VP

Keith Dobson kdobson1257@gmail.com

2nd VP

Bill Williams charles.williams@sympatico.ca

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John Bembenek jb1@cogeco.ca

Treasurer

Mike Binder mbinder@cogeco.ca

Communication Chair

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Bill Valcour bvalcour@bell.net

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Keith Dobson kdobson1257@gmail.com

House Chair

Bob Dickison rgdickison@gmail.com

Events Chair

Dave Rokosh rokoshda@gmail.com

Golf Chair

Tom Evans tomevans1933@gmail.com

Speakers

Kevin Harraher kharraher@sympatico.ca

Marketing Chair

Neil Berger neilberger25@gmail.com

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 (one week after our regular Probus meeting) 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.

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 Keith Dobson at kdobson1257@gmail.com

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