



COMMUNITY-LED CHANGE

2018/
2019

MAP

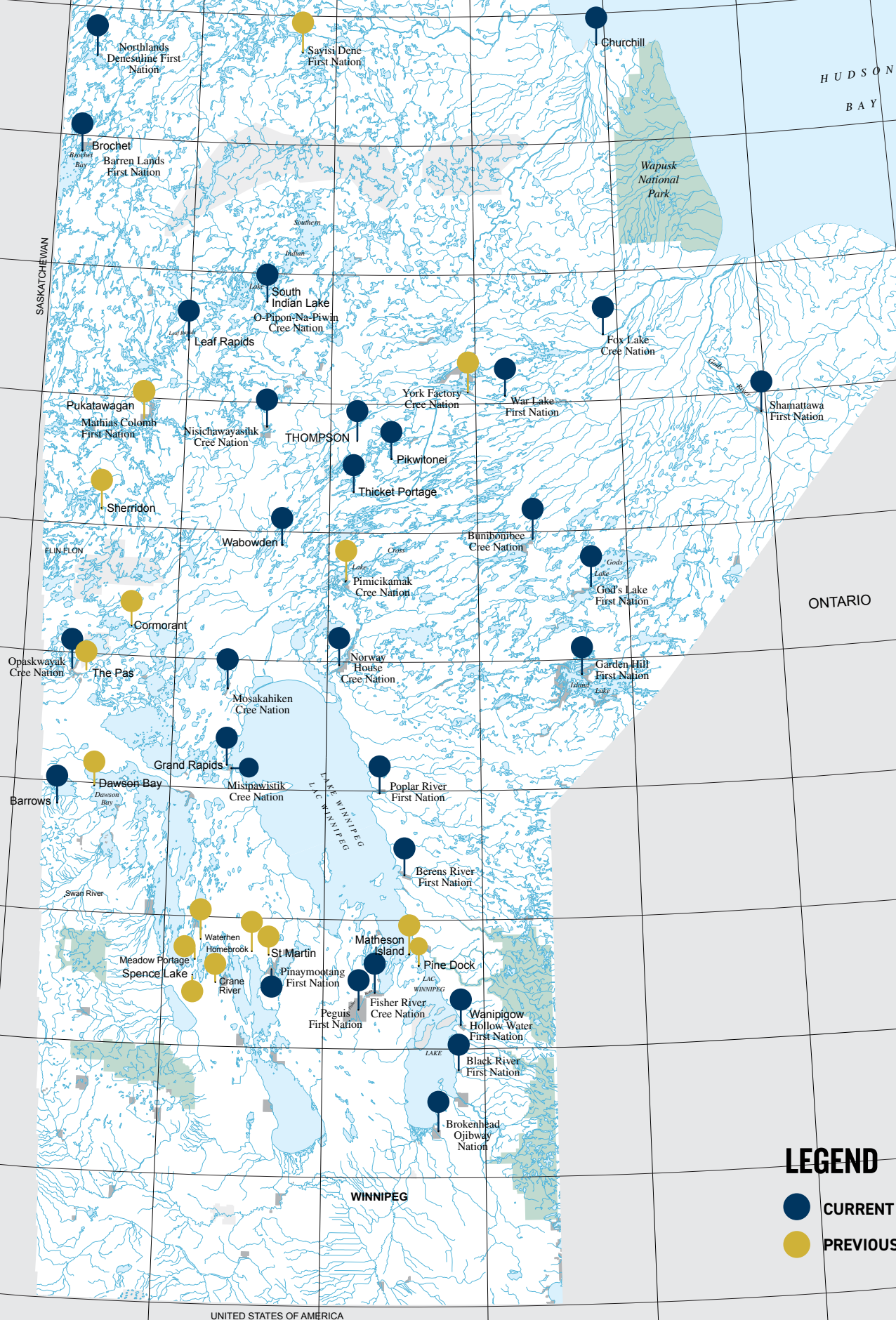


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MISIPAWISTIK PIMATISIMĚSKANAW SPRING CAMP - COVER

“

These relationships are so important and we all benefit from coming together and talking about the vision we all share. It is also a way of reconciliation where our people have come through so much in terms of colonization; this reconciling must be with all parts of our society to rebuild new relationships and develop a vision together.”

CARL MCCORRISTER, PEGUIS AGRICULTURE PROJECT



Visit our website to read all the past Community Stories booklets:
www.nmfccc.ca/community-stories

WELCOME & THANK YOU

The Northern Manitoba Food, Culture, and Community Collaborative (NMFCCC) represents a group of people, communities, organizations, and governments. We are interconnected and part of a larger journey. The spirit of our work is collaborative, we work relationally, and we expect that our relationships will be mutually transformative. Because of this, it is necessary to start by acknowledging the group, our interconnectedness, and by saying Thank You.

Tansi and welcome to the 5th edition of the Northern Manitoba Food, Culture, and Community Collaborative (NMFCCC) Community Stories book! Wow, five years, that feels kind of amazing to write. We are proud to share the stories of positive, community-led change and we are humbled by the visions and dedication that communities have for leading the change.

As you may know, the NMFCCC is a group of humans who work together with the purpose of communities in Northern Manitoba being healthier and stronger, and so that we can be changed through the experience of our relationships. Call it reconciliation if you like, but we collectively understand it as the need to know each other better and to have a deep respect for each other, the land, and the water.

Some of the NMFCCC humans live in Northern Manitoba communities inspiring collective action, and some live in the south and work for governments and organizations across Canada. We each bring skills and resources to this collective effort,

and we each take away new knowledge, friendships, ideas and inspiration. And because this work is joyful but also often very hard, sometimes we take away some of the sadness and the weight of fighting for a better world.

As one participant said after our fall 2018 gathering in Nisichawayasihk Cree Nation, "Forging stronger bonds with the people who do this heart work is something I can rely on and use for the rest of my life. We're all in this together."

We use this space to express deep gratitude to the funders who commit to this work, to the Northern Advisors who provide guidance, and to the community members who do the deep work and lead the change. Chi Miigwetch, Ekosi, Thank you.

We also take this space to reflect on the journey that we are collectively taking. After five years of practice and learning, we can conclusively say that there is much more practice and learning to go! 'Reconciliation' is trendy in Canada right now, and that isn't a bad thing, as long as we don't side-step

the hard work and heart work parts of it. It is safe to say that we have learned that trying to 'do good work' and 'be good partners' is not a one off kinda thing. It's a commitment. Continual reflection, learning, experimenting and listening are required. Also required is being open to real change, getting uncomfortable, and authentic shifts in power. We are trying.

This is a good moment for us as a group to think about what has happened over the past half a decade and what needs to happen next. And we extend a sincere invitation to any readers of this book to contact us and tell us your thoughts on the work, on being good partners, on where to go next, and on how we can change the world together.

All our Relations,

Julie Price & Amanda Froese
on behalf of the NMFCCC

A special dedication to Jennell Majeran, recently retired Manager of the Northern Healthy Foods Initiative, Province of Manitoba.

Jennell, your passion and commitment to supporting northern food sovereignty, and openness to taking a new path forward, led to the birth of the NMFCCC. Our collective journey would never have started without you, and for that we will always be grateful.



TODD AND JENNEL



TRADITIONAL TEACHINGS & TRADITIONAL FOODS GATHERING - WAR LAKE FIRST NATION, MAY 2019

The 2018-19 Community-Led Change book has some new features. The Community Project Impacts section features five amazing community partners that took part in a deeper dive into understanding the impacts and mechanisms of their work. You can explore and learn from them on pages 10-18.

This year, we have chosen to highlight new stories in the New Community Partnerships section. These partnerships formed in 2018 & 19 from Churchill to Mispawistik Cree Nation. The stories feature photos and notes about the inspiring things happening and community plans for the future. Don't worry, many of the community projects that have been previously featured are still going strong. Please visit past Community Stories books or the NMFCCC website www.nmfccc.ca or facebook page for information.

The book also tries to capture some of the magic and sharing on pages 32-35 that takes place when people come together in their territory to share knowledge, skills, and ideas. In these gatherings, and in the projects themselves, there is a strong central theme of future generations. People are working hard to build a world that is a beautiful place for future generations to thrive. We remember our obligations to future generations who will call this planet home. Future generations include our human children and the plants and animals that we are in relationship with.

As always, each of these stories was co-created by community project leaders and NMFCCC staff. Nothing appears in the book without permission, and project leaders have the final review of their content. Communities receive paper and electronic copies of this book for their own use and sharing.

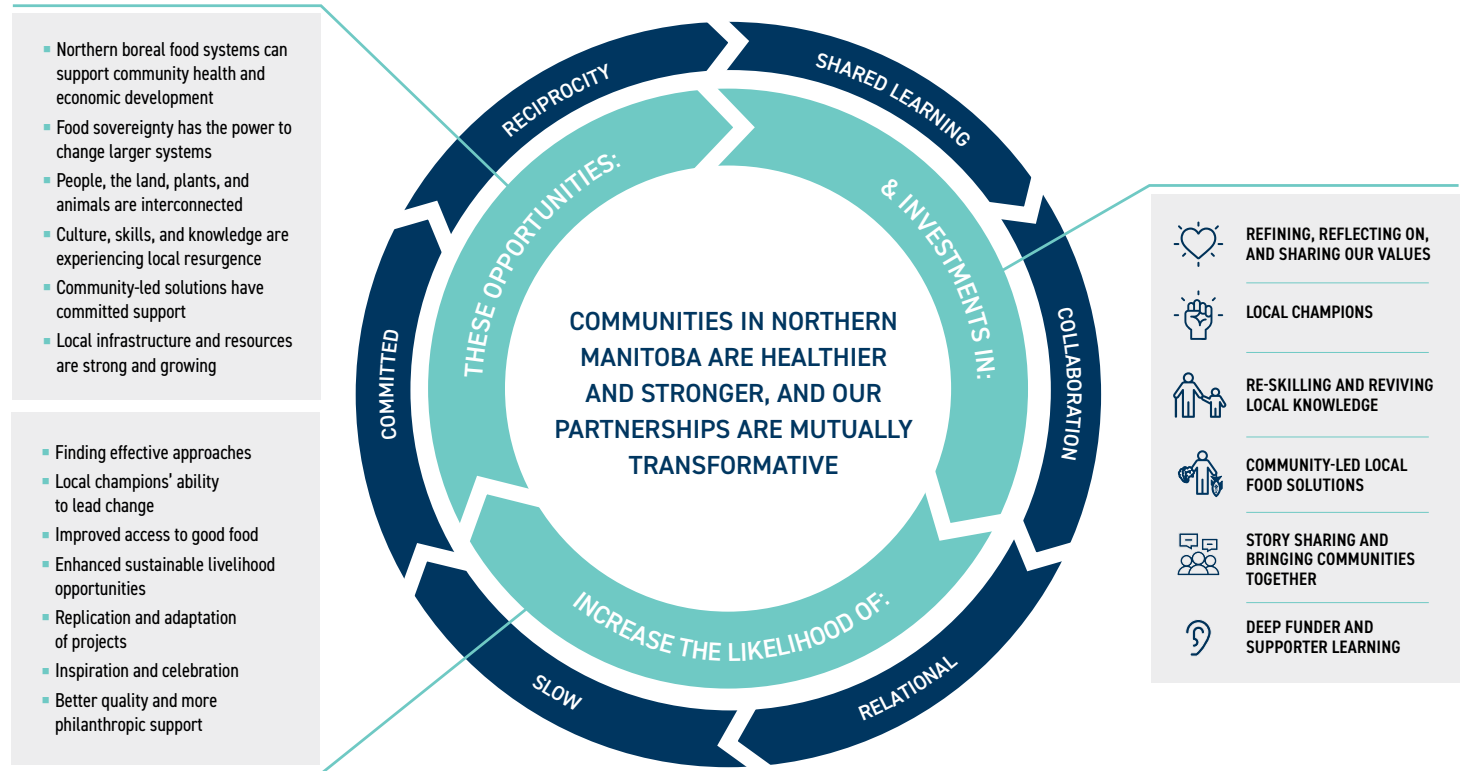
Please offer respect and ask permission from project leaders if you would like to use their stories in other publications.



FIRE AT MISIPAWISTIK PIMATISIMĖSKANAW SPRING CAMP

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.

2018/2019 PROJECTS

Wabung Fishers Producers Co-op

Garden Hill

Wanipegow Wild Rice Project

Wanipegow

NACC Beekeeping

Spence Lake, Rorkton, Winnipegosis, Crane River, Mafeking, St. Martin

NACC Fish Composting

Dawson Bay and Pine Dock

Dodge City Farm

Pukatawagan

Bayline Regional Roundtable Beekeeping

Cormorant, Nelson House, Gods Lake Narrows, Thicket Portage, Wabowden

Misipawistik Pimatisimeskanaw

Misipawistik Cree Nation

Berens River Greenhouse

Berens River First Nation

Rocket Greens Hydroponics & Gardening Support

Churchill

Community Feast & Celebration of the Snow Goose

Churchill

Poplar River Greenhouse & Garden

Poplar River First Nation

Nisichawayasihk Food Production

Nisichawayasihk Cree Nation

Northlands for Better Living

Northlands Denesuline First Nation

Bunibonibee Traditional Foods

Bunibonibee Cree Nation

Connecting Youth to Lake Winnipeg and Traditional Foods

Black River First Nation, Poplar River First Nation, Pinaymootang First Nation, Misipawistik Cree Nation, Brokenhead Ojibway Nation, Norway House Cree Nation

Wabowden Traditional Teachings

Wabowden

Brochet Food Plant

Barren Lands First Nation

Brochet Youth Garden

Barren Lands First Nation

Opaskwayak Culture & Healthy Living Initiative

Opaskwayak Cree Nation

Wachusko Weesti Muskrat Hut Project

Opaskwayak Cree Nation

Peguis Agriculture Project

Peguis First Nation

Barrows Community Greenhouse

Barrows

Grow North: Northern Boreal Horticulture Program

Leaf Rapids

Shamattawa Chicken Project

Shamattawa First Nation

Bayline Food Buying Coop

Wabowden, Thicket Portage, Pikwitonei

HBOIERC Garden

Norway House Cree Nation

Mushroom Cultivation

Grand Rapids

Fisher River High School Gardening Project

Fisher River Cree Nation

Ithinto Mechisowin Program -

O-Pipon-Na-Piwin Cree Nation / South Indian Lake

The Meechim Project

Garden Hill First Nation

Lake Winnipeg Indigenous Youth Leadership Initiative

Black River First Nation, Poplar River First Nation, Pinaymootang First Nation, Misipawistik Cree Nation, Brokenhead Ojibway Nation, Norway House Cree Nation

Mosakahiken Garden Project

Mosakahiken Cree Nation

Fox Lake Land-based Learning

Fox Lake Cree Nation

Rocket Greens Hydroponics Workshop

Churchill

We are proud to stand with 34 projects across Northern Manitoba in 2018 and 2019.

Projects vary from horticulture to raising livestock and bees to traditional teachings and food from the land. Some projects are in their first year of running while others are well established. Together, each community and their projects are building a network of people dedicated to supporting and creating community, increasing food sovereignty, and strengthening local economies.



FISHING IN BUNIBONIBEE

COMMUNITY PROJECT IMPACTS

Are we having a positive effect? Our group, the NMFCCC, wanted to learn about the impacts of community projects we partner with, and if we have contributed to those impacts. So, we dug into all of the information about 5 community partners: Grow North in Leaf Rapids, Ithinto Mechisowin in O-Pipon-Na-Piwin Cree Nation/ South Indian Lake, Opaskwayak Culture & Healthy Living Initiative in Opaskwayak Cree Nation, Peguis Agricultural Project in Peguis First Nation, and Bayline Food Buying Co-op which serves Wabowden, Thicket Portage, Pikwitonai, Ilford, and War Lake First Nation.

TO IDENTIFY IMPACTS AND LEARNINGS WE TRIED TO ANSWER TWO QUESTIONS:

- 1

What are the impacts of community projects on communities?
- 2

How have investments and activities of the Collaborative (NMFCCC) contributed to these impacts?
- Community project leaders reviewed their summary page to make sure it was accurate, and then gave their approval to share the information in this book.

SUMMARY OF WHAT WE LEARNED

PROJECT APPROACHES

THERE ARE 8 COMMON EFFECTIVE APPROACHES THAT WERE USED TO IMPLEMENT LOCAL FOOD SOLUTIONS.

- Local food production
- Outreach and community engagement
- Resource, knowledge, story sharing; training and practice
- Youth-focused activities
- Collaboration, planning, and growth
- Research
- Food sharing and ordering
- Local Economic and livelihood opportunities

THESE APPROACHES RESULTED IN:

Enhanced sustainable livelihood Opportunities through employment/ honoraria in all projects, and social enterprises in 3 projects

Replication and adaptation taking place within each project, and across communities who learn and draw inspiration from their peers

Celebrating successes and sharing learnings is practiced in each community

SUPPORT & RELATIONSHIPS

Project Operation and Relationship with NMFCCC



“I think that you [Julie] and your program is excellent and one of a kind in Canada... I do believe in collaboration and seeking consensus within any working group, and from my experience working with you and your organization, this has been the success. I’m sure that many of the project leaders in each community feel this way; [I] hope that our future can be realized through this and [we can] share our vision with all. Keep up the great work, and thank you again.”

CARL MCCORRISTER,
PEGUIS FIRST NATION, JAN 2017

The NMFCCC became a partner early in the development and growth of 4 of the 5 projects.

For all projects, the **NMFCCC** has played an important role in:

- Providing (relative) financial stability through grants, overcoming barriers to delivering philanthropic grants to communities
- Committed relationship building between communities, neighbouring or other communities, NMFCCC staff, and supporters
- Supporting self-determination by supporting communities and project leaders in ways that are most meaningful to them
- Facilitating and supporting story sharing, reciprocal and shared learning, and celebration of successes
- Facilitating and encouraging planning, economic development opportunities, and sustainable growth
- Bringing more supporters to the table, and broadening the scope of understanding for supporters of Northern realities

NMFCCC ACTIVITIES AND INVESTMENTS

	2013 (PILOT)	2014	2015	2016	2017	2018
ANNUAL BUDGET	\$49,458	\$310,000	\$378,000	\$566,500	\$696,957	\$669,500
Granting	✓	✓	✓	✓	✓	✓
Administration		✓	✓	✓	✓	✓
Staff		✓	✓	✓	✓	✓
Northern staff				✓	✓	
Staff visits to communities	3	7	8	11	13	12
Community networking calls		3	2	1		
North-to-North gatherings		1		2	3	12
Funder learning trip		✓	✓	✓	✓	✓
Story sharing booklet		✓	✓	✓	✓	✓
Story sharing video		✓				

IMPACTS ON COMMUNITIES

HOW ACCESS TO GOOD FOOD HAS IMPROVED:

- ↑ production of healthy, locally grown fruits, vegetables, herbs
- Food sharing and delivery
- ↑ spaces for growing food
- ↑ harvesting of wild meat and traditional medicines
- ↑ production of preserves
- Locally adapted plants
- ↑ production of honey

IMPACT OF COMMUNITY PROJECTS ON COMMUNITIES:

- ↑ hope, motivation, excitement, pride and confidence
- ↑ skills and knowledge
- ↑ access to healthy, culturally appropriate food
- ↑ community engagement and positive relationships
- ↑ in positive options/ activities
- Improved livelihood opportunities
- ↓ cost of accessing food
- ↑ feeling of connection to and reclaiming of the land and culture
- Healing and growth
- Improved physical and mental health

Skills and knowledge being revived
(# of projects engaged)



“

NMFCCC staff (Becky and Julie) have been very helpful to us in supporting our meetings, helping set up new contacts, and advocating on our behalf.”

DONNA SANOFFSKY
PROGRAM COORDINATOR
DEC 2017



BAYLINE FOOD BUYING CO-OP

WABOWDEN, THICKET PORTAGE, PIKWITONAI,
ILFORD & WAR LAKE FIRST NATION

PROJECT SUMMARY & APPROACH

The Bayline Food Buying Co-op (BFBC) is a community-led response to the high costs and excessive time it takes to buy groceries for remote communities along the Bayline Railway. Since 2012 they have researched, planned, and launched their program across 3 communities. The NMFCCC began partnering with BFBC in 2015, and helped to get the Co-op up and running; with the first food deliveries June 2017.



Theory of Change icons – see page 6

TRAIN ARRIVING IN WABOWDEN

FIGURE 1



FIGURE 2

ACTIVITIES AND COMMUNITY-LED FOOD SOLUTIONS:

WHAT DOES IT INCLUDE?

WHY IT WORKS

LEARNINGS

Program planning, development, and implementation	Research, surveys, evaluation; creating governance; Business plan development; Documenting process	Consensus building; Capacity building	Yearly survey with communities for feedback; Continue meeting with participants
Collaboration, learning, and sharing	Building partnerships; Learning from others; Participant feedback; Coordinator training	Being part of a good food system; Strong network of support; Allows for expansion and adaptation	Create resource pamphlet; Share stories from participants
Food ordering and delivery	Organizing and improving logistics; Diverse payment and banking system; Product selection opportunities	Strengthens options to get good food	Working with challenges of train; Food storage in communities; Payment options
Outreach and community engagement	Community meetings and feasts; Community feedback and consultation; Posters and infographics; Individual outreach; Sharing information	Community-led process encourages empowerment and participatory learning; Community leadership	Encouraging local leadership; Creating trust and introducing idea of co-op; Get schools and organizations on board
Local economic opportunities	Hired coordinators; Local market opportunities	Promotes self-sufficiency, food security and sovereignty	Would like to incorporate local foods and support local people to share their products

COLOUR-CODED TOTES FOR EACH COMMUNITY

“Some people are trying it out and they are impressed with it. We are spreading the word by mouth, explaining how it will help them financially, and how it will be more convenient. We only just started at the end of June, so we know this year we will get a lot more people involved.”

PAULINE CORDELL, PIKWITONEI COMMUNITY COORDINATOR, FEB 2018

PIKWITONEI RECEIVING A FOOD DELIVERY

IMPACTS

THIS SECTION REPRESENTS WHAT IMPACTS WERE OBSERVED, SHARED, AND REPORTED THROUGH A COMMUNITY-LED PROCESS FOR THE BAYLINE FOOD BUYING COOP.

KEY ACTIVITIES FOR START-UP

39 community surveys conducted
DOZENS of planning meetings
COMMUNITY FEASTS
TRAINING FOR STAFF AND BOARD

SKILLS AND KNOWLEDGE BEING REVIVED

Research
 Strategic planning
 Partnership building and collaboration
 Program development and implementation
 Community mobilization and engagement
 Outreach and education
 Communications and marketing

IMPACTS ON PEOPLE INVOLVED

↑ availability and access of healthy foods
 ↓ cost of accessing food
 ↑ overall household budgets
 ↑ convenience of grocery shopping
 ↑ services in community
 ↑ opportunities for community involvement
 ↑ ideas for further healthy food opportunities
 Bringing people together
 Community members excited about and pleased with program
 Motivation to continue program

IMPROVING ACCESS TO GOOD FOOD EACH YEAR

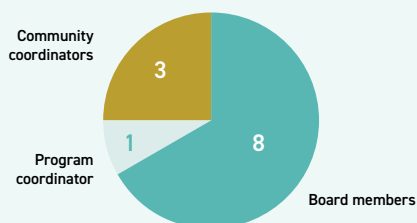
7 EXTENDED FAMILIES
 CURRENTLY SHIPPING FOOD,
 expecting to have more each year.

MEANINGFUL EXPERIENCES AND LEARNINGS

Co-op is successfully underway!
 Community-led process
 Working with a good team
 Coordinators trained and running program
 Governance structure developed
 Consensus building
 Great support from local Council and agencies
 Partnership building and collaboration
 Learning from other communities
 Showing others what is possible

FIGURE 3

Local Champions Supported



I have received word from each worker in the communities that people are getting excited and are starting to realize what a good impact this will have on each community member. That's the most exciting part for me as a coordinator to know that this is working and that we are able to help out the people for a better and healthier life."

DONNA SANOFFSKY, PROGRAM COORDINATOR, JUL 2017

SUPPORT & RELATIONSHIPS

The NMFCCC has played a very active and significant role in supporting the BFBC through research and planning, facilitation and organizing of meetings, developing materials, and partnership building. As the main funder of the project since 2015, NMFCCC has also helped with securing in-kind and financial support from the provincial government and Collaborative supporters. A 3-year funding partnership with BFBC was started in 2018 and we continue to support the profile raising of the project. We have also helped to connect BFBC with other communities

from which the BFBC has drawn knowledge and experience.

The BFBC has developed strong partnerships with Community Councils, Public Works, and CAOs of each community involved. A key partnership with Via Rail helps with the delivery of foods. Local stores are involved and, in the future, it is hoped that the sale of local products will help support coordinator salaries. Partnerships have increased significantly as food deliveries have been made, and new opportunities await.



Right now, everybody is struggling to get to town to go and shop, the snow that we have had, whoa man, it has been difficult. We have to wait 3 or 4 days sometimes to get our roads plowed... People are very interested in the coop here, the train is everything here."

MAYOR MAURICE CLEMENS,
 THICKET PORTAGE

PEGUIS AGRICULTURAL PROJECT

PEGUIS FIRST NATION



“One woman made 10x12 frames and she started doing the gardening herself and you wouldn’t believe what she produced this year... she was so proud of what she did, and her interacting with other people who are struggling. You can see that the interest is there. This lady really was something to show for other people, what you can do when you put some work into it.”

CARL MCCORRISTER, GARDEN SUPERVISOR, OCT 2015

PLOWING THE FIELDS

PROJECT SUMMARY & APPROACH

Peguis First Nation has a strong agricultural history that extends back centuries. Their community gardens started in 2011 to reclaim this tradition. The Peguis Agricultural Project has grown each year with plans of expansion, involving more community members, and of testing different seeds and crops. The project has benefited many in the community and has been recognized by many communities, governments, and the Collaborative as an example of agricultural sustainability, food sovereignty, and reconciliation.



See page 6 for our Theory of Change

1900s

- Community forcibly relocated due to growing pressures for farm land and by settler populations

2011-2013

- Peguis Community Garden Project begins
- Successful local fundraising
- 7 acres of fertile land cultivated

2014

- NMFCCC becomes a supporting partner

2015

- Continued project growth and community engagement
- Leadership recognized across the province

2016

- NMFCCC makes first 2-year funding partnership
- Dip in support from Chief and Council (CC)

2017

- Main community garden left to fallow
- Regained support from CC
- Local tobacco crop reclaimed

2018

- 3-year funding partnership with NMFCCC begins

2019

- 2nd year of NMFCCC multi-year funding partnership
- Renewed Support from Chief and Council

ACTIVITIES AND COMMUNITY-LED FOOD SOLUTIONS:

WHAT DOES IT INCLUDE?

WHY IT WORKS

LEARNINGS

Community building and involvement

Student placements; work programs; Gatherings; tours; Volunteers

Reconciliation and healing; Promotes sense of community

More community engagement and shared vision; Politics can be challenging

Local food production, preparation, and sharing

Community gardens; Supporting community members' gardens; Sharing food and crops; Traditional crop research and growing; Food preservation

Rebuilds heritage and culture; Reclaiming, protecting, and reconnecting to land; Promotes self-sufficiency and food sovereignty; Promotes healthy living and eating

Equipment and maintenance is challenging; Goal of a year-round greenhouse; Winter storage needed; Climate change a challenge

Education, knowledge and story sharing

Hands-on workshops; Sharing knowledge; Conferences, meetings, events; Media and educational material; Advocacy on Treaty rights

Knowledge, skill and personal development; Addressing root causes of colonialism; Awareness raising

Encourage new leadership to help run the project; Always more knowledge and expertise to be gained

Economic and sustainability opportunities

Farmers' markets; Selling produce and crops; Employing casual/seasonal staff; Fee for service equipment rental

Part of decolonization process; Promotes self-sufficiency; Work experience;

Markets focus on community building, potential for economic benefits; Improve worker harmony

Collaboration, planning, and growth

Working collaboratively; Building resources; Networking and fundraising; Exploring models; Planning for long-term growth

Relationship and capacity building; Allows for growth and adaptation; Promotes economic independence

Opportunities for expansion into activities that complement project; Funding is challenging

IMPACTS

THIS SECTION REPRESENTS WHAT IMPACTS WERE OBSERVED, SHARED, AND REPORTED THROUGH A COMMUNITY-LED PROCESS FOR THE PEGUIS AGRICULTURE PROJECT.

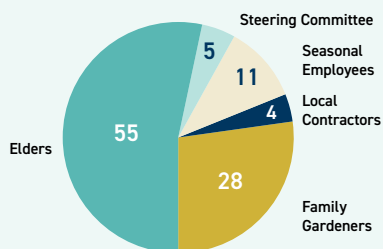
SKILLS AND KNOWLEDGE BEING REVIVED

Horticultural food production
Plant breeding and seed saving
Building infrastructure and landscaping
Preserving foods
Marketing and selling foods
Education and facilitation
Fundraising and networking

AVERAGE ACTIVITY EACH YEAR

8 ACRES CULTIVATED
2 GARDENING WORKSHOPS
2 ELDERS DAY GATHERINGS **2 FARMERS' MARKETS**
1 END OF YEAR GATHERING

Local Champions Supported
(Average each year)



IMPROVING ACCESS TO GOOD FOOD EACH YEAR:

Large amount and variety of crops harvested
Food delivered to food bank once/week
(in 2013, 400 lbs of potatoes a week, plus other vegetables)
Food shared with Elders who participate
Community members visit garden and pick vegetables
Food donated to social service agencies for workshops and to community gatherings
Workers take home food each day

MEANINGFUL EXPERIENCES AND LEARNINGS

Reclaiming agricultural heritage
Growing and sharing crops
Reviving skills and knowledge
Encourages healthy eating
Hosting guests, learning with others
Sharing and selling food
Supporting home gardens
Demonstrating what is possible
Recognition from others
Feedback and support from Elders
Opportunities to talk about reconciliation

IMPACTS ON PEOPLE INVOLVED

↑ food security and food quality
↑ employment
↑ knowledge and skills
↑ community involvement and connections
↑ awareness of healthy eating and food security
↑ hope for what can be done
Pride and dedication
↑ gardens and gardeners
↑ people proposing solutions
Communities encouraged and inspired
Invaluable to reconciliation process
Positive relationship building

AVERAGE NUMBER OF PARTICIPANTS EACH YEAR

90 ATTENDEES AT ELDERS DAYS
31 ATTENDEES AT EACH WORKSHOP
28 GARDENS SUPPORTED BY PROJECTS

SUPPORT & RELATIONSHIPS

From the Peguis Development Corporation that hosts the project, to Elders who provide guidance and share knowledge, this project has strong community support and partnership. The local Food Bank and the Healing Centre are key partners who increase gardening spaces and sharing. Collaborations with universities help with research and developing locally adapted crops. Partnerships with schools and other agencies are important in providing learning and work experiences for students and the un/under-employed.

We have been a consistent and reliable financial supporter to this project. We have sponsored learning and networking opportunities for the project; and in turn Peguis Agriculture has hosted visitors, shared their knowledge and stories, and has been strong food sovereignty and Indigenous rights advocate. This project was the first multi-year funding partnership with us and the first partner who has had more than one multi-year agreement – this speaks to its the strength and consistency.

“I so appreciate your work and the help that you have given us over the years –

we would never have had the success we had without your help... Again, thank you so much Julie - you have given me hope and keep us to the task... collaboration is so important.”

CARL MCCORRISTER,
GARDEN SUPERVISOR,
NOV 2017



PEGUIS AGRICULTURE GROUP

WORKING THE SOIL



GROW NORTH VISITING BROCHET YOUTH GARDENS



CHURCHILL RIVER NURSERY



GROW NORTH - CHRIS, HOWIE, ERVIN & ANTHONY

GROW NORTH BOREAL HORTICULTURAL CENTRE

LEAF RAPIDS



Theory of Change icons – see page 6

PROJECT SUMMARY & APPROACH

Grow North takes place in the post-mining town of Leaf Rapids. The project has a long history of gardening, with more structured support and programming starting in 2006. The NMFCCC has been supporting the project since 2013, including critical support when the project underwent re-visioning and strategic planning. The project has built and strengthened its capacity and is on its way to being an impactful Northern Boreal centre for horticultural practice, research, and knowledge sharing.

FIGURE 1



FIGURE 2

ACTIVITIES AND COMMUNITY-LED FOOD SOLUTIONS:

WHAT DOES IT INCLUDE?

WHY IT WORKS

LEARNINGS

Horticultural learning, training, and practice	Hands-on work and learning; Broad range of tools and methods	Applying knowledge and skills; Increases sustainability of food systems; Supports cultural reclamation	Working with nature and conditions; Working with local materials
Youth-focused programs and opportunities	School engagement; Training and education; Leadership and empowerment; Employment	Personal and professional growth; Develops skills and knowledge	Better integration with education system
Outreach, knowledge/resource sharing, being part of a movement	Workshops and exchanges; Supporting people and communities; Sharing through different methods/media; Plant distribution	Spreads excitement, knowledge, and hope; Builds community through networking; Demonstrating what is possible	Improvements to workshop planning and logistics; Learning how to maintain community involvement
Research	Testing, experiments, and research on crops, seeds, and methods; Sharing knowledge	Improves growing technology and knowledge; Crops adapted to the North	Potential for increased production and markets; Balancing research and youth programming
Strategy, planning, and growth	Managing and building resources and relationships; Developing and planning	Allows for expansion, adaptation, replication, and reflections; Grows and maintains momentum	Balancing vision and goals; Building team cohesiveness; Need for clear structure and plans; Challenges around capacity and financial resources

IMPACTS

THIS SECTION REPRESENTS WHAT IMPACTS WERE OBSERVED, SHARED, AND REPORTED THROUGH A COMMUNITY-LED PROCESS FOR THE GROW NORTH BOREAL HORTICULTURAL CENTRE.

SKILLS AND KNOWLEDGE BEING REVIVED:

Vast array of horticultural food production skills and knowledge
Research skills
Processing and utilizing harvested food
Teaching, facilitation and outreach

IMPROVING ACCESS TO GOOD FOOD EACH YEAR:

All gardens reported to produce significant quantities of crops
Thousands of northern-adapted plants, including strawberries and bok choy, have been distributed
Nursery and garden beds have expanded
Staff have access to their own growing areas
Yield in common areas distributed to staff, volunteers, and workshop participants
Working with over 100 varieties of fruits, vegetables, herbs and grasses

IMPACTS ON PEOPLE INVOLVED:

Healing and growth
Pride in skills and the work done
Increased skills and knowledge
Confidence to teach and empower others
Motivation to learn more
People eating food they have never tasted
Positive relationship building

HORTICULTURE SKILLS AND KNOWLEDGE INCLUDE:

Preparing growing areas
Soil development
Planting and maintenance
Greenhouse management
Watering and drip irrigation
Harvesting and preserving

MEANINGFUL EXPERIENCES AND LEARNINGS:

Learning and sharing with visitors
Workshops and exchanges
Trying new things
Atmosphere of the gardens
Applying learnings
Teaching others and applying learning
Taking care of and working with plants
Connecting with youth
Community sharing and engagement
Encouragement by NMFCCE



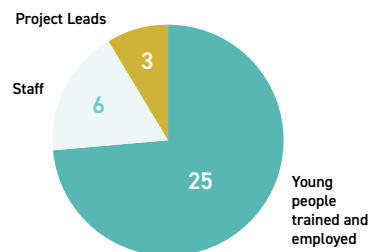
Ervin Bighetty, a former youth participant of the Grow North program, has been a Northern Advisor to the NMFCCE since 2014 and is currently the Mayor of Leaf Rapids.



UNLOADING PEAT MOSS

FIGURE 3

Local Champions Supported since 2013



AVERAGE ACTIVITY FROM 2013-2017

26 VOLUNTEERS/STUDENTS
175 WORKSHOP ATTENDEES
37 COMMUNITIES INVOLVED
23 WORKSHOPS/ EVENTS HELD

SUPPORT & RELATIONSHIPS

Area 1 of the Frontier School Division has been a key supporter of Grow North as it hosts the project, provides space and equipment, and assists with administration. The Town of Leaf Rapids has also been an ongoing supporter. NMFCCE has been in partnership with Grow North since 2013. Over the years we have provided financial, strategic, and in-kind support as capacity builds, and collaboration increases.



“What Chuck has taught me is to be a boreal forester. This is something that I never thought I would do in my life. It is a great thing I can pass along to my kids and maybe they will do some of this stuff. Lots of people are really interested in what we are doing and I think it's awesome. I feel really good about it.”

LES LINKLATER, CASUAL STAFF, AUG 2016

OPASWAYAK CULTURE & HEALTHY LIVING INITIATIVES

OPASKWAYAK CREE NATION



Theory of Change icons – see page 6



PROJECT SUMMARY & APPROACH

The Opaskwayak Culture & Healthy Living Initiative (OCHLI) started in 2013 with the aim to provide opportunities and spaces where members of OCN can live healthy and active lifestyles. Since the beginning of NMFCCC’s partnership with OCHLI the project has built a summer kitchen, expanded vegetable and flower gardens, and established beehives with community involvement growing each year.

JULIUS CLEANING THE RASPBERRY PATCH

FIGURE 1

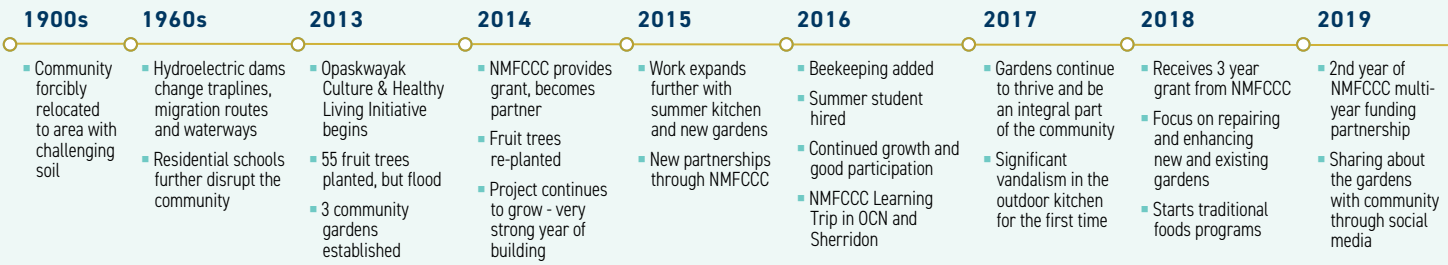


FIGURE 2

ACTIVITIES AND COMMUNITY-LED FOOD SOLUTIONS:

	WHAT DOES IT INCLUDE?	WHY IT WORKS	LEARNINGS
Spaces that encourage healthy and active lifestyles	Gardens that increase accessibility; Outdoor kitchen, wood stove, clay oven; wildflower bed	Venues for teaching, learning, socializing, and exercising; Beautiful and accessible areas attract people	Preparing sites is expensive and labour intensive; Topsoil is challenging, starting to compost
Community involvement and engagement	Volunteer leadership; Membership driven and supported; Family focus; Events and feasts; Organized communal working time	Encourages participation from all; Brings people together; Socializing as a key incentive; Builds capacity and ownership	Increasing leadership capacity to share responsibility and sustain community ownership; Need consistent engagement
Local food production, preparation, and sharing	Food production, preparation, preservation, and cooking; Traditional medicines; Beekeeping; Food distribution	Promotion of healthy and sustainable food sources; Supports food sovereignty and cultural reclamation	Making connections between food and physical health
Education and knowledge sharing	Workshops and seminars; Learning spaces; Elders share stories and knowledge; Outreach and media	Intergenerational learning and teaching; Skill building is huge attraction; Increases visibility and interest	School engagement to reach youth; Respectful and appropriate evaluation; Need continued outreach
Collaboration, planning, and growth	Diverse partnerships; Building infrastructure and programming; Fundraising and networking; Expansion of programs	Close partnerships allow for support and wide reach; Integration into schools	Starting small and growing steadily is manageable; Limited by financial resources

“ Learning how to grow the vegetables gave me the confidence to know that I can do this. Now that I have a hand in gardening, I want to try more things and the fruit side, and see just how far we can go with this. It feels like we are getting started and can do much more.”

NOREEN SINGH, PRESIDENT, JAN 2016

IMPACTS

THIS SECTION REPRESENTS WHAT IMPACTS WERE OBSERVED, SHARED, AND REPORTED THROUGH A COMMUNITY-LED PROCESS FOR THE OPASKWAYAK CULTURE & HEALTHY LIVING INITIATIVE.

SKILLS AND KNOWLEDGE BEING REVIVED:

Food production, preserving, and preparing
Building infrastructure
Traditional medicine harvesting and processing
Beekeeping
Intergenerational teaching and learning
Fundraising and networking
Planning and reflecting
Community building

OCN INSPIRING OWNERSHIP AND CHANGE:

Members pay annual fee to support program
Executive and other volunteers fundraise, organize, and plan together
Local people investing their own money into the gardens
Local high school has their own greenhouse
People gardening in their own yards

GARDEN ACTIVITIES

IMPACTS ON PEOPLE INVOLVED:

↑ youth participation and engagement
↑ confidence in abilities
Healing and relationship strengthening
People eating and selecting healthier foods
Experiencing nature
Pride in food production
Re-discovery of agricultural heritage
↑ skills and knowledge
Recreational options for youth and Elders
Excitement to learn, participate, and do more

IMPROVING ACCESS TO GOOD FOOD EACH YEAR:

The community never measures the amount of food – they believe it is more important that they use and share it.

MEANINGFUL EXPERIENCES AND LEARNINGS:

Garden spaces active, welcoming areas for sharing and learning
Community, youth, and family involvement
Taking care of beehives
Learning to cook and preserve food
Eating vegetables and tasting new ones
Reclaiming culture and heritage
Bonding and socializing
Enthusiasm and support from visitors
Media coverage and support
Hope that comes from working together and seeing results

Gardens produce good quality of crops
Fruit tree orchard flourishes
Raspberry patches provide pails of harvest
Jars of preserves are produced
Honey extractions produce gallons of honey

8 GARDENS
1 HR MINIMUM TIME FAMILIES SPEND IN THE GARDENS /WEEK



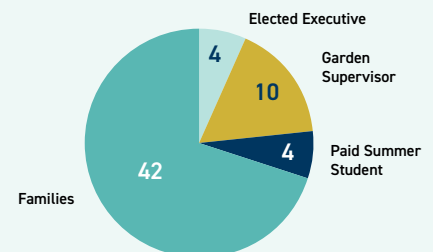
SUPPORT & RELATIONSHIPS

OCHLI continues to get support and in-kind contributions from local organizations and businesses. OCN Recreation Department: Beautification Crew have helped garden members with landscaping and keeping the sites attractive each year. The project is community-driven and strongly volunteer-led with both the President, Noreen Singh, and the Secretary, Teresa DeHoop, volunteering their time for the past 3 years. Along with Vice-president Margaret Ross, it is community members that have helped OCHLI to grow, to adapt, and to have a positive impact on the community.

In 2016, the NMFCCC visited as part of our annual Learning Trip. This was a great way to end the season, to raise the profile of the garden, and to engage more of the community. In 2018, we worked with OCHLI to approve a multi-year funding partnership that will provide funding and support for the project to explore traditional foods programming.

FIGURE 3

Local Champions Supported (approximate each year)



“
The open evaluation process that NMFCCC encourages for this project has been invaluable. Pictures speak so much louder than words.

PEGGY WILSON,
TREASURER AND MENTOR, DEC 2015



ELDER ROBERT DYSART SHOWING KIDS HOW TO PREPARE MOOSE NOSE

HEALTH DIRECTOR, RENE LINKLATER, PROCESSING A GOOSE

ITHINTO MECHISOWIN PROGRAM

ITHINTO MECHISOWIN,
O-PIPON-NA-PIWIN CREE NATION



Theory of Change
icons – see page 6

PROJECT SUMMARY & APPROACH

The Ithinto Mechisowin Program (IMP), meaning food from the land, is a community-led response to the destruction and changes that hydroelectric flooding has had on the land, water, and community. The community's engagement and commitment to this work is an example of Indigenous food sovereignty and decolonization through diverse livelihoods support, traditional practices, education, and restoring the relationship between people, health, and the land.

FIGURE 1

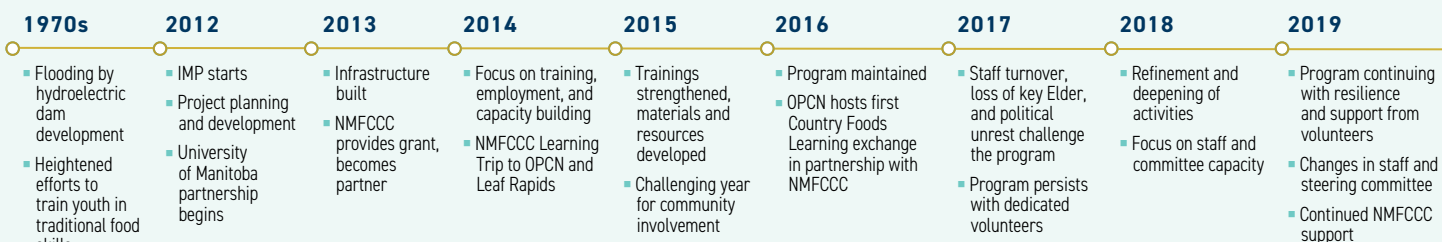


FIGURE 2

ACTIVITIES AND COMMUNITY-LED FOOD SOLUTIONS:

WHAT DOES IT INCLUDE?

WHY IT WORKS

LEARNINGS

Local food harvesting and production	Wild food and medicine harvesting; Horticultural food production; Food preparation, preservation and cooking	Increases access to healthy, culturally appropriate, and sustainable food; Supports land sovereignty and cultural reclamation	Dealing with weather; Establishing up-to-code food processing area; Challenges with transportation
Community participation and reciprocity	Dedicated steering committee and volunteers; Food distribution and sharing; Cultural gatherings; Support livelihoods of harvesters	Community sustains the program; Builds relationships; Sharing food for sustenance, healing, inspires collective will; Redefining food as a whole and relational resource (wechihituin)	Support those that want to be involved, while balancing safety; Training for volunteers; Awareness raising on equity
Story, knowledge, and resource sharing	Elders and adults as teachers and leaders; Documenting traditional practices, stories, and knowledge; Workshops and exchanges; Films and media	Promotes cultural revitalization; Supports food sovereignty and decolonization; Builds community and connections with others	A source of strength and hope; Partnerships to enhance sharing
Youth training and skill development	School engagement and credit programs; Land-based, hands-on education; Mentorship and apprenticeships	Decolonization through education and practice; Providing lived experience, knowledge, and skills	Ensure Elders and youth have appropriate gear for activities
Collaboration, planning and program development	Partnerships with schools, health centre, local industry, governments, and organizations. Social enterprise and market opportunities; Managing/building resources, relationships, and plans	Supportive network invested in the work; Allows for expansion, adaptation and replication; Promotes improvement and reflection	Financial management support; Governance/charitable host structures; Challenges with access to resources and capacity; Communication

IMPACTS

THIS SECTION REPRESENTS WHAT IMPACTS WERE OBSERVED, SHARED, AND REPORTED THROUGH A COMMUNITY-LED PROCESS FOR THE ITHINTO MECHISOWIN PROGRAM.

SKILLS AND KNOWLEDGE BEING REVIVED:

Traditional, land-based harvesting
Land-based navigational and survival skills
Local food processing and preparation
Horticultural knowledge and skills
Hospitality and business development
Teaching and storytelling
Local history and language

MEANINGFUL EXPERIENCES AND LEARNINGS:

Reconnecting with land
Access and connection to healthy and culturally appropriate diet
Learning about land-based food
Sharing stories, knowledge of the land and other teachings
Getting experience harvesting
Workshops
Social interactions
Sharing wild food with those in need

AVERAGE ACTIVITY EACH YEAR

22 WORKSHOPS HELD
116 YOUTH PARTICIPANTS
2 HARVEST SALES
2 CELEBRATIONS
HOSTING LEARNING EXCHANGES WITH OTHER COMMUNITIES SINCE 2016

IMPACTS ON PEOPLE INVOLVED:

↑ physical health
↑ mental health
↑ community engagement, bonding, and collective wellbeing
Community feels hopeful, proud and strong
Healing and courage to deal with challenges
Decolonization by reclaiming culture, health, and relationship with land
People inspired to harvest wild foods
Youth have increased land-based skills
People inspired and seeking collaboration on projects and economic opportunities
Sharing stories and knowledge
↑ pride in self and culture

“ NMFCCC has been an ongoing and stable partner in our work and a huge supporter of what we do.”

RENE LINKLATER,
STEERING COMMITTEE CHAIR, APR 2018

AVERAGE IMPACTS EACH MONTH

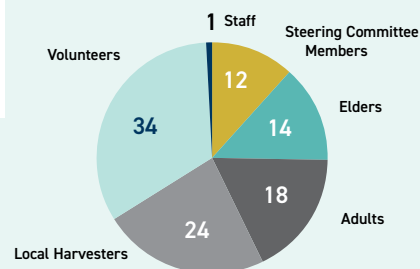
30 HOUSEHOLDS ACCESSING FOOD
325 PEOPLE ACCESSING LOCAL FOOD
400 RESIDENTS DIRECTLY AFFECTED

IMPROVING ACCESS TO GOOD FOOD EACH YEAR:

Average unit of local food distributed contains 4 fish, 2kg of other meat, and berries
Food distributed to Elders, single parents, and special requests for assistance including people with diabetes
Increase of traditional foods consumed
Food is donated and shared with community
Partnership with community-owned Big Sand Lake Lodge facilitates harvesting and storing of 1000s of pounds of moose meat
Increased access to fish
Family and community are productive

FIGURE 3

Local Champions Supported (approximate each year)



SUPPORT & RELATIONSHIPS

Local in-kind and financial support from the Tommy Thomas Memorial Health Complex, the Oscar Blackburn School, local hunters, fisher, trappers, and medicine pickers, and the IMP steering committee are key to the sustainability and success of IMP. Other relationships include working with the University of Manitoba, developing partnerships with government and non-profit organizations.

The NMFCCC and IMP partnership started in 2013. Over the years, we have strengthened our relationship, provided financial support, organized visits and learning opportunities for IMP participants and for others to come and visit IMP. We continue to honour these relationships that have been built while sharing learnings and best practices from this community-led project.



Hilda Dysart, one of the founding steering committee members and current chair of IMP and counsellor at Oscar Blackburn, is also a longtime Northern Advisor to the NMFCCC.



NORA SPENCE PLUCKING GEESSE

NEWS FROM THE FIELD

One of the exciting things about the movement happening in Manitoba for stronger food systems and cultural reclamation is that there are always new things bubbling up. People are inspired by each other and moved to try their own ideas and take actions that are relevant to their community and context. Inspiring each other to see new possibilities is a powerful thing. We hope you enjoy these three new projects that are just getting started.

“

When the youth plant and have these skills to do such, the pride alone will change the whole community.”

MARIE TSSEASSZE,
NORTHLANDS GARDENER & PROJECT LEAD

GROWING POTATOES

NORTHLANDS FOR BETTER LIVING



Theory of Change icons – see page 6

Northlands Denesuline First Nation is a small fly in community that continues to practice many of their traditions including hunting, fishing, and trapping. Even with this connection to the land, eating fresh food can still be a challenge as produce and other foods have to be purchased at the only store at high prices.

Through the hiring of youth to help support gardening and greenhouse activities in the community, this project will empower youth by developing skills to live a healthier way of life and to also enrich the local youth development and employment. Not only will the youth gain leadership experience and build their skills, they will also be providing and cooking food for their community and elders.

There are already 12 families that garden and there is interest from others to start gardening, growing their own food, and eating fresh and local food.

WANIPIGOW WILD RICE PROJECT



Theory of Change icons – see page 6

The Anishinaabe people at Hollow Water First Nation have harvested Manoomin (wild rice) for thousands of years, but due to Hydro impacts, over harvesting and infringement on our territory, natural manoomin cycles have been disrupted and this requires restoration of these habitats.

Through the Wanipigow school, the Wild Rice Project has connected students to this traditional food source and deepened their understanding of its origins, health benefits, and connection to their culture.

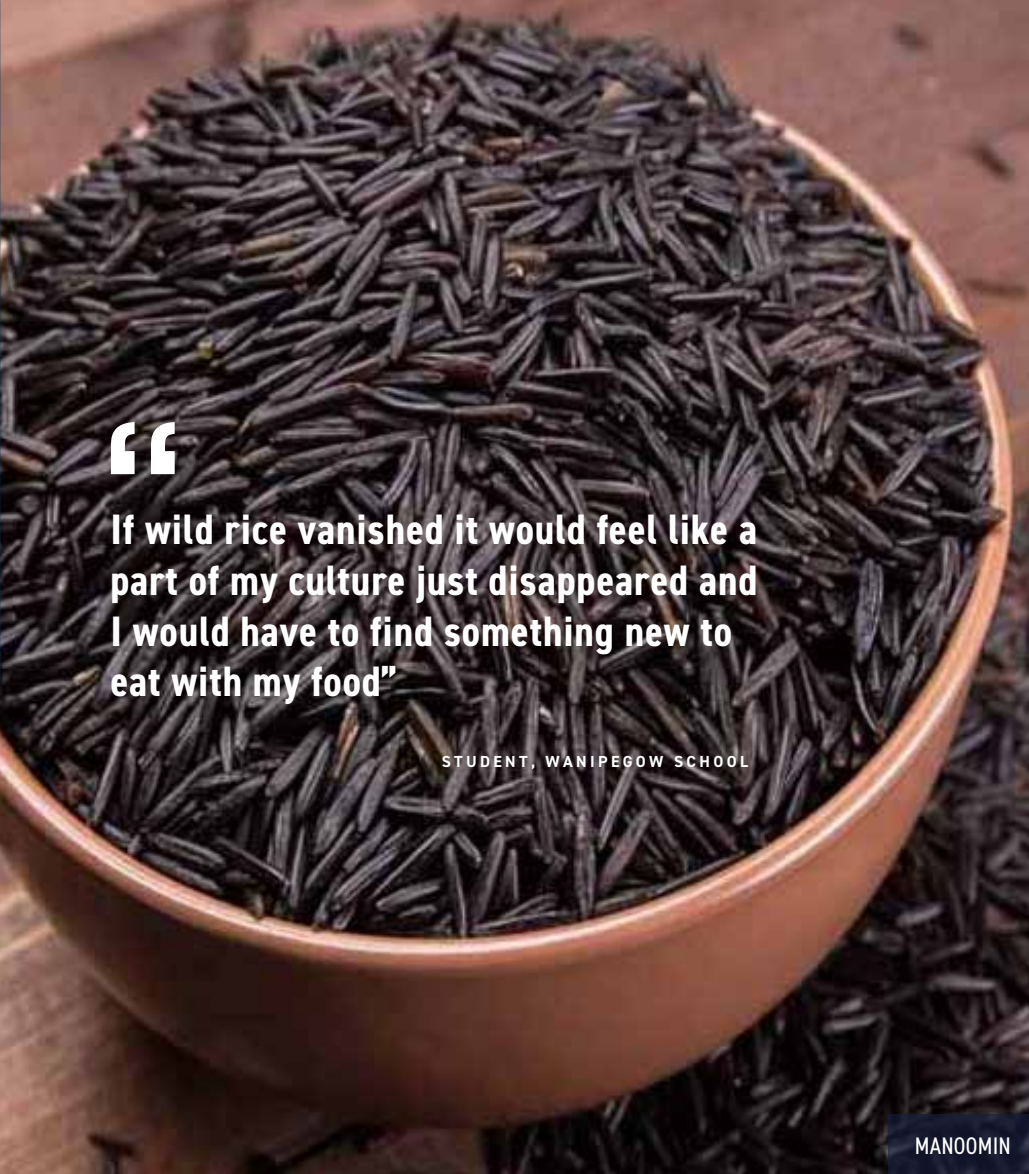
Over the past year, students have been involved in going out onto manoomin producing lakes, learning about its habitat, planting wild rice seed, and getting ready for the wild rice camps in September where we will go out on the lakes to harvest manoomin, followed by the many steps it takes to process the wild rice. Once the manoomin has been processed the students will have been involved in and seen the full manoomin cycle from planting the seeds to eating the manoomin on their plate; increasing their connection to the food, the land and water, and their role in restoring manoomin habitats.



GROW NORTH HARVEST



CHERRIES IN OCN



“

If wild rice vanished it would feel like a part of my culture just disappeared and I would have to find something new to eat with my food”

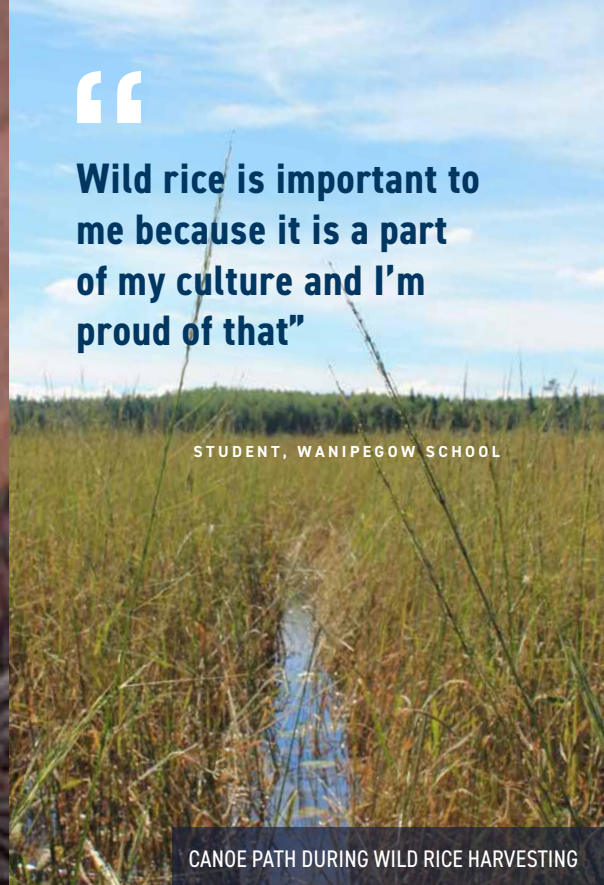
STUDENT, WANIPEGOW SCHOOL

MANOOMIN

“

Wild rice is important to me because it is a part of my culture and I’m proud of that”

STUDENT, WANIPEGOW SCHOOL



CANOE PATH DURING WILD RICE HARVESTING

GRAND RAPIDS MUSHROOM CULTIVATION PROJECT



Theory of Change icons – see page 6

This first-of-its-kind project, a collaboration between the Grand Rapids school and project volunteers, will provide high school students with the knowledge, skills, and experience required to produce a wide variety of mushrooms including oyster, shitake, lion’s mane and medicinal mushrooms.

The past spring & summer of 2019 has been spent purchasing supplies, creating workshop plans and materials, and getting ready for the launching of the project when the new school year begins. As the mushrooms grow, students will have the opportunity to attend cooking classes, to cook and taste the many ways that mushrooms can be used in meals.

While the first year has and will continue to focus on skill and knowledge building, the project has the potential to expand, involve more students and community, branch out to individual’s houses, increase food security, and to be a model for other communities and schools.



DISTRIBUTING MUSHROOMS



POPLAR RIVER JULIUS, KELLY, LEON, JULIE AND CARL



NORTHERN BEEKEEPING WORKSHOP

NEW PROJECTS

2018 and 2019 saw many new NMFCCC project partnerships. Highlighted in the following pages are 9 new projects and the dedicated people that lead them.



HBIOERC POTATOES



JOHNNY AND KIDS FISHING PUKATAWAGAN



ZACH WITH POTATOES HARVEST AT ALEX KENO MEMORIAL FARM



MEECHIM PROJECT

YOUTH CAMP

- Sept. 1 - 7, 2019 -

The Lake Winnipeg Indigenous Collective, in partnership with Norway House Cree Nation, is hosting a camp for Indigenous youth from around Lake Winnipeg. Catch fish, enjoy traditional food and discover ways to work in your own community to improve the health of Lake Winnipeg.

Food, accommodation and travel bursaries are provided. Youth 17 and under must be accompanied by a chaperone.

Where:
Norway House Cree Nation
Molson Lake Manitoba

Who:
Youth (ages 14-18) from
First Nations around Lake Winnipeg

For more information contact:
Kirsten Earl McCorrister (204-956-0436 or
programs@lakewinnipegfoundation.org)

Protect our lake, protect our life.

LAKE WINNIPEG
INDIGENOUS COLLECTIVE
www.lwic.org



POPLAR RIVER PUMPKIN HARVEST



MUSKRAT HUT AFTER THE 2ND BUILDING WEEK



PART OF THE BUILDING CREW

WACHUSKO WEESTI (MUSKRAT HUT) PROJECT



The Wachusko weesti (Muskrat Hut) project is a community-led collaboration between an interdisciplinary team (including Indigenous and non-Indigenous academics, professionals and students working in Education, Natural Resources, and Design-Build Architecture) and First Nation leadership and community members that builds on the work of the One House Many Nations (OHMN) campaign, an Indigenous-led grassroots effort to address the housing, water, and general environmental crisis by supporting local, sustainable, off-grid housing. Part of the project was supported by a Canadian Social Sciences and Humanities Research Council grant to document effective ways that communities connect to solve housing and water issues.

Over the last two years, members of the group assembled for this project and Opaskwayak Cree Nation (OCN) leaders and community members have collaborated in a community-led action research project to design and build a sustainable village for unhoused community members. Having designed and built a prototype house (now occupied by a previously unhoused community member who participated in the build), with a second house under construction, the community is now ready to start work on the village design and construction.

Wachusko weesti will be invaluable throughout the construction of OCN's environmentally sustainable village and, ultimately, will be part of the core infrastructure for the village. The model may also be used in other communities to support housing development or cultural land-based activities, providing accessible, hygienic and private/safe washroom spaces that supports participation of all community members. The community kitchen aspect of the unit will enable wild game, fish and other food processing and cooking and the preparation of medicines and plants. Knowledge mobilization and the transmission of traditional Indigenous knowledge and language is a key aspect. The model will be open sourced and available free for other communities to replicate.

The name, Wachusko weesti, was chosen because wachusk (muskrat) are part of Cree creation/origin stories and a primary food source. They play a central role in our identity, spirituality and survival, and have been impacted by resource development and the fur quota system. In spite of this, they remain master architects of the watery environments they inhabit. They are a symbol of strength, persistence, innovation, and evolution.



OPASKWAYAK CREE NATION



RAILWAY, FLY-IN



ALL-SEASON
ROADS

3,200 2019
POPULATION

PROJECT MANAGER:
One House Many Nations

625
KM NORTH OF
WINNIPEG



Theory of Change icons – see page 6

OBJECTIVES: to collaboratively design and build a prototype of a mobile off-grid sanitation and kitchen unit that will support sustainable living.



FIRST DAY OF BUILDING



MUSKRAT HOUSE FRAMING



MARIO, INTERN FROM BRAZIL WORKS ON WINDOWS



NORTH-TO-NORTH EVENT PARTICIPANTS

CARLEY WITH A TRAY OF LETTUCE ▶

YOUTH PLANTING TRANSPLANTS

A SEA OF LEAFY GREENS



CHURCHILL

RAILWAY, FLY-IN

1,004

KM NORTH OF WINNIPEG

HOST: Churchill Northern Studies Centre
PROJECT MANAGER:
 Churchill Northern Studies Centre

899 2019
 POPULATION



Theory of Change icons – see page 6

OBJECTIVES: to improve Churchill's food security by making fresh local produce available year-round to all residents while providing support for local growers to produce their own food at home to make healthy food choices.

ROCKET GREENS, HYDROPONICS AND SUPPORTING LOCAL GROWING

“

I have to go massage my kale.”

COOKING CLASS YOUTH PARTICIPANT
 TALKING TO A FRIEND ONLINE

The Churchill Northern Studies Centre (CNSC) Rocket Greens project has been a success since it began in early November 2017. We dubbed our produce 'Rocket Greens' as a nod to the location of the CNSC on the site of the former Churchill Research (Rocket) Range, a facility for launching rockets. We were very excited to be able to time our very first harvest with the Churchill Community Christmas Feast where we donated 200 heads of lettuce to community members attending the feast. Shortly after that we hosted a small market where we sold our first 330 or so pieces of produce to the community. We used the market to connect with local people and generate interest in a 'produce subscription service' that we would later call The Launch Box.

The Launch Box has been a huge success with 50 subscribers in 2019. This means that 60% of the produce harvested goes directly to community members.

According to the Launch Box subscribers, their weekly eating habits have been changing. They are becoming accustomed to fresh leafy greens each week and are trying new recipes and incorporating the greens into foods they have always made (like soups and stews). The weekly pick-ups have become a bit of a social gathering with many subscribers lingering to chat and visit with each other.

2018 was mainly focused on learning how the system works, to better understanding hydroponic growing, and testing how much it can produce. We did experience some challenges including a pump malfunction which caused it to spill all its water out onto the ground over a weekend resulting in a big frozen puddle and a few lost plants, as well as a common plant root disease that sometimes happens in hydroponics that can be treated with the use of

natural microbes and enzymes added to the water. While these challenges may have slowed things down for a moment, they have also been opportunities to learn and strengthen skills and understanding of hydroponic growing. By the end of November 2018, we had sold over 13,000 pieces of produce.

In response to many questions from communities who were interested in starting similar projects we hosted a North-to-North Rocket Greens Hydroponics workshop in March of 2019. Participants came from Norway House, Pukatawagan, Roseau River, Garden Hill, Wasagamack, and Winnipeg and we covered a variety of topics including planning, planting, maintenance, and marketing through hands-on activities and discussions. "This week was probably the highlight of my year." It was a real pleasure to be able to share our experiences of containerized hydroponic growing with others.

So far, 2019 has been a year of growing produce, expanding our community reach through markets, school workshops and visits, and partnering with the health centre to host cooking classes. We have also established test plots to see the changes of growing root vegetables in different types of soil (store bought vs soil built from local resources), and are working with community members to support their gardens and helping to increase food security in Churchill.

BUNIBONIBEE CREE NATION/ OXFORD HOUSE

500 KM NORTH OF WINNIPEG
3,000 2019 POPULATION

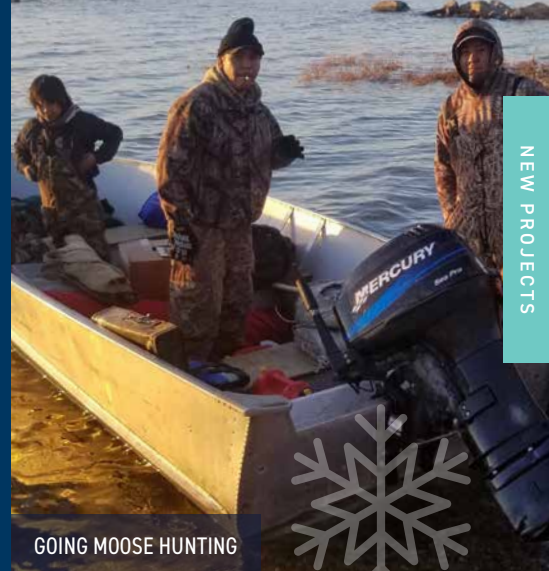


HOST: Food Matters Manitoba
PROJECT MANAGER:
Bunibonibee Cree Nation Health Centre



Theory of Change icons – see page 6

OBJECTIVES: to promote healthy eating, living off the land, and to make wild foods more available to the people in our community.



GOING MOOSE HUNTING

FREEZER PROJECT & TRADITIONAL FOODS

The community of Bunibonibee Cree Nation has many hunters and fisherman of various ages. For years, traditional hunting and fishing has been passed on to our children and the number of those interested continue to increase. While fishing is common in our community, not everyone can go fishing and most people do not have their own freezer to store what they catch in.

The purpose of purchasing community freezers is to share wild and traditional food that is caught or harvested. Many people access the traditional foods including Elders. It is these elders who have helped to keep the traditions of fishing, hunting, and berry picking alive and who taught us to share what we have with others. This knowledge was almost lost not too long ago, but it is still here, and the younger generations are eager to learn and continue teaching future generations.

The freezer purchased in 2018 have been mostly used for fish caught by youth and other fishers, berries including blueberries, raspberries, strawberries and gooseberries, and vegetables grown in the community. The freezers have been a way of bringing community together. Hunters and fishers have a place to bring and share their surplus of game and fish. Community members who would not have a way of obtaining

wild food can now access a meal or two as needed. It has also connected youth with hunters, fishers, and elders who share their knowledge with them.

“My knowledge is that when you’re talking to a youth or a child it goes a long way and has a bigger impact that lasts longer.”

During the summer of 2018, there were 6 youth camping trips supported by Bunibonibee Cree Nation health programs with 90 youth ages 10-17 attending. During these camps, Elders and knowledge holders showed the youth land-based practices, everyone spent time outdoors and enjoyed strawberry pancakes together.

This year, there has been even more interest from youth to attend camps, go fishing, prepare for a moose hunt, pick berries, and even getting involved in the gardening.

“Youth are very excited to learn about traditional foods. As they grow up, I hope they will start teaching the young ones.”

The project wouldn’t be as successful if it weren’t from the dedication of those involved and from support that comes from the community. One volunteer fisherman in particular takes youth out onto the water and teaches them to fish because he really likes being outdoors and sharing his knowledge. Both youth and elders now love the traditional foods and that has and will increase health in the community.



YOUTH PROCESSING MEAT



The youth camps are very popular!

There are already youth on the waiting list for summer camping trips, so recruitment should not be difficult.”

BUNIBONIBEE PARTICIPANT



HAZEL CHECKING ON HER CORN



PICKING BERRIES

MOSAKAHIKEN CREE NATION



2,482 2019 POPULATION

HOST: Food Matters Manitoba

PROJECT MANAGER:

Jordan's Principal at
Mosakahiken Health Authority



Theory of Change icons – see page 6

OBJECTIVES: to build a fence around the raised bed gardens that Jordan's Principal youth will use to grow plants and spend time outside.

707

KM NORTH OF WINNIPEG



ALL-SEASON ROADS



KIDS CARRYING POSTS



POTATOES

COMMUNITY GARDEN FENCE PROJECT

Belinda Sinclair, one of the Jordan's Principle workers in Mosakahiken Cree Nation, also known as Moose Lake, remembers gardening with her grandfather when she was little. "He had a big garden and horses." Now Belinda is working with her youth to get them into gardening.

Gardeners in Mosakahiken face a unique challenge: a herd of horse that roam the community. It is not uncommon for a garden of carrots or potatoes to be dug up and eaten by the horses.

To keep the horses away, as well as other uninvited guests, a small grant was applied for to build a fence in 2018. All the materials and supplies were organized, and a fence started to take shape.

Once again, the horses were a problem. This time using the fence poles as scratching posts, tearing down the fence before the foundation could be secured. To solve this, during the spring of 2019, a jack hammer was rented from the Pas to dig deeper holes. The fence is now up, the raised beds are secure and planted with carrots, potatoes, and onions.

Belinda shared about the importance of gardening for youth as it provides them with access to fresh air, physical activity and movement, and fresh food. Each year, more youth and their families get

involved with gardening. Just before the end of the school year, many people from the community came together to plant the raise beds at the school. There was a great turn out with kids staying after school hours and having fun in the dirt. "There was one kids who was trying to plant himself. He put his feet in, covered them, and waited to grow."

Belinda and her youth will look after the gardens they planted as well as checking in with the beds at the school. Belinda also has her own, 13x31 foot, garden to tend to. Everyone is excited to see what will grow and can't wait for the harvest.



The harvest is the best time. Kids don't even wear shoes when they pull the potatoes."

COOKING CLASS YOUTH PARTICIPANT TALKING TO A FRIEND ONLINE



FENCE FULL VIEW



BROCCOLI

NISICHAWAYASIIK CREE NATION/ NELSON HOUSE



895

KM NORTH OF
WINNIPEG

ALL-SEASON ROADS

4,600

2019
POPULATION

HOST: The Family and Community
Wellness Centre

PROJECT MANAGER:

The Family and Community
Wellness Centre & the Country
Foods Program



Theory of Change
icons – see page 6

OBJECTIVES: to build and
strengthen food production
infrastructure, interest, skills,
and knowledge for people in the
community to grow their own food.

GREENHOUSE BUILD & FOOD PRODUCTION

Building off of historical and recent gardening and food production efforts in Nisichawayasihk Cree Nation and Nelson House, Alexandria Moodie of NCN Family and Community Wellness Centre supported the building of a greenhouse in late 2018 for programming use and to help get more people interested in gardening.

With the greenhouse in place, the 2019 growing season was able to get an earlier start with seeds and seedlings starting their journey inside the greenhouse. Being able to start growing early and extend the growing season is important because of the shorter and colder summers that impact northern growing seasons.

With significant in-kind support from the Country Foods Program, managed by Malcolm Hunter, 12 raised beds for community use were built this summer. There are plans to establish a larger in-ground garden for next year. With mentorship opportunities for youth and involving children in the gardening programs, interests in gardening are spreading. In the coming years the hope is to get more and more people involved in growing and producing their own food.

“Children learn from hands on and getting their hands dirty. Their willingness to learn will always be joyful for them especially if they know they’ve helped with planting food.”

ALEX MOODIE, NCN GARDENER & BEEKEEPER

Beekeeping in NCN continues with Fred Hart, a gardener and beekeeper with 60+ years of experience, sharing his knowledge, skills, and stories with new beekeepers. This summer some community members attended a beekeeping workshop in Wabowden to learn about bees and beekeeping. To their surprise, they returned to NCN with bees of their own.

There are plans for chicken raising in the next year as well as plans for the Country Foods Program to build a garden to be able to include fresh vegetables in their program. Chief and Council have shown interest in supporting the gardens and food production through in-kind and material support. Momentum and interest in growing and producing food for elders and the community continues to grow as more people get involved. Nisichawayasihk Cree Nation hosted our 2018 Learning Trip and Project Leader Gathering (see pages 34 & 35).



ELDER FRED HART SETTING UP A NEW BEEHIVE



YOUTH TRANSPLANTING



NCN GREENHOUSE

“

My dream is to see more
community members wanting
to learn how to grow their
own food! It's so relaxing and
refreshing to watch your garden
grow as you take care of it.”

ALEX MOODIE, PROJECT COORDINATOR

MISIPAWISTIK PIMATISIMĚSKANAW

Misipawistik PimatisimĚskanaw is an alternative, culturally relevant education program that we have been working on since January 2015. The first few years included the formation of a committee of local Elders and community members to guide the work, developing materials and workshops, and running a pilot teaching on Misipawistik History where 35 students attend at least one day of teachings.

2018 was the first year we had two teachings; one in the spring and one in the fall. Our goal is to continue with the program, adding one teaching a year until we have a full yearly-teaching schedule.

Students who attend learn how their ancestors lived, in balance with creation and how to respectfully harvest fish, wildlife and plants for food and medicine, and how to prepare traditional and other healthy meals.

Youth also build relationships with the land and water, with Elders and community members, and with other youth who attend the teachings.

Youth are becoming more active in protection of the land and ceremonies and all community members who participate in the camps gain cultural knowledge and learn about mino pimatisiwin.

So far this year, we had our first teaching, a five week camp, in June. It was exciting to be working with younger youth and in partnership with the local school, a partnership we will look to build on in the future.

There is growing interest from the students and youth to participate in the teachings each year. Neighbouring communities have come to visit and there is often a visitor from somewhere at the camp as people learn about the program. As we refine our teaching materials, add teachings each year, and build partnerships with other communities and organizations we want to support other communities in building their own culturally relevant education program.



YOUTH HAULING WOOD AT SPRING CAMP

I want to learn more traditional things. To get my family interested in traditional ways of life. To learn more history of the treaties and the community's past."

YOUTH PARTICIPANT



PREPARING TRADITIONAL MEDICINE OVER THE FIRE



SCRAPING MOOSE HIDE WITH A TRADITIONAL BONE TOOL



MISIPAWISTIK CREE NATION

434

KM NORTH OF WINNIPEG



ALL-SEASON ROADS

HOST: Misipawistik Cree Nation
PROJECT MANAGER:
Misipawistik Cree Nation Education

1,138 2019 POPULATION

OBJECTIVES: to offer high school and mature students the opportunity to earn credits towards their high school diploma outside of the classroom setting.



Theory of Change icons - see page 6

WAPUSK NATIONAL PARK CHURCHILL



RAILWAY, FLY-IN

1,004

KM NORTH OF
WINNIPEG

COMMUNITY FEAST & CELEBRATION OF THE SNOW GOOSE

HOST: Winnipeg Regional
Health Authority

PROJECT MANAGER:
Subarctic Friendship Circle



Theory of Change icons – see page 6

899

2019
POPULATION

OBJECTIVES: Bringing together communities to celebrate the annual snow goose hunt while raising awareness of the abundance of snow geese and their culinary and nutritional value.



COMMUNITY FEAST AND CELEBRATION

© Parks Canada



SMOKING SNOW GOOSE IN A FILING CABINET SMOKER

PROCESSING A SNOW GOOSE

YOUTH WITH GEESE

Wapusk National Park, near Churchill Manitoba, sees an overabundance of the Lesser Snow Goose each year. This overabundance has had a negative impact on the land and water and has resulted in declines of other bird species.

In May 2018, Parks Canada collaborated with local Indigenous communities and park stakeholders to host a snow goose hunting pilot project in Wapusk National Park to determine if hunting in the park is feasible, to re-connect local people to the land, and to raise awareness of the snow goose issue. The hunt supported 6 local hunters and was a big success. Following the hunt, there was a community snow goose cook off to promote the culinary and nutritious value of snow geese.

In 2019, a partnership between Parks Canada, Subarctic Friendship Circle, the Churchill Health Centre, and community members supported and hosted their second Snow Goose Hunt, as well as a Community Feast and Celebration of the Snow Goose. Parks Canada took the lead on the hunt component and the Subarctic Friendship Circle took the lead on the Feast. Both worked well together and supported each component's successes!

This year's hunt was a mentored hunt involving 6 youth and 6 adults. Youth were

taught how to be safe and responsible hunters, were certified in firearm and hunter safety, and learned about snow goose ecology. It was also an opportunity for youth to re-connect to the land, provide for their community and families, and to be involved in snow goose management; during the hunt and in the future. The hunters harvested around 300 geese which they then had to process. The snow geese were shared with elders, some were given to the community feast, and some of the hunters share with friends and family. The youth also visited the Long-Term Care facility and had a goose lunch with the elders there.

The Community Feast and Celebration was also a success as the community came together to create snow goose recipes, to celebrate the hunters and their success, and to eat together. A total of 24 cooks from the community participated, all preparing different recipes, from traditional to more contemporary. Some of the preparations included chocolate chip cookies made from goose fat, pizza, pasta sauce, tacos, and much more! One of the cook-off winners was Stacie Heide who made Goose Bacon. Stacie, who had attended the Traditional Foods and Traditional Teachings Gathering (see pages 32 & 33) in War Lake First Nation the month

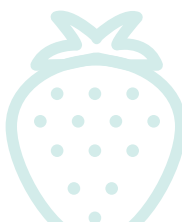
before, was inspired by War Lake's filing cabinet smokehouse. Stacie made her own smokehouse and used it to smoke the Goose Bacon that won first place in the Traditional category.

With another successful hunt and celebration, plans are already brewing for next year. There is talk of planning a women's hunt, of more mentorship, and to bring in people from neighboring communities and First Nations.

“A program like this is so important in the north because it helps to build traditional skills and it helps to build resiliency within the land that we all share.”

AMELIA GAMVRELIS,
SUBARCTIC FRIENDSHIP CIRCLE

COMMUNITY GARDEN AND GREENHOUSE PROJECT



Hello everyone, my name is Farrah Semple from Berens River, MB.

I was hired back in May of this year to fulfill the Nutrition North Canada Program & Gardening position. I realized the first day I started my job that it was a little late in the season to get seeds started, but I'm so glad I did because our garden at the Health Centre is thriving. So yay!

Honestly, there is no place I'd rather be than to be available to offer help and assistance to people who want to learn about healthy foods and gardening and all the other wonderful benefits that go hand in hand. Speaking of hands, there's no greater joy than having them deep in the dirt. Squeezing, mashing and playing with the warm, lush loamy soil you could ever feel... Okay, but for most of us in the north maybe not because we deal with a lot of clay, but you get my point, haha!

I'm so grateful for the volunteers who so generously gave their precious time to help me get the garden at the Health Centre tilled, marked out, planted and for their continuous support and hands on help. As far as I know there are 4 families that have been planting traditional (in-ground) gardens for years.

The most exciting news is that our community is in the process of purchasing a greenhouse and

preparing for a future community garden site for the next growing season in 2020. I receive many calls, emails, messages via messenger and the occasional visit in my office from the community members regarding this new project. They are all so eager to come out, roll up their sleeves and help be apart of this wonderful venture.

I'm so grateful for the opportunity to be of service to the people of my beautiful community of Berens River. I'm sure that it would be no problem for me to continue sharing about the adventures I've had so far. There's still is so much that I can say, but what I will say is this: Happy gardening and until next time... many blessings to you all. Thank you.



ELI COLLECTING VEGGIES FOR A SALAD



ELI PICKING STRAWBERRIES



GROWING BEANS



“

It is a dream of mine to help increase those numbers and get more members of my community involved and actively planting their own.”

FARRAH SEMPLE, GARDEN COORDINATOR

TOMATOES AND YELLOW ZUCCHINI

**BERENS RIVER
FIRST NATION**



285

KM NORTH OF
WINNIPEG



ALL-SEASON ROADS
FLY-IN

1,128

2019
POPULATION

HOST: Berens River Health Authority

PROJECT MANAGER:
Community Wellness Centre



See page 6 for our Theory of Change

OBJECTIVES: to provide education and awareness of healthy eating in our community by growing good food and engaging community members in gardening and growing.



PICKING WASKATAMAW



YOUTH SMOKING FISH



FOX LAKE CREE NATION

762

KM NORTH OF WINNIPEG



ALL-SEASON ROADS



See page 6 for our Theory of Change

500

 2019 POPULATION


OBJECTIVES: Through the teaching of traditional food harvesting practices we will bridge the gap between our community and the healthy food which is all around us.

LEARNING FROM THE LAND

“It is these practices that have supported us through history and allowed us to be here today, and it is by these same practices, principals, and values that we may thrive for a long time to come.”

DEMIAN LAWRENCHUK

With this in mind, a group of Fox Lake Cree Nation community members have been working with youth to apply the morals, values, and skills that have allowed our community to thrive for thousands of years to facilitate a resurgence of self-sustainability and health.

This project is important to the Makeso Sakahikan Inninuwwuk (Fox Lake Cree) because we are fast losing the knowledge and ability to harvest from the land which has always provided to us. Though colonization has greatly separated the bulk

of us from the knowledge of our language, history, and ceremonies, for some our cultural connection to hunting remains strong. It is our hope that this project influences a legacy of healing and self-sustainability for our community.

Throughout the spring and summer of 2019, youth have taken part in traditional medicine harvest and preparing, harvesting, cleaning, smoking and cooking fish on the fire, preparing and cooking various species of geese and ducks, propagating important plants in the community, and gardening. During these activities, the youth also got to learn Inninimowin (the Cree language), teachings, history, and traditional legends.

Through these activities with youth, we are teaching, and motivating the teachers of the future.



PLUCKING DUCKS



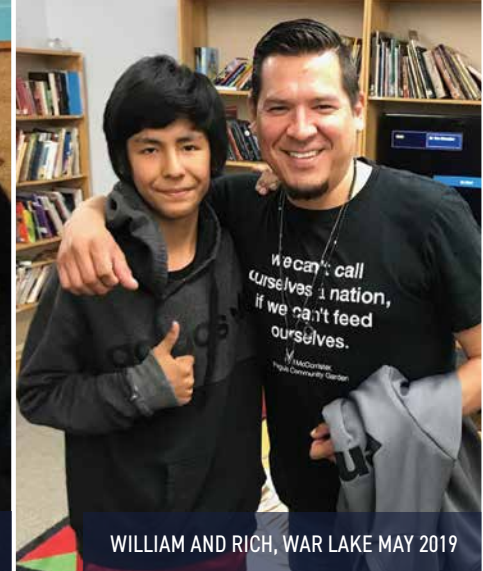
CANOEING AT THE MOUTH OF THE LIMESTONE RIVER



BROOK TROUT READY FOR SMOKING



SEWING TOGETHER, WAR LAKE MAY 2019



WILLIAM AND RICH, WAR LAKE MAY 2019

NORTH-TO-NORTH EVENTS building a movement



12 2018 EVENTS

14 2019 EVENTS

(AT TIME OF PRINTING)



9 PRESENTING AT MEETINGS

12 COMMUNITY TO COMMUNITY KNOWLEDGE SHARING

4 CAPACITY BUILDING SESSIONS



**FULLY SUPPORTED &
ADMINISTERED BY NMFCCC:**

PROJECT LEADERS GATHERING

Nisichawayasihk Cree Nation, October 2018



11 COMMUNITIES

20 PARTICIPANTS



**TRADITIONAL TEACHINGS &
TRADITIONAL FOODS GATHERING**

War Lake First Nation, May 2019



12 COMMUNITIES

26 PARTICIPANTS

See page 6 for our Theory of Change

It is powerful when people gather in their home territory to share knowledge and strengthen networks and relationships. There is authenticity and justice when people are able to represent themselves and their communities, in person, at meetings and events.

Supporting and sometimes organizing 'North-to-North' events is an area of work the NMFCCC undertakes to be a strong ally to Northern Communities.

Over the last two years Northern community members have:

- dined with the federal Minister of Agriculture
- met with the Provincial Minister of Indigenous Relations
- told their own stories of Indigenous food production to conferences of settler prairie farmers, and a national food security audience
- hosted a delegation of Federal Government Staff to their home territory
- shared their ideas about Indigenous Food Sovereignty with a select pan-Canadian room of 'experts'
- travelled to visit communities in other territories to share stories and inspire each other
- and gathered together in their home territory for deep, thoughtful, and inspiring sharing and movement building.

Together community members are building a movement that is community-led, rooted in local needs and opportunities, and fueled in large part by a vision for a strong future for youth and cultural resurgence. It is our job as allies to support this movement, to make it easier for people to come together with each other, and to represent themselves at events and meetings.



“

Having elders present was one of the best parts of this gathering.”

32

MICHELLE DEMONSTRATES MEAT SMOKING, WAR LAKE MAY 2019



ROCKET GREENS HYDROPONICS WORKSHOP, CHURCHILL, MARCH 2019



“The food was amazing, and I can’t think of a better way to inspire our group to continue down the path of promoting traditional food.”

DREAM CATCHER WORKSHOP WITH SCHOOL, WAR LAKE MAY 2019



THUNDER BAY SHARING KNOWLEDGE, JANUARY 2019



ERVIN AND SARAH WITH MINISTER OF AGRICULTURE, APRIL 2019



MOSS BERRY WORKSHOP: COMMUNITY MEMBERS AND FEDERAL GOVERNMENT PARTICIPANTS



DEMIAN RENDERING GOOSE FAT, WAR LAKE MAY 2019



SKYLAR LEARNING TO MAKE MEDICINE, WAR LAKE MAY 2019



BEEKEEPING WORKSHOP, DAUPHIN JUNE 2018

2018 LEARNING TRIP & NORTH-TO-NORTH GATHERING

Nisichawayasihk Cree Nation

SUMMARY INFO FOR GATHERING

LOCATION Nisichawayasihk Cree Nation

32 PARTICIPANTS

11 NORTHERN COMMUNITIES REPRESENTED

9 FUNDING ORGANIZATIONS REPRESENTED



See page 6 for our Theory of Change

ACTIVITIES:

Visit to Wapanohk School
Sweat Lodge with NCN
Wellness Center
Community Presentations
Trade Routes &
Trading Activity
Gifts from the Elders,
experiences of
residential schools

Thanking Project Leaders
Celebration
Sewing Projects
Hydro Development Impacts
in the North
Opening & Closing Sharing
Circles

The 2018 combined gathering was an impactful group experience that built some deep relationships.

Building authentic relationships between community members and funders is foundational to the way our Collaborative works.

Working relationally, instead of transactionally, positively affects our commitment to the work and our understanding of each other. Relationships have affected how funders talk about projects, understand communities and approach their role as allies and partners. Relationship influence how community members see funders, understand philanthropy, and how they communicate about their work and visions healthy communities. Because of relationships we understand each other better and care for each other more deeply.

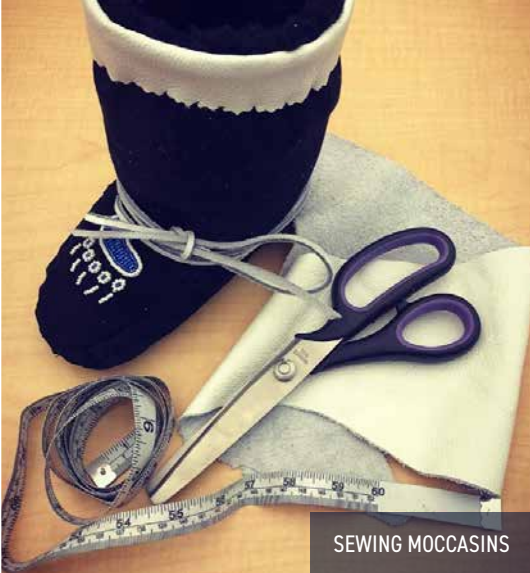
Combining a North-to-North community gathering with the Funder Learning Trip and the outcome was deeply impactful. Part of the impact came from collectively facing adversity as the trip was relocated from War Lake First Nation to Nisichawayasihk Cree Nation just days before it started. This was due to stress in War Lake because the rail lines were shut down after a train derailment. Our group also encountered a significant amount of deep grief as our host community, and members of our group wrestled with premature deaths and health issues.

Together we shared exciting community-led projects, explored the impact of hydro-electric development in Northern Manitoba, celebrated traditional trade routes and practiced trading with each other, and experienced cultural activities in Wapanohk School and in the community of NCN.

“

Forging stronger bonds with the people who do this heart work is something I can rely on and use for the rest of my life. We're all in this together.”

WAPANOHK VISIT FIRE MAKING WORKSHOP



SEWING MOCCASINS



MEDICINE AND CEREMONY



AUDREY AND BRIAN TRADING ITEMS



LEARNING TRIP & NORTH-TO-NORTH PARTICIPANTS, AND NCN COMMUNITY MEMBERS



THE SEVEN TEACHINGS



ANDI IN A BEEKEEPING SUIT



ELDERS CARL AND FRED TRADING



“It was a gift to be a part of this gathering.”

FOOT PRINT LAKE

NORTHERN ADVISORS

The Collaborative is made up of funder organizations, in-kind support organizations and 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. They also participate in crafting the strategic direction of the Collaborative.



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 NMFFCC and Northern Healthy Foods Initiative. In Peguis, we continue to bring more people on board in our community to grow their own gardens, and promote community building and sharing.

WAR LAKE FIRST NATION



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.



ERVIN BIGHETTY

LEAF RAPIDS

My name is Ervin Bighetty. The past 5 years have been the most powerful years for me. I have learned so much and seen so much. My passion for food and a better world hasn't changed but has brightened. I have been a Northern Advisor for 4-5 years, and I have learned a lot about my own province and the communities inside of it. Many of the communities have similar problems that my own has had or is starting to develop. I have been blessed with this position and, with the guidance of my fellow Advisors in the field, of working for better food, better health and a better world. I have been involved with food for a long time and have learned lots from my mentor and friend Chuck Stensgard and, with the help of my closest friend Christopher Brayley, they have made me the person that I am today. I am thankful for their guidance and strength. Without them I wouldn't have been able to do what I do today and what I want to do in the future. They are the reason that I care about my home, the food that we grow, the knowledge that we have, and know how important for us to share it all. Food, knowledge, and heart; these are things that build a strong working family and a beautiful garden.

I provide input and opinion to the Collaborative and share my thoughts and feelings about things. From this experience I have been able to pursue other ventures in my life. I have become the Mayor of Leaf Rapids, my hometown. I've been in full support of the gardening project here, which is run by Brian Trewin, the coordinator for Grow North. I have been using my position to promote the project and its importance. I believe that growing your own food is just one step in a long staircase for a healthier, friendlier, brighter, and bountiful future.



SOPHIA RABLAUSKIAS

POPLAR RIVER

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.

COLLABORATIVE FUNDERS

“

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

AFRICAN PROVERB

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.

Tides Canada

The mission of Tides Canada is to provide uncommon solutions for the common good by helping Canadians secure a healthy environment in ways that promote social equity and economic prosperity.

Tides Canada 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.



Heifer International Canada is pleased to provide funding support to the work of the NMFCCC. This contribution is part of the final disbursement of funds due to the windup of the HIC organization. Heifer International's early work in Canada included partnering with and learning from Indigenous Communities. It is fitting that a final disbursement supports this important collaboration.

SeedChange

SeedChange, formerly known as USC Canada, is a non-profit founded in 1945 and rooted in the notions of human dignity and equality. Today, the organization works with farmers around the world, including Canada, to shift the way we grow our food. By harnessing the power of good seeds, farmer leadership and global solidarity, it helps communities thrive. The team 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 begin 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 which collaborates with other organizations and individuals to advance food security. We are seeking to raise the profile of this pressing social issue, advocate for critical policies and invest in programs required to make sustainable improvements.

The Centre joined NMFCCC in 2017 to learn and work with remote communities on locally driven initiatives which improve food security. We hope to learn about what projects work and why and then seek to share best practices, collaborate and adapt successful initiatives in additional communities. It has been a privilege to spend time in Northern Manitoba visiting and learning from communities and alongside other members of the Collaborative and the Northern Advisors.

THE J.W. MCCONNELL
FAMILY FOUNDATION

LA FONDATION DE LA
FAMILLE J.W. MCCONNELL

The Foundation's purpose is to enhance Canada's ability to address complex social, environmental and economic challenges. We accomplish this by developing, testing, and applying innovative approaches and solutions; by strengthening the community sector; and by collaborating with partners in the community, private, and public sectors. We recognize that creating enduring change takes time, and involves more than granting. The Foundation's current areas of focus include social finance, food and healthcare, indigenous-focused philanthropy, cities for people, and social infrastructure in universities and colleges.

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.

LAWSON FOUNDATION

The Lawson Foundation is a national 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: (1) Early Child Development, (2) Healthy Active Children & Youth, including diabetes prevention and management and food security and independence, (3) Youth and the Environment. In addition to our grantmaking, we leverage our assets to create social good through impact investing. 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.

An Anonymous Donor with a vision of people in our communities being healthy, educated and economically self-sufficient.



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

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and Community Collaborative

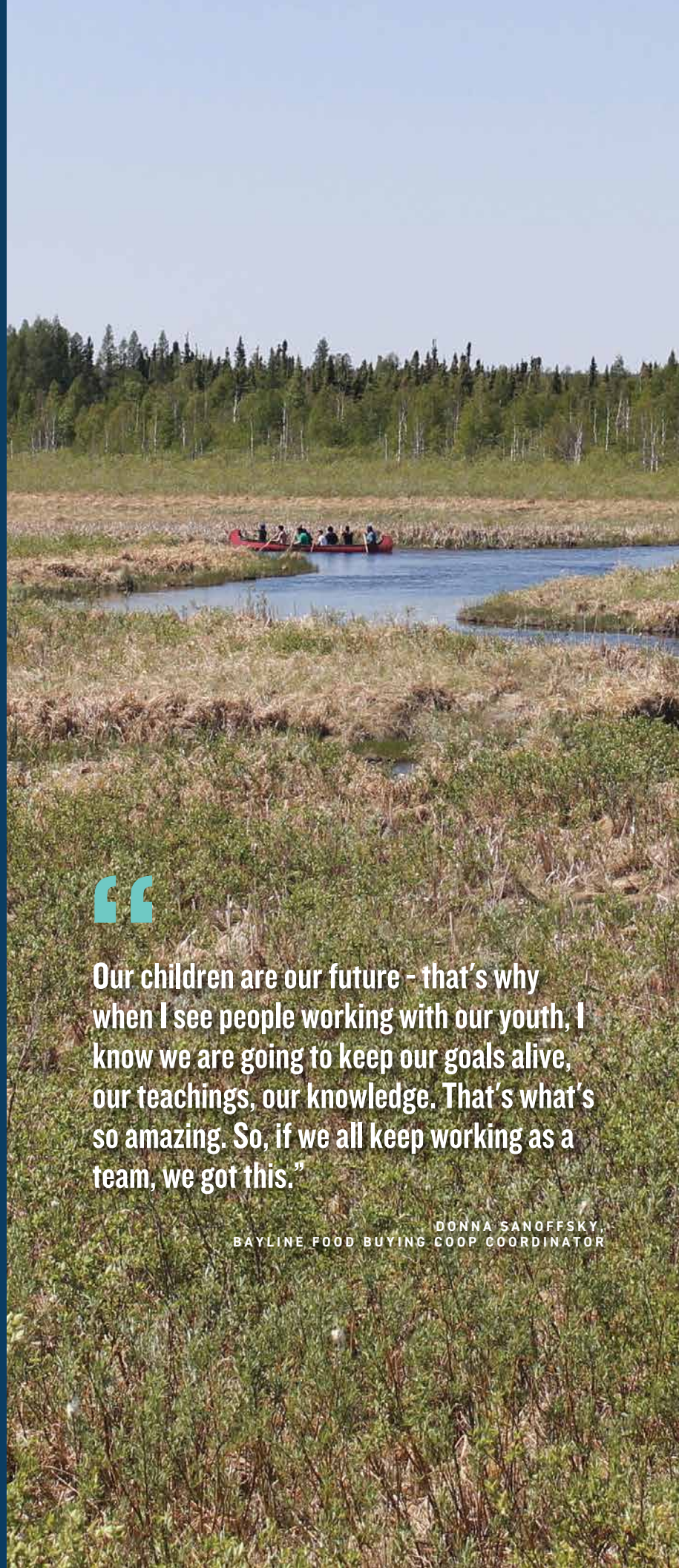
For more information
please contact Julie Price
300-245 McDermott Ave
Winnipeg, Manitoba R3B 0S6
Treaty 1 Territory &
Homeland of the Métis Nation
julie.price@tidescanada.org

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**Our children are our future - that's why
when I see people working with our youth, I
know we are going to keep our goals alive,
our teachings, our knowledge. That's what's
so amazing. So, if we all keep working as a
team, we got this."**

**DONNA SANOFFSKY,
BAYLINE FOOD BUYING COOP COORDINATOR**