

Hi everyone,

I hope you are all well and keeping safe. It's been an interesting week here in our community. COVID-19 cases still remain active, our neighbouring community of Lynn Lake has entered lockdown and a heinous crime was committed at one of our local banking institutions. While this crime is unforgivable, I'm proud to say that our local RCMP detachment has ensured that justice is done. Most importantly, no one was hurt during this incident.

Let me continue by saying I understand how frustrating it is to see things lighten up in the rest of the province but not the North. I had hoped that we would, at least, be able to allow our small businesses to reopen similar to the south with the proper protocols in place and non-essentials available again but such is not the case. I and my fellow Mayors will continue to lobby for a more equitable solution.

These prolonged exposures to self-isolation, lockdowns & physical distancing can take a toll on one's mental health and cause irrational thinking. I am no happier than you about this but this is not the time to give in to these feelings. We have come a long way in this past year even though the light the end of the tunnel flickers on occasion it still is shining and we will get there.

The opportunity for vaccination is on the horizon even if we can't presently confirm exactly when it is coming. Until then, we must continue to hold on to our sanity. The days in which we can hug all our loved ones and shop in our stores without taking multiple precautions will inevitably come, just hang tight!

If you are struggling with mental health during this time, I encourage you to take full advantage of the free mental health services being offered by the Manitoba provincial government. They are offering free counselling to anyone experiencing anxiety or depression as a result of COVID-19. This service is free and confidential. There's no risk to giving it a shot if you've not been feeling like yourself lately. All the information you need can be found by following this link:

<https://www.gov.mb.ca/covid19/bewell/index.html>

Hang in there everyone! Until next week, stay safe, stay strong & stay healthy Flin Flon.

-Mayor Cal Huntley