

Breast cancer sufferers could use a helping hand

Community members can use their feet to give a helping hand to Manitoba women and men struggling to cope financially in their battles against breast cancer.

Up to 1,000 runners and walkers are expected to take part in this year's Rocky Mountain Soap Company Women's Run & Walk, which will take place on at the Formal Gardens at Assiniboine Park on

Aug 28, organizers say.

The event — a fundraiser for Helping Hands for Manitobans with Breast Cancer — is meant to increase awareness about financial hardship endured by breast cancer survivors.

The organization provides help to women and men who are facing financial challenges while going through breast cancer treatment or recovery.

"The event's focus is on celebrating being a woman," said HHMBC's president Rachel Parkinson.

"Extras like a healthy brunch, post-race yoga and massage will make it a very enjoyable day for all participants. And with the support and money raised, we can provide a helping hand to more Manitobans in need."

Parkinson said funds raised will be

used for "non-insured breast cancer expenses such as prescriptions, travel expenses, accommodations, meals, child-care, special garments and rehabilitation services."

Registration is limited and the deadline is expected to close in mid-August.

For event information, visit www.rmswomensrun.com.

— Staff



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What's on the horizon? Protect yourself from severe weather.

Severe weather conditions often occur during Manitoba summers. Thunder, lightning, hail and even tornadoes can develop quickly and have the potential to be extremely dangerous.

That's why it's important for you to understand the risks created by severe summer weather and how you can protect yourself – weather or not.

Look for the signs

Hot and/or muggy days and warm nights indicate thunderstorms may be forming – so be prepared. Keep your eyes on the sky and watch for the possible development of storms.

Listen for the warnings

Environment Canada monitors the weather and issues severe weather warnings. Check your local television or radio station regularly during the summer to see if any severe weather is expected in your area. Purchasing a *Weatheradio* receiver would also give you 24-hour-a-day access to Environment Canada's weather watches and warnings.

Take shelter

When severe weather threatens, find shelter immediately. Do not follow storms in your car or attempt to take photographs. If you're indoors, take shelter in the basement. If there is no basement, find shelter in a small interior ground floor room away from windows. If you are in an office or apartment building, take shelter in an inner hallway or room, preferably in the basement. If you are caught outdoors, lie flat in a ditch or other low-lying area and cover your head.

Be prepared

Storms often strike quickly so it's important that you have a plan in place before severe weather hits.

Prepare a "72 Hour" emergency kit – Your kit should include food, clothing, blankets, medication, bottled water and first aid and tool kits, as well as flashlights and a battery-powered radio – with extra batteries for both. You should have enough supplies in your kit to last 72 hours.

Reduce the hazards on your property – Trim rotting or dead branches and cut down dead trees on your property. You should also check the drainage around your house to reduce the possibility of basement flooding. Secure everything that might be blown around or torn loose. Flying objects such as garbage cans and lawn furniture can injure people.

Find out more

Learn more about how you can protect yourself from the dangers of severe summer weather at manitoba.ca.

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