

Members Update May and June 2015

East Beaches Regional Complex Inc.



www.living360.ca

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Living360™ wellness lifestyle recreation



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Founding Stakeholders

- ◆ East Beaches Recreation & Wellness Coalition
- ◆ Grand Beach & Area Development Corporation
- ◆ Grand Marais Recreation Association Inc.
- ◆ Grand Marais & District Senior Citizens
- ◆ R.M of St. Clements
- ◆ R.M of Alexander

The EBRCI Board of Directors

Marilyn Schneider President

Walter Kleinschmit V.P.

Dennis Wasyluniuk Secretary/Recorder

And Webmaster

Catherine Chapman Treasurer

Directors at Large

Jack Aspin

Roger Batchelor

Roberta Carriere

Ed Gunning

Margaret Murray-Haddad

Dave Rogne

Holly Vezina

- The Board meets every
2nd Thursday each Month

GRAND MARAIS COMMUNITY CENTRAL IS COMING ALIVE

The **Veterans' Memorial Garden** has been officially dedicated. The Heritage Wing has had a 'Sneak Peek' which went extremely well, and the Play Structure is done. Our Board members have been very busy.

After our "Spring Into Wellness" event, we held a "Coffee & Chat" the afternoon of May 6th for Mental Health week. Our Special Events Coordinator, Roberta Carriere, has booked several more activities to be held in the GMCC building over the next short while.

The **IERHA (Interlake-Eastern Regional Health Authority)** Wellness Coordinators are planning a FREE 3-session afternoon workshop called "**CRAVING CHANGE**" on July 7, 8 & 9th at GMCC to offer strategies and tips on how to help kick old eating habits and to create a healthier version of yourself. **Call GMCC Desk 204-754-3596 to register.**

In August, Patricia Thomson, of **Sacred Space**, Stead, Mb will present 3 workshops entitled: "**Why Don't We Look After Ourselves?**" The first session is on Self Care - Breathing, mindfulness, and meditation. Second on Traditional Teachings: herbs, medicines and lifestyles, and third part is on Grief, death and Loss: Living Fully Leaving Peacefully. She teaches that we all are sacred beings who have our own abilities to heal within us. Check our website for her personal and professional credentials and further details at www.living360.ca.

August 19, Wednesday – 1-3 p.m., another **Geocaching Event** is planned for young and old alike. Sign up at GMCC in person or call 754-3596.

One of our Board members is attending the **Eastern Regional Health Community Committee meetings** to represent the Living360 interests in health care. This connection will be beneficial in working toward primary care services to benefit all of East Beaches.

Holly Vezina, RN, is the new Chair of the Medical Committee. She is working on developing this presence through the medical and pharmaceutical communities.

The **EBRCI Nominating Committee** will be working over the next 2 months to add several Board Members to the **Board of Directors**. **Please consider how you could assist us to move forward to complete Phase I. Contact any Board Member listed here to let your name stand.**

Volunteers Needed!

The **Grand Beach Sun Run** has asked for volunteers for **Sunday, July 12th**. As a member of EBRC Inc., your help will result in a donation to our organization, as it did for last year's run. Contact Roberta at 431-228-3034 to volunteer.

Living360 is the vision of the East Beaches Regional Complex Inc. for the East Beaches community of Manitoba. The vision of EBRCI, through Wellness, Lifestyle and Recreation is also a promise to develop projects to provide the East Beaches community with health, security, quality of life support along with a centre for their social lives.

Dateline: Sat, June 6, 2015 at 1:30 PM
(D-Day remembered).



The dedication ceremony was moved indoors on this rainy day, but it still turned out to be a terrific affair. More than 75 people enjoyed the Honour Guard, piped in by Chief Constable Stewart McPherson. Once each dignitary paid tribute to the soldiers of all war and peacetimes and after the Last Post and Taps played by youth trumpeter Robbie Human, a wreath was laid at the podium. A prayer and dedication was offered by Chaplin Rev. Sharman, Selkirk Legion.

MC Gloria Juvonen recognized the Color Party in their various uniforms, which spanned several generations. Greetings were brought by representatives for James Bezan, and Debbie Feibelcorn, as well as personal tributes from Hon. Greg Dewar, MLA Wayne Ewasko, Brian Hodgson - Reeve of VB. Representatives from local organizations were acknowledged and the Committee was asked to stand and be recognized for their hard work. Whether you call it the Veterans War Memorial, the Veterans Peace Garden, or the Veterans Memorial Garden, it is all of these things. It provides a place to sit at any time and reflect on the sacrifices made so we can remain safe. Thank you to all who made it happen.



IT'S HAPPENING!

THE GRAND OPENING of the *St. Clements Heritage Wing* will be **Friday, July 3rd - 1:00 p.m.** at GMCC.

ALL ARE INVITED TO VISIT THIS AMAZING TRIBUTE TO OUR PAST.

Come again with family and friends to spend some quiet time seeing and listening to all the interactive displays.

Regular hours to be determined.

MARK YOUR CALENDARS: **CRAVING CHANGE?**

- ✓ Are you craving change in your eating habits?
- ✓ Want to kick a bad habit?
- ✓ Do you struggle with your eating and want to learn how you can create a healthier you?

Then this **FREE 3-day program** at GMCC is the class for you!
July 7-8-9th (T-W-Th)
from 1:30-3:30 p.m. each day.
✓ Offered by IERHA Wellness co-ordinators.

Please call the GMCC desk at **204-754-3596** to leave your name.

RV PARK

The RV Park opened on the **May Long Weekend** and the **GMCC Building** is **OPEN** with *June* hours **Saturday to Thursday 9am - 5pm : Friday 9am – 7 pm.** Throughout *July to September Long Weekend Saturday to Thursday 9am - 7pm : Friday 9am - 9pm* Call (204)754-3596 or check the website: www.grandmaraisccandrmpark.ca for sites available and booking information. Email: gmcommunitycentral@mail.com