

## WINTER 2008



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## Season's Greetings

NACC's Christmas Board Meeting was held December 11 & 12 with visits from the Deputy Minister Harvey Bostrom who sent condolences for Minister Oscar Lathlin who had passed away on Nov 2, 2008. MB Hydro, Aboriginal & Northern Affairs Executive Director Freda Albert, Director's Jeff Gordon, Cory Young and Karen Barker, Jean Merasty attended along with the some of the staff from the legislative office helped celebrate our Christmas Board of Director's and Staff Luncheon.

It is the season to gather with family and friends. It is also a time to reflect on our hopes, memories, laughter's and joys, so many of the wonderful things to reflect on. It reminds you of old and new friendships while you marvel in the wonders of the season and years to come.

Also at the December Board of Directors' Meeting they spent 1 day looking at their 5 year Strategic Plan for the organization. This session was facilitated by Anokiiwin Training Institute. Discussed were poor quality road, housing, budgets, the cost of engineers on community projects, contact community status and the population statistical data were some of the community issues that were discussed.

Again the NACC Regional Meetings will take place sometime in February or March 2009. Call your local Aboriginal & Northern Affairs office for more information. To assist in the planning of the regional meetings ANA is requesting agenda items from the communities. The NACC Regional Meeting represents part of the ongoing consultative process with Northern Affairs Communities. Often resolutions arising from the AGM provide the Department of Aboriginal & Northern Affairs with guidelines to work from just like the theme from this past years conference; "**Opportunities in Every Challenge**". It's a chance, especially one that offers some kind of benefit for NACC to help make changes in Northern Affairs Communities.

## **PRESIDENT'S REPORT**

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

I wanted to say Seasons Greeting to everyone from my family to the NACC staff and Board of Directors and Northern Affairs communities. This year has passed by so fast it is hard to believe that it is December already. I attended the service of Oscar Lathlin in The Pas, on behalf of the board of NACC. NACC would like to express their sadness in the passing of Oscar at the age of 61, he will be truly missed.

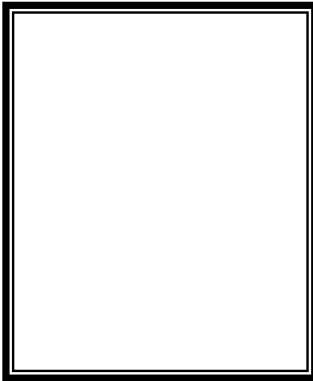
- \* Attended the Joint selections Committee meeting in early November notified the Minister of Housing Re: northern component
- \* Attended the Mining Conference in Winnipeg in November
- \* Attended the Association of Manitoba Municipalities Gala Banquet on November 26, 2008 to learn that Snoman, Inc a non-profit organization is trying to integrate the Snoman program with snowmobile registrations. They will be charging a fee just like a membership fee. As soon as you register your snowmobile they'll be charging you that extra fee. Snowman is responsible for grooming trails, but up north there is only one groomed trail, this will affect the livelihood of northerners.

I would like to congratulate all the newly elected and re-elected Mayors and Councillors, the election were held on Oct 22, 2008.

In closing I would like to wish everyone a Merry Christmas and Happy New Year!

## **EXECUTIVE REPORT'S**

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

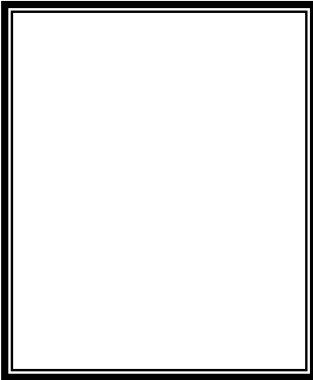


Once again the Christmas season is upon us. This year has left us much to think about. These worldly events may seem far away but were not immune in Canada. The year 2008 has brought many changes and has made us aware that we live in a volatile and insecure world. We need to start looking at things in a different perspective. Try not to lose faith in the world and keep the Sprit of Christmas foremost in our thoughts by pass on greetings of peace and happiness to everyone. I guess we'll see how that plays out in the New Year.

In closing my family joins me in wishing you all a Merry Christmas and Happy New Year. We are hoping that 2009 will be a prosperous new year for all of our friends, colleagues and community members.

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

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



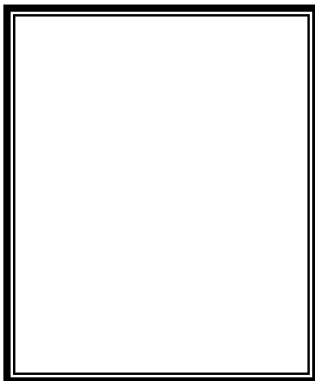
I would like to congratulate all the successful candidates for Mayors and Councillors in the October elections. I look forward to working with all of you.

On behalf of the Western Region I would like to extend condolences to the family of our Minister, Oscar Lathlin. Minister Lathlin will be sadly missed by the Northern affairs communities.

I just wanted to congratulate my grand-daughter Bridgette Lacquette of Mallard, MB who made it as the top defense for the National Women's Under 18 Team. Four Manitobans have been named to the Canadian roster for the 2009 IIHF World Women's Under-18 Championships on December 27, 2008 she'll be flying out to Fussen, Germany to play a six day tournament from Jan 5-10, 2009.

It's the time of the year where conditions can be unsafe for the snowmobilers and fishermen. Ice isn't very thick and there is danger of falling through our lakes and rivers. Everyone needs to display caution when on or near water bodies.

I would like to wish everyone a Happy and enjoyable Christmas.



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

On behalf of the Northern Region and the board, we would like to extend our deepest sympathy for the passing of Oscar Lathlin, Minister of Aboriginal and Northern Affairs. We will miss his presence immensely. Oscar was very supportive of our issues and concerns. We will continue to work with Minister Eric Robinson who was appointed the Acting Minister of Aboriginal and Northern Affairs.

I hope all the councils have received the recommendation to send letters to the Minister of Aboriginal and Northern Affairs addressing their concerns about our Housing Administration. We need to work hard at getting the message across, so the more communities that participate, the better our results will be. If you have not received the letter please contact the NACC office for information.

Congratulations to all the Mayors and Councillors, the re-elected and the newly elected. I look forward to meeting you all soon.

***The President, Board of Directors and Staff of NACC would like to wish everyone a Merry Christmas & Happy New Year***





Assembly  
of  
Manitoba  
Chiefs



**MAHRS**

Manitoba Aboriginal  
Human Resources Strategists

**Pancake Breakfast  
Wednesday  
December 17, 2008**

First Nation Leaders

In Partnership

**"ELIMINATING  
POVERTY"**

Complimentary Pancake  
Breakfast

7:30 am to 11:00 am

Indian & Métis Friendship  
Centre

45 Robinson Street

All Are Welcome!

Drop off site for Unused  
gloves, scarves, toques,  
winter jackets, unwrapped  
toys, non-perishable foods  
and donations.



Items will be donated to  
families in need.

For more information call  
Janet Head @ 956-0610.

***Who should join MAHRS?***

- Aboriginal people who are involved in Aboriginal employment.
- Aboriginal people who represent corporations, organizations, unions, government, non-profit and/or business across Manitoba that work towards the advancement of Aboriginal people.

***What are the benefits of joining MAHRS?***

Through information exchange and networking with other professionals in the human resource field, members will enhance:

- Their organizations' effectiveness through the development of Aboriginal focused leading-edge practices and ideas in human resource management.
- Their personal and professional development.

Our meetings are conducted in a confidential environment and provide members the opportunity to:

- Maximize sharing and learning through facilitated discussions, presentations and dialogue that focuses on insights and practical experiences.
- Network and exchange information and ideas.
- Access MAHRS research on current, best, and next practices in organizational excellence.
- Dialogue with leading experts in various fields.
- Actively participate in the development of MAHRS.

For more information contact:

Manitoba Aboriginal Human Resource Strategists (MAHRS)

Phone: (204) 940-8737

Fax: (204) 940-2560

## Government Update



### **The Honourable Oscar Lathlin May 20, 1947 – November 2, 2008**

*It is with great sadness that we announce the passing of our Minister of Aboriginal & Northern Affairs The Honourable Oscar Lathlin he will be greatly missed.*

*Our President Reg Meade, the Board of Director's, and staff of NACC would like to send their condolences to the family.*

Oscar Lathlin is survived by his second wife Leona and seven children and stepchild. Veteran Manitoba cabinet minister under Premier Gary Doer, instrumental in converting the former Keewatin Community College into University College of the North. Initiated the concept for the \$20-million First Nations Economic Development Fund, drawn from casino revenues. Manitoba Minister of Aboriginal & Northern Affairs, Minister charged with the administration of the Communities Economic Development Fund Act.

1999 Doer appoints Lathlin to cabinet as the Conservation Minister. We'll remember him as a major contributor and as a good person." Lathlin was a man close to his roots. Born on a trapline, Lathlin cared for his father's sled dogs, raising a championship sled dog by the time he was nine. In his teens, he helped his mother raise his younger brothers and sisters after his dad died. Lathlin eventually attended high school in Cranberry Portage, and he was among the first Cree in northern Manitoba to go on to post-secondary school.

Lathlin was not the first aboriginal cabinet minister in Manitoba, but he was among the first to hold successive cabinet posts. "There was a quiet manner about him, a quiet and a gentle manner. He just treated people with respect. 1995 re-elected NDP critic for Northern Affairs, Native Affairs, constitutional development and the community Economic Development Fund. 1990 first elected as New Democrat MLA for The Pas. Lathlin had previously served on the Board of the MKIO and AMC, as well as various committees for the assembly of First Nations and the policy advisory committee of the Brandon University Native Teacher Education Program.

Lathlin political career began in 1985 when he was elected chief of the Opaskwayyak Cree Nation, located next to The Pas, Manitoba. In 1979, he was hired to run the Swampy Cree Tribal Council as the Executive Director. Lathlin held senior management roles in the Federal Government, including one post recruiting rising Inuit stars to federal civil service in the Northwest Territories.

Humble and quiet, Oscar Lathlin was a politician who shunned media attention and worked hard behind the scenes to boost self-determination for the north and for aboriginal people. Despite poor health, he rarely complained. A tireless constituency worker, Lathlin made the round trip from Winnipeg to The Pas every weekend. "It's has to be said that we've lost a great role model for aboriginal people and a great leader among Manitobans," said Reg Meade NACC President.

## **Executive Director**

Time flies when you're having fun! It has been a busy but exciting fall.

I was very lucky to attend the Northern Harvest Forum in Thompson Manitoba this past month. It was great to see all the local food production happening in the North. The highlights of the conference for me were hearing all the success stories and the delicious feast showcasing northern food. I also enjoyed the healthy cooking workshop. I had a lot of fun trying to guess the names of the different herbs and spices and the homemade salsas we made were yummy. NACC would like to share more success stories next year so let's start making positive changes together and increase our gardening and greenhouse projects.

I also attended Food Secure Canada's National Assembly in Ottawa. The theme of the conference was "Reclaiming our Food System: A Call to Action". There was a lot of great information, skills and resources shared over the weekend. I left the conference with a greater knowledge of what food sovereignty is and a better understanding of some of the problems with our food system. The individuals who are addressing the problems with our current food system inspired me; they were very passionate about food, justice and sustainability.

NACC has also begun the process of revitalizing our Youth Advisory Committee (YAC). We would like to expand the involvement of youth leadership in our communities and we have put out a call for applications for YAC members. As a YAC member you will gain experience in practical skills like public speaking, networking, accountability, teamwork, community leadership, fundraising and event planning. These skills look amazing on job, post-secondary and scholarship applications. It is also an opportunity for you to be a leader in your school, a voice in your community and a chance to help the youth by creating solutions to youth based issues.

Raquel Koenig, Executive Director

## **Editor's Corner**

2008 proved to be a busy and productive year for me as I continued to work with the new staff member Raquel Koenig as she gets familiar with our organization.

The resolutions have been sent to the Government departments for their review and feedback.

Often my dual role as the NACC Editor for the Whispering Pines Newsletter and Community Liaison Resource person overlap, creating valuable opportunities to develop partnerships and network to resolve common concerns. I also continued to attend the NACC Board of Directors monthly to give the financial report for the organization.

I look forward to another productive year ahead. Until next time!!!

**Northern Healthy Foods Initiative**

### **Grow North**

***Season's greetings everyone!***

Winter is among us and although your yard and garden may look like it's in a state of hibernation, many important things take place all year long in your garden that contributes to the overall health of your plants. Soil is active all year long, and your evergreen plants continue to use nutrients. Composting is a great way to replenish nutrients in the soil for the next growing season. If you compost, you should continue to monitor your compost pile during the fall and winter. Turning your compost pile and adding organic material is an important fall and winter gardening activity. Container gardening is also a great way to continue gardening through the winter months. You can grow fruits, vegetables, flowers and shrubs just about anywhere. Container gardening is a very easy and fun activity that can be done all year

long.

I have been in touch with many communities to discuss what they would like to see accomplished for the 2009 year. In the near future, I will be forwarding a gardening survey to the communities in order to get a better understanding of the current situation as well as what community members would like to see.



Award recipient.

### **Manitoba Food Charters Golden Carrots Awards**

**David Neufeld** was nominated as a Rural Community Food champion for his tireless efforts to advance rural revitalization through mentoring youth in farming, writing and speaking about rural issues, serving local committees that celebrate small farm initiatives and community development, and so openly sharing his home and rural lifestyle with others through his guesthouse southeast of Boissevain. David was chosen as this year's Golden Carrot

**Mardy Yager and Ken Oswald** was nominated for their efforts to establish the Seven Oaks Community Garden. Their passion and commitment to see this project through and share their love of gardening and sustainable food production has inspired and engaged people from all areas of the community and brought in numerous organizations and partners. Mardy and Ken were chosen as this year's Golden Carrot Award recipients.

**Daisy Monkman** is an Aboriginal Diabetes Worker in Berens River and has been nominated as a Northern CFC for her efforts to reduce and control diabetes in her community. She conducts workshops on healthy living, cooking and gardening, and acts as a leader on healthy local food production through her self-planted community garden.

**Teulon Collegiate** Sustainable Development Green Team is incorporating a philosophy of social, economic and sustainable development as students work together to nurture food plants that will be used in their cafeteria and sold to community members. Their greenhouse and garden provide diverse learning opportunities for a diverse community of learners.

**Bartley Kives** of the Winnipeg Free Press was nominated for his contribution to environmental articles that are increasingly focused on food. He has written stories about things like wild edibles and the local vs. organic vs. free trade debate around food. His stories are helping to give people a broader understanding of what eating entails and has a wide readership that reaches rural audiences.

**Larry McIntosh** of Peak of the Market was nominated for being an enthusiastic promoter of Manitoba-grown produce. He promotes fresh Manitoba produce and home-cooking through his website and advertising campaigns, and his dedication to community is seen in his support of food banks and community outreach projects, which resulted in over a million pounds of, produce being donated to Winnipeg Harvest.

For more information on the above mentioned activities or for any other inquiries, please feel free to contact me at the NACC office. Merry Christmas & Happy New Year. **Kelly McAuley, NHFI Program Coordinator**

## Bayline Regional Roundtable

SEASONS GREETINGS from the BRRT Board and Staff. Wishing you all a safe and joyous season.

The BRRT would like to thank the Manitoba Food Charter for spearheading the Northern Harvest Forum that was held in Thompson on October 16 & 17. It was a great opportunity to showcase, learn and celebrate the work that is happening in the communities for this past year in regard to gardening, poultry production, northern freezer purchase program, food preservation, networking and partnerships.

The BRRT and Manitoba Food Charter have jointly submitted a proposal to host two Strategic Planning Sessions with small independent local northern grocers in Northern Manitoba. It is anticipated that this will take place March 2009.

On behalf of the BRRT Board and Staff we would like to extend condolences to the family, friends and colleagues of the late Oscar Lathlin. He was truly an inspiration to Northern Manitoba!

The BRRT is currently working with concerned citizens, elected officials and representatives to deal with their dissatisfaction with the rail service along the bayline. A group met in Thompson in November. The group will be meeting again to discuss their plan of action, in the very near future.

Congratulations to the newly elected/re-elected Mayor and Councils, also a special acknowledgement to those that served on their Council for the previous term. Your community service is greatly appreciated!

December 23, 2008 at noon back to work on  
January 5, 2009

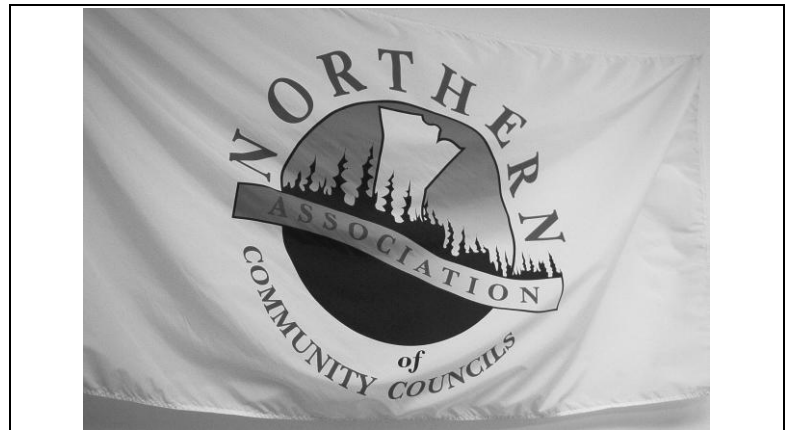
*Whispering Pines Newsletter*

**The next issue of Whispering Pines will be published in the spring of 2009. Articles for March's issue should be submitted by Feb 15<sup>th</sup>. Articles and events submitted from the Communities are placed in the Whispering Pines free of charge! Please send your articles today.**



The Northern Association of Community Councils will be closed over the

Christmas Holiday's



### NACC BOARD OF DIRECTOR'S LIST

**President, Reg Meade**

**Ph: (204) 689-2165**

**Eastern Chairperson, Helgi Einarsson**

**Ph: (204) 659-5214**

**Northern Chairperson, Frances McIvor**

**Ph: (204) 689-2165**

**Western Chairperson, Anne Lacquette**

**Ph: (204) 628-3275**

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**Eastern Vice Chairperson, Chandler McLeod**

**Ph: (204) 363-7246**



Northern Vice-Chairperson, Glen Flett  
Ph: (204) 359-6719

Western Vice-Chairperson, Larry Chartrand  
Ph: (204) 628-3356

Eastern Sec. /Treasurer, Barbara Marcyniuk

Ph: (204) 645-2619

Northern Sec. /Treasurer, Martha Chartrand  
Ph: (204) 458-2420

Western Sec. /Treasurer, Harold Fleming  
Ph: (204) 732-2675

# Community News

**Matheson  
Island  
Community  
Council  
10<sup>th</sup> Annual  
Winter Fishing  
Derby 2009**



Mark your calendars  
for the next Winter

Fishing Derby in Matheson Island, Manitoba on  
Saturday March 7<sup>th</sup>, 2009 1 - 4 pm

**Registration fee:**

**Category one**

Cost is \$40.00 until February 20<sup>th</sup>, 2009

\$50.00 after February 21<sup>st</sup>, 2009

**Category two \$10.00**

## Silent Auction

### **Buzz over energy drinks Experts warn of 'caffeine intoxication'**

Fresh alarms are being raised over energy drinks, with experts warning of increasing reports of "caffeine intoxication" and single servings containing the caffeine equivalent of 10 cans of Coca-Cola.

Whispering Pines

## Door Prizes

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 20<sup>th</sup>,  
2009. Cash will be the only method of payment  
accepted on the derby day.

**Interact is not available!**

For more information please call the Matheson Island  
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. 313/09**

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

Species: Any type must be alive at weigh in.

Scientists from the Johns Hopkins University School  
of Medicine in Baltimore are calling for prominent  
labels for energy drinks listing caffeine doses and  
warning of potential risks when used alone, or in  
combination with alcohol. They're also  
recommending doctors get familiar with signs of

caffeine intoxication, withdrawal and dependence in young people who might be using the beverages.

"In children and adolescents who are not habitual caffeine users, vulnerability to caffeine intoxication may be markedly increased due to an absence of pharmacological tolerance," the researchers warn in the journal *Drug and Alcohol Dependence*.

The team reviewed energy drinks and claims by manufacturers. They found the caffeine content ranges 10-fold. "You can buy a container that says 'energy drink' on it and it might contain 50 milligrams of caffeine -- which is about slightly over the amount in a can of Coca-Cola -- or it might contain 500 mg of caffeine, 10-times that and enough to produce overdose symptomatology," says Roland Griffiths, professor in the departments of psychiatry and neuroscience. By comparison, the caffeine content of a six-ounce cup of brewed coffee varies from 77 to 150 mg.

"Many of these products are not labelled with the amount of caffeine. There are no cautionary notes," Griffiths says. "If you're given a glass to consume of a beverage and you weren't told what it is, and couldn't taste the difference, and it might contain straight vodka and it might contain beer, that's what we're talking about here."

He says recent research suggests that young people who learn to enjoy the caffeine high from energy drinks may move on to prescription stimulants such as Ritalin.

According to their article, annual worldwide energy drink consumption reached 906 million gallons in 2006. Nearly 500 new brands were launched worldwide in 2006 alone. *The National Post* reported Tuesday that Canadian sales increased 54 per cent, to \$277 million in the year ending this August, after a 71 per cent increase the previous 12 months, according to ACNielsen.

The European Union requires energy drinks carry a "high caffeine content" label. In Canada, only Red Bull is authorized for sale as a natural health product. Its label says it shouldn't be mixed with alcohol and that no more than two cans (500 ml) be consumed a

day. But Health Canada says the safety of other energy drinks "have not yet been evaluated."

Norway restricts the sale of Red Bull to pharmacies; France and Denmark have prohibited its sale altogether. The Medical Society of P.E.I. is considering recommending no energy drinks be sold to young people.

-- Canwest News Service

## **Recipients of the 2008 Manitoba Aboriginal Youth Achievement Awards**

Academic Senior, **Christen Crate**  
Academic Junior, **Tyson Wade Cook**  
Athletic Senior, **Virden Garth McKay**  
Athletic Junior, **Amy Smith**  
Artistic – Visual, **Chas Sakayigun**  
Artistic – Performance, **Gaitten "Gator" Beaulieu**  
Community/Volunteerism Senior, **Michael Champagne**  
Community/Volunteerism Junior, **Amanda Worm**  
Cultural – Female, **Channing Lavallee**  
Cultural – Male, **Dustin Henry**  
Personal Achievement Senior, **Jacquelyn Fontaine**  
Personal Achievement Junior, **Chantelle Chornoby**  
Employment in a Traditional Field, **Brandon Wood**  
Business/Entrepreneurship, **Stephanie Kent**

## **Congratulations to the recipients of the 2008 MB Aboriginal Youth Achievement Awards**

### **E IS FOR ESTEEM**

- E** ~ Enjoy who you are. Accept your strengths and weaknesses because no one is perfect. Always remember often we are our own worst enemy.
- S** ~ Stop negative thoughts. Choose to only listen to positive messages and ignore negative talk including self - talk.
- T** ~ Trust yourself. Self doubt never feels good, and sometimes people we trust say and do things that will hurt us and cause confusion.

Never let anyone bring you down, ever!

- E** ~ Endear your body, love yourself. Learn about how to become comfortable in your own skin. Work on things you can change and accept things that you cannot.
- E** ~ End destructive relationships. Negative people, places and things take up energy that could be used to build or maintain healthy self-esteem. Put yourself first! Never accept abuse of any form from anyone, including your own self!
- M** ~ Move on move forward. Find ways to let go of negative experiences, also known as baggage. Ask for help if you need it, create a safe environment. We cannot change the past but we can create a healthy and safe future.

## Call for Youth Advisory Committee Members

### 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 3rd Annual Youth Conference. The year was NACC's 35th 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 refilled that vacancy that have happened due to these volunteers not meeting the age category of 18-29 and others have moved from the communities.

Call Raquel Koenig at (204) 947-2227 or toll free 1-888-947-6222 for more information.

**Congratulation to the newly elected  
and re-elected Mayors and  
Councillors for the Northern  
Association of Community Councils  
who were elected on Oct 22, 2008**



**Fighting Mold —  
Understanding Mold**

- Mold can be harmful or helpful — depending on where it grows.
- Mold needs moisture to grow.
- Mold does not grow on dry materials.
- Mold growing inside a home can affect the occupants.
- Occupants can learn to recognize mold.

Molds are microscopic fungi, a group of organisms which also includes mushrooms and yeasts. Fungi are highly adapted to grow and reproduce rapidly, producing spores and mycelia in the process.

You encounter mold every day. Foods spoil because of mold. Leaves decay and pieces of wood lying on the ground rot due to mold. That fuzzy black growth on wet window sills is mold. Paper or fabrics stored in a damp place get a musty smell that is due to the action of molds.

Molds can be useful to people. The drug penicillin is obtained from a specific type of mold. Some foods and beverages are made by the actions of molds. The good kinds of molds are selected and grown in a controlled fashion.

Molds are undesirable when they grow where we don't want them, such as in homes. Over 270 species of mold have been identified as living in Canadian homes. Molds that grow inside may be different from the ones found outdoors.

### **What makes molds grow?**

Molds will grow if we provide them with moisture and nutrients. If we keep things dry, molds do not grow.

High moisture levels can be the result of water coming in from the outside, through the floor, walls or roof; or from plumbing leaks; or moisture

produced by the people living in the home, through daily activities like bathing, washing clothes or cooking. Water enters the building when there is a weakness or failure in the structure. Moisture accumulates within the home when there is not enough ventilation to expel that moisture.

Different kinds of molds grow on different materials. Certain kinds of molds like an extremely wet environment. Other kinds of molds may be growing even if no water can be seen. Dampness inside the material can be enough to allow them to grow.

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For story ideas or to access CMHC experts or expertise, contact CMHC Media Relations – National Office at: (613) 748-4684 or E-mail: [\*\*media@cmhc-schl.gc.ca\*\*](mailto:media@cmhc-schl.gc.ca)

More info on fighting mold will be included in the next issue of the **Whispering Pines**.

## **Helen Betty Osborne Memorial Foundation Launches Osborne graphic novel**

An aboriginal scholarship foundation dedicated to the memory of Helen Betty Osborne kicked off its annual awards presentation by launching a graphic novel about her life before her murder.

The graphic novel, called *The Life of Helen Betty Osborne*, was written by Dave Robertson and illustrated by Madison Blackstone. The 30-page book is available online. Click on <http://www.helenbettyosbornefdtn.ca/Announcements.html> for information on the book.

The Helen Betty Osborne Memorial Foundation handed out 75 scholarships at the Grand Ballroom in the Delta Winnipeg downtown on Dec 2, 2008. Four of the 75 awards were for \$5,000. The rest were for \$1,000.

**This year's award recipients include 4 of the awards that were awarded from Aboriginal & Northern Affairs for Engineering**

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News from CNW Group

## **RBC announces 2008 RBC aboriginal scholarship winners**

Students interested in learning more about the 2009 RBC Aboriginal Student Awards Program can visit [www.rbc.com/careers/aboriginal\\_student\\_awards.html](http://www.rbc.com/careers/aboriginal_student_awards.html). Applications will be accepted from January 1, 2009 to March 31, 2009. 2008 RBC Aboriginal Student Award winners:

Kristy-Lee Tremblay, Métis, Selkirk, Manitoba. Kristy-Lee is currently enrolled in the in the Engineering Access Program (ENGAP) at the University of Manitoba, pursuing her degree in Electrical Engineering. In addition to attending university full time, she is earning her Certified General Accounting (CGA) diploma and working part time for Manitoba Hydro. In her "spare time", she volunteers for the Selkirk Canoe and Kayak Club, and mentors grade eight girls at an annual Young Woman's Trades Conference.

Josée Lépine, School of honours degree work in Métis people. society, and to and in school

Whispering Pines



Métis, Winnipeg, Manitoba. Josée, who is attending the Asper Business at the University of Manitoba, wants to obtain an in Commerce. She then wants to obtain her Masters, and then marketing - a field she feels is underrepresented by Aboriginal and Like her ancestors, her goal is to make a valuable contribution to be a role model for others. She is very active in her community activities and is fluent in a number of languages.

Marc Robert, Electrical Engineering, U of MB

Moe Yusim, Bio-systems Engineering U of MB

Daniel Cheechoo, Mechanical Engineering U of MB

Brock Campbell, Civil Engineering U of MB

## **Guess who's celebrating a Birthday in November & December?**

**Anne Lacquette, Western Chairperson**

**Helgi Einarsson, Eastern Chairperson**

**Martha Chartrand, Northern  
Sec/Treasurer**

**Larry Chartrand, Western Vice-  
Chairperson**

RBC has a long-standing relationship with Canada's Aboriginal Peoples and in 2007 donated over \$849,500 to support Aboriginal causes. In addition to the Aboriginal Student Awards program, RBC joined the Assembly of First Nation's (AFN) Corporate Challenge with the signing of a Memorandum of Understanding (MOU) on the final day of the Special Chiefs Assembly in Ottawa on December 12, 2007. In addition, RBC supports the Historica Foundation's heritage programs for Aboriginal students and donated funds to the Dominion Institute to support its Aboriginal Youth Writing Challenge. Recipients who are interested in pursuing careers in the financial services industry are also considered for summer and post-graduate employment opportunities with RBC. For further information: Media Contact: Jackie Braden, (416) 974-2124, jackie.braden@rbc.com



### Outdoor Holiday Lighting

Before putting up your outdoor lights for another holiday season, make sure that you have taken the proper precautions so that your holiday light display is safe for everyone to enjoy.

Check for frayed wires, loose connections or cracked sockets. If any of these are found, throw the strand out. Also check to see if the lights have a certified seal of approval.

Only use outdoor lights outdoors, and once the holidays are over, bring the lights back inside so that they are not damaged by extended exposure to the harsh winter conditions of Manitoba.

Unplug lights before changing bulbs, and make sure

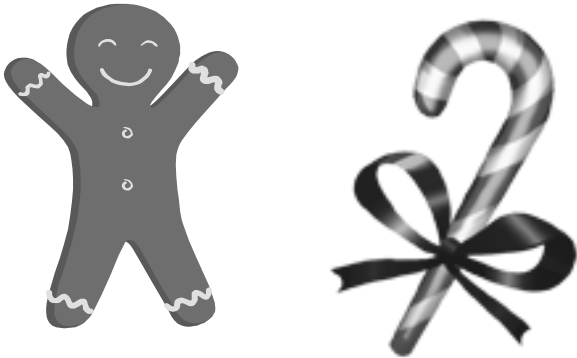
that the bulb you are replacing matches the voltage and wattage of the original bulb. Put bulbs into empty sockets; never leave them empty.

Stapling or nailing lights will damage the insulation on cords. Plastic clips or insulated tape should be used to hold the lights in place. When hanging holiday lights, be sure to keep the electrical connections out of wet snow or water and away from metal eavestroughs. Plug outdoor lights into a ground fault circuit interrupter (GFCI).

Unplug all lights before you leave your home, and before going to bed. If you don't want to run outside before going to sleep, or you want your lights on during certain times, an automatic timer may be something to invest in. Just make sure that it is rated for outdoor use. Follow these simple guidelines, and you and your holiday lights will be around for many seasons to come!

# CHILDREN'S PAGE

## IRISH SHORTBREAD BISCUITS



Looking for Christmas cookies to make with the kids? These beautiful homemade Irish shortbread biscuits have a sweet, buttery taste and a firm, crumbly texture.

### Ingredients

- 1-1/2 cups flour
- 1 stick butter
- 3/4 cup sugar

### Cooking Instructions

Leave the butter out of the fridge to soften a little.

Cut pieces into the flour and rub the butter into the flour with fingertips. The result should be like fine breadcrumbs.

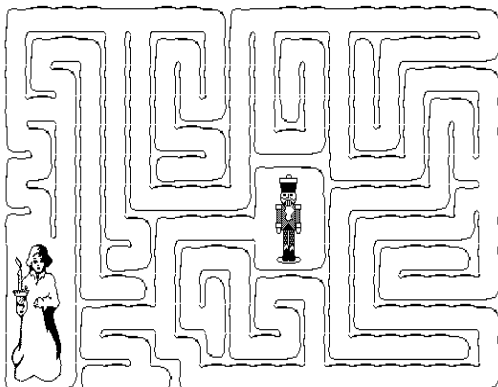
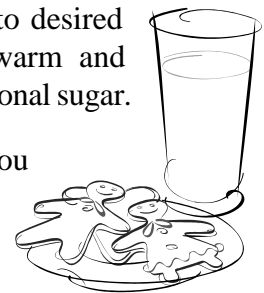
Then mix in the sugar.

Grease the bottom and sides of an 8x8-inch round or square baking pan with butter and sprinkle with flour.

Press the mixture very hard into the bottom of the baking pan (use lots of pressure, that's what makes the shortbread hold together), and bake at 350 degrees for 30 minutes.

Cut with a sharp knife into desired shapes while it is still warm and sprinkle the top with additional sugar.

Let it cool in the pan - if you take it out too soon, it falls apart.



Clara is looking for her Nutcracker

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