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COVID-19 Relief Efforts

The Northern Association of Community Councils (NACC) would like to say a big thank you to the organizations that worked with us to get COVID-19 supplies to our communities. The **Good Samaritan Society of Canada** heard of the NACC through the **Native Evangelical Fellowship of Canada** and not only did they donate hand sanitizer, masks and gloves but also arranged the delivery of the supplies to several of our communities! Big shout out to **Gardewine Group**, **Riverside Transport** and **The Northwest Company** for their assistance with shipping additional supplies to our communities for little to no cost. We also would like to send a big thank you out to **Georgette Bickel** and **Lorraine Chartrand** for sharing their time and talent sewing personal masks for some of our members. THANK YOU!



With the number of COVID-19 cases on the rise in Manitoba, we hope that our communities continue to practice social distancing, use PPE and stay home when feeling unwell.

Keep up the effort! Stay safe! Stay healthy!

NHFI

The Northern Healthy Foods Initiative (NHFI) has had a busy 2020 so far. As people were either working from or staying home, many took the opportunity to expand their gardens, increase food security and participate in virtual workshops.

Some of the NHFI supported activities include:

- Beekeeping
- Chickens
- Composting
- Food preservation
- Gardening
- Workshops/Training

There are many people that work with NHFI to assist new and existing members maintain a healthy sustainable food source. The NHFI regional partners include: NACC, Bayline Regional Roundtable, Four Arrows Regional Health Authority and Food Matters Manitoba. The Frontier School Division also plays an important role in this initiative.

*For more information visit:
naccmanitoba.com/nhfi
and subscribe to the NHFI News!*

Rain barrels for sale: 220L (55 gal.) repurposed food grade plastic. They come with spigot, overflow hose, overflow adaptor and leaf/mosquito mesh. Please contact Sara at (204) 947-2227 or email adminasst@naccmanitoba.com for more information.

2020 AGM

Finding a safe way to hold the NACC 50th AGM

Due to health concerns for our communities combined with travel restrictions for those above the 53rd parallel, we are exploring options on how the legislated Annual General Meeting will take place. A survey has been sent to all of our communities and we look forward to sharing the outcome with you. We look forward to being together again for the 51st AGM. We will strive to ensure it is the best one ever.

Information & Opportunities

Information, announcements, COVID-19 updates and funding opportunities:

Community Economic Development Fund:

cedf.mb.ca

Manitoba Chambers of Commerce:

mbchamber.mb.ca/initiatives-resources/covid-19-tools-resources/

NACC:

naccmanitoba.com/

Indigenous and Northern Relations (INR):

gov.mb.ca/inr/

Note that the **INR** townhall calls are more than just updates on COVID -19. They are currently taking place every Tuesday, 1pm for North Central and 2:30pm for Northern Region. Review your weekly INR townhall call invitations for updates on guest presenters.

#RESTART COVID-19 Manitoba information and updates:

gov.mb.ca/covid19/

Canadian Census 2021

They are seeking census takers from within the NACC communities with the position application process opening in January 2021. Recruitment information packages will be sent to each community in the near future. To learn more go to:

census.gc.ca/resources-ressources/supporters-partenaires-eng.htm



Community Futures Manitoba

Phone: 204.943.2905

Toll-Free: 1-888-303-2232

Email: info@cfmanitoba.ca

There are 16 Community Futures organizations (CFs) established throughout rural and northern Manitoba. The goal of each CF is to assist the communities in their region to develop their economic potential. To this end, CFs work with communities and their agencies and organizations to:

- Develop long term community economic development strategies and plans
- Coordinate resources to implement development plans

Promote the region and its economic opportunities. CFs further support the local economic development process by assisting area entrepreneurs with:

- Preparing and assessing business plans
- Providing business and market information
- Providing business loans:
 - Standard Loan (up to \$150,000)
 - Entrepreneurs with Disabilities (up to \$150,000)

To learn more, visit cfmanitoba.ca



The Northern Manitoba Food, Culture, and Community Collaborative (NMFCCC)

nmfcc.ca/grants.html

1(204) 990-1215

Culturally-appropriate food-related Community Economic Development (CED) and Cultural Reclamation is the focus of this collaborative. As a collaborative, they value shared-learning, reciprocity, respect and working with communities in a committed way. Successful applicants will have the opportunity to take part in networking and shared-learning opportunities to help projects grow and inspire other communities.



Healthy Together Now

Heathlytogethernow.net

Healthy Together Now is a community-led, grassroots program.

Program goals include:

- supporting communities that lead prevention activities
- encouraging organizations, communities, regions and governments to work together to help prevent chronic disease
- building on and blending with existing prevention programs, and developing new ones
- increasing communities' knowledge and ability to run prevention programs for a variety of chronic diseases

Healthy Together Now (HTN) funding is not intended to be ongoing or annual funding. It is to be used as start-up funding, to support communities to start a project, deliver or carry out the project, evaluate their results and then to enhance or expand the HTN project by working towards sustainability in the community.



Canadian Tire Jumpstart

jumpstart@catire.ca

1(877) 616-6600

JumpStart has partnered with Canadian Tire to offer physical activity equipment to communities. The program supports community organizations expanding their recreation programming for financially disadvantaged children and youth.

Please visit their site for the latest update on when the Fall application will be re-opened as it has been pushed back due to COVID-19.



Manitoba Lighthouses Program

gov.mb.ca/justice/commsafe/crimeprev/lighthouses/index.html

The Lighthouses program provides funding to support community activities with a specific focus on youth crime prevention.



The Winnipeg Foundation – Growing Active Kids

wpgfdn.org/granting/

Grants are available to charitable groups by providing educational or recreational opportunities to children and youth. There are COVID-19 Emergency Grants as well as the Emergency Community Support Fund.

True North Aid

A Canadian Charity providing practical humanitarian support to northern, indigenous and remote communities in Canada through grassroots projects

Apply for supplies, project funding or COVID-19 support: truenorthaid.ca/apply-for-aid/

Community Water Safety Grants

mbsaferwaters.ca/grants/

Drowning prevention is a high priority in our province. The Manitoba Coalition for Safer Waters, its affiliated member organizations together with the Province of Manitoba are making grants available to community organizations who want to help reduce drownings by improving water safety in their communities.



A wide range of water safety activities as identified by the communities would be considered for the grant. Some ideas are:

- Swimming lessons for children
- Improving signage at beaches and waterfronts
- Training for swim instructors and lifeguards
- Increased supervision of young people near water
- Offering boat operator training courses
- Constructing safety barriers at hazardous waterfronts

Closing Date for applications is
Friday, October 30, 2020

Safety Information

Provincial resources to help keep you safe

Manitoba Crime Stoppers

Phone: 1(800) 222-8477 (TIPS)

manitobacrimestoppers.com



This program provides a safe and anonymous way for the Manitoba public to pass on information to local police agencies. Tipsters can report information about any non-urgent illegal activity.

Arson Prevention (Red River Mutual)

In Manitoba: 1(204) 324-6434

Toll Free: 1(800) 370-2888

redrivermutual.com/safety-guides/arsonprevention



Most arson fires are started outdoors. Don't make it easy for an arsonist to start a fire or easy for a fire to spread to other buildings. The following are some preventative tips for you to reduce malicious fires.

Arson Prevention Tips

- Keep garbage, litter, leaves, firewood, overgrown brush and shrubbery, and other combustibles away from buildings.
- Lock all doors and windows in garages, sheds, cars and unoccupied buildings.
- Install outdoor lighting, including motion sensor lights, on all sides of your property.
- Board up abandoned buildings and clean the area of litter and debris.
- Securely store combustibles such as paint, gasoline, and oil in proper flammable storage containers in a locked location to restrict access. Minimize the quantity of combustibles in storage and dispose of materials you don't need.

- Report suspicious activity near houses, garages, alleyways, or other buildings to your local fire or police department.
- Get to know your neighbours – together you can keep a watchful eye on your community.
- Keep matches and lighters out of reach and out of sight of children. If you suspect a child is setting fires, notify the proper authorities.
- If you know or suspect that an arson crime has been committed, contact your local fire or police department.

Safe Halloween 2020

[healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Halloween-COVID-Safety-Tips.aspx](https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Halloween-COVID-Safety-Tips.aspx)

Halloween during the COVID-19 pandemic is a chance for you and your children to get creative, and maybe even invent some new traditions for your family! It's also a great opportunity to model flexibility and a positive spirit. If you're excited and make it fun, your kids will have fun, too.

More importantly, this is a good time to teach children the importance of protecting not just themselves but others, as well. The decisions we make on this one day can have a ripple effect beyond our own families. Finding safe ways to celebrate can create magical memories.

It is important to monitor public health guidance from the Department of Health and Community Services, as the situation can change quickly. Please visit [gov.mb.ca/covid-19](https://www.gov.mb.ca/covid-19), which is updated daily.



Manitoba Office of the Fire Commissioner

firecomm.gov.mb.ca/home.html

To safeguard both people and property from fire and life safety hazards through education, investigation, emergency response and code application.



There are some simple things people can do to stay safe while temperatures remain cool:

- Have all fuel-burning appliances inspected annually by a qualified person.
- Keep chimneys and intake/exhaust vents for furnaces and heating appliances free of debris, ice and snow accumulations to reduce the risk of carbon monoxide (CO) build-up from inefficient combustion.
- Burn dry, well-seasoned wood in fireplaces and woodstoves to reduce the risk of excessive creosote build-up in chimneys.
- Allow ashes from your fireplace or woodstove to cool before emptying them into a metal container with a tight-fitting lid. Keep the container outside.
- Keep space heaters at least one meter (3 feet) away from anything that can burn, including curtains, upholstery and clothing.
- Replace worn or damaged electrical wires and connections on vehicles and extension cords and use the proper gauge extension cord for vehicle block heaters.
- Consider using approved timers for vehicle block heaters rather than leaving heaters on all night.
- Ensure that vehicles are not left running inside any garage or building.
- Install smoke alarm and CO on every storey and outside all sleeping areas of your home.
- Install CO alarms to alert you to the presence of this deadly gas.

For more tips, videos and other important safety messages visit Fire & Life Safety Education web page.



Community Elections

Community Council elections are fast approaching and will be held on Wednesday, October 28th, 2020. Remember to social distance and wear a mask.

Find out more on the election process and other related information by visiting the Government of Manitoba Department of Indigenous and Northern Relations website:

gov.mb.ca/inr/resources/community-docs.html

Northern Market Trail Project (NMTP)

The Northern Market Trail Project is seeking creative participants that would like to turn their homemade, homegrown items into a profitable endeavor.

Who are we looking for?

We are looking for anyone from our northern communities who:

- Makes homegrown community-based products;
- Would like to market their food, products, tools and more in a more entrepreneurial manner;
- Anyone that would like to take their products and sell them on a much larger scale;
- Any person interested in our information sessions on marketing, inventory, very basic accounting strategies to get more from selling your products.

Due to COVID-19, the project has extended the outreach and delivery timelines. It's open to everyone so please do not hesitate to call NACC with any questions you may have.

naccmanitoba.com/northern-market-trail-project/

Pandemic Response System (PRS)

Manitoba has launched the PRS to help Manitobans to be aware of the risks, response and recommended actions they should take:

- Stay home when sick.
- Practise social distancing, hand washing/sanitizing and cough etiquette.
- Wear a mask.
- Vulnerable people, such as seniors, are encouraged to exercise additional caution.
- Limited group gathering sizes. Check for updates regularly as they do change.
- Individuals identified as having COVID-19 or a close contact of someone with COVID-19 must immediately enter mandatory isolation/self-isolation (quarantine) until public health officials advise they can end isolation/self-isolation (quarantine).
- Non-essential travel outside of Manitoba is strongly discouraged. Individuals who travelled internationally or domestically (east of Terrace Bay, ON) must self-isolation (quarantine) for 14 days from the date of arrival to Manitoba.
- Two designated caregivers that are family or close friends with an established pattern of involvement may visit hospitals, personal care homes and long-term residential care facilities for any length of time.
- Businesses must operate in accordance with the public health order and in a manner that prevents transmission of COVID-19.

gov.mb.ca/covid19/restartmb/prs/index.html#provinciallevel

Manitoba Home Nutrition and Learning Program

Learning about food, nutrition and cooking can be a fun activity for the whole family – but sometimes you might need a few fresh ideas.

Manitoba's new Home Nutrition and Learning Program is here to help.

In this site, you'll find simple, kid-friendly recipes built around healthy and delicious ingredients. Reading a recipe, measuring ingredients and making food together at home encourages literacy, numeracy and many other skills.

Email at hnlp@gov.mb.ca if you have any questions and check out our downloadable booklets.

Website: mbnutritionlearning.ca/

IS THERE SOMETHING MISSING?

If there is something you would like to see included in the newsletter please let us know!

We want to hear from you!

Feel free to contact the Administrative Assistant with article ideas, letters or upcoming events that you would like included.

OUR GOAL ...

Is to promote and encourage wherever possible the development of local government; and to assist in the improvement of services and the physical, social and economic development of all member northern communities of the NACC.

If you would like your NACC Regional Chairperson to visit your community or attend a meeting, please contact the NACC office.



NACC Board and Staff

Board of Directors

Reg Meade: President

Helgi Einarsson: Eastern Chairperson

Glen Flett: Northern Chairperson

Eric Olson: Eastern Vice-Chairperson

June Chu: Northern Vice-Chairperson

Lorne Huhtala: Western Vice-Chairperson

Wanda Mowatt: Eastern Secretary/Treasurer

Freda Parenteau: Northern Secretary/Treasurer

Harold Fleming: Western Secretary/Treasurer

Staff

Linda Payeur:

Executive Director

(204) 947-2227 ext. 3

execdirector@naccmanitoba.com

Trinette Konge:

NHFI Program Coordinator

(204) 947-2227 ext. 2

programnhfi@naccmanitoba.com

Sara Kirby:

Administrative Assistant

(204) 947-2227 ext. 1

adminasst@naccmanitoba.com

Office Address

20 - 395 Berry Street

Winnipeg, MB R3J 1N6

Phone: (204) 947-2227

Toll Free: 1(888) 947-6222

Fax: (204) 947-9446

Website: naccmanitoba.com

