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Contracting COVID-19: the long road to recovery

■ Daniel Bushman

It has been an arduous time as many people have done their best to navigate through the COVID-19 pandemic. As restrictions finally begin to lift in Saskatchewan and vaccinations continue to be administered, for those who have contracted COVID-19, the journey to recovery has taken time and for some, it continues.

According to the Mayo Clinic, most people who have COVID-19 recover completely within a few weeks but for others like Watrous resident Cindy McLean and Oakville, Ont. Covid Long-Haulers Support Group Canada creator Susie Goulding, symptoms can linger for weeks and even months.

Described as long haulers, effects of COVID-19 can persist for more than four weeks in people after being diagnosed with the virus. While older people and those with many serious medical conditions are most likely to experience the lingering symptoms, the Mayo Clinic said even young and healthy people can feel unwell for weeks and months after being infected with symptoms.

For McLean who considers herself a COVID-19 long hauler, her road to recovery has been a lengthy one that still continues. The pharmacist in Watrous was first swabbed for COVID-19 back in Jan. 20, 2021 and after testing positive, she began her isolation period.

"I isolated for 21 days in my basement and my husband and my son, who both tested negative, isolated upstairs for 14 days," said McLean. "I slept mostly 18 to 20 hours a day during my weeks in isolation. I was hospitalized twice and battled with severe fatigue and dehydration. I felt mentally and physically defeated as I couldn't understand why I wasn't getting better."

Like others who have tested positive for COVID-19, McLean's infection did not present with some of the typical symptoms such as a cough, sneezing or shortness of breath. Instead, she had extreme fatigue, confusion, dizziness, and weakness which ended with nausea, loss of appetite, muscle pain, fever, night sweats, dehydration, headaches, blood clotting, memory problems and brain fog.

"When I learned I had COVID-19 I felt scared, sad, angry, embarrassed, anxious,

and overwhelmed. I had spent the last year doing everything in my power to keep myself, my family and the public I deal with safe from COVID-19. For me these feelings created a cascade of anxiety and shame. I second guessed every place I had gone, I analyzed every item I carried, and I worried about every person that I had talked to or had contact with in the last two weeks."

Still not knowing where she contracted COVID-19 from, McLean also shared that because of her positive diagnosis, four of her co-workers who all tested negative were put into isolation for two weeks as the remaining staff were left to try and keep the doors open while providing an essential service to the public. "I want people to know that collectively almost all of us have been impacted in some way by COVID-19. People who are isolating or who are sick with COVID-19 are still people and need compassion and understanding."

As those long days of dealing with COVID-19 began to turn into weeks, Cindy said it was not until she accepted that she was really sick that things began to get easier and her anxiety started to lift.

"I realized I wasn't going to work the next week and I wasn't cooking supper; my only job was to heal because that was all I could do. I was fortunate enough to have an excellent support system of my husband and son, my parents and in-laws, friends, and co-workers who enabled me to take the time I needed."

Hoping she would bounce back after her 21 days in isolation, McLean said her daily improvement felt like it was going at a snail's pace. "Weeks turned into months and I was improving so slowly that I was discouraged and depressed. I can remember one night I was trying to watch a hockey game and I couldn't keep up with where the puck was on the ice."

Not only was trying to focus on a hockey game hard but other things that were normally no problem for Cindy became nearly impossible. Climbing the stairs, walking to the end of her block, making herself something to eat were also out of the equation during the first months of having COVID-19. But it was through those tough times where she was encouraged to reach out and join a few support groups where she could hear similar experiences from others.

Once Cindy found a few of those groups,



►After first being swabbed for COVID-19 back in January, Watrous resident Cindy McLean (above) still remains on the road to recovery. While in a lot of cases people who contract COVID-19 recover completely within a few weeks, with extreme fatigue, confusion, dizziness, and weakness which ended with nausea, loss of appetite, muscle

pain, fever, night sweats, dehydration, headaches, blood clotting, memory problems and brain fog, McLean is one of many Canadians considered as a COVID-19 long hauler. Joining an online group called Covid Long-Haulers Support Group Canada, McLean is sharing her story to let others in similar situations know that they are not alone.

 photo courtesy Cindy McLean

she felt more empowered and comforted to know that thousands of people across the country were also experiencing many of the same symptoms and emotions that she was.

One of those places that McLean found comfort in was the Covid Long-Haulers Support Group Canada (<https://www.facebook.com/groups/920314451799658/?ref=share>) established on Facebook. Created by Susie Goulding out of Oakville, Ont., the private group is currently the largest one of its kind in the country with

over 13,500 members.

Like Cindy, Susie has also been working through her own lingering effects of COVID-19. Getting sick Mar. 21, 2020, Goulding figured she got the virus after a daily screening at a hospital. A few days later, she experienced a sore throat before a bunch of symptoms arrived shortly after that. While she didn't have any trouble breathing or experienced a fever, Goulding recalled getting an ear, nose, throat and

(continued on page six: COVID-19)

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Manitou Beach developing new official community plan

■ Daniel Bushman

Looking to update its official community plan with input from residents, the Resort Village of Manitou Beach recently held a successful open house during a pair of weekends in May.

With an opportunity to view the beginnings of strategic planning within the resort village through a self-guided tour at Danceland, Councillor Robb LaRochelle who is also on the official community planning committee said the open house allowed people to get a good sense of what assets there are at the beach and what direction council could potentially go.

As part of the approximate 20 minute self-guided tour, people were later invited to share their opinions through an online survey. From the feedback garnered out of the surveys, LaRochelle said council will then take the information and utilize it for its community plan.

With 172 people attending the open houses, LaRochelle stated, “We were able to get well over half of our full-time resident population statistically and if you look at our estimated total seasonal population, we were somewhere between 20 and 25 percent who attended in-person.”

Interacting with those who were at Danceland May 15 and 16 and May 22 and 23, from the feedback LaRochelle received, the resort village councillor was extremely impressed. “Some people were absolutely giddy to know their municipality was interested in what they had to say. There was also a lot of information given at the open house. The assets from the Resort Village of Manitou Beach were presented as information but they were also presented as opportunities. Many of the long-term residents came out of the self-guided tour and said they had learned something. That was rewarding because the educational component was not one of the biggest things we were going for.”

The effort to see an official community plan redone with local input first commenced in October 2020 when

council created a committee of elected and nonelected ratepayers. “We were looking for people who would offer a broad range of perspectives regarding Manitou Beach.”

Seeking to have the resort village’s official community plan changed, LaRochelle said council went to work and chose a really diverse group of people. “We are a diverse community and our diversity is our strength but it is also our challenge but as long as these echo chambers keep in touch and work well together then it is a very strong situation.”

Asking those on the committee to bring their own and unique perspectives, LaRochelle feels council will be able to get a better idea of what Manitou Beach is for everybody. With 16 representatives on the committee, along with LaRochelle is Manitou Beach Mayor Poppy Petersen, councillors Vince Armstrong, Bill Mattick, and Mike Hayward, Resort Village CAO Elise Dale, Watrous Manitou Marketing Group’s Vickie Clarke and Manitou Beach residents Lou Ann Hopper, David Schleich, Lionel Sproule, Lori Gill, Marcie Seymour, Sarah McKen, Garry Jay, Sherwin Petersen, and Kaylee Guist.

Leading up to the open house, the contingent did some brainstorming and then came up with a handful of assets to present. “They don’t represent all of the assets at the village but it was just what we could manage at the time.”

Some of those included:

- the healing and therapeutic values of Little Manitou Lake;
- the local arts and cultural scene;
- the Manitou Beach Dog Park;
- the three gravel pits;
- The Drive-In at Manitou Beach;
- the Watrous Manitou Marketing Group;
- the upcoming Chainsaw Carving Festival;
- the pond and trails;
- the recreation board;
- Uhmman Park; and
- Wellington Park;

For those who have had a chance to view the plan, LaRochelle hopes to see more surveys submitted so council will be able to make some decisions in the coming months as to the direction of the official community plan.



photos courtesy Robb LaRochelle



“If someone did not have the chance to view the presentation they can still find it at www.manitoubeach.ca. For those who have taken the self-guided tour or watched the presentation online, we would like as many residents to fill out the survey as possible. We want to get their values, their interest and their feedback so we can go on to the next stage of the community plan.”

LaRochelle also noted the Mid Sask Municipal Alliance has also applied for a grant on behalf of the Resort Village of Manitou Beach which will help to cover the costs of the community plan.

“With the grant we can readdress our community plan and it doesn’t cost anything. We knew we had to do this now because we wanted to catch the seasonal people because once summer really hits we know this is not on people’s radar and ours as well as we are all so busy. When we return in the fall, we will be communicating with constituents and let them know what is developing.”

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PUBLIC NOTICE

SaskWater’s District Operations will be treating the water in the Saskatoon Southeast Water Supply System (SSEWS) canal to control the growth of weeds and algae during the 2021 irrigation season.

These treatments will take place approximately every two weeks until September 18th, 2021.

The chemical used in these treatments is called Magnacide “H”. It is a registered aquatic herbicide that has been approved by the Water Security Agency for use in the SSEWS canal system.

It will remain active in the water for approximately 24 hours after each treatment and will diminish to non-detectable levels prior to treated water entering the reservoirs. Treated water may also be harmful to the skin, causing irritation to exposed areas.

This water treatment helps to prevent irrigation intakes from clogging and ensures adequate flows are maintained in this multi-use system.

Dosages will be maintained at a level where the water can safely be used for irrigation with no damage to field crops.

Please ensure that people are reminded that swimming, canoeing and fishing in the canal at any time is STRICTLY PROHIBITED.

FOR FURTHER INFORMATION CONTACT:

Cam Arnold
SaskWater
#5, 1925 1st Avenue North, Saskatoon, SK, S7K 6W1
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RCMP Report

Vehicle stolen in Imperial

Watrous RCMP were notified May 27 at 1 a.m. that an owner of a truck from Imperial had awoken to the sound of his vehicle being driven away. The vehicle was unlocked with the keys in it. The owner also noted his detached garage had been entered but nothing was missing. The garage door was also unlocked. RCMP said the truck was found May 29 in some bushes on farmland west of Simpson.

With a number of local thefts every year involving unlocked vehicles, Watrous RCMP are reminding people to not leave keys or firearms unattended in their vehicles.

Hit and run in Lanigan

Humboldt/Lanigan RCMP are seeking the public's assistance in locating individual(s) responsible for a hit and run that occurred in a parking lot located along Hwy. 16 in Lanigan.

At 10:53 a.m. Mar. 21, a red truck was parked in a parking lot across from the Highway Confectionery in Lanigan. A white semi was seen stopped beside the truck. When the semi went to leave the parking lot it hit the front end of the truck and continued to head eastbound on Hwy. 16. Pictured below is a photo of the semi driver. Police continue to investigate.

Anyone who may have witnessed this incident or has information about this crime are asked to contact Humboldt RCMP Detachment at 306-682-2535. Information can also be submitted anonymously through Saskatchewan Crime Stoppers by calling 1-800-222-8477 or submitting a tip online at www.saskcrimestoppers.com



photo courtesy RCMP

FSIN and Province call for action

media release

Following the discovery of the remains of 215 children buried on the site of the former Kamloops Indian Residential School on the Tk'emlups te Secwépemc First Nation in British Columbia, the Federation of Sovereign Indigenous Nations (FSIN) and the Government of Saskatchewan issued a joint call May 31 for the Government of Canada to immediately commence research on undocumented deaths and burials in residential schools in Saskatchewan, including radar ground search at residential school sites.

The FSIN has indicated that initial sites for radar ground search should include Muskowekwan Indian Residential School (IRS), Onion Lake St. Anthony's IRS, Beauval IRS, Guy Hill IRS, Lebreton IRS and Sturgeon Landing

IRS, along with additional sites in consultation with First Nations in Saskatchewan.

"Our First Nations communities and families need closure to begin healing from the traumas forced upon them at these residential schools," FSIN Chief Bobby Cameron said. "There are thousands of families across this

(continued on page nine: CALL)

Mosaic plans resumption of production at Colonsay mine

Daniel Bushman

After Mosaic made the decision to temporarily close operations at its Colonsay mine in August 2019 and indefinitely idle them in January 2020, production is now slated to resume at the potash mine near Colonsay.

In an announcement made by the company June 4, Mosaic said that also means it will be recalling workers as soon as practical. Mosaic's Sarah Fedorchuk, Vice President, Government and Public Affairs – North America said while it is a bit too early to give an exact timeframe as to when operations will resume, she noted Mosaic is working towards a return as soon as safely possible.

When asked how many people could be employed once operations resume, Fedorchuk said, "We don't have an exact employee number to share yet. At its peak, Colonsay employed around 500 people. Currently, we have about 40 employees on site."

As for if employees who were previously at the site near Colonsay will get their jobs back, Fedorchuk stated, "We are in conversations with the Colonsay union on what that process could and will look like."

The move to get

production rolling at Colonsay is being made after Mosaic stated it is immediately closing the K1 and K2 potash mine shafts at Esterhazy. "Closing K1 and K2 are key pieces of the transition to K3 but the timeline for the closure has been accelerated by nine months due to a recent acceleration of brine inflows."

By restarting Colonsay's operations, Mosaic noted it will offset a portion of the production lost by the early closure of the K1 and K2 shafts at Esterhazy. Mosaic also hopes the change will position the company to take advantage of the expected strong potash markets in 2022 and beyond.

By March of 2022, the company stated its annualized potash production could increase by two million tonnes from 2020 levels, as Esterhazy K3 ramps up to full capacity and Colonsay returns to service.

As a result of those operational changes, Mosaic expects to eliminate brine management expenses after July 2021 and materially increase 2022 available potash capacity to take advantage of the expected potash market strength. During the

expected transition period of July 2021 to March 2022, the company anticipates its potash production to be reduced by approximately one million tonnes. By mid-2022, available annualized operational MOP capacity is expected to be 10.5 million tonnes.

"Mosaic has been managing inflows at Esterhazy since 1985, and has accelerated the development of the K3 shafts to allow for the ultimate closure of the K1 and K2 shafts," said Joc O'Rourke, President and Chief Executive Officer. "For the last decade, we've run scenarios that relate to the early closure of these shafts. As a

result of that planning, we expect to end up in a stronger position than ever in 2022."

In the second quarter of 2021, Mosaic said it expects to record costs related to the following: \$20 to \$25 million in brine management cash costs to cover initial efforts to manage the accelerated inflows; \$80 to \$100 million in noncash charges for asset write downs for the remaining mining asset values at K1 and K2; and \$50 to \$100 million in a noncash asset retirement obligation reserve increase for the permanent closure of the underground works at K1 and K2.

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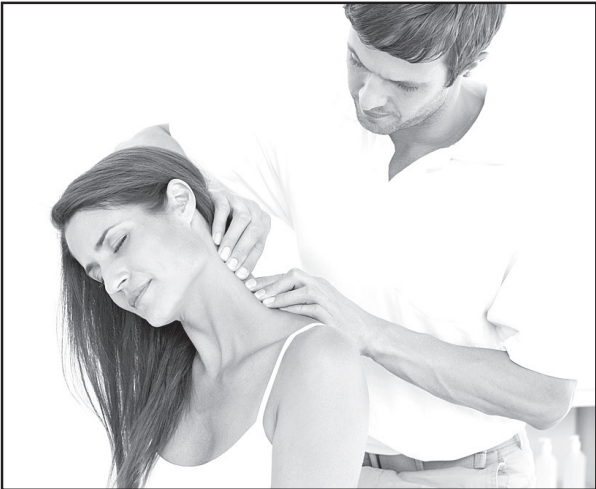
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Opinion



PLUNKETT

Deloris Wilson (Sutherland) • 306-944-4852

Welcome to spring everyone! It is nice seeing everything green again.

We had a little bit of winter and it gave us some moisture until the rain showed up. It was very welcome as most folks have their gardens seeded by now and most of the fields are seeded.

Plunkett folks send their deepest sympathy to Janet Schlosser and family on the passing of her husband Jim.

Folks also send their deepest sympathy to the family of Linda Leir, formerly of Viscount, on her recent passing.

Anyone having any news, please phone me if you can send it to me.

COLONSAY

Irene Gray • 306-255-2775

Ben and MuLing Liang from Unity visited Jim and Irene Gray May 28.

Jim and Irene Gray attended the wedding of Venessa Liang, daughter of Ben and MuLing Liang and Tyler Hinz. The wedding took place at the Riverview Room at the Remai art gallery May 29. The reception was held at the Saskatoon Club where a six course meal was served.

Exciting news for the

town of Colonsay. A committee has been formed to try and revitalize the Colonsay golf course. The project consists of making the golf course a park that is accessible to people of all ages. Also on their wish list they hope to include disc golf, walking paths, farmers market, a playground and a dog park. They would also like the addition of trees, shrubs, picnic tables and benches.

VISCOUNT

Sandra Reid • 306-227-1193

Welcome to the month of June. With a few restrictions lifted hopefully it will be a safe summer for everyone. It will not be long now before summer holidays.

News from the Blankets for Canada group. Nineteen blankets were delivered to a shelter in Saskatoon. Yes, the ladies keep busy at home, on their own, making these beautiful blankets. Between September and December of 2020, 129 blankets were made. Eighty-four were made between January and May of 2021, making a total of 213 blankets. They are eagerly accepted by many shelters all over the city of Saskatoon. Appreciation goes to everyone who participates in this worthy cause. If you would like to know more about what we do call Evelina at 306-944-4820.

Best wishes to anyone who is under the weather. I hope you feel better soon. Have a great week, stay safe and enjoy the outside if you can. Thank you to everyone who helped make this week's Viscount news possible.

For more Community Connection news, see back page.



Tips from Reena Nerbas

product called Iron Out, use according to the directions on the bottle.

Dear Reena,

I have little black flies in my home. I am assuming they are from my house plants. How do I get rid of them? Marsha

Dear Marsha,

First, set out a bowl of vinegar to determine if the bugs are fruit flies or fungus gnats. Fruit flies are attracted to vinegar but gnats are not. To reduce bugs from hatching in plants, spread a layer of coarse sand on top of the soil. Doing this makes it difficult for fruit flies to lay eggs. Also, standing water creates a perfect breeding environment for fruit flies, therefore water plants but make sure there is no standing water in the plant saucer. Homemade pesticide: in a one gallon milk jug, combine two tablespoons dish soap, one tablespoon rubbing alcohol, dash of Tabasco sauce, one tablespoon canola oil and enough water to fill the jug. Pour mixture into spray bottle and use as needed (double recipe as needed). Another option is to steep cigarette tobacco in water. Leave for two days and spray plants.

Hi Reena,

I tried freezing my jeans to remove chewed gum and have got some of it out, but I am starting to wreck them where I am scratching it off. Any other options? Warren

Dear Warren,

Wipe the area with rubbing alcohol, doing this breaks down the polymer that makes chewing gum sticky. Another option is to spray the area with WD-40, wait for 10

Solutions and Substitutions

Dear Reena,

How do I remove stains out of toilet bowls? Bells

Dear Bells,

Make your toilet bowl sparkle by pouring a little shampoo or dish soap onto a pumice stone and gently rubbing the inside of the toilet bowl to remove stains or clean the toilet with a

minutes. Wipe with a plastic putty knife. Soak the area with dish soap and water. Wash as usual.

Dear Reena,

Can you please provide me with a recipe for garlic spread that I can spread on Italian bread and bake? Fern

Dear Fern,

This recipe is so good and tastes like restaurant garlic bread! Into a bowl combine: half a cup softened butter (yummier than margarine), one-quarter cup grated Parmesan cheese, two cloves minced garlic, one-half teaspoon dried basil, one-half teaspoon dried oregano, one-half teaspoon dried parsley, sprinkle lightly with black pepper. Slice Italian bread in half lengthwise and spread both sides with butter mixture. Bake at 350° until golden brown (about 12 minutes). Slice and serve.

Feedback from smart contributor

Re: ant hills

Sprinkle used coffee grounds to repel ants. This works well and helps fertilize your garden at the same time. Faye

Interesting hints:

- Remove pet hair from furniture using a window squeegee. Submitted by: Lisa

- I recently read an article about rabbits in the yard eating things we do not want them to eat. I found an excellent inexpensive, environmentally friendly and easy solution. Grate Irish Spring bar soap just like cheese and sprinkle it around problem areas (or around perimeter of property) to keep rabbits away. Submitted by: Jamie

- Avoid pouring grease from cooking down the sink; instead put grease into the garbage that way you do not run the risk of clogging up the sink and damaging the pipes. Submitted by: Ellen

Note: Every user assumes all risks of injury or damage resulting from the implementation of any suggestions in this column. Test all products on an inconspicuous area first.

Reena Nerbas is a popular motivational presenter for large and small groups; check out her website: reena.ca. Ask a question or share a tip at reena.ca

Believing in Jesus isn't simply about us



Neighbourly advice according to Ed

A spiritual column by contributor

Raymond Maher

www.accordingtoed.com

Yesterday, I asked Ed if there were some people he would like to meet in person and get to know more about them. My old neighbour often answers a question with a question. So he asked me, "Why? Who do you think I should meet?"

I said, "Well, since we are coming into the summer golfing season, maybe you would like to meet and pick the brains of a golfer like Danny Klughart, Mackenzie Hughes, or Mike Weir?"

Ed informed me that he

would like to meet and play a round of golf with Danny Klughart, as he could learn something from Klughart's skill, unlike playing a round of golf with me. I agreed with Ed.

I believe we all have people we would like to meet to understand them more fully and perhaps learn from them. The ideal situation is that when we meet someone we have wanted to meet that they will be willing to meet us and get to know us. When we draw near to them, they must be willing to draw near to us.

In the third chapter of John, a man of the Pharisees named Nicodemus, a ruler of the Jews, came to Jesus to meet him in person. He wanted to understand how Jesus could do the miracles or signs Jesus was doing before the people.

Nicodemus saw Jesus as a teacher from God in that God had to be with

Jesus for him to do the remarkable things he was doing. Nicodemus could not understand what Jesus was saying to him when Jesus informed Nicodemus that he must be born again to see the kingdom of God. Nicodemus asked Jesus, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" (John 3:4)

Nicodemus was not ready or able to see beyond what was common sense to him. He was astonished that Jesus told him that he needed to be born again. Like Nicodemus, we often feel we should understand Jesus or God simply with our reason and intellect. We want to make God fit our understanding. Many of us resent others when they do not want to let us be who we are but who they think we need to be.

Many when Jesus was alive and today are not

ready or able to believe in Jesus because they insist Jesus become more or less than He says that He is as God's Son. Jesus told Nicodemus that he had descended from heaven to do God's will as the Son of Man. As Moses lifted up a bronze snake in the wilderness to save the dying people who looked to it, He (Jesus) would be lifted up that whoever believes in him may have eternal life.

Nicodemus helped bury the body of Jesus in a tomb after Jesus' death lifted up on the cross. For a time, Nicodemus could not understand Jesus, but he wanted to because he felt God was with Jesus. Nicodemus dared to draw near to Jesus when most Pharisees were opposing or rejecting Jesus. Jesus drew near to Nicodemus, enabling him to trust that whoever believes in Jesus will not perish but have eternal life.

TWM

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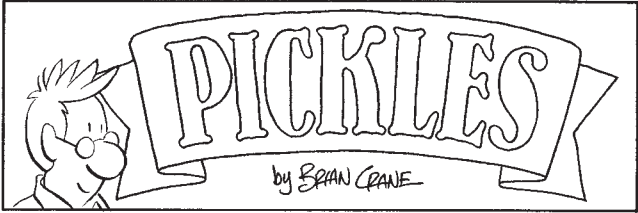
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PUZZLE NO. 81

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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51	52	53			54		55					
56					57				58			
59					60				61			

10. Young boy

11. Luxurious resort

16. Competent

20. Applied

22. Pull suddenly

24. Troops

25. Daytime TV show

26. Courageous person

27. Understood

28. Bossa ____

29. Is in debt

31. Bee's follower

32. Meat mixture

35. Sharp
39. Apostle count

41. Hauled

43. Egyptian snake

45. Comet part

46. ____ in a lifetime

48. Fingertip feature

49. Scheme

50. Slippery swimmers

51. Bathing-suit top

52. Crop

53. " ____ to Joy"

55. Besides

- ACROSS

1. Scored on the serve

5. Gun, as an engine

8. Kitties

12. Speaking part

13. Respect

14. Trade

15. Flamenco dancer's instrument

17. TV's Alan ____

18. Overpriced

19. Eternal spirit

21. Hog's home

23. Break

27. Snarl

30. Sprain result
33. Shad ____

34. This moment

35. Work dough

36. Blemish

37. Eden inhabitant

38. Just manages to earn

39. Memo error

40. Debris

42. Hem's partner

44. Atop

47. Intelligence

51. Punch

54. Wherever

56. Took a taxi

57. Decorate a cake

58. Glass container
- DOWN

1. Circle portions

2. Cloak

3. Otherwise

4. Hate

5. Made a getaway

6. Mas that go baa

7. Presidential refusal

8. Biblical song

9. Nocturnal bird

59. Copied

60. Permit

61. Shade providers

FOR ANSWERS TO SUDOKU AND CROSSWORD, SEE PAGE 11



SASKATOON CO-OP at WATROUS
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Parmesan Baked Potatoes

Ingredients:

- 4 medium red potatoes, thinly sliced (peeled or unpeeled, your choice). If unpeeled wash very well before using
1 small onion, thinly sliced into rings
3 tbsp. melted butter
1/4 cup Parmesan cheese
1/4 tsp. salt
1/4 tsp. pepper
1 large pinch garlic powder

Directions:

Put half the potatoes in a greased 7 x 11 pan or two quart casserole dish. Top with onion, then remaining potatoes. Drizzle with butter. Sprinkle with cheese and spices. Bake uncovered at 425°F for about 30 to 40 minutes until the potatoes are tender. Poke potatoes with a fork to make sure they are done. For this recipe, it is best if the layers of potato are not too thick.

(from front page: COVID-19)

sinus infection along with a cough. Susie also had extreme fatigue, found it hard to swallow and developed brain fog, things she still deals with today.

"I was suffering from severe cognitive dysfunction and fatigue to the point that it was completely debilitating. But my main issues were



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- Lesley & Greg Carlson*

affecting the brain. Brain fog is like living with a broken brain and feels as though I have Alzheimer's. You can't think straight, your memory is terrible, you forget everything and have so many issues. It's like trying to function with half your brain shut down. The fatigue that I also got left me lifeless for months. To this date, the injury to my brain is still healing."

Early on, Goulding also dealt with intense pressure at the back of her head near the base of her skull. "It felt like I had been hit with a baseball bat." Things then moved into her digestive system and affected her heart. "At one point I thought I might die because I felt like I was having a heart attack. My heart was racing and having unusual rhythms and it was really scary but I learnt to get up the next day and to just live with my symptoms."

Since the pandemic was relatively new in Canada when Susie's numerous symptoms related to COVID-19 arrived, testing was not readily available at that time to confirm it was a positive case. With her condition worsening, by June 2020 Goulding went to the hospital with about 35 different symptoms related

to the virus.

It was at that time her doctor felt Susie could assume she had COVID-19 along with a viral infection. "My doctor said we will do the test but it will probably come back negative because at that point it was over two months since I first had COVID-19."

Goulding was not surprised when the test came back negative but with the severity of her condition and because of the lack of knowledge and information presented to her, she wanted to try and find others who went through similar experiences.

"My understanding is around 25 to 35 percent of all COVID-19 cases end up being long haulers and 85 to 95 percent of hospitalized cases are people who will become long haulers. Because there are so many of us, that is why I wanted to start the support group online," she said from her Oakville, Ont. home. "The support group is to address these issues and bring Canadians together on a platform where we could speak about our COVID-19 culture which is much further behind what was happening in Europe and completely different



►After experiencing a number of symptoms related to COVID-19 last year, Susie Goulding (pictured) decided to create an online support group. Since that time, the private group called Covid Long-Haulers Support Group Canada has gained more than 13,500 members. Goulding said the online group acts as a safe place for those who have had COVID-19 and continue to experience symptoms long after testing positive. The support group also allows people from across Canada to share their experiences and information with others who have gone through similar situations.

photo courtesy
Susie Goulding

than in the United States. Every country has its own culture as to what is happening and how the virus is progressing. I felt it was important to have our own safe place to speak with each other and to gain information."

Launching her long haulers support group page in 2020, it has since ballooned to more than 13,500 members. During the first wave of the pandemic, Goulding noted many who joined were mostly middle-aged. Now most new members are those between 20 and 40 years old.

"There is another bracket of people who are not recovering. We are trying to reach out to other people to make them understand that this is something that needs to be really taken into consideration when masking up or not masking up and setting out. We just want people to be protecting themselves properly because you don't want to end up as a long hauler."

With members from all across Canada as part of the online support group, Goulding hopes to one day approach the federal government with the knowledge of letting them know what is needed to address the complexity and issues surrounding long haulers.

To reach a larger audience while allowing safe places for long haulers to share their experiences and information, Goulding recently branched out into provincial groups on Facebook including Saskatchewan (<https://www.facebook.com/groups/977005726442284/?ref=share>). She has also created a website (www.covidlonghaulcanada.com) with a number of different resources for people to

access.

"Most people find that once they find the group that it is a big sigh of relief for them knowing that they are not alone. People don't understand what we are going through and how could you understand if you haven't gone through it yourself? There are all kinds of symptoms and debilitating things so it just provides some recognition that we are in a community."

While much is still unknown about how COVID-19 will affect people over time, the Mayo Clinic stated those potentially long-lasting problems from COVID-19 make it even more important to reduce the spread by following precautions like wearing masks, social distancing, avoiding crowds, getting a vaccine when available and keeping hands clean.

When it comes to following those precautions, Goulding is frustrated when she hears there are people still not adhering to them or who think COVID-19 is a joke. "At first I was very frustrated and tried to reason with these people. I don't think there is really any reasoning with them until they find out for themselves. Then they live with a lot of regret. They may get another family member sick or someone may pass away. They end up doing collateral damage, end up being a long hauler or having a severe case of COVID-19. That turns them around rather quickly but for me, I am focusing on much more positive things and I don't worry about them anymore because there is no sense in changing their minds. Sometimes they may have to learn the hard way."

For those who do consider themselves long haulers, when asked

what is one of the most important things for them to do, Goulding said, "Find your support system and people who are positively influencing you and believe what is going on. Definitely be your own advocate as far as getting help from the medical profession. Do some homework and believe in yourself that this is happening to you and find strength in others coming together."

As for McLean, after contracting COVID-19 on Jan. 20, 2021, she is still not 100 percent but is glad to be enjoying some of the tasks she could not do four months ago. She is also thankful to have found some support along the way. "I know there are many people who are or will experience lingering symptoms from this virus. I have found so much guidance and peace of mind by listening to other experiences. Knowledge is power and we are still gathering as much knowledge as we can about this virus and what it does to the human body physically and mentally."

By being transparent about her journey, McLean hopes her story will help others while reducing the stigma surrounding contracting and being sick with COVID-19. "Whether you have had COVID-19, know someone or are caring for someone who had COVID-19, or lost someone you love due to COVID-19, it is important to know that we are all human and that we are all doing the best we can."

Along with sharing her experience and being transparent, McLean has received her first dose of the COVID-19 vaccine and hopes to return to her regular routine soon. She has also adopted a recovery plan with the help of her doctors, nurses, specialists, and therapists. "I can see improvements week to week in my symptoms and try really hard to focus on the progress rather than the setbacks. Some people only get a mild case of COVID-19 and some of us end up as long haulers. I often say I feel like one of the lucky ones as some people who fall ill with COVID-19 don't get a chance to come home."



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Watrous School of Dance season wraps up on the big screen

■ submitted by Watrous School of Dance
Co-President Lori Ann Frey

After an abrupt end to the 2019-‘20 dance season due to the pandemic, the Watrous School of Dance was excited to wrap up their 2020-‘21 dance season with their outdoor recital at The Drive-In at Manitou Beach. It was a wonderful evening with the showing of the recital taping on the big screen.

The beginning of the pandemic in 2020 forced us to abruptly cancel not only our yearly recital, but also our biggest fundraiser, our dance festival. As we cancelled classes and closed our doors, we were unsure of what the future was going to bring for our dance club.

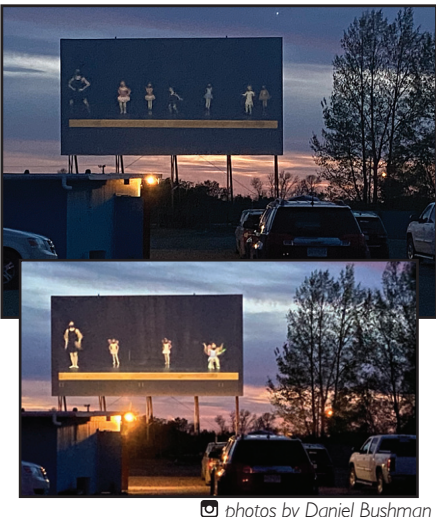
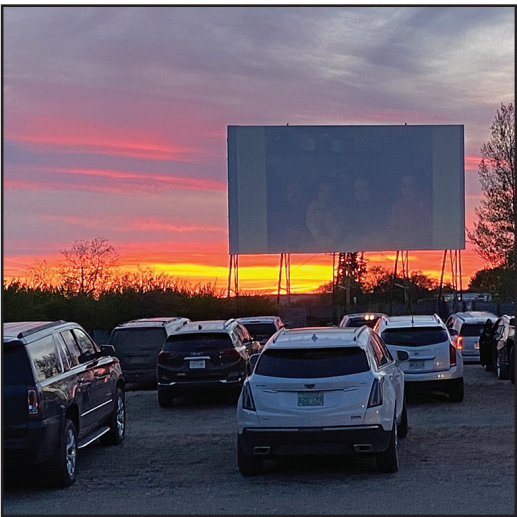
As fall approached, and we were planning for this past season, we were cautiously optimistic. We took great efforts to plan accordingly. Our main goal was to be able to continue dance classes for our students, all while being extremely aware of keeping everyone safe. We sectioned off squares in our studios so that each student had their own space, we scheduled our program so that only one studio was in use and only one teacher was in the building each day. Our parents stepped up and helped out tremendously by coming in to the studio to sanitize regularly throughout class times. Our teachers did the same in the studios. Due to these efforts, we felt comfortable opening up in September, knowing we were following all of the guidelines. We were “business as usual” and everyone was happy to be back in the

space. Of course, we were unsure of what the future would bring.

Guidelines changed over the course of the months, but our teachers, students and parents were up for the challenge. Class sizes were cut, schedules were shifted, but everyone was able to continue with their dancing. We started to plan for our annual festival and recital in hopes we would be able to host both. Our students and teachers worked hard in the studios preparing for the upcoming competition season.

As COVID-19 cases started to climb, our plans started to shift and competitions were being cancelled or were moving to some sort of virtual event. We were very fortunate that we were able to participate in a virtual competition—Dance Aberdeen. Filming took place in Saskatoon, one club at a time and there was no audience. Parents and dance families were able to watch videos of the dances, along with the adjudicator’s comments at a later date. It was different, but the dancers enjoyed dancing on a stage and felt accomplished! The executive in Aberdeen did a fantastic job organizing and executing a virtual festival!

Unfortunately, after many efforts, we decided to cancel our annual dance festival again this season. It was not an easy decision as so much work had been put into the planning and preparing over the last two years. It was felt that it was not in the best interest of our community or dance club to go ahead when we had just had cases within our community, and the provincial numbers were continuing



photos by Daniel Bushman

to rise. We also knew that the likelihood of hosting a recital for our supporters to come and watch was very slim. The Festival Committee came up with the fantastic idea of possibly hosting a showing of our recital at The Drive-In at Manitou Beach. Some research was done, plans were made, a taping day was scheduled and our dancers prepared to once again, dance on a stage! All in all, it was a great success! We are sincerely grateful to the committee for organizing and to Earl Hayhurst for hosting us at The Drive-In at Manitou Beach! We truly appreciate the efforts and having a grand ending to this year’s dance season.

We sincerely appreciate many people for making this season the best it could possibly be including our teachers, dancers and families for their support and

extra efforts to keep everyone safe in the studio. We also appreciate our executive for being proactive and making sure guidelines were followed while making every effort to make sure dance could continue. And most of all, we would like to acknowledge and extend our gratitude to our community for all the support of our fundraising events and for coming out to the recital to cheer on our dancers.

As we move forward, we again are optimistic that we will have a full dance season in 2021-‘22! Things are progressing in regards to vaccinations and low numbers. We are hopeful that we will be hosting a Festival in 2022 (Apr. 1 to 3). Our dancers and teachers are looking forward to studio time, learning and preparing choreography for next year’s competition season!

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Reuben
Fish Burger
Chicken Burger
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** Includes fries, soup or salad*

JUNE EVENTS AT MBGC

Ladies Mind Your Business - Wednesday, June 9th
Partners Classic - Friday, June 11th (event is full)
Callaway Demo Day - Tuesday, June 15th
Couple’s Night Friday, June 18th at 6 p.m. shotgun start – Theme: Tight N Bright Register ASAP to ensure your spot.
Farmfest - Monday, June 21st
To register, contact the MBGC at 306.946.2861

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“Notices Classifieds”

AND

Obituary



ANDERSON, Faye

Faye Anderson, aged 79 years, formerly of Liberty, Sask. passed away at Royal University Hospital, Saskatoon, Sask. on Wednesday, May 19, 2021.

Due to COVID-19 restrictions, a memorial service will take place at Liberty Memorial Hall, Liberty, Sask. at a later date.

Interment will take place in Liberty Cemetery.

Memorial donations directed to Long Lake Valley Integrated Facility Auxiliary would be appreciated.

To leave online condolences, tributes or to make a donation, please visit www.fotheringham-mcdougall.com



FARAGO, (GALVIN) Julianna (Julia)

In May 2021, Julia Farago Galvin, beloved wife, mother, grandmother, great-grandmother, aunt and longtime Watrous, Sask. resident, passed away at the Manitou Lodge - Watrous District Health Complex at the age of 104.

Julia was born in 1917, in Atwater township near Esterhazy, Sask. to Magdalen (Riczu) and Michael Balogh, who farmed in the Whitewood, Sask. area. She was the youngest of 10 children. Their home was a musical one. Her father taught the children to play the violin which Julia was able to play until last year. She married Joseph Farago in 1934, and moved to their farm near Plunkett. She was a typical farming wife of the time performing many farm chores. They had two young children when she was diagnosed with tuberculosis. Following 12 major surgeries and related treatments, the doctors released her to go home to make her final arrangements. She returned home, but outlived all of her doctors. She was an excellent cook, baker, seamstress, and quilter. Julia was also a great pool and card player and showed no mercy whether playing with family or friends. She had a great sense of humour, and performed skits for family and at church functions. She would dress up in costumes with her daughter or nieces as sailors, witches and Big Bird; singing and dancing, or trick-or-treating. Julia also loved to go dancing at Danceland, as well as playing bingo and wearing decorative hats. In 1968, Joe semi-retired from farming and they moved into a new house in Watrous. She worked part-time at Robinson's fabric department and Necchi Sewing Center in Watrous for several years. She was a member of the St. Anne's church choir and attended church services regularly until the late '90s when she was physically unable to attend. She also participated in many church baking and quilting events. She volunteered for Watrous Days and Plunkett Days and during the '90s, she played the violin on stage at the Folkfest in Watrous. Following Joe's death, Julia married John Edmund (Ted) Galvin. Julia and Ted attended church, played cards, and danced

at Danceland. After Ted's passing, Julia moved into the Manitou Lodge independent living facility and she continued to play her violin. While enduring some difficult times, Julia wanted to pass on to her family passages from a poem she'd read and jotted down decades earlier:

Safely Home (by unknown)

I am home in Heaven, dear ones;
Oh, so happy and so bright!
There is perfect joy and beauty,
In this everlasting light.
All the pain and grief is over,
Every restless tossing passed;
I am now at peace forever,
Safely home in Heaven at last.
There is work still waiting for you,
So you must not idly stand;
Do it now, while life remaineth —
You shall rest in God's own land.
When that work is all completed,
He will gently call you home;
Oh, the rapture of that meeting,
Oh, the joy to see you come!

Julia was predeceased by her husbands: Joseph Anthony Farago and John Edmund (Ted) Galvin; daughter, Elaine (Lewis) Embretson; brothers and sisters: Ambrose, Anna, John, Barbara (Bessie), Mary, Elizabeth (Alice), Michael, Matilda and Joseph.

She is survived by her son, Delvin (Karen) Farago; grandson, Chris (Orith) Farago; granddaughter, Kyra (Dan) Schmidt; great-grandsons: Dalton (Rachel) Schmidt, Colton Schmidt and Carly Otis and many nieces, nephews and cousins.

Julia's family would like to extend a special thanks to the staff at the Manitou Lodge for their loving care and to Rita Allin and her sister, the late Fay Marta, for the extraordinary amount of time they spent caring for and visiting her.

Due to COVID-19 restrictions, a memorial Mass will be held in Watrous, Sask. at a later date.

For a further eulogy, online condolences and tributes, please visit: Fotheringham-McDougall.com.

In lieu of flowers, memorial donations may be made to Manitou Lodge Activity Department, c/o Watrous District Health Complex, Box 130, Watrous, Sask. S0K 4T0.

Interment will be private - Watrous Cemetery.

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24-1c

WANTED

WANTED: MF #36 discers, up to \$700 each; endgate drill fills; square balers John Deere, New Holland, MF; tub grinders; dead tractors; JD #655 and #665 air seeders. Ph. 306-946-7923./19-24c

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In memory

SCHROEDER - In loving memory of Ben who lived until June 9, 1996:

Our dad passed away 25 years ago. Of course, much has happened in the years since that sad, sad day. Our family has changed, grown, and thrived. It is easy for those of us who knew him to reminisce and laugh about all of the funny and memorable stories there are to go with this wonderful character of a man who was our father. We share these memories with our children and grandchildren and hope that the lessons (and laughs) he left with us are passed down to them. We see him in each other and we really, really miss him.

This memoriam has always been placed with the same message - **we live as long as we are remembered.** On this anniversary I add:

"If there is any immortality to be had among us as human beings, it is certainly only in the love that we leave behind. Fathers like mine don't ever die."

- Leo Buscaglia

- Ever remembered and always loved, Karen, Keith, Blair, Lesley and families.

Thank you

The residents of Diamond Jubilee Court would like to thank the Sather family for the generous donation of a shuffleboard table made in memory of Melvin and Jean.

Thank you to the staff at Affinity Credit Union - Watrous for their generous donation of \$2,000 to the residents of Westridge Manor. The money has been used to purchase a large television for our common room and also a barbecue.

We would like to extend a huge thank you to all the family, friends, neighbours that have shown us their condolences through cards, phone calls, emails, messages and food brought to our home at the time of our sister Faye Anderson's passing. It was all very much appreciated.

- Linda Van Damme and family, Donna and Earl Baht and family, Cindy, Bonnie and Gerald Beaton

(from page three: CALL)

country and in our treaty territories that have been waiting for their children to come home. These children deserve the respect and dignity of proper burials and we must follow protocol and work with our elders to ensure that their souls are at peace. We respectfully ask all First Nations across Canada to join us on this very important healing journey. We are calling on the Liberal Government, the NDP and Conservative parties to support us in this endeavour.”

“Saskatchewan is supporting the call from the FSIN and FSIN Chief Bobby Cameron for the federal government to take immediate action following the tragic discovery of the remains of 215 children at the former Kamloops Indian Residential School,” Premier Scott Moe said. “With an estimated 20 federal residential schools

operated in Saskatchewan, meaningful reconciliation in our province must include research into the estimated hundreds of children that did not return home after attending these institutions, including radar ground search. Saskatchewan is prepared to support this work through the Ministry of First Nations, Métis and Northern Affairs in collaboration with the FSIN and First Nations in Saskatchewan.”

In commemoration of the 215 children whose remains were discovered on the site of the former Kamloops Indian Residential School, flags at the Saskatchewan Legislative Building will be flown at half-mast until further notice.

The residential school system operated in Canada for more than a century. The federal government reports that 150,000 Indigenous children were removed and separated from their families and communities to attend these schools. The Truth and Reconciliation Commission

(TRC) estimates that approximately 20 federal residential schools operated in Saskatchewan from the 1880s to the 1990s.

The province has recently acted to protect cemeteries at residential school sites in Saskatchewan. In 2019, the Battelford Industrial School Cemetery, the resting place for at least 74 children who died while attending the institution, was marked as a Provincial Heritage Property. Similarly, the Regina Indian Industrial School Cemetery, the resting place of approximately 36 children, was designated a Provincial Heritage Property in 2017.

The Federation of Sovereign Indigenous Nations represents 74 First Nations in Saskatchewan. The Federation is committed to honouring the spirit and intent of the treaties, as well as the promotion, protection and implementation of the treaty promises that were made more than a century ago.

Seeding wrapping up across province

media release

Dry conditions have allowed farmers to nearly complete seeding in all regions of the province. That is according to the Ministry of Agriculture’s weekly Crop Report for the period of May 25 to 31.

A total of 97 percent of the crop is seeded, which is ahead of the five-year average for this time of

year of 92 percent.

Ninety-eight percent of the crop is seeded in the southeast, west-central, northeast and northwest regions, 96 percent in the southwest and 94 percent in the east-central.

Provincially, 99 percent of field peas, canary seed and chickpeas, 98 percent of durum and spring wheat, 96 percent of barley, flax, canola and soybeans,

95 percent of lentils and 92 percent of oats have been seeded to date.

There were small precipitation events throughout the province. The Cando area reported the most with 23 mm of precipitation, the Kindersley area reported 20 mm, the Spruce Home area reported 15 mm, the Earl Grey area reported 12 mm and the Rhein area

reported 10 mm. This rain was very welcome but more will be needed soon.

Minimal precipitation and strong winds have reduced topsoil moisture conditions in all regions of the province. Rainfall received two weeks ago has helped with pasture conditions in the province, but more is needed. Cropland topsoil moisture is rated as zero

percent surplus, 72 percent adequate, 20 percent short and eight percent very short. Hay and pasture land topsoil moisture is rated as zero percent surplus, 58 percent adequate, 29 percent short and 13 percent very short.

The majority of crop conditions are good. Smaller seed crops, such as canola and mustard, are rated as fair to good. This is mainly

due to reduced germination caused by winds and lack of moisture as well as flea beetle pressure. The moisture received over the previous two weeks has allowed later seeded crops to emerge more evenly and earlier seeded crops are now able to develop further. Most crop damage was due to strong dry winds, dry soil conditions, flea beetles and gophers.

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Coming Events

JUNE

- SHOWING AT TOWN OF Watrous Gallery "Landscapes by Lonnie Mason" for June and July./24-1c
- MANITOU & DISTRICT Regional Park Annual General Meeting, Tues., June 22, 7 p.m. in the Heritage Room. Call 306-946-6546 to pre-register if planning to attend./24-2c
- The Annual General Meeting of Interlake Human Resources Corporation (IHRC) will take place June 29, 4:30 p.m. at the Watrous Interlake building, 116 Main Street, Watrous, Sask. Due to COVID-19 restrictions, it will be an IHRC members only meeting. IHRC membership/s can be obtained by phoning 306-946-2577./24-3c

VISIT TWM ONLINE
WWW.TWMNEWS.COM

COMMUNITY MEETINGS

- AL-ANON MEETING THURSDAYS 8 p.m. Ph. 306-946-2466, 306-946-7802./22-48p

COMMUNITY MEETINGS

- ALCOHOLICS ANONYMOUS meetings: Watrous, Thurs., 8 p.m. Anglican Church Hall on Main Street in Watrous. (306-946-2466)/19tfc

COMMUNITY MEETINGS

- WATROUS ROTARY CLUB meets alternating Tuesdays at 7 p.m. at various locations. Call 306-946-2689 for more information./19tfc

Congratulations TO THE RECIPIENTS OF THE 2021 JUNIOR CITIZEN OF THE YEAR AWARD

The Saskatchewan Weekly Newspapers Association, in partnership with Lieutenant Governor Russ Mirasty and SaskPower, is pleased to announce the names of the Junior Citizen of the Year Award recipients.

Megan Ebel, Weyburn
Darshana Lanke, Saskatoon
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Local photographer highlights iconic structures in new book

■ Daniel Bushman

What was once a regular sight in communities across the Prairies has now become a rarity as wooden grain elevators are becoming a thing of the past. While hundreds of the iconic structures have disappeared over the decades in Saskatchewan, a local photographer has not only been able to preserve them through the lens of his camera but the images are now documented in a new book.

Lanigan's Jack Robson along with his wife and travelling companion Mardelle Craven-Robson have spent a considerable amount of hours in their vehicle in search of the iconic structures.

Jack said the whole idea first began as a hobby over 30 years ago. "This book is an extension of photographing and soliciting elevator photos from all over Saskatchewan. When I first started capturing elevators with my camera, the goal was to document every site that had an elevator at one time in Saskatchewan. Through many, many kilometres travelled and thousands of phone calls I was able to get all of them with the exception of about 15."

According to an article published in the May 17, 2020 edition of the Globe and Mail, the number of country elevators in Saskatchewan, Alberta, and Manitoba peaked at 5,758 in

1933. In Saskatchewan, at one time there were over 3,000 wooden structures; however, by September 2018, the article stated just 427 remained.

As the number of wooden elevators started to decrease, the images that Jack was able to capture increased. With his wife Mardelle recording each elevator site as Jack snapped away, Robson also credits the co-operation from a number of Saskatchewan residents, RMs, community administrators, politicians, the Saskatchewan Archives, the U of S Archives, and many friends who were able to help him ensure he was able to discover as many of the prairie landmarks as possible.

As the number of images

continued to grow over time, it was not long until Robson was approached about producing a book. "It was something that I never really thought about but after talking with friends and publishers Trudy Janssens and Warren Iverson (who also had a hand in providing some of the photos for the project Robson was unable to get), we thought we would go ahead with the project."

Called, "The Book of Saskatchewan Grain Elevators," the labour of love contains 190 pages of 1,140 different elevator sites and 1,200 photos. Retailing for \$99.99, Robson said, "We are a non-profit group and any surplus funds that we do receive from the sales will be used



►Photographer Jack Robson along with his wife Mardelle Craven-Robson (above). photo courtesy Jack Robson

to purchase books for care homes, museums and other places."

With a tentative release date of June 25, Jack said people who are interested in purchasing copies of The Book of Saskatchewan Grain Elevators can contact him or Mardelle at 306-365-

2004. "This project was really a team effort by Mardelle, myself, Trudy, Warren and Mr. Print in Saskatoon. I hope that once the book is finished people will enjoy looking at the photos as much as I enjoyed taking them."

MANITOU BEACH

Sue Alcock

Congratulations to all who have graduated from Gr. 12 and many best wishes for your future. Being able to cope with living in this COVID era means you can cope with anything, you will do well.

Another short heat wave is upon us and that means watering of thirsty plants and lawns.

June 2 saw the delivery of various seedling trees from the Trees for Life Program sponsored by Saskatchewan Association of Watershed and we are in the WUQ-WATR (Wascana & Upper Qu'Appelle Watersheds Association Taking Responsibility). A pair of enthusiastic workers, Justine and her co-worker dispensed the trees near the community hall at 1 p.m. I heard that white spruce were dispersed in bundles of five, first come, first served and by 1:15 p.m. they were all gone. Willows arrived too – they are native to Saskatchewan and enjoy places where there is more water. Remember those beautiful willows by the tennis courts? So our community will benefit from the tree plantings, especially when the trees reach maturity in 10 to 15 years.

What are the benefits of trees? The handy brochure Justine gave me tells that as a tree grows it pulls carbon dioxide in through its leaves and converts it to carbohydrates which the tree uses

to grow. The carbon stays with the tree for its lifetime. A young tree can absorb CO2 at a rate of 13 pounds per annum so a 10 year old tree is estimated to absorb 48 pounds of CO2 each year. That same brochure also had ideas for helping climate change and it dawned on me also ways to save money, e.g. reducing waste, using energy efficient appliances, light bulbs etc.; air drying laundry; turning out lights and appliances off when not in use; closing curtains on hot days to keep heat out; using less water (lawns drink up so much); catching rain water for garden use; using reusable bags and I am sure you can come up with more ways to save energy and money.

Talking of waste I feel very sorry for REACT as they get to deal with the stuff that folks place in error in the recycle bins. Trees and brush piles up again in the burn pit and that poses again the question about a shredder and the material used on pathways rather than going up in smoke and creating the kipper aroma.

As for other news – ice cream and other fine eats from local eateries are being enjoyed; the farmers and artisans market has received the green light and will be happening in the vicinity of the former Horizon Beach Store/Mini Mart/gas station. Stay well, get well and have fun.

Golf Report

Senior men's scramble took place June 3 at Manitou Beach Golf Course with 31 entries.

First place was recorded by the team of Bing Vanthuyne, Wes Woiden, Robert Beatty and Dave Reid and second place was the team of Keith Farnel, Ray Hall, Grant Collard and Earle Amendt.

Closest to the pin on hole eight was Brad Ormiston. Earle Amendt was closest to the pin on hole four. John Allingham made the longest putt and Dave Reid was closest to the line.



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