

TANK TRADERS MULTIPLEX

Multiplex *Connects* **Newsletter**
August 2026

**It's
Summer
Time**



**TANK TRADERS
MULTIPLEX**

www.tanktradersmp.com

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Community is much more than belonging to something; it's about doing something together that makes belonging matter.

2026 Tank Traders Multiplex Board of Directors & Staff

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nick.guffei@vickar.com

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cornelsenbrian@gmail.com

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richmarchetti@me.com

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Chad@eastsideindustrial.com

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mbmeade@icloud.com

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ryccampbell@hotmail.com

Kaitlyn Laventure, Director-at-Large

(La Salle Fall Festival)

kaitlaventure@gmail.com

Trinda Kostal, La Salle Curling Club Director

kostalbt@mymts.net

Ryan Brezeno, Tank Traders Director

rbrezeno@tanktraders.com

Reporting to the Board:

Dee Romijn, Facility Director

dromijn@tanktradersmp.com

*Please consider using the Tank Traders Multiplex Co-op Membership Number **2213** for some of your petroleum purchases. The Tank Traders Multiplex's share will be applied to fundraising dollars towards the facility. Thank you for your support!*



Multiplex Connect Newsletter Deadline

Deadline to submit an article or business advertisement in the upcoming September 2026 Multiplex Connect Newsletter issue is:

August 10th, 2026

Contact:

Barbara Agland-O'Connor

Tank Traders Multiplex Website Director

newsletter@tanktradersmp.com

For information on newsletter business advertising, please visit:

www.tanktradersmp.com/aboutus

[/monthlydigitalnewsletter](http://monthlydigitalnewsletter)

Multiplex *Connects* **Newsletter**

Macdonald Septic Service

from June 1st to October 31st

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Cleaning



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Tank Traders Multiplex Kids Summer Camp for ages 5 to 11

2026

KIDS SUMMER CAMP (ages 5-11)

July 6th to
September 4th

at the Tank Traders Multiplex



Play



Fun



Educational

online
pre-registration
required

Outdoor play, bouncers, science experiments,
sports, cooking, arts & crafts, theme days & more!
A different activity every day!

(located at the corner of
PR 247E & HWY 330, La Salle MB)



**TANK TRADERS
MULTIPLEX**

For information and/or to register, please visit:
www.tanktradersmp.com/programs/kidssummercamp2026

Tank Traders Multiplex Kids Summer Camp for ages 5 to 11



**TANK TRADERS
MULTIPLEX**

Weekly / Daily Camp Schedule (special hours for week 9 only - noon to 6:00 pm)

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

Jul 6 - Jul 10



Bouncer Day



Under the Sea Day



Sports Buffet Day



Cooking Day



Splash Pad / Movie Day

Week 2

Jul 13 - Jul 17



Detective Day



Tie-Dye Day



Tinkertown Field Trip



Hoedown Day



Splash Pad / Movie Day

Week 3

Jul 20 - Jul 24



K Pop & Sonic Day



Christmas in July



Camping Day



Foam Day



Splash Pad / Movie Day

Week 4

Jul 27 - Jul 31



Scavenger Hunt Day



Tie-Dye Day



Around the World Day



Carnival Day



Splash Pad / Movie Day

Week 5

Aug 4 - Aug 7



Terry Fox Day



Reptile Day



Halloween in August



Cooking Day



Splash Pad / Movie Day

Week 6

Aug 10 - Aug 14



Dinosaur Day



Bouncer Day



Sports Buffet Day



Carnival Day



Splash Pad / Movie Day

Week 7

Aug 17 - Aug 21



Artist & Athletic Day



Game Day



Careers Day



Foam Day



Splash Pad / Movie Day

Week 8

Aug 24 - Aug 28



Beach Day



Bouncer Day



Olympics Day



Master Chef Day



Splash Pad / Movie Day

Week 9

Aug 31 - Sept 4



Science Day



Reptile Day



Super Hero or Princess Day



Carnival Day



Splash Pad / Movie Day

~ camp activities subject to change ~

La Salle VBS (Vacation Bible School) 2026

La Salle VBS (Vacation Bible School) Emerald Crossing 2026
August 31 - September 4, 2026 from 9:00 am to noon
at the Tank Traders Multiplex

La Salle Vacation Bible School (VBS), is hosted annually by the La Salle Community Fellowship along with other churches and volunteers in the La Salle community area. This weeklong program takes place at the Tank Traders Multiplex and hosts campers, ages 5-12. It includes music, drama, recreational activities, bible lessons and craft activities.

La Salle VBS also has a mentoring program for children entering Grade 6 and higher. These VBS guides assist and provide leadership to VBS campers during the various VBS activities through the week.

Emerald Crossing 2026

Welcome to Emerald Crossing — where we're travelling through the green pastures of Psalm 23 to discover the Shepherd who cares for us, leads us, and never leaves us. Each day at Emerald Crossing, campers will explore a new line of Psalm 23, discovering how God lovingly leads, provides, restores, and protects His people. Through engaging Bible stories, upbeat worship, exciting games, and creative crafts, kids will learn more about who God is and how deeply He cares for them—no matter what they face.

Along the way, campers will build friendships, laugh a lot, and experience the joy of being part of something bigger than themselves. At Emerald Crossing, we're reminded of a powerful truth: We are never alone — God is always with us.

We can't wait to see you at Emerald Crossing 2026!



For more information and/or to register, please visit:
www.lscf.ca/ministries/lasallevbs

Terry Fox Day — August 3rd, 2026

(Terry Fox Run — Marathon of Hope)

Terry Fox (July 28 1958 — June 28 1981)

Terry Fox is one of the "greatest Canadians".

Terry was born July 28 1958 in Winnipeg Manitoba.

At age 18, Terry was diagnosed with bone cancer and gave up 15 centimeters of his right leg to prevent the spread of the disease.

In 1980, Terry began his Marathon of Hope across Canada.

Averaging 26 miles per day, Terry ran for 143 days (5,373 kilometers) — all to raise money and awareness for cancer until spreading cancer stopped his journey.

Terry passed away June 28 1981.

His run had raised \$24.2 million for cancer research, while also becoming an inspiration to millions of people worldwide.

Manitoba Civic Holiday Renamed in his Honor in 2014

Manitoba renamed its civic holiday in August to Terry Fox Day after the Winnipeg-born hero. Terry Fox Day falls on the first Monday in August.

On August 3rd, honor a great man, Terry Fox, the Terry Fox Foundation and a great cause by celebrating Terry Fox Day.



THE TERRY FOX
FOUNDATION

www.terryfox.org



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visit us online at www.lussiersales.com



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[intact]
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PROGRAM



La Salle
Insurance



Lasalleinsurance.com



TANK TRADERS MULTIPLEX **FITNESS CENTRE**

Come and take a look at what
the Fitness Centre at the
Tank Traders Multiplex has to
offer.

(conveniently located at the corner of
PR 247E & HWY 330 in La Salle MB)

Information / Fee Schedule:
www.tanktradersmp.com/fitness_centre

STAY FIT JOIN TODAY

Questions:
204-801-7629 (cell)
dromijn@tanktradersmp.com



**TANK TRADERS
MULTIPLEX**



La Salle Council #7793

La Salle Knights of Columbus



La Salle School Parent Advisory Council

CASH BINGO

7:00 pm – 10:00 pm

(Doors open at 6:15 pm)

Tuesday, September 8th, 2026

at the Tank Traders Multiplex

~LARGE VARIETY OF GAMES WILL BE PLAYED~

Paper cards will be used.

Dabbers will be available.

Canteen will be open.

Contact: Georges gjcormier@gmail.com

Bingo LGCA # 681-BI-50358

Raffle LGCA # 681-RF-50324





La Salle Fall Festival September 19 - 20, 2026

at the Tank Traders Multiplex

(located at the corner of PR247E & Hwy 330 in La Salle)

Contacts:

Kaitlyn Laventure, La Salle Fall Festival Coordinator
lasallefallfestival@gmail.com | 204-250-3152

Marcie Weiss 204-918-3844

September 19

- ◆ Farmer's Market
- ◆ Slo-Pitch Tournament
- ◆ Live Music
- ◆ Beer Gardens

September 20

- ◆ Farmer's Market
- ◆ Family Fun Day
- ◆ Tank Traders Multiplex Arena Grand Opening & more!

List of Events / Activities Provided on Page 11

Sponsorship and Volunteer Opportunities

Please contact lasallefallfestival@gmail.com for more information about being a sponsor or volunteering at this year's Festival. There are so many great opportunities to get involved. Please join us!



**TANK TRADERS
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www.tanktradersmp.com/events/lasallefallfestival2026



La Salle Fall Festival September 19 - 20, 2026

at the Tank Traders Multiplex

(located at the corner of PR247E & Hwy 330 in La Salle)

La Salle Fall Festival FAMILY FUN DAY Sun, Sept 20th
Admission Fee:
\$5/person (children aged 3 and under free)

La Salle Fall Festival Events / Activities

Saturday, September 19th, 2026

Slo-Pitch Tournament

10am - 6pm Farmer's Market

Beer Gardens - Presented by Sliders

Sunday, September 20th, 2026

10am - 4pm Farmer's Market

11am - 3pm FAMILY FUN DAY

(bouncers, petting zoo & reptiles, dunk tank and more!)

3pm Airplane Fly Over Children's Ball Drop

3:30pm Tank Traders Multiplex Arena Grand Opening

4:30pm - 5:30pm Free Skate

5:30pm - 6:30pm Sticks & Pucks (aged 10 & under)

6:30pm - 7:30pm Sticks & Pucks (aged 11 & over)



**TANK TRADERS
MULTIPLEX**

www.tanktradersmp.com/events/lasallefallfestival2026



Hello La Salle Fall Festival Vendors!!

Site Coordinators:

Kaitlyn Laventure, La Salle Fall Festival Coordinator
lasallefallfestival@gmail.com | 204-250-3152

Marcie Weiss
204-918-3844

Vendor Market Details:

10am - 6pm Saturday, September 19th, 2026

10am - 4pm Sunday, September 20th, 2026

Cost:

1-Day \$35

2-Day \$50

Set up begins at 8am both mornings.

If you require more time to set up, please reach out to either Kaitlyn or Marcie.

To register, please click the link below:

[Vendor Registration](#)

Deadline for entries: September 4th, 2026

Overnight Information:

For those vendors participating on both days, we will have overnight site security to monitor the vendor area. You are welcome to leave your tents and tables up overnight. It will be at the vendors discretion to leave your products at your displays.

Site Details:

The La Salle Fall Festival 2026 Farmer's Market will take place at the Tank Traders Multiplex (formerly the Caisse Community Centre) located at the corner of PR 247E and Hwy 330 in La Salle.



**TANK TRADERS
MULTIPLEX**

www.tanktradersmp.com/events/lasallefallfestival2026

Tank Traders Multiplex Arena - Grand Opening



TANK TRADERS MULTIPLEX

*Please
Join Us*

You're Invited!

Tank Traders Multiplex Arena - Grand Opening!

**3:30 pm, Sunday, September 20th, 2026
at the Tank Traders Multiplex**

Join us as we celebrate the official Grand Opening of the Tank Traders Multiplex Arena – a milestone made possible through the incredible support of our community!

A heartfelt THANK YOU to all of our sponsors, donors, volunteers, and Board of Directors for your dedication, generosity, and countless hours of hard work. Your commitment has helped create a welcoming space where families, friends, and neighbours can come together to enjoy a wide variety of recreational activities for years to come.

Join us for:

- Opening Ceremonies & Speeches
- FREE Public Skating
- Giveaways
- Community Celebration

This special event takes place following the La Salle Fall Festival weekend, making it the perfect opportunity to celebrate our amazing community together. Bring your family, invite your friends, and help us mark the beginning of an exciting new chapter for La Salle.

The puck doesn't stop here... If you are not able to attend, or you are still looking to donate, follow the link to our website:

www.tanktradersmp.com/tanktradersarena

We can't wait to celebrate with you!

Thanks.

Tank Traders Multiplex Board of Directors



Admission
\$330
/team

Sponsored by
 **RIVER CITY FORD**
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LA SALLE COMMUNITY SLO-PITCH TOURNAMENT SEPTEMBER 19, 2026

Co-ed 6/4, adults only format

3 umpired game guarantee with 5 innings per game

Beer gardens throughout the day & live band in the evening @ Sliders

Sign-up: First come, first serve - 16 teams maximum

Preference will be given to RM of Macdonald residents/teams



Tank Traders Multiplex
80 MB-247, La Salle, MB



To register your team, contact:
Rick Maloney 204-794-6563

Cash Prizes for Finalists

Championship Trophy w/Engraving

Beer Gardens & Late Night Live Music

Proceeds in Support of Future Tank Traders Multiplex Events

www.tanktradersmp.com

La Salle

Fall Supper

2026

Tickets sold at the door only.

No advance tickets or reservations. (come and go)

Take-Out orders available. (\$22.50/meal)

(pre-order instructions provided at www.tanktradersmp.com/events)

**BUSLOADS & GROUPS OVER 25 MUST BE PRE-ARRANGED AT
donnabell@taketwoinc.com**

Sunday, September 27th, 2026

from 3:00 pm to 7:00 pm

at the Tank Traders Multiplex

\$22.50/person (12 years & up)

\$15.00/person (6 - 11 years)

FREE (5 years & under)

**Information and full details will be provided at:
www.tanktradersmp.com/events**



**TANK TRADERS
MULTIPLEX**

**Proudly organized with net proceeds going to: St. Hyacinthe Catholic
Parish, Tank Traders Multiplex and La Salle Community Fellowship**

**Always looking for and accepting volunteers to help with this
wonderful community event. If interested, please reach out to
the community groups listed above or contact:
donnabell@taketwoinc.com**



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We have plenty of room
and availability for all kinds
of events.

For rental information
or to arrange a tour,
please contact:

**Dee Romijn
Facility Director**

Office: 204-736-2679
Cell: 204-801-7629
dromijn@tanktradersmp.com
www.tanktradersmp.com

Macdonald-Headingley Recreation District (MHRD)

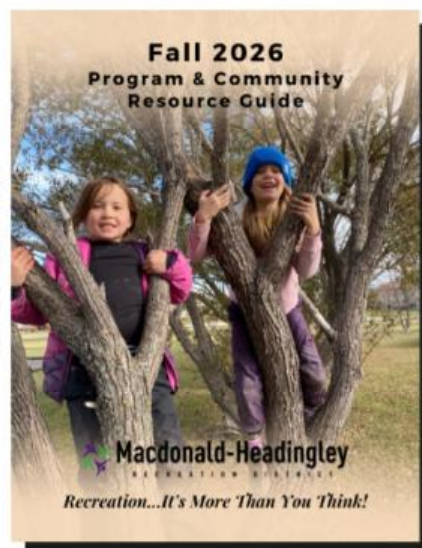
Mark your calendar! MHRD Fall 2026 Program & Community Resource Guide will be ONLINE and OPEN for registrations at noon on Monday, August 17th, 2026 on our website at: www.mhrd.ca

Be the first to explore:

- Exciting MHRD Programs
- Community Events
- Community Groups
- Local Businesses that Support Recreation in our Communities

Fall 2026
Program & Community
Resource Guide

Discover all the
ways to stay
active, connected
and involved this
Fall!



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Trevor Neudorf
204-831-8097

ACTION LEASING

www.actionleasing.ca

Dustin Enns
204-996-8565

4840 Portage Avenue
Headingley, MB

La Salle Community Fellowship

We are a group of people who are learning to love like Jesus by studying the bible, worshiping God together and caring for each other and our community.

We welcome you to join us!

We meet Sundays at 10:30 am.

Check out our website for other weekly programs.

PR 247 E, La Salle MB
w: www.lscf.ca
e: info@lscf.ca
p: 204.736.3200



St. Hyacinthe Catholic Parish

27 Beaudry Street
La Salle MB R0G 0A1
Phone: 204-736-2847

Email: sthyacinthelasalle@gmail.com

Website: www.sthyacinthelasalle.ca

Pastor: Father Gabriel Levesque

We hope everyone is having
a safe and restful summer!



Children, youths and families are invited to experience a **Summer Camp**, such as one of the Catholic Summer Camps of St. Malo.

Visit www.catholicway.net/summer-camps

Catechism Program:

Register now for the 2026-2027 Sunday classes! Please contact Patricia Rousseau 204-510-6160 or sthyacinthecatechism@gmail.com for info and registration.

UPCOMING EVENTS - MARK YOUR CALENDAR

- September 8 – Knights of Columbus & La Salle School Parent Advisory Council Cash Bingo, Tank Traders Multiplex
- September 17 – Archdiocese of St. Boniface Annual Gala, St. Boniface Cathedral Hall
- September 27 – Welcome Back Sunday, St. Hyacinthe Catholic Parish

Regular Sunday Masses

Saturday, 4:00 pm / Sunday, 11:00 am

Weekday Masses

Wednesday, 9:00 am / Thursday, 7:00 pm

Adoration of the Blessed Sacrament

First Thursday of the month, following mass

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The Fall 2026 Parade of Homes
September 19 - October 11, 2026

Questions?

Call Sean Kirady of Remax at 204-997-1065

Contact us:

Jeff Baertsoen | jeff@paradigmcustomhomes.ca
Gerry Martel | gerry@paradigmcustomhomes.ca

1 - 42 Rue Principale, La Salle, MB R0G 0A2
Phone: 204.736.4686
Website: www.paradigmcustomhomes.ca



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TANK TRADERS MULTIPLEX

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BEFORE & AFTER SCHOOL PROGRAM IN-SERVICE DAY CAMP PROGRAM

The Tank Traders Multiplex Before and After School Program provides recreational activities to children between the ages of 5 to 12 before and after regular school days. The program follows the school calendar of the Seine River School Division and will be closed on all school holidays and inclement weather days. The Tank Traders Multiplex In-Service Day Camp Program is offered for school holidays.

Before & After School Program (ages 5 to 12)

— runs from 7am to start of school and end of school until 6pm

In-Service Day Camp Program (ages 5 to 12)

— runs from 7am to 6pm

Pre-registration required (online).
Lunch and/or snacks must be brought from home (nut-free).

Information, pricing and/or to register:

www.tanktradersmp.com
 - programs tab



**TANK TRADERS
MULTIPLEX**

EVERYONE WELCOME



Avonlea United Church

Domain, MB
(10 kilometers south of La Salle)

Faithfully Serving the Communities of
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From August 9 2026 to August 30 2026:
Regular Worship Service time is
9:30 am every Sunday.

Summer 2026

CLOSED

August 2

OPEN

August 9, 16, 23, 30

*Have a safe and happy summer
worshiping with family and friends.*

Contacts:

Reverend James DeBeer 204-461-4665

Janice Harrison 204-736-2613

Jane Manness 204-736-4072

www.meridian-pastoral-charge.ca

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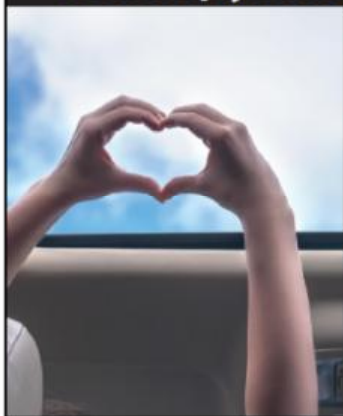
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Eastside Heavy Truck Collision
Eastside Moray Collision & Glass
www.TheEastsideGroup.ca
www.EastsideMorayCollision.ca

Eastside Collision	874 Marion Street	204.237.7111
Eastside Heavy Truck	2535 Inkster Blvd.	204.633.8223
Eastside Moray Collision & Glass	700 B Moray Street	204.885.2080

Quilting Club

Knitters Welcome

Sanford Legion

**Join us the first Sunday
of each month!**
9:00 am - 4:00 pm



Bring your own project to work on.
It doesn't have to be quilting, it
could be knitting or card making as
well. Any type of crafters welcome!
You can bring your sewing
machines or do hand work.



Bring your own lunch.
Drop-In: \$10/person

For more information and to confirm
your attendance, please call Marlene at:
204-479-1833



Prairie Palette Art Group

5:30 pm - 8:30 pm
Sanford Collegiate

Every second and fourth Tuesday of
each month. Enjoy casual painting
sessions, instructions and
demonstrations!

\$30.00 membership fee
(join anytime)

Contact:
Kathryn Bartmanovich
204-781-9808



Macdonald Fire Fighters Association Golf Tournament



COMMUNITY, LET'S SHOW UP BIG!

The Macdonald Fire Fighters Association is teeing up an amazing day — and we need YOU to make it unforgettable!

Join us for a fun-filled Golf Tournament in support of your local fire department. Whether you're a seasoned golfer or just in it for the laughs, this is all about community, connection, and backing the people who are always there when we need them most.

Teams of 4
Dinner Included
Silent Auction

September 13th, 2026 | 11 AM
Kingswood Golf & Country Club

To register:

Send your team name and player names to mfdaexec@gmail.com

Bring your friends, coworkers, or family and come out for a great cause. Every swing, every bid, and every laugh helps support your local firefighters and the work they do for our community.

Let's pack the course and show what Macdonald is all about

Tag your team, spread the word, and get registered today!



Out'n About
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UNIT

6

204.985.9200

600 Clifton Street Winnipeg, MB

Lauren Stone

MLA for Midland

Constituency Office Hours

Monday to Friday

9:00am to 4:00pm



(431) 323-2968

info@laurenstone.ca

Unit 2 - 195 Main St S Carman, MB

Macdonald Services to Seniors

Macdonald Services to Seniors is a service to the Municipality of Macdonald Residents, 60 years and older. We can help with:

- Transportation
- Home and yard maintenance
- Housekeeping
- Foot care
- Medical equipment rentals
- Filling out forms
- Accessing information
- Emergency Response Information Kits (ERIK)

Office located at:

Rural Municipality of Macdonald Office

161 Mandan Drive, Sanford Manitoba R0G 2J0

Office Hours:

8:30 am - 4:30 pm (Monday - Friday)

Phone:

204-736-2255

Email:

info@macdonaldseniors.ca

Website:

www.macdonaldseniors.ca

Facebook:

www.facebook.com/mssi204

Volunteer Opportunities:

- Volunteer Drivers
- Connections Café (A Meal Program)
- Macdonald Seniors Advisory Committee

For more information, please contact:
Leanne Wilson, Resource Coordinator

TROY HARRISON

13 Pinehurst Way
La Salle MB

204-736-2556

(Pls leave a message)



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Income Tax Returns
CRA Audit Review
Business Planning/Consult



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- Get organized
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- Expand your business
- Pay less tax
- Create a game plan for your goals

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Macdonald Services to Seniors Summer Barbecue

A huge shout-out to Lyle and Susan Burns for graciously hosting our annual Macdonald Services to Seniors Summer Barbecue this year that took place in Sanford on June 12th 2026! Despite the less-than-ideal weather, we were thrilled to see so many people come out and enjoy the day together. Thankfully, the rain held off for most of the event, allowing everyone to enjoy good food, great company, and plenty of fun.

A special thank you to Jeanne, Maggie, and Brynn from MHRD (Macdonald-Headingley Recreation District) for their help throughout the day and for organizing the afternoon games, which brought lots of laughter and friendly competition. And of course, a heartfelt thank you to our own Connections Café Meal Coordinator, Jodi, for preparing a delicious meal that was enjoyed by all and to the pie making helpers, Marlene, Denise and Gwen.

Events like these are made possible by the generosity, hard work, and community spirit of so many wonderful people. Thank you to everyone who attended and helped make the day such a success!



Connections Café

(A Meal Program for Older Adults living in the RM of Macdonald administered by Macdonald Services to Seniors)



- \$10/person (dine-in)
- \$12/person (delivery and take-out)

MONDAYS: Brunkild or La Salle
(Brunkild Hall | Tank Traders Multiplex)

WEDNESDAYS: Starbuck
(Starbuck Hall)

THURSDAYS: Sanford
(Sanford Legion)

Please call Leanne Wilson, Resource Coordinator at 204-736-2255 to reserve your lunch 2 days prior to each meal. We will try to accommodate special dietary requests.

August 2026

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Please note: Effective September 1st, 2026 Sanford Connections Café will be moving to Tuesdays (from Thursdays)						1
2	3 No Meal Terry Fox Day 	4	5 Starbuck Tuna Casserole	6 Sanford Cold Plate	7	8
9	10 La Salle Pork Chops	11	12 Starbuck Perogies & Farmers Sausage	13 Sanford Spaghetti & Meatballs	14	15
16	17 La Salle Meatloaf	18	19 Starbuck Pickerel	20 Sanford Beef Stew	21	22
23	24 La Salle Chicken	25	26 Starbuck S & S Meatballs	27 Sanford Liver'n Onions	28	29
30	31 No Meal	~ Menu Subject to Change Without Notice ~				

Is your Dog Extra Sensitive to Hot Weather?

As temperatures increase it's important to remember that dogs are susceptible to illnesses and injuries related to warm weather, like dehydration and heat stroke. Some dogs are more vulnerable to the heat than others, including those who have thick fur coats, flat-faces, are obese or elderly.

Below are the types of dogs who need to be watched extra closely when venturing outdoors on those hot summer days.



Brachycephalic Dogs - Dogs have sweat glands in their paw pads but release excess heat primarily by panting. Brachycephalic or flat-faced dog breeds have more difficulty taking in enough air to cool themselves down by panting. Flat-faced dogs such as pugs, Boston terriers, French bulldogs, English bulldogs and shih tzus are more sensitive to heat because they suffer from brachycephalic airway syndrome (BAS). These types of dogs have small nasal openings and long soft palates in the back of their mouths, which limits airflow. They also have a narrower windpipe and have to work harder to take in enough air to keep themselves cool. Which is why it's key to walk flat-faced dogs with a harness instead of a collar to ensure their airway is not constricted.

Dogs with Thick Fur Coats - A dog's coat captures air and acts as an insulator trapping heat in the winter and deflecting heat in the summer. Dog breeds such as Labradors, huskies, shepherds and golden retrievers have a double coat, which makes it thicker than most. Additionally, the darker the dog's fur the more heat it will absorb and dogs with black fur are at a higher risk of overheating. When it comes to the double coat, the shorter layer of fur insulates the dog and is shed regularly. The outer coat is made up of coarser, longer hairs that don't shed as often. Be sure to brush your dog's coat daily, keep their coat clean and take them to the groomer regularly. A fluffy, clean coat will help keep your dog cool.

Overweight Dogs - Dogs that are overweight or obese are more likely to develop heat-related illness because of the increased insulation the fat cells provide and increased heat they generate from mild exercise.

Senior Dogs - A dog is considered to be a senior over the age of five for large breeds such as a great dane. However, smaller breeds such as Chihuahuas generally live longer and are not considered to be seniors until about age eight. Senior dogs are more sensitive to temperature and may have underlying medical conditions such heart or lung diseases, which makes them more likely to develop heatstroke.

Puppies - Puppies are not able to regulate their own body temperature as well as adult dogs and are high-energy. They tend to run and play and can easily overexert themselves outside on hot days.

What you can do to Help Keep your Dog Cool

- 🐾 On hot humid days it's best to keep pets inside with plenty of cold water.
- 🐾 Outdoor exercise and walks are best in the early morning or late evening when temperatures are cooler.
- 🐾 Bring water and take breaks in the shade.
- 🐾 If pavement is too hot to comfortably place your hand on for several seconds, it is too hot for your dog.
- 🐾 Some dogs don't know their own limits – use caution with exercise such as running and fetch as you may need to stop your dog from overdoing it.

Eating During Summer Vacation

credit to: Southern Health-Santé Sud

Balanced Eating in the Summer

Summer break is soon upon us and this sometimes leads to less structure around our eating habits. Children, especially those old enough to be alone, may not eat regular meals in the day but prefer to snack or “graze” on whatever they can find. Often convenience foods are the stand by for quick meals for independent eaters home alone. These food items tend to be high in saturated fat, low in fibre and lacking variety.

What to Have Instead

Balance is key! It can be helpful for parents to have a variety of food items available to provide long lasting energy, good sources of vitamins and minerals, as well as tasty and easy to prepare for young chefs. Try making a list of simple snack and meal ideas kids can create on their own and have these listed for reference in the summer. Also, it may be wise to spend some time in the evening or weekend prepping items to have on hand for when they are home alone during the day.

Final Message

As parents, we have to provide children with the tools and knowledge to help them make their own balanced meals as they become more independent. This will give them a jump start to healthy eating as they grow into adults.



Batched Cooking to the Rescue

Batch cooking means making a large amount of a meal or food and freezing portions for later use.

This can be a great option for kids home alone as they can just “heat and eat”.

Soups, stews, muffins, breakfast burritos, casseroles, egg cups, waffles and pancakes can all be frozen and re-heated as needed.



www.southernhealth.ca

Recipe

credit to: Southern Health-Santé Sud

Easy Breezy Smoothie Packs

Smoothies are a great option for breakfast or snack time that older kids can quickly and safely make on their own. Gather ingredients together and make these smoothie packs that can be frozen and used at a later date. Just add the liquids and blend away!

Into each ziplock bag add:

1 banana

½ cup of other fruits (berries, pineapple, melon, etc)

1 cup spinach or kale leaves

plus add ins that you enjoy such as chia seeds, hemp hearts, ground flax, coconut, cocoa powder, protein powder, etc.

Place ziplock bags into freezer.

When ready for a smoothie:

pull out 1 ziplock bag of ingredients and put into blender

add in 1 cup of milk or preferred liquid plus ½ cup of Greek yogurt

Blend until smooth and Enjoy!



Get creative with combinations and try different add ins to create new flavours.

TIP:

Smoothie packs are a great way to extend the life of fruit that is ripe. Freezing fruit helps to stretch your food dollar and prevent food from ending up in the garbage.

For more information on Eating while on Vacation please visit:

www.unlockfood.ca/en/Articles/Celebrations/Healthy-Eating-While-on-Vacation.aspx

The Pitfalls of "grazing" During the Day

When children snack or graze throughout the day they may choose foods that lack variety. Often mindless eating tends to blunt appetites for balanced meals later on in the day. Instead of constant snacking, try to set up an established snack and meal routine and include a variety of foods each time.



www.southernhealth.ca

functional INTERVAL TRAINING CLASSES with *Dee Romijn*

**Mondays — 7pm to 8pm and/or Tuesdays / Thursdays — 6am to 7am
at the Tank Traders Multiplex**



**Closed for the Summer –
Will Resume in the Fall**



Dee is a fitness instructor who specializes in functional interval training focusing on improving strength, endurance, balance, mobility, and coordination through movements that mimic everyday activities. Rather than isolating individual muscles, workouts are designed to train the body to move efficiently as a whole.

- **Expertise in functional movement:** They teach exercises such as squats, lunges, pushes, pulls, carries, rotational movements, and core stabilization to enhance real-world performance.
- **Interval-based programming:** Workouts alternate between periods of high-intensity effort and active recovery or rest, helping improve cardiovascular fitness while building muscular strength and endurance.
- **Emphasis on proper form:** They prioritize movement quality and technique to maximize effectiveness and reduce injury risk.
- **Adaptability:** Exercises are easily modified for beginners, older adults, athletes, or those recovering from injuries, while still providing appropriate challenges.
- **Dynamic coaching style:** They motivate participants with clear instruction, positive reinforcement, and real-time feedback throughout fast-paced sessions.
- **Varied equipment:** Sessions may incorporate kettlebells, dumbbells, medicine balls, resistance bands, TRX suspension trainers, battle ropes, plyometric boxes, or simply bodyweight exercises.
- **Goal-oriented approach:** Programs are designed to improve everyday function, athletic performance, fat loss, cardiovascular health, and overall fitness rather than focusing solely on aesthetics.
- **Strong knowledge base:** They typically have certifications in personal training and functional fitness, with an understanding of anatomy, exercise physiology, injury prevention, and recovery.

Dee creates engaging, efficient workouts that combine strength, cardio, mobility, and stability into challenging circuits, helping clients become stronger, more resilient, and better prepared for the physical demands of daily life.

Information and registration will be available at:

www.tanktradersmp.com/programs

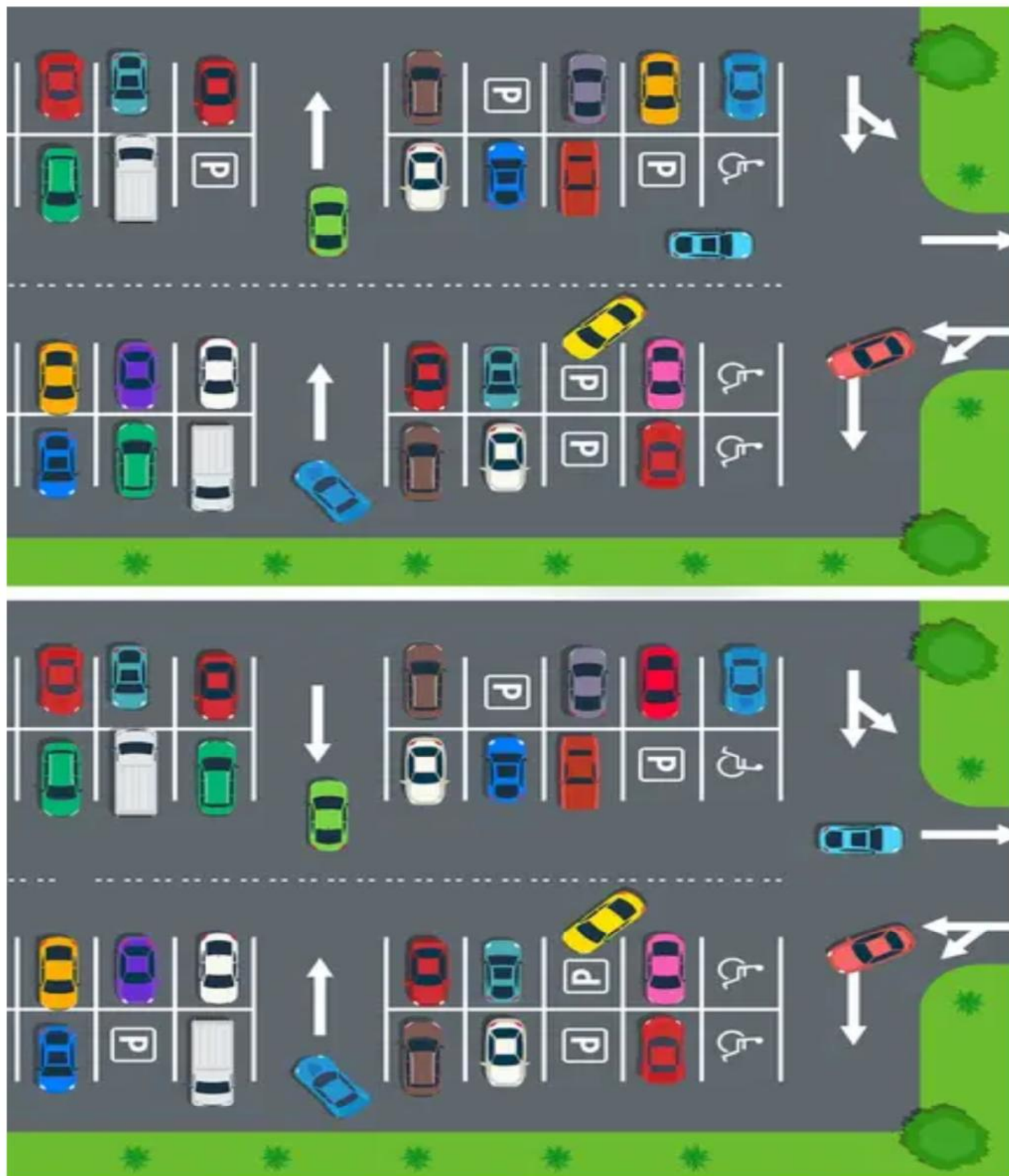
Questions? Please email Dee Romijn at:

dromijn@tanktradersmp.com



**TANK TRADERS
MULTIPLEX**

Can you Spot the 10 Differences Puzzle? (Solution on Page 31)





**BORROW A BOOK
REPLACE A BOOK**

Find a Little Free Library in your Community!

Little Free Library is a worldwide book sharing and social movement designed to promote literacy and a love of reading along with a sense of community as we share skills, creativity and wisdom across generations. The idea is quite simple. Borrow any book and replace it with a different one to be enjoyed by someone else.

Little Free Library Locations

La Salle - La Salle School

- corner of De Vos Drive & Second Avenue
- 48 Fourth Avenue
- 58 Rue Gaudry
- 10 Dominion Trail

Oak Bluff - Central Park

Brunkild - 'Old School' Park

Sanford - J.A. Cuddy School

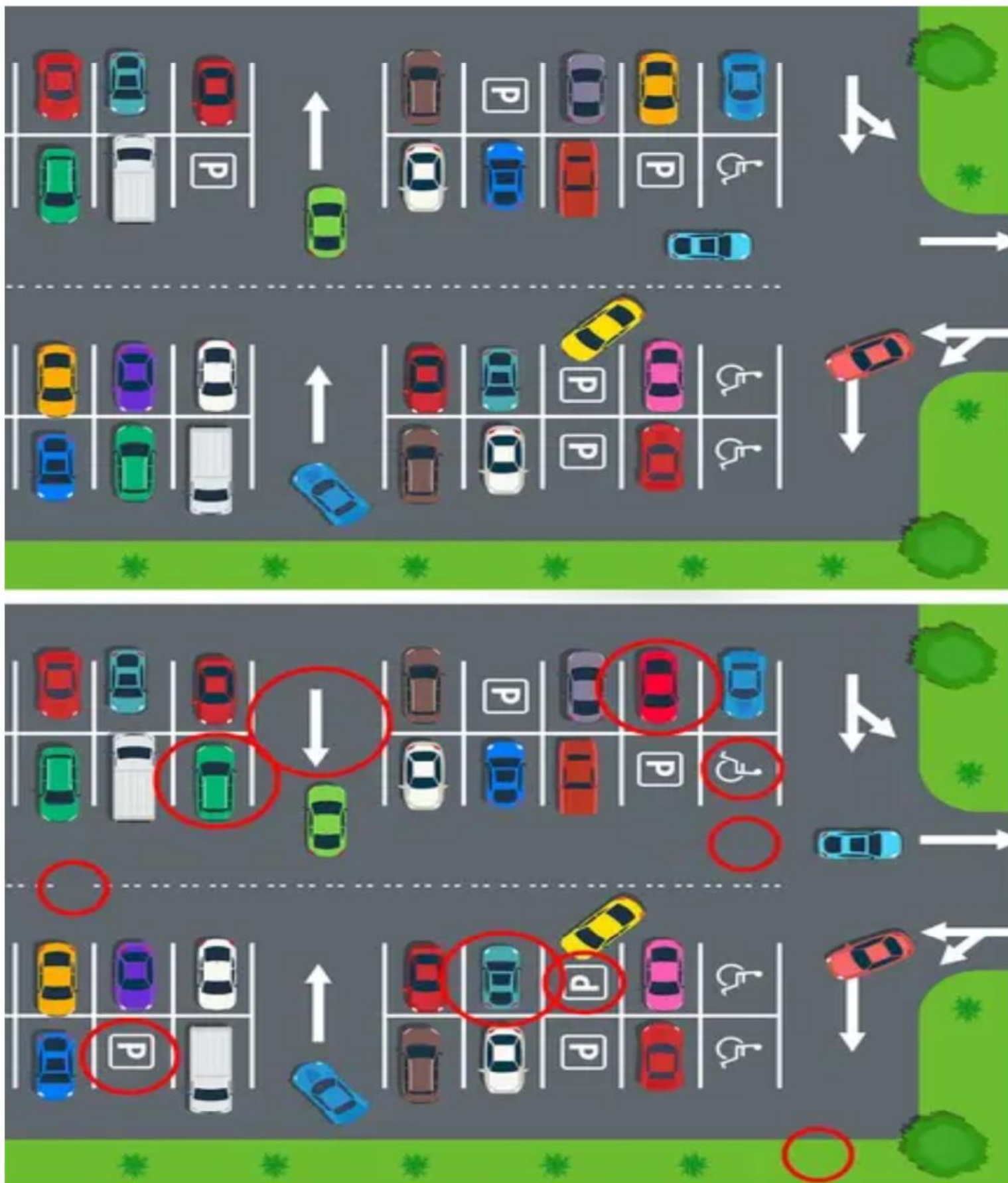
Domain - Domain School

Starbuck - Former site of the Starbuck United Church

Headingley - Phoenix School



Spot the 10 Differences Puzzle Solution (Puzzle on Page 29)



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