

Whispering Lines

The Northern Association of Community Councils

Summer 2012

POINTS OF INTEREST

- Events Close to Home
- Boating Safety
- Healthy Baby Manitoba
- 42nd AGM & Tradeshow

An Enchanting Evening in Berens River

Photo taken by Ashley Bear

INSIDE THIS ISSUE:

Events Close to Home	3
Healthy Baby Manitoba	5
42nd AGM & Tradeshow	6-7
Family Section	8
President's Report	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.

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

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.



Cormorant Community Council Beautification Contest

The Cormorant Community Council held its first annual Community Beautification Contest this Spring.

Entrants for the contest registered their yards at the Administration Office in Cormorant, judging took place the last week of June and the winners were announced at the Canada Day celebrations.

Tremendous potential, creative skill and pride of ownership exists within the Community of Cormorant.

Mayor and Council send a warm thank you to the volunteer judges who were in from Winnipeg and to all those that entered.

1st Prize – Most Beautiful Yard

Doreen Wishart

2nd Prize - 2nd Most Beautiful Property

Ivan Myers

3rd Prize – Most Improved Property

Dianne Dumas

Honourable Mention

Roy Budinkas
Audrey Gareau
Angela Brightnose
Doris Shlachetka
Rikki Martin
Carla Genaille
Douglas Genaille

Events Close to Home

Below are just a few of the events taking place around our communities.

Parkland

Sonics & Sojourns Festival

Sep 21, 2012 to Sep 23, 2012
Riding Mountain National Park, MB CANADA
Tel: 204-848-4037
Web: www.sonicsandsojourns.com

Harvest Festival

Aug 26, 2012
Swan River, MB CANADA
Tel: 204-734-3585
Web: www.swanvalleymuseum.co.cc

At the Farm Gate Market

Sep 22, 2012
Onanole, MB CANADA
Tel: 204-636-2085
Web: www.rmbr.ca

Cowan Trail Celebration

Aug 25, 2012 to Aug 25, 2012
Cowan, MB CANADA
Tel: 204-569-4851

Interlake/Eastern

4P Festival

Aug 31, 2012 to Sep 3, 2012
Powerview-Pine Falls, St. Georges, MB CANADA
Tel: 204-367-8064

Holiday Magic Parade of Lights

Nov 23, 2012
Teulon, MB CANADA
Tel: 204-886-2378

Teulon Truck & Tractor Pull

Aug 18, 2012 to Aug 19, 2012
Teulon, MB CANADA
Tel: 204-886-7123
Web: www.teulon.ca

Ste. Rose du Lac Fall Supper

Oct 28, 2012 to Oct 28, 2012
Ste. Rose du Lac, MB CANADA
Tel: 204-447-2154

North of 53

Centennial Horn of Plenty

Oct 20, 2012 to Oct 20, 2012
The Pas, MB CANADA
Tel: 204-623-3716
Web: www.thepascentennial.bravehost.com

Concerts in the Park

Friday afternoons July1 – August 31
Anapowen Circle
Thompson, MB
Tel: 204-677-7952
www.Thompson.ca

Boating Safety

Follow these tips to help stay safe while on the water this summer!

- Always wear a life jacket or personal floatation device! Don't just place it in the boat with you – put it on and wear it!
- Boat sober! Alcohol increases the effects of the sun, fatigue and wind. It also effects your judgement and reaction time.
- Make sure you have proof of competency when boating.
- Take a course on boat safety or study at home to make sure you have the most knowledge you can.
- Bring the right gear! A life jacket or personal floatation device is not all that you need to wear. Slap on some sun screen and sun glasses, and bring paddles, whistles and flares.
- Drive responsibly! Stay low, drive at moderate speeds, be aware of the weather, and use extreme caution and proper lights after dark.
- Never stand up in a small power boat or canoe! The boat can become unbalanced and tip.
- Take some first aid courses if they are offered in your area.
- Don't overload! Follow the load restrictions on your boat to avoid capsizing.
- Be courteous to others and obey the boating laws in your area.
- Keep an eye out for swimmers, water skiers and tubers.

Did you know...

Manitoba basks in more than 2,300 hours of sunshine each year?

On average, more than 300 days a year are considered "sunny" weather in Manitoba!

ATV Safety Tips

All Terrain Vehicles (ATVs) are a great way of going off road to enjoy sight seeing or to just some leisure time. We do need to remember to enjoy these moments with caution and safety.

Following these safety tips will help keep you cast free for the summer!

- Understand how ATVs handle, and what they do.
- ALWAYS wear a helmet and protective goggles.
- Make sure children are closely supervised, and understand what an ATV is and what it does.
- ATVs are off-road vehicles – avoid riding on paved roads and at busy intersections.
- Check tire pressure frequently.
- NEVER ride close to the side of another ATV.
- Take a bike skills course if one is offered in your area.
- Be alert and keep thinking!
- Tell friends and family where you're going and when you expect to be back.
- When riding at night wear bright coloured clothing and make sure that all lights and signals on the ATV are working

Have a Healthy Pregnancy

ABC's of a Healthy Pregnancy

- | | |
|---|--|
| A) Allow time for yourself | B) Be Smoke Free |
| C) Cat Nap | D) Drink 8-10 glasses of water a day.
Drink Milk and Juice too! |
| E) Eat more fruits and vegetables | F) Find out why breast milk is best |
| G) Go for a walk, do gentle exercise | H) Have 3 to 6 healthy meals a day |
| I) Increase your milk intake | J) Just enjoy the experience |
| K) Keep all your prenatal medical appointments | L) Learn all you can about your baby's growth and development |
| M) Make sure you smile and laugh every day | N) Nurture your spirit |
| O) Open up to new experiences | P) Put your feet up |
| Q) Question your doctor, public health nurse or your Healthy Baby program about how you can be as healthy as possible | R) Read nursery rhymes to your belly |
| S) Start thinking about breastfeeding | T) Take prenatal vitamins (check with your healthcare provider) |
| U) Unwind with a friend | V) Visit a Healthy Baby Program |
| W) Weight gain is an important part of pregnancy | X) X-rays should be avoided |
| Y) You are special take pride in yourself | Z) Zero alcohol, zero drugs |

Help Your Baby get a Healthier Start in Life—Don't Smoke!

DON'T SMOKE

For your baby

- Your baby will grow stronger because he or she will get more oxygen and nourishment
- It increases the chances of your baby being born at a healthy birth weight
- Your baby will not be exposed to the 4000 dangerous chemicals in cigarettes
- Your baby will have stronger lungs
- Smoking may increase the chances of your baby having learning problems

For Yourself

- You will get more oxygen so you will have more energy and breathe easier
- You will have a healthier pregnancy
- Your pregnancy may be easier
- You can reduce your chances of miscarriage or still birth
- Food will smell and taste better
- You will save money that you can put towards a special treat for yourself or for the arrival of your baby

Healthy Baby Community Support Programs

Drop in at a friendly program in your community!

- Learn about nutrition and health
- Ask questions about your pregnancy or your baby's development
- Do activities with your baby, visit with other parents and moms-to-be
- Try new recipes and enjoy a nutritious snack
- Milk coupons available during pregnancy and up to 6 months postnatal

"Baby's R Us"

Dauphin
638-5707

"Growing Healthy Families"

629-3001

"Best Beginnings, Baby & Me"

The Pas, Flin Flon, Cranberry Portage
623-1023
687-6183
472-3559

"Healthy Baby and Healthy Mom"

Outside Thompson
778-1561

"Babies Best Start"

Thompson
778-1209
677-4431

"Super Start"

Steinbach Area
346-7021
346-7022

"Our Time"

Pinawa Area
753-5249
1-877-753-2012

"Step'N Out with Mom"

Outside Selkirk
785-7708
1-866-211-1703

42nd AGM & Tradeshow

Proud Communities Working Together Towards a Sustainable Future

NACC's 42nd AGM & Tradeshow took place from August 14th-16th, 2012 at the Canad Inns, Polo Park in Winnipeg.

The NACC Board and Staff would like to welcome Eric Olson to the position of NACC Board of Directors Eastern Vice-Chairperson and Freda Parenteau to the position of NACC Board of Directors Northern Secretary/Treasurer.

We would like to extend Thanks to all of our Special Guests and Speakers who attended the AGM and helped create another successful year!

Premier Greg Selinger
Minister Eric Robinson
Minister Ron Kostyshyn
Deputy Minister Harvey Bostrom
The Department of Aboriginal & Northern Affairs
MKO
Manitoba Metis Federation
Lake Friendly Wastewater Solutions Inc.
Thompson Economic Diversification Working Group
Vale Limited
Eastside Road Authority
Manitoba Housing and Community Development
Manitoba Hydro
University College of the North
Workplace Safety and Health
2011 Flood Review Task Force
Children and Youth Opportunities
Volunteer Manitoba

Special Thanks To Our Sponsors

Aboriginal & Northern Affairs
MTS Allstream
Vale Limited
Louisiana Pacific Canada Ltd.
Manitoba Public Insurance
Manitoba Hydro

Additional Donors

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
Community of Mallard
Community of Waterhen
Community of Dauphin River
Community Economic Development Fund
Barbara Marcyniuk
Treaty Relations Commission of Manitoba
Community and Aboriginal Policing
Manitoba inMotion
Asper School of Business





Delegates of the 42nd AGM view a presentation from Manitoba Housing and Community Development



Question and Answer Period during the 42nd AGM



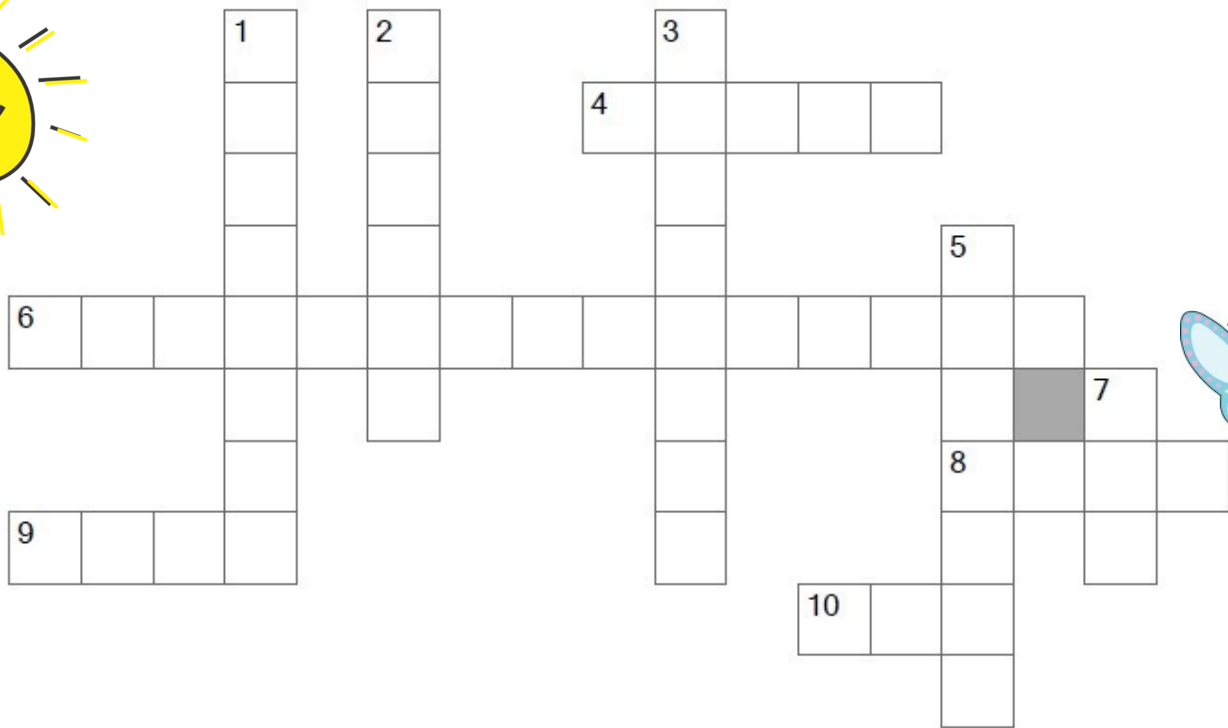
Delegates attend a presentation from University College of the North



Attendees of the NACC Evening of Entertainment enjoy live music from Manitoba Band *The Mosquitox*

Family Section

Summer Cross Word



ACROSS

4. The shore of the sea, or of a lake, which is washed by the waves
6. The birthday of the United States of America
8. A small body of standing water
9. Beginning of summer
10. The star at the center of a solar system

DOWN

1. To cook outdoors on a grill
2. The season of the year in which the sun shines most directly upon any region
3. A beverage consisting of lemon juice mixed with water and sweetened
5. An outdoor recreational activity involving sleeping in a tent, cabin, etc.
7. Exceeding warm in degree



Summer
Beach
Lemonade

Sun
June
Independence Day

Camping
Barbecue

Pool
Hot

Fish With Rhubarb

Ingredients:

2 lb Mackerel, pickerel, or other similar fish
2 oz Margarine
1 Lg. onion, chopped
1/2 lb Rhubarb, chopped
Pepper and salt
Toasted breadcrumbs
1 lb Rhubarb (for the sauce)
2 T Sugar (for the sauce)
Grated lemon rind (for sauce)
2 T Water (for the sauce)



Directions:

Melt the margarine (or butter) and cook the onion in it until transparent. Add the chopped rhubarb, season with pepper and salt and continue to cook gently for 5 minutes. Then add breadcrumbs and stir the mixture.

Now lay the mackerel fillets out flat, skin side down, and spread the stuffing on them. Roll each up, put them in a greased oven dish and cook them in a moderate oven (400F) for 15-20 minutes.

While the fish are being cooked, make the rhubarb sauce by placing all the ingredients listed in a saucepan and stewing them until the rhubarb is cooked and quite soft. This will take 10 minutes or a little longer. Then put the cooked rhubarb through a fine sieve or the blender, to make a puree of it. This can be served either hot or cold with the cooked mackerel.

Recipe from www.rhubarbinfo.com

Homemade Iced Tea

What is summer without a cool refreshing beverage to enjoy after a hard day's work, or to just enjoy the scenery of your community sitting out on the porch listening to nature and viewing its spectacular grace? On a hot summer's eve, nothing beats the cool refreshing taste of homemade iced tea.. Below is a simple recipe for all to enjoy a brisk and refreshing simple beverage.

Here is what you will need to make the beverage;

6 to 8 tea bags
1 quart hot water (4 cups)
1 quart cold water (4 cups)
1/2 cup sugar or 1/4 cup honey, optional



Get out a 2-quart size sauce pan. Put the hot water in it and bring it to a boil. Add the tea bags. Remove the pan from the heat, and allow it to steep for 10 minutes. If it doesn't sit long enough, it won't be strong enough to give you the caffeine jolt which iced tea was designed for. When the time is up, remove the tea bags and toss them into the garbage. Put the cold water into a 2-quart size pitcher. Pour the hot tea into pitcher, over top of the cold water. Add the sugar or honey if you like, stirring to dissolve it completely. Put the pitcher into the fridge to cool. Or it can be poured directly into an ice filled cup.

<http://www.hillbillyhousewife.com/perfectedtea.htm>/www.eatingwell.com

President's Report

NACC BOARD OF DIRECTORS:

PRESIDENT:

REG MEADE (204) 689-2165

EASTERN CHAIRPERSON:

HELGI EINARSSON (204) 659-5214

NORTHERN CHAIRPERSON:

GLEN FLETT (204) 359-6719

WESTERN CHAIRPERSON:

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(204) 645-2619

NORTHERN SEC/TREASURE:

FREIDA PARENTEAU (204) 357-2145

WESTERN SEC/TREASURER:

HAROLD FLEMING (204) 732-2675

Reg Meade—President



Hello Whispering Pines readers,

I would like to start off by thanking the community representatives and staff who attended our 42nd AGM and Tradeshow, and made it a great event! Thank you to all the special

guests, presenters, sponsors, donators and the Department of Aboriginal and Northern Affairs for contributing to another successful year. I would like to congratulate the newest members of the NACC Board of Directors; I look forward to working with you.

My summer has consisted of many meetings regarding water treatment plants, capital application approval processes, and housing. We have been working closely with the stakeholders of the Thompson Economic Diversification Working Group and the Aboriginal Accord to move forward with development in the Northern hub of Thompson and the surrounding area.

Over the next few months we will be having numerous meetings to advocate on behalf of our communities through the resolutions that were passed at the 42nd AGM and Tradeshow. The NACC is very pleased that all three regional meetings were well attended by community delegates.

I hope everyone has had a safe and warm summer so far, and we look forward to hearing your suggestions for our 43rd AGM and Tradeshow which will once again take place at the Canad Inn Polo Park.

Safe travels and best wishes,

Reg Meade
President

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

The last year I have focused on flood issues. Our own community was diked and the highway was built up with rock to one lane. Due to the warm weather we had to pump water all winter from behind the dikes. The reconstruction of Highway 513 is underway, the contract for dike removal has been awarded to Heartland Industries.

I attended the NACC monthly meetings and also had the opportunity to attend meetings in Vancouver and Montreal for the Canadian Council of Professional Fish Harvesters.

I gave a presentation to the Lake Manitoba/Lake St. Martin Flood review task force on the commercial fishery and lake level regulations; and in March we made a video with a camera crew from Quebec for the CCPFH on winter fishing.

I would like to congratulate the new members of the NACC Board of Directors, as well as the members who have had their terms extended.

I hope you have all had a safe and happy summer!



Glen Flett—Northern Region Chairperson

I hope everyone is having a good summer and are staying healthy and active.

People have been becoming more interested in gardening lately, and I know that the dry summer can be challenging when you are trying to keep your gardens healthy – I hope that those of you who do have gardens are able to deal with the challenges and that your gardens are doing well.

Every community has different challenges that they face, and I am looking forward to working with communities and NACC in fulfilling the resolutions brought to the AGM and throughout the year.

The 42nd AGM was a great success. It was great to see everyone and to have the chance to speak with community members regarding their concerns. I would like to congratulate those members of the Board of Directors who have been elected for another term, as well as our new Board members.

Have a great rest of your summer!



Anne Lacquette—Western Region Chairperson

I hope everyone had a safe and enjoyable summer.

Larry Chartrand and Harold Fleming have both been reelected to the NACC Board of Directors and I am excited to continue working with them. I would like to congratulate Freida Parenteau and Eric Olson for being elected to the Board of Directors, as well as to extend congratulations to the existing board members who have begun new terms this year.

As we approach Fall many of our communities are still dealing with last year's flood. Dyking and cleanup projects have started or are beginning to start. If any of the communities need NACC's assistance you can write a letter to me and I will be more than happy to assist in any way possible.

If you have any concerns or requests, you can reach me at home or through the NACC office in Winnipeg.



Northern Association of Community Councils Inc.



September 2012

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

NOTES:

[illegible]

October 2012

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

