

www.gbcoa.ca

#### **GBCOA EXECUTIVE MEMBERS**

PRESIDENT:

Carly Friesen

**PAST PRESIDENT:** 

Wayne Betker

**VICE PRESIDENT:** 

**Brett Chestley** 

TREASURER:

**Cory Epp** 

**SECRETARY:** 

**Stacey Ross** 

MEMBER AT LARGE: M

Mike Ross

#### **BOARD MEMBERS:**

Sandra Marriott Silver

Kerry Forgeron

Tracey Kirby-Savard

**Doren Roberts** 

Shelly Rogne

**Graham Silver** 

Lisa Radlinsky

**Amanda Clark** 

Michael Moore

Kim Jurkowski

Sydnee Laurin

Ashlee Laurin-Clark

#### **President's Message:**

Greetings on behalf of the Grand Beach Cottage Owners Association. Well, summer is officially here and with that, so are our fantastic activities! At this time, we hope you've had a chance to come down for our Kick-Off to Summer event, purchased your memberships, found some great merchandise, and maybe even considered which events you and your family hope to take part in. Our volunteer board has worked tirelessly to ensure that there are activities for everyone on our calendar and we look forward to making new memories with you!

Summer is a time of transition and for many of us it's a time of renewal and abundance. It can be a time to show gratitude for the natural gifts that we cherish. For me, the sound of the waves hitting the sandy shore, the chirp of the red winged black bird as it circles the lagoon, the smell of the sweetgrass growing along the highway, and our impressive sunsets are what fill my heart, and what keep me coming back for more. Along with the natural wonders, summer is also a time to celebrate with others; a time to come together, reminisce, share stories, and plan for the future... even if that plan is what time we'll meet for dinner, or how many people you can get into the vehicle for a trip to the golf course.

These past few weeks I've caught myself daydreaming about the long summer days and how I intend to fill them. I'm sure that many of my friends and family are tired of my question, "What's on your summer bucket list?", but they still humour me and give an answer. As you read this, I hope you start to create your own list, or maybe refresh your already growing to-dos. I hope your list includes not just chores and tasks, but fun, merriment, and experiences in nature. Our community has all these things in an abundance, and they are ours to enjoy!

Whatever your plans are for the summer, we hope it includes us, and the Community Club. Your social connections are what drive our work, and what make Grand Beach the special place that it is. We can't wait to see you around.

#### Carly Friesen

#### **2023 MEMBERSHIPS**

Membership sales are well underway! HUGE thanks to everyone who has already purchased memberships online. For those of you who haven't yet had a chance, please consider scanning the QR code below that will take you to the site where you can launch the online payment options. Once you've purchased online, you will receive an email thanking you for your purchase. Please bring this (or your email on your phone) to any of the community club events, and it will serve as proof of your purchase. We will provide you with your paper copy membership cards.

If you prefer in-person purchase, memberships will be available for sale at all events and payment can be made in the form of cash, cheque, credit card, or debit.

Membership sales help us to pay for updates and maintenance of our Medical Clinic, support with the supervisors' wages, and fund activities. The value-added benefit of membership is experienced not just by the individual, or cabin, but by the greater community. Caring medical support is a necessity and a tremendous support to us all. Engaging community activities ensure that our children have safe and supportive places to play, grow, and take risks. By purchasing a membership, you demonstrate your care for our community in so many ways. Thank you for your ongoing support!





#### **Grand Beach**

#### **Medical Clinic 2023**



#### **Greetings, Grand Beach community!**

We are thrilled to announce that the Medical Clinic will once again be up and running for the summer season, <u>starting July 1st.</u> As in previous years, the clinic will operate during the following hours: <u>10:00 am to 11:30 am</u> and <u>5:00 pm to 6:00 pm</u>. Any changes to the schedule will be promptly communicated on the Grand Beach Cottage Owners Facebook page, so be sure to stay connected!

We are immensely grateful to the GBCOA for organizing and funding this essential community service. Thanks to their dedication, we can continue to provide Walk-in medical care to those who visit Grand Beach. Moreover, our incredible team of practitioners has generously volunteered their time to staff the clinic in exchange for a cottage at this beautiful destination.

The clinic is open to anyone in need of Walk-in medical assistance while at Grand Beach. We welcome both residents and visitors alike, ensuring that everyone can access the care they require.

To offer you a glimpse into the exceptional care you can expect this summer, here is the list of dedicated volunteers who will be serving at the clinic during specific weeks:

- June 1 3: Sandra Marriott-Silver, NP
- July 4 6: Courtney Fraleigh, NP
- July 8 15: Miriam Amaladas, NP
- July 15 16: Sandra Marriott-Silver, NP
- July 15 22: Martha Ross, NP
- July 22 29: Cathy Scofield Singh, NP or Sandra Marriott-Silver, NP
- July 29 Aug. 5: Ian Chamber, NP
- Aug. 5 12: Nicole Watling, NP
- Aug. 12 19: Cheryl Jacob, NP (to be confirmed)
- Aug. 19 26: Celina Jimenez, NP
- Aug. 26 Sept. 4: Olga Moldovanenko, NP

We express our deepest gratitude to these compassionate practitioners who have graciously offered their expertise to ensure the well-being of our community throughout the summer.

Mark your calendars and spread the word among your fellow beachgoers. The Medical Clinic at Grand Beach is here to provide top-notch healthcare services during the summer season. Let us all enjoy a safe and healthy summer at this beloved destination!

Warm regards, Sandra Marriott-Silver

#### GRAND BEACH MEDICAL CLINIC COTTAGE RENOVATIONS

We are delighted to share the latest news on the ongoing renovations at the Medical Clinic Cottage. After years of longing for a refreshed interior, the time has finally come to give it the sprucing up it deserves. With the last interior update dating back nearly a decade, this project is long overdue. We owe a tremendous debt of gratitude to Graham Silver, one of our esteemed board members, who has taken the reins as the project lead. Graham's dedication and enthusiasm have been instrumental in driving this initiative forward. But Graham is not alone in his efforts; a fantastic group of volunteers has generously stepped up to offer their valuable assistance. Let us extend our heartfelt thanks to the following individuals for their invaluable support: Stewart Clark, Dave Silver, Brent Silver, Dianne and Norm Oakley, Carole Loden, Sydney Laurin, Ashlee Laurin-Clark, Steve Donahoe, and Christian MacDonald. Their commitment and hard work are the driving force behind the progress we have witnessed thus far. In addition to the incredible volunteer team, we have been incredibly fortunate to have the skills and expertise of Gina Curatolo on our side. Gina has graciously lent her expertise in home staging, helping us make strategic decor changes to enhance both the functionality and visual appeal of the cottage. Her contribution has been truly invaluable, and we are immensely grateful for her involvement.

Furthermore, Graham has been diligently collaborating with Parks to coordinate the various tasks on our renovation list. By working together, they have identified the jobs that could be tackled this spring, maximizing our efficiency and progress.

To all the dedicated individuals who have poured their time, energy, and passion into this project, we extend our deepest appreciation. Your hard work is bringing us closer to creating a revitalized and welcoming space for our medical clinic community.

Stay tuned for more updates as we continue to transform the cottage into a place that embodies both beauty and functionality.

With sincere gratitude, Sandra Marriott-Silver, Board Member and Medical Clinic Coordinator

#### **West Nile Virus Protection**

West Nile Virus (WNV) is a mosquito borne virus that can cause severe illness including encephalitis (swelling of the brain) and can sometimes result in long term complications and death. The risk of WNV varies from year to year based on precipitation, temperature, mosquito populations and other factors. With the high rainfall in 2022, mosquito populations may be high.

It only takes a single bite from an infected mosquito to contract WNV

#### Who is at risk?

- ⇒ All people in southern Manitoba from June to Sept.
- ⇒ Highest Risk is from mid July to the end of Aug.
- ⇒ People spending time outside for work or recreation

#### What are the Symptoms?

- ⇒ Some people have no symptoms and do not become ill
- ⇒ Others may have mild symptoms such as headache, fever, fatigue and body aches
- ⇒ Severe Illness can occur in all ages, but older adults and people with weakened immunize symptoms are at more risk. Symptoms include: severe headache, high fever, mental confusion, muscle weakness, coma and paralysis

There is no vaccine, cure or treatment for WNV. Prevention is the only line of defense against WNV

- ⇒ Apply Insect repellent when outdoors
- ⇒ Wear light colored loose-fitting clothing with long sleeves and pant legs outdoors
- ⇒ Ensure your door and window screens are secure
- ⇒ Clean up any standing water on your property
- Ensure rain barrels are covered with a fine screen and tightly sealed around the downspout
- ⇒ Keep grass mowed and plants trimmed around door entrances and seating areas

#### Insect Repellent Information

As of May 2013, Health Canada has approved the following active ingredients to be safe and effective mosquito repellents:

- DEET (no more than 30% strength)
- ⇒ Icaridin (Picaridin)
- ⇒ Oil of Lemon Eucalyptus (p-methane-3, 8 diol)
- ⇒ Soybean Oil

For more information go to this website:

https://www.gov.mb.ca/health/wnv/factsheets.html

#### **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
- $\Rightarrow$  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?

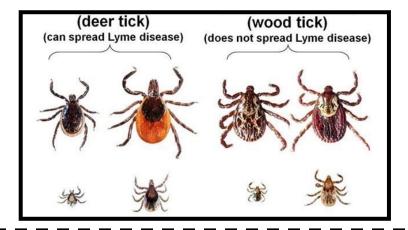
- I sprox. 5cm in diam. usually around the bite site, within 3 to 30 days of the bite. The center will often clear and the rash will look like a Bull's Eye and will not be itchy or tender.
- ⇒ You may also get symptoms of infection including: headache, fatigue, fever, chills, muscle aches, joint aches, 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 tweezer 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

#### **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 this website:

Sun safety—Canada.ca

#### 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

#### **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 a s 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

#### Approved fire pit



#### **FAMILY BRICKS**

We were so excited to see the Family Brick patio go in at our clubhouse at the end of last season! It has been a great **FUNDRAISER** for our new Community Playground and the grounds beautification project. Thank you to those who have already purchased their bricks!

We will continue to sell the bricks while we have space left, funds will go to future projects.

People have done family/cottage names, addresses, fun memories, cute sayings & memorial bricks.

There are 2 sizes to choose from:

4"x8" brick (up to 3 lines, 15 characters per line including spaces) = \$150

12"x12" brick (up to 8 lines, 15 characters/line or a company logo) = \$500

To order a family brick, you can email: <a href="mailto:gbcoaplay@gmail.com">gbcoaplay@gmail.com</a>

Thank you for supporting our Club:)



#### $\bigcirc$

#### **GBCOA Boardwalk Memorial Plaque Program**

GBCOA Boardwalk Memorial Plaque Program Celebrate special memories of times spent at Grand Beach by commemorating a significant birthday, anniversary, retirement, special event or the passing of a loved one by purchasing a beautiful bronze plaque from the Grand Beach Cottage Owners' Boardwalk Memorial Plaque Program. Plaques are bronze, 4' x 8" in size includes 6 lines of text. Each plaque is \$550.00 and will be mounted to the steel part of the edge of the boardwalk. These plaques are available to the business community and to the general public. This program allows you to leave a lasting legacy by remembering a special day or person in a way that will be enjoyed by many.

If you are interested learning more about the plaques please contact Doren Roberts at doren.roberts@mymts.net

### **Mom's Pantry Fundraiser**

Back by popular demand: Mom's Pantry fundraising order! The online store will be open to purchase your items on Saturday, July 1st and the final date to purchase will be Saturday, July 15<sup>th</sup>. Delivery date will be set for the last two weeks of July. Stay tuned for order codes. This annual fundraiser goes toward kids' programming.

Your support is appreciated!



253-6866

## Yoga on the

Beach

Starting Saturday, July 1st @ 9:00 am

Yoga on the Beach is BACK!

Thanks to our Grand Beach community
member, Corie Carpenter, who has
volunteered to lead Saturday morning yoga
all summer long!



## **Monday July 3rd**





COMMUNITY CLUB -10:30 AM

#### Hosted by Judy Hall every Monday

We are back! 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.

**Basic Beginner Line Dancing** 

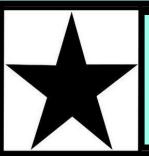


### EVERY WEDNESDAY

### STARTING JULY 5

I AM EXCITED FOR BINGO THIS YEAR - WE HAVE A COUPLE OF NEW GAMES - I HOPE TO SEE EVERYONE THERE! LISA RADLINSKY

DOORS OPEN 6 PM GAMES START 7 PM



MUST HOLD A
GBCOA CLUB
MEMBERSHIP

IF YOU ARE 18 AND OVER AND WOULD LIKE

TO HELP CALLING AT BINGO PLEASE CONTACT ONE OF THE SUPERVISORS

FUN FOR THE WHOLE FAMILY PLEASE HELP TO SUPPORT OUR COMMUNITY
CLUB BY PURCHASING SNACKS AND DRINKS
FROM OUR CANTEEN

THANK YOU!

#### Parent and Baby Group: Connecting Parents and Little Ones!

Hello, Community Members!

We've got some exciting news to share with you all—a Parent and Baby Group is coming to our Community Club! It's a fantastic opportunity for parents and their adorable infants and toddlers to come together, socialize, and have some fun. As a new mom, I'm looking forward to meeting fellow parents and forging new friendships.

Our goal is to create a supportive and friendly space where parents, whether new or seasoned pros, can connect, share experiences, and build relationships within our wonderful community. We understand that the journey of parenthood can be both exhilarating and challenging, and our Parent and Baby Group aims to bring together parents who are going through similar adventures. Plus, it's a fantastic chance for our little ones, who are too young for kids' activities, to connect and play with others their age.

Our Parent and Baby Group will meet every Thursday at 9 am, starting from July 6th, at the community club.

No need to sign up—just drop in whenever you can. Each session will be around 30 minutes long and filled with songs, stories, and activities tailored specifically for our little ones aged 4 and younger. After the structured session, there will be time for parents to chat, and share stories while the kids continue to play.

Just a friendly reminder: try to arrive a few minutes early, so you and your little one can settle in comfortably before the session begins.

We can't wait to see you at the Community Club for an enjoyable morning of songs, stories, and the opportunity to form new friendships!

Warm regards,

Amanda Board Member and Proud New Mom



A Dance for all ages 7 p.m.—10 p.m.

## Friday July 7th and Saturday September 2nd

Our dances have become a popular family fun night for Events are free of charge. Bring your entire family all. 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!



#### **Calling All Bakers!**

We are looking for anyone interested in donating baked items for the Book and Bake Sale on Sunday, July 9th. All items are graciously appreciated! Baked goods can be dropped off at the Club at 9:00 am on the 9th. Questions? Please see Shelly Rogne 13—4<sup>th</sup> Ave / 403—605-7117

## SUNDAY JULY 9th 10:00 A.M.



A second Bake Sale (not book) will be held on Sunday August 6th.

More information coming!

#### THESE EVENTS RAISE MONIES FOR GBCOA PROGRAMS AND ARE NOT POSSIBLE WITHOUT SIGNIFICANT HELP FROM VOLUNTEERS.

Be sure to come and take in our July book and bake sale (the only Book Sale of the summer). Please drop off all book donations, preferably in fruit boxes which have side handles as pictured below. 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.

Books can be dropped off at the club anytime it is open.

Set up for the Book and Bake sale will occur immediately following the Trivia Night on Saturday July 8th after 10:00 p.m.

If books are your passion we desperately need help sorting all the new books during the set up—so please come and help! This process is a time consuming job but most appreciated by our patrons.

We really need volunteers to pre bake. The baking is a huge highlight for most attendees. People helping with the baking get to pre-shop the morning of the sale. Please drop off baking between 9:00 a.m. and 9:30 a.m. the morning of the sale.





Due to last year's overwhelming success, the GBCOA is pleased to announce the return of our Makers Market this summer with two market dates!

- Sunday, July 16th, 2023
- Sunday, Aug 20th, 2023

Last summer we gave this market idea a shot in the dark and tried something new. If you were able to join us last year, you know we not only had over 20 amazing local vendors, but we also had a heartwarming sea of community interest. The event was truly a great success because YOU came out to support it!

If you or anyone you know would like to join our group of talented vendors this year, please contact Kimberly at <a href="mailto:kjurkow@icloud.com">kjurkow@icloud.com</a> and a market application will be sent to you.

Deadline for applications: July 1st, 2023



#### PRESENTS:

## GRANDBEACH 3V3 STREETHOCKEY TOURNAMENT PRESENTED BY PERK COFFEE BAR

\$10 PER PLAYER INCL A DRINK & HOT DOG
3 GAME MINIMUM

SPECIAL GUESTS INCL NHL GOALIE CALVIN PICKARD



JULY 22ND @10AM

3 PLAYER + I GOALIE TEAMS MAX 7 PLAYERS PER TEAM

contact GBCOA for ticket details

More info on Facebook

## The Chucks are back!!



## Saturday July 22<sup>nd</sup>

Doors open at 8pm / Races start at 9pm
Tickets \$15.00 each

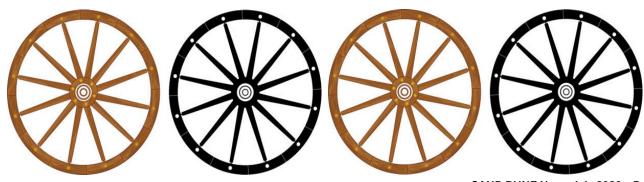
There will be Chuckwagon Auctions

Prizes for the best dressed

Fun betting with play money on chuck wagon video races

Remember this event has sold out in the past so get your tickets early from a Board Member

or contact Shelly at 403-605-7117 / 13 - 4th Ave.





Everyone is eligible to participate in our annual Photo Contest with a limit of one photograph per person.

The theme this year is to take a photo of something YOU feel is

Wonderful in or around Grand Beach!

Email your photo along with your name to donna.harding@shaw.ca

Entry deadline is July 25th. The winning photo will be chosen shortly afterwards by a panel of judges. The lucky winner will be notified and their photo will be displayed on the

GBCOA Facebook page.



has generously donated a
\$50.00 GIFT CERTIFICATE to
the winner of the contest—
Get snapping everyone
and have fun!



Hello kids - Cadence, William and I are so happy to see you return!

July will be a fun-filled month with lots of activities surrounding our Welcome Back week, Out of This World week, Fantasy Week and Holiday Week.

Check out the July calendar for all the kid's activities including the return of the

## Kid's Bike Rally on July 21st



You can find the calendar on the GBCOA Facebook Page as well as their website, or pick one up at the Community Club.

Hope to see you all crafting with us soon!

Emily Radlinsky, Clubhouse Supervisor

## HAUNTED HOUSE



Calling all Kids

to come to the Community Club

FRIDAY JULY 28TH Join the Supervisors for a

SPOOK-TACULAR HAUNT

—spiders, bats, black cats and more—

come see what the Haunted House

has in store!

Less Scare 6:30 pm-8:00 pm

More Scare 8:30 pm-10:00 pm

HALLOWEEN AT THE BEACH SATURDAY JULY 29TH

MEET AT THE BLUE PLAY STRUCTURE AT THE FRONT PARK AT 6:30 P.M. FOR THE COSTUME CONTEST

TRICK OR TREATING 7:00 P.M.



Sunday August 6th

Grand Beach Communiuty Centre

Registration: 7:00 pm Games Start: 8:00 pm 16 and Older \$15.00 per person
You can pre-register—see Lisa at 24—4th Ave. or register night of tournament at the club
Register as a team (2 players)





for 1st, 2nd & 3rd places



## **Subscribe to the Grand Beach Cottage Owners Association mailing list!**

To stay up to date on current news and events, be sure to subscribe to our mailing list on our website.

Go to <u>www.gbcoa.ca</u> and enter your email address to subscribe!

# Stay informed all summer long! Join our Facebook group: Grand Beach Cottage Owners Association

Newsletter articles can be emailed to donna.harding@shaw.ca

The deadline for the August issue is July 15th











