

# WHISPERING PINES

**The Northern Association of Community Councils**

## **POINTS OF INTEREST**

- **Northern Harvest Forum**
- **Health + Wellness**
- **Make Money with  
FREE DELIVERY**
- **Healthy Seasonal Foods**
- **41st AGM**
- **Street Smarts + Bullying**

Fall 2011

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## **MISSION STATEMENT**

The purpose of NACC is to be a meaningful and effective advocacy group.

To improve the quality of life in Northern Association Communities by having positive, proactive meetings with Ministers and Cabinet on issues affecting our communities and to inform and involve community councils and residents in our progress. We believe that all communities are unique and that their needs and interests should be recognized.



Whispering Pines is a quarterly publication of The Northern Association of Community Councils, which provides an essential means of communication between isolated communities and regions.

Whispering Pines has been serving as an information tool of northern communities since the early 1970's.

We encourage community council members to submit comments, suggestions, articles and ideas to the editor.

When submitting letters and articles please include the author's name, address and telephone number.

Letters may be edited and represent the opinions of their writers, they do not reflect the opinions of the Whispering Pines or its staff.

Whispering Pines is printed by Esdale Printers of Winnipeg, Manitoba.

We look forward to hearing from you!

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## **Important Notice**

**This is our second issue sent directly to Council Offices and Local Businesses**

**If you are receiving excess issues of the Whispering Pines, please contact the NACC office at 1-(888)-947-6222.**

**We apologize for any inconveniences this may have caused.**





NACC congratulates the new  
Grand Chief of the Assembly of  
Manitoba Chiefs, Derek Nepinak.

We look forward to  
continuing a great working  
Relationship



Building and Strengthening Food Opportunities

October 19<sup>th</sup> & 20<sup>th</sup>, 2011

The Pas, Manitoba



### What's Going on at the Forum

**Composting:** Simple and Cost Efficient Ideas

**Growing Fruits and Berries:** Planting, Harvesting, Preserving

**Seed Selection:** What Works Best for your Garden

**Container Gardening:** Extending the Growing Season

**Food Preservation:** Freezing & Canning

**Healthy Cooking Demo:** Nutritious Recipes using Local Food

**Tours:** To sites of interest around The Pas area

**School Gardening:** Inspiring our Youth to Grow Healthy

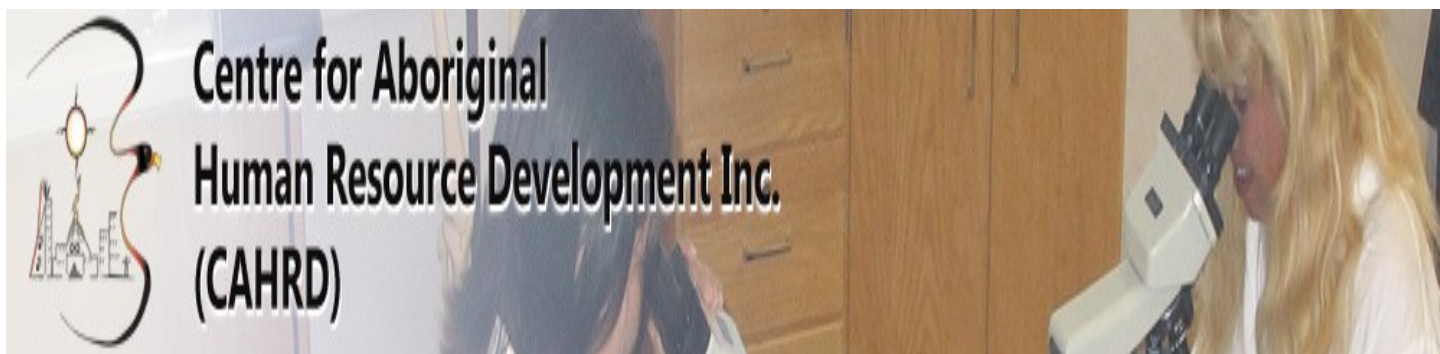
### **To Register Contact**

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204-947-2227 - 204-947-9446 (Fax)



Neeginan institute of applied technology, created in 2000, is the post-secondary training division of CAHRD. It administers post-secondary programs and training, and partners with industry and trades.

Students receive accredited education and training in programs that are offered in conjunction with business and industry partners, and vocational training institutions. All programs focus on Winnipeg's high demand, Labour, market needs, and result in employment opportunities for program graduates.

Creating industry partnerships is a necessity for CAHRD to ensure programs result in self-sustaining employment for graduates. CAHRD remains focused on engaging partners that commit to hiring aboriginal graduates.

(CAHRD) centre for aboriginal human resources development. 304-181 Higgins avenue. Winnipeg MB R3B-3G1 main phone line (204) 989 7110 main fax line (204) 989 7113

### **North of 53 – Working Together to Build Vibrant Communities**

In order to increase the healthy choices available to those living in Northern Manitoba we need to work together. Whether focused on the natural or built environment, food security, cultural safety, risk factors, social support infrastructure or planning – we need to be connected and responsive to community priorities.

Funded by the Public Health Agency of Canada Innovation Strategies Fund, **North of 53** has established a regional Collaborative working toward common goals. Focused on First Nation and Aboriginal and Northern Affairs communities, the **North of 53** Collaborative is focused on healthy public policy and supporting communities to identify and address their own priorities. Collaborative Members include representatives from:

- Aboriginal Affairs and Northern Development
- Aboriginal and Northern Affairs
- Assembly of Manitoba Chiefs
- Brandon University
- Burntwood Regional Health Authority
- First Nations and Inuit Health
- Food Matters Manitoba
- Intergovernmental Committee on Manitoba First Nations Health
- International Institute for Sustainable Development
- Manitoba Centre for Healthy Policy
- Manitoba Health
- Manitoba Healthy Living, Youth and Seniors
- Manitoba Keewatinowi Okimakanak
- Manitoba Métis Federation
- NOR-MAN Regional Healthy Authority
- Northern Association of Community Councils
- Northern Healthy Foods Initiative
- Partnership for Health Promotion
- Public Health Agency of Canada
- Rural and Cooperative Secretariat
- Service Canada
- University of Manitoba
- Winnipeg Regional Health Authority

Part of communities addressing their own priorities is finding a way to talk about their needs and what well-being means to them. North of 53 is working with Wabowden, Garden Hill, Nisichawayasihk Cree Nation and Nelson House to develop a Community-driven Health Impact Assessment (CHIA) tool.

Community members meet to talk about what it means to them to live in a healthy community. People's own stories then become the basis for the CHIA tool. The tool belongs to the community. It helps them talk to decision makers about what is important to their community. This tool can also be used to provide feedback on proposed programs, policies, plans or developments. It gives each community its own indicators of well-being.

If you are interested in more information about the North of 53 Collaborative or the Community-driven Health Impact Assessment tool please contact Cathy at 949-2022 or [csteven@healthincommon.ca](mailto:csteven@healthincommon.ca).

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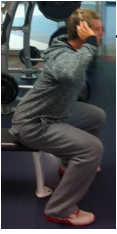
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## Stay healthy this fall with these 10 tips.

1. Wash hands frequently. Before and after meals and anytime you are around someone sick
2. Drink enough water. This keeps your body hydrated and helps flush out toxins. 6-8 glasses a day.
3. Get enough sleep. 8 hours a night helps your body repair all stresses of the day and keep your immune system in top fighting spirit.
4. Get moving every day. Being active keeps your heart pumping and good circulation helps get rid of toxins and wastes too.
5. Eat a balance of food that nourishes. Vegetables, fruits, grain, and meat and keep the sugars and fats to smaller amounts.
6. Keep your alcohol intake lower. Alcohol is a sugar and it makes your liver work harder. Your liver helps take toxins out too, and if it is working on the alcohol — it is less able to do its job.
7. Stretch out several times a day. Helps keep your muscles looser and you will be less likely to get aches, pains, and sprains.
8. Give someone a smile or a hug every day. This helps keep your spirits up. Happy people have stronger immune systems.
9. Drink some milk or have vitamin D every day. We get less sunshine in the fall and this will help you have enough.
10. Laugh once a day. It is good for your belly muscles and great for your mind and reduces stress.



### Stationary Squat:

Use any chair or bench with feet shoulder width apart and place hands on ears. Protect lower back and make sure but goes to bench. 3 sets of 50 squats with 1 minutes rest in between sets

**Angle Push Up:** Use any chair or bench with hands shoulder width apart. Inhale on way down, bring chest to bench, exhale on way up. 3 sets of 15 reps.



### Straight Leg Crunch:

Lay on back with legs up in the air and straight as possible. Exhale as you reach up and try and touch the toes to maximize crunch. 3 sets of 20 reps.



**Beginner Tricep Dip:** Use any chair or bench with hands shoulder width apart with bent knees. Inhale on way down

exhale as you push up. 3 sets of 20 reps.



### Lateral Abdominal Crunch:

Hand on temple, opposite ankle is placed on knee. Exhale and you bring elbow to knee. 15 reps per side for 3 sets, rotate sides after each set of 15.



### Hanging Knees Up:

Use any sturdy branch or monkey bars. Exhale and bring knees up to belly button height. 3 sets of 10 reps



Don't have weights at home? No problem! You can use soup cans or fill your empty milk jugs with water.

Try holding a soup can in each hand straight over your head for one minute. The goal is to do it three times.

Remember to keep your shoulders down.



## Fun Fall Fitness: Low Impact Exercises

# Make Money with FREE DELIVERY

The Farm to School Manitoba Healthy Choice Fundraiser is back! After a successful pilot year in 2010, this quality profits for quality vegetables fundraiser is being brought to every school in Manitoba. Through the fall season, September to December 14, 2011, your school has the opportunity to make 50% profits and:

- \* get fresh, local vegetables at or below supermarket prices
- \* offer healthy food choices & support school nutrition policies
- \* support local producers
- \* connect the fundraiser to classroom resources available at

[www.farmtoschoolmanitoba.ca](http://www.farmtoschoolmanitoba.ca)

- \* try new recipes with Manitoba vegetables available at [www.peakmarket.com/recipes](http://www.peakmarket.com/recipes)

All you need is a great group of volunteers to help package the vegetables and help the kids take them home, as well as, adequate space to receive the total order.

Concerned about delivery to your community? Peak of the Market is covering delivery costs and is committed to delivering the vegetable orders to any community in Manitoba regardless of location!

To register your fundraiser, go to [www.farmtoschoolmanitoba.ca/enroll](http://www.farmtoschoolmanitoba.ca/enroll)

Please contact [info@farmtoschoolmanitoba.ca](mailto:info@farmtoschoolmanitoba.ca), (204) 885-0718 or toll free at 1-866-261-0707 if you have any questions.



#### FORUM Themes :

- Housing Management
- Northern Housing Technology

#### Presentations/Workshops on:

- ❖ Standing Tree to Standing Home
- ❖ CMHC ~ (Housing Quality Initiative)
- ❖ Saw-Mill Demonstrations
- ❖ Log & Timber Frame Housing Styles
- ❖ Housing Authority Management
- ❖ Energy Efficient Housing
- ❖ Land Use/Sub-Division Planning
- ❖ Training for Local Lumber Production
- ❖ First Nation Community Planning
- ❖ Home Ownership
- ❖ Composting Toilets
- ❖ Action Planning Sessions

**What:** Northern & Aboriginal Housing Forum and Tradeshow 2012

**When:** Feb 21, 22 & 23, 2012

**Where:** Canad Inns Polo Park, 1405 St Matthews Ave. WPG, MB

**In Partnership with:**  
Assembly of Manitoba Chiefs (AMC) &  
Northern Association of Community Councils (NACC)



**Building It RIGHT!**



**Frontiers Foundation  
Fondation Frontiere**

**WEDNESDAY EVENING:  
BANQUET AND ENTERTAINMENT**

Contact information:

Laurel Gardiner, Director

Ph: (204) 221-5209

Fax: (204) 415-9822

Email: [director@frontiersmb.ca](mailto:director@frontiersmb.ca)

Or Visit our Website:

<http://www.frontiersmb.ca>

**Register after December 1, 2011**



# PUMPKINS: GOOD FOR MORE THAN JUST A FUNNY FACE



This year when carving out your Jack-O-Lantern remember to save the insides! Pumpkins have many healthy traits.

## **Vitamins and Essential Nutrients**

Pumpkins have significant amounts of 15 vitamins and essential nutrients

## **Prostate Cancer**

The protective compounds present within the seed of the pumpkin, called phytosterols, may be responsible for shrinking the prostate. They also contain chemicals that may prevent some transformation of testosterone into dihydrotestosterone (DHT). High levels of DHT are associated with enlarged prostate.

## **Arthritis**

Unlike the widely used anti-inflammatory drugs, pumpkin seeds do not increase damaged fat levels in the lingus joints, a common side effect associated with anti-inflammatory drugs which contributes to the progression of arthritis.

## **Skin**

Pumpkins contains lots of anti-oxidant vitamins A and C, as well as zinc and alpha-hydroxy-acids which helps to reduce the signs of aging.

# TURKEY: FLYING AHEAD AS THE SEASONAL SUPER FOOD

## **Vitamins and Essential Nutrients**

Turkey is a very good source of protein, selenium, niacin, vitamin B6 and the amino acid tryptophan. It's a good source of zinc and vitamin B12. The skinless white meat is an excellent high-protein, low-fat food.

## **Reduce Fat and Cholesterol**

Light, skinless, roasted turkey has less saturated fat, less total fat, and less cholesterol than chicken, pork or beef.

## **Mood Enhancer**

Neurotransmitters are made from amino acids, and the neurotransmitter serotonin is made from tryptophan. Serotonin helps to improve the mood and eating food such as turkey can improve your mood.

## **Insomnia**

The amino acid tryptophan plays a vital role in sleep and is effective in promoting sleep in cases of chronic insomnia.



Maria McClellan

# 41st AGM & Tradeshow

**“Stepping Forward as we Stand Strong in Partnerships”**



**August 16-18, 2011  
Canad Inns, Polo Park**



Once again we held our three day Annual General Meeting and Tradeshow. This year's event was a huge success. We had great presenters and many tradeshow exhibitors. We thank Aboriginal and Northern Affairs for hosting and presenting on August 18.

## Election Results

This year we held elections for the positions of Northern Chairperson, Northern Vice-Chairperson, Northern Secretary/Treasurer, Eastern Chairperson, Western Chairperson, and President.

The elected are:

President: **Reg Meade**

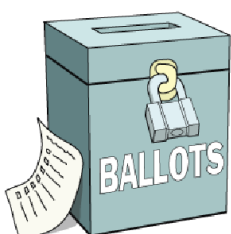
Northern Chairperson: **Glenn Flett**

Northern Vice-Chairperson: **Frances McIvor**

Northern Secretary/Treasurer: **Charlene Mercredi**

Eastern Chairperson: **Helgi Einarsson**

Western Chairperson: **Anne Lacquette**



**CONGRATULATIONS TO  
THE NEW POSITIONS**

CONGRATULATIONS





# NACC says “*THANK YOU*” to our sponsors!



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**Manitoba  
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MANITOBA PUBLIC  
INSURANCE

**ABORIGINAL AND  
NORTHERN AFFAIRS**

**INNOVATION,  
ENERGY AND MINES**

## **We also have many thanks for our fantastic presenters:**

Aboriginal Aerospace Initiative  
Aboriginal and Northern Affairs  
Bed Bug Coalition  
Canadian Beverage Container Recycling Association  
Canadian Diabetes Association  
City of Thompson  
Frontiers Foundation  
Manitoba Housing  
Manitoba Hydro  
Multi-Material Stewardship Manitoba  
Smith Carter  
University College of the North  
Workers Compensation Board

## **We thank our tradeshow exhibitors for bringing their valuable information:**

Aboriginal Affairs Secretariat  
Bayline Regional Round Table  
Canadian Cancer Society  
CDI College  
Community Economic Development Fund  
Dauphin River Community Council  
Frontiers Foundation  
Grand and Toy  
Interlake Regional Health Authority  
Lifesaving Society  
Manitoba Association for Resource Recovery Corporation  
Manitoba Hydro  
Multi-Material Stewardship Manitoba  
Office of the Fire Commissioner  
RCMP– Recruiting Unit  
University College of the North

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## **Thank you to the distinguished speakers of our opening ceremonies**

Honourable Andrew Swan  
Honourable Erick Robinson  
Mr. Hugh McFadyen  
Dr. John Gerrard  
His Worship Tim Johnston  
Gord Landriault  
Manitoba Keewatinowi Okimakanak

## **Additional Donors:**

Addictions Foundation of Manitoba  
Barb Marcyniuk  
Calm Air  
Camperville Community Council  
Canad Inns  
Canadian Beverage Container Recycling Association  
Canadian Cancer Society  
Chandler McLeod  
Communities Economic Development Fund  
Cormorant Community Council  
Dawson Bay Community Council  
Frontiers Foundation  
Health Canada  
Lifesaving Society  
Manitoba Hydro  
Manitoba Theatre for Young People  
Meadow Portage Community Council  
Multi-Material Stewardship Manitoba  
Office of the Fire Commissioner  
Peace Hills Trust  
Thicket Portage Community Council  
Tourism Winnipeg  
University College of the North  
Wabowden Community Council  
Whole Sale Sports



## Manito Ahbee

From hoop dances to hip-hop, the **Manito Ahbee Festival** brings together people from all nations to celebrate Aboriginal culture. The name Manito Ahbee comes from a sacred site located in the Whiteshell Provincial Park where traditional teachings and wisdom have long been shared. The Manito Ahbee Festival brings that spirit of sharing to an urban environment with such events as The Aboriginal People Choice Music Awards and Red Carpet, The Indigenous Marketplace and Trade Show, and The International Competition Pow Wow. From the traditional to the trendsetting, Manito Ahbee Festival celebrates the past, present and future. It's more than a festival. It's an experience. Be part of it all, in Winnipeg, November 2<sup>nd</sup> – 6<sup>th</sup>. [www.manitoahbee.com](http://www.manitoahbee.com)



## Brandon, Manitoba Livestock Expo

Farmers agricultural extravaganza with shows and exhibits, auctions, kids fun, and the Manitoba Rodeo Championships finals. Location: Brandon Manitoba. tel; (204) 726-3590 toll free 877-729-0001 [www.brandonfairs.com](http://www.brandonfairs.com) date November 3-6, 2011



## Community Fishing Derby

In Gillam, Manitoba on September 18, 2011 @ Kettle Park. Hot dogs, hamburgers, and drinks refreshments. Bring your family for a day of outdoors filled with prizes games and food. Plenty of fun and prizes for fish caught.



## STREET SMARTS



Street proofing your kids : there are a number of incidents that involve children, therefore it very important that you teach your kids to be street smart. Talk to your kids about some easy ways to stay safe.

1. Do not go walking out alone: use the Buddy System
2. Always tell an adult where your are going and tell them when you are leaving: if something happens, your loved ones know where to find you and when to expect you.
3. Scream out “FIRE” to attract attention in the case of an emergency: more people will respond to the threat of a fire then to call for help.
4. If you get lost, stop and ask for help.
5. Have a secret password that only you and your parents know: if you need to get picked up by someone else this person needs to know your secret password before you go with him or her anywhere.
6. If you are home alone do not let a stranger into the house and do not let any callers know you are home alone.
7. Teach your children about 911.
8. Always leave the address and phone number of where you will be for your children in the case of an emergency.

## BULLYING



Everyone has the right to feel safe in their community and their school, if you see someone getting bullied you have the power to stop it. By standing up for someone who is being bullied you are not just helping someone else you are helping yourself. It is important to help others when you can.

What do I do when someone is being bullied? Take a stand and do not join in, make it clear you do not support what is going on. Do not watch someone getting bullied, if you feel safe tell the bully to stop. If you do not feel safe, saying something walk away and get others to walk away, if the bully dose not have an audience the bully will stop and walk away.

Support the person being bullied: offer to go with them or you can go report the bullying for them.

Talk to an adult or a teacher you can trust, talking to someone could help you figure out the best way to deal with the problem.







# Family Section



SEE WHO YOU CAN FIND IN THE FARM?

F	C	A	T	H
D	O	G	E	O
U	W	X	G	R
C	P	I	G	S
K	O	W	L	E

CAT DOG FOX DUCK PIG EGG HORSE OWL COW

## Fun Halloween Dinner

### RatBurgers

Prepare your favorite hamburger meat. Shape the patties to resemble rats with a fat back and a narrow front. Attach two Cheerios for eyes, a few small dry spaghetti noodles for whiskers, one longer dry spaghetti noodle for a tail, and two Wheat Chex for ears. Bake at 350° for 30 minutes. Let stand to cool. Watch your children squirm with delight as they eat these fun delicious dinner treats.



Quiet time is a good way for the whole family to reduce stress. Try to schedule one hour a day for quiet time where everyone reads a book or works on their homework.





# fall fun



Here are some activities to enjoy for the autumn

## Harvest Bingo:



Apple bobbing is another fall favorite

Make autumn bingo cards using different types of dried seeds and beans. Check out your grocery store or natural foods co-op for plenty of unusual choices. First child to get bingo wins a prize.

## Apple Grab:

Similar to bobbing for apples, the apple grab is another tradition autumn game. Hang a string up between trees or a clothes line. Tie some more string to the apple stems and hang the apples from the clothes line. The kids then attempt to grab the apples just by using their teeth.

## Pumpkin rolling contest:

Divide the children into two teams. Have a start line to the turnaround line, 20 feet apart. Have a child in each line roll a pumpkin from the start line to the turnaround line and back to the next person on their team. The first team to have everyone play wins!

## Safety tips for back to school



1. Plan a walking route to school or the bus stop
2. walk a route with your child before he/she walks alone to school
3. teach your child not to talk to strangers
4. be sure your child walks

to and from school with siblings and friends

5. teach your kids whether there walking, biking or riding a bus to obey all traffic signals

6. if your child bikes to school make sure he/she

wears a helmet

7. be sure your child knows your cell or home number

8. always tell them not to fight at school (bullying)

9. be seen when getting on or off the school bus

## Healthy pumpkin muffins



Fresh pumpkin puree makes for great muffins. Can also be served as a loaf

- 2 cups pumpkin puree
- 3 cups all-purpose flour
- 2 cups white sugar
- 2 teaspoons baking soda
- 1/2 teaspoon baking powder
- 2 teaspoons ground cloves
- 2 teaspoons ground cinnamon
- 2 teaspoons ground nutmeg
- 1 teaspoon ground allspice
- 1 teaspoon salt
- 2/3 cup vegetable oil
- 3 eggs

1. Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper muffin liners.

2. Using a large spoon or other sharp-edged instrument, scrape and scoop the pulp from inside the pumpkin, working it down about an inch or so, to the whitish-colored layer beneath the skin. Steam it over a pot of water until it's tender. Mash by hand to puree.

3. In a large bowl, stir together flour, sugar, baking soda, baking powder, cloves, cinnamon, nutmeg, allspice and salt. In a separate bowl, beat together 2

cups pumpkin puree, vegetable oil and eggs. Stir pumpkin mixture into flour mixture until smooth. Scoop batter into prepared muffin.

4. Bake in preheated oven for 20 to 25 minutes, until a toothpick inserted into the center of a muffin comes out clean.

Toasted pumpkin seeds are a healthy snack filled with zinc, magnesium, manganese, iron, copper, and protein. They're also great in salads, muffins, bread, and in other recipes as a nut substitute.



# President's Report

## **NACC BOARD OF DIRECTORS:**

### **PRESIDENT:**

REG MEADE (204) 689-2165

### **EASTERN CHAIRPERSON:**

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GLEN FLETT (204) 359-6719

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### **WESTERN SEC/TREASURER:**

HARLOLD FLEMING (204) 732-2675

## **Reg Meade—President**



### **Happy New Year to all!**

Again I have been very busy with meetings, and various functions. I started the new year with a meeting in Thompson, with ANA, regarding issues concerning the water treatment plants and the slow movement there has been with them in Northern Communities.

As some of you may know, as of January 1<sup>st</sup>, there's a different way of administering houses, especially in the north. Two offices are located in Thompson and The Pas, with staffing directly from MHRC. The western part of the province is still going to be delivered through the old system, but on a trial basis. It is not quite the peak of the mountain, but progress has been developing.

In Thompson, I met with the two Grand Chiefs and the City of Thompson regarding The University College of the North and housing. All our efforts are focused on doing what is best for all Northern communities.

In February I attended the "Building it Right" conference hosted by Frontiers Foundation. All in all, I thought for NACC's part the staff did a tremendous job. The whole conference went along very well and a lot of important and useful knowledge was shared.

Other meetings and functions I have been able to attend include: The Aboriginal Accord; Frontier School Division Conference; a meeting with the Premier, in regards to flooding; a meeting with Harvey Bostrom, regarding the issue of VLT revenues—there was discussion about the option of taking it out of the 2012 VLT Revenue.

And of coarse, this year's Regionals, held by Aboriginal and Northern Affairs, had a great deal of information and productive workshops. Congratulations to Manitoba and ANA for another successful year!

Aside from past events, here at the NACC office, plans and preparations for the 41st Annual General Meeting are under way. We are looking forward to seeing you there!

## **ADVERTISING!!**

**Did you know you can advertise in the  
Whispering Pines?**

**For a business card size advertisement:**

**Community members NO CHARGE  
Non-Community members \$25**

**Contact NACC  
Toll Free 1-888-947-6222**



# Executive Reports

## Helgi Einarsson—Eastern Region Chairperson

Hello again. Here we are into March already, I can't believe just how fast the last four months have gone by.

The last little while has been busy as I have attended the Growing Local Conference at the University of Winnipeg, Regional meetings in Dauphin, and have had discussions on dredging in Lake Winnipeg.

I would like to wish every one an enjoyable Spring Break, and a Happy Easter.

I'm also hoping the spring comes soon so that it will finally start getting warm!



## Glenn Flett—Northern Region Chairperson

Hello everyone! It was nice to see all of you at our 41<sup>st</sup> Annual General Meeting and Tradeshow. I would like to thank the northern region for electing me as your Northern Chairperson. I extend many thanks to Francis McIvor for her dedication over the past years as she served as Northern Chairperson. I look forward to working with her in our new positions.

The theme of our most recent AGM was partnership. We have challenges ahead but with your input and guidance I am sure we can achieve success. I look forward to the new and ongoing partnerships as NACC moves forward. We look forward to collaborating with the new government.

Some of our communities went through tough having to deal with flooding. Our thoughts and prayers go out to those who are suffering from the flooding. I know that NACC is dedicated to try and assist your communities with getting back on track.



## Anne Lacquette—Western Region Chairperson

I attended the Regional meetings in Dauphin on March 1-3, 2011. These were well attended by the councils in our region.

The annual NACC conference will be held on August 16-18, 2011. The Canad Inns, Polo Park will be the venue again this year.

Communities in our region are preparing for the possibility of spring flooding. This is a good time to review the emergency plans and ensure everything is up to date. Preparation is very important when disasters strike.

If you have any concerns feel free to contact Larry Chartrand, Vice-Chair; Harold Fleming, Secretary-Treasurer; or myself. We will do our best to assist you in any way that we can.



**Northern Association of Community Councils Inc.**



September 2011

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October 2011

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