

Members Update October November 2015

East Beaches Regional Complex Inc.



www.living360.ca

#36058 Hwy 12 Box 330
Grand Marais, Mb. R0E 0T0
Contact: info@living360.ca

COMING EVENTS

Flex-Time Contract Position Available Immediately

Applications are being accepted for a 4 month contract to provide the EBRC Inc. with statistical and demographic data for the area being served by the EBRC
See <http://www.living360.ca> for full details.

November 11, 2015

10:45 AM at the Veterans' Memorial at GMCC.



A recorded *Service in Remembrance* and the laying of a wreath will be held outdoors, if weather permits. Coffee will be available, indoors, following the service.

The **Heritage** Wing officially opened July 4, 2015, and closed for the season on October 12, 2105. It will re-open in May 2016. It received rave reviews by the approx. 3,000 visitors who came through! We are still accepting donations and contributions of photos and stories. See www.stclementsheritage.com for more information.

November 19, 2015 - Thursday
Walter Whyte School Gymnasium
7:00 p.m.

Mobile Primary Care Medical Unit

An Information Meeting for the East Beaches Community is being held to introduce staff and have questions answered by *I.E.R.H.A* personnel. Everyone is welcome. For more information, check the EBRC website: <http://www.living360.ca>

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

December 27, 2015 -Sunday

East Beaches Regional Complex Inc. Board is holding their **3rd Annual Open House**



Between 1 p.m. and 3 p.m.



Please join us for Christmas cheer.

Grand Marais Community Central Building

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



COMMUNITY CHALLENGE: EAST BEACHES COMMUNITIES' FITNESS CHALLENGE

The Healthy Together Now Committee for the IERHA has supplied a grant to promote health and wellness in our community. We have chosen this Community Challenge as a way to work on getting and staying fit through the winter and into spring. Our goal will be to see how many times we can cover a distance equivalent to walking around the globe.

This is a challenge for our entire community. It could be a family challenge or one business comparing progress with another. Or just an individual who is training for a bike-a-thon! Pedometers are available to those who need one.

HERE IS HOW IT WORKS:

Movement is not limited to walking or running, as long as it is measured in distance. Wearing a pedometer measures all steps made during land exercise. Aquafit, line dancing, bowling or pickle ball are all movements and can be measured by the number of minutes spent moving. For example, ½ hour of Aquafit is equal to 40 minutes of walking, about 4000 steps or about 3 km. For the average person 1 km = 1320 steps according to a pedometer

WHEN: Starting November 27/15, and going to May 27/16 keep track of your movement.

HOW TO REGISTER AND KEEP AND TRACK:

To join the challenge, register in one of the following ways: email Roberta at rcarr54@mts.net and if you need a pedometer. Other contact locations include: East Beaches Resource Centre at 756-6468 on Monday, Wednesday or Friday to track your progress. Penny has agreed to keep a chart at the Post office in Grand Marais as well. Report your distance every 2 weeks, around the 15th and end of the month.

You don't have to be in the community to participate, as long as we're from the community. If you're away for the winter, email Roberta with your distance moved.

At the end of the challenge, on May 27 from 1-4:00 there will be a Wellness Day that will be a fun filled afternoon of sharing information. Also at this time we will reveal the distance walked. Let's see how many times we could make it around the world!! The circumference of the earth is 40,075 km.

We would like to make this a successful event and one with whom we can get the local newspapers involved at tracking our distance traveled.

Fitness is the road to mental well-being. Exercise your mind and body. Challenge your friends. Get involved.

Roberta Carriere
Special Events Co-ordinator
EBRC Inc.