

FALL 2009

NACC 39th AGM & Tradeshow



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

NACC 39th Annual General Meeting & Tradeshow took place on August 18-20, 2009 at the Marlborough Hotel located at 331 Smith Street in Winnipeg, MB. The Conference started on Tuesday, August 19 with the appointment of the Chairperson Ron Richard followed by greetings from dignitaries in the Skyview Ballroom. NACC was also pleased to meet the newly appointed Lieutenant Governor The Honourable Philip S Lee who made his entry first thing during the opening ceremonies. The Opening Prayer was done by Anne Lacquette, Western Chairperson, followed by a Moment of Silence, then Welcoming Remarks from:

The Honourable Dr. Jon Gerrard, Leader of the Liberal Party of MB. Member of Parliament for Selkirk-Interlake, Mr. James Bezan Minister of Healthy Living, The Honourable Kerri Irvin-Ross Minister of Competitiveness, Training & Trade, The Honourable Andrew Swan

Association of Manitoba Municipalities, Ms. Shirley Kalynuik Deputy of Aboriginal & Northern Affairs, Mr. Harvey Bostrom RCMP Office, Community and Aboriginal Policing, Inspector Tyler Bates

Councillor Jeff Browaty, City of Winnipeg

Introduction of the NACC's Board of Directors

Mr. Reg Meade, President, NACC

Presentation by: John Wood, CEO Freshwater Fish Marketing Board

A plaque was presented in honour of the late and great Minister of Aboriginal & Northern Affairs the Honourable Oscar Lathlin that will be displayed in the NACC Office for all to see.

NACC would like to send out a big thank you to the Northern Sector Council for their presentation and allowing Ron Richard's to chair the meeting.

More info on the AGM, continued on page 11

PRESIDENT'S REPORT



Reg Meade ~ President's Report

We made it through another AGM and everyone had a good time. It seems like the summer is over and we never really had it. Now the kids are back in school and Thanksgiving is just around the corner.

I have been working with the Northern Manitoba Roundtable on issues that affect us all. I attended the Motor Transport hearing into the closure of the Greyhound bus service between Flin Flon and Thompson and the discontinuation of the van service between Snow Lake and Ponton. Strong objections were raised and the issue is still undecided.

I have been working with The Mayor and the City of Thompson about Northern E-911 communications service. This should give all Northern residents similar emergency service as their Southern counterparts.

I attended the opening of the new homeless shelter in Thompson and Grand Chief Dr. Sydney Garrioch's retirement party in The Pas. Both events were bittersweet. It is good the homeless have somewhere safe to get out of the elements but sad that we have people who need the service. It is sad to see Chief Garrioch leave his position but good that he is continuing on his own path.

I attended the Capital Approval Board Review meetings in Dauphin in August and will be at the Capital Approval Board meetings in September.

Now, it is time to start working on responding to the resolutions brought forward at the AGM. We are going to try to see that each one is successful this year.

EXECUTIVE REPORT's

Helgi Einarsson ~ Eastern Region Chairperson



Here we are into September already. Fall Fishing has started on Lake Winnipeg. We are finally getting some summer like weather after all the rain and cool June, July and August!

At the NACC conference we had elections for regional Vice Chair and Secretary Treasurer. Chandler McLeod and Barbara Marcyniuk were re-elected for these positions.

For next year, NACC will be celebrating the 40th annual conference and we would like to do something different. Any suggestions and or volunteers would be greatly appreciated.

I hope everyone has a great fall season with successful fishing and harvesting.

EXECUTIVE REPORT's continued:

Anne Lacquette ~ Western Region Chairperson



I would like to thank all the Mayors, Councillors and CAO'S who attended the recent AGM. I would also like to thank all the sponsors who set up booths. Elections were held for Vice Chair and Secretary Treasurer. Larry Chartrand and Harold Fleming successfully held their positions. Louis Genaille was elected to the Capital Board with Shawn Hummerston as the alternate.

I wish a speedy recovery to Glen Flett, Vice-Chair for the Northern Region, who was hospitalized during our AGM.

I hope everyone had a safe and enjoyable summer.

If you have any requests, you can call NACC or contact me at 1-204-628-3275.

Frances McIvor ~ Northern Region Chairperson



Thank you to all communities who attended the Conference in August. I sure missed the communities who could not be in attendance. We are in the process of preparing the letter to be sent to the Minister for the Resolutions passed at the Conference.

With the flu season upon us please take measures to protect and prevent the onset of the N1H1. As leaders please make sure all areas where the community gathers that we prevent ourselves from getting the flu. Go to the government website for information on how to get the information out to the community also ask you Health Centre's for information.

We need to instill unique visions for our communities. Ask questions; get a good and healthy discussion going. Ideas generate for a healthy discussion. We are voted in by the community and are responsible to respect the community decision and try your best at being responsible and accountable. Some decisions may not satisfy everyone but remember to be a united component.

All Councillors and Mayors must attempt to attend every council meeting and special meetings. Also take time to appreciate our community council staff. Take time to be positive, because positive reinforcement trumps negative criticism every time.

The Board and staff of NACC prayers are with all the communities in their time of need. Please take the time for your health and wellness because no one else will.

Have a great fall season and try to enjoy the outdoors!

Government Update

September 11, 2009

CANADA AND MANITOBA MAKE SIGNIFICANT STIMULUS INFRASTRUCTURE INVESTMENT

Funding Will Create Jobs, Boost Local Economy

Winnipeg, Manitoba, September 11, 2009 –The Honourable Vic Toews, President of the Treasury Board and the Member of Parliament for Provencher, and the Honourable Ron Lemieux, Minister of Infrastructure and Transportation, today announced that communities across Manitoba will benefit from more than \$55.9 million in joint federal-provincial investments for key infrastructure projects worth more than \$83.2 million, thanks to a partnership between the governments of Canada and Manitoba. Funding for shovel-ready infrastructure projects is made available under the new Infrastructure Stimulus Fund, part of Canada’s Economic Action Plan.

“Under the leadership of Prime Minister Stephen Harper, our Government is stimulating the economy and creating jobs for Canadians,” said Minister Toews. “We understand the importance of investing in roads, bridges and other infrastructure to ensure Manitoba communities remain competitive and prosperous. We want to continue to work with the Government of Manitoba to deliver solid results for Manitobans.”

“Our government believes that by investing in municipal infrastructure and projects that strengthen our communities we are building a better future for Manitobans,” said Minister Lemieux. “The funding we are announcing today will improve things like our roads, water treatment systems and community centers, but it will also create jobs and help our economy grow.”

The Government of Canada’s funding is being provided under the national \$4 billion Infrastructure Stimulus Fund and is aimed at getting shovels in the ground for infrastructure projects across Canada that can be materially completed by March 2011. Today’s announcement includes 74 new infrastructure projects in Manitoba that will receive \$27.3 million from the federal government and \$28.7 million from the provincial government under the Infrastructure Stimulus Fund. The remaining \$27.2 million will come from municipalities or other sources.

The Government of Canada’s Economic Action Plan is accelerating and expanding the existing federal investment of \$33 billion in infrastructure with almost \$12 billion in new infrastructure stimulus funding over two years.

Today’s announcement continues the important steps the Province of Manitoba is taking to support economic growth by investing \$1.6 billion this year, into infrastructure to stimulate the economy, create jobs, and renew the province’s roads, schools, health facilities, and water treatment facilities.

Best wishes to the re-elected Board positions with NACC and they are as follows Martha Chartrand, Chandler McLeod, Glen Flett, Larry Chartrand, Harold Fleming and Barbara Marcyniuk for another three year term.

President, Reg Meade
Ph: (204) 689-2165

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

Eastern Chairperson, Helgi Einarsson
Ph: (204) 659-5214

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

Northern Chairperson, Frances McIvor
Ph: (204) 689-2165

Eastern Sec. /Treasurer, Barbara Marcyniuk
Ph: (204) 645-2619

Western Chairperson, Anne Lacquette
Ph: (204) 628-3275

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

Eastern Vice Chairperson, Chandler McLeod
Ph: (204) 363-7246

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

OSHKI PHOTOGRAPHY

“**Oshki**” means new or young in Ojibwe.

Oshki Photography is located on the same floor as the NACC office.

They cater to communities, schools, meaningful events and individuals. The prices that is reasonable enough for you to go out of your way to call and enquire about. They have instant feedback on a 20” screen for proofing.

Oshki can do some pretty amazing things, such as, background changes, turn old damaged pictures to new, impose many pictures to a collage with a theme and Aboriginal backdrops. As well as, much more than your usual store can promise! Treaty pictures, Passports, key chains, photo mugs, provide DVD’s. They can also track your orders online and provide free healing touch ups.

Oshki will travel to your community to serve your needs, but can also do the work online. Examples can be found online, but not limited to them. Your order is as large as your imagination!

Location:

Oshki Photography

752-331 Smith Street

Winnipeg, MB R3B 2G9

Phone: (204) 415-0994 for service, or also visit the Website: oshki.com

Email address: info@oshki.com

Tell them NACC sent you!

Executive Director

It was wonderful meeting all the delegates at the AGM and Tradeshow last month. From the comments on the evaluations, everyone seemed to enjoy themselves. The music man and the social were great hits! The silent auction was fun as well. We gave away 25 prizes. Of course everyone was a winner as the proceeds go towards next year's AGM.

The office now has new carpets throughout and it looks great. Please drop by the office whenever you make it into the city to admire them and the new office look, too. It was definitely worth the stress of packing and unpacking all the things we have accumulated as an organization over the years.

Now, I can concentrate on what the communities have been telling me they want. Communities tell me they need money for projects. I have the resources to tell them where and how to get it. I will be more than happy to assist any community in developing proposals and submitting them to the funders, whether they are provincial, federal or private. From Sports and Recreation to Community Places and Senior/Elders programs; there are grants for just about everything. And, I'll be happy to help you find what it is you're looking for.

I am also starting to work on next year's AGM. As it is our 40th, we want it to be the best one yet! If you are interested in working on a committee, helping with the planning or assisting during the AGM; please let me know and I will be happy to keep you informed.

Editor's Corner

The 39th Annual General Meeting came and went so fast. I hope everyone enjoyed their stay at the Marlborough Hotel. We had approximately 250 attendees including, Mayors and Councillors, CAO, Clerks, Aboriginal & Northern Affairs Staff, Community members and Community Council staff, Youth, Guest speakers, presenters and Tradeshow participants. We are promising next year's conference to be even better because it our 40th.

This year we invited the youth to join us from the three regions. We had a total of 5 youth delegates that joined us. The Aboriginal & Northern Affairs day was held on August 19th. The Youth were also invited to join in on the Plenary meeting and Regional meeting to learn more on how Community Councils and NACC operates.

4 Youth Advisory Council members were also involved in the meeting and volunteered. If you're interested in join the Youth Advisory Council please call the NACC office to get more information.

Article for the Whispering Pines from the Community Councils are placed free of charge so please, please send your articles, events advertisements etc... we will be happy to include them in our next issue in December.

Until next time, I hope everyone enjoy the rest of fall while it lasts!!

Kathy Frisk, Editor

Grandmother Florence Hamilton

Was nominated by the Northern Association of Community Councils for the Keeping the Fires Burning Honouring Grandmothers Recognition ceremony.

Florence Hamilton, known as “Granny” to the community of Wabowden, is a member of the Cross Lake First Nation. (Florence’s mother, in fact, was one of three sisters that began the community of Wabowden.) At 91 years of age, Florence has 17 children, and close to 200 grandchildren (including great grandchildren and great-great grandchildren) the majority of whom she delivered!

Florence is well respected in Wabowden for her skills as midwife and was given the gift of midwifery by her auntie Emma Colombe; Florence often assisted in deliveries and delivered her first baby by herself at the age of 17. She has since passed on the knowledge of midwifery to her own granddaughter.

Florence has a lot of faith, knowledge, strength and intuition. With her intuition, she is able to protect her family and the community from many challenging situations. She has the ability to know what’s going to happen and can tell you why it happened and how to deal with it.

She has overcome many hardships in her lifetime, including losing two husbands and surviving breast cancer. Florence knows that overcoming obstacles can make you a stronger person.

Florence’s stated philosophy is “*that everyone is put on this earth for a reason.*” Her role of teaching and passing down knowledge to her family and community is the reason for her long and meaningful life. She still sews, crochets and knits blankets and cushions. She also makes handmade mukluks and moccasins for her family and friends. Florence was a great jigger in her younger days and still today she loves to dance. Her door is always open and makes herself available to teach anybody that wants to learn.

We would like to introduce your representative on our Board

Chandler McLeod, Eastern Vice-Chairperson Biography

My name is Chandler McLeod (me) for Introductions. I have been with NACC for almost 2 years as the Eastern-Vice-Chairperson, Council Member for the Incorporated Community of Seymourville for over 2 years.



I belong to a number of Boards including the Model Forest in Pine Falls and North Eastern Health Association as a representative for the new culture aspect at the Pine Falls Hospital. Along the way I have met many of the Mayors and Councillors from all over Manitoba. I take this position with NACC very serious, as NACC stands for the people of Manitoba.

I started back in 2007 and have to be open minded about my political role at NACC. I live in the region of Winnipegosis, Seymourville is one of the communities along with Manigotagan and the Hollow Water First Nations.

I am a single parent to two boys, Corey & Dillon Seymour, who also plays a part in NACC as Youth Advisory and my 2 stepsons, Joseph and Faron Seymour who live in Winnipeg. They are both working in drywall taping, and started out on their own. They gave me 4 beautiful granddaughters and 2 grandsons. The four boys are go-getters, I wish I could take the credit, but their mother Velma Seymour gets the credit. I am very proud of them all.

Some of the main concerns of mine are Rec-housing, as we need to find things for our children so we don’t

lose them to drugs and alcohol. The lack of Rec Facilities and Equipment in most of our communities is a concern to me. Housing in all of the NACC Communities is below standards.

I hold a Life-Skills Coach training certificate, counseling 1 and 2. I have done Culture Programs throughout Manitoba. I am an Aboriginal Artist and consider myself as a traditional person.

At this time I would like to express my gratitude to the Staff of NACC, NACC would not run without their expertise and is always a nice place to come to with warm smiles and laughter. I would also like to thank the people of Manitoba, along with Aboriginal & Northern Affairs. Thank you to the Board for putting up with me. Well this is my introduction and I look forward to meeting with all of you.

TRADESHOW PARTICIPANTS

**Aboriginal & Northern Affairs
Association of Manitoba Municipalities
Bayline Regional Roundtable
Burntwood Regional Health Authority
Canadian Cancer Society
Canadian Diabetes Association
Canadian Red Cross Society
Carberry International
Centre for Aboriginal Human Resources
Development
Community Economic Development
Fund
Dauphin River Community Council &
Einarsson Travel & Guide Services
Interlake Regional Health Authority
Kanatani Aski
MB Agriculture, Food & Rural
Initiatives
MB Consumers Bureau
MB Finance Taxation Division
MB Food Charter (Food Matters MB)
MB Health & Healthy Living -
Manitoba in Motion
MB Housing & Renewal Corp
MB Association of Resource Recovery
MB Hydro**

**MB Infrastructure and Transportation
Manitoba Metis Federation
Manitoba Residential Tenancies Branch
Manitoba Procurement Services
Matheson Island Community Council
Metis Culture & Heritage Resource
Centre
MLF-Occupational Health Centre
Mood Disorders Manitoba
Northern Healthy Foods Initiative
Office of the Fire Commissioner
Oshki Photography
Pelican Rapids Community Council
Prairie Originals
Chantelle's Promise One Match Stem
Cell and Marrow Network
RCMP
Resource Conservation Manitoba
Safety Services Manitoba
Service Canada - Aboriginal Single
Windows
University College of the North
University of Winnipeg Aboriginal
Student Centre and DCE Program
University of Manitoba - Aboriginal
Focus Programs**

well as 29 other remote communities. Ten resolutions, pertaining to various issues affecting the north were passed at the first annual conference.

Did you know?

The initial formation meeting for NACC was held on June 2, 1970, was open to Community Council members only. A total of 48 delegates were in attendance at the first conference, representing 11 elected community Councils as

Whispering Pines

September 15th is the Final Deadline

All boat operators in Canada must have the Card or they risk expensive fines.

There is no minimum age to get certified and no age exemption. The length of the boat does not matter, nor does the size of the engine.

The Card is good-for-life and is recognized across Canada and the US.

Whispering Pines is a quarterly publication of NACC, which provides an essential means of communication between isolated communities and regions. Whispering Pines has been serving as an information tool of northern communities since the early 1970's. Your comments are greatly appreciated. The next issues are scheduled to be set out as follows December, March, June and September.

Northern Healthy Foods Initiative

Hello Folks,

It is harvest season, the time to enjoy the foods grown in your garden. And us Gardeners know that nothing beats the taste of fresh garden vegetables.

For those of you who attended NACC'S Conference in August, I hope you learned more about the Northern Healthy Foods Initiative and the various gardening and food security projects supported this year.

One way Northerners are addressing food security is by planting gardens. This year about forty (40) new gardens were established in Northern Manitoba Communities. This included community, family, school and individual plot gardens, as well as container gardening and raised garden beds.

This past month I have been busy planning educational workshops. NACC will be hosting food preservation workshops in Pelican Rapids and Dauphin River at the end of September. Participants will have the opportunity to learn how to freeze vegetables, pickle, and make jam.

All participants will receive hands on instructions, take home information sheets and recipes, as well as get to take home a sample of what they learned. In addition the Community will also receive a basic canning kit in order to address the lack of canning equipment and supplies in the communities.

A *"Preparing the Garden for winter"* workshop is also scheduled in October for Berens River.

If you are looking to start a community garden or have an idea for a food related project, please contact me at Email: raquelkoenig@mts.net or at Toll free: 1-888-947-6222 or 204-947-2227. I would be happy to help with your Project idea and application.

Northern Harvest Forum 09

**October 22nd - 23rd
Thompson, Manitoba
Thompson Legion,
101 Elizabeth Drive
Workshops:**

Thursday and Friday 8:30am - 4:30pm

- ✓ Picking your own Wild Food
- ✓ Engaging Youth in Traditional Foods
- ✓ Seed Saving
- ✓ Extending the Growing Season
- ✓ Preserving Traditional Foods
- ✓ Growing Fruits and Berries

World Food Day Banquet:

Thursday 6:30 pm

Entertainment and Manitoba Food Charter

Northern Golden Carrot Awards

Conference pre-registration:

Bayline Regional Roundtable
204.689.2063 or baylinerrt@live.ca
Registration for two days, including lunch,
snack, and door prizes,
starts at \$75 before September 1, 2009.
Dinner tickets \$20.
See website for more details.

www.manitobafoodsecurity.ca

Whispering Pines The next issue of Whispering Pines will be published in the winter of 2009. Articles for December's issue should be submitted by November 15th. Articles submitted from the Communities are placed in the Whispering Pines free of charge! So please send your articles today.

Events Calendar

NACC 39th AGM & Tradeshow

Continued from page 1

During the AGM we celebrated our Welcoming Reception on Monday, August 17 along with the early registration of the arriving delegates, from 3:00 to 7:00 pm in Churchill's Dining Room.

The Main Assembly took place on Tuesday, August 18 with Welcoming Remarks from a variety of dignitaries with presentation by the Northern Sector Council on Employment and Training.

The second day of the AGM is Aboriginal & Northern Affairs day on Wednesday, August 19 all day starting at 9 am. Announcements were made for the re-elected Board of Director's for the positions of Vice Chairpersons and Secretary/Treasurer for another three year term. NACC would like to personally thank Aboriginal & Northern Affairs for their financial support of the AGM and the Staff for all their hard work.

The **Social** took place on **Wednesday, August 19** yes during the week with the Dave Green the Elvis Impersonator and Karaoke it was a great time and some of the delegate got to take pictures with the two Elvis's the other Elvis was none other than Big Bear from NCI radio.

Other presentation to be held were Anokiiwin Training Institute will be presenting on the NACC Strategic Planning, NACC's-Northern Health Foods Initiative, Bayline Regional Round Table and Frontier School division will presenting and speaking about the partnership formed to help with Food Security in the North.

On the third and final day Thursday, August 20 delegates joined together in the morning to hear the Resolutions that were presented to the floor from the three regions.

NACC would also like to send out a special thank you to Aboriginal & Northern Affairs staff for voluntarily acting as the Electoral Officer for the Capital Approval Board and the Board of Directors Elections.

Manitoba Aboriginal and Northern Affairs (ANA) hosted a day of information for communities at the 39th NACC Annual General Meeting and Tradeshow on Wednesday, August 19, 2009. The Theme for the morning was "**Partnerships in Emergency Preparedness**" Agenda items were Community Pandemic Preparedness, Community 911 Service, Workplace safety & Health, and Fire Inspections.

In the afternoon the Theme was "**Information for Communities**" Agenda items were Community

Service Excellence Awards, MB Ombudsman Office and MB Metis Policy Initiative.

During the lunch breaks we had lunch & learn sessions by: Resource Conservation Manitoba, Canadian Diabetes Association and Manitoba in Motion.

The Board of Director would like to thank the staff members Deborah Clark, Raquel Koenig, Kathy Frisk, Alice Chartrand and Jason Bourassa for all their hard work at the AGM.

Youth Advisory Committee (YAC) for volunteering at the AGM and they are as follows:

Amanda Lathlin

Brandy Bulycz

Corey Seymour

Francine Young

Tara Lacquette

Lester Constant

Chrissy McNichol

Youth Delegations

Melissa Traverse

Youth Volunteers

Dillon Seymour

Joseph Seymour

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



MB Aboriginal & Northern Affairs

Manitoba Housing & Renewal Corp.

MB Science, Technology Energy & Mines

MB Competitiveness, Training & Trade

Green Manitoba Eco Solutions

Anokiwiin Training Institute



DONATION SILENT AUCTION & DELEGATES BAGS

Aboriginal & Northern Affairs

Barbara Marcyniuk, Dallas/Red Rose

Bayline Regional Round Table

Calm Air

Canadian Cancer Society

Canadian Red Cross

Carberry International

Chandler McLeod, Seymourville

City of Winnipeg

Cloverdale Northern Paint

Derksen Printers

Destination Winnipeg

Dowling Insurance Brokers

Einarsson Travel & Guide Service

Food Matters Manitoba

Frances McIvor, Nelson River Logging

Health Canada

Igniting the Power Within

Manitoba Museum

Manitoba Public Insurance Corp.

Manitoba *in motion*

Matheson Island Community Council

MB Securities Commission

MB Hydro

Office of the Fire Commissioner
Oshki Photography
Peace Hills Trust
Prairie Originals
Rainbow Stage
RCMP
Safeway – Food Mail Program
Seed Winnipeg
Solutions
T & T Seeds



Winnipeg Blue Bombers'
Building Better Workplaces
One Match - Stem Cell and Marrow
Network

The Grants Are Coming! Are You Missing Out?
The government is going green. This has an effect on all of us.

More grants and program information is available only online. For NACC communities this often means that awareness of grants, their requirements and the application forms is limited.

Did you know that of the \$4.5 Million given out by Manitoba's Community Places program this spring, only \$25,000 went to NACC communities? Many of the grants allow sweat equity, so communities can contribute their labour or skills. This in-kind value can really help when you need the numbers in the project's budget. Some programs want to see partnering. This means that you can ask one program for part of your funds and another for different items. For example, if a community wants to provide more recreation opportunities for the youth and others and need to upgrade the Hall, they can ask:

-Community Places for up to \$50,000 for building improvements including a new stove or dishwasher

-Neighbourhoods Alive for funds from their different program, like community renewal, well-being and others

-the RCMP Community Fund, up to \$10,000, provides funds for recreation equipment as a crime

prevention strategy.

Yes, matching and partnering can be a challenge, but it is worth it when the kids have things to do all summer.

If you aren't sure how to go about it, or what the deadlines are, we have created a handout about funding programs that are available, their requirements, deadlines and qualifying criteria. We will even help you send the forms if you can't access them online. We will even help you to make sure they are filled out correctly.

Just call the office, 1.888.947.6222, and ask for Deborah. We are here to help.

H1N1 KITS ARE COMING!

Dr. Catherine Cook, Executive Director of Aboriginal Health Programs, has been overseeing the creation of H1N1 Flu Kits. They will be shipped out to Community Council Offices. The kits will contain acetaminophen, for adults, children and infants; hand sanitizer and a thermometer. They will also have instructions about what to do if you think you, or someone in your family has the Flu.

The kits are meant to help community residents who may not have adequate supplies on hand.

Please remember to follow the guidelines for minimizing the transfer of germs during the upcoming Flu season:

-Cough into a tissue, then immediately throw it into the garbage and wash your hands. Use the crook of your elbow if no tissues are available.

-Wash your hands often and thoroughly.

-Call the Health Centre, Nursing Station or a Health hotline if you think you have the Flu.

-Stay home if you are ill with the Flu to help stop the spread of the Flu virus.

CHILDREN'S PAGE



Happy Halloween!



Candy Apples

Originally submitted by Connie West and modified by Kaboose.com

Kids can't resist these crackling, crunchy, juicy candy apples, perfect for any fall birthday or celebration.

Ingredients

- 15 craft sticks
- 15 apples
- 2 cups white sugar
- 1 cup light corn syrup
- 1-1/2 cups water
- 8 drops red food coloring

Cooking Instructions

1. Lightly grease cookie sheets. Insert craft sticks into whole, stemmed apples.
2. In a medium saucepan over medium-high heat, combine sugar, corn syrup and water. Heat to 300 to 310 degrees F (149 to 154 degrees C), or until a small amount of syrup dropped into cold water forms hard, brittle threads. Remove from heat and stir in food coloring.
3. Holding apple by its stick, dip in syrup and remove and turn to coat evenly. Place on prepared sheets to harden.

Halloween Crossword

Fit all the words into this puzzle below

BOO
CAT
BAT
GHOST
TREAT
WITCH
TRICK
SPIDER
BLACK
HAUNTED
PUMPKIN
VAMPIRE
COSTUME
SKELETON
HALLOWEEN

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