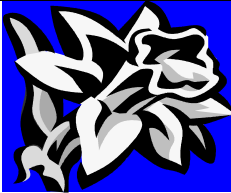


Whispering Pines



The Northern Association of Community Councils Newsletter

SPRING 2006



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

Northern Association of Community Councils

36th Annual General Meeting & Tradeshow is scheduled in the 4th week of August from 22-24, 2006. This year's plenary sessions will be held in Winnipeg. This is the 36th year for NACC as an organization and we invite all member communities to participate and share in an exhilarating AGM.

Each of the 51 NACC Member Community Councils is invited to send two delegates from their council to participate in the conference. One room will be booked for each community council. Also room arrangements will be handled for a Clerk/Administrator, and the Clerk/Administrators must be willing to share a room as in previous years.

Elections will be held this year for the Sec. /Treasurer for the board positions at their regional meeting August 23, 2006.

If you're interested in finding out more about the upcoming **AGM** please don't hesitate to call your Board member in your area or the office toll free 1-888-947-6222 or check online at <http://nacc.cimnet.ca>. You'll be able to register on line soon.

More information on the AGM will be in the next issue of Whispering Pines. **2006 Conference theme:**

**"ADDRESSING THE ISSUES OF CHANGE FOR
COMMUNITY SURVIVAL"**

P R E S I D E N T ' S R E P O R T

Reg Meade ~ President's Report

The next meeting of BCN Broadband should have time schedules by mid-March planned and we will see construction start within the communities. I met with Heifer International hoping the results will see Heifer working within our communities. I also met with Minister Melnick on Phase II Tenants/Homeowners Training which is a new initiative for the North and includes training for local housing boards. Recently we had a delegation of community members meet with Minister Lathlin to discuss their concerns about communities being put into contact status. We have also met with Census Canada management to discuss how they can assure our population numbers will be accurate and I ENCOURAGE each community member makes sure they stand up and be counted.

Congratulations to all new Mayors and Councillors who have been elected/re-elected. I wish them all the best.

E X E C U T I V E R E P O R T S

Helgi Einarsson ~ Eastern Region Chairperson

Hello Eastern Region!

Here we are into March already. Most of the winter is gone, which is not so good for winter roads, hopefully some supplies have gotten through to communities that rely on them.

On the Lake Winnipeg Stewardship Board we are working on our final report which should be out in July. There is a lot of controversy on the maps that Water Stewardship is using for their water quality management zones.

As for the Manitoba Commercial Inland Fishers Federation, we are moving along very slowly. We attended one meeting at Pine Dock at their invitation. When we can secure some funding we will be holding community and regional meetings.

We have been working with NACC in regards to Communities being placed into contact status. One meeting was held with the Minister, and some response should be forthcoming by the time the ANA regional meeting is held in Winnipeg on the 8th to 10th of March.

Until next newsletter, I hope everyone has a safe and Happy Easter coming up.

Respectfully submitted by,

Helgi Einarsson

Eastern Region Chair

EXECUTIVE REPORT's Continued:

Anne Lacquette ~ Western Region Chairperson

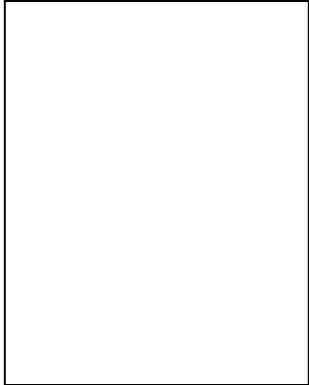
First of all I would like to congratulate all the newly and re-elected Mayors and Councillors in the Western Region. I would also like to welcome every one of you into the Northern Association of Community Councils.

The NACC Executive meets on a monthly basis to review all community concerns and governmental decisions that have a positive and negative effect on our member communities. The association lobbies for all councils, all you need to do is send your letters or resolutions to our head office and we will take them from there.

Hope to see you all at the Regional Meetings that are scheduled on March 8, 9 & 10th, 2006. at the Polo Park Canad Inns in Winnipeg. In closing I would like to thank Aboriginal & Northern Affairs for their financial support for the regional meetings and the information they provided. You can contact me by phoning (204) 628-3275 or by sending a fax to (204) 628-3441.

Hope everyone has a Happy Easter!

Frances McIvor – Northern Region Chairperson



Hello everyone! I would like to take this opportunity to congratulate the re-elected and the new Mayors and Councillors. As Mayors and Councillors we always try to do what is best for our communities from economic growth, health, housing and roads. I hope to see you at the Aboriginal & Northern Affairs Regional Meetings. The northern region is to be held in Thompson March 20th to the 24th. I look forward to our ½ day discussions and reports on our successes, our issues and concerns. We will be reporting on the resolution responses and that I have received that came out of our Annual General Meeting in August also I am in the process of preparing a agenda the will help each of our communities. Please feel free to call myself 689-2158 or the NACC office if you would like to see things added to our agenda.

We all have had such abnormal warm winter so far. Some communities have not appreciated the unusual warm weather. I'm sure the young people are enjoying the warm weather, but please remind the youth and community members of the dangers of the open waters and the lakes that are not quite frozen.

Government Update

Tuesday, May 16, 2006 is Census Day!
NACC Communities should “*Count Themselves In*”



www.census2006.ca

www.recensement2006.ca

CENSUS · RECENSEMENT

“A Job that Counts”

Statistics Canada is looking for local people for short term work in April and May to help ensure that everyone in Canada “Counts Themselves In” in the 2006 Census.

The job:

Short term work is available for Crew Leaders and enumerators who will work in the community to assist with the completion of Census questionnaires with local residents.

Qualifications:

We are looking for people who are:

- 18 years of age or older;
- Detailed-oriented and have full time use of a motor vehicle;
- Physically fit, hard-working, enthusiastic and persistent;
- Conscientious, responsible, organized, and reliable;
- Knowledgeable about their community;
- Experienced in dealing with the public;
- Prepared to work long hours;
- Able to pass a written test, oral interview, and security clearance

Rate of pay:

Crew Leaders: \$600 per week
Enumerators: Pre-determined piece rates

How to apply:

Please send resume to:
Marlene Skotheim, First Nations Field Manager
Fax: (306) 953-8428 E-mail: statspa@sasktel.net



Statistics
Canada

Statistique
Canada

Canada
Aussi disponible en français

Northern Association of Community Councils Youth Advisory Committee YAC Bios

Johnny Harvey

My name is Johnny Harvey and I was born and raised in Split Lake Manitoba. I am the youngest of 6 kids in the family. I attended High School in Split Lake, and from High School began working for a fiber optic company where I worked until 2002, around Manitoba installing fiber optic cables.

I enjoy playing volleyball and hope to soon begin training for the up coming Hydro Dam sites that will be under construction in the next few years. My goal is to complete a Heavy Equipment Operators Training and take part in the large construction happening in Northern Manitoba.

Some of my goals were to gain more leadership and communication skills and thought it was a great opportunity to take part in the YAC responsibility roles.

The Importance of Community Development Corporations

Most local leaders agree that it is vitally important that economic development occur in their community. The reality is that many are getting smaller as their residents, most notably their youth, leave for large urban settings (Winnipeg, Brandon, Thompson, etc.) in hopes of getting good paying jobs and more services. It is crucial for communities to develop strategies to encourage former residents to return and to attract new residents.

While it is important to foster economic growth through the entrepreneurial activity of individuals, it is equally important for communities to set a context for economic growth through a community led initiative such as a Community Development Corporation. The most successful and sustainable economic outcomes result from locally led initiatives. Locally led projects enjoy the advantages of being designed specifically to meet community objectives, and (if correctly promoted) of having local support. A locally formed Community Development Corporation (CDC) may be the best “vehicle” for local economic growth. Why? Quite simply it can be an organization whose sole reason for existing is to foster an environment for economic development. How it chooses to do so is up to the community but once it gets its marching orders it becomes that “local champion”.

The great thing about a local CDC is that it is not tied to any one model, it can be adapted and its goals developed depending on the needs of the community. It can do **planning** (including assessing present situation and analyzing potential opportunities), **liaison** (assume a role to facilitate the planning and implementation of various projects or initiatives with other stakeholders), **mentoring/advocacy** (provide mentoring assistance to local businesses), **promotion** (formulate and implement a community public relations program for internal and external audiences), **prospecting** (seeking investors to move forward opportunities within the community), **business assistance** (this can be achieved through mentorship, or business assistance, including financial support and/or training, including knowledge of availability of grants, loans, software, business promotion and training), **research** (have a strong and ongoing research component), and **other** initiatives (include business incubation through a common space, product promotion for local business, residential and commercial real-estate ownership, equity positions/partnerships in business ventures).

CDC's are a “creature of Council” meaning they are created and initially provided their mandate by their local leaders. They are easy to create, but to be truly effective they must supported by a committed group of volunteers for their board and strong support from Council. CEDF's recently announced Community Partners Program is designed to assist communities develop CDC's and plans. For more information on CDC's and

resources available to assist your community, please contact Oswald Sawh, Manager of Community Based Programs for CEDF, toll free at 1 - 800 - 561 - 4315.

Responsibility of Landlords and Tenants

LANDLORDS HAVE SEVERAL RESPONSIBILITIES:

- Make the rental unit available for the tenant on the date the tenant is to move in.
- Provide a written receipt when the rent is paid in cash.
It should show the amount of the rent received, the date and the address of the unit and the complex. Automatic debit or pre-authorized payments are considered cash payments.
- Maintain the condition and appearance of the rental unit.
- Ensure the supply of essential services such as heat, gas, electricity, hot and cold water or other public utilities (if these services are included in the rent) and not interfere with them.
- Allow a tenants or a tenant's household to enjoy the use of the rental unit and the residential complex for all usual purposes.
- Investigate complaints of disturbance or endangering of safety as soon as possible and try to resolve the problem.

- Provide and maintain sufficient doors and locks to make a rental unit reasonably secure.

TENANTS ALSO HAVE SEVERAL RESPONSIBILITIES:

- Pay rent on time.
- Keep the rental unit and the residential complex clean.
- Redecorate the rental unit or residential complex only with the written consent of the landlord.
- Take reasonable care not to damage the rental unit.
- If damage occurs, pay the landlord to repair it or repair it properly within a reasonable period of time.
- Do not disturb others in the residential complex or neighbouring property.
- Do not endanger the safety of others in the building.
- Make sure the people invited into the rental unit or residential complex do not cause damage or disturb or endanger the safety of others.
- Obey the landlord's reasonable rules and regulations.
- Notify the landlord of necessary repairs, preferably in writing.

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 June, September and December.



How come it's the ones we love the most that can push our buttons faster than anyone else? Usually it has to do with power and control and the family member not meeting our perceived needs or wants as completely or quickly as we think they should.

These pushed buttons can lead to our reactions, but are not the cause of our reactions. Why do we react so badly to family pressures? Perhaps we witnessed abuse or authoritarian parenting in our childhood home and never had a loving and supportive marital or parenting relationship role-modeled for us. Perhaps we are very stressed or feeling powerless from work situations or unemployment and we take it out on our families. This may lead to calling down or ridiculing our family members, striking out at them, or forcing sex on them.

We own our anger, and our reactions to it.

Regardless of the upbringing we had, or the stresses we bear, or the provocation we may have from a lippy disobedient child or uncooperative spouse, we own our anger and our reaction to it. No one makes us lose it. We are not puppets on somebody's string. It is our reaction to our anger that hurts people.

Alcohol compounds the problem.

If we think that we need a little drink to relax after a stressful day and several after a really stressful day, we are taking a drug that removes our inhibitions and control. If pressures from normal family spats or situations then push our buttons, we have less ability to control our reaction to our anger. This is why most assaults in our communities are alcohol related. We are not in control of ourselves or capable of clear thinking and responses.

What can we do to decrease anger and abusive reactions?

1. Deal with faulty beliefs about power and control, and expecting perfection from family members i.e.: "My wife and kids should always obey me." Or "My child will always make good choices."
2. Take responsibility for my own anger, and for my angry reactions to it. I own them.
3. Calm yourself down by using calming self-talk, even by saying the word "Calm" very slowly or try taking ten deep breaths as you count to 10.
4. If necessary remove yourself from the situation, from the room or person who is the focus for or taking the brunt of your anger. For example, go into the bathroom and don't come out until you are calmer.
5. Become familiar with your warning signs of an impending outburst, raised or tense voice, tight muscles, fast heartbeat are some common ones.
6. Commit to fewer angry outbursts to someone in your family or to your whole family. Discuss with them what behaviours really cause you to feel anger and ask them to modify their behaviour if this is reasonable, while still fully owning your response. Your reaction is not their fault. Try speaking I messages "When you...I feel... (insulted, disobeyed, angry, hurt, sad...).
7. Explore your personal issues around anger. See a counsellor if necessary, either alone or as a family.
8. Do something to reduce your stress: exercise is a great stress-buster, take a walk, get out in the fresh air and give yourself a break.

Anger will happen in families. Unfortunately, it impacts our children the most. If you struggle with anger, show your family you care, and practice an anger reduction plan.

What is the general attitude toward family violence in your community? Is spousal abuse so common that it seems a "man's right"? Are sexual abuse and incest, common family secrets? Child Abuse, and Domestic


Violence are dangerous to mental and physical health and they are illegal. If you know of this happening around you, you are doing no favours by saying or doing nothing. Take the steps you need to take to protect the victims, while doing all you can to support and encourage behaviour change in the members who are abusive. Offer to take the kids for a few hours, or baby-sit so the couple can have a date and a talk. Suggest counselling, this would be a much healthier world if the observers would be a little braver to speak and the ones with the problem a little humbler to seek the available services. The life you safe could be a child's.

Few communities have crisis centres? Perhaps on or two homes could be identified as "safe houses" where families in crisis could seek shelter until the angry member gets counselling or is removed from the home.

Anger management and mental health counselling are available to all Manitoban's either through the courts or the Regional Health Authorities. More information is available from your Health Centre or RCMP.

By: Laurel Gardiner, Safer NACC Communities

If you would like to have your community participate in this important program please call Jacqui Meckling, at NACC, at 1-888-947-6222



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CELEBRATION

MAY 11TH 2006
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Community News

Dallas/Red Rose Community Council

The Dallas Red Rose community council gratefully acknowledges financial assistance in the amount of a \$28,000 grant recently received from the Manitoba Communities Services Councils Inc., as well authorization has been received for council to get \$4000 from Manitoba Culture, Heritage & Tourism under the Manitoba Community Places Program. This funding is to be used towards repairs to the Community Hall floor.

This is a very big project, and total cost is \$67,000. The work is expected to start shortly, as it is important to have the work done while the ground is frozen and contactors are available.

The Dallas Red Rose Community Hall (a.k.a. Sunny Valley Hall) has been an important place in this community, being a place for meetings, socials, weddings, funerals and other functions not only for local residents but for people from surrounding communities of Fisher River, Peguis and Jackhead. With a capacity for 240 persons, well equipped kitchen facilities and large outside area, the Dallas/Red Rose Community Hall is used in times of fires and flooding when people are brought in and need a place to stay and eat.

It is anticipated that the work on the floor will all be completed before the summer of 2006.



FROM JACQUI'S PIT

With spring hopefully around the corner we can start thinking of the earth coming to life. I always look forward to seeing green and new growth and of course more sunshine. With that in mind we would like to welcome the Sherridon community into the Northern Healthy Foods Initiative (NHFI) and look forward to working with their community members this summer.

As our President has noted we have had a number of meetings with Census Canada since last summer trying to work with them on policy and protocol for how the Census will be completed in our communities to ensure that proper numbers will be gathered. With every community struggling with budgets and with the experience you all have had since the last census in 2001 we would encourage you to **STAND UP and BE COUNTED**. We hope through this process the North should be seen as a strong presence to the federal government.

The United Nations designated 2005 as the International Year of Sport and Physical Education (IYSPE). UNA-Canada continues to celebrate IYSPE through its unique and innovative initiative ***Sport-in-a-Box*** a project that raises public awareness and engages children, youth and their communities across Canada learning about issues surrounding IYSPE. ***Sport-in-a-Box*** serves as a vehicle for public health awareness, community development, and enhancing increased intercultural connections among participating children and youth.

Supported by Sport Canada and 2010 Legacies Now, the project will be implemented in nine regions (St. John's NL; Saguenay, QC; Montreal, QC; Toronto, ON; Sudbury, ON; Winnipeg, MB; Edmonton, AB; Vancouver, BC; and Iqaluit, NU) across Canada, and five communities (TBD) in British Columbia. More information will be coming

available on how we can get our kids involved.

We have started planning for the 36th Annual General Meeting which will be held August 22nd, 23rd and 24th this year in Winnipeg. We will have 6 tables available at no cost to Community Councils as part of the Tradeshow. As the numbers are limited I hope councils will register early this year. There is some good work going on in your communities and it would be nice to see the results of your efforts. This year's theme is addressing the issues of change for community survival, so look forward to an exciting program for everyone who attends. This AGM is also an election year for the Vice Chairperson and Secretary/Treasurer positions of the Regions for the NACC Board of Directors. If you have any questions on the protocol or process regarding this please feel free to call your Regional Chairperson or myself at our toll free number 1-888-947-6222. Look for more information in our next **Whispering Pines**.

I look forward to seeing you at the upcoming regional meetings. Have a wonderful Easter. Keep warm, keep safe.

Assistant Editor's Corner

The office has been quite busy as and it's been almost three years since we have moved into 750-331 Smith Street in the Ramada-Marlborough Hotel and we find it to be located in a very convenient place in downtown Winnipeg. I would invite all community members to come by and pay us a visit when you're in the city. We will be having our conference again in August hope to see you there. This time it's in the 4th week of August this will give everyone a change to go shopping before school starts again in September.

I attended the regional gathering of the Aboriginal Healing Foundation (AHF) it was held at the Children of the Earth High School in Winnipeg which has been rated one of the top 10 high schools

in Canada by McLean's Magazine.

The event was well attended and took place on January 26, 2006. The Board of Directors and Staff of the AHF welcome dialogue from the residential school survivors, community members and organizations interested in the work of the Foundation and on the residential school history and related issues, in particular healing. They also touched a little on the new compensation package that is planned for the Residential School Survivors. The AHF presented their final report. For more information, please contact the AHF at (613) 237-4441, or toll free 1-888-725-8886. You may also

visit their website at www.ahf.ca.

I have been busy working on the NACC website, newsletter and conference and soon you will be able to register on-line on our Website @ <http://nacc.cimnet.ca> as a Delegate, or for the Tradeshow.

If you would like more information please contact me Toll Free @ 1-888-947-6222.

Happy Easter!! Kathy Frisk

Matheson Island Community Council



**A Big
Thank
you to
all that**

supported our 7th Annual Fish Derby. There were 163 donated prizes for Door Prizes and Silent Auction. All the prizes and support from the participants is greatly appreciated and helped us succeed another year with our Annual Derby.

CATEGORY ONE- Entries196

- 1st Heaviest Fish 25% payout \$2170 & Trophy, Winner Bert Whiteway, Matheson Island 3.36 Maria
- 2nd Heaviest Fish 15% payout \$1302 & Trophy, Winner Linda Mowatt, Pine Dock 2.62 Jackfish
- 3rd Heaviest Fish 10% payout \$868 & Trophy

Whispering Pines

The next issue of Whispering Pines will be published in the summer of 2006. Articles for June's issue should be submitted by the third week in May. Articles submitted from the Communities are placed in the Whispering Pines free of charge! So please send your articles today. Thanks!

- Winner, Edgar Mowatt, Matheson Island, 1.48 Jackfish
- 4th Heaviest Fish Mustang Survival Suit Donated by Gimli Snowmobile Winner Dave Skoropata, Gimli 1.1 Jackfish
- 5th Heaviest Fish Tent, cooler, 2 chairs, 2 sleeping bags donated by Lake Winnipeg Construction & Excavation, Matheson Island
- 6th Heaviest Fish Floater coat, Mug donated by Fastline Sports, Silver Winner Cliff Kirschman, St. Andrews .9 Jackfish
- Lightest fish Barry Thomas, Jackhead .16 Perch

CATEGORY TWO (AGE 12 & UNDER)

Entries

- 1st Heaviest Fish 50% payout \$230 Brent Kirschman, St. Andrews .54 Perch
- 2nd Heaviest Fish 35% payout \$161 Dominic Johnston, Pine Dock name drawn
- 3rd Heaviest Fish 15% payout \$69.00 Ashton Cooke, Yellowknife name drawn

2006 ABORIGINAL YOUTH CONFERENCE

The Pas, MB, March 17-19, 2006. The Aboriginal Council of Manitoba (ACM) in partnership with the Northern Association of Community Councils (NACC will hold a provincial Aboriginal Youth Conference. The focus of the conference this is year is employment and entrepreneurship.

**Manitoba Trappers Association
2005 Thompson Fur Table**

The warm weather resulted in fewer trappers and less fur brought in to the December Fur Table. Thin ice on some lakes, swamps and creeks that were not frozen, animals not coming to the baits, and lower populations of some species were some of the factors that contributed to reduced sales to the five buyers in attendance.

Competition for Marten pelts was strong, especially since the harvest of 2,529 was down considerably from a high of over 6,000 for the past couple of years at the Fur Table.

The trappers and our MTA executive received a warm welcome from the City of Thompson, local businesses, and the Chamber of Commerce. Complimentary coffee was again sponsored by The City and The Chamber.

The Minister of Conservation, The Honourable Stan Struthers and Assistant Deputy Minister Dave Wotton were in attendance on Friday. They enjoyed meeting the trappers and visiting this event, which has received national media recognition on more than one occasion. Our thanks to Lane Boles of Mb Conservation, Thompson office for supplying a copy of the Fur Table Documentary produced for the Sharing Circle by Meeches productions last year.

Visitors and trappers all enjoyed seeing the video again, and it was played several times at the hall.

Total fur sales were about half of last years figure of \$504,639. However, looking back to the statistics from the 2001 Fur Table, 210 trappers that year only realized a total of \$262,352. More seasonal weather conditions and any increase in fur prices might bring much higher proceeds for the northern trappers in 2006. By: Cherry White

AWARDS

Stephan Bighetty received this year's Judas Scott Memorial, sponsored by Andy Johnson. Stephan is a youth trapper who brought in a very nice assortment of furs. Congratulations Stephan.

The 2004-05 Oswald Hudson Memorial, sponsored by Manitoba Conservation, went to John F. Hatley Sr. This award is presented annually to a trapper who demonstrates excellence in trapping and fur handling. Mr. Hatley remarked that he had been a personal

friend of Oz Hudson. They worked together for 15 years in departments of Indian Affairs, and their association went back all the way to 1958 in Ilford, Manitoba.

ATTN: Community Administrators/Clerks:

NACC would like to get your feedback on what workshop or training you would like to see at the next Conference in August 22-24, 2006.

Don't Forget...

Please fill out the survey on line @ <http://nacc.cimnet.ca> or call the office and we'll send you a copy. Your feedback is very important and valuable to us. We look forward to your input and your comments are recognized and appreciated.

Thank you in advance.

Conference Coordinator *Jacqui Meckling*

“We will know forever by the tracks we leave.”
Dakota Proverb

Take care of your feet
Diabetes can change the way your feet feel.

Do:

Inspect your feet daily for scathes and cuts;
Use a mirror to see the bottoms of your feet;
Wash your feet daily;
Moisturize them, especially between the toes;
Trim your toenails straight across;
Wear good fitting shoes;
Wear seamless socks;
Check your footwear for foreign objects.

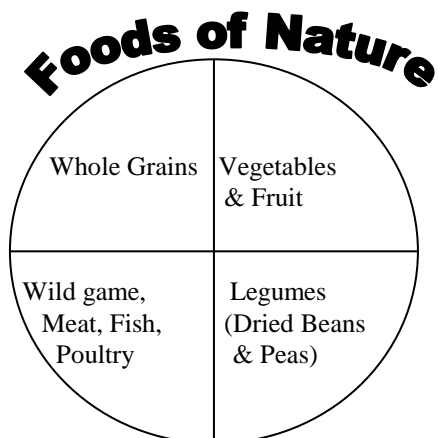
Do Not:

Soak your feet; avoid extreme temperatures;
Walk barefoot;
Wear shoes without socks.

See your health care provider if:

You experience numbness or pain in your feet;
You develop corns or calluses;
You notice any changes in the look of your feet.

Restoring the Balance Through Healthy Eating



Diabetes is an imbalance in blood sugar

Help keep blood sugar balance by:

- Healthy foods
- Small frequent meals
- Cutting back on sweets
- Cutting back on fats
- Exercise: walk, run, dance, swim and housework

Tips To Keep the Balance

- Eat breakfast and have regular small meals
- Eat whole grain such as whole wheat, barley and oat meal
- Eat legumes, dried beans and peas. They are protein foods that regulate blood sugar
- Eat low-carb vegetables such as green peppers, cucumbers, celery, broccoli, cauliflower, mushrooms, tomatoes, spinach, onions, radishes and green beans

From: Mary Janey Cooking School
When people depart from natural foods, the risk of Type 2 diabetes increases dramatically.

NEWLY ELECTED MAYORS & COUNCILLORS

The NACC communities held elections in February 2006. April we will receive an up-dated list and if you are interested in receiving a copy of the list please feel free to call your regional offices.

“CONGRATULATION TO ALL THE NEW MAYORS AND COUNCILLORS!”

FAMILY SECTION – RECIPES

Help- save lives with a click.



The Breast Cancer Site

One mother, sister, daughter or friend is lost to breast cancer every 12 minutes. Please tell 10 friends to tell ten today. The Breast Cancer site is having trouble getting enough people to click on it daily to meet their quota of donating at least one free mammogram a day to underprivileged women. It takes less than a minute to go to their site and click on "donating a mammogram" for free (pink window in the middle). This doesn't cost you anything. Their corporate sponsors/advertising uses this number of daily visits to donate a mammogram in exchange for advertising. Here is the web site!

<http://www.thebreastcancersite.com/>



Happy Easter from the President,
Board of Directors, Management & Staff

of NACC



kraftcanada.com

Visit us for more great ideas.

Simply Lasagne!

Prep: 20 min.

Ready in: 1hr 50 min. Serves: 12

Ingredients

- 1 lb lean ground beef
- 2 ½ cups Mozzarella cheese
- 2 cups ricotta cheese
- ½ cup Parmesan Grated cheese
- ¼ cup chopped fresh parsley
- 1 egg, lightly beaten
- 1 can (680 ml) Pasta Sauce
- 1 ½ cups of water
- 12 Lasagne Noodles, uncooked

Directions

PREHEAT oven to 350°F. Brown meat in large skillet on medium-high heat. Meanwhile, mix 1 ¼ cups of the mozzarella cheese, the ricotta cheese, ¼ cup of the Parmesan cheese, the parsley and egg until well blended.

DRAIN meat: return to skillet. Stir in pasta sauce. Pour water into empty sauce can; cover and shake well. Add to skillet; stir until well blended.

SPREAD 1 cup of the meat sauce onto bottom of 13X9-inch baking dish; cover with layers of 3 of the noodles, 1/3 of the ricotta cheese mixture and 1 cup of the remaining meat sauce. Repeat layers 2 times. Top with remaining 3 noodles and remaining meat sauce. Sprinkle with remaining 1 ¼ cups mozzarella cheese and ¼ cup Parmesan cheese. Cover tightly with greased foil.

BAKE 1 hour. Uncover; bake an additional 15 min. or until heated through. Let stand 15 min. before cutting to serve.

CHILDREN'S PAGE

Celebrate Earth Day - Every Day

Earth Day is celebrated on April 22. This is obviously a topic for any time. Be good to the Earth.



FROM THE UNIVERSITY OF MANITOBA, WINNIPEG, R3S 0V2

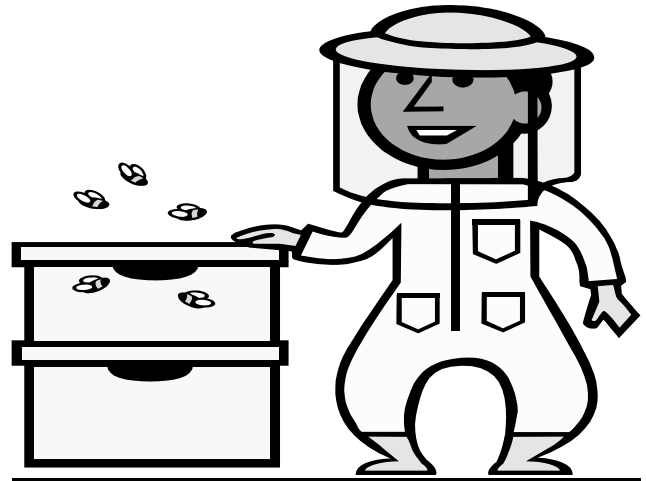
Take Care of the Earth

To find word search and cross word puzzles go on line to the Web site:

www.puzzlechoice.com



By planting seeds and growing garden this will help with the high costs of food in Northern Manitoba. Encourage biological diversity by planting several different types of plants together. Plant cover – plants protect the soil and in their absence wind and water can do much more damage.



Bees are important part of agriculture to carry the pollen and fertilize the plants.



Planting tree helps prevent soil erosion. Make sure that there are always plants growing on the soil, and that the soil is rich in humus (decaying plant and animal remains). This organic matter is the “glue” that binds the soil particles together and plays an important part in preventing erosion.

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