



The Wasagan

Official Newsletter of Beachcombers Probus - Wasaga Beach, Ontario

April 6th, 2004

International Website: www.probus.org

Newsletter Website: www.probus.org/3wasbern.pdf

SPEAKER: Alan Morris
Financial Planner

Member Profile: Mike O'Halloran

General Meeting - May 4th, 2004

SPEAKER: Cal Patterson, Mayor

Member Profile: Doris Willis

Mystery Dinner Theatre - Dyconia (downstairs) - Friday, April 23, 2004

"The Good, The Bad and the Guilty" with a Western theme so get out your cowboy gear! Arrive at 6:00 p.m. for a drink, mingle and obtain clues before enjoying a sit-down dinner at 7:00 p.m. during which time you will attempt to solve the murder with the finale over dessert and coffee. Prizes to the best detectives! **Cost only \$25.00** for a night to remember!! Sixty tickets have been sold - last chance to purchase at the April meeting. **Get out and get involved!**

Niagara on the Lake Wine Tour with Picnic Lunch - Wednesday, May 26th, 2004

Joan Porter and her committee have planned a very special day - bus to leave from the Arena and head to Niagara-on the Lake for the first Wine Tour. Followed by a stop for a bring-your-own-picnic lunch at Fort George, browse downtown for a little shopping and enjoy another wine tour on the way home. **Cost \$28.00 (bus only)**. We have 34 signed up - must have 40 to make it a go! A fun trip - something for everybody! Tickets will go on sale at the April meeting.

July 21st - Drayton Theatre/St. Jacobs

Car Pool event to St. Jacob's. Arrive in the morning for shopping, meet for lunch and plan to arrive at the theatre by 1:45 p.m. Thirty-seven have signed up to go - the first 36 people to pay will get tickets. **Cost (theatre only) \$25.00.**

August 18th - "First Anniversary" BBQ - Heritage Park, Elmvale

Bar-b-Que Bob confirmed for this event. More information later.

PAST EVENTS

Georgian Downs - Saturday, March 13th

After an excellent buffet dinner, 43 members settled in for a night of serious betting on the horses and slots at Georgian Downs. Some won, some lost, but it was a fun night and calls for a repeat. Congratulations to Doris Willis, our Secretary, on her big win at the "slots" and to Joan Porter for her "longshot" winner in the last race.

FROM THE RECIPE CORNER....

MUSHROOM SPINACH SALAD WITH POPPY SEED DRESSING

1 Tablespoon	Minced Red Onion
4 Teaspoons	Granulated Sugar
1 Teaspoon	Dijon Mustard
5 Teaspoons	Apple Cider Vinegar
1 Tablespoon	Orange Juice
2 Tablespoons	Olive Oil
2 Teaspoons	Poppy Seeds
1/4 Teaspoon	Salt
1/8 Teaspoon	Freshly Ground Pepper

2	Large Eggs, Hard-Boiled (coarsely chopped)
6 Cups	Raw Spinach (Optional: Baby Spinach)
1 Cup	Sliced Mushrooms
1/3 Cup	Thinly Sliced Red Onion

In food processor, combine the first nine ingredients. Mix well and set aside.

In a large bowl, toss, spinach, mushrooms, sliced onion and chopped egg.

Add dressing and toss to mix.

Makes 4 servings.

GREEK CHICKEN

4	Boneless, Skinless Chicken Breasts
1/4 Teaspoon	Freshly Ground Pepper
2	Small, Plum Tomatoes - Seeded and Diced
2 Tablespoons	Diced Sweet Red or Yellow Pepper
2 Tablespoons	Chopped Fresh Parsley
1/2 Teaspoon	Dried Oregano
2	Minced Garlic Cloves
1 Cup	Crumbled Feta Cheese
1 Tablespoon	Olive Oil

Preheat oven to 375oF. Lightly butter an 8-inch square baking dish with cooking spray.

Arrange chicken in a single layer and sprinkle with black pepper.

In a small bowl, toss tomatoes with red pepper, parsley, oregano, garlic and feta. Evenly spoon over chicken.

Drizzle with oil and roast uncovered in centre of oven for at least 40 minutes until feta is lightly golden and chicken feels springy. (I leave mine in for almost an hour.)

If desired, serve with scattered black, sliced olives.

Serves 4.

Submitted by Valerie Deveau

Speaker: Tim Garland - Huronia West Detachment, O.P.P.

Born in Saskatchewan, Tim Garland attended college in Lethbridge Alberta and obtained a degree in Criminal Justice at the University of Great Falls, Montana. He did a stint as Treasury Agent before joining the O.P.P. in 1994 and was posted to Sioux Lookout serving as police services for 23 First Nation Communities. As a reward, he was transferred to the Huronia West Detachment in Wasaga Beach in 1997, serving two years as a Law Enforcement Officer, two years as High School Liaison Officer and then his current position as Community Liaison Officer.

We were treated to a film presentation re Crime Prevention, outlining simple tips to make everyone's home safer, some of which are as follows:

Outside

1. Make sure your home is not hidden by shrubbery or fencing
2. Ensure doors and windows are locked while you are asleep or away.
3. Plenty of lighting (automatic lighting or motion sensors).
4. Do not have your name displayed outside of your home.
5. Doors should be solid, preferably metal.
6. Locks should have a deadbolt and sliding doors should be secured.

Inside

1. Home should look occupied - use timers set for normal patterns.
2. Security guards on basement windows.
3. Permanently mark all your valuables.
4. Store jewellery, etc. in an unlikely location.
5. An alarm system is a great deterrent - also capable of fire, flood and medical emergencies.

When on Vacation

1. Mail delivery should be stopped.
2. Make sure your snow is shovelled/grass cut.
3. Have a neighbour remove flyers/newspapers from your porch or driveway.
4. Turn ringer off on phone.
5. Do not put your home address on your luggage tags.

We all enjoyed the presentation and left the meeting with very useful information and ideas. Thanks again, Tim, for making time in your busy schedule to provide us with very timely tips.

And on a personal note - ever lost your wallet or credit cards?

1. We know to cancel our credit cards immediately, but the key is having the toll free numbers and your card numbers handy. Keep them in a convenient place.
2. File a police report immediately in the jurisdiction where it was stolen. This is the first step toward an investigation.
3. Call the three national credit reporting organizations immediately to place a fraud alert on your name and Social Insurance Number.

Numbers are:	Equifax Canada:	1-800-465-7166
	Experian:	1-888-397-3742
	Human Resources Canada	1-800-206-7218

Thanks to Probus Club of Qualicum Beach

Good Morning to all Beachcombers:

Spring is just around the corner, the days have been getting longer, the garden centres are open again, income taxes are due and attendance at our monthly meetings will increase as our snowbird members wend their way back to us - a sure sign of warmer times to come.

This Spring will bring two exciting Beachcomber events that I hope many of you will take advantage of - the Mystery Dinner Theatre in April and a trip to Niagara-on-the-Lake for a Wine Tour and Picnic Lunch in May. Also, there are two worthwhile charitable activities - The Big Bike for Heart and the Spring Sprint for the Brain Tumour Foundation. All of these promise to be fun and provide an opportunity to get to know more of our members. I hope to see many of you at these events. Wishing you all a marvellous Spring, full of the wonder of nature's renewal and warmth.

Diane Nagel, President

MEMBERSHIP

70 members signed in at our March Meeting, together with two guests.

LUCKY WINNERS - 50/50 DRAW

Congratulations to the winners of the 50/50 draw:

Dorothy Taylor \$50.00
Deborah Ferris \$17.00

Two tickets to the Wasaga Community Theatre won by lucky Marg Richmond.

BIRTHDAYS

Many Happy Returns to all the members celebrating March birthdays, including Lynda Trimble, Goodwill Committee Convenor

GET WELL WISHES

Continued get well wishes to Dorothy Mitchell who is mending a broken ankle.

Many, many thanks to our own Ray Porter for building and supplying us with our wonderful new easel to be set up at each meeting as well as to the Executive for the homemade cookies provided to celebrate St. Patrick's Day.

COMMUNITY NOTES

March 27th to April 4th - Wasaga Community Theatre presents "The Night is My Enemy" at the Oakview Community Centre. Tickets \$15.00.

Saturday, June 5th - "The Spring Sprint for Brain Tumour Awareness" - a 2.5 km walk or a 5 km run beginning at the Wasaga Library at 9:30 a.m.

Monday, June 14th - "Big Bike for Heart" - hop aboard a 30-seat bicycle for this worthy cause. Seats are \$50.00 (10 sponsors at \$5.00 each) - All the information for this event at I.G.A.

F.Y.I. Should you wish to engrave your personal effects after listening to Officer Garland, the O.P.P. Detachment in Wasaga Beach would be pleased to loan you the engraving tool.

RECIPE FOR HAPPINESS:

- 1. Compliment yourself**
- 2. Count your blessings**
- 3. Celebrate the special person you are**
- 4. Repeat often.**

Next General Meeting Tuesday, May 4th, 2004 at Wasaga Stars Arena.

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

MANAGEMENT TEAM

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