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# NEW THIS WEEK

*Your Source of Information from the GCWCC.*

**February 5, 2025**  
**Issue #105**

**Theme: National Heart Month**

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## In This Issue

- February is Heart Month - Be Prepared to Save a Life
- AED Lease Program with Canadian First Aid Training
- Apply for CO-OP Community Spaces Funding
- Canada Post Community Foundation Grant Now Accepting Applications
- Recreation Manitoba Hosts 2025 Connection Conference
- 2025 Athletics Field Maintenance Registration
- Volunteer Spotlight
- For Sale: 6x12 Karavan Platinum Utility Trailer
- Stay Up-to-Date With the GCWCC Safety Manual
- Important Dates and Information

# February is Heart Month. Be Prepared to Save a Life



Heart health goes beyond diet and exercise—it's also about being ready for emergencies. Sudden cardiac arrest can strike anyone, anywhere, and having a **working Automated External Defibrillator (AED)** nearby can make all the difference.

Many of our community centres are equipped with AEDs, but **regular maintenance is key** to ensuring they're ready when needed. This Heart Month, we're reminding everyone to:

- Know where the nearest AED is located
- Check batteries and pads monthly
- Record your monthly service checks
- Ensure staff and volunteers are familiar with how to use them

A few simple steps can help save a life. Let's work together to keep our community safe.

[Learn More](#)

# AED Lease Program with Canadian First-Aid Training



Does your community centre have an AED?

If not, now is the perfect time to get one or replace your older machine. Several companies, including Canadian First-Aid Training, offer budget-friendly leasing and replacement options to keep your centre prepared for emergencies.

Through its leasing program, Canadian First-Aid Training offers:

- Incentivized AED Replacement – Get deep discounts, a **\$300 trade-in for older AEDs**, plus free servicing (\$99 value).
- Lease on Life Program – Lease a **new AED for as low as \$55/month** with terms up to 5 years.
- AED Empowerment Session – A **1-hour practical overview** (not a certification) to help board members feel confident in AED use.

With a leased AED, you can provide a life-saving resource without the upfront cost.

For more information about the AED lease program, **contact Heather Zueff** at **AED@Canadian-Training.ca** or **204-233-2328**.

[Learn More](#)



# Apply for CO-OP Community Spaces Funding

Community centres—don't miss out on funding for your next big project. **CO-OP Community Spaces** offers grants between **\$25,000 and \$150,000** for capital projects that enhance recreation, environmental conservation, or urban agriculture. If your centre has a project that could benefit the community, this is a great opportunity to secure support.

Eligible projects must be accessible for community use and completed within two years. The application period runs from **February 1 to March 3, 2025**—start preparing now.

[Learn more](#)

# Canada Post Community Foundation Grant Now Accepting Application



Community centres can access **up to \$25,000** in funding for youth-focused projects through the **Canada Post Community Foundation Grant**. Eligible programs include after school activities, sports equipment, art supplies, and support for at-risk youth and young immigrants.

**Grants available:**

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sports.

- **\$5,001 to \$25,000** – for larger initiatives, including facility improvements and youth support programs.

**Key dates:**

- **February 10, 2025** – Applications open
- **February 28, 2025** (2:00 PM ET) – Deadline

Don't miss this opportunity to enhance youth programs at your community centre.

[Learn more](#)

# Recreation Manitoba Hosts 2025 Connect Conference

Recreation Manitoba's 29th Provincial Recreation Conference is happening **March 5-7, 2025**, at **Hockey for All Centre and Camp Manitou**. The **Connect Conference** is a great opportunity for community centre staff and volunteers to expand their skills, share ideas, and connect with recreation and parks professionals from across Manitoba.

Don't miss this chance to learn, network, and grow.

[Learn More](#)

# 2025 Athletic Fields Maintenance Registration

If you participated in the Athletic Fields Maintenance (AFM) program last year, **check your email** - registration documents for the 2025 season were emailed on **Monday, February 3, 2025**. Be sure to review and complete the required forms to secure your spot for this year.

Application deadline is Friday, February 28th.

Learn More

# Volunteer Spotlight: Sean Moore & Lydia Dmytryk

This week, we highlight our **2024 Above & Beyond** honourees, **Sean Moore and Lydia Dmytryk**.



Throughout his time on the **Varsity View Community Centre** board, Sean has consistently gone above and beyond, embodying the true spirit of community volunteerism. His commitment, generosity, and willingness to step up whenever needed have impacted the centre and the community it serves.



Lydia has been an invaluable part of **Northwood Community Centre** for many years, contributing her time and expertise to strengthen and build her community. Her willingness to share her energy and skills has impacted many aspects of community life, and all feel her dedication.

We are deeply grateful for Lydia's unwavering generosity and commitment as a volunteer,



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others to get involved, fostering a stronger, more connected community. We are incredibly grateful for his service and honoured to have benefited from his contributions.

enough for everything you do.

## For Sale: 6x12 Karavan Platinum Utility Trailer



Looking for a heavy-duty, all-purpose utility trailer?

This **6x12 Karavan Platinum trailer** was used for just one summer and is perfect for household, recreational, and business needs. It features easy accessibility with unique fold-down rails for added convenience.

- **Asking Price:** \$3,500
- **Contact:** Margie Reis at Garden City Community Centre at [gm@gardencitycc.com](mailto:gm@gardencitycc.com) for more details or to purchase.

Don't miss out on this great deal.

## Stay Up-to-Date With the GCWCC Safety Manual

We're committed to maintaining a safe and healthy environment for all Community Centre workers. **The Safety Manual**, available on the **GCWCC website**, provides essential guidelines, procedures, and required forms to help you stay compliant and prepared.

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For questions or assistance, please reach out to GCWCC. Stay safe.

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## Important Dates and Information

- **February** - National Heart Month
- **February 7th** - Athletic Field Permit Applications Deadline
- **February 14th** - Manitoba Accessibility Grant Deadline
- **February 17th** - Louis Riel Day
- **February 18th** - From the Ground Up Grant Deadline
- **February 18th** - Urban/Hometown Green Team Program Application Deadline
- **February 28th** - Canada Post Community Foundation Grant Deadline
- **February 28th** - Kaltire – Kal’s Replay Fund
- **February 28th** - Athletic Field Maintenance Deadline
- **March 3rd** - Community Spaces Funding Deadline
- **April 12th** - GCWCC AGM
- **April 27th - May 4th** – National Volunteer Week
- **Who to Call** - this link will take you to the phone list of Community Centre contacts on the GCWCC website.

### *Connect with us!*



***Celebrating the past, Serving the future.***

***We're Here to Help.***



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