

**The Northern  
Association of  
Community  
Councils Inc.**

# *Whispering Pines*

## *Winter*

**2014**

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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.



### Aboriginal & Northern Affairs Regional Meeting

Please note that the Aboriginal & Northern Affairs Northern Regional Meeting will be held February 11-13th, 2014 at the MA-MOW-WE-TAK FRIENDSHIP CENTRE in Thompson, Manitoba.

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# Matheson Island Fishing Derby

Saturday, February 22nd, 2014

Time: 1-4 pm

## Prizes : Category One (no age limit)

*1<sup>st</sup> Heaviest Fish 25% payout of entries*

*2<sup>nd</sup> Heaviest Fish 15% payout of entries*

*3<sup>rd</sup> Heaviest Fish 10% payout of entries*

*4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> Heaviest fish prizes T.B.A. at Derby*

*Lightest Fish \$50.00*

## Prizes: Category Two (Age 12 & under only)

*1<sup>st</sup> Heaviest Fish 25% payout of entries*

*2<sup>nd</sup> Heaviest Fish 15% payout of entries*

*3<sup>rd</sup> Heaviest Fish 10% payout of entries*

Species: Any type, must be alive at weigh in!

## Registration Fee:

*Category One: \$50.00    Category Two (Age 12 & under): \$20.00*

*Those that purchase their Category One tickets on or by Feb. 13th are entered to win the Early Bird Draw prize of \$500 cash, which will be awarded Friday Feb 21st at the Community Hall at 8:00 pm.*

For Tickets Contact: Matheson Island Council Office  
True Value, Gimli  
D&T Shop Easy, Riverton  
Pro Am Tackle, Unit C-1094 Nairn Ave, Wpg

## **National leadership program seeks outstanding young leaders**

**Action Canada** is seeking nominations of emerging Canadian leaders for their 2014/15 fellowship year. Each year, Action Canada selects up to 20 outstanding young Canadians to participate in an 11-month leadership development program that enhances Fellows' leadership skills, broadening their understanding of Canada and its policy choices, and builds an exceptional network of leaders. The program revolves around five intensive, five-to-seven-day working conferences (scheduled around weekends) held across Canada.

The deadline for nominations is February 14, 2014.

Please visit [www.actionCanada.ca](http://www.actionCanada.ca) for more information.

## **MANITOBA GOVERNMENT TO FULLY UPGRADE PTH 6, PROVINCE'S STRATEGIC NORTHERN TRADE ROUTE**

### **Plan will Provide Safer Rides, Stronger Economic Growth from South to North: Premier Selinger**

A five-year, \$225-million highway upgrade plan that includes complete asphalt paving to new wider national highway standards, bridge replacements, intersection improvements, curve realignments, and design work for new passing lanes will make PTH 6 safer and faster for trade between Winnipeg and Thompson and increase tourism opportunities in the Interlake, Premier Greg Selinger and Infrastructure and Transportation Minister Steve Ashton announced today. They also announced plans to surface all of PR 373 and PR 374, which will be future access points to the east side road network.

“We are rebuilding PTH 75, our main trade route to the United States, Winnipeg’s Perimeter Highway, PTH 10 in Westman and we have opened CentrePort Canada Way, all to strengthen important trade routes for Manitoba business,” said Premier Selinger. “Upgrading PTH 6 to national highway standards is the next step to improve our strategic trade routes for people and goods from Winnipeg through the Interlake and to the north.”

The premier said the five-year plan for strategic northern roads is expected to cost nearly \$225 million and create the equivalent of one year of employment for more than 2,500 people.

“Our government is committed to investing in our roads, bridges and other infrastructure throughout Manitoba to improve the overall safety of travellers while creating jobs,” said Minister Ashton. “These projects are part of a five-year plan for building Manitoba’s core infrastructure including roads and bridges, flood protection and municipal infrastructure like sewer and water systems that would not have been possible without the new revenue from the one-cent-on-the-dollar sales tax increase.”

The minister said planned upgrades to the southern section of PTH 6 are expected to total \$125 million and include:

- paving 28.4 kilometres of asphalt from Grosse Isle

- improving intersections at the Ashern Auction Mart Road;
  - paving 22.7 km of asphalt from PR 248 to PR 415 (St. Laurent);
  - paving 30.2 km of asphalt from PR 419 to north junction PTH 68;
  - paving 16 km of asphalt from north junction of PTH 68 to Camper Drain;
  - paving 16.1 km of asphalt from Camper Drain to north junction of PR 325;
  - paving 11 km of asphalt from north junction of PR 325 to 1.6 km south of PR 237;
  - paving 19.5 km of asphalt from 1.6 km south of PR 237 to PR 239; and
- building a new structure at Homebrook Drain (St. Martin Junction).

“Our members have told us that safety is their biggest concern on Hwy 6 and I am pleased the Manitoba government is listening and taking actions,” said Mike Mager, president and CEO, Canadian Automobile Association of Manitoba. “The addition of passing lanes and the reduction of curves from Winnipeg to Thompson will make the ride north a lot safer and smoother for Manitoba drivers.”

The minister also said planned upgrades to the northern section of PTH 6 are expected to total \$63 million and include:

- paving 31 km of asphalt from Devils Lake to 31 km north of Devils Lake;
  - paving 10.5 km of asphalt from 49 km north of Devils Lake to 59.5 km north of Devils Lake;
  - paving 28.4 km of asphalt from the Wabowden access to Sasagiu Rapids;
  - paving 25 km of asphalt from Sasagiu Rapids to 25 km north of Sasagiu Rapids;
  - providing 25 km of grade, base material and asphalt pavement from 25 km north of Sasagiu Rapids to PR 375;
  - constructing a new bridge at Two Rivers Diversion; and
- constructing a new bridge at North Morrison Creek. Premier Selinger said the complete grading and surfacing of provincial roads 373 and 374 over the next five years are expected to cost \$37.5-million.

“In addition to improving trade and travel for Cross Lake and Norway House families and businesses, upgrading PR 373 and PR 374 will eventually connect to the east side road network, an unprecedented investment that is creating jobs and training opportunities for Manitobans that until now have only had winter roads,” he said. “These upgrades are an important step toward connecting east side communities to the rest of the province, bringing down the cost of living and improving access to services for east side families.”

The northern highway investments announced today are in addition to recently announced upgrades to roads and bridges in the Flin Flon region that include:

- phasing in improvements over several years to a 21-km stretch of PTH 10 between Bakers Narrows and Flin Flon, starting in the 2014 construction season;
- grading and paving a 16-km stretch of PTH 39 from six km west of PR 596 to 10 km east of PR 596;
- replacing a bridge at Big Island Lake along PTH 10 south of Flin Flon;
- resurfacing over 27 km of PTH 10 from Cranberry Portage to Bakers Narrows; and

preserving pavement with a sealcoat treatment on a 35-km section of PTH 391 from Suwanee River to the Turnbull Lake access.

Motorists are reminded to slow down and use caution approaching and in construction zones, for their own safety and the safety of workers. The latest information on lane closures and road conditions is

## **LEGISLATIVE CHANGES SUPPORT COMMUNITY SAFETY OFFICER PROGRAMS ACROSS THE PROVINCE**

Municipalities will soon be able to establish community safety officer programs to support the work of law enforcement and build positive community relationships, Justice Minister Andrew Swan announced today as he introduced necessary amendments to The Police Services Act.

“These changes give municipalities a new resource and another avenue to address public safety concerns through a very visible community safety officer program,” said Minister Swan. “There are a number of local governments interested in pursuing this type of service and we will begin by working with the City of Thompson and the RCMP to make this program a reality.”

All community safety officers would be municipal employees. While not involved in criminal matters, they will work with local law enforcement to:

- implement crime prevention strategies and initiatives;
- enforce some provincial laws;
- connect social service providers with people in need; and
- maintain a visible presence in the community.

“Working with our partners to address the underlying issues giving rise to crime is a key goal of the RCMP,” said Assistant Commissioner Kevin Brosseau, Commanding Officer of RCMP “D” Division. “Pursuing community safety officer programs across the province will go a long way to achieving this goal and keeping the public safe.”

Consistent with training standards for similar programs across the country, community safety officers will be required to complete both academy and field training, with a focus on crime prevention and public safety. Thompson is the first local government actively working towards creating a community safety officer program, once the necessary legislation is in place.

“We look forward to adding community safety officers in our city, to be a noticeable presence on the streets,” said Thompson Mayor Tim Johnston. “Working with our partners to establish this program will make a real difference for residents and visitors to Thompson through crime prevention and relationship-building.”

*Information from: [news.gov.mb.ca/news](http://news.gov.mb.ca/news)*

# NACC Office Report

We hope that everyone enjoyed their holidays and has had a good start to the New Year.

There have been a few staff changes within the office recently. Shara Werestiuk—our Northern Healthy Foods Initiative Project Coordinator, Term—will be staying with NACC permanently; she is very excited to meet with the communities again for the upcoming Spring visits. Kaeleen Normandeau, Executive Assistant, began maternity leave early in the New Year; and we would like to welcome Miranda Crowe, NACC's new Administrative Assistant (term).

We have been hard at work with the resolutions brought to the 43rd AGM, and are continuing to follow up on them. If you have any further concerns, please do not hesitate to contact the office.

This will be the last issue of the Whispering Pines that we will publish. We hope that it has served well as an informational resource for communities and residents within northern Manitoba.

## Maple Syrup

Maple syrup is a natural sweetener that is high in anti-oxidants. Some of the same beneficial anti-oxidants that are found in berries, tomatoes, tea, whole wheat, and flax seeds. In addition, maple syrup has high levels of zinc and manganese, keeping the heart healthy and boosting your immune system!

Maple syrup can be used as a substitute for sugar. It is 100% natural, pure, and free of any colouring or additives. It tastes great in baking AND cooking!

How to harvest your own maple sap for syrup:

Supplies: Drill, 7/16 drill bit with 3/8 shank (depending on the size of the spile), stainless steel spile (tap), bucket, lid, cheese cloth, pliers, sap processing equipment (storage, pots, bottles)

Step 1: Select a healthy maple tree at least 12" in diameter.

Step 2: When daytime temps reach +5c and nights are around -5c you can tap the maple trees. Drill a hole about 3 feet from the ground and about 2 inches into the trunk on an upward slant. Make sure the hole is on the side of the tree with the most sun exposure.

Step 3: Clean the wood shavings out of the hole and put the spile in with the hook facing out. Gently use a hammer to tap the spile into the tree. You should not be able to pull it out by hand. Hang the bucket on the spile. Cover the bucket to keep water out. Collect the syrup every day and boil it down or keep it in cold storage until processing.

Step 4: Prepare the evaporator (outdoor fire as boiling the sap creates a large amount of steam). Make sure you have plenty of fuel and shallow pans. Don't fill the container to the rim or it will boil over. Keep the sap at least 1.5" deep in the pan by adding more sap as it boils down to avoid burning.

Step 5: Using a candy thermometer, measure the temperature of the sap as it begins to boil. The sap is done when it reaches 7.1 degrees above the boil point. Watch carefully as it burns easily.

Step 6: Filter the syrup using clean filter materials to remove any sediment. Pour the syrup into sterilized canning jars and seal. Make sure the syrup is at least 180 degrees F when poured into the canning jars. 10 gallons of sap will produce 1 quart of syrup. Remember to remove the spile at the end of the season (when the trees begin to bud).

# Executive Reports

## Reg Meade—President



Hello Whispering Pines readers,

On behalf of the NACC Board of Directors and Staff, we hope you and your family had the best of holidays and health while bringing in 2014.

We are sad to announce that this will be the last issue of the Whispering Pines – as of March 2014, we will no longer have the funding required to produce the quarterly newsletter. As this will lessen our means of communication with the residents and local officials of the communities, please be sure to refer to the first page of this issue for the contact information of the NACC Office and Board of Directors.

It was a quiet holiday season, and January has come on full force with back to back meetings. We feel it will be a very successful year for NACC and our communities, while we begin to plan the 44<sup>th</sup> AGM and Tradeshow. We hope to see everyone there.

We look forward to more successful projects this year such as the BeeKeeping Project, thru the NACC Northern Healthy Foods Initiative. Shara Werestiuk is our new permanent NHFI Project Coordinator, we extend best wishes to Vanessa Lozecznic as she leaves NACC to pursue adventures in Saskatchewan. On behalf of NACC and the Board of Directors, we wish our Administrative Staff Kaeleen



**Helgi Einarsson**  
**Eastern Chairperson**

I hope everyone had a Merry Christmas and a Happy New Year.

This deep freeze we are experiencing is hard on our vehicles, water systems, and on the people who must endure it. Please stay warm and use common sense when out in the cold. Remember that spring is only a few months away.

Not much has been happening in the region with all the holiday time, so we are looking forward to a productive spring.

A good activity to do in this cold spell is to sit down and make your seed list and planting needs for your gardens. I'm sure Shara will appreciate them.

The Matheson Island Fishing Derby is coming up soon, I hope that many of you will be able to attend.



**Glen Flett**  
**Northern Chairperson**

Hello again,  
I hope everyone had a happy holiday season.

I look forward to seeing everyone at the upcoming regionals in Thompson, from February 11-13.

We are sorry that this is the last issue of the Whispering Pines, it is a valuable tool to communicate with communities and residents but unfortunately due to the lack of funding, this will be our last issue.

We look forward to the 44<sup>th</sup> AGM and Tradeshow, which is on August 19-21, 2014. Please submit any ideas or suggestions for presentations to the NACC office.

I wish everyone health and happiness as we move into 2014, and please feel free to contact me directly with any concerns.

Thank you



**Anne Lacquette**  
**Western Chairperson**

I hope everyone had enjoyable and safe Holidays.

Councils have been receiving responses regarding the resolutions presented at the AGM in August. As we get replies from the various government departments, these will be forwarded to the respective Councils.

Any issues that arise within our region that need NACC's assistance need to be brought to our attention in writing so that we can respond. Without written notification we are limited on the amount of assistance that we can provide.

# Orange-Maple Sweet Potatoes

## Ingredients

1 kg sweet potatoes, peeled and thickly sliced  
6 cloves garlic, peeled and thinly sliced  
1/2 teaspoon pepper  
4 teaspoons extra virgin olive oil  
4 tablespoons maple syrup  
2 teaspoons grated orange rind

## Directions

Preheat the oven to 450°F (230°C). Place the sweet potatoes and garlic in a medium saucepan. Add enough water to just cover the potatoes. Bring to a boil over medium heat and cook until the potatoes are tender, about 20 minutes.

Drain and transfer the sweet potatoes and garlic to a medium bowl. Add pepper and 2 teaspoons oil. With a potato masher, mash the sweet potatoes and garlic until not quite smooth, with some texture remaining.

Transfer to a 28 x 18 cm (11 x 7 in.) baking dish. Combine the remaining 2 teaspoons oil, maple syrup and orange rind in a small saucepan and bring to a boil over low heat. Drizzle the mixture over the potatoes. Bake for 25 minutes or until the top is lightly browned. Serve. Orange-maple sweet potatoes can be cooked ahead and refrigerated. Reheat, covered, in a 265°F (130°C) oven.

## Five Facts About Sweet Potatoes

1. Sweet Potatoes are high in vitamins A and C, and are a good source of fiber.
2. 1/2 cup of Sweet Potatoes provides 1 serving of vegetables
3. Sweet potatoes have a low glycemic index - The glycemic index indicates the impact a food substance has on blood sugar levels. A high glycemic index means blood sugar levels can spike. diabetes and others who monitor their blood sugar levels seek to avoid foods with a high glycemic index or load. Sweet potatoes have a glycemic index of only 17, in comparison to a white potato, which has an index of 29.
4. Sweet potatoes contain iron. Most people are aware that we need the mineral iron to have adequate energy, but iron plays other important roles in our body, including red and white blood cell production, resistance to stress, proper im-mune functioning, and the metabolizing of protein, among other things



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.

The Whispering Pines has been serving as an information tool for northern communities since the early 1970's. Due to lack of funding, this will be our last issue of the Whispering Pines. It's been a pleasure serving the communities with our quarterly newsletter.

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

Thank you for the continued support!  
Please continue to keep in touch.

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