



**EAST BEACHES**  
RECREATION AND  
WELLNESS COALITION INC.

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## October, 2010 MEMBER'S NEWSLETTER

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

Fall

October, 2010

### Annual Meeting — May, 2010

This year the annual meeting for the East Beaches Recreation and Wellness Coalition Inc. (the “EBRWC”) was held at Walter Whyte School at a new time - 11:00 a.m. This new time seemed to work better than the old time (1:00 p.m.) because it allowed people to attend the meeting and still have the full (or almost the full) afternoon in front of them. We anticipate continuing with this new time for future meetings.

Greg Dewar, the MLA for the Selkirk/East Beaches area, attended the meeting and reiterated the Province’s support for the work of the EBRWC and, in particular, the Regional Complex. How that support will be translated into actual dollars remains to be seen as the Regional Complex takes shape, but we are very encouraged by the positive response from the Province.

Dennis Wasylyniuk, President of the East Beaches Regional Complex Board (the “Complex Board”) attended the AGM to give us an update on the progress of



the Complex Board. Progress is slow, as is always the case with a project of this magnitude, but progress is being made. A preliminary schematic of the complex is shown on the second page of this Newsletter. Please continue to support this exciting project by supporting the EBRWC.

We were also pleased to have Sue McKenzie (pictured above leading the assembled in some exercises) and Jim Evanchuk of

the Active Living Coalition of Older Manitobans (“ALCOA”) at our AGM. Sue and Jim reminded us of the importance and benefits of healthy living. Visit the ALCOA website at:

[www.alcoamb.org](http://www.alcoamb.org)

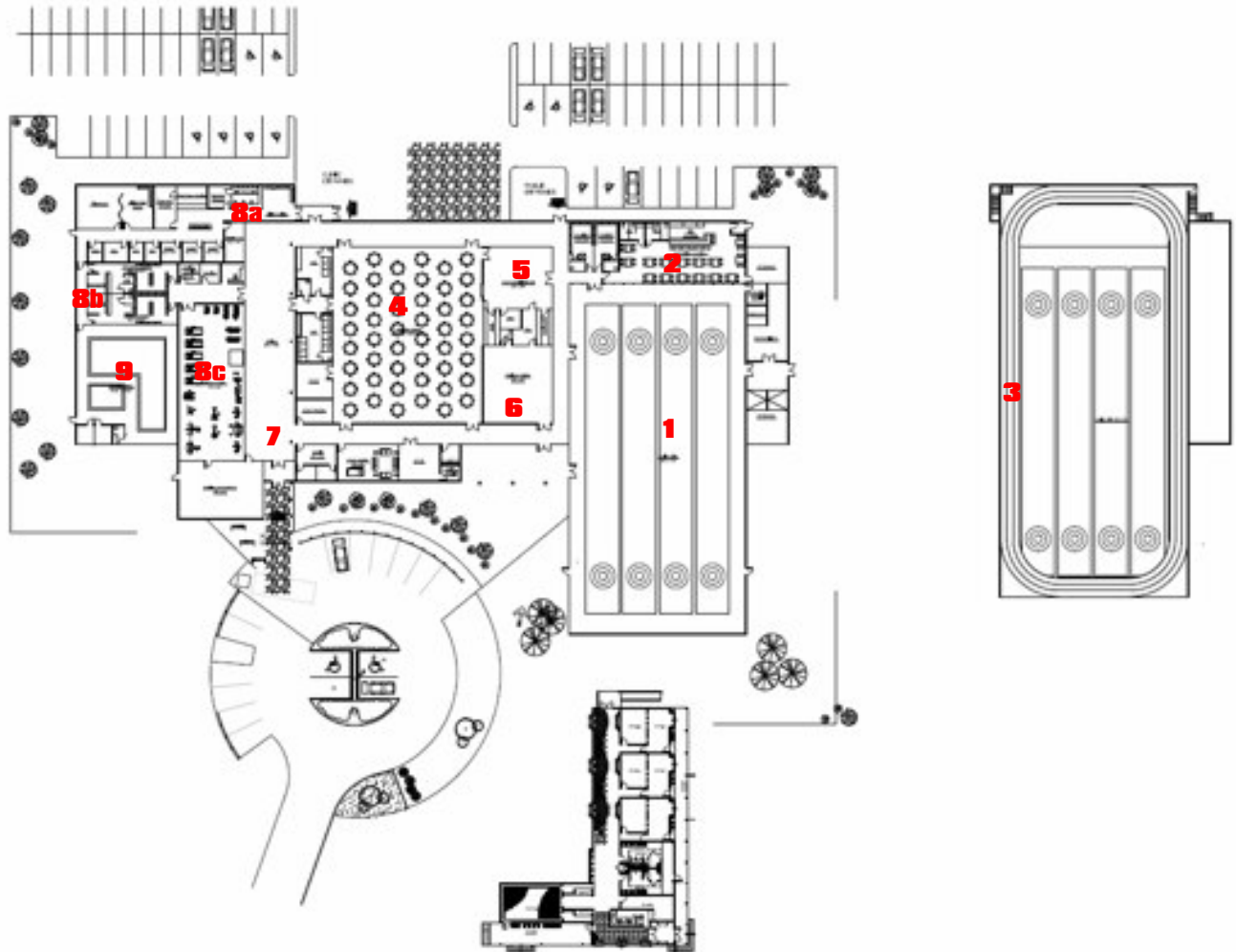
Thanks to the many individuals and organizations who donated garden themed prizes for our draws. Thanks also to the Saffie store for their usual excellent and helpful service.

### Grey Cup tickets are on sale.....



Wouldn't it be grand if the Bombers made it to the Grey Cup? With a record well below .500 more than half way through the season, watching the Bombers play may not be good for your overall health. Nevertheless, hope springs eternal. Please make sure you purchase your Grey Cup tickets, both to support the EBRWC and to increase your enjoyment of the Grey Cup - whoever is in it! If you would like to volunteer to help sell tickets, call Monty at 754-3322.

## Complex Schematic (Preliminary)



**If you squint really hard, and use your imagination, you can see the future - a beautiful wellness and recreation complex at Destination Grand Marais!**

What you are looking at (amongst other things) is: (1) four curling sheets; (2) a curling lounge, change room and accessible washrooms; (3) a running track in the cooler environment of the mezzanine above the curling sheets; (4) banquet facilities; (5) a commercial kitchen; (6) a seniors' centre; (7) a hallway that doubles as a walking track; (8) the wellness facility, which includes: (a) a clinic, with an outside entrance, space for a waiting area, a pharmacy, examination rooms and space for healthcare providers; (b) locker/change rooms; and (c) a fitness room. An aquatic centre (9) is planned for a later phase of the complex. The "L" shaped building at the bottom of the schematic is the existing Community Central Building, which gives you a good idea of the anticipated size of the complex.

**Stay tuned for further developments!**



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Visit our newly renovated website at:  
[www.ebwellnesscentre.com](http://www.ebwellnesscentre.com)

Many thanks to Dennis Wasyluniuk of DENgraphic for his great work on the website.