

# Community Contact

Manitoba Aboriginal and Northern Affairs



July/August  
2009

*For and  
About Local  
Government  
Development*

Herb Lake Landing Wins in  
Heart & Stroke Workplace  
Challenge

2

NACC plans for AGM  
August 18 to 20

3

Sharing Healthy Knowledge

4

Community Inventory Day  
is September 9

5

Profile

6

A Safe Workplace

7

Municipal Calendar

8

## Herb Lake Landing Works Hard, Wins in Challenge



Winners of the Heart & Stroke Foundation Workplace Physical Activity Challenge – Semi-Active Category: Back row (left to right) Al McDougall, Greg Carswell, Don Hiebert, Glen Spencer, Jim Corman. Front row (left to right) Jacquie Phillips, Freda Hiebert, Hazel Corman, Margo McDougall, Margaret Spencer, Candyce Carswell.

# This Issue

Welcome to the July/August 2009  
*Community Contact* newsletter.

In this issue of *Community Contact* we feature a couple of articles that highlight how the hard work of community residents can lead to a healthy lifestyle and also make a difference for many others in their community.

Our feature article takes us to the community of Herb Lake Landing where 11 residents participated in a recent Heart & Stroke Foundation of Manitoba Workplace Physical Activity Challenge where they placed first in the semi-active category and second overall in the province. This community took a challenge and walked their way to success.

We also look at how the sharing of time and knowledge by community individuals has helped the community of Wabowden develop a school gardening project that will be featured in a Growing Local Productions film documentary.

Along with these articles, we remind our readers of the upcoming 39th Northern Association of Community Councils (NACC) Annual General Meeting and Tradeshow in August and the community inventory day in September. Closing out this issue is the workplace safety and health feature *A Safe Workplace*, profiles introducing new employees within the department and a municipal calendar with reminders for the months of August and September, 2009.

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

# Herb Lake Landing Heart & Stroke

Over a period of ten working days from May 10 to May 23, 2009, workplaces across Manitoba participated in the Heart & Stroke Foundation of Manitoba Workplace Physical Activity Challenge. The challenge encourages Manitoba's workplaces to get up and get active. In total, 94 workplaces participated overall in either the office, semi active, active or school categories. Employees used pedometers provided by the Heart & Stroke Foundation to tally the steps they accumulated each day.

The community residents of Herb Lake Landing, Manitoba participated in the challenge and placed first in the semi-active category and second overall in the province. The community received a prize pack from the Heart & Stroke Foundation. They opened it July 8 at a community gathering arranged for the occasion. Manitoba Aboriginal and Northern Affairs (ANA) staff attended to congratulate the community residents in person and present them with a plaque from the department. Cory Young, director for ANA's northern region also spoke on behalf of ANA deputy minister Harvey Bostrom.

The Herb Lake Landing team consisted of 11 community residents aged 44 to 77, nine of whom were over age 62, and two who are stroke survivors. This just goes to show that physical activity is suitable for all ages and abilities, and that you can accomplish plenty when you are determined and work together as a team.

In total, the team accumulated over 2,573,026 steps for an average of 233,911 steps per person. To reach this goal, the team worked together to clean and burn community brush piles, picked up garbage and recyclable materials and did lots of walking in pairs. Individual activities included jumping on a trampoline, cleaning the local beach, following an exercise DVD, carrying and stacking firewood, raking leaves, walking dogs and mowing lawns.

"Everyone did very well on the steps on the pedometers," said community resident Hazel Corman. "We would meet and talk about the pedometer challenge and activities that we could convert into steps. Margo, who has had a stroke and her balance, is still not good, for the first time walked all the way here," said Hazel. "It's quite a distance, and she felt good about it. We all had fun and never thought we would win," said Hazel of her friends and neighbours, "but I'm so happy for them."

This is a great accomplishment for such a small community and ANA is proud of and truly inspired by the hard working residents of Herb Lake Landing. In addition to competing in the workplace challenge, they also improved their community picnic grounds. Last year they erected a cairn with a bronze plaque honouring the pioneers of the area. This year they built a gazebo,



# Wins in Stroke Workplace Challenge

planted flowers in the picnic area and are currently working on establishing a community hall. ANA appreciates the initiative taken to bring recreation, health and wellness into the community. The participants showed great community spirit and their efforts have set a positive example that is sure to inspire others to follow their lead.

The Heart & Stroke Foundation runs the workplace physical activity challenge every year in May. Perhaps this success story will encourage your community to participate in the program next year. Your team will receive free pedometers that you can keep and continue to use after the competition. Not only will you have an opportunity to win great prizes, this will be a good way to motivate your workplace to become physically active and strive towards health and wellness.

For more information about the Heart & Stroke Foundation of Manitoba and their workplace challenge, please visit [heartandstroke.mb.ca](http://heartandstroke.mb.ca).



Building this rustic gazebo became part of the Heart & Stroke Foundation challenge.

## NACC plans for AGM August 18 to 20

The Northern Association of Community Councils (NACC) will hold their 39th Annual General Meeting and Trade Show at the Marlborough Hotel in Winnipeg, August 18 to 20, 2009.

The theme for this year's conference is Partnerships for Healthy and Sustainable Communities. Manitoba Aboriginal and Northern Affairs (ANA), in partnership with NACC, will host the second day of the conference, Wednesday, August 19.

The ANA day is divided into two themes. The morning theme is Partnerships in Emergency Preparedness and the afternoon theme is Information for Communities. The ANA agenda will include information on:

- community pandemic preparedness
- community 911 service
- workplace safety and health
- community fire inspections

- Manitoba Metis policy initiative

NACC has arranged for daily lunch and learn sessions with information about eco-friendly options, healthy living choices and getting in motion. They will also be hosting workshops about:

- communication and networking
- saving for a business
- customer service skills
- writing clearly
- indigenous plants
- mental health challenges
- stress in the workplace

We look forward to a productive conference and safe travel for all those who attend.

# Sharing Healthy



Eleanor Woitowicz enjoys sharing her knowledge of gardening.

Using her gardening knowledge, teaching ability and kind heart, Eleanor Woitowicz, a teacher at Mel Johnson School in Wabowden, Manitoba shares herself, her knowledge of sustainability and her knowledge of life with her community.

Eleanor, an avid gardener, and Bonnie Monias, also a teacher at Mel Johnson School, are directly involved with a school gardening project that is part of the Frontier School Division's Veggie Adventures Curriculum. Together, they are literally growing a healthier community in Wabowden. As mentioned in a previous issue of Community Contact, The Northern Healthy Foods Initiative sponsored three Veggie Adventures Workshops in 2006, 2007 and 2009, where participating teachers are provided the Veggie Adventures Curriculum which is a plant, soil and food-based science curriculum for Kindergarten to Grade 8.

Eleanor began the Mel Johnson School gardening project in 2006 after attending the Frontier School Division Veggie Adventures Curriculum workshop in Thompson, Manitoba.

With the curriculum guide, light stands, garden box and seeds provided at the workshop, Eleanor and Bonnie, began planting vegetable seeds with students at their school. The gardening club has grown from 10 students from its first to year to over 45 students participating to date.

Beyond her teaching duties, Eleanor regularly visits the homes of each of her students to encourage them to nurture their home gardens. During those visits, Eleanor enjoys answering questions from both students and their parents.

Eleanor expanded her project by helping to develop a local greenhouse where she ensures that the plants and the project succeed.

Before she began the project, many students were not familiar with basic vegetables. Now many students enjoy eating the vegetables they grow. They celebrate with their own school harvest, cooking healthy recipes and using what their gardens produce.

The students now compete to see who can make the best salsa from what they grow and to see who can grow the biggest and best pumpkins. Eleanor's project has inspired many parents in Wabowden to grow their own food and create food security in their community.

Not only has the Mel Johnson School Project motivated change among other Manitoba Schools, Eleanor's gardening techniques have reached a community in Little Haiti, Miami where Eleanor has shared her concepts with the teaching staff. Students of Mel Johnson School have also become pen pals with the students of Little Haiti.

Because of the tireless efforts by Eleanor and Bonnie, Northern Healthy Foods Initiative has provided support to Growing Local Productions, currently

# Knowledge

producing a documentary on the Mel Johnson School Project. The documentary will show the achievement of food security by following teachers and students from seeding to harvest and showing the continuity of food production in Wabowden.

To add to her local food security successes Eleanor was recently nominated in the Education for Sustainability category for the **2009 Manitoba Excellence in Sustainability Awards**, for her role in creating and operating the Mel Johnson School Gardening Project.

Eleanor has recently retired from teaching, but will continue working with the school gardening project. The nomination is a great way to acknowledge and recognize her accomplishment and contribution toward education for sustainability.

Manitoba Aboriginal and Northern Affairs and the Northern Healthy Foods Initiative congratulate Eleanor on her nomination for the 2009 Manitoba Excellence in Sustainability Award.



A documentary video crew records the action as Eleanor Woitowicz gives advice on how to plant and water her family garden to Charlie Leask McIvor of Wabowden.

## Community Inventory Day is September 9

Northern Affairs Community councils in Manitoba are required to maintain accurate records of all community physical assets for inventory control and insurance purposes. By September 1 each year, every community council will receive an inventory list of their assets from their regional office of Manitoba Aboriginal and Northern Affairs (ANA).

Verification of assets listed in this community inventory must be returned by the community council to the regional office by November 1, every year. Failure to verify and submit the inventory report will mean no insurance coverage will exist.

The following forms, found in the *Local Government Development Manual of Policies and Procedures* from ANA, are designed to help communities keep inventory records updated:

- Vehicle Input Form
- Asset Input Form

- Equipment Input Form
- Multiple Equipment Input Form
- Field Definition of Equipment Type
- Inventory Disposal Form

ANA recommends that community councils schedule an inventory day every year on the **second Wednesday in September**. For 2009, that day is **September 9, 2009**. Mark your calendars and plan to take the day to complete your inventory.

If your community's inventory verification report is not received on time, ANA may hire a contractor to complete it. Costs associated with completing the inventory will be deducted from operation and maintenance funding for the following year.

If you have any questions, please contact your regional office.

# Profile



Shannon Slater

**M**anitoba Aboriginal and Northern Affairs (ANA) Local Government Development Division introduces six employees, five of them new to ANA.

## Shannon Slater

Shannon is the new administrative assistant in the Manitoba Aboriginal and Northern Affairs Local Government Development Division Northern region office. Her job involves supporting the work being done in the region.

Shannon is originally from Winnipeg where she worked for 16 years in the Winnipeg Public Library system doing a variety of tasks, including reference services, database and internet searching tutorials, and program planning and delivery.

After moving to Thompson with her husband in 2007 Shannon worked in the Vale Inco employment office, recruiting and facilitating the employment process.

Shannon has a Bachelor of Arts degree in Political Science from the University of Winnipeg, and she has recently completed her Masters in Library and Information Science through a distance education program based in Australia.

## Mike Myslicki

Mike is a technical and public works consultant specializing in Workplace Safety and Health. Mike is based at the Ellice Avenue office in Winnipeg, and his territory covers the North-Central Region for Manitoba Aboriginal and Northern Affairs (ANA).

Mike graduated from Lethbridge Community College Environmental Science and Criminal Justice programs. Mike is a construction safety officer, Canadian risk manager and a gold seal certified construction safety co-ordinator. Before joining ANA Mike worked as a safety co-ordinator on large industrial construction projects He has also worked in the public sector as a safety, health and risk management consultant, dangerous goods officer and park patrol officer.

Mike has lived and worked in northern Manitoba communities, including York Landing.

Mike's favorite slogan is "safe by choice, not by accident" and he enjoys catching big fish in his spare time.

## Kevin Sloboda

Kevin is the new protective services consultant for the Manitoba Aboriginal and Northern Affairs Local Government Development Northern Region office in Thompson. Although new to Manitoba, Kevin was born and raised in Regina, Saskatchewan and spent many years living and working in several urban and rural communities in Western Canada.

Kevin graduated from Lethbridge Community College in 1996 with diplomas in Criminal Justice and Retail and Industrial Security. He has an extensive background in protective services having served over nine years with various law enforcement agencies in Alberta and Saskatchewan. During this time, Kevin also trained and worked with community fire departments.

Joining Kevin in Thompson is his wife and grandson who are very excited about this opportunity and are looking forward to the new challenges of living in Northern Manitoba.

## Shauna Macauley

Shauna started with Manitoba Aboriginal and Northern Affairs (ANA) as a term employee in 2008. Working in the ANA Northern Region Thompson office, Shauna is the new trust and revenue clerk with the Financial and Administrative Services Division.

Shauna graduated from the University College of the North (UCN) with honours in the Computerized Business Applications program. She is currently working on completing her final year of the Business Administration program offered through UCN.

Shauna was born and raised in Thompson, Manitoba and enjoys fishing, camping and spending time with family and friends.

## Dillon Shinlger

Dillon recently joined Manitoba Aboriginal and Northern Affairs (ANA) on a two-year term as a technical and public works consultant based in the North Central Region office in Dauphin, Manitoba.

Dillon recently completed the Civil Technology program through Assiniboine Community College and earned his civil technician certificate.



Mike Myslicki



Kevin Sloboda



Shauna Macauley



Dillon Shinlger



Yvonne Mercredi

When he completes his two year term with ANA, Dillon plans on returning to school to graduate from the Civil Engineering program at Red River College.

Dillon grew up in the small town of Ochre River and is proud to call Manitoba home.

### Yvonne Mercredi

Yvonne works as the administrative assistant to the executive director in the Manitoba Aboriginal and Northern Affairs (ANA) Northern Region office in Thompson. Although this is a new

position for her, Yvonne first worked with ANA in 1974.

Since that time she has been employed with a variety of Aboriginal organizations such as the Manitoba Keewatinowi Okimakanak Awasis Agency and the Manitoba Metis Federation, where she worked in the administrative field. During this time Yvonne also completed a two-year program as a recreation worker.

Originally from Barrows, Manitoba, Yvonne first lived in Thompson in 1973.

# A Safe Workplace

## Confined Space Safety

**W**hat is meant by the workplace term confined space? A confined space is a workplace space:

- not intended or designed for continuous human occupancy
- with limited or restricted entrance or exit
- with potential for reduced oxygen levels, explosive, or toxic gases
- where there is hazardous energy (ex: electrical, hydraulic, pneumatic, kinetic)

Some examples of confined spaces in Manitoba Aboriginal and Northern Affairs (ANA) communities include:

- septic holding tanks
- crawlspaces beneath buildings
- wells
- silos
- interiors of tanker trailers
- culverts

## If You Don't Know, Don't Go

You must be properly trained in confined space entry and equipped with the appropriate personal protective equipment (PPE) before you enter a confined space. Any space where there is the presence of waste matter (ex: sewer lines and septic tanks) must be presumed as immediately dangerous to life and health.

Only persons trained in and equipped with a self-contained breathing apparatus (SCBA) or a supplied air respirator (SAR) may enter this type of environment. Three people are required for confined space entry. This includes the person going into the confined space, the safety watch and a backup person equipped with proper gear in case the person entering the confined

A leachate manhole with an open lid. To make it safe for community residents, this lid should always be kept locked shut and have a warning sign placed near it.



space needs emergency assistance. There must also be a way of communicating with the attendant and outside emergency assistance. Proper rescue equipment should be on site (ex: tripod or davit and a retrieval winch) before anyone enters a confined space.

## Secure Your Community's Confined Spaces

Section 15.6 of the Manitoba Workplace Safety and Health Regulation says: "An employer and an owner must take all steps reasonably practicable to prevent any person, other than a worker who is required or permitted to do so, from entering a confined space." This means no unauthorized person can be allowed access to your community's confined spaces. Ensure all septic tank covers are chained and locked shut, and that rooms with crawlspace access hatches are kept locked.

If you have questions about confined spaces, or any other Workplace Safety and Health matter, please contact technical and public works/Workplace Safety and Health consultant Mike Myslicki at 204-945-5318.

# Municipal Calendar Monthly Reminder for: August/September

## August 2009

1 Deadline for receipt of any property tax payments to dept to avoid penalties.

3 CIVIC HOLIDAY

15 Deadline for receipt of payment to Receiver General to avoid penalty.

17 Follow-up with auditor for audit exit interview.

19 **Management Maintenance Systems (MMS)** - Isolate lagoon cells.

31 Deadline for receipt of March 31, 2009 audit.

### Events:

- NACC 39th AGM and trade show - August 18 – 20 in Winnipeg.

### Community:

- 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 the Building Independence Initiative to regional office.

### Workplace Safety and Health 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:

- Regional review of capital project applications.
- Plan infrastructure schedule.
- Send community inventory reports for updating for receipt by September 1.

## September 2009

1 Deadline for receipt of any property tax payments to department to avoid penalties. Council will receive community inventory reports to update in conjunction with the infrastructure audit.

2 **MMS** - Lagoon samples sent out.

**MMS** - Minimum two weeks isolation for lagoon.

7 LABOUR DAY

9 Inventory day.

11 Prepare 2008/09 operation and maintenance surplus/deficit approval request.

15 Deadline for receipt of payment to Receiver General to avoid penalty.

16 **MMS** - Furnaces and heaters serviced.

18 **MMS** - Crawlspace vents closed.

31 Submit 2008/09 operation and maintenance surplus/deficit approval request.

Municipal taxes are due.

### Events:

- Northern Links Recreation and Wellness Workshop will be held September 14-18 at Clear Lake.
- Capital approval board meets September 22-24 in Winnipeg.

### Community:

- Council to begin planning process to review and update the community management plan (six month review).

- Submit municipal employee benefits program form and payment no later than seven working days after the last pay period.

- If applicable, submit bi-weekly payrolls for the Building Independence Initiative to regional office.

### Workplace Safety and Health Reminders:

- Council to ensure fire extinguishers and first aid kits inspected.
- Council to action items highlighted as corrective action from inspections.
- Planned inspection to be conducted in conjunction with the infrastructure audit by regional office or energy consultants.

### Departmental:

- Infrastructure audit month.
- Final capital project applications submitted to capital approval board.
- Capital approval board meets this month to recommend capital projects.

# Community Contact

### Paul Doolan, Editor

1680 Ellice Avenue, Bay 8  
Winnipeg, MB R3H 0Z2

Ph: 204-945-2161

Toll free: 1-800-282-8069

Fax: 204-948-2389

E-mail: paul.doolan@gov.mb.ca

Web: manitoba.ca/ana

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