

COMMUNITY-LED CHANGE

YOUTH VOICES



2020/21





LEGEND

- Returning Partnerships
- New Partnerships
- Previous Partnerships

Treaty Areas

- Treaty No. 1
- Treaty No. 2
- Treaty No. 3
- Treaty No. 4
- Treaty No. 5

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YOUTH STATEMENT

It has been a great opportunity to share our voices and feelings about the projects we have been part of. With this book, we hope to inspire youth to do more in their own communities, knowing that they are being seen and heard.

We are the generation of changemakers. More so than ever before, today's youth are seen fighting for equality, freedom, and social justice. As we struggle to make sense of past policies and traumatic events, we realize that much has been erased. However, by turning a blind eye to the past, we lose sight of the beautiful things such as language, legends, myths, teachings, and spirituality. In other words, by trying to forget the past you can lose the culture behind it. Educating people about our land, history, and ancestors is key to making the goal of a brighter future a reality.

As youth, we are given an opportunity to learn from our Elders and to then educate younger generations. Without our Elder's knowledge and guidance, we would not be able to keep our culture alive. Our culture is not something in a textbook, it is something our Elders were taught by seeing and hearing.

By learning and listening to the past generations, we can help shape the world that we want to see. We are often told that we are "tomorrow's leaders" and that we are "the future." ***The projects in this book showcase that we are not "tomorrow's" leaders, we are leaders now, and this is the future.***

CREATED BY:



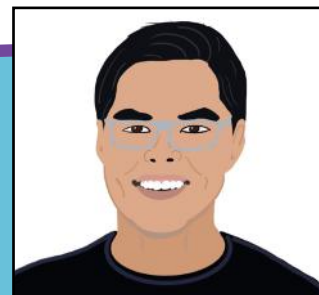
MICHAELA DE HOOP

OPASKWAYAK CREE NATION



ALANNA DISBROWE

BARREN LANDS FIRST NATION



MALCOM DISBROWE

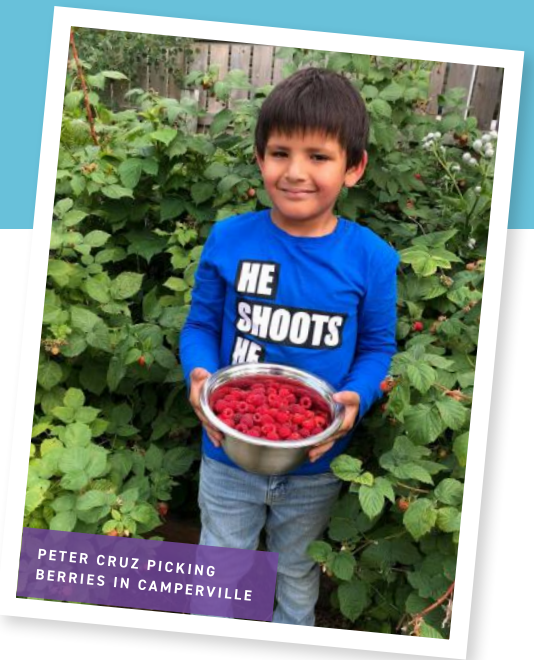
BARREN LANDS FIRST NATION

WELCOME & THANK YOU

We are a group of community people, Northern Advisors, Collaborators, staff, and many helpers. Our strong network works for healthier, stronger communities in Northern Manitoba, and our partnerships are mutually transformative.

The Northern Manitoba Food, Culture, and Community Collaborative is excited to share with you the 6th edition of our Community Stories booklet! This year we are focused on YOUTH as we share stories about community-led change taking place in Northern Manitoba. Youth have always been a strong feature of the work communities are leading. In this edition, youth share their stories, experiences, and dreams. By listening to youth and elevating their voices, we celebrate the life of youth and the important place they have in our communities. Adults and Elders have been paving the way by providing youth opportunities to reclaim their language, culture, and identity. Youth gain hands-on skills and soak up knowledge to carry on sacred traditions. Youth, with their passion and energy, are working towards rebuilding food sovereign nations and communities.

This booklet was planned, envisioned, and created in true collaborative fashion. So many people contributed to make it a reality: almost 40 youth shared their voices; the planning committee shaped and envisioned the theme; Northern Advisors provided insight and encouragement; so many communities shared pictures, stories, and encouraged youth to participate; talented artists and designers brought this book to life; and the Collaborators who know the importance of sharing these stories. Thank you to each of you!



NEW EXCITING CONTENT:

- Many colourful illustrations throughout the book give a fun and eye-catching vibe
- 37 youth sharing their voices on community-led projects
- Illustrations of Northern Advisors sharing their wisdom and appreciation
- NMFCCC logo redesign

The Collaborative invests heavily in shared learning, story sharing, and bringing communities together (see our Theory of Change). We learn from our Northern Advisors that we all have wisdom to give, have learning to do, and through relationships we can be stronger together.

This booklet is a favorite of many. We send it to communities across the country to share inspirational community-led work happening in Northern Manitoba. Our hope is that it engages young people while showing what is possible.

REFLECTING ON THE PAST YEAR AND A BIT...

It would be remiss not to acknowledge the Covid-19 pandemic that has now reshaped and impacted all of our lives, communities, relations, and futures. Communities in Northern Manitoba faced increased food insecurity, strict lockdowns, isolation, school shutdowns, and uncertainty. In spite of all these additional challenges, communities found ways to come together to support Elders, organize small scale land-based learning opportunities, harvest and distribute country foods, deliver food hampers, start community gardens, share medical information campaigns, and much more.

NMFCCC staff were, and continue to be, in regular contact with our community partners. We are learning what communities are experiencing, and how to be a good partner during this time. Collaborative members contributed additional funds for Covid responses. Our travel and gathering funds were reallocated to further community-led work. We also partnered with some Northern communities outside Manitoba that are leading strong project forward. The network of support created through this work allowed us to respond quickly to community needs based on a foundation of mutually transformative relationships, good partnerships, and a deep trust.

Covid will eventually be less of a force in our lives, but healing from the challenge, loss, anger and trauma will take time. Let us take deep learnings from this pandemic – the power of collaboration, the importance of a good world for our youth, our ability to increase community self-sufficiency, and this hopeful and growing movement of food and land sovereignty. With these learnings let's continue to support each other, empower youth, and demonstrate pathways for positive change.



BULK POTATO PURCHASE FOR COMMUNITY MEMBERS IN CAMPERVILLE



STUDENTS IN LA RONGE, SK, WORKING WITH BEAVERS



YOUTH ICE FISHING IN NCN



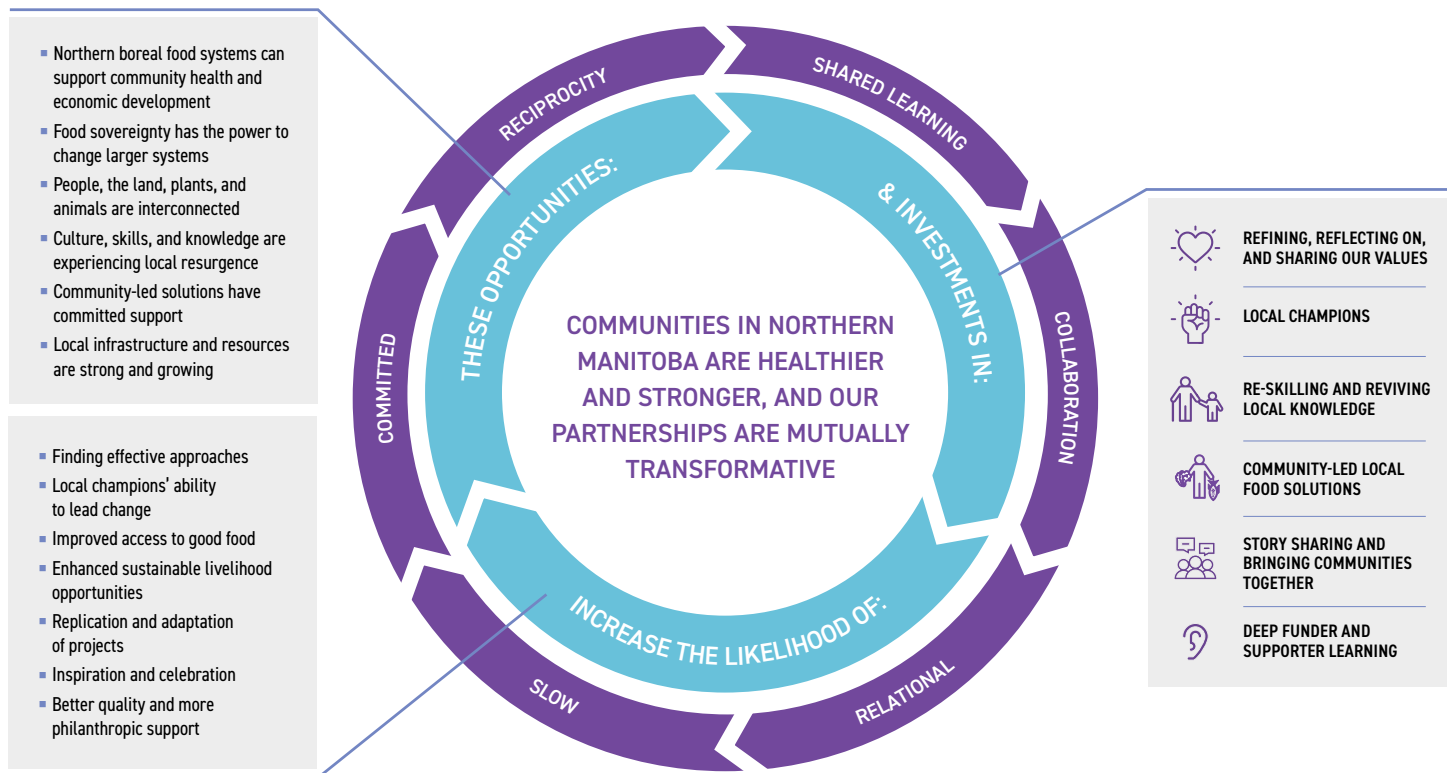
FOREVER **REMEMBERED**

Due to Covid-19, few people will remain untouched by loss or long-term health issues of someone they care about. We want to acknowledge those who have lost someone, communities that have lost many of their Elders and knowledge keepers, and youth who now have a large void in their lives. We honor those who have been lost – kookums, mushums, mothers, fathers, aunties, uncles, our 2SLGBTQ relatives, and children.

***You are missed. You are loved.
And you will be remembered.***

THEORY OF CHANGE

The NMFCCC Theory of Change is rooted in our values, uses an opportunities-based lens, and embraces a circular worldview that aims to show our continuous growth and learning. It took nearly 4 years of practice and learning, and the involvement of community partners, Northern Advisors, and funders to create.



OUR VALUES

RELATIONAL

The nature of this collaborative is not transactional, but relational. We approach relationships in an interpersonal and interactive way and they are developed through conversations, community visits, and story sharing. Our relationships are not bound by project timelines or granting periods, and we build relationships for the long-term.

RECIPROCITY

Participants (funders, community people, Northern Advisors, support organizations) give in return to each other's efforts. This principle is rooted in a mutual respect for what each other has to give.

SLOW

We recognize the impacts of history, and that healing and re-skilling will take a longer time horizon than most governments or funders typically consider. We recognize that slow but steady pacing will allow for communities and their local infrastructure to evolve in a sustainable and rooted way. Despite the urgency, fast may not be the best path, and may result in more damage than healing.

SHARED LEARNING

We all have wisdom to give, and to work together we have to understand each other. We can all grow when we listen to each other and understand each other. No one person/group has all of the answers and our understanding can always become deeper.

COMMITTED

We seek to demonstrate to communities that we will extend support in a dependable and steadfast way as long as the partnership is sought. This could include grants, networking, problem solving, friendship, story sharing, and more. We value the commitments that community members make to each other and their work.

COLLABORATION

We work in partnership by pooling and sharing resources, knowledge, networks, and ideas. Rooted in the belief that we are stronger and have more potential when we work together.

INTRODUCING

THE NORTHERN ADVISORS

Northern Advisors offer their knowledge and provide insight about community support and the beautiful movement towards healthier, stronger communities in Northern Manitoba. As our Elders, they help us all to be stronger in our work and ourselves. *Chi Miigwetch, Ekosani for the guidance!*

I AM EXCITED ABOUT THE YOUTH-LED CULTURAL ACTIVITIES THAT ARE HAPPENING IN OUR COMMUNITIES. THE NMFCCC HAS GIVEN THE COMMUNITIES AN OPPORTUNITY TO HELP YOUTH LEARN ABOUT FOOD SECURITY, IT PROVIDED A SPACE TO LEARN ABOUT GARDENING, HUNTING AND FISHING. THE PROJECTS CONNECT COMMUNITIES IN SHARING STORIES ABOUT THEIR CHALLENGES AND SUCCESSES. THESE IMPORTANT PROJECTS BENEFIT AND EMPOWER THE YOUTH TO BE INVOLVED IN THE COMMUNITY'S WELL-BEING.



HILDA DYSART

BECKY COOK

ERVIN BIGHETTY

CARL MCCORRISTER

MARLYN COOK

SOPHIA RABLIAUSKAS



YOUTH OF MISIPAWISTIK PIMATISIMESKANAW

2020/21 COMMUNITY PROJECTS

There's no 'one size fits all' when reclaiming and building-up food systems, local economies, and culture. But there is some good advice that will set you up for success.

It's all the good stuff your Kokum told you – build on your strengths, listen to your Elders, invest in youth, don't leave people behind, go at the pace that you can handle, respect and protect the land and water, and do things that can benefit everyone in the community.



NCN YOUTH ICE FISHING



CHUCK & THE 'A TEAM', 2013

**WANNA GET
INSPIRED?**

In this book we celebrate and elevate the role of **YOUTH** in strong community projects.



HARVESTING: HBOIERC STUDENTS



PLANTING TOGETHER IN OCN

Check out all of these amazing **YOUTH-POWERED** projects!
PAGES 11-47



HIDE SCRAPING
AT MISIPAWISTIK
PIMATISIMESKANAW
MOOSE CAMP



OPCN FAMILY, SNOW GOOSE HARVEST



OCHLI YOUTH CREW, 2021



MYRON COOK AND HIS DAD PULLING NETS

ON THE LAND HARVESTING

BARREN LANDS FIRST NATION



1200 KM NORTH OF WINNIPEG
FLY-IN, WINTER ROAD
700 2020 POPULATION

PROJECT MANAGED
 by Jordan's Principle

Jordan's Principle is organizing a four day culture camp for the community

where families and youth can ask questions to Elders and learn about community traditions. We want to pass on our traditional knowledge, and keep that connection going between Elders and youth.

A fish harvesting project was also organized so that community members could receive trout, whitefish, and jackfish. Our goal is to build capacity within the community and create economic development. The fishermen were happy to earn an additional income and help out Elders and families in the community. People were really appreciative to receive fish from the harvesters because a lot of people don't have access to a boat or Elders can't provide for themselves.

2020 Fish Harvest Project:

- 8 fishermen harvest fish for 10 households, reaching 80 people.
- Purchased and filled 4 freezers with wild meat for programming throughout the year.

2021 Goals:

- Host a four-day culture camp to pass on traditional teachings and food practices between Elders and young people.

YOUTH VOICES

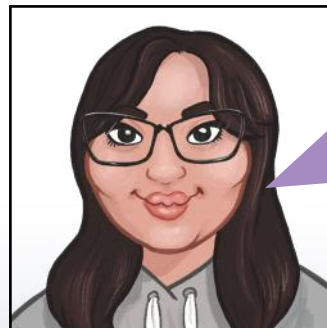
IN BROCHET, IT'S ALL ABOUT HUNTING, FISHING, TRAPPING, MEDICINES FROM THE LAND. IT'S SO MUCH BETTER THIS WAY.

28 YEARS OLD



CASSANDRA BIGHETTY

22 YEARS OLD

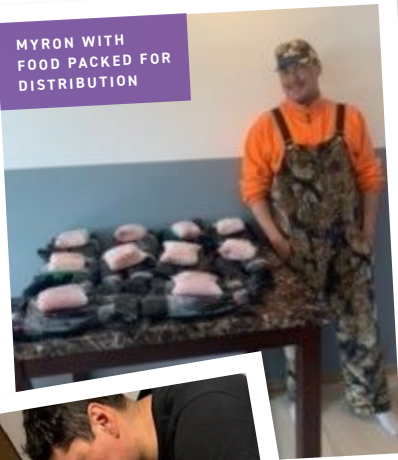


ALANNA DISBROWE

I FEEL THAT THE PROJECTS THAT ARE BROUGHT INTO THE NORTHERN COMMUNITIES HELP DEVELOP THE INDIGENOUS ECONOMIC DEVELOPMENT. THERE ARE NOT TOO MANY JOB OFFERINGS FOR A YOUNG PERSON TO APPLY FOR, BUT BY HAVING...

...a community to get funding to hire a few to educate others is something that is very beneficial for the community as a whole. For example, the youth gardening program in Brochet was a huge hit. Many people were taught how to plant their own vegetables right outside their door steps! ...Knowledge is power, that is something that I will always go by. You can never learn too much and you will never stop learning.

MYRON WITH FOOD PACKED FOR DISTRIBUTION

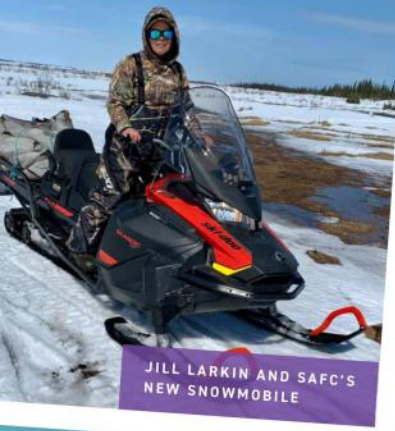


MYRON FILLETING FISH



It helps our people so much, our people go to the land to provide for their families"

TRISHA BIGHETTY, JORDAN'S PRINCIPLE



JILL LARKIN AND SAFC'S NEW SNOWMOBILE



YOUTH WITH SNOW GEESSE

WARRIOR CAREGIVER PROGRAM: MEN'S HUNTS

EST. 2020

CHURCHILL

All the Subarctic Friendship Circle's programming offer opportunities for Churchillians to learn together, spend time on the land, build skills and community, and share good food and knowledge. The 2021 Men's Hunt offered an opportunity for men to participate in community goose and moose hunts. Objectives of the programming is to re-connect men to the land and each other, teach hunting skills, how to gut and cut up animals, preparing and cooking, and sharing with family and Elders.

PROJECT HOSTED

by Subarctic Friendship Circle



Watch Goose Hunt video: youtu.be/ISPs0OTpOq0

2021 HIGHLIGHTS:

Plans for the 2021 Men's Hunt changed. We hosted day trip hunts this year that were accessible by truck, walking, or snowmobile.

- Held 7.5 hunting days
- 16 adults and four youth harvested 99 birds
- Held 2 Firearm Safety Courses and 2 youth took hunter safety

THEORY OF CHANGE:



LOCAL CHAMPIONS



RE-SKILLING AND REVIVING LOCAL KNOWLEDGE



BRINGING COMMUNITIES TOGETHER

- Some meat harvested was shared with Elders and community members. The rest hunters took home or donated to our program.
- One hunter took a couple of young guys out and they harvested 40 geese for our program.
- Hosted 2 cooking classes - 1 open to Churchill, the other was mens only. The Rocket Greens project donated some fresh greens.

This was a good way for men to come together on the land and talk openly about what's going on in their lives and learn new skills."

RICK KOZAK

I am so excited about this project! In my work with youth in MCN I have seen firsthand how getting out on the land can help our people heal from the disconnection that colonialism has put us through. It not only helps our physical health by getting moving and eating healthier foods, it also supports our mental, emotional and spiritual health by rebuilding our connections to the land and each other. One thing I always like to integrate into the work in MCN is sharing circles, it really helps the group to connect with each other and it also helps me to see how each person has benefited from the work.

BECKY COOK, NMFCCC NORTHERN ADVISOR

Getting out there hunting feels right. There's a connection to the land and the animals that are providing your sustenance that just doesn't occur when you're buying meat from the store."

JORDAN BUNKA



SESAME GINGER SNOW GOOSE STIRFRY

ROCKET GREENS



CHURCHILL

1004 KM NORTH OF WINNIPEG

899

2020 POPULATION

PROJECT HOSTED

by Churchill Northern Studies Centre



SEEDLINGS FOR COMMUNITY



CARLEY BASLER AND THE 40,000TH UNIT OF LEAFY GREENS

THEORY OF CHANGE:



LOCAL CHAMPIONS



RE-SKILLING AND REVIVING LOCAL KNOWLEDGE



COMMUNITY-LED LOCAL FOOD SOLUTIONS



BRINGING COMMUNITIES TOGETHER



The plants are technically alive when we give them to the customers because the root is still on them. You could stick them in water. I have had people say that they kept their plants alive and continued to snip lettuce leaves off them.”

CARLEY, ROCKET GREENS SYSTEMS MANAGER

The Rocket Greens Project grows leafy greens in shipping container converted to a hydroponic system. This fresh produce can be purchased year-round at the local stores or community members can subscribe for the “Launch Box”, a weekly mix of lettuces, herbs, and other leafy greens.

This project also continues to support local gardens through providing good seeds and transplants for personal gardens, and experimenting with root vegetable plots to learn best growing methods. Youth engagement, building skills, sharing knowledge, and producing local and tasty produce drives the Rocket Greens Project.

2020/21 ACTIVITIES:

- Selling our 40,000th Rocket Green unit in September!
- Maxing out at 55 households receiving weekly Rocket Greens Launch Boxes
- Virtual tours of the hydroponic garden with schools in Winnipeg, Ontario, and some sustainability engineers
- Being able to continue to provide the community with fresh produce
- Shut-downs highlighted the significance of a project like this
- Distributed 1200 seedlings to local gardeners
- Partnering with local school and the Wellness Centre to build 3 greenhouses in Churchill
- Will be creating a “how-to” video for building a greenhouse to share with others
- Continued support for the Rocket Greens produce from community
- Donating some herbs to the Warrior Caregiver cooking classes



TACOS FEATURING ROCKET GREENS



GREENS DONATED TO SAFC'S FISH-FOCUSED COOKING CLASS



I’m making soup with my Mom, I need to massage the kale. It’s the easiest thing ever, you just rub it, it makes it yummy. You really should try it.”

YOUTH TALKING TO A FRIEND WHILE PLAYING VIDEO GAMES





FRONTIER GROW NORTH PROGRAM

980
KM NORTH OF
WINNIPEG

650 2020
POPULATION

LEAF RAPIDS

PROJECT HOSTED
by Frontier School Division

PROJECT MANAGED
by Brian Trewin, Garden Coordinator



GROW NORTH CREW, 2021

Youth driven since it started in 2011, The Grow North Program supports research, development, and mentorship of food systems work in Northern Manitoba. Youth build hands-on skills including testing growing methods, selecting seeds for Northern suitability, and helping other communities strengthen their food systems.

2020/21 HIGHLIGHTS:

- Building youth skills through employment program. Five young people work in the project
- Building knowledge in hydroponics for school programs
- Experimenting with a variety of ways to improve soil in the North
- Building raised garden beds. Harvesting logs and focusing on local materials for the raised beds
- Chain saw Certification for program staff
- Dispersing growing packages & garden supports to communities in the region
- In-person mentorship to support horticulture in the region

I can't praise Grow North enough. The project has grown a lot over the years and Brian has done tremendous work transitioning the gardens and greenhouse into more environmentally friendly places, and allowing plants and the ecosystem to naturally grow, while maintaining food production.

ERVIN BIGHETTY, NMFCC NORTHERN ADVISOR
& FORMER GROW NORTH PARTICIPANT



We are trying to raise the collective awareness. Cultivating other people's abilities to grow for themselves.

BRIAN TREWIN, GARDEN COORDINATOR

For tips on growing in the boreal forest check out their website
WWW.BOREALGARDENING.COM &
@GROW NORTH

Check out YouTube Video:
**FRONTIER-GROW NORTH:
FALL GATHERING 2020**
[HTTPS://YOUTU.BE/C92EYUXWTYG](https://youtu.be/C92EYUXWTYG)



PLANTING



PLANNING THE RAISED BEDS



FIXING THE GARDEN SHED



TREMAINE SAVING TOMATO SEEDS



NEW RAISED BEDS

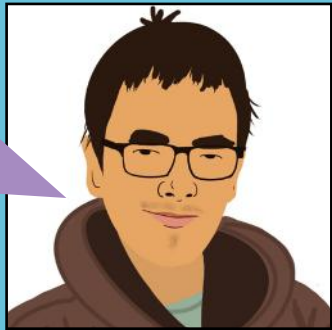
YOUTH VOICES

I LIKE HOW WE ARE ABLE TO PASS THE KNOWLEDGE WE LEARN TO THE COMMUNITY. IT'S IMPORTANT TO THE COMMUNITY MEMBERS TO KNOW HOW TO FEED YOURSELF WHEN YOU EVENTUALLY HAVE TO SURVIVE. I FEEL GREAT BEING PART OF THIS PROJECT.



TREMAIN SUTHERLAND

I LIKE THAT THIS PROJECT STARTED FROM AN OLD BURNT DOWN TRAIL COURT TO HAVING THE POTENTIAL TO FEED THE COMMUNITY. IT'S IMPORTANT BECAUSE IT CAN HELP PEOPLE TO GROW FOOD FOR THEMSELVES. TO OUR COMMUNITY, THIS PROJECT SHOWS THAT WE CAN SELF-SUSTAIN AND NOT RELY ON OUTSIDE SOURCES OF OVERPRICED FOOD. I WAS A PART OF THE PROJECT FROM THE BEGINNING AND IT MAKES ME HAPPY TO SEE IT IS STILL GROWING. AFTER BEING AWAY FOR A WHILE NOW I AM BACK AND WANT TO SEE THIS [PROJECT] EXPAND TO THE POINT WHERE IT'S FEEDING MULTIPLE COMMUNITIES WITH THEIR OWN NURSERIES. I HOPE WHAT WE ARE DOING HERE INSPIRES THE NEXT GENERATIONS TO LEARN HOW TO GROW THEIR OWN FOOD. I WOULD LIKE TO SEE MORE GARDENS IN THE FRONT YARD INSTEAD OF A FLAT PATCH OF GRASS.



TYLER BIGHETTY



HARVESTING HASKAPS



MAKING LITTLE GREENHOUSES



THE TUNNEL GREENHOUSE



1,086

KM NORTH OF WINNIPEG

~1,200

2020 RESIDENTS

ITHINTO MECHISOWIN PROJECT

PROJECT RUN by Local Community

O-PIPON-NA-PIWIN CREE NATION/ SOUTH INDIAN LAKE



OPCN FAMILY WITH SNOW GOOSE

Ithinto Mechisowin (food from the land) started in 2012 with no budget, but a strong vision for the community. As the late Elder Vivian Moose said “All we need is a vision and a name in Cree.” Community members harvest wild foods and medicines and distribute them through the IMP office to people who cannot access it themselves. Priority is given to Elders and people suffering chronic health issues. Partnerships across the community keep this program running. Partners include the school, band office, health center, Community Association of South Indian Lake, and more. Providing hands on learning to youth, and the opportunity to receive teachings is a vital part of this work.

ACTIVITIES/ACHIEVEMENTS:

- Pandemic response: created land-based family activity kits that encouraged physical distancing, harvesting foods, and connection to the land
- Creation of 2020-21 Wild Harvesting calendar with Cree language featured
- Created 5 short videos (to be released soon) that focus on wild food skills and land-based safety
- Kept our program running through a very difficult time. Access to hunting and fishing was limited but we still had some meat and fish from the land between the lock downs

2020-21 WILD HARVEST CALENDAR



This project is important. It brings back the teachings for the young parents and the children about the kinds of food we can access from the land. Every year we work together to provide food off the land for our Elders and other community members with health issues.”

HILDA DYSART, NMFCC NORTHERN ADVISOR



Watch videos: Na-Tas-Kek
[HTTPS://YOUTU.BE/IEFVWIWNDGQ](https://youtu.be/iefvwiwndgq)

Sharing our Stories
[HTTPS://YOUTU.BE/R6HUB5STKEO](https://youtu.be/r6hub5stkeo)

The number one reason this (project) is important to our community is that it is difficult to access wild foods from the main lake since the flooding (Manitoba Hydro) changed everything. It’s good for the indigenous diet because it allows us to connect to our cultural foods, good physical health, and for social interaction.”

JOHN BONNER, FORMER IMP COORDINATOR



TEA BOILING



JANET TAITE BANNOCK BAKING



STUDENTS HARVESTING POTATOES



NEW TRACTOR

HBOIERC SCHOOL GARDENS

NORWAY HOUSE CREE NATION

PROJECT HOSTED
by Frontier School Division

PROJECT MANAGED
by Helen Betty Osborne Ininiw Education Resource Centre



To learn more visit:
WWW.NMFCCC.CA/BRIGHTLIGHTS

The HBOIERC School Garden is a 22,000 square foot teaching garden for the N-12 students. The garden feeds 1300 students and 200 staff through the Culinary Arts program and Breakfast and Lunch Programs for 1/3 of the school year. We also support community members with home gardens.

2020/21 ACTIVITIES:

- Fire caused the loss of the greenhouse, shed, walking tractor and tools. We are rebuilding and this challenge has brought new volunteers and helpers out
- Acquired a tractor to support the project. Many new home gardens were created and old home gardens revived
- Worked with NMFCCC to create BrightLights case study of our project
- We grew a garden during covid!
- Currently, this is the biggest school garden in Northern Manitoba



800
KM NORTH OF WINNIPEG

8300 2020 MEMBERS

WWW.HBOIERC.COM
JOIN OUR GROUP @HBOIERC GARDEN

YOUTH VOICES

"MY FAVORITE PARTS WERE WHEN WE WERE DIGGING ALL THE POTATOES AND THEY BURIED ME UNDER SOME OF THEM IN THE TRAILER! I ALSO HAD FUN PLANTING SEEDS AND PICKING VEGETABLES WITH MY FRIEND KALEB."



The kids were so excited. They made more noise than any farm equipment could ever make."

RUSSELL, FORMER PROJECT LEAD

I LOVED PICKING BEETS BECAUSE THEY DIDN'T STING (THERE ARE NETTLES AMONGST THE CARROTS) WHILE HAULING THEM OUT. BUT MY FAVOURITE TO GROW AND EAT WERE CARROTS. MY MOM MADE PICKLED BEETS FOR MY DAD THOUGH.

THIS PROJECT IS IMPORTANT BECAUSE IF YOU DON'T HAVE ENOUGH FOOD YOU CAN ALWAYS GO TO YOUR GARDEN AND PICK SOME TO COOK. OR EAT RAW WITH RANCH LIKE CARROTS. ALSO VEGETABLES ARE HEALTHY FOR YOU AND IT'S FUN TO GET OUTSIDE!



ANNABELLE, GRADE 3



GRADY, GRADE 6



GROWING IN THE GREENHOUSE

MAKESO SAKAHIKANIHK KISTIKAN

FOX LAKE CREE NATION

PROJECT HOSTED
by Food Matters Manitoba

PROJECT MANAGED
by Wihkaskohte Inc.

THEORY OF CHANGE:



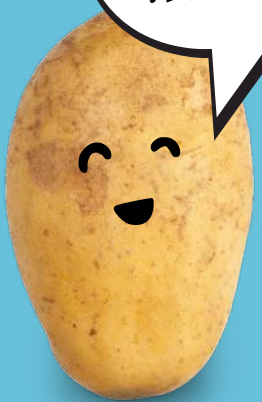
LOCAL CHAMPIONS



RE-SKILLING AND REVIVING LOCAL KNOWLEDGE



COMMUNITY-LED LOCAL FOOD SOLUTIONS



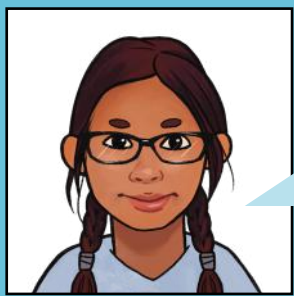
Makeso Sahahikanihk Kistikan (Fox Lake Farm) is a youth-led project that continues to build food sovereignty through creating opportunities for community members to garden, develop skills, build confidence, and grow food for the community.

The farm has 2 hoop greenhouse, a large potato plot, multiple smaller garden plots, a mixed berry patch, and an onion patch. We continue to build onto the farm, as well as supporting household gardens throughout the community.

2021 HIGHLIGHTS:

- Despite covid challenges, this is the best year we have had yet
- Partnering with local school and Gilliam school
- Many years of building healthy soil has paid off
- Participation of Awasis youth
- Cold weather into June made for a late start to the season
- Workshops and training with youth
- Hosting a produce sale to raise funds for end of season feast and celebration

9 YEARS OLD



ADINAH LAWRENCHUK

MY FAVORITE THING ABOUT THE GARDEN IS THAT IT'S LOTS OF FUN TO DO WITH FAMILY AND FRIENDS!! GARDENING IS A GREAT IDEA FOR PEOPLE TO GROW THEIR OWN FOOD AND HELP, EVEN IF SOME PEOPLE DON'T HELP LIKE THEY SAID THEY WOULD. OTHER PEOPLE STILL COME AND WE HAVE FUN DOING IT! SOMETIMES PEOPLE FROM DIFFERENT PLACES COME AND HELP WITH THE GARDEN TOO.



ADINAH AND ZUCCHINI



By providing for ourselves, and feeding ourselves food that is indeed medicine, we will be taking the biggest steps back towards mino pimatisiwin, a good and balanced life."

DEMIAN LAWRENCHUK, PROJECT COORDINATOR



PLANTING POTATOES



POTATO PATCH



1,050
KM NORTH OF
WINNIPEG

500 2020
POPULATION

WILDERNESS CAMP PLANNING

EST.
2021

FOX LAKE CREE NATION

PROJECT HOSTED

by Food Matters Manitoba

PROJECT MANAGED

by Wihkaskohte Inc.

THEORY OF CHANGE:



LOCAL
CHAMPIONS



RE-SKILLING AND
REVIVING LOCAL
KNOWLEDGE



COMMUNITY-LED
LOCAL FOOD
SOLUTIONS

This project builds on previous land-based learning events held in Fox Lake. Wilderness camps for youth will be led by Elders and take place throughout the year at important times of the various seasons.

Our planning process allows for deep community and youth engagement so

the wilderness camps project is shaped, guided, and led by youth. This includes hiring youths to develop surveys, meet with community members, and help design the camps. We engage with Elders and knowledge holders to share and provide guidance during the planning and running of the project.

2021 HIGHLIGHTS:

- Held a number of conversations with Fox Lake youth
- Learning about what youth would like at camps
- Adapting conversations to be Covid safe
- Fox Lake youth are interested in learning from and with other communities and their youth

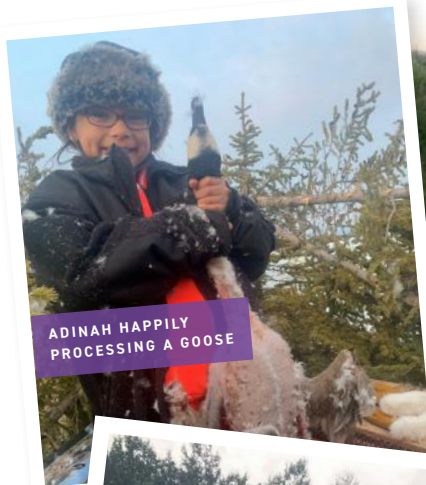


This is the place to learn about the importance of indigenous knowledge, our youth belong on the land of their ancestors. In order for youth and communities to heal, we have to go back to the land.

SOPHIA RABLIAUSKAS, NMFCC NORTHERN ADVISOR

We are trying to fill the gap between our youth and Elders with respect to the vast cultural knowledge that has allowed us to thrive in our land and taught us respect, pride, belonging, wellbeing, and health.”

DEMIAN LAWRENCHUK, PROJECT COORDINATOR



ADINAH HAPPILY
PROCESSING A GOOSE



CATCHING FISH



YOUTH GATHERING

WILD HARVEST PROJECT

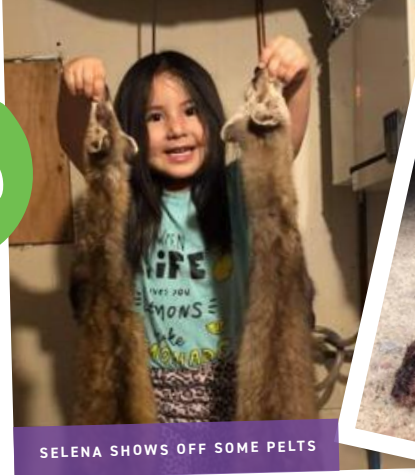
1 **FOX LAKE CREE NATION**

2 **YORK FACTORY FIRST NATION**

3 **NORWAY HOUSE CREE NATION**



EST. 2020



SELENA SHOWS OFF SOME PELTS



SELENA WITH A BEAVER

PROJECT MANAGED
by Food Matters Manitoba

THEORY OF CHANGE:



LOCAL CHAMPIONS



RE-SKILLING AND REVIVING LOCAL KNOWLEDGE



COMMUNITY-LED LOCAL FOOD SOLUTIONS

The Wild Food Harvest Project operates in 3 communities and was started as part of community covid-response. Experienced hunters took youth onto the land to harvest wild foods and share them with Elders and community members. Communities have been doing this since time immemorial to keep each other and the lands and animals healthy. The funding and project organization helps youth receive mentorship, and provides support for getting onto the land. Youth are reclaiming their role as helpers and showing their strength.



Each community has a different approach to their pandemics. What these three communities are doing is setting such a good example for other communities."

DEMIAN LAWRENCHUK

I AM QUITE THE CATCH!



I LIKE TO BE OUTDOORS, LEARNING ABOUT OUR TRADITIONAL WAYS"



ADAM SAUNDERS

13 YEARS OLD

PROJECT OBJECTIVES:

The goal is to increase wild food availability in the communities and to prepare young people to take on the provider roles as they grow up.

To make the communities stronger and more rooted in traditional teachings and practices. Elders and harvest leaders are sharing valuable harvesting traditions with youth from the community. Stories, skills and mentorship are shared throughout.



CRAIG SIMPSON AND TODD YORK PULL NETS NEAR NORWAY HOUSE CREE NATION

READY,
SET, GO!



Early on [in Fox Lake], what happened was that there was a lot of animals that got wise to the trappers routine. So, there would be foxes that would kind of follow the same trail and check the traps. The trappers were racing with the foxes to check all the snares.

DEMIAN LAWRENCHUK



YOUTH VOICES

I LIKE HUNTING
GEESE WITH MY
DADDY AND I LIKE
QUAD RIDES.



3 YEARS OLD

SELENA SAUNDERS

I ENJOY THE
OUTDOORS BECAUSE
I LIKE TO TRAP AND
HUNT. IT'S SOMETHING
TO DO AND YOU LEARN
A LOT FROM IT AND
IT'S GOOD TO SPEND
TIME WITH FAMILY AND
FRIENDS."



14 YEARS OLD

CAMERON SAUNDERS

I REALLY ENJOY AND LOVE BEING OUT IN THE BUSH WITH MY FAMILY. I LOVE THE DAYS WHENEVER I WENT OUT WITH MY BROTHER AND GOT A MOOSE OR A CARIBOU. THE PART THAT MADE ME FEEL GOOD ABOUT DOING THIS WAS LEARNING FROM IT AND ALSO HELPING OUT AND ACTUALLY PROVIDING MEAT FOR THE ELDERS AND THE PEOPLE IN MY COMMUNITY. ...WOULD LIKE TO THANK MY BROTHER FOR TAKING ME WITH HIM OUT THERE AND DOING THESE THINGS."

EXCERPT FROM NORTHERN SUN ARTICLE THAT HEATHER CONTRIBUTED TO WWW.FOODMATTERSMANITOBA.CA [HTTPS://BIT.LY/3BVKZWJ](https://bit.ly/3BVKZWJ)

17 YEARS OLD



HEATHER SAUNDERS



CHICKS!



475
KM NORTH OF
WINNIPEG

THE MEECHIM PROJECT



WINTER ROAD,
FLY-IN

GARDEN HILL FIRST NATION

2,776
2020 POPULATION

PROJECT MANAGED
by Aki Foods Inc. and
Garden Hill First Nation

PROJECT HOSTED
by Ma Mawi Wi Chi Itata Centre



YOUTH GARDENING

The Meechim Project is working to improve food security, increase local food sovereignty, and build the local economy through a number of farm initiatives. This is an integrated food project that is comprised of a farm, local market, and educational programming.



Video about the creation of Meechim Farm:
[HTTPS://YOUTU.BE/FFTVVURA2JG](https://youtu.be/FFTVVURA2JG)



Drone video of Meechim Farm
[HTTPS://YOUTU.BE/9CEWRORQAZK](https://youtu.be/9CEWRORQAZK)

2020/21 ACTIVITIES:

- Were able to raise and harvest 200 chickens, plus turkeys, ducks and geese
- Produced and will be growing another 2000lbs of fruits and vegetables. This includes potatoes, carrots, mixed beans, peas, corn, onions, strawberries and lettuce
- For the 1st time in 2020 a local restaurant was selling eggs on behalf the farm to community members
- Continue building up infrastructure on the farm, a commercial kitchen was built and in 2021 the farm will finally have hydro
- Adding family garden plots in backyards for those that are interested in growing their own food at home



I am so excited to be involved with food security projects. It is so important for us to spend time with the youth so they can learn about food security and how to live off the land. Foods that are grown on Mother Earth are so much healthier than the packaged food in the stores. It would be good if all schools were involved in teaching methods of food security to all children and youth."

MARLYN COOK, NMFCC NORTHERN ADVISOR

Every year is our harvest time. The community comes out and they come and harvest and they see for themselves what the land can still provide. The Gifts from the Land, they call it... And its families coming in, Kookooms, moms, dads and the children. They're walking into the fields and they're laughing together enjoying the moment. That is a moment that they will share for the rest of their lives. We've been doing this every year, except when covid stopped everything."

ZACH FLETT



ZACK FLETT HOLDING POTATOES



FARM INTERNS
WORKING THE
TRACTOR



COMMUNITY OUTREACH COORDINATOR
ZACH FLETT AT THE MEECHIM FARM IN
GARDEN HILL FIRST NATION.
PHOTO © ALLAN LISSNER



GREENHOUSE



MEECHIM STAFF IN THE TALL CORN

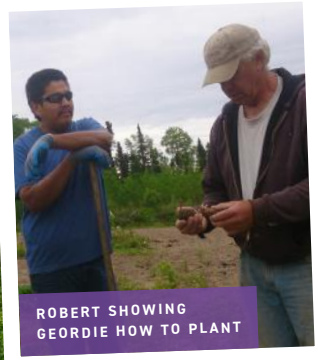


FARM STAFF WITH TOOLS IN HAND



**Amisah omma kesi keeskiswach askipoh,
ekwa immah kesi athah.
*This is where you cut the potato and this
is where you put them.***

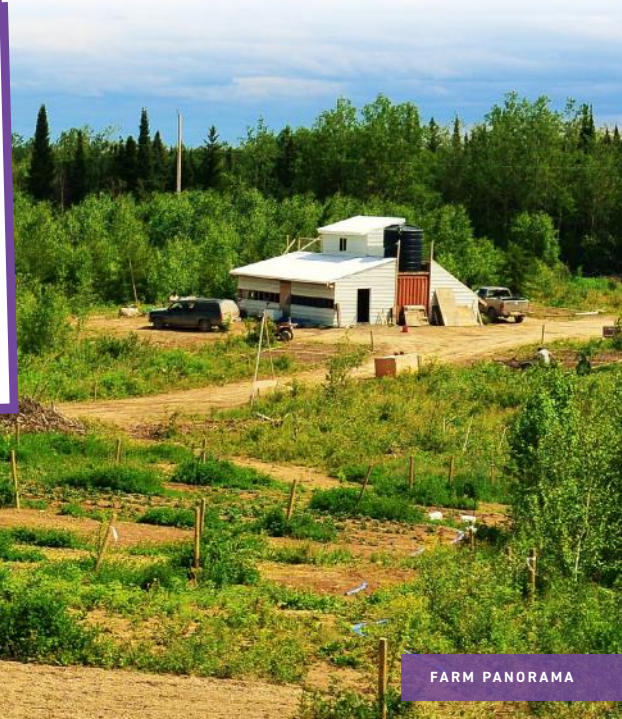
ZACK FLETT



ROBERT SHOWING
GEORDIE HOW TO PLANT

SHOUT OUT TO ROBERT GUILFORD:

Robert is the farm manager and has been with the project since 2014. He has provided instrumental teachings about running a farm operation and has built a great rapport with community members involved in the project. He has helped to create systems that work for a Northern farm and we appreciate all the time he has spent to help guide the project.



FARM PANORAMA



**Everything comes from the ground,
we come from the ground.”**

LARRY WOOD, 2017

COUNTRY FOODS PROGRAM

NISICHAWAYASIHK CREE NATION



860

KM NORTH OF WINNIPEG

PROJECT MANAGED

by Community

PROJECT HOSTED

by Food Matters Manitoba

3000

2020 POPULATION ON RESERVE

THEORY OF CHANGE:



LOCAL CHAMPIONS



RE-SKILLING AND REVIVING LOCAL KNOWLEDGE



COMMUNITY-LED LOCAL FOOD SOLUTIONS



The Country Foods Program makes our community stronger."

NCN CITIZEN



SINGING A GOOSE

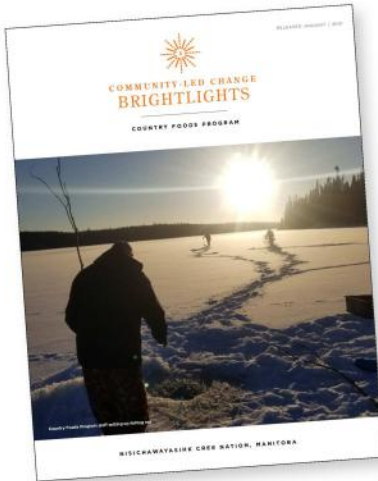


PROCESSING WILD GAME

The Country Foods Program operates year-round to harvest and distribute traditional foods with a focus on food for Elders, infirm, single parents and low-income. The program has been feeding the community for 28 years strong!

2020/21 ACTIVITIES:

- Updated and increased harvesting equipment with improved safety gear, fishing gear, and an Argo for improved access to harvesting grounds
- Collaborated with high school to mentor youth in rabbit snaring, ice fishing and goose processing
- Harvested locally produced chickens and honey for distribution
- Supported community food security with hamper deliveries and safe shopping during covid



To learn more visit:
WWW.NMFCCC.CA/BRIGHTLIGHTS



SPRING HUNT IN NCN



LEXI GETTING READY TO PROCESS A GOOSE



YOUTH VOICES

9 YEARS OLD



LYRICA MOODIE

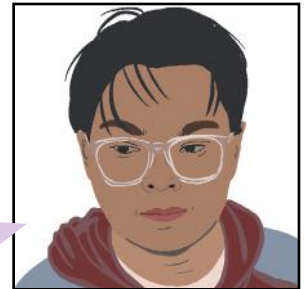
THEY [CHICKENS] ARE FUN TO PLAY WITH, BUT THEY ARE STARTING TO PECK HARDER NOW. THEY FEED US AND I NAMED ONE "NUGGET".
THEY [BEES] POLLINATE THE FLOWERS SO THEY CAN KEEP GROWING AND IF WE DIDN'T HAVE BEES, THAT WOULD BE BAD.



THIS SPRING MY CLASS HELPED SNARE RABBITS, SET NETS, AND PLUCK AND SINGE GEESE. I CAUGHT A RABBIT! I SET THE SNARE PERFECTLY ELEVATED AND PLACED.

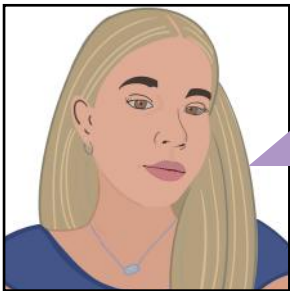
I LOOKED FOR THE RABBIT HIGHWAY, I LOOKED FOR THEIR TRAILS TO KNOW HOW TO CATCH THEM. IT WAS MY FIRST TIME PLUCKING GEESE. IT WAS GOOD TO BOND WITH MY CLASSMATES. I REMEMBER LAUGHING AND TELLING STORIES. SOME OF THE YOUTH WHO HAD DONE IT BEFORE HELPED US WHO HADN'T. IT'S IMPORTANT FOR US TO LEARN THESE THINGS. IF THINGS LIKE COVID HAPPEN AGAIN WE CAN RELY ON THE WILD FOODS. IT'S IMPORTANT TO TEACH THE YOUTH HOW TO TRAP AND HUNT AND LEARN TO PROVIDE FOR OURSELVES. I WOULD LIKE MORE WORKSHOPS LIKE THIS AND KNOW WHAT TO HUNT FOR IN EACH SEASON. LIKE MOOSE IN THE FALL, RABBIT IN THE WINTER AND GEESE IN THE SPRING.

18 YEARS OLD



BRENDAN LINKLATER

16 YEARS OLD



LEXI JOOS

THANKS TO THIS CLASS, AND THE TEACHINGS MY GRANDPARENTS INSTILLED IN ME, I ALWAYS LEARN SOMETHING NEW WHEN I'M IN THE BUSH. SINCE I WAS 4 I'VE BEEN LEARNING HOW TO LIVE OFF THE LAND. MY GRANDPARENTS HAVE TAUGHT ME: FILLETING FISH, SKINNING MOOSE AND SMOKING FISH/MOOSE MEAT, AND PLUCKING GEESE/DUCKS.

THE LAND-BASED CLASS WAS ALWAYS A BLAST. EVERYTHING IS SO VERY HANDS ON WHICH MAKES LEARNING FUN! IT'S VERY IMPORTANT TO LEARN THESE SKILLS, ESPECIALLY AS A YOUNG FIRST NATIONS YOUTH. I'D ALSO LIKE TO SEE MORE FEMALE YOUTH MY AGE GET INTO OUR TRADITIONAL WAY OF LIFE, LIVING OFF THE LAND. I BELIEVE THESE LESSONS ARE ESSENTIAL TO SURVIVING AND THEY NEED TO BE PASSED DOWN FROM GENERATION TO GENERATION. I AM BEYOND THANKFUL AND FEEL VERY LUCKY TO HAVE THIS CLASS IN MY SCHOOL. EKOSANI.

ON CHICKENS... "THEY WERE JUST SO CUTE, NOW THEY'RE SO BIG. I STILL LOVE THEM. I NAMED ONE, "GUITAR". THE CHICKEN EGGS ARE TOTALLY IMPORTANT; YOU CAN'T LET THEM SMASH"

ON BEES... "THEY STING, I DON'T LIKE GETTING STINGED. THE BEES ARE REALLY IMPORTANT TOO. BECAUSE THEY GIVE LIFE, RIGHT? AND THEY HAVE TO POLLINATE AND HONEY! THEY HELP THE FUTURE TO BE HAPPY! BECAUSE THE FUTURE NEEDS THEM BECAUSE THE FUTURE IS SICK RIGHT NOW. DID YOU KNOW! BEES COMES OUT OF FLOWERS AND MAKE BUZZING SOUNDS!"

6 YEARS OLD



ORION HUNTER

NORTHERN BEEKEEPING PROJECT

PROJECT HOSTED

by Wabowden Community Council



- 1 **WABOWDEN**
- 2 **THICKET PORTAGE**
- 3 **NISICHAWAYASIHK CREE NATION**
- 4 **OXFORD HOUSE**
- 5 **PIKWITONEI**



PROUD BEEKEEPER



TANNER PROCESSING HONEY



PROJECT MANAGED

by Bayline Regional Roundtable

COMMUNITIES RANGING FROM

80-3000 2020 POPULATIONS



THEORY OF CHANGE:



LOCAL CHAMPIONS



COMMUNITY-LED LOCAL FOOD SOLUTIONS



STORY SHARING AND BRINGING COMMUNITIES TOGETHER

The Northern Beekeeping Project is a growing network of beekeepers who are learning with and from each other to raise bees and produce delicious honey. The project has a strong mentorship focus with experienced beekeepers sharing their knowledge with new beekeepers. We also engage youth as much as possible and have had beekeepers as young as 10 who are learning all about bees and how they behave, how hives work, and how to process honey.

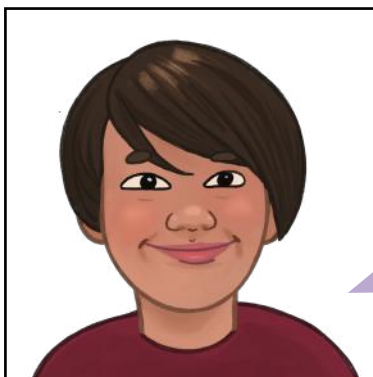
2020 HIGHLIGHTS:

- Testing new methods of overwintering our hives
- Extracted 100lbs of honey (others weren't able to extract, saving for 2021)
- Sharing honey with Elders and community members
- Increased garden production thanks to more bees pollinating

2021 HIGHLIGHTS:

- Successfully overwintered 4 beehives
- Beekeepers took online beekeeping course
- Purchased electric fence to protect hives from bears
- No workshops yet due to covid restrictions means beekeepers are learning more on their own

12 YEARS OLD



TANNER MILNE

ONE THING I WAS AFRAID OF GETTING STUNG UNTIL THEY GAVE ME A SUIT. THE SUIT WAS UNCOMFORTABLE. I ALSO FOUND OUT BEES ARE MY FAVORITE INSECT. THE HONEY WAS SO TASTY.



TANNER IN BEESUIT

The honey is out there, but it is being given away, traded! Like what we did in the old days, someone gives you fish, you give them vegetables. Same idea with the honey, if they want some then all we do is trade it for something else."

DONNA CHUBB



LIQUID GOLD



ALEX MOODIE CAPTURING A SWARM IN NCN



RESIDENT RECEIVING FOOD ORDER



BAYLINE FOOD BUYING CO-OP



- 1 WABOWDEN
- 2 THICKET PORTAGE
- 3 PIKWITONEI
- 4 WAR LAKE FIRST NATION

80-450 2020 MEMBERS

PROJECT MANAGED
by Bayline Regional Roundtable

PROJECT HOSTED
by Wabowden Community Council

THEORY OF CHANGE:



LOCAL CHAMPIONS



COMMUNITY-LED LOCAL FOOD SOLUTIONS

The Bayline Food Buying Co-op is a multi-community response for communities that have no grocery store. Community members place food orders that are purchased in bulk and then shipped by train to each community. This decreases the need to travel into Thompson and increases the amount of money that can be spent on good food.

2020/21 HIGHLIGHTS:

We quickly adapted to the challenges that Covid brought. We were in a good position to expand our program as the demand for BFBC increased.

To meet the challenge of increasing food insecurity, we increased the amount of food orders per month and included items such as toilet paper, cleaning supplies, and medicine. This allowed community members to avoid traveling to Thompson.

BFBC was contracted by the Province of Manitoba to distribute "Good Food Boxes" twice a month. Originally a 3-month pilot, this program is still running in 2021.

The BFBC continues to serve the communities it partners with. There are hopes to increase to other communities, to include locally grown food or local crafts. There is much potential and room for growth as communities continue their food security journey.



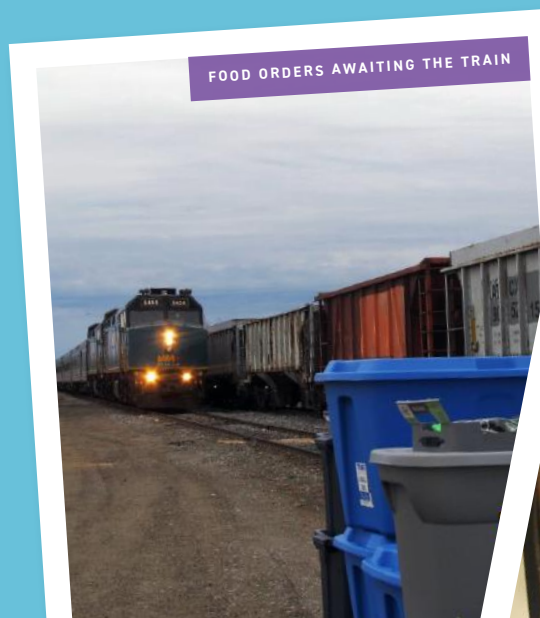
This program will teach our children healthy eating habits and will enhance their health. It also allows children to see community-led solutions in action, to learn about food systems, and how they can influence and know more about their own food systems."

DONNA CHUBB , BFBC COORDINATOR



The co-op is something we look forward to. We have our struggles with transportation, but there's always a way we manage to get our food orders out and delivered."

SYLVIA BRIGHTNOSE,
THICKET PORTAGE COORDINATOR





CULTURE CAMP

680

KM NORTH OF WINNIPEG

450

2020 POPULATION

WABOWDEN

PROJECT HOSTED

by Wabowden Community Council

PROJECT MANAGED

by Bayline Regional Roundtable



YOUTH PICKING POPLAR BUDS



CULTURE CAMP BOAT

The Culture Camp is a space for communities to come to learn from and with each other. A space for youth to spend time on the land and water connecting with their traditions and culture. A space of intergenerational knowledge sharing, healing, and relationship building. The creation of the camp builds on the traditional teachings activities that have been offered to youth in Wabowden and surrounding communities for many years.

2020 ACTIVITIES:

- Taking youth for day trips to camp
- Harvesting traditional medicines & berry picking
- Building first tent structure
- Long process to get necessary permits

2021 ACTIVITIES:

- Taking Culture Camp boat and youth out for its first ride
- Fishing and processing catch
- Picking poplar buds in the spring
- A couple day trips to camp, but with so many fires we haven't been able to visit as much as we'd hoped

There is so much positive energy that comes from young people when they go out to the land, because they are part of the land they feel that sense of belonging and a sense of pride. Their willingness to learn and embrace their culture gives me a sense of hope for the future.

SOPHIA RABLIAUSKAS, NMFCC NORTHERN ADVISOR

All our futures are affected by what we are taught and learnt along the way. Future generations will benefit as they have opportunities to engage with land, water, and traditional learnings. This is an important foundation that all youth need for their own self-worth, health and wellness, self-respect, and the understanding of the world around them from their local culture and history."

CAROLINE SANOFFSKY, ELDER AND CAMP ORGANIZER



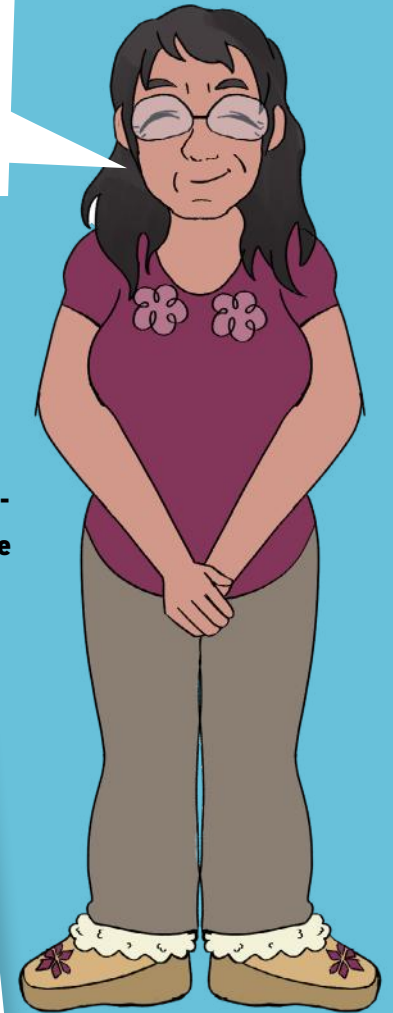
YOUTH AT WABOWDEN CULTURE CAMP

My great grandson loves berry picking, being out in the bush. He keeps talking about wanting to go pick berries again. About going back to camp."

DAWNY BAYER, TALKING ABOUT HER 6-YEAR-OLD GREAT GRANDSON



SUCCESSFUL FISHING TRIP





BERRY BUSH AND FRUIT TREE DISTRIBUTION

Communities expressed interest in expanding their food production efforts to include berry bushes and fruit trees. We purchased 2,200 saskatoon and raspberry bushes in 2020, and 2,300 saskatoon saplings and 30 apple trees in 2021.

Each community decided how many bushes would be a good amount. Young bushes and trees need extra care and attention to grow up strong. Some decided to plant community orchards, others gave plants to household gardeners, or for planting in school yards.

COMMUNITIES THAT RECEIVED BERRY BUSHES AND/OR FRUIT TREES:

- OPASKWAYAK CREE NATION**
- PINAYMOOTANG FIRST NATION**
- CAMPERVILLE**
- SAPOTAWEYAK CREE NATION**
- WUSKWI SIPIHK FIRST NATION**
- PINE DOCK**
- DAUPHIN RIVER**
- MATHESON ISLAND**
- WAYWAYSEECAPPO FIRST NATION**
- BARROWS**
- BLOODVEIN FIRST NATION**
- PEGUIS FIRST NATION**
- FOX LAKE CREE NATION**
- NORWAY HOUSE CREE NATION**
- WABOWDEN**
- THICKET PORTAGE**
- PIKWITONEI**
- WATERHEN**
- BUNIBONIBEE CREE NATION**
- CRANE RIVER**
- SPENCE LAKE**
- MEADOW PORTAGE**
- ROCK RIDGE**
- LEAF RAPIDS**
- (THEN DISTRIBUTED TO OTHER COMMUNITIES)**



We are thankful for this opportunity to promote food sustainability in the North of Manitoba. We hope to improve and expand upon the efforts that are very much needed in this line of work of food sustainability.”

GROW NORTH TEAM, LEAF RAPIDS



We now have a raspberry and saskatoon orchard at our main garden site. We also gave many of these seedlings to community garden members. Hopefully, in a few years, we will be harvesting raspberries and saskatoons.”

PEGUIS COMMUNITY GARDEN,
PEGUIS FIRST NATION



We would like to dedicate the 50 saskatoon trees that the Grade 5-8s planted in the school yard to be our permanent memorial for Residential School Survivors and the children that never made it home.”

CHIEF CHARLES AUDY MEMORIAL SCHOOL,
WUSKWI SIPIHK FIRST NATION



MINNO PIMATISSIWIN



630

KM NORTH OF WINNIPEG

5,368

2020 POPULATION

OPASKWAYAK CREE NATION

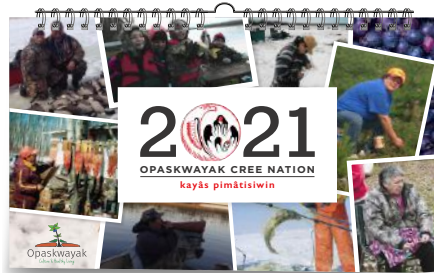
PROJECT MANAGED

by Opaskwayak Culture & Healthy Living Initiatives

2020/21 HIGHLIGHTS:

- Creation, printing and distribution of youth-led OCHLI Planting, Harvesting and Cooking Guide!
- 40+ families work together in the gardens and fruit spaces
- In 2021 we are constructing buildings to support wild food harvest and preparation (fish!)
- Young people got work opportunities in the garden and hands-on learning
- Purchase of a OCHLI tractor to support more home gardens and improve community garden maintenance
- Beekeeping and honey harvest: Opaskwayak Bee Nation!
- Rebuilding the clay oven at the main garden
- Creation of 2021 OCN kayās pimātisiwin Calendar

To create spaces and opportunities for residents of OCN to live healthy and active lifestyles and to mingle between generations. Together we have built many gardens, orchards and berry patches so the community can return to a way of life that sustains their Cree culture while flourishing and reaching their full potential.



2021 OCN kayās pimātisiwin CALENDAR

2020 OCHLI PLANTING, HARVESTING & COOKING GUIDE



All the people that work in the garden, including several Elders that work hard too, are right there being role models and setting good examples. They show people how to live a healthy and active life.”

PEGGY WILSON, OCHLI CO-FOUNDER



NEW TRACTOR SPRING 2020



OPASKWAYAK BEE NATION



HAEVEN AND KARIS PICKING AND COOKING SAGE



GARDEN HARVEST TIME



2020 YOUTH INTERNS



CHERRY PIE



OCN PIN CHERRIES

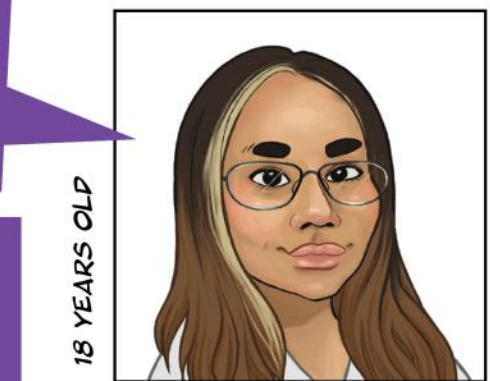


f JOIN OUR GROUP
@OCN COMMUNITY GARDENS

YOUTH VOICES

I HAVE SO MANY MEMORIES FROM THE GARDEN! THE FUN STANDS OUT TO ME. MOST PEOPLE SEE THE GARDEN JOB AS BORING AND JUST WORK IN THE SUN. AT FIRST I DID TOO, BUT IT'S SO MUCH MORE. IT WAS A DILIGENT AND BEAUTIFUL EXPERIENCE....

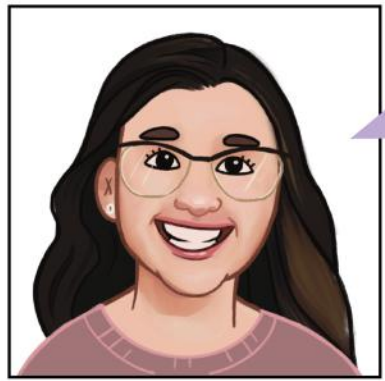
...Growing up I always was anti-social and wished I was different, this job changed me. I became a social butterfly and made new friends that I became close with.
I still remember the year I first learned how to rototill the dirt, and how to plant potatoes. And my favourite - the year we went canoeing and tipped into the water. I really enjoyed the time we all went to the beach as a celebration of our hard work.
I learned so much during my time at the garden, I know the types of plants you can eat and how to cook them. I really liked this job, and after my 3 years I felt it was time to pass my skills down to new youth.



18 YEARS OLD

MAXINE CONSTANT

18 YEARS OLD

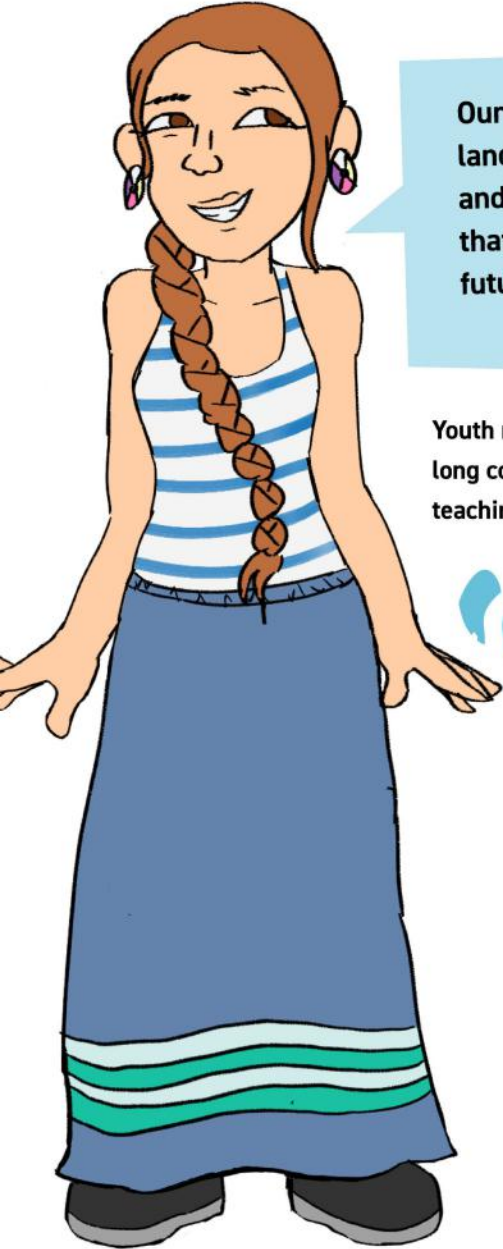


MICHAELA DE HOOP

THE OCN COMMUNITY GARDEN BRINGS ME A SENSE OF PRIDE ABOUT MY COMMUNITY. IT'S A GREAT PLACE TO MEET PEOPLE, LEARN NEW THINGS, AND MAKE LIFELONG MEMORIES.
I GREW UP GARDENING SO ONE OF MY FAVOURITE PARTS OF VOLUNTEERING IS WORKING ALONGSIDE CHILDREN, TEACHING THEM WHAT I KNOW, AND WATCHING THEIR PASSION FOR GARDENING GROW AS MINE ONCE DID.
BEING PART OF THIS PROJECT HAS SHOWN ME THE POWER WE HAVE WITHIN OUR WORLD. WITH THE RIGHT ATTITUDE, YOU CAN TRULY CHANGE PEOPLE'S LIVES FOR THE BETTER.

MISIPAWISTIK PIMATISIMĒSKANAW

MISIPAWISTIK CREE NATION



Our ancestors walked on this land and this land sustained them for thousands of years and we want to honor that and remember that and preserve this relationship for future generations.”

BECKY COOK, NMFCCC NORTHERN ADVISOR

Youth receive high school credits for their participation in weeks long courses on the land. Elders are present and supporting the teachings, skill building, and sharing the Cree Language.

“ I am so thankful to be asked to come out here and help cause when you are learning it is better to be outside than to be inside. Because outside is where you learn to do things, where you learn to help. Inside is very limiting... you have to be hands-on”

DENNIS DANIELS, CREE LANGUAGE INSTRUCTOR

To learn more visit:
WWW.NMFCCC.CA/BRIGHTLIGHTS



PAGE CONTENT SOURCED FROM THIS VIDEO,
PRODUCED BY MCN AND NATURE UNITED

Watch Video:
youtu.be/NyAYWgPx0ec



YOUTH VOICES



PATRICK MCMAHON

I SEEN IT AS AN OPPORTUNITY TO LEARN NEW THINGS AND ALSO AS A CHANCE TO SPEND TIME WITH THE ELDERS AND GET TO KNOW THEM CAUSE FOR A FEW YEARS NOW I HAVE BEEN TRYING TO GET IN TOUCH WITH MY CULTURE.

PATRICK MCMAHON, YOUTH PARTICIPANT

I WANT TO KNOW WHERE I COME FROM AND WHAT MY ANCESTORS DID HERE AND HOW IT WAS LIKE. I WANT TO BE ABLE TO SHARE STORIES LIKE THAT WITH THE YOUTH HERE AND WITH MY KIDS EVENTUALLY. I WANT EVERYONE TO BE PROUD OF WHERE THEY COME FROM.

AINSLEE DUCHARME, YOUTH PARTICIPANT



AINSLEE DUCHARME





COMMUNITY GARDEN PROJECT

EST. 2020

DAUPHIN RIVER



330

KM NORTH OF WINNIPEG

300

2020 POPULATION ON RESERVE

30

2020 POPULATION OFF RESERVE

To be able to expand our food production for the whole community. Growing healthy food and taking pride in our accomplishments.

2020/21 ACTIVITIES:

The Dauphin River Community Garden Project took off in summer 2020. Although a long-time gardening community the land has been recovering from the impacts of the flood in 2011. A shed and nine raised garden beds were built. In-ground garden has been expanded and materials have been repurposed for growing food such as old boats. Tiller purchased and irrigation system develop for in-ground garden. **What's growing?** Fruit trees and bushes, strawberries, cucumbers, carrots, peas, beans, tomatoes, potatoes, rhubarb, etc.

Community Council of Dauphin River and Dauphin River First Nation partner in December 2021 to provide food hampers to each household in the communities. This initiative was organized and distributed by Dale and the Jordan's Principle Team to lift the spirits of community members during the pandemic.

PROJECT HOSTED

by Dauphin River Community Council

PROJECT MANAGED

by Dale Einarsson

When I hear about the different community projects, it warms my heart and brings tears to my eyes. Here is a way that our generation can teach survival to the upcoming generations. As shown, food can grow anywhere."

MARLYN COOK, NMFCC NORTHERN ADVISOR



People who've never tried to grow anything are now saying, "OK, well, I really want to try this". It looks interesting and they were planting things in pots, pails or whatever they could find. I would drive by and I'd see decks with five-gallon pails all over, full of mud and plants growing."

DALE EINARSSON



DALE AND HER GARDEN



FOOD HAMPERS FOR THE FIRST NATION AND COMMUNITY COUNCIL



CREATIVE RAISED BED

GREENHOUSE LEARNING PLACE



180

KM NORTH OF WINNIPEG

PEGUIS FIRST NATION

10,000 BAND MEMBERS



YOUTH HARVESTING POTATOES

EST. 2020

PROJECT HOSTED

by Peguis Foundation Inc.

PROJECT MANAGED

by Jordan's Principle Child First Initiative, Peguis First Nation

2020/21 ACTIVITIES:

In 2020, our staff and youth planted and cared for a garden space with the Peguis Community Gardens and to help out with the community gardens. So far, 2021 has been busy with the organizing and planning stages of the Greenhouse Learning Place.

We are:

- hiring a coordinator for the planning of this space
- having conversations with our youth and committee to plan the lessons and activities for the space
- learning about greenhouses, plant care, and maintenance
- building community support and engagement

We continue to partner with the Peguis Community Garden project and are excited to see how the greenhouse and community gardens can strengthen food sovereignty in our nation.

Our goal is to give our youth opportunities to promote life through a greenhouse space that will not only provide food for our community, now and into the future, but will also provide a safe and natural space where there is learning, skill building, and a sense of accomplishment.

Activities are geared towards hands-on learning. Step by step, from seeding, growing, watering, nurturing, transplanting, harvesting, cooking, and eating, to name a few. All in a natural and unique way. We also see social enterprise potential.

We encourage and incorporate our language and history and teachings of our ancestors. A revitalization of language, history, culture, and tradition.

Q

What was your favorite part?

MY FAVORITE PART WAS THE BIKE RIDE AFTER AND SWIMMING.

A

CHANTORIA SINCLAIR, 15 YEARS OLD

Q

How was working in the garden?

IT WAS FUN AND FUN HANGING OUT WITH SISTERS.

A

KATHLEEN SINCLAIR, 13 YEARS OLD

Q

Would you work in the garden again?

YES, BECAUSE IT WAS FUN GETTING THE POTATOES AND ALSO BECAUSE WHEN WE TOOK A BREAK WE COULD EAT THE SNACKS.

A

NEVEAH SINCLAIR, 9 YEARS OLD

The 2020 season to what we are experiencing right now, it is a big difference. Very dry. The greenhouse can be a way to sustain ourselves. To provide food for our community. To be that shift for our young people to come back to being garden people, earth people.”

CRYSTAL HANSEN, JORDAN'S PRINCIPLE



PAILS OF POTATOES



TRACTOR PULLING POTATOES

COMMUNITY GARDENS

PEGUIS FIRST NATION

PROJECT HOSTED by Peguis Development Corporation



To learn more visit:
WWW.NMFCCC.CA/BRIGHTLIGHTS

2021 HIGHLIGHTS:

- 4 new household gardens
- Expanding our raspberry and saskatoon orchard
- Testing out a perennial wheat through partnership with the University of Manitoba
- So much watering as this is the driest season we have ever had
- Researching and planning around the changes we are seeing in our environment
- Building an underground storage for seeds and produce

2020 HIGHLIGHTS:

- Very stressful season between the many restrictions the pandemic brought, late frosts, lack of rain, and supply shortages
- 56 household gardens
- Hosting an Elder Gathering to share our harvest
- Producing and growing our own potato seed (they are delicious!)
- Involvement of the Jordan's Principle youth and staff

We have a history of agriculture from when we first settled at the mouth of the Red River in the 1700's until we were forcibly removed by the Government of Canada in 1907. Our vision is to regain our Heritage and Culture of Community Agriculture and having our community members grow their own food in the hope their children will continue in the future.

We have two sites that consist of about 3 acres of land on each site, where we grow our vegetables and tobacco. We try to grow our vegetables organically and hope that we can not only grow our foods but also protect the land for future generations.

Research and working with education institutions is also important. We work with the University of Manitoba and seed experts to take part in new ideas such as our own Peguis potatoes. We are also growing a new wheat grass that is doing good under the extreme heat and dry weather. As we begin the process of decolonization we must look at ways to use our lands and to take steps towards our own Food Security.

ELDER CARL MCCORRISTER, NMFCCC NORTHERN ADVISOR

The Community garden is a place to see what is possible and what we can do with hard work and involvement; it has been a showcase for our people and they have taken pride in it. We are seeing these 'fruits' being grown now, as we do have young gardeners and more wanting to get involved."

ELDER CARL MCCORRISTER, COMMUNITY GARDEN COORDINATOR





EST. 2021

275 KM NORTH OF WINNIPEG

350 2020 POPULATION

PIMAATIZIWININ

KINONJEOSHTEGON FIRST NATION

PROJECT MANAGED by Kinonjeoshtegon Health Centre

THEORY OF CHANGE:



LOCAL CHAMPIONS



RE-SKILLING AND REVIVING LOCAL KNOWLEDGE



COMMUNITY-LED LOCAL FOOD SOLUTIONS

The goal is to increase food security and promote healthier food options through gardening and preserving wild foods.



It will give knowledge and experience to the rest of the generations on the importance of having food security because this has never been done in our community.”

SONIA TRAVERSE, ABORIGINAL DIABETES INITIATIVE

2021 HIGHLIGHTS:

- We prepared and planted our first community garden!
- We found ways to have community members come help with the planting and watering of the garden but had to cancel our workshops
- The Peguis Community Garden team has been a big help and sharing their knowledge and skills with us as we learn
- We plan to build a smoke house

When safe, we will host workshops on gardening, smoking, and preserving. And we will celebrate our first garden season. These activities increase our food security and they help us preserve and practice our traditional knowledge.

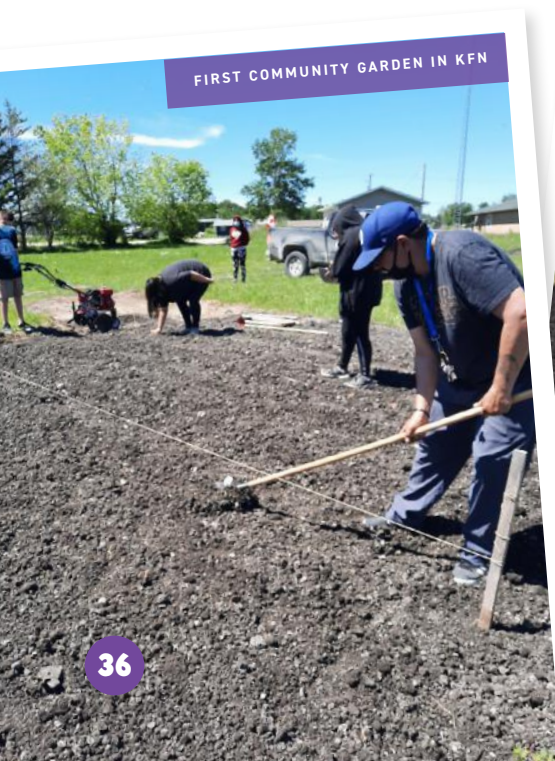
Our hopes are that this will become a yearly routine with the entire community and have something that can be sustainable for the future generations.

The new community garden looks great. We enjoyed the visits, helping with tilling, and planting. A teacher, Elder, and students came to help. They were happy to help and share in the work. It will be a good part of their community for food security in the future. We will continue to support them and help in any way we can. Congrats to Sonia and her staff for starting a great project for their community.”

ELDER CARL MCCORRISTER, NMFCC NORTHERN ADVISOR



FIRST COMMUNITY GARDEN IN KFN



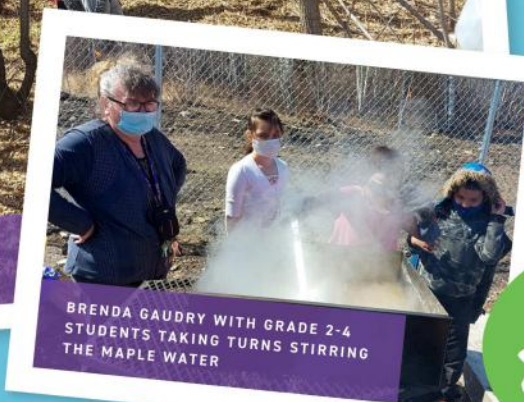
PREPARING THE SOIL



MAPLE SYRUP PROJECT - FOOD FROM THE LAND



NURSERY TO GRADE 4 STUDENTS CHECKING TO SEE IF MAPLE WATER WAS COMING OUT OF THE TREES



BRENDA GAUDRY WITH GRADE 2-4 STUDENTS TAKING TURNS STIRRING THE MAPLE WATER

EST. 2021

WUSKWI SIPIHK FIRST NATION



554

KM NORTH OF WINNIPEG

640

REGISTERED MEMBERS

150

LIVING ON RESERVE

PROJECT MANAGED

by Chief Charles Audy Memorial School

PROJECT HOSTED

by People's Food Institute

As part of the Outdoor Education Program, Grade 5-8 students along with the Elder Instructor started tapping maple trees. Maple water was harvested for about 3 weeks and then processed to produce maple syrup. The students reconnected and learned of our ancestors' way of harvesting and processing maple water from Mother Earth. We feel very blessed to have our modern-day equipment and to share this knowledge with the next generations.

2020/21 ACTIVITIES:

- Harvested and processed 120 gallons of maple water
- Hosted a pancake brunch with all students, staff, and Chief & Council

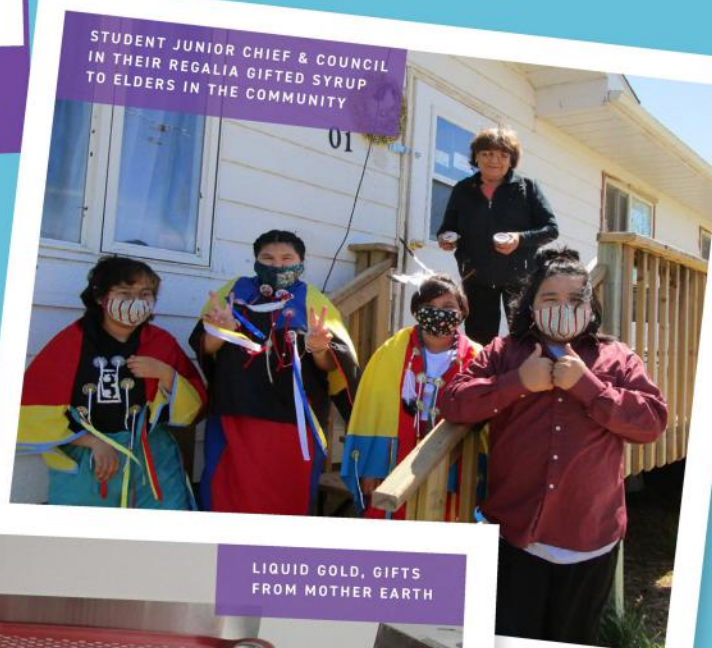


CHECK OUT VIDEO: [HTTPS://YOUTU.BE/YOC5Q7AXB10](https://youtu.be/yoc5q7axb10)
The Maple Project 2021- Chief Charles Audy Memorial School



Everyone was very impressed by the sweet flavor and could not believe that the syrup came from a tree."

BRENDA GAUDRY, ELDER INSTRUCTOR



STUDENT JUNIOR CHIEF & COUNCIL IN THEIR REGALIA GIFTED SYRUP TO ELDERS IN THE COMMUNITY



NURSERY TO GRADE 4 STUDENTS WERE ALSO INVITED TO LEARN ABOUT OUR PROJECT AND PARTICIPATE



LIQUID GOLD, GIFTS FROM MOTHER EARTH

YOUTH MATTERS GARDENING

CAMPERVILLE



430

KM NORTH OF WINNIPEG

820

2020 POPULATION

PROJECT HOSTED

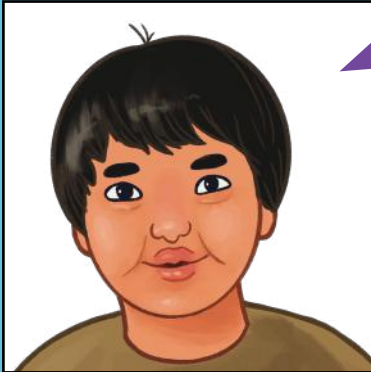
by Camperville Community Council

Youth Matters is a group of 20+ youth (ages 8-16) who come together with 10+ adults to learn about gardening and to gain leadership skills. The group also comes together for a weekly night of singing and dancing. Gardening brings strength to our community, reclaims food traditions, and reduces cost of living. The food produced in our garden and the wild foods on the land pair together to make a stronger local food system.

2020/21 ACTIVITIES:

- Manage community gardens
- Support home gardens
- Distributed food hampers, bulk potato purchase, and garden harvest to Elders
- Organized trappers/survival training workshop for 20 local people (ages: 10-65)
- Expanded the orchard (23 apple, 50 saskatoons, 20 blueberry)
- Organize a garden committee
- Incorporate our group
- Receive small tractor for plowing and tilling

10 YEARS OLD



COLTON MCLEOD

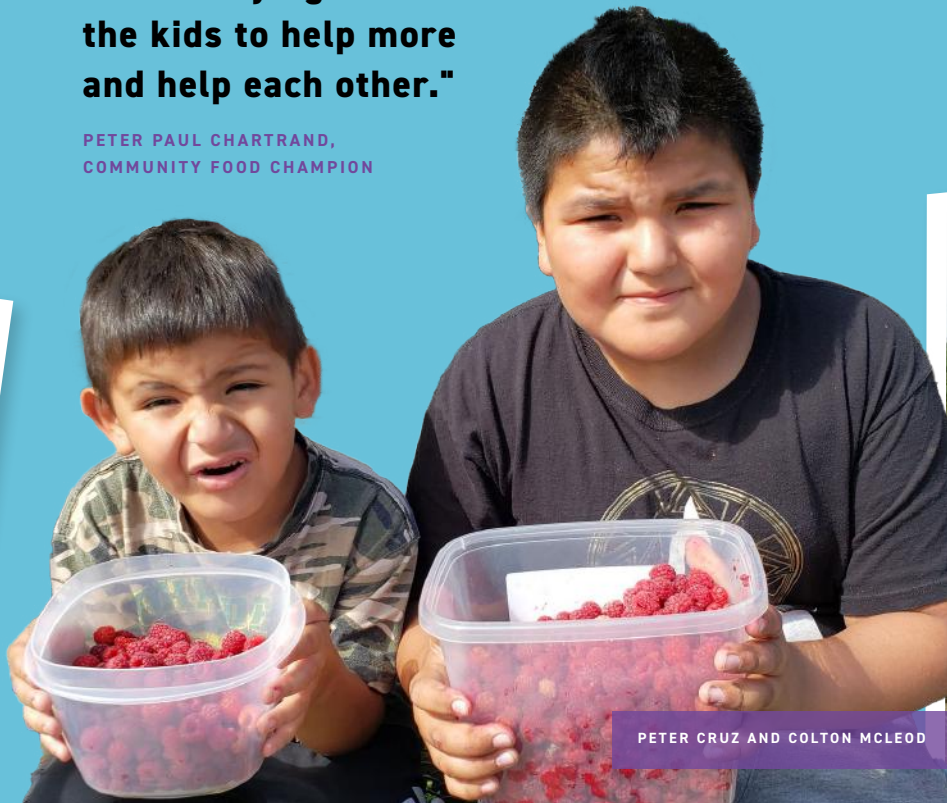
I LIKE THE PROJECT BECAUSE IT HELPS OUR COMMUNITY AND ESPECIALLY OUR ELDERS. I'M LEARNING HOW TO BE A LEADER AND HOW TO BE A GARDENER AND HOW TO SURVIVE.

The project means a lot to me especially at harvest time. The Elders just love the fresh vegetables and fruit and berries. The apples and berries help keep our Elders and community members healthy.

I love learning from Elders about gardening and sharing food like the old days and the hard times they had living from the wild and the stories about having dances and singing all weekend with the whole town. I would like to thank all the leaders that help me. I still have lots to learn. *Thank you Elders*

We are trying to show the kids to help more and help each other."

PETER PAUL CHARTRAND,
COMMUNITY FOOD CHAMPION



PETER CRUZ AND COLTON MCLEOD

PLOWING FOR OUR FUTURES

PINAYMOOTANG FIRST NATION

by Pinaymootang Health Centre

PROJECT HOSTED

by Food Matters Manitoba



240 KM NORTH OF WINNIPEG

1545 2020 POPULATION ON RESERVE

This project is on the right track. 150 gardens is a lot. The amount of people that are getting involved with growing their own food and re-learning self-sustainability is amazing. I see great things coming out of Pinaymootang.

ERVIN BIGHETTY,
NMFCC NORTHERN
ADVISOR



NEW TRACTOR



NEW PARTNER

7 WHEELBARROWS OF LETTUCE SHARED WITH COMMUNITY

Pinaymootang has always been an active community in gardening. The Aboriginal Diabetes Initiative has been supporting 80 home gardens for the past 15+ years by offering tilling, plowing, and supplying seeds. This year, the First Nation managed to support 150 home gardens, surpassing our intended goal of 100.

2020/21 ACTIVITIES:

- Promoting education on diabetes prevention and management (healthy eating)
- Connecting with health professionals relating to diabetes (dietitians, foot care) to assist community members
- Providing traditional medicines to families for blood sugar management
- Received small tractor with tiller and loader attachments

GARDENS HELP OUR COMMUNITY MEMBERS BY:

- Increasing access to fresh foods
- Increasing fruit and vegetable intake
- Improving food security
- Increasing physical activity
- Improving dietary habits through education
- Reducing the risk of disease
- Improving mental health
- Strengthening community ties
- Reducing environmental hazards
- Reducing food miles
- Creating more sustainable systems

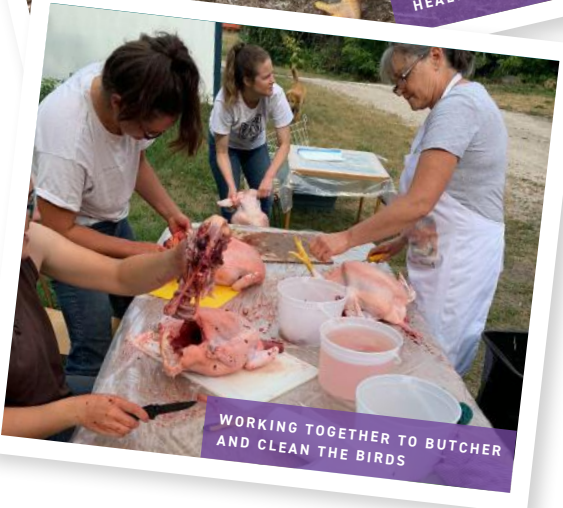
500-600 POUNDS OF BEETS = A BEET CANNING WORKSHOP!



WHEN CHILDREN ARE DIRECTLY INVOLVED IN GARDENING, THEY ARE MORE RECEPTIVE TO EATING ANY KIND OF VEGETABLES



HEALTHY CHICKENS



WORKING TOGETHER TO BUTCHER AND CLEAN THE BIRDS

POULTRY ON THE POINT & HOMEBROOK

HOMEBROOK & PEONAN POINT

PROJECT MANAGED
by the local community



313
KM NORTH OF
WINNIPEG

26 2020
POPULATION

EST.
2020



If a chicken begs for avocado, don't listen to them!"

SUSAN OLSON, PROJECT COORDINATOR

PROJECT OBJECTIVES:

The project will focus on the community coming together to raise chickens.

Raising Chickens stimulates a feeling of satisfaction and self-worth. In this initial year, the project will support 4 families to raise chickens and will include support for setting up coops, acquiring chicks and chicken feed, as well as coordinated support from the NACC. Through this project families will raise enough birds to support a portion of their meat consumption and gain skills in poultry operations to either grow their operations and/or share their skills with others. Youth, Elders and adults are all planning to be involved in this project.

THEORY OF CHANGE:

- LOCAL CHAMPIONS
- RE-SKILLING AND REVIVING LOCAL KNOWLEDGE
- COMMUNITY-LED LOCAL FOOD SOLUTIONS
- STORY SHARING AND BRINGING COMMUNITIES TOGETHER

IT HAS BEEN MANY YEARS SINCE PEONAN POINT HAS SEEN CHICKENS. *Why you ask?*

The flood of 2011 has had lingering effects on the lives of the residents here. The waters rose and destroyed many things in its path, including all of the chicken coops. It was so devastating that a third of our residents moved away and settled elsewhere. Many of these residents were chicken producers. With the equipment damaged and our knowledge gone, chickens were the last thing on our mind.

The reintroduction of our feathered friends all started with a phone call during a holiday. Susan Olson, a Point resident and Community Food Champion, was away for a relaxing holiday in the city when Trinette Konge, our NHFI program coordinator, called to quiz her on something. They were having such a great conversation discussing many of the programs that NHFI offers. When details about the chicken program came up, Susan got excited and thought what a great way to reintroduce chickens on Peonan Point. One phone call later to Julie Price, and the ball started rolling.

This program was important to our community because it brought us together. Whether it was helping with the feeding and care, or the butchering. It is a good food source for our family and the community. We have an abundance of food in the freezer which will save us a ton of money and the pain of carting it all home while trying to keep things frozen.

In the future we would like to build portable chicken tractors for the birds to have fresh ground everyday to peck at. And we plan to try and cut costs by sourcing our own grains for finishing.

ARVID AND DEBBIE NOTTVEIT, CHICKEN RAISERS

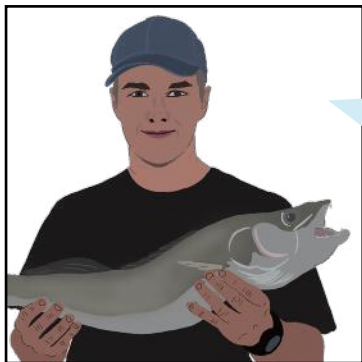


It is amazing how fast you can butcher, clean, and bag a pile of chickens when you have lots of help and the right equipment”

SUSAN OLSON, PROJECT COORDINATOR



20 YEARS OLD



JACOB OLSON

THE PROJECT PROMOTES AGRICULTURE AND PROMOTES FOOD SECURITY. PEOPLE WHO HAVE NEVER BEEN INTRODUCED TO RAISING CHICKENS, THIS REALLY HELPS PEOPLE GET STARTED. IF YOU HAVEN'T GROWN UP RAISING CHICKENS YOU DON'T KNOW HOW TO START AND IT CAN SEEM OVERWHELMING. THIS PROJECT HELPS GET YOU STARTED AND YOU WILL REALIZE JUST HOW EASY IT CAN BE TO RAISE HEALTHY FOOD. HEALTHY EATING IS IMPORTANT FOR EVERY COMMUNITY. YOU KNOW THAT THE WORK THAT YOU PUT INTO THIS PROJECT WILL HAVE GREAT REWARDS THAT WILL LAST THE WHOLE YEAR. RAISING CHICKENS WILL NOT ONLY SAVE YOU MONEY, BUT YOU KNOW WHAT YOU ARE EATING WHEN YOU ARE WITH THE PRODUCT THE WHOLE STEP OF THE WAY. THIS IN TURN WILL HELP OUR COMMUNITY TO EAT BETTER WHEN THEY MAY NOT BE ABLE TO ALWAYS AFFORD TO. SOMETIMES FOOD CAN BE SCARCE AT OUR LOCAL STORE (IT'S A 2 HOUR ROUND TRIP), OR WAY TOO EXPENSIVE ESPECIALLY DURING THIS PANDEMIC.



DIPPING THE BIRDS BEFORE PLUCKING



THIS PROGRAM HAS INFLUENCED ME TO HELP OUT WHENEVER POSSIBLE AND TO MAKE THIS A RECURRING PROJECT SO THAT WHEN I AM IN MY OWN HOME WITH A FAMILY OF MY OWN, THIS PROGRAM WILL STILL BE HERE FOR ME TO RAISE MY OWN CHICKENS. I ENJOY LENDING A HAND WHENEVER IT IS NEEDED. WHETHER IT IS HELPING TO DELIVER CHICKEN FEED, HELP OUT AT BUTCHERING TIME, OR HELP WORK AT OUR COMMUNITY FALL SUPPER TO HELP RAISE FUNDS FOR THE PROGRAM. I DON'T THINK MUCH NEEDS TO CHANGE, IT RAN QUITE SMOOTHLY. THE ONLY THING THAT I WOULD CHANGE PERSONALLY IS THE PLACEMENT OF THE COOP. THIS SUMMER HAS BEEN EXCEPTIONALLY HOT FOR THE CHICKENS AND A MORE SHELTERED AREA BENEATH BIGGER TREES WOULD BE IDEAL. NEXT YEAR WE WILL MOVE OUR COOP AND RELAY THIS INFORMATION TO OTHER PRODUCERS. IT HAS BEEN INTERESTING PROBLEM SOLVING WHEN PROBLEMS AROSE, BUT I THINK THAT WE GOT THE HANG OF THINGS PRETTY QUICK SO WE ARE SET FOR THE FUTURE.

MULTI-COMMUNITY INFRASTRUCTURE

NEW 2020



- 1 **DAUPHIN RIVER**
- 2 **HOMEBROOK & PEONAN POINT**
- 3 **CAMPERVILLE**

PROJECT HOSTED

by Northern Association of Community Councils

COMMUNITIES RANGING FROM

26-2200 2020 POPULATIONS



TRIAL TOWER GARDEN (THIS WAS THE FIRST UNIT THAT LED TO THE BIG MULTI-COMMUNITY PROJECT)

OBJECTIVES

This project featured multiple contributing funders and supported 3 main infrastructure projects and one overarching research project.

- 1. Collectively researching and identifying infrastructure that will suit the needs of our small, remote communities and are specifically designed for northern climates and including year-round indoor growing
- 2. Building a new greenhouse in Homebrook/Peonan Point for increased local food production
- 3. Expansion of the farm infrastructure in Camperville (composting and greenhouse)
- 4. Raised garden boxes in Dauphin River

A unique feature of this project is that 3 different communities with the common goal of increasing local food production to feed local people came together to seek funding and to share research and best practices emerging from each community.

CHALLENGES:

Due to travel restrictions and concerns around the Covid-19 pandemic, NACC's NHFI Program Coordinator did not travel to remote communities or provide any in-kind labour or support in person to the three projects (as was originally planned). All three projects were impacted in the spring by gathering size limitations and recommendations to not socialize outside your household. Original plans to include large groups of volunteers for building, sharing garden tools, vehicles/transportation, and meals were not possible. Plans had to be shifted which resulted in longer days for a few dedicated volunteers in each community.

HIGHLIGHTS:

- Successful application to Agriculture Canada & partnership with NMFCCC
- Raised beds built and greenhouse infrastructure acquired in Dauphin River
- Piloted and learned about 'tower gardens', then expanded it into a multi-community project!
- Relationships strengthened between communities
- New greenhouse in Peonan Point/Homebrook designed and built
- Some great deals found when all three communities worked together to source greenhouse equipment!
- Large composting facility in Camperville designed and built

It is so important for communities to work together! My community appreciates sharing resources and ideas. This summer Brian from Leaf Rapids worked with us in South Indian Lake to plant saskatoon bushes. Together we can accomplish a lot more!"

HILDA DYSART, NMFCCC NORTHERN ADVISOR



Last year we had 12 gardens (gardening households participating in the program) and this year (2020) we were up to 36 gardens. All 24 new gardeners are all doing good and some want to make their gardens bigger this fall."

PETER PAUL CHARTRAND, CAMPERVILLE



NEW GREENHOUSE IN PEONAN POINT/HOMEBROOK



HEALTHY GREENHOUSE PLANTS (CAMPERVILLE)



LARGE COMPOSTING BIN IN CAMPERVILLE

CHICKENS AND COOPS

CRANE RIVER

The goal of the project is to increase healthy living and food production activities, experiential learning, and sharing in the communities for all ages. We also want to create unique opportunities for gathering, sharing, learning, encouraging, and inspiring ourselves and others in the community.

When people see what is possible, they may wish to try it out as well.

EST. 2020

CHICKS DRINKING WATER

NEW PARTNER



305

KM NORTH OF WINNIPEG

147 2020 POPULATION

PROJECT HOSTED by Local Community

YOUTH VOICE

13 YEARS OLD



DANIEL DUMAS

LAST YEAR WE HAD 100 CHICKENS AND PEOPLE HERE WANTED TO BUY THEM FROM US CAUSE THEY LIKE THE HOME CHICKENS INSTEAD OF THE STORE ONES. OURS TASTED BETTER. THIS YEAR WE GOT 160.

It's clear the importance of partnership, networking, collaboration, and building off of projects: Everything kind of built on the local gardening, then from gardening that expands to other local food and sustainable avenues."

OJ SABISTON, LOCAL COORDINATOR

My mom and I started to do chickens when I was 3 so I could learn to help with them and do chores. This work matters because it teaches me responsibility when I feed and water them and make sure their pen and (chicken) house are clean. The house has to be cleaned out every week. When they are old enough to go outside, we don't feed them in the house (unless it rains) so the house does not get as dirty.

The community (family and friends) get to eat our chickens so they are getting food that is home grown and not fed stuff that is not good for people to have in them. The work is not hard, but you have to make sure you are there morning and night. Our birds can't stay out all night because we have bears and other animals that would eat them so to keep them safe, we lock them up at night.

We have a camera set up and last week we caught a big bear walk right past the chicken house. Its a good thing they were locked up. Chickens are interesting and they are smart. I used to think they were dumb but they aren't.

When it is time to butcher them, I catch each one and thank them for their sacrifice. I think more people should get them. When I grow up, i will have chickens, but not so many. My kids will get to learn about them too.



MORE CHICKS!



DANIEL AND THE CHICKENS!

TOWER GARDENS PROJECT

EST. 2021



SEE MAP ON PAGE 2 FOR LOCATIONS

13 COMMUNITIES

- HOMEBROOK & PEONAN POINT
- WATERHEN
- CRANE RIVER
- SPENCE LAKE
- MALLARD
- ROCK RIDGE
- DAWSON BAY
- RED DEER LAKE
- BARROWS
- MEADOW PORTAGE
- CAMPERVILLE
- PINE DOCK
- DAUPHIN RIVER

IN PARTNERSHIP
with Northern Association of Community Councils, Local Community Councils and Community Food Champions

PROJECT HOSTED
by Homebrook-Peonan Point Community Council and the Northern Association of Community Councils

COMMUNITIES RANGING FROM
39-400+ 2020 POPULATIONS



HARVESTING FROM THE FIRST TOWER GARDEN

The Tower Gardens are a vertical aeroponic growing system that allows you to grow vegetables, fruits and herbs in less than three feet. You can grow all year long, indoors or outside making them ideal for people living in the North.

2020/21 HIGHLIGHTS:

- Participants grew, harvested, ate, made recipes and shared a variety of vegetables and herbs such as lettuce, cucumbers, kale, tomatoes, swiss chard, basil, cilantro, and more!
- 20 households and 1 school received one tower each to trial
- A Tower Garden newsletter is shared out regularly with participants
- Mentor, Suzanne Daigle from Flin Flon and Community Food Champion Susan Olson support participants with troubleshooting any challenges or new ideas
- 5 virtual meetings so far with presentations, Q&A and a chance for participants to connect with each other over the phone and/or video
- Soon 10 more households will join the program!

For more information visit:
WWW.NACCMANITOBA.COM

For more information on Tower Gardens:
www.suzannedaigle.towergarden.com



44

HARVESTING SAFELY

IT WAS GOOD AND AWESOME. I WANT STRAWBERRIES AND BLUEBERRIES NEXT TIME.

3 YEARS OLD



WILLIAM COUMONT, WATERHEN

FROM SEEDS TO
LEAFY GREENS!



Seeds in the tray in a warm room for a week, and then in the tower for 3-4 more weeks before harvesting. Then I couldn't keep up and had to share with my neighbour."

SUSAN (HOMEBROOK/PEONAN POINT)



View featured story of Tower Garden in Lakefront School:
[HTTPS://BIT.LY/2TSDDR4](https://bit.ly/2TSDDR4)

YOUTH VOICES

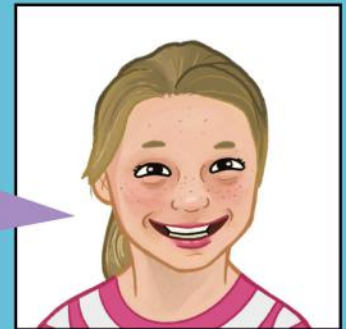
MORGAN OLSON,
PEONAN POINT

18 YEARS OLD



TOWER GARDENS ARE GOOD BECAUSE SOME PEOPLE CAN'T HAVE A BIG GARDEN. I LIKE TRYING THE NEW FOOD WITHOUT HAVING TO GO THE STORE, AND FRESH VEGGIES THAT ARE BETTER THAN STORE BOUGHT. I FEEL GOOD BECAUSE WE SHARE FOOD AND I FEEL LIKE WE ARE HELPING PEOPLE IN MY COMMUNITY. OTHER PEOPLE SHOULD HAVE TOWER GARDENS BECAUSE IT IS A LOT OF FUN WAITING FOR IT TO GROW AND GETTING TO LOOK AFTER IT.

8 YEARS OLD



KASSI BEYAK,
MEADOW PORTAGE

I REALLY LIKE THE WHOLE SCIENCE OF CONTROLLING THE WATER PH LEVEL ... SO IT'S BASICALLY JUST WATER AND THE NUTRIENTS THAT YOU HAVE TO PUT IN TO FEED THE PLANTS. THERE IS NO SOIL INVOLVED SO YOU HAVE TO MAINTAIN THE PROPER PH FOR THE PLANTS TO SURVIVE.

13 YEARS OLD



CALLIE TRUMBLA,
WATERHEN

IT GIVES US THE OPPORTUNITY TO BE ABLE TO HAVE AND SHARE WITH OUR NEIGHBORS FRESH LETTUCE TO EAT HEALTHIER.

WAYWAYSEECAPPO FOOD BANK & KII DAH KIIN AN 285

WAYWAYSEECAPPO FIRST NATION

In support of the community garden project and Wayway food bank food hamper initiative.



324

KM NORTH OF WINNIPEG

2818 WITH 1604 LIVING ON RESERVE

PROJECT HOSTED by Food Matters Manitoba



BARB CAMERON PREPARING TO COOK FOR CREW, WITH SARAH CAMERON



I LOVE HELPING IN THE GARDEN - KHLOE BRANDON

FOOD BANK HIGHLIGHTS:

- Supplied over 30 families with emergency food kits
- Organized 3 distributions of "Recipe Kits" to 150 households. Recipe kits included, a spaghetti dinner, stew kit and sausage and fruit kit.
- With support from Winnipeg Harvest were able to distribute 510 hampers throughout the community once a month from September to November.
- Elders Meals on Wheels kicked off!

COMMUNITY GARDEN HIGHLIGHTS

- Irrigation system has been installed at the community garden.
- Community orchard expanding, 18 apple trees, 150 saskatoon and 100+ raspberry bushes.
- Community garden expanded to 150 ft x 30 ft
- Committed group of volunteers but more are always welcomed!



SMOKED MEAT BY MICHELLE BRANDON

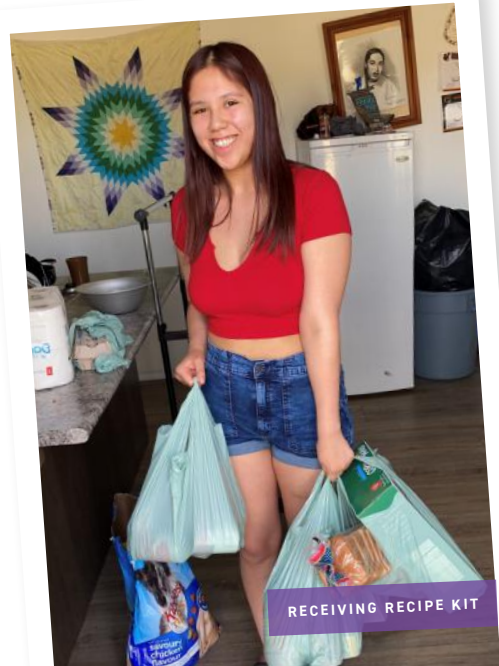


The colonial impact on our food structure is astronomical and I want to tell everybody about it. It's just that once I realized it and realized where all the food comes from, all our illnesses are coming from. Our food has such a huge impact, on everything! I'll always be an advocate for healthy eating and gardening. It just makes sense! Eat Local, Eat Fresh, Eat what you should!"

SARAH CAMERON, COMMUNITY FOOD CHAMPION



WATERING BEAN TEEPEE



RECEIVING RECIPE KIT

YOUTH VOICES

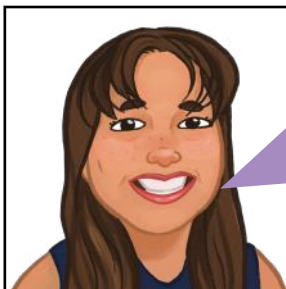
13 YEARS OLD



JADE BRANDON

WHAT WE DO IS GOOD FOR THE EARTH, AND YOU GET TO BE WITH YOUR FAMILY ALL THE TIME. I HAVE BEEN PART OF THIS PROJECT FOR 4 YEARS, SINCE I WAS 8 YEARS OLD. THE 1ST YEAR I WAS JUST GETTING SITUATED AND MOVING IN WITH KOOKOO. WHEN WE WERE PICKING CHOKECHERRIES IN THE BACK OF AUNTY'S HOUSE AND WE CAME UP TO A BEAR. WE HAD TO RUN AWAY! MY KOKUM TAUGHT ME ABOUT BERRY PICKING AND IT'S IMPORTANT TO ME BECAUSE WE CAN MAKE JAM. WHEN I AM OUT PICKING BERRIES IT JUST FEELS GOOD, AND YOU FEEL SAFE. YOU CAN GO OUT PICKING CEDAR, BERRIES, SWEETGRASS, WEEKAY, MUSHROOMS, CHAGA. IF YOU ARE GOING TO PICK IT'S IMPORTANT THAT YOU WEAR YOUR RIBBON SKIRT.

10 YEARS OLD



ELOUISE SAAD

I HAVE BEEN PART OF THE PROJECT FOR 5 YEARS. THE GARDEN IS IMPORTANT BECAUSE SO MANY PEOPLE ARE FED AND THEN YOU DON'T HAVE TO GO OUT AND BUY GROCERIES BECAUSE THE FOOD IS THERE. I LIKE EATING THE CARROTS...

...and the corn before it even comes out the grown you don't even have to cook it! And family bonding. I love that it's next door to Kookoo's house and we get to go hang out with her. One time me, and Kookoo, my whole family went out to our secret picking spot and like always our sister Scarlet had to fall into water! So we sat by the fire to warm her up and I could not stop laughing. She had a glove on her foot to keep warm. We went fishing and Scarlet fell into the hole. She isn't careful walking around water.

This winter we did food hampers and delivered all the hampers to all the houses in Wayway, it was stressful but good. They put the food boxes on a little ramp and had to catch them when they flew down.

I know how to take scraps from the garden then feed the chickens and they eat it which makes the eggs all good then we take the eggs and crush them and put them in the garden and start a new circle of life. That stuff is important.

VOLUNTEER



JIMMY COTE

I FEEL GOOD CAUSE I'M HELPING PEOPLE. IT MEANS THEY DON'T HAVE TO GO OUT AND GET IT THEMSELVES. GETTING FOOD HAMPERS MAKES THE ELDERS FEEL GOOD. SOMETIMES ELDERLY FOLKS CAN'T GO OUT AND GET THEIR FOOD AND THIS IS WHAT IS NEEDED.



SNAPSHOTS

Harvesting is giving to your community when hunting and that means being a warrior.”

PARTICIPANT FROM THE 2019 TRADITIONAL TEACHINGS AND TRADITIONAL FOODS GATHERING

In addition to community projects features in this book, there are many more beautiful projects across Turtle Island that are starting up, evolving, and improving the world. We hope that you find encouragement, ideas and inspiration in these pages. Get curious, do your research, build relationships to work together, and follow your dreams. Here are a few snapshots of community-led projects that are making this world a stronger, healthier place.

The power that a garden can create and space like that, there is an energy that comes from that, there’s teamwork that develops, there’s bonds between people that is created outside of the workplace, outside of family and outside of traditional ceremonial stuff.”

SARAH CAMERON, WAYWAYSEECAPPO FIRST NATION

COMMUNITY BEEKEEPING PROJECT: LEARNING, SHARING, AND GROWING TOGETHER



ORIENTATION DAY IN DUCK BAY

in Camperville, Pine Creek First Nation, and Duck Bay

Grade 8-9 students will learn from local beekeeping mentors in a community-based apiary. The students will receive in-class and hands-on training with managing hives (eg: conducting hive checks) and learning about the science behind beekeeping and extracting honey. This project is most focused on having a positive activity for the youth to engage in as well as an opportunity for capacity building and gaining skills for the workforce in general and/or the beekeeping industry or agriculture for the youth or other community members involved.



SUSTAINABLE FOOD: CHICKEN COOP FOR SCHOOL & COMMUNITY

in Duck Bay

Organizing the building of the 9 new chicken coops will be the primary activity in the winter / early spring to ensure the 8 individual producers in the community and the 1 coop at the school are ready to order chicks and supplies. The community can share materials, bulk buy to save, and utilize both volunteer and paid labour to build the coops. Additionally, the producers can share knowledge around raising the chickens, with each other and others in the community.

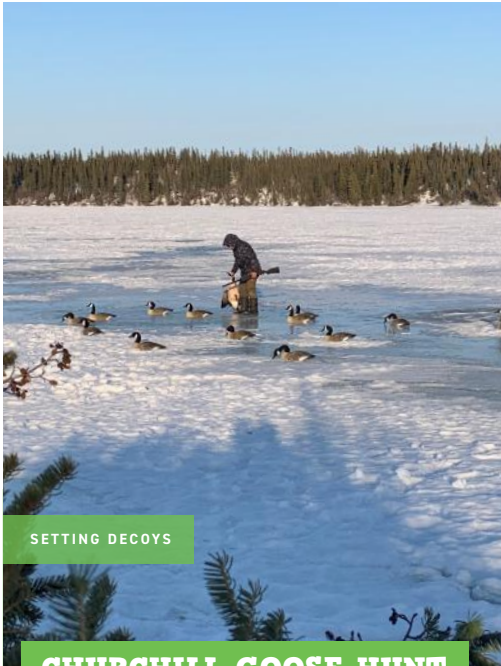
WILD FOODS PROCESSING SITE



NEW PROCESSING SITE

in Misipawistik Cree Nation

In response to COVID-19 and growing food insecurity concerns, the MCN community has identified the immediate need for a community space for processing, preserving, and storing wild game. This space will immediately increase food security for our community, will support long-term food sovereignty, will strengthen our local culture, and will support multiple programs and purposes.



SETTING DECOYS

CHURCHILL GOOSE HUNT & DISTRIBUTION

in Churchill

A community-led response to Covid-19 that supported the purchase of ammunition used by local hunters to harvest geese. Geese were shared with families and Elders throughout the community.

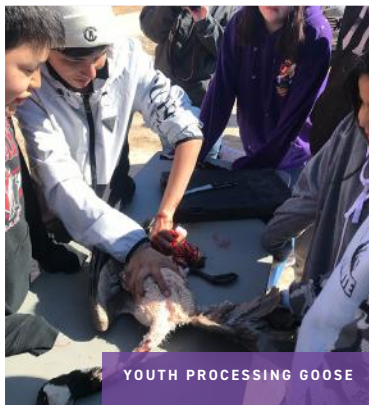
COMMUNITY GREENHOUSE/GARDEN, MUSHROOM & AQUAPONICS PROJECTS



AQUAPONICS SYSTEM

in Grand Rapids

Our projects are an extension of learning beyond the classroom. By starting seeds early in the greenhouse we can extend the growing season and the potential for commercial sales of flowers and/or vegetables. All proceeds from such sales will be used to offset the costs of next year's seeds and lead to self-sufficiency and possible employment opportunities for community members and/or summer students ensuring ongoing sustainment of the projects during the summer when school is not in session and well beyond 2022.



YOUTH PROCESSING GOOSE

LANGUAGE AND LAND-BASED CURRICULUM ACTIVITIES

in War Lake First Nation

This project will provide opportunities for students to develop skills and knowledge of our hunting, fishing, and the preservation of our language. Due to Covid and consistent school shutdowns, we have not been able to do this programming as planned. We hope to begin again in the next school year.



GREENHOUSE GRAND OPENING

GREENHOUSE AND GARDEN

in Poplar River First Nation

This 4-acre site includes a large tunnel greenhouse, 6 raised bed gardens, fruit trees, and 8 in ground gardens. The main goals of our project are to produce fruit and vegetables for the community, building skills with our youth, demonstrating what can be grown, and supporting home gardeners with their tilling and sharing knowledge.



LOCAL PRODUCE FOR SALE

PIMĀTISIWIN NIPĪ KISTIKĀNIHK LIFE WATER GARDENS

in Norway House Cree Nation

Our main objective is to provide fresh, healthy alternatives with a fair and competitive price. We are working towards our goal of being a sustainable project that will provide good employment opportunities, build skills and knowledge around food production and running a business, and contributing to the food sovereignty work being done in our community.



NEW OPEN HANDS TRAILER

OPEN HANDS FOOD BANK

in Fisher River Cree Nation

Purchase of freight trailer has helped FRCN Open Hands Harvest increase its ability to assist in food security and food sovereignty for its community members.



RAISED BEDS

COMMUNITY GARDEN PROJECT

in Mosakaheinken

The Aboriginal Diabetes Initiative is organizing a garden project for the community. This project is important to the community because it will bring people together, share about a healthy lifestyle and encourage the younger generation to learn more about the environment. Carrots, onions, potatoes, corn, beets, peas and beans will be shared during the fall harvest.



BISON HARVESTED AND DISTRIBUTED FOR YOUTH DEVELOPMENT PROJECT

COMMUNITY GREENHOUSE AND YOUTH DEVELOPMENT PROJECT

in Bloodvein First Nation

This project takes place at Miskoospepi School which goes up to grade 9. Due to Covid-19 many of the planned activities have had to shift to better support student learning from home. Food hampers were distributed to student's homes which included bison meat. Bison was a vital part of Indigenous people's diet before colonization. In collaboration with the Land-based teacher students learned how to make birdfeeders. In the late spring a Chess Club started with the local RCMP. As the project moves forward plans for raised garden beds, land-based workshops and cooking classes are all in the works.



SELENA AND TAMMY IN THE GREENHOUSE

COMMUNITY GARDEN AND U-PICK

Barrows Community Council

Barrows is a community that has always had a lot of interest in growing food. The project has expanded over the years to include a community garden, greenhouse and U-Pick of mostly strawberries and raspberries. This project has promoted and encourage people to learn about growing their own food and provided employment opportunities. Each year local community members are hired to plant, maintain and care for the gardens.



WEEKENZ PHOTO: IVAN HARPER

MEDICINE CHEST

in St. Theresa Point

The Medicine Chest project creates a place where natural medicines from St. Theresa Point First Nation are held in the community, harvested by community members, and available to community members for their use.

With the guidance of our Elders and the joint efforts of teaching our youth, the community gathers and stores local medicines for use during the year. The Medicine Chest is part of our heritage to maintain the wellness of our Nation and to continue to learn our medicines for all community members. This Medicine Chest was entrusted by our forefathers to ensure the gifts of healing would be continued for the future generations.



DELIVERING MEAT PACKS TO COMMUNITY MEMBERS

FOOD HAMPER PROJECT

in Sherridon

The Meat Pack Distribution was a community-led initiative in response to the impacts Covid-19 has had on the community. Sherridon experienced major economic and job loss due to border closures and drop of tourism in Northern Manitoba. The packs provided some much-needed relief for families during this very hard time.



DONNA MOWATT WITH RAISED GARDEN BED



SHIRLEY SELKIRK WITH RAISED GARDEN BED

RAISED GARDEN PROJECT

Pine Dock Community Council

The goal of this project is to help residents grow their own food in their backyards. Community members were given all the materials and supplies needed to care for, maintain and grow their own food. This year, eleven raised garden beds and six deck planters were built. What's growing?! Cucumbers, radish, lettuce, onions, carrots and peppers.



BEAUTIFUL SUNFLOWER

COMMUNITY GARDENING PROGRAM

Matheson Island Community Council

The focus of this project is to share gardening tips and to grow food together. Participating community members hope to inspire future gardeners through seed starting and learning about gardening. Community members that participated were provided a garden bed, soil, and seeds to grow fresh vegetable in their own backyard. Although it has been a dry season the gardens are coming up nicely. Matheson Island Community is excited to begin harvesting their fresh produce and sharing it with others in the fall.



GREENS GROWING

COVID HYDROPONICS

in Jack River School, Norway House

A school-based project that provides hydroponic kits for students to grow greens in their classroom. The growing, caring for, and harvesting is included in science and social studies lessons.



GENERATOR

COMMUNITY FREEZER & GENERATOR

in Mallard

The community freezer and generator help to ensure that all the effort to produce more food locally does not go to waste due to lack of access to freezer space or loss of power. The generator can also power our community hall when the community needs a safe and warm place to go. It allows our local food security program to include emergency preparedness during these common occurrences of power outages that can last several days.



HAPPY CHICKENS

RAISING CHICKENS

in Dallas-Red Rose

Our goal is to regain our food security and show our youth the importance of growing our own food. This year, we are raising chickens and we hope to expand to include laying chickens, a community garden, and sharing our food processing knowledge with one another. Youth can carry on the knowledge to teach future generations.

LOGO REDESIGN AND PROCESS



ORIGINAL LOGO



REDESIGNED LOGO

Our original logo was designed by Ervin Bighetty, resident of Leaf Rapids and Northern Advisor to the NMFCCC. This design has helped shape and inspire our new logo. The elements that Ervin brought together to encompass the Collaborative still holds true to our new design. We send gratitude to Ervin for sharing his gifts and creating our original logo that has been with NMFCCC since the beginning.

For the new design process, we brought together a group of young people, a Northern Advisor and Collaborators to be the decision makers and share their vision for the design. Our group was a representation of the Collaborative with voices from across the province and Canada. We worked with Vincent Design, an Indigenous design company in Winnipeg. Creative director Shaun Vincent sat with our group to hear about the community-led work happening across the North, images that youth thought about when thinking about their communities, and “collaboration”. Through conversations and feedback our words grew into a beautiful image that we are excited to share in the Story Booklet!

LOGO HELPER COMMITTEE

- **Brian Trewin**, Leaf Rapids
- **Ace Doran-Campbell**, Nisichawayasihk Cree Nation
- **Alanna Disbrowe**, Barren Lands First Nation
- **Michaela de Hoop**, Opaswayak Cree Nation
- **Malcolm Disbrowe**, Barren Lands First Nation
- **Sophia Rabliauskas**, Northern Advisor
- **Jasmine Chubb**, Northern Healthy Food Initiative
- **Amy Buskirk**, Donner Canadian Foundation
- **Nicole Lamy**, Committee Lead, NMFCCC Staff

Huge thank you and appreciation sent to our Logo Helper Committee for taking the time to be part of this process and sharing your voices!!!

LOGO BREAKDOWN



Border
Cycles
Sun
Earth



Northern Lights
Waves



Stars
6 Collaborative
Values
Teachings



Land
Terrain
Northern Manitoba



Seeds
Plants
Life
Knowledge



Hands (young and
old) of offering
Giving Thanks
Sharing
Creators Hand



Breathe
Knowledge
Communication
Passes through
Water and Air



Communities
Collaborators
Northern Advisors
Staff
Helpers



Completed design

NORTHERN ADVISORS

Northern Advisors offer their local and cultural knowledge to provide critical insight about how best to partner with and develop relationships with Northern communities in the movement towards food sovereignty.



MARLYN COOK

MISIPAWISTIK CREE NATION

Dr. Marlyn Cook is a proud member of the Misipawistik Cree Nation. The daughter of Dan and Angelique Cook, she is number thirteen of their fourteen children. Dr. Cook is also the mother of two beautiful children, James and Ashley.

Marlyn first graduated as a nurse in 1975. After working within the health care system as a nurse, Marlyn decided she wanted to become a stronger advocate for health care for First Nations people. Dr. Cook returned to school and in 1987, Dr. Cook graduated from the Faculty of Medicine at the University of Manitoba and completed her Family Practice Residency Program at the St. Boniface Hospital in 1989 becoming the first First Nation woman to graduate from Medicine in Manitoba.

Dr. Cook has practiced medicine in Cross Lake, Manitoba; Sioux Lookout, Ontario; Pikangikum, Ontario; Akwesasne, Ontario; Moose Factory, Ontario; her home community, Misipawistik Cree Nation; and other First Nations communities. Dr. Cook believes in Traditional Indian Medicine and incorporates this with Western practice. Her belief is that healing needs to be focused on all aspects of the person – spiritual, mental, physical and emotional. Marlyn is a sun dancer, a pipe carrier and a sweat lodge keeper. She also acts as a role model for young people and in this capacity she has traveled extensively throughout Manitoba and Canada encouraging young people to continue to pursue their dreams regardless of obstacles they face and promoting the importance of education.

Dr. Cook is very active in her community both in her capacity as a physician and as a member of the community. She has sat on many boards and committees including: the Advisory Board for the Faculty of Medicine, University of Manitoba, the Advisory Committee of the Mino' Ayoawin, Health and Well Being Project at the Native Women's Transition Centre, the Manitoba First Nations Child and Family Services Task Force, and the Aboriginal Healing Foundation.



CARL MCCORRISTER

PEGUIS FIRST NATION

I am focused on maintaining a vision of reconciliation, along with regaining our heritage of food security for all. I believe that getting back to the land is a way of following the Truth and Reconciliation Recommendations. I taught high school for 25 years and loved coaching hockey, cross country running and baseball. I write human interest stories for the local paper, and besides growing my own garden I dig Seneca Roots in summer, and cut wood in winter for the fireplace. I have five children who are all grown up, and six grandchildren. My family roots are in Old St. Peter's Reserve (Selkirk) where people moved from in 1907, to Peguis First Nation. We are agricultural people who love the land and are striving to regain our culture and heritage. I am an adviser with the NMFCCC. In Peguis, we continue to bring more people on board in our community to grow their own gardens, and promote community building and sharing.



HILDA DYSART

SOUTH INDIAN LAKE

I am from South Indian Lake and have lived here all of my life. I have been involved with many community committees and am involved in all aspects of our community life. I have always lived off the land and for as long as I can remember my family has had gardens. I am one of the founding steering committee members of Ithinto Mechisowin Program, a food sovereignty program in our community. I enjoy working with youth and have worked at the school for 32 years as the school counselor.

I help out with the Northern Manitoba Food, Culture & Community Collaborative because I am really interested in having the traditional foods coming back to the community and finding ways to help them come back. I am grateful for all of the different organizations that have decided to work together to help out in my community and so many others in Northern Manitoba. It's better to work together.



BECKY COOK

MISIPAWISTIK CREE NATION

Becky Cook is from Misipawistik Cree Nation. Her parents are Shelley (Parsons) and Ron Cook, her Grandparents are Nora (McKay) and Walter Cook of Grand Rapids and Betty (Torrens) and Syd Parsons of Winnipeg. She was raised on the lands and waters surrounding Misipawistik and Lake Winnipeg. Her family camped out every summer at their family camp at saskasceweyak and spent the fall at the fishing camp at MacBeth Point. A love for the land developed at a young age and eventually led to her receiving her B.Sc. in Geology and Geophysics from the University of Manitoba in 2006. She also learned the importance of balance and respect for the all of creation through participation in ceremonies, fast camps and culture camps. These teachings were the main reason she left her job with the Oil and Gas sector in Calgary to begin work on her Ph. D. She completed her Ph. D. in Marine Geophysics in 2015 and is now committed to her traditional education. Becky was a coordinator with the Northern Manitoba Food Culture and Community Collaborative for 2 years. She has worked with Elders and knowledge holders in her home community of Misipawistik to develop a land-based education program for youth, Misipawistik Pimatisimēskanaw, which offers teachings throughout the year.



SOPHIA RABLIAUSKAS

POPLAR RIVER FIRST NATION

I was born and raised in Poplar River, Manitoba. I grew up with the teachings from my parents and grandfather, they taught me the importance of the land and life on that land that the creator has given to us. They taught me the importance of living off the land, from the animals, birds, plants and water, that sustain our health, and the importance of always showing respect for that life. This has led me to continue to work on the protection of the land and to pass on this knowledge to our future generations. Currently I work for Pimachiowin Aki World Heritage Project, which includes our traditional territory, that will provide, when approved, a strong protection for our land and our way of life.



ERVIN BIGHETTY

LEAF RAPIDS

I am a continuous learner of the importance of growing and maintaining healthy fresh food. I have worked in a garden for 8 years, my duties consisted of maintaining the ground and clearing more area for garden beds. I worked with Chuck Stensgard, my mentor and friend, and alongside Christopher Brayley my closest friend, both of these guys have taught me and have molded the person that I am today. They helped me learn and understand the importance of teamwork, work ethic, and the power of gardening. I have been recruited by Julie Price to join the NMFCCC to provide input and strive for a better tomorrow for everyone in Manitoba and possibly for the world. I am the filler of the gap that splits the North from the South and helper of delivering the knowledge of gardening and cultural differences. I continue to help with the project because I know that we can make a difference for everyone. If we continue what we are doing, we may very well make a tomorrow that is brighter for the current and future generations that are to come. The project has a lot of potential to make all of Manitoba closer and help remove the sicknesses like diabetes, obesity, etc. that are ever so present in Northern communities. I know that we can help change the current lifestyles of many that live in the North, because healthy food isn't affordable or unavailable. I know we will help everyone learn how to make a garden, better their health, and become a sustainable community.

COLLABORATORS

Nisichawayasihk 45
CREE NATION
Lynn Lake 282

Collaborators are much more than funders. They are committed partners who believe and participate in a strong support network for community-led work. Collaborators take part in personal and organizational learning and unlearning. They provide guidance and contribute to consensus-based decision-making. They listen deeply and share what they have learned with other organizations and governments. Their commitment and reciprocity creates strong relationships throughout NMFCCC.



**If you want to go fast, go alone.
If you want to go far, go together.”**

AFRICAN PROVERB

Gratitude to the Social Sciences and Humanities Research Council for support to elevate youth voices through this booklet.

the SPROTT FOUNDATION

The Sprott Foundation is excited to support Northern Manitoba Food, Culture and Community Collaborative because testing innovative ideas to find solutions to food insecurity, and partnering with the local community fits perfectly with my family's philanthropic values.

MakeWay

MakeWay is a national charity that builds partnerships and solutions to help nature and communities thrive together. MakeWay is a member of the NMFCCC and the administrative host. We provide human resources and communications support, legal oversight, and fund development while linking and promoting this work through our networks and donor communities. We participate in the NMFCCC because we believe in the power of collective action, the wisdom of communities and the need for reconciliation in Canada. It is a privilege to learn with the partner organizations, the Northern Advisors and the communities.

THE ARRELL FAMILY FOUNDATION

The Arrell Family Foundation's mission is to improve human and planetary health through food. We have supported NMFCCC for several years as we have much confidence in its collaborative approach to improving access to healthy foods and the development of resilient local economies.

SeedChange

SeedChange, formerly known as USC Canada, is a non-profit founded in 1945 and rooted in the notions of human dignity and equality. The mission of SeedChange is to build food sovereignty by working with partners to enhance biodiversity, promote ecological agriculture, and counter inequity. SeedChange is excited to support the strong leadership of communities across Northern Manitoba to build healthy food systems. We are committed to listening and learning in order to be a good partner, standing in solidarity with the local leaders doing the important work on the ground.

"Being part of the NMFCCC has taught me how important it is to listen. I have learned that when you really try to listen, that's when you can begin to have relationships and being to understand how to work together. I have been very lucky to visit with several communities in Northern Manitoba, who have all generously shared their stories, knowledge, and experiences. From this sharing, I learned about history, language, the land, growing food, community, challenges, hardships, and strengths. I am very grateful for being part of the NMFCCC." Iris Vaisman, Bauta Family Initiative on Canadian Seed Security (a project of SeedChange).

harbingerfoundation

We at Harbinger are so inspired with the determination of Northern peoples to be self-sufficient and to recover from years of damage due to colonization. Sometimes a little support from outside funders, at the right time, with the right leaders, enables positive change. We have learned as funders that it is not about the money - it is more about the relationships which involves listening and respect.



feed opportunity

Maple Leaf Centre for Action on Food Security

The Maple Leaf Centre for Action on Food Security ("the Centre"), is a registered charity that works collaboratively across sectors to reduce food insecurity. They are seeking to raise the profile of this pressing social issue to support systems change, invest in programs that advance sustainable progress, and work to increase our collective capacity to drive change. The Centre joined NMFCCC in 2017 and since then, has been privileged to be able to learn from and with communities, other members of the Collaborative, and the Northern Advisors.

McConnell

The McConnell Foundation is a private foundation that develops and applies innovative approaches to social, cultural, economic and environmental challenges. We do so through financial support and investing, capacity building, convening, and co-creation with partners. We recognize that creating enduring change takes time, and involves more than granting. The Foundation's current focus areas include climate, reconciliation and communities.

THE THOMAS SILL FOUNDATION INC

Mr. Thomas Sill, C.A. lived in Winnipeg and was an astute investor who built a fortune, and in his last will established the Foundation for charitable purpose which bears his name. The Thomas Sill Foundation provides grants throughout Manitoba in the areas of health, education, arts and culture, heritage and environment, and responses to the community. The TSF is a member of this collaborative because everyone should have good food at reasonable cost. Nutritious food promotes health, but also contributes to happy families and peaceful communities. It results in better educational outcomes. We are also gratified when people learn the skills necessary to take care of themselves and reduce costs as a result of their own sweat equity. Good, affordable food tastes great and it comes with so many fringe benefits.



We take action by investing in places and programs that work to combat poverty, food insecurity, and poor health; supporting organizations to become leaders in community food security programming; and empowering Canadians to advocate for policies that reduce poverty and inequality.

LAWSON FOUNDATION

The Lawson Foundation is a Canadian family foundation that invests in and engages with ideas, people and organizations that contribute to the wellbeing of children and youth and their development as active and engaged members of society. We invest in areas that we believe have a lasting positive effect on the healthy development of children and youth: Early Child Development, Outdoor Play Healthy, Child and Youth Diabetes including food security and independence, Youth Action and the Environment. As well as these primary areas of focus, we also support initiatives that strengthen philanthropy and support the charitable sector. In addition to our grantmaking and convening, we use our broader financial resources to achieve both a social/environmental and a financial return and to support initiatives in an innovative and complementary way. The Foundation has been able to support initiatives in Northern Indigenous communities to improve diabetes outcomes and increase food security and we are thrilled to broaden our support and our learning through participation in the NMFCCC.



The Donner Canadian Foundation supports organizations across Canada and believes that it has a responsibility to build respectful and reciprocal relationships with Indigenous peoples. In our work, we aspire to uphold the core values of trust, patience, respect, honesty, clarity, understanding, communication, presence, transparency, flexibility, and reciprocity. The foundation is honoured to be a member of the Northern Manitoba Food, Culture, and Community Collaborative and to have the opportunity to listen and learn from NMFCCC's staff, advisors, and community partners. We're excited to be collaborating to support community-developed initiatives that promote food security, community health, community economic development, and environmental sustainability.

Manitoba

The Northern Healthy Foods Initiative (NHFI) is a Provincial program whose vision is for people to define their own food systems to access healthy foods in Northern Manitoba. NHFI supports local and regional projects throughout the North that contribute to the development of culturally relevant, healthy food systems, while improving health and well-being. NHFI's role is to increase access to food by working with communities and coordinating efforts aligned with the program's goals and objectives.

The Province of Manitoba is grateful for the opportunity to participate as a Collaborative member. Our participation has enabled us to meet mutual goals of increasing access to healthy food and creating opportunities for community economic development. We are looking forward to continued learning from the communities and from the diverse group of individuals who also participate in this important work.

Two Anonymous Donors with the visions of people in our communities being healthy, educated and economically self-sufficient.

APPRECIATION OF ERVIN BIGHETTY & ANDI SHARMA

The NMFCCC is a strong web of people and organizations that contribute to the work. This year we celebrate two 'forever-friends' of the Collaborative, Andi and Ervin. They have very different backgrounds, played different roles in the work, both contributed significantly and powerfully, and over the years they became great friends. You are both appreciated and loved! Until we meet again Ervin and Andi. Ekosani ♥



ERVIN & ANDI, 2015 NMFCCC OPEN HOUSE



ERVIN, MEECHIM FARM, GARDEN HILL FIRST NATION



WINNERS, OCHLI MOOSE CALLING COMPETITION



ANDI MODELS A BEE SUIT, NCN 2018

EXCERPT FROM ERVIN'S RESIGNATION LETTER

Hello friends, acquaintances, and allies,

I have been a Northern Advisor for 7 years, 7 beautiful years of getting to travel Manitoba and learning how important our work is in Manitoba and possibly the world. The Northern Manitoba Food, Culture, and Community Collaborative isn't just another granting group designed to help communities and after the funding is done so is the relationship, it is much bigger than that and will continue to be bigger than that. The Collaborative is a group of friends, colleagues, acquaintances, allies, team builders, dreamers and many more things, but most importantly it is a group that cares and puts people first above anything else.

Thank you to everyone for making this journey with me and helping me grow and allowing me to be part of your life. This isn't bye forever but it is bye for now.

Yours truly,

Ervin A. Bighetty Jr.



ERVIN WITH SARAH STERN AND MINISTER BIBEAU, TORONTO 2018



From the minute I met Ervin, I knew we were destined to be great friends - little did I know how great and important and meaningful that friendship would become over the years... My favourite memory will forever be that late night walk we shared where he taught me about the stars, the northern lights and shared with me the beauty and love he felt for his homelands. The Collaborative was made so much better by his presence..."

ANDI SHARMA, FORMER NORTHERN HEALTHY FOODS INITIATIVES MANAGER

CELEBRATING ANDI:

In the NMFCCC everyone brings their skills and knowledge to the table and we pool those gifts together to create a strong whole. Our friend Andi brought so many big gifts to the table that she nearly broke it! She consistently invested her intellect, hands and heart to this work through her professional role with the Northern Healthy Foods Initiative, and through her private life. Andi learned new things, took brave stances, listened intently, and found ways to improve services to the North. We appreciate that Andi took the time to speak and write about her involvement in the NMFCCC; we appreciate her kindness and determination; and how she lit up a room with her good energy (especially on her birthday!). Andi, we miss you so much but as Ervin said, it's bye for now, not forever. We celebrate the bounty of gifts you brought, and we wish you every happiness in your new work, life and home.

JANE, ANDI, IRIS AND KAREN, 2017 LEARNING TRIP, MCN

SHOUT OUT TO BOOK HELPERS

Big shout out and love to all of the amazing helpers on this project and their mad skills! Artists Kale and Ace brought style & vision with their original art work and Donna, our graphic design 'Elder', wove it all together. The Helper Committee was: Elder (and Northern Advisor) Sophia; and NMFCCC members Jorge (McConnell Foundation) and Piyali (MakeWay). All NMFCCC staff contributed significant time and energy working with communities, talking to powerful (sometimes nervous) youth, and ensuring that everyone involved was respected, honored, and feeling good about the final product. Finally, gratitude to Kerry (former NMFCCC staff) for leading this whole project and keeping it organized and on track!



ACE DORAN-CAMPBELL

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BOOKLET COMMITTEE



JORGE



PIYALI



SOPHIA

NMFCCC STAFF



KERRY



AMANDA



JULIE



ALEX



NICOLE

DEDICATION:


This collection of youth voices and positive community stories is dedicated to the generations of children who were forced into the reprehensible Indian Residential 'School' system. Many thousands of stolen children did not survive, and those who did experienced the systematic intention to destroy their traditional knowledges, languages, cultures, and families. May the spirits of these ancestors be lifted by the powerful youth of today as they work for a strong and healthy future.



Northern Manitoba Food,
Culture, and Community
Collaborative

SUPPORTING HEALTHY COMMUNITIES IN
NORTHERN MANITOBA THROUGH GOOD
FOOD AND RESILIENT LOCAL ECONOMIES

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