



Whispering Dining

The Northern Association of Community Councils

Fall 2012



POINTS OF INTEREST

- **Farmland School Tax Rebate**
- **East Side Road Authority
Training and Job Opportunities**
- **Fall Super Foods**

INSIDE THIS ISSUE:

Local Attractions	3
Provincial News	4-5
Fire Safety and Prevention	7
Family Section	8
Super Foods	10
Board of Director's Reports	11

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.

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We look forward to hearing from you!

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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.



Does Your Community Have Something Exciting Happening That You Want to Share?

The Whispering Pines is a Community Resource to help members and organizations involved with the NACC stay connected—if your community is having an event or anything else which contributes to the growth and development of the community we want to hear from you!

Please let us know at the NACC office by contacting us

By Email: NACC@mymts.net

By Phone: 204-947-2227

Toll Free: 1-888-947-6222

By Fax: 204-947-9446

Local Attractions

Are you wanting to take a short trip this Fall or Winter but are unsure of where to go? We've done some research and found some of Manitoba's feature attractions!

Eskimo Museum (Churchill)

The museum features a collection of Inuit artifacts and carvings that are among the oldest in the world, ranging from approx. 1700 BC to modern times. The Pre-Dorset and Dorset peoples made the area around Churchill their home during the period from approximately 3,000 BC to 1,000 BC. The museum has a gift shop where visitors can purchase Inuit art, books and other local items.

Hours:

Summer: Monday, 1:00 pm - 5:00 pm; Tuesday - Saturday, 9:00 am - Noon and 1:00 pm - 5:00 pm; closed Sunday and holidays. Winter: Monday - Saturday, 1:00 pm - 4:30 pm; closed Sunday and holidays.

Admission: Donations accepted.

Phone: 204-675-2030

Fax: 204-675-2140

Heritage North Museum (Thompson)

The museum features a collection of Inuit artifacts and carvings that are among the oldest in the world, ranging from approx. 1700 BC to modern times. The Pre-Dorset and Dorset peoples made the area around Churchill their home during the period from approximately 3,000 BC to 1,000 BC. The museum has a gift shop where visitors can purchase Inuit art, books and other local items.

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Admission: Donations accepted.

Phone: 204-675-2030

Fax: 204-675-2140

Sam Waller Museum (The Pas)

The Sam Waller Museum, a Manitoba Star Attraction, is located at The Pas Community Courthouse, the oldest brick building in northern Manitoba, built in 1916. Designed to be multi-purpose, it was the centre for administration and justice in Manitoba's New North. In addition, it provided a centre for social activity in the booming town of The Pas. The building was designated as a provincial heritage site in 1987, at which time renovations commenced to house the museum, which opened in 1994.

The museum's permanent collection contains over 70,000 items, including "natural history specimens, human history artifacts, books and library materials, photographs and negatives, fine art pieces and the archives of the Town of The Pas."

The museum houses a gift shop, meeting room, research library, and tourist information centre.

Location: 306 Fischer Avenue

Hours: 7 days a week, 1pm-5pm

Phone: 204-623-3802

Website: www.samwallermuseum.ca

Pisew Falls (Wabowden)

Located on the Grass River, Pisew Falls has a vertical drop of 13 metres (42.7 feet). The falls can be viewed from an observation platform, and a short 0.5 km (0.3 mile) hike leads to the Rotary Bridge which crosses the Grass River just below the falls. The bridge provides access to a trail which leads to the top of the falls.

Northern Lights

The Northern Lights – or Aurora Borealis – are caused by collisions between electrically charged particles from the sun that have entered the Earth's atmosphere and gaseous particles already existing in Earth's atmosphere. The colour of the lights is caused by the different gas particles that are involved in the collisions. Based on the cycle of the lights, 2013 is expected to be a "peak year", so keep your eyes peeled for this gorgeous natural display!

AGE-FRIENDLY MANITOBA INITIATIVES TO PROVIDE NEW SUPPORT FOR COMMUNITIES WORKING TO MAKE LIFE BETTER FOR SENIORS: PREMIER

Manitoba Hosts International Symposium on Making Rural, Remote Communities More Age-friendly
October 15, 2012

Age-friendly communities are now eligible to receive grants to continue improvements that make life better for seniors, as part of an enhancement to the Age-Friendly Manitoba Initiative, Premier Greg Selinger announced today at the International Invited Symposium on Age-Friendly Rural and Remote Communities and Places.

"The unique new recognition program recognizes communities that have demonstrated leadership in making life better for their senior citizens," said Selinger. "Congratulations to the first cities, towns and villages to demonstrate a commitment to age-friendly community life. You are leading the way in Manitoba and beyond."

Pinawa, Portage la Prairie, The Pas, Springfield, Steinbach and Dunnottar have achieved their age-friendly milestones and have been awarded a one-time grant to use for age-friendly initiatives in their communities. Other communities are encouraged to participate in the recognition program and build diverse partnerships and engage in ongoing consultation and collaboration with older healthy aging. More information is available at www.gov.mb.ca/shas/agefriendly.

By participating, communities are helping to build a strong foundation that further sustains the

Age-Friendly Manitoba Initiative and moves the province forward in its goal of becoming the most age-friendly province in Canada, he added.

Selinger announced the enhancements to the Age-Friendly Manitoba Initiative at a public forum on how to make rural and remote communities better for aging populations. The forum kicks off a three-day International Symposium on Age-Friendly Rural and Remote Communities and Places, hosted by the province and the University of Manitoba Centre on Aging. This is the first event of its kind in the world and delegates from 12 countries will attend including representatives from Australia, Bolivia, Cameroon, Canada, Ghana, Ireland, Peru, Russia, Switzerland, Trinidad and Tobago, the United States and Uganda.

"We launched our age-friendly initiative four years ago and today we have 86 communities working toward being designated as age-friendly," said Selinger. "We are committed to making Manitoba the most age-friendly province in Canada and to maintaining our role as a global leader in the age-friendly movement."

The Age-Friendly Manitoba Initiative supports seniors in leading active, socially engaged, independent lives that contribute to adults and other community members, said Selinger.

Farmland School Tax Rebate

The Farmland School Tax Rebate was implemented in 2004 to support the rural economy by providing farm landowners with school tax relief.

The rebate percentage may change each year, and has increased from 33% in 2004 to 80% in 2012. Landowners are required to submit an annual application to MASC. Once you are registered with MASC and receive a rebate, a pre-printed application form for the following year will be mailed to you when they become available. If you have previously received a 2011 rebate, a pre-printed 2012 application listing the land you received a 2011 rebate for was mailed to you in August 2012.

Eligibility

Property currently assessed as farmland in Manitoba will be eligible for the rebate. Rebates apply only to farmland and do not include taxes paid on farm residences or buildings.

Eligible properties have an amount under the Land column and are listed as Farm under the class column in the assessment section of your property tax bill.

How to Apply

If you have previously received a 2011 rebate, a pre-printed 2012 application listing the land you received a rebate for was mailed to you in August 2012.

Sign the application, attach a photocopy of the receipt from the municipality showing property taxes paid (or have the municipality stamp and sign the application), and forward the application to the MASC office shown near the bottom of the pre-printed application form.

If this is the first time you are applying for the rebate, or if you require additional application forms, they are now available online on this website, and through your local MASC, MAFRI, or Municipal offices. Completed applications can be forwarded to your nearest MASC Insurance office.

PROVINCE ANNOUNCES 2013 COMMUNITY PLACES PROGRAM TO HELP UPGRADE RECREATIONAL FACILITIES ACROSS MANITOBA

The province will help revitalize communities and improve recreational opportunities in towns and cities throughout Manitoba under the 2013 Community Places Program.

"In 2012, more than 270 non-profit community groups were able to create or upgrade local recreational, wellness or cultural facilities for Manitoba families as a result of Community Places grants," said Selinger. "Gathering places such as seniors' centres, playgrounds and hockey rinks play an important role in enhancing the quality of life families have come to enjoy in communities throughout our province."

The Community Places Program provides funding and planning assistance to non-profit community organizations for facility construction, upgrading, expansion or acquisition projects. Eligible projects are those that provide sustainable recreation and wellness benefits to communities.

Eligible projects can receive up to 50 per cent of the first \$15,000 of total project

costs and up to one-third of costs over that amount; the maximum grant is \$50,000. Applicants must contribute to project costs by providing additional resources from local fundraising, grants from local governments and other sources, or donated labour and materials.

Since its inception, Community Places has provided more than \$104.3 million in grants to support more than 6,815 community construction projects province wide, the premier said, adding these grants have leveraged an estimated \$651.7 million in infrastructure improvements in both rural and urban communities. Community Places has provided funding and planning assistance for 10,706 applicants from non-profit community organizations.

Grant applications under the 2013 Community Places Program are now being accepted until Dec. 15. To receive a grant application or for more information, contact the Community Places Program office in Winnipeg at 204-945-0502 or 1-800-894-3777 (toll-free), e-mail mcpp@gov.mb.ca

Congratulations!

The NACC Board and Staff would like to congratulate all newly elected and reelected Mayors and Councillors

Get the Shot, Not the Flu

What is the flu?

The flu is an infection caused by a virus. It can spread easily from one person to another through coughing, sneezing or sharing food or drinks. You can also get the flu by touching objects contaminated with flu virus and then touching your mouth, eyes or nose. Flu symptoms are usually more severe than a common cold. You may have fever, body aches, extreme tiredness and a dry cough.

Who should get the flu shot?

The annual seasonal flu shot is available to all Manitobans at no charge. It offers protection against three seasonal flu strains. Those at increased risk of serious illness from the flu, including the following individuals, should consider getting a flu vaccination as well as their caregivers and others who are in close contact with them:

- Seniors age 65 or older
- Residents of personal care homes or long-term care facilities
- Children age six months to five years
- Those with chronic illness
- Pregnant women
- Individuals of Aboriginal ancestry
- People who are severely overweight or obese
- Manitobans over the age of 65 should also get a pneumococcal shot at the same time as the seasonal flu shot. Most adults only need one pneumococcal shot in their lifetime.

Contact your Regional Health Authority for more information.

EAST SIDE RESIDENTS ENCOURAGED TO APPLY FOR JOBS AND TRAINING OPPORTUNITIES

With construction of the all-season road proceeding on the east side of Lake Winnipeg, the East Side Road Authority (ESRA) is encouraging local residents to register for work and training opportunities. ESRA is also looking for local heavy equipment that could be used for training or construction.

“The all-season road project provides an important opportunity to create jobs and training opportunities for local people while also stimulating the local economy,” said Ernie Gilroy, CEO of ESRA. “We look forward to working with local residents as the project proceeds.”

Work is well underway on a 156-kilometre stretch from Provincial Road 304, near Manigotagan, to Berens River. Already, a new bridge over the Wanipigow River and 12 kilometres of road construction, including improvements on the Rice River Road, have been completed. Construction continues on new bridges over Loon and Longbody Creeks, along with 12 more kilometres of all-season roadway near Bloodvein.

As this work proceeds, improvements are also being made to the winter road system farther north. This includes the installation of bridges at strategic locations, which will help extend the length of time local residents can use the winter roads. All of this work is happening with the participation of local east side residents.

ESRA is committed to ensuring that local residents participate in, and benefit from the project. To achieve this, ESRA is including local hiring requirements in construction tenders. The local hiring requirement is 30 per cent for road construction tenders and 20 per cent for bridge construction tenders. Residents from the communities of Aghaming, Loon Straits, Manigotagan, Princess Harbour, and Hollow Water, Bloodvein and Berens River First Nations are encouraged to register for work with ESRA because local residents living in the vicinity of the construction projects are given first hiring priority. As work proceeds to link other east side communities, residents from other communities will be provided opportunities for construction-related jobs and training. Already approximately 900 local residents have registered with ESRA.

“Contractors are and will continue to be looking for qualified workers to work on various road and bridge projects,” said Ernie Gilroy, CEO of ESRA. “By registering with ESRA, local residents can be considered for referral to contractors working on the project. We encourage east side residents interested in working in construction to register.”

ESRA is also working with local communities to provide construction-related training opportunities. As of September 30, 2012, 191 local residents had been provided training including Introduction to Construction, Skilled Labourer, Heavy Equipment Operator, and chainsaw and first aid training. As the project proceeds, more training opportunities will be provided.

ESRA is also developing an inventory of heavy equipment available in east side communities that could be used by ESRA or contractors working on the project. Equipment must be in good working condition. Anybody interested in renting their equipment to the project, is asked to register with ESRA.

For more information, please visit the ESRA website at www.eastsideroadauthority.mb.ca or contact ESRA at:

The East Side Road Authority
200-155 Carlton Street
Winnipeg, MB
R3C 3H8
Toll Free: 1-866-356-6355



Construction of Longbody Creek Bridge



Road Construction between km 48 and 55 on the Rice River Road
Construction of Wanipigow River Bridge Longbody Creek Bridge



Construction of Wanipigow River Bridge

Fire Safety and Prevention

Winter is the worst season for fires in Canada. 73% of fire fatalities are caused by residential fires. Here are some tips on how to prevent fires in your home, and how to be safe if one ever occurs.

Kitchen

- Avoid loose long sleeves when cooking.
- Check kettles and toasters for damaged electrical cords and thermostats.
- Keep a timer handy to remind you when the oven and burners should be switched off.
- If you take medication that causes drowsiness, do not use cooking appliances.
- Use a temperature-controlled electric skillet or deep-fryer for frying.
- Never leave your cooking unattended.
- Use appropriate cooking appliances and keep them clean.
- Keep a pot cover nearby to "put a lid on it" in the event of a fire.

Living Room

- Fireplace: always use a fire screen, ensuring it is the appropriate size for the fireplace opening.
- Do not overload electrical outlets or use extension cords in the place of additional outlets.
- Smokers should check furniture for fallen cigarettes or embers, which can smoulder undetected for hours before bursting into flames.
- Never leave cigarettes in an ashtray unattended.
- Keep matches, lighters and lit candles out of the reach of children.
- Never leave lit candles unattended.

Bedroom

- Install at least one smoke alarm outside each sleeping area. For improved safety, install a smoke alarm in every bedroom.
- Check electrical appliances regularly: electric blankets, heating pads, curling irons, radios, televisions, irons.

Basement and Attic

- Remove all combustible and flammable materials from the basement and attic.
- Store gasoline in well-ventilated areas.
- Do not store propane indoors.
- Use only approved containers to store and transport gasoline.
- Chimneys should be cleaned at least once a year.

Garage and Workshop

- Flammable materials – thinners, gasoline, paints, industrial cleaners – should be stored neatly in approved containers and away from possible ignitable sources.
- Do not smoke, or leave matches or lighters in the garage or workshop.
- Install and know how to properly use the appropriate fire extinguisher for the garage/workshop.
- Keep the area clean. Remove garbage, paper products, oily rags and wood shavings regularly.

- Heating appliances such as space heaters should not have anything combustible close by and need at least one metre (three feet) of space around them. Inspect the electrical cord attached. If it overheats, you have a fire hazard. Keep young children away from them.
- Electrical and heating systems can fail and become fire hazards. Ensure they are regularly checked by a professional, especially prior to the winter season when fireplaces, heaters, appliances and other electrical equipment are in maximum use.
- Smoking while in bed, tired or under the influence of alcohol or medication is the most common cause of fires that kill.
- Most chimney fires occur with wood-burning fireplaces. Ensure chimneys are cleaned and professionally inspected regularly. Burn only small quantities of wood at a time.
- Teach children that fire is not a toy; it is a tool we use to cook food and heat our homes.
- Educate your children about the dangers of fire and make sure they know that all fires, even small ones, can spread very quickly.
- Never use a flammable liquid near a flame or source of spark. Be aware of hidden sources like water heater pilot lights, electric motors or heaters. Never smoke while pouring or using flammable liquids.
- If even a small doubt exists about any appliance/equipment that you use, do not hesitate to contact a qualified technician. It may save your life, and the lives of your loved ones.

Remember to read the instructions on your fire extinguisher!

A fire extinguisher is a storage container for an agent like water or chemicals. It is designed to put out a small fire, not a large one. Extinguishers are labelled ABC or D. Ensure you use the right extinguisher for the appropriate type of fire.

- 1. Ordinary Combustibles** – Fires started with paper, wood, drapes and upholstery require a Class A type extinguisher.
- 2. Flammable and Combustible Liquids** – Fires originating from fuel oil, gasoline, paint, grease in a frying pan, solvents and other flammable liquids require a Class B type extinguisher.
- 3. Electrical Equipment** – Fires started with wiring, overheated fuse boxes, conductors, and other electrical sources require a Class C type extinguisher.
- 4. Metals** – Certain metals such as magnesium and sodium require a special dry powder Class D type extinguisher.

A multi-purpose dry chemical labelled ABC puts out most types of fires: wood, paper, cloth, flammable liquids and electrical fires. If you intend to buy more than one, you may want to purchase a BC for the kitchen, an A for the living room and an ABC for the basement and garage.

Make sure you have an Escape Plan in case of a fire, and that all member of your household know what it is!

Keep the phone number for your nearest fire department/ emergency services location posted somewhere that everyone can access it.

Winter Fun

Winter comes fast in Manitoba, so even though this is our Fall issue, we have decided to get a head start on ideas to keep your family busy and entertained this winter!

Here are a few Family friendly Winter activities you can try out:

- **Ice Candles**
Place an empty tin can in the center of a bucket of water. Place the bucket outside and allow it to freeze completely. Once it is frozen, carefully remove the ice from the bucket and tin can. Insert a candle where the can was, and you have an ice candle!
- **Snow Painting**
Go outside and let the kids build snow sculptures. Then paint them with spray bottles filled with water and a little food coloring.
- **Make a Rain Stick from Recyclables**
This is a great way to use those left over cardboard rolls from wrapping paper. Use corn, pistachio shells, sesame seeds, or rice to fill. Poke holes in the tube and insert nails or toothpicks to make a neat sound. Have lot of fun decorating/painting it.
- **Active winter lookout**
Create a scavenger hunt that has the kids identify and gather items that they can see from various parts of your yard, block or in the local park. For example: How many pine cones can you gather in five minutes? How many trees can you count? How many snow balls or snow angels can you make in one minute? How many dogs do you see in the park?
- **Snowball weigh-in; snowball melt-out**
On your winter walk around the block, playground or park have your kids create the biggest snowball they can. Back at home, weigh or measure their snowballs and record this information. You can then place each snowball in its own dish or bucket in various areas of the house (e.g. under the radiator, by the window or on the kitchen table) and monitor the time it takes for the snowballs to melt in each location and how much water each produces. Alternatively, a little food colouring can make for fun indoor or outdoor snowball art.

Group activities

If you have a group of several kids together, you can have them engaged in fun snow games -- great for winter birthday parties!

- **Snow pile:** Groups have five minutes to build the highest snow pile.
- **Spoon balls:** Each group is given a spoon and a snowball. One at a time, each child puts the snowball on the spoon and runs around a marker. To be particularly active, the group can continue taking turns for a specified amount of time instead of stopping after each child has gone once.
- **Dog sled race:** Kids can take turns being pulled by their “dog teams” around a marked course on a toboggan.
- **Fill it up:** Groups can fill a bucket full of snow using a scoop. See which team can fill the bucket the fastest or see which team has the most snow in their bucket after a certain period of time.
- **Heart energizer:** Set up a large square using some sort of marker for each corner (clothing, sticks). Each child or group of children can have a corner. Place pine cones, sticks, stones, tennis balls or some other object in the centre of the box. On the “go” signal each child runs to the centre to picking up one item at a time and returning it to their corner. Play as long as you wish and add up the objects in each corner at the end. To make this a cooperative game you can have all children gather the objects in one location and time them to see how fast they can do it together.

Fall Super Foods

Beets

We know, beets are not on most people's lists of top 5, 10, 20 or even 50 favourite foods—but they have some major health benefits that may give you a reason to eat them more often!

- 1) They have **ZERO trans-fats** and **ZERO saturated fats**.
- 2) Beets are a great way to help energize your body—they're rich in carbohydrates which turn to energy much easier than the carbohydrates in other foods!
- 3) Dietary fibre, sodium, potassium, calcium, phosphorus and magnesium are just a few of the minerals that are found in beets. Not to mention that they are also a good source of Vitamins A and C.
- 4) Beets have Folic Acid in them, this helps the proper growth of new cells—which is important for everyone, especially pregnant women!
- 5) Research has indicated that beets are helpful in preventing many kinds of cancer.
- 6) Beets cleanse the body—they act as a liver tonic and blood purifier.
- 7) They can make you happier—beets contain betaine, which is a substance used in some treatments for depression. The tryptophan in beets help relax your mind and create a sense of well being. Betaine also helps reduce inflammation in joints, bones and blood vessels.

Mushrooms

- 1) Mushrooms contain Vitamin D which we could all use a little extra of during the short days of Fall and Winter.
- 2) They boost your immune system! Mushrooms increase the production of antiviral and other proteins that are released by cells trying to repair and protect your body.
- 3) Even though they're not brightly coloured, mushrooms still have antioxidants!
- 4) They contain Vitamin B2 and Vitamin B3—which help boost your metabolism.
- 5) Mushrooms contain high levels of Selenium—which helps reduce the risk of bladder cancer
- 6) Mushrooms help reduce blood pressure and cholesterol—which reduces your risk of cardiovascular disease.
- 7) They reduce insulin resistance—which increases insulin sensitivity!
- 8) And to top it all off: They're low in sodium, calories and fat!

Executive Reports

Reg Meade—President



Hello Whispering Pines readers,

I would like to start off by congratulating the new and re appointed Mayors and Councilors in the NACC communities. The NACC Board of Directors and staff look forward to working with you in the near future.

My fall has consisted of meetings regarding local water treatment plants and housing. We participated in the last meeting with the stakeholders of the Thompson Economic Diversification Working Group and we have rejoined the Board of Directors for Broadband Communications North.

We have begun to have meetings to discuss the resolutions that were passed at the 42nd AGM and Tradeshow. We will be informing and updating the communities as we conduct these meetings, and look forward to your input. The NACC is celebrating the annual Christmas luncheon in the beginning of December and look forward to celebrating with the organization and government departments we work closely with.

I hope everyone has had a safe and warm fall, and we look forward to hearing from your communities.

Safe travels and best wishes,

Reg Meade
President



Helgi Einarsson
Eastern Chairperson

Hi once again. I would like to congratulate all the Board members that were elected at the NACC Conference. Our Eastern Region now consists of newly elected Eric Olson, Barb Marcyniuk, and myself.

I would also like to congratulate all those people who were nominated to run for council, and a big congratulations to all those who are in by acclamation.

On a community note, we are getting our dikes removed but with all the rain that we are having it is a very slow process at this time—we are only half done.

All resolutions from the AGM have been forwarded to the appropriate ministers.

I would like to wish everyone a thoughtful Remembrance Day, and a Merry Christmas and Happy New Year.



Glen Flett
Northern Chairperson

It was nice to see all of the Council Members and friends at this past AGM. I hope you all had a good summer and made the most of the beautiful weather.

I would like to congratulate the newly elected Councilors and Mayors, and wish them success in their terms.

The resolutions brought to the 42nd AGM have been forwarded to the Ministers and appropriate departments, and NACC will be following up on those.

NACC has a good group of staff within the office

Have a good and safe Holiday Season and a great New Year!



Anne Lacquette
Western Chairperson

Winter is approaching and I hope everyone had an enjoyable summer.

Elections for Councils took place last month. I would like to thank all outgoing Council members for their service to their communities. People like you work to improve the lives of all residents.

I would like to congratulate Larry and Harold on their reelections to the NACC Board of Directors. I would also like to add that the NACC AGM was another successful event. Thanks to all the NACC staff for their hard work. It is much appreciated.

Congratulations to all of the leaders in the NACC communities.

Borscht (Beet Soup)

With this issue highlighting Beets as a super food, we've chosen to include a simple and delicious way to incorporate them into your family meals! Even those who don't like beets may find themselves in love with this savoury and delicious soup!

Ingredients

- 1 tablespoon butter or olive oil
- 2 large white/yellow onions, chopped
- 3 (14.5-ounce) cans chicken stock
- 5 garlic cloves, smashed (or three heaping spoons of pre-chopped garlic)
- 2-3 cans beets, sliced and undrained (or you can roast your own for more flavor, 2-3 large beets: see instructions at the end)
- 4 medium potatoes, chopped
- 1 medium head of green cabbage, chopped
- salt and pepper, to taste (I like the combination of 1 teaspoon salt and 1 teaspoon pepper)
- mayonnaise or sour cream, to garnish



Directions

1. Heat your favorite soup pot over medium high heat and add butter/oil. Once the butter/oil is heated through, add chopped onions. Sauté until translucent, about 5 minutes.
2. Add chicken stock, garlic, beets, and potatoes. Bring to a boil. Cook until potatoes are fork tender, about 10 minutes.
3. Add cabbage, cook until cabbage is slightly tender, and remove from heat, about 3 minutes. Season with salt and pepper to taste.
4. Serve with a dollop of either mayonnaise or sour cream as a garnish, and stir in before tasting (optional, but wonderful).

Roasting Beets:

1. Preheat oven to 375 degrees F. Remove the top greens from the beets as well as the bottom tap root. Scrub outside of beets thoroughly. Stab each beet with a fork twice on each side.
2. Place each beet on a piece of foil large enough to wrap it. Drizzle a bit of olive oil on each beet and sprinkle desired amount of garlic powder, salt and pepper. Wrap each beets in its foil and place in an oven safe dish. Cook for 30-45 minutes or until fork tender.
3. For this soup, let cool, peel, and slice the beets.

**Do You Have a Recipe You Would Like to see
Featured in the Next Issue of the Whispering
Pines?**

Send it to the NACC office via Fax or Email and keep
your eyes peeled for the next issue!

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