

WINTER 2009

Greetings of the Season



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

**To place community news, event
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Fax: (204) 947-9446
Email: nacc@mts.net**

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

The Christmas Board Meeting & Luncheon was held on December 10 & 11 and we had very dynamic visits with the newly appointed Minister to Aboriginal & Northern Affairs Eric Robinson, Minister Steve Ashton, and the Senior staff of Aboriginal & Northern Affairs. Also two employees from MB Hydro Aboriginal Employee Advisor, Joe Thompson and Aboriginal Relations Specialist Ron Richard attended.

The cost to communities to maintain the roads have gone up while community budgets remain the same. Contact communities and amalgamation of the communities were just a few of the issues brought forward.

A major concern to NACC is having local housing boards with the council's involvement. We need to see a coordinated approach by Aboriginal & Northern Affairs, Housing and Community Development and NACC to ensure that the concerns of the Communities are adequately met.

Again the NACC Regional Meetings will be held sometime in the New Year. Dates to a certain extent are not set-up as of yet. The tentative dates are the end of February or the beginning of March 2010. To assist in the planning of the Regional Meeting we are requesting agenda items from the communities.

The NACC Regional Meetings represents part of the ongoing review process with the Northern Affairs Communities. The resolutions presented at the Annual General Meeting are reviewed at the regional meetings. Often the resolutions arising from the AGM provides the Department of Aboriginal & Northern Affairs a guideline to work from, making Northern Affairs and the different Government departments aware of the many issues still facing Northerners in the 21st Century.

We look forward to positive change and continued growth in 2010. From all the staff and Board of Directors of NACC we wish everyone a safe and prosperous new year.

PRESIDENT'S REPORT

Reg Meade ~ President's Report



Season's Greetings to everyone from my family, staff and Board of Director of NACC. This year has passed so fast it is hard to believe that it's December already. It is that time of year again where we all gather to enjoy the festive season. I would like to send out congratulations to Eric Robinson the newly appointed Minister of Aboriginal & Northern Affairs and the Deputy Premier.

At our December Board of Directors meeting in Winnipeg, we met with several cabinet Ministers from the Provincial Government although we received positive responses, the actual follow through by government departments remains to be seen. We will continue to advocate on behalf of the Northern Affairs

Communities that request our assistance. NACC has been working closely with the Provincial Government to develop strategies and ways to improve the quality of lives in our communities along with their much-needed health and safety needs.

I am hoping to improve communications between the Councils, Community members, NACC staff and Board to make a more effective and stronger voice for the communities. This was my goal for NACC – to become a responsive and successful advocacy group. We are presently working on a project within 10 of the NACC Communities; it's called the Community Information Enhancement Project. It will get community websites updated or developed and operational by March 31, 2010.

In closing I would like to personally express condolences to the family and residents who have lost family members in the last year along with the councils of Meadow Portage, Sherridon and National Mills.

EXECUTIVE REPORT'S

Helgi Einarsson ~ Eastern Region Chairperson



Hello everyone. Christmas is coming upon us very quickly, as it seems like Thanksgiving has only just gone by. We now find ourselves with the holiday season upon us and it's the season of getting together with family & friends to reflect upon the happenings of the past year and also the events of the New Year. It is also a great time to enjoy fellowship with one another and to catch up on all of the news from 2009. It is a time of sharing, gift giving and enjoying good food.

For those of you travelling during the holiday season please have a safe journey to wherever you are going.

My family and I would like to wish everyone a very Merry Christmas and a Happy New Year.

EXECUTIVE REPORT'S continued:

Anne Lacquette ~ Western Region Chairperson



On November 9th, I met with the Barrows Community Council as well as residents of National Mills, Red Deer Lake, Baden and Aboriginal & Northern Affairs staff. These meetings were very informative regarding issues that have arisen in these communities.

I assisted in delivery of the H1N1 Flu kits in Mallard. This was done through the Primary Health Care Centre in Waterhen.

It may seem that NACC is not working towards fulfilling the resolutions that were presented at the Conference but communities need to realize that the new NDP Cabinet has recently been released and now that we have a new Minister the work can begin to progress.

I would like to commend Raquel Koenig on her work with the NHFI. I am receiving positive reports regarding her community visits. I would like to welcome new staff members Debbie and Mallory to NACC. I wish them luck with their new positions.

On behalf of Larry Chartrand, Harold Fleming and myself, I wish everyone a very Merry and enjoyable Christmas.

Frances McIvor ~ Northern Region Chairperson



Another year has gone by and we are hard at work to ensure that the concerns of northern Manitobans are heard by the new Premier. There were new Ministers appointed at the NDP cabinet shuffle and I would like to congratulate Eric Robinson who was appointed the Minister of Aboriginal & Northern Affairs and Deputy Premier.

With respect to the concerns and issues that we have discussed, in the past, we will continue to address them accordingly.

The support that is shown by each community helps to make our communities flourish.

As the Northern Chair, I continue to advocate for our communities. We as leaders have the ability to change a community into a dreamful, soulful, great vision and a place to prosper. Let's focus on the results, not the excuses.

I hope the H1N1 has not affected our community's health. Many members have gotten the H1N1 flu shot, myself included. Many of us have had 2009 as year of great sadness, loss of loved ones, along with happiness and joy.

I would like to take this time to wish everyone a Merry Christmas. I hope 2010 brings happiness and joy.

Government Update



Season's Greetings

Manitoba 

Greetings:

On behalf of all Manitobans, I am pleased to extend holiday greetings to members of our province's Aboriginal community as you prepare to celebrate the holiday season.

Welcoming a New Year traditionally gives us a unique opportunity to reflect on our many blessings, as we look forward to the promise the New Year holds. We are very fortunate to live in a province renowned for its cultural diversity, friendly people and irreplaceable community spirit. All bring a special richness to the season and the wonderful quality of life we enjoy in Manitoba. May the warmth of the holidays light your hearts and your homes. Have a safe and happy celebration.



**Eric Robinson, Minister
Manitoba Aboriginal and Northern Affairs**

NDP Cabinet Shuffle Produces Three New Faces

Premier Greg Selinger introduced his new 19-member cabinet.

Some ministerial responsibilities have changed or departments renamed.

The new cabinet:

Rosann Wowchuk - Finance

Andrew Swan - Justice

Stan Struthers - Agriculture

Kerri Irvin-Ross - Housing and Community Development

Eric Robinson - Aboriginal and Northern Affairs

Steve Ashton - Infrastructure and Transportation

Jim Rondeau - Healthy Living, Citizenship and Youth

Peter Bjornson - Entrepreneurship, Training and Trade

Dave Chomiak - Innovation, Energy and Mines

Nancy Allan - Education

Ron Lemieux - Local Government

Jennifer Howard - Labour and Immigration, Disabilities

Bill Blaikie - Conservation, government house leader

Flor Marcelino - Culture, Heritage and Tourism

Gord Mackintosh – Family Services and Consumer Affairs

Diane McGifford – Advanced Education

Theresa Oswald – Health

Christine Melnick – Water Stewardship

Executive Director

First off I would like to introduce myself, my name is Mallory Fleming and I am excited to work with all of the communities and the Board of Directors as the Executive Director for NACC. I was raised in Meadow Portage, a community in the Western Region. I went to school in Winnipegosis, and was active in sports while playing throughout different areas in Manitoba. After school, I travelled for a few years before settling in Winnipeg.

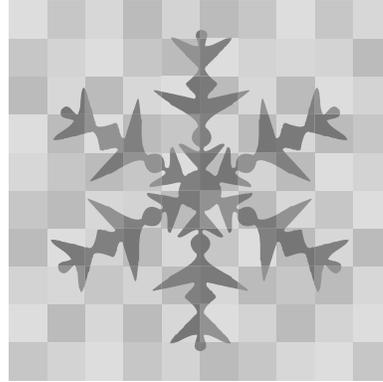
Over the last 4 weeks, I have been learning all about the concerns people throughout the communities are expressing, and I look forward to being able to help bring those concerns forward. We have a few great projects that we are working on at the moment, and were looking for more to be able to involve as many communities as we can.

On behalf of all the NACC staff, I extend my wishes of a healthy and happy holiday season to you and your family. Best wishes in 2010!

Administrative Assistant

Deb Hughes was involved for many years with the Saskatoon Society for the Protection of Children as the acting as the Director of the Crisis Nursery Program. She was very active in implementing new programming and fundraising. After moving to Winnipeg Deb worked as an Educational Assistant in the Louis Riel School Division.

Deb was born and raised on a remote farm in Saskatchewan where she lived with her parents and her 11 sisters and one brother. She has lived in Manitoba now for over 10 years. Deb's greatest passion and joy is spending time with her family. Deb together with her best friend and husband Dave have two children both married to great spouses, as well as three grandchildren with another on its way in March.



Editor's Corner

Hello everyone again here we have another issue of the Whispering Pines. I just want to welcome our newest employees Mallory Fleming our new Executive Director and Debbie Hughes our new Administrative Assistant.

As the Editor of the Whispering Pines I'll be asking for the Communities and Readerships to have your say. The Whispering Pines Newsletter welcomes letter from the readers. When submitting letters to the Editor's Corner please include the author's name, address and telephone number to 750-331 Smith Street Winnipeg, MB R3B 3G9, Fax (204) 947-9446, or E-mail: nacc@mts.net.

Letters may be edited and letters represent the

opinions of their writers, they do not reflect the opinions of the Whispering Pines or its staff. Letters will be included in the next issue. I look forward to hearing from you.

Kathy Frisk, Editor

Northern Healthy Foods Initiative

Hello folks,

While things are a little quieter here now that gardening and harvesting season is over and despite the many challenges, mainly the cold and wet weather, we still had many successes this year. To highlight what we have accomplished this year:

We had 41 new garden starts which brings our total to over 100 gardens in NACC/NHFI communities.

We planted all types of vegetables, including the basics potatoes, onions and carrots, as well as lettuce, beets peas, and corn.

Camperville invested in a greenhouse this year. Their goal is to make bedding plants and flowers available to the community.

We are growing berries in all NACC/NHFI communities. The strawberries and raspberries that were introduced into the communities last year are growing very well.

Fruit trees (apple, cherry and plum) were introduced into several communities this year.

We hosted several community workshops and events such as the gardening kick-off events that were held in Barrows and Pelican Rapids in May, basic gardening, container gardening and food preservation workshops.

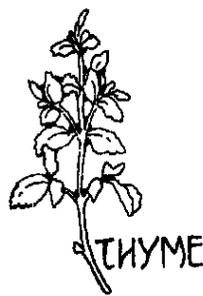
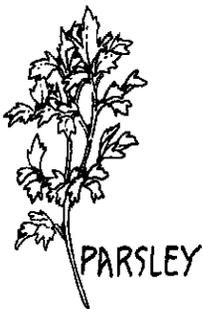
Many of our northern gardeners and community champions attended the Northern Harvest Forum that was held in Thompson in October, where they learned more about gardening and food preservation skills.

Through the NHFI (Northern Healthy Foods Initiative) NACC has made great progress towards its goal of increasing food security for Northern Manitoba residents. For gardens now populate the northern landscape, many gardeners are preserving their vegetables as well as storing their produce through the winter.

Now that we are into the off season it is a great time for looking ahead and making plans! Consider what worked this year and plan accordingly.

If you are looking for inspiration please contact me and I would be happy to send you the new T & T seed catalogue. I would like to get the seed orders in early this year in order to take advantage of the discount and to avoid sold out varieties. Also if you are looking to start a community garden or have an idea for a food related project, please contact me at raquelkoenig@mts.net or toll free at 1-888-947-6222. I would be happy to help with your project idea and application.

So now with the gardening chores completed, it's time to relax and enjoy the upcoming holidays!



Fall NHFI Projects at a Glance



Learning how to blanch and freeze vegetables.



Kids love learning how to make pickles!



Dauphin River Canning Crew.
their school garden.



Teaching the kids in Granville Lake about plants and how to care for

Community Champions being honored at the Northern Harvest Forum in Thompson, MB with Golden Carrot Award



Hilda Holmstrom from Pelican Rapids.



Jeff Ashley from Dauphin River.

UPCOMING EVENTS



**Calendars can be purchased from Food Matters Manitoba ~ Home of the Manitoba Food Charter
Call Kelly @ (204) 943-0823**

2010 GROWING LOCAL FOOD SECURITY CONFERENCE

We are pleased to invite you to save the date for the ***2010 Growing Local Food Security Conference, February 19th & 20th at the University of Winnipeg.***

The conference will be a chance to showcase existing food security projects and develop new skills, as participants work towards greater food security in Manitoba. Over two days, hands-on workshops, discussions, and displays will cover such topics as do-it-yourself food production and preservation, indigenous food culture & knowledge, rural/urban connections, small farm stories, food policy, food justice, and sustainable food systems.

Food Matters Manitoba is coordinating this conference with partners from the Canadian Community Economic Development Network, Harvest Moon Food Group, Farmers' Market Association, Heifer International, Organic Food Council of Manitoba, the University of

Manitoba, Boys & Girls Clubs of Winnipeg, and the Turtle Mountain Development Corporation. The conference is funded by the Public Health Agency of Canada, with sponsorship from the University of Winnipeg.

Should you or your organization wish to get involved, display, or contribute resources or volunteer times please contact Kelly Kuryk on the conference line at 943-0823 or email

growinglocal@mbfoodcharter.ca. We look forward to seeing you at the ***2010 Growing Local Food Security Conference February 19 & 20!***

There will be travel subsidies available for NACC/NHFI communities to attend the event. Please note that first priority will be to communities that did not attend the Northern Harvest Forum. So if you are interested in attending this event and would require a travel subsidy please contact me at **raquelkoenig@mts.net** or toll free at 1-888-947-6222. This year there is also a full day youth session planned



***December 6 National Day of Remembrance
and Action on Violence Against Women***

NACC BOARD OF DIRECTOR'S LIST

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Ph: (204) 458-2420**

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

The Northern Agriculture Program

PURPOSE

The *Northern Agriculture Program* is a *Growing Forward* program, a federal-provincial-territorial initiative, and funds innovative projects that provide solutions to the challenges of producing healthy foods in Northern Manitoba. Practical support is provided to expand agriculture and food production to increase availability of fresh, healthy foods for northern residents north of the 53 parallel.

WHO QUALIFIES

- residents of Northern Manitoba
- northern agriculture producers
- northern partnerships, co-operatives and corporations

- northern First Nations councils and Aboriginal and Northern Affairs councils

northern-produced foods

NOTE: (northern means North of the 53 Parallel)

ELIGIBLE COSTS

Funds are available for sustainable, northern agriculture development that increases local food production and processing in Manitoba.

- food production systems
- for processing and food preservation methods
- new options in crop and livestock production
- new production systems that extend the growing season
- new marketing systems that increase regional accessibility and affordability for

FOR MORE INFORMATION:

Allen Muggaberg 204-281-2000
Manitoba Agriculture, Food and Rural Initiatives
Northern Growing Opportunities (GO) Office
Box 103 – 59 Elizabeth Drive
Thompson, Manitoba R8N 1X4

The Northern GO Office promotes:

- agriculture in northern climates
- food processing, preservation and storage
- marketing and business development



Whispering Pines Newsletter

The next issue of Whispering Pines will be published in the spring of 2010. Articles for March's issue should be submitted by Feb 15th. Articles and events submitted from the Communities are placed in the

**Whispering Pines free of charge!
Please send your articles, ads and events today.**

The Northern Association of Community Councils will be closed over the Christmas Holiday's from December 23, 2009 at noon back to work on January 4, 2010

Community News

**Matheson
Island
Community
Council
11th Annual
Winter Fishing
Derby 2010**



Mark your calendars
for the next Winter
Fishing Derby in Matheson Island, Manitoba on
Saturday March 6th, 2010 1 - 4 pm



**Did you know that you could help to
save someone's life?**

Today 810 Canadian patients are in need of finding a matching stem cell donor to treat life-threatening illnesses, such as leukemia – 22 of these patients are from Manitoba.

You can help by contacting OneMatch (stem cell and marrow network). They would like to put you on their database. A patient's best chance of finding a matching donor is within his or her own ethnic group; therefore, donors from as many ethnic communities as possible are needed to develop a database with a broad ethnic representation.

OneMatch will test you (they use a cheek swab), you will then fill out a consent form, and that is all you need to do to be on the donor list. You do need to be between the ages of 17 and 50, in general good health and willing to help any patient.

OneMatch is looking for individuals or community's to help out.

The phone number to call 1-888 2 DONATE 1 888 236 6283 or you can find out more information about the program at www.onematch.ca
You could be the one match that can save a life!

2010 Canadian Aboriginal Writing Challenge

What story will you tell? If you are between the ages of 14-29, write a short story to showcase your heritage and send it in! Cash prizes to be won, along with your short story being published in "The Beaver: Canada's History Magazine."

Visit: <http://www.our-story.ca/youthWriting.html> for contest guidelines or call 1-866-538-4704.



**DEADLINE IS MARCH 31st,
Giving 2010**

**Hope
Today**

Hello folks:
We have spots

available for this weekend in

Thompson. If you can spare the 2 hours needed, it would be much appreciated.

Thank you & God Bless!

Contact: Grayling Crites Major Commanding Officer, The Salvation Army Thompson Corps & Community Services Prairie Division of the Canada & Bermuda Territory PO Box 22 - 305 Thompson Dr Thompson MB R8N 1M9
Office: 204-677-3658 Fax: 204-677-5283
Cell: 204 679-5308 Quarters/Residence: 204 778-8749 Personal E-Mail: gjcrites@mts.net
General Office E-Mail: corps@mts.net
Website: www.salvationarmy.ca

RBC Aboriginal Student Awards Program

Selected students are awarded up to \$4,000 each academic year for two to four years to use towards tuition, textbooks, supplies and living expenses.

RBC awards 10 scholarships in two categories:

For students majoring in disciplines related to the financial services industry

For students majoring in disciplines unrelated to the financial services industry

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

Who is eligible?

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

You are a permanent resident or citizen of Canada

You have been accepted to or are currently attending an accredited post-secondary institution in Canada

You maintain a full course load that leads to a recognized degree, certificate or diploma

You have two to four years remaining in your current academic program

You require financial assistance to pursue your education

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

How award recipients are selected

A committee of Aboriginal academics and RBC representatives review all completed applications and makes the final selection of the award recipients primarily based on personal and academic achievements and individual financial need. Successful applicants are notified of the committee's decision by May 30 of each year. All decisions of the committee are final.

Application Process

Please note we have made some changes to the application process:

We have a new application period. Applications can be submitted between December 1 and February 28 each academic year before the fall start date.

We have streamlined the application process to make it easier for students to apply.

Also note, as part of your application you must provide a letter of recommendation and a school transcript.

Please do not submit more than one application per year.

3 Ways to apply:

Toll-Free Fax: 1-866-780-2188

Canada Post Mail

RBC Aboriginal Student Awards

C/O Aboriginal Link

PO Box 50058, 17-2595 Main Street

Winnipeg, MB R2V 4W3

Online - **http://www.rbc.com/careers/aboriginal_student_awards.html**

RESOLUTIONS PASSED at the NACC AGM 2009!

At this conference that the delegates gathered to discuss and present resolutions, for the first day and last days of a three day conference.

A total of 50 resolutions passed at the 39th AGM, which address the following issues:

WESTERN REGIONS

W-01-09 Barrows, Land issues
W-02-09 Barrows, 911 Service
W-03-09 Barrows, Mileage rates
W-04-09 Barrows, Regional Programs
W-05-09 Barrows, Internet
W-06-09 Barrows, Cell phones
W-07-09 Barrows, Highways
W-08-09-Crane River, Budget-Roads
W-09-09 Mallard, Highways
W-10-09 Mallard, Cell Phones
W-11-09 Mallard, Employment MMF
W-12-09 Mallard, Recycling
W-13-09 Mallard, Recycling
W-14-09-Mallard-Recycling
W-15-09 Waterhen,-Crown Land
W-16-09 Waterhen, Housing
W-17-09 Camperville, Frontier School Division
W-18-09 Camperville, Transportation
W-19-09 Camperville, Cell phones
W-20-09 Camperville, RCMP

W-21-09 Camperville, Water Plant Operators
W-22-09 Camperville, Fuel Costs
W-23-09 Camperville, Per Diems
W-24-09 Camperville, Wages
W-25-09 Camperville, Holiday's
W-26-09 Camperville, Pest Control
W-27-09 Camperville, Ambulance
W-28-09 Camperville, Training
W-29-09 Camperville, Emergencies
W-30-09 Camperville, Health
W-31-09 Camperville, Housing
W-32-09 Camperville, Travel to NACC Conference
NORTHERN REGIONS
N-01-09 Sherridon, Cell Phone Service
N-02-09 Cormorant, Replacing logoon
N-03-09 Norway House, Budgets
N-04-09 Norway House, Crown Land
N-05-09 Norway House, Housing
N-06-09 Thicket Portage,

Training
N-07-09 Thicket Portage, Capital Applications
N-08-09 Northern Region, Appointment of Minister
N-09-09 Northern Region, Employees Agreements
N-10-09 Northern Region, CAO course
N-11-09 God's Lake Narrows, Medical Transportation
N-12-09 Granville, Taxes

EASTERN REGION

E-01-09 Eastern Reion, Natural Resources
E-02-09 Seymourville, Wages
E-03-09 Eastern Region, MCA
E-04-09 Loon Straits, Roads
E-05-09 Dauphin River, Highways
E-06-09 Matheson Island, Training

We are still waiting for the responses to the resolutuions. We usually receive the responses from the Government by end of February or beginning of March at the Regional Meetings. If your interested in adding agenda items for the Regional Meetings please contact the NACC office or the Board of Director's in your area.

Recipients of the 2009 16th Annual Manitoba Aboriginal Youth Achievement Awards

Fourteen dedicated and successful young people were honoured at the 16th annual Manitoba Aboriginal Youth Achievement Awards at Winnipeg's Victoria Inn.

The recipients, between the ages of 16 and 24, each received a \$1,000 scholarship. The awards were first presented in 1994, and since then 200 exceptional young people have been honoured.

"At that time, there were several young people who excelled in their activities, were an important part of the community, and needed to be recognized and encouraged for their achievements," notes MAYAA Co-Chair Darlene Daniels. "These aboriginal youth were important role models and their spirit and perseverance remains to represent what the awards program is all about." Anishinaabe Oway-Ishi Inc., a non-profit community based employment and training preparation program, hosted the event.

The 2009 recipients are:

Allyssa Bird, Cultural Female — Bird is a 17-year-old Anishinabe, Cree and Nakoda youth originally from Peguis First Nation.

Dustin Merasty, Athletic Junior — Merasty is a 17-year-old Métis youth

Elora Anderson, Artistic Visual — Anderson is 19-year-old Ojibwa woman originally from Pinaymootang First Nation.

Hanwakan Whitecloud, Business/Entrepreneurship — Whitecloud is a 23-year-old Dakota-Ojibwa man originally from Sioux Valley First Nation.

Janelle Pierre-Folster, Community/Volunteerism Junior — Pierre-Folster is a 16-year-old

Anishinabe Ikwe youth from Roseau River First Nation.

Jordan Guiboche, Cultural Male — Gioboche is an 18-year-old Anishinabe youth originally from Dauphin.

Julian Seymour, Academic Junior — Seymour is a 16-year-old Anishinabe Ikwe youth originally from Hollow Water First Nation.

Justin Campbell, Athletic Senior — Campbell is a 19-year-old aboriginal youth originally from Thompson.

Kateri Phillips, Academic Senior — Phillips is a 23-year-old Ojibwa woman from Hollow Water First Nation.

Kyle McClintock, Personal Achievement Senior — McClintock is a 24-year-old Métis man from Swan River.

Matthew Shorting, Personal Achievement — Shorting is a 19-year-old aboriginal youth originally from Little Saskatchewan First Nation.

Soloman Harper, Employment in a Traditional Field — Harper is a 19-year-old Oji-Cree youth from Wasagamack First Nation.

Trisha (Sadie) North, Artistic Performance — North is a 19-year-old Anishinabe, Cree and Bunibonibee woman originally from Oxford House First Nation.

Vanessa Kozak, Community/Volunteerism Senior — Kozak is a 21-year-old Cree and Dene woman, originally from Alberta.

**Congratulations to the recipients of the
2009 MB Aboriginal Youth Achievement Awards**

Interested in working Health Authority?

The WRHA is holding an selected Winnipeg The two phases involved June, 3 hours a week) and August, 6-8 weeks of paid minimum of 16 years of returning to school.

Please contact us at the 947-6222.

The Winnipeg Regional similar program local communities this program in the summer. organizing this, please that you have, and we can



Top: A finished Ecosafe home.

Lower Left: Michael Dumas sees his family's new home take shape.

Lower Right: A volunteer takes a break from installing wall panels.

for the Winnipeg Regional

internship program in a number of hospitals. are: A volunteer term (February to a summer employment term (July to employment). Applicants must be: a age, of Aboriginal descent, and

office for more information, 1-888-

Health Authority will try running a throughout summer with only a paid employment As it is the first year the WRHA will be express any interest provide you with more information.

MGEU Helps Sandy Bay Family Build a New Home

October 20, 2009

A family who lost their child and home in a tragic fire earlier this year at Sandy Bay First Nation is getting a new home.

On February 5, 2009, nine year old Hope Richard died tragically in a serious fire. Shortly thereafter, Sandy Bay Council joined with RJ Ecosafe Homes (a First Nations owned housing company located in Ontario) to launch an appeal to businesses, corporations, community groups, emergency response agencies, all three levels of government and the general public to help build a new modular, fire-resistant home for Michael Dumas and his family.

The MGEU, which represents many workers at Sandy Bay First Nation, has stepped forward as one of the organizations offering financial support for the project.

Construction has already begun - a number of people in the community have helped build the foundation and install the prefabricated insulated wall panels, which are fire and mould resistant. The home is expected to be completed within the next month.

If you'd like to learn more about the project or find out how you can contribute, contact the MGEU's Aboriginal Liaison, Cathy Woods at 982-6438 or 1-866-982-6438.

Call for Youth Advisory Committee Members

This year was NACC's 39th Annual General Meeting and the Youth Advisory Committee volunteered their time for this important committee and the Board of Directors, Management and Staff again would like congratulate their efforts.

We would like to refilled nay vaccanies that have happened due to these volunteers not meeting the age category of 18-29 and others have moved from the communities.

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

Tara Lacquette ~ Biography Youth Advisory Committee Members

I was born on March 7, 1991 to the parents of Terrence and Anita Lacquette. My Grandparents are Norman and Anne Lacquette of Mallard, Bill and Anne Bryant of Cote Saskatchewan. My siblings are Brigette who is 17 and Taran 13. I have been on the Youth Advisory Committee for one year so far.

One of my interests is playing hockey and I have been doing this for 9 years now. My current team is the University of Manitoba Bison's and my position is Goalie. I have many interests including: reading, playing hockey, playing fastball and working out.



I currently am going to school at the U of MB and I am taking two science courses and a math course. I accel in Chemistry and I am looking to become a Chemistry major and a Biology minor. I enjoy learning new concepts and working hard for something I want. I strive to become a doctor and look forward to the next 8 years of school.

Ribbon cutting ceremony for the First Fire Rescue House in Canada the Steve Perchyshyn Fire Rescue House dedicated to memory of the former firefighter

The Official Grand Opening of the Steve Perchyshyn Fire Rescue House. The house provides a supportive transitional residence for families who have lost their home to fire. It comes equipped with all the amenities to sustain a family during their stay.

The new Housing & Community Development Minister Kerri Irvine-Ross spoke as well as Mr. Mark Fleming President of North End Housing Project, Mr. Ron Chartrand President of Winnipeg Metis Association and Mr. Martin Johnson Chair of the Firefighters Burn Fund.

The house is dedicated to the memory of Steve Perchyshyn, a firefighter and fire safety officer. Residing his whole life in Winnipeg's North End, the Fire Rescue house and its location are a fitting tribute. The home was built in partnership with the Firefighters Burn Fund, the Winnipeg Fire and Paramedic Service and the North End Housing Project.

The location of the house is at 154 Selkirk Avenue, Winnipeg MB. Thursday November 5th, 2009 at 10am was the grand opening. Although the house has been operating since 2007 and helped numerous families, there has never been an official ribbon cutting to celebrate the success this facility to make the public aware of its existence. Canada's first shelter for families that have been left homeless by fire celebrated its official opening in Winnipeg.



Did you know?

The sun gives off natural vitamin D which is essential for the human body. Why has there been a huge campaign against the sun when in actuality it couldn't be further from the truth.

The SUN is actually very good for you though there are those who would like you to think otherwise.

Pro-s of sun light

The sun light stimulates our body's natural defense system against bacteria.

This way, our immune system becomes even more active. Getting sick during summer months is harder as our immune system is stronger than ever.

Sun rays are essential for the bone structure

Sun boosts the vitamin D production when the skin is exposed to the sun. Vitamin D is essential for helping calcium settle in the bone cells and make bone structure stronger or regenerate easily; it also prevents losing bone tissue at an older age

Moderate sun exposure makes skin look healthier

As skin gets an extra boost of vitamin D, it looks healthier. UV rays help in the healing process of many skin disorders and some treatments are based on this kind of procedure.

Sun light is therapeutic and prevents chronic illness

A high level of vitamin D in our blood prevents chronic diseases, high blood pressure, cancer, diabetes. The same vitamin is also responsible for fighting against DNA deterioration so it might actually prevent aging (too much sun will age you prematurely so do not exceed a few minutes of sun exposure a day)

Sun brings good mood and happiness

UV rays lead to the formation of endorphins in our body, and this substance activation brings good mood. A longer exposure to light during summer days also reduces the melatonin production (this is the sleep hormone)

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

Anne Lacquette, Western Chairperson, Helgi Einarsson, Eastern Chairperson, Martha Chartrand, Northern Sec/Treasurer and Larry Chartrand, Western Vice-Chairperson.



Child Safety

Recognize and remove these hazards to keep toddlers and young children safe.

- Watch out for choking hazards. Don't put tree lights, ornaments, or other small "mouth sized" decorations near the ground or on the lower limbs of a Christmas tree where a child can reach them easily.
- Make sure that all electrical decorations and toys are safety approved and use them appropriately.
- Use safety caps on all unused electrical outlets.
- Do not run extension cords across walkways or in high traffic areas.
- Replace frayed electrical cords with ones that are appropriately insulated and protected.
- A child can strangle in as little as 12 inches of cord. If possible, keep children away from electrical cords altogether.
- Never leave a child unsupervised when you are cooking. Unattended cooking is one of the leading causes of home fires during the holidays.
- Do not give young children toys that must be plugged in to an electrical outlet.
- Never use space heaters in rooms where children are unsupervised. Among other hazards, children may stick their fingers or other objects through the protective guards and be burned or shocked.

Go Green!

You could receive a Sunlight Green Clean Kids grant valued between \$250 and \$1,500 to help kids put their green ideas into action.

Sunlight Green Clean Kids is looking for kids ages 6 to 13 with inspiring green ideas to help their home, community or school.

Green ideas can come from individual kids or from groups of kids, such as a class or community group. They can be entered under any one of five categories: water, nature, air, energy, and reducing your environmental footprint.

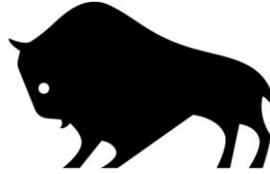
To apply for Sunlight Green Clean grants kids need to share their idea in a 150-word essay. Deadline for grant submissions is June 30, 2010.

Kids can submit their application to www.SunlightGreenCleanKids.ca

This website is also an informative resource for kids, parents, teachers and community groups. Please contact us at the office if you need any more information.



Manitoba



IT'S TIME TO GET CONNECTED

It's time for advancements and to move forward into the technological age of the 21st Century. NACC will be helping a number of communities to set-up websites. In 2003, NACC approached the communities to be linked to NACC's website and only a few communities took that opportunity through Cimnet.

The Community Information Enhancement Project (CIEP) is a special initiative that will allow Manitoba Science Technology, Energy and Mines (STEM) to work independently with 30 communities in northern Manitoba on a "pilot" Community Economic Development (CED) initiative.

In cooperation with Manitoba Research and Innovation Fund through NACC, 10 communities will be able to receive funding to update or create websites. This project will help with employment for local entrepreneurs or students as a term position.

Part of the funding criteria for the communities is to create website linkages to important departmental programs (i.e. Green Manitoba and other green initiatives). They are as follows:

Provincial Links:

Green Manitoba (Main Page)

<http://www.greenmanitoba.ca/cim/1001.dhtm>

Green Manitoba (specific programs available to these communities)

<http://www.gov.mb.ca/conservation/pollutionprevention/funding.html>

Federal Links:

Power Up Canada Fund

<http://www.powerupcanada.ca/press/2009/01/press76/>

Building Canada - Green Infrastructure Fund (GIF)

<http://www.buildingcanada-chantierscanada.gc.ca/media/news-nouvelles/2009/gif-fiv-eng.html>

Environment Canada

<http://www.ec.gc.ca/default.asp?lang=En&n=FD9B0E51-1>

NACC will also be updating their existing website and we have pages set out for the communities for each of the regions. It is available to post events, meetings or important messages on their page. The community pages have a modest amount of information about the community like the Mayor's or Contact Person; address, phone number, fax number, email address and hours of operation. Right now you can view your page at <http://nacc.cimnet.ca> go to the region you're from it's on the left hand column of the page, then select your community.

These chosen communities will have until March 31, 2010 to get their website up and running. NACC will be posting Website addresses in the next issue of the Whispering Pines.

CHILDREN'S PAGE



Holiday Cereal Snaps

Makes approx. 6 dozen

From the kitchen of **Corina Ganton**

Ingredients

- 1 cup butter, softened
- 1 cup lightly packed brown sugar
- 1 cup granulated sugar
- 2 eggs, lightly beaten
- 2 teaspoons vanilla
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 cups rolled oats
- 2 cups Kellogg's Rice Krispies
- 1 cup unsweetened flaked or shredded coconut

Directions

Heat oven to 350 degrees. Cream butter, sugars, eggs and vanilla together. Combine flour, baking powder, soda and oats and add to cream mixture. Mix well. Add rice krispies and coconut. Drop by round teaspoonfuls onto greased cookie sheet. Bake for 10-12 minutes, until light brown.

Don't over bake

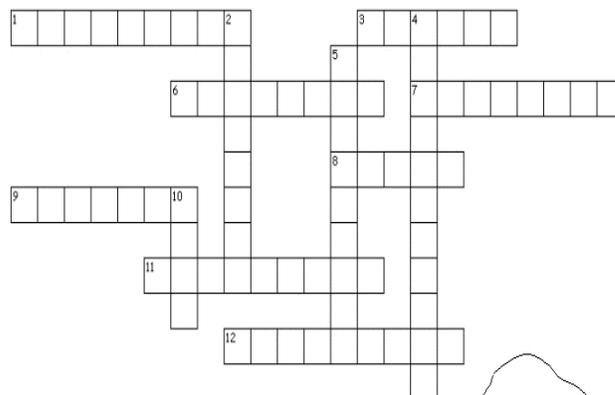
Visit with Santa Claus at

www.northpole.com

For holiday fun and free things to do.



Christmas Crossword



Word List: angels, candycane, Christmas, comet, cookies, gingerbread, Nicholas, ornaments, presents, shepherd, star, stockings

Across

1. Pretty baubles to hang on the Christmas tree.
3. Guardians who announce the good news.
6. Wrapped with love.
7. Jolly old Saint _____.
8. Dasher, dancer, prancer, vixen, _____, cupid, donner, blitzen
9. Warm snacks for Santa.
11. Sweet and red and white.
12. We wish you a merry _____.

Down

2. Keeper of the flocks.
4. House made of sweet treats.
5. The _____ were hung by the chimney with care.
10. Bright light marks the way.

