



Visit our Website for Past News Letters & More Information

www.lakeshoreheights.beach.mb.ca

Email us lakeshoreheightsmb@gmail.com



Please check our website & bulletin boards for info & events...

- ❖ A gentle notice to cottage owners with the intention of lending or renting out your cottage... Please inform your occupants of the local by-laws regarding nuisance noise, is restricted between the hours of 11 p.m. to 7 a.m. the following day. Dogs are to be on a leash when in the yard & when walking. Where a dog defecates, the dog owner shall removed immediately, then disposed waste in their garbage.

Please do not leave dog defecate waste bags on the road side or in park green space areas.

Operating ATV/Off road vehicle by-laws apply in the East Beach areas, including Our Community regarding; age, helmets, towing, and where you can and can't ride...

Full Operating rules see Manitoba Public Insurance www.mpi.mb.ca

- ❖ Grand Beach **SANDCASTLE CONTEST Saturday 9th of August**

Sign in on the BOARDWALK..WEST BEACH 9.00 am ... CASH PRIZES... ALL are WELCOME...

- ❖ Lakeshore Heights association **Fall meeting coming SEPT long weekend Sunday 11:00 am**

Copy of the Spring May 2014 meeting minutes, can be found for your review on the above website.

If you have something you would like to add to the agenda, or bring something to the executives attention, please email the above no later than Aug 22/2014



Outdoor YOGA classes, in Lakeshore Heights

Join Demetra's class every **Saturday in August @ 10 am** or **Mondays 11 am /Wednesdays 1 pm**

Adult Cost \$ 10 ... Seniors Pay what you can... All Yoga Skill Levels are Welcome

Rain or Shine at the Covered Community structure West ST & Lakeview RD



15th Annual Golf Tournament... Noon @ Victoria Beach Golf

On Saturday August 16 Entry Dead Line Saturday August 9th



Followed by **BBQ Dinner** at the LSH Community covered Structure

Golf & Dinner \$25 or Dinner Only \$13

5:30pm for cocktails BYOB & drinking cup... also your own plate & cutlery

Please contact the Hosts Clay & Cory to register for this event

@ 129 West Street... Lake PH 204.754.3570 or 204.470.9277 Cell

No Pets Please



Grand Beach Charity Trail Run \$20 individual or family registration

To register visit grandbeachtourism.com click community events

Challenge yourself to a 2.5 4.5 or 8.6 km fun run through the vibrant boreal forests trails of Grand Beach Provincial Park. Afterwards, join the celebration of your achievement and the incredible wild places with a yoga session and barbecue among the towering trees and beckoning birdsongs of our boreal forests. Sanctioned by the Manitoba Runners' Association... Walkers and new runners welcome!

WHERE: Grand Beach Provincial Park....Start and finish at the trailhead of the Blueberry, Jack Pine and Boulder Hill Trails (road access 0.7km north of the East Park Gate).

WHEN: Saturday **August 23rd** 9AM – 4PM Run and yoga session start times to be supplied to registrants prior to the event.



Grand Marais Canada Day fireworks display previously cancelled due to inclement weather has been rescheduled for **Saturday August 30/14** of the Labour Day long weekend....
Location & Time will be announced shortly



5 Healing Essential Oils

Lavender is the most well-known of the essential oils, and for good reason.

Peppermint is a wonderful cooling oil that can help you beat the heat of a hot day or a fever.

Tea tree oil is a powerful antibacterial, antifungal and antiseptic oil.

Eucalyptus is a powerful antispasmodic, antiviral & antibacterial oil that is ideal for coughs/colds.

Roman chamomile a beautiful, mild scent that is known for its ability to help unwind, but it is also a powerful anti-inflammatory. (see the attached for more details)

Membership Update **Association Membership \$20**

As of August 4th, 2014 A **New Record** for Memberships collected is **210.5**

Breaking the previous record set back in 1999... the memberships collected was 207

There are potentially 34 more properties which could be collected... This would bring in \$680 to our association for projects & events which tax dollar's do not cover.

Should you wish to support the membership drive & community,
please contact the association via email and a representative will be by to collect or mail to
Box 280 Grand Marais MB RoE oTo



NEW PLAYSTRUCTURE NOW COMPLETE...



To all who **Volunteered** their time & energy with this project...

And to those who gave a financial donation towards this project it is greatly appreciated.

Volunteering is at the Heart of Community Development

Volunteers have a real impact in their communities. They lead local boards. They plan events. Volunteers run summer barbeques, other community events and neighbourhood safety programs. The Volunteer Executive team of Lakeshore Heights works with the RM of St. Clements to address key issues in our community. Local initiatives such as these bring people together to create a common vision for the future. Getting involved in a neighbourhood/community association is one of the best ways to improve and maintain the quality of life in your immediate surroundings.

Local activities bring people together to build stronger communities. They allow everyone to have a say in shaping the community. Through volunteering, everyone has a voice.

Whether you're a volunteer looking to invest your time and talents in our community, we are an organization in need of skilled and passionate volunteers. The executive team of Lakeshore Heights is interested in hearing from you. (Email above) WE NEED More & New members of our community to step forward and become volunteers for next year... for ... Membership collections, Events, Maintenance & Upkeep projects as needed ...

"Many hands make for light work"

Sharing a comment from a LSH cottage owner...

*"We knew we were part of something special when we got involved...Fortunate to be part of our lake community.
I feel way more connected to my neighbours there than I do in Winnipeg."*

Should you have any information or have seen suspicious activity in our community
Please contact the Grand Marais R.C.M.P detachment 204.754.3494