



# The Wasagan

Official Newsletter of Beachcombers Proboscis - Wasaga Beach, Ontario

July 6th, 2004

International Website: [www.probus.org](http://www.probus.org)

Newsletter Website: [www.probus.org/3wasbcnrn.pdf](http://www.probus.org/3wasbcnrn.pdf)

## \*\*\*ELECTIONS\*\*\*

Member Profile: Stan Scruton

### Orillia Jazz Cruise - Thursday, July 8<sup>th</sup>

Set sail at 6:30 p.m. for a steak dinner and a two-hour cruise while enjoying vocal entertainment by a jazz group made up of several talented teachers. **42 people have signed up. Don't miss the boat.** Sign up to-day for a memorable evening of good food, company and music. **Cost \$40.00.**

### Drayton Theatre/St. Jacobs - Wednesday, July 21<sup>st</sup> SORRY - THIS EVENT SOLD OUT!!!

### First Anniversary BBQ - Heritage Park, Elmvale - Wednesday, August 18<sup>th</sup>

Mark your calendars for this First Anniversary BBQ - sign up to help us celebrate. BBQ Roast Beef on a kaiser with lots of salads, dessert and coffee. Also, pop, snacks, water and **PRIZES**. All this for **only \$5.00!!!!** Bill Travis will head this event and **volunteers are needed**. Time will be approximately noon to 5:00 p.m.

### Golf Tournament (Best Ball) - Tuesday, September 14<sup>th</sup>

A repeat of the very successful and memorable event held last year. If you missed it, this is your chance to come and try out your golf skills topped by a steak or chicken dinner. Lots of fun, and lots of prizes, a game of golf and a great dinner to finish the day - all for only **\$45.00 inclusive!** Tickets now on sale!

### Car Rally - late September

Frank Tate is organizing this event and it will likely take place September 28<sup>th</sup> or 29<sup>th</sup>. 33 have signed up so far. Again, **volunteers are needed!**

### **FUTURE EVENTS....**

*Our **Second Annual Silent Auction** is being planned for October*

*The Legion has once again been booked for our **Christmas Party** in December.*

**MORE LATER.....**

## SPECIAL INTEREST GROUPS

★	Book Club	- Contact:	Joanne Scruton	(429-0976)
★	Gourmet Dinner Club	- Contact:	Barb Pattison	(422-0989)
★	Gourmet Luncheon Club	- Contact:	Joanne Scruton	(429-0975)
★	Mixed Golf Group	- Contact:	Bill Travis	(422-1148)
★	Restaurant Dinner Group	- Contact:	Diane Nagel	(428-3209)
★	Hiking Group	- Contact:	Cato Bayens	(322-5569)

**Cancelled until Fall**

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### **Guest Speaker: Cristine Adams, Owner/Operator New Choices Health and Fitness Centre**

Betty Keyes introduced Cristine Adams who has a multitude of certifications for consulting, is a nutrition and wellness specialist, a post-rehab fitness trainer, Pilates Instructor, and a professional trainer for the Canadian Fitness Association as well as being the owner and operator of "New Choices" Fitness Centre in Wasaga Beach.

She pointed out that life is all about choices, healthy lifestyle, healthy eating, being active and most important feeling good about yourself and introduced her associate Charlene Higgins who had fought her own personal battles. Four years ago, Charlene was diagnosed with lupus while four months' pregnant, ended up losing the baby, suffering a stroke and not being able to walk. After moving to Wasaga Beach, determined to change her life, she joined New Choices. Starting back slowly, she became stronger each week and eventually took on the position of Nutrition and Wellness Counsellor as well as becoming a Fitness Instructor.

Cristine also overcame adversity when she was hit by a drunk driver in 1991. That event changed her life - she lost her job, her marriage and became a single mother who could hardly walk. As a part of physio she started exercising and became better both physically and mentally. After earning her Fitness Instructor Certificate she went on to teach fitness instruction and then on to personal training, specializing in post rehab.

She realized that Wasaga Beach needed a Fitness Centre to fit the needs of the community and shared a few facts that we were not aware of, such as:

1. 80% of diabetes can be prevented by diet and exercise.
2. One-half of the population of Canada is overweight.
3. 6 out of 10 people do not get enough exercise.
4. Obesity in children is going to be a burden on our health-care system in the future.
5. Better balance can be obtained by strengthening our lower body which reduces the chance of a fall.
6. By eating healthy, you lower your cholesterol and your risk of heart disease.

Exercise can be simple such as walking, hiking, golf and of course, water fitness, and should consist of 30 - 60 minutes a day, most days of the week. In addition, there is strength training and toning which should be done twice a week, 15 - 20 minutes. Make sure your muscles are warm and always consult a doctor before starting any exercise or fitness programme.

Many thanks to Christine and her associate Charlene Higgins for a most enjoyable and informative presentation.

Well, time sure can seem to go by quickly when you're having fun!

The Beachcombers first year and my year serving as your President has just flown by and I hope everyone has enjoyed themselves as much as I have. As I started to prepare this message, I reviewed my notes and meeting minutes over the last year and thought I would share some highlights with you:

✓ **July** – we chose our name from an impressive array of suggestions from club members. We became the **Beachcombers!**

✓ **August** – our first speaker and profiler and our first social activity – Patsy Cline!

✓ **September** – 1<sup>st</sup> issue of our newsletter – the Wasagan. The Social Committee was already in high gear and organized two events this month – a best ball golf tournament and a performance of the Martells in Orillia. Membership was up to 148!!

✓ **October** – Boat cruise on Lake Muskoka.

✓ **November** – We had become so popular that we decided to cap our membership at 170. The 1<sup>st</sup> annual auction and lunch was held at the end of our general meeting – everyone agreed it was terrific and should be held again. We held our 1<sup>st</sup> Christmas dinner and dance on November 27 with high attendance and an excellent DJ – a great success!

✓ **December** – our 1<sup>st</sup> Christmas meeting complete with lots of snow, homemade cookies contributed by our members, donations of food to a local food bank, and Christmas carols sung by the Mountain Sunrise Quintet.

✓ **January** – although some of our members were in sunnier climes, the social committee was still working hard and organized a curling bonspiel.

✓ **February** – several special interest groups were organized and underway – gourmet dinner club, luncheon club and book club.

✓ **March** – 52 of us went off to Georgian Downs for dinner and betting on the horses. Some came back winners!

✓ **April** – The Mystery Dinner Theatre, The Good, the Bad and the Ugly, brought out the acting and 'hamming it up' talents of a number of our members. Everyone who attended had a wonderful time.

✓ **May** – A Niagara on the Lake wine tour and picnic lunch.

✓ **June** – A number of members rode the 'Big Bike' for the Heart and Stroke Foundation and others walked for the Brain Tumour Foundation.

✓ **July and August** – a cruise, an outing and theatre in St. Jacobs, and our 1<sup>st</sup> annual picnic are all planned for this summer.

I think we have had a great year and wonderful start for a new club. And it could only happen with the energy displayed by our executive, committee members and other volunteers and the enthusiasm of all Beachcombers. I want to thank all of you for your support over the last year. I had a great time and I'm sure our new president, Luci Worch, will enjoy her term as much as I have.

*Diane Nagel*

#### **AND FROM THE EDITOR:**

Well, **Beachcombers Probus** has completed its first year and I am sure you will all agree, it was a resounding success. From our many varied speakers and member profilers, to our Golf Tournament, November Auction, Mystery Dinner and of course, our unforgettable Wine Tour just to mention a few of the events. All of this could not have been possible without efforts of our President, Diane Nagel, the Chairs and their Committees. **WELL DONE!!!**

To those new members of the Management Team that are coming aboard for our second year, a warm welcome and to those who are moving on - thanks for getting our club off to such a good start! **CHEERS!**

*Valerie Deveau*

## REMINDERS...

- **Meetings for the months of July and August will be held at the Oakview Recplex.**
- **Elections for new members of the Management Team will be held at the July Meeting.**
- **Membership Renewal Notices are available at the June Meeting and payment is due prior to or at the August Meeting. There will be early bird draws for anyone who renews no later than the end of coffee break at the July 6<sup>th</sup> Meeting. Prizes: Dinner Certificate: Avon Gift Package donated by Maureen Parkes: Bottle of Wine.**

## MEMBERSHIP

109 members signed in at our June Meeting together with four guests.

## LUCKY WINNERS - 50/50 DRAW

Congratulations to the winners of the 50/50 draw:

Gary Willis	\$40.00
Jean Steenhuis	\$24.00

*Again, many thanks to Doris Willis for providing a special treat for the "Dads" - monogrammed Beachcomber golf balls.*

## DID YOU KNOW?

Someone once told me that Membership in every organization is made up of 4 kinds of

### BONES:

There are the **WISHBONES** who spend their time wishing someone else would do the work,

There are the **JAWBONES** who do all the talking but little else,

There are **KNUCKLEBONES** who knock everything anyone tries to do,

And finally, there are **BACKBONES** who get under the load and do the work!

## COMMUNITY

### HAPPENINGS

**Congratulations to all those who participated in the "Big Bike for Heart" on June 14<sup>th</sup>. We raised over \$2,000 for the Heart and Stroke Foundation. Thanks to Bill Travis for entertaining and feeding the troops!**

**July 12<sup>th</sup> until August 6<sup>th</sup> - Collingwood Music Festival held at the New Brethren in Christ Church. Call 1-888-283-1712 for more information .**

### SERVICES

**Brian Withers of Community Connection** gave an interesting presentation about his agency which is a one-stop information source that maintains and collects relevant, accurate and current data that connects people who have a specific need with agencies in the community. The number to call is **445-0641**.

**Cristine Adams of New Choices Fitness** offers lots of classes geared to those over 55 and Aquafit is in the works as well. If you would like to check them out, mention that you heard her at our June Meeting and you will be given a special promotional rate.

**Next General Meeting August 3<sup>rd</sup>, 2004 at the Oakview Recplex**  
Arrive at 9:30 to enjoy coffee or tea with your friends prior to the meeting

### MANAGEMENT TEAM

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

Newsletter Editor: Valerie Deveau.....429-0354

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