

## WINTER 2005



### INSIDE:

President's Report: .....	2
Executive Reports: .....	3
Ministers Greeting.....	4
Government Update:.....	5
Executive Director - Report:.....	7
Children's Page:.....	16

Ph: (204) 947-2227

Toll-free: 1-888-947-6222

Fax: (204) 947-9446

Email: [nacc@mts.net](mailto:nacc@mts.net)

Website: <http://nacc.cimnet.ca>

750-331 Smith Street

Winnipeg, MB R3B 2G9

Editor: Jacqui Meckling

Assistant Editor: Kathy Frisk

Whispering Pines is published by the Northern Association of Community Councils Inc. & printed by Derksen Printers of Steinbach, Manitoba.

We encourage community council members to submit comments, suggestions, articles, and ideas to the editor.

### Seasons Environmental and Memorable Savings

The holidays are around the corner and it is a season of feast, lights and waste and pollution.....

In addition to unwrapping gifts and stuffing your tummies here are some tips to reduce waste and community pollution, give a "gift" instead of "stuff":

- 1) Alternatives to traditional wrapping paper include materials like hemp, flax and organic cotton, as well as recycled newspapers and maps. With a variety of products to choose from, it's increasingly easy to meet your holiday needs.
- 2) Gift bags come in all shapes, sizes and colors. But unless you're reusing last year's bags, you're contributing anew to the holiday waste stream. Instead of buying a traditional gift bag, try one made of natural fibers or recycled content, or make your own.
- 3) To wrap kitchen and baking goods, try an apron, or other cloth based materials.
- 4) Volunteer Coupons": Gift-giving ideas for children: Children want to give their family gifts, too, but limited budgets often make purchases difficult. Let them know that what you really want does not have to come from a store—their time is even more valuable. Maybe helping shovel snow this winter, or vacuuming the house is really the present you are looking for.

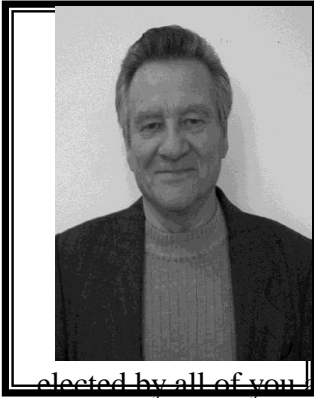
**Eco Friendly gifts:** Compost bins, Hand-knit items, Plants, Seeds and pots for a window-box herb garden, Fruit baskets, Bird feeder and seeds

Continued Please see page

---

## **PRESIDENT'S REPORT**

### **Reg Meade ~ President's Report**

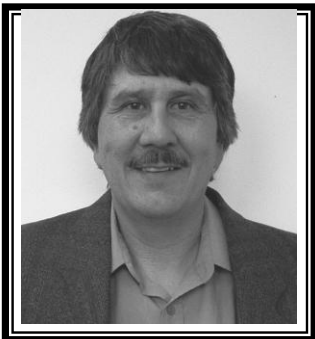


This has been a busy fall and winter for me. The Executive of our Board of Directors has been trying to develop a strategy for communicating better with our Member Community Councils on all activities that are taking place as directed at our 35<sup>th</sup> AGM this year. At present we are providing info through the Whispering Pines newsletter and on our webpage. We would appreciate hearing from member councils of what they would suggest. Since conference time I have attended meetings to address the following areas: Housing, Youth Partnerships, Food Security, Commercial Fishing, Infrastructure and to learn about the national perspective on northern living challenges. I will be attending a meeting shortly on addressing healthcare in the north. Our Chairpersons representing your area were elected by all of you and are tasked to bring your feedback and concerns forward for action. Our protocol is that once a request has been received by letter or resolution your Chairperson brings it forward to the board and President to provide support and obtain answers specific to your request. Please remember that all requests are confidential unless otherwise stated. Though we recognize the uniqueness of each community we find that often a number of communities do have some of the same concerns.

The NACC Board of Directors, Management and Staff look forward to continuing to work with our membership in the New Year and send greetings for a safe and happy holiday season to you all.

## **EXECUTIVE REPORTS**

### **Helgi Einarsson ~ Eastern Region Chairperson**



Well I guess winter is really here. I received my invitation to Matheson Island Annual Fish Derby in the mail today! Thanks, I'll try my best to get there. Anyone interested in going it's on Feb.25<sup>th</sup> 2006. Here at Dauphin River we had a terrible freeze up. The ice is piled high in the river, our docks are covered with at least five feet of it and the river is backing up. Already part of our road has been flooded and detours are being used. Hopefully the main part will escape the rivers wrath and we won't be cut off from the world!

I attended the Fishermen's Conference in Winnipeg on Nov.9 & 10<sup>th</sup>. Elections were held for the board of the newly formed Manitoba Commercial Inland Fishers Federation (MCIFF). Ken Campbell was elected president. I got elected to represent zone 6 which includes Dauphin River, Jackhead, Matheson Island, Pine Dock, Fisher Bay, and Fisher River. If any of these communities are planning to have a local fishers meeting I would appreciate hearing from you. If possible I would like to attend so that I can bring your issues to the board meetings throughout the year.

On behalf of my family I would like to wish everyone a safe and joyous holiday season and a Happy New Year. I hope to get back into visiting communities in the new year.



## **EXECUTIVE REPORT'S continued:**

### **Anne Lacquette ~ Western Region Chairperson**



Greetings to all Mayors, Councillors and Administrators of the Western Region.

We are dealing with the resolutions that were passed at the NACC Conference in August. We will be holding our Regional meeting in Dauphin during March 06. I want to thank Aboriginal & Northern Affairs staff for their support to NACC as well as the regional meeting.

I'd like to congratulate all the Frontier fiddlers that took part in the Rural Forum in Brandon and also the Area II students, coaches and chaperones that took part in Frontier Games.

Once again, I'd like to thank all the people for the support they've given my family in the loss of my husband.

On behalf of my family I'd like to wish everyone a Merry Christmas and a prosperous New Year. Drive safely and be sure to use a designated driver.

### **Frances McIvor ~ Northern Region Chairperson**



Merry Christmas and Happy New Year!

I have been attending meetings and on going discussions with board members of the North Central Development and the Bayline Regional Round Table. These board meetings give us the opportunity to take some time out to discuss how our communities are doing. The staffs of BRRT, NACC and the partners are working continuously on the Food Security, I had attended a meeting in Thompson regarding this and the board members strongly support the food security project. Also the freezer project is trying to become a pilot project in Oxford House. If you have any questions do not hesitate to call the BRRT. We hope to have a great start in the spring of 2006 with our community gardens. Setting up discussions with the appropriate person to deal with the issues on housing, I hope to have information for the Aboriginal & Northern Affairs meetings in March 2006. This is a reminder to the communities that when researchers are going into your communities please tell them your story on the accessing of health services in your community. We need to tell our stories.

Happy Holidays and hope to see you in the New Year.



I want to wish the executive, staff and residents of Northern Affairs communities all the best in the holiday season and the new year. 2005 has seen a number of improvements and successes in the North. I was honoured to attend the extremely successful 35<sup>th</sup> Annual General Meeting of NACC this past September. It was an exciting conference and I want to express my appreciation for all the work that went into making it such a success.

The Trade Show was once again impressive and our government was very pleased to assist the Third Annual Youth Conference. In my opinion the Youth Conference has become one of the highlights of the annual meetings. It is very encouraging to see the interest and participation of young people at the meeting. The turnout this year bodes very well for the future.

I want to congratulate President Reg Meade on his re-election and also the Regional Chairs Helgi Einarsson, Anne Lacquette and Frances McIvor for their re-election and their continuing support of Northern Manitoba.

I am pleased to note the many capital projects we have been able to work together on this past year in NACC communities and look forward to more projects occurring over the next year under our Department and through the Infrastructure program.

The new Community Partners program which we announced during the NACC Annual General Meeting is developing operations at Norway House, Thicket Portage, and Wabowden amongst other communities.

As Minister of Aboriginal and Northern Affairs it was my pleasure to host the Northern Development Ministers annual conference this past September in The Pas. NACC President Reg Meade attended this conference to meet with representatives of other jurisdictions and to learn what they are doing to foster development in northern regions. The conference was very successful and highlighted a number of programs that are working elsewhere that we want to emulate in this province.

As always I welcome the views and concerns of NACC residents.

Yours sincerely,

Oscar Lathlin, Minister

## Government Update

### **2005 THRONE SPEECH HIGHLIGHTS**

#### **Growing Rural Manitoba**

A record \$198 million in insurance payments was paid to producers in the past year including \$24.7 million in excess moisture insurance.

Total crop insurance payments this year are projected to be \$300 million including \$58.3 million in excess moisture insurance.

Work will continue to find new export markets for producers faced with the challenges of BSE, trades sanctions and evolving WTO discussions and will build on a record \$3.4 billion in agri-food exports shipped in 2004.

A Farm to Fork food safety program will be introduced under the supervision of the office of the Chief Veterinarian.

Initiatives to expand organic farming will be introduced.

Manitoba will become the first province in Canada to launch a project to support farms in carrying out a range of environmentally-friendly farming practices and alternative land uses.

Continued support for a multi-pronged research and protection strategy for the Lake Winnipeg watershed.

#### **Continued**

Please see Throne Speech page 6

# Northern Association of Community Councils Youth Advisory Committee YAC Bios

## Background

In 2003 the Board of Directors of NACC determined that they would like to have northern youth participate through an annual youth conference in leadership training as our future for the north; and through this participation have the ability to address youth challenges in the north. In 2005 through the support of the Honourable Oscar Lathlin, Minister of Aboriginal and Northern Affairs the first Youth Advisory Committee was struck and they met in Winnipeg for a 2 day strategic meeting, planning the 3<sup>rd</sup> Annual Youth Conference. This year was NACC's 35<sup>th</sup> anniversary and with this important juncture for our organization there were 5 resolutions that came out of this year's youth conference to take to the ministers for a response and support. These youth have volunteered their time for this important committee and the Board of Directors, Management and Staff congratulates their efforts. We would like to introduce the following committee members:

## Brandy Bulycz

Brandy is an Aboriginal Youth who is self employed and resides in Mafeking. The name of her company is Freedom Embroidery. Since being in business for approximately a year and a half Brandy has had to develop skills in networking, sales which included getting companies and people interested in her business and products, public speaking, accounting, time management and organizational skills. Brandy has attended all three of our youth conferences and participated in the 2005 conference as keynote speaker on Day 1.

## Jeanene Ray

Until recently Jeanene was employed as Recycling

Whispering Pines

## Bayer



the  
Project

Coordinator for Wabowden Community Council. She has enjoyed for the past 2 years volunteering for the Wabowden Minor Hockey Association as their Secretary. Jeanene is planning to continue her post secondary education through college soon. She is a graduate of the Mel Johnson High School in Wabowden (2001). As Jeanene looks towards the future she hopes she will be able to gain more board/committee experience to assist her in taking a leadership role as a youth in her community. 2005 was Jeanene's 3<sup>rd</sup> year with our conference.

## Albert Stolz

Albert who hails out of Flin Flon where he has been working with the local youth centre in the summer of 2001 and since then as a youth leader in his community involved in supervision, and assisting in planning and organization of youth activities. Albert has been involved with the NACC Youth Conferences since 2003 and earned a great deal of respect from his peers as a positive role model right from the beginning.

## Amanda J. Lathlin

Tansi! My name is Amanda J. Lathlin. I am 26 years old and I come from an awesome Reserve called Opaskwayak Cree Nation. Opaskwayak Cree Nation has over 4000 band members and is a very economically progressive community. I am the second youngest of my family of nine, which includes my mom and dad, my four brothers and two sisters. I graduated from Joe A. Ross School in 1996, and attended Brandon University in 1997 for Business Administration. However, I realized that this was not the career choice for me and decided to wait until I am certain on what field of work I am interested in. There are so many choices!! On my spare time I like to read, swim, spend time with family and friends and I am in Shotokan Karate. I hope to obtain my green belt by May 2006. Currently, I am working for my band in the Employment & Training/Youth Centre departments.

Northern Association of Community Councils Youth Advisory Committee YAC Bios continue on page 7

**BIO's continued from page 6:**

My future plans are to finish an intense training course in Life Skills Coach Training and after that prepare myself for the CFAEP, which is the Canadian Forces Aboriginal Entry Program for August 2006. I have been very fortunate to be a member of the Youth Advisory Committee for two years now, and to work with such wonderful, bright and determined youth. If you have any questions or concerns please let one of us know, you can reach us through email or leave a message at the NACC office telephone toll free 1-888-947-6222 and our website address is <http://nacc.cimnet.ca> ,

*“Never give up on your hopes and dreams, you are the only one who is in control of your life and can make things happen with determination, risks, and optimism.”*

**Ryan De La Ronde**

Ryan is originally from Duck Bay and now resides in Winnipeg. He has put a lot of energy into youth oriented activities such as helping to coach both elementary and high school sporting teams; help coordinate the MMF Winnipeg Region Aboriginal Day and the successful Street Festival Celebrations. We welcome Ryan as one of our newest members to the YAC.

**Francine Villeneuve**

This was Francine's 2<sup>nd</sup> year at the NACC Youth Conference. Francine resides in The Pas; brings with her a strong work ethic and great communication skills. She enjoys working with her peers and looks forward to working with the other YAC members. Francine also impressed the conference organizers and participants on her leadership skills and energy shown at the first conference she attended. She has shown she is well versed on the youth issues.

**Johnny Harvey** (bio not available at this time)

*Northern Association of Community Councils would like say congratulations to all the nominees and recipients of the 2005 Manitoba Aboriginal Youth Achievement Awards*

**Throne Speech Highlight continued from page 4:**

Two new scholarships will be established next year: a Centennial Scholarship to the University of Manitoba's Faculty of Agriculture and Food Sciences and a Rural Economic Development Scholarship at Brandon University.

**Building Northern Manitoba**

The University College of the North has 2,250 students registered in over 40 programs offered in locations throughout northern Manitoba including over 180 registered in the bachelor of nursing degree program.

A bachelor of education program will begin in the fall of 2007 with the addition of degree programs in science and Aboriginal midwifery in future years.

The introduction of a new partnership with the federal government designed to make a significant impact on Aboriginal health outcomes.

Manitoba will propose similar partnerships to boost school completion rates on-reserve and begin addressing the critical shortage of adequate housing in northern and First Nation communities.

An energy cost benefit will be added to the existing remoteness allowance to address the impact of rising energy costs for northern residents.

**“BUILDING CONSENSUS TOWARDS SAFER NACC COMMUNITIES”**  
**A CRIME PREVENTION PLAN**

**Build Safer Communities?? Yes We Can!**

How do we make our communities safer for our children and ourselves? It may be easier than you think, but it requires a change in the way we think. We often hold two faulty beliefs. The first is that “It won’t happen to me,” and the second is that if accidents happen it is because people are “unlucky”. The truth is that most injuries happen when people are unprepared or are behaving unsafely or when the environment they live or work in is unsafe. Sometimes the ones who get hurt are not the ones who are behaving unsafely.

**Seeing It**

One of the first things you can do as council or small groups of concerned citizens (elders, adults, and youth) is to take a “talk-walk” through your community. (You might even make this into a little contest and see which team can come up with the longest list of unsafe conditions.) Put on your imaginary “safety awareness” glasses and take a really good look at the place. Take a look at:

- **Roads/intersections and vehicular safety:** where are the usual cut-across paths are for the kids getting to school?: where do most crashes or near misses occur?, are seatbelts worn?, is operating under the influence a problem?.
- **Water, waterfront, and boat safety:** condition of docks, beachfront, and boats? Do people wear lifejackets?
- **Derelict buildings and vehicles:** are they repairable? useful for salvage? or do they need to be used for fire department practice or taken to the wrecker?
- **Home safety:** fire hazards; storage of medicines, chemicals, and poisons, firearms; condition of stairs, steps and railings.
- **Workplace safety:** guards and safety devices on equipment, proper protective gear for operators, proper training for operators.
- **Child safety:** adequacy of childcare and parenting, availability and condition of a playground;
- **Older Children and Teen safety:** what unsafe practices do they get involved in, where do these usually occur?
- **Community beauty and mental health:** what spots in your community are unsightly? How could they be beautified? Where is the graffiti?
- **Crime and delinquency:** What are the most common crimes? Where and when are these crimes committed? What are the causes and underlying factors related to these crimes?

**Changing It**

Once you have your list, hold a meeting and decide which issues you feel are the most important ones to address first:

- What are the most frequently found problems that could have the most serious outcomes for the most people?
- What problems impact children and youth (would result in the most years of life lost)?
- What problems are most urgent: recent death or injury, season coming up (example autumn might concentrate on home fire safety and condition of steps as winter is coming.)

Continued Please see **Building Consensus page 8**



**Building Consensus** Continued from **page 8**

### **Plan Your Work**

Once you decide your issues you need to plan:

- Who is interested in working on this?
- Who would benefit most from this (can you get these people involved as well?)
- What resources do you currently have to work on this issue?

What can you start right now, with what you have right now that would make a change that can be seen and celebrated?

- Can you separate what needs to be done into small steps or phases that can build towards the greater goal?

### **Are more resources are needed?**

- What agencies have a mandate to work with this issue? (Many can offer free assistance.)
- What agencies might fund projects like this?
- What resources can you offer to contribute to the mix?
- What modest budget could allow you to have a greater impact?
- Who has proposal writing skills?

### **Work Your Plan**

Once you start, don't stop.

- Get see-able results early, make sure you give credit, celebrate, and publicize this success and all future successes to build momentum.
- If it doesn't go well, evaluate what went wrong and fix it, but don't give up. Keep going.

It isn't over until it's over. It is over when your community is a safe, healthy, happy place for all citizens to live, work and play.

Written by: Laurel Gardiner

If you would like assistance with planning towards a safer, healthier, happier community, please contact Jacqui Meckling at Toll free 1-888-947-6222 or 947-2227.



### **Tribute to Norman Lacquette**

On Monday September 26<sup>th</sup>, 2005 Norman Lacquette a former Executive Board Member of the NACC left us at the young age of 63. All of us remember his kind way and dedication that Norman bestowed upon the members of the Northern Affairs communities.

In 1985 Norman became a Board Member of the NACC and was voted in at the 14<sup>th</sup> Annual General Meeting he remained on the board for 5 terms, which boils down to 16 year up until 2002. Norman's strong negotiating skills helped in sometimes difficult situations in dealing with the government officials and organization.

Our memories of Norman will remain with all of us and the President Reg Meade, the Board of Director, Management and Staff of NACC would like to send out their condolences and prayer to Anne Lacquette and her family in their time of loss and remembrance.



## FROM JACQUI'S PIT

2005 has been a very busy year for this office. We certainly have appreciated all the new friends and valued continuing working relationships throughout Community Councils, Government and Agencies. As a person who grew up in the north it was a thrill to meet champions in each of your communities and see communities develop skills that will advocate changes for healthier communities within the NACC membership. I would like to thank all of our community members for their efforts and send accolades to our Youth Advisory Committee members for all their hard work. I know it can be tiring at times and we sometimes feel for every step forward we take two steps backwards. However, we need to be reminded why we work hard – always for the benefit of our communities. That alone will always make a difference so give yourselves a pat on the back for all your good work.

Christmas Wishes from our house to yours. May 2006 bring each and every one of you peace, good health and all the good things you deserve.



***Merry Christmas &  
Happy New Year from  
the Board of Directors,  
Management and Staff of  
NACC***

# Assistant Editor

Since the last issue I attended the Food Security Gathering at the Legislative Building here in the City of Winnipeg. They served breakfast and launch the new Food Security Website for the Bayline Regional Round Table (BRRT) through Cimnet. NACC has formed a partnership with the BRRT and now have a page on the Manitoba Food Security website under the Northern Region tab then you go to the projects tab on that page is linked back to NACC. Here is the link that will get you to the NACC page you'll get the Manitoba Food Security search first then you click this to get to NACC's page <http://food.cimnet.ca>

In October 7, 2005 I attended the Canadian Cancer Society Sharing Circle where they consulted with the community members.

Question asked where as follows:

- What are the Cancer-related issues concerning Aboriginal people in Manitoba?
- What programs are currently available to help, and where are the gaps?
- What can the Canadian Cancer Society do to help?

I have included an article about the Sharing Circle in this issue.

At the beginning of November I had the privilege of attending the Helen Betty Osborne Memorial Foundation Scholarship Reception. It was an honor to be present with the youth who were honored as well as the dignitaries who spoke. [www.helenbettyosbornefdtn.ca](http://www.helenbettyosbornefdtn.ca)

If you would like any information on programs or if there is any way I can assist you please feel free to call me anytime I enjoy hearing from everyone, until next time everyone have a safe and happy holiday season.

Kathy Frisk, Assistant Editor Whispering Pines

Youth Advisory Committee (YAC) met in The Pas on Saturday November 26, 2005 to plan for the next conference for the Youth through NACC. It was decided that the YAC would meet in The Pas to save money on travel costs.

With a partnership that has been struck with the Aboriginal Council of Manitoba and NACC they were able to meet for a strategic planning meeting. Included in this issue is the Bio's for the Youth Advisory Committee you can learn more about this hardworking group of Youth from the three regions in northern Manitoba.

The Helen Betty Osborne Memorial Foundation has recognized more than a dozen aboriginal students for pursuing their post-secondary education.

Awards were presented to 14 individuals from across the province last night at a ceremony and banquet at the Hotel Fort Garry.

They include four recipients of \$5,000, and 10 recipients of \$1,500.

"These awards are given to aboriginal students who have worked very hard to realize their dreams," said Marcy Richard, chairwoman of the foundation's board of trustees.

"These awards ensure the recipients do not have the added stress of insufficient finances to live and continue their studies." Individuals honoured in the Civil Technology/Engineering category include:

- James Chychota, a Metis man
- Allison Davies, a Metis woman
- Cory Simpson of Split Lake First Nation
- George Ahmo of Crane River First Nation

General award recipients include:

- Andrea Rose, a Metis woman
- Tara Monkman, a Metis woman
- Irene M. Balfour of Norway House First Nation
- Denise Woodford of Lake Manitoba First Nation
- Sandra Starr-McDonald of Sandy Bay First Nation
- Jim Ducharme of Crane River First Nation
- Richelle Kapilik, a Metis woman
- Wendy Ross of Cross Lake First Nation
- Lavinia Bighetty of Barren Lands First Nation
- Christine Hudrick, a Metis woman

The Helen Betty Osborne Memorial Foundation was established in 2000 with an endowment of \$50,000 from the Victim Assistance Fund of Manitoba Justice. The foundation honours the life of Helen Betty Osborne, who was slain in 1971 before realizing her dream of becoming a teacher.

# FRONTIER ACHIEVEMENT AWARD

Frontier School Division established these awards in January 1998 to recognize and honour the achievements of Frontier's graduates as well as those who have attended a Frontier school.

Two awards will be presented each year, one in each of the following categories:

- **Graduates** from a Frontier high school or Student Placement graduates, who have demonstrated outstanding career or lifetime achievements;
- **Former students** who have demonstrated outstanding career or lifetime achievements.

Achievements in both nomination categories listed above may be from a wide range of fields. These fields may include, but are not limited to, the following:

- |                                |                   |
|--------------------------------|-------------------|
| • Community Service            | • Arts            |
| • Science & Technology         | • Law and Justice |
| • Health                       | • Education       |
| • Sports                       | • Agriculture     |
| • Energy                       | • Environment     |
| • Heritage & Spirituality      | • Social Services |
| • Fisheries                    | • Logging         |
| • Business                     |                   |
| • Forestry & Natural Resources |                   |

Any former graduate, or any former Frontier student, who has been successful in their career, or has made a significant contribution to their past or present community may be nominated for the award.



The award is presented at the Annual School Committee Conference held every February in Winnipeg. For information on submitting a nomination, or to receive a nomination package, please contact:

Frontier Achievement Award  
c/o Debbie Laubmann  
Frontier School Division  
1402 Notre Dame Avenue  
Winnipeg MB R3E 3G5  
Phone: (204) 775-9741  
Email: [frontier@frontiersd.mb.ca](mailto:frontier@frontiersd.mb.ca)



### The Manitoba Trappers Association

Will hold their Annual Fur Tables Friday, December 16<sup>th</sup> and Saturday, December 17<sup>th</sup>, 2005 at St. Joseph's Hall on Cree Road in Thompson, Manitoba.

Doors open will open at 7:00 am. Manitoba Conservation will be in attendance to register fur and issue Trapping Licenses.

MTA Trap sales available – displays – workshops – lots of door prizes

Everyone is welcome!

The Thompson Chamber of Commerce and the City of Thompson will be providing coffee at no charge for the trappers during the two day event.

---

### Manitoba Trappers Association Annual General Meeting & Convention 2006

Will take place at the Kikiwak Inn, Opaskwayak (The Pas) on Friday evening February 24<sup>th</sup> and all day Saturday, February 25<sup>th</sup>, 2006. Advance registration is required.

- Kikiwak Inn will be offering rooms at a special rate for the trappers;
- Business meeting, representation from Manitoba Conservation, fur prices reports;
- Annual awards and banquet, auction, raffle draw, contests & activities;
- Pelt Preparation Competition for Junior and Senior Trappers and
- Craft and display tables will be available at nominal charge.

For information please call (204) 345-9107

E-mail: [mta@mts.net](mailto:mta@mts.net)

Thanks very much, Cherry White



Canadian Cancer Society  
Soci t  canadienne  
du cancer

### MANITOBA DIVISION



**Left to Right:** Facilitator, Jim Bear, Elder, Gladys Cook and Executive Director of the Canadian Cancer Society, Mark McDonald

Canadian Cancer Society of Manitoba announced that they will be holding several Sharing Circles in the communities. On October the 7<sup>th</sup> they held their first one at the Freight House in the City of Winnipeg. The Sharing Circles are group discussions organized by the Canadian Cancer Society, in order to learn of the issues affecting Aboriginal individuals and families dealing with cancer. Participants are Aboriginal Manitobans and other who are concerned with the health of Aboriginal people.

Although data is limited some studies indicate that cancer is the third leading cause of premature death in First Nations communities. Being able to get that data is very limited and that is one of the issues that NACC is working on doing the research right in the communities. The outcome of these Sharing Circles will lead the Canadian Cancer Society to a better understanding of cancer-related issues facing Aboriginal people and ways in which the Cancer Society can help. Thank you to Health Canada for partnering with the Canadian Cancer Society and providing partial funding for this project.

For more information please call: 774-7483.

**Matheson  
Island  
Community  
Council  
7<sup>th</sup> Annual  
Winter Fishing  
Derby 2006**



Mark your calendars for the next Winter Fishing Derby in Matheson Island, Manitoba on Saturday February 25, 2006 1 - 4 pm  
Cost is \$40.00 until February 10<sup>th</sup> \$50.00 after February 10<sup>th</sup>, 2006  
*First 20 participants to catch a fish will receive a fishing rod (One rod per participant).*

**There will be a Social Evening 8 pm - 1am.**

**Live band: Yours Truly**

**“Advance ticket only” Admission \$10.00**

**Door Prizes**

**Silent  
Auction**

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

Matheson Island Community Council

General Delivery

Matheson Island, Manitoba R0C 2A0.

No cheques will be accepted after February 10<sup>th</sup>, 2006. Cash will be the only method of payment accepted on the derby day.

**Interact is not available!**

For more information please call Council Office (204) 276-2150, Mona (204) 276-2053, Terry (204) 276-2413 or Debbie (204) 276-2226

**Email: [mathesoncouncil@lincsat.com](mailto:mathesoncouncil@lincsat.com)**

**MLCC Approval No. 450/05**

Manitoba Sport Fishing Rules apply 1 hole per entry and 1 line per hole.

## BAYLINE REGIONAL ROUNDTABLE (BRRT)

On behalf of Bayline Regional Round Table I would like to extend a *VERY MERRY CHRISTMAS AND HAPPY NEW YEAR* to everyone in the Bayline communities and across our province.

On October 14<sup>th</sup>, 2005 the Manitoba Food Charter held a Breakfast in the Round: A Food Security Feast at the Winnipeg Legislative Building in the Rotunda to celebrate World Food Day, the Launch of the Manitoba Food Security website by Diana DeLaronde-Colombe for the Bayline Regional Round Table and Launch of the Food Project book "Recipes for Success".

Laurel Gardiner, Manitoba Food Charter Northern Co-Chair welcomed the people to the gathering. They would like to thank and acknowledge the following Partners and Sponsors: Public Health Agency of Canada, Aboriginal & Northern Affairs and Manitoba Agriculture, Food and Rural Initiatives.

Some of the food served was lamb sausages, whole wheat bannock, apple cider and home made raspberry jam. I have to say that the lamb sausages were very interesting to taste never ate lamb before. The President of the Bayline Regional Round Table and President NACC Reg Meade spoke about the progress that the Bayline has been making in Food Security. The Honourable Eric Robinson was there and spoke about the North and presented a star blanket to Simeon and Agnes Manoakesick in Recognition of Lifetime Achievement and for growing potatoes in St. Theresa Point for many years for the people of the community. Jim Bakken, Assistant Deputy Minister of Energy, Science and Technology spoke about the Food Security Website, through Community Connections and Cimnet. Anna Kirbyson, Project Coordinator spoke on the book launch and then they followed up by a Meet & Greet.

### Northern Healthy Foods Initiative

The last couple of months have been tremendously successful for the Northern Healthy Foods Initiative Project (NHFI). Byron Grapentyne of Little Grand Rapids has come on board and is expecting a visit from NACC in mid-December.

Ester Dysart of South Indian Lake has been a remarkable aid to the project as has been circulating the word and all necessary documents. She has also been kind enough to offer NACC pictures of the site her community has chosen for a community garden. Thank you Ester!

Due to weather failure NACC was not able to enter into Granville in October, but we have been in contact with Brenda Williamson on a regular basis to cover the development phase for the community.

NACC entered into Berens River on October 20<sup>th</sup>, 2005, along with Dan Roche of Fisher Branch. Dan soil tested five sites and sent them

into Manitoba Agriculture and Food Rural Initiative for analysis. The trip was a success and has begun the most important phase of the project. In addition to the NHFI project NACC has met with Heifer International to begin a plan to send livestock into Berens River, meetings with the community are to be arranged in due time.

NACC is also taking action in seeking aid for under privileged children and during the holidays, for toys, coats, etc. We have also begun to search for resources to employ our youth during the summer months. If you have any information or questions please contact Jessica Paley, NHFI Project Coordinator at 1-888-947-6222.

Have a Safe and Happy Holidays!!!

## Aboriginal Income Tax Workshops

As part of the Community Volunteer Income Tax Program, the Canada Revenue Agency trains volunteers how to prepare basic income tax returns for those in the community who are unable to prepare their own. The training is free of charge.

If your organization would like to host a workshop, or would like more information, please contact:

Community Volunteer/Outreach Program

**Canada Revenue Agency**

Phone: (204) 983-1382

Toll Free: 1-888-968-4671

Fax: (204) 984-6752

### 6) Practical gifts:

An experience can also be something that you do for someone. Perhaps you can whip up a gourmet meal or teach someone the secrets behind your special talents. It can be very thoughtful when you see a need and take the time to see that it's filled. Giving a gift certificate for bike repair to someone who bikes a lot encourages a non-polluting way to travel. Or, how about giving gift certificates for balancing and rotating your car tires or for oil changes to keep a car as efficient as possible? You could also offer to repair or do work for someone who can't do it himself or herself.

### 7) Write a letter for an Elder who can no longer write.....

8) Or.....give a box of envelopes stamped and addressed the write one letter each month in the coming year. The receiver envelopes back to the giver, so the giver can write letters and



receiver. This is a promise to of the gift ultimately gives the send them in the envelopes.

9) A car kit.....emergency kit with flares, a flashlight, snacks, gloves, jumper cables, etc. and wrapped it all in a blanket.

10) Frame a picture of the family home. Send it to make it home for the holidays as a special reminder



distant friends and relatives who can't that they are missed.


11) Take a friend off of junk mail.

12) Family Gifts:A jigsaw puzzle for the whole sporting event

family. Tickets to a favorite cultural or

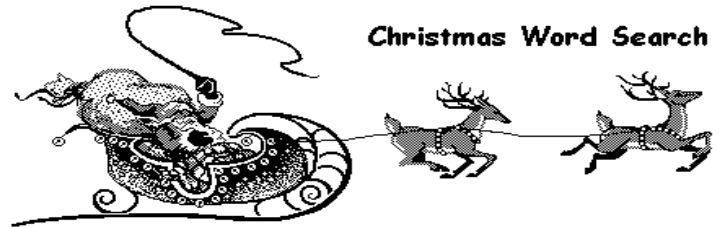
13) Gifts for the Environment:

Assemble a Turn the Tide gift basket with compact fluorescent light bulbs, forms for getting rid of junk mail, delicious recipes.

Buy  a potted Christmas tree and replant after the holidays. Instead of new wrapping paper, reuse old paper the Sunday comics section, old maps, decorated brown grocery bags, or a colorful piece of material.







Christmas Word Search

1

s	u	b	c	a	n	d	y
l	s	b	a	l	e	k	
e	n	e	l	f	t	e	d
d	o	l	s	e	r	k	
t	w	l	g	t	r	e	e
o	w	n	i	a	x	a	i
y	b	m	f	r	m	w	c
s	a	n	t	a	f	r	b



ball	elf	snow
bell	gift	star
candy	santa	toy
deer	sled	tree



©2000 The Kids Domain  
www.kidsdomain.com  
Free for non-profit use - Happy Holidays!



Best Wishes  
for a  
Merry Christmas