

# Langruth Views

## May 2020



*Distributed by:*

*Lakeview Initiatives Community Development Corporation*

*Box 129 Langruth, MB R0H-0N0*

*Email: thordarsonhealth@gmail.com*

## COVID-19 NOVEL CORONAVIRUS

*Reprinted From:*

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

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

Three months ago the World Health Organization (WHO) declared a global health emergency due to the spread of COVID-19 Coronavirus. On April 30<sup>th</sup> a committee of independent, international experts, representing all regions and the full range of relevant expertise reviewed the evolution of the pandemic.

Of course, the pandemic remains a public health emergency of international concern. WHO will continue supporting all countries with technical and logistical support, including support to sustain essential health services. WHO will continue to work towards identifying the animal source of the virus.

As from the onset of the pandemic, WHO will continue to call on countries to implement measures to find, isolate, test and treat every case of COVID-19, and track every contact.

All countries are encouraged to follow WHO's recommendations, which are reviewed and updated as more is learned about the virus.

Here in Manitoba, Premier Brian Pallister announced on April 29<sup>th</sup> that the province will begin a careful, multi-phased effort to gradually restore services, open some businesses and increase recreational opportunities while maintaining social distancing advice.

Dr. Brent Roussin, Manitoba's chief provincial public health officer, said, "Our public health measures have reduced case numbers and flattened

the curve, but it is not practical to maintain these measures indefinitely. Public health measures will gradually be reduced balancing the need to protect those most vulnerable with the need to protect Manitobans from unintended health and social impacts of strict public health measures."

As of May 4<sup>th</sup>, a variety of non-essential health-care and retail businesses had the option to reopen under strict guidelines. All businesses and venues will be required to continue following social distancing and stringent cleaning practices to protect both employees and customers.

Size restrictions of public and private gatherings of no more than 10 people will remain in place. Everyone is expected to continue to follow social distancing rules at all times and to stay home if they are sick. Travel restrictions will remain in place such as avoiding all non-essential travel outside of Manitoba, and requirements for self-isolation for 14 days following travel will continue.

Anyone with symptoms of COVID-19 should continue to call Health Links-Info Santé, who will provide health advice. Take care and stay safe.

### COVID-19: MAY 4<sup>TH</sup>, 2020

CANADA: 60772 CONFIRMED CASES  
3854 DEATHS

MANITOBA: 281 CONFIRMED CASES  
6 DEATHS



## Church News

### Grace Lutheran Church

Supply Pastor Phyllis Thordarson 445-2323  
Service at 10:30 AM on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays  
unless otherwise stated.

Social Media Services available on Facebook at  
Grace Evangelical Lutheran Church Langruth  
Manitoba. Services will be uploaded to YouTube  
and to Facebook, Langruth Happenings.

### Langruth United Church

Service at 11:30 AM unless otherwise stated.

United Church Services have been cancelled until  
further notice. Once public health restrictions are  
lifted the following schedule will resume.

**May 10:** Service conducted by local laity.

**May 17:** Service conducted by Rita Friesen.

**May 24:** Service conducted by local laity.

**May 31:** Joint Service with Communion in  
Plumas at 11:00 am.

### Catholic Church News

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

### Amaranth Gospel Mission

Amaranth Gospel Mission Services have been  
cancelled until further notice. YouTube church  
services will be emailed to church members.  
Contact Pastor Jay Foster for more information.

### Manitoba Day

Manitoba Day, May 12<sup>th</sup>, is  
the official anniversary of the  
founding of the province of Manitoba. Manitoba's  
official flag was dedicated and raised for the first  
time on May 12, 1966.



### Multi-Family Yard Sale

Saturday, May 23<sup>rd</sup>  
9:00 am – 3:00 pm  
5 miles east of Langruth  
on Road 94 North  
(47096 Rd 94N)



MAY 10<sup>th</sup>, 2020

Mother we want to thank you,  
For all the love you've shown,  
For all the years you've cared.  
How quickly they have flown,  
You gave to all the family,  
Your needs you put aside,  
You were the family anchor,  
You were the family guide,  
So as Mother's Day is upon us,  
We just want you to know,  
How much we will always love you.  
As we hope this day will show.

By: Janyce Cotterill



### UCW Mother's Day Tea



Due to Precautions Taken Regarding COVID-19  
the Langruth UCW will not be holding the  
traditional Mother's Day Tea.

Please join us for our  
**SPRING PLANT SALE**

Saturday, May 23<sup>rd</sup>, 2020

2:00 pm – 3:00 pm

Langruth United Church Lawn Area

**Everyone Welcome!**

Donations of bedding plants, perennials or house  
plants gratefully accepted. Donations can be  
dropped off between 1:00 pm and 2:00 pm or  
contact a church member.

A plant list will be available May 19<sup>th</sup>.

Contact Ann Craik at 204-445-2349 or Michelle  
Teichroeb at 204-445-2319 to pre-order.

Thank-you for your continued support.

## WestLake-Gladstone News

### **WESTLAKE-GLADSTONE MAIN OFFICE**

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

Phone: 204-385-2332

Fax: 204-385-2391

E-mail: [info@westlake-gladstone.ca](mailto:info@westlake-gladstone.ca)

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

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

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

### **WESTLAKE-GLADSTONE COVID-19 PRECAUTIONS**

- There is **NO PUBLIC ACCESS** to Municipal Offices, buildings, or facilities (with the exception of Waste Disposal Grounds). Utility Operators will not be entering homes until further notice.
- Council meetings will be held in the Stride Hall to ensure social-distancing can effectively take place. Observation will be available through Facebook Live.
- Staff is available to assist by phone or e-mail only. Payments can be made by mail or on-line.

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

### **Notice**

The Public Washroom at Einarson Park in Langruth is closed.  
Contact the Municipal Office for more information and/or to give your opinion.



## Langruth Spring Clean-Up

Spring Clean-Up Day will be on **Friday, May 8<sup>th</sup>, 2020.**

- **Branches must be tied into bundles.**
- **Yard waste to be in paper yard bags.**



**Please have your Yard Waste at the curb before 7:00 am to ensure pickup.**

## Road Dust Suppression Applications

Application forms for Road Dust Suppression are available on the Municipal Web Page under Documents and Forms. Please submit application forms and payment by **May 8<sup>th</sup>, 2020**. Contact the Municipal Office for more information.



## Gladstone Swimming Pool

On-line Swimming Lesson Registration Open

Friday, May 15<sup>th</sup>, 2020

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

Session 1: Cancelled  
Session 2: Cancelled  
Session 3: July 13 – 17  
Session 4: July 20 – 24  
Session 5: August 3 – 7  
Session 6: August 10 – 21

*For more information on schedules and rates please contact Nicole at 204-385-2332.*

## FOR FIRE EMERGENCIES CALL 911



**911 OPERATORS WILL DISPATCH  
LAKEVIEW FIRE DEPARTMENT**

FOR BURN PERMITS CONTACT:

JAMES RINN, FIRE CHIEF: 204-445-2392

**IT IS MANDATORY TO HAVE A FIRE PERMIT.**

## Langruth Garbage Pick-Up: Tuesdays 9:30 am

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

Call the Municipal Office for more information.



## Manitoba Government Announces Multi-Phase Plan to Restore Services

Source: <https://news.gov.mb.ca/news/>

On April 29<sup>th</sup> the Provincial Government announced the multi-phased plan to gradually restore services. It is critical to note the timing and specifics of each phase are subject to change.

**Phase One (Beginning May 4<sup>th</sup>):** Critical public health measures and travel restrictions remain. Some non-essential businesses can reopen but must limit occupancy to 50 per cent of normal business levels or one person per 10 square metres, whichever is lower. Services, businesses and venues include:

- non-urgent surgery and diagnostic procedures;
- therapeutic and medical services;
- retail businesses;
- restaurants – patio/walk-up services;
- hair salons;
- museums, galleries and libraries;
- seasonal day camps; and
- outdoor recreation and campgrounds.

**Phase Two (No Earlier than June 1<sup>st</sup>):** Critical public health measures and travel restrictions may remain in place. Public gathering sizes may be increased and more non-essential businesses will be considered for reopening including:

- additional personal services, such as nail salons;
- restaurants – dine-in services;
- non-contact children's sports; and
- film production.

**Future Phases:** Public health measures may be eased further. Additional guidelines will be developed, public gathering sizes will be increased and some non-essential business will fully open. Others may begin to reopen, such as bars, pools and spas, movie theatres and indoor recreational facilities. Travel restrictions may be eased. Specific considerations for other businesses and sectors may be made including:

- performing arts venues;
- other non-essential businesses;
- tattoo parlours, estheticians, cosmetologists and tanning studios; and
- large gatherings/events.

Mass gatherings such as concerts, summer festivals and major sporting events will not be considered before September 2020.

## Don't Put Your Health On Hold

Source: <https://doctorsmanitoba.ca/callyourdoctor/>

No matter what's going on in the world, your regular health concerns don't stop. Neither does your doctor. Right now, doctors across Manitoba are still available to help with your essential health concerns as we adapt to COVID-19. That help extends to everything from prescriptions and ongoing chronic conditions, to injuries and other illnesses.

**Doctors are here to help you.** They may provide a phone or video appointment. If an in-person visit is needed, doctor's offices are taking public health precautions to screen patients, disinfect more frequently and apply social distancing advice in common spaces like waiting rooms.

Most importantly, your doctor can help you decide if you should seek care now, or wait. Don't self-diagnose, or simply assume they're not available. Just call your doctor first to get advice. They're ready to help.

### MOBILE CLINIC

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

**Prescription refills & health care will be continued via telephone.**

**Call 1-855-644-3515 to make an appointment.**



### LANGRUTH LIBRARY

#### PARKLAND REGIONAL LIBRARY

Parkland Regional Library Branches were closed as of March 16<sup>th</sup>. Digital library resources are available. A large selection of electronic books and audiobooks are available by downloading the Libby App. A free streaming service called Kanopy which provides library patrons with access to movies, TV shows and children's programming is also available.



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



## Fifty and Beyond News

Hello Everyone! The Langruth Seniors didn't have a monthly meeting or supper in April due to COVID-19. As you know we are to be washing our hands properly and keeping 6 feet away from each other. It is pretty hard to hold a meeting or a supper and abide by these recommendations.

We received word that the Seniors Games Playoffs that were to be held in both Langruth and Plumas are cancelled. The Manitoba Seniors Games for 2020 has also been officially cancelled to prevent the spread of the COVID-19 virus.

Watch for notice of when we can resume our business meetings and suppers. We will be waiting until it is safe to proceed as we don't want to have a relapse with this virus. I know that there are lots of people working on a vaccine for this virus but for now we will have to wait this out.

Until we talk again. Goodbye.

This is Teri Soos

*Thank you*

*I am so grateful to have such great friends who took the time to call, text and visit me while in the hospital. It made the long days shorter.*

*A special thank you to Ernie and Lois Wilson, Alex and Gloria Borczuch, Sheila Olson, Janie Ferguson and Day Care Staff, Bobbie Czeranko, and Krystal Nichol.*

*Thank you for the food and cards once I got home.*

**Harald Behrendt**

## Palliative Care Conference

Scheduled for Thursday, May 14<sup>th</sup>, 2020  
**CANCELLED**

Contact Leah Hamm, Palliative Care Volunteer Coordinator, at 204-873-3866 or lchamm@hotmail.com

## Nature Notes

*Submitted by Raymond O'Connor*

### Cape May Warbler



Identifiable by its chestnut cheek patches, this bird is named after Cape May, New Jersey where it was discovered in 1811. This fairly common inhabitant of the northern spruce forest is known for its aggressive behavior in chasing other birds from treetop foraging areas. Females are duller but are easily identified by the yellow rump and patches on the side of the neck. Juveniles and fall-plumaged birds are similar to females, but many have faint gray streaking on pale yellow to whitish underparts.

The Cape May Warbler lives in solitary or in pairs and is monogamous. It forages in thickets or high in trees, particularly in conifers on breeding grounds. It hawks insects and spruce budworms. Sometimes it drinks tree sap, juice from grapes and flower nectar.

The nest is thickly lined with fine materials, including moss, vines and weed stalks. It is 9 – 12 metres above ground on the branch of a spruce or fir tree. The nest is built by the female.

The breeding biology is poorly known. Incubation is about 11-13 days by the female. The altricial young are brooded by female. They are fed by both sexes. They stay in the nest an estimated 10 – 12 days. They have 1 brood per year.

The Cape May Warbler is uncommon in spruce fir forests. It may become locally common in the area of a spruce budworm outbreak.

Manitoba Important Bird Areas Program  
Presents

### Shorebird Identification Webinar

May 13<sup>th</sup>, 2020

1:00 pm

Guest Speaker: Dr. Christian Artuso



Register for this free event by emailing  
[iba@naturemanitoba.ca](mailto:iba@naturemanitoba.ca)

## News From Here, There and Anywhere

Reporter Teri Soos



Hello Everyone! This will be a shorter report this month because there is very little to nothing going on around our community right now.

It is time again for spring. There are some farmers who still have their canola and sunflowers out in the field. They will have to do a double job now; finish harvesting last year's crop and seed this year's crop. I hope that they are able to get all this work done. Calving is more or less over for some. I haven't heard of anyone having too much trouble. The weather hasn't been too bad for young calves. It has been cool but it hasn't rained and snowed on them too much. I see that the grass is starting to come after the rain we had last week. Hopefully we will have enough rain to have good pastures for the cattle and good hay crops for the winter feed this year.

I know that many people are getting tired of staying home due to the COVID-19 virus. I was talking to some people that had been home for a couple of weeks and found that very long. Some of us are used to being at home so it isn't too much different. Hopefully with the openings that are permitted as of May 4<sup>th</sup> some people will be able to go out and enjoy some of the things they are used to.

I am hoping that opening some of the services will not start another wave of the virus. A person may be able to get this virus a second time and I assume that it would be worse than the first time. Let's continue with our hand washing and physical distancing so we don't find ourselves in a worse situation. There is a lot of news on the radio about this (actually it seems like it is the only thing on the news) but they are trying to help us. If we follow the recommendations we will get through this ok.

To all those who have continued working during this time we send our most sincere thanks. We hope that they are able to be safe from the virus while working. Deepest sympathy to anyone that has lost friends or family during this

pandemic. Best wishes to anyone that is sick with the flu at this time.

I noticed at the Post Office that only one person is to go in to get mail at a time. It seems that most people are quickly getting their mail so the next person can get theirs without waiting too long. I hope that the places that will be opening will be adhering to the regulations put in place.

The homecare workers are certainly doing their part to be safe and to keep me safe. They are wearing gloves and masks when they give me my pills and eye drops.

I have only been out for groceries once or twice since we were asked to stay home. My nieces and nephews have been able to bring me some groceries so I didn't have to go into the stores. I hope the rest of the 'elderly' have been able to find someone to help them out as well.

I noticed that the kids are not riding their bikes and playing together like they usually do. I'm sure they are missing their friends and are looking forward to the day when they can play together again.

Seeing that May 1<sup>st</sup> has come and gone I know that people will be trying to clean up their yards and gardens. It is a little cold so I don't imagine that much has done yet. Before long it will be warm and everyone will be out in their yards.

The CFRY 'REEL' Country Fishing Draw was made on May 4<sup>th</sup>. I knew some of the qualifiers so I am interested to hear who won. I'm sure the winner will enjoy the fly-in fishing trip for 6 to the Sasa-Ginni-Gak Lodge.

As you may know, I am a 'royal' watcher. There have been a few programs on T.V. about Queen Elizabeth on account of her longevity on the throne and her long marriage. I'm not much of a sports person so I find this quite interesting. I will always remember when King George died. I was working in Winnipeg at the time. My landlady and I were both working afternoon shifts. I woke to my radio in the morning and I heard that the king had died. I ran to tell my landlady. She didn't have her hearing aids in and couldn't understand me at all. I left her and went back to bed. Not long after she ran to me excitedly yelling that the king had died. We did have a good laugh at this afterwards. This is one

## News From Here, There... con't

of my fun memories from that time. I am older so I don't always remember the dates but I do remember what happened.

Have you finished your income tax yet? The deadline has been extended due to COVID-19. I have to admit that I haven't done mine because I spilt water on my forms when I was watering plants. I had to order new forms from Winnipeg – you can't get the forms in the Post Office anymore. The forms look a little different this year. I hope you have been able to finish yours.

There isn't a great deal more that I can tell you for now. I hope we can all get together soon. With any luck there will be a vaccine for this virus and we can all feel safe again.

Talk to you again next month,  
This is Teri Soos.

## Langruth Post Office



### Reduced Hours

#### Monday

10:00 am – 5:00 pm

#### Tuesday - Friday

10:00 am – 2:00 pm

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

## 2020/2021 CFAN MEGA DRAW

Tickets for the next CFAN Mega Draw are on sale now!

Only 300 tickets available!

Monthly draws from  
May 28<sup>th</sup>, 2020 until March 25<sup>th</sup>, 2021.

**Tickets: \$144/each.**

Monthly Prizes: 1<sup>st</sup> - \$1200, 2<sup>nd</sup> - \$500,  
3<sup>rd</sup> - \$250, 4<sup>th</sup> - \$200, 5<sup>th</sup> - \$150

*Tickets available at Lakeview Children's  
Centre or the Langruth Post Office or call  
204-445-2295.*

## Students and Parents Encouraged to Visit Manitoba's Museums through Online Tours

Source: <https://news.gov.mb.ca/news/>

Manitoba's museums and art galleries have temporarily closed because of the ongoing COVID-19 pandemic, but everyone is encouraged to keep enjoying the province's rich art and cultural experiences by visiting them on-line.

"During this time, we're proud that many museums in Manitoba are offering online experiences to keep people engaged and distracted during self-isolation," said Monique Brandt, executive director of Association of Manitoba Museums.

The Association of Manitoba Museums' 150 for 150 Exhibit is an online display of 150 artifacts that help tell Manitoba's stories as part of Canada and before. Museums large and small, rural and urban have contributed to this 150 for 150 online exhibit. The exhibit, which coincides with the 150<sup>th</sup> anniversary of Manitoba becoming a province, can be viewed at [www.museumsmanitoba.com/150/](http://www.museumsmanitoba.com/150/).

The Manitoba Museum is bringing the museum online with ManitobaMuseum@Home, <https://manitobamuseum.ca/main/visit/manitobamuseumhome/>. ManitobaMuseum@Home is a virtual experience sharing the captivating history of our province, the science that explains our world and the wonders of the universe.

The Winnipeg Art Gallery (WAG) is finding new ways to keep kids, families and adults inspired by launching WAG@Home, which shares art-related content that people can admire from afar. The WAG website, [www.wag.ca](http://www.wag.ca), also contains Do-It-Yourself videos, hands-on activities and learning opportunities for all ages.

Other online museums include:

- The Manitoba Agricultural Museum at: <http://mbagmuseum.ca/>
- Royal Aviation Museum of Western Canada at: [www.royalaviationmuseum.com](http://www.royalaviationmuseum.com)
- The Canadian Museum for Human Rights at: <https://humanrights.ca>

Take some time to visit your favorite museum or gallery online and take the opportunity to find something new.

## **The Gladstone United Church Food Cupboard**

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

**Leave a message at the United Church at  
204-385-2719 or text Laurel McConnell  
at 204-294-8645.**

Food and monetary donations always  
welcome.



**Tupperware®**

**11-Pc. Mini Party Set: \$38.99 \$19.00**  
**Sweet Parlor 3-Pc. Canister Set: \$45.00**

**View products on-line at:**  
**<http://www.tupperware.ca/>**



**Going out of business sale!**  
*All in-stock items 60% off.*



Check out the new Spring and Summer  
Catalogue and new items at:  
**[www.sunsetgourmet.ca](http://www.sunsetgourmet.ca)**

For more information contact:

**Diana Gall**

Phone: 204-445-2008  
Phone or Text: 204-856-9105  
[dianamgall@gmail.com](mailto:dianamgall@gmail.com)



**Eileen CLARKE**  
**MLA for Agassiz**

T: 204.385.2469  
E: [agassizmla@outlook.com](mailto:agassizmla@outlook.com)

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

## **Stretching and Jumping for Joy**

*Submitted by Phyllis Thordarson, M Div. B.A., Dip Hom, Dip PA,  
CEDS, Reiki Level 2, Foundations Energy Practitioner*

Have you ever noticed that when a dog, cat or even a calf gets up from taking a nap they often give a happy stretch? My husband says when a calf that is sick gives a stretch it is a good sign that it is recovering and feeling better.

We like being happy and feeling good. As we get out of bed a stretch often helps to wake us up and feel more alive and even good.

Our bodies have the capacity to feel joy naturally by activating something called joy generators. We are able to activate joy generators physically by stretching and/or jumping. Stretch your body in all directions when you get up or if for some reason you cannot stand or sit up stretch in all direction from a lying position. As you stretch, breathe deeply inhaling through your nose and out through your mouth. Reach high and reach low. You may also rev up your energies by jumping and bouncing on the balls of your feet with the rest of your body loose and relaxed. Have you noticed how kids love to jump on a trampoline? It is because it makes them feel good. So think about getting on your trampoline (making sure your safe). Your children may be surprised! Or get out the rebounder that has been sitting in your basement. Why not try stretching and bouncing as it may help to clear away tension and stress and create joy in these Covid times.

## **Thordarson Health Inc. Homeopathic Clinic Langruth, Manitoba**

***EDS testing, Homeopathic  
consultations, Energy Balancing, Energy  
Protocols, Reiki and Chakra Clearing  
involving in-person sessions have been  
suspended until May 31<sup>st</sup> due to Covid-19.***

***Homeopathics may still be ordered.***

**Call Phyllis at 1-204-445-2236 for more  
information and/or book an appointment  
*The clinic has temporarily relocated to  
50027 Road 101 North, Langruth MB***



## Manitoba Act 1870

Source: [canadahistoryproject.ca/1870/1870-09-manitoba-act.html](http://canadahistoryproject.ca/1870/1870-09-manitoba-act.html),  
<https://www.britannica.com/place/Manitoba/Settlement#ref477970>

On May 12, 1870 the Canadian Parliament passed the Manitoba Act creating Canada's fifth province. Its name, Manitoba, was an Assiniboine word meaning "water of the prairie" because of all the lakes and rivers in the area. It included a small square of land (35000 sq. km.) around the Red River Valley and Portage La Prairie.

The Manitoba Act stated that Métis lands would be protected and all other lands were the property of the Dominion of Canada. Métis people were issued with scrip – a piece of paper entitling them to 64 hectares of land.

The federal government encouraged western settlement by providing land to prospective settlers. There was an initial rush to the new province, but the absence of a rail connection to markets reduced the attractiveness of the region.

Construction of the Canadian Pacific Railway reached Manitoba by the early 1880s. Further settlement was delayed due to conflict between Métis people and the Dominion. Settlers during this time included Ontario farmers, Mennonite immigrants, and Icelandic peoples.

At the turn of the century immigration boomed and an era of prosperity and growth began. Winnipeg grew rapidly. It was the urban centre of western Canada. A strong agricultural sector of wheat and other grains, livestock, and market gardening, fueled an increase in the economy.

Manitoba's boundaries expanded westward in 1881, eastward in 1884 and northward in 1912.

The economic boom ended just before World War I. Labour unrest over wages and working conditions arose during the war and peaked with the Winnipeg General Strike of 1919. The province was severely affected by the Great Depression of the 1930s.

A return to prosperity during World War II coincided with a diversification of the province's economic base. The province gained control of natural resources in the 1930s and encouraged the development of mining and lumbering.

Today, the economy of Manitoba is largely based on natural resources. Agriculture, mostly in the southern and western parts of the province, is also vital to the economy.



Source: Aimee Rice, Director of Communications, Manitoba 150, [Manitoba150.com](http://Manitoba150.com)

The year 2020 marks 150 years since Manitoba became Canada's fifth province. Manitoba 150 aims to cultivate pride in our province, foster a profound connection with our diverse cultures and unite us in celebration.

Unfortunately, due to the global COVID-19 pandemic, the Province has announced that all Manitoba 150 initiated events are being paused until 2021. Celebrations will be rescheduled once it is safe to do so.

Take inspiration from these suggestions to celebrate Manitoba 150.

1. **Make your mark on history:** Visit the Archives of Manitoba website to view historical artifacts. Submit why a particular artifact matters.
2. **Read Manitoba's literary contributions:** Read a book by a Manitoba author. Some authors include: Louise Penny, Miriam Toews, Randy Bachman, John Einarson, Martha Brooks, Margaret Laurance and many more.
3. **Write your own Manitoba Story:** Write a short story, a poem or song lyrics about your favorite things to do in Manitoba. Share it at #MB150.
4. **Sing a Song:** Lip sync to a song by a Manitoba artist or hold a dance party to Manitoba music. Start with some songs by Unite 150 with Randy Bachman and Burton Cummings.
5. **Learn at home:** Download free educational resources on diversity, reconciliation, and healthy living for creative ideas.
6. **Get Crafty:** What is the most creative material you can use to create a bison or polar bear? Take a walk and look for natural materials.
7. **Baking Time:** Channel your inner chef and put your own spin on a Manitoba delicacy.
8. **Be an inspiration:** Manitoba is known for being helpful. Continue that tradition by helping a neighbor or do something for someone.
9. **Inspire us:** Share how you will celebrate Manitoba 150 on Instagram or Facebook. (#MB150 or @manitoba150).

## A Simple Hug to Reduce Stress and Strengthen Immunity During Covid-19

Submitted by Phyllis Thordarson, M Div. B.A., Dip Hom, Dip PA, CEDS, Reiki Level 2, Foundations Energy Practitioner



You may say how can I get a hug if I am “Self Isolating” during Covid-19 times. The answer is hug yourself. Hug the left side of your rib cage with the right hand, and wrap your left hand just above the right elbow. Hold for at least three deep breaths, breathing in through your nose and out through your mouth, or for up to two minutes and even longer, as long as it feels good. In addition, you may want to try rocking at the same time as it may make you feel even better. If we rock babies to comfort and calm them why not rock ourselves. Then switch arms and hug again. This helps to reduce stress and brings calm to your body and at the same time strengthens your spleen and your immunity. Give yourself a hug today! You deserve it!

## Spring at JA Icelandics



The Jonasson Family has been busy with their Icelandic sheep this spring. With his unique markings, this cute little fellow will someday be their herd ram.

**Baa Baa**

**FOXON  
AGENCIES  
LTD.**

- General Insurance
- Auto Insurance
- Photo Driver's Licence
- Investments
- Travel
- Blue Cross

**LINDA FOXON**

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



Take The...

## The Older Then Dirt Quiz

*Do You Remember?*

1. Drive-in movie theatres
2. Candy cigarettes
3. 45 RPM records
4. Party telephone lines
5. Soda Pop machines with glass bottles
6. Studebakers
7. Blackjack chewing gum
8. Metal lunchboxes
9. Books with records
10. Metal ice cube trays with lever
11. Roller skate keys
12. Home milk delivery in glass bottles
13. Coffee shops with tableside jukeboxes
14. Blue flashbulbs
15. Newsreels before the movie
16. The Andy Griffith Show
17. P.F. Flyers
18. TV test patterns that came on after the last show
19. Wash tub wringers
20. Butch wax

Anyone who remembers 15 or more gets the bragging rights of being OLDER THAN DIRT. Good Luck and Have Fun!



**WOOD VIKING  
CONSTRUCTION**

JOHN LARSON

204-445-2431 204-872-4545

wood.v.c16@gmail.com

**LOCAL CONTRACTOR**

## Finding Salad Greens and more in Unexpected Places

Did you forget to get salad greens when you went for your once a week grocery shopping during this time of social distancing and self-isolation? Well you may not have to go to back to the store if you check what is coming up in your garden which hasn't been planted yet or take a look at your lawn as it starts to green up. Edible weeds could be your new personal choice for salad greens or for soups, biscuits and more. The good news is that you are weeding at the same time and they are free. Edible weeds (not sprayed with chemical) such as dandelions, chickweed, purslane (AKA portulacca), lamb's quarters, red rooted pig weed or even stinging nettle may be growing in your yard. That's right, eat your garden weeds.

The Manitoba Co-operator had an article and pictures about using edible, safe for human consumption in 2017. It is still online at: <https://www.manitobacooperator.ca/country-crossroads/recipe-swap/eat-your-weeds/>

You can also check out other online sources for harvesting weeds such as pig weed: <https://www.gardeningknowhow.com/plant-problems/weeds/pigweed-plant-uses.htm>

Learn how to harvest the dandelions that are coming up on your lawn at: <https://gardentherapy.ca/superfood-dandelions/>

Be careful with stinging nettles as ouch! They can sting. Check out how to harvest them at: <https://www.diynatural.com/stinging-nettle-how-to-identify-harvest-and-eat/>

The portulacca oleracea weed (not the flower) that you hate to see in your garden. Harvest it with joy instead of throwing it out. Learn its wonderful nutritional benefits as a food source at: <https://dengarden.com/gardening/portulacca>

Always make sure you have identified the right plant/ weed before harvesting and eating. Your salad greens may be much closer than you think, making the extra trip to the store unnecessary. If you don't have a garden or lawn maybe your neighbor doesn't like these weeds and/ or is unable to pick them and would be happy for you to pick them and you would also be doing an act of kindness.

**SUBMISSION DEADLINE**  
for  
**LANGRUTH VIEWS**  
**June, 2020 Issue**  
**May 22<sup>nd</sup>, 2020**

### Langruth Views Subscriptions

**Canadian Subscriptions: \$18.00/year**

**US Subscriptions: \$35.00/year**

**Please make cheques payable to**  
*Lakeview Initiatives CDC*

**Forward payment to:**  
**Lakeview Initiatives CDC**  
**Box 129, Langruth, MB**  
**R0H 0N0**

**Subscribe for one year at a time as rates may change.**

**Present subscribers; please check the expiration date on your Langruth Views. The Langruth Views is an initiative of the LICDC.**

**Lakeview Initiatives CDC is a volunteer group dedicated to the promotion of Langruth and the surrounding area.**



*The efforts of dedicated community volunteers make this publication possible.*

### Advertising Rates:

**Business card size: \$2.00**

**¼ page: \$5.00**

**½ page: \$10.00**

**Full page: \$20.00**

**Similar rates for a thank-you, a birthday wish, a birth announcement, in memoriam, or an obituary.**

**Only community announcements are FREE**

### Community Reporter:



**Teri 445-2275**

### Editor and Subscriptions:

**Phyllis 445-2323 or 445-2236**

**[thordarsonhealth@gmail.com](mailto:thordarsonhealth@gmail.com)**

# Langruth Community Calendar May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>  </div>						
<b>3</b> Lutheran: No Service United: No Service Catholic: No Service Gospel: No Service	<b>4</b>	<b>5</b> Garbage Pick-Up: 9:30 am	<b>6</b>	<b>7</b>	<b>1</b>	<b>2</b>
<b>10 Mother's Day</b> Lutheran: No Service United: No Service Catholic: No Service Gospel: No Service	<b>11</b>	<b>12</b> MANITOBA DAY Garbage Pick-Up: 9:30 am	<b>13</b>	<b>14</b>	<b>8</b> Application for Dust Control Due Spring Clean-Up Day	<b>9</b>
<b>17</b> Lutheran: No Service United: No Service Catholic: No Service Gospel: No Service	<b>18</b> VICTORIA DAY	<b>19</b> Garbage Pick-Up: 9:30 am	<b>20</b> Council Meeting: 9:30 am	<b>21</b>	<b>22</b> Langruth Views Submission Deadline	<b>23</b> UCW Plant Sale: 2:00 pm 
<b>24</b> Lutheran: No Service United: No Service Catholic: No Service Gospel: No Service	<b>25</b>	<b>26</b> Garbage Pick-Up: 9:30 am	<b>27</b>	<b>28</b> CFAN MEGA DRAW	<b>29</b>	<b>30</b>
<b>31</b> Lutheran: No Service United: No Service Catholic: No Service Gospel: No Service	<b>Waste Disposal Grounds Hours:</b> Tuesday: 10:00 am - 12:00 noon & 1:00 pm - 5:00 pm (1:00 pm - 6:00 pm starting May 16th) Thursday: 1:00 pm - 5:00 pm Saturday: 9:00 am - 12:00 noon			<b>Post Office Hours:</b> Monday: 10:00 am - 5:00 pm Tuesday - Friday: 10:00 am - 2:00 pm <u>Langruth Library:</u> Closed until further notice.		