



EAST BEACHES
RECREATION AND
WELLNESS COALITION INC.

Board of Directors:

- Roberta Carriere,
Chair
- Isabelle Brunel, Vice
Chair
- Claudette Sabourin,
Secretary
- Audrey Litzenberger,
Treasurer
- Diana Ateah,
Membership
- Carol Danwich,
Capital Campaign Liaison
- Rob Shura,
EBRCC Liaison
- Monty Vialoux,
Special Events
- Holly Penner,
Communications

In this issue....

- Notice of the AGM 1
- Report on sale of Grey Cup Tickets 1
- Mental health and wellness 2
- Grand Marais Family Fun Day 2

APRIL 2011 MEMBERS NEWSLETTER

“Promoting and supporting health, wellness and recreation issues for the community as a whole.”

Spring

April, 2011

Annual General Meeting — May 28, 2011



It is time once again for the annual general meeting of the East Beaches Recreation and Wellness Coalition. Like last year, the AGM will be held at 11:00 a.m. at Walter Whyte School and will include information, speakers and give-aways.

This year, our guest speakers will be Christine Curle and Brandy Pantel - Health Educators from Cancer Care Manitoba. Christine and Brandy will be speaking to us about colon, cervical and breast cancer.

A light lunch will be served at 1:00 p.m.

Knowledge is power – get some!

Cancer is an awful disease, regardless of which part of the body it attacks. There is much that is not known about it and the very word can evoke feelings of helplessness and hopelessness.

However, there are things that are known about cancer. Importantly, there are things that we can do to lessen the risk of developing cancers and things that we can do to increase our chances of receiving successful treatment if we do develop cancer.

Christine and Brandy will provide some of this important, potentially lifesaving information in an enjoyable, non-threatening manner. Please join us and make May 28, 2011 the first day of the rest of your well and healthy life.

The sale of Grey Cup tickets was a smashing success.....



Happily, the sad play of our beloved Bombers does not deter the enthusiasm of Manitobans for the Grey Cup and the Grey Cup cannot be properly watched without Grey Cup tickets. Thanks to all of the volunteers who sat at various locations throughout the area selling Grey Cup tickets and thanks to all of the businesses that allowed us to do so. We sold 1683 tickets, raising \$2830.

Healthy Mind, Healthy Body

A few weeks ago CBC radio was doing a piece on the Federal prison system. One of the things from that report that really caught my attention was the assertion that solitary confinement is the worst punishment that the state can inflict upon a prisoner because human beings are social animals. As such, being completely deprived of society is extremely hard on the prisoner's mental health and can ultimately lead to mental illness.

What, you might ask, does this have to do with you, a non-prisoner? A great deal, as it turns out.

Solitary confinement is an extreme situation, but many of us isolate ourselves - or become isolated - from other human beings for a number of reasons.



Some of the reasons for our isolation are mundane - it's so cold that we can't be bothered going outside or it's too icy so that we don't want to walk to our neighbour's place for coffee or drive to the Senior Scene for an exercise program.

Some of the reasons are more serious - we're feeling low (possibly depressed) because our physical health is poor, or we've lost a loved one or we're worried about a child or grandchild or any number of reasons.

Whatever the reason, lack of community can lead to poor

mental health which can lead to poor physical health in a downward spiral.

That's the bad news. The good news is that you can start improving your health without committing to some crazy exercise program. You can start improving your health and wellness by taking the simple step of phoning a friend with whom you've lost touch.

This is not, of course, to say that you shouldn't join some "crazy" exercise program - just that the road to health and wellness starts with very small and manageable steps.



EAST BEACHES
RECREATION AND
WELLNESS COALITION INC.

P.O. Box 8
Traverse Bay, MB
R0E 2A0

(204) 756-3035
ebrwc@mts.net

Grand Marais Family Fun Day a smashing success again!

On February 12, the Grand Marais Family Fun Day was held at the Grand Marais Rec Centre. The EBRWC participated in this event by sponsoring and providing volunteers for the hay ride. The volunteers were charged with keeping the loading area clean (a euphemism for scooping the giant horse poop - both the horses, being Clydesdales, and the poop qualifying as "giant") and helping the little kiddies on and off the sleighs. There was a great turn-out to the entire event and the horses were kept busy with the little kiddies (and their parents). This event was a great example of community - healthy mind, healthy body!

