

Summer 2007



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

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

37th Annual General Meeting & Tradeshow

President Reg Meade and the Northern Association of Community Councils Board of Directors are pleased to announce the dates and location for the Conference. August 21, 22, & 23, 2007 at the Marlborough Hotel in Winnipeg, Manitoba
Aboriginal & Northern Affairs Day, Information Sessions Convenes at 8:30 a.m. Tuesday, August 21, 2007

“Partnering with Neighbouring Communities for a Healthier and Safe Environment”

In partnership with

Plenary Meeting Convenes: 8:30 a.m. Wednesday, August 22, 2007
Meeting Adjourns: 4:30 p.m. Thursday, August 23, 2007

Business to be conducted:

Opening Prayer
Welcoming Remarks from Dignitaries
Appointment of Chair
Acceptance of Agenda
President's Opening Remarks
Appointment of Resolution Committee
Minutes of the 36th Annual General Meeting
Auditors Report 2006/2007
Acceptance of Auditor for 2007/2008
Regional Meetings

FOR MORE INFORMATION PLEASE CONTACT:

Kimberley McCorrister Toll free 1-888-947-6222 or (204) 947-2227

You can register now on line at <http://nacc.cimnet.ca>

Please send in your registrations and resolutions as soon as possible.

PRESIDENT'S REPORT

Reg Meade ~ President's Report

I just wanted to congratulate the Ministers for being re-elected and also the Premier for his third term.

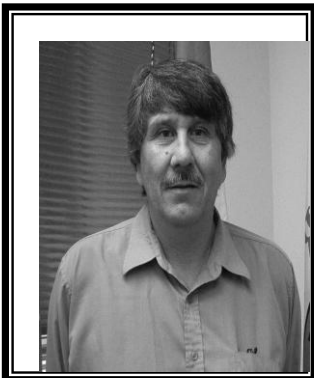
- Been dealing with BCN issues
- I have been appointed to another Board the Northern Manitoba Community Consultation Board
- The NMRT met with the Minister Vic Towes regarding the Port of Churchill closing down and the Hudson Bay Railway.
- I have been attending quite a few Press Releases for the Canada Manitoba Infrastructure Program

- Attended two Consultations Forums Housing Meeting one in Thompson and one in Winnipeg
- Attended the DFO meeting in Thompson on the Boat regulations being passed
- Attended a meeting in The Pas regarding the Canadian Wheat Board with the NMRT.
- Attended many meetings with the new Executive Director of Aboriginal & Northern Affairs Freda Albert regarding new ways of providing services to the communities and about the Ambulance services being provided.
- Attended the Rural Forum in Brandon to see Diana receive an award through the Bayline for \$1000 that she can donate to any non-profit organization. Three awards were given out 1 youth from Gimli 1 elder and 1 for Diana.
- A nickel mine is going up in Wabowden

In closing I would like to say I hope everyone has a grand summer and I am looking forward to seeing all the delegates at the AGM.

EXECUTIVE REPORT'S

Helgi Einarsson ~ Eastern Region Chairperson



Hello once again. Here we are into another issue of Whispering Pines. It doesn't seem like that long ago I wrote for the last issue!! Since then I have been quite busy with my Guide and Travel business.

I have been very busy driving back and forth reviewing resumes and doing the interviews.

We interviewed 4 candidates for the job and then we had to re-advertise the job.

We lucked out a finally hired Kimberley McCorrister.

I also attend a couple of meetings for the MCIFF we closed off the screening for the awards & Plaques were presenting at the conference. Over 99 fishermen were

nominated for over 50 years of service 70 plaques were given out by Minister Melnick to all the persons present. We had quite a few meeting on the garbage dump. We had our elections and we have the same council members.

I hope everyone has a fantastic and safe summer and I look forward to seeing you at the Annual Conference in August.

EXECUTIVE REPORT'S continued:

Anne Lacquette ~ Western Region Chairperson



Congratulations to the communities of Camperville, Crane River, Duck Bay, Mallard and Waterhen. Each one of these communities will be having a tower installed that will enable them to have faster Internet service.

I would like to remind all communities about our AGM being held on August 21-23, 2007. Our region will be holding elections for the alternative to the Capital Approval Board. Thanks to all the Community Councils that have sent in their membership fees. Aboriginal & Northern Affairs day will be on August 21.

It's time to send in any resolutions that you want brought forward at the AGM.

I would like to extend condolences to the family of Joe Genaille. Joe was a former Mayor of Pelican Rapids.

If you have any questions or concerns feel free to call me.

I hope everyone has a safe and enjoyable summer.

Frances McIvor ~ Northern Region Chairperson



Congratulations to the NDP. We must begin again to address our issues. An agenda needs to be shaped that will inspire the northern communities to participate or change the political process, captivate the attention of the north and force government to act rather than talk. I will continue to keep up with the issues front and centre for each community.

We need to reactivate our communities' change attitudes, revitalize our communities. As Garry Doer campaign agenda was we need to move forward. Volunteerism has dropped in the years and we all can see the effect it is take in the communities. I know there are some strong leaders out there we just need to bring them to the front again and ask them to take a stand for our communities, never doubt that a small group of thoughtful committed community members can make positive changes.

In closing Gradation ceremonies will start in June. I would like to take the time to congratulate all the 2007 Graduates. Wish you all the best in what ever you pursue, either going back to school or getting a good position in the work force. Good Luck!

Government Update

ATTORNEY GENERAL TO HONOUR CRIME PREVENTION AWARD WINNERS First Rev. Harry Lehotsky Award for Community Activism

The 2007 Manitoba Attorney General Safer Communities Awards, the National Crime Prevention Strategy Award and the Excellence in Law Enforcement Awards were presented to recipients, Attorney General Dave Chomiak has announced. The awards recognize organizations and individuals who make outstanding contributions to crime prevention in Manitoba.

“Every day in every community across this province, citizens play a crucial role in preventing crime and work to make our neighbourhoods better places to live,” said Chomiak. “I’d like to thank all of the nominees as we recognize the extraordinary efforts of individuals and groups whose dedication makes such a positive difference in our society.”

This marks the first year that significant and dedicated community activism, advocacy and leadership will be recognized with the Rev. Harry Lehotsky Award for Community Activism. Connie Newman, a teacher active in the St. James community, will be recognized with this award as an individual whose consistent and sustained activism has resulted in practical and tangible community improvements. Newman is the president of the St. James Assiniboia Senior Centre and has been involved with the Skateboard Coalition of Manitoba and with the Assiniboia Youth Community Resource Centre since its inception.

The 2007 recipients in other categories will be:

Individual (under 18): Jessica Lawrence, Winnipeg, Individual (18 and over): Diane Steiner, Selkirk, Community-based initiative: Rural: École Selkirk Junior High Youth Coalition, Urban: SafetyAid Crime Prevention for older Manitobans; and Honourable mention: Brandon Seniors for Seniors Safe and Sound program, Community Justice: Sam Anderson – Follow Your Dreams Night; and Citizens on Patrol Program (COPP): Portage la Prairie COPP.

The Excellence in Law Enforcement Awards honour police officers who have distinguished themselves in the performance of their duties and in their communities. This year, awards will be presented to:

Const. Randy Antonio, Winnipeg Police Service, Det. Sgt. Gene Bowers, Winnipeg Police Service, Insp. Harley Bryson, Brandon Police Service, Cpl. Gary Hollender, RCMP, Const. Christopher Kalansky, Winkler Police Service, Det. Sgt. Kevin Kavitch, Winnipeg Police Service, Staff Sgt. Kathie King, RCMP; and Supt. Corrine Scott, Winnipeg Police Service. RCMP auxiliary constables receiving recognition are: David Holman, Headingley detachment, Joseph Pilon, Lac du Bonnet detachment; and Leonard White, Portage la Prairie detachment. The Government of Canada’s National Crime Prevention Strategy Award will be presented to the Newcomers Employment and Education Development Services (NEEDS).

Editor's Corner

The NACC staff is busy with planning our 37th Annual General Meeting and Tradeshow. Soon we will be sending out the delegate's packages and registrations.

In partnership with Aboriginal & Northern Affairs Council Clerks/Administrators will be invited again and asked to attend the all day Aboriginal & Northern Affairs information session and the NACC plenary portion of the meeting. The Clerks/Administrators stay will include training & possible tour of the downtown buildings.

The registrations for the Delegates and Administrator/Clerks for the Annual General Meeting & Tradeshow are available online on NACC website: <http://nacc.cimnet.ca>. This year there will be elections for the Capital Approval Board in your Regional meetings. Please call our toll free number 1-888-947-6222 if you require any further information.

I look forward to seeing you all at our 37th AGM starting on August 21st. Inclosing I would like to welcome Kimberley McCorrister as the newest addition to our staff. I hope that you all have a great summer.

Kathy Frisk, Editor Whispering Pines

HR Administrator

Kimberley McCorrister has joined the staff of NACC as Human Resource Administrator of April 2007.

Based in Winnipeg, Kimberley works with the Board of NACC in the areas of project planning, implementation, capacity building for effective operation of the Association. Kimberley brings with her several years of experience in policies and procedures in the field of administration, financial planning and human resources. Originally from Peguis First Nation and Oji – Cree, Kimberley looks forward to working with the staff and communities

of NACC to create sustainable development.

Northern Healthy Foods Initiative

Northern Healthy Foods Initiative

"Above The Ground"

In addition to the growth of nutrition awareness and interests in healthy living activities the north is welcoming a more green and healthy atmosphere. Such activities that have been responsible for this include, Northern Healthy Foods Initiative, Grow North and Veggie Adventures. Younger generations have become more academically as well as physically involved. All generations are coming to realize the impacts of healthy lifestyles; however where you live does not always make this accessible. As mentioned above some initiatives are generating success towards creating a sustainable, safe and accessible nutritious food system. Some of low cost activities include:

- 1) Starting to grow seeds inside, such as tomatoes
- 2) Growing plants in Greenhouses
- 3) Having an individual or community garden
- 4) Starting a cooking or community kitchen
- 5) Picking berries
- 6) Making jams, storing extra veggies in cold storage

More and more communities are becoming involved in these types of activities as they are healthy and en route to being part of a food secure Manitoba as fellow community members and voices from the communities.

Have a Great Summer!

Jessica Paley, Project Coordinator, NHFI

Manitoba Keewatinook Ininew Okimowin

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Manitoba Indigenous Summer Games 2007 Announcement May 1, 2007

(Thompson, Manitoba) MKO Grand Chief Sydney Garrioch announced today that the Manitoba Indigenous Summer Games are created for aboriginal youth to attend a multi-sport cultural event and to support development of skills, goals and dreams to assist them in their lives. This year the Manitoba Keewatinowi Okimakanak (MKO), the Keewatin Tribal Council (KTC) and the Awasis Agency of Northern Manitoba are hosting the Manitoba Indigenous Summer Games (MISG) 2007 which will be held in Thompson, MB on July 12 - 15, 2007. Six sports of competition to be included at the MISG this year are: Archery, Athletics, Golf, Canoeing (ID Camp for NAIG 2008), Softball and Soccer, and the triathlon is a demonstration sport that will also be included to enable all youth to participate in this category.

The age classifications for 2007 MISG are as follows: Bantam (1994-95); Midget (1992-93); Juvenile (1990-91); Senior (1989 or earlier). For youth to become a participant in the MISG 2007, the athletes must qualify in their respective regions through the Regional Qualifiers. Regional Qualifiers are being coordinated by Regional

Contacts. For further information, please contact the coordinators as identified at the numbers listed below.

MISG Regional Contacts:

IRTC/MMF Interlake Greg Lavallee Ph: 886-7195
Keith Fleury Ph: (204) 886-3108
DOTC/MMF Southwest Craig Soldier Ph: 836-2101
Jordon Fleury Ph: (204) 727-8185
WRTC/MMF Northwest Ken Genaille Ph: 734-0582
ILTC/MMF Thompson Mark Munroe Ph: 456-2404
KTC/MMF Thompson Henry McKay Ph: 676-2318
SCTC/MMF The Pas Benjamin Guay Ph: 627-7156
Selena Castel Ph: (204) 553-2812
SERDC/MMF Southeast Gary Houle Ph: 956-7500
Winnipeg Nicole Chartrand Ph: (204) 589-4327

For further information or to volunteer for the Manitoba Indigenous Summer Games, please contact Brandee Albert at MKO, 1-800-442-0488 or (204) 677-1600 or you may go to www.mkonorth.com and click on the **MISG 2007** Link

NACC Board of Directors

President ~ Reg Meade

Helgi Einarsson ~ Eastern Chairperson

Frances McIvor ~ Northern Chairperson

Anne Lacquette ~ Western Chairperson

Greg Wood ~ Eastern Vice-Chairperson

Glen Flett ~ Northern Vice-Chairperson

Larry Chartrand ~ Western Vice-Chairperson Barbara Marcyniuk ~ Eastern Sec. /Treasurer

Veronica Sinclair ~ Northern Sec. /Treasurer

Harold Fleming ~ Western Sec. /Treasurer

Notice of Tender

Tenders are available in our office. Please call to request a copy.

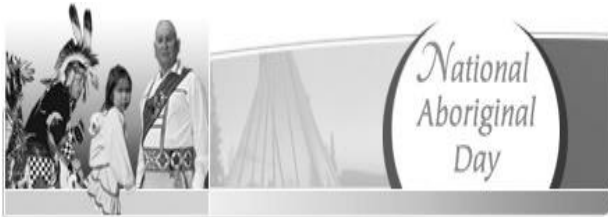
Northern Association of Community Councils is accepting sealed tenders for the following:

Transcribing for NACC 37th Annual General Meeting in August 2007.
Recording & Recording Equipment for NACC 37th Annual General Meeting in August 2007

Band Tenders will also be available.

The lowest or any tender not necessarily accepted.

Whispering Pines Newsletter



The next issue of Whispering Pines will be published in the fall of 2007. Articles for December's issue should be submitted by August 15th. Articles submitted from the Communities are placed in the Whispering Pines free of charge! So please send your articles today. Thanks!

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Visit Indian & Northern Affairs Canada Website: <http://www.aicn-inac.gc.ca/nad/index-eng.asp>

On June 21st, 2007, Canadians from all walks of life are invited to participate in the many National Aboriginal Day events that will be taking place from coast to coast to coast.

June 21st kick starts the 11 days of Celebrate Canada! which includes National Aboriginal Day (June 21), Saint-Jean-Baptiste Day (June 24), Multiculturalism Day (June 27) and concluding with Canada Day (July 1)!

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: September, December and March.

Folklorama 2007

Canada's Cultural Celebration runs

August 5th – 18th, 2007

Metis Pavilion is scheduled from August 5th – 11th, 2007 at the Indian & Metis Friendship Centre of Winnipeg 45 Robinson Street



ATTENTION: Delegates, Administrators/Clerks you can register online for NACC's 37th Annual General Meeting & Tradeshow

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

**Mailing address:
750-331 Smith Street
Winnipeg, MB R3B
2G9**



August 21th to 23rd, 2007

If you don't have access to the internet we will be sending out the information in the mail shortly.

Silent Auction

For more information please contact:

Kimberley McCorrister, Conference Coordinator

Ph: (204) 947-2227

Fax: (204) 947-9446

Toll Free: 1-888-947-6222

E-mail: nacc@mts.net

Costs of the Tradeshow Booth \$200.00 and you can apply on line.

NACC would like to thank our sponsors in advance of the conference.

Official Court Notice



The Indian residential schools settlement has been approved. The healing continues.

The Indian residential schools settlement has been approved by the Courts. Now, former students and their families must decide whether to stay in the settlement or remove themselves (opt out). This notice describes the settlement benefits and how to get them for those who stay in, and it explains what it means to opt out and how to opt out.

from it. Family members who were not students will not get payments. However, former students—and family members—who stay in the settlement will never again be able to sue the Government of Canada, the Churches who joined in the settlement, or any other defendant in the class actions, over residential schools.

The settlement provides:

- 1) At least \$1.8 billion for "common experience" payments to former students who lived at one of the schools. Payments will be \$10,000 for the first school year (or part of a school year) plus \$3,000 for each school year (or part of a school year) after that.
- 2) A process to allow those who suffered sexual or serious physical abuses, or other abuses that caused serious psychological effects, to get between \$5,000 and \$275,000 each—or more money if they can show a loss of income.
- 3) Money for programmes for former students and their families for healing, truth, reconciliation, and commemoration of the residential schools and the abuses suffered: \$125 million for healing; \$60 million to research, document, and preserve the experiences of the survivors; and \$20 million for national and community commemorative projects.

You won't have to show you were abused to get a common experience payment, and you can get one even if you had an abuse lawsuit, and even if you won, settled, or lost.

Eligible former students who stay in the settlement can get a payment

Your Options Now

Request a Claim Form

If you are a former student and you want a payment from the settlement, and you never want to sue the Government of Canada or the Churches on your own, do not opt out; instead, call now to register and a claim form will be mailed to you after August 20, 2007. When it arrives, fill it out and return it.

Remove Yourself (Opt Out)

If you don't want a payment, or you think you can get more money than the settlement provides by suing the Government or the Churches on your own, then you must opt out by submitting an Opt Out Form postmarked by August 20, 2007.

Do Nothing: get no payment, give up rights to sue.

1-866-879-4913
www.residentialschoolsettlement.ca

Call 1-866-879-4913 with questions, or go to www.residentialschoolsettlement.ca to read a detailed notice or the settlement agreement. You may also write with questions to Residential Schools Settlement, Suite 3-505, 133 Weber St. North, Waterloo, Ontario N2J 3G9.

If you want to stay in the settlement and receive a payment from it, call 1-866-879-4913, or go to the website, and request that a claim form be sent to you as soon as it is ready.

If you opt out from the settlement you will not get any payment from it. However, former students or family members who opt out will keep any right they may have to sue over residential schools.

To opt out, you must complete, sign, and mail an Opt Out Form postmarked by August 20, 2007. You can get the form at the website below, or by calling 1-866-879-4913.

You don't have to hire a lawyer to opt out, but you may want to consult one before you do. If you stay in the settlement, you don't have to hire and pay a lawyer to get a common experience payment. Of course, you may hire your own lawyer and pay that lawyer to represent you with an abuse claim.

IND-PUB2-MD-ENG

Here are 10 simple ways to be more productive with less effort:

1. **Clear your head.** It's impossible to gain perspective, and to know what is truly essential, if we are in the middle of an information stream. Take an hour, or half a day if possible, to shut off the information flow, and to get a larger view of your life and your job. The time you take off will be well worth it. Tell everyone that you are unavailable, shut off all communications, shut yourself in somewhere private, and take some time to think about what is important. What do you want? Where are you going? What will it take to get there? Another good way to clear your head, which is necessary for focus, is to write down everything that you need to do, all your tasks and projects and ideas. Dump the contents of your mind on paper, and then stop thinking about them for a little while.
2. **Focus on the essential tasks.** Once you've gotten your head cleared, you need to figure out what tasks are most essential. Ask yourself this magic question: "What task can you do that will get you the most return on your time?" Figure out the project that will get you the most recognition, win you awards, or get you the most business. Something that will pay off big. Not something you'll forget about in a week, but something that others will remember you by. This is an essential task. Make a list of these types of tasks — they're your most important things to do this week.
3. **Eliminate the rest.** Now look at your overall list. What's on there that's not essential? Can you just drop them from your schedule? Or delegate them to someone else? If not, put them on a "waiting list". Then, as you focus on your essential tasks, check back on this waiting list every now and then. Sometimes you'll realize that the less essential tasks weren't really necessary at all.
4. **Do essential tasks first.** If you've got a list of things to do today, and one or two of them are truly essential, do those items first thing in the morning. Don't wait until later in the day, because they'll get pushed back as other urgent stuff comes up. Get them out of the way, and your productivity will truly soar.
5. **Eliminate distractions.** You can put essential stuff on your list all year long, but if you are constantly interrupted by email notifications, IM, cell phones, your RSS reader, gadgets and widgets, social media, forums and the like, you'll never be productive. Turn these things off, disconnect yourself from the [Internet](#) if possible, clear your desk of all papers, clear your walls and surrounding areas, and allow yourself to truly focus.
6. **Use simple tools.** Don't fidget with a bunch of gadgets or the latest and coolest [applications](#). Find a simple notebook for writing things down, a simple to-do list (no frills) and the simplest application possible for doing your work. Then forget about the tools and think only of the task at hand. If you're too worried about the tools, you're not actually doing anything.
7. **Do one thing at a time.** Multi-tasking is a waste of time. You can't get things done with a million things going on at once, pulling for your attention. Focus on the essential task in front of you, to the exclusion of all else, and you are much more likely to get it completed, in less time, with less effort.
8. **Find quiet.** In addition to a quiet working environment, you need time every day that you can call your own, where you don't have to do work. This could be through reading, taking a bath, walking in nature, going swimming at the beach, going jogging, meditating. Not reading your feeds. Get away from the information overload and find that peace that will allow you to truly focus when you do work, and to review your day in your mind, and to get the perspective to see what is essential. Continued on page 8

Continued from page 7

9. **Make the most of your work.** It's one thing to write something great, or to create something fantastic. But it's entirely another thing to make that great thing explode, to get you attention, to earn the recognition you deserve — which will lead to more business or more opportunities. Once you've created the Next Great Thing, promote it, show it to others, find a way to have it carry you as far as it can take you. Don't just create something and move on to the next thing. Use your energy and talents to their fullest extent.
10. **Simplify some more.** Once you've simplified down to the essential, and eliminated distractions, you should become productive. But distractions and the unnecessary have a way of creeping back in and accumulating. Every now and then, take a look at what you're doing, at the information coming into your life, at how you spend your time and the tools you use. Then simplify some more.

Fish Cakes

Prep: 5 min ■ **Ready In:** 23 min ■ **Serves:** 4

Take 1 pkg. (120 g) Stove Top Stuffing Mix for Chicken, 3/4 cup water and 1/4 cup Miracle Whip Dressing and mix & match your recipe from these options...

fish options	add-in choices	vegetable possibilities
2 cans (120 g each) crabmeat, drained, flaked	2 Tbsp. <i>Kraft</i> Tartar Sauce	1/2 cup finely chopped celery
2 cans (213 g each) salmon, drained, skin and bones discarded	2 Tbsp. lemon juice, 1 cup <i>Kraft</i> Mozzarella Shreds	1/2 cup chopped green onions
2 cans (170 g each) tuna, drained, flaked	2 Tbsp. sweet pickle relish, 1 cup <i>Kraft</i> Double Cheddar Shreds	1/2 cup shredded carrots
2 cans (106 g each) tiny cooked shrimp, drained	2 Tbsp. <i>Kraft</i> BarBQ Sauce	1/2 cup finely chopped green peppers

Then follow our 3 simple steps:

MIX stuffing mix, water, dressing, **fish**, **add-ins** and **vegetables**. Cover and refrigerate 10 min.

HEAT large nonstick skillet sprayed with cooking spray on medium heat. Shape 1/2 cupfuls of the stuffing mixture into patties; add to skillet in batches.

COOK 3 min. on each side or until golden brown on both sides, turning over carefully.

CHILDREN'S PAGE