

Langruth Views

June 2020

Distributed by:

Lakeview Initiatives Community Development Corporation

Box 129 Langruth, MB R0H-0N0

Email: thordarsonhealth@gmail.com



COVID-19 NOVEL CORONAVIRUS

Reprinted From:

World Health Organization (<https://www.who.int/>),

Province of Manitoba (<https://www.gov.mb.ca>)

There are now more than six million cases of COVID-19 across the world and more than 370,000 people have lost their lives to the virus.

The World Health Organization (WHO) continues to work with governments to suppress the virus and accelerate science around diagnostics, therapeutics and vaccines. WHO provides the world with new and updated technical guidance weekly.

During this pandemic, mass gatherings had the potential to act as super spreading events. To assist groups planning gatherings WHO released updated guidance to help organizations determine how and when mass gathering can safely resume.

This pandemic has forced countries to make difficult choices to suspend some health services. The development of ways to deliver care while limiting visits to health facilities is key to keeping people safe and ensuring health systems are not overburdened. The use of digital technologies to deliver services remotely and expanding the amount of medications delivered to the home is becoming more common in many countries.

Based on feedback from Manitobans and current public health data, the Manitoba government has finalized the Phase Two plan to safely restore services and opening additional businesses while ensuring physical distancing.

On May 22 the allowed gathering sizes was increased to 25 people indoors and 50 people

outdoors. Mass gathering such as concerts, festivals and major sporting events will not be considered before September of 2020.

The Phase Two plan also includes guidelines for the use of community centres, the increased occupancy of child-care centres to 24 plus staff, the lifting of occupancy restrictions on outdoor recreation facilities (golfing), allowing public swimming pools to open with limitations, and allowing restaurants to open at 50% capacity.

As of June 1, limited access to educational facilities, where physical distancing can be maintained, was allowed. Manitoba Education has been in consultation with school divisions to finalize plans specific to each division.

More information on Phase Two of service restoration and steps to take to reduce risk can be found at www.manitoba.ca/restoringsafeservices.

Dr. Brent Roussin, Manitoba's chief provincial public health officer noted that it is key for people to stay home if they are sick to further reduce the risk of spreading the virus. Anyone with symptoms of COVID-19 should call Health Links-Info Santé, who will provide health advice.

COVID-19: JUNE 1ST, 2020

CANADA: 91705 CONFIRMED CASES
7326 DEATHS

MANITOBA: 295 CONFIRMED CASES
7 DEATHS



Church News

Grace Lutheran Church

Supply Pastor Phyllis Thordarson 445-2323

Service at 10:30 AM unless otherwise stated

Social Media Services available on Facebook at [Grace Evangelical Lutheran Church Langruth Manitoba.](#)

June 14: Service of the Word at the church with social distancing.

June 28: Special Service in the Park at 11:00 am.

Langruth United Church

Service at 11:30 AM unless otherwise stated.

United Church Services have resumed with social distancing.

June 7: Service conducted by local laity.

June 14: Service conducted by Jim Warburton.

June 21: Service conducted by local laity.

June 28: Special Service in the Park at 11:00 am.

Catholic Church News

Catholic Church Services at Amaranth, Alonsa and Sandy Bay have been cancelled until further notice. Please call Father Jose at Amaranth to confirm when services will resume.

Amaranth Gospel Mission

Service at 10:30 AM unless otherwise stated.

Amaranth Gospel Mission Services have resumed with social distancing. Contact Pastor Jay Foster for more information.



June 21st, 2020

A dad is someone who wants to catch you before you fall but instead picks you up, brushes you off, and lets you try again.

A dad is someone who wants to keep you from making mistakes but instead lets you find your own way, even though his heart breaks in silence when you get hurt.

A dad is someone who holds you when you cry, scolds you when you break the rules, shines with pride when you succeed, and has faith in you even when you fail...

Langruth Community Church Service & Picnic

Join us for an outdoor worship service at Einarson Park in Langruth.

Sunday, June 28rd, 2020
11:00 am

Please bring a lawn chair.

Everyone is welcome!

COVID-19 social distancing will be followed. Watch for more information regarding Picnic.

Call Phyllis at 204-445-2323 for more information.



2020

**LANGRUTH FALL FAIR
CANCELED**

Due to COVID-19 Precautions

Please save the date for next year.
August 21, 2021

We just want everybody to be safe.
We are looking forward to seeing you at the fair next year.

Tamara Forbes and the Fall Fair Committee

The Gladstone United Church Food Cupboard

An emergency food resource for the Municipality of West-Lake Gladstone.

Leave a message at the United Church at 204-285-2719 or text Laurel McConnell at 204-294-8645.

Food and monetary donations always welcome.

WESTLAKE-GLADSTONE MAIN OFFICE

14 Dennis St. East, Box 150,
Gladstone, MB R0J 0T0

Phone: 204-385-2332 Fax: 204-385-2391

E-mail: info@westlake-gladstone.ca

Web Site: <http://www.westlake-gladstone.ca>

Open Monday-Friday, 8:30 a.m. to 4:30 p.m.
Regular council meetings are held at 9:30 am
on the 3rd Wednesday of each month. Meetings
are open to the public unless otherwise noted.
To make a presentation register 1 week prior to
the meeting.

Councillors have been assigned to represent
specific Townships and Communities.
Until July 31st, 2020, Township 16 & 17 including
Langruth and Plumas are represented by:
Monica Ferguson (204-872-0777) &
Gerald Doell (204-385-3085 or 204-239-7947)

Municipal Office Update

As of June 1st, 2020, the Municipal office is
open to the public. As we encourage social
distancing, we are only allowing one person in the
office at one time. If you need to speak with
office employees we encourage that you make an
appointment by calling the office 204-385-2332.

Please continue to consult the WestLake-
Gladstone Web Page or Facebook Page for up-to-
date COVID-19 information, precautions and
procedures.



Gladstone Swimming Pool

*Please contact Nicole Sellers at 204-385-2332
for Swimming Pool and Swimming Lesson
information.*

All COVID-19 restrictions must be followed.

*Gladstone Swimming Pool is hoping to offer the
following Swimming Lessons*

Session 3: July 13 – 17
Session 4: July 20 – 24
Session 5: August 3 – 7
Session 6: August 10 – 21

Langruth Garbage Pick-Up: Tuesdays 9:30 am

Please have your waste at the curb
before 9:30 am on Tuesdays.

Call the Municipal Office for more information.



FOR FIRE EMERGENCIES CALL 911



**911 OPERATORS WILL DISPATCH
LAKEVIEW FIRE DEPARTMENT**

FOR BURN PERMITS CONTACT:

JAMES RINN, FIRE CHIEF: 204-445-2392

IT IS MANDATORY TO HAVE A FIRE PERMIT.

Einarson Park Public Washroom OPEN



Einarson Park Campground

Einarson Park Campground is situated
within the Town of Langruth.
Accommodates both RVs and tents. A
number of sites have electrical hook ups.



To book your reservations please call 204-385-
2332. Available on a first come, first served basis.

Rates:

- \$25.00/night with electrical hook up for RVs.
- \$7.50/night without an electrical hookup for a tent in a designated area.
- \$20.00/night with electrical hook up for RVs staying more than 15 days.

Payment can be made at the Municipal Office in
Gladstone or a drop box is available at the park.

Hollywood Beach Campground

Hollywood Beach Campground is
located northeast of Langruth on Road
100N at Lake Manitoba. No services are
available.



No reservations required. Accommodates both
RVs and tents. Available on a first come, first
served basis. Free.

Fifty and Beyond News

Hello Everyone! There isn't anything to report this month because we haven't had a meeting or a supper. It has been a very quiet month as we have been 'obeying the rules'. We have been just staying in our houses and not going out a great deal. We go out for the mail and maybe groceries. Many have people drop off groceries.

We are lucky to not have had any COVID-19 virus cases in our area. I hope I don't jinx it! I hope it stays this way so we can get back to normal and not be sequestered to our houses. Everyone I have spoken to is tired of staying at home. It has been very cool and not really nice enough to be outside. You can only talk on the phone so much. Luckily we have television and a few things to do around the house.

Even though there are only 4 people that attend our meetings we haven't been having our meetings. Right now we aren't planning on the monthly suppers. We usually take the summer off anyway. The Seniors Games have also been cancelled. The regional meetings have been cancelled for the time being as well.

For the time being we will keep self-isolating until we are told that things can resume as normal.

Talk to you next month.

This is Teri Soos

MOBILE CLINIC

Mobile Health Clinic clients
can book an appointment
call with Nurse Practitioner
Twyla Goritz by calling 1-855-644-3515.

Prescription refills & health care will
be continued via telephone.



WMCI Graduation Parade

Friday, June 19th, 2020

1:30 pm

Gladstone, MB



*The parade will start at WMCI at 1:30 pm.
Grads will receive their diplomas at the corner
of Morris Street and Dennis Street and then
travel to Third Crossing Manor.*

Social distancing must be maintained at all times.

Nature Notes

Submitted by Raymond O'Connor

Lark Sparrow



This sparrow, with its harlequin head pattern, has a lovely voice and sings from the ground, a perch, or while flying, sometimes even at night. Frequenting the open prairies and other open habitats, mostly west of the Mississippi River, it can be identified by the dark spot in the centre of its breast and the long rounded tail with extensive white edging. Juveniles are similar to adults but more washed-out with an ill-defined head pattern, buffier coloration, dark brown streak on the white throat, and white underparts with a buffy wash on the side of the breast.

The Lark Sparrow lives in solitary or in pairs. It feeds in flocks, even during the breeding season. It forages for food on the ground and low in trees and shrubs eating seeds, insects and caterpillars. The females on the nest perform distraction displays when disturbed, scurrying away with wings fluttering and tail spread.

Lark Sparrows live often in loose colonies. Males display while swaggering on the ground in front of the females, tails spread and showing off their white feathers.

The nest is of sticks, grass and forbes, lined with rootlets and grass. It may be atop grassy tussock shaded by bush, or low in a tree, sometimes in a shrub, bush or abandoned nest.

Incubation is about 11-12 days by the female. The young are brooded by the female and remain in the nest 9 – 10 days. They are fed by both sexes. They have 1 brood per year.

The Lark Sparrow is common in cultivated areas, fields, pastures, grassland, prairie and savanna. The range has declined due to loss of habitat.

Manitoba Important Bird Areas Program

Webinars are available through the Manitoba IBA's YouTube page.

If you are interested in brushing up your bird identification take in a webinar.

Manitoba Shorebirds ID
Manitoba Prairie Wetland ID
Grassland Bird ID (coming soon)

Google Search "Manitoba IBA YouTube"

LANGRUTH LIBRARY

PARKLAND REGIONAL LIBRARY



Curbside pick-up is now available at the Langruth Library. To arrange for books through this service call or email the library with your request. Please note that only books at the local branch are available through this service. Pick-up can be arranged with the librarian.

Call: 204-445-2030

Email: langlib@mymts.net

A large selection of electronic books and audiobooks are available by downloading the Libby App. A free streaming service called Kanopy which provides library patrons with access to movies, TV shows and children's programming is also available.

Visit the website at <https://parklandlib.mb.ca/> or call 204-638-6410 for more information.

Langruth Post Office



Reduced Hours

Monday

10:00 am – 5:00 pm

Tuesday - Friday

10:00 am – 2:00 pm

All patrons must use their own key to access their mail.

Thordarson Health Inc. Homeopathic Clinic Langruth, Manitoba

EDS testing, Homeopathic consultations, Energy Balancing, Energy Protocols, Reiki and Chakra Clearing involving in-person sessions have been suspended until July 1st due to Covid-19.

Homeopathies may still be ordered.

Call Phyllis at 1-204-445-2236 for more information and/or book an appointment

The clinic has temporarily relocated to 50027 Road 101 North, Langruth MB

Langruth & Area Cemetery News

Local cemetery committees would like to thank all those who have donated to our local cemeteries. The cemeteries rely on donations for regular mowing and general upkeep. If you would like to make a donation to a local cemetery please feel free to contact the cemetery committee of your choice.



Langruth Cemetery

Langruth Cemetery Committee
c/o Sheila Olson
Box 43
Langruth, Manitoba R0H 0N0

Lakeland Cemetery

Lakeland Cemetery Committee
c/o Cecil Robertshaw
Box 45
Langruth, Manitoba R0H 0N0

Big Point Cemetery

Big Point Cemetery Committee
c/o Lydia Johnson
Box 81
Langruth, Manitoba R0H 0N0

Hungarian Cemetery

Hungarian Cemetery Committee
c/o Teri Soos
Box 162
Langruth, Manitoba R0H 0N0

2020/2021 CFAN MEGA DRAW

APRIL DRAW WINNERS!

- 1st Place (\$1200):** Kendra Crooks (Gladstone)
- 2nd Place (\$500):** Taras & Amanda Turko (McCreary)
- 3rd Place (\$250):** Parkside Staff (McCreary)
- 4th Place (\$200):** Debbie Sanderson (Marius)
- 5th Place (\$150):** Annie Richard (Alonsa)

MAY DRAW WINNERS!

- 1st Place (\$1200):** Brandur Gudbrandson (Laurier)
- 2nd Place (\$500):** Roberta Conrad (St. Alphonse)
- 3rd Place (\$250):** Michelle Houle (Langruth)
- 4th Place (\$200):** John & Leanne Sollner (Plumas)
- 5th Place (\$150):** Sara Born (Kelwood)

News From Here, There and Anywhere

Reporter Teri Soos



Hello Everyone! We haven't had a very good spring due to the cold weather and the COVID-19 pandemic quarantine. Everyone is getting rather tired of staying put in our houses. We haven't had any cases of COVID-19 in area that I know of so we can say that we have been very lucky.

There certainly has been a lot of news from the US regarding the African American man who died while restrained by a white Minneapolis police officer. Protests are happening in cities across the US. I watched some of the coverage on television over the weekend. There were so many people gathering in the protests. We certainly wouldn't want to see something like this in our area. What a shame that this is due to the racism that still exists today. I maybe shouldn't say this but the US president doesn't seem to be helping matters. In my opinion, it is too bad that the fall election doesn't come quicker.

The US is also reporting significantly more cases of COVID-19. The population is certainly larger than Canada but there seems to be so many cases and so many sick people. I keep in touch with my sister in California to see how they are making out.

I do hope that a vaccine for the COVID-19 virus is found soon so we can resume our normal routines. I have only been to Portage twice and to Gladstone twice in all this quarantine time. There are some people that haven't gone out at all. We are all hoping that this self-isolation will end sooner. It gets to wear on you after a while.

To those who have lost anyone due to the pandemic or for any other reason, we send our deepest sympathy. We hope that memories of happier times will help them through the coming days. Losing someone right now is especially hard as we can't even have a traditional funeral amidst this time of self-isolation. Funerals have to most likely be family members only.

To anyone who is feeling under the weather, we hope that you will feel better soon so you can enjoy your summer. I don't know how long the quarantine will last but we hope that we all can get out and enjoy summer soon.

We hope that we have a good summer season with enough rain so we can get out and pick some wild berries, grow productive gardens and put away lots of preserves for winter. Winter around here is always long. Someone I know brought someone over from Cuba to live in Manitoba. I asked if they had told them about winter in Manitoba. They said, 'just some parts.' Nevertheless he seems to be enjoying the seasons so far.

To those that have had a birthday or an anniversary during this pandemic, we wish you all happy days and hope you had a good day. We hope that you will be able to celebrate with others next year. I have noticed that some people are having a birthday or anniversary parade drive by their homes. It is nice to have everyone drive by but it certainly isn't the same as having a celebration together.

We certainly will miss the Manitoba 150 celebrations this summer. I am hoping that some of these celebrations will happen next year even though it won't be quite the same.

My neighbors have been shooting off fireworks once or twice a night. I don't think I have missed too many although they are set off irregularly without warning.

I'm sure that spring seeding must be getting close to being finished. I was surprised when the forecast was for frost the other night. I know that anyone that had set out their tomatoes must have covered them for the night. I hope that the crops that were coming up weren't damaged. I don't know how hard it froze. I do feel bad for the farmers that are doing double duty this spring, finishing last fall's harvest and this spring's seeding. If they now have to reseed because of the frost it will be triple duty. We hope that everyone gets a good crop this year.

I am not putting in a garden this year because I can't seem to manage to get my garden worked and look after it all summer. I'm sure that there are a lot of people that are counting on their summer gardens. Let's hope that all the gardeners are able to fill their freezers for winter.

We will not be having our Langruth Fall Fair this year due to COVID-19. We hope that it will continue next summer.

News From Here, There... con't

I hear that there are lots of bears in our area again. My homecare worker couldn't make it this morning because she had a big bear in her yard. She waited for a couple hours before she could leave. She didn't want to leave her children with a bear in the yard. She said she isn't really afraid of a bear but with children you have to take precautions. Luckily we haven't seen any bears in town yet this year. They are wild animals and have to be treated with caution.

There isn't a great deal on television these days. Most everything seems to be repeats but there are some new game shows. Even the actors and actresses are staying home so it might be some time before we see any new programming

Let's take time to be thankful for everything we have even though we are still somewhat in quarantine. We hope that the second wave of the COVID-19 virus won't come our way.

Until we talk again, goodbye for now,
This is Teri Soos.



JA Icelanics Lamb For Sale

Lamb, cut, wrapped and
government inspected for sale.

Available by the piece.

Call Lynne if interested in trying
some Icelandic Lamb.

204-445-2254

FOXON AGENCIES LTD.

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- Auto Insurance
- Photo Driver's Licence
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LINDA FOXON

Phone: (204) 385-2993 Fax: (204) 385-2662
24 Dennis St., Box 51, Gladstone, MB R0J 0T0



Man Wanted For Weapons, Drugs and Fleeing Police

Reprinted From: <https://portageonline.com/>

On May 9, at about 7 p.m., Manitoba First Nations Police Services officers were conducting routine patrol. They observed a vehicle driven by a man known to be a disqualified driver.

Officers attempted a traffic stop. The vehicle fled from police at a high rate of speed. Police pursued the suspect vehicle and located it behind a residence. The man who was driving the vehicle fled the scene. A search of the truck located a .22 calibre bolt action rifle, .22 calibre ammunition, five shotgun shells, drug paraphernalia and two baggies of methamphetamine.

The investigation continues and charges are pending on the driver. A warrant has been issued for the arrest of 29-year-old Victor Chad Levasseur of Sandy Bay First Nation. He is described as 5-foot-9, weighing about 173 lbs.

Anyone with information on the whereabouts of Levasseur is asked to call MFNPS Sandy Bay Detachment at 1-204-843-7700 or Crime Stoppers at 1-204-786-8477 (TIPS).



WOOD VIKING
CONSTRUCTION

 JOHN LARSON

 204-445-2431  204-872-4545

 wood.v.c16@gmail.com

LOCAL CONTRACTOR



Eileen CLARKE
MLA for Agassiz

Constituency Office:
17 - B Dennis St. W
Gladstone, MB R0J 0T0

T: 204.385.2469
E: agassizmla@outlook.com

Bears in the Langruth Area

Photos By: Dana Gardiner

Dana Gardiner recently captured a number of photos of bears in the Langruth area. Thank-you for sharing these spectacular shots.



The History of Decoration Day

Source: <https://en.wikipedia.org/>
<http://www.decorationday.ca/>
<https://anydayguide.com/>

Decoration Day is an unofficial Canadian holiday that recognizes veterans of Canada's military. Although it has mostly been eclipsed by Remembrance Day it is still celebrated in some parts of Canada.

Decoration Day was celebrated for the first time on June 2, 1890. Originally, the celebration served as a form of protest for veterans of the Battle of Ridgeway who felt the government was overlooking their contributions to the protection of Canada during the Fenian Raids between 1866 and 1871. On the anniversary of the battle, veterans placed decorations at the Canadian Volunteers Monument near Queen's Park in Toronto.

This became an annual event held on the weekend nearest to June 2nd. The war dead were commemorated by Canadians gathering at war monuments and tending to soldier's graves, decorating them with flowers, wreaths and garlands. Veterans were showered in flowers as they passed. It was a celebration of hope, life and rebirth. The celebration attracted more people as the number of military veterans grew with further conflicts such as the North-West Rebellion, the Second Boer War and World War I.

The popularity of Decoration Day began to decline after the establishment of Remembrance Day. Some recognition of Decoration Day persists. For many years the Langruth Legion held a Decoration Day Service at the Langruth Cenotaph.

Let's all take one more day to remember. Place a living flower on a soldier's grave, tend to it tenderly, embrace a veteran and thank them for our liberty and prosperity that define Canada. Let's remain true to our promise, "We will remember them".



Wildlife Rules

Submitted By: Heather Jordan (nee Thordarson)

It was about 11:30 pm as dog and owner zipped down the Banff back alley, enjoying the unseasonably warm spring night. It wasn't quite June, but it felt like summer. My mind wandered easily as I let the dog tug along at the lead sniffing at new growth and elk droppings.

Winter had been a force to reckon with, arriving three weeks early and staying three weeks late. When spring finally came it was in fits and starts, as if winter still wasn't ready to loosen its hold. Now, after three days of heavy rain, a few days of warm weather was all it took for spring to make its presence fully known. The buds on the trees were bursting and the heady fragrance of spring filled the valley. The cheering of a large and rowdy crowd around a campfire jerked me out of my thoughts with some annoyance. Strange, how quickly the mundane can become foreign. The dog and I picked up our pace, rounding the corner, and leaving behind their questionable gathering and noisy revelries.

Banff had been uncannily quiet since March. Travel bans and the closure of National Parks made for sky-high unemployment and a mass exodus of temporary workers and international residents alike. These days a traffic jam on Banff Avenue looked less like the usual crush of vehicular madness and more like the meandering of local deer and elk herds, munching along the meridian and leaving behind their tell-tale fertilizer. Wildlife was asserting itself in the town of Banff.

We were heading east along Wolf Street when the dog exploded with sound. Hackles up, and barking to raise the dead, the she seemed to grow much larger than her mere 45 pounds. She showed no fear, drawing upon her early experience as a farm dog out in the Hollywood District along Lake Manitoba. From the corner of my eye, I caught sight of the object of her ferocity- a coyote darting out from behind my left leg, barely a foot away.

The coyote circled round in front of us- its teeth bared and hair raised in greasy looking spikes, tail slightly tucked, back arched and head flattened toward the ground like a snake ready to strike. I can't tell you if it made a sound. All I

could hear was the sheer volume of the dog on my right and the blood pounding in my ears. I clutched my flashlight as a weapon. I hadn't thought to bring bear spray with me for our habitual jaunt around the block.

The dog increased its intensity and the coyote retreated a few feet before circling back and facing us menacingly once again creeping forward. The moonlight painted the scene an eerie grey as Coyote and Dog locked eyes, seeming to double in size, teeth glinting and hackles raised. The dog's tail arched high over her back in opposition to the coyotes hunching pose. Instinctively, I joined in the calamity raising my voice and throwing my arms above my head to appear bigger while trying to keep a firm grip on both the leash and my flashlight/club.

"You get away from us! Get out of here! Get out!!" I yelled at the top of my lungs, shaking my fists. The dog barked, bounding forward a foot and I lurched forward with it, sending the coyote fleeing into the trees that skirt the foot of Sleeping Buffalo Mountain. The dog lunged to follow, but I pulled the leash back knowing that coyotes sometimes lure dogs into deadly situations.

The stand-off was over as abruptly as it began. The street stood empty and a bystander half a block away turned and headed home. Hearts still pounding, dog and owner slowly backed down the street, returning sideways down the alleyway with one eye behind and the other towards home. Startled by an unrelated eruption of laughter from the revelers I let out a laugh and a sigh, thankful for the presence of people in a place where wildlife rules.

Langruth Community Hall

The Langruth Community Hall is available for rent at very affordable rates.

Rental limited to events included in Manitoba's Phase Two of Service Restoration.

All COVID-19 restrictions must be followed.

For more information or to reserve a date contact:

Sheila Olson

Phone: 204-445-2228

Gentle Giants

Submitted By: Phyllis Thordarson with copyright permission from her nephew, columnist Paul Michael Jones

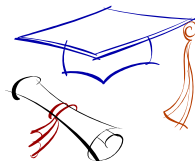
Last week, I saved a tiny black and white kitten from a gang of angry chickens. I was eating dinner at my parents' house. Normally, all of their animals get along splendidly ... but not that night. After finishing my meal, I peered through the kitchen window and noticed a scuffle. At first, it was difficult to make out what the commotion was all about, but then I beheld the horrific sight. The chickens had surrounded an innocent kitten and were trying to peck it to death. Without hesitating, I alerted my parents of the situation and ran like a loping Sasquatch to defend the poor helpless creature. The chickens scattered like flies as my ominous shadow loomed overhead. I place my gargantuan feet on either side of the kitten like two stone walls, shielding him from any further danger, but I feared I was too late. He was deathly still ... and then he looked up at me, as if to say, "Thanks, Mr. Gentle Giant." My mom quickly came to his aid and nursed him back to health, and my dad soon became best friends with the little tyke. I felt powerful ... like a superhero. It was a great way to end a day. The world needs more gentle giants. On May 25, we lost one of the good ones. Last week, I watched the horrific homicide of George Floyd through the window of my smartphone. Unlike the kitten, I couldn't be there for George. I felt so helpless and hopeless knowing how the video would end. I beheld the recorded reality of chicken-like men snuffing out the beautiful life of a man made in the image of God. I heard George's cries for mercy and the angst laden lamentations of street spectators, begging for his life. To be anything but outraged is unconscionable.

However, as George's younger brother, Terrence, so eloquently articulated, George was a gentle giant, a man of peace, and a man who aimed to inspire and motivate people toward a brighter future ... not an apocalyptic nightmare. To avenge George's death while defacing the gentle essence of his life is to only add insult to injury. If we are to redeem this tragedy, we must, first and foremost, honor his life by following his example.

This past Sunday was Pentecost Sunday, a time when Christians celebrate the Holy Spirit filling the people of God with power. It would behoove us all to remember that one of the manifestations of that power is gentleness. Some people view gentleness as the panacea prescribed by people of privilege, but, in truth, it is the light saber of social justice that has been wielded by such gentle giants as Nelson Mandela, Martin Luther King Jr., and Jesus of Nazareth. Gentleness is the weapon of choice of world changers and the secret strength of every giant who moved mountains. Gentleness disarms enemies, maximizes effectiveness, and minimizes collateral damage. Gentleness is the guiding force of every neurosurgeon who removes tumors without leaving the patient brain dead. And right now ... what the world really needs is for gentle giants everywhere to rise up and to rid us of the cancer of racism.

Graduates Corner

The Graduates' Corner of the Langruth Views is dedicated to publishing pictures and information about Langruth and area students who have graduated from junior high, high school, technical trade, and other post-secondary education institutions. Please make sure to submit pictures and information about your graduating students to the editor so it can be included in an upcoming issue of the Langruth Views. Regular submission rates apply.



BBQ FOR RENT

Planning a special outdoor function or party and need a larger BBQ?

**Commercial BBQ with
pancake grill for rent.**

**\$50.00/day
(plus \$40.00 damage deposit)**



The BBQ is owned by the LICDC and is rented out with two full tanks of propane. The damage deposit will be returned when the BBQ is returned with two full propane tanks, has been cleaned and is in good working condition.

**Call Phyllis at 204-445-2323 for more
information or to reserve the BBQ.**

5 Things to Know About Fish Flies

Source: <https://www.cbc.ca/news/canada/manitoba/fish-fly-things-to-know-1.3676812>

The beginning of June usually marks the beginning of fish fly season. The hum from swarms of fish flies is often an eerie sound even though they are harmless.

Actual name is Burrowing Mayfly

The insects are actually burrowing mayflies. University of Manitoba entomologist Terry Galloway said, "They are quite a remarkable animal. If it wasn't for the big pile of stinking mass on your property, you have to admire these things. They really are extraordinary insects."

Most of their life is spent underwater

The mayflies begin life at the bottom of lakes and rivers, and they can live there for two years or more. They have gills. Although they make little burrows (thus their names), the mayfly's marine life sounds a lot like that of a fish. They have "really lazy" gills along their abdomen that are used to create a current that draws water into their subaquatic home. They extract the oxygen from the water as it flows over these gills and over their bodies. They also feed on organic materials.

Skin shedders

Once the flies emerge from the water people will probably notice there are two different colours. They are unusual in the insect world, one of a group of insects that moult as adults. When the mayflies first emerge they are creamy coloured sub-adults and can't reproduce. Once they drop their skin, the flies turn a reddish brown and are ready to make more mayflies.

They don't have a mouth

Since mayflies get their fill of organics and oxygen for years before they emerge, once they are flying around, they have no need for food. During their entire adult lifespan, they don't eat. They don't have developed mouth parts at all.

A taste of the sky and then they die

Although the full lifespan of a mayfly can be years, the adult stage is brief, living just a few days. They may not last long, but the mayflies in Manitoba certainly make their presence known.

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for
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June 26th, 2020

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Phyllis 445-2323 or 445-2236

thordarsonhealth@gmail.com

Langruth Community Calendar June 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mobile Clinic: Call 1-855-644-3515 for appointments over the phone with the Nurse Practitioner.	1	2 Garbage Pick-Up: 9:30 am	3	4	5	6
7 Lutheran: No Service United: 11:30 am Catholic: No Service Gospel: 10:30 am	8	9 Garbage Pick-Up: 9:30 am	10	11	12	13
14 Lutheran: 10:30 am United: 11:30 am Catholic: No Service Gospel: 10:30 am	15	16 Garbage Pick-Up: 9:30 am	17 Council Meeting: 9:30 am	18	19 WMCI Graduation Parade: 1:30 pm Gladstone	20
21 <i>Summer Begins</i> Lutheran: No Service United: 11:30 am Catholic: No Service Gospel: 10:30 am	22	23 Garbage Pick-Up: 9:30 am	24	25 CFAN MEGA DRAW	26 Langruth Views Submission Deadline	27
28 Community Service: 11:00 am Catholic: No Service Gospel: 10:30 am	29	30 Garbage Pick-Up: 9:30 am	Waste Disposal Grounds Hours: Tuesday: 10:00 am - 12:00 noon & 1:00 pm - 6:00 pm Thursday: 1:00 pm - 5:00 pm Saturday: 9:00 am - 12:00 noon		Post Office Hours: Monday: 10:00 am - 5:00 pm Tuesday - Friday: 10:00 am - 2:00 pm <u>Langruth Library:</u> Closed until further notice. Curb-side pick-up available.	