

# New This Week

*Information for you from us at the GCWCC*

**Topics:** Register now: webinar How to spot the signs of heat stroke and how you can help; Free Desk Giveaway (Lifetouch Canada); Community Centres offering Cooling Space; BOMA Event, Save The Date – Above & Beyond

## **TODAY - June 21: How to spots the signs of heat stroke and how you can help**

Our third in our Webinar Series before we break for the Summer.

Join Cory Guest, Paramedic Public Education Coordinator, with the City of Winnipeg's Emergency Services department, he will share some tips on how to recognize when someone is struggling and what you can do to help.

With temperatures rising, and several days in a row above 30 degrees, do you know how to spot the signs of heat stroke and other related illnesses?

Register to attend:

[https://us02web.zoom.us/meeting/register/tZMofuCtrTwsHtMSiA\\_qk9flicnccS1FgxKr](https://us02web.zoom.us/meeting/register/tZMofuCtrTwsHtMSiA_qk9flicnccS1FgxKr)

When: Wednesday June 21, 2023

Time: 12 Noon

Duration: 15 Minutes – with time for questions



## **Free Desk Giveaway (Lifetouch Canada)**

We have been contacted by the good people at Lifetouch Canada. They have **5-6 large office desk** systems that we no longer use and as part of their company values of giving back to the community, they are interested in donating them to any local Community Centre that may be interested in them and can put them to good use.

Each desk is different in design and colour. If you are interested, please contact Taylor at [office@gcwcc.mb.ca](mailto:office@gcwcc.mb.ca) to receive the images of the desks available and to request one.

## **Community Centres offering Cooling Space**

A number of centres are offering space for residents to cool done during extreme heat events.

“Residents are invited to cool off and access clean drinking water in our leisure centres and libraries during regular operating hours, particularly during extreme heat events. Our indoor pools and outdoor aquatic facilities, such as spray pads, wading pools, and heated and non-heated pools are also great ways to cool down during the warm summer months.”

In addition, the following [community centres](#) are available as cooling spaces this summer during select hours. If your centre would like to learn more about offering space for your residents, email us at [office@gcwcc.mb.ca](mailto:office@gcwcc.mb.ca)

### **BOMA June Operators & Engineers Group Building Tour and Networking Event**

GCWCC is a member of BOMA, Community Centres' Operations Managers may be interested to attend their events, we'll share them when we receive information. Feel free to register as part of GCWCC.

Date: Wednesday, June 28th

Time: 2:00 to 4:00 p.m.

Patent 5 Distillery

108 Alexander Avenue

Tickets: \$40 each (to be invoiced after the event)

RSVP via email to [lise@bomamanitoba.ca](mailto:lise@bomamanitoba.ca)

### **Save the Date – November 18, 2023**

Our annual **Above & Beyond Banquet** will take place this year on Saturday November 18, 2023, at Transcona East End Community Centre. This is an opportunity for Community Centres to honour Past President's (who step down by June 30<sup>th</sup>, 2023) and celebrate other amazing volunteers who have gone Above & Beyond.

Watch for more information on tickets and how to submit your recommendations for Volunteer Awards.