

INSPIRATIONAL STORY FROM PINE DOCK, MB

Pine Dock Walking Club

The Pine Dock Community Council with support of a project grant under Healthy Together Now has imitated a very successful Walking Club in the community.

Interest was expressed by members of the community to have a Walking Club which would help people increase their physical activity as well as social interaction. A local community member (Coleen Weibel) volunteered to train as an Active Living Facilitator and leads the club in their walking and walking related activities.

Currently there are 15 members registered in the club and at the first meeting members received pedometers to help track their steps and to help motivate the members. Each week the members log their steps and have taken the initiative of combining their steps to walk from Pine Dock, MB with the snow and the frozen lake to Florida with sunshine and the ocean, with side trips to Nashville and Memphis. To date the members have walked 1624kms and are 20kms out of Hannibal, Missouri.

Club members meet twice a month and the Active Living Facilitator reacquaints them with a warm up and cool down exercise. The Pine Dock Community Hall is open for members to walk during the cold weather.

The Active Living Facilitator also introduced “walking for a cup of tea”. At each club gathering a member’s name is drawn and they are provided with a bag containing two mugs and two tea bags, the members are encouraged to walk to a neighbour’s house and share a cup of tea, conversation and a laugh.

On January 17th, 2017 a volunteer Drumming Leader came and provided the club members with the opportunity to “drum”. This is an excellent aerobic exercise that the leader adapted for members. It was a great evening enjoyed by everyone.

The Interlake Regional Health Authority Chronic Health Nurse presented a session to the club members on January 31st, 2017 on “Caring for your Feet”.

March will be a busy month for the club as they are planning a “Walking Poker Derby” a “Drumming Night” and possibly an “Indoor Curling Bonspiel”.

This partnership has resulted in a very successful formation of a club that promotes enthusiasm, commitments and physical benefits for the members and community.



WHISPERING PINES



Northern Association of Community Councils Inc.
Spring 2017

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Inside This Issue

A message from the NACC Board of Directors.....3
 A Port In The Storm.....4
 47th Annual General Meeting & Tradeshow.....5-7
 Community Events & News.....8-10
 Ronald Macdonald House Charities.....11
 Manitoba Hydro Training Program Information.....12
 Manitoba Hydro Scholarships and Bursaries.....13
 Community Programs.....14
 Canadian Beverage Container Recycling Association—Recycle Everywhere.....15
 Earth Day, Recycling & Power Saving Information.....16-17
 Canadas 150th Anniversary.....18
 Keeping up With Manitoba News... 19
 An Inspirational Story.....20

IS SOMETHING MISSING?

Is there something you would like to see in the Whispering Pines that we did not include? We take suggestions! Feel free to contact the office with

Whispering Pines

The Whispering Pines is a publication produced by the Northern Association of Community Councils which provides an essential means of communication between isolated communities & regions.

The Whispering Pines has been serving as an information tool for Northern communities since the early 1970's. Letters may be edited and represent the opinions of their authors. They do not reflect the opinions of NACC or its staff. Thank you for your continued support!



Manitoba- Zebra Mussels

Awareness Campaign

The Manitoba government launched a new campaign to assist in the spread of Zebra Mussels throughout the province. Zebra Mussels are a aquatic invasive species (AIS). The campaign will be focused on recreational aquatic activities, materials to help spread the AIS will be distributed all over the province.

The province will have decontamination units in high traffic areas for summer boaters, swimmers and watercrafts.

For more information visit: gov.mb.ca/stopthespread/index/html

HELP STOP THE SPREAD!

Invest in Northern Manitoba!

“Look North Strategy”

is a project launched by Premier Brian Pallister and Growth Enterprise and Trade this is a long-term vision to promote sustainable economic development with the mission to enhance, expand and invest in northern Manitoba.

Northern Manitoba has a lot of potential that is over looked, it is an amazing region that can open many doors, to investors, entrepreneurs and visionaries to encourage and enhance northern Manitoba.

The project also includes a website www.looknorthmb.ca information on the website includes building a business in northern Manitoba, success stories, and visions. Manitobans are encouraged to use social media to share their love and vision for the north using the hashtag

#looknorthmb

Be a part of Manitoba long term vision for sustainable economic and business development!

Experience Canada's 150th

PARTICIPATE

Be a part of the experience, organize volunteer or participate in an activity near you! A wide range of activities are happening across Canada.

EXPLORE

FREE ADMISSION!

Discovery Park Passes – Canada's parks from coast to coast are free all year long.

Including: national parks, heritage spaces and museums! There is something for everyone!

Explore150 Mobile App!

Users are able to explore Canadian identity.

Explore150 allows users to share stories with fellow app users, discover adventures, activities, sites and Canadian history!



#Canada150

CELEBRATE

150 Celebrations are happening across the country. Local and community events and national celebrations will take place throughout 2017!

National Aboriginal Day - June, 21
Canadian Multiculturalism Day- June, 27
CANADA DAY - JULY, 1

YOUR COUNTRY! YOUR FLAG!

Show pride in our beautiful flag that inspires the Canadian in all of us! Coordinate an event in your community showing off our flag and share your moments in 2017! #CanadianFlag

CANADA'S



Anniversary Of Confederation



For more information please visit: <http://canada.pch.gc.ca/>

A Message From the NACC Board Of Directors

President: *Reg Meade*

Eastern Chairperson: *Helgi Einarsson*

Northern Chairperson: *Glen Flett*

(Acting) Western Chairperson: *Larry Chartrand*

Hello Whispering Pines readers,

On behalf of the Northern Association of Community Councils, we hope everyone enjoyed the mild winter this year as we move forward into spring. It doesn't come as a surprise, as some communities are preparing for flooding this spring again with all the accumulation of snow to the west and south. The high water is already present from last fall, so we could see potentially higher levels than previous floods. The winter Commercial fishing season is done and we hope it was a successful season for all. FFMC will still be around as one of our selling options but other buyers will be coming in to the Province so we urge all the fisherman to choose very carefully who they decide to sign up with.

In regards to the upcoming AGM and Tradeshow, we are looking forward to meeting all the newly elected mayors and councillors who are taking the initiative in making their communities a better place to live. We would like to encourage councils to keep sending in resolutions as we positively move forward with the new government. We look forward to a successful Annual General Meeting and Tradeshow which will be held at the Canad Inn Polo Park from August 15th to 17th.

The NACC Office is getting ready for the Northern Healthy Foods Initiative spring community visits, so please make sure you attend the workshops in your local community and pick up the valuable resources and information that will be provided. Please stay tuned for more information that will be coming to your community regarding a date and time near the end of April.

We look forward to a busy summer and hope to see lots of representatives at the upcoming 47th Annual General Meeting & Tradeshow.

The NACC Board of Directors






A PORT IN THE STORM

A place to call *home*.

A Port in the Storm is a safe haven for rural and northern adults requiring medical care in Winnipeg.

We focus on affordability so families can focus on health and put the needs of families first.

Your accommodation may be covered by a government agency or medical insurance. Please call us for more information.

CONTACT US TODAY:

101-311 Alexander Avenue | Winnipeg, Manitoba
 p: 204.231.0720 | e: admin@aportinthestorm.ca

aportinthestorm.ca

Manitoba Association of Resource Recovery Corp.

(MARRC)

Manitoba's Used Oil & Antifreeze Recycling Program:

What funding is offered?

Assistance is offered for communities with their recycling efforts involving used oil, filters, containers and antifreeze. Communities interested in purchasing a Used Oil Burning Unit, Manitoba's Used Oil & Antifreeze Recycling Program will support the capital investment to a maximum of (\$15,000 x 50%) \$7,500. They also provide 10% Capital Return on the community's initial investments each year for 10 years. (i.e. \$750) and will also pay \$0.08 per litre on the throughput volume of the used oil annually.

*You will need to register your community to become a licensed, approved site for a depot to collect used oil and antifreeze, used oil filters and antifreeze containers.

What special training is required to operate the depot?

The operating licence from Manitoba Conservation requires the depot staff to be effectively trained in procedures regarding the operation of the collection facility. Staff will also need to be certified under the Transportation of Dangerous Goods Regulation.

What is the community responsible for?

- *Ensuring the site is licensed and approved
- *Purchasing a double-walled Underwriters' Laboratories of Canada licenced storage tank
- *Placing the storage tank on a pad along with coverage to protect from weather
- *Arranging the storage area to receive filters in a drum and containers in a bag
- *Staffing the facility
- *Record keeping
- *Insurance
- *Collecting all 4 streams: Used oil, antifreeze, used oil filters, used oil and antifreeze containers

For more information on financial assistance, the program and which communities already are participating in this program please contact the MARRC office at:
 Telephone: (204) 623-5255 | Toll Free: 1-888-410-1440
 Fax: (204) 633-9380 | Email: marrc@mymts.net
www.usedoilrecycling.com/en/mb

APRIL 22nd, 2017
EARTH DAY



Find out how your family and community can get involved with Earth friendly activities and programs!

www.winnipeg.ca/greenspace/EarthDay.stm

25
YEARS

RECYCLE YOUR CELLPHONE

Clean out your JUNK DRAWERS and recycle your old cell phones and accessories for free.

Please visit www.recyclemycell.ca to find a DROP-OFF location near your or print off a FREE mailing label!

RECYCLE YOUR ELECTRONICS

Find a complete list of electronic products that can be recycled, help prevent these items going into a landfill.

Please visit www.recyclemyelectronics.ca/mb/ to find a DROP-OFF location near you!

INDIGENOUS POWER SMART PROGRAM
 can be **FREE INSULATION**

For attics, walls, basements, and crawlspaces (both material and installation costs are covered).

See if you qualify: hydro.mb.ca/affordableenergy or call 1-855-360-3643

Available in accessible formats upon request.

Manitoba Hydro
 POWER SMART

*Manitoba Hydro is a licensee of the Trademark and Official Mark.

47TH Annual General Meeting & Tradeshow
 AUGUST 15TH - 17TH, 2017

Canada Inns Polo Park
 1405 St. Matthews Avenue, Winnipeg, Manitoba

2017

Northern Association of Community Councils Inc.
 Board of Director Elections

Elections will be taking place at the 47TH Annual General Meeting for the positions of the NACC Executive Board of Directors.

THE FOLLOWING POSITIONS WILL BE UP FOR ELECTIONS:

- * President
- * Northern Chairperson
- * Eastern Chairperson
- * Western Chairperson

The Northern Chairperson, Eastern Chairperson and Western Chairperson will be elected during Regional Meetings. The President elections will take place over the duration of the AGM, during the General Assembly.

Reg Meade; President
Helgi Einarsson; Eastern Chairperson
Glen Flett; Northern Chairperson
Larry Chartrand; Western Chairperson (Acting)

Eric Olson; Eastern Vice-Chairperson
Frances McIvor; Northern Vice-Chairperson
Barbara Marcyniuk; Eastern Secretary/Treasurer
Freda Parenteau; Northern Secretary/Treasurer
Harold Fleming; Western Secretary/Treasurer

The President, Eastern Chairperson, Northern Chairperson and Western Chairperson, will be elected in August 2017
 For contact information please visit our website: www.naccmanitoba.com

NACC BOARD OF DIRECTORS

47TH Annual General Meeting & Tradeshow

AUGUST 15TH - 17TH, 2017

*Canada Inns Polo Park
1405 St. Matthews Avenue, Winnipeg, Manitoba*

SILENT AUCTION

Donations

If your community or business would like to donate to our silent auction please let us know! All donators will be acknowledged during the AGM, as well as in our Winter edition of Whispering Pines.

All money raised will help pay for a portion of the Annual General Meeting.

TRADESHOW

REGISTER UNTIL July, 16th, 2017

NEW No Fee Tradeshow Booths to ALL!

(limited space available)

- ◆ NACC requests that you bring information that is relevant and resourceful to the NACC communities. For a list of our communities and more information about NACC, please visit our webpage.

For a registration package please contact the NACC office or visit www.naccmanitoba.com

Please note that not all registrations will be accepted



Hold a spring clean-up for a chance to win \$5,000 to help recycling in your community!

Multi-Material Stewardship Manitoba (MMSM) along with the Canadian Beverage Container Recycling Association (CBCRA) and its Recycle Everywhere program, are pleased to invite all Manitoba Northern and First Nations communities to participate in the annual **Northern and First Nations Community Clean-up**. In collaboration with MMSM and CBCRA, this program helps communities combat litter and increase recycling awareness. An exciting contest is being offered once again this year, with a grand prize of \$5,000 for a recycling initiative within the winning community! Individual prizes can also be won.

The program will take place between May 1 and June 30, 2017 and will focus on a clean-up of communities through the pick-up of litter and recyclable materials in public spaces such as streets and parks. Each participating community will receive a kit to assist with the clean-up.

The clean-up kit will include clean-up participant t-shirts, reusable gloves for safe litter and recycling pick-up, bags for disposal of litter and recycling and more. Communities must register by April 7, 2017, by filling out a registration form, and hold a community clean-up between May 1 – June 30, 2017. If your community is interested in participating, please email info@recycleeverywhere.ca for a copy of the registration form.

The community that wins the grand prize will also receive a celebratory barbeque with representatives from both MMSM and CBCRA in attendance. In addition to the grand prize, two individual prizes valued at \$100 each will be awarded in each participating community to volunteers who help in the clean-up efforts.

MMSM and CBCRA will be selecting 20 communities based on organizational goals, the community needs and program requirements. Registration does not automatically guarantee participation in the program. If an application is accepted, more details including rules, regulations and prizing will follow.

CBCRA and MMSM look forward to helping your community reduce waste and recycle.



Northern Water Smart® Program

The Lifesaving Society's Northern Water Smart® program provides Water Smart® safety programs to interested communities at no charge to participants in the courses during July and August of each summer. Courses that can be run as part of the program include Swim to Survive™ survival swimming lessons, Emergency First Aid & CPR-A, and BOAT™ operator training.

Participating communities must provide accommodations and meals to program instructors during their visits. Support services such as program advertising and venue preparation are required prior to and during visits.

Applications for the 2017 Northern Water Smart® program will be available starting in early April 2017.

For more details, please contact Christopher Love, Water Smart® Coordinator.

Lifesaving Society – Manitoba Branch
Phone: 1-204-956-2124

E-mail: watersmart@lifesaving.mb.ca
<http://lifesaving.mb.ca/water-smart/northern/>



Personal Floatation Devices (PFD) Program

The Manitoba Coalition for Safer Waters PFD Loan Program supplies lifejackets and personal floatation devices (PFDs) to northern and remote communities.

Communities must apply for the program and agree to set up a PFD Loan Program in their local area to be eligible to receive a stock of PFDs.

Further information and a program application form may be obtained from the Manitoba Coalition for Safer Waters website.

For more details, please contact David Lyons at the Manitoba Coalition for Safer Waters.

Manitoba Coalition for Safer Waters: Phone: **204-956-2124**

E-mail: research@lifesaving.mb.ca

<http://mbsaferwaters.ca/pfd-loan-program/>

SPONSORSHIP OPPORTUNITIES AVAILABLE

PLATINUM

- * Announcement at the AGM of sponsorship
- * Acknowledgement in the AGM program
- * Appreciation of sponsorship in the Whispering Pines newsletter & on the NACC webpage, including a link to your organization's webpage
- * Reserved spot at the tradeshow
- * Signage of logo on the NACC banner displayed at the AGM
- * Promotional material displayed at the AGM

\$ 3,500.00

GOLD

- * Announcement at the AGM of sponsorships
- * Acknowledgement in the AGM program
- * Appreciation of the sponsorship in the Whispering Pines newsletter & on the NACC webpage, including a link to your organization's website
- * Reserved spot in the tradeshow
- * Signage of logo on the NACC banner displayed at the AGM
- * Promotional material displayed at the AGM

\$ 2,000.00

SILVER

- * Announcement at AGM of sponsorship
- * Acknowledgement in the AGM program
- * Appreciation of sponsorship in the Whispering Pines newsletter & on the NACC webpage, including a link to your organization's webpage
- * Reserved spot in the NACC tradeshow
- * Signage of logo on the NACC banner displayed at the AGM

\$ 1,500.00

BRONZE

- * Announcement at AGM of sponsorship
- * Acknowledgement in the AGM program
- * Appreciation of sponsorship in the Whispering Pines newsletter & on the NACC webpage, including a link to your organization's webpage
- * Reserved spot in the NACC tradeshow

\$ 500.00



Community News (Matheson Island, MB)

Matheson Islands Annual Fishing Derby

March 4th, 2017 Results

Category One: 136 Entries

1st Heaviest Fish: Chantel Spakowski– Gimli \$1840.00

2nd Heaviest Fish: Jemima Keeper– Little Grand Rapids \$1104.00

3rd Heaviest Fish: Chelsey Whiteway– Matheson Island \$736.00

Category Two (12 & Under): 44 Entries

1st Heaviest Fish: Kaiden Flett—Grand Rapids \$250.00

As no other fish were caught the 2nd and 3rd place winners were drawn

2nd Heaviest Fish: Kali Collins— Riverton \$150.00

3rd Heaviest Fish: Tallet Dueck—Riverton \$100.00

Matheson Island Community Council would like to thank everyone for their continued support!

Community News (Norway House, MB)

Norway House’s Annual Fishing Derby

March 4th, 2017 Results

The Norway House Community Council hosted its 10th Annual Community Fishing Derby on March 4th, with 394 fishers entering the derby and with 19 fish being caught. There was a total of 9 winners, and first place was awarded with 25,000.00. All in all the derby was a success with many favourable comments received after the derby and fishers looking forward to next years. Thank you to all the fishers and to the staff and volunteers who helped out. The Norway House Community would also like thank their sponsors for their donations.

We look forward to seeing you all again next year.



Generating Bright Futures for Manitoba Youth

Students are a big part of our future. At Manitoba Hydro, we are proud to help make their dreams a reality.

Awards, Bursaries and Scholarships:

Manitoba Hydro’s Educational Funding Program supports the continued education of Manitoba's students by offering awards, bursaries and scholarships to those in high school, college and university registered in programs that will prepare them for an exciting job with us.

During the 2016/2017 school year, we will offer over 70 awards, bursaries and scholarships valued at over \$100,000. Students currently in high school or registering for their first year of post-secondary education in September are eligible for many of

High school award application deadline:
July 15, 2017

Post-Secondary bursary/scholarship application deadline:
October 1, 2017

For more information, visit our website at: <http://www.hydro.mb.ca/careers/students> or call (204) 360-7282 or toll free 1-800-565-5200.

MANITOBA HYDRO:

FOREST

ENHANCEMENT



Community and school tree planting projects promote appreciation and understanding of the role and importance of trees and sustainable forest management in communities, agriculture areas and forest areas of Manitoba.

Consider what your community would like to accomplish with the Forest Enhancement Program.

For more information and to apply visit: www.hydro.mb.ca



Power Line Technician Training Program

This June, Manitoba Hydro will be recruiting for positions in our Power Line Technician Training Program. Power Line Technicians construct, maintain and repair electrical power transmission and distribution systems. As a Power Line Technician Trainee you will participate in a four year apprenticeship program that includes on-the-job training and ten weeks of competency-based trade schools.

To be considered, you will have a high school or mature student diploma with the following credits: Mathematics 40S (Applied or Pre-Calculus), Physics 30S and English 40. You are also required to have a valid Class 5 driver's license (Intermediate or Full).

Aboriginal Line Trades Pre-Placement Training Program

Aboriginal candidates who do not meet all of the above academic qualifications may be interested in our six month Aboriginal Line Trades Pre-Placement Training Program. Selected candidates will receive academic upgrading to meet the minimum requirements to compete for a position in the Power Line Technician Training Program.

To be considered, you will have a high school or mature student diploma with at least *one* of the following credits: Mathematics 40S (Applied or Pre-Calculus), Physics 30S **or** English 40. A valid Class 5 driver's license (Intermediate or Full) and proof of Aboriginal Ancestry (i.e. Status, Treaty, Metis Membership, or Nunavut Certificate Card) are also required.

For more information please visit our website at www.hydro.mb.ca/careers/training_programs or call our Employment Line at (204) 360-7282 or toll free 1-800-565-5200.

Manitoba Hydro is Generating Bright Futures

Community Recreation (Thicket Portage, MB)



Gym Nights

Monday—Friday
6:00 pm—9:00 pm



Nursery—Grade Eight are Welcome!

Supervised Activities Include: Floor Hockey, Volleyball, Badminton and much more!

Please contact the Thicket Portage Community Council for more information.

1-204-286-3296

Community Recreation and News (Duck Bay, MB)

RIGHT TO PLAY YOUTH LEADERSHIP PROGRAMMING

Duck Bay Drop in center every Tuesday & Thursday

5:30 pm- 7:30 pm – Ages 10+

*Every session begins with a sharing circle and icebreaking activity. The youth participate in planning events, activities, and programs. The youth participate in team challenges, relay races, team building, outdoor activities and arts & crafts. Activities are also planned around mental health awareness and cultural awareness, the youth really enjoy learning positive things that help balance their daily lives.

WEEKLY SUMMER CAMPS WILL BE OCCURRING

During the Month on July, 2017—Dates TBD

*Including: Duck Bay Recreation Tots Camp

& Duck Bay Recreation Youth Camp

For more information about these events and more, visit the Duck Bay Recreation page on FACEBOOK or phone Cynthia Carley at

1-204-524-3074

Duck Bay Community Hall Grand Opening !

April 2017—Date TBD

Community Event (Crane River, MB)

JULY 1st



MMM Hall & Henry McKay Ball Grounds — Crane River, MB

Events include: Kids games, horseshoe tournament, BBQ and FIREWORKS!

For more information please contact the Crane River Recreation Committee at 1-204-732-2268

Community Event (Cross Lake, MB)

15th Annual Family Campout

July 4th - 11th, 2017

The Incorporated Community of Cross Lake invited every one for a fun filled camping well of family gathering, the Incorporated Community of Cross Lake would like to promote healthy families with recreation and wellness activities for all ages! Events include: Elders Day, Kids Day, Teenager Day, Family Day, Men's Day & Women's Day!

For more information please contact the council office at
1-204-676-2465

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.

Northern Association of Community Councils Inc.

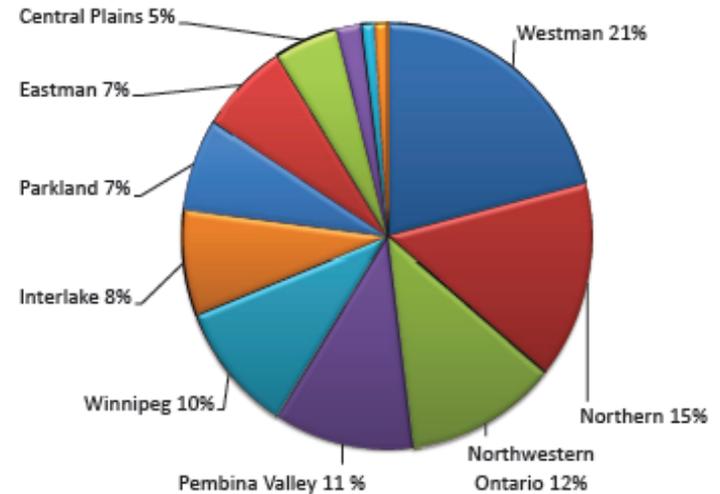
2-565 Roseberry Street
Winnipeg, MB R3H 0T3
Phone: 204-947-2227
Toll Free: 1-888-947-6222
Fax: 204-947-9446

Email: nacc@mymts.net



Keeping Families Close Across Manitoba

RMHC® Manitoba provided **733** family stays in 2016



- Westman (21%) = 160 family stays
- Northern (15%) = 112 family stays
- Northwestern Ontario (12%) = 88 family stays
- Pembina Valley (11%) = 82 family stays
- Winnipeg (10%) = 70 family stays
- Interlake (8%) = 62 family stays
- Parkland (7%) = 54 family stays
- Parkland (7%) = 54 family stays
- Eastman (7%) = 50 family stays
- Central Plains (5%) = 35 family stays
- Saskatchewan (2%) = 12 family stays
- Alberta (1%) = 5 family stays
- International (1%) = 3 family stays

rmhmanitoba.org

Ronald McDonald House Charities
Manitoba

