



manitoba150

United in celebration • Unis dans la fête

MANITOBA 150 INSPIRATION GUIDE



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manitoba150.com

DISCOVER YOUR NEXT REASON TO FALL IN LOVE WITH MANITOBA!

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So Many Reasons to Celebrate Manitoba!

After more than a year navigating COVID, we may not be able to gather for Manitoba 150 celebrations this spring; however, we can still come together in spirit. After all, to celebrate means so much more than simple revelry; it is also an expression of pride, wonder, and appreciation. Manitoba 150 encourages Manitobans to be proud of who we are, to stand in awe of our province's beauty, to appreciate the cultures that surround us, and to respect our past and how it has created this unique experience of being Manitoban.

Manitobans are creative and resilient, and with that knowledge, we are delighted to offer you the Manitoba 150 Inspiration Guide. Whether you crank up your favourite Manitoba band in your living room, explore your Manitoba roots or challenge your neighbours to a virtual Manitoba Pancake Breakfast cook-off, we hope this guide will help you discover your next reason to fall in love with Manitoba!

On Manitoba Day, and every day, let's celebrate this great province of ours!

Sincerely,

Monique LaCoste & Stuart Murray
Manitoba 150 Host Committee Co-Chairs

Be COVID Safe

The safety of all Manitobans is of utmost importance, and we encourage you to closely monitor and adhere to all COVID-19 guidelines suggested by the Province of Manitoba. We hope you will embrace the opportunity to celebrate Manitoba within the current level of restriction, and are happy to offer a few COVID-safe options below to inspire you.

In an effort to provide a consistent approach, Manitoba 150 is using the existing provincial **#RESTARTMB Pandemic Response System** guidelines, which can be found [HERE](#), as a guide for 2021 planning scenarios.

Don't Forget to Share

Just because your celebration is virtual or conducted within your household bubble doesn't mean you shouldn't share your fun! Highlight your activities through social media (**#MB150 @manitoba150**) and share your love for Manitoba through our **Love Letters to Manitoba** initiative available on our website!



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CELEBRATE MANITOBA SAMPLE IDEAS

MANITOBA MOVIE NIGHT

Did you know that Manitoba is a popular backdrop for a variety of films? Find your filmed-in-Manitoba favourite to watch with family! Or have other households watch the same film at the same time, and share the experience virtually.

THE GREAT MANITOBA 150 QUILT CHALLENGE

Create a quilt inspired by the patchwork-quilt landscape of Manitoba's prairie. Stitch your love for Manitoba!

SCAVENGER HUNT

Create a Manitoba scavenger hunt to share virtually: do some research to learn historic and cultural facts about your town, and encourage community members to explore and learn something new in their bubble.

VIRTUAL TALENT SHOW

Showcase your community's talent! Have families in your community post talent videos to share and enjoy.

BOARD GAME NIGHT

Host a family game night! Find some old board games, and toss out some Manitoba-trivia questions to keep your bubble on their toes.

LIGHTS DISPLAY

Encourage people to set up light displays, and then provide people with a list of places they should drive past to celebrate Manitoba 150.

VIRTUAL ROAD RACE

Who doesn't love a quiet 5K through your town's historic sites? Share the results of your run on your social channels and challenge others to match your distance, route, or time.

PANCAKE BREAKFAST

This one speaks for itself. Pancakes, syrup, fruit topping, whipping cream? Yum. Add a little Manitoba flavour with made-in-Manitoba syrup, grown-in-Manitoba fruit, and Manitoba music. Fun for your whole family!

TEA PARTY

A slightly upscaled Pancake Breakfast and a perfect excuse to dress up and eat dainties with your family.

HANG MANITOBA FLAGS IN YOUR FRONT WINDOWS OR CLASSROOM

Share your Manitoba pride!



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MANITOBA DAY (MAY 12) EVENT

Do something special on Manitoba Day - a picnic, a hike, sidewalk art to celebrate our province.

MANITOBA AUTHOR BOOK CLUB

Select books by Manitoba authors (fiction, non-fiction, biography, children's, fantasy, mystery, etc.) and share them as a family, or discuss them with friends virtually!

RECORD A PIECE OF YOUR OWN MANITOBA HISTORY

Interview a member of your family or look into your family tree.

CELEBRATE YOUR LOCAL LANDSCAPE

If you have water, do something on the water, if you have farms, explore those, if you have hills, find a way to make those fun!

CREATE A MANITOBA GARDEN

Plant something that will thrive in Manitoba's climate and soil.

DOWNLOAD THE EXPLORE 150 APP

Available soon!

LEARN ABOUT THE HONOUR 150 RECIPIENT

Go to the manitoba150.com website and read about some of the amazing people in your community.

LEARN A NEW MANITOBA TRADITION

Let yourself be inspired by Manitoba's rich cultural tapestry - examples:

- Quilting
- Bead work
- Learn to cook a traditional family recipe
- Perfect your bannock baking

DOWNLOAD THE TOUR 150 NAKATAMAAKEWIN ACTIVITY BOOK

Suitable for learning at all ages, download educational and creative activity pages created by the Winnipeg Art Gallery.



MANITOBA 150 INSPIRATION GUIDE

SAMPLE ACTIVITY 1 — STEP-BY-STEP

ACTIVITY: VIRTUAL MANITOBA PANCAKE BREAKFAST CHALLENGE

STEP 1:	Source local MB produce for menu
STEP 2:	Challenge friends, neighbours and relatives to join you online to "Out MB" your breakfast!
STEP 3:	Share photos, videos, stories on social media of your successful breakfast, and don't forget to tag MB150 and your local food vendors!
SUGGESTED SUPPLIES:	Print out "MB150 Logo" on 11x17 paper to use as placemats or on 5x7 paper as tent cards for each dish! Or download a Manitoba photo for your virtual background!

SAMPLE ACTIVITY 2 — STEP-BY-STEP

ACTIVITY: MANITOBA HIKING CHALLENGE

STEP 1:	Visit the Travel Manitoba website or use the All Trails app to select great trails based on location and distance preferences.
STEP 2:	Challenge friends, neighbours and relatives to "Get Out and Hike MB" on the same week / weekend as you!
STEP 3:	After your hike, unpack a picnic lunch featuring food sourced locally!
STEP 4:	Share photos, videos, stories on social media of your successful hike and don't forget to tag MB150!
SUGGESTED SUPPLIES:	Good shoes, MB150 water bottle, sunscreen, trail map (downloaded route in advance), and don't forget to buy a MB Park pass if your trail is in a Park!



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Guarantee Success with a Plan

1. Identify a theme
2. Choose a date
3. Create “day of” agenda for your event
4. Make sure all of your participants are able to connect through virtual meeting software in advance
5. Promote your event/share your story
6. Be proud of your province & celebrate your success!
7. Use Facebook, Twitter, Instagram and use the hashtag **#MB150** or tag **@manitoba150**, and we'll share your posts with our network! Or share your love for Manitoba at www.winnipegfreepress.com/love-letters-to-manitoba

MANITOBA DAY,
AND EVERY DAY,
IS A NEW CHANCE
TO FALL IN LOVE
WITH MANITOBA
ALL OVER AGAIN.

This May 12th, as we
celebrate Manitoba Day
and everything we love
about our province, we
invite you to enjoy these
new opportunities for you
to celebrate your Manitoba!

Be sure to check out the
Manitoba 150 coin released
by the Royal Canadian Mint!

www.mint.ca

