

## FALL 2006



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suggestions, articles, and ideas to  
the editor.

## 36<sup>th</sup> Annual General Meeting & Tradeshow

The Ramada Marlborough Hotel was the site of the NACC 36<sup>th</sup> Annual General Meeting & Tradeshow August 22-24 in Winnipeg. Delegates had the opportunity to express concerns to a variety of government representatives during the three days of deliberations. The tradeshow that was held in conjunction with the Mayors and Councillors Forum and the 2<sup>nd</sup> day of the NACC plenary meeting, also provided much needed information and networking opportunities for delegates administrators and clerks.

NACC would to thank The Honourable Oscar Lathlin, Minister of Aboriginal & Northern Affairs for his welcoming remarks at the Mayors and Councillors Forum that was hosted by the Aboriginal & Northern Affairs on the first day of the conference in partnership with NACC. Thank you to the staff of Aboriginal & Northern Affairs and special thanks to Armand Barbeau and Mike Thomas for their help with the clerks by taking them on a tour of the Canada/Manitoba Business Service Centre on Graham in Winnipeg.

NACC would also like to thank the Chairperson who is part of Youth Advisory Committee (YAC), Amanda Lathlin for a great job well done.

The resolution brought forward by the delegates will be going to the different government department very shortly. If the communities have any issues that they want dealt with during the year before or after the Annual General Meeting they can send them through a resolution any time of the year and the Executive members of the Board of Director will deal with them as they are received.

Conference theme: ***“ADDRESSING CHANGE INFLUENCING  
COMMUNITY SUCCESS & GROWTH”***

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## **PRESIDENT'S REPORT**

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

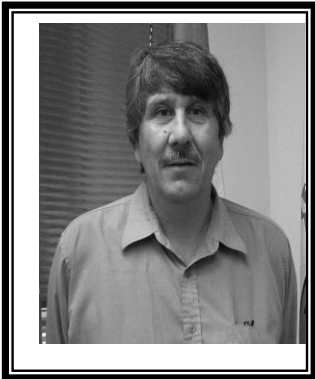


First I would like to thank all delegates, elders and administrators/clerks for their participation in this year's 36<sup>th</sup> Annual General Meeting and Tradeshow. Your support and patience providing an opportunity for a northern youth to be this year's Chairperson is a good example of what Northerners are all about. We hope to continue to give our northern youth more opportunities (as our future leaders) the experience to develop their skills. I would like to thank all Ministers and special guests for taking time out to attend this year's events and also without all our sponsors this meeting would not have been successful.

As your President I will continue to advocate with the Provincial Ministers to address our membership's issues/challenges that have been identified at this AGM. I look forward to hearing from all NACC communities on challenges that need to be addressed in this coming year.

## **EXECUTIVE REPORT'S**

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



I would like to thank all the Eastern Region delegates for their tremendous support shown at the conference. We will continue to address your issues/challenges identified as quickly as possible with the provincial government.

Please feel free to contact me, Greg @ 363-7316 or Barbara @ 645-2619 if you have any questions or concerns. We will do whatever possible to assist you.

I continue to represent the concerns of commercial fishermen in our region on the MCIFF Board and Lake Winnipeg Stewardship Board as these projects are crucial to our region.

Have a great fall.

## **EXECUTIVE REPORT'S**

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



I would like to thank all the Mayors, Councillors, Administrators and Clerks who attended our Annual Assembly.

I would also like to congratulate Larry Chartrand and Harold Fleming on their recent election to the Western Region Board. A big thank you is extended to Brenda Gaudry for her service and dedication to the Western Region and NACC.

I hope everyone had a safe and enjoyable summer and I look forward to working with the Councils in the coming year.

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



Hello everyone! During the 36<sup>th</sup> Annual General Meeting I had the opportunity to speak with many delegates, observers and friends, from all regions and met some new friends.

I feel I had some successful meetings with some of the concerns and issues. I will continue to lobby on behalf of the communities. Each community is unique and we need to work together i.e.: Housing, the price of fuel and many of the issues that were brought to our attention needs to be addressed on continued basis. I need the co-operation of each community. More information will be passed on as I am getting things in order. I am in the process of setting up meetings with Aboriginal & Northern Affairs, Ministers and other Key people.

The Manitoba Aboriginal and Northern affairs Act has gone through its first reading. We all had the chance to listen to the changes. If any community has concerns that we did not get the chance to discuss please feel free to contact me and we can set up meeting to discuss the concern. I would like to take this time to thank all the Ministers, Deputy Ministers, and other guests for taking the time to come and speak with the community members. I would also like to send a special thank you to Walter Shmon the past Mayor of Sherridon for entertaining us with some history of Sherridon.

Back to School! Good Luck!

Frances McIvor ~ Wabowden Ph: (204) 689-2158 Fax: (204) 689-2196



August 12, 2006

**PROVINCE ANNOUNCES FUNDS FOR NEW WATER TREATMENT SYSTEM, MINE REHABILITATION IN SHERRIDON/COLD LAKE**

SHERRIDON/COLD LAKE—Aboriginal and Northern Affairs Minister Oscar Lathlin and Industry, Economic Development and Mines Minister Jim Rondeau today announced the province is providing almost \$1.1 million for construction of a water treatment plant, installation of water and sewer lines, and \$500,000 for mine rehabilitation in Sherridon/Cold Lake.

“We are pleased that the water project will soon be moving forward and will provide Sherridon/Cold Lake with a clean, reliable water source,” said Lathlin. “The project will benefit the residents as well as tourism businesses and the school.”

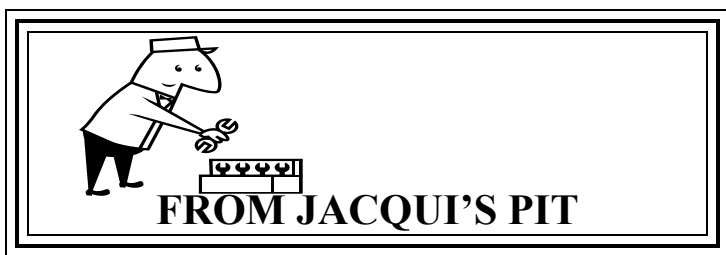
This project will provide for construction of the water treatment plant and water and sewer lines to connect Sherridon and Cold Lake. The plant will replace the two existing facilities in the community and Sherlett Lake will replace Cold Lake as a new water source.

As well, the province announced funding for demolition and rehabilitation of the mine site, which will see measures to improve safety, such as fencing off shafts. Rondeau said the announcement is a part of a broader commitment and strategy to address the longstanding issue of abandoned mines in the province.

“We’ve invested more than \$500,000 so far this year which underscores our commitment to rehabilitate the abandoned Sherridon Mine,” said Rondeau. “Moving forward, we will be taking further action shortly with a strategy for abandoned mines and will be working with our partners to develop long-term solutions for the community.”

The total cost of the water project is estimated at almost \$3.3 million. Through the Canada-Manitoba Municipal Rural Infrastructure Fund, the provincial and federal governments have already announced almost \$1.1 million each.

Construction of the water and sewer lines is scheduled for August with completion by October. The construction of the water plant is currently scheduled to start in October and be completed and commissioned by the summer of 2007, pending environmental approvals.



Another year has passed along with our 36<sup>th</sup> AGM which from your evaluations was a success and the feedback provided us with some good suggestions. The Board of Directors, Management and Staff hope that all delegates, clerks/administrators and guests were made to feel comfortable. I was really happy to catch up with each of you. I was also happy to see how some of our communities are embracing initiatives and information provided as part of the program. This year was a first as our Chairperson was Amanda J. Lathlin (OCN) a member of our Youth Advisory Committee (YAC). It took a lot of courage for this youth to get up in front of everyone to speak; though she has never taken on these responsibilities before she did a good job overall and I hope she took away with this opportunity a positive learning experience. We also had Christine Smith from Wabowden; a new member of the YAC provides services in First Aid. We appreciate all efforts of our YAC members, as each of them gave up their time to be a part of this AGM. There are countless hours and details that bring an AGM together and for that I would like to extend a special THANK YOU to our staff and numerous presenters and volunteers for all their assistance. See you next year!!!! Keep safe.

**The President Reg Meade, the Board of Director's and Staff of NACC would like to wish everyone a Happy Thanksgiving**



## ASSISTANT EDITORS CORNER

The NACC Board and staff have all been very busy in the past few months organizing, executing and following-up on the 36<sup>th</sup> Annual General Meeting.

Another NACC Conference has come and gone thanks to the effects of everyone involved it was a success. This years Conference was very productive, informative and enjoyable. Of course, plans are already underway for next year's gathering. Regarding the bill backs for the communities, I encourage you to send in your invoices as soon as possible so that the Executive can approve them for payment at their next Board of Directors Meeting.

Summer has come and gone and students are starting a new school year, I would like to send those returning back to school my best wishes because education is very important in this day and age.

I wanted to extend my congratulation to the newsiest Board Member of NACC Larry Chartrand of Waterhen who was elected at the 36<sup>th</sup> AGM. And it's with great sadness to see Brenda Gaudry depart the Board of Directors she was one of the best directors NACC has had with her input it was greatly appreciated and her accountability principals. I wanted to send best wishes for her in her future endeavors.

I will continue to work on behalf of the communities, and please feel free to call me at the NACC office with any questions or concerns that you may have. Article for the Whispering Pines from the Community Councils are placed free of charge so please send your articles, events advertisements etc... we will happy to include them in our next issue.

Until next time, I hope everyone enjoyed their summer and wish everyone a happy autumn while it lasts!!

**Kathy Frisk, CRAA**

# Northern Healthy Foods Initiative

The last couple of months have been very successful for the Northern Healthy Food Initiative. Now is time for harvest, feast, and more importantly preparation for next year's growing season. With adequate attentions and elbow grease in your gardens and plots, come spring garden maintenance will be reduced. The project will be hosting workshops, led by Manitoba Agriculture Food and Rural Initiatives on topics such as dilling, making baby food and freezing.

There are two major times to work in the garden: spring and fall. Not that there are not other chores during the remaining two seasons! It is rather a matter of success rate and effort efficiently expended.

Harvesting vegetables keeps you busy, if you planted late crops. The weather is sure death to any weeds you manage to disrupt and disable.

The late September-October period is excellent for reworking the perennial beds, planting all those beautiful bulbs, and for all shrubs and trees. In the city I might chance planting roses, but everyone is much better holding those off for spring. The great deal of vegetable matter from trees and gardens provides a supply for the compost pile. If nothing else makes a trench in your vegetable garden, fill it, add some fertilizer, and cover with soil. You would not believe how good this makes the soil after a time. Chopping the leaves up speeds the decay time, and the fertilizer helps the good bacteria to do its work, Organic in the true sense of the word. If you have flower beds that need to be edged, this is the ideal time for that job, any garden construction work, in fact. The soil is workable and the weather stays clear and pleasant, much

better than the muddy spring conditions. Think ahead to make everything ready for the spring planting: using the open window of spring for planting and dividing because the earth is in all readiness from your diligence in the fall.

## FALL GARDEN CHECK LIST

### Early Fall

- **Water, water, water.** Give all of your plants a good drink, especially your trees. Their roots need plenty of moisture to make it through the upcoming months.
- **Amend your soil.** Get the ground ready for next year's beds and your fall bulbs by tilling the soil and adding fertilizer.
- **Shop for bulbs.** Order from catalogs or visit garden stores early for best selection.
- **Plant shrubs and evergreens.** Early fall planting gives new plants enough time to get their roots established before winter.
- **Plant fall annuals.** As your summer blooms fade, add color to your garden with fall annuals such as mums, pansies, and ornamental kale.

**October is Fire Prevention Month, and October 8 – 14 is Fire Prevention Week.** Fall is an excellent time of year to encourage families to inspect their homes for fire hazards in preparation for winter. Encourage your local fire department to visit schools and homes to teach the basics of fire prevention.

**Project, (204)-778-7126**

**The following simple changes could save your life.** Much of this is known, but not practiced. If it was, more people would be alive today!

1. Ensure each home has smoke detectors with fresh batteries on at least on every level of the home. Vacuum them to get out dust and cobwebs.
2. Ensure each home has a working and recharged fire extinguisher.
3. Check homes for overloaded wiring, flammable materials near heat sources, and the condition of small space heaters. These three are the most common causes of house-fires.
4. Teach children to respect the power and danger of fire and teach them at appropriate ages how to safely work with fire.
5. Encourage families to have family home escape plans and practice it with all family members.
6. Keep a flashlight with working batteries in a place that everyone knows.
7. Councils, ensure your volunteer firefighters are trained and your fire truck is well maintained and ready to go.

**In case of a fire,**

1. **Get your family out fast.** Do not try to rescue possessions or pets. Call the fire department from a neighbour's phone.
2. **Stay low under smoke,** crawl on floor keeping head no more than 18 inches off the floor.
3. **If you do start on fire, STOP, DROP and ROLL.**

**Laurel Gardiner, NACC Safer Community**

## Manitoba's 63<sup>rd</sup> First Nations

South Indian Lake is now the 63<sup>rd</sup> First Nations in the province of Manitoba. O-Pipon-Na-Piwin Cree Nation (OPCN), formerly known as South Indian Lake recently received their dedication to Treaty 5 medals as Manitoba's newest First Nation.

Members of the OPCN had originally signed an adhesion to Treaty 5 in 1908 as members of the Nelson House Band, on the basis that it was a distinct band and would receive its own reserve at a later time. Not bad timing 97 years later they become a First Nation. The recent ceremony acknowledges OPCN as a separate First Nation with its own reserve.

There will be a contact status side to the reserve because there are still Metis people living there. Aboriginal & Northern Affairs of Manitoba is still in the process of finding a contract person for the community council side.

OPCN was officially constituted on November 25, 2005 making it Manitoba's newest First Nation comprised of 1064 members and is located approximately 100 km north of the Nisichawayasihk Cree Nation (NCN). No private land will be expropriated in the creation of this reserve.

The OPCN Chief Chris Baker said that our present goal is to maximize our community benefits that these opportunities and programs are made possible and to develop our community physically, socially, economically and spiritually for our children and our children's children.

OPCN was included in the five communities through the pilot projects that NACC and the Northern Healthy Foods Initiative were working on at the time of their inception. NACC will still be working with OPCN because of the fact that OPCN is still an isolated community. Many of the smaller aboriginal communities exist in isolated splendour. The splendour refers to the breathtaking scenery of the North. Many of the inhabitants in those isolated communities live in the grinding poverty so

characteristic of Third World countries. NACC wants to help them with healthy living and promoting diabetes awareness, community gardens, community kitchens and healthy mom and baby programs. Along with the Community Mobilization Program the is made up of "***Building Consensus Towards Safer NACC Communities, a Crime Prevention Plan***".

NACC is giving communities the tools needed to implement community social development is segment of what NACC is all about. A holistic approach to a community driven projects that incorporate youth & elders input, ensures a safer and healthier community.

A community is a body of people, a society living in a public place, united in origin, interested similarity or identity.

The Northern Association of Community Councils was incorporated in 1971 as a non-profit lobbying organization for 52 remote and isolated northern communities under Aboriginal & Northern Affairs jurisdiction. The goals set out by NACC are to promote and facilitate sustainable community development by encouraging the development of local services on behalf of the member communities. In addition, NACC strives to ensure that physical, social and economic development in northern communities remains a priority for government while promoting self-sufficiency within the communities.

For more information about the Building Consensus Towards Safer NACC Communities or the Northern Healthy Foods Initiative please call Ph: 947-2227 or Toll free 1-888-947-6222.

**Whispering Pines** The next issue of Whispering Pines will be published in the winter of 2006. Articles for December's issue should be submitted by November 15<sup>th</sup>. Articles submitted from the Communities are placed in the Whispering Pines free of charge! So please send your articles today.



**Matheson Island Community Council  
8<sup>th</sup> Annual Winter Fish Derby 2007  
Matheson Island, Manitoba  
Saturday, February 24, 2007  
1 pm-4 pm**

**Door Prizes**

**First 20 participants to catch a fish, will receive a fishing rod (one rod per participant)**

**Prizes : Category One (no age limit)**

- 1<sup>st</sup> Heaviest Fish 25% payout of entries
- 2<sup>nd</sup> Heaviest Fish 15% payout of entries
- 3<sup>rd</sup> Heaviest Fish 10% payout of entries
- 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> Heaviest Fish prizes T.B.A. at Derby
- Lightest Fish \$50.00

**Silent  
Auction**



**Prizes: Category Two (Age 12 & under only)**

- 1<sup>st</sup> Heaviest Fish 50% payout of entries
- 2<sup>nd</sup> Heaviest Fish 35% payout of entries
- 3<sup>rd</sup> Heaviest Fish 15% payout of entries

**Species:** Any type.

**Registration Fee:**

**Category One:**

\$40.00 until February 9th, 2007

\$50.00 February 10-24<sup>th</sup>, 2007

**Category Two:** \$10.00

**Entry Tickets are available from:**

Matheson Island Community Council Members, True Value Gimli,  
Gimli Snowmobile, Bernice Whiteway Matheson Island,  
Westshore Marine Riverton, Powerbend Tire & Service Arborg,  
D&T's Shop Easy, Riverton, GRT Rentals Gimli, and  
Biscuit Harbour Restaurant Pine Dock

Payments can be made by cheque or money order and mailed to Matheson Island Community Council, General Delivery, Matheson Island, Manitoba ROC 2AO. No cheques will be accepted after Feb. 9<sup>th</sup>.

Cash will be the only method of payment accepted on the derby day. Interac is not available.

All participants must register at the Community Hall either Friday evening (Feb. 23<sup>rd</sup>) between 7:00-8:30 pm or Saturday from 11:00 am-2:00 pm. You will be given your I.D. buttons and pail stickers at this time. (bring your own pail)

For further information: Matheson Island Council Office (204) 276-2150, Mona (204) 276-2053,  
Terry (204) 276-2413 or Debbie (204) 276-2226  
Email address: [mathesoncouncil@lincsat.com](mailto:mathesoncouncil@lincsat.com)

# Dauphin River Homecoming Weekend Summary of Events

Friday evening registration had approximately 90 people signed in.

Since the fire restrictions were on we could not have the bonfire and fireworks so we had a wiener roast and karaoke show. There was lots of participation and good singing.

Saturday morning breakfast served over 100 people.

Registration saw another 50 people sign in.

Canoe relay race was won by Tim & Helen Adamson/Terry & Brenda Stagg.

There were 5 teams of 4 entered. Unfortunately the kids' fun games were rained out in the afternoon.

The traditional supper was a huge success. Over 200 guests enjoyed moose stew, elk roast, fish fillets and fish patties, bannock, potatoes, salads and desserts. Well done ladies!

Speeches from Mayor Helgi Einarsson and Aboriginal and Northern Affairs representative Crystal Dumas were followed by award presentations. Crystal Dumas did the honors and presented Most Beautiful Yard to Margaret Sutherland, Runner up was Einarsson's Coffee Shop. The most Unique sign went to Dale & Helgi Einarsson, runner up was Tim & Helen Adamson.

Best float in the parade was Brenda Stagg for her bombardier and caboose, second was Einarssons Dreamcatcher Travel and third was Mercadies Stagg in the Princess float.

Best decorated bicycle was a three way tie with Charity, Dominic and Skyler splitting the prize. There was a lot of effort by everyone to make the parade a success. Congratulations.

Sunday morning breakfast was again successful with about 150 people enjoying the good food.

The Fishing derby had 27 entries. First prize for largest fish went to Ron Beardy with a 2.8 lb. pickerel.

The horseshoe tournament was well attended and divided into

men's (won by Terry and Joe) and ladies (won by Florence and Lucy).

Another wiener and marshmallow roast was held to end the evening.

Monday morning breakfast was held for approx. 50 people as everyone said their farewells and headed on their way.

All in all a very successful weekend, good times were had and good memories were made.



## Events Calendar

The Board of Directors and Staff of NACC would like to thank Vanessa Zastre our summer student for all of her hard work this summer and for help with this year's conference. She did a great job typing all of those resolution put forward by the communities.

Vanessa was born and raised in the Western Region in the Community of Barrows. She moved to Winnipeg to attend High school and this is Vanessa's second year as a summer student working for NACC. She's planning on attending University this fall and she graduated from Grade 12 in June 2006 and congratulation on that achievement.

NACC was able to hire Vanessa through funding from the MMF-Local Winnipeg Management Board (LMB).



*The Board of Director and Staff of NACC would like to thank the Youth Advisory Committee (YAC) for volunteering at the Conference and they are as follows:*

*Brandy Bulycz, Amanda Lathlin, Ryan DeLaRonde, Albert Stoltz, Francine Villeneuve and Christine Smith.*

### **Ancient Quartz Mine found in Granville Lake Manitoba**

The Manitoba Museum's Curator of Archaeology Kevin Brownlee, has completed the first phase of research on his trip to Granville Lake.

During his trip to Granville Lake Brownlee was shown a rose quartz mine where ancient Cree used to gather the materials for stone tools.

He has also found a quartz arrowhead that is estimates to be 3000 years old, along with some ancient cooking vessels.

Brownlee said that this quartz quarry was the most amazing find in his 12 years as an archaeologist.

"I never imagined anything like this existed it's a very important place that needs to be further studied and documented" he says. "This site is thousands of years old. Never in my wildest dreams did I imagine I'd find something like this."

Brownlee is in Granville Lake to document the oral history and landscape of this close knit community. His exhaustive research will involve nearly two months of 12-hour workdays; visiting sacred sites, looking for artifacts, determining traditional land uses, genealogy and recording the oral history and traditions of the area's Elders.

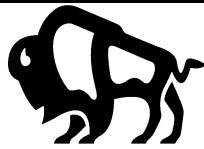
### **November 8, 2006 is Aboriginal Veteran's Day**

The Veterans Affairs Canada *Calendar of Events*. The purpose of this calendar is to highlight both national and international events of interest. If you or your group is organizing an event and would like to add it to the VAC *Calendar of Events*, please complete our **Event Request Form** by going to their website @ <http://www.vac-acc.gc.ca/general/sub.cfm?source=events/index&y=2006&m=9>

**NACC would like to personally thank the following contributors:**

**CONFERENCE SPONSORSHIP**

**Manitoba  
Aboriginal and  
Northern Affairs**



Manitoba Theatre Centre  
The Candy Bar  
Peace Hills Trust

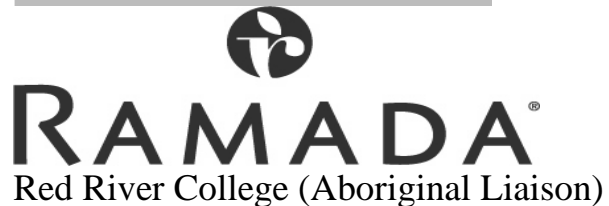


Manitoba Housing & Renewal Corp.  
Energy, Science & Technology  
Water Stewardship  
Industry, Economic Dev. & Mines



**SILENT AUCTION DONATION**

**CBC  Radio-Canada**



Dallas/Red Rose Community Council  
** CEDF**  
Bella Leonard, Nelson House C.C.  
Barbara Marcyniuk, Dallas/Red Rose C.C.

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MB Tourism Education Council

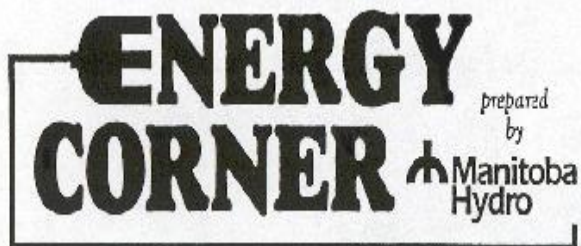


MB Gov't & General Employees Union  
David Disbrowe, Artist  
Mailbox Etc...

## **TRADESHOW PARTICIPANTS**

Aboriginal & Northern Affairs  
Assiniboine Community College  
Bayline Regional Roundtable/Wabowden  
Community Council  
Community Economic Dev. Fund  
Consumers Bureau  
Cross Lake Community Council  
Emergency Measurers Organization  
Grand & Toy  
Industry Economic Dev. & Mines  
Manitoba Finance  
Manitoba Gov't Service Mould Asbestos  
Remediation Services  
MB Housing & Renewal Corporation  
Manitoba Tourism Education Council  
Matheson Island Community Council  
Metis Culture & Heritage Resource Ctr.  
National Aboriginal Diabetes Association  
Northern Air Tech  
Red River College  
Residential Tenancies Branch  
Safe Workers of Tomorrow  
Shmon  
Uniquely Manitoba  
Women's Enterprise Centre

NACC WOULD LIKE TO APOLOGIZE  
TO ANY SPONSORS, TRADESHOW  
OR SILENT AUCTION SPONSORS  
THAT WE MAY HAVE MISSED.



### **Cost Effective Bulbs**

An average house has 30 light bulbs in it. Annually, these 30 bulbs use about \$200 worth of electricity. So how can you have light in your house, and yet cut back this cost?

Consider investing in energy-efficient lighting, or compact fluorescent lamps (CFLs). CFLs deliver the same light output but use 75 per cent less energy and last up to 10 times longer than regular incandescent light bulbs. And as consumers become more aware of the importance of energy efficiency, the choice in bulb shapes, sizes and brightness continues to grow. Fixtures for these lights are being designed so that almost any effect can be created – shadow free lighting in the kitchen, flattering lighting in bathrooms, soft chandelier glows for the dining room, mood and accent lighting for family rooms, and security lighting for outdoors – the options are almost endless.

Optimal places or situations to use CFL lighting are:

- Where a light is on for more than three hours a day
- Where a light is in a hard-to-reach place
- Where exterior lights are on for most of the night (in this situation, be sure that the CFL is labelled for outdoor use)

If you switch to using CFL lighting, not only are you saving yourself money, but you are also helping the environment. If every household in Canada replaced just one regular incandescent bulb with a CFL, Canada would save over \$73 million in energy costs every year! And reduce greenhouse gas emissions by 397,000 tones of carbon dioxide, which is the same as taking 66,000 cars off the road for one year.



## New Manitoba Hydro Head Office to Be a World Leader in Energy Efficiency and Sustainability

Visitors to Winnipeg will notice a huge construction project underway on the south side of Portage Avenue between Edmonton and Carlton Streets. This is the site of Manitoba Hydro's new head office building that will be a world

leader in energy efficiency and sustainability.

Designed to use 60 per cent less energy than most large office buildings, the new headquarters will serve as a model for highly energy-efficient building design and operation and will use a number of innovative energy efficient technologies and techniques. The building's form and orientation optimizes passive systems for ventilation, heating and cooling, contributing to the building's world-class energy efficiency and a healthy, productive workplace for the building's 2000 occupants. Other energy efficient design features include windows designed to maximize daylight and reduce artificial lighting, energy efficient lighting, pumps and drives, a double external wall to reduce heating and cooling requirements in extreme temperatures, radiant heating and cooling, and a living "green" roof with natural vegetation. Three and six-storey atriums will collect sunlight and provide conditioned fresh air, and a solar chimney will enhance fresh air ventilation. Reflecting Manitoba's leadership position in geothermal energy systems, the building's primary heating and cooling system will be a geothermal heat pump system extracting heat from the ground in the winter, returning it to the ground in warmer temperatures.

## At this years conference the delegates elected the following community members:

- Vice-Chairperson of the Eastern Region, Greg Wood
- Vice-Chairperson of the Western Region Larry Chartrand of Waterhen Community Council
- Vice-Chairperson of the Northern Region Glen Flett
- Secretary/Treasurer of the Eastern Region Barbara Marcyniuk
- Secretary/Treasurer of the Western Region Harold Fleming
- Secretary/Treasurer of the Northern Region Veronica Sinclair for a three year term.

We would like to congratulate them all.



As part of CHUM Television's commitment to encouraging Aboriginal participation in Canadian broadcasting, MuchMusic is proud to offer the annual Aboriginal Youth Scholarship!

The \$5,000 scholarship\* - created in partnership with AYN (Aboriginal Youth Network) - will be awarded to the individual who best demonstrates skill, talent, excellence and enthusiasm in pursuing a future in the broadcast industry.

Open to all Aboriginal Canadians under 29.  
Deadline: November 30, 2006

\* To go toward tuition, payable directly to post-secondary educational institution of student's choice.

## Goal Setting For High School Students

Year after year there are less students graduating from High school. What are the reasons for this? Some reasons have just cause, but others are because they have no goals that they have to look forward too.

Young youth today find it is easy to slide through life “is this ok?”

While it would be easy to slide right through life without a purpose it would not be fulfilling, only by setting difficult goals and achieving them we can find our true self worth.

Youth should start to look at setting goals and accomplish what they want to pursue. Every small decision we make takes us one step closer. Remember the goal does not have to be big it can be small for example passing next weeks test would be classified as a goal.

“The beauty of work depends upon the way we meet it, whether we arm ourselves each morning to attack it as an enemy that must be vanquished before night comes- or whether we open our eyes with the sunrise to welcome it as an approaching friend who will keep us delightful company...”

LUCY LARCOM-

**Submitted by: Christine Smith, Wabowden**

## *Whispering Pines Newsletter*

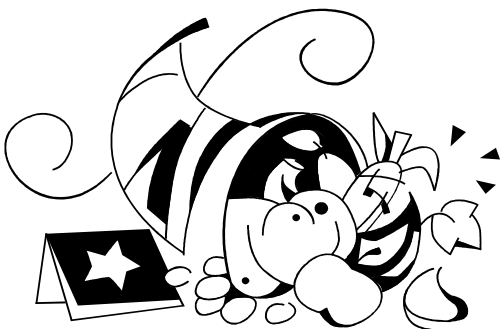
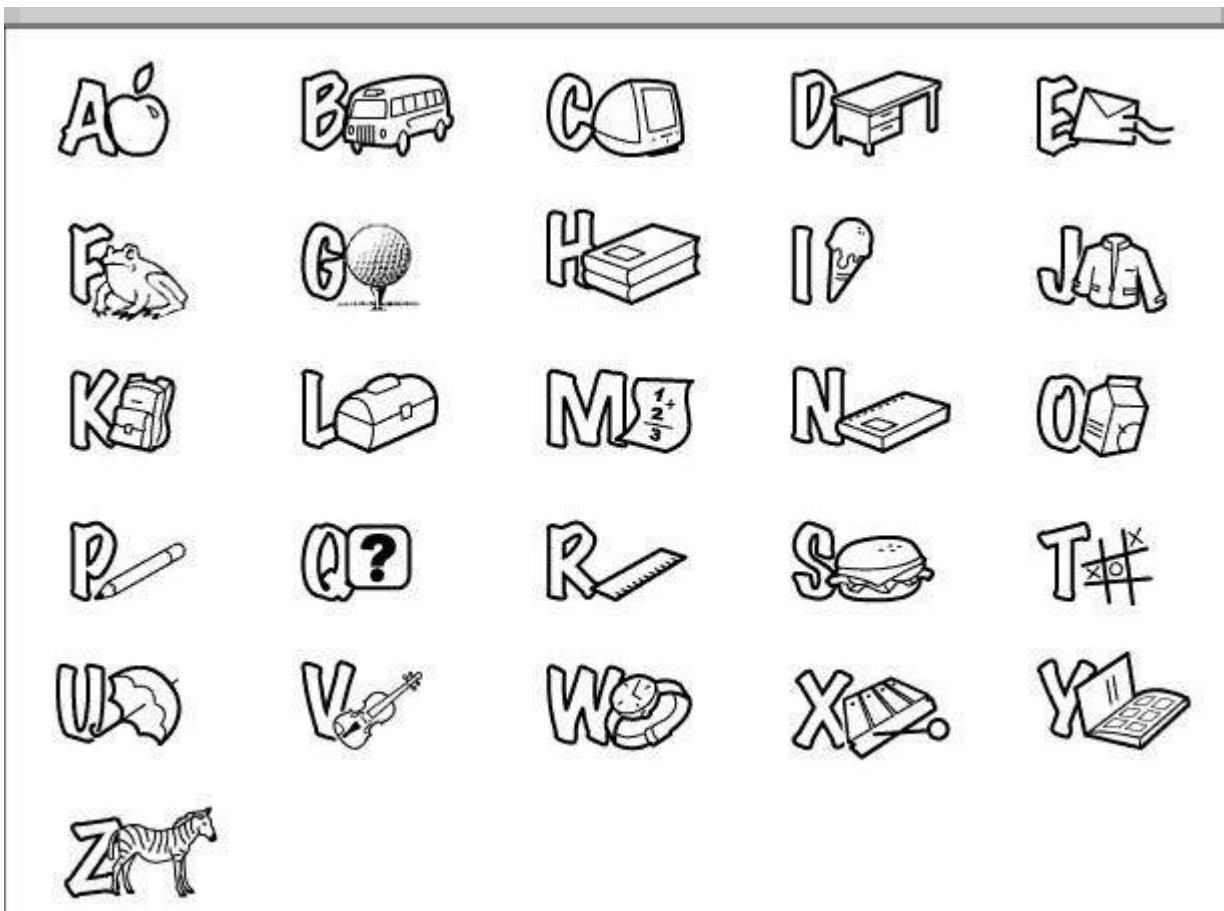
The next issue of Whispering Pines will be published in the winter of 2006. Articles for December's issue should be submitted by November 15<sup>th</sup>. Articles submitted from the Communities are placed in the Whispering Pines free of charge!

# CHILDREN'S PAGE

## Remembrance Day



One day every year, we pay special homage to those who died in service to their country. We remember these brave men and women for their courage and their devotion to ideals. We wear poppies, attend ceremonies and visit memorials. For one brief moment of our life, we remember why we must work for peace every day of the year.



# Have a Happy Thanksgiving!!!