

Hi everyone,

With another week of no new COVID-19 cases in our region I'm thrilled to say we've had a very successful summer so far. I personally want to thank everyone for doing their part. We Northerners are a very adaptable and resourceful people and we will always be creative when it comes to solving concerns to make things work.

This week is Pride Week and our outstanding Pride Committee has worked tirelessly to deliver another week of festivities all with public health guidelines in mind. On Friday they will have their flag raising at City Hall which will be followed by a group kayak paddle and walking parade this weekend. For a full list of what they have planned throughout I encourage you to visit the Flin Flon Pride Facebook page.

If you're in the mood for some music, the Flin Flon Arts Council has planned another outdoor summer music series this Saturday at the Flin Flon Campground. If you haven't gotten your tickets yet be sure to visit <https://www.flinflonartscouncil.ca/> before they sell out. I can't thank our local art community enough for their tremendous dedication in keeping the art scene strong in Flin Flon while still being respectful of all the present guidelines.

With the dog days of summer fast approaching, be sure to get out and enjoy the outdoors as much as possible. It's a beautiful time of the year and thoughts of it always carry us through the winter to next summer. Did I say winter?? My apologies for that. What was I thinking? We still have plenty of warm weather and sunshine left that will take us into, no doubt, a great Fall. Fingers crossed!

For all that know me, you understand that I'm a fairly positive guy but I am a realist. For most, summer has been great, in particular, in the Flin Flon, Creighton and Denare Beach areas. But even here, for some, there have been some unavoidable stressors. Family visits that haven't happened, trips that have been postponed and the inability for families to be with loved ones when they are needed the most. Tie that in with; curtailing or changing new beginnings such as welcoming a new person to the family be it babies or partners and not being able to have the closure that is needed when saying the final goodbye to a loved one and you have some very emotional situations. This is why managing your mental health will remain more important than ever before. If you're feeling down, make sure you seek support from friends, family, your church, or whoever will give you some sort of support during this time.

I will reiterate what I have previously said. Let's be kind to each other, be patient and take that extra moment to gather our thoughts before making an angry or sarcastic remark. In these times, that can make the greatest difference. Just remember, there is a light at the end of the tunnel and we are all going to get through this.

Until then, keep working on your tan!

Stay safe, stay strong and stay healthy Flin Flon.