



'Slide into Summer'

Building a stronger METRO Region for all

Colleen Skar

These past few months have been deeply challenging for families, businesses, and communities. The full impacts of COVID-19 are yet to be known, but we're already reminded of the importance of economic and community resiliency in weathering major challenges.

Local leaders in the Winnipeg Metropolitan Region have long understood the importance of partnership and collaboration in making our communities stronger. Continued collaboration will ensure we can rebound as quickly as possible from the pandemic, and will also leave us better positioned to harness future opportunities that attract investment and increase quality of life.

The METRO Region - which includes the City of Winnipeg and the fast-growing municipalities that surround it - is already the population centre and economic engine of our province. Two-thirds of Manitobans call the METRO Region home, and the METRO Region accounts for 70 percent of provincial GDP.

Today, WMR leaders, together with the Province of Manitoba, are working on a long-term plan that will unite the strengths of our municipalities and ensure future success.

In plain terms: we're stronger when we work together. The long-term plan we're developing now, Plan 2050, is a roadmap for a stronger future for all of us.

Plan 2050 will help us:

Attract investment and create jobs. Marketing the region as a whole means being able to connect potential investors and employers with insights into the labour force, available land and resources, planning and zoning information, and other important information.

Instead of municipalities competing against each other, we compete together to make it easier and more attractive for investors to do business here.

Protect our environment. A long-term regional plan allows for a coordinated approach in important areas like water management and protection. We can



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We owe our children the opportunity to be successful here.

Plan 20-50 will ensure that future generations can maintain and build upon the economic, social and environmental advantages we have today.

It's not what we leave behind, it's what we leave forward that counts. Through Plan 20-50, we are setting solid foundations in place for the next generation: a bustling economy; vibrant communities; and natural abundance. Getting all we need in place for a prosperous, safe and sustainable future will take a few years, so there's no better time to start than today.

Become part of the conversation.
20to50.ca

better protect and preserve agricultural land and other sensitive areas when we work together, and we reach important efficiencies and economies of scale when we explore shared approaches to waste management and recycling.

Improve quality of life in our communities. Our communities are more connected than ever, and this trend will only grow as METRO Region municipalities continue to see double-digit population increases. A coordinated long-term strategy to efficiently move people and goods across the region, as one example, is essential from both an economic and quality-of-life standpoint.

Similarly, a collaborative approach to common municipal services - from waste management to broadband Internet - can enhance our shared buying power, resulting in cost efficiencies that can be reinvested in local services and amenities.

When completed later this year, Plan 2050 will give us an important long-term framework for future collaboration. Even the process of creating the plan has been collaborative: Over the past several months, the Winnipeg Metropolitan Region has gathered input from hundreds of stakeholders including local leaders, provincial and Indigenous governments, business groups, land planning professionals, environmental interests, and individual citizens.

Now, we're using this input to draft an inclusive, broadly representative plan that we're excited to unveil and circulate for public feedback later in 2020.

The concept of a long-term plan isn't itself new - in fact, metro regions across Canada and the United States already have plans in place and we must do the same to keep up and compete - but the plan we're developing now will be uniquely our own. This plan will harness the best of what people and communities across our METRO Region have to offer.

Today, more than ever, we need to work together to respond to our shared challenges and capitalize on future opportunities. Plan 2050 will help us do just that, for the benefit of all.



Flat Out Brilliant.

Unit 1 - 1749 Portage Ave.,
Winnipeg, Manitoba R3J 0E6
Phone: 1-204-989-2048
Web: winipegmetroregion.ca
Email: info@wmregion.ca

FOLLOW US ONLINE



Strategic Initiative Concept

Dorothy Dobbie
dorothy@pegasuspublications.net

Art Direction and Layout

Karl Thomsen
karl@pegasuspublications.net

President

Ian Leatt
ian.leatt@pegasuspublications.net

Contributors

Tim Comack, Dorothy Dobbie, David Jopling, Chris Lorenc, Diane Roussin, Colleen Skar, Angelica Timtiman, METRO Region News Desk.

Advertising & Sponsorships

Kelsey Schaefer
204-989-2048
kelsey@wmregion.ca

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Message from the Executive Director

Colleen Sklar

The Winnipeg METRO Region is a partnership. It allows municipalities to address common opportunities and challenges - job creation, future infrastructure needs, long-term environmental protection, and resilience to threats like climate change - in a coordinated way that amplifies the benefits to member municipalities.

The Winnipeg METRO Region is currently working on Plan 2050, a long-term regional growth plan that will strengthen the region's economic competitiveness, facilitate sustainable future growth, create opportunities for more efficient service delivery, and enhance protections against flooding and other severe weather events.

Plan 2050 is a roadmap for a stronger future for all of us.

While COVID-19 has presented us with gathering restrictions and social distancing challenges, the METRO Region leaders have adapted to these challenges to ensure that we continue to work hard and move forward with our work on Plan 2050 for the benefit of all.

As we approach the halfway mark in 2020, our vision has never been clearer. We will continue to work hard towards building a strong, effective, and prosperous METRO Region. We are excited to provide you with our summer edition of The Regional Times. We hope you enjoy this issue and encourage you to send us your thoughts and ideas for our next issue scheduled to hit newsstands this fall.



Colleen Sklar.

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STRATEGIC PARTNER NETWORK

Mayors and Reeves share roadmap for increasing investment in the Winnipeg METRO Region



Michael Langley at the podium.



The Regional Excellence Lunch.

METRO Region News Desk

Tasked with building a long-term regional growth plan (Plan 2050) and coordinating regional economic development by the Province of Manitoba, the Winnipeg METRO Region (WMR) hosted Michael Langley from Langley Economics on February 27, 2020 to share Five Key Building Blocks to get our METRO Regions' economic engine primed and firing on all cylinders.

Langley has a long history of bringing communities together with his time as CEO of GreaterMSP, the Minneapolis Saint Paul Regional Economic Development Partnership to partner in strategies that drive investment. Langley has guided 300 organizations and over 150 municipalities in 15 counties to realize a successful regional economic development approach to generate a Gross Metropolitan

Product of \$280B. As a result, GreaterMSP has become a go-to region for top sight selectors.

Minister of Crown Services, the Honourable Jeff Wharton opened the event and welcomed over 200 leaders from government, business, and industry, and reiterated the importance of government working with business partners to grow our economy. Wharton expressed the importance of learning from other jurisdictions.

"The METRO Region and the Province of Manitoba will achieve great success by working together," said Wharton.

Colleen Sklar, Executive Director of the WMR, provided an update on Plan 2050 and the importance of having the insightful leadership from not only elected officials but those leaders who build our communities.

"Setting the course for 2050 requires an all-hands-on-deck approach," said Sklar. "This plan, being developed

in partnership with Indigenous, provincial, and federal governments—along with our partners in business and industry—will guide actions for the benefit of all Manitobans."

As the WMR Board continues to organize and create the landscape for investment, working with partners like those at the Urban Development Institute Manitoba (UDI Manitoba), helps enact steps to increase economic investment in our province.

Lanny McInnes, Managing Director of UDI Manitoba and partner in the event expressed how excited he is to see the METRO Region getting organized.

"We can't change geography and we can't change weather but we can make the Winnipeg METRO Region much more attractive to investment; and with Plan 2050, we are on track to do just that."

Turning Western Canada into a trade superpower

Chris Lorenc

Western Canada is a vast, resource-rich region with a growing population and significant, pent-up capacity to produce the goods in demand, domestically, continentally and globally.

Already, this region typically out-punches its Canadian counterparts: at 32% of Canada's population, it contributes 37% of its exports and nearly 38% of Canada's real GDP; Western Canada's GDP per capita was \$56,000 in 2017, 18% higher than the national average.

So how do we unleash Western Canada's potential to expand existing trade markets and move into areas that new trade agreements have opened to our country?

It starts with investment in our regional trade gateways and corridors, underpinned by a long-term – read: 20 or 30 years – investment strategy.

Those gateways and corridors start within our municipalities and metro regions, such as the Winnipeg METRO Region, where Manitoba derives 70% of its GDP. The WMR, for example, hosts CentrePort Canada, Canada's 1st and North America's largest inland port.

CentrePort Canada has the potential – with strategic investment in our capital region's transportation network – to move much larg-

er volumes of domestic and international trade traffic, along with the increasing daily movement of people and goods within the region.

But Manitoba and all the Western provinces cannot do this themselves. The federal government must lead the campaign, underpinned by a nation-building trade infrastructure program.

That nationally prioritized investment strategy can help turn Western Canada into:

- A region generating rising revenues to provincial, federal and municipal coffers from the robust trade, employment growth and invigorated cities;
- A region equipped with pan-Western pipelines and power grids that see full sharing nation-wide of energy, spurring real economic growth in such sectors as manufacturing and technology, and muscles Canada onto global energy export markets;
- A region where public and private sectors cooperatively invest in trade-enabling transportation infrastructure – our trade gateways and corridors – guided by an ROI-



Chris Lorenc.

to-GDP strategy supported by sustainable development principles; and

- A globally competitive trade-based economy plugged into a Canadian economic strategy.

And in turn, Western Canada can help turn Canada into a global trade leader.

A new nation-building trade infrastructure program for Western Canada is needed to pick up where the Asia Pacific Gateway and Corridor Initiative left off, to complete the vision that

launched one of the most successful investment plans in this country's history.

The federal APG&CI strengthened Western Canada's supply chains to booming Asian economies. It delivered impressive results – \$1.4 billion in federal funding leveraged \$3.5 billion of public investment, producing a total \$14 billion in public-private investment.

The APG&CI began with a focused priority on trade investments in British Columbia. As the region's western trade gateway province, it saw fully 60% of the federal funding invested in its trade transporta-

tion facilities. That level of investment was a necessary first start. The next step is to complete the vision of Western Canada as a regional trade superpower.

It is the right time to take the lessons learned and adopt/adapt its best practices for the whole of Western Canada, to ensure our trade-transportation assets can meet the challenges of and seize on the trade opportunities before us.

Perrin Beatty, president and CEO of the Canadian Chamber of Commerce, upon release of The Infrastructure that Matter Most put it best:

"There is the infrastructure we want like parks and hockey rinks, the infrastructure we need like schools and hospitals and then there is the infrastructure that pays for these things and that is trade infrastructure."

Canadians should heed the prescient observation. We should press the federal government to leverage provincial and private sector participation and investment, in a long-term, nation building investment strategy for trade infrastructure.

Chris Lorenc is the president of the Manitoba Heavy Construction Association and the Western Canada Roadbuilders and Heavy Construction Association.

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10 fun things to do in the Winnipeg METRO Region as restrictions begin lifting

METRO Region News Desk

It's National Tourism Week in Canada, which some of us might feel a little bummed out about seeing as travelling is a lot more complicated than it once seemed. There's a lot of uncertainty in the world right now, however, our local tourism industry is eager to come back stronger than ever and we have the power to help it do so.

There are tons of beautiful and exciting things to see and do in our region, all while staying safe social distancing. Here are ten places we suggest you check out as our province begins reopening.

1. Dunnottar – a quaint summer escape.

Dunnottar is a village that sits on Lake Winnipeg's western shore, making it a great place to explore, relax, and vacation in the summer. This small-town gem has everything we Manitobans love about summer: beaches, piers, gardens, and, of course, good eats. Whyteworld Emporium sits next to the water and boasts the best pizza, crepes, and fudge in the area. Its patio is open for full service with social distancing measures in effect. Check out the attached greenhouse and antique store to make a full day of it.

Dunnottar also has a ton of virtual activities that take you all around the world— from free tours of the Great Barrier Reef and digital escape rooms to online educational activities, Dunnottar has you covered for days.

2. Chill out in Stonewall

While this small town normally boasts one of the most popular summer festivals in the area, it's still a great place to check out this summer with social distancing measures in place. The walkable town has tons of historic sites including the Stonewall Quarry Park with its picnic facilities, walking trails, and social media-shareworthy backdrops. Make a day of it and hop in the car for a two-minute drive to Oak Hammock Marsh for a self-guided canoe excursion through the marsh.

3. Practice your swing in Rockwood

Just down the road from Stonewall is the RM of Rockwood, a place well-known for its Prairie Dog Central Railway. While the locomotive attraction doesn't look to be running until July, the town still offers plenty of fun outdoor activities during this time of social distancing. Rockwood is known for its beautiful golf courses including Teulon Golf and Country Club and Bel Acres Golf & Country Club, both of which are open for the season!

4. Get some culture and fresh produce in St. Francois Xavier

Steeped in rich native folklore and legends, the RM of St. Francois Xavier is known locally as "White Horse Plain" and is Manitoba's second oldest settlement site. This town is home to an abundance of berry farms and organic vegetable shops, making it a hotspot for organic aficionados.

5. Head for a hike in Cartier

The RM of Cartier is home to Wild Grape and Elm Trail, one of Manitoba's many picturesque hiking trails. This 3.6-mile loop trek will take you through beautiful wildflower trails with views of the Assiniboine River along the way. If you're someone who likes to get some quiet time away from the busier provincial parks, this is the place for you.

For hiking enthusiasts, Travel Manitoba has compiled a list of Manitoba trails you may have never even heard of!



6. Cast your rods in Selkirk

This riverside community boasts everything you could hope to find within one. Catch a boat ride down the Red River to find some popular fishing spots or cast your rod over the side of the Selkirk Waterfront. A hop and a skip from the fishing sites is beautiful Selkirk Park, filled with walking trails, a campground, and the famous Marine Museum of Manitoba. Take a selfie in front of Chuck the catfish statue, then order some of Barney Gargle's famous Fish n' Chips.

7. Enjoy a day (or several) in Birds Hill Park

Located in the RM of East St. Paul and just a 15-minute drive from Winnipeg, Birds Hill Provincial Park is a year-round natural stage for a range of recreational activities and sporting events. While many of those events won't be happening this year, Birds Hill still has tons of fun and excitement to offer. Its hiking trails, biking / rollerblading paths, and beautiful picnic spots have been accessible throughout the pandemic and are even more scenic now with the summer greenery in full bloom. Check out this list of its many self-guiding trails and head to Pineridge Hollow afterward for a bite and some summer sangria on the patio.

8. Get lost a corn maze

Each year, Deer Meadow Farms replants its 10-acre corn maze, creating a new design with new trivia challenges to discover throughout. This summer attraction is located in the RM of Springfield, just a short drive from Winnipeg, and is open every day. The site has many other fun activities that guests can enjoy while safely social distancing.

9. Walk through Winnipeg

While a great deal of our capital city's summer festivities may be postponed this season, Winnipeg still has absolutely no shortage of fun things to do on these warm summer days and nights. Massive city attractions like the

Assiniboine Park Zoo, the Winnipeg Art Gallery, and The Forks recently re-opened to the public and allowing small group entry. Tourism Winnipeg also offers a list of fascinating self-guided tours that anyone can do on their own time.

10. Check out all that's become virtual

Maybe there's an event you've been thinking of going to for a couple years, or a concert you were hoping to attend, or a hobby you've been considering picking up. Local organizations are coming together to provide Manitobans with tons of unique opportunities from the comfort of our couches.

This year's Teddy Bear's Picnic will be virtual and will include live performances, science experiments, and tips on how to set up your perfect picnic space at home.

Canada's Largest Zoom Live Stream Party will take place on May 30, 2020 and has tons of fun events and prizes planned for attendees. Guests are encouraged to dress up their rooms, and their selves, and log on for a fun chance to meet new people and blow off some steam.

WE ARE ONE: A Global Film Festival is a new event created specifically to help fund COVID-19 relief initiatives. This first-ever 10-day global film festival is curated by over 20 film festivals around the world and will feature short films, documentaries, music, comedies and more. The event starts today (May 29) and runs until June 7.

It might be our first instinct to feel down about some of the things we love about summer being out of commission this year. But remember that there is always a bright side to any setback. Maybe the bright side here is that this summer, you'll get to see a new side of our region that you may not have if you'd stuck with your usual summer go-tos.

There is still plenty to be excited about! I am excited for all of you.

Popular books for summer reading

METRO Region News Desk

There is nothing quite like cuddling up on a Sunday afternoon with a hot cup of coffee or tea and a great book. Whether you're looking to clear your mind, learn something new, or refocus on a current task, making time for a good read has so many benefits.

With the modernization of our communities and digitalization of documents and books, some may feel there is a decline in the number of bookstores in the METRO Region. Big-box bookstores like Indigo and Chapters may be a culprit, or perhaps the simplicity and convenience of online shopping. This begs the question, are small mom-and-pop bookstores dying in favour of digital trends?

Over the last decade, the Winnipeg and surrounding area have witnessed multiple bookstore closures, from Aqua Books (which closed its doors in 2011) to Black's Vintage Books (which closed in 2017). However, it was not only the small bookstores that were affected. McNally Robinson booksellers closed two of its five locations in 2009, including its Polo Park shop. This still leaves more than 21 bookstores open in the Winnipeg METRO Region today, along with many public and school libraries.

Libraries in the Winnipeg METRO region seem to read a different theme, as more seem to be popping up; the Windsor Park Library was renovated in 2018, a new Transcona Library opened in 2019, and the Bill and Helene Library is set to open in River Heights later this year.

Many of the libraries in the METRO Region keep busy catering to students and often host book fairs and daily activities such as story time for children.

Regardless of whether you purchase from an online source, pick up your books at a local bookstore, or frequently visit your local library, reading continues to be a wonderful way to reduce stress and learn something new.



Top 10 books in the METRO Region:

New:

- More Abandoned Manitoba: Rivers, Rails and Ruins by Gordon Goldsborough, published by Great Plains Publications
- Surviving the City by Tasha Spillett-Sumner, Natasha Donovan
- Structures of Indifference: An Indigenous Life and Death in a Canadian City by Mary Jane Logan McCallum and Adele Perry, published by University of Manitoba Press

Classics:

- A Complicated Kindness by Miriam Toews
- Kiss of the Fur Queen by Tomson Highway
- Wild Geese by Martha Ostenso
- The Tin Flute by Gabrielle Roy
- Rooster Town: The History of an Urban Métis Community, 1901-1961 by Evelyn Peters, Matthew Stock, Adrian Werner

Children:

- You might be from Manitoba if... by Dale Cummings
- Les 1000 enfants de monsieur et madame Chose by Fontaine, Valérie (choisis par les enfants, A la page)

Living larger for less!

Tim Comack, Ventura Developments

New home buyers looking to get the most value for their money may want to consider the advantages of La Salle or Stonewall. Both communities are wonderful places with a wide range of community services to satisfy all ages.

These rural developments offer far more value than many may recognize. Fully serviced building lots are available that are much larger in size and more affordable than in the City of Winnipeg. Other advantages include lower property taxes and no growth fee, which is mandatory in the city. The savings on property taxes can be up to 25% and the growth fee savings can equate to over \$10,000. Imagine being able to put that money back into your home instead!

Prairie View Lakes in La Salle, less than 10 minutes west of Winnipeg, has released Phases 6 and 7 due to unprecedented demand. You can choose your own lot, self-build, choose your own builder, or build with one of our preferred builders. The choice is yours to make.

The development offers lake walkouts, park lookouts

and standard lots that dwarf what you can get in the City, all for much less money. Prairie View Lakes features a large \$200,000 playground structure and \$500,000 walking bridge—both funded by Ventura—to encourage active living within the community. Ventura also helped fund a brand-new recreation and fitness centre that now serves as the focal point of the community. Other great amenities like 200 licensed daycare spots, a recently renovated K-8 school, a grocery store, a gas station, and the newly expanded Kingswood Golf Course are what makes living larger in La Salle so great!

La Salle is family focused living where residents know their neighbours.

Quarry Ridge Park in Stonewall is also a unique development concept offering a master-planned community set amongst the backdrop of a beautiful 14-acre oak forest. The community is currently in Phases 4 & 5, being built over 20 phases complete with parks, walking paths, and meeting spaces, all alongside and integrated with the mature oak forest.

Only 20 minutes from Winnipeg, this full-service community offers everything close to home. Amenities in

this community include: restaurants, a veterinarian, a pharmacy, a medical centre, grocery stores, gas stations, a recreation centre, churches, daycares, a school (K-12), and so much more. Nearby is the Quarry Park, which offers an abundance of walking trails, a campground, baseball diamonds, a man-made lake and beach, and Quarry Park Heritage Arts Centre.

Stonewall is Manitoba's preeminent bedroom community offering an unparalleled lifestyle just outside the City.

These two towns are just minutes from the Perimeter Highway but have so much to offer with easy access to everything you would look for in Winnipeg.

La Salle and Stonewall are great places to build your dream home for less. Enjoy a larger building lot while embracing the small town feel and raising your growing family.

We invite you to take the short drive out to see what these amazing communities have to offer!

Tim Comack is the Vice-President-Development for the Ventura Land Company, Ventura Developments. For further details please contact: info@venturadevelopments.ca or 204-942-7744.

Welcome to the Recyclepedia

MMSM

Over the past decade, Multi-Material Stewardship Manitoba (MMSM) has been committed to funding Manitoba's residential recycling programs and helping residents recycle and divert materials from landfills. We are now celebrating our 10th anniversary as an organization and the milestones we have achieved so far.

From the start of our program to the end of 2018, the recovery rate of MMSM's materials has increased by over 26%! This includes, paper, glass, plastic, and steel, to name a few. We've collected over 800,000 tonnes of recyclable materials over the past decade and there's no doubt that we will hit the million tonne mark soon.

MMSM currently funds and supports 148 municipalities and other partners across

**CHECK IT
BEFORE YOU
CHUCK IT**



Your questions can be answered by visiting <http://simplyrecycle.ca/about/recyclepedia>

the province, as well as post-secondary educational institutions, First Nations and parks. Since joining our program, many communities have seen increases in the

amount of recyclable materials collected from residents.

Our ongoing commitment to improve recycling education for residents can be seen

with the recent upgrade of our consumer website SimplyRecycle.ca. A new web tool called the "Recyclepedia" was added to help Manitobans understand which items are accepted and not accepted in their blue bins. You can also add a link to the Recyclepedia on your community's website, so your residents can use it as well.

If your municipality needs assistance with its communications, our Municipal Communications Toolkit is available to download at stewardshipmanitoba.org. The toolkit is available to follow throughout the calendar year. Feel free to share and implement the tips that will work best for your community and residents.

Residential recycling has come a long way in the past decade. We can't wait to see what the next 10 years brings for our province.

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WSP Canada – shaping Winnipeg’s future

David Jopling, WSP

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We design lasting solutions in the Transportation & Infrastructure, Property & Buildings, Environment, Power & Energy, Resources, and Industry sectors, as well as offering strategic advisory services. With over 8,500 talented people across Canada, and 48,000 globally, we engineer projects that will help societies grow for lifetimes to come.

Here at home, WSP Canada’s connection to Winnipeg is deep and rich. Our first office opened here 52 years ago with six people when the population of Winnipeg was just 534,000. During the 1960s, the Red River Floodway was completed – priming the city for growth, and we are proud to have been a part of this journey.

As Winnipeg grew, our team grew, taking on bigger and more complex projects. More recently, we completed the redesign of the south Perimeter Highway and its associated structures, a key travel route used safely by nearly 815,000 Winnipeggers with 70,000 cars every day.

Another landmark is the University of Winnipeg. We completed a condition assessment for 19 of the university’s buildings, including Wesley Hall. U of W graduates will remember climbing those impressive oak staircases which have been used continuously for almost 125 years. We have made sure they’re



reliable for another 100 years or more.

With two main WSP offices in Winnipeg at Lombard Avenue and Buffalo Place, our teams specialize in infrastructure and transportation planning, alternative delivery project management, rail and transit, water and wastewater, land development, environmental manage-

ment, buildings, and much more.

We partner with local municipalities, the province, utility companies and private sector clients to ensure collaboration and efficiency to solve complex challenges and serve the regions and communities where we live and work. Our work takes us to communities all

across Manitoba.

We are 240 WSP’ers proudly serving the Winnipeg metropolitan region and Manitoba as a whole.

We are WSP.

David Jopling is the MCIP RPP Manager of Planning, Landscape Architecture and Urban Design.

Question the ordinary
Imagine the extraordinary
Create the enduring

We must all hold ourselves accountable for tomorrow. For us, that means creating innovative solutions to the challenges the future will bring. Can we design a place where our communities can thrive?

What if we can?



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Internet—more than just Netflix and emails, it's our economy

METRO Region News Desk

Rural and Indigenous communities, and local governments, continue in their struggle to access reliable and affordable high-speed Internet for citizens. The conversation is about so much more than just who's seen the Tiger King series; it's a matter of economic inclusion. Digital connection provides equal access to government essential services like education, health resources, and a quality of life that the majority of Canadians enjoy.

Take farming, for example. Just like every other Canadian business competing in an increasingly global economy, our farmers need reliable, high-speed Internet service. Broadband networks are vital to ensure farmers can

- follow commodity markets
- communicate with customers, vendors, and suppliers
- gain a foothold in new markets
- ensure they're complying with ever-changing regulatory standards—especially in times like these.

Put simply, bringing this digital divide is critical to the success of Manitoba's agricultural industry.

We know what the data tells us: only 37% of rural, and 24% of Indigenous households meet CRTC's 50/10 standard, compared to 97% of urban communities.

Hold on. Let me explain.

According to the Canadian Radio-Television and Telecommunications Commission, whether you're at home, work, or on the road...

1. Your phone should be able to connect using LTE

- LTE stands for Long Term Evolution. When your phone is connected to 4G LTE, you're getting the maximum data speed possible with your service. LTE is currently the most advanced option available in most areas.

2. You should have an Internet connection with access to broadband speeds of at least 50 Mbps download and 10 Mbps upload

- Broadband speeds are measured in "megabits per second" (Mbps), bits being tiny units of data, and megabits representing one million of them.

- The higher the number of Mbps you have, the speedier your online activity. This means that downloads complete more quickly, webpages load faster, streaming music or videos happens more rapidly, and video calls transmit smoothly.

- Internet speeds are typically defined in terms of Mbps for downloading and uploading data.

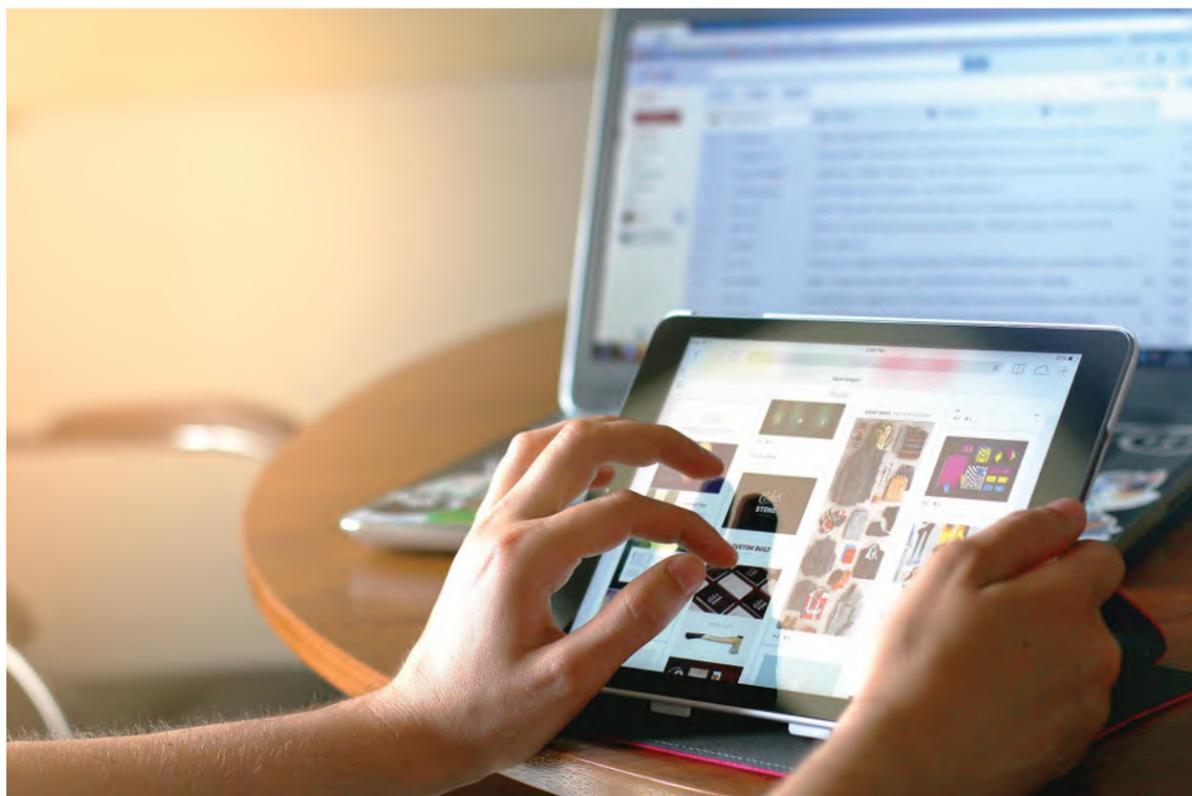
Download speed = the speed at which data including files, websites, pictures, music, and movies is being delivered to you through the Internet.

Upload speed = the speed at which data is travelling from you to the Internet.

- The CRTC has targets set for all Canadian homes and businesses to have access to broadband Internet speeds of at least 50 Mbps for downloads and 10 Mbps for uploads.

3. And you should have access to unlimited data.

- The vast majority of smartphone contracts come with unlimited data included, but "unlimited data" does not mean high-quality, full-speed data 24/7. If you look at the fine print of your wireless contract, you'll likely see something like "Unlimited Non-Shareable Data—Data usage throttled to 512kbps after 10GB." What does this mean? This means



that once you've hit that 10 GB data cap, all mobile uploads and downloads will occur at a slower rate.

To paint a picture here:

- Data before you hit your cap = downloading a song instantly.
- Data after you hit your cap = downloading a song in about 1.5-2 minutes.

And while these are the services the CRTC website says all Canadians should have, many, particularly those in rural and remote areas, do not have access to them.

It's time we close this digital divide.

I was fortunate enough to take part in CRRBC Virtual Conference over the last two days, an event focused on the challenges and realities of creating a sustainable and ubiquitous digital economy for the rural and remote regions of our country. Attending this event (virtually) enabled me to speak on and hear from others the issues that so many Manitobans in our region are facing because of a lack of broadband infrastructure.

Listed below are some of my greatest takeaways from this conference that I would like to share with you and hope that you share with others in your area.

- Implementing fibre infrastructure to homes, businesses, and farms is the cheapest and the most effective long-term solution to a thriving economy.
- We need to be thinking in terms of decades, not years, when we plan and build critical infrastructure.
- Just like roads and bridges, fibre optic cable infrastructure is necessary to connect our communities to

the economy.

• We need to evolve from this cherry-picking, just-serving-the-densely-populated-communities way of thinking. We need to find a model that puts all communities on equal footing. This is a call-to-action for our region's leaders.

• Rural residents are often the least served, yet they need this more than urban centres. Residents of a rural area can't scoot down the street to the café with the free Wi-Fi to get their work done.

I've learned a lot from working closely with rural and remote communities as I spend time getting to know the struggles through connectivity planning.

Regardless of where you live, each and every Canadian wishes to be equally afforded the range of benefits, services, and economic opportunities high-speed Internet and digital inclusion offers. We know there's still much work to be done to address rural connectivity issues – and with the federal government's ambitious goal of achieving 100% high-speed coverage to all Canadians by 2030, I'm thrilled to be involved with this dynamic panel of relentlessly committed community broadband champions.

If you want to join this conversation, start by using this online tool through the CRTC to see how your current Internet speed measures up. Tweet us or send us a Facebook comment and let us know if your device is currently receiving the Internet speed that every Manitoban is entitled to!

Connecting communities to the digital economy

High Speed Crow

On Oct. 29, 1969, the first electronic message was sent between two computers over the ARPANET (Advanced Research Projects Agency Network—better known today as the Internet). Back then, most families had only one TV, where everyone gathered around and fought over to watch one of the three to five available channels. Today, many households not only have a TV in every room, but also a laptop, a desktop, smartphone, or tablet where someone is either streaming music, downloading/uploading video, or using a subscription streaming platform to watch their favourite shows. This convenience has created a demand for access to high-speed Internet availability for all.

Many families and businesses are choosing the rural lifestyle, resulting in the Winnipeg Metro Region seeing substantial growth. This increase is bringing more people, more businesses, and more job opportunities to parts of rural Manitoba.

When High Speed Crow started out in 2003, the Internet was mostly a novelty for home use. Today, the Internet has become the focal point for entertainment and critical to operating a business. Future trends show that most people will drop their traditional TV



(satellite) and move towards streaming on demand due to the diverse selection and the ability to access shows at any time of day. In the meantime, businesses in rural Manitoba need to compete and serve their customers. Lack of high-speed Internet in these areas puts rural businesses at a disadvantage compared to those in the city.

In summer of 2019, High Speed Crow announced funding to be received from

the Federal Government's Connect to Innovate program fund to install fiber into the community of Scaterbury for Brokenhead Ojibway First Nations.

They had previously installed fiber to the homes of the community and completed installations in the areas of Garson, Tyndall, and rural areas through East Selkirk, Lockport, and an area within the RM of Springfield.

Communities and rural areas with

fiber to the home can now have the competitive edge of having city-like services, but with the lifestyle that comes from being in a rural area.

High Speed Crow President Bryan King states,

"We have a specific strategy to ensure we are ready for the customer requirements. This includes building infrastructure that may not be used immediately, but we know what is needed." We invested in technology and processes that can facilitate easier upgrades. It's much like building a house; if you don't put in the foundation properly to begin with, it may fall apart—and then it is impossible to fix."

Because cell service is impaired at some locations, High Speed Crow began implementing Wi-Fi access points at public facilities such as community centres with gigabit speeds. As the company grew into a larger business, there were more hurdles in regard to regulations.

"It is amazing how costs are driven up when there are so many regulations and, even worse, by inefficient or outdated ones," adds Bryan. "Our goal to ensure we provide the best in the area continues and our level of commitment is verified by our level of investments."

For more information about fiber in your area, visit High Speed Crow at www.highspeedcrow.ca.

Clear Concepts helps organizations unlock possibilities and achieve more with collaboration, automation, inclusion

Angelica Timtiman, Clear Concepts

The first industrial revolution occurred with steam power, the second was enabled by electricity. The third revolution saw the proliferation of electronics and the birth of information technology...

Today, organizations of all sizes and across all segments are beginning to confront the changing face of corporate culture, and the need for new digital capacity — the fourth revolution. This no longer means the acquisition of hardware and software, but instead a sustained practice of turning technology and data into key differentiators.

Forward-thinking organizations may invest in a handful of tools, leveraged through specific tasks, but haven't tapped into their true value. Others lag with aging technology while the world digitally transforms around them.

Last year, Clear Concepts introduced the "Modern Workplace" program to help organizations take advantage of this wave of IT transformation. This program allows organizations to tap into IT experts that can help them transform their business and stay competitive through the enablement of productivity, collaboration, and automation tools.

What is a Modern Workplace? Simply put, a Modern Workplace is the sum of the journeys we embark on when transformative ideas are encouraged to proliferate. A Modern Workplace is one where culture and technology help drive better business outcomes. From the top floor to the shop floor, the Modern Workplace program by Clear Concepts brings out the best in individual employees and teams. Our relationship with technology is no longer transactional; it is a key part of the continuous refinement of existing processes and cultures supported by these pillars:

Collaborative at the Core

Workplace collaboration improves the quality of work and promotes ingenuity and innovative thinking. Better ideas move faster with support and feedback from a wider audience organization-wide. Modern collaboration is inclusive of all colleagues, including first-line workers. This fosters a workplace where the intelligence of the whole is greater than the sum of its parts. Microsoft 365 enables this level of collaboration and engagement. Engaged employ-



Photo caption: Clear Concepts' Managing Partner Glenn Kemp accepts the Outstanding Medium Business Award at the 36th Annual Manitoba Business Awards held on October 25, 2019 at the Victoria Inn Hotel & Convention Centre.

ees make it a point to show up to work and do more work. Highly engaged business units realize a 41% reduction in absenteeism and a 17% increase in productivity.

Access to Everything, Everywhere

A Modern Workplace is one without information silos. Data from a variety of sources is arranged and available to users from a central point. The use of Modern Workplace tools helps organizations gain new levels of operational efficiencies that impact profitability and customer satisfaction. This productivity is enabled by diverging from legacy

IT infrastructure and transitioning to scalable solutions including Microsoft Azure and Dynamics 365.

Automated, But Still Human

Handing high-frequency, low-level tasks to Chat Bots, Machine Learning tools, and Automation Agents helps organizations win back time. This is time-gained to focus on what organizations have specialized in; the work that keeps the lights on and drives mission statements forward. Seventy-three per cent of firms expect their operating costs to improve as a result of automating business processes.

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The perfect plum



Blossoms of the wild plums (*Prunus nigra*).

Dorothy Dobbie

The first hint that wild plums grow in Manitoba came to me when I heard the intriguing name of the town, Plum Coulee, population 800. Apparently, it was so named for the wild plums that grew along both sides of the creek flowing through town back in 1888 when the CPR made it an important terminus along its line.

Wild plums, *Prunus nigra*, do indeed inhabit our province. Our little wild plum, commonly known as Canada plum, has reddish fruit that is somewhat sour but very juicy. It grows across eastern Canada and it is said that Jacques Cartier was offered dried Canada plum when he reached the St. Lawrence.

Canada plum has a pleasing form with somewhat upward-reaching, narrow-headed branches. Preferring to grow in shade to part shade, it is literally covered in blossoms in springtime before its leaves appear. Its Latin name, *Prunus nigra* (*nigra* meaning black), was given for its dark branches.

Perhaps one of the greatest virtues of this tree is its ability to be a successful pollinator for hybrids that require cross pollination.

Popular among gardeners in this part of the world is the Pembina plum, a cross between the Canada plum and the Asian plum, *Prunus salicina*. Its fragrant white flowers are perfectly compatible with the Canada plum, both of which blossom in May followed by forest green leaves that turn yellow in fall. Hardy all the way to zone 2b, the Pembina plum produces heavy crops in alternate years. The dark red fruit, occurring in late summer, has a sweet yellow flesh that is delicious eaten out of hand and excellent for making jams and jellies.

The tree is a good choice for city gardens as it grows to a height and spread of 15 to 20 feet with a medium growth rate and lives up to 40 years.

Today, there are many plum varieties from which to choose, crosses that include *Prunus americana*, native to this continent, *Prunus domestica*, the European plum or *Prunus salicina*, the Japanese or Asian plum.

Plums are thought to be the very first fruit that was domesticated and they have a long and distinguished history worldwide. They are one of the official flowers of China where the Chinese make a salted dried plum called *hua mei* that is a popular snack food in Hawaii.

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YOUR BUSINESS

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No matter what stage you are at, our new, unique online program is available to all Manitobans and provides comprehensive resources, combined with regional knowledge and international experience.

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THE NORTH FORGE FOUNDERS PROGRAM CAN OFFER YOU:

<p>PATHFINDER</p> <p>Conduct primary and secondary market research to find a problem/solution fit. Develop a lean canvas profile for your business idea. Hone in on your value proposition. 16 hours of virtual training and one on one with experts.</p>	<p>BASE CAMP</p> <p>Take a deeper dive into market validation and further define your business model. This stage also includes primary product development. Fine tune your value proposition while learning to develop a pitch deck.</p>	<p>ASCENT</p> <p>Develop a minimum viable product (MVP) and execute a go-to-market strategy, scaling their revenues and customer base to demonstrate market traction. Over 12 virtual training sessions and one-on-one interactions with coaches and experts.</p>	<p>NORTH STAR</p> <p>With a proven revenue-to-customer base, gain access to advanced customized training sessions, expanded supports and mentorship. Connect with critical resources, VC and angel networks and global strategic partners to help your business become a Series A company.</p>
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THANKS FOR MAKING THIS PAST DECADE A RECYCLING SUCCESS STORY.

Together, we've increased Manitoba's residential recovery rate by 26% and collected more than 800,000 tonnes of recycling. It's a real testament to all of the caring communities and all of the passionate people across this wonderful province.

If you need help with your recycling program, we provide:

- Funding for the recycling of designated packaging and printed paper.
- Assistance in reviewing recycling programs, cost analysis of existing services, technical review of operations and service provider contracts, and recommendations on improvements.



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A collapsible recycling bin that helps you recycle on-the-go



New dual bins installed in Winkler, Manitoba.

CBCRA; Recycle Everywhere

Like other organizations, the Pandemic has caused the Recycle Everywhere team at the Canadian Beverage Container Recycling Association (CBCRA) to cancel outreach programs and events, but it didn't stop the team from helping Manitobans. On May 5th CBCRA launched the Recycle Everywhere Food Drive, offering curbside or doorstep, contactless, pickup of food donations.

"In May and June we collected over 3,200 pounds of non-perishable food items for Winnipeg Harvest and their network of over three-hundred food banks in Manitoba," said Christa Rust, Program Manager for the CBCRA and

the Recycle Everywhere Program. "We had a fantastic response from the community, and we were proud to support the need in our community."

Other programs that the team have eased back into recently is the delivery of convenient recycling bins to single-family homes in Winnipeg. The compact bin fits almost anywhere in your home and is designed to make it easier to carry your recycling to your curbside cart.

As well, the popular Bin Bags will be available this summer as Manitobans take in many of our beautiful trails, campgrounds and parks. The Bin Bag is a collapsible recycling bin that helps you recycle on-the-go. It is ideal for those who spend longer periods of time away from home.

Even with closures and reduced work, CBCRA contin-

ued to work with Municipal governments through self-assessments of recycling infrastructure to determine their needs, for items like additional bins, new decals, signage and refurbishments. They also worked on new dual bins for public spaces, a new one was recently installed in Winkler Manitoba. CBCRA covers the cost for the recycling portion of the bin, half the taxes and all shipping costs.

The past several months have challenged everyone, but that didn't stop Winnipeg from supporting those in need, or from getting valuable recyclables where they belong. Thank you to everyone for staying committed to recycling and continuing to support your community.

For more information about CBCRA and the Recycle Everywhere Program, visit our website at RecycleEverywhere.ca.

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A plant-based boom in the Winnipeg METRO Region

METRO Region News Desk

The terms “plant-based” and “Beyond Meat” have become buzz words in many households in the Winnipeg METRO Region, changing the game of how we can get our protein. Not only is it adding to the options of what we can feed our families, it’s also adding to the economic growth of Manitoba.

Before too long, these plant-based proteins will not only be grown in our region, but also processed and manufactured right here. Merit Functional Foods Corporation is currently building a protein-processing plant just outside the City of Winnipeg to extract proteins from peas and canola. These proteins are then used to make non-dairy milk and creamer alternatives, protein powders, meatless hamburger patties, functional beverages, and other plant-based protein foods.

Why the craze about plant-based proteins? What is so good about them?

Plant-based proteins are an excellent source of more than just protein, but also nutrients like omegas, fibers, essential amino acids, vitamins, and minerals. They contain fewer calories than their beef counterpart while packing that high protein. Some plant-based proteins are even considered “superfoods,” which means they



An architectural rendering of the Merit Functional Foods Corporation plant currently being built just outside of Winnipeg.

are extremely nutrient dense. They also contain less sugars and saturated fats than meats and other animal products.

Along with the plant-based food popularity comes an immense opportunity for local economic growth. Manitoba, being one of the top canola producing provinces in Canada, allows Merit to use locally grown canola and pea in its processing,

supporting local farmers and producers. The plant also expects to employ 85 people, further adding to our local economy.

As meat prices and population numbers continue to rise, plant-based protein options are helping to create a more sustainable path for the future of protein without the environmental effects and carbon emissions of animal agriculture.

Plant-based protein products are an untapped market. This will be the only commercial food-grade canola protein production facility in the world (agcanada.com). This provides our region with an array of opportunities, from sales and export to delicious and nutritious day-to-day recipes.

Merit is set to begin operations at the end of 2020.

Plant-based burgers

Ingredients

- 1 cup (80 g) textured vegetable protein (TVP)
 - 1/2 cup cooked red kidney beans
 - 3 tbsp (45 ml) oil
 - 1 tbsp (15 ml) maple syrup
 - 2 tbsp (30 ml) tomato paste
 - 1 tbsp (15 ml) soy sauce
 - 1 tbsp nutritional yeast
 - 1/2 tsp ground cumin
 - 1/4 tsp each: paprika, ground chili powder, garlic powder, onion powder, oregano
 - 1/8 tsp liquid smoke
 - 1/4 cup (60 ml) water (or beetroot juice)
 - 1/2 cup (80 g) vital wheat gluten
- Get Ingredients at Chicory.co

Directions

1. Bring a large pot of water to a boil. Once boiling, add the textured vegetable protein and let simmer for 10-12 minutes. Drain the TVP and set aside.

2. In a food processor, add the cooked beans, oil, maple syrup, tomato paste, soy sauce, nutritional yeast, spices, liquid smoke, and water. Process for 10-20 seconds, scraping down the sides if needed and process again until it forms a purée. It doesn't have

to be completely smooth.

3. Add the rehydrated TVP and process for 7-10 seconds, or until the TVP is very finely chopped, the mixture should look like Bolognese sauce. You don't want to have big chunks of TVP otherwise the burgers won't hold together well.

4. Transfer the mixture to a large mixing bowl and add the vital wheat gluten. Mix using a wooden spoon first, and then knead with your hands for 2-3 minutes to develop the gluten. The mixture should be soft and have a slight elasticity.

5. Divide the mixture into 3 and form patties. Carefully wrap each burger in parchment paper and then in aluminum foil.

6. Place the wrapped burgers in a pressure cooker (you can stack them) and pressure cook for 1 hour and 20 minutes. You can use a stove top pressure cooker or an Instant Pot.

7. Once cooked, unwrap the burgers and let cool 10 minutes. You can now pan-fry the burgers in a little bit of oil until golden brown on each side.

8. Burgers will keep for up to 4 days in the refrigerator. They will harden a bit in the fridge but will soften once heated.



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Bringing City Speeds
to Rural Communities

Agriculture — how important is it really for Manitoba?

METRO Region News Desk

If you're not a Manitoba farmer, you might assume that agriculture has nothing to do with you. You may think that agriculture is encompassed by planting seeds, growing crops, raising animals, and then selling those products. But agriculture plays a huge part in the day-to-day lives of all Manitobans because it's a massive asset to our economy; without it, today's Manitoba would look very different.

The agriculture sector provides approximately 40,000 Manitobans with jobs, making it a key driver in our provincial economy. In 2016, there were 2.3 million people employed in the agriculture sector across Canada, representing 12.5 per cent of our country's total employment rate. Put simply, agriculture employs about every 1 in 8 Canadians.

Agriculture is also a colossal contributor to the lives of all Canadians, whether or not we're directly employed by it. Agriculture and Agri-Food Canada (AAFC) states our country as being the 5th largest agricultural exporter in the world, producing about 75 per cent of all maple syrup, and being one of the largest exporters of flaxseed, canola, pulses, oats, and durum wheat worldwide.

Aside from feeding our economy, agriculture feeds us. Most Manitobans don't spend their time catching their own dinner anymore; we rely on our local manufacturers to prepare the food we set on our tables. If it weren't for Canada's agriculture sector, most of our pantries and fridges wouldn't look all-too appetizing.

And if that's not enough to convince you,



the agriculture sector is also responsible for our clean air, soil, and water; which is vital for every single one of us. AAFC continues to invest in science and works with farmers to ensure that our food comes from sustainable farming practices.

If you don't think agriculture in Manitoba

affects you, imagine how your life might change if Canada's agricultural industry didn't look the way it does today. Everything from the job you're working at right now, the meal you had for breakfast this morning, and the home you wake up in every day could be affected.

Our agricultural sector, both in Manitoba and Canada-wide, is modern, innovative, and growing. It's our job to preserve and protect our natural resources, so that we may better accommodate it and, ultimately, create better and more sustainable lives for ourselves.

Save your summer in Winnipeg — the heart of Manitoba

Tourism Winnipeg

Vacation plans are looking a little different this season — so get ready to save your summer in Winnipeg.

Whether your family is made up of tiny tots, only adults or everything in between, you'll have a blast making new memories together at Winnipeg's family friendly attractions and rediscovering the places we love to explore.

Grab the people who mean the most to you and experience up-close encounters with nature that you won't forget. At the Assiniboine Park Zoo, you'll watch polar

bears and seals swim overhead at the world-class Journey to Churchill exhibit and work up an appetite exploring hundreds of species spread out over 40 acres of outdoor space.

Whether you're looking to chase down a new food truck, sip cocktails on a picturesque patio, or savour new bites from around the globe, get ready to eat your way around the city's diverse restaurants and top it off with a decadent breakfast in bed while you take a break with a local hotel stay.

Make the most of Manitoba's sun-drenched summers and explore Winnipeg's

lush green wide-open spaces. Top walking and cycling trails, parks steeped in history and even an outdoor spa are just some of the ways to soak up the sun.

For a curated urban walking tour that takes you past 60 points of interest, check out The Loop. This 9.5 km self-guided tour circles through downtown Winnipeg, The Exchange District and Old St. Boniface.

As Manitoba celebrates its 150th anniversary this year, there's no better time to brush up on local history. The Forks is Winnipeg's top tourist destination and boasts more than 6,000 years of history at the conjunction of the Red and Assiniboine

Rivers. It's a must-see for everyone.

Take these exciting adventures to the next level with an overnight stay at one of our great Winnipeg hotels offering everything from romantic and relaxing getaways, luxurious spa treatments to family-focused escapes with plenty of waterslide action and fun themes. With cool summertime packages and deals to help stretch your dollars, there's no better time to staycation in Winnipeg.

Go to www.summersavedwpg.com to uncover more inspirations to make this a summer to remember in Winnipeg — the heart of Manitoba.

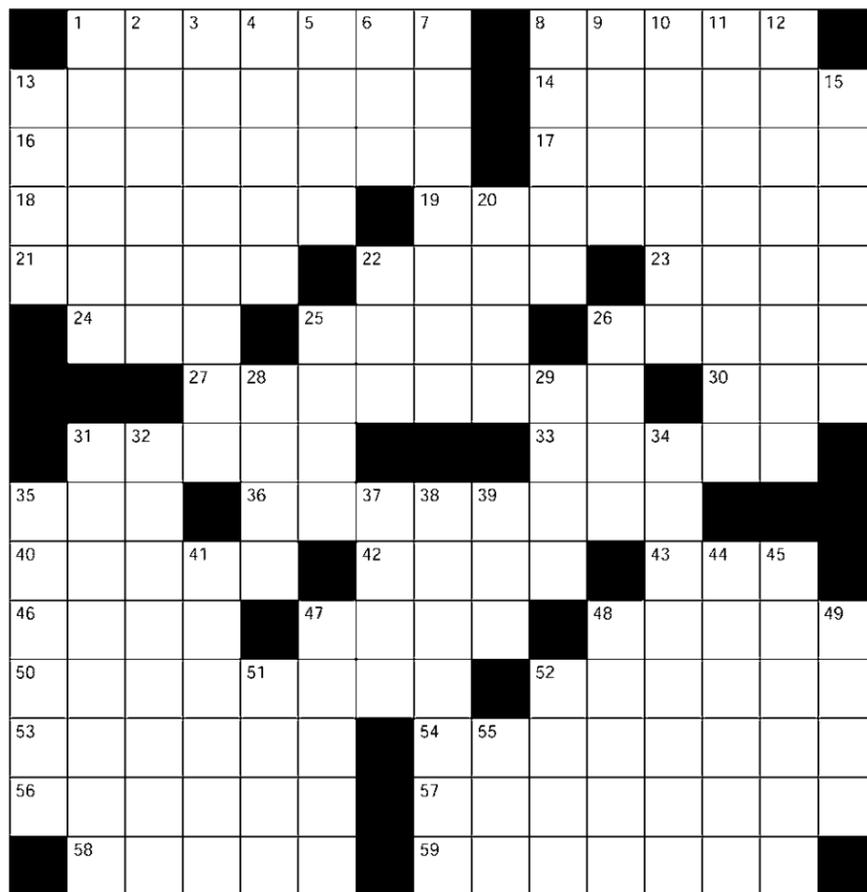
Crossword

ACROSS

1. Most proximate
8. Accept responsibility for a failure
13. Parts of an ensemble
14. Kansas' ___ River
16. One in handcuffs
17. Fight erosion, say
18. Behemoths
19. Certain railroad bridges
21. Singers James and Jones
22. Not new
23. Rant's partner
24. Poetic rhyme scheme
25. Actresses West and Whitman
26. Made from a common grain
27. Duration
30. Trauma ctrs.
31. New, to Nancita
33. Hard up
35. MCD competitor on the NYSE
36. Ultraconservative
40. Reliever
42. Mata ___ (infamous spy)
43. Our species (abbr.)
46. Island off Alaska
47. Snaggletooth, perhaps
48. Small amounts
50. Getting hold of by phone
52. Manufacturer's offer
53. As a whole, in French
54. Sightseers
56. Frank topping
57. Ghosts
58. "Fiddle-___!"
59. lie of tennis fame

DOWN

1. Tokyo's international airport
2. Printers' mistakes
3. Open (to)



4. Periods of inactivity
5. Tolkien tree beings
6. Holy Mlle.
7. African pests
8. When a right may be permitted
9. "Pee-___ Playhouse"

10. Cosa ___
11. Cut off
12. Larceny
13. Colonial governor Thomas
15. TV twins
20. Of a bodily syst.

Sudoku

				9	1			3
8	4	2				1	9	
								6
		8	3	4				
9	4	1	8	6				
	1	3				5		4
				5		3	2	
		9	7	3		6	1	
			9					

22. Dubai is part of it (abbr.)
25. Alfred Hitchcock's "Dial ___ Murder"
26. ___ cat
28. Welsh actor Novello
29. "The King ___"
31. Made tidy
32. Fluctuating
34. Most damning evidence, maybe
35. Person in an outfit
37. Easier said ___ done
38. Surfing maneuver
39. URL ending for many nonprofits
41. Geometric man
44. Equilibrium
45. Soft bench
47. Sheet of microfilm
48. Kind of badge
49. Psychiatrist's appt.
51. Lawn waterer
52. Road grooves
55. Out ___ limb



Thank-you STARS

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MISSIONS TO THE WINNIPEG METROPOLITAN REGION

APRIL 1 2018 MARCH 31 2020



WHEN EVERY SECOND COUNTS, WE FIGHT FOR LIFE

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Winnipeg Boldness Project—resiliency in Point Douglas

Diane Roussin

The Winnipeg Boldness Project is a social research and development initiative based in the North Point Douglas neighbourhood of Winnipeg. We use tools and processes from the practice of social innovation to develop community driven solutions to help children and families succeed and thrive.

One of the ways we are contributing during the pandemic is by sharing some of the great work that our partners are doing to help families during this stressful time; both for the purposes of building awareness, and also to demonstrate the resiliency of Point Douglas. As our blog posts demonstrate, it comes as no surprise to anyone that our community has responded in a selfless and dependable way — working hard to make sure that families are supported when they need it most.

One of those initiatives is Granny's House — a new program based in the Point Douglas neighbourhood. Granny's House provides a safe place for parents to bring their kids when they need temporary care at no cost, without the need for involvement from formal systems.

The idea for Granny's House came about many decades ago; but due to the unique nature of the program, it had not received the necessary funding or infrastructure until now. Earlier this year, the Government of Manitoba stepped up to the plate to try something new. They partnered with Gwekaanimad—a collective of five non-profit groups from the North End, including Andrews Street Family Centre, Blue Thunderbird Family Care, Mount Carmel Clinic, Wahbung Abinoojiiag, and the Winnipeg Boldness Project—to create a new type of support for the community.

Funded for a one-year pilot, Granny's



Diane Roussin.

House will explore the potential for programs of this kind to impact families in a positive way by providing community-led support that is informal, accessible, and non-judgemental.

Granny's House was operational for about six weeks before it had to shut down due to COVID-19 cases ramping up across the city. This was certainly a hardship for families that had come to rely on the

program for support, as social distancing created a situation where even informal support systems, such as family members and friends, were not available to help.

Staff at the house continued to keep in touch with the 15 families that had been referred to them before the shutdown and made sure to provide them with supplies they needed like groceries and crafts supplies. Hill noted, however, that many of the

families were simply in need of someone to talk to throughout the pandemic; to know that somebody is there who cares.

When the province began to reopen at the beginning of May, Josie Hill, executive director for Blue Thunderbird Family Care — the managing organization for Granny's House, knew it was time to reopen the house to community families but made sure to do so in a safe and controlled manner. To start, only one family was allowed to visit the Granny's House each day, and staff made sure to screen the family before they arrived. Additional cleaning procedures were also implemented with all surfaces and toys in the house being sanitized between each visit. The program also began providing transportation to their families in order to avoid any need for public transit via buses or cabs.

This is just one example of how our community is working to solve some of the many complex challenges we currently face.

The design of the Winnipeg Boldness Project's prototypes begins with residents who develop and test solutions that work for families. To scale the solutions, we engage a broader range of stakeholders as cross-sector collaboration is a key element in the scaling phase.

Centering social innovation work around Indigenous wisdom presents an opportunity to tap into community knowledge in order to improve the lives and future of not only Indigenous peoples, but all people and all my relations. Social transformation begins with the need for system changes. Indigenous ways of knowing, being, doing, and feeling lead the process of change with the end goal of a dramatic shift in systems that is grounded in community.

Diane Roussin is the Project Director. Currently living in Winnipeg, she is Anishinaabe and a proud member of Skownan First Nation, Agowidiiwinan Treaty 2 Territory.

Manitoba Home Builders' Association

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Lake Friendly summer cottage water safety



METRO Region News Desk

With temperatures rising and restrictions lifting, many Manitobans will be heading out to cottages and campgrounds.

Summer is when we interact with our lakes more than ever, so now is an important time to make sure we're not damaging our waters.

Here are five tips for keeping it green on your summer property.

1. Maintain a buffer zone of trees and natural vegetation along the shore to minimize erosion and absorb nutrients before they reach the lake.

2. Keep land clearing to a minimum. Revegetate bare areas with native trees and plants.

3. When boating, never discharge black or grey water overboard. Be cautious when refuelling and remember to fill portable tanks on shore.

4. Bathe on land, far away from the shore - adding suds directly to the water, even biodegradable ones, can kill off wildlife species and create algae blooms.

5. Consider installing a holding tank rather than septic system to store wastewater at your cottage.

Keeping our waters healthy is easier than you might think! Information is key.

For more tips on how to stay lake friendly during cottage season, check out our Do What Matters doc for cottage owners and campers at www.lakefriendly.ca.

Puzzle answers

N	E	A	R	E	S	T		O	W	N	I	T					
G	A	R	M	E	N	T	S	N	E	O	S	H	O				
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G	I	A	N	T	S		T	R	E	S	T	L	E				
E	T	T	A	S		U	S	E	D		R	A	V				
A	A	B		M	A	E	S		O	A	T	E	N				
N	U	E	V	O						N	E	E	D	Y			
W	E	N			O	R	T	H	O	D	O	X					
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A	T	T			F	A	N	G		M	I	T	E	S			
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R	E	L	I	S	H					E	N	T	I	T	I	E	S
D	E	D	E	E						N	A	S	T	A	S	E	

7	6	5	8	9	1	2	4	3
8	4	2	5	6	3	1	9	7
3	9	1	4	2	7	8	5	6
2	7	8	3	4	5	9	6	1
9	5	4	1	8	6	7	3	2
6	1	3	2	7	9	5	8	4
1	8	7	6	5	4	3	2	9
4	2	9	7	3	8	6	1	5
5	3	6	9	1	2	4	7	8

SAVE YOUR SUMMER IN WINNIPEG

Stay in a Winnipeg hotel and enter to win an ultimate staycation experience! Now is the perfect time to explore what makes Winnipeg nice. Whether you're savouring a taste of Winnipeg's buzzworthy culinary scene, adventuring into our scenic outdoors, bonding with loved ones at family friendly attractions, let's make it a summer to remember in the 'Peg.



Plan your perfect staycation this summer at summersavedwpg.com

ENTER TO WIN the Ultimate Staycation Experience!

Post about your Winnipeg hotel stay using the hashtag **#SummerSavedContest** on your Facebook, Instagram or Twitter accounts. The more posts you share about your trip, the more entries you get! Proof of hotel stay between June 1 and August 31, 2020.

Winners will receive:



\$500 Visa giftcard and \$100 giftcard to Outlet Collection Winnipeg



Two night's accommodation in a VIP hotel suite

Plus your choice of:

- WOW hospitality dining experience for four persons
- Thermea VIP package for four
- Assiniboine Park Zoo VIP Kids package including entry for 4 kids and two adults

Go to summersavedwpg.com/contest for full details



Manitoba

Home is where the heart is

DAY TRIPS FROM WINNIPEG



Locks & Licks

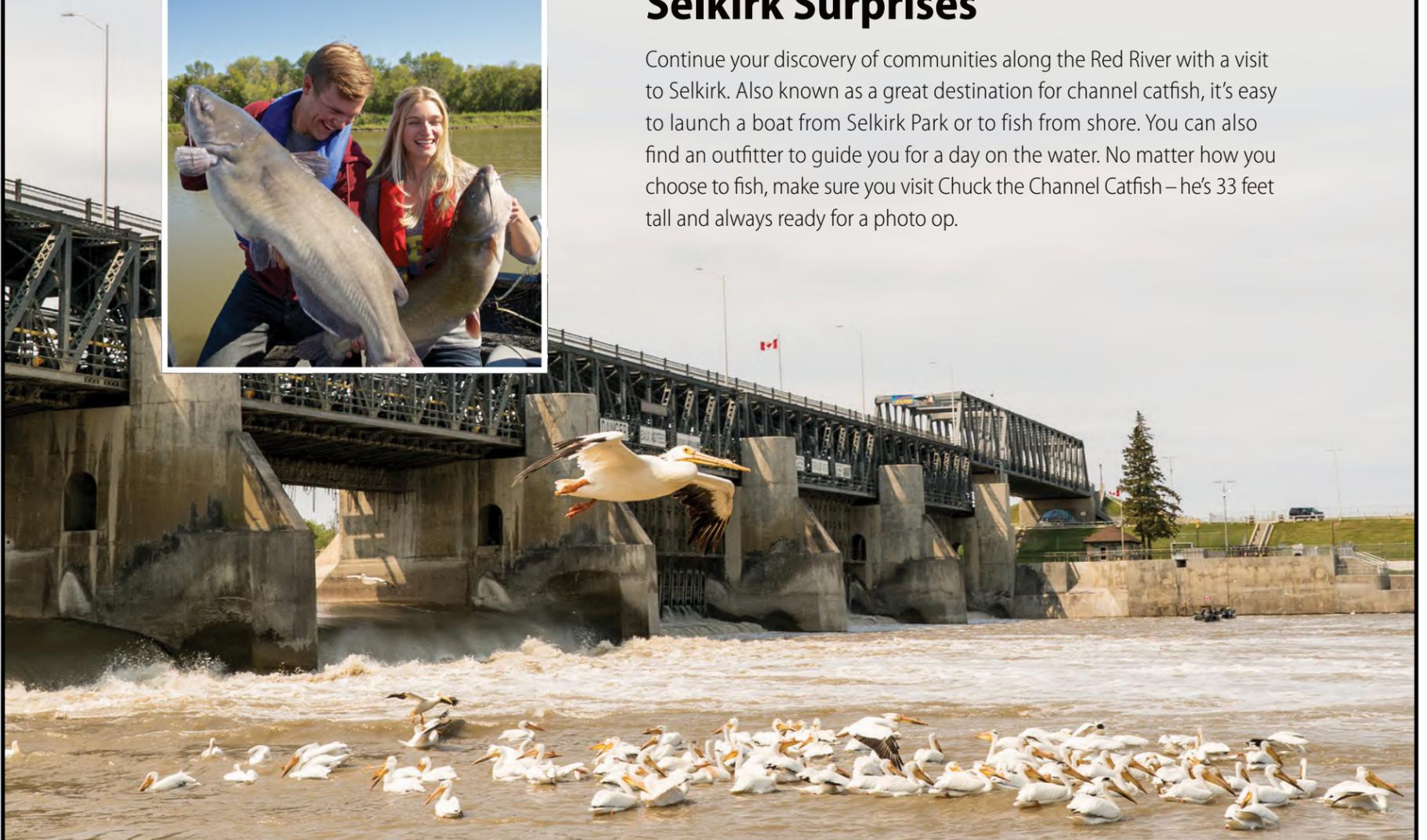
For a scenic drive, follow the Red River-hugging River Road. Stop at the St. Andrew's Rectory National Historic Site on your way to Lockport, a location where people have settled for thousands of years. It's known for the dam and lock that allow boats passage between the Red River and Lake Winnipeg. Also navigating these waterways are trophy channel catfish. Hop in a boat, fish from the bank or watch the pelicans, cormorants and other birds do all the fishing.

Head to one of Lockport's favorite restaurants for an ice cream cone that comes with a retro vibe. Half Moon Drive In, Skinner's, Sonia's Stand and Gaffer's Restaurant are local businesses that stand the test of time.



Selkirk Surprises

Continue your discovery of communities along the Red River with a visit to Selkirk. Also known as a great destination for channel catfish, it's easy to launch a boat from Selkirk Park or to fish from shore. You can also find an outfitter to guide you for a day on the water. No matter how you choose to fish, make sure you visit Chuck the Channel Catfish – he's 33 feet tall and always ready for a photo op.



Manitoba
CANADA'S HEART  BEATS

This summer, show Manitoba some love.
This summer, stay safe and explore home.
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