

LakeShoreHeights News Letter June 2016

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

Looking for a copy of the Winnipeg Free Press...You can buy one right here in LSH

News Paper Box Located on WEST St & SOUTH Ave

Saturday Papers Now at the box and Will be Available 6 days a week After the July long weekend



Audrey Bachelor will again plant and will be tending the two flower boxes at the **LSH** entrances located at 101/500 & Northshore Road/500. She has also given the boxes a fresh coat of green paint.



2016 LakeShoreHeights Community Events...

Did you know you There is a 24/7 Reporting system for the RM office Call 1-204-482-3300 for RM Road Repairs Maintenance, Overland Flooding. They will also direct complaints to By-Law or Animal control Officers... Regarding issues concerning Excessive Noise, Off Road ATV/Dirt Bikes, Dog by-law breaches.

- Community Yard Sale**.... Hosts Ainsley & Lindsay **Sat July 2** from 9 am to 1 pm
- Family Fun Day** Hosts Ainsley & Lindsay **Sat July 16** from 11 am to 1 pm Games Hotdogs at noon
The rain date for this event is Sunday July 17
- Pancake Breakfast**....Hosts Gaby & Richard Sparks **Sunday July 31** from 10 am till noon or until all sold out
- Horseshoe Tournament**New Host Gina Frick **Sunday July 31** start time 12:30
Signup at the Pancake Breakfast till noon
- Swim Lessons**..... Coordinator Christene Gawlik **Aug 1-5** (either at main beach or volleyball beach TBA)
Target 29 students * Billeting of instructor is required *
- Golf and Dinner**... Hosts Clay Cook & Cory Esslemont **Sat Aug 13** start time 12:00 at Victoria Beach Golf
Dinner at 6 pm at the LSH community structure (Max 40)
Golf & Dinner or Dinner Only is Welcome



BUSINESS IN GRAND MARAIS OFFER MANY THINGS YOU NEED OR MAY RUN OUT OF...

Under new ownership **The Sand Bar** ... offers Vendor Beer sales & Restaurant

...Spirit Rock Cafe And Inn a little gem you are so happy to have around, a place you can get a "fancy" coffee, cappuccinos, lattes along with dessert, sandwiches, unique merchandise Wi-Fi

...XTR gas station offers Grocery, Propane Tank Exchange, Hardware/Plumbing, Carpet Cleaning Machine, Movie Rentals, Parties Supplies, Beach Accessories, Books & Much More...

...Village Store offers Grocery, Jeanne's Cakes, MLCC product, Post Office and more...



With beautiful beaches, wide open waters, Lake Winnipeg is one of Manitoba's greatest freshwater resources. Lake Winnipeg, the world's 10th largest freshwater lake, plays a critical role in tourism, recreation, commercial / sport fisheries, and hydroelectric generation in Manitoba. The lake is home to abundant aquatic life including fish, invertebrates, and plants. Over 23,000 permanent residents live in 30 communities along the shores of Lake Winnipeg. Lake Winnipeg's world-class beaches attract many visitors to the province and offer many opportunities for swimming, paddling, sailing, and windsurfing

on the east and west shores of the south basin. Each year, approximately 800 commercial fishers operate on Lake Winnipeg, catching a variety of species including world-class walleye, goldeye, sauger, whitefish, plus others. Sport anglers find many places to fish while enjoying the lake's beauty. Lake Winnipeg is also the world's third largest reservoir.

**Which one of these pictures represents a Responsible Property Owner depositing their soiled waste water?
Is it? Those who deposit into a holding tank ... or Into the ground & lake water**



Sources of Water Well Contamination

There are several ways contaminants can get into your well and reach groundwater including:

- run-off or flood water entering through unsealed wells
- sewage from leaky holding tanks or septic fields that are too close to the well, or from livestock areas
- insects or rodents getting in through damaged or unsealed well caps or lids
- seepage from improperly stored or handled fuels, pesticides or other chemicals
- surface water drawn into a well that's close to a water body (ex: river, lake). Wells located near a water body may be drawing groundwater that is under the direct influence of the surface water and therefore more vulnerable to contamination.

**Conservation & Water Stewardship's
Wastewater Management Environmental Compliance & Enforcement
Environment Officer Mr. Kris Innes**

204.785.5367

Maintenance and Inspection of Wells

Wells need to be regularly maintained to keep them working properly. Wells can deteriorate over time and need repair or replacement. Regular inspection, repair and replacement of worn parts and equipment will help keep your well in good working condition

Your well should be inspected and tested for bacteriological contamination at least once a year, preferably in spring just after the snow has melted. It should also be inspected if you suspect there has been some kind of contamination or before you disinfect your well.

Wells & Groundwater

204.945.6959 or 1.800.282.8069 ext 6959

groundwater@gov.mb.ca

PROTECT MANITOBA'S WATERS AND RESOURCES

STOP AQUATIC INVASIVE SPECIES

BEFORE LAUNCHING AND BEFORE LEAVING:

- 1. CLEAN**
Clean and inspect watercraft, trailer, aircraft, and all water-based equipment and gear. Remove all plants, animals, mud. Rinse using high pressure (>2500 psi) and extremely hot tap water - 50°C (120°F) for at least two minutes; or 60°C (140°F) for at least 10 seconds.
- 2. DRAIN**
Drain all water from watercraft, equipment, and gear including the motor, livewell, bilge, bait buckets, and totes before transporting.
- 3. DRY**
Dry watercraft, trailer, and all water-based gear and equipment for at least five days in the hot sun, 18 days in the spring/fall, or freeze for three days (if rinsing is not available).
- 4. DISPOSE**
Dispose of unwanted live bait and worms in the trash, and dump all water from bait buckets and totes on land away from any waterbody.



- ▲ usually 1 to 3 centimetres (0.4 to 1.2 inches) long
- ▲ triangular, or "D"-shaped shell
- ▲ most have light and dark brown bands on shells
- ▲ adult shells have very strong tufts of hair-like filaments, called byssal threads
- ▲ usually grow in clusters containing numerous individuals

Note the exact location and provide GPS co-ordinates, if possible. Take pictures and submit to fish@gov.mb.ca

QUAD RIDE... COUNTRY STYLE AND CITY MALL STYLE...



MILLENNIAL VS BOOMER

Much has been written about the Millennial Generation and their current and future impact as employees and consumers. Every industry and organization will feel the significance of this major generational transition. By 2025, Millennials will make up 75% of the global workforce. The next decade of leadership for organizations will depend on this younger generation.



Generation X, commonly abbreviated to **Gen X**, is the **generation** born after the Western Post-World War II baby boom. Most demographers and commentators use birth dates ranging between the years 1965 and 1982.

Millennials (also known as the **Millennial** Generation or Generation Y) are the demographic cohort following Generation X. There are no precise dates for when the generation starts and ends; most researchers and commentators use birth years ranging from the early 1980's to the early 2000's.

Generation Y, also known as the Millennial Generation, are the demographic cohort following **Generation X**. Millennials are sometimes also called Echo Boomers, referring to the generation's size relative to the **Baby Boomer** generation, and due to the significant increase in birth rates during the 1980s and into the 1990s. **Generation Z** is one name used for the cohort of people born after the Millennial Generation. (Source Wikipedia)

Broccoli

This green offers your body the most cancer-fighting protection when consumed raw. Cooking at a high temperature for too long deactivates myrosinase, an enzyme in broccoli that helps cleanse the

liver. However, some may have difficulty digesting broccoli raw due to its fibrous compounds. If you choose to cook your broccoli follow these steps to get the most nutrients:

1. Store raw broccoli in tin foil and it can last up to a month
2. Wash and cut the florets into smaller pieces and let sit for five minutes, which activates myrosinase
3. Squeeze fresh lemon juice on the broccoli, the Vitamin C in the lemon will enhance the cancer preventative properties
4. Steam broccoli florets for a maximum of three minutes, the broccoli should be bright green

