

# COVID-19 concerns keep some kids from school

Teachers warn holding in-class and at-home instruction ‘not sustainable’



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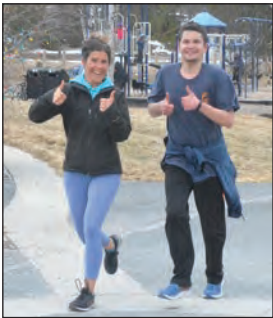
Why did the chicken fly to Fort Simpson?

## Comment



Isolation and Mental Health Awareness Month

## Sports



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Roland Laufer, left, and Matthew Grogono made ferries out of recycled materials to transport Yellowknifers and supplies to their homes on the melting ice. Natalie Pressman/NNSL photo

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**“Feeling unsafe is different than being unsafe.”**

Matthew Miller, president of the NWT Teachers Association (NWTTA), empathizes with parents fearful of COVID-19, but says teaching students both at school and at home isn't going to fly, page 5.



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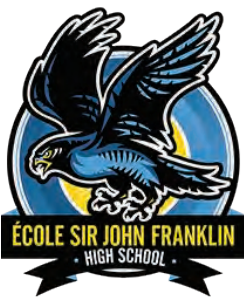


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News Briefs

GNWT support for flooded communities ongoing

The GNWT has implemented several measures through the Regional Emergency Management Organizations (REMO) to coordinate support for communities facing floods in the territory.

An evacuation order in Fort Simpson remains in effect as of May 14 and evacuation centres are supporting evacuees in Hay River and Fort Smith, where about 126 Fort Simpson residents are staying.

The Department of Health and Social Services has formally requested federal assistance from the National Emergency Strategic Stockpile to replenish supplies.

REMO provided and flew out 4,989 kg of groceries to Fort Simpson for evacuees on May 15.

The same day, the GNWT asked for assistance from the Canadian Armed Forces' local Rangers to support response activities in the region.

The Department of Environment and Natural Resources made tents, stoves, shower kits and personnel available to help set up emergency camps.

The evacuation centre in Fort Providence continues to support about 34 evacuees from Jean Marie River.

The NT Power Corporation plans to eventually restore electricity to the community with a portable generator.

In Tulita and Fort Good Hope, flood monitoring by emergency services has begun and community members should be prepared in case an evacuation is needed.

Risk levels have been elevated in Aklavik, Fort McPherson and Tuktoyaktuk.

– Blair McBride

Indigenous employment rose at Gahcho Kué Mine in 2020

The number of NWT Indigenous residents employed at the Gahcho Kué Mine increased to 168 in 2020, the highest number since the mine began production in 2016.

Indigenous employment at the diamond mine in 2020 rose by two per cent compared to 2019 and represents 28 per cent of the mine workforce, joint mine operators De Beers and Mountain Province Diamonds said in a report on May 18.

Total employment at the mine came to 597 jobs in 2020, 50 per cent of them held by NWT residents, up from 49 per cent in 2019.

Other highlights for 2020 include 3.5 million work hours with no lost time injuries from September 2018 to the end of 2020, a 48.6 per cent reduction in recordable injury frequency; 6.5 million carats recovered; and the mine purchasing 75 per cent of its goods and services through NWT businesses and joint ventures.

In addition, \$748,000 was invested in community initiatives, including a COVID-19 community-response program that provided about \$275,000 to buy 330 computers for schools, food hampers, cleaning supplies and personal protective equipment.

– Blair McBride

Film festival calls for entries

Filmmakers may now submit their works for the Yellowknife International Film Festival's (YKIFF) 15th year.

Applicants are encouraged to submit short or feature length documentaries, dramas, music videos or other scripted content through the film freeway submission portal.

Early bird submissions will be accepted for \$5 until May 31, the regular deadline is June 30 for \$10 submissions, and Aug. 10 for \$15 submissions.

The five-day November festival is dedicated to showcasing new and emerging talent as well as established filmmakers from the global polar region. While last year's festival was entirely virtual, YKIFF hopes this year to screen films at the Yellowknife Capitol Theatre.

– Natalie Pressman

fact FILE

NWT COVID-19 SITUATION AS OF MAY 19

Active cases: 18  
Confirmed cases: 160  
Recovered cases: 142  
Completed tests: 22,563  
Negative tests: 22,409  
Pending tests: 22



Days since first confirmed case: 424  
Days since last confirmed case: 4

**Vaccines**  
First doses administered: 28,360 (67% of adults)  
Second doses administered: 22,960 (59% of adults)

Source: Office of the Chief Public Health Officer

Steely resolve to build J.H. Sissons school



Construction of the new J.H. Sissons school building was ongoing on May 17, more than eight months after the original, decades-old building was demolished to make way for the replacement project. Blair McBride/NNSL photo



Highway collision draws emergency response

Injuries are unknown as responders redirected traffic Monday afternoon

By Natalie Pressman  
Northern News Services

A panel van and small transport truck collided Monday afternoon on the Yellowknife Highway near the Bristol Monument.

Damages appeared on the front of the truck and on the driver's side of the van.

Two adults were transported to Stanton Territorial Hospital with minor injuries.

Police officers, paramedics, members of the municipal enforcement division and a tow truck were present on scene shortly before 4 p.m. Monday.

The municipal division blocked the entrance to Fred Henne Territorial Park and re-directed traffic away from the area.

Yellowknife RCMP advised that there is no suspicion of criminality at this time.



RCMP, MED, Medics and a tow truck were all on scene Monday afternoon. Natalie Pressman/NNSL photo



# Look at that chicken fly!

## More than \$6,000 raised to buy 2,500 pieces of KFC flown from Yellowknife to Fort Simpson

By Simon Whitehouse  
Northern News Services

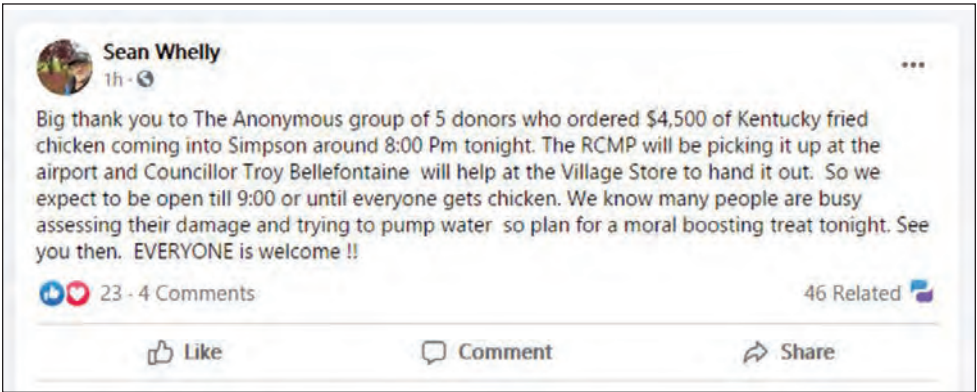
A group of Yellowknife businesses organized a mass purchase of Kentucky Fried Chicken for Fort Simpson residents still dealing with the after effects of last week’s flood. Forty businesses and individuals participated and raised more than \$6,000 to go toward buying 101 buckets of 25 pieces of chicken, plus side items like potato chips and pop, on Saturday afternoon. Village of Fort Simpson Mayor Sean Whelly said in a Facebook post on Sunday afternoon the donation was a very welcome surprise.

“A big thank you to the anonymous group of five donors who ordered \$4,500 of Kentucky Fried Chicken coming into Simpson around 8 p.m. tonight,” he said. “The RCMP will be picking it up at the airport and Councillor Troy Bellefontaine will help at the Village Store to hand it out. So we expect to be open till 9:00 or until everyone gets chicken. We know many people are busy assessing their damage and trying to pump water so plan for a morale boosting treat tonight. See you then. EVERYONE is welcome !!”

“We know many people are busy assessing their damage and trying to pump water, so plan for a morale boosting treat tonight. See you then. Everyone is welcome!”

Organizers were putting the last minute touches on the shipment on Sunday afternoon

before it was to be delivered by Air Tindi. The original plan had originally been to send the chicken by Twin Otter but a King Air plane had to be added to the shipment to accommodate the size of the load. People involved estimated the shipment will weigh in at 842 pounds. Sumeet Arora director of operations with Soul Foods said KFC will mark two weeks being open in Yellowknife on Monday and obviously the sale was one of, if not the largest, he has seen. “It is definitely a big order and could be a record. I don’t have the data but there have



Village of Simpson Mayor Sean Whelly thanked the anonymous donors for sending the chicken in a Facebook post, Sunday afternoon. photo submitted



Boxes of Kentucky Fried Chicken were being packaged for shipping on Sunday afternoon. 100 buckets of 25 pieces were expected to be available for residents Sunday night. photo submitted



Boxes of KFC from the Yellowknife store were being packaged for shipping on Sunday afternoon to Fort Simpson. 100 buckets of 25 pieces were to be made available for residents Sunday night. photo submitted

been bulk orders,” he said. “It is definitely up there.” Arora said the restaurant can handle such large orders but typically needs about a day’s notice because each piece of chicken must be breaded and prepared. “So we do have to plan for it when it comes to such a large order but we do have the capacity and chicken,” he said, noting that the restaurant has to balance the service for people who are dining in or waiting in the drive-thru. In fact, he said at the time of the order the store was addressing another large order of 18 buckets of chicken by an individual taking the food to a camp. “I asked the gentleman if he was able to wait an hour or two and he said he was willing and was able to wait,” Arora said. “He was really happy when he got his chicken.” Arora said the store was pleased to be able to contribute to effort by Yellowknife businesses. “We are really happy we could support the team there and taking the time for purchasing KFC for those affected. We really appreciate that gesture.”



Boxes of Kentucky Fried Chicken were being packaged for shipping on Sunday afternoon. 100 buckets of 25 pieces were expected to be available for residents Sunday night. photo submitted

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# Some kids to stay home from school due to COVID-19 fears

## But providing online and in-person lessons too much for teachers, says union

By Blair McBride  
Northern News Services

Several Yellowknife families plan to keep their children at home after schools reopened this week over anxieties about further spread of COVID-19.

All Yellowknife schools except for N.J. Macpherson welcomed back students for in-person learning on May 17, following the COVID-19 outbreak at the Range Lake Road school that led to the closure of all schools and spread to include 69 cases.

N.J. Macpherson pushed its opening back to May 19 to allow for more preparation for students and teachers.

**Parents unsure about safety**

But some parents of students who attend Yellowknife Education District No. 1 (YK1) schools won't send their children back to school for at least one week, said parents who spoke on condition of anonymity.

One woman said she plans to keep her two children at home for the rest of the school year, though she might

re-assess that decision in two weeks.

"I have nothing against the schools and they're doing all the health protocols correctly. But I have asthma, I'm immunocompromised and I don't feel safe putting my kids out there and then possibly them bringing COVID-19 home," she said.

The mother said her children will continue with remote learning for the remaining weeks of the school term.

She said the principal at their school indicated online learning would continue to be an option, even though the woman knows it could be harder for the teachers to manage.

"It might be a little trickier for the teachers. They might load up the lessons on a Sunday for the entire week. They already have the processes of online learning in place from last year."

For the students who do return to school, she said she hopes that parents speak with their children about being kind to others so that there is no bullying of kids who had COVID-19.

Another parent in Yellowknife will

her keep her son at home for one more week.

"It doesn't help that he has a cold right now. (Schools) are kind of strict on the symptoms," she said.

"We're doing it just for safety reasons and just to analyze the safety situation after one week. Just to see about the (COVID-19) cases. If my kid was older then I would've definitely brought him back to school. It's just the fact that he's in kindergarten and he didn't really have to do online learning."

Another parent with two children who attend different schools plans to keep her daughters at home for at least one week and will re-evaluate her plans on May 23.

She feels the need to be cautious about returning her children to school because her daughters both have asthma.

"We basically want to wait to ensure another spike doesn't happen or (if there's) further spread," she said.

"If we decide to go past two weeks we will discuss the rest of the school year and work with their teachers to adjust. I feel specifically for N.J. it was a good decision to postpone their opening however I feel they should have taken the week (off)."

### Unsustainable

Matthew Miller, president of the NWT Teachers Association (NWTTA) acknowledges that an increasing number of families are choosing to keep their children at home beyond this week and are requesting that online learning continue.

But the association is concerned about the impact on teachers' workloads if they're expected to prepare online and in-person lessons.

"The NWTTA opposes teachers being required to simultaneously teach in-person and online for those electing not to attend," Miller said.

"Whether it is in-person or online, our teachers always offer their best, so families may believe learning from



It's not sustainable to expect teachers to teach in-person classes and remote classes simultaneously, said NWT Teachers Association president Matthew Miller. Blair McBride/NNSL photo

home is an equivalent option. The challenge is requesting a teacher do both simultaneously is not sustainable."

Miller added that the policy plan from the Department of Education, Culture, and Employment (ECE) for reopening schools in 2020-2021 states that only students unable to physically attend school due to health conditions or because they are 19 years or older will be full-time distance learning.

He said the association is also concerned about the implications for next year and the following years if a hybrid model becomes the norm.

"Does that mean people can opt in and out of classes?" he asked. "It makes it harder for teachers to schedule if a class of 20 turns into a class of three and then the next day it's a class of 20 and then it's a class of 10. It becomes an unofficial Northern Distance Learning class. That's a great program, but it's scheduled that way."

Miller said he's not aware of any additional supports provided for educators teaching remotely and in-person.

While he sympathizes with parents' and teachers' anxieties over students returning to school, he said people should be able to trust the system of safety measures and to follow them.

"We have provided all of our teachers with the proper steps to report

unsafe work. It is important to remember, feeling unsafe is different than being unsafe," he said.

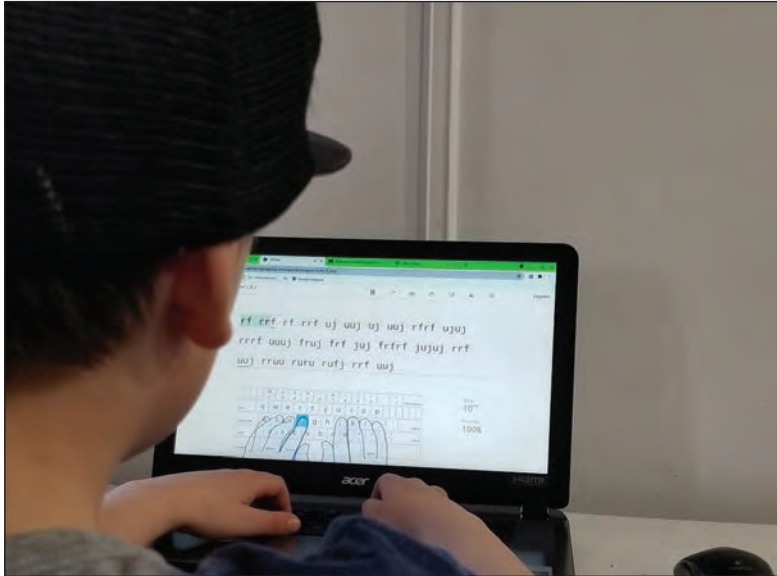
Students' return to classes comes almost one week after members of the YK1 board of trustees expressed strong concern that teachers were being pushed to their limits by spending too much time conducting online lessons.

In an email to NNSL Media, Department of Education, Culture and Employment (ECE) spokesperson Briony Grabke said ECE recognizes that some families have concerns about the return to classes, but added that all students are strongly encouraged to go back to in-person learning.

The Office of the Chief Public Health Officer (OCPHO) has introduced new safety measures for the return to classes as well, including mandatory masking indoors at school for students and staff, assigned seating in buses and gyms, the suspension of assemblies and singing indoors and increased ventilation in classrooms.

YK1, Yellowknife Catholic Schools and Commission scolaire francophone des Territoires du Nord-Ouest three school "have all indicated that for students who are required to isolate, schools will continue to offer support to ensure continuity of learning," Grabke said.

Efforts to contact YK1 superintendent Ed Lippert were not successful by print deadline.



A student who attends a Yellowknife Education District No. 1 school studies at home on May 18 as his parents plan to keep him at home for at least one week due to fears that schools aren't yet completely safe from COVID-19. submitted photo

# GNWT funding for proposals to improve vaccine uptake in communities

## Working with NWTAC to find proposals from Indigenous and local governments

By Craig Gilbert  
Northern News Services

The GNWT wants to help Indigenous and community governments encourage COVID-19 vaccination.

The Government of the Northwest Territories (GNWT) and the NWT Association of Communities (NWTAC) said Monday they have a total of \$100,000 for proposals "for actions to support vaccine uptake at the community level."

The idea is to roll out any successful projects between June 7 and August 31. The deadline to apply is May 31.

"No one knows better than community and indigenous governments how best to increase the uptake of vaccines in their respective communities," NWTAC president and Fort Smith Mayor Lynn Napier said. "This funding will allow for creative community level campaigns. We are ex-

cited about delivering this program through our partnership with Health and Social Services."

This funding comes from an existing agreement between the GNWT Department of Health and Social Services (HSS) and the Government of Canada called the Immunization Partnership Fund, according to a joint statement.

The selection of approved projects will happen in collaboration with HSS and will be guided by the data on vaccine uptake around the territory, as well as the goal of administering as many high-quality projects as possible within a condensed timeframe.

"High vaccine uptake is the best way to protect our community's vulnerable citizens, including children, from the impacts of the third wave of the COVID-19 pandemic sweeping across Canada and the globe," said Julie Green, Minister of Health and Social Services.

For applications please see the NWTAC website.



Vaccinations against Covid-19 using the Moderna vaccine began on Thursday for Elders and support staff at long-term care facilities in Yellowknife and Behchoko. GNWT image



# Behchoko teen faces two years for stabbing uncle

## Unprovoked attack took place in uncle’s home in November 2020

By Natalie Pressman  
Northern News Services

A concerned mother told a Yellowknife courtroom that her son, convicted of aggravated assault, changed “pretty much overnight” six weeks ahead of his 18th birthday.

The teenager was “a kind, thoughtful boy,” involved in volunteer work, hand games and always considerate to his younger brother and cousins. After one trip to Hay River for a hand games tournament at the end of August 2019, his mother testified that something was different about him and she “no longer saw Shawn behind his eyes.”

On Nov. 7, 2020, the teen was staying with his aunt and uncle and their three young children in Behchoko.

When his uncle got up one evening to get a glass of water, the young man, unprovoked, stabbed him repeatedly in the back with a 10-inch kitchen knife.

As the victim bled, the assailant told him, “I’m sorry bro. I love you. Don’t die.”

Crown prosecutor Billi Wun said the assault was neither a consensual fight nor a case of self-defense gone too far.

“He attacked him,” Wun said, “and his moral culpability is high.”

Considering the numerous stab wounds to the victim’s torso and the back of his neck, Wun said it was fortunate that he made a full recovery.

The Crown prosecutor suggested a sentence of two years followed by one year of probation for the attack.

Wun found it aggravating that the offender was not able to provide a rationale for his actions in a pre-sentence report (PSR). At the time of the offence, the teen was under the influence of alcohol and shatter, a cannabis concentrate. When he loses control, Wun told the court that the offender could present a concern to public safety.

Defence lawyer Peter Harte suggested that the teenager be released from the North Slave Correctional Centre (NSCC) and instead serve a lengthy probationary period with strict conditions and psychological and psychiatric help.

Around the time his mother noticed the changes in her son, who’s now 19, he would complain of hearing sounds of things moving around the house, or someone talking to him from his closet. In a letter submitted by a former teacher, the offender is described as becoming obsessed with security cameras around the school and sometimes hitting the walls and wandering off the property.

Though the guilty party was in counselling for a brief time, once he turned 18 he began to refuse help.

“Often people with psychiatric disabilities end up in jail because there are no alternatives,” Harte said. “Here, there is an opportunity to take advantage of a very supportive environment,” and not allow the young man to “fall through the cracks.”

Harte suggested that the teen should be required to provide all documents and instructions to his biological and adoptive mothers so that they could make decisions on how to



A 19-year-old resident of Behchoko, convicted of aggravated assault was released on bail Monday. NNSL file photo.

best support him. He would have to adhere to a 7 p.m. to 7 a.m. curfew and refrain from alcohol or marijuana consumption.

Addressing Wun’s assertion that the offender would pose a threat to public safety, Harte said that keeping him behind bars is only a temporary solution. He suggested a more rehabilitative approach, saying that “if he’s released from custody without dealing with his issues, none of that will teach him what he needs to know.”

Judge Donovan Molloy told Harte that his

suggestion of time served would be “a very low sentence.”

Harte said it’s justified by the “unusual factors” of “a good kid who suddenly, as a result of psychiatric problems, finds himself in conflict with the law.”

Molloy put over his decision to Aug. 31.

In the meantime, the offender has been released on a release order requiring him to remain in his Behchoko residence at all times, with exceptions only for counselling and meeting with his bail supervisor.

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# Vaccine clinics coming to YK schools on May 19

## Youth aged 12-17 can receive Pfizer-BioNTech shots

**By Blair McBride**  
*Northern News Services*

Pfizer-BioNTech COVID-19 vaccines will be offered in Yellowknife schools today, Wednesday, May 19.

The vaccinations will be for youth aged 12 to 17 who have not yet received their first dose, the NWT Health and Social Services Authority (NTHSSA) said in a news release May 16.

Pfizer-BioNTech vaccinations for other youth in Yellowknife began on May 6 in the Centre Square Mall.

Appointments and health cards aren't required for the school clinics. Information will be verified with the student against their electronic medical record.

Clinics at St. Patrick High School will be open from 9 a.m. to 12 p.m. and at Sir John Franklin from 1 p.m. to 4 p.m.

Vaccination teams will also spend about one hour at École Allain St. Cyr (offered at William McDonald Middle School), St. Joseph School, William McDonald Middle School, K'alemi Dene School, Mildred Hall, Range Lake North and Weledeh Catholic School (offered at St. Patrick's).

Details for students at Kaw

Tay Whee School will be provided this week.

Parents or guardians who prefer to be with their child for their immunization can bring them to Sir John Franklin between 4 p.m. 6 p.m.

The NTHSSA asks that only one person attends with the student.

**Youth outside of school**

NWT residents aged 12 to 17 who do not attend one of the visited schools can go to Sir John Franklin between 4 p.m. and 6 p.m. on May 19.

Although there is no age for medical consent in the NWT, the NTHSSA asks for written consent for the immunization of individuals aged 13 and under.

Consent forms are available online and should be completed and returned to the school in advance or given to the nurse at the time of vaccination.

**Second doses**

The second doses of the vaccine, required for full immunization are given between three and 16 weeks after the first dose. Clinics for second doses will be offered before the end of the school year.

The vaccine should not be administered to anyone who



Youth aged 12-17 can receive their first doses of the Pfizer-BioNTech vaccine at schools in Yellowknife on May 19. NNSL photo

has an allergy to part of the COVID-19 vaccine or its ingredients, with the most likely allergen in mRNA vaccines being polyethylene glycol (PEG).

This product can be found in bowel preparation, cough syrups, laxatives, cosmetics, contact lens solutions, skin care products and as an additive in some food and drinks. People who have a known severe allergy to that product should not receive a COVID-19 mRNA vaccine.

Residents should review the online COVID-19 mRNA vaccine fact sheet for more information.



Mason Dominico, a researcher in geography at Wilfrid Laurier University, trucked donated camping supplies from Yellowknife businesses to Fort Simpson flood evacuees on May 17. Simon Whitehouse/NNSL photo

# Yk businesses send donated goods to Fort Simpson

**By Simon Whitehouse**  
*Northern News Services*

Several Yellowknife businesses sent much-needed camping supplies to Fort Simpson residents devastated by recent flooding. Mason Dominico, a geography researcher with Wilfrid Laurier University who drove the truck filled with donated goods on May 17, explained that the university has a research station at Scotty Creek, about 50 km south of the village.

Overlander Sports provided a

six-person tent, four youth sleeping bags and a carton of mosquito repellent. True Value Hardware donated a stove, tent, a flat of camp stove propane cylinders and bug jackets. Shoppers Drug Mart gave multiple boxes of diapers and baby wipes. Walmart chipped in three stoves, a flat of camp stove propane cylinders, 20 bug jackets, multiple crib boards and playing cards, 20 cases of diapers, 20 cases of baby wipes, 20 tents, 20 sleeping bags, 20 bottles of bug repellent and 20 pillows and cases.

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All letters submitted must be signed with a return address and daytime telephone number so that we can confirm it came from you.

Not all letters will necessarily be published. Preference is given to short letters of broad interest or concern.

We particularly encourage new contributors as we attempt to publish a cross-section of public opinion.

Letters of more than 300 words, open letters and those published elsewhere are seldom used. We reserve the right to edit for length or taste and to eliminate inaccurate or libelous statements.

We may also choose to use a letter as the basis for a story.



Two weeks of working and at-home learning highlights parents’ reliance on schools for child care which, as it happens, is bad for everyone. Black Press photo

# Time is ripe for GNWT to focus on child care

## Too much task switching is stealing time from parents

Northern News Services

As teachers, students and support staff head back to classroom this week, working parents can finally focus on their jobs during work hours. There’s nothing convenient about a global pandemic. Parents, students and educators in Yellowknife returned to life in lockdown following the closures of capital-area schools May 3. While we’re happy the school communities have made it through the most recent COVID-19 outbreak relatively unscathed, the school-from-home model has highlighted an issue parents and teachers know too well – schools are filling the gaps in our child-care system.

Teachers don’t train for babysitting. They study for at least four years to equip themselves to nurture and engage young minds but an actual day’s work includes much more than education-related tasks: classroom and outside supervision, managing parent relationships and requests, even ensuring students take their necessary medications. The move to at-home learning has alleviated some of these extra tasks for teachers, and it’s shifted them back to the responsibility of parents.

While teachers work to engage students via online video conferencing, parents must divert attention normally focused on their jobs to attending to the physical and mental health of their little ones. Humans, as it turns out, are

### THE ISSUE: UNIVERSAL CHILD CARE

### WE SAY: WON’T SOMEONE THINK OF THE ADULTS?

truly not programmed to multi-task. In fact, we can only keep one task top of mind at a time. Any new sensory information causes what researchers call a “task switch,” which ends up making us less efficient and more likely to make mistakes.

Constant distractions from the task at hand do little to aid workplace productivity – in fact, they hinder it.

Dr. Cynthia Kubu, a neuropsychologist who practices at the Cleveland Clinic Center for Neuro-Restoration, states: “The more we multi-task, the less we actually accomplish, because we slowly lose our ability to focus enough to learn. If we’re constantly attempting to multi-task, we don’t practice tuning out the rest of the world to engage in deeper processing and learning.”

When both parents and children are working from home it is all but impossible for grownups to focus on the task at hand. While isolating with their families, working parents must wear all their hats at once. Everything from tiny-human tech support, to nurse and chef – except now they get to do it

while trying to do their jobs as employers push at-home productivity.

The territory’s current child-care model only allows for subsidized child care if a family successfully qualifies for income assistance. Parents have to weigh the cost of child care against what they would make going to work.

The 19th assembly of the territorial legislature identified universal child care as one of its priorities its first session, but nothing has been tabled as of yet. Initial discussions put a \$20-million price tag on bringing universal child care to the territory, which just wasn’t in the budget.

The 2021 federal budget released in May includes \$30 billion over five years for child care in the NWT. This sounds great, but as Premier Cochrane pointed out in a media briefing on April 20, some parts of the territory don’t have existing structures to operate from and the federal government has yet to commit to whether the money can be used to build child-care spaces, not just subsidize the ones that already exist.

Yellowknife North MLA Rylund Johnson was the last to mention universal child care during the assembly’s second session on February 5, 2021.

Here’s hoping the third session will see more than words from the assembly. The money is there – let’s focus on the task at hand and make moves to set students, parents and teachers up for success.



# Languishing during Mental Health Awareness Month



It's been 13 months since public health officers set up an information "check stop" near the entrance to the Niven subdivision on Highway 4 in April 2020. Yellowknifers are weary from two years of pandemic life as Mental Health Awareness Month, May, passes, columnist Todd Parsons writes. NNSL file photo

Northern News Services

May is Mental Health Awareness Month in Canada, and given all that has happened in recent weeks it couldn't be more relevant. So many Northerners have been affected by the recent NWT COVID-19 cases and exposures as well as the flooding and evacuation of homes and communities, and we must not underestimate the toll it has taken on our collective mental health.

In our close-knit territory, even those who are not directly impacted are often connected to someone who is, and the worry we feel for our friends, families, and communities is just as real. All are experiencing higher levels of stress and anxiety.

This all comes as we enter our second year of pandemic life, and has piled itself on top of another state of mental health that many of us have been experiencing for some time now, but haven't been able to put a name to: languishing.

If we think of mental health as a spectrum, with depression at one end and flourishing at the other, languishing is somewhere in the middle. It's the feeling of being stuck in an endless rut.

While we dream of the day when we can freely travel and attend large gatherings, the lack of a tangible end to our inertia means plans are still on hold, and we continue our day-to-day in a seemingly endless period of waiting.

We are social creatures, and it is hard to spend so much time apart from each other and unnaturally reminded constantly don't touch, stay apart. Heck, don't even clear your throat in public. And be careful how you say things on social media, you don't want to be judged!

When you're languishing, you may not show the typical symptoms of mental illness, but you may notice that you're not able to fully function in a way you're used to. Maybe you lack motivation for simple things that you would normally do easily. You may find it harder to focus on tasks, or maintain momentum to complete a project.

The danger with languishing is that we usually don't realize we're experiencing it. Too often we only address mental health during a crisis, rather than checking in regularly and being proactive about mental health. Having a name for what we're experiencing not only helps us identify it in ourselves, but also enables us to assist others who may be suffering.

The way we work is often an excellent

indicator of our mental health. Take note of any changes in you or your co-workers' performance. If procrastination, delayed responses, or absences are increasing, it might be time to check in.

While most NWT workers have returned to their places of work and we've been experiencing some semblance of normal again

(recent events notwithstanding), the underlying pressure of the pandemic continues to wear on us. The ever-present stress of a potential outbreak and the constant vigilance toward every snifle or cough are exhausting.

We are tired. We are weary. We are feeling the weight of our lives being perpetually on hold. One can only write so many articles about coping with COVID-19.

But there is indeed some light at the end of the tunnel. As NWT vaccination rates gradually increase toward the herd immunity threshold, we get closer to returning to normal. We'll just have to languish a little while longer.

Fortunately for all of us, as we learn more about the impacts of mental health on our general well-being, more supports become available. Many employers have some form of health and wellness program that offers free counselling and other mental health resources to workers and their families. Check with your supervisor or benefits provider to see what resources are available to you.

If your employer does not provide these supports, there are other free resources available to NWT residents. Contact your local health provider for more information about what is available in your region. Many of these resources are available for anyone – not just those in crisis.

It's been a confusing couple of weeks, and there has been a lot of information – and misinformation – circulating online and via social media. The evolving situation has made it especially challenging for workers trying to figure out who is allowed to work from home, who can get permission to return to work, or what type of leave is available to those ordered to isolate or evacuate.

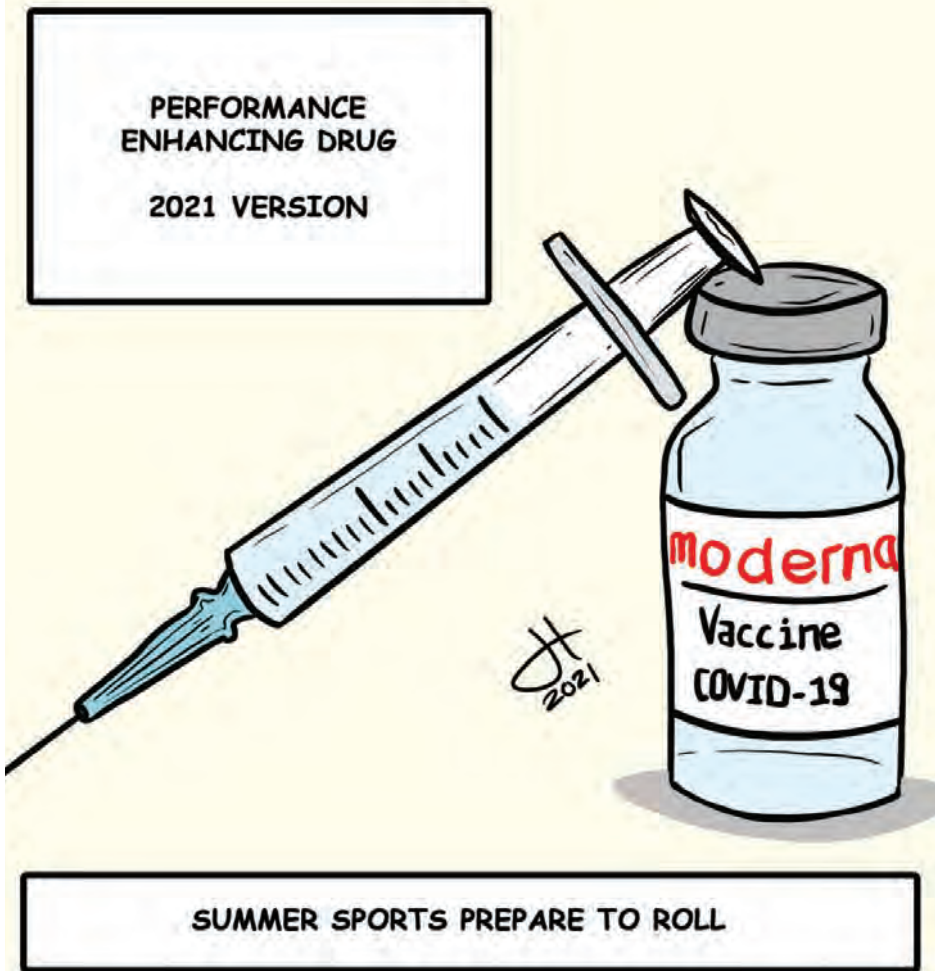
If you have any questions about public health or emergency orders or recommendations, go directly to the source for answers, do not rely on social media.

If you have questions or concerns about how isolation requirements or the recent evacuations affect your work, reach out to your workplace supervisor, union rep, or service officer.



## LABOUR Views

Todd Parsons is president of the Union of Northern Workers.



## We asked you!

with Simon Whitehouse

editorial@nnsi.com

### What are you most grateful for right now?



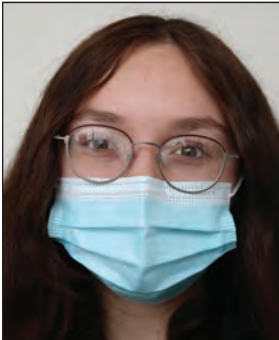
Max Rossouw  
"Living in the North."



Shaelah Buckley  
"It is springtime."



Kelsey Worth  
"Being up here right now. I'm from Alberta."



Annabelle Mackenzie  
"My family. They've always been here for me ever since I was young."



Jason Myle  
"That we're living in the North. It is not as bad as other places with COVID-19."



Rachel Marin  
"My job. I get to live in a tent and work for the GNWT. And also my family."

### Express yourself: Write a letter to the editor

Letters should be short and to the point. No longer than 500 words, please. Your letter should be relevant to our readers. Emailed letters are preferred. Include your full name and a phone number, as we verify authenticity of all letters prior to publication. We may edit your letter for grammar, length (for our print version) or any potential legal issues.

Email your letter to: [editorial@nnsi.com](mailto:editorial@nnsi.com) with the subject line: Letter to The Editor  
Or by regular mail: Yellowknifer 5108 50 St., Yellowknife, NT, X1A 1S2 Attn: Editor



# NWT authors shortlisted for national title

## Catherine Lafferty, Lisa Boivin finalists for 2021 Indigenous Voices Award

**By Blair McBride**  
*Northern News Services*

NWT Indigenous authors Catherine Lafferty and Lisa Boivin have been nominated for Indigenous Voices Awards (IVA).

Established in 2017, the IVAs seek to nurture established and emerging (or unpublished) Indigenous authors across Canada writing in English, French and Indigenous languages.

Lafferty, a law student and member of the Yellowknives Dene First Nation, was nominated for her novel *Land-Water-Sky* in the category of published fiction prose in English. The book was released in October 2020 by Fernwood Publishing.

Her novel comprises six storylines that interconnect throughout the book and take place in the NWT in different time periods, from the distant past to about 2030.

One of the characters in the book is Deeyah, a former foster child who was taken away from her family when she was young and who returns to the North as an archaeology student to learn about her history.

“She meets up with a ranger who is part-human and part sky-spirit. They work together to track down the Nahga,” Lafferty said.

Lafferty describes the Nahga as a “shape-shifting bush man” and an abusive womanizer who seeks to control the land and its people.

“There is one sky spirit who can face up to the Nahga. It’s land, water and sky coming together to stop his terrible reign,” she said.

Commenting on the shortlisting of the novel, the IVA jury noted Lafferty’s work resembles a “new sort of traditional story, one that brings the old to life and makes it come completely alive,” said IVA board member Sophie McCall.

Lafferty offered her congratulations to all finalists who were nominated.

“It’s important these awards exist because it’s helping bring Indigenous voices to the mainstream and highlights the excellence of all our Indigenous authors across Canada.”

*Land-Water-Sky* follows Lafferty’s 2018 memoir *Northern Wildflower*.

Lisa Boivin, a bioethicist and a member of the Deninu Kue First Nation who was raised in Edmonton, was nominated in the graphic novels and illustrated books category for *I Will See You Again*, published in February 2020 by HighWater Press.

“(The book) is a labour of love to honour my brother’s passing and to help my mother heal,” said Boivin, who travelled abroad to recover her brother’s remains.

“It is a story of death, grieving and healing told in simple language for young people to understand. I had to call on my inner strength to complete the difficult task. I wrote and illustrated my journey to bring (my brother) home to my mother.”

Boivin said she’s grateful be shortlisted for the IVAs and proud to be in the company of other talented authors and illustrators.

Her nomination comes shortly after her second book – *We Dream Medicine Dreams* – was published in April by HighWater Press.

Lafferty and Boivin join three Inuit writers who are among the five Northern authors shortlisted for this year’s IVAs.

There are 27 finalists in total for the awards across nine categories. Most of the shortlisted works are in English, some in French and one – the Shaman’s *Apprentice* by Zacharias Kunuk – was written in Inuktitut.

IVA winners will be announced on National Indigenous Peoples Day, June 21, in a virtual gala.



Deninu Kue First Nation member Lisa Boivin is a finalist for her graphic novel *I Will See You Again*. photo courtesy of the Indigenous Voices Awards



Catherine Lafferty, a member of the Yellowknives Dene First Nation, is a finalist for the 2021 Indigenous Voices Awards for her book *Land-Water-Sky*. photo courtesy of Indigenous Voices Awards

# Meet the Sexoped



Roland Laufer is proud to have built the Sexoped raft to help Yellowknifers travel between town and the melting lake. Natalie Pressman/NNSL photo

**By Natalie Pressman**  
*Northern News Services*

If you build it, they will come.

“They,” of course, refers to Yellowknifers travelling across the quickly-melting Great Slave Lake during break up.

To accommodate the transition season, Old Town’s Matthew Grogono and Roland Laufer, along with others, built two rafts secured by the government dock.

Laufer calls the rafts “one of the most beautiful things” he’s done, helping houseboaters moving back to shore for summer, commuters transport their bikes from ice to road and, in one case, a resident on crutches move from lake to land.

The resident, an occupant of houseboat bay, asked Laufer if it would be safe to walk across the the lake with her crutches. Laufer told her he would make sure it was.

The Octoped raft, a structure composed of wood planks fastened atop eight recycled pro-

pane tanks, was secured at the government wharf Monday – not five minutes before a group of Old Town residents showed up to transport a wood stove from town to the lake.

“When we deployed it, we wondered if it would be useful and within five minutes, five people showed up with a wood stove,” Grogono said. “There were five people and a wood stove all standing on it,” he said, speculating that the load must have been at least 270 kg.

Tuesday afternoon, the Octoped was joined by the Sexoped, named for its six recycled propane tanks, to form an 8.5-metre floating platform at the wharf.

From calling for the used materials to putting the rafts together, construction took about two weeks – though only about five days of building time.

This year, Grogono said the water levels will continue to rise another eight to 20-25 cm, a surplus of water “which is going to need some responding to.”



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# Buffalo Airways sends fourth cargo plane to Fort Simpson

## ‘I know most of the people and they have been very good to us:’ Joe McBryan

By Simon Whitehouse  
Northern News Services

A fourth cargo flight from Buffalo Airways arrived in Fort Simpson Saturday evening with pallets of food and other supplies to assist in the flood emergency.

Joe McBryan, president of the airline, said he’s happy to continue to assist, as some of his employees gathered items on skids and loaded them onto an awaiting plane.

Having served the Dehcho region for decades, McBryan was aboard the first Buffalo cargo flight to bring aid to Fort Simpson last week.

“So I know most of the people and they have been very good to us and are very down to earth. We donated the first flight, really, just to get the ball rolling,” he said. “Since then, merchants in Yellowknife like the Co-op store and the Independent have really been generous in supplying food while many, many of the local people sent care packages over.”

More than five tonnes, or 11,602 lbs of goods, were sent to the community on Saturday, according to McBryan. Items included about 200 independently prepared hampers for families.

McBryan was also highly complimentary of elected leaders in Fort Simpson as well as civil servants at the Department of Municipal and Community Affairs (MACA) who were coordinating the shipments.

“The people in Simpson can really thank their MLA (Shane Thompson) and their mayor (Sean Whelly), who’ve been in touch with us constantly,” he said.

Although he said he has been involved in providing many types of emergency cargo assistance over the years – including for floods

and forest fires – McBryan said this emergency is unlike other floods he has seen in the past.

“I did one in 1989 and smaller ones over the years,” he said. “There’s always been a bit of a flood but nothing like this one. Even the big flood they talk about that was in 1963 right when Hay River and Simpson were evacuated, this far surpasses that.”

McBryan sifted through many of the outbound items last week, noting that meat and potatoes represented a large portion of what was being shipped. Others com-

mon items included Huggies, tissues, hot dogs and buns, canned good and water.

“When you’re living outside in a tent, you develop a really big appetite, so I think a big vegetable stew will feel really good,” he said.

Loblaws provided a statement on behalf of Yellowknife’s Rochdi’s Your Independent Grocer, confirming the store has been helping those affected by the flood.

“Rochdi Mortada, the owner of Rochdi’s Your Independent Grocer in Yellowknife, has been in contact with local officials to offer support

and has already donated essential items, including water,” Loblaws stated on Saturday afternoon. “The store will continue to work closely with officials, as well as other businesses, to get the community the additional support they need during this difficult time.”

Travis Rice, an aircraft refueller at Det’on Cho Logistics, was on site with a truckload of about two pallets of groceries, which included fresh produce to be delivered.

Fort Simpson Mayor Sean Whelly posted to Facebook that the supplies arrived safely

and that the community was very grateful for the donation.

“Whole bunch of stuff just came in,” Whelly wrote. “Thanks to MACA and their staff (we didn’t forget you Mike Drake) in Yellowknife for the care packages (full of treats with the big red heart)...

Also, thank you so much to the Independent Store in Yellowknife, who got us another big load of packaged meats and other goods too plentiful to mention. Another big donation to our community, it is so appreciated. Flown over by Buffalo Airways.”



A Buffalo plane takes off, filled with groceries and supplies for Fort Simpson residents. Simon Whitehouse/NNSL photo



Travis Rice, aircraft refueller at Det'on Cho Logistics, helps unload two pallets of donated groceries at the Buffalo Express hangar on Saturday. Simon Whitehouse/NNSL photo



Tyrone McClean, forklift operator, moves a load of grocery items from a Det'on Cho Logistics truck on May 15. Simon Whitehouse/NNSL photo



Buffalo Airways president Joe McBryan stands with his pilots responsible for shipping food and supplies to Fort Simpson this past week, including on Saturday. With McBryan are Sarah Mousseau, Ian Bottomley and Kane Boklaschuk. Simon Whitehouse/NNSL photo



Tyrone McClean, forklift operator, lifts groceries and supplies into the awaiting plane. Simon Whitehouse/NNSL photo



Some of the Buffalo Airways helpers were at the Express hangar on Saturday afternoon receiving donations from Yellowknife grocery stores and shipping them by airplane. Among them were, from left, first officer Reid Swenson, manager of business development Sandy Macpherson, president Joe McBryan and cargo manager Mike Dunn. Simon Whitehouse/NNSL photo



Jamie MacDonald and Jake Kaye receive groceries and supplies in the Buffalo plane. Simon Whitehouse/NNSL photo



# A tightly seamed community

## Yk quilters gather for a log cabin class at Champagne Room

By Simon Whitehouse  
Northern News Services

Quilting practitioners of Yellowknife joined for a Curvy Log Cabin Class at the Champagne Room on Sunday afternoon.

The May 16 event brought 11 participants to learn the routine of log cabin quilting and to support other people interested in the art.

Participants in many cases were learning the traditional practice for the first time and were trying to complete the pieces for personal use, gifts and for personal fulfillment.

Marilyn McGurran, owner of Long Arm of the North, was holding the event as part of her business offering.

“I typically only have three classes a year from my shop at the back but I find this space in the Champagne Room works perfectly to spread people out for quilt makers and to help people learn new tricks and a new way of putting together

a quilt,” she said.

McGurran was the third place winner of the City of Yellowknife’s 2018 Win Your Space YK competition which allows business people to pitch a business idea for the chance to win a one-year lease in a downtown location.

Almost three years, later, her company is not only still thriving, but she remains in her chosen space at the back of the 50/50 Mini Mall.

Music Space, which came in first place that year and established a spot in the Graham Bromley Building, closed earlier this month.

Kerri’s Kreations which came in second moved out of a much too small location at the bottom of the YK Centre after 18 months.

“I like to think of myself as the last one standing,” McGurran jokes.

She said that her company has exploded over the course of the pandemic as many quilters in Yellowknife have sought

a pastime while isolating or spending more time at home.

The company not only offers quilting workshops, such as the one held on Sunday, but also hosts a long-arm sewing machine in its store to help people put a final finish on their quilting work.

“Before I started my business, people would send their quilts down south to be done and it was costly for people,” she said. “There was also the chance of losing it.”

McGurran said that although there are about 60 members in the Yellowknife Quilter’s Guild, the people she serves typically aren’t part of it.

“I would say 80 per cent of my customers do not belong to the guild and I have I have

a really good customer base,” she said. “There’s probably 400 or 500 that quilt, so it’s a huge community. And it’s getting younger.”

Among those quilters is Kathleen Falck, who actually took a job with McGurran’s company recently. She has more experience knitting but loves the fun in creating new crafts.

“I decided, since I’m working there, that I should probably learn how to quilt and it has been really, really fun,” she said.

“I’ve been watching YouTube videos constantly and just asking questions. It’s been a really great community and everybody’s super friendly.”

Others were also enjoying the company of others.

“It’s great to have an event like this, just more so just to be able to get together and socialize and have a time to work,” said Rita Mercredi.

“When you’re learning something new it’s really great to have people that have done it before walk you through all the tips and tricks.”



Kathryn Paddock a quilter for 15 years holds up her colours. Simon Whitehouse/NNSL photo



Leslie Bromley, a 10-year quilting veteran works on her quilt that she is making for herself. She was working on a new routine of the style of quilting a curvy log cabin and enjoying the company of a group of quilters, Sunday at the Champagne Room. “It’s a bit of a challenge, but a challenge is always good for the brain,” she said. Simon Whitehouse/NNSL photo \*\*\*\*\*SAVE FOR FRONT PAGE\*\*\*\*\*



Jennifer Andrews works her sewing machine and the blocks involved in making her quilt. Simon Whitehouse/NNSL photo



Kathleen Falck, who has been an employee at the Longarm of the North store for the past month, is really enjoying an early introduction to quilting and the people who practice it. Here she shows some of the colour square work for a 76X76 quilt she is planning for her sister who is graduating with her biology degree this year graduating from the University of British Columbia Okanagan. Simon Whitehouse/NNSL photo



Kathryn Paddock a quilter for 15 years holds up her colours. Simon Whitehouse/NNSL photo

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Alecia Callahan, who has been quilting on and off for the last 15 years, said she enjoys the creative and relaxing aspects of the art. Simon Whitehouse/NNSL photo



Kathryn Paddock a quilter for 15 years holds up her colours. Simon Whitehouse/NNSL photo



Shelley Ingraham, a 25-year quilting practitioner concentrates on her piece that she runs through the sewing machine. Simon Whitehouse/NNSL photo



Marilyn McGurran, owner of Longarm of the North was on hand to guide and assist quilters putting together log cabin squares at the Champagne Room at the 50/50 Mini Mall, Sunday afternoon. Simon Whitehouse/NNSL photo



Marilyn McGurran, owner of the Longarm of the North Quilting Shop shows off the long arm sewing machine that quilters use to finish off their quilt design. The shop has been open in downtown Yellowknife since September 2018. Simon Whitehouse/NNSL photo



Morgan Gebauer shows some of her quilting handiwork and some of the colourful squares she had put together. Simon Whitehouse/NNSL photo



Tina Drew, who is a nurse and a trustee with the Yk 1 Education District has been especially busy over the pandemic. Quilting has provided one of the few hobbies that provides a de-stressor and an escape. Simon Whitehouse/NNSL photo



11 quilting enthusiasts took part in Sunday's Curvy Log Cabin Class put on by the Longarm of the North quilting company with Marilyn McGurran. Simon Whitehouse/NNSL photo



# YK CO-OP HITS THE BIG 40!



*Yellowknifer* is celebrating YK Co-op's 40<sup>th</sup> anniversary with a special four-pager feature which will showcase the store's milestones, accomplishments and people throughout the years! This feature will also have FREE extra copies that will be available at the store!

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# Sports & Recreation

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## Better later than never for Mother’s Day Run

### Yk Multisport Club event goes off after one-week delay

By James McCarthy  
Northern News Services

And we’re off and running with the 2021 Yk Multisport Club season.

The first running event of the campaign is always a popular one and even though it happened a week late due to the scariest time we’ve had during the entire pandemic, it still brought out a crowd.

The Mothers’ Day Run, which was originally set to happen on Mothers’ Day itself, May 9, happened both in person and virtually on May 16. As has been the case in past years, the run was a hit with 152 people signed up to take part either along the Pat McMahon Frame Lake Trail or on their own time. Among that number were 29 youth 17 years of age and under.

Cameron Twa, the Multisport club’s vice-president, said he kept the virtual option open for people who may still be a bit hesitant about running outdoors among people.

“It’s good to give people that choice,” he said. “There’s still that hesitancy and there are people who are either still in isolation or just getting out of it.”

The in-person course saw runners - or walkers - begin at Somba K’e Park and make their way along the trail toward Stanton Territorial Hospital. They would then turn at the hospital and make their way back to what’s known as the “ledge loop” before coming through the start/finish line for

a distance of 5-km. The 10-km runners would have done that twice while the 3-km runners went to the hospital and back.

“I admit, it wasn’t the most exciting course in the world,” joked Twa.

The 5-km route was the most popular with close to 80 signing up to take that one on, he added, and while the attendance this year was down a bit this year, he was still happy with everything.

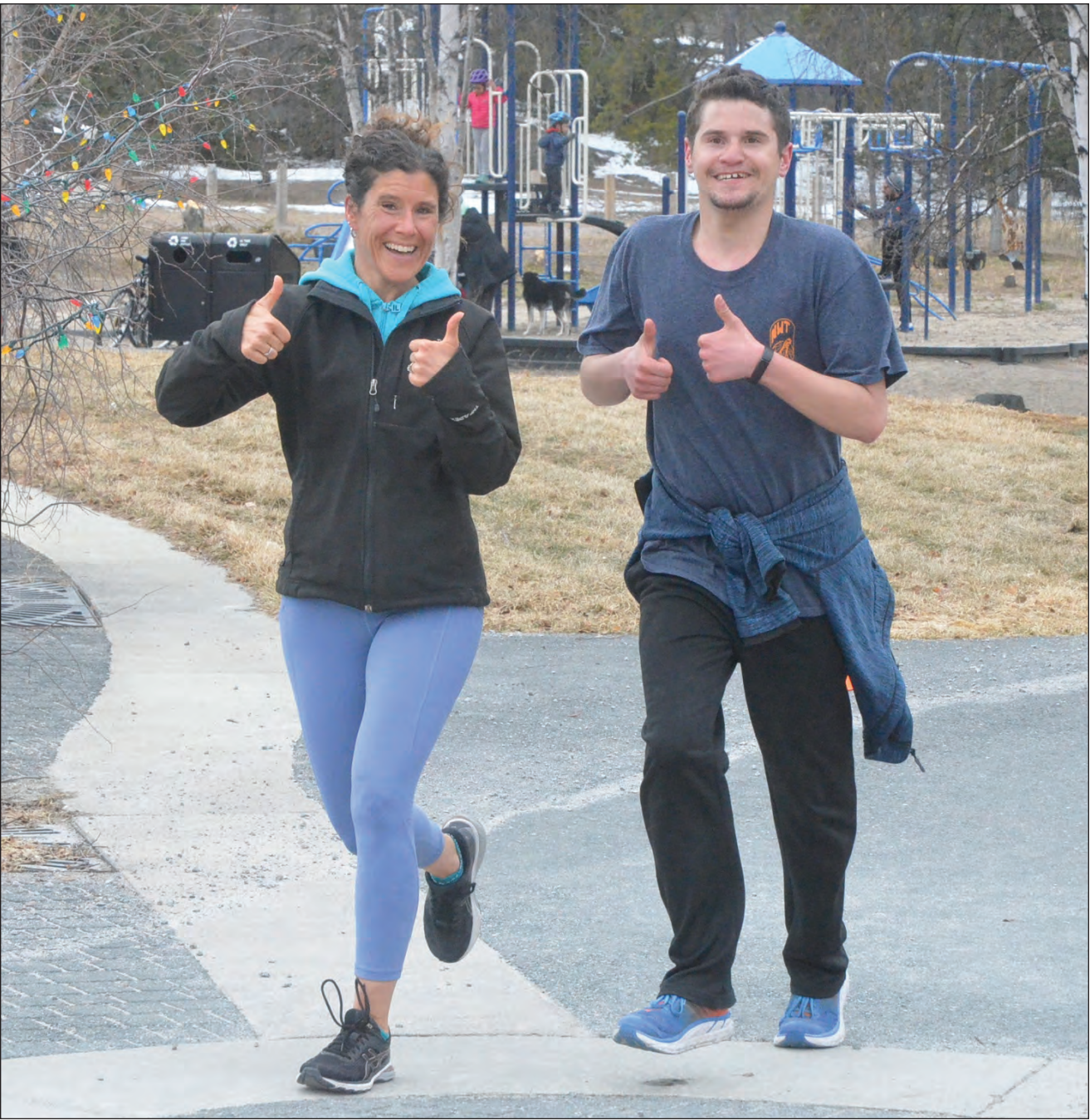
“It’s a popular event because it’s on Mothers’ Day so everyone wants to go out and do something with mom,” he said. “We had 134 in 2019 and 217 in 2018 so considering all that’s gone on, having 152 people sign up was great.”

This year was also a fundraiser for the Yellowknife Women’s Society with all entry fees - \$20 a head for adults - going toward the pot. When the nickels and dimes were counted, a total of \$2,971 will be on its way to the society.

Twa said people were able to make an additional donation if they wished and 42 people did.

True North Rotary pitched in to help organize things, he added, while the Yellowknife Physiotherapy Sport and Rehab Clinic donated prizes for participants.

The run is a part of the club’s Fun Run/Walk Series, which is back for another year, and the second of six events will take place on June 20 with the Mid-Day/Night-Sun Fun Walk/Run.



Heidi and Josh Boudreau give the thumbs-up as they come through the start/finish line at Somba K’e Park in the Yk Multisport Club’s Mothers’ Day Run on Sunday. James McCarthy/NNSL photo



Meghan Dewhirst, left, and her daughter, Anya Marshall, sprint for the finish at Somba K’e Park in the Yk Multisport Club’s Mothers’ Day Run on Sunday. James McCarthy/NNSL photo

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**KING RUFF (BURT)**

KING RUFF is a super awesome dog. He is used to being outside a lot but enjoys comfy time inside as well.

**NORMAN**

NORMAN is about 4 years old and a very friendly guy. He is good with people but is not ok with all dogs. He can have doggy friends if introduced properly.

**PAX**

PAX is a happy and friendly guy. He usually does well in his crate but may whine or howl for a bit. It is important to give him boundaries. He needs lots of exercise and mental stimulation to prevent him from being needy and bored. With enough exercise, Pax enjoys long naps on his comfortable dog bed, belly rubs, and just hanging out at home. He is a smart boy and learns new tricks easily - although he can be stubborn. He knows sit, down, paw, wait, touch, and leave it.

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# Masters could get their kicks



Sahara Lafferty tries to make the save during the Canada Summer Games soccer camp at St. Joe's Field in 2016. The field could become home to a new masters soccer division within a new league proposed by the Yellowknife Bay Soccer Club. Photo courtesy of Rob Hart

## New circuit for older players in the works via Yellowknife Bay Soccer Club

By James McCarthy  
Northern News Services

The Yk Oldtimers Hockey League has had the sports market cornered in town when it comes to giving those aged 35 and up the chance to play in a setting which may not be as fast as they once were.

Joe Acorn is looking to do the same thing with soccer and he's

looking for some feedback on how that would potentially look.

Acorn has a survey up through the NWT Soccer Association on the feasibility of a masters soccer circuit for male players 35 years of age and up along with women 30 and up. It went live on Monday and the response has been decent so far with three dozen responses to date.

Acorn said it's been all positive.

"There's the opportunity to comment once they complete

the survey and some of the responses have included things such as they'd love to see it or it's a good way to participate or it's just a great idea," he said. "A lot of the older players have considered hanging up the cleats the older they get and I'm hoping to give them a chance to stay in the sport."

If it takes off – Acorn hopes it will begin this summer if everything goes well enough - the circuit would be played at St. Joe's Field but not the full length of it and not 11-a-side, as is the case with traditional soccer. This would be a smaller version with the field cut in half and games being played width-wise. The proposed team size would be either six or seven per side with two games going at the same time.

"It's a smaller field so you would need less players," said Acorn.

Even with the smaller confines, Acorn said it would still force players to be creative.

"There's less room to move so it would tighten things up quite a bit," he said.

The idea is to run the circuit through the Yellowknife Bay Soccer Club, colloquially known as the Sundogs, and the club is looking to purchase equipment that would fit the dimensions of the field.

"We've bought four six-foot-by-12-foot nets already because the regular soccer nets at the field would just be too big for what we'd want to do," he said. "I'm also looking to get a dividing board to put in the middle of each field to stop the balls from going onto the other field."

There's also the idea of backstops to put up at each end of the field to stop the ball from either going into the playground at St. Joe's or onto Williams Avenue, he added.

The plan is to make this part of a wider-ranging initiative through the Sundogs that would see the creation of a new soccer league in town.

Acorn said he would like to have youth be the focus with the masters being a division within that structure.

"Our focus has always been to develop players and get them ready to go down south and play in tournaments," he said. "Obviously, we aren't going south anytime soon so we've been looking at other ways to help improve the game in the city and we feel this is one way to do it."

And if you think this is going to create a conflict with the Yk Adult Soccer League, Acorn said it won't.

"We'll schedule all of our games around their schedule," he said. "This isn't an either-or scenario because we don't want to compete with them. Our goal is to have at least one game per week (for the masters) and whatever their schedule looks like, we'll fit ours around that."



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### NORTHERN LIGHTS

( Yellowknife ) Al-Anon offers experience, strength and hope to anyone affected by someone's drinking. Meetings are held every Tuesday at 7:30 pm. at Northern United Place, room 215, 5403-50th Ave. More information about Al-Anon is available on our Website : [al-anon.org](http://al-anon.org).

### ONLINE TIMED

auction. Hd mech. Shop equip. May 27 - June 1, 2021, Morningside, AB. 2008 Ford F550 Diesel Du-ally 4.4 Fassi F45A Knuckle Boom Picker Truck, 1990 Ford L 8000 3-Ton W/24 Ft Refrigerated Van Truck, Pickup W/Snowblade, Machine Shop Lathe, Mechanical Shop Tools, Toolboxes, Lawn & Garden Equipment & much more. See [www.montgomeryauctions.com](http://www.montgomeryauctions.com); 1-800-371-6963.

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### SATURDAY, MAY 29th,

2021 Consignment Auction. ONLINE BIDDING 9AM; [bid.schmalzauctions.com](http://bid.schmalzauctions.com). Collectors cars including 1923 Ford T-Bucket (SK reg), 1932 Chevy Coupe, 1949 Plymouth Coupe, 1929 Chev Sedan, Tractors: 1928 Farmall regular, 2 JD AR's, Equipment: 977H Cat loader, International forklift, IHC 100 crawler loader, home built bucket loader, over 1000 lots of tools, etc. Schmalz Auctions PL 911509.

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## Direct Answers

with Wayne & Tamara Mitchell

### Undernourished

A year after living with my girlfriend, with no shred of emotion, she breaks up with me. She tells me every little thing I do annoys her and that I've never done anything nice for her. She wanted a break from us, but still wanted to continue living together.

Now we've had our problems, like any other relationship, and one of the many reasons why we moved in together was because I pushed for it. To make matters worse, her parents despise me. They think I'm some womanizer and that was the only thing I wanted from their daughter.

My girlfriend flatly denied to her parents that she was dating me, let alone living with me. Every time one of her parents came over, we hid all my stuff and I had to leave, sometimes for hours at a time.

Just this past month, when I came home from a business trip, she was very cold to me. She said she needed a break from us. She said hurtful things and that she couldn't deal with me at the moment.

We agreed we could still live together (we have two bedrooms in our apartment) and work on the basis of any relationship, friendship. Two days later, she met this guy and continually went with him to do the fun things I always asked her to do with me, but she always said no.

When I ask about the other guy, she gives me mixed answers. She told me he likes her, but she is just looking for a friend and doesn't want to give him the wrong impression. Then she gets hurt when he doesn't call and goes to the bar where he is to make him jealous.

I pay all the bills, we share cleaning duties between us, and I've done many other things for her. Now, since she is dating or seeing this guy, I'm at a loss on what to do. I know I can't deal with her right now, and I need to move on and move out.

I feel she has no respect for my feelings as a friend or as a roommate. For the last two weeks, I have barely slept, have no real appetite, and go from okay with how everything is going, to just crying. I tried talking to her about how I feel, told her I still love her and just want her to be happy.

But she gets mad and says she's getting sick of me telling her my feelings.

Rod

Rod, it's hard to get people to understand that having no one is better than having someone who abuses them.

This is true for more than the obvious reason—they are being abused.

The longer you stay, the more seriously you are damaged. The longer you stay, the more likely she will leave you, taking from you the opportunity to learn to stand up for yourself

Furthermore, while she abuses you, you are not growing as a person. You are receiving scars that will take more time to recover from. Lastly, while you are with the wrong one, there is no opportunity to meet the right one.

Don't leave. Kick her out. Stand up and do the deed. "Get out of my house now." If she struggles or equivocates, tell her, "I can call your parents to help you pack."

You also need to talk to someone about habitually undervaluing yourself. You are undervaluing your own talents, your own humanity, and your own personhood.

Perhaps you weren't nurtured when you were young. Perhaps your current situation has beaten you down. But you need help from a person who is on your side. Talk to someone in a professional setting or talk to the person who cares about you most.

It would be better to live alone, than to live alone with this woman.

Wayne & Tamara

If you have any questions or comments for Wayne or Tamara, please forward email to [confidential@nnsl.com](mailto:confidential@nnsl.com) or write to Wayne & Tamara Mitchell, Station A, Box 2820, Yellowknife, NT, X1A 2R1

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We offer a competitive salary with benefits. Send your resumé and cover letter to [administration@nwtwomen.ca](mailto:administration@nwtwomen.ca) by **5pm MT, Monday, May 31.**



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**If interested, please email:**

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TENDERS & NOTICES



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New Women's Shelter

The Hay River Family Support Centre is inviting qualified contractors to submit bids for the Hay River Family Support Centre New Women's Shelter, Hay River, NT.

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**MERX.COM**

Reference # 0000199063

Inquiries to:  
[kyle.humphreys@colliersprojectleaders.com](mailto:kyle.humphreys@colliersprojectleaders.com)

**CFT Close Date & Time:**  
**May 27, 2021 at 3:00 pm (Mountain Time)**  
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For classifieds advertising information call (867) 873-4031

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TENDERS & NOTICES

NOTICE OF PUBLIC AUCTION

Pursuant to Section 97.7(2) of the *Property Assessment and Taxation Act*, R.S.N.W.T. 1988, c. P10 and amendments thereto, the Municipal Corporation of the City of Yellowknife wishes to advise that the following properties may be offered for public auction if the arrears of property taxes and the current and subsequent expenses incurred by the City to collect the arrears are not paid before June 11, 2021:

Address	Lot	Block	Plan	Assessed Value	Minimum Auction Price
5012 54 ST	34	60	2437	\$483,160	\$241,580
5612 50 AVE #304	UNIT 11		C-2655	\$120,500	\$60,250
4815 54 AVE	8	89	482	\$330,840	\$165,420
5504 50A AVE	16	105	483	\$293,770	\$146,885
5600 52 AVE #405	UNIT 48		C-4065	\$129,000	\$64,500
208 NIVEN DR	112	308	4541	\$48,530	\$24,265
132 CURRY DR #B	21	503	1578	\$551,280	\$275,640
213 WOOLGAR AVE	7	510	1080	\$384,710	\$192,355
627 WILLIAMS AVE #200	UNIT 7		C-4438	\$211,200	\$105,600
883 BIGELOW CRES	UNIT 6		C-2007	\$284,440	\$142,220
163 ENTERPRISE DR	12	536	2094	\$863,010	\$431,505
106 TALTHEILEI DR	6	537	2094	\$749,090	\$374,545
104 TALTHEILEI DR	7	537	2094	\$581,860	\$290,930
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164 BORDEN DR	13	558	2071	\$289,620	\$144,810
262 BORDEN DR	3	562	2072	\$296,210	\$148,105
187 MAGRUM CRES	30	564	2391	\$321,070	\$160,535
308 BELLANCA AVE	UNIT 201		4729	\$143,620	\$71,810
322 BELLANCA AVE	UNIT 194		4729	\$89,560	\$44,780
324 BELLANCA AVE	UNIT 193		4729	\$272,720	\$136,360
326 BELLANCA AVE	UNIT 192		4729	\$201,250	\$100,625
542 CATALINA DR	UNIT 100		4729	\$53,310	\$26,655
558 CATALINA DR	UNIT 92		4729	\$77,360	\$38,680
632 ANSON DR	UNIT 39		4729	\$193,600	\$96,800
638 ANSON DR	UNIT 36		4729	\$98,810	\$49,405
639 ANSON DR	UNIT 20		4729	\$132,440	\$66,220

Please be advised of the following:

The public auction is set for June 11, 2021, at Council Chambers, City Hall, Yellowknife, NT, at 9:00 am.

If before the public auction begins, any person including the assessed owner pays the arrears of property taxes and all reasonable expenses incurred by the City of Yellowknife to collect the arrears with respect to a taxable property, the property will not be offered for auction.

Any person who pays the arrears of property taxes and expenses prior to commencement of the public auction may obtain a lien on the taxable property for the amount paid if that person is not the assessed owner and that person has an interest, estate, encumbrance or claim registered or filed under the *Land Titles Act* in or against the taxable property or is a transferee of such a person.

The assessed owner of any of the above taxable properties is entitled to redeem that taxable property within 30 days after the date of the public auction by paying the City of Yellowknife the arrears of property taxes and all reasonable expenses incurred by the City of Yellowknife to collect the arrears. Where a taxable property that is sold at the public auction is redeemed by its assessed owner, the sale cannot be completed and all rights and interests of the purchaser in the taxable property cease.

If a taxable property is sold at the public auction, every existing interest, estate, encumbrance or claim in or against the taxable property, will be extinguished, other than:

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- an easement agreement, including a party wall agreement
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- an easement agreement, including a party wall agreement
- a reservation or interest to which the property is subject under paragraphs 69(a), (c) and (d) of the *Land Titles Act*
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Canadian Rangers  
join flood response



The Government of Canada mobilized the Canadian Rangers in the flooded communities of Fort Simpson and Jean Marie River last weekend after a request for help from community leaders and Premier Caroline Cochrane. photo submitted

Operation Lentus will see them  
mobilized along 600 km of shoreline

By Simon Whitehouse  
Northern News Services

The Government of Canada has mobilized 57 Canadian Rangers to help the struggling communities of Fort Simpson and Jean Marie River following a state of emergency due to flooding.

Bill Blair, federal minister of Public Safety and Emergency Preparedness, announced on his Twitter account on May 15 that the government approved the request for assistance from the Northwest Territories.

“@CanadianForces Rangers will assist communities impacted by or at risk of floods,” Blair wrote.

The announcement came a day after Fort Simpson Mayor Sean Whelly told two territorial ministers visiting the village that the communities need military help due to the effects of high water from the Mackenzie and Liard rivers.

On May 14, Diane Archie, deputy premier and minister of Infrastructure, and Paulie Chinna, minister of Municipal and Community Affairs, arrived to meet with community leaders on the ground.

Andrée-Anne Poulin, communications officer with the federal Department of National Defence, said the government recognizes that high water levels caused by melts and ice jams on the Mackenzie River have led to the need for deployment of Canadian Rangers within the region.

“In response, 10 Canadian Ranger patrols were activated in the region on May 15, 2021, to provide assistance in dealing with the flooding,” Poulin said. “The Rangers are

working alongside other responders in the region to provide humanitarian assistance and address the immediate needs of these remote communities.”

Rangers will help with evacuation of people affected by flooding, assist those who are vulnerable or stranded or in distress affected by flooding, according to Poulin.

They will also conduct welfare checks on people in the area and will be part of the ongoing Emergency Operations Centre command post in the affected communities.

Other tasks will include logistical and general support, which will involve things like transportation assistance, resupply and humanitarian assistance.

“Canadian Ranger support has been requested for a period of six weeks but will continue until the situation has stabilized and is manageable through local and provincial resources,” Poulin said.

Jessica Lamirande, media relations with the Department of National Defence, said 57 personnel were sent to work over the weekend under “Operation Lentus.”

The effort will respond to flooding in a 600-km area along the Mackenzie River and Great Slave Lake. They are to be activated for six weeks, she added.

“The Rangers are based in the communities in which they are assisting,” she said. “Based on coordination and assessment conducted with our federal and territorial partners, the Canadians Rangers will remain in their respective communities in order to offer assistance and support the local government’s response to this situation.”

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Campfire Chats are part of the Yellowknife's Communities Building Youth Futures (CBYF) Project called Hazhǫ Ɛłexè Łets'eèzhe / We Are All Connected funded by Tamarack Institute's Community Innovation Fund.

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