

Community *Contact*

Manitoba Aboriginal and Northern Affairs



March/
April 2009

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About Local
Government
Development*

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Leslie Corwin Sinclair prepares to freshen the bait at the end of his line in the hopes of attracting the biggest fish at the Matheson Island Fishing Derby.

This Issue

Welcome to the March/April 2009
Community Contact newsletter.

The theme for this issue of *Community Contact* is recreation and wellness. As we move towards more seasonable weather, the opportunities increase for people to get out and enjoy many different types of outdoor activities. In this issue, we provide information on how communities can obtain funding grants from the Canadian Heritage Building Communities Through Art and Heritage program. We also include an article that outlines how a community can start their own 4-H club.

Our feature article highlights the 10th anniversary of the Matheson Island fishing derby. We look at how this community has grown their winter fishing derby into a highly anticipated social event that also helps the community raise funds to support some of their operating budget. We report on the recently completed band and community constable training that took place at the University College of the North in The Pas. This training is co-ordinated by Manitoba Aboriginal and Northern Affairs (ANA), the RCMP and Public Safety Canada for community and First Nation constables.

Along with these articles, we provide information on the revised recreation director's handbook and introduce a new series of healthy living posters that illustrate the importance of recreation activities to our mental, spiritual and physical health. Closing out this issue are profiles of two employees who recently joined ANA, and a municipal calendar with reminders for the months of April and May 2009.

Enjoy this issue and please feel free to contact us with your comments, pictures and article suggestions, or to request additional copies.



Matheson Island in Community

The Manitoba Aboriginal and Northern Affairs (ANA) community of Matheson Island held its 10th Annual Fishing Derby on Saturday, March 7, 2009. The *Community Contact* newsletter featured a story on this fishing derby back in 2006 and we came back to look at how things have progressed since then. Over the past 10 years, this small island community has seen their fishing derby grow to become one of the most anticipated events in the area. Strong organization from the community, its volunteers and local sponsors made it possible.

This year, a record number of entries totalling 319 people attended the fishing derby. The generous donations of sponsors enabled the community to offer over 200 prizes in addition to the prize money given away to the winners in the adult and children categories. Prize donations come from individuals, local area businesses and organizations that serve the people of Matheson Island. This year, all 73 registered children received a door prize and, since its inception, the Matheson Island Fishing Derby has given away more than \$38,000 in cash to the winners.

The people who attend the fishing derby come mostly from small communities throughout the Interlake. Some come from Winnipeg and one regular fishing competitor travels each year from Flin Flon. They are joined by people from communities on the east side of Lake Winnipeg who cross the lake on winter roads. One group of participants has travelled by snowmobile from Norway House, some 260 kilometres to the north, making a journey along the frozen Lake Winnipeg shoreline that almost certainly adds many more kilometres.

Joanne and Peter O'Hara of Gimli provided the following note on the derby: "Fantastic job everyone! We've fished in this derby several times over the past ten years and I just want to say a big thank you for all your hard work! You've done such a great job and the derby is growing as was seen this year with the record number of entries. I've organized events myself where you rely on the generosity of your community for prizes and it is not always the easiest task. But you make sure year after year that there are many, many door prizes for young and old and I've been lucky enough to head home after a great day with something to show for my afternoon. Now if I could only figure out how to catch the winning fish and take home some of that cash — \$2,800 for first prize — that's awesome!"

Besides the good times had by all, this fishing derby also serves as an important fund raising tool for the community of Matheson Island. The derby helps the community in its goal to raise 20 per cent of their operating

nd Fishing Derby Reels Spirit *10 Years and Still Growing*

budget through local generated revenue. Profits from the fishing derby allow the community to apply for grants where 50 per cent of the budget must come from the applying community. Some of the items/programs supported by funds from the fishing derby include:

- hiring summer students
- community welcome signs and street sign purchases
- building planters and bird houses for the community
- painting a mural on the community arena
- hiring a recreation director
- contributing to the cost of annual Canada Day festivities

Other ANA communities are in the same situation when it comes to raising 20 per cent of their budget. This type of derby or a similar event can help your community raise locally generated revenue and contribute to community spirit.

In terms of community spirit, everyone gets excited when the time for this event is close. The people in the community are supportive of this event and help where and when they can. It may take months of planning, but it is much easier when you have support in your community. The fishing derby was capped off with an evening social with music and entertainment provided by JJ Lavallee and Derryl Sanderson.

The community will continue its fundraising and social plans with an annual summer poker derby and duck race. This year the community will also host a homecoming event on the August long weekend. The Matheson Island Community Council would like to thank all the volunteers, sponsors and supporters that made this happen. Council will be holding an appreciation day/ fish fry or BBQ in the spring to show the residents appreciation for their continued support.

They look forward to planning the 11th Annual Fishing Derby, to be held March 6, 2010.



Nick Ladouceur and his little sister Hannah took the first and second place cash prizes for the 12 years and under category, winning more than \$600 in prize money.

4-H Clubs

Focus on Fun, Friends and Life Skills

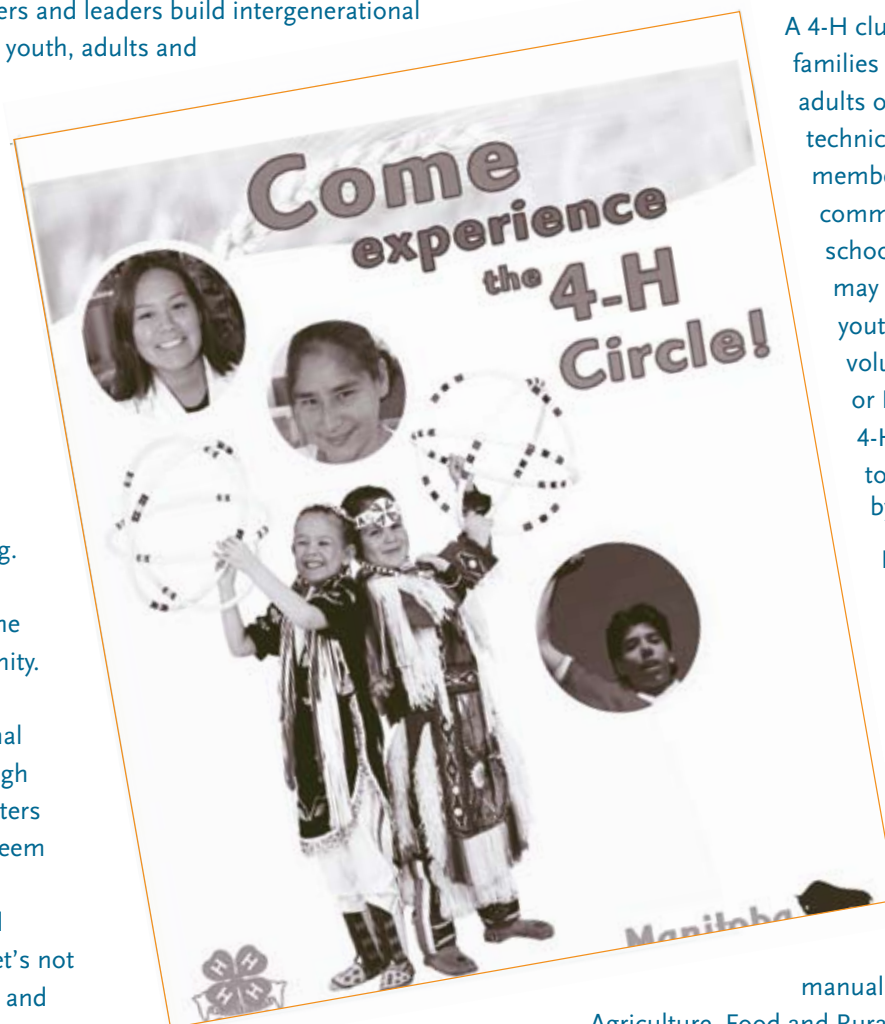
4-H is one of Canada's longest-running and most respected youth organizations, offering fun, excitement and learning for youth in communities large and small across the country. 4-H (Head, Heart, Health, Hands) is a flexible program that relies on volunteer leaders from the community, who have knowledge and skills to teach youth. Or, leaders may be adults in the community who are willing to learn a new skill alongside 4-H members.

Within 4-H clubs, members and leaders build intergenerational relationships that benefit youth, adults and the community. 4-H clubs help foster self-confidence, leadership and responsibility.

Volunteer 4-H leaders teach 4-H members a wide variety of skills through hands-on projects such as gardening, photography, crafts, animal care, outdoor living and sewing. You can even create your own project that meets the interests of your community. For example, you could teach aspects of traditional Aboriginal culture. Through project activities, 4-H fosters a young person's self-esteem and teaches leadership, entrepreneurial skills and agriculture awareness. Let's not forget the fun, friendship and sense of belonging that happen through 4-H.

Eight to 21 is the age range for 4-H members. Basic annual registration is \$25 per child, plus the cost of project supplies (for example, sewing materials). 4-H registration fees cover costs of

project manuals for leaders and members, liability insurance and volunteer screening. 4-H leader manuals provide lesson plans and ideas for teaching skills. 4-H member manuals help youth learn about the topic and keep track of their accomplishments. Many other resources are available to support learning (ex: meeting management, icebreakers and communications activities).



A 4-H club begins with two or more families coming together — with adults or Elders teaching life and technical skills to the young members. 4-H may start as a community group, as part of an in school or after school program. It may also start as drop-in centre youth programming, pulling in volunteer support from adults or Elders in the community. 4-H offers many opportunities to fulfill the motto: learn to do by doing.

Be a part of it. Join the 4-H circle, and use your head, heart, health and hands to learn new skills, form new relationships and contribute to your community.

To learn more about 4-H or to request a copy of the Starting a 4-H Club

manual, please contact Manitoba Agriculture, Food and Rural Initiatives' Valleys North GO Team. Call 204-734-3417 or e-mail Vivian.Rooks@gov.mb.ca.

To learn more about 4-H in Manitoba visit www.4h.mb.ca.

Recreation Director Handbook Revised

Manitoba Aboriginal and Northern Affairs (ANA) is pleased to announce the revised edition of the *Recreation Director's Handbook: A guide for recreation delivery in Aboriginal communities*. Recreation and wellness planning is the foundation of establishing healthy individuals and communities. It highlights community needs, priorities, goals and barriers to recreation. It builds leadership and gives us an overall feeling of well being. The handbook offers plenty of information on how to plan recreation and wellness activities and create sustainable programs.

ANA and partners Culture, Heritage Tourism and Sport and the Manitoba Aboriginal Sport and Recreation Council will host one-day regional workshops to introduce the revised handbook. The workshops will include an overview of content, defining recreation and exploring concepts like recreation partnerships, program planning and leadership. Using materials provided, participants will gain a greater understanding of what recreation is and how to run successful recreation and wellness programs. Each community represented will receive a copy of the new manual.

The training will be aimed at Aboriginal communities including Aboriginal and Northern Affairs, First Nations, Metis locals and

Tribal Councils; specifically, recreation practitioners including recreation directors, health care workers, youth workers, council members and lighthouse program co-ordinators.

ANA has been introducing the revised manual since November 2008 at workshops and conferences throughout the province. Some of those events included:

- Recreation Conference for Community Volunteers in Brandon – November 8, 2008
- NORMRA Fall Training in Thompson – November 19, 2008
- Northern Region Community Administrative Workshop in Thompson – December 10, 2008
- Northern Regional Workshop in The Pas – March 3, 2009
- ANA Regional Meetings in Winnipeg – March 3 to 5, 2009

For more information, please contact the ANA recreation and wellness consultant in your region:

- Charlene Waterman (Northern Region) at 204-677-6708
- Faron Cook (North Central Region) at 204-622-2148

Get in motion — Be Part Of A Healthy Community

Get In Motion — Get Involved — Find Your Strength Through Recreation....these are the messages of a new series of posters just being released by Manitoba Aboriginal and Northern Affairs.

The three posters are the result of a collaboration of:

- Manitoba Health and Healthy Living
- Sport Manitoba
- Manitoba Culture, Heritage, Tourism and Sport
- Manitoba Aboriginal and Northern Affairs

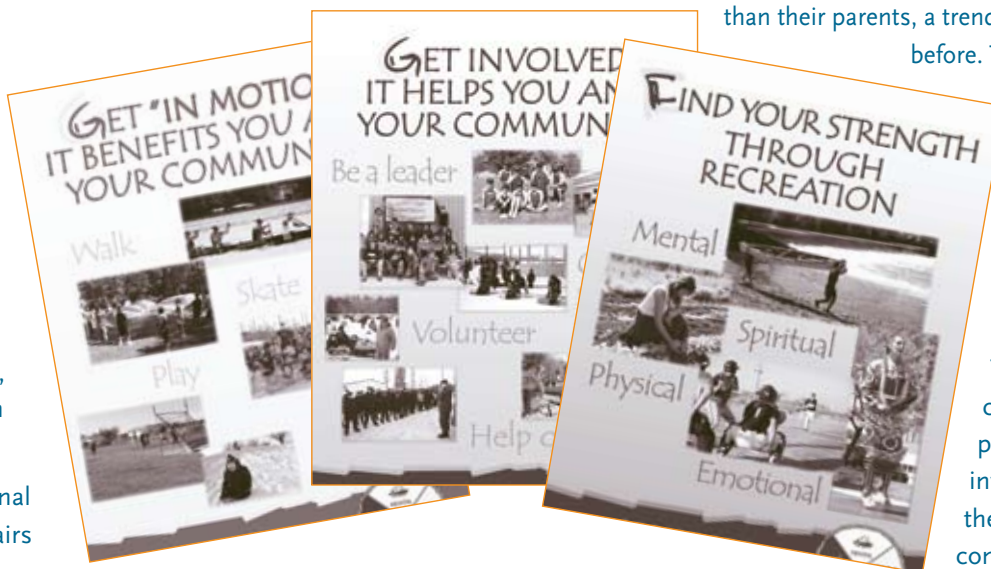
The posters illustrate ways to be active and involved in community and underscore the importance of recreation activities to our mental, spiritual, physical and emotional health.

Changing lifestyles are having a devastating effect on the health of communities. We now live in a time when the younger generation is expected to have a shorter life expectancy than their parents, a trend never experienced before. The posters point

out the personal responsibility we all have for doing what we can to be healthy and that we can choose to be part of a healthy community.

Think about what you can do to be more physically active and involved and look for the posters in your community. If you would like to receive copies

of the posters for your community or facility, please contact the recreation consultant at your regional office of Manitoba Aboriginal and Northern Affairs.



Band and Community Constable Training Moves to UCN

Each year for the past four years, Manitoba Aboriginal and Northern Affairs (ANA), the RCMP and Public Safety Canada's Aboriginal Policing Directorate have presented a band/community constable training course. Among the provinces, Manitoba is unique in having RCMP forces work with community and band constables who provide crime prevention for their communities.

Recently, a new partner joined the mix. The University College of the North (UCN) was approached to add the course to their list of programs. With a security guard training program already developed, UCN was able to incorporate the constable training into a three-week program that meets the needs of the RCMP, Public Safety Canada and the Province of Manitoba.

Moving the training to UCN allowed for greater flexibility in the training schedule and course outline. Constables who attended RCMP instructed training in 2007 were asked for their opinions on how to improve or add to the course outline. The partners reviewed the suggestions and the changes were incorporated into the training offered by UCN. The new training program offered an increase in skills such as conflict negotiation and resolutions, critical incident stress management, domestic violence and suicide intervention. The constables were also

given the opportunity to add topics for discussions during the training sessions.

During a recent three-week training session February 9 to 27, 2009, constables worked through a weekend and ended many weekdays by participating in evening physical fitness activities aimed at preparing them for a final week of defensive training. It was a highly successful session, with 28 constables graduating and receiving their special constable appointment. Of the 28 graduates, 23 were from First Nations and five were from ANA communities. The ANA graduates were:

- Paul Sutherland – Camperville
- John Veroneau – Crane River
- Adelard DeLaronde – Duck Bay
- Dwayne Hanson – Pikwitonei
- Ovide Mercredi – Thicket Portage

Manitoba Aboriginal and Northern Affairs congratulates all who completed the training. High quality training was possible thanks to lead instructor, Al McLauchlan and his associates, Murray Knudson, Clem MacInnis and Pete deBeer of the University College of the North.



**Paul Sutherland –
Camperville**



**John Veroneau –
Crane River**



**Adelard DeLaronde –
Duck Bay**



**Dwayne Hanson –
Pikwitonei**



**Ovide Mercredi –
Thicket Portage**

Profile



Shauna Sinclair

Manitoba Aboriginal and Northern Affairs (ANA) Finance and Administration Services Division introduces and welcomes two new employees.

Shauna Sinclair

Working in the Thompson ANA office, Shauna is the tax

clerk for the Northern Affairs Fund. Her responsibilities include collecting and processing tax payments on behalf of ANA communities, responding to inquiries from property owners and updating individual tax information.

Shauna's credentials include education in Computerized Business Applications and Business Administration. Her previous experience includes secretarial and finance roles with the Cross Lake Education Authority. Shauna is a member of the

Cross Lake First Nation. She has lived in Thompson since 2005. She enjoys outdoor activities such as fishing and camping with family members.

Tracy Robertson

Tracy also works in the Thompson ANA office where she fills the position of administrative assistant for Finance and Administrative Services. Tracy worked for the Communities Economic Development Fund and Native Communications Inc. prior to joining the department.

A member of the Norway House Cree Nation, Tracy lives in Thompson and enjoys the outdoors, spending time at her cabin and fishing. Tracy is familiar with ANA communities and looks forward to the challenges of her new job.



Tracy Roberston

Canadian Heritage Offers Grant: Building Communities Through Arts and Heritage

Canadian Heritage accepts applications from communities for Building Communities Through Arts and Heritage grants that help support local arts and heritage festivals and community historical anniversary programs. The grants help increase citizen participation in these events while also increasing opportunities for local visual and performing artists.

Program components

Local arts and heritage festivals include festivals, events and activities that:

- celebrate one or several aspects of local heritage
- present works or performances by local artists
- are organized locally
- actively involve community members
- are intended for and open to the general public

Community historical anniversaries programming provides funding for non-recurring festivals, events and related activities that:

- commemorate major anniversaries of significant local historical events
- commemorate major anniversaries of significant local historical personalities

- are organized locally
- actively involve community members
- are intended for and open to the general public

Major anniversaries for these purposes are 100th year anniversaries and over, in increments of 25 years (ex: 125 years, 150 years).

Who can apply?

- Local non-profit group - incorporated or unincorporated
- band councils, local tribal councils or other local Aboriginal (First Nation, Inuit or Metis) governments or equivalent authorities

What Are the Deadlines?

- April 30, (events between September 1, 2009 - March 31, 2010)
- September 30, (events between April 1, 2010 - August 31, 2011)

You can acquire further information about the Building Communities Through Arts and Heritage grant by visiting www.pch.gc.ca/communities or contacting the Canadian Heritage office toll free at 1-800-661-0585.

Municipal Calendar Monthly Reminder for: April/May

April 2009

- 1 Deadline for receipt of any property tax payments to dept to avoid penalties.
- 2 **Management Maintenance Systems (MMS)** - Service mowers & trimmers.
- 6 Submit quarterly GST refund.
- 10 Good Friday
- 13 Easter Monday
- 15 Deadline for receipt of payment to Receiver General to avoid penalty.
- 17 Close books for year-end and start to prepare files and schedules for audit, usually due by June to the audit firm.
- 30 Submit year-end financial statement.

Event: Capturing Opportunities will be held April 23 – 24 in Brandon (Keystone Centre)

Community:

- All communities must submit the March 31, 2009 year-end financial statement by the end of the month.

- Finalize capital project applications for Capital Approval Board. Deadline is first Monday in May.
- Submit Municipal Employee Benefits Program (MEBP) form and payment no later than seven working days after the last pay period.
- If applicable, submit bi-weekly payrolls for Building Independence Initiative to regional office.

WSH Reminders:

- Council to ensure fire extinguishers and first aid kits inspected.
- Council to action items highlighted as corrective action from inspections.
- Council to conduct annual fire drills, ensure maintenance of fire extinguishers and ensure smoke detectors are in working order.

May 2009

- 1 Deadline for receipt of any property tax payments to dept to avoid penalties.
MMS – Isolate lagoon cells.
- 4 Deadline for capital project applications.
- 5 **MMS** - Crawl space vents opened.
- 6 **MMS** - Heat traces turned off.
- 7 **MMS** - Recirculating pumps turned off.
- 8 Manitoba Infrastructure and Transportation to reply regarding requests made March 15 for grant-in-aid.
- 15 Deadline for receipt of payment to Receiver General to avoid penalty.
MMS - Lagoon samples sent out.
MMS - Minimum two weeks isolation for lagoon.
- 18 Victoria Day

Event: Vision Quest to be held May 12-14 in Winnipeg at the Convention Centre

Community:

- Submit MEBP form and payment no later than seven working days after the last pay period.
- If applicable, submit to regional office the bi-weekly payrolls for the Building Independence Initiative.

WSH Reminders:

- Council to ensure fire extinguishers and first aid kits inspected.
- Council to action items highlighted as corrective action from inspections.
- Are your training records up to date?

Departmental:

- Review of capital project applications for missing information during this month.
- Regional office will complete maintenance cost analysis (MCA) review by month-end.

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Community council members, community residents and departmental staff are strongly encouraged to submit feedback, comments, questions, suggestions and ideas to the editor.