

JULY 2019



# SAND DUNE News

[www.gbcoa.ca](http://www.gbcoa.ca)

## GBCOA Executive Members

<b>Past President:</b>	<b>Brent Olynyk</b>
<b>President:</b>	<b>Wayne Betker</b>
<b>Vice President:</b>	<b>Carly Friesen</b>
<b>Treasurer:</b>	<b>Catherine Schalla</b>
<b>Secretary:</b>	<b>Un-Filled</b>
<b>Member at Large:</b>	<b>Mike Ross</b>
<b>Board Members:</b>	<b>Sandra Marriott-Silver, Kerry Forgeron, Tracey Kirby-Savard, Lea Rioux, Judy Hall, Shelly Rogne, Dave Rogne, Doren Roberts, Marnie Rand-Gadient, Sheryl Holmes, Irv Simmonds &amp; Graham Silver</b>
<b>Bingo Coordinator:</b>	<b>Lisa Radlinsky</b>

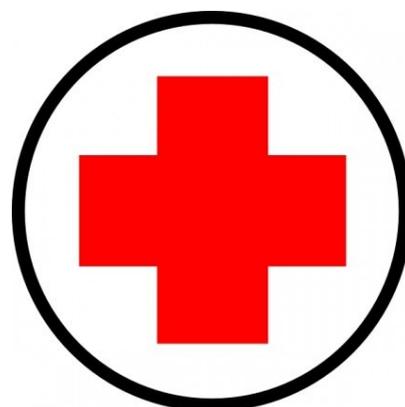
*Have a grand*

**Summer**



## Grand Beach Medical Clinic 2019

The Grand Beach Medical Clinic will be up and running again for the summer with our volunteer Nurse Practitioners and Physicians. The Clinic will be open from Sat. June 29 to Sat. August 31. The hours will be: 10 am – 11:30 am; and 5-6 pm most days (occasionally there may be a cancellation). Here is the list of practitioners for 2019. The Nurse Practitioners and Physicians are volunteering their time in exchange for use of the cottage to help support our community. The Grand Beach Cottage Owners Association supports the Clinic with: the coordination and recruitment of practitioners; provision of supplies and equipment to operate the Clinic; assisting Natural Resources and Water Stewardship with upkeep of the building; and cleaning the building between practitioners. A portion of membership fees from our annual GBCOA Club Membership drive go towards supporting the Medical Clinic.

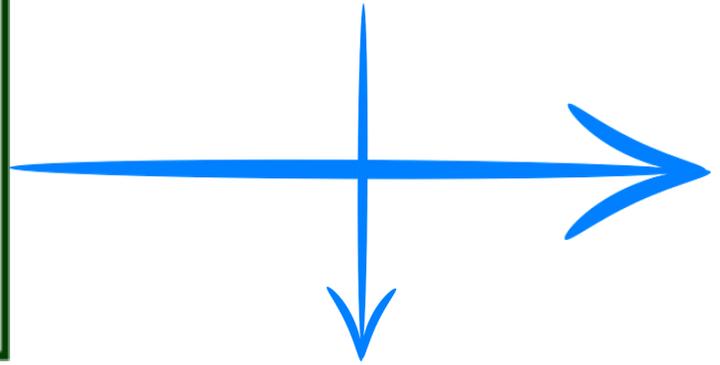


*Wishing you all a  
healthy and  
Injury-free summer!!*

**Co-ordinators:  
Sandra Marriott-  
Silver, NP  
and  
Cheryl Dika, NP**

Sat. June 29-Sat. July 6	Dr. Sasha Thiem
Sat. July 6-Sat. July 13	Elsie Duff, NP
Sat. July 13-Sat. July 20	Angela Thable, NP
Sat. July 20-Sat. July 27	Dr. Catherine Wach
Sat. July 27-Sat. Aug. 3	Cheryl Dika, NP
Sat. Aug. 3–Sat. Aug. 10	Cheryl Dika, NP
Sat. Aug. 10-Sat. Aug. 17	Dr. Amanda Condon
Sat. Aug 17-Sat. Aug. 24	Nicole Watling, NP
Sat. Aug. 24-Sat. Aug. 31	Dr. Donna Alden-Bugden
Sat. Aug. 31-Sun. Sept. 1	Cheryl Dika, NP

# PLEASE READ: IMPORTANT MESSAGES



## Sun and Heat Protection

Sun safety and overheating in the sun are 'Hot' topics for July at the beach (LOL). We encourage everyone to be careful with exposure to the Sun and Heat in order to: prevent sunburn, prevent skin cancer, prevent heatstroke and heat exhaustion. Here are some tips to protect yourself:

- ◆ Sunscreen, sunscreen, sunscreen – use lots of this and apply 20 min. prior to going outside and every 2 hours while in the sun. Use SPF 15 or higher; use a product that also blocks UVA rays (ingredients include: zinc oxide; Mexoryl SX, Parsol 1789; or titanium dioxide). Insect repellent decreases the effectiveness of the sunscreen so apply sunscreen prior 20min. prior to repellent and then apply sunscreen more frequently.
- ◆ Wear sunglasses, hat, and other protective clothing (dark clothes protect better) when out in the sun.
- ◆ Limit Sun Exposure between 10am and 4pm. However, this is the prime beach time so consider having some sun and some umbrella time during your time on the beach to decrease skin exposure, but still allow you to enjoy your day of fun in the sun at Grand Beach.
- ◆ Keep hydrated – drink water regularly while at the beach. Avoid dehydrating drinks like alcohol and caffeine containing drinks.
- ◆ Keep cool when you can – use umbrella, hat, natural shade, cool off in the water or shower (West Beach Boardwalk by washrooms)
- ◆ Be cautious of physical activity during the hotter time of day – keep hydrated and rest to cool off, if you start feeling over-heated
- ◆ Be extra cautious of babies and young children in the sun and heat – minimize sun exposure and keep cool
- ◆ Don't leave people or pets in the car – it heats up like an oven with direct sun and heat.

**For full information go to these websites:**

**Sun** - [http://www.wrha.mb.ca/community/travel/manual/files/Sec6\\_SunSafety.pdf](http://www.wrha.mb.ca/community/travel/manual/files/Sec6_SunSafety.pdf)

**Heat** - [http://www.gov.mb.ca/health/publichealth/factsheets/heat\\_factsheet.pdf](http://www.gov.mb.ca/health/publichealth/factsheets/heat_factsheet.pdf)

## **Binge Drinking**

- ◆ Binge drinking is defined as drinking five or more standard drinks in a row for men and four or more for women.
- ◆ Regular binge drinking could be considered heavy or excessive drinking.
- ◆ Risks of binge drinking include: acting in ways or saying things that you regret; missing work; missing family friends special events; becoming aggressive or violent; being sexually assaulted if you pass out; becoming ill/hungover; brain damage; drinking and driving; dying from alcohol poisoning.
- ◆ Alcohol dependence and addiction can develop.
- ◆ Long term complications include: liver damage; skin problem; stomach problems (gastritis, ulcers); vitamin deficiencies; erectile dysfunction; decreased fertility; mood changes; memory loss; heart problems and cancers.
- ◆ Prevention – be aware of the dangers and make changes to prevent consequences of binge drinking.

For more information visit the Addictions Foundation of MB website at:

<http://www.afm.mb.ca/Learn%20More/BingeDrinking.pdf>

## **Consumption of Cannabis in the Provincial Park**

This is just a friendly reminder that it is illegal to consume cannabis in any form while inside a provincial park including all provincially owned properties such as the Grand Beach Community Club. Medical use of cannabis is restricted to outdoor spaces only, and persons consuming must be at least 8 meters away from public areas. Please refrain from use while you visit the Club and remember that it is a community space meant for people of all ages.

# Lyme Disease

Lyme Disease is a bacterial infection commonly spread by Black-Legged Ticks (Deer Ticks). These ticks are smaller and are solid brown in color, unlike the common Wood tick (American Dog Tick) that we see more often and are brown with white markings on their back. Black-Legged Ticks, who are carrying the disease, spread it when they bite and stay attached to a person for more than 24 hours.

- **Black-Legged Tick Information:**

- ⇒ They live in moist wooded/forested areas and are active from spring until fall
- ⇒ They can't jump or fly - they are on bushes that people/animals brush up against and they grab onto you

- **How do you know you have Lyme Disease?**

- ⇒ If you are bitten by a Black-Legged Tick and get Lyme Disease, you will usually get a red circular rash approx. 5cm in diam. usually around the bite site, within 3 to 30 days of the bite. The center will often clear and the rash will look like a Bull's Eye and will not be itchy or tender.
- ⇒ You may also get symptoms of infection including: headache, fatigue, fever, chills, muscle aches, joint aches, other rash, and swollen lymph nodes.
- ⇒ If untreated you can develop headaches, dizziness, difficulty concentrating, stiff neck, irregular heart rate, or joint pain and swelling.

- **Treatment consists of oral or IV antibiotics for 2 - 4 weeks, depending how long the person has had the infection and the seriousness of the illness.**

- **Protection from Ticks:**

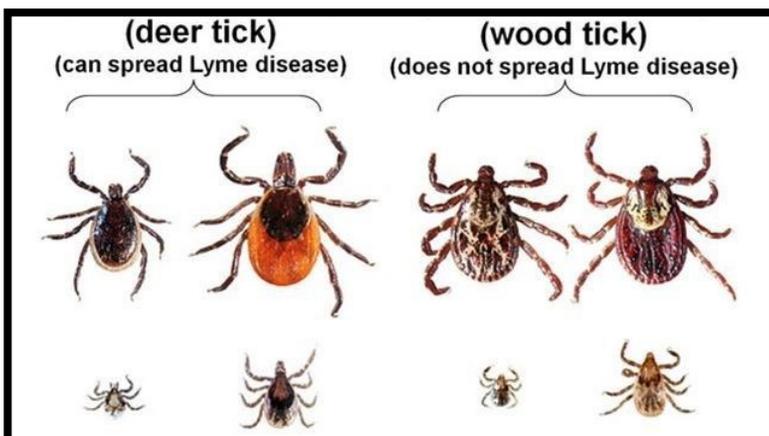
- ⇒ Use trails and walking paths to avoid picking up ticks
- ⇒ Wear light colored clothing to see them easily; tuck pants into socks to keep them from crawling up your leg if they get on you; use tick repellent; check yourself, your kids and your pets for ticks

- **How to remove and care for a tick bite:**

- ⇒ Grasp the tick close to the skin with tweezers and pull slowly upward with steady pressure
- ⇒ Avoid twisting or crushing the tick
- ⇒ Cleanse the area around the bite with soap and water
- ⇒ Monitor yourself or your child for a rash for the next 30 days

- **Cats and Dogs don't usually get Lyme Disease, but can - check your pets regularly and use tick repellent products. There is also a vaccine for dogs.**

- **Black-legged tick surveillance is done in the fall in Manitoba - if you find a Black-Legged Tick you can submit it for testing to the University of Manitoba - more information is available on the website below.**



Further information is available at:

<http://www.gov.mb.ca/health/publichealth/factsheets/lymedisease.pdf>

# Garbage and Recycling

One of the most contentious issues at Grand Beach revolves around garbage disposal. At present, Parks will pick up normal household garbage that is contained in the bins located throughout the cottage area. Items such as leaves and brush were to be taken to the Grand Marais transfer station for burning. Metal was also accepted at the transfer station. Construction materials and furniture such as mattresses are only accepted at the Libau dump site.

As most of us live in areas where we have weekly garbage pickup from our homes, we tend to want that same service in a rural area such as at Grand Beach. We need to realize that most rural areas **do not** provide garbage pickup and the homeowner must take it to an authorized garbage disposal site. We at Grand Beach have been **very fortunate** to have garbage bins for all our household garbage which are emptied several times per week.

With the recent burn ban in effect, cottagers were not able to take leaves and brush to the transfer station. This has resulted in a number of individual cottage owners either dumping their leaves into the bins or leaving them beside the garbage bins. As a courtesy to cottagers and so as not to have unsightly garbage areas, Parks has picked up those bags of leaves. **Leaves in plastic garbage bags cannot be burned for environmental reasons.**

My discussions with the local Park officials have resulted in a **tentative agreement** on disposal of leaves. Starting with the May long weekend and for a couple of weeks thereafter, as well as on the Thanksgiving weekend and a couple of weeks prior, **Parks will pick up leaves that are in paper bags and left beside the garbage bins.** Cottagers will be responsible for taking leaves and brush to the transfer station at all other times between those tentative collection periods. Fire bans are expected to become more frequent each year, so it is even more important that we have this new service available to us.

As this is a tentative agreement to see how well we adhere to the proposed disposal guidelines, it is incumbent upon all cottagers to be both socially and environmentally responsible in regard to what material we deposit into these garbage bins. This is your community, so please treat it with respect.

**Wayne Betker**  
**President - GBCOA**

# RECYCLING GUIDE

It's only garbage if you put it there. Did you know that more than half of your household waste can be recycled?

Manitobans are doing a great job recycling, but we can always do more.



**BY THE NUMBERS...**

**85,259,253 kg**



recovered in 2017  
enough to fill Investors  
Group Field 6 feet deep



**71 kg**

recycled per person,  
about the average  
weight of a medium  
sized man.

## EXAMPLES OF RECYCLABLE ITEMS

These are types of recyclable materials accepted in your recycling program:



Newspapers and flyers



Aluminum food and beverage containers



Glass food and beverage containers



Steel food and beverage containers



PET #1 plastic food and beverage containers



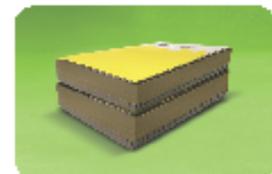
Magazines and catalogues



Gable top containers



Boxboard



Paper directories



Residential corrugated cardboard



Aseptic packaging



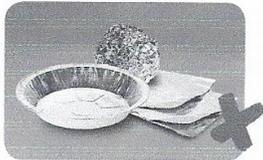
HDPE #2 plastic containers



#4, #5 and #7 plastic containers

# UNACCEPTED MATERIALS

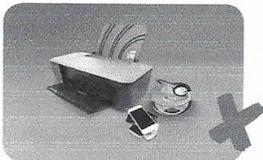
Please **do not** place any of these items in your blue bins:



Aluminum foil, foil pie plates or foil food containers



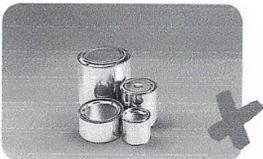
Dishes, ceramics or crystal



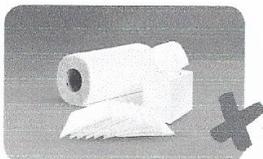
Electronics



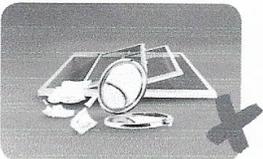
Foam packaging of any kind



Paint cans or oil cans



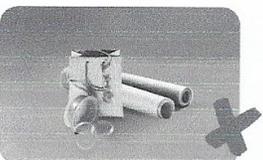
Paper towels, tissues or napkins



Window glass, mirrors or broken glass



Steel pots and pans or scrap materials



Wax or foil coated paper



Plastic bags or cellophane

# RECYCLING TIPS



- Toss your recyclables loosely into the bins without stuffing containers together.
- When you're recycling paper and boxes, fold and flatten them to save space.
- You don't have to remove lids or labels, just make sure your bottles and containers are clean and empty! A quick rinse is always appreciated.
- Recycling happens in more places than just your kitchen. Remember to recycle in all areas of your home.
- Don't put anything in your recycling bin that your municipality does not accept – check online first at [simplyrecycle.ca](http://simplyrecycle.ca).



## PLASTIC BAG RECYCLING

In Manitoba, **plastic bags are not accepted** in your recycling bin. Fortunately, many retailers in Manitoba accept your used plastic bags. Remember, reduce your use of plastic bags by bringing a reusable option, reuse "single-use" bags for household garbage, pet waste and other items, and finally, recycle the ones already in your home.

For a full list of drop-off locations, please visit [Simplyrecycle.ca](http://Simplyrecycle.ca).

### Multi-Material Stewardship Manitoba

(204) 953-2010 ● (877) 952-2010 (Toll Free)

[info@simplyrecycle.ca](mailto:info@simplyrecycle.ca)

[Simplyrecycle.ca](http://Simplyrecycle.ca)

  
**MMSM**  
 Multi-Material  
 Stewardship Manitoba  
 INDUSTRY FUNDING RECYCLING

# **Fire Bans and Fire Pits** Excerpt from R.M. of St. Clements web-site

## **About Burning Bans**

From time to time, when conditions are very dry and there is a high risk of wild fires, the RM will call for a burning ban until conditions change. When a burning ban is in effect, **no outdoor fires are allowed** including fires contained in fire pits and solid fuel burning appliances. Use of fireworks is also prohibited.

During a burning ban, transfer stations will not accept burnable material. If you don't want to wait for the burning ban to be lifted, Libau landfill will accept your burnables for a fee and will bury them, not burn them.

## **Fire Pit Safety Guidelines**

The fire pit or outdoor solid fuel appliance should:

- Be enclosed on all sides and constructed of masonry, concrete, heavy gauge metal or other non combustible materials
- Be covered with a non-combustible grate or mesh
- If it has a chimney, have mesh or a spark arrester installed
- Be located on a flat, level and noncombustible base and clear of overhangs, such as roofs, tree branches, or utility wires
- Have a minimum clearance of 3 metres or 10 feet from any structures or combustibles (ie, fences, trees, hydro poles) and property lines
- When in use, be attended by a responsible adult until the fire has been fully extinguished

## **Approved fire pit**



## **General Burning Rules**

- Fires are not permitted under severe wind conditions or when atmosphere or local circumstances make such fires a hazard
- **Fires cannot be used to burn garbage**, rubbish, previously painted or treated wood and any fuel which, when burned, may result in dense smoke or offensive odors.
- A means of extinguishing should be onsite such as a portable fire extinguisher or garden hose
- Smoke from outdoor fire pits and outdoor solid fuel burning appliance shall not impact on neighbouring properties by releasing offensive odours that are annoying, unpleasant, or a nuisance

All fires must be limited in size so the available fire fighting resources at hand may easily control them

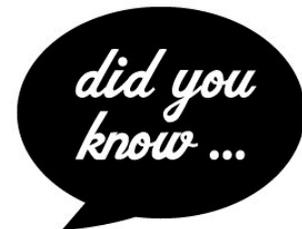
## Park Upgrades

In addition to the new sewage lagoon which is still being constructed, Sustainable Development (Parks) has been making a number of upgrades to the park area. Within the cottage area, the old water tower will be decommissioned once upgrades to the new water storage system are installed as part of the upgrades to the well house on Point Road. Over in the campground area, the showers, washrooms, and laundromat have undergone a complete transformation. The campground showers will now charge users, similar to the showers near our community club. Water meters are planned to be installed at several of the cottage area washrooms in the next few weeks so that Parks can determine waste flows. This will give them some needed data for sizing the proposed new pump station and force main piping.

**Wayne Betker, President - GBCOA**

## Speed Within the Cottage Area

The **maximum speed** allowed in the cottage area is **20 km per hour**. When you are coming down a hill within the cottage area you will generally have to be on your brakes to slow your vehicle down to stay within that speed limit. While you may feel that this speed limit is restrictive, this is for the safety of everyone. Our roads are for the use of both vehicles and pedestrians and unfortunately with vehicles parked on both sides of a street, it is difficult to see small children who may be entering the roadway. Please slow down and avoid a potential accident - an extra minute of travel time is not that important.



There is a noise ordinance **within** Grand Beach Provincial Park from 11 pm to 9 am. Between those hours it is considered quiet time. Remember that we are very close to our neighbour's cottages and when windows are open, sound carries. Please respect your neighbour's need for quiet time.

**Stay informed all summer long! Join our Facebook group:**

**Grand Beach Cottage Owners Association**

**Visit our website: <http://www.gbcoa.ca>**



## Membership Drive

Each year at this time we hold our annual membership drive. In the past we have had tremendous support from the cottagers in supporting the activities of GBCOA. Your continued support allows us to:

- Staff the medical clinic
- Purchase basic medical devices such as AED defibrillators
- Upgrade the medical facilities so as to attract medical practitioners throughout the summer
- Run the community club to offer craft and sporting activities for children
- Provide weekly bingo and movies for all to attend
- Offer social functions for adults such as crib night, trivia night, & the bike rally
- Represent the Grand Beach cottagers in matters with Sustainable Development (Parks) - especially important due to pending fee increases.

There will be a team of canvassers asking each cottager to support GBCOA by purchasing memberships (cash or cheque). Memberships may also be purchased at the community club where you can pay by cash, cheque, debit card, or credit card. Our membership fees will remain the same this year at \$35 for a family membership (up to 6 membership cards); \$20 for a couple; or \$10 for an individual membership.

Membership cards are required for bingo, Canada Day activities, sports day, and our children's craft activities.

A special thank you to Terri Eide who is chairing this important fundraiser for the club and her team of volunteers who are assigned to each block within Grand Beach.

**Wayne Betker, President - GBCOA**

## Memorial Bench Program

The Memorial Bench Program will continue to be offered this year with limited spaces in the Park, but not at the front beach. The price for the new benches will be \$1000.00.

A second plaque will now be allowed on existing benches at the request of the owners. The size of the plaque must be the same as the original plaque. Pricing for the additional plaque will be \$300.00.

Plaques will also be allowed along the Boardwalk on the metal strip underneath the railings. These plaques will be \$500.00 and the same size as plaques on existing benches.

Applications are available in the Park Office.

**Judy Hall**

Pickleball is one of the fastest growing sports and we are pleased to showcase two new courts which are located at the tennis court area. Several other improvements have been added including new fencing; a shelter for those waiting for courts or just watching; and upgrades to the storage shed. Wind netting will be installed and landscaping will take place soon.

Our 2019 calendar indicates a number of opportunities for individuals of all ages to either learn this sport or play against other players. **Mondays we offer Kids Pickleball at 7 pm; Tuesdays we offer beginner lessons at 9 am; and every Thursday will be drop in for adults at 7 pm.** The courts are available at all other time for casual playing. Paddles and balls are available to use by contacting Rick Bender.

A special thank you goes to Rick Bender for spearheading this project and for securing a grant for most of the costs involved. A special thank you also goes to the Parks Department for providing most of the labour required as well as some construction materials. Brad Pflieger has volunteered his time to look after the landscaping around the courts.

*Get fit and have fun!*

**Wayne Betker**

## WEDNESDAY NIGHTS ARE BINGO NIGHTS

COME OUT AND JOIN THE FUN!

Grand Beach Community Club

DOORS OPEN AT 6:30 P.M.—GAMES START AT 7:30 P.M.

*We are introducing some new games this year!*

We are also looking for volunteers to call Bingo—please sign up at the Club!

Please help support our Community Club by purchasing snacks & drinks at the canteen.



# Upcoming Events!



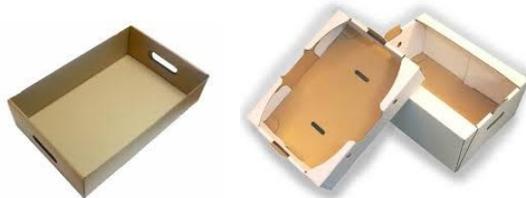
## BOOK & BAKE SALE SUNDAY JUNE 30TH & SUNDAY AUGUST 4TH



### Be sure to come take in our long weekend book and bake sales

Please drop off all book donations, preferably in fruit boxes, which have side handles as pictured below. The club will be open Friday June 28<sup>th</sup> for the **Welcome Back Pub Night** so feel free to bring your book donations then. We have found it very helpful to sort all the books according to author and pack them in these fruit boxes such that the binding is visible eliminating the need to unpack the books.

These events raise monies for the GBCOA programs and are not possible without significant help from volunteers. With the first sale happening so early in the calendar **we really need volunteers to pre bake**. The baking is a huge highlight for most attendees. People helping with baking get to pre-shop the **morning** of the sale! Please drop off the baking between 9-9:30 a.m. Book set up occurs the **evening** before each sale between 7-9 p.m. If books are your passion we desperately need help sorting all the new books during the set up— please come and help; this process is a time consuming job but most appreciated by our patrons.



**Shelly Rogne**

Newsletter articles can be emailed to [donna.harding@shaw.ca](mailto:donna.harding@shaw.ca)

The deadline for the August issue is July 15th





**MONDAY, JULY 1ST**



**10 AM-NOON**



**HELP US CELEBRATE CANADA DAY AT THE COMMUNITY CLUB.**

**Activities include a bouncer, games, hennas, face painting and water dunking!**

**Come down and join the fun—wear your Canada Day colors!**

**Participation requires a membership. It will be a great time to get your memberships and pick up a calendar!**

**Ashley Radlinsky, Community Club Supervisor**

Hi everyone—the supervisors are looking forward to all the events taking place this summer, especially what we have planned for the kids.

Lots of our favorite activities are returning this year including the **HAUNTED HOUSE** which was a huge success last summer! Some new activities are the Kids Winter Wonderland and a Science Mania evening. We are also having a morning of fun and games in **WHOVILLE!**



Please check out the calendar for all upcoming events!

Kids spend a **HAPPY SUMMER** with us.

**Ashley—Head Supervisor**

**Junior Supervisors—Morgan, Matt, Gillian**

To help protect the environment we are asking parents to send their children to crafts each day with their own cup or water bottle for drinking water, marked with their name. We are finding that we are going through numerous paper cups during our activities. Thank you for your support!



# **FAMILY DANCES** - A Dance for all Ages - 7-10 pm

## **Saturday July 6th & Saturday August 31st**



Our dances have become a popular family fun night for all.

The first is on Saturday July 6th and the second will wind up the summer Saturday August 31st.

Events are free of charge. Bring your entire family down to dance up a storm. Tickets will be sold for raffle prizes and drawn throughout the evening. The popular candy guess returns, come and guess and win your summer supply of sugar!

## **Monday July 8th**

COMMUNITY CLUB - 10:30 AM

**Hosted by Judy Hall every Monday**

After a very successful last year, dust off your boots and let's dance again! I am looking forward to you joining us—everyone is welcome! Please try and make sure that children are of an age that they would be able to remember the steps and follow along.

**LINE DANCING**





**All you budding photographers out there -  
submit a photograph to our GRAND BEACH PHOTO CONTEST!**

- Eligibility:** Anyone
- Theme:** ***The Beach and Boardwalk area at Grand***
- Limit:** One photograph per person
- Submit to:** Community Club Supervisor at the Club
- Entry Deadline:** July 15th
- Winning Photo Chosen:** July 17th

On the back of your photograph put your name and contact number. The photographs will be available at the Community Club for pick up if you wish to get it back by July 20th. A panel of judges will determine the winner from the entries.



## **GRAY'S ON GRAND BEACH**

has generously donated

**A \$50.00 GRAY'S GIFT CERTIFICATE** to the winner of the contest. The winning photograph will be displayed on the GBCOA Facebook page..

***Get snapping everyone and have fun!***

**SATURDAY  
JULY 20th**



# ST. PADDY'S in the park

**GRAND BEACH COMMUNITY CENTRE**

Doors open **8:00pm**  
Program starts **8:30pm**

**Social to Follow**

FOR TICKETS **\$12** SEE:  
**49-2ND AVE OR 48-1ST AVE**

*What to wear?*  
**OF COURSE GREEN  
IS A MUST!**

Come join us for **SONG,  
DANCE, a little BEER PONG,  
A SKIT or 2** and of course  
some **IRISH STEW!**





Calling all Kids

To come to the  
Community Club

**HAUNTED  
HOUSE**



FRIDAY JULY 26TH

Join the Supervisors for a

**SPOOK-TACULAR HAUNT**

—spiders, bats, black cats and more—

come see what the

Haunted House has in store!

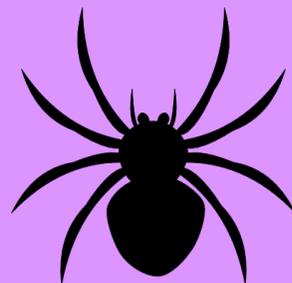
Kids 6 and under

6:30 p.m.



Kids 7 and older

8:00 p.m.



**Trick or Treat Saturday July 27th—meet at 6:30 p.m. at the blue play structure in the park for our parade of costumes—followed by Trick or Treat!**

# BIKE RALLY 2019

Theme: Kids Shows  
Date : August 17, 2019



Think back, way back, to when you were kids and come dressed as your favorite childhood cartoon or children's TV show. Get your teams of 6-8 riders together for this years rally. Register any time at [kerrycsg@gmail.com](mailto:kerrycsg@gmail.com) Depending on numbers of riders we will be accepting 22-25 teams.

To secure your theme your team must send a representative with payment of \$25 per team member to the Club on Sunday July 21st at 10 a.m.

Once again, the GBCOA is excited to partner with

## *peg city* YOGA

to offer complimentary beach Yoga  
every Saturday morning!

Join us for Yoga on the Beach every Saturday at 9am from  
June 30th to September 1st

Bring your beach towel or yoga mat to the first set of stairs and start your  
weekend off with a fabulous stretch under the sun.

## *Workplace flexibility*

[www.pegcityyoga.com](http://www.pegcityyoga.com)



In studio classes  
On site classes  
Team workshops  
Individual coaching/training

### *Benefits of bringing Yoga into the workplace:*

- Increased productivity
- Decreased health care premiums
- Reduced staff turnover
- Reduced employee absenteeism
- De-stress and ability to handle stress improves
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