

2022 ANNUAL REPORT



Northern Manitoba Food,
Culture, and Community
Collaborative



ITHINTO MECHISOWIN PROGRAM PRESENTS
ITHINTO MASKIKEYAH (MEDICINE FROM THE LAND)

DEDICATED TO OUR ELDERS

December
 makose kiskawipisim (Christmas Month)
MEDICINE FOR TOOTHACHE AND EARACHE
 wewehes (rat root or muskrat root) To treat toothache, ear aches and eye pain. Can also be used over bad tooth to reduce pain. To treat earache, boil in water and fill a small pouch, and wear on ear, wet, and use on ear.

January
 kaskatinoweh pisisim (Bitterly Cold Month)
MEDICINE FOR COLD, FLU, CHEST CONGESTION AND POSSIBLY HELPFUL FOR COVID RELIEF
 Make tea with one or combine all to help recover from cold, flu, chest congestion, or headache.

February
 opawahchakanis (Wind Blowing Month)
MEDICINE FOR CHEST CONGESTION
 wewehes (rat root or muskrat root) Boil the root in water and use to help relieve chest congestion. Can be used for cold, flu, and chest congestion. During winter months, it is good for treating cold and flu symptoms.

March
 mikiswipisim (Eagle Month)
MEDICINE FOR SORES, SCRAPS, SPRAINS, RASHES AND ECZEMA
 wewehes (rat root or muskrat root) Boil the root in water and use to help relieve sores, scratches, sprains, rashes, and eczema.

April
 niskipisim (Goose Month)
MEDICINE FOR UPSET STOMACH AND DIARRHEA
 wewehes (rat root or muskrat root) Boil the root in water and use to help relieve upset stomach and diarrhea.

May
 athikhipisim (Frog Month)
MEDICINE FOR UPSET STOMACH AND DIARRHEA
 wewehes (rat root or muskrat root) Boil the root in water and use to help relieve upset stomach and diarrhea.

June
 pinawipisim (Egg Laying Month)
MEDICINE FOR UPSET STOMACH AND DIARRHEA
 wewehes (rat root or muskrat root) Boil the root in water and use to help relieve upset stomach and diarrhea.

July
 pas-kwai pesim (Moulting for the Water Fowl Month)
MEDICINE FOR UPSET STOMACH AND DIARRHEA
 wewehes (rat root or muskrat root) Boil the root in water and use to help relieve upset stomach and diarrhea.

August
 opahowipisim (Flying Month)
MEDICINE FOR DIABETES AND IMMUNE SYSTEMS
 wewehes (rat root or muskrat root) Boil the root in water and use to help relieve diabetes and immune system issues.

September
 nochtowipisim (Mating Month)
MEDICINE FOR DIABETES AND IMMUNE SYSTEMS
 wewehes (rat root or muskrat root) Boil the root in water and use to help relieve diabetes and immune system issues.

October
 pinaskowipisim (Leaves Falling Month)
MEDICINE FOR HEART HEALTH
 wewehes (rat root or muskrat root) Boil the root in water and use to help relieve heart health issues.

November
 ahakwatnowipisim (Freezing Month)
MEDICINE FOR HEART HEALTH
 wewehes (rat root or muskrat root) Boil the root in water and use to help relieve heart health issues.

2023-2024

APRIL 2023 niskipisim (Goose Month)							MAY 2023 athikhipisim (Frog Month)							JUNE 2023 pinawipisim (Egg laying month)							JULY 2023 pas-kwai pesim (Moulting for the Water Fowl Month)							AUGUST 2023 opahowipisim (Flying Month)							SEPTEMBER 2023 nochtowipisim (Mating Month)																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																										
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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.

The Northern Manitoba Food, Culture, and Community Collaborative (NMFCCC) is an ever-growing group of communities, people, and organizations with the vision that communities in Northern Manitoba are healthier and stronger, and our partnerships are mutually transformative.

Community-led: The Northern Advisors

Northern Advisors are people from Northern Manitoba that agree to help, guide, and support the NMFCCC create and sustain good ways of working. This includes relational community support and helpful (un)learning opportunities for Collaborators. Sitting around the NMFCCC table are 5 Northern Advisors: Sophia Rabliauskas of Poplar River First Nation, Marlyn Cook of Misipawistik Cree Nation, Hilda Dysart of South Indian Lake, Becky Cook of Misipawistik Cree Nation, and Mervin Traverse of Lake St. Martin First Nation. In 2022, long-time friend, Carl McCorrister, had to step back from his role as a Northern Advisor. We are forever grateful for his support and guidance over the years, and his dedication to communities and youth. Around the same time, we asked Mervin Traverse to join the NMFCCC as a Northern Advisor and appreciate the knowledge and experiences Mervin has already shared with us.



TOP MIDDLE: Northern Advisors and Collaborators during the Learning Trip **BOTTOM LEFT:** Sophia and KeunWoo discussing the NMFCCC Theory of Change



Northern Advisors:



Sophia Rabliauskas,
Poplar River First Nation



Carl McCorrister,
Peguis First Nation



Becky Cook,
Misipawistik Cree Nation



Marlyn Cook,
Misipawistik Cree Nation



Hilda Dysart,
South Indian Lake



Mervin Traverse,
Lake St. Martin First
Nation



LEFT: Star Blanket made for Carl McCorrister
RIGHT: Unloading Meat Packs from the Barge
in Wasagamack First Nation

Our 2022 Collaborator partners included:

Two anonymous donors

Maple Leaf Centre for Food Security

Arrell Family Foundation

Harbinger Foundation

McConnell Foundation

Donner Canadian Foundation

Lawson Foundation

Sprott Family Foundation

Province of Manitoba

MakeWay Foundation

Google.org

SeedChange

Bauta Family Initiative on Canadian Seed Security

Definity Insurance Foundation

Breakfast Club of Canada

Community Food Centres of Canada

Collaborators' support for the work extends far beyond their contributions to NMFCCC's pooled funding pot. Collaborators actively participate in granting committees, strategic planning sessions, and learning and unlearning opportunities. The Collaborators extend and strengthen our network by sharing with others about how their involvement has influenced their ways of working and ability to be better partners in community-led work. We were approached by Breakfast Club of Canada and Community Food Centres of Canada to help distribute \$1,000,000 of Federal Covid Food Relief Funding to communities in Northern Manitoba. Both organizations recognized that our relational way of working with communities would help funding reach communities that they would have a harder time reaching. We also welcomed the Definity Insurance Foundation to the NMFCCC this year and are excited to learn with Definity as we support community-led work and influence change and a strengthened philanthropic sector.



Highlights from 2022

In 2022 we began visiting communities again while taking steps to avoid the spread of COVID 19. While spending time in community always feels special, this year our visits seemed like gifts, and we re-remembered the impact of in person connection.

NMFCCC was able to support several community gatherings: Opaskwayak Cree Nation's Elder & Youth Land Appreciation Gathering, Peonan Point's Grow North-to-North Gathering, Wasagamack First Nation's 6th Annual Family Values and Traditions Gathering, and University College of the North's Mile 20 Workshop.

NMFCCC invested in two gatherings, the Learning Trip and the Northern Advisors and Youth Gathering, designed specifically for in-person Collaborative planning, learning and unlearning.

Learning Trip

The 2022 Learning Trip took place in Churchill, Manitoba in partnership with the Churchill Northern Studies Centre, Subarctic Friendship Circle, Warrior Caregiver Program, Rocket Greens Hydroponics, and many community members. These four community groups co-created the agenda for our trip. They wanted us to see in person the strengths and goals of the community so we can be better partners. Visiting Churchill with Collaborators, Northern Advisors, staff and our 'cousin' Collaboratives was an important way of building our understanding of unique Churchill realities, histories, and opportunities.

We spent almost every waking minute out in Churchill. From morning walks with Rhonda Reid to our community trading session and feast held at the Town Complex. We sat in ceremony together on the shores of Hudson Bay with the Warrior Caregiver Program and Elder Wally Chartrand. We learned and unlearned from the powerful story sharing of Sayisi Dene First Nation member, Florence Hamilton, on her stories of the strength and independence of the Sayisi Dene. We even managed to fit in time to have NMFCCC breakout sessions to evolve our ways of working and an intimate panel discussion featuring NMFCCC, Gaagige Zaagibigaa, and the NWT On the Land Collaborative.



PHOTO TOP LEFT: Merryn Maynard, a representative from Maple Leaf Foods Inc, a Collaborator **TOP RIGHT:** KeunWoo Lee & Mervin Traverse - Ithaca Hike

Together we learned the importance of building relationships slowly, of ceremony, respect and wisdom, that healing takes time and connecting with the land and culture is a different journey for all.

"I feel more convinced that what I am advocating for is valid and I'm on the right path. I feel energized"

– Anonymous Participant





Northern Advisors with Carl McCorrister's grandson Toryan. Left to Right: Sophia Rabliauskas, Carl McCorrister, Hilda Dysart, Toryan McCorrister, Marlyn Cook, Becky Cook, Mervin Traverse

Northern Advisors Gathering

The 2022 Northern Advisors Gathering brought together Northern Advisors, and invited youth, Collaborator Merryn Maynard, and NMFCCC staff to Cook's Cabins and Campground just north of Misipawistik Cree Nation. The gathering, originally planned for April 2020, was an opportunity for the Northern Advisors and youth to meet, share ideas and actions from home territories, and provide guidance to the NMFCCC. We visited Misipawistik Cree Nation's Land Office staff, provided feedback on improvements to the Theory of Change, and sat together in ceremony.

This Northern Advisors Gathering was special because it was the first time we intentionally incorporated youth into the discussions and planning that Northern Advisors provide to the NMFCCC. We will continue seeking advice on how to bring youth into NMFCCC guidance roles.

The Northern Advisors are integral to our collective work, and we are honored by each Northern Advisor who helps NMFCCC. During this gathering we were fortunate to have the opportunity to invite Mervin Traverse to join as a Northern Advisor through gifting, passing tobacco and waiting for a decision. Mervin accepted and we have enjoyed working together.

Throughout the gathering, the Advisors remarked on how special it was to be together in person after so much time apart.

"...revisiting those things we have worked on in the past year helps us have a clearer vision of where the collaborative is growing."

– Sophia Rabliauskas

"Through what I learned, I believe we have a collective responsibility to learn the truth and support the sovereignty of Indigenous communities and peoples. I also believe this requires us to make stronger commitments to reconciliation in the work we do. The steps I'm taking include supporting the work of the Collaborative and Northern Manitoba communities, uplifting the voices of community members, and learning how to help in a good way. I am deeply grateful to get to learn from and work with them to make a difference."

– Merryn Maynard



PHOTO LEFT BOTTOM: Group Photo during Ithica Hike: Mervin Traverse, Wendy Carnegie, Alex Boulet, Kristy Anderson, Alex Moodie, Becky Cook, Sigrid Isford, Sarah Stern, Sophia Rabliauskas, Jasmine Teichroeb, KeunWoo Lee, Maggie MacDonald, Julie Price, Marlyn Cook, Amanda Froese, Julianne Nyasulu, Dennise Yarema, Lili-Anna Peresa, Jill Larkin, Wes Stevens, Trinette Konge, Amberly Quakegesic, Kathryn Dey, Kelly Hodgins, Jessica McLaughlin, Leanne Burton, Lauralai Burton, David Brinston. Missing: Hilda Dysart, Kim Hardy

Centering Community Voices and Knowledges

Together we directly support community-led work, collaborator (un)learning, and also systems change as we share our practice with others. Centering community voices and knowledges is key to all three areas. As we learn and evolve our ways of working, continuing to center, amplify and elevate community is critical. Here are two ways NMFCCC centered communities voice and knowledge in 2022.

Peer Review

In 2022, NMFCCC supported community engagement by facilitating Peer Review. There were 39 Proposals received and 109 reviews made by 35 Peer Reviewers! Gratitude to Trinette Konge for facilitating 2022 Peer Review with care, respect and attention to detail.

Why we do it:

Bring Northern and Indigenous voices and wisdom deeply into the granting process

Connect Northern and Indigenous leaders to each other and to a variety of projects/ideas

Strengthen the decision-making by providing Peer Reviewer feedback to granting committees and centering Northern and Indigenous voices in decision making

Support applicants by providing peer review comments for knowledge sharing

How we do it:

Personalized support, orientation, reflection and networking meetings for peer reviewers

Support reviewers to share knowledge, NOT to make decisions on funding proposals

Be relational in our way of working

Root process in mutual learning, respect, and connection



“I really liked seeing other people’s proposals. It was helpful for me to see the way that people conveyed their ideas and expressing how they feel about the project that they are proposing. Trying to improve my own proposal writing for grants and this was good. Also getting different ideas and being aware of other projects in other communities was helpful.”

- Leaf Rapids community member

“I was kind of intimidated at first in being part of this process. I have done proposal writing but I have never gotten to read other people’s proposals. It was so helpful to take part in this.”

- Peguis First Nation community member



Learning and Sharing:

People want to connect more frequently on topics that they care about

The process creates benefit for peer reviewers, granting committees, and applicants

Peer reviewers feel more confident to write their own proposals after taking part

Four peer reviewers participated in a podcast exploring Peer Review process and benefits

Report summarized learnings and was shared widely - <https://www.flipsnack.com/nmfccc/peer-review-share-back-summary-2023-final-shareable.html>

Co-creating a program in Saskatchewan

We are responsible to share what we learn. NMFCCC has shared knowledge to support 5 other collaboratives across Canada, and are currently supporting the co-creation of a new philanthropic support program in Saskatchewan.

Since 2021 NMFCCC and MakeWay staff, along with Indigenous people in Saskatchewan, have been co-creating a program with the intent to bring more accessible philanthropic funding and support to rural and remote Indigenous community-led work. It began with Saskatchewan-based Nations asking NMFCCC for support, and together we are gaining momentum and building up a program. There is very little philanthropic support for Indigenous communities in Saskatchewan, yet simultaneously communities are ready to do the work.

Co-creation means centering the voices and knowledges of local people. It has included virtual and in-person community gatherings to discuss the program vision; a conversation-based learning journey that more than 40 people contributed to; and the establishment of a Working Group comprised of Indigenous community-based folks to craft the detail of the program.

So far MakeWay has granted over \$100,000 to community-led work and begun engaging other funders in the work. The goal is to increase funds and supports for Indigenous community-led work in this under-served region of Canada, and to do it in a way that is specific to the Indigenous communities served.

Emerging principles of the SK Program:

Support Indigenous groups working for positive change, not just elected leadership

Non-interference in individual will. We do not tell others what to do.

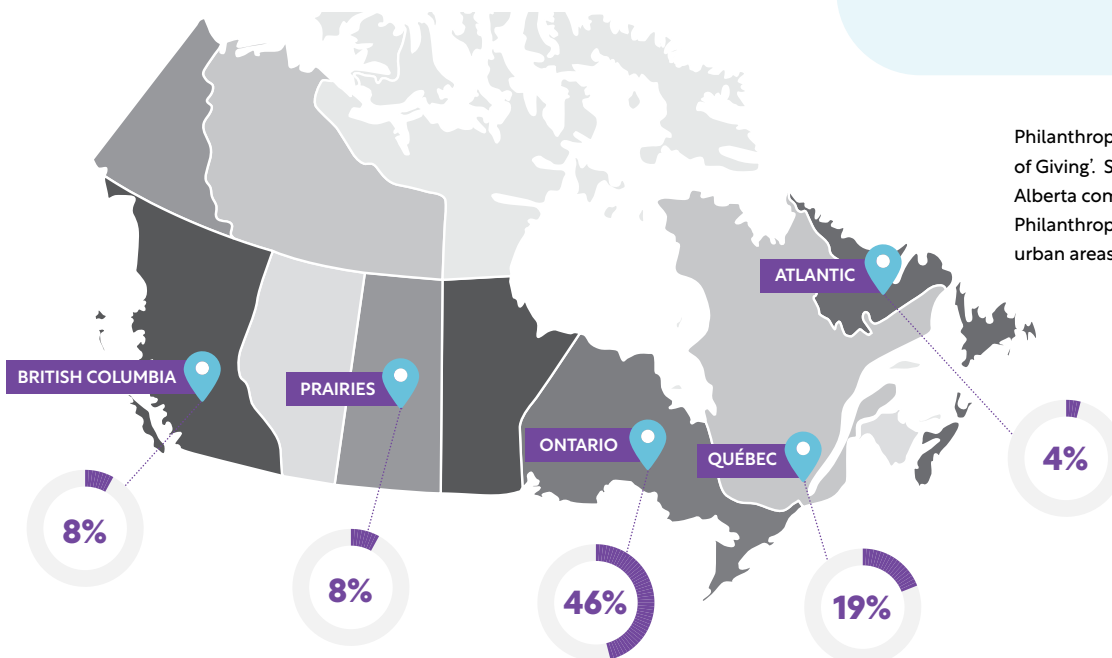
Supporting 'Collectively'. Create collective benefit, embrace the notion that we live to support and encourage each other.

Holistic Development – support Mental, Emotional, Spiritual, and Physical

Celebrate the good work together!

Plants lots of seeds – see what grows, experiment, to learn together.

Work in friendship with each other



Philanthropic Foundations of Canada 'Snapshot of Giving'. Saskatchewan, Manitoba and Alberta combined receive 8% of Canadian Philanthropic gifts. Most of the 8% goes to urban areas.



Local garden veggies in Leaf Rapids

Granting Summary

In 2022, we delivered the most funding ever since inception to community-led projects, meeting a key goal of increasing Northern and Indigenous access to the philanthropic sector. We passed the 2013 goal of \$500,000 in NMFCCC grants to community-led work, and we utilized our networks to deliver federal government food security (covid) funds via partnerships with Breakfast Clubs of Canada and Community Food Centers of Canada.

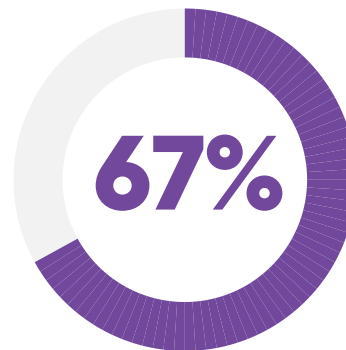
Delivering covid funding took substantial staff time; was a good way to provide added value to our community partners; enabled new staff to meet many community partners; deepened our relationship with the federal government (AAFC) and new partners; and got the resources to community groups that would otherwise not have received support. Federal funding meant some groups (especially country foods programs) that might have applied for Emergent Grants were supported through the covid funding.

GRANTS

Regular Grant Cycle	30
Covid Food Relief	48
Top Up Grants	3
Emergent Grants	4
Saskatchewan Grants	2
Additional Grants	4

*Please note that some covid response grants were combined if they went to the same community partner and support approach in multiple distributions

\$1,604,817
distributed to community-
led work via grants



of
NMFCCC's
2022
budget

COMMUNITY	PROJECT	GRANT TYPE AND DESCRIPTION
Regular Granting Cycles		
Churchill	Rocket Greens Hydroponics and Community Gardening Support	Renewal – Run and maintain a commercial hydroponics unit, weekly produce subscriptions, small greenhouse, and local gardener support
Churchill	Warrior Caregiver Program	Renewal – Purchasing a snowmobile and Tipi for men's health and land-based healing
Churchill	Life Promotion – Community Cultural Gathering	Small – Supporting cultural teachings and knowledge sharing events for women
Dauphin River	Community Garden	Renewal – Focus on community horticultural site, with focus on improving irrigation systems
Fox Lake Cree Nation	Food for All in Makeso Sakahikan Inniwak	Planning – Travel, training, community work-shops, for food systems planning
Garden Hill First Nation	Meechim Project	Regular – chickens and chicken feed, shipping, equipment, and training for large chicken and produce farm
Kinonjeshtegon First Nation	Pimatiziiwinin	Regular – establishing first community garden and travel and training support
Leaf Rapids and area	Grow North	Regular – Regional horticultural supports for raised beds and processing local logs to make lumber
Misipawistik Cree Nation	Misipawistik Pimatismēskanaw	Renewal – Focus on land-based education and Indigenous education methodologies
Meadow Portage	Meat Cutting Equipment & Chicken Program	Regular – Increasing infrastructure for local meat processing and raising chickens
Nisichawayasihk Cree Nation	Green Iglu Planning	Planning – Focused on planning for a mixed greenhouse and hydroponic food production site
Northlands Denesuline First Nation	Local Food Harvesting with Youth	Regular – Creating opportunities for youth to harvest wild foods and build their skills
Norway House Cree Nation	HBOIERC School Garden	Renewal – Replacement of Greenhouse and supplies following a fire, tractor plough, wages, seeds and soil
Norway House Cree Nation	Pimâtisiwin Nipî Kisti-kânihk (Life Water Gardens)	Regular – Community hydroponics unit including support for a generator
Norway House Cree Nation	Kinosao Siphk Infrastructure	Regular – Focus on local infrastructure to support food production and community spaces
Opaskwayak Cree Nation	Mino Pimatisiwin	Renewal – Focus on community horticulture and reclaiming culture & health.
O-Pipon-Na-Piwin Cree Nation	Land Based Traditional Life Skills	Small – Focused on land-based education, traditional foods, and cultural reclamation in the education system
Peguis First Nation	Peguis Community Garden	Renewal – Reclaiming gardening traditions including support for wages, workshops, underground storage, fuel, and tractor maintenance
Pimicikamak Cree Nation	Pimicikamak Land Based Healing	Regular – purchasing quality and appropriate outdoor clothing for landbased activities
Pine Dock	Raised Beds	Small – creating accessible gardening supports for seniors

Regular Granting Cycles Continued...

Shamattawa	Chicken Project	Regular – continued support for community poultry production and local processing
Skownan First Nation	Ashkowanaaning Gitigaan	Small – Increased support for community gardeners, strengthening network, knowledge sharing and collecting
St. Theresa Point First Nation	St. Theresa Point Community Garden	Regular – Supporting wages and supplies for community garden
The Pas	From the Land to the Cooking Class: Learning and Sharing from a Cree and Métis Perspective	Regular – Building food literacy skills for students rooted in country foods
Wuskwi Sipiik Cree Nation	Utilizing the Gifts from our Mother Earth	Small – Workshops and outings for students on winter fishing, making pemican, wild rice, and canning
Regional Northern Manitoba	University College of the North – Indigenous Food and Health Sovereignty Network	Small – Focus on community-based workshops supporting students and community engagement
Rock Ridge, Spence Lake, Crane River	Tri-Partnership Meat Trust Project	Regular – Focused on increasing infrastructure and training for local meat processing
Wabowden, Thicket Portage, Pikwitonei	Bayline Food Buying Coop	Regular – Focus on delivering grocery services to a network of communities that do not have grocery stores
Wabowden, Nelson House, Thicket Portage	Northern Beekeeping	Renewal – Equipment, electric fencing, and bees for a network of beekeepers
5 communities on the Bay-line	Cultural Activities	Small – purchasing supplies and equipment for sewing and regalia making in 5 communities

Emergent Grant Cycle

Barrows	Vegetable U-Pick & Greenhouse Upgrade	Wages for coordinator, tiller, stove, and irrigation system
Cormorant	Cormorant Community Grow Towers	Focus on establishing 3 hydroponic grow towers in the community
Nisichawayasihk Cree Nation	Nelson House Medicine Lodge Therapeutic Gardening Program	Creating a garden for clients to grow food, care for, and aid in healing journeys
O-Pipon-Na-Piwin Cree Nation	Ithinto Mechisowin Program	Purchasing a trailer, shipping, and renovations to continue country foods distribution to community members

Top Up Grants

Churchill	Warrior Caregiver Program & Life Promotion Activities	To support community connecting and work-shops during the winter months
Dauphin River	Community Garden	Purchase and ship a storage shed for community garden equipment storage
Food Matters Manitoba & 6 communities	Wild Food Harvest Program	Continuing to hire community members to harvest and distribute wild foods

COVID Response

Barrows	Meat Packs	Meat pack purchases and distribution
Bloodvein First Nation	Hampers & Snack Program	Food hampers and summer snack program

Camperville	Camperville Food Cards	Distribution of grocery food gift cards
Chemawawin Cree Nation	Meat Packs	Meat pack purchases and distribution
Churchill	Subarctic Friendship Circle Food Security	Online cooking classes open to community; gift cards for distribution
Churchill	Duke of Marlborough School	Kitchen Appliance Upgrades
Churchill	Hungry Bears Food Bank	New fridge; stocking of food bank shelves with non-perishables; vouchers for eggs, milk, bread
Cormorant	Food Security	Gift cards for groceries
Crane River	Food Security	Grocery store gift cards
Cross Lake	Cross Lake Farm Feed	Purchasing animal feed from local farmer for winter months
Dauphin River	Food Security	Food hampers and up-grading community centre appliances
Dawson Bay	Food Security	Gift cards for groceries
Duck Bay	Food Hampers	Food hampers for community members
Easterville	Food Hampers	Food hampers for community members
Fisher River Cree Nation	Open Hands Food Bank	Travel support and honorariums to pick up from Harvest Manitoba; food hampers distribution
Kinonjeshtegon First Nation	Covid Food Relief	Dry goods food hampers
Leaf Rapids	Covid Food Relief	Grocery store gift cards
Lynn Lake	Food Security	Hot lunch program; hunter support for country food distribution; gift cards
Mathias Colomb Cree Nation	Food Security	Bulk food purchase; support for community hunters
Meadow Portage	Grocery Support	Reimbursement system for grocery shop
Misipawistik Cree Nation	Grocery Support	Local grocery store subsidy
Mosakahiken Cree Nation	Food Security	Food hamper distribution
Nelson House	Food Security	Gift cards for community side
Nisichawayasihk Cree Nation	Country Foods Program	Equipment, ammo, and support winter harvesting workshop
Nisichawayasihk Cree Nation	Neyo Ohtinwak Collegiate Food 4 Kids	School run food program
Northlands Denesuline First Nation	Food Sovereignty	Purchase one fishing net per household; meat pack distribution
O-Pipon-Na-Piwin Cree Nation	Thunderbird School	School run food program
Peguis First Nation	Food Security	Food bank support; honorarium for hunters to distribute country foods; wages for community garden
Pinaymootang First Nation	Horticultural Support	Support for community garden work
Pine Creek First Nation	Food Security	Food hampers distribution
Pine Dock	Food Security	Grocery reimbursement
Rock Ridge	Food Security	Gift cards for food
Sayisi Dene First Nation	Food Security	Food hampers distribution

COVID Response Continued...

Sherridon	Winter Feast	Food hampers distribution and support for community feast
Skownan First Nation	Food Security	Food hampers and meat packs for Elders
Spence Lake	Food Security	Grocery cards
St. Theresa Point First Nation	Medicine Harvesting	Fall Medicine Harvesting Camp
The Pas	Food Security	Food hampers distributed at school; community outreach and distribution
Thompson	Food Security	Wapanohk School Breakfast Program
Wasagamack First Nation	Food Security	Food hamper distribution
Waywayseecappo First Nation	Food Security	Food bank support
Wuskwi Sipiik Cree Nation	Food Security	Food hampers distribution
York Factory First Nation	Food Sovereignty	Purchasing 8 fishing nets for community fishing
Berens River & Harwill	Food Security	Food hampers and gift cards
Food Matters Manitoba & 3 communities	Wild Foods Harvest Pro-gram	Continuing hiring local harvesters to distribute wild foods in Fox Lake, Norway House, York Factory
Garden Hill & Red Sucker Lake First Nations	Food Security	Food hampers; small farm equipment; small kitchen supplies; food for Red Sucker Lake School
Red Deer Lake, Powell, Baden	Food Security	Food Hampers
5 communities on the Bay-line	Bayline Food Buying Coop	Wages for BFBC workers; bulk purchase and distribution of cleaning supplies
30+ communities	Berry Bush Distribution	Bulk purchase and distribution of berry bushes and fruit trees



Saskatchewan Scoping Work

La Ronge	Northern Lights	Land-based school programming with focus on hunter training
Beardy's & Okemasis' Cree Nation	Willow Creek Health Centre	Food Security Programming

Additional Grants

Peguis First Nation	Flood Recovery Support	Specific grant from a Collaborator for Peguis Community Garden project to replace equipment, renovations to arbour and underground storage
Plenty Canada	Ginawaydaganuk: We are all connected	Specific grant from a Collaborator to support consortia work that has a focus on sharing good ways of working in order to influence systems change and share best practices
Barren Lands First Nation	Community Wellness	Specific grant from a Collaborator to support community wellness. Directed by community to build a play structure for community use
Food Matters Manitoba	Partnership Project	Focus on eliminating barriers in the philanthropic system and supporting communities (3, six-month agreements)



PAGE 14: Lingonberry Workshop and field tour participants, Morden Research and Development Centre, October, 2022

PAGE 15 RIGHT: Feeding the soil with fish compost in Leaf Rapids
LEFT: Beekeeping workshop in Wabowden





Food Sovereignty in The North

MARY DUNCAN SCHOOL 2021



- PHOTO 1:** Grow Tower in Cormorant School
- PHOTO 2:** Ice fishing in Lynn Lake
- PHOTO 3:** Garden Hill chickens
- PHOTO 4:** Beading at University College of the North Indigenous Food and Health Sovereignty Network
- PHOTO 5:** Crane River - Rock Ridge - Spence Lake Tri-Community Meat Project including fire arms safety and food handlers training
- PHOTO 6:** Food Sovereignty in The North - Mary Duncan School
- PHOTO 6:** Dauphin River Tractor and Gardens

APPENDIX A - List of Shared Learning Calls and Gathering

- 1 Regular Granting Cycle:** 13 Collaborators, 2 Northern Advisors, 1 Helper of the NMFCCC
- 2 Orientation and Celebration Call:** open to all 2022 community partners
- 3 Community-led Change:** Youth Voices Celebration Call: 5 youth from the Youth Voices Booklet sharing about the work they do in their Northern Manitoba communities to a national audience
- 4 Sharing and Problem-Solving Call:** open to all 2022 community partners. Included information on Canadian Summer Jobs opportunity.
- 5 Opaskwayak Cree Nation Elder & Youth Land Appreciation Workshop:** open to OCN members to learn and share about OCN land, water, and ways of living while creating a community mural
- 6 Northern Manitoba Hydroponics Growing Learning Call:** 7 community members from 4 communities
- 7 Gaagige Zaagibigaa Maamigin:** Supported 1 staff and 6 community members from 2 communities to travel to and attend Maamigin
- 8 Lingonberry Workshop:** In partnership with AAFC, organized learning visit for 7 community members from 3 communities to learn about opportunity for commercial growing of lingonberries
- 9 Peonan Point Grow North:** financed a multi-community gathering featuring 4 community-led workshops
- 10 Wasagamack First Nation Annual Family Values and Traditions Gathering:** localized organized multi-day camp for families to connect to land, traditions, and family
- 11 Learning Trip Preparation and Orientation Call:** required for all learning trip participants
- 12 Peer Review Orientation Calls:** required for all peer reviewers
- 13 Year End Community Celebration Call:** open to all 2022 community partners
- 14 Year End Business Call:** open to all Collaborators and Northern Advisors
- 15** Many external presentations and conversations either led or supported by NMFCCC staff
- 16** Regular conversations with cousin organizations and consortia group to share about ways of working and learning from each other



PHOTO LEFT: NCN Country Foods COVID

PHOTO 1: Corn! Garden Hill First Nation

PHOTO 2: Peonan Point Grow North

PHOTO 3: Painting Mural at OCN Elder Youth Land Appreciation Workshop

PHOTO 4: Holiday Hamper Project, Margaret Barbour Collegiate Institute, The Pas

PHOTO 5: Eating Good Food during Northern Advisor Gathering





PHOTO: Successful test of
lumber mill in Leaf Rapids

Communities in Northern Manitoba are
healthier and stronger, and our partnerships
are mutually transformative



Northern Manitoba Food,
Culture, and Community
Collaborative



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