



The Wasagan



Official Newsletter of Beachcombers Probus – Wasaga Beach, Ontario
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Newsletter Editors: Maggie Higgins & Ken Wong 422-1338 kenmag@auracom.com
Guest Editor (January, February, March): Jan Bivall 429-7584 stevebivall@sympatico.ca

APRIL GENERAL MEETING

TODAY'S SPEAKER: MICHELLE RICH, Environment Network
Subject: Climate Change & Sustainable Development

SAY YES

Are you interested in getting more involved with the behind the scenes life of Beachcombers Probus? It is a new level of involvement which is very pleasing and rewarding. Both the social and management teams (members of the management team are listed on page four of this newsletter) need new members to continue to organize the fun and varied activities which we all enjoy. You are welcome to attend social committee meetings which are held on the third Friday of the month at the SuperStore Community Room at 10:00 a.m. The Management Team meets on the third Wednesday of the month at the same time and place. Please say yes when you are invited to join.

MARCH SPEAKER

Although we had to wait a few minutes for his arrival, our speaker was definitely worth the small inconvenience. Stephen Trafford is the Operations Supervisor for the Simcoe County Paramedic Service. He has held this position for three years and prior to this, he was an Advanced Care Paramedic for eight years. He was originally from the East Coast but has lived in Toronto and now lives with his family in Collingwood. He is Coordinator for the Public Access Defibrillation Program (PAD) and this was the basis of most of his message. These defibrillators are the ones found in more and more public buildings and they are there to treat sudden cardiac arrest. This affects 30 – 40,000 Canadians each year. This sudden cardiac arrest is caused by an irregular heart rhythm and is fatal unless treated within 10 minutes. Unfortunately there is only a 4% survival rate in Simcoe County mostly due to the longer distances ambulances must travel in our rural community. For every minute that passes, chances of survival decrease by 10% so the victim only has 10 minutes. Stephen and the Paramedic Service are working hard to improve these odds by increasing the number of Automatic External Defibrillators (AED's) available across Simcoe County. The AED's are designed to be used without training. The machine actually talks you through the process. The two pads are placed on the victim's chest and then the machine analyzes the amount of shock required or tells you if there is no need for shock and recommends CPR. The defibrillator acts as a reset button for the heart; the hope being that the shock will make the heart reset itself and work normally again. This *must* be followed by CPR in order to ensure the victim's survival. Three hundred people used a defibrillator and survived in Simcoe County last year. The Paramedic Service wants an AED in all arenas and recreational centres. They, in partnership with The Heart & Stroke Association, are actively attacking the issue by:

1. offering mass CPR training – it is free and lasts only 2 hours now. Participants get a 'Family & Friends Kit to practice with. CPR Training in our area will be advertised in the local paper or posted on the web site: www.county.simcoe.on.ca.
2. offering training in defibrillators in community facilities – for every \$3500. raised, an AED is provided, plus all training of employees and all maintenance of the AED.

Dinner at Our Place:

We have 4 hosts each welcoming 6 other guests for dinner. Responsibilities are rotated monthly with everyone preparing a portion of the meal. Our dinners begin at 6PM; we do not assign a particular evening to dine; this is left for each group to decide. The hosts are responsible for the main entree and the vegetables to accompany it. In addition, they supply the bread/rolls, tea/coffee milk/cream and sugar. As a host you do have 3 other couples who assist with your meal. I assign one couple to provide the appetizers, another couple soup or salad, and the third couple the dessert. Everyone provides their own choice of beverage for the evening whether it is wine, beer or a soft drink. At present we have 4 people who wish to become permanent members, and we need 4 more to join them to have a 5th house operational. Please call me or see me at a meeting if you are interested. We especially want to encourage our single people. Are you willing to host, like to cook and enjoy being with people for an evening of fun, good food and conversation? Betty Keyes 429-6064

The Happy Bookers club's membership is now full. If you wish to join, your name will now be placed on a waiting list. We meet every 3rd Monday of the month. Call Joanne Scruton @ 422-0976 Each of the 12 book club members choose a book to read from "Canada Reads". Canada Reads is an annual "battle of the books". Five advocates defend their choice for the book they believe Canada should read. This year's selection was as follows: Children of my Heart by Gabriel Roy, Lullabies for Little Criminals by Heather O'Neill; Natasha and other Stories by David Bezmazgio, The Song of Kahunsha by Anosh Irani And Stanley Park by Timothy Taylor. The following is a short review of Lullabies for Little Criminals, which just happens to be this year's winner. Lullabies for Little Criminals is Heather O'Neill's first novel. The book is an endearing 'coming of age' story. A very disturbing, heartbreaking novel told in the first person about a thirteen year old girl named 'Baby' raised by her father who took better care of his drug habit than he did of her. She is shuttled between various run-down Montreal Apts, foster homes, etc. but somehow she is able to create a world that sustains her through the terrible times. She uses her imagination as a great escape; it distracts her from life's harsh realities such as her chaotic home life, poverty, prostitution and drugs. In the end her ability to adapt to change is her means of survival. When recommending this book a qualification should be made that there is a lot of offensive language used in the story line. Our April reading is A Throwaway Daughter by Ting Xing Ye and William Bell.

The Fair Weather Walkers: The walks always take place at Powerline Road. We will have the choice of either walking along the skidoo trail as we do during the winter, or we can use the forest trails. The walking is never cancelled; we enjoy each other's company no matter who happens to show up. We have walked in blizzards, in downpours and while fending off Canada's other national bird (The mosquito!). So come along any Friday and reward yourself with a cup of Timmy's coffee afterwards. Call Gary Willis @ 429-7835 for more information.

The **Afternoon Luncheon Cuisiniers** meet every 2nd Monday of the month at 11:30 am. Members take turns hosting the lunch, which is an organized pot luck. It is a time of good food, laughter and gossip. We are now at our maximum membership limit of 12 ladies. Call Maggie Higgins @ 422-1338 if you want to be on our "wait" list.

The **Restaurant Dinner Club** is a group of some 60 members dedicated to the proposition that retirement is more than cooking. They go to different restaurants in the area every other month. Call Diane Nagel @ 428-3209 if you are interested in joining the group or you can recommend a good restaurant in the area.

BEACHCOMBERS SELLERS PAGE

Sellers must be members of Probus Beachcombers. Email your submission to Doris Willis @ teacop@rogers.com or add your submission to the list which is posted on the bulletin board at each meeting. Please notify Doris immediately when your item has been sold.

1. 2 piece sofa & loveseat, wedgewood blue, excellent condition, perfect for cottage or bedroom \$200. each piece or \$300. for both. Call Valerie Deveau @ 420-0354

2. Olympus 2.1 Digital camera with extra memory cards \$100. Call Jim Park @ 322-2419 (selling on behalf of Keith Rossel)

- 3. Professional Beauty Salon Hair Dryer; hardly used \$125. Husquvarna garden tractor; adjustment for pushing snow. Call Nell Holowachuk @ 429-7240
- 4. Child's Evenflo Exersaucer- Deluxe Active Learning Center. Call Kay Knab 429-5547 - **SOLD**
- 5. Crock Pot Rival 5 quart Model 3850. LIKE NEW!! \$ 30.00 (Sears catalogue \$ 69.50 plus tax) Call Sheila @ 429- 3451
- 6. Dark green love seat (2 years new) \$250. Call Bill Travis 422-1148
- 7. Victorian 3 piece Settee set, carved, Mother of Pearl inlay English. Call Jim Park @ 322- 2419

BIRTHDAYS/ANNIVERSARIES:

Best wishes to those who celebrated in March!

DON'T FORGET:

- The Secretary's Minutes of the last General Meeting and the Treasurer's Summary of the Club's finances are posted on the Bulletin Board. Please read them! These Bulletin Boards often have details of other Community Events and Happenings in the area. We do this as an information service to our members, but we do not promote such things.
- Please notify the Membership Convener (Deborah Ferris) of any changes to your address, phone no., etc. We realize this is a continuing reminder, but it is very important!
- Wear your name tag to all Probus meetings and events.
- Please pass the information on sickness, hospital stays, or deaths of our members to our Goodwill Convener (Kay Knab – 429-5547). If you don't tell us, we may miss sending out a card. Get-well Wishes, Best Wishes, and Condolences to anyone we may have missed.
- Our New Member Ambassador, Betty Keyes, is always available to give you information about our Club and its activities. Betty can be reached at 429-6064.

NEXT MEETING:

May 1st , 2007

ALL STARS ARENA

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

When you are unable to attend a meeting, you can access your copy of The Wasagan at www.probus.org/7wasbcnrn.pdf (Please contact the Editors if you do not have a computer)

Please be aware that the **address changed** in January to reflect the year 2007.

MANAGEMENT TEAM

President:	Chris Armstrong	429-7805	Refreshments:	Orlene & John Fost	429-9479
Vice-President:	Tom Donohue	429-0644	Membership:	Deborah Ferris	429-4977
Treasurer:	Harry Durrant	429-3071	Social:	Gloria Harasowsky	429-0180
Secretary:	Doris Willis	429-7835		Vivian Sheridan	429-5590
Past President:	Ray Porter	429-9260	60/40:	Kay Knab	429-5547
Speakers:	Jan Bivall	429-7584	New Member Ambassador:	Betty Keyes	429-6064
	Diane Nagel	428-3209		Maggie Higgins	
Goodwill:	Kay Knab	429-5547	Newsletter:	& Ken Wong	422-1338