



Manitou Matters

June
2017

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Photo credit: dreamstime.com

Ahhh Summer!

ANNUAL COMMUNITY BARBECUE

This fun community event takes place Tuesday, June 20th at 6:00 p.m. in Wellington Park. This year we honour new beach businesses once again as well as long-standing community volunteers. Mayor Worobec will be presenting certificates of recognition to all. Please join us for a burger and a pop.

CANADA DAY FESTIVITIES Our nation's big birthday is just around the corner (and the *Watrous - Manitou Beach Homecoming* too). For full details please visit: www.townofwatrous.com.

FATHER'S DAY is Sunday, June 18th and we would like to wish all dads a very Happy Father's Day.

Sask Tourism Week: May 28-Jun 5.

STILL STANDING Season 3 of Still Standing begins on June 27th, while the **Manitou Beach episode** airs on **Tuesday, July 4th**. Visit their website to view a sneak peak of our episode: <http://www.cbc.ca/stillstanding/m/episodes/season3/manitou-beach-sask>

ANIMAL CONTROL BYLAW 13/2001: A Reminder to all residents that pets are to be kept under the control of the owner at all times, and that you must clean up after your pet as well. If you have not paid your pet license for 2017, or need to purchase one, please visit the village office.

June is Recreation & Parks Month and is a way to celebrate the contribution that recreation and parks make to communities in Saskatchewan. Support parks and recreation in our community by visiting one of our lovely parks.

THUNDERINGHILLZ POW WOW DANCERS will take the floor at Danceland Friday, June 9th & Saturday, June 10th. **See attached poster for full details.**

ASSESSMENT INFORMATION is readily available for property owners' quick reference. Please visit <http://www.samaview.ca/sama/> to learn how your assessment was calculated, the appeal process, and other valuable information. **Appeal deadline: July 14th.**

Resort Village of Manitou Beach: Mayor, Gerald Worobec – Deputy Mayor, Chris Moffatt Councillors, Laurie Bzdel, Douglas Guenther and Larry Zmlak – Maintenance, Fraser Murray, Bryan Marciszyn, Fran Potts, Duane Stewart, Matt Somers, Omary Mandari - Office, Bev Laird, Lori Harper and Samantha Nagthall.

June is **ALS & Stroke Awareness Month**. June 15th is **World Elder Abuse Awareness Day**, while June 21st is **National Aboriginal Day**. To learn more about the above, as well as other health awareness items highlighted in June, visit: <http://www.hc-sc.gc.ca/ahc-asc/calend/index-eng.php>

MB FLEA MARKET re-opened May 21 and continues every Sunday until September.

IN THIS ISSUE: Annual Community BBQ, Father's Day, Still Standing, Reminders to Residents, June Health Days, Health & Safety: Workplace Stress, History of Manitou Part VI, Sports & Leisure, Heritage Centre, Affinity Grant, Canada Day, MB Flea Market, Pow Wow



Health & Safety: On the Job – Workplace Stress Highest for Invested Workers

Most people who work have occasionally felt stress from their jobs. However for workers who experience high levels of stress on an ongoing basis, stress can turn into burnout, mental health disorders and physical illnesses. A recent study by the Centre for Addiction and Mental Health (CAMH) showed that 18 per cent of workers felt their jobs were highly stressful. Even more telling were the responsibilities and job characteristics that increased the likelihood of a worker feeling highly stressed as a result of work.

The study set out to examine the relationship between job stress and worker perceived responsibilities and job characteristics. Information was gathered and analyzed from a survey of 2,737 Alberta adult workers who had worked the previous year in a variety of settings, including offices, manufacturing, construction, farming and services.

The study found that employees who were more engaged in their work were twice as likely to report high stress. Workers were more likely to describe their job as “highly stressful” if they were managers or professionals, worked at a site remote from their home, or if their jobs required them to entertain, travel or work long or variable hours (shift work, being on call, compressed work week or overtime). The odds of being highly stressed also increased for workers if they felt that their poor performance could cause physical injury to themselves or co-workers, or damage to the company’s equipment, reputation, or finances.

On the other hand, 82 per cent of workers surveyed reported low or no stress. Statistically, this group tended to be male, single/never married, under the age of 25, and not to have completed high school. Workers who were satisfied with their jobs, or didn’t consider their job a career were much less likely to describe their jobs as being highly stressful. The findings in this study may be helpful to employers in determining where to focus efforts to alleviate stress in their at risk employees.

How employers can help: Employers should assess the workplace for the risk of stress. Look for work pressures that could cause high and long lasting levels of stress, and the employees who may be harmed by these pressures. Determine what can be done to prevent the pressures from becoming negative stressors, including:

- Treat all employees in a fair and respectful manner.
- Design jobs to allow for a balanced workload. Allow employees to have control over the tasks they do.
- Keep job demands reasonable by providing manageable deadlines, hours of work, and clear duties, as well as work that is interesting and varied.
- Involve employees in decision-making and allow for their input directly or through committees, etc.
- Do not tolerate bullying or harassment in any form.
- Be aware of the signs and symptoms that a person may be having trouble coping with stress.
- Encourage managers to be understanding and proactive by looking for signs of stress among their staff.
- Survey employees and ask them for help identifying the causes of stress.
- Once identified, address the root causes of the stress as quickly as possible.
- Provide workplace health and wellness programs that address the source of the stress.
- Provide employees with access to Employee Assistance Programs (EAP) and other resources.
- Make sure staff have the training, skills and resources they need.

Source: *Canadian Centre for Occupational Health and Safety*

Our Jubilee Drive-In opens June 8th. For full details on listings and show times
Like the Facebook page: Jubilee Drive In 2017

History of Manitou: Part VI

Part VI: Pentecostal, Jehovah's Witness and Mennonite History

In 1932 the Bethany Mennonite Church of Watrous was arranged with an initial twenty-one members. These members, the first to sign the register, were of primarily German descent. These immigrants fled Russia for many reasons, including their freedom of religion, and once settled in their new country, they organized a local place of worship. A school building was purchased and the building moved to the east end of Little Manitou Lake. This building served as the church until 1951 when a new church was built for Mennonite parishioners. According to the Global Anabaptist Mennonite Encyclopedia Online, this location held its last service in 2005. Today services are held 15 km NE of Watrous on Hwy. 668 at the Philadelphia Mennonite Brethren Church.

The history of the Jehovah's Witnesses began prior to the 1920's, however, between 1920 and 1940 devotees (who were mainly missionaries) worked out of Saskatoon. Traveling by whatever means available at the time, they would visit homes, rural school houses and community halls spreading the word. By 1943 a congregation was formed in Watrous and meetings took place in the home of a minister, with occasional meetings in halls and nearby towns. By 1960 however, there was a definitive need for a first Kingdom Hall in Watrous. The congregation purchased a schoolhouse and moved it to the corner of 6th Avenue and 4th Street East. In 1975 the Hall was renovated and expanded as the congregation had outgrown the schoolhouse. Today, the Kingdom Hall is located at 502 4th Avenue East.

The Pentecostal Church commenced in Watrous in 1935 and was held in the Orange Lodge Hall on 4th Avenue West. The church shut down in 1945 but Sunday school and bible study continued in private residences until 1959 when the church re-opened in the Odd Fellows Hall in Imperial. 1961 saw a new church built in Watrous and the first service took place on February 4, 1962. The church was named Bethany Full Gospel Chapel. Presently, Pentecostal services are held at the Watrous Pentecostal Church.

Next Month: History of Manitou: Part VII – *Through the Years...*

Sources: *Prairie Reflections*, www.gameo.org



Affinity

Credit Union

We would like to take this opportunity to thank Affinity Credit Union for their support of our **2017 Chainsaw Carving Competition** which takes place August 10 – 13, 2017.

Affinity is proud to support local events, projects and programs that contribute to the social, economic and cultural vitality of our communities. Charitable and community fundraising events, community celebrations and festivals, arts, culture and sport projects and initiatives and conferences, forums and learning events are all supported under the Donations and Sponsorship Funding grant.

Resort Village of Manitou Beach Mayor, Gerald Worobec, is all smiles as he accepts a cheque for \$500 from Gaylene Sundquist, Affinity Credit Union.

Sports & Leisure - Hiking and Camping

As the temperature rises, it's a great time to get outside and enjoy one of Canada's national or provincial parks – especially this year in celebration of our nation's 150th anniversary. As mentioned in last month's issue of Manitou Matters, *Parks Canada is offering free admission to national parks (and other select destinations) in 2017*. From coastlines to mountains to rainforest and prairies, Canada has the biggest backyard to explore. Whether you're out for a leisurely hike along park trails or a strenuous multi-day trek, ensure your trip into the great outdoors is a safe one: **Check weather before you leave**, and be prepared for it to change. **Carry extra food and clothing**, in case you need to stay out longer than you had anticipated. **Be bear and cougar aware**. Know what to do if you meet one. Bears and cougars aren't just in the backcountry; many parks and cities encroach on their habitat. **Keep to the trails**. If you get lost, you have a better chance at being found on the trail than off. Slow your pace and announce your presence/intentions when approaching other trail users. Share the trail: downhill hikers should yield to uphill hikers.

Source: Canada Safety Council



... is every Thursday night at the Community Hall.
Put on by our very own Communities in Bloom.
Doors open at 6:30, Bingo start at 7 pm.



Watch for our float at the Canada 150 Parade!

A REMINDER RE: OUR UNCUT GRASS AND VEGETATION POLICY

A reminder to residents that our **Uncut Grass and Vegetation Policy #024/2017 requires that your grass be cut by June 15th and August 30th each year**. The policy, which can be found in full on our website, states that if a property becomes overgrown (8"+) with grass, weeds or uncut vegetation, even if it has been cut once prior to June 15 and once prior to August 30th of each year, the Village will cut the offending vegetation with no notice to the property owner and invoice the owner for the work.

Read the whole policy at www.manitoubeach.ca and select the Council and Bylaws tab at the top, or the Bylaws & Policies tab on the right.

SEE YOU AT THE WATROUS AND MANITOU BEACH HOMECOMING
AND CANADA DAY CELEBRATIONS JUNE 30 – JULY 2, 2017

WATROUS MANITOU BEACH HERITAGE CENTRE CAPITAL CAMPAIGN

The Watrous Manitou Beach Heritage Centre is dedicated to the collection and preservation of artifacts and archives pertinent and meaningful to the communities of Watrous and Manitou Beach and surrounding district, thereby encouraging an appreciation and understanding of the heritage unique to this area. – Capital Plan Mission Statement

Established in 2011, the Watrous Manitou Beach Heritage Centre is a registered non-profit organization whose current capital campaign wishes to provide a place where local community history can be enjoyed for years to come. The Centre is a member of The Museums Association of Saskatchewan and the Sask Council of Archives and Archivists. Periodic exhibits, archives and artifacts will be housed in the proposed facility located at 403 Main Street. If you would like to read more about the concept of this centre visit: <http://www.watrousheritage.ca/HeritageCentreConcept.pdf>. For building and plan information, or to see the various levels of sponsorship visit here: <http://www.watrousheritage.ca/Proposal.php>. A downloadable brochure is also available, or you can pick a printed one up from the Village or Town offices.