

Members Update May 2016

East Beaches Regional Complex Inc.



www.living360.ca

#36058 Hwy 12 Box 330
Grand Marais, Mb. ROE OTO
Contact: info@living360.ca

www.facebook.com/www.living360.ca

COMING EVENTS

MARKETING PACKAGE FOR THE GMCC BUILDING:

The grant project received from **Partners 4 Growth** has been completed. Thanks to Chris Neufeldt, we now have a Report to the Board providing demographic and census details for the East Beaches area, a hand-out marketing package relating this information, and a visual tour of the building – which can be seen on the www.Living360.ca website. The next step is to use the materials to attract wellness related and compatible businesses to East Beaches, and in particular the renovated GMCC space. If you know of any possible tenants, please refer them to the att: Terry Neplyk.

PLANES...TRAINS...AND AUTOMOBILES



UPCOMING FUNDRAISER!

DRAW FOR \$3,000
in travel vouchers

\$5 per ticket Draw: Sept. 10/16
Tickets available at local outlets.

MESSAGE FROM the I.E.R.H.A.



The mobile clinic comes to **Grand Marais Community Central, 36058 Hwy. 12 every Thursday 9 a.m. - 4:45 p.m.** to serve all of the East Beaches. It is staffed by a driver, a primary care nurse and a nurse practitioner. Patients should **phone 1-855-295-8296** to make an appointment or check the schedule. During the first 2 months, Grand Marais Mobile clinic has seen 80 patients since opening on Feb 18, 2016 and welcomes more appointments. Thank you to our valued community partners for helping us get the mobile clinic on the road!

EBRCI Board of Directors 2015-16

Marilyn Schneider, ~~President~~
Roger Batchelor, Vice President
Dennis Wasylyniuk, Secretary/Recorder
Lea-Ann Stevens-Malthouse, Treasurer
Roberta Carriere, Director
Cathy Chapman Director
Gerry Miller Director
Margaret Murray-Haddad Director
Terry Neplyk Director

- The Board meets the 2nd Thursday each Month

JURIED LOCAL PHOTOGRAPHY COMPETITION:



Entries received Aug 1-13/16
Exhibit & Judging: Aug 14 - 28, 2016

Open to all photographers to present their best works of the East Beaches area. This is a chance to have the rest of us see what photos you SHARE on Facebook.

Check www.Living360.ca for full details and entry form
Questions? Contact Margaret Haddad at 204-756-2181.

Grand Marais Community Central Building

HOURS OF OPERATION:

Effective May long-weekend:
FRIDAYS: Extended hours: 11 a.m. to 7 p.m.
SATURDAY-THURSDAY: 10 a.m. to 6 p.m.

FRIDAY MARKET:

Watch for news of a market again this summer on the grounds of the **GMCC**.

The **GMCC building** is available for meeting space during the season. To arrange to use the building for events, please call or leave a message by phone at **204-754-3596** and someone will contact you.

MEMBERSHIP DRIVE EBRCI

If your membership with EBRC has expired we hope you will consider renewing with us this Spring and continue to support our goals and achievements. We will be contacting you by email or phone very soon. Some of you have already been contacted.

Community support is vital if we are to continue to work toward our goal to develop and construct a multi-use complex serving the East Beaches area.

Membership runs from the 1st of the following month for 12 months. The annual membership fee is \$10.00 per person. **A renewal request does not require the Membership form to be completed again.**

Membership privileges in EBRC Inc. include:

- A vote on all resolutions at the AGM and at all Meetings of Members
- The right to nominate and elect Directors to the Board
- Influence the direction of EBRC initiatives
- Receiving all newsletters and bulletins

If you would like a Membership form mailed / emailed out to you, please ask. They are also available on the EBRC Inc. website or at the Front Desk (204 754-3596 - to check hours open).

A cheque to **EBRC Inc.** can either be

Mailed to:

EBRCI Memberships
Box 330

Grand Marais MB. R0E 0T0

Or dropped off at:

Front Desk (after May 1)

Grand Marais Community

Central Building, #36058 Hwy. 12, Grand Marais.



"Personal Well-Being: The Power of Prevention

Friday May 27, 2016 1 - 4:30 p.m.

PROGRAM

- 1:00 - 1:30 Perusal of displays
- 1:30 – 2:30 Pat Thomson,
a dynamic speaker who keeps her audience focused. Some of her presentation will be on healthy breathing, relaxing techniques, and coping skills for times of stress;
- 2:30 – 3:00 Alisyn Makowski,
an IERHA Dietitian will demonstrate cooking nutritious meals for one or two. You get to taste the food, too.
- 3:00 – 3:45 Jackie Dokken will speak on Brain Fitness.
When we think of fitness we think of marathons and muscles, but your brain plays a critical role in all parts of your life;
- 3:45 – 4:15 Dr. Dexter Harvey
will speak on Prevention from his Perspective. It has been Dexter's lifelong quest to promote a healthy lifestyle
- 4:15 – 4:30 Wrap-up, prizes, and Thank you's.

Some of displays include the Wellness Team from IERHA. Also,
Bobby Page, Foot Care;
Jackie Girard, 'Elephant in the Room' Fitness;
Betty Cross, TOPS. And more.

Leading up to the Wellness Day, the community is in the thick of a Fitness Challenge. There are 45 walkers and we've walked over 14000 kms so far. By the time we're finished we should have walked 17000 kms. We are half way around the world. So, on our simulated tour and as the crow flies this would put us in Mongolia.

Results of the Fitness Challenge will be put on display.

Roberta Carriere
EBRC Inc. Events Chair