



The Wasagan



Official Newsletter of Beachcombers Probus
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Wasaga Beach, Ontario
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OCTOBER GENERAL MEETING

Information on Georgian College Courses for Seniors

Silent Auction & Luncheon

SEPTEMBER GENERAL MEETING

The September General Meeting evolved into a very "Healthy" meeting. We were pleased to welcome John Tom who spoke to us about the "Vials for Life" program. This involves placing a special plastic vial, which has a list of all the medications you are taking, and any special health problems you might have, into the freezer compartment of your refrigerator and placing the provided magnet sign on the 'frig door. Para-medics have been trained to look on the 'frig door for the sign, and get the info from the vial in order to properly treat you. It is also very handy to take with you, if you have to make a trip to "Emergency". It has all the background information needed, which we sometimes have problems remembering in times of stress. The idea was well received as over 500 vials were handed out at the meeting. **We hope you have taken the time to fill in the information and placed the vials into your 'frig freezer.** Your life could depend on it!

Our own Lynda Trimble gave us a very interesting presentation on the values of Tai Chi, including a bit of the history of this ancient art, its modern day status, and the health benefits of the program. A demo team, many of whom were Beachcombers, then demonstrated several of the beginning moves in the Tai Chi set. Members were then led through some of the foundation movements by Norm Trimble and the demo team. Lynda then gave us a very moving account of how Tai Chi has helped her in body and mind.

In her own words:

It was a pleasure to do a Taoist Tai Chi demo at the September meeting. Tai Chi is an ancient Chinese practice for cultivating good health. It originated in the 11th century in China and was practiced by monks in monasteries. Master Moy Lin-shin brought Tai Chi to Canada in 1970 and made it available to all people who wanted to learn. Tai Chi promotes health of both mind and body. It permits the body to stretch and relax and it is often credited with helping to prevent falls and serious injuries in seniors.

It was a pleasure sharing the benefits that I have experienced from practicing Tai Chi.

UPCOMING SOCIAL EVENTS

Harmony North Choir – **Tuesday, November 2nd** – **General Meeting**

This much sought after group from Thornbury will be entertaining us for about a half hour at the end of our General meeting. Last year, if you remember, we only had a taste when their quartet entertained us. This year we will have the full choir to delight us

Dinner & Racing/Slots at Georgian Downs – Tuesday, November 16th – Cost \$35 (includes Bus)
About 30 people have signed the information sheet for this event so far. If you are interested, please sign up today, or at the November meeting. Our Spring outing to Georgian Downs was a lot of fun and we're told their great food buffet has been improved even more. We are trying to fill a 46 passenger bus to go out for an evening of fun & fellowship.

**CHRISTMAS DINNER & DANCE – Friday, December 3rd – Collingwood Legion
Cost \$35.00**

The evening will include a great dinner, dancing, snacks, door prizes, a gift basket for each table and raffle tickets for a chance to win an original "Painting by Deb". Suzanne Sherry will be back as our DJ. Each person attending is asked to bring a wrapped gift valued at \$5 minimum for a gift exchange. Last year's event was so much fun. We hope to get over 100 people out this year; we're over half way there already. **Sign up today!**

Future Events....

At the **December 7th General Meeting**, everyone will again be asked to bring a 1/2 dozen of your favourite baked cookies to the meeting along with the recipe for them. The cookies will be distributed around to the tables as a snack to be eaten while we wait for Santa to arrive after our regular meeting. We will again be collecting for the Salvation Army Christmas Drive, as we did last year. The recipes you bring will be collected and may be used one day for a fundraising recipe book.

Curling for Fun with Luncheon & prizes is planned for January at the Stayner Curling Club. Details will be available soon.

ADVANCE NEWS ON RENDEZVOUS 2005

The Probus Clubs of Muskoka invite you to the first Canadian **Rendezvous** to be held September 27-29, 2005. Probus Clubs provide an opportunity to develop new friendships and to participate in interesting events. The **Rendezvous** will provide this on a national scale.

Experience Muskoka's magic! Cruise ships, museums, theatre, a wilderness park, artisans, galleries, golfing, hiking and wine tasting....something for everyone at prices for everyone.

You may wish to cruise one of Muskoka's majestic lakes aboard North America's only remaining working steamship or her "newer" twin. A three hour luncheon tour of Lake Muskoka is being offered. This boat cruise will include Millionaires Row where at the turn of the last century, North America's wealthiest built their "castles of the North." What better way to mix and mingle with old and new acquaintances from all across Canada? We know it is still a long way off, but mark it into your calendar. It's never too early to plan.

This information was taken from an e-mail sent to Doris, our secretary. When more information is available, we will pass it on to you.

Past Events

2nd Annual "Best Ball" Fun Golf Tournament – Marlwood Golf Club – September 14th
Our elusive Summer returned just in time for this event. 43 golfers drove, pitched, and putted their way around 9 holes of the course and arrived at the Club House, hot, tired and hungry. Here they were joined by 18 more non-golfers, then everyone sat down to an excellent steak (or chicken) dinner. After dinner, the awards were given out and every golfer received at least one prize, thanks to the generosity of all the people donating items. The Putting Contest was won by Don (Lucky) Allan, who donated/gathered several prizes himself. A great deal of work goes into putting such an event together, and our thanks go to **Frank, Joan, Marilyn, Bill, Don, Stan, Shirley and Birdie.**

Car Tour

September 28th

By the time you read this item, our CAR TOUR will be in the history books. It was a fabulous event, with 60 people in 15 cars leaving from the Wasaga Stars Arena at 2 minute intervals, for a leisurely 100 km. tour of the surrounding area. Equipped with instructions on where to travel and a series of questions to answer based on observations along the route, the intrepid explorers rolled through rural, urban, flat & hilly countryside for the next 4 hours. Enroute they collected coloured leaves, wild flowers and fruit, bulrushes, and grasses (along with a few burrs) to be used for a table centre. A welcome half-time break with snacks & drinks was spent at a delightful Country Inn in the middle of the Blue Mts. The Tour led everyone back to the Dyconia for a lovely roast beef dinner, and the judging of the Fun Hats, the Table Centers and the awarding of prizes for the most right answers to the questions. Our Fun Hats go off to all those (especially Frank Tate and Birdie Hawkins) for organizing this super event.

SPECIAL INTEREST GROUPS

*	Book Club	Contact	Joanne Scruton	429-0976
*	Gourmet Dinner Club	Contact	Betty Keyes	429-6064
*	Afternoon Luncheon Cuisiners	Contact	Joanne Scruton	429-0976
*	Mixed Golf Group	Contact	Bill Travis	422-1148
*	Restaurant Dinner Group	Contact	Diane Nagel	428-3209

The **Happy Bookers** Book Club will be meeting in October at Joanne Scruton's home to review "The House of Sand and Fog by Andre Dupus III. The evening will begin with a pot luck dinner. They will then watch the movie based on the book, and review them both. Anyone interested in joining this group should contact Joanne.

An Interest Sheet for a Hiking Group has had a good response to date. The concept of this group is to organize easy forest walks throughout the area to provide an outing of fun and exercise for those interested. Luci Worch and Gary Willis have volunteered to organize this group. **Sign up today!**

DON'T FORGET....

- Please notify the Membership Convener (Deborah Ferris) of any changes to your address, phone no., etc. This is especially important right now, as Wasaga Beach is undergoing a major revision of its Postal Codes. **Make sure you let her know what your new Postal Code will be.** If you don't remember it today, be sure to bring it for the November meeting.
- Wear your name tag to all Probus meeting and events. It makes it much easier for us to recognize each other and learn Member's names.
- Setting up the tables and chairs before our regular meetings has been done by the same few people who usually come early. This has become a bit of a problem of late. We could have the Staff at Wasaga Stars set up and take things down for us, but this would be very expensive. We are asking for able-bodied Volunteers to sign up for this duty on a list posted at the back door. Four names are required for each month, and they will be reminded by our Goodwill calling committee of their up coming duty.
- In a similar vain, we would ask **all** able-bodied persons to take their chair and stack it along the wall before you leave at the conclusion of the meeting. Those who are able, are asked to help move the tables to their storage behind the Stage before they leave. Many hands make work easy and save us a lot of money!

Lucky Draw Winners from September Meeting –

50/50 Draw

Brian Passmore - \$50.00 Winner

Marie Sanders - \$29.00 Winner

BIRTHDAYS

To those who celebrated a birthday in September, we wish you many happy returns.

Get Well/Sympathy Cards

There were a few get well cards sent out in September. We hope these people are feeling better. Please, let the Goodwill Convener (Lynda Trimble - 429-3402) know of any hospital stays or deaths involving our members so an appropriate card can be sent. Also, if you need a ride to any Probus event, contact Linda. She can help you find a ride.

MEMBERSHIP

At last count, we have 166 members. As a cap of 200 has been set for our Club, we do have room for a few more members. If you know of any interested persons, bring them out to a meeting as your guest, so they can experience our hospitality, and learn what we do as a Club.

Treasurer's Information

At the last General Meeting, Harry Durrant, one of our members, was volunteered by his wife, Colette, to be our auditor. He has since inspected the books and was very satisfied with our year's financial summary. He had some ideas for tracking social events costs using our accounting program, which will be shared with our Treasurer and Social Convener.

We want to thank Harry for volunteering his expertise for this important job.



THE LAST WORD:

Thanksgiving is coming up shortly and this gives us cause to stop and reflect on all the things for which we should be thankful. In a humorous way, here are a few:

- For the clothes that fit a little tight because it means I have enough to eat.
- For the taxes that I pay because it means that I have an income.
- For the mess to clean after a party because it means I have been surrounded by friends.
- For the pile of laundry and ironing because it means I have clothes to wear.
- For the person behind me in Church that sings off key because it means that I can hear.
- For the huge heating bill because it means I am warm.
- For the alarm that goes off in the early morning because it means I am alive.

For all these and many more we give thanks.

Next General Meeting November 2, 2004 at the Wasaga Stars Arena

Speaker - Bruce Young Topic:- Photography Around the World

Arrive at 9:30 to enjoy coffee or tea with your friends prior to the meeting at 10:00

Management Team

President:	Luci Worch	422-0062	Goodwill:	Lynda Trimble	429-3402
Vice-President:	Ray Porter	429-9260	Membership:	Deborah Ferris	429-4977
Treasurer:	Maureen Parkes	361-9295	Social:	Joan Porter	429-9260
Secretary:	Doris Willis	429-7835	Refreshments:	Orlene & John Fost	429-9479
			Speakers:	Diane Nagel	428-3209
		422-0077	50/50:	Jean Gibson	429-8309

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