



# The Beacon



## Newsletter of the Brighton Probus Club Volume 8, Issue 9 – September 14, 2011

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## President's Message



At our September 14th General Meeting the new Management Team and Committees of experienced and new people will be introduced by Past President Chris Hart.

As your next Club President for this coming term and behalf of all Club members, sincere thanks to Past President Jack Gibbons on an outstanding job serving our Club. Thanks to those members of the Management Committee who have chosen not to continue, for their time and dedication to this Club.

"Let the food be thy medicine and thy medicine be thy food" advised Hippocrates more than 2000 years ago. Numerous food and health questions arise everyday in our lives because food itself is changing. In the next coming months, I will share some information about foods that harm and foods that heal and how to avoid and treat various problems through the best food choices. This information is only a guide line to healthy eating and how food and its specialized properties can make it beneficial to your health

**DID YOU KNOW?** Low calcium levels may be linked to high blood pressure. A diet that includes figs, cooked greens, broccoli and dairy products will raise levels of calcium. Eating foods high in fiber, magnesium, potassium, as well as, a half cup of dry roasted soy nuts, can drop high blood pressure readings just as well as some prescription drugs.

Here's a pun: Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.

Mary

## SOCIAL EVENTS

The picnic in July at Pine Ridge was a great success. 112 members attended. It was an excellent day, members were treated well, with good food, good music, and great golf. Many thanks to all those who helped organize this event.

**Thursday, September 15, 2011**

**St. Jacob's Tour Day**

*Pick up will be at 7:30am behind the Legion.*

**Thursday, October 6, 2011**

**Car Rally**

*Please meet at 9:40am at the Community Centre Car Park.*

**Friday, November 18, 2011**

**Lunch at Café 213**, Loyalist College plus possible briefing. Cost \$13 per person (does not include tip or beverage). Parking \$2.

**Payment due by September 28.**

**Sign up now – limit 60!**

### Some events currently being planned:

**October 2011**

Kitchener Oktoberfest – interest sheet available.

**November 2011** – Lunch & Theatre

**Thursday, 1 December 2011** – Christmas

Dinner & Dance at Timberhouse.

**December** – a “naughty”panto?

*Please note that due to the several cancellations that have occurred this year, payment for events will need to be in sooner. There will be no refunds once payment has been made – you will be responsible for finding other people to use your space. More details to follow.*

## PROGRAMME

**TODAY**

**Wednesday, September 14, 2011**

Ian Kennedy will discuss Architectural Heritage Conservancy in Brighton.

**Wednesday, September 28, 2011**

Member Doreen Cable, a former manager at SOCAN (a Canadian copyright collective that administers the performing rights of more than 100,000 composer, author and music publisher members), will talk about her time there. She will also introduce two other speakers from SOCAN.

## A REMINDER OF GOLF DATES FOR SEPTEMBER/OCTOBER

Sept 7	10:00am	Roxborough Glen	On site
Sept 13	10:00am	Wellington	On site
Sept 21	10:00am	Warkworth	On site
Sept 29	10:00am	Salt Creek	tba
Oct 5	10:00am	Pine Ridge	On site
Oct 19	10:00am	Salt Creek	tba
Oct 21	4-8pm	Pine Ridge	

## INTEREST GROUPS

**Bid Euchre**

New Members welcome

Every 1<sup>st</sup> and 3<sup>rd</sup> Monday 1:30pm

Anglican Church Hall

Linda Barker

613-475-5344

Diane Frye

905-355-2307

Bid Euchre starts again on Monday, September 19, 2011.

**Chapter One Book Club**

1<sup>st</sup> Tuesday of the month 10:00am

Lin Barker

613-475-6142

**Single Diners** (New members welcome. Must be single and a member of the Probus Club.)

Please contact *Helen Anthony* 613-475-1304 or *Marion McIlveen* 613-475-2202 if you are interested in joining the group for a social time and a meal.

## HELP WANTED

More help is needed for House. If you are interested, please contact Hugh Graham or Mary Waddell.

Thank you.

## COMMUNITY EVENTS

If you have a community event that you wish to be announced at Probus meetings, please contact Rose ahead of time at 475-2665.

### **37<sup>th</sup> Brighton Applefest September 22-25, 2011**

For details check the local newspapers or sign on to <http://www.applefest.reach.net/>

One favourite event is:

#### APPLE PIE BAKING CONTEST

Entries received at Proctor House, Friday  
September 23, 2011 from 6:00-8:00pm.



**At the Brighton Barn Theatre**

*Written by Marc Camoletti*

*Directed by Sharron McMann*

*Produced by TBA*

**Evening Performances at 8:00 pm**

September 23, 24, 29, 30 October 1, 6,  
7, 8

**Matinee Performances at 2:00 pm**

September 25, October 2

Tickets may be purchased at the "Barn" Box Office (Proctor House) or by telephone at 613-475-2144. The box office is open from 1-5pm approximately 3 weeks prior to each show. All tickets \$15.