

WHISPERING PINES



The Northern Association of Community Councils

POINTS OF INTEREST

- NHFI
- Growing Local
- 2011 Northern Harvest Forum
- Frontiers Foundation
- Healthy meals for winter

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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.

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We look forward to hearing from you!

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OUR MISSION

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.



Matheson Island Community Council Annual Winter Fishing Derby 2012

Matheson Island, Manitoba

Saturday, February 25th, 2012

1 p.m.- 4 p.m.

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. 10th are entered to win one of the Early Entry Draws which is 2- \$500 cash prizes.

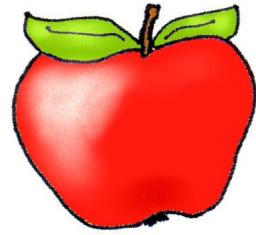
The early entry draw will take place at 4:30 pm at the Community Hall on derby day.

Category Two:
\$10.00

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



NHFI



Dear Community Members,

First, I want to introduce myself. My name is Vanessa Lozecznik and I am the new Northern Healthy Foods Initiative (NHFI) Project Coordinator with the Northern Association of Community Councils (NACC). I was born and raised in Santiago, Chile, but I have been living in Manitoba for almost five years. I have a Masters degree in Natural Resources from the University of Manitoba and most of my studies and work have been on building capacity and gardens in Northern Manitoba. I am very excited to spread my food security knowledge and enthusiasm to your communities.



I want to invite you to join our 2012 NHFI initiatives. The NHFI is aimed at increasing healthy lifestyles, exploring strategies to reduce the high cost of food and promoting diabetes awareness in Northern Manitoba. In the last community visits we discussed the possibility of implementing workshops and projects that will increase food security in your communities. Throughout this publication my goal is not only to introduce myself, but to invite you to provide your thoughts and ideas. With your help we will continue bringing healthy food options to your communities.

During the Fall...

I started my work with NACC in September of 2011 and in October I conducted canning workshops in your communities. At the workshop, we learned how to can with a pressure canner and we had fun making a low sugar strawberry jam. Below are some examples from Barrows and Camperville. I want to thank you again for your participation!



Growing Local

Celebrating 5 years! **2 0 1 2**

Growing Local Celebrates 5 Years

For the past five years, the *Growing Local* food security conference has been bringing together Northerners, farmers, chefs, gardeners, parents and youth from across the province to learn how they can work towards healthier, fairer, and more sustainable communities.

At this year's conference (February 23-25, 2012) participants will get to share their skills and knowledge through guest speakers, displays and workshops on Indigenous food culture, gardening, local food know-how, food justice and more. The *Growing Local* conference is also pleased to welcome this year's keynote speaker, **Winona LaDuke**. Winona is an internationally-acclaimed Anishinaabe author, activist and speaker who has "devoted her life to protecting the lands and life ways of Native communities". As Co-Director of Honor the Earth, she works both nationally and internationally on climate, food and energy issues. In her own community located in northern Minnesota, she is founder of the White Earth Land Recovery Project, a non-profit organization and leader in culturally-based sustainable development.

For the last four years the conference has sold out, so be sure to register soon! Early-bird registration and prices end on January 20, 2012. For information on workshops, how to register, fees and more, visit www.foodmattersmanitoba.ca

Still have questions? You can call us at (204) 943-0822, or toll-free at 1-800-731-2638. You can also send a fax to (204) 943-0823 or email us at growinglocal@foodmattersmanitoba.ca. We'll see you there!

Explore and Celebrate The Local Living Economy At the Capturing Opportunities Conference April 24 & 25 at the Keystone Centre in Brandon, Manitoba

The Capturing Opportunities Conference is an annual forum where business owners, aspiring entrepreneurs and community leaders come together to learn and be inspired. Prominent keynote speakers, a multitude of breakout session and a celebration banquet are all part of this exciting 2-day conference.

This year's theme is the Local Living Economy, one which evaluates its economic activities from both a business and social perspective. A *Local Living Economy* focuses on **people, place and products**, and values:

- putting **community** first
- empowering **people**
- **sustainable** growth and the environment
- buying **local**
- maximizing local resources and investment
- quality of life

A Local Living Economy is guided by the following principles:

Communities **produce and exchange locally** as many products as they reasonably can.

Consumers appreciate the benefits of buying from local businesses and are often **willing to pay a price premium**.

Businesses are primarily **independent and locally owned**, while also building long-term profitability. They strive to:

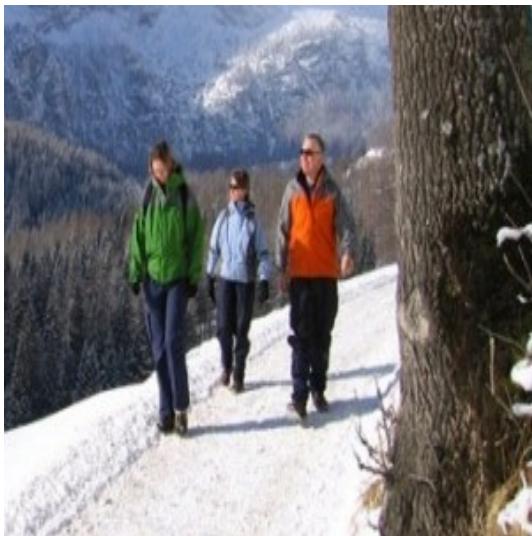
- Source products from local businesses first
- Provide employees a healthy workplace with meaningful living wage jobs
- Offer customers personal service and useful, safe, quality products
- Use their business practices to support a healthy community and to protect the environment
- Yield a 'living return' to owners and investors

We encourage you to join us in Brandon on April 24 & 25 to learn more about how the *Local Living Economy* could benefit your business or community. Prepare to be inspired.

WINTER ACTVITIES!

Go for a Walk:

Walking is always a great way to get your heart going. A one hour walk a day can help prevent heart disease, breast cancer, colon cancer, diabetes and strokes. It also helps burn off stored fat and speeds up your metabolism. Going for a walk can also enhance your mood and help you sleep better for people with insomnia. Did you know that one hour of walking a day can help you lose up to 369 calories? So get out there with a friend or family member, or just by yourself and go for a refreshing walk!



Building Snow Forts:

Building snow forts is a wonderful way to strengthen your muscles. You can lose up to 266 calories an hour. It's also a great way to spend time with your friends and family!



Tobogganing: Did you know that tobogganing can burn up to approximately 460 calories an hour? It's a great way to workout your cardiovascular and improve your endurance. Remember to dress warmly and be safe.



Ice Skating: Ice skating is a great low-impact activity. It's great for all ages! Skating really works your thighs, calves, knees, gluteus muscles and tightens the stomach. Did you know you can burn up to 346 calories an hour?



Remember:

- Dress warmly for any outdoor activity.
- Always stretch before and after doing any physical activity.
- Drink plenty of water!
- Always be safe and know your surroundings.
- The most important one to remember is, to HAVE FUN!





2011 Northern Harvest Forum



The Pas, October 19th & 20th

Workshops

Food Preservation:



Berry Planting:



Several workshops were hosted at the 2011 Northern Harvest Forum. Patti Eilers & Francis Hall shared their expertise on food preservation ... we had fun canning and pickling carrots!

Anthony Mintenko from MAFRI shared some tips for success in the basic berry planting and production workshop.

Strategic Planning



Seed Saving:



In the strategic planning session that took place at the 2011 Northern Harvest Forum, NACC community members discussed some of the challenges faced by their communities. Together, we brainstormed some strategies to promote sustainable practices in their communities.

Barry Magnusson from Princess Harbour shared some tips on how to preserve seeds and how to properly plant them.

Guest Speaker Stephen C. Brown Ph.D.

District Agriculture Agent
Cooperative Extension Service
University of Alaska, Fairbanks.

Dr. Stephen Brown is an Associate Professor at the University of Alaska Fairbanks and serves as a multi-district Agriculture Agent for its Cooperative Extension Service. His subject matter specialties are high latitude agriculture and geospatial technology for farming (Precision Agriculture). He and his wife operate Denali Dreams Farm. In his spare time he is an avid mountaineer and marathon runner.

Stephen spends a great deal of time working with arctic and sub-arctic agriculture across Alaska. He will be presenting some interesting examples of innovative Alaskan farming programs. He is witness to a lot of new trends and opportunities that he suspects would be very relevant to Northern Manitoba.



2011 Northern Harvest Forum

The Pas, October 19th & 20th



Golden Carrot Awards

The **Golden Carrot Awards** are Food Matters Manitoba's annual awards recognizing the tremendous work Manitobans are doing to create a healthy and sustainable food system.

Golden Carrot Award categories:

Urban Community Food Champion, Rural Community Food Champion, Northern Community Food Champion, Media Community Food Champion, Business Community Food Champion and Education Community Food Champion.



Sherry Ferland is very active in her community of Barrows and goes above and beyond to ensure that community members are active as well. She is focused on providing all the essential tools to those in the area and has been instrumental in trying to establish a greenhouse as well. She is involved with the Northern Healthy Foods Initiative in her community and is a leader in creating change. In her spare time, Sherry is an avid gardener and has also started planting fruit trees.

Princess Harbour is a small and isolated community on the East shore of Lake Winnipeg with no year-round roads. Because of this, food security is a major issue and requires strong community involvement to help ensure fresh and nutritious food can be made available. **Barry Magnusson** is very active in his community and has built a greenhouse to help improve food access. Through this he gardens and grows produce and is also involved in selling bedding plants to local residents to allow them 'grow their own'. In his spare time, Barry saves seed and produces fruit trees for the community.



EVENT SPONSORS

Northern Healthy Foods Initiative Manitoba Government Departments

Northern Healthy Foods Initiative Regional Partners

- Aboriginal and Northern Affairs
- Agriculture, Food and Rural Initiatives
- Conservation
- Health
- Healthy Child Manitoba
- Healthy Living, Youth and Seniors

- Bayline Regional Roundtable
- Food Matters Manitoba
- Four Arrows Regional Health Authority
- Northern Association of Community Councils





Soups and Stews: They're easy to make and a great way to stay warm this winter!



Elk Stew:

1 lb. elk, cubed
2 -14.5 oz can low-sodium beef broth
1 -14.5 oz can diced tomatoes
1 ½ tsp. of flour
¼ cup of peas
2 cup of cubed potatoes
½ cup of diced carrots
¼ cup of chopped onions
1 tsp. of Worcestershire sauce
¼ cup of Chablis wine
1 tsp. of basil
¼ tsp. cloves
a pinch of salt

Brown meat in a pan. Add broth and flour, stir to get lumps out.

Add vegetables and seasonings. Stir on high until thickened. Simmer until vegetables are tender.

Microwave vegetables before adding for quick stew or simmer for several hours over heat until vegetables are soft. The longer it simmers, the better it tastes. Leftover stew often tastes better than freshly cooked!

Did you know:

Elk stew is very high in protein. It's low in fat and contains many vitamins such as; Vitamin A, B1, C and E!



Enjoy!

Wild Rice and Buffalo Soup:

2 tbsp of olive oil
1 large yellow onion, finely chopped
3 medium carrots, peeled and finely chopped
3 large celery stalks, finely chopped
2 medium garlic cloves, minced
12 cups (3 quarts) low-sodium beef broth
1 1/2 cups wild rice blend
1 pound buffalo meat, medium dice
1/4 cup coarsely chopped parsley

Heat oil in a large pot over medium heat. When it shimmers add onion, carrots, celery and garlic until they are soft. Stir occasionally, about 10 minutes.

Add beef broth and wild rice, season with salt and pepper, bring to a boil. Reduce heat to medium low and simmer. Cover until rice is tender, about 25–30 minutes.

Add buffalo meat and season with freshly ground black pepper. Simmer until buffalo meat is cooked through, about 15–20 minutes. Remove from heat, add parsley, taste and season with additional salt and pepper if needed.

Did you know:

Wild Rice and Buffalo Soup is very high in protein. It's low in fat and contains vitamins such as; B5, C, E and Zinc!



FRONTIERS FOUNDATION

“Building It RIGHT”



Northern & Aboriginal Housing Forum
February 21st – 23rd, 2012



Our vision for northern housing is for every family to have a home that is healthy, well-constructed, well-maintained & energy efficient.

A good housing strategy is composed of partnerships, which build capacity as well as homes, using as many local materials as is ecologically or economically practical.

Date and Location: February 21st - 23rd, 2012, Canad Inns Destination Polo Park, Winnipeg, MB

Special Room Rate: \$102 plus tax, to book a room call **1-888-332-2623** and quote Group Number **195433**

Content Streams:

Northern Housing Management
Northern Housing Technology

Employment & Training in Forestry & Construction Trades
Forestry Practices
Community Planning

Forum Description:

Northern and Aboriginal communities are faced with many challenges in improving their housing. There are numerous models of successful partnerships in northern housing management and technology such as Frontiers Foundation's **Standing Tree to Standing Home** program. In strategic planning workshop sessions, participants will learn how to combine employment and training, economic development, capital and social budgets toward training community members to build and maintain their housing stock using local resources and products. Communities will be encouraged to bring local information/ stats etc. to the Forum for use in planning sessions and workshops.

Workshop streams will focus on building community and regional capacity for:

Greener approaches to heat, sewer and water that will address ongoing community infrastructure costs;

Creating Housing and Community Spaces that are positive determinants of health;

Training community members to build houses appropriate to northern climate using locally harvested and milled lumber;

Designing local options for social housing management and home ownership.

Promoting greater housing stewardship and ownership to reduce cost of maintenance and increase housing longevity.

The Forum will close with a special session on taking it home, with materials, contact information, user friendly templates, and a Forum evaluation. Forum presentations and documents will be available on the Frontiers Foundation website and if requested by CD or paper copy so that participants and others will have access to this information.

Invitees:

Approximately 500 participants from Alberta, Saskatchewan, Manitoba and North-Western Ontario including:

First Nation Leadership, Housing Managers, Employment & Training, Economic Development

Northern Community Councils (off-reserve northern communities)

Tribal Councils and Metis locals

Federal and Provincial public servants in the ministries related to Housing, Forestry, Employment and Training, Economic Development, and Aboriginal and Northern Affairs.

Professionals and Students in Building Trades and Engineering/Architecture professions.

President's Report

Reg Meade—President

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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

Also, please send special greetings such as birthday or anniversary messages, the Whispering Pines is distributed to over 2000 households!



Hello Whispering Pines readers,

I would like to welcome Vanessa and Meghan to the NACC office, we look forward to working with you as the new year approaches.

For the past 3 months, my schedule has been filled with meetings with the TEDWG (Thompson Economic Working Diversification Group), Aboriginal and Northern Affairs and other fundamental government departments. We at NACC have continued to press the important issues and needs of our communities, stemming from correspondence and resolutions that we have received in our office. I cannot stress enough to any community council that if an issue is to arise, please notify NACC and copy the office in on any correspondence. Without proper knowledge of the issues, we cannot help to the best of our ability. An open line of communication is key.

I attended the Northern Harvest Forum in October that was held in The Pas, and congratulations goes out to all departments and regional partners who were involved. The Forum was a tremendous success and well attended. There were over 8 presenters who brought forward their knowledge in sustainability and healthy living, and that information was passed to many people from all over Manitoba.

From the entire Board of Directors and NACC staff, I would like to wish you and your family a very happy holiday season, and warm wishes for a bright 2012.

BIRTHDAY GREETINGS!



Special birthday greetings go out to:

**Barbara Marcyniuk
(Dallas Red-Rose)
March. 3rd**

**Charlene Mercredi
(Thicket Portage)
March. 8th**



Executive Reports

Helgi Einarsson—Eastern Region Chairperson

It has been a busy 3 months since the last Whispering Pines, and we are still working on flooding issues throughout our Western and Eastern Regions. I want to wish all the communities dealing with these heavy issues the best of luck in the next upcoming months and as the snow begins to melt. We hope for a long winter road season, to help us better our communities though the necessary needs of transport and travel.



A warm welcome to the new NACC staff, Meghan and Vanessa. We look forward to working with you.

Warm wishes for a happy holiday season to all Whispering Pines readers and their families. We wish you well in 2012!

Glen Flett—Northern Region Chairperson

First off, I just want to acknowledge all the communities that were affected by the flood this past season. It was a trying time for all of us and hopefully you will get some well deserved rest this Christmas season.

With NACC we have made great progress in the past few years. There are still challenges and with all of us working in collaboration, hopefully all of us will achieve our goals.



I would also like to acknowledge our NACC administrative staff on all the hard and excellent work they have done this year. I want to wish you all a safe and prosperous New Year! See you in 2012!

Anne Lacquette—Western Region Chairperson

Since the AGM we have hired two new employees; Meghan Routledge as the new Administrative Assistant and Vanessa Lozecznik as the new NHFI Project Coordinator.

If you require assistance from NACC regarding issues in your community, please write a letter to us asking for our involvement. Without a written request we may not be able to provide the level of assistance that is required.



The Northern Housing Forum Tradeshow will be held at the Canad Inns Destination Polo Park in Winnipeg from February 21–23, 2012. More information regarding this will follow.

On behalf of the Board of Directors, I would like to wish everyone a very Happy New Year.



Northern Association of Community Councils Inc.



January 2012

S U N	M O N	T U E	W E D	TH U	F R I	S A T
1	2	3	4	5	6	7
New Years Day						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOTES

February 2012

S U N	M O N	T U E	W E D	TH U	F R I	S A T
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 <i>Valentine's Day</i>	15	16	17	18
19	20	21	22	23	24	25

