

Sou'wester

Published weekly by:
Canstar Community News
1355 Mountain Avenue
Winnipeg, MB R2X 3B6
Ph: 204-697-7021
www.canstarnews.com

MANAGEMENT

Managing Editor
John Kendle 204-697-7093
john.kendle@canstarnews.com

VP, Ad Sales and Marketing
Karen Buss 204-697-7172
karen.buss@freepress.mb.ca

ADMINISTRATION

Main Switchboard: 204-697-7009
Delivery Service: 204-925-3300

EDITORIAL

Sou'wester Staff Reporter
Kelsey James 204-697-7150
kelsey.james@canstarnews.com
Facebook: facebook.com/TheSouwesterWpg
Twitter: @SouwesterWPG
Instagram: @souwesterwpg
Fax: 204-953-4300

NEWS TIPS

Email news@canstarnews.com

The Sou'wester welcomes letters to the editor by email or regular post. All letters must include a name, address and phone number for verification of authorship. Email letters to letters@canstarnews.com

ADVERTISING SALES

sales@canstarnews.com

Display Advertising: 204-697-7009

Classified Advertising: 204-697-7050

Fax: 204-953-4300

CANSTAR
COMMUNITY NEWS

News Media Canada
Medias d'Info Canada

mcna
Manitoba Community Newspapers Association

The Sou'wester is a member of the National Newsmedia Council, which is an independent organization established to determine acceptable journalistic practices and ethical behaviour. If you have concerns about editorial content, please contact managing editor John Kendle at john.kendle@canstarnews.com or 204-697-7093. If you are not satisfied with the response and wish to file a formal complaint, visit the website at www.mediacouncil.ca and fill out the form or call toll-free 1-844-877-1163 for additional information.

Publisher's liability for error: The publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. The publisher's liability for other errors or omissions in connection with any advertisement is strictly limited to publication of the advertisement issue or the refund of any monies paid for the advertisement.

Starting over, stronger this time



BBB FOUNDATION

We are social beings. But after a year and a half of pandemic restrictions, we may have to relearn some of those social skills which used to be automatic.

We're not talking simply about chatting with your friends at a restaurant. We also must relearn how to navigate complex workplace issues, interpersonal dilemmas, and professional boundaries. Our social skills expand into the realms of honesty, trust-building and respect. These tools will be in the spotlight as kids and teens head back to school, more adults return to their workplaces and others begin new jobs or volunteer positions this fall.

As we rebuild these communal environments, we have an opportunity to do it in a way that makes them stronger than before. But if we go back into our workplaces with the same social skills we had prior to COVID, we're less likely to create a stronger environment for all. Even if we like to think we're positive team-builders, we all have areas to improve.

One way we can do that is through active learning. There are short courses that teach us how to analyze and respond to situations in a more ethical manner, like the Better Business Bureau Foundation's LIFT program. LIFT can be altered to suit the needs of different participating groups but it achieves



Dreamstime.com

Coming out of the pandemic means relearning how to navigate complex workplace issues, interpersonal dilemmas and professional boundaries.

the same goal: giving people a new, ethical lens through which they can approach daily choices or complex issues.

Learning more about ethical decision-making will not only contribute to a more positive work or school environment, but it will reward us with lasting personal relationships. When we more fully understand how our actions and choices affect the people around us, we're better equipped to make respectful, honest decisions. Those choices foster trust and reciprocation.

It's not always easy to be honest or to make the ethical choice, but these values give back to us more than we often realize. They give us esteem in others' eyes, which leads to enriching interactions, meaningful connections, and a strong personal brand. All of these things also give us professional and personal advantages.

It's not very often that we have a chance to begin again. As we hit that restart switch on our professional and personal lives, let's take this opportunity to consciously make ethical choices, to come together and make our communities stronger.

For more information on the BBB's LIFT program, please contact: bbbf.org

The mission of BBB Foundation is to support the future of the Manitoba and Northwestern Ontario business community, raising up an ethical marketplace for tomorrow, by creating both ethics education and opportunities for students and businesses.

Trade-mark of the International Association of Better Business Bureaus used under licence.

Kits for kids campaign helps families in need



Sarah Guillemard
FORT RICHMOND MLA
CONSTITUENCY
REPORT

The summer has passed by quickly and September is now upon us.

I usually look forward to the autumn for its beautiful colours, the fresh, crisp air, and less annoying insects! This year feels a lot different than previous years. We have learned a lot over the last 18 months but we face another battle ahead of us with the pandemic's fourth wave.

This year's back-to-school routine looks and feels different for many families, including my own. We have learned to be adaptive, flexible, and in some ways more creative. The things we used to plan for are still planned

for, but there is extra thought put into the 'what if' scenarios. It takes an emotional and mental toll on each of us, which is why kindness is so important to offer in these challenging times.

One of the activities I look forward to is connecting with schools and families who are preparing for the return to classes. In Fort Richmond we have a large population of newcomers and vulnerable families who struggle this time of year to get their children prepared for a new school year. There are local organizations that are involved in assisting with school supplies and other supports for students.

One program that I am happy to assist with is the 'TELUS kits for kids' campaign. Every year it kicks off with a delivery of 10 backpacks to all MLA offices, including mine. The backpacks are packed with some lined paper, pencil crayons, a ruler, some

pens, erasers and a few exercise books. All the basic items that a student might use as they return to school.

The campaign is designed to help vulnerable families who may not otherwise be able to purchase new items for their child's return to school.

If you know a family who would appreciate the free items, or your family is in need, please reach out to my office through email (contact@sarahguillemard.com) or phone 204-221-8881 and we would be happy to deliver them to you!

The backpacks will be provided to families on a first come first serve basis.

I look forward to hearing from you and seeing you all at in-person events in the coming months when it is safe to do so. Thank you to all the residents in the Fort Richmond constituency who have been fully vaccinated, you have made a difference!