

# Whispering Pines

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

*Winter 2013*



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- Matheson Island Fishing Derby
- Northern Healthy Foods Initiative
- Seasonal Super Foods

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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.



### NACC BOARD OF DIRECTORS:

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# Matheson Island Community Council Annual Winter Fishing Derby 2013

Matheson Island, Manitoba  
Saturday, February 23rd, 2013  
1pm-4pm

## **Prizes: Category One (no age limit)**

1st Heaviest Fish— 25% payout of entries  
2nd Heaviest Fish— 15% payout of entries  
3rd Heaviest fish— 10% payout of entries  
4th, 5th, & 6th Heaviest fish prizes T.B.A at Derby  
Lightest Fish \$50.00

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

1st Heaviest Fish— 50% payout of entries  
2nd Heaviest Fish— 35% payout entries  
3rd Heaviest Fish—15% payout of entries

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

## **Registration Fee:**

### **Category One:**

\$50.00

Those that purchase their Category One tickets by Feb. 8<sup>th</sup> are entered to win one of the Early Entry Draws which is 2- \$500 cash prizes.

The early entry draw will take place at 4:30pm at the Community Hall on derby day.

### **Category Two:**

\$10.00

For further information: Matheson Island Council Office (204) 276-2150  
Mona (204) 276-2053  
Debbie (204) 276-2226

## **Entry Tickets available from:**

Matheson Island Community Council  
D&T's Shop Easy, Riverton  
Riverton Agri Auto, Riverton  
Lil B's, Riverton/Hwy #8  
Riverton Building Supplies, Riverton

True Value, Gimli  
Chudd's Gas Bat, Gimli  
Westshore Marine & Leisure, Arborg  
Shactay Sales & Service, Arborg  
Pro-Am Tackle, Winnipeg

Payments can be made by cheque or money order and mailed to:

## **Matheson Island Community Council**

General Delivery  
Matheson Island, MB  
R0C 2A0

Cash will be the only method of payment accepted on Derby Day.  
**Interac is not available.**

## **Registration**

### **Matheson Island Community Hall**

February 22, 2013 7pm-10pm  
February 23, 2013 11am -2:30pm

## **Weigh In Station**

February 23, 2013 2:30pm-3:30pm



# Northern Healthy Foods Initiative

## STARTING SEEDS INDOORS FOR YOUR GARDEN

It's fun to experience the entire growing cycle as you watch baby seedlings grow into sturdy plants that bear delicious fruit.



Your planting containers should be at least three inches deep, with small holes for drainage. You can use plastic yogurt or cottage cheese containers, 3 or 4 inch plastic plant pots or half-gallon milk cartons cut lengthwise, all with drainage holes punched in the bottoms. I don't recommend reusing egg cartons or old nursery packs as they don't hold enough soil volume and dry out too easily. Buy and use a good quality seed starting mix, available from any good nursery or garden center or mix your own with finished compost that has been screened with potting soil to make a super (and cheaper!) soil mix. (Ordinary garden soil is not a good choice, as it often contains weed seeds and fungus organisms and it compacts far too easily.) Seed starting mixes are sterile and blended to be light and porous so your fragile seedlings get both the moisture and oxygen they need to thrive. Many growers mix their own using peat moss, potting soil, compost and even rotted and then dried leaves that have been shredded!



We also need heat, because many warm weather plants like peppers and tomatoes need 80 to 85 degree F (26-29 degrees Celsius) conditions to start germinating. Put the containers in a warm place where they'll get bottom heat, such as on top of the water heater or refrigerator. Keep the container moist, but not soggy. You can cover it with plastic wrap or an old piece of rigid clear plastic to conserve moisture before the seeds sprout, but be sure to pull it up and check daily to be sure they aren't drying out and to see if your babies are up! Water is necessary—use a very gentle spray of water. Once the seeds have sprouted and are on their way make sure that you transplant them into a bigger pot as soon as the second set of leaves appear. These are called the 'true' leaves and will look like the real shape of the plant's adult leaves.

South facing windows may work well for seedlings, as long as the spot isn't drafty and daylight lengths are greater than 12 hours. Supplementing the sunlight with grow lights (up to 18 hours of light) will speed up growth and many growers have used regular florescent bulbs to start seeds. If the plants are not getting enough light they will tell you by looking really long and thin rather than short and bushy, and maybe even leaning towards the light. If you only have windows to start seeds in then pick your sunniest spot and rotate the seedlings from the back to the front every other day, also turning them to straighten out their 'leaning' and give them all equal sunlight!



If do you have any questions, please contact the NHFI coordinator at Toll Free: 1-888-947-NACC or via email at [nhfinacc@mymts.net](mailto:nhfinacc@mymts.net)

## Introduction from Kathryn Mackenzie



Hi everyone,

My name is Kathryn Mackenzie, and I am the incoming Northern Healthy Foods Initiative Project Coordinator while Vanessa is away on maternity leave.

I am looking forward to meeting you and learning with you on this project. You might have to forgive me and explain some things from time to time about your projects while I get up to speed, although Vanessa has been doing a great job of training me already!

I am a long time gardener (mostly organically grown vegetables but we love our flowers too!) and have been working in my neighborhood in Winnipeg for last 6 1/2 years as an Environment and Open Spaces Coordinator. This means working on park development projects, community events, gardens, a greenhouse project, and with many diverse community groups organizing the neighborhood community gardens and doing workshops on different topics. Last year my partner and I grew a small CSA model (Community Supported Agriculture) farm close to the Winnipeg and learned a lot from that experience. We like to can and preserve our own food, and I am very happy to be learning more about this from you as well as sharing what I know.

Thank you for having me on your food security team and please call me with any questions. It will be great to meet you in person when I am in the community or at one of the gatherings over the next year.

Kathryn

## Walmart-Evergreen Green Grants

Walmart Canada and Evergreen have partnered to offer this national program, funding community-based initiatives across Canada. Projects supported through the Green Grants program include, but are not limited to:

- Native planting initiatives
- Invasive species removal
- Community food gardens
- Youth-based and intergenerational projects
- Wildlife habitat restoration
- Aquatic stewardship projects
- Environmental workshops and educational events
- Community skills sharing workshops
- Projects serving underserved communities

**Amount offered:** up to \$10,000 (up to 50% of project budget)

**Application deadline:** March 1, 2013, 5pm

### Eligibility

Available to Canadian community groups and non-profit organizations working on community development and environmental initiatives such as those listed above.

- Eligible groups must be working collaboratively with a local municipality, institutional or other project partner(s).
- Projects must be located on publicly accessible lands.
- Previous grant recipients are welcome to apply again. There is no preference given to previously granted organizations and all applications will go through the same review process.

### Questions?

If you have further questions, please contact:

Ellen Kaross, Assistant, National Programs

[ekaross@evergreen.ca](mailto:ekaross@evergreen.ca)

In Toronto: 416-596-1495 x312

Toll-free: 1-888-426-3138 x312

## RBC Aboriginal Student Awards Program

The RBC Aboriginal Student Awards Program was launched in 1992 to assist Aboriginal students to complete post-secondary education, and provide an opportunity for RBC to strengthen its relationship with the Aboriginal community. Selected students are awarded up to \$4,000 each academic year for two to four years to use towards tuition, textbooks, supplies and living expenses.

RBC awards 10 scholarships in two categories:

- For students majoring in disciplines related to the financial services industry
- For students majoring in disciplines unrelated to the financial services industry

We also consider scholarship recipients who are interested in careers in financial services for summer and post-graduate employment.

### Who is eligible?

You are eligible to apply to the RBC Aboriginal Student Awards Program if you are a Status Indian, a Non-status Indian, Inuit or Métis and meet these criteria:

- You are a permanent resident or citizen of Canada
- You have applied or are currently attending an accredited post-secondary institution in Canada
- You maintain a full course load that leads to a recognized degree, certificate or diploma
- You have at least two years remaining in post-secondary academic program as of September 2013
- You require financial assistance to pursue your education

If you are already receiving partial funding from other sources, you may still apply to the RBC Aboriginal Student Awards Program to cover additional educational and living expenses.

Please contact us at the following email address if you have questions about the program.  
[aboriginalstudentawards@rbc.com](mailto:aboriginalstudentawards@rbc.com)

### **CONGRATULATIONS!**

The NACC Board of Directors and Staff would like to congratulate NACC President Reg Meade for his recent receipt of the Queen's Diamond Jubilee Medal!

## Greening Canada's School Grounds

Tree Canada is accepting applications for the 2013 Greening School Grounds Program.

This is an excellent opportunity for schools to plant trees. Up to \$3000.00 funding is available.

Details about the program/eligibility are available on our website at <http://treecanada.ca/en/programs/greening-canadas-school-grounds/>

## Canadian Aboriginal Writing and Arts Challenge

Are you between the ages of 14-29?

Showcase your creativity and explore your heritage.

**Win up to \$2000 and other great prizes!**

For details and guidelines:

[www.our-story.ca](http://www.our-story.ca)

**Deadline for Submissions is March 31st, 2013**

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# Winter Fun

Manitoba in the Winter is a cold, cold place. Often, it is far too cold to safely go outside for activities—but don't let this keep you and your family from staying active and having fun! Here are some ideas for fun (and warm!) activities you can do on those frigid winter days!

## Indoor Hopscotch

Grab a long piece of fabric (6 feet or more) that you don't need, an old bedsheet, a roll of paper—or even tape together some pieces of regular ol' 8 1/2" X 11" paper and help your children draw (or duct tape) a Hopscotch pattern on it. Voila! This can work exactly as outdoor Summer hopscotch does—but safely inside, tucked away from the winter winds.



## Homemade Playdough



Homemade Playdough is surprisingly quick and easy to make—not to mention that you likely have all of the ingredients already!

### What you need:

1/4 cup salt  
1 cup flour  
1/4 cup water

You or your child just need to mix the ingredients together—you might need to add a bit more water to get the consistency you want. Once the dough is mixed it's ready! Or you can divide it into sections and use some food colouring to change the colour.

## Homemade Snowglobes

### What you need:

Mason jar(s), baby food jar(s), etc  
Plastic animals, plastic trees, etc for inside  
Glycerine (optional—it will make the "snow" clump together )  
Glitter (for the "snow")  
Heavy duty glue—like Epoxy  
Water

Paint the lid of your jar if you would like—though it's not necessary.  
Using the glue, secure your figurine (tree, animal, person) to the inside of the lid and let it dry. Make sure it's secure!  
Fill the jar almost to the top with water, add a pinch of glitter and a dash of the glycerine (if you are using it). Screw the lid on **tightly**, and turn the jar over and back again to let it snow!



# WINTER WORD SEARCH



W	E	A	T	H	E	R	W	G	S	F	P	S	F	M
O	H	J	V	O	L	J	O	N	J	V	H	N	J	J
K	F	R	A	C	S	M	E	O	K	O	L	O	M	G
D	R	H	B	P	T	T	D	P	V	B	P	W	W	N
I	E	L	J	Q	T	O	I	E	L	J	Q	F	O	I
W	E	P	N	I	W	K	L	I	P	N	S	L	K	T
S	Z	Q	M	W	Q	D	S	D	Q	M	F	A	D	A
N	I	A	K	S	B	I	U	W	A	K	F	K	I	K
A	N	S	L	I	D	E	I	S	S	L	U	E	W	S
M	G	W	J	C	D	L	L	A	W	J	M	D	S	W
W	W	X	I	D	S	N	O	W	X	I	R	B	U	X
O	C	C	U	F	D	D	P	C	C	U	A	D	D	C
N	V	D	O	M	G	G	N	I	D	D	E	L	S	D
S	B	E	P	I	C	C	R	E	T	N	I	W	C	E
F	S	L	I	P	P	E	R	Y	R	T	A	H	H	R

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- |            |              |              |              |
|------------|--------------|--------------|--------------|
| 1. Snow    | 5. Shovel    | 9. Slippery  | 13. Scarf    |
| 2. Snowman | 6. Cold      | 10. Slide    | 14. Hat      |
| 3. Winter  | 7. Freezing  | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating  | 16. Mittens  |

# Super Foods

## Spaghetti Squash

Spaghetti squash, a form of winter squash noted for its noodle-like texture, is widely renowned for its sweet, buttery flavour. Because of its excellent nutrient balance, spaghetti squash could be considered a super food. As the name suggests, the flesh of cooked spaghetti squash resembles spaghetti strands. Its color can range from cream, yellow or orange, with some varieties having a green and white rind. There are large seeds in the middle and the flesh is almost dark yellow to orange in color.

- **B Vitamins**  
Spaghetti squash is a good source of several B vitamins, including thiamin, riboflavin, folate, niacin, pantothenic acid, choline and vitamin B-6.
- **Vitamins and Minerals**  
Like most other members of the squash family, spaghetti squash contains calcium, iron, potassium and manganese.
- **Carbohydrates**  
The majority of the calories in spaghetti squash come from carbohydrates. But spaghetti squash has a low glycemic index because its high fibre content slows the absorption of its naturally occurring sugars.
- **Amino Acids**  
Spaghetti squash contains a near-complete spectrum of amino acids, the building blocks of protein. But it lacks the essential amino acid lysine, which is essential for immune function and nitrogen balance.

### Fun Fact

Spaghetti squash owes its golden-yellow coloration to beta carotene, a pigmented precursor to vitamin A.

## Garlic

Garlic belongs to the onion family and has been used throughout recorded history for both medicinal and culinary purposes. Garlic is now widely recognized as a health enhancing supplement. The component of garlic which gives it its immune boosting properties is a chemical called *allicin* which is produced when garlic is crushed, chopped, or bruised. Allicin is quite powerful as an antibiotic and a potent agent that helps the body to inhibit the ability of germs to grow and reproduce. In fact, it's said that 1 milligram of allicin has a potency of 15 standard units of penicillin. Allicin is only active in fresh, raw garlic—but many of garlic's other health benefits are present when it has been heated and cooked!

### Immune System and Infections

- Fights infections and boosts/stimulates the immune system.
- Contains cancer-fighting chemicals, such as geranium, and garlic extracts act as powerful antioxidants.
- Substances found in garlic—such as *allicin*—have been shown not only to protect colon cells from the toxic effects of cancer-causing chemicals but also to stop the growth of cancer cells once they develop.

### Heart Helper

- Thins the blood and prevents internal blood clots (embolism)
- Reduces blood pressure
- Lowers blood cholesterol and triglycerides

### Breathe Easy

- Garlic acts as a decongestant for common colds and as a “mucus regulator” for chronic bronchitis.
- Can help keep mucus moving normally through the lungs.

# Executive Reports

## Reg Meade—President



Happy New Year to everyone, I hope it has been a great year so far for you and your family.

The new year has started off busy with NACC, as we have been meeting with different parties to discuss the resolutions from the 42nd AGM and Tradeshow. The office is also busy preparing for our upcoming 43rd AGM and Tradeshow, and training the new, temporary staff in the office.

I have been to Thompson many times in the last few weeks, meeting with MLA Steve Ashton, the City of Thompson, and the stakeholder for the Thompson Aboriginal Accord. In February and March, we will continue meeting and working with applicable parties to ensure your resolutions are being heard.

Recently, I had the honour of being presented with the Queens Diamond Jubilee medal, by MP Niki Ashton. I would like to thank everyone in the Community of Wabowden, the NACC communities, and everyone I have worked with in the past. I am thankful for the recognition, and have the northern residents to thank.

I was very happy to see everyone that was present at the Aboriginal and Northern Affairs regionals in Thompson and look forward to seeing everyone at the upcoming regionals in Winnipeg.

Have a safe and happy winter,



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

Happy New Year.

It's hard to believe that it's already February. We should have about another 6 weeks of winter before thaw will start. With this much snow we may be looking at another flood in the Spring, if councils have any questions about how to prepare your communities for a potential flood, please call the NACC office or an NACC board member and we can help you find that information.

Don't forget that Matheson Island is hosting its Annual Fishing Derby coming up on the 23<sup>rd</sup> of February. There are some great prizes being offered, and I know they are looking forward to a great turn out!

All the best in 2013.



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

Happy New Year. I hope that everyone has had a good start to 2013.

I would like to send thanks to the council members again for electing me for the position of Northern Chairperson.

The Regional meetings in Thompson were held February 12-14th. I was very happy to have the opportunity to meet with all of the representatives that were present and continue working with them to find the best ways to meet our common goals. We were also be given the opportunity to discuss the responses we have received to resolutions submitted at the 42<sup>nd</sup> AGM.

I know that there have been concerns from councils about the level of communication with the Capital Board, and we are working hard to fix this so that everyone can feel that their voice is being heard.

I am looking forward to working with all of you to make 2013 a successful and productive year.



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

Happy New Year and all the best in 2013.

This winter seems to be like an old time winter, with cold temperatures and lots of snow.

Councils should now be preparing their Capital Projects applications for submission. If a Council has any concerns make sure that you cc your correspondence to NACC. This enables us to become involved and advocate on your behalf.

Congratulations to the community of Rock Ridge on the opening of a convenience store. It's called Kiinawa Convenience and the Grand Opening is March 1/2013.

Congratulations to Brigitte Lacquette on scoring a hat trick, including the winning goal, for Duluth in a game against Ohio State.

Just a reminder that the Regional meetings will be held on February 20 – 22, 2013 in Winnipeg.

# Baked Spaghetti Squash with Garlic and Butter

With this issue highlighting spaghetti squash and garlic as superfoods, we decided to include a recipe which incorporates both of these foods into one easy to prepare and delicious side dish!

## Ingredients

- 1 small spaghetti squash (about 3-4 pounds)
- 2 tablespoons butter
- 2 cloves garlic, finely minced
- 1/4 cup finely minced parsley (or basil)
- 1/2 teaspoon salt (or to taste)
- 1/4 cup shredded parmesan cheese



## Directions

1. Preheat oven to 375F. Pierce squash a few times with sharp paring knife (to let steam escape). Bake spaghetti squash for 60 minutes, or until a paring knife pierces easily through skin with little resistance. Let squash cool for 10 minutes.
2. Cut squash in half, lengthwise. Use a fork to remove and discard the seeds. Continue using fork to scrape the squash to get long, lovely strands. If the squash seem difficult to scrape, return the squash to bake for an additional 10 minutes.
3. Heat a large sauté pan with the butter and the garlic over medium-low heat. When garlic becomes fragrant, add parsley, salt and spaghetti squash strands. Toss well, sprinkle in the parmesan cheese and taste to see if you need additional salt. The spaghetti squash should have a slight crunch (i.e. not mushy) - but if you like it softer, cover the pan and cook 2 more minutes.

## Tips

Some people tend to under-bake the spaghetti squash just a bit, so it still retains just a slight crunch. Baking time really depends on how big your squash is - try to get the smallest one, especially if you're only feeding 4 people. It's ready if you can pierce the squash with a paring knife with little resistance. If you're a garlic lover, don't be shy - use more!

Alternatively, microwave the whole squash for 2-4 minutes (to soften enough to cut lengthwise). Place squash cut-side down on baking sheet and roast for 30 minutes until tender.

## How to Roast Garlic

Roasting garlic is quite simple—all you need is some aluminum foil, oil (olive, margarine, butter) and a head of garlic!

Preheat your oven to 350F

To roast your garlic first peel off the excess skin—but don't worry about peeling all of it off. Once you have removed any extra skin, cut off about 1/2" of the bottom of the bulb so that you can see the tops of each clove. Drizzle your olive oil (or melted butter or margarine) over the top, being sure to get each clove. Next, wrap your garlic in the aluminum foil - making sure the top is closed—and place on the middle rack in the oven (you can place the garlic bundle on a cookie sheet before placing in the oven if you would like). Roast for 30-45 minutes, or until garlic feels soft.

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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