

LakeShoreHeights News Letter July 2016

Next Newsletter Aug 2016

www.lakeshoreheights.beach.mb.ca

lakeshoreheightsmb@gmail.com

Twitter @LSHBalsamBay

We are an incorporated, non-profit association and run by volunteers



'Life is not a race - but indeed a journey. Be Honest. Work Hard. Be Choosy. Say 'thank you', and 'great job' to someone each day. Go to church, take time for prayer. The Lord giveth and the Lord taketh. Let your handshake mean more than pen and paper. Love your life and what you've been given, it is not accidental ~ search for your purpose and do it as best you can. Dreaming does matter. It allows you to become that which you inspire to be. Laugh often. Appreciate the little things in life and enjoy them. Some of the best things really are free. Do not worry, less wrinkles are more becoming. Forgive, it frees the soul. Take time for yourself ~ Plan for longevity. Recognize the special people you've been blessed to know. Live for today, enjoy the moment.

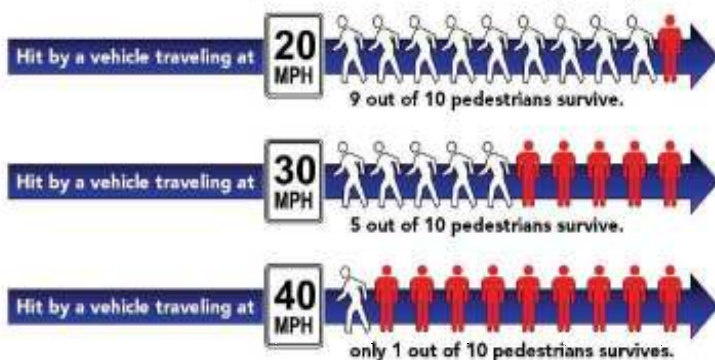
BY BONNIE MOHR



EBAS is a rescue group in the East Beaches area. They cover Victoria Beach to Gull Lake ebasinformation@gmail.com They also are on Facebook

STOP NEIGHBORHOOD SPEEDING

A little extra speed makes a big impact.



Every Friday 3:00 pm to 7:00 pm
Saturday
All Summer long
**Outdoor Markets Grand Marais
Community Central Building Grounds**
Contact: 204.754.3596 for more info

LakeShoreHeights Association Annual Membership \$20.00

Thank-you for your support

Those who miss the door to door canvas can drop by Edith's place till July 16/2016

5 Beach Blvd located on the corner of West St @ Beach

Keep in mind the option to mail your membership. (Along as there is no Canada Post Labour disruption)

CHQ payable to LakeShoreHeights Association & mail to Box 280 Grand Marais MB RoE oTo

Or PayPal and can be accessed on the LSH website... address above

Swimming Lessons
Lakeshore Heights



Registration Fee \$60.00 per participant, regardless of age or ability.

Register online www.lakeshoreheights.beach.mb.ca

BE BEAR SMART

WHEN IN BLACK BEAR COUNTRY

- Be alert
- Make noise
- Travel in groups
- Keep dogs on leash
- Keep bear spray handy & know how to use it
- Store food & garbage where bears can't access it
- Never leave food unattended
- Leave only footprints behind (not garbage)

WHEN ENCOUNTERING A BEAR

- Stop and assess the situation and the bear's response.
- During a surprise encounter, slowly back away and prepare to deploy bear spray.
- If the bear charges, stand your ground and use your bear spray.
- If the bear attacks during a surprise encounter, play dead.
- If the bear persistently stalks you and then attacks, fight back.
- If the bear attacks you in your tent, fight back.

Bears should neither be feared nor dismissed as harmless, but should be respected for the potential danger they pose.

For more information, visit www.manitoba.ca/blackbear

For more information On Bear's click onto www.lakeshoreheights.beach.mb.ca Residents information then Newsletters & Notices

Three Steps to Emergency Preparedness

If an emergency happens in your community, it may take emergency workers some time to get to you. You should be prepared to take care of yourself and your family for a minimum of 72 hours. By taking a few simple steps today, you can become better prepared to face a range of emergencies – anytime, anywhere.

More information On Thunder Storms/Lightening Emergency Preparedness

click onto www.lakeshoreheights.beach.mb.ca
Residents information then Newsletters Notices

Thunderstorms Lightning Hail



Thunderstorms are often accompanied by high winds, hail, lightning, heavy rain and in rare cases can produce tornadoes. Hail is formed when updrafts in thunderclouds carry raindrops upward into extremely cold areas of the atmosphere, where they freeze and merge into lumps of ice.

What to do if outside:

- If you are caught outside and you can see lightning or hear thunder, you are in danger of being hit. Seek shelter immediately either in an enclosed building or a hard-topped vehicle.
- There is no safe place outside in a thunderstorm.
- If caught outside far from a safe location, stay away from tall objects, such as trees, poles, wires and fences.
- Take shelter in a low lying area.
- Wait 30 minutes after the last rumble of thunder before going outside again.