

Whispering Pines

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

Spring 2013

Inside this Issue

- 43rd AGM & Tradeshow
- Growing food from Kitchen Scraps
- Recent news
- Office and Board of Directors Reports

INSIDE THIS ISSUE:

NACC 43rd AGM & Tradeshow	3
Growing Food from Kitchen Scraps & Seasonal Super foods	4-5
Recent News and Grant Opportunities	6-7
Family Section	8-9
Office Report	10
Executive Reports	11

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.



NACC BOARD OF DIRECTORS:

PRESIDENT:

REG MEADE (204) 689-2165

EASTERN CHAIRPERSON:

HELGI EINARSSON (204) 659-4573

CELL: (204) 768-6060

EMAIL: HEINARSSON@TPI.CA

NORTHERN CHAIRPERSON:

GLEN FLETT (204) 359-6932

CELL (204) 679-0797

WESTERN CHAIRPERSON:

ANNE LACQUETTE (204) 628-3275

EASTERN VICE CHAIRPERSON:

ERIC OLSON (204) 659-2423

EOLSON@TCMSNET.COM

NORTHERN VICE CHAIRPERSON:

FRANCES MCIVOR (204) 689-2165

WESTERN VICE CHAIRPERSON:

LARRY CHARTRAND (204) 628-3356

EASTERN SEC/TREASURER:

BARBARA MARCYNIUK (204) 645-2327

CELL (204)770-5146

EMAIL: BJDALLAS@MYMTS.NET

NORTHERN SEC/TREASURER:

FREDA PARENTEAU (204) 357-2136

CELL: (204)357-2145

EMAIL: FPARENTEAU01@HOTMAIL.CA

WESTERN SEC/TREASURER:

HAROLD FLEMING (204) 732-2675

43rd AGM & Tradeshow

"Strong Communities, Stronger Future"



August 13th—15th, 2013
Canad Inns, Polo Park

1405 St. Matthews Avenue
Winnipeg, Manitoba

NACC—in partnership with Aboriginal and Northern Affairs—has begun to plan it's 43rd AGM & Tradeshow!

We are seeking:

Tradeshow Exhibitors
Sponsorship/Donations

If you are interested in learning more about any of these topics, please contact the NACC office for more information!

NACC would like to thank the Sponsors and Donors of the 42nd AGM once again for contributing to another successful year!



Aboriginal Business Service

Network

Peace Hills Trust

Interlake Regional Health

Authority

Manitoba Health & Healthy Living

Aboriginal Business Education

Program

Prairie Theatre Exchange

Tourism Winnipeg

Manitoba Museum

MTS AllStreams

Manitoba Hydro

Manitoba Public Insurance

Community of Mallard

Community of Waterhen

Community of Dauphin River

Community Economic

Development Fund (Thompson)

Treaty Relations Commission of
Manitoba

Community and Aboriginal

Policing

Asper School of Business

Manitoba *inMotion*

Use Your Scraps to Grow Your Own Vegetables

Did you know that there are a variety of foods that you can regrow using the scraps leftover from what you used for your dinner?

There's nothing like eating your own home grown veggies, and it's fun and easy to regrow from kitchen scraps!

Here are just a few of the plants that you can regrow using your kitchen scraps!

Leeks and Green Onions:

All you need is a container of your choice (but make sure it's food safe! Drinking glasses and yogurt containers work well), some water and sunlight!



Simply place the white root part into the container with enough water to cover the root (leave the top uncovered) and watch as the green shoots regrow. Make sure that you keep them watered.

Once the shoots have regrown and you have used them—just reuse the white root part again!

Onions

Onions are one of the easiest vegetables to regrow. Just cut off the root end of your onion, leaving a ½ inch of onion on the roots. Place it in a sunny position in your garden and cover the top with soil. Ensure the soil is kept moist. Onions prefer a warm sunny environment, so if you live in a colder climate, keep them in pots and move them indoors during frostier months.

As you use your home-grown onions, keep re-planting the root ends you cut off, and you'll never need to buy onions again.



Garlic

You can re-grow a plant from just a single clove – just plant it, root-end down, in a warm position with plenty of direct sunlight. The garlic will root itself and produce new shoots. Once established, cut back the shoots and the plant will put all its energy into producing a tasty big garlic bulb. And like ginger, you can repeat the process with your new bulb.

Mushrooms

Mushrooms can be regrown from cuttings, but they're one of the more difficult veggies to re-grow. They enjoy warm humidity and nutrient-rich soil, but have to compete with other fungus for survival in that environment. Although it is not their preferred climate, cooler environments give mushrooms a better chance of winning the race against other fungi.

Prepare a mix of soil and compost in a pot (not in the ground) so your re-growth is portable and you can control the temperature of your mushroom. Many people find the most success with a warm filtered light during the day and a cool temperature at night. Just remove the head of the mushroom and plant the stalk in the soil, leaving just the top exposed. In the right conditions, the base will grow a whole new head. (In my experience, you'll know fairly quickly if your mushroom has taken to the soil as it will either start to grow or start to rot in the first few days).

Celery, Romaine Lettuce and Cabbage:

Similar to leeks and green onions, these vegetables will regrow from the white root end. Cut the stalks off as you normally would, and place the white root end in a shallow bowl of water—enough to cover the roots, but not the top. Place them in front of a sunny window and wait a few days—occasionally mist them with water to keep the top part moist.

After a few days you should begin to see roots and new leaves appearing. Wait about a week, and then transplant the root into soil with just the leaves above the soil. The plant will continue to grow, and within a few weeks you will have a whole new head or stalk of the vegetable!



Seasonal Super Foods

Wild Rice

Despite its name, wild rice is not rice—it is the seed of an aquatic grass native to the Great Lakes area, and the hybrid version is found in Ontario, Manitoba, Saskatchewan, California and Idaho.

So why is wild rice good for you?

A 1-Cup serving of wild rice contains:

- 165 calories
- 21% of the daily Folate value
- 17% of the daily Manganese value
- 15% of the daily value for Zinc
- 13% of the daily value for Magnesium
- 11% of the daily value for Phosphorus, and Niacin
- 7% of the daily value for Iron
- 6.5g of Protein
- 0.55g of fat
- 3g of Fiber

Wild rice has more Protein, Fibre, Iron and Copper but less fat, Zinc, Manganese and Calcium than brown rice.

- High in B-Vitamins Niacin, Riboflavin and Thiamine
- Also high in Potassium and Phosphorus.

Wild rice is considered a “complete protein” as it contains all the essential amino acids (though it is slightly low on lysine).

Wild rice is a delicious and easy way to add some variety to your meals while still keeping important vitamins and minerals!



Spinach

When it comes to super foods, spinach is definitely a star. Packed with vitamins, minerals and antioxidant rich, spinach packs a powerful nutritional punch.



So why is spinach good for you?

A 1-Cup serving of Spinach contains:

- 7 calories
- 181% of the daily value for Vitamin K!
- 56% of the daily value for Vitamin A
- 15% of the daily value for Folate
- 14% of the daily value for Vitamin C
- 5% of the daily value for Iron
- 3% of the daily value for Calcium
- 1g of Fiber
- 0g of fat (that’s right, Zero!)

Spinach is low in fat and cholesterol. It is also a good source of niacin and zinc, and a great source of fiber, protein, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Thiamin, Riboflavin, Vitamin B6, Folate, Calcium, Iron, Magnesium, Phosphorous, Potassium, Copper and Manganese!

Keep in mind that spinach does have a higher amount of sodium than many other vegetables, so don’t ingest too much!

- Spinach is loaded with *flavonoids* which act as antioxidants.
- Thanks to the high amounts of vitamins A and C, and the antioxidant properties spinach is considered a “Heart Healthy” food.
- Spinach contains **anti-inflammatory** properties and has been reported to ease arthritis and other pain caused by inflammation.
- Spinach contains lutein - a vitamin which can help prevent against eye diseases such as age related cataracts and macular degeneration.

And just to make things that much better—spinach is extremely versatile! Not only can it be eaten raw or lightly cooked (cooking spinach will actually release MORE of its antioxidant properties!), it can also be added to green smoothies, soups or many other dishes!

BUDGET 2013: BETTER, AFFORDABLE RENTAL HOUSING OPTIONS FOR FAMILIES: IRVIN-ROSS

More Units, New Incentives to be Provides for Private-sector Rental Housing Construction

Manitobans will have better access to good housing with the creation of a new tax credit to support private-sector rental housing construction and new investments by the provincial government to build 1,000 new rental housing units, Housing and Community Development Minister Kerri Irvin-Ross announced today.

"Every Manitoban should have access to a good, affordable home to build a life for their family, which is all that much more important with so much uncertainty in the economy," Irvin-Ross said. "That's why we're taking new steps to give more families access to better housing and it's why we're providing new incentives to private-sector developers to help build even more options for Manitobans."

Budget 2013 includes a plan to build 1,000 new rental housing units over the next three years including 500 affordable housing units and 500 social housing units, Irvin-Ross said. These new units will add to the Manitoba government's HOMEWorks! program already underway to develop 3,000 new affordable and social housing units by 2014.

To encourage the construction of more apartments in the private sector, Budget 2013 also creates a new Residential Rental Housing Investment Tax Credit, which will provide an eight per cent credit on construction costs for private developers to build new rental housing with affordable units.

"With more people than ever before calling Manitoba home, there is a clear need for more rental housing, and this new rental housing tax credit will help encourage more developers to build better housing options for families in Winnipeg and across the province," said Mel Boisvert of the Government Relations Committee of the Winnipeg Realtors Association.

Over the next three years, the Manitoba government will also invest \$100 million annually to restore and redevelop housing units in its portfolio, the minister said. An additional \$34 million will be dedicated annually to repair existing stock and provide quality home environments for tenants, she added.

These investments to build more affordable housing are in addition to increased benefits for employment income assistance recipients and other low-income Manitobans announced in Budget 2013 through an annual increase of \$6.3 million in RentAid shelter benefits.

Better housing is a part of the Manitoba Building and Renewal Plan, which will also help build the province's critical infrastructure priorities including flood protection, roads, schools and health centres, Irvin-Ross said.

"Our government is building Manitoba, by investing in critical infrastructure to ensure families have the housing, schools, hospitals and roads they need, and are protected against the threat of more frequent flooding. In the face of a continued uncertain global economic outlook, our government is offering the certainty of investing in infrastructure to help Manitoba's economy continue to grow."

HOMEWorks! is Manitoba's long-term housing strategy. Under this strategy, the province, through Manitoba Housing, continues to make significant investments in social and affordable housing, said Irvin-Ross.

OSCAR LATHLIN'S LIFELONG COMMITMENT TO EDUCATION HONOURED WITH OPENING OF NEW LIBRARY IN THE PAS

UCN Research Library Expands Opportunities to Northern Students: Ashton

The late Oscar Lathlin, who overcame many challenges to become chief of the Opaskwayak Cree Nation (OCN) and a cabinet minister in the Government of Manitoba, is being honoured today with the opening of a library that bears his name, Infrastructure and Transportation Minister Steve Ashton announced today.

"Oscar dedicated himself to expanding educational opportunities for young people, so it's entirely appropriate that this new library is now part of his legacy," Ashton said. "He encouraged young people to do everything they could to further themselves and be competitive. The Oscar Lathlin Library will honour that commitment and give northern students an important tool to do just that."

The 16,400-square-foot research library includes a campus commons area for students, computer workstations, study areas and rooms for private meetings. It serves the two main campuses and 12 regional centres across the north.

The library is part of a major expansion of the University College of the North campus at The Pas, supported with a \$15 million investment by the province. It was also done with the help of generous donations from members of the community including Evans Premachuk, Opaskwayak Cree Nation and the family of Oscar Lathlin, said Ashton.

The expansion includes:

- a new 6,500-sq.-ft. child-care facility to accommodate up to 76 children,
- an Aboriginal centre offering culturally appropriate assistance, and
- centralized administrative offices.

"Oscar Lathlin was a great leader and a man dedicated to his community," said Advanced Education and Literacy Minister Erin Selby. "Oscar worked tirelessly for the north and became a voice for the north in the legislature, and this library will be a fitting tribute to his memory."

Lathlin was born May 20, 1947, and died Nov. 1, 2008. He was elected chief of OCN in 1985. In 1990, he was elected to the legislative assembly of Manitoba and following the 1999 election became a minister in the provincial cabinet.

Lathlin lost his father when he was eight and shouldered the responsibility as the principal breadwinner for his mother, brothers and sisters when he was 15, Ashton said, adding he had the ability to laugh in the face of adversity and was not afraid of challenges.

"Oscar was a true champion of the north. He was a quiet man, but when he spoke, people listened," said Aboriginal and Northern Affairs Minister Eric Robinson. "He worked tirelessly to provide more opportunities for northern families and he never lost his sense of humour, forging strong relationships with his constituents, family, friends and colleagues. I can think of no more fitting tribute than this library that will stand for generations as a symbol of what Oscar stood for."

Manitoba Hydro's Neighbors Helping Neighbors Expands to Northern Manitoba

The Salvation Army, with support from Manitoba Hydro, has expanded its Neighbours Helping Neighbours program to reach out to all residents of Manitoba.

This energy assistance program provides low income individuals, families and seniors who are unable to pay their energy bill due to personal hardship or crisis with:

- referrals to community support services, counseling and job training;
- one-time emergency funding to assist with energy bills.

Neighbours Helping Neighbours relies on private and corporate donations to fund its services. Manitoba Hydro matches all program donations dollar for dollar.

Who is Eligible for Assistance?

You or someone you know may be eligible for assistance if:

- you are not currently receiving social assistance;
- you have a final or Shut off/Disconnection Notice;
- you are experiencing problems that are beyond your control. For example:
 - ⇒ lower income individuals, families or seniors who are experiencing temporary hardship, crisis, or emergency situations (such as job loss, illness, medical expense, separation, death, funeral expenses or a major household repair bill).
- you have not received assistance from this program in the last year; and
- you are willing to meet with The Salvation Army to fill out an application form and provide proof of income for all household members for the current year.

Individuals wishing to receive assistance must make an appointment with The Salvation Army, Neighbours Helping Neighbours Program Director in:

- Winnipeg 204-949-2106
- Portage la Prairie 204-239-7213
- Brandon 204-727-6271
- Dauphin 204-638-3764
- Flin Flon 204-687-7812
- Thompson 204-677-3658

Aboriginal Cultural Initiatives Program

The Aboriginal Cultures Initiatives Program 2013-14 is now accepting proposals for both the Powwows Traditional Dance and Aboriginal Arts Education. The Aboriginal Cultural Initiatives Program is designed to assist Aboriginal communities and groups with accessing traditional and contemporary Aboriginal arts and artists.

The deadline for proposals is a minimum of 8 weeks prior to the start of your program.

For further information on the process or for application guidelines and forms, please contact the NACC office directly.

Husky Aboriginal Education Awards

Husky believes that education is paramount in developing and sustaining a successful community.

Husky awards bursaries to six new recipients each year. The bursaries are as follows:

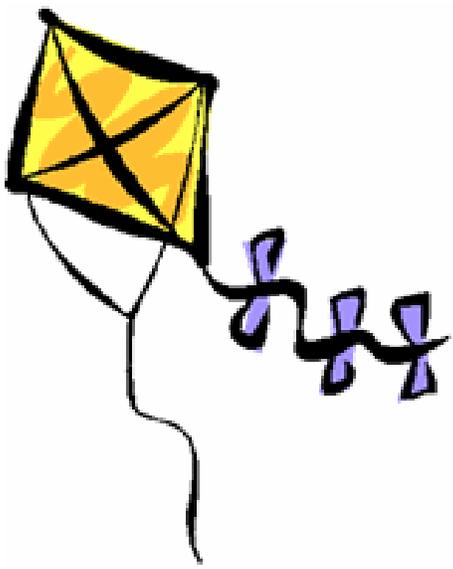
Number of Bursaries	Institution	Award per School Year
3	University (maximum four years of funding)	\$3,000
2	Community/Technical College (maximum two years of fund-	\$2,500
1	Secondary School (maximum one year of funding)	\$1,000

The bursaries are awarded to each recipient during the last week of August. Once selected, each recipient receives a bursary each year until his or her program of study is completed, provided that the criteria for Educational Awards Program is met (i.e., one year for a secondary diploma, two years for a college/technical school diploma or four years for a university degree).

For further information or for application guidelines and materials, please contact the NACC office or go to :

www.HuskyEnergy.com/socialresponsibility

HOW TO MAKE A DIAMOND KITE

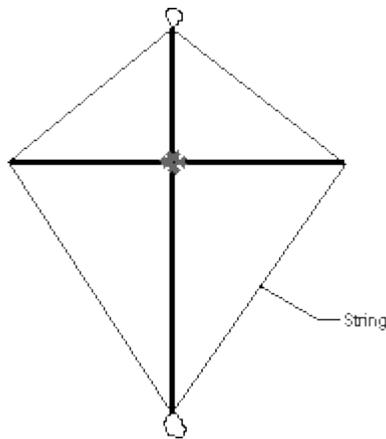


Materials:

- butcher cord or thin garden twine
- scotch tape or glue
- 1 sheet of strong paper (102cm x 102cm)
- 2 strong, straight wooden sticks of bamboo or wooden doweling 90cm and 102cm
- markers, paint or crayons to decorate you kite.

1. Make a cross with the two sticks, with the shorter stick placed horizontally across the longer stick. Make sure that both sides of the cross piece is equal in width.

2. Tie the two sticks together with the string in such a way as to make sure that they are at right angles to each other. A good way to ensure that the joint is strong to put a dab of glue to stick it in place.



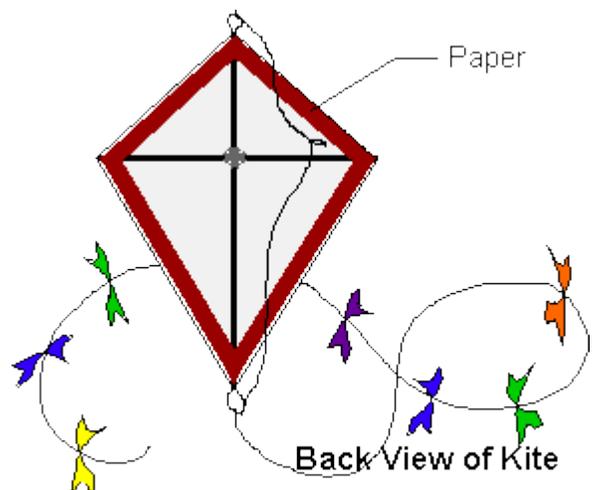
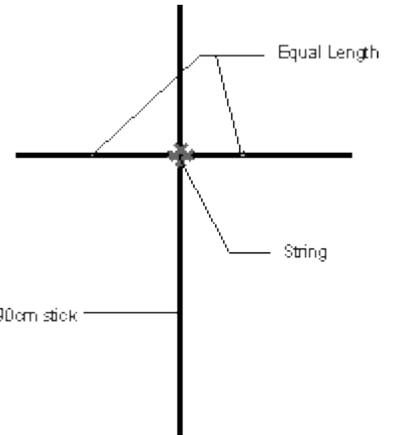
3. Cut a notch at each end of both sticks. Make it deep enough for the type of string you are using to fit in to. Cut a piece of string long enough to stretch all around the kite frame. Make a loop in the top notch and fasten it by wrapping the string around the stick. Stretch the string through the notch at one end of the cross-piece, and make another loop at the bottom. Stretch the string through the notch at one end of the loop at the bottom. Stretch the string through the notch at the other end of the cross-piece. Finish by wrapping the string a few times around the top of the stick and cutting off what you don't need. This string frame must be taut, but not so tight as to warp the sticks.

4. Lay the sail material flat and place the stick frame face down on top. Cut around it, leaving about 2-3cm for a margin. Fold these edges over the string frame and tape or glue it down so that the material is tight.

5. Cut a piece of string about 122 cm long. and tie one end to the loop at the other end of the string to the loop at the bottom. Tie another small loop in the string just above the intersection of the two cross pieces. This will be the kite's bridle, the string to which the flying line is attached.

6. Make a tail by tying a small ribbon roughly every 10cm along the length of string. Attach the tail to the loop at the bottom of the kite.

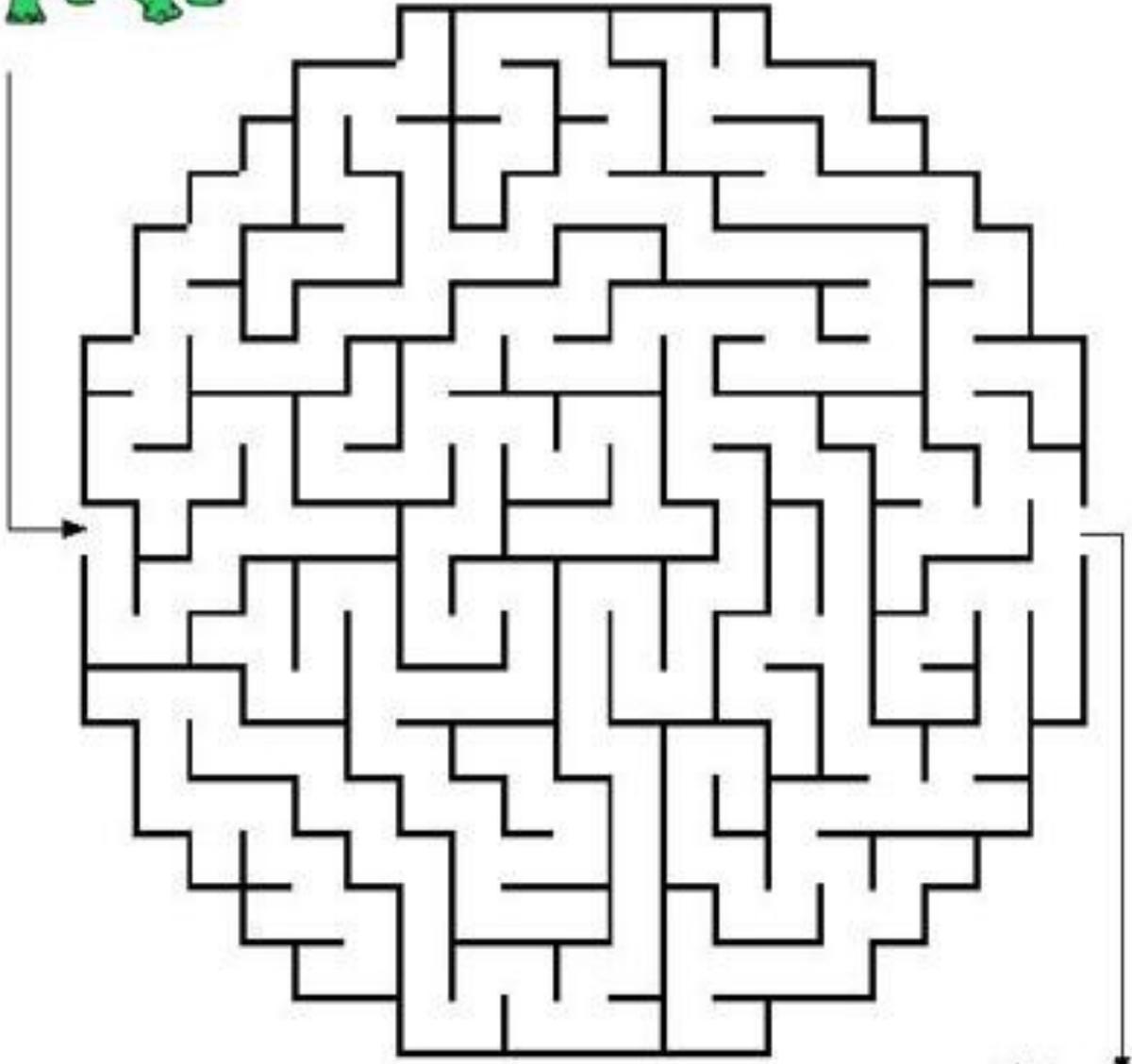
7. Decorate!



Amazing Fun!



Help the turtle find his way to the pond.



NACC Office Report

After a long winter we are very happy to welcome Spring!

Kathryn Mackenzie, the Northern Healthy Foods Initiative Project Coordinator (term), has now completed the Spring visits to communities and we are wishing all the community members involved a successful season with their gardens. Please don't hesitate to contact the office if you have any questions or concerns with your gardens.

During May, we hosted a Red River College Intern from the Computer Applications for Business program. Joelene was a great asset to the office while she was here, and we wish her the best of luck in her future endeavors!

We are busy planning the upcoming 43rd Annual General Meeting and Tradeshow, being held August 13th-15th at the Canad Inn Polo Park. Councils are reminded to please fax or mail in your registration forms no later than Friday, July 26th, 2013. We are excited about some additions to the agenda this year—including a full two-day training session for attending CAOs.

We will be hosting the NACC Evening of Entertainment on Wednesday, August 14th at the Canad Inn, Polo Park. Thanks to the positive feedback from the 42nd AGM, we are pleased to announce that we will once again have The Mosquitoz performing for the evening.

We look forward to seeing everyone at the AGM!

Call For Family Recipes



The NACC Office is looking for your favourite family recipes for a Cookbook project we have coming up in the next year!

If you have a recipe that you would like to see featured in the NACC/Whispering Pines Cookbook, please submit them to the NACC office.

By Fax: (204) 947-9446

By Email: naccadmin@mymts.net

By Mail:

750-331 Smith Street

Winnipeg, MB

R3B 2G9

Executive Reports

Reg Meade—President



Hello Whispering Pines readers,

I hope you and your family enjoyed the short spring we received this year and that your area wasn't severely affected by flooding as it has been in the past few years.

The NACC has been busy preparing for the 43rd Annual General Meeting and Tradeshow which is taking place from August 13th to August 15th, communities will be receiving the draft agendas shortly. NACC has been busy meeting with different organizations and groups, including the Thompson and Area Round Table, the City of Thompson, and the Northern Development Round Table.

This year's theme for the AGM is "Strong Communities, Stronger Future". It recognizes the accomplishments of the NACC communities throughout the years, and confirms the need to work together to advocate on behalf of your community. We know that Northern communities are faced with new challenges every day, and NACC will work with you to try and rectify the problems. Please feel free to contact your Regional Chairperson and the NACC office with concerns.

We look forward to another successful AGM and Tradeshow, and we hope to see you there.

Sincerely,

President Reg Meade



Helgi Einarsson
Eastern Chairperson

I hope that every one has had a good start to their Spring after the long winter we had, and that this year's flood risk remains low.

We have been continuing to work hard in our community on compensation for Commercial Fishermen, it has been difficult at times.

I have also been attending many meetings in Winnipeg, and have attended some meetings in Montreal for the CCPFH (Canadian Council of Professional Fish Harvesters).

Our 43rd AGM & Tradeshow is coming up very soon. It will be held August 13th-15th at the Canad Inn, Polo Park. I look forward to seeing our community delegates and CAOs there.

I would like to wish everyone a Happy Canada Day, and a safe and productive summer.



Glen Flett
Northern Chairperson

We had an interesting and long winter. Some communities received high snowfalls which created challenges.

The fur prices this year have been very good for trappers. The most recent auction was held on May 28th, and went quite well from what I have been told.

We have been working with ANA for the delivery of and responses to council Resolutions.

I hope everyone has an enjoyable and safe summer, and I look forward to seeing the delegates at our upcoming AGM in August.



Anne Lacquette
Western Chairperson

Water levels in our region appear to be acceptable and there is little danger of flooding.

If you have any resolutions for the AGM, please send them in as soon as possible.

The Capital Review Board will be meeting from Sept. 17-19 at the Viscount Gort in Winnipeg.

I would like to send congratulations to all of the graduates in our NACC communities.

On July 1st there will be a ball tournament in Dauphin. My Granddaughter, Brigette Lacquette—who was recently chosen for the tryouts for the Olympic Program for 2014—will be in attendance. Congratulations Brigette! Please come show your support for Brigette by attending the event.

On behalf of the Board of Directors have a safe and enjoyable summer, and I will see some of you at the conference in August which will be held at the Canad Inn, Polo Park.

Easy Wild Rice and Spinach Casserole

With this issue highlighting Spinach and Wild Rice, we've chosen to include a fast, easy and delicious recipe to help you incorporate both of these foods into your meal plans!

Ingredients

2 tablespoons butter or margarine, plus more for dish
1 small onion, minced
Pinch cayenne pepper
1 package frozen spinach, thawed, drained and chopped

OR

1lb fresh spinach, chopped
1 cup milk
2 eggs
2 cups shredded Cheddar, plus extra for top
3 cups cooked white or brown rice
1 cup cooked wild rice
1 teaspoon parsley
1 teaspoon thyme
1 teaspoon basil

Directions

Preheat oven to 350 degrees F. Butter a large casserole dish.

In a large pan over medium-high heat, sauté onions with 2 tablespoons of butter and cayenne until translucent. Add the spinach and cook for 3 minutes. Set aside.

In a large bowl, whisk together milk and eggs.

Add the cheese, rice, parsley, thyme, basil and spinach mixture and combine well. Season with salt and pepper.

Pour into prepared casserole dish and top with extra shredded cheese. Bake for 30 minutes and serve piping hot.

*** Note:

This recipe leaves a lot of room to be creative! Try adding cooked chicken, crumbled bacon, cooked ham, fresh (or canned) mushrooms, peppers, corn—or anything that you think would be a good addition - in to add some new flavours!

How to Freeze Spinach

Freezing spinach is a very quick and simple process!

1. Rinse the spinach you would like to freeze.
2. Bring enough water to cover your spinach to a boil. Once the water is boiling, put the spinach in. Start timing as soon as you put the spinach in the boiling water. Boil for exactly 2 minutes.
3. After 2 minutes, remove the spinach from the boiling water and put in VERY cold—or ice—water. This stops the spinach from continuing to cook.
4. Drain the spinach and allow it to dry (you can pat it dry with a paper towel if you would like).
5. Package the spinach in whatever freezer container you prefer—freezer bags work very well. Label the bag, and squeeze out as much air as you can.
6. Place spinach in the freezer!



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!

NACC
750-331 Smith Street
Winnipeg, Manitoba
R3b 2G9

Phone: 204-947-2227
Toll Free: 1-888-947-6222
Fax: 204-947-9446
Email: nacc@mts.net