

TREATY NO. 1 • 1871



LONG PLAIN FIRST NATION



ANNUAL

2018-2019

REPORT



# LONG PLAIN FIRST NATION

— TREATY #1 | 1871 —

A signatory to Treaty 1, 1871 (Adhesion Treaty of June 20, 1876) Long Plain First Nation is an Ojibway and Dakota community in the central plains region of Manitoba.

The Long Plain population is over 4,500 and is comprised of 3 reserves of which 2 are urban. The urban reserves are situated along the city limits of Portage la Prairie and in the City of Winnipeg.

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Long Plain Reserve No.6 Band 287 - Treaty No. 1  
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Manitoba, R1N 3B7

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## DISCLAIMER

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## MESSAGE FROM CHIEF & COUNCIL

This Annual Report & Consolidated Audit covers the fiscal year April 1, 2018 to March 31, 2019.

### Governance

The Long Plain General election was held on April 12, 2018 and we have been elected to serve a 4 year term. The Council looks forward to strengthening our governance and corporate mandates during the next 4 years.

Treaty One Nation is moving forward with the Comprehensive Settlement Agreement with Canada and is expected to be signed in 2019.

### Corporate

The Arrowhead Development Corporation and its subsidiaries is making major gains and growing. With the sod turning of Microtel on Treaty Day and opening of Meta shops at Keeshkeemaqua and Madison this fiscal year our Indigenous economy is improving. We do look greenlight 2 major economic projects in the coming years which is the Travel Center at Keeshkeemaqua and Wyndham Garden at Madison.

### Finance

Long Plain has been fiscally responsible and continues best practices. We have worked towards strengthening our government and corporate finances. Long Plain was the first Indigenous Government to sign a 10 Year Block Funding Arrangement with INAC and this will take effect April 1, 2019.

### Housing

In the spring of 2018 we declared yet another State of Emergency due to flooding which caused extensive damage to band and CMHC housing. The area affected was Rodeo Bay and Rodeo Drive. Insurance claims were submitted on CMHC homes and claims through the Indigenous Services Canada

Emergency Program for renovations and road upgrades were accessed.

We continue to develop and implement a new Long Plain Housing Bylaw which is scheduled for referendum in the next fiscal year.

**Education**

The long standing tuition matter we face for our children living at Keeshkeemaqua is resolved going into

the next 10 year funding formula we are now under. We still have an outstanding lawsuit with ISC on outstanding tuition claims.

**General**

Long Plain is fortunate to have 2 urban reserves and with the signing of the Agreement In Principle in April with Canada, will have shared ownership with Treaty 1 on Kapyong. Our economic development projects will provide significant opportunities for our people in the years to come. We have some major land and economic investment projects on the table and this will bode well for the next generation of leadership. We maintain the only caution for our leaders of the future is to safeguard and maintain fiscal responsibility while promoting economic sustainability in the years to come.

Megwetch



# ADMINISTRATION OVERVIEW

The Chief and Council met 54 meetings this fiscal year and continue to meet weekly on Mondays.

The Annual General Meeting was on Monday, December 10, 2018 at the Spirit Lodge followed by community meetings in Brandon (Little Teaching Lodge Headstart), Winnipeg (Madison Office) and Portage (Keesh). The Council met with tribal members for the Annual Loss of Use Consultation meeting on February 19, 2019, who approved the proposed Use of Income Funds.

As we establish economic development businesses, more finance staff are hired to meet the increasing demand for bookkeeping duties. The Program Managers meet every 2nd month.

Long Plain First Nation was the first to sign the 10 Year Grant Funding with Indigenous Canada in Manitoba. The new funding agreement is effective April 1, 2019.

## Long Plain First Nation Custom Election Act

The 2018 General Election on April 12, 2018 resulted with Dennis Meeches reelected as Chief and Marvin Daniels and Liz Merrick re-elected as Councillors. Our two newly elected Councillors are James Assiniboine and Stephen Prince.

## Elders Hydro

The *Long Plain Elders Hydro Subsidy Policy* assists our elders, aged 65 years plus, by subsidizing their hydro with two payments of \$600 per year, paid directly to their hydro accounts. Five elder names added and two elder names deleted due to their passing.

Long Plain First Nation Elder's Hydro Subsidy						
Year	TOTAL ELDERS	On-Rez Elders	On-Rez Amount	Off-Rez Elders	Off-Rez Amount	TOTAL AMOUNT
2018	62	39	46,200	23	25,800	72,000
2017	59	38	43,200	21	23,400	66,600
2016	56	37	38,900	19	22,800	61,700
2015	45	31	33,600	14	16,800	50,400
2014	44	30	33,000	14	16,800	49,800
2013	37	28	28,800	9	10,800	39,600
2012	29	25	30,000	4	2,400	32,400
2011	25	24	28,800	1	1,200	30,000
2010	23	23	21,200	0	0	21,200
2009	23	23	13,800	0	0	13,800
2008	23	23	13,800	0	0	13,800
2007	17	17	10,200	0	0	10,200
<b>Total:</b>			<b>342,500</b>		<b>120,000</b>	<b>461,500</b>

A reminder that Elders are required to pay the difference of their hydro bill after the Band pays \$600.00 twice a year. Miigwech.

## Loss of Use

The current LPFN Loss of Use Trustees are Janet Longclaws and Rosalind Merrick, both reappointed in March 2019 for a three-year term. The Chief and Council appointed Joyce Lillie and Kristin Woods for a three-year term on August 27, 2018. Georgina Villeneuve, Peace Hills Trust, remains as the Administrative Trustee.

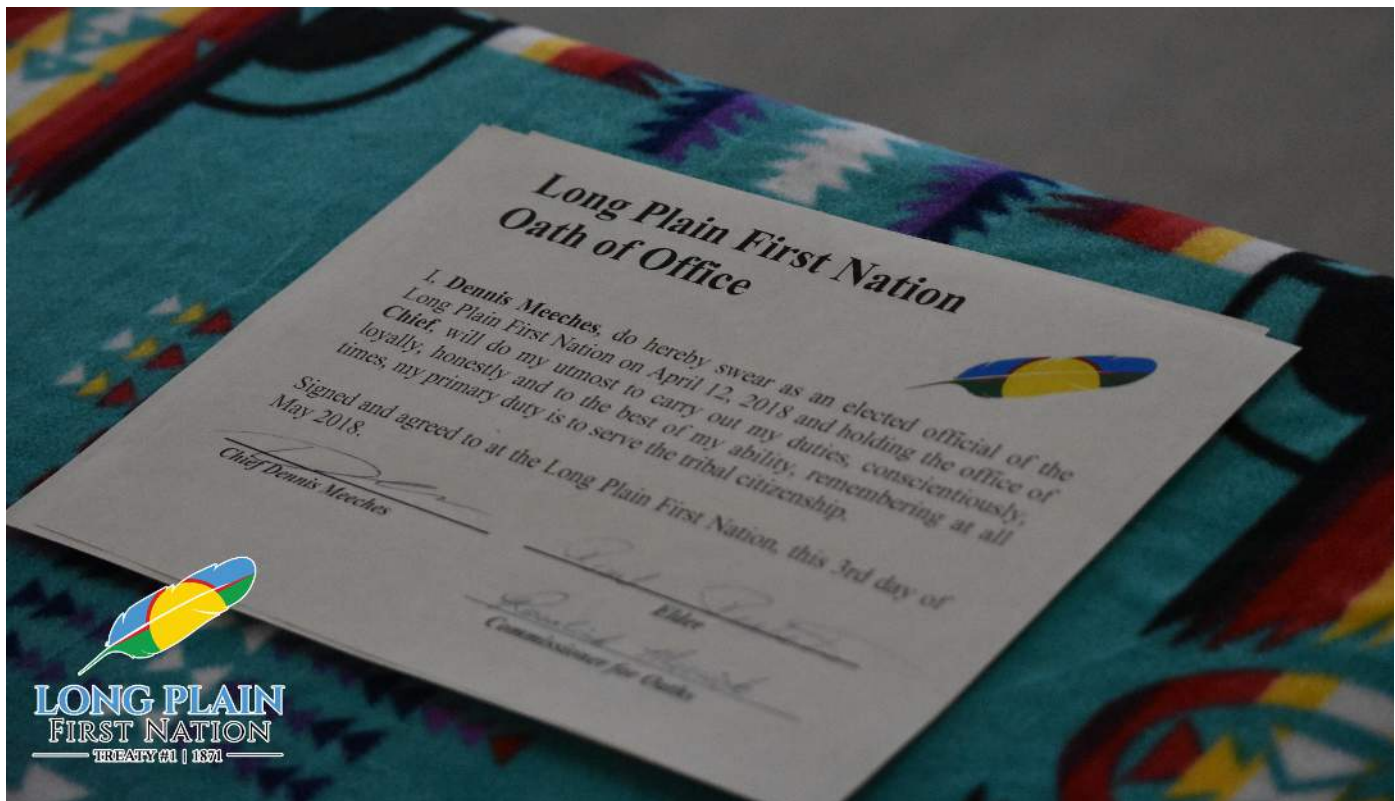
The Chief and Council appointed the first Loss of Use Trustees in 2011. We would like to acknowledge and thank the following tribal citizens for their service as LOU Trustees: Tim Daniels, Lorraine Daniels, Liz Merrick, Annette Peters, Delphine Peters, Jacqueline Daniels, Noel Myran, Ilona Francis, Melanie Ferris and Jo-Ann Woods. Many Miigwechs!!

Year	Annual Income	Arena Payment	Use of Funds	Use of Funds	Total
<b>2018</b>	547,430	-100,000	Funeral – 170,923 Palliative – 24,485	Ground Main.- 29,313 Kapyong – 82,273	<b>447,430</b>
			1916 Land Surrender – 11,444 Church Renos – 5,659 Arbor Lighting – 15,721 Early Warning System – 13,349	Fire Gear – 11,087 Roads Equip./Tools – 15,092 Education Tuition – 68,085	
<b>2017</b>	1,510,657	-100,000	Tree Cutting – 60,072 Geo-Thermal – 79,226	FN Hsg Marketing Fund -126,000	<b>1,410,657</b>
			MB Hydro – 40,549.80 Alert System – 53,278	8 New Hsg Units - 284,543	
			Funeral Expense – 127,931	Palliative Expense- 29,189	
			Ground Maintenance – 36,009	12 Mini Homes – 182,500	
			Kapyong Legal & Travel – 34,765	1916 Land Surrender - 13,330	
			TLE Loan Pmt – 343,263		
<b>2016</b>	571,466	-100,000	Finance Upgrade -80,508	Funeral -189,380	<b>471,466</b>
			School Bus Repair -83,256 Roads – R & M Equip. 272,622 Roads Material -15,070		
<b>2015</b>	861,745	-100,000	Funeral -156,837 Infrastructure -236,563	LPS Lunch -53,086 Yth Rec -7,750	<b>761,745</b>
			School Bus Repair-52,596 DOPS Reno -104,444 Spiritual/Cultural -13,790 Madison Office - 86,373		
<b>2014</b>	623,592	-100,000	Madison Petro Canada		<b>523,592</b>
<b>2013</b>	654,465	-100,000	Housing Renos - 45,000 Cobbe's - 44,605 School Bus Portion - 18,070 School Playground -81,097	RONA - 44,602 Rplcmnt Res -100,000 Collette Gravel - 221,091	<b>554,465</b>
<b>2012</b>	497,287	-100,000	Skate Park - 257,000 Roads Improvement - 140,278		<b>397,287</b>
			<b>2012 - 2018</b>	<b>GRAND TOTAL</b>	<b>4,566,642</b>

# CHIEF & COUNCIL 18/19 EXPENSES

The Chief and Council expenses are \$ 559,668. for the 2018-2019 fiscal year. The Council expenses are paid from the tobacco tax rebates that ADC receives from the Province of Manitoba.

	Title	Honorarium	Cost of Living	Pension	Group Insurance	Vacation Payout	Over N ' Above	Gratuity	Travel	Cell	TOTAL
Dennis Meeches	Chief	82,992	4,150	-	-	1,596	-	-	21,927	428	111,093
Marvin Daniels	Councillor	76,500	3,825	-	-	2,942	828	-	12,690	798	97,583
Liz Merrick	Councillor	76,500	3,825	-	-	-	3,227	-	12,156	984	96,692
Stephen Prince	Councillor	77,071	2,251	-	-	-	828	-	27,495	1,680	109,325
James Assiniboine	Councillor	77,365	2,295	-	-	1,530	828	-	12,756	1,321	96,095
Barb Esau	Councillor	-	-	-	-	2,972	-	2,065	-	-	5,037
George Meeches	Councillor	-	-	-	-	-	-	2,065	-	-	2,065
Benefits - All	C & C	-	-	20,863	20,915	-	-	-	-	-	41,778
<b>TOTAL</b>		<b>390,428</b>	<b>16,346</b>	<b>20,863</b>	<b>20,915</b>	<b>9,040</b>	<b>5,711</b>	<b>4,130</b>	<b>87,024</b>	<b>5,211</b>	<b>559,668</b>



ADMINISTRATION

# 2018/2019 FUNERAL EXPENSE REPORT

The Funeral Expense helped 38 families with their funeral expenses. The “Other” expenses are, for funerals that **are not** for deceased Long Plain members. The Palliative Care expenses are for those family members whose loved one have limited life expectancy.



	Date Deceased	Donation Amount	Funeral Costs	Travel Rooms Meals	Other	TOTAL
The Late Joan Assiniboine	April 1, 2018	\$1,200	5,242	\$8,943	\$649	\$16,034
The Late Tristan Khedr	March 24, 2018	-	850	-	-	850
The Late Marge Pelletier	March 24, 2018	-	5,242	-	-	5,242
The Late Farrell V Wescoup	May 14, 2018	1,200	7,500	3,751	-	12,451
The Late Angel W Creasy	May 14, 2018	1,200	6,007	550	-	7,757
The Late Philip Myran	May 18, 2018	1,200	5,212	2,278	-	8,690
The Late Wesley Peters	June 6, 2018	1,200	5,212	850	-	7,262
The Late Kevin Mecas	June 12, 2018	1,200	1,000	-	-	2,200
Late Baby – Kelsey Longclaws	June 13, 2018	250	-	-	-	250
The Late Janice Cameron	June 15, 2018	1,200	2,445	-	-	3,645
The Late Steven Smith	July 2, 2018	1,551	2,325	-	-	3,876
The Late Donnie Richard SR	July 8, 2018	1,200	2,325	-	650	4,175
The Late Addison Merrick	July 14, 2018	500	500	-	-	1,000
The Late Raymond Meechas	July 24, 2018	1,200	5,675	4,111	400	11,386
The Late Wallace Meeches	August 4, 2018	1,200	5,901	3,109	350	10,560
The Late Conrad Bird	August 5, 2018	1,200	8,384	1,271	350	11,205
The Late Maureen Mclvor	August 29, 2018	-	1,100	-	-	1,100
The Late Kleah Houle	Sept. 14, 2018	375	-	-	-	375
The Late Ronald Esquash	Sept. 23, 2018	1,200	5,675	896	300	8,071
The Late Vernon Houle	October 6, 2018	1,200	3,200	1,599	-	5,999
The Late Cameron Flatfoot	October 26, 2018	1,200	8,985	300	-	10,485
The Late Marsha Wescoup	October 30, 2018	1,200	3,616	2,393	-	7,209
The Late Melodie Daniels	Nov. 1, 2018	1,200	2,445	1,024	200	4,869
The Late Jozial Merrick-Spence	Nov. 18, 2018	600	2,047	-	-	2,647
The Late Ryker Peters	Nov. 2018	-	280	-	-	280
Late Baby – Trinity Harris	Nov. 2018	600	150	-	-	750
The Late Kody Nash	Nov. 2018	1,200	-	-	71	1,271
The Late Clemence Wescoupe	Dec. 23, 2018	1,200	6,150	-	-	7,350
The Late Betty Daniels	Jan. 10, 2019	1,200	5,675	400	150	7,425
Late Jairlyn A G Scott Roulette	Jan. 30, 2019	1,200	6,240	-	-	7,440
Late Baby Harris - Hofer	Feb. 2019	700	-	-	-	700
The Late David Perswain	Feb. 11, 2019	1,200	7,700	-	460	9,360
The Late Alva Brooks	Feb. 14, 2019	1,200	2,875	-	-	4,075
The Late Gladys MJ Peters	Feb. 15, 2019	1,200	5,475	-	-	6,675
The Late Candance Meeches	Feb. 17, 2019	1,200	-	-	-	1,200
The Late Lois Kelly Prince	March 4, 2019	600	3,220	-	200	4,020
The Late Baby Catcheway	March 2019	700	500	-	-	1,200
The Late Georgina F Longclaws	March 30, 2019	-	1,925	-	-	1,925
<b>SUB-TOTAL</b>		<b>\$34,676</b>	<b>\$131,078</b>	<b>\$31,475</b>	<b>\$3,780</b>	<b>\$201,009</b>
<b>OTHER FUNERAL DONATIONS:</b>						
Jeffery Pelletier						101
Ron Stony						50
Dennis Myran						200
Helen Myran						800
Melanie Yellowquill						250
Daniel Meeches						200
Carl Meeches						200
Clarence Henry						250
Jacqueline Daniels						250
Trudy Hobson						48
Maureen Sinclair						225
Linda Bunn						200
Dallas Courchene-Martin						100
Elijah Myran						50
Lillian Romu						500
Lisa Myran						50

Doreen Blackbird						100
Kelsey Longclaws						700
Canada Inn Portage						474
Sharon Yellowquill						268
Sally Mclvor						675
Terry Francis						200
Jeanine St Paul						48
Lisa Meechas						48
Shayn Meeches						300
Gena Schellenberg						600
Sheila Houle						500
Zachary Daniels						500
Tracy Tuesday						375
Mary Pratt						54
Judy Mousseau						150
Naomi Fosseneuve						75
Diane L Peters						200
Lenard Wescoupe						300
Alissa Monkman						100
Adam Woods						250
Melissa L Meeches						400
Ron Bruce						180
Lucian Spence						48
Wanita French						48
Val Whitford						600
Leona Meechas						180
Kevin Campbell						250
Florine Prince						500
Stacey Longclaws						150
Justine Hobson						48
Lance Daniels						200
Mackenzie Funeral – S Smoke						200
Juanita Bunn						200
Nelson Bunn Jr						200
Edward Bunn						200
Brooke Mousseau						600
Karen McKay						300
Karen Myran						375
Jada Pratt						375
Cathy Raubach						1,175
Tyson Pratt						250
Roberta Johnson						600
<b>TOTAL - OTHER FUNERAL</b>						<b>\$16,470</b>
<b>PALLATIVE EXPENSES:</b>						
Tracey Tuesday						\$750
Mary/June Tizzard						3,769
Jeff Meeches						300
Hazel Allan						1,163
Chris Klassen						1,566
Tamara Meeches						200
Sally Mclvor						270
Barb Mclvor						8,782
Tammy Smith						144
Caitlyn Meechas						1,981
Harriet Mclvor						200
Brenda Mclvor						75
Melissa McKinney						842
Tannis Meeches						68
Joanna Meeches						68

Jessie Assiniboine						20
Jessie Meeches						96
Kathryn Myran						1,392
Brian Daniels						1,554
Lenny Roulette						1,269
Rene Francis						200
Jasmine Beaulieu						59
Adam Meeches						200
Freida John						791
Joyce Perswain						60
Peter Perswain						200
Adrienne Merrick						500
James Allan						892
Lakota Woods						863
Robert Johnson						172
<b>TOTAL - PALLATIVE</b>					<b>28,419</b>	<b>\$ 28,419</b>
<b>TOTAL – OTHER</b>					<b>16,470</b>	<b>\$ 16,470</b>
<b>TOTAL FUNERAL &amp; OTHER &amp; PALLATIVE</b>		<b>\$34,676</b>	<b>\$131,078</b>	<b>\$31,475</b>	<b>\$48,669</b>	<b>\$ 245,989</b>

#### FUNERAL EXPENSE BY YEAR FROM 1999 to 2019

YEAR	Families Assisted	Standard Donation	Funeral Costs	Travel Meals Rms	Other/ Palliative	ADC	TOTAL
2018-2019	38	34,676	131,078	31,475	48,669	-	<b>\$245,989</b>
2017-2018	21	26,151	80,847	30,515	62,188	-	<b>199,701</b>
2016-2017	24	25,900	95,407	27,467	6,728	-	<b>155,502</b>
2015-2016	34	33,200	124,361	14,507	22,593	-	<b>194,661</b>
2014-2015	24	18,700	67,515	13,155	26,609	-	<b>125,979</b>
2013-2014	18	11,000	79,216	4,156	2,100	20,156	<b>116,628</b>
2012-2013	19	11,400	71,515	13,377	1,655	36,676	<b>134,623</b>
2011-2012	15	7,800	53,921	11,201	2,576	29,242	<b>104,740</b>
2010-2011	27	13,350	52,046	20,206	3,753	19,889	<b>109,244</b>
2009-2010	26	13,100	64,179	9,981	3,540	20,156	<b>110,956</b>
2008-2009	29	13,650	81,286	25,037	8,136	27,882	<b>155,991</b>
2007-2008	26	9,600	56,983	16,746	3,120	16,670	<b>103,119</b>
2006-2007	20	11,400	78,520	16,368	919	12,468	<b>119,675</b>
2005-2006	14	6,700	23,623	7,755		-	<b>38,078</b>
2004-2005	14	7,150	21,906	10,619	236	-	<b>39,911</b>
2003-2004	18	10,200	46,113	11,233	450	-	<b>67,996</b>
2002-2003	12	4,200	31,453	6,222	40	-	<b>41,915</b>
2001-2002	17	5,100	58,434	15,070	1,273	-	<b>79,877</b>
2000-2001	14	4,200	4,106	16,382	2,353	-	<b>27,041</b>
1999-2000	17	5,400	16,101	25,160	1,349	-	<b>48,010</b>
<b>TOTAL</b>		<b>272,877</b>	<b>1,238,610</b>	<b>326,632</b>	<b>149,667</b>	<b>183,139</b>	<b>2,219,636</b>

# 2018/2019 POLICING STATISTICS

The RCMP patrol the Keeshkeemaquah site while DOPS have a detachment and patrol the main Long Plain Reserve. Both submit detailed quarterly reports to the Chief and Council. The table shows only the number type of calls they receive with each category. The detailed police reports remain at our office.

Occurrences Include	RCMP MFNPS		RCMP MFNPS		RCMP MFNPS		RCMP MFNPS		Total 18-19
	April-June 20.18	April-June 2018	July-Sept 2018	July-Sept 2018	Oct-Dec 2018	Oct-Dec 2018	Jan-Mar 2019	Jan-Mar 2019	
Person Crime	13	35	5	29	13	47	10	43	195
Property Crime	4	29	5	30	1	29	1	8	107
Attempted/Theft of Motor Vehicle	2		1		0	8	0	7	18
Break & Enter	0		0		0	7	0	3	10
Mischief	4		0		3	53	1	55	116
Traffic Violations (Prov/Fed)	3		1		5	10	2	15	36
Traffic Collisions	0		0		1	0	0	0	1
Impaired/Over .08	1		4		1	2	0	9	17
Provincial/Fed Statutes	7		6		7		11		31
Other Criminal Code	13	223	16	195	11	31	12	47	548
Common Police Activities	18		9		8		8		43
Calls for Service		458		391		332		338	1,519
Number of Adult Charged		46		34		32		36	148
Number of Youth Charged		4		6		1		3	14
Community Policing Activities		53		59		50		29	191
<b>Total Occurrences</b>	<b>65</b>	<b>848</b>	<b>47</b>	<b>744</b>	<b>50</b>	<b>602</b>	<b>45</b>	<b>593</b>	<b>2,994</b>

## FIRST NATION INFRASTRUCTURE & INVESTMENT PLAN

Project Name	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023
Road Repairs	115,272	140,000	140,000	140,000	140,000
Band Housing Repairs	432,819	450,000	450,000	450,000	450,000
Sewer Line Repair	61,220	40,000	40,000	40,000	40,000
Housing RRAP	122,232	120,000	120,000	120,000	120,000
CMHC	109,432	0	0	0	0
CMHC Retrofits	15,754	106,729	106,729	106,729	106,729
<b>Total</b>	<b>856,729</b>	<b>856,729</b>	<b>856,729</b>	<b>856,729</b>	<b>856,729</b>

# 18/19 ADMINISTRATION & FINANCE STAFF

We are proud of our staff who continue to be professional and courteous in providing services to our tribal citizens, which at times, can be challenging.

Rosalind Merrick	Tribal Administrator	Stephanie French	Executive Secretary
Robin McLeod	Administrative Assistant	Ashley Houle/Corena Myran	Receptionist Admin Office
Dolly Abraham	Janitor	Ken Daniels	Maintenance
Ray Meechas	Receptionist Public Works	Darryl Daniels	Spirit Lodge Janitor
Geraldine Perswain	Director of Finance	Andrea Woods	Finance Administrator
Myrna Pratt	Health Finance	Lisa Myran	Education Finance
Eleanor French	Accounts Payable/Payroll	Keith Hobson	Housing Finance
Naomi Fosseneuve	General Ledger/Payroll	Sharon Daniels	Accounts Receivable
Donna Meeches	E&T/Post Sec Finance	Lorna Wescoupe	Finance Clerk
Theresa Sanderson	ADC Finance Administrator	Josh Smith	ADC Finance Clerk
Rhonda Myran	ADC Payroll	Peter Merrick	ADC General Ledger
Rae Anne Gabriel	ADC Accts Receivable	Ralph Francis	ADC Finance Clerk
Tasheena Henry	ADC Misk Office Manager	Wanita French	ADC Data Entry
Val Whitford	ADC Special Projects	Mary Pratt	ADC Accounts Payable
Kim Merrick	ADC Receptionist	Joe Merrick	ADC Janitor

## TRIBAL REGISTRY

The Indian Registration Administrator (I.R.A.) reports directly to the First Nation, seeks advice from the Regional Office of Aboriginal Affairs & Northern Development Canada (AANDC). The main role of the IRA is to assist the Indian Registrar in maintaining the consistency of Information contained within the Indian Register System and any other duties as assigned by the Tribal Administrator.

### Population Statistics:

The table illustrates the population for March 31, 2017 – March 31, 2018. The total population for Long Plain increased to 82 people.

**TOTAL POPULATION FROM APRIL 01, 2017-MARCH 31, 2018 IS 4,487.**

Living On-Reserve: 2,368

Living Off-Reserve: 2,119

The following table reports the number of each event for each month beginning March 31, 2017-March 31, 2018:

### Transfer's OUT of Long Plain to other First Nations:

There were 9 people who transferred Out of Long Plain First Nation during the fiscal year April 1, 2017-March 31, 2018, and they are as follows:

2017-2018	Births	Transfers Out of LPFN	Transfers Into LPFN	Dec'l Entitled Bill C-3	Registered Deaths	Marriages/Divorce	Misc. Amend.	Total Population
Mar 31-17								4,405
Apr.'17	4	2			3		5	4,404
May'17	15	1		2		2(m)	5	4,420
June '17	8				4		8	4,424
July '17	10				3		1	4,431
Aug.'17	24	2			1		1	4,452
Sept. '17	6	2			1		2 (-1)	4,454
Oct. '17	7						4	4,461
Nov. '17	7				1	1487(m)	15	4,467
Dec. '17	8			1	1		188	4,475
Jan. '18	4			1	2		3	4,478
Feb. '18	8	2					2	4,484
March '18	4				1		1	4,487
<b>TOTAL:</b>	<b>105</b>	<b>9</b>		<b>4</b>	<b>14</b>	<b>3</b>	<b>234</b>	

Full Name of Person:	Transferred to:	Date of Transfer:
Unnames Myran	381	2017/04/24
La-vanna R. Daniels	286	2017/04/24
Ellisa F. M. Myran	381	2017/05/25
Shaelin M. P. Atkinson	275	2017/08/20
Dominique G. Woods	279	2017/08/04
Mellisa D. Pashe	295	2017/09/27
Kristen L. Daniels	295	2017/09/28
Maureen N. Mclvor	271	2018/02/10
Crayton N. Desjarlais	271	2018/02/10

**Transfer's Into Long Plain First Nation:**

There were No Transfers into Long Plain for the fiscal year April 1, 2017-March 31,2018.

**Declared Entitlement under Bill-C31:**

\*All applications are reviewed and approved by the Registrar in Ottawa, ON.

Name of Person who gained status:	Date of entitlement:
Jasmine A. R. Mackinnon	2017/05/25
Naola P. A. Matheson	2017/05/25
<b>Thomas C. Geddes</b>	<b>2017/12/13</b>
<b>Amanda W. Tuininga</b>	<b>2018/01/11</b>

**New Secure Indian Status Cards:**

You can obtain your new secure card at the Regional Office which is located @ 365 Hargrave Street, Rm 200, appointments Only, the number to call is 1-204-983-2485.

**Documents to Support Your Identity:**

Provide One (1) SCIS, Canadian or United States Passport, Enhanced Driver's Licence/Identity Card,

NEXUS or FAST card or Two (2) valid federal, provincial, territorial or state government issued identity documents. Identity documents presented must include a combination of your name, photograph and signature. If you are unable to provide these documents, one valid identity document is sufficient when accompanied by a Guarantor Declaration(893-111E). Your guarantor must sign and date the back of ONE (1) of the two up-to-date passport style photographs. Further information regarding these requirements can be found on the Guarantor Declaration (83-111E)

Website: <http://www.aadnc-aandc.gc.ca/eng/1100100032380/1100100032381>

**For general Enquiries and publications:**

AANDC Public Enquiries Contact Centre

Phone (toll free) 1-800-567-9604

Fax: 1-866-817-3977

**Laminate Cards Issued:**

The number of laminate cards issued from the Long Plain Band office from April 2017 to March 2018 was 785. The number of cards processed for each month is listed below:

April 2017	No cards available
May 2017	353
June 2017	95
July 2017	76
August 2017	61
September 2017	18
October 2017	No Cards available
November 2017	80
December 2017	No Cards available
January 2018	102
February 2018	No Cards available
March 2018	No Cards available
Total:	785

Availability: Regional Office along with Headquarters' determines the amount of cards to issue to each community upon availability for each province.

**Tribal Registry Financial:**

<b>Revenue</b>	
Indigenous and Northern Affairs Canada	32,823
Miscellaneous	
<b>Total Revenue</b>	<b>32,823</b>
<b>Expenses:</b>	
Office Supplies	2,075
Salaries and Benefits	54,587
Travel	3,614
<b>Total Expenses</b>	<b>60,948</b>
<b>Operating Deficit before transfer</b>	
<b>Transfer from other programs</b>	



# LONG PLAIN SOCIAL SERVICES

The Social Services Program issues social assistance, special needs and guardian social allowance (Child out of Parental Home – COPH). Hydro, rent and basic needs are paid on behalf of Social Assistance Clients who are on-reserve members. There is an open door policy and direct banking to all clients.

## Eligibility Requirements:

- MUST BE A RESIDENT OF LONG PLAIN FIRST NATION and must be listed on the Tenancy Agreement. We do assist non-band members as long as they are listed on the Tenancy Agreement.
- Must be over the age of 18 years and older.
- Must meet eligibility criteria for one of the income assistance categories.
- Must not be a receipt of income assistance from another First Nation, the province, a municipality or other agencies

## Responsibilities of Applicants:

- Ask for the information needed to make a proper application. Apply for benefits when they believe they are in need of assistance.
- Disclose all information necessary to complete all forms required to establish eligibility. As for information and assistance they need to make a proper application.
- Request written confirmation of their eligibility and evidence for which they qualify under the policy and procedures.
- Inform the administrator promptly of changes in their circumstances that may affect their eligibility or benefit rate.
- If employable, seek work at all times and be available for all work which they are qualified.
- If employable, participate in employability programs that may be available.
- Exhaust all available resources and income to support themselves.

## Role of the Administrator:

- Administer the Social Services Program

in accordance with established policies and procedures between INAC and Long Plain First Nation.

- Administer the Social Services Program in accordance with established policies and procedures for the benefit of eligible individuals and families who reside in Long Plain First Nation.
- Interview individuals and families to obtain information relevant to eligibility for income assistance.
- Provide the required forms to proceed with an application and assist applicants with completing them.
- Determine eligibility for income assistance through verifying the information provided and obtaining supporting documentation.
- Open and maintain client records on income assistant applicants.
- Administer income assistance funds on behalf of applicants when necessary to ensure that family members receive income support they require to meet their basic necessities.
- Provide other administrative services as required.

## New Program:

### *Pre-employment Supports and Case Management*

This is a new program which was started in November 2018. The goal of the Pre-employment Support Delivery Program is to increase employment for our Income Assistant clients. This program targets 50 Income Assistant Clients to assist them in getting job ready. The clients are from the ages of 18 to 64 years of age consisting of both males and females. Target outcomes will include pre-employment support measures: life skills, career fair, job readiness, job shadowing experience, first aid and CPR.

## Staffing:

We did have a staff turn-over on July 1, 2019. Lizzie Assiniboine left and Lisa Beauchamp began in her position as Social Services Administrator. We wish Lizzie good luck in her future endeavors and welcome Lisa on board.



We also want to wish good luck to Khadjah Meeches. She came on board as the Data Entry Clerk for the Pre-employment Program. But left to go back to school. Our two new staff are Geraldine Thunderbirdsky and Candy Smoke. Gerri is our new Case Manager and Candy Smoke is our new Data Entry Clerk for the Pre-employment Program. We welcome both ladies.

## COMMUNITY & YOUTH CORRECTIONS

There was a change in Probation services this year. As of October 2018 Long Plain is now serviced by one full time Probation Officer dedicated to the community. The Probation Officer currently works out of the Long Plain Band office with use of an office in Portage La Prairie and an office in Winnipeg. The Probation Officer supervises male, female, and youth clients with mandated services through a Provincial Criminal Court Order as well as providing the Court with Pre- Sentence reports to assist the Court in sentencing offenders as well as a responsibility to produce other Court related reports. Community safety is of high importance and all offenders are assessed for risk to re-offend and register as low – very high risk depending on their individual situations. In order to provide continuity of service the Long Plain Band members who are located in the Urban Reserve in Portage La Prairie also report to the Long Plain Probation Officer in Portage La Prairie. As well those who transfer to the city of Winnipeg may also be supervised, in Winnipeg, by Long Plain Probation. Currently the Probation Officer is supervising Fine Option and Community Service Work Orders until an alternate is hired.

Probation services offers compliance management, curfew monitoring where required, 1:1 counselling and programming for offenders of all types with the possibility of more groups programs as time allows. As well the Justice Program unit will be coming in December 2019 to offer a group program. The caseloads numbers fluctuate throughout the year and usually sits somewhere between 50 and 80 people. The client demographic includes those being supervised for crimes ranging in nature from domestic violence, sexual violence, general crimes of violence, to driving, drugs and, property related offenses. The current Probation Officer has a strong background in client/community centered services with an abiding belief in the role of community in Justice and a belief in the need for restorative resolutions and early intervention. The Probation Officer maintains an open door policy for all community members and would welcome anyone interested in volunteering and participating community Justice initiatives and innovations.

## COMMUNITY DEVELOPMENT INITIATIVE

Long Plain First Nation signed a 10 year agreement with Manitoba Hydro BiPole III on May 30, 2014. This agreement created a accessible pool of funding for projects on reserve. Manitoba Hydro consulted with Long Plain and agreed to fund projects that;

- Promote environment sustainability
- Promote resource rehabilitation and development
- Promote cultural and social developments
- Develop community infrastructure
- Provide training, employment or economic development for the community

Long plain First Nation received its first payment of \$233,600 in Jan 2013.

In 2018, Long Plain CDI Program received \$256,300

to assist in community development. For twelve weeks, CDI employed a crew of eight (8) Long Plain tribal members who were hired to erect fencing for homes, lay sod and assist in the construction of driveways on our Keeshkeemaquah Village next to Portage la Prairie, MB. \$150,000 was spent on our Long Plain First Nation Powwow. A cultural celebration full of dance, songs and food.

\$2,700 provided assistance in youth driven movie night. We promoted youth activities by opening up the Spirit Lodge for movie nights throughout the summer.

\$2,500 provided cultural language experience by organizing a gathering between Long Plain youth and our Elders.

# LONG PLAIN HOUSING DEPARTMENT

## CMHC (New Housing)-Completed:

55 Plus

3 - Tri plexs - 9 units - size - 820 square feet - 2 bedrooms

- 4020 A, B, & C Crescent Road West, Keeshkeemaquah, Manitoba
- 4040 A, B, & C Crescent Road West, Keeshkeemaquah, Manitoba
- 4060 A, B, & C Crescent Road West, Keeshkeemaquah, Manitoba

## Housing Band Owned:

Funding from Indigenous Service for Replacement Home due to Tornado Damages in July 2016

- 130 Ojibway Trail - \$213,369

Funding from Indigenous Service for Home Repairs due to Tornado Damages in July 2016-\$178,600.

- 107 Rodeo Drive
- 130 Dakota Trail
- 133 Saulteaux Street
- 133 Yellowquill Trail East
- 136 Rodeo Bay
- 155 Yellowquill Trail East
- 165 Ogitchitwa Drive
- 174 Veteran's Trail
- 176 Yellowquill Trail East
- 198 Yellowquill Trail East
- 247 Yellowquill Trail West
- 361 Yellowquill Trail West

Funding from Indigenous Service for Home Renovation/Additions for existing homes \$400,000.

- 166 Split Rock Trail South
- 169 Split Rock Trail South
- 182 Yellowquill Trail East
- 190 Dakota Trail
- 190 Split Rock Trail South
- 215 Yellowquill Trail West
- 232 Yellowquill Trail West

Funding from Indigenous Service for Flood Mitigation Housing Project \$1,367,220.

- 103 Rodeo Bay



- 110 Yellowquill Trail South
- 115 Ojibway Trail
- 118 Ginew
- 118 Rodeo Bay
- 119 Provincial Road
- 119 Rodeo Bay
- 125 Yellowquill Trail South
- 127 Rodeo Bay
- 127 Yellowquill Trail South
- 129 Yellowquill Trail South
- 130 Dakota Trail
- 142 Dakota Trail
- 146 Dakota Trail
- 147 Yellowquill Trail South
- 161 Ogitchitwa Drive
- 164 Eagle Bay
- 164 Yellowquill Trail East
- 202 Split Rock Trail North
- 244 Yellowquill Trail West
- 339 Yellowquill Trail West
- 353 Yellowquill Trail West

Urban Units - To date LPFN has a total of (10) rental units / 3 located in Brandon and 7 located in Portage La Prairie.

HIFNY-Housing Internship Initiative for First Nations and Inuit Youth - a program designed for the (YES) Youth Employment Program. The goal of the program is to assist youth in pursuing long-term employment in the housing sector.

Canada Mortgage Housing Corporation paid for 2 students to work with Special Projects

Officer-Val Whitford and 2 students to work at the Quonset with Shipping and Receiving and the Housing Maintenance Team under the direction of Housing Manager, Corinne Peters.

### Housing Staff for 2018-19

- Corinne Peters – Housing Manager – started September 10, 2018
- Debbie Desjarlais – Maintenance Assistant
- Garry Meeches – Maintenance Supervisor
- Lisa Beauchamp – Tenant Relations Officer - up until July 2018
- Dustin Peters – Plumber
- Keith Herda – Quonset/Shipping/Receiving/partial year
- Norman Peters – Plumber’s Assistant/partial year
- Jordan Cameron – Plumber’s Assistant/partial year
- Robert Meeches – Carpenter/partial year
- Keith Hobson – Finance Clerk
- Justin Prince – Electrician
- Serge Myron – Electrician - Apprentice
- Sharon Yellowquill – 12 plex Janitor
- Ashley Houle – Secretary/partial year
- Sheila Harris – Finance Clerk #2/partial year
- Robert Joy Winter – File Clerk/partial year

### Long Plain Housing Authority Financial Summary 2018-19

#### REVENUE:

Canada Mortgage and Housing Corporation - \$26,074  
 Rental Income - \$74,100  
 Administrative Fees - \$151,244  
 Arrowhead - \$300,000  
 Long Plain First Nation - \$292,281  
**TOTAL REVENUE: \$843,649**

#### EXPENSES:

Administration - \$771,622  
 Band Owned Housing - \$420,967  
 Brandon Units - \$41,867  
 Portage Units - \$56,571  
 CMHC Students - \$47,804  
**TOTAL EXPENSES: \$1,338,831**  
**DEFICIT \$(495,152)**



Repairs & Maintenance for Band Owned Housing was \$292,393.

# LONG PLAIN SPECIAL PROJECTS

Long Plain Special Projects department has had a productive year in 2018-2019. In compliance with the Housing Mission Statement, our mission is to provide the necessary shelter to the members of the community by providing quality homes with the resources available, developing long term goals to improve housing maintenance and services by incorporating new housing building codes to improve the quality of our homes.

These projects directed in assisting the elders, single adults and sizeable families and families that were opting for ownership of their own homes. Some projects have also enabled upgrades to enhance the livability conditions of homes thus bringing the unit up to national code.

The Special Projects department would like to thank all those workers in the construction trades/sub trades, vendors and administration for all their hard work and dedication to enhance the livability and viability of our community.

### 55+ Triplex:

- Location – Crescent Road
- Total number of Units – 9
- Number of bedrooms – 2 per unit

A 3-plex elder housing project has been completed. Each unit

has capacity of 2 bedrooms and each building has a total of 3 units. Long Plain has provided the elders occupancy for 9 units. The Elder Triplex is located on Crescent Road. With global warming affecting our environment, new laws have been implemented allowing each unit to come complete with A/C.

Each unit has a spectacular water front view overlooking the Crescent Lake where Elders can enjoy the tranquil early morning sunrises.

### 12 Mini-home:

- Location – Various
  - Total number of Units – 12
  - Number of bedrooms – 1 per unit
1. 157A Provincial Road
  2. 157B Provincial Road
  3. 213 Yellowquill Trail West
  4. 146A Dakota Trail
  5. 110 Split Rock Trail West
  6. 158 Yellowquill Trail East
  7. 115 Eagle Bay
  8. 122 Eagle Bay
  9. 157B Yellowquill Trail East
  10. 142 Ogitchitwa Drive
  11. 122 Yellowquill Trail South
  12. 126 Yellowquill Trail South

A total number of 12 mini-homes have been built scattered on various sites on the Long Plain First Nation reserve. Each unit has a square footage of 36ft x 12ft with the

connection of water and sewer piping, electrical and each unit with A/C. These tiny homes add a refreshing appeal of countryside charm of the community.

### 5 - 5bdrm duplex:

- Location – Keesheemaquah
- Total number of units – 10
- Number of bedrooms – 5 per unit

A total of 5-5 bedroom duplexes 108 x 26 ft. / 2808 sq ft/per building individual 43x26 / 1404 sq ft/ 5 bedroom, 2 full bathrooms. These units are sizable homes to accommodate the future generations that assists making a positive direction for our community.

### Flood Report

Long Plain First Nation experienced extreme flood damage in the spring of 2017. Overland flooding caused severe water infiltration of many homes that are Band Owned and Canada Mortgage Housing Corporation. Water penetrated the crawlspaces, basements and floor joists. The water also affected the interior and exterior walls of the homes. The flooding also washed out roads which made the homes inaccessible. People in these homes were put up in hotels. To ensure that the displacement of tenants in the community the Long Plain First Nation housing staff along with

Oodanooketoh Incorporated project was projected to deal with the issues. Oodanooketoh Incorporated, an engineering company along with the Long Plain First Nation put the scope of work to assess the flooded units. Oodanooketoh Incorporated with their environmental technology provided accurate information if the unit is in located in a high water table and if the unit is lacking weeping tiles and if the unit is deemed in a hazardous area for reoccurring floods and the unit should be better moved to a drier location.

Oodanooketoh Incorporated will also provide if proper drainage should be in the scope of work. The homes that were affected in the flood had the perimeter of the house trenched, perimeter drainage swale were needed to drain the water away from the unit. Several units had an exterior sump pump along with an interior sump pump to curb any seepage into unit. Weeping tiles were also changed out. The project also addressed water in crawlspaces by adding poly and adding rigid insulation between the header and joist. Also if it required a sump pump and hose as required. An exhaust system was also added if needed to remediate any issues with mould or mildew.

### **Tornado Report**

The community of Long Plain First Nation experienced tornado damage to many homes during the July 2016 Tornado event. The tornado caused high wind conditions that tore roofs

from houses, blew windows from their casings and buildings were shifted from their foundations, resulting in exterior unit damages. The advent of torrential rains during the tornado event also caused interior damage because the exterior damages allowed for water to infiltrate the units, causing damages such as warped flooring and saturated insulation and drywall throughout the units. The event also caused power outages and without electricity, sump pumps were not in operation causing additions flooding to the basement and crawlspaces of the units. Oodanooketoh Inc. was hired by Long Plain Long Plain First Nation to specifically inspect the homes for the purpose of assessing and documenting the damage caused by the July 2016 tornado event, and to develop cost estimates for the repair, relocation and or replacement of the inspected homes.

### **Replacement Home due to 2016 Tornado :**

- Location 130B Ojibway Trail
- Total number of units – 1
- Number of bedrooms – 2 bedrooms

A replacement home has been built on 130B Ojibway Trail to replace the unit that was damaged due to the tornado that occurred July 20, 2016 in Long Plain First Nation. This project was considered an Emergency Management project from Indigenous Services Canada.

### **Burn Out Units –**

- 126 Yellowquill Trail South
- 112 Arrowhead Road
- 166 Veterans Road
- 139 Yellowquill Trail South moved to 121 Arrowhead
- 353 Yellowquill Trail West

These CMHC homes that were affected are listed under the Section 95 are covered under the Insurance. Scattered throughout the Long Plain Community. The community with along with the construction contractors worked diligently to restore the burn out where the community member can call home again.

### **Budget 2018 On-Reserve Housing Funding/400K –**

Indigenous Services Canada has supported Long Plain First Nation in addressing immediate housing needs in the community. This will include the renovation of band owned units and additions. This is to address the overcrowding and high occupancy rates, improve energy-efficiency and also to address housing units that do not meet the basic health and safety standards, such as units with excessive mould growth or asbestos issues, high detected levels of radon, inadequate plumbing or other sanitation problems. Renovations have extended to the structural and mechanical standards to comply with the national or provincial building codes. A total of (8) units have had major renovations under this the project.

- 169 Yellowquill Trail South
- 232 Yellowquill Trail West
- 169 Yellowquill Trail East
- 190 Dakota Trail
- 182 Yellowquill Trail East
- 190 Split Rock Trail South
- 166 Split Rock Trail South
- 215 Yellowquill Trail West

**Rent to Own – 4 single family bungalows**

- 105 Nookmis Bay
- 107 Nookmis Bay
- 109 Nookmis Bay
- 111 Nookmis Bay

This program is now in effect and has allowed eligible LPFN members to access a home loan/mortgage to build or purchase their own home.

**HIIFNIY** - Housing Internship Initiative for First Nations and Inuit Youth – a program that designed for the (YES) Youth Employment Program. A youth employment initiative providing work experience and on-the-job training for First Nations and Inuit Youth. The goal of the program is to assist youth in pursuing long-term employment in the housing sector. The Special Projects department had (2) interns that offered their administration and office skills and services enriching their future endeavors.

# LONG PLAIN PUBLIC WORKS

INFRASTRUCTURE & HOUSING

The goal for any public works department is to ensure the safety of all public roadways, public buildings and to maintain the trust of the public we serve.

**The Public Works Department is responsible for the following services:**

1. Highway and road maintenance.
2. Driveway and water run-off.
3. Culvert and ditch maintenance.
4. Water and Sewer, maintain equipment.
5. Snow removal on roads, driveways and yards. We do contract out these services.



LPPW will continue to build on the past successes and failures and planning for responsibly targeting our stated goals and objectives.

This past year, the LPPW crew obtained their Level 2 Ground Disturbance certification and First Aid training. We built a new road made to the Woods’ cemetery.

Our department will also implement tool box meetings. These meetings are intended to bring to the attention any issue that requires action. This is also an opportunity for the departmental staff to



plan the work day and work week. Tool box meetings are a positive form of developing a safe work culture as well as to plan needed work in a more efficient manner.

### Public Roadways

Safety is our primary concern regarding public road ways, all public roads require constant grading due to the high volume of traffic, one road grader in our fleet of equipment is insufficient to meet our stated goal. There is a need to determine the amount of traffic on our roadways, a traffic counter would aid in proper planning.

We are responsible for approximately 57 km/35 miles of public roadways and we also

provide maintenance to drive ways and other lands. There are also 3 Municipal roads that are maintained by our department, Dakota Trail, Split Rock (north and south) and Veteran's Trail.

Veteran's Trail is most problematic roadway, particularly during spring break-up and during heavy rain events. The lack of proper drainage on this stretch of road causes the water run-off to travel on the road side creating a dangerous driving hazard. Dakota Trail and Split Rock require some remediation to deal with drainage. A proper community drainage plan is required.

There are several roadways that are clay based, for safety reasons it would be best to put gravel on these roadways. Yellowquill Trail West as well as Ogitchitwa Drive have rip-wrap exposed for whatever reason, the standard is to have the rip-wrap a minimum of 2 feet below the surface of the roadway. The more grading we do on these roadways; the more damage we are doing to the rip-wrap.

Overland flooding is due primarily to improper drainage which is a problem throughout the community. Standardizing the size of the culverts is a more efficient method of dealing with overland water accumulation. Standing water is also a health concern, standing water is a breeding ground for mosquitos and other forms of bacteria. We will approach the Lands and Health services departments to see what efforts can be made to address these issues.

The dust control program is implemented annually as a health and safety issue for band members and for the comfort of our guests during the annual pow wow. Magnesium chloride is applied on the main roadways and areas where dust can become a health problem. We will work with the health services to ensure that people with health problems will receive this service. Fort Distributors is contracted to provide this service; approximately 75,000 litres of calcium on 10 kms of roadway at a cost of \$34,312.00.

We are asking drivers to please consider these conditions and drive accordingly.

Heavy vehicle traffic controls are applied during summer and fall. Heavy vehicle restrictions will be enforced on Yellowquill Trail East; signage is posted accordingly. Restricting heavy vehicle traffic on these roadways is intended to limit the deterioration and degradation heavy vehicles can cause.

# LONG PLAIN LANDS DEPARTMENT

## LAND CODE

On August 12, 2017 the First Nation became self-governing in the lands area. This means that the First Nation Council has the legal



## LONG PLAIN FIRST NATION LANDS DEPARTMENT

authority and power to manage the reserve lands and resources, enact laws regarding the lands, environment and natural resources. The First Nation is no longer governed under the Indian Act land sections.

Since August 12, 2017 to March 31, 2019, the Lands Department has been working on its first year of a two-year transitional period in acquiring the administrative responsibilities from Indigenous Affairs and Northern Development Canada to the First Nation Lands Department. The first year included

	YEAR-TO-DATE ACTUAL	FULL-YEAR BUDGET	VARIANCE FOR YEAR
<b>SOURCE OF FUNDS:</b>			
LHRCCP-INAC Revenue Operational	348,699.00	326,636.00	(22,063.00)
LHRCCP-INAC Revenue Miscellaneous	6,002.95	0.00	(6,002.95)
LHRCCP-INAC Transition Revenue	75,000.00	0.00	(75,000.00)
LHRCCP-Deferred Revenue	(123,671.68)	0.00	123,671.68
<b>TOTAL RECEIPTS</b>	<b>306,030.27</b>	<b>326,636.00</b>	<b>20,605.73</b>
<b>EXPENDITURES:</b>			
<b>SALARIES &amp; BENEFITS</b>			
<b>Total Salaries &amp; Benefits</b>	<b>186,726.18</b>	<b>186,312.00</b>	<b>(414.18)</b>
<b>TRAVEL</b>			
<b>Total Travel</b>	<b>18,067.98</b>	<b>17,000.00</b>	<b>(1,067.98)</b>
<b>GENERAL EXPENSES</b>			
LHRCCP - Administrative Costs	77,396.65	66,892.00	-10,504.65
LHRCCP-Land Advisory Board Honorarium	6,690.78	22,000.00	15,309.22
LHRCCP-Land Advisory Board Travel	816.68	3,100.00	2,283.32
LHRCCP-Legal	0.00	15,000.00	15,000.00
LHRCCP-Finance Administration Costs	16,332.00	16,332.00	0.00
<b>Total General Expenses</b>	<b>101,236.11</b>	<b>123,324.00</b>	<b>22,087.89</b>
<b>TOTAL EXPENSES</b>	<b>306,030.27</b>	<b>326,636.00</b>	<b>20,605.73</b>

reorganizing of the administrative office structure and functions, developing a work plan and schedule, purchase and upgrading of the computer and software systems, securing a legal team to advise and assist in the revision of land instruments and agreements.



## FISCAL YEAR 2018-19

Funding Revenues for the First Nation Land Management Program is summarized below:

When the Land Code came into affect, all land transactions became the responsibility of the First Nation. Funding was increase on an annual basis as a result of the new land management and administrative responsibilities.

## FIRST NATION ADAPT PROGRAM

The ADAPT program prioritizes First Nation communities most impacted by climate change related to sea level rise, flooding, forest fires, drought, fisheries and winter road failures. Long Plain First Lands Department applied for funding assistance to study climate change impacts and affects to the area landscape and community infrastructure. Over the years, climate and weather has changed and more spring overland flooding is occurring especially in the spring. As well, increased summer heavy rain fall causes overland flooding and impacts the roads and agricultural lands.

The First Nation Lands Department proposal was approved for \$116,380 by the Climate Change and Clean Energy Directorate, Crown-Indigenous Relations and Northern Affairs Canada. The study focused on the how we can mitigate overland flooding – development a drainage plan – natural landscape drainage systems – work with surrounding municipalities.

### Adapt Revenue and Expenditures 2018 - 2019

	YEAR-TO-DATE ACTUAL	FULL-YEAR BUDGET	VARIANCE FOR YEAR
<b>SOURCE OF FUNDS</b>			
IFS-INAC Revenue	116,380.00	116,380.00	0.00
<b>TOTAL RECEIPTS</b>	<b>116,380.00</b>	<b>116,380.00</b>	<b>0.00</b>
<b>GENERAL EXPENSES</b>			
IFS- Travel/Accommodations/Allowance	0.00	2,500.00	2,500.00
IFS- Training/Workshops	0.00	4,000.00	4,000.00
IFS- Professional Development	61,378.86	108,630.00	47,251.14
IFS-Office Supplies/Equipment	0.00	1,000.00	1,000.00
IFS- Administration Fees	0.00	250.00	250.00
CTC-Deferred Revenue	55,001.14	0.00	(55,001.14)
<b>TOTAL GENERAL EXPENSES</b>	<b>116,380.00</b>	<b>116,380.00</b>	<b>0.00</b>
<b>TOTAL INCOME/(LOSS)</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>

## LAND LEASE REVENUES

Land Revenues are generated through leasing agricultural land and designated lots on the main reserve. Agriculture leasing is one source of revenue for the Band. The revenues are used for annuity payments, subsidizes the hydro bill payments for the elders receiving old age pension. The revenues are also used to hire part-time summer workers, purchase farm equipment, contract technical and advisory services, maintain the lands electronic platform and data base systems and to pay down the annual irrigation equipment loan and interest.

### Land Leases Revenue and Expenditures 2018 - 2019

	YEAR-TO-DATE ACTUAL	FULLYEAR BUDGET	VARIANCE FOR YEAR
<b>SOURCE OF FUNDS</b>			
LL-Revenue-Miscellaneous/Pivots/Rent	6,000.00	6,300.00	300.00
LL-Revenue-Dale Thomaschewski	267,536.00	535,072.00	267,536.00
LL-Revenue-D.O.C.F.S Land Lease	0.00	1,000.00	1,000.00
LL-Revenue-Good Hope Colony Farms (Sublease)	18,750.00	18,750.00	0.00
LL-Revenue-Insurance-Irrigation Equipment	82,364.56	0.00	(82,364.56)
<b>TOTAL RECEIPTS</b>	<b>374,650.56</b>	<b>561,122.00</b>	<b>186,471.44</b>
<b>GENERAL EXPENSES</b>			
LL-Casual Wages	13,531.50	15,000.00	1,468.50
LL-Casual Vacation	541.26	600.00	58.74
LL-EI Benefits	352.77	350.00	(2.77)
LL-Annuity Payments	108,427.48	81,012.00	(27,415.48)
LL-Elder's Hydro	76,658.91	75,000.00	(1,658.91)
LL-Equipment Purchases/Supplies	0.00	0.00	0.00
LL-Contract Services	64,380.38	25,000.00	(39,380.38)
LL-Bank Charges	1,524.65	150.00	(1,374.65)
LL-Legal	8,254.86	500.00	(7,754.86)
LL-Audit Fees	3,438.75	3,000.00	(438.75)
LL-Fuel	2,084.12	0.00	(2,084.12)
LL-Insurance Vehicle	187.66	0.00	(187.66)
LL-Receiver General Interest	6,808.70	0.00	(6,808.70)
LL-Interest TD Loan	12,996.41	18,000.00	5,003.59
LL-Transfer to Branch 820	359,962.88	342,010.00	(17,952.88)
LL-Miscellaneous	(0.30)	500.00	500.30
<b>TOTAL EXPENSES</b>	<b>659,150.03</b>	<b>561,122.00</b>	<b>(98,028.03)</b>
<b>Total Income/(Loss)</b>	<b>(284,499.47)</b>	<b>0.00</b>	<b>284,499.47</b>

### LONG PLAIN AGRICULTURAL VENTURES – HEMP PROJECT

The hemp operation overcame many challenges in the 2017 crop year - first-year farming, late seeding due wet spring weather conditions and drainage problems, weed burn-off, late project funding cash flow to the First Nation, late approval on bank operating line of credit, which caused late harvesting

The strategic direction for 2018 was to crop 2,500 acres of land with hemp. The remaining 7,300 acres of LPFN and Trust lands will continue to be rented to local farmers. The goal was to have the entire 9,800 acres back under self-management and farming.

Due to the lack of funding support, the project decreased the hemp crop to 600 acres. The agricultural lands had to be leased out again. Over 700 hemp bales were collected and stored for processing. Overall, the hemp operation was successful and is planning to expand operations in the upcoming crop year.

### Hemp Project Revenue and Expenditures 2018 - 2019

	FULL-YEAR BUDGET	VARIANCE FOR YEAR
<b>SOURCE OF FUNDS:</b>		
CORP-Revenue-Crop Revenue	222,170.00	222,170.00
<b>TOTAL RECEIPTS</b>	<b>222,170.00</b>	<b>222,170.00</b>
<b>EXPENDITURES:</b>		
<b>GENERAL EXPENSES</b>		
CORP- Casual Wages	20,000.00	(3,637.00)
CORP- Casual Vacation Pay	800.00	(142.96)
CORP- Casual EI Benefits	500.00	(157.79)
CORP-Professional Services (trainees)	7,500.00	(6,000.00)
CORP-Leasing, Trust Lands	39,742.00	(0.25)
CORP-Leasing, Equipment	1,000.00	(5,344.89)
CORP-Seed Purchase	36,950.00	0.00
CORP-Banking Charges	5,000.00	802.12
CORP-Cultivating	13,800.00	(4,395.00)
CORP-Fertilizer	50,278.00	(0.03)
CORP-Pre-Emerge Chemical	17,000.00	55.84
CORP-Fuel	2,000.00	275.14
CORP-Soil Testing	23,600.00	(12,929.16)
CORP-Repair & Maintenance	4,000.00	(21,285.23)
<b>TOTAL EXPENSES</b>	<b>222,170.00</b>	<b>(52,759.21)</b>
<b>Total Income/(Loss)</b>	<b>0.00</b>	<b>274,929.21</b>

## IRRIGATION PROJECT

The Irrigation System has not been operating for over five years. The irrigation system pipes were vandalized and the wire that is used in operating the five pivots and three river pumps were stolen. The system could not operate without the wire. The other set back to the operation of the irrigation system was the decline for potatoes from the main contractor in the Portage la Prairie area. Long Plain was not able to lease the irrigated lands to potato farmers due to the main buyer cutting back on potato contracts to the local area farmers. Farmers lost over 2,500 acres of potato contracts.

As the market for potatoes is now expanding, the Council is planning to rebuild and repair the irrigation system in the next coming crop years for leasing. The Band continues to pay down the irrigation loan from the Land lease revenues.

	YEAR-TO-DATE ACTUAL	FULL YEAR BUDGET	VARIANCE FOR YEAR
<b>SOURCE OF FUNDS:</b>			
IRR-Revenue-Transfer from 810	359,962.88	342,010.00	(17,952.88)
<b>TOTAL RECEIPTS</b>	<b>359,962.88</b>	<b>342,010.00</b>	<b>(17,952.88)</b>
<b>EXPENDITURES:</b>			
<b>GENERAL EXPENSES</b>			
IRR-Hydro-River Pumps	355.31	500.00	144.69
IRR-Hydro-Booster Station	355.31	500.00	144.69
IRR-Equipment Insurance	5,305.64	5,000.00	(305.64)
IRR-Amortization	353,946.62	336,010.00	(17,936.62)
<b>TOTAL EXPENSES</b>	<b>359,962.88</b>	<b>342,010.00</b>	<b>(17,952.88)</b>
<b>Total Income/(Loss)</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>

# LONG PLAIN HEALTH SERVICES

**Mission Statement:** As the Anishinaabe of the Long Plain First Nation we professionally offer and provide encompassing program services for our tribal citizens within the spirit of our treaty and inherent rights in a respectful, equal, timely manner and without prejudice to create opportunity for growth and well being of all those we serve.

**Philosophy Statement:**

The provision of health services and programs in our community will be guided by the following principles

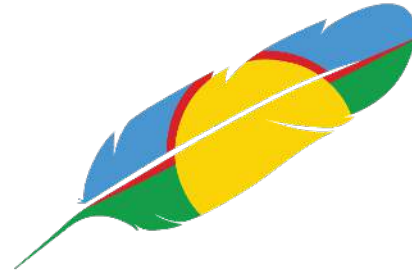
- 1 To acknowledge, recognize and respect all tribal cultures, traditional values and beliefs within the holistic concept of healing.
- 2 To acknowledge that individuals are responsible for their own health. With the exception of suspected child abuse, suicidal tendencies or extreme mental distress, we respect a person’s right to live at risk and to accept or refuse non-mandatory services. Our primary goal is to provide care with dignity.
- 3 To encourage and assist people to access needed health and social services and live healthy lifestyles.
- 4 To ensure involvement of the Long Plain First Nation community regarding health programming with their wisdom through observing, experiencing and participating in life

**MESSAGE FROM THE HEALTH DIRECTOR**

This report covers the period from April 1, 2018 to March 31, 2019.

Long Plain Health Services is in a flexible transfer agreement with Indigenous Services Canada. (it became Indigenous Services Canada from First Nation and Inuit Health). This will be the last year for this agreement. Long Plain Chief and Council have entered in a 10 Year Agreement with Indigenous Services.

Long Plain Health Services continues to provide services to the best of it’s ability. We make every attempt to provide education, resources,



**GINOOSHKODEYAANG  
MINO’AYAAWIN**

— LONG PLAIN HEALTH SERVICES —

treatment and prevention information to community members on the issues affecting a person’s individual health and the health of the community. If a request for information is received by any of our staff, we do the best to provide that information either on an individual basis, community workshops, referrals and as well as accessing outside resources.

**INTRODUCTION**

This Annual Report is provided to Long Plain community members and First Nations and Inuit Health as a component of the reporting requirements for our Health Transfer Agreement, as well as an evaluation tool of our programs. Long Plain Health Services, as with all Long Plain programs and entities are accountable to the community members. Through this report we provide an overview of the programs and services provided to community members.

Although the requirements for this report cover only those programs funded through the Health Agreements; Long Plain Health Services provides other programs, which are funded through either annual contribution agreements or through bridging agreements.

Long Plain Health Services entered into its first Health Transfer Agreement in 1992. A further 3 agreements had been signed and were successful in securing funding through the Health Transfer Agreement to March 31, 2017.

The ultimate goal of a Transfer Agreement is to enable the community to improve the health of its band members by providing community-based health care services, and on-reserve health services comparable to those provided off reserve. A Community Health Plan was completed for the 2016 fiscal year. Input from community members and staff was gathered and that feedback was the basis of the Community Health Plan. The goal is to identify what the community sees as priorities in health for the next five years. This is a living document that changes as the needs change within the community.

Services such as the Medical Officer of Health (MOH) (from Southern Health) and Environmental Health Officer (EHO) (from First Nation and Inuit Health) are sourced from outside entities.

The FHIN Environmental Health Officer (EHO) comes to the community to inspect public facilities where food is served, to provide safe food handling workshops when requested and to inspect houses and public facilities for environmental concerns when necessary. Water quality testing is performed by a Drinking Water Monitor and all results are forwarded to the Health Center and the EHO. Abnormal results are followed up by the EHO.

## ABOUT THE COMMUNITY

As of March 31, 2019 Long Plain First Nation total population was 4,404. There are many who visit the community for extended periods during the summer or return to the community during the post-secondary break(s). There are just over 100 people who live in Long Plain who are non-band members.

Long Plain First Nation is located 32 km southwest of Portage la Prairie, and therefore FNIH does not recognize physician services in the community as a viable need. Community members are transported off-reserve for medical appointments and treatment, dental and vision appointments, for pharmaceutical needs and emergency treatment.

## ANNUAL HIGHLIGHTS

The year 2018-19 has seen results in the following areas:

- Jordan's Principle Program is well underway.
- Increase of clients in some programs due to population growth or health status.
- Staff changes for Long Plain Health Services.
- Long Plain Health Services follows the administrative policies as set out by Long Plain First Nation.

## LONG PLAIN HEALTH PROGRAM AGREEMENTS

Long Plain received funding through two types of agreements:

- Block
- Set

Agreement Styles:

1. *Set*-provides funding for specific programs on an annual basis. FNIH guidelines, allowable services and expenditures are laid out in the agreement and must be strictly adhered to without carry over into the next fiscal year.
2. *Block*-although provides funding for specific programs, FNIH guidelines for specific programs within the agreement Long Plain has the flexibility, based on community needs, to develop and deliver the programs. This is the most beneficial to communities as the needs of the community changes from year to year.

Although the purpose of this report is to provide an annual report on those programs through the Contribution Agreement, as our programs are linked to provide a continuum of services to community members this report will encompass all programs and all agreements.

The Set Agreement includes:

1. Aboriginal Head Start On-Reserve
2. Aboriginal Diabetes Initiative
3. Canadian Prenatal Nutrition Program Enhanced Funding
4. Home and Community Care
5. Non-Insured Health Benefits

- a. Medical Transportation
- b. Vision
- c. Mental Health—Crisis Intervention

The Block Agreement includes:

1. Mandatory programs—outlined by First Nations and Inuit Health
2. Community Health Programs—includes CHN and CHR services
3. Brighter Futures
4. Building Healthy Communities/Mental Health
5. NNADAP (National Native and Drug Addictions Program)
6. Podiatry Clinics
7. Canadian Prenatal Nutrition Program
8. Drinking Water
9. Environmental Health—through community health and the Environmental Health Officer
10. Access to treatment—through Health Center and Home Visiting as well as complimented through NIHB Medical Transportation.
11. Maternal Child Health On-Reserve Program
12. Jordan’s Principle – pilot for 3 years
13. Capital Funding for Renovations

### HEALTH PROGRAM REPORTS

Information about specific programs and activities during the period of this report, are in the body of this report. This report is presented to all Long Plain First Nation band members by Chief and Council during an Annual General Meeting and is mailed to off-reserve band members. If any questions arise from this information, the Health Director is available at the Annual General Meeting to provide feedback.

The Long Plain Health Centre is mandated to provide health awareness and education to Long Plain band members. Services and activities

offered are based on the programs as outlined in the Contribution Agreement with First Nation and Inuit Health which includes the health needs of the community.

Prior to signing a Health Transfer Agreement, a Community Health Plan needs to be completed for the duration of that agreement. The community needs identified for this plan are derived from a community survey, interviews or focus groups, completed by community members. Without this valuable information programs and services would not address the true issues in the community.

The health priorities identified in the community inquiry, requests from community members as well as information from the staff are all considered when the staff responsible for providing each program develops annual work plans.

As the Health Transfer Agreement allows us to provide community-based education, awareness, prevention and treatment we are able to provide the programs based on community needs, but must ensure any and all activities follow the guidelines, goals and objectives of our programs as outlined by First Nations and Inuit Health.

### LONG PLAIN HEALTH SERVICES REPORTING DOCUMENT

The following reports are available to the Long Plain Band members:

- Long Plain First Nation Annual Report (includes narrative and financial report)
- Long Plain Health Services Newsletter (published monthly)
- Community Health Plan (available upon request)

Although our mandate is to focus on awareness, education and prevention, we do realize that we need to go beyond those parameters from time to time to assist band members.

### HEALTH TRANSFER AGREEMENT BACKGROUND

In July 2007 Long Plain Health Services negotiated with First Nation and Inuit Health

(FNIH) to renew our Health Transfer Agreement. We were successful in maintaining the current level of funding and signed a 3-year agreement, from September 1, 2007 to August 31, 2010. First Nation and Inuit Health have changed the structure of the agreements to the First Nation communities, and we had been advised we would be eligible for the most flexible agreement upon our renewal. The agreement was extended to March 31st, 2011 due to change in Health Director and other significant changes in Long Plain First Nation. The extension remained in place up to March 31st, 2015 as all requirements had not been met. The eventual goal was for a “Flexible Transfer Agreement” or “Block” funding which will include all our Health programs with the exception of the NIHB program. Currently First Nation and Inuit Health consider the NIHB programs as non-transferable or in a “Set” agreement.

Long Plain Health Services develops community-based programming through the following programs within this agreement:

- Community Health Program
- Mandatory Programs—Immunization, Investigation of Communicable Diseases
- Brighter Futures
- Building Healthy Communities/Mental Health
- National Native Alcohol and Drug Awareness Program
- Canadian Prenatal Nutrition Program
- Podiatry Programs (added in 2004)
- Environmental Health Officer—remains the responsibility of FNIH

## COMMUNITY HEALTH PROGRAMS

Includes both Mandatory and Discretionary Programs provided by the Community Health Nurse (CHN) and Community Health Representative (CHR) I and or (CHR II).

The program had 1 full time Community Health Nurse and .4 Community Health Nurse during this fiscal year. The Community Health Representative CHR I position remained as part of the Community

Health team.

The community health program provides services and programs that include community-based health promotion which enables all community members to achieve and maintain an optimal level of complete physical, emotional and social well-being. All programming is based on community needs. The CHN and CHR(s) are responsible for both planning and implementing culturally appropriate health programs to the community.



### *Communicable Disease Control*

This program aims to prevent, treat and control outbreaks of communicable diseases by ways of immunizing, screening and educating community members. All communicable disease testing is completed by a physician and reported to Manitoba Health. It is then redirected to the CHN/CHR(s) who will provide further reporting and investigation. As with all medical information, this is kept confidential in the client’s medical records.

### *Immunization Program*

Immunization reduces the incidence of vaccine preventable diseases within the community. All immunizations are carried out by the CHN and are given in accordance with the Health Canada’s Routine Immunization Schedule. All immunizations administered are recorded in the client’s medical file and the Manitoba Immunization Monitoring System (MIMS). As with all medical information, this is kept confidential in the client’s medical records. This fiscal year we started the process of introducing an EMR (Electronic Medical Record). The EMR used is

called Mustimuhw cEMR (it is a First Nation specific program and a number of First Nations in Canada use it as well). It will assist greatly for data collection and keeping up with contact information with band members.

#### *Community Health Programs – Health Promotion & Prevention Activities*

This program area emphasizes to enable all community members to achieve and maintain an optimal level of physical, emotional and social health.

- Prenatal Clinic
- Parenting class-Immunization education-linked with BFI
- Fetal development, infant and toddler care Workshop
- Immunization Fair
- Immunization Clinic
- Infection Control & Prevention-Long Plain School-Proper hand washing demonstrations K-4
- Annual Health Fair
- Flu vaccine clinics
- Community Weight Loss Challenge
- Nutrition Workshop
- Blood Pressure Clinic
- Postpartum follow ups

#### *Safety & Injury Prevention*

The focus for the safety and injury prevention are the CPR/First Aid classes that are provided to staff, other Long Plain entities, community members and older students. There are currently no certified CPR instructors within the staff of Long Plain Health Services. More individuals will be taking the instructor training and will be available for the next fiscal year.

Another course is the Safe Food Handling Course. This is delivered by the Environmental Health Officer (EHO) from FNIH. This workshop is delivered when enough participants have signed up. The certificate is valid for 5 years and must be displayed when the participant is

handling food for public consumption.

#### *School Health and Education*

This program delivers educational activities done within the school and aims to give children the opportunity to attain adequate health and development.

- Oral Health
- Infection Prevention & Control
- Sexual and Reproductive Health
- Self-care and healthy relationships
- Immunizations

#### *Environmental Health*

This program includes community entity and home inspections, monitoring environmental conditions such as drinking water quality, delivering training and raising awareness about potential environmental health risks. An Environmental Health Officer from FNIH is available to assist the CHR(s) in this program area. All inspections are submitted to Health Director and to other entities accordingly.

#### *Home Visiting Program*

This program provides a home visiting service that is family centered with a defined purpose and is designed to promote and enhance one-on-one health education in the home to attain and maintain an optimal level of physical, emotional and spiritual health. The goal for this program is to have the CHR(s) visit 100% of the homes annually. This component remains under review.

#### *Adult Health—Health Assessment and Monitoring*

This program enables adults in the community to attain and maintain an optimal level of physical, emotional, social and spiritual health.

The prevalent chronic illnesses in the adult population remain:

- substance abuse
- diabetes
- cardiovascular diseases
- cancer



- mental health problems

#### *Pre-Natal and Post-Partum Care*

The pre-natal and post-partum health program includes care and guidance for mothers from pre-conception through the first 6-weeks post-partum with 80% of newborns seen within 2 weeks of birth and 100% of client contacts are recorded on patient charts.

The number of recorded births between April 1, 2018– March 31, 2019 is unknown.

#### *On-Reserve Dental Services*

Long Plain has not had Dental Therapy Services since 2011. We provide Dental education and awareness for the Long Plain School, Mikinaak Daycare and the Aboriginal Head Start Program On-reserve. All referrals are sent to dental services in Portage la Prairie, MB. This is an “in-house” program for Community Health.

#### *Canadian Prenatal Nutrition Program*

This program provides improved maternal and infant nutritional health to on-reserve clients by providing a greater depth of service to women earlier in their pregnancy, with a focus on those at high risk by:

- improving the adequacy of the diet of prenatal and breastfeeding women
- increasing access to nutrition information, services and resources
- increasing breastfeeding initiation and duration rates
- increase the number of infants fed age-appropriate foods

Healthy food supplement coupons are issued on a bi-weekly basis based on eligibility. Nutrition screening and counseling is offered during clinic visits and programming.

Funding for this program is received through core funding in the Health Transfer Agreement as well as enhanced funding through our annual Contribution Agreement. Long Plain Health Services has been successful in maintaining the enhanced funding at the community level; enabling the staff to develop a community-based program.

#### *Podiatry Clinic*

This program provides relevant and continued education and information on disorders of the feet by Dr. I. Palmer, Podiatrist. Individuals diagnosed with diabetes are given priority as foot care is essential to prevent foot ulcers and other foot care issues.

During this fiscal year, the podiatry clinics were provided quarterly to offset a cost increase. We are continuing to look for ways to provide foot care clinic to enhance the podiatry clinics and to provide services to more community members.

During this fiscal year, we have been provided funding for a Foot Care Nurse to work with community members with foot care needs. A nurse was hired a .6 for the pilot Foot Care Project.

#### *National Native Alcohol and Drug Prevention Program and Solvent Abuse*

This program strives to provide realistic alternatives to alcohol and drug abuse by educating the community members on the harmful effects of addiction. It also provides assistance to those wishing to enter treatment facilities and provides support both prior to and following treatment. This program is dedicated to assisting community members in combating all issues related to addictions.

The areas in the NNADAP program covered are treatment centre referrals, one on one counselling, addictions assessments, community workshops, AA/ Sobriety meetings, evening activities, support meetings and after-care counselling.

Attempts have been made this fiscal year to focus on the aftercare and holding Sobriety meetings. As in many other First Nation communities we are dealing with the drug crisis which involves Meth use and the abuse of prescription drugs.

#### *Building Healthy Communities/Community Mental Health*

This program promotes healthy lifestyles and enriches wellness to all youth, Elders, parents and community members in the areas of community mental health.

The program offered workshops on Depression,

Grief and Loss and Practising Good Mental Wellness.

Anger Management program was offered in the community with 2 - 8 weeks sessions. The program focused on identifying emotions and triggers that make individuals angry. The program provides alternative and positive ways to channel anger.

Healthy Youth Relationships was provided for the Grade 7 and 8 students at Long Plain School.

One on one counseling sessions are also offered to community members. The response is overwhelming with community members scheduling appointments and walking in. Some members request home visits for one on one session and same is being offered. Referrals are provided to outside providers is a diagnosis is required.

The program will continue promoting healthy mental wellness. During this fiscal year, we were able to acquire the services of a Mental Health Therapist for 10 days of the month.



*Brighter Futures Program*

The Brighter Futures Program encourages, supports and maintains the well-being of children, individuals and families through a community-based approach and to increase awareness of the conditions of risk affecting our

community through the following components:

- Community Mental Health
- Child Development
- Injury Prevention
- Healthy Babies
- Parenting Skills

These components are covered through a variety of deliverables. Those being parenting information and strategies, car safety program, welcome baby baskets, Halloween baby costume contest, and workshops on healthier lifestyle choices. The activities are in collaboration with other programs at Long Plain Health Services.

*Aboriginal Diabetes Initiative*

The goals of this program are to provide education, resources and support to community members related to diabetes.

The objectives of this program are to create and enhance awareness of diabetes by providing knowledge to help the community members make positive healthy lifestyle changes with the hope of preventing diabetes where possible, by reducing the time between the onset of diabetes, diagnosis and the pursuit of treatment. Unfortunately, at this time Long Plain First Nation currently has 200 individuals diagnosed with Type 2 and 48 with Type 1 Diabetes and the age range is across the spectrum.

As the funding in this area is very limited, Long Plain Health Services continues to enhance funding at the community level to enable community-based programming to continue.

Long Plain First Nation is a participant of the Diabetes Integration Project (DIP) - this project is to enhance diabetes care and support to prevent or delay the onset of diabetes complications to individuals who have been diagnosed with Type 2 Diabetes from a doctor.

***The Diabetes Integration Project is a mobile diabetes care and treatment service model***

***intended to address the care and treatment needs for First Nation adults who have been diagnosed with Type 2 Diabetes. A number of clinical services are provided to assess the health status of each***

**client and provide client centered care.****- DIP Annual Report**

The DIP Project is scheduled to visit Long Plain approximately 10 times per year. The goal is to assist individuals who have been diagnosed with Type 2 diabetes in Long Plain so that they may be able to understand and manage their illness on an on-going basis. This program is voluntary and it is at the initiative of the diabetic client to utilize the service. Long Plain Health Services provides the space and advertises the sessions to community members.

**Home and Community Care Program**

Long Plain Home and Community Care Program provides service to anyone in the community who has a physical, emotional, mental or social need for assistance. This program is provided to assist community members to continue living in their own home, near family and friends during recovery. At all times, respect will be shown for the individual recognizing the family and cultural uniqueness of every household. Service needs are assessed in a fair and consistent manner and will be provided as needed to enhance the individual and the family's independence.

This program includes the following services:

- Case Management—client assessments defining the need for home care
- Direct Nursing Care—at Health Centre and through home visits
- Therapeutic Bath Program—available at the Health Centre
- Lunch Program for the Elderly (3 days per week) by request
- Respite Care—in the client's home or in facility
- Assisted Living—includes homemaking, meals made in the client's home and a staff member assisting with reminders and coordination for Home Care Clients to get to medical appointments, etc.

Due to community circumstances and personal choices of clients, the Home and Community Care Program has provided more training in the area of Palliative Care.

**Little Hands Head Start Program –On-Reserve**

The Aboriginal Head Start program is designed to prepare young First Nations children for the regular school system. The focus is on school readiness and socialization. Children between the ages of 2 to 4 attend the Long Plain Little Hands Head Start where six Aboriginal Head Start components are delivered:

- Education
- Language and Culture
- Health Promotion
- Nutrition
- Parental Involvement
- Social Supports

The original proposal submitted to FNIH identified the need for funding for 40 children; 20 in the morning session and 20 in the afternoon session. These numbers continue to grow with an on-going waiting list.

For children who may not have had an opportunity to attend because they were on the waiting list, new to the community or the parents want to check out the program first, a 3 week summer session began in 2007 and has been implemented every summer since then.

**Maternal Child Health On-reserve (MCH Program)**

The MCH program was a 5 year pilot program for on-reserve pregnant women, young families and children up to the age of 0 – 6 years. It is now a permanent program. The goal of the program is to provide education, support and assist families with resources on and off reserve. It is similar to the Families First program with the province of Manitoba. Staffing includes a full-time MCH Coordinator and 2 Home Visitors who provide home visitation and workshops.

The MCH staff completes curriculum training for this program. "Growing Great Kids Inc." is the curriculum followed for this program. The program started in July 2006. This program was not up to capacity most of this fiscal year but we are positive that will be changing for the new fiscal year.

This program is now considered a permanent program for First Nation communities. It is

overseen by a partnership between FNIH and Nanaandawewigamig (FNHSSM).

**NON-INSURED HEALTH BENEFITS (NIHB) PROGRAMS**

The Long Plain Non-Insured Health Benefits Programs are funded through a yearly Contribution Agreement with First Nations and Inuit Health Branch (FNIHB).

Although the programs are delivered at the community level, the guidelines are developed by FNIH and it is our responsibility to deliver these programs within their guidelines. Any expenses approved by the band that do not follow their guidelines will not be approved by FNIH and these expenses are not reimbursed by FNIH, creating a deficit in the programs.

Programs delivered by Long Plain NIHB during 2018-2019 are:

- Medical Transportation Services – for clients residing on-reserve only
- Vision Services—within Manitoba
- Crisis Intervention – Mental Health Therapist – 10 days/month

*1. Medical Transportation*

Medical Transportation consists of the following: transportation assistance, meals, accommodation, NNADAP transportation and Traditional Healing transportation.

The Medical Transportation Department has 3 medical vehicles and 3 full-time medical drivers. One driver shuttles clients to specialist appointments outside the catchment area. Two drivers transport clients from Long Plain to Portage la Prairie, which has the nearest medical facility. Casual drivers are utilized on a casual basis to provide after-hour emergency transportation not requiring an ambulance, and to fill in while the full time drivers are on vacation or sick leave.

Note: Long Plain Medical Transportation is responsible for band members regardless of band affiliation, living on the reserve only. All off-reserve band members are the responsibility

of, either the reserve where they reside or First Nation and Inuit Health (FNIH).

*2. Vision Program*

Provision of benefits – all vision care benefits must be pre-authorized by the Long Plain NIHB Unit, and are provided on an individual approval system. In cases where pre-authorization has not been obtained, some costs may be reimbursed to the client depending on eligibility. The Long Plain Vision Program provides benefits to Long Plain band members residing within the province of Manitoba only. Band employees are still required to follow FNIH guidelines and access reimbursement from their group insurance policy as NIHB remains the “payer of last resort”.

Appeals – an appeal process is available to the band members who do not agree with their eligibility status, with limited funding there are no exceptions and very few appeals if any. Should an appeal be brought forward and appeal committee or Chief and Council review them and will decide from there. In the event the band members are not satisfied with the results of this appeal, they may also appeal, in writing, to:  
 Non-Insured Health Benefits-Regional Office  
 FNIH Manitoba Region  
 300-391 York Avenue  
 Winnipeg, Manitoba R3C 4W1

*3. Crisis Intervention—Mental Health Counseling*

Although the position of Mental Health Therapist was posted several times, this component of the NIHB has not been vacant since 2014. We have been provided a Mental Health Therapist 10 days per month since August 2017.

Previously, clients had been redirected to their family physician for a referral if they needed to see a Mental Health Therapist.

*Capital Funding*

No capital funding provided this fiscal year to Long Plain Health Services. This continues to be a need for Long Plain First Nation as the population is growing and because we work out of 4 buildings and there are some unnecessary expenditures such as having 4 photocopiers, 4 sets of phonelines, 4 hydro/propane bills, and 3

receptionists, to name a few. We need to have a building so that we can all be connected and be a “one stop shop” for community members.

#### *Other Programming*

The Jordan’s Principle Program is going is in it’s second year and we have had some

“hiccups” but continue to strive to create a program that will benefit the children and families who have either “fallen through the cracks” or have never received services.

Long Plain Health Services continues to work in collaboration with other entities, either local or outside of Long Plain to create a better compliment of services and resources for Long Plain community members.

#### **Long Plain Health Services Staff as of March 31, 2019**

- Carol Beaulieu, *Health Director*
- Anita Meeches, *Receptionist -Health Centre*
- Doris Daniels, *Program Assistant*
- Terri Ewen, *Program Assistant*
- Susan Main RN, BN, *Community Health Nurse*
- Andrea Maendel RN, BN, *Community Health Nurse (.4)*
- Wanda Meeches-Mclvor, *Community Health Representative*
- Wenonah Meeches, *ADI/CPNP*
- Helen Myran, *Brighter Futures Coordinator*
- Annette Peters, *NNADAP Addictions Specialist*
- Maggie Myran, *Addictions Recovery Provider*
- Stephanie French, *Janitor (Health Center & 12-plex (Assisted Living Area))*
- Denise Hobson LPN, *Home and Community Care Coordinator*
- Angela Daniels LPN, *Home Care Nurse*
- Kim Vivier, *Home Care Administrative Support/Data Entry*
- Crystal Prince, *Health Care Aide*
- Eunice Assiniboine, *Health Care Aide*
- Yvette Daniels, *Jordan’s Principle Case Manager*
- Amanda Myrerion, *Jordan’s Principle Administrative Assistant*
- Lizzie Daniels, *Head Start Coordinator*

- Maxine Walker, *Cultural/Nutrition*
- Clarence Henry, *ECE Level II*
- Robert Francis, *Head Start Driver/Maintenance/Janitor*
- Melanie Pritchard, *MCH Coordinator*
- Jackie Myran, *MCH Home Visitor*
- Sheri Wylie, *MCH Home Visitor (March 12, 2018)*

#### **Non-Insured Health Benefits Staff as of March 31, 2019**

- Margaret Meeches, *Medical Transportation Coordinator*
- Donna Beauchamp, *Vision Clerk/Asst. Coordinator*
- Joe Longclaws, *Medical Driver*
- Melissa Meeches, *Medical Driver*
- Marshall Prince, *Medical Driver*
- Sheila Myran, *Receptionist*
- Matilda Roulette Behm, *Mental Health Therapist (10 days)*
- Anita Longclaws, *Janitor*



# Family Support and Community Well-Being

ADDRESSING THE NEEDS OF INDIVIDUALS AND FAMILIES  
WITH PREVENTION AND HEALING ACTIVITIES/SERVICES

The objective of the program is to strengthen the safety and well-being of children and their families ordinarily resident on reserve by providing culturally appropriate prevention and protection services for child welfare that are in keeping with the best interests of the child, as determined by the community.

As part of ongoing efforts toward program reform for 2018-2019, we focused on prevention activities to help families at risk stay together in our tribal communities of Long Plain and Keeshkeemaquah; and for our tribal community to exercise jurisdiction for child and family services.

Given the three-month timeframe to complete project activities and expend the financial support, the two most appropriate actions would focus on prevention and healing activities, and exploring a jurisdictional model for child and family services to support child and family well-being.

## **What We Did**

**Theme 2:** Prevention activities, services, and healing interventions to support children and families in the home and community, included:

2.1 A parent education program that included six weeks of combined workshops:

- Orientation and Self-exploration
- Communication and Time Management
- Empowered Community Teams and Community-Centred Planning

2.2 Twenty-four (24) tribal citizens received a

participation certificate as family support;

2.3 The family support workers worked in small teams to develop, test and conduct a survey, and prioritize the raw data collected from the Needs Assessment. They interviewed twenty (20) different family groups.

2.4 The Needs Assessment provided data specific to observations in these response categories:

- the number of children in care,
- what types of prevention activities would support children and families in their home, and in the community;
- what needs to happen for family and community well-being,
- what are the protection issues,
- what needs to happen on the substance use and trafficking by-law and, disorderly conduct by-law; and
- what types of group wellness activities and peer group supports are needed.

2.4.1 The questions measured key correlated factors beneficial towards future planning and implementation initiatives on prevention activities, services, and healing interventions to support children and families in the home and community, and a framework for a working group to advocate in governance and jurisdiction discussions.

2.5 On the healing intervention activities; with the assistance of the four train-the-trainers, and the Trainer, three families addressed their

addiction related support and referral to other community prevention efforts; and one of three individuals completed residential treatment.

2.6 Prevention activities included awareness/education of Teaching Circles; Prevention, Intervention, Treatment, Aftercare processes; Mental Health First Aid; two Ribbon shirt and skirt workshops; two hand drum and stick making workshops; and providing support and chaperon duties during the school spring break.

**Theme 5** activities incorporated a meeting with thirty family groups to explore a new jurisdictional model for CFS to support child and family well-being and to explore the creation of a Working Group to support and advance governance and jurisdiction discussions; this approach was not successful.

5.1 As an alternative, the family support trainees/participants were encouraged to provide information to their respective families and community, be role models, and participate in and complete training. That those who successfully passed the required Child Abuse, Vulnerable Person and Criminal Record checks would be involved in providing support and chaperon duties during the school spring break with the DOCFS Prevention Program. Only ten family support workers passed this requirement as majority of them did not receive their completed checks prior to the school spring break.

5.2 As part of the Needs Assessment, data provided specific to observations in these response categories: what needs to happen to have our own healing model to support child & family well-being; and what would a working group need to advocate in governance and jurisdiction discussions.

5.2.1 The survey questions measure key correlated factors beneficial towards future planning and implementation framework for a working group to advocate governance and jurisdiction discussions.

This program is a front-end core initiative, and our tribal government and family support workers are leaders in providing support and direction for enhanced child, family, and community well-being.

In the best interests of our children and families,  
Janet Longclaws, CWJI Program Coordinator

# LONG PLAIN EMPLOYMENT & TRAINING

Long Plain Employment & Training (LPET) accesses funding through the Aboriginal Skills & Employment Training Strategy (ASETS) program that is administered through First Peoples Development Inc., funded by Employment and Social Development Canada. 2018-19 is the final year of the ten-year Aboriginal Skills & Employment Strategy (ASETS) which was designed to improve the employment opportunities of Aboriginal peoples and enable them to fully participate in the Canadian labour market. A new 10 year Strategy will commence in 2019-20.

Long Plain Employment & Training (LPET) serves to provide training to employment services to the members of Long Plain First Nation. LPET aims to assist unemployed or underemployed band members (primarily living on-reserve) gain the necessary skills and/or training that leads to long term employment.

*Objectives of LPET are to:*

- Support LPFN members to obtain and maintain long-term, sustainable employment;
- Create training opportunities for LPFN members in occupations that are in labour market demand; and
- Create partnerships with various sectors to promote learning and employment in workplaces.



**LONG PLAIN**  
EMPLOYMENT & TRAINING

This year saw many changes to LPET. In August of 2018, Erin Myran started employment with the department as Executive Program Manager Assistant and underwent succession planning and training for the Program Manager position. In December of 2018, Lorraine Daniels departed LPET after over ten years of devoted work to the entity. Lorraine Daniels now serves as the Executive Director of the Indian Residential School Museum of Canada. Lorraine leaves of a legacy of professionalism and compassion in the department and Erin looks forward to upholding that standard for years to come.

### Youth & Summer Student Employment

LPET administers and manages the two programs under Indigenous Service Canada's First Nation and Inuit Youth Employment Strategy; The Skills Link Program & The Summer Work Program. This past year 22 Youth gained experience and added to their skill sets at various entities within LPFN.

### Partnerships

LPET engages in various partnerships to promote employment and training opportunities. Some key partnerships over the last fiscal year include:

- *Interprovincial Association on Native Employment (IANE) – Portage Chapter*





LPET participated in IANE's second annual IANE Best Business Awards in conjunction with Portage & District Chamber of Commerce's Best Business Awards. Two IANE awards were presented at the November 2018 gala; Spirit of Growth - Anishinaabe Bimishimo, Emilie McKinney, & Best Business Award – the Portage Friendship Centre.

- *Southern Health – Santé Sud*  
LPET has had a long standing relationship with the region's Health Authority. LPET participated in two programs this past fiscal; the Aboriginal Health High School Internship Program and the Aboriginal Adult Health Internship Program.
- Partnerships with other LPFN programs & entities including but not limited to LP Social Services & LP Post-Secondary
- Partnerships with other First Nations for training initiatives



### Training Statistics & Accountability

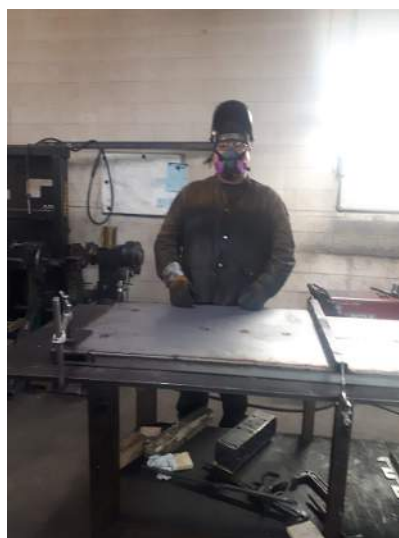
Through the Annual Operating Plan, LPET forecasts training and employment targets for each year. These targets are assessed against the year-end results. ARMS reporting is the accountability tools that identifies clients served, who attend training programs, short-term training, skill development and those who have found employment or actively job searching. Through the ARMS reporting, Service Canada (through FPDI) is able to determine the performance and progress of LPET. Monthly financial and activity reports are submitted to FPDI.

**Table 2. TRAINING STATISTICS 2018-19**

Training Programs	Trainees	Training Dates	In Progress	Incomplete	Completed
Effective Writing Skills	5	Feb '18– April '18			5
Enhanced Aboriginal LPN	2	Feb '16 – May '18			2
Applied Counselling	13	Mar '18 – Oct '20	7	6	
Office Management/Medical Assistant	24	Oct 2018 – Mar 2020	10	14	
Aboriginal Adult Health Internship Program	3	September '18 - December 2018			3
Asbestos Awareness & Worker Training	18	September 2018			18
Welding Camp	6	September 2018			6
Mold Mediation	14	July 2018			14
Food Handling Course	13	July 2018			13
Manitoba Tourism Education Council Workshops	8	July 2018			8
Hospitality, Front Desk & Customer Service Training	20	September 2018 – January 2019		4	16
Portage LIFT to Work	2	November 2018 – February 2019			2
Fall Protection	12	March 2019			12
CPR/First Aid	13	March 2019			13
Ground Disturbance Training	5	March 2019		1	4
<b>TOTALS</b>	<b>158</b>		<b>17</b>	<b>25</b>	<b>116</b>

**Table 3. JOB CREATION PROJECTS**

Job Creation Projects		
Project Name	Date	Job Creation Projects Employed
Adult Post-Sec Program Employment Program	June - August	3
Concrete Project	June - September	4
INAC Summer Student Employment Program	July - August	14
INAC Skills Link Youth Program	July - November	8
Tree Removal	July & August	7
Tree Planting	May - August	7
Receptionist	March 2019	1
Quonset Worker	March 2019	1
<b>TOTAL</b>		<b>45</b>



EDUCATION & TRAINING

# LONG PLAIN SCHOOL

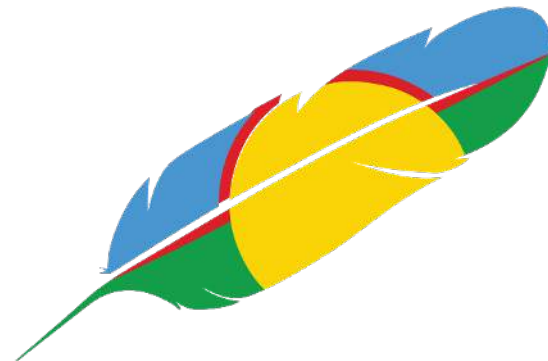


Long Plain School is located on Long Plain First Nation, 10 minutes from the junction of highway 1 and 16 down Provincial Rd. 305. There are also two urban reserves: Keeshkeemaquah Reserve, southwest corner of Portage la Prairie and a commercial area in Winnipeg on the corner of Madison and St Matthews.

Long Plain School is a locally controlled and designated Nursery to Grade 8. The School follows the Provincial academic curriculum in addition to school-initiated courses. We offer full time language and cultural programs. Once the students graduate from Grade 8 the majority will attend Grades 9 to 12 at Portage Collegiate Institute. Some students who will attend Westpark School, a private school. We also provide a breakfast and lunch program for the students funded by Long Plain Education. Lunch is also provided to students attending Portage Collegiate.

## Changes Long Plain Education

Long Plain School continues to offer a Language Program from K4 to Grade 4 students. Grade 5 to 8 receive Cultural Studies. Also, through Land Based Training, students are exposed to setting up a camp; elk and deer hunting methods; elk calling; animal tracks; setting up a tent; bannock making over a fire; snaring rabbits, just to name a few. The language App has been enhanced to include games and stories



**LONG PLAIN**  
**SCHOOL**  
— TREATY #1 | 1871 —

that will be used by the language teacher. The stories were read by local community members. To capture the use of our language and to retain its purity; we have interviewed our elders on video speaking our language.

In the past Educational Assistants were placed in the classroom to assist the teacher. Long Plain School restructured the Special Education Program; now Educational Assistants are scheduled and given assignments from the Special Education Program Head to provide specific reading, spelling and math programs to all the students within the classroom. This has proven to be more beneficial to all students. Student scores have increased to grade level and above.

Southern Health has been contracted to provide Speech and Language as well as Occupational Therapy to the students. Once a week they work with individual students on specific programs as well as in the Sensory Room which was constructed for students who are not in a regular program or classroom.

Along with restructuring the Special Ed Program Long Plain School partnered with the Jordon's Principle to assist in delivering programs to students in the school. These employees worked with our Special Education Group. They were given assignments to work with specific students individually. With their involvement Long Plain School could deliver the special education programs to more students.

We have a had a partnership with Portage School Division since the 1960's for our High School students to attend Portage Collegiate. For the past 2 years we entered into further discussions on extending the partnership to include the elementary grades concentrating on resources needed by Long Plain School and the students at our Urban Reserve located in Portage la Prairie. These discussions and efforts were a long process involving personnel from both sides working on different aspects of the agreement. Indigenous Services Canada was also consulted on legalities and process as well requesting additional funds so that existing funds would not be used. Both sides had "non-starters", which proved to be costly and challenging, but had to be addressed prior to signing the agreement. With Long Plain School

joining the division this also meant school staff becoming part of the Unions involved with Portage School Division. Although the discussions went really well some of the "non-starters" proved to be impassable. Therefore, discussions were terminated.

### Special Events

**Science Fair:** Once again our students participated in a School and Regional Science Fair. Students came up with some interesting ideas on what to experiment on such as: Home Sweet Biome, Rain Forest Terrarium, Lava Lamp, Making Crystals and Rainbow in a Jar to name a few. Students who were part of the experiments ranged from grade 4 to 8. From the school projects 12 experiments were selected by the Judges to participate in the regional Science Fair in Winnipeg at the University of Manitoba. The Students won 1 Gold, 4 Silver and 7 Bronze.

**MFNPS Youth Program:** formally known as Dakota Ojibway Police Service, continue to run the youth program at Long Plain School every Tuesday throughout the year. The students participate in a wide range of activities such as Lacrosse, Archery, etc. Students continue to enjoy these after school activities with attendance of 15 to 20.

**Culture Day:** A day we set aside each year to invite other schools to come and participate and learn about our culture. There are a range of cultural activities such as: beading, hunting, carving and trapping to name a few. There are also pow wow demonstrations by drum groups and dancers. Local Community members were asked to do the presentations. To end the day all, participate in a round dance. The first Culture Day was held in May and the organizers' decided to change the day to one in the fall. At this time hunters could provide the traditional meats we eat. Therefore, the next Culture Day was held in October and it went quite well.

**Live Different Tour:** In December we had the opportunity to have the Live Different Group at our school. This group is made up of young people, sharing their stories of hope and encouragement. Using these stories as a way to connect with students. Their upbeat, concert-style

presentations keep students fully engaged with a relevant message and a fast-paced mix of high-quality content. All the school needs to provide is the space and the group brings what they need. The students from grades 6 to 8 really enjoy these presentations.

### **In-School Activities**

Along with regular classes Students also participate in after school activities such as volleyball, floor hockey, culture club etc. Once the activities are complete the students are transported home. In school parties, dances and movies are also used to reward students for their hard work.

Strong Beginnings was held once again at the beginning of the school year. This Program assesses students and these assessments help to introduce teachers to the students they will be teaching in the current year.

Each year as part of the Physical Education Program students participate in sporting events outside the school. Some of the activities involve baseball, floor hockey, volleyball and basketball. To participate and challenge our relatives, Phys Ed fieldtrips are made to the other communities such as Dakota Plains, Swan Lake, Sandy Bay, Souix Valley and Roseau.

February is “I Love To Read” and the entire school participates every year. With each book read a heart is stuck on the wall in the hallway. Long Plain School is proud of the students because every year the students manage to string the hearts from one end of the school to the other for each book they have read. This year a contest was held by Jordon’s Principle and Kindergarten won the prize for the most books read.

### **Staff Training**

Throughout the school year there are days set aside for Professional Development. These days are for staff to receive training or to refresh themselves on existing practices. In October the staff attended “Circle of Knowledge” workshop hosted by Manitoba First Nation Education Resource Centre. In February all staff attended a workshop at the Keeshkeemaquah on Sensory Processing which was presented by our OT and SLP personnel from Southern Health. The Staff attended 2 workshops in April, Zones of Regulation and Meth. In May the staff attended the “Lighting the Fire” conference in Winnipeg.

### **Staff and Students**

With a total of 200 Students who attend classes from Nursery to Grade Eight. There are 47 staff members at Long Plain School with the majority being tribal members from the community.

- Principal, Bill Beauchamp
- Vice-Principal, Yvonne Prince
- Home & School Coordinator, Margaret Prince
- Secretary, Loretta Myerion
- Finance, Lisa Myran/Myrna Pratt/Eleanor French
- Nursery, Cheryl Khedr
- Kindergarten, Lydia Daniels
- Grade One, Joanna Wilson
- Grade Two, Kyla Daniels
- Grade Three, Mary Starr
- Grade Four, Malleri Meeches
- Grade Five, Alicia Roberts
- Grade Six, Memory Merrick
- Grade Seven, Christopher Longclaws
- Grade Eight, Leona Myran

- Computers, Sheila Cole
- Information Tech Worker, Jennifer Mousseau
- Special Ed Teacher, Debra Wollbaum
- Resource Teacher, Kim Byczkowski
- Resource Teacher, Tara Meeches
- Phys. Ed., Robert Daniels
- Language, Elizabeth Prince
- Culture, Darrel Meeches
- Resource Assistant, Brooke Mousseau
- Education Assistant, Karen Bell
- Education Assistant, Celia Blackbird
- Education Assistant, Lance Daniels
- Education Assistant, Amanda Pangman
- Education Assistant, Wendy Merrick
- Education Assistant, Diane Hudson
- Education Assistant, Sancia Smoke
- Education Assistant, Brandi Meeches
- PCI – Liaison, Darrin Cameron
- Education Assistant – PCI, Susan Harris
- Education Assistant – M12/Bus Driver, Donovan Meeches
- Bus Driver, Glenn McIvor
- Bus Driver, Harold Myerion
- Bus Driver, Ryan Maud
- Bus Driver, Ernest Mousseau
- Bus Driver, Louis Myran
- Bus Driver, James Hobson
- Bus Driver, Lawrence Peters
- Bus Driver, Noel Campbell
- Maintenance/Bus Supervisor, Craig Myran
- Cook, Rose Prince
- Janitor, Derek J Myran
- Janitor, Robert Merrick

## LONG PLAIN POST SECONDARY

Post-Secondary has a few programs on the go right now with Assiniboine Community College. One of the programs we've started was the Applied Counselling which began February 2018. This has been going on since and will be coming to a close early next year. The second program is Office Management and Medical Administration which began in October 2018, and will be coming to an end in March 2020. The program has a new training centre, located at 85 Keeshkeemaquah Drive where the Office Management and Medical Administration students currently attend full time until completion of the program. The third program is Child Development, this program hasn't yet started, but has a tentative start date of mid September 2019. This program should wrap up in June 2021. The Child development program will have thirty open seats to Long Plain band members, this will out the program at maximum capacity for funding.

The fall 2019 has currently 78 sponsored students, a much lower number than last fall. With the Child Development program coming to Long Plain this fall that is expected to increase to just over 105 sponsored students, and will be at maximum capacity for funding.

Long Plain Post Secondary for 2017 2018 had 36 graduates

Meegwetch,

Lori French

## GRADUATES 2017 - 2018

Treaty #	Surname	First Name	Institute	Degree / Program
182101	Hamilton	Robert	Brandon University	Bachelor of Ed. 3 yrs.
334501	Meeches	Tara	Brandon University	Bachelor of Ed.
108703	Tardiff	Randean	University of Manitoba	Inner City Social Work
206901	Flattery	Kristin	University of Manitoba	Bachelor of Fine Arts
152602	Dublin	Kieran	University of Manitoba	Bachelor of Arts - Advances
443601	Meeches	Denise	University of Manitoba	Bachelor of Arts
371601	Hobson	Brittany	Red River College	Degree in Communications
142703	Woods	Samantha	University of Winnipeg	Bachelor of Ed.
130503	Myran	Jocelyn	Brandon University	Bachelor of Arts
189501	Bird	Marinus	University of Winnipeg	Indigenous Studies / Ab. Govt
169601	Scott	Lesley	YellowQuill College	FN Child & Family Services
85401	Houle	Cheryl	YellowQuill College	FN Child & Family Services
112801	Francis	Ralph	YellowQuill College	CAFM
86205	Smith	Joshua	YellowQuill College	CAFM
850	Peters	Corinne	University of Manitoba	Masters of Social Work
175801	Pashe	Raquel	Assiniboine Community College	Business Administration
3884	West	Jason	Assiniboine Community College	Heavy Duty Mechanics
594001	Peters	Timothy	Assiniboine Community College	Automotive Technician
143001	Merrick	Adrienne	Assiniboine Community College	Practical Nursing
344501	Daniels	Brittany	YellowQuill College	Abor.Bus.Mgmt.Ent. Diploma
135701	Assiniboine	Lorne	Red River College	AirCrafft Maintenance Eng.3 yrs
369101	Stewart	Melissa	Red River College	Bachelor of Nursing
407901	Meeches	Michelle	Red River College	Business Admin. Integrated
443001	Myran	Sabrina	Native Education College	Fam.& Comm. Couns. Services
350401	Meeches	Crystal	Mohawk College	Child & Youth Care
1198	Laiter	Theresa	Native Education College	Aboriginal ECE
160901	Sihikal	Suzanne	St.Francis Xavier University	Bachelor of Nursing
218901	Reiner	Sherry	University of Phoenix	Business Management
430901	Pelletier	Michelle	University of Ottawa	Bachelor of Music
3454	Myran	Samantha	University of B.C.	FN & Indigenous Studies
209701	Daniels	Jeanelle	Univ. College of the North	Business Admin.

## Funded Students for 2017 - 2018

TREATY #	SURNAME	FIRST NAME	Full / Part Time	INSTITUTION	PROGRAM
386001	Chartrand	Jamie A.	Full	Assiniboine Community College	Business Administration
184501	Hammond	Shanlee	Full	Assiniboine Community College	ECE III Manager
194701	McEachnie	Elizabeth	Full	Assiniboine Community College	Enhanced Aboriginal LPN
369401	McLeod	Laurie	Full	Assiniboine Community College	Enhanced Aboriginal LPN
360901	McLeod	Tessa	Full	Assiniboine Community College	Enhanced Aboriginal LPN
143001	Merrick	Adrienne	Full	Assiniboine Community College	Practical Nursing
15524	Myran	Tanya	Full	Assiniboine Community College	Enhanced Aboriginal LPN
175801	Pashe	Raquel Daphne	Full	Assiniboine Community College	Business Administration
60406	Pashe Assiniboine	Nathaniel	Full	Assiniboine Community College	Construction Electrician
594001	Peters	Timothy	Full	Assiniboine Community College	Automotive Technician
391601	Spence	Jessica	Full	Assiniboine Community College	Enhanced Aboriginal LPN
288601	Spence	Heather	Full	Assiniboine Community College	Enhanced Aboriginal LPN
77501	Stoney	Leonard	Full	Assiniboine Community College	Business Administration
3884	West	Jason	Full	Assiniboine Community College	Heavy Duty Mechanics
133004	Guiboche	Nathaniel	Full	Brandon University	Bachelor Of Physed. 3 yrs
182101	Hamilton	Robert	Full	Brandon University	Bachelor Of Ed. 3 yrs
297001	Hobson	Jeremy	Full	Brandon University	Bachelor of Bus. Admin. 4 yrs
406701	Hobson-Stewart	Lashawnda	Full	Brandon University	Bachelor of Arts
132201	Lavesseure	Marlene	Full	Brandon University	Master in Admin.
379901	Longclaws	Jessie	Full	Brandon University	Bachelor of Arts 3 yrs
136702	Longclaws	Kelsey	Full	Brandon University	Bachelor of Arts
128703	Lovegrove	Brendyn	Full	Brandon University	Bachelor of Arts
379201	Meeches	Brandi	Part	Brandon University	Bachelor of Arts / Ed.
82101	Meeches	Darrell	Full	Brandon University	Bachelor of Arts
333501	Mousseau	Brooke	Part	Brandon University	Bachelor Of Ed.
130503	Myran	Jocelyn	Full	Brandon University	Bachelor of Arts
175701	Pashe	Tamara L	Full	Brandon University	Bachelor of Art 4 yrs
334501	Meeches	Tara	Full	Brandon University	Bachelor of Ed
3466	Mousseau	Jamie	Part	Brandon University	Bachelor of Arts / Ed.
210901	Sandney	Kyle	Full	Brandon University	Bachelor of Physed.
2082	Wescoupe	Pamela	Full	Brandon University	Bachelor of Art
113502	James	Tyson	Full	Brandon University	B.Arts / Ed. Integrated
135701	Assiniboine	Lorne	Full	Red River College	AirCraft Maintenance Eng.3yrs
173002	Colgan	Evan	Full	Red River College	Business Information Technology
198101	Creagh-Harder	Tiffany	Full	Red River College	Project Mgmt Program-Cont Ed
3788	Daniels	Gavin	Full	Red River College	B.A. Nursing
190601	Geddes	Robyn	Full	Red River College	Aboriginal Carpentry
371601	Hobson	Brittany	Full	Red River College	Degree in Communications
407901	Meeches	Michelle	Full	Red River College	Business Admin Integrated
136802	Norris-Woods	Kerry	Full	Red River College	Community Economic Development
365301	Perswain	Steve	Full	Red River College	Business Information Technology
369101	Stewart	Melissa	Full	Red River College	Bachelor of Nursing
208401	Taylor	Michelle	Full	Red River College	Business Admin. Integrated



176701	Brown	Kevin	Full	Red River College	Business Admin.
288801	Spence	Tyra	Full	Red River College	Access Bus. Admin. Integrated
142404	Assiniboine	Keely	Full	University of Manitoba	University 1
152402	Assiniboine	Sierra	Full	University of Manitoba	University 1
390001	Bunn	Maryssa	Full	University of Manitoba	Bachelor of Arts / Nursing
152602	Dublin	Kieran	Full	University of Manitoba	Bachelor of Arts
206901	Flattery	Kirstin	Full	University of Manitoba	Bachelor of Fine Arts
319601	Flattery	Sarah	Full	University of Manitoba	Environmental Studies
85402	Houle	Matthew	Full	University of Manitoba	Bachelor of Arts
128702	Lovegrove	Daniel	Full	University of Manitoba	Engineering
3156	May	Michael	Full	University of Manitoba	ENGAP
443601	Meeches	Denise	Full	University of Manitoba	Bachelor of Arts
4201	Meeches	Shaden	Full	University of Manitoba	Bachelor of Arts
380701	Merrick	Abigail	Full	University of Manitoba	Bachelor of Arts
123702	Murdock	Anita	Full	University of Manitoba	Bachelor of Arts
140302	Myran	Allysha	Full	University of Manitoba	Bachelor of Arts
1994	Myron	Deidre	Full	University of Manitoba	Arts Program
159102	Perswain	Braden	Full	University of Manitoba	University 1
78703	Peters	Hillary	Full	University of Manitoba	Bachelor of Arts
3647	Peters	Kevin	Full	University of Manitoba	Bachelor of Ed.
126901	St.Paul	Lisa	Full	University of Manitoba	University 1
108703	Tardiff	Randean	Full	University of Manitoba	Inner City Social Work Program
108704	Tardiff-Peters	Nicholas	Full	University of Manitoba	ACCESS - Health Careers
191101	Traverse	Shawn	Full	University of Manitoba	Social Services / Health
192602	Witwicki	Patience	Full	University of Manitoba	Univ.1 Aboriginal Nursing
189501	Bird	Marinus	Full	University of Winnipeg	Indigenous Studies / Aborig.Governance
347601	Boucher	Shyanne	Full	University of Winnipeg	Bachelor of Arts
134001	Daniels	Toni-Lynn	Full	University of Winnipeg	Bachelor of Arts
178501	Daniels	Kaelei	Full	University of Winnipeg	Engineering
177502	Ferland-Peters	Madison	Full	University of Winnipeg	Bachelor of Arts
91301	Maytwayashing	Raymond	Full	University of Winnipeg	Bachelor of Arts
1694	Myran	Amanda	Full	University of Winnipeg	Bachelor of Arts.4 yr
311001	Myran	Meagan	Full	University of Winnipeg	Bachelor of Arts.3 yrs
193001	Myran	Tara	Full	University of Winnipeg	Bachelor of Arts
304201	Normand	Brandon DS	Full	University of Winnipeg	Bachelor of Arts
59501	Peterson	Angeline	Full	University of Winnipeg	Bachelor of Arts
1926	Witwicki	Kirstin	Full	University of Winnipeg	Integrated. B.Physed/B.Ed.
142703	Woods	Samantha	Full	University of Winnipeg	Bachelor of Ed.
208601	Assiniboine	Kevin	Full	YellowQuill College	CAFM
202201	Courchene	Nicholas	Full	YellowQuill College	CAFM
344501	Daniels	Brittany	Full	YellowQuill College	Abor.Bus.Mgmt. & Ent.Diploma
283101	Fosseneuve	Candace	Full	YellowQuill College	Abor.Bus.Mgmt. & Ent.Diploma
158001	Fosseneuve	Naomi	Full	YellowQuill College	CAFM - Modular
112801	Francis	Ralph	Full	YellowQuill College	CAFM
112802	Francis	Taylor	Full	YellowQuill College	Business Certificate
84701	Hobson	Keith	Full	YellowQuill College	CAFM - Modular
85401	Houle	Cheryl	Full	YellowQuill College	FN Child & Family Services

118101	Merrick	Krystal	Full	YellowQuill College	CAFM
123401	Merrick	Peter	Part	YellowQuill College	CAFM - Modular
154101	Myran	Candace	Part	YellowQuill College	CAFM - Distance
158401	Myran	Charlotte	Full	YellowQuill College	CAFM
321501	Pashe	Lee	Full	YellowQuill College	Business Certificate
451701	Pelletier	Heather	Full	YellowQuill College	CAFM
77701	Perswain	Joyce	Part	YellowQuill College	CAFM - Modular
193101	Piche	Julie	Full	YellowQuill College	FN Child & Family Services
169601	Scott	Lesley	Full	YellowQuill College	FN Child & Family Services
86205	Smith	Joshua	Full	YellowQuill College	CAFM
128201	Woods	Andrea	Part	YellowQuill College	CAFM - Modular
472601	Oulette	Joseph	Full	ACAD / Bow Valley	Arts Stream / Fine Arts
168302	Pashe	Shi-Anne	Full	Bellevue College	Bachelor of Arts
218801	McLeod	McCauly	Full	Cambrian College	Bachelor of General Science
452401	Daniels	Zachary	Full	Capilano University	Bachelor of Motion Pictures
3294	Assiniboine	Emery	Full	FN University of Canada	Indigenous Social Work
177902	Neil-Woods	Lucas	Full	Georgian College	Social Service Worker
379801	Knight	Emery	Full	Humber College	Visual Design
3011	Olson	Star	Full	Langara	Foundations of Health Studies
115102	Porter	Noah	Full	Laurentian University	Bachelor of Arts
141501	Longclaws	Stacey	Part	Laurentian University	CGA Designation
312301	Meeches	Brittany	Full	MC College	Hairstyling
459601	Latimer	Michael	Full	Michigan State University	Bachelor of Zoology
350401	Meeches	Crystal	Full	Mohawk College	Child & Youth Care
224101	Contois	Shirley	Full	Montana State University	Rehab & Related Services
4601	Kraus	Kami	Full	Montana State University	Business Admin. Accounting
4603	Kraus	Karriann	Full	Montana State University	Associate of Biology
460201	Kraus	Randall	Full	Montana State University	Computer Technology
215901	Meeches	Nicholas	Full	Native Education College	M12
443001	Myran	Sabrina	Full	Native Education College	Fam. & Comm. Couns. Service
1198	Laiter	Theresa	Full	Native Education College	Aboriginal ECE
579	Meeches	Garry Jr.	Full	New England Tech. Inst.	Bus.Admin./ Fridge / Air Cond.
223201	Beauchamp	Hillary	Full	Providence University College	Social Work
160901	Sihikal	Suzanne	Full	St.Xavier University	Post. RN.BN. - Distance Ed.
3343	Samuels	Phillip	Full	St.Clair College	Fitness & Health Promotion
101602	McLean	Brian	Full	Thompson Rivers University	Bachelor of Health Science
209701	Daniels	Jeanelle	Full	Univ. College of the North	Business Admin.
456101	Smith	Nakoti	Full	Univ. College of the North	Bachelor of Arts.3 yrs
3454	Myran	Samantha	Full	Univ. of B.C.	FN & Indigenous Studies
156002	Desjarlais	Nolan	Full	University of Calgary	Engineering First Year
430901	Pelletier	Michelle	Full	University of Ottawa	Bachelor of Music
218901	Reiner	Sherry	Full	University of Phoenix	Business Management
337001	Wirch	Vanessa	Full	Yukon College	General Studies

# COMMUNITY PHOTOS





  
**ARROWHEAD**  
**DEVELOPMENT**  
CORPORATION

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5010 Crescent Road West  
Keeshkeemaquah, MB, R1N 4B1

(204) 857-3530  
ARROWHEADCORP.CA

Arrowhead Development Corporation (ADC) was established to develop business concepts and incorporate businesses under a development corporation. ADC is governed by the Board of Directors and a Chief Executive Officer. The ADC manages band owned businesses on its three reserves; Long Plain Reserve No. 6, Keeshkeemaquah Reserve (Portage la Prairie), and Long Plain Madison Indian Reserve (Winnipeg).

### **Vision**

Our vision is to assist, support, build and strengthen the Long Plain First Nation's economic base and improve the quality of life for our citizens by creating long-term employment and stable business operations.

### **Mission**

Our mission is to explore economic development opportunities, venture and investments for the future well-being of the Long Plain First Nation.

### **Mandate**

Our mandate includes establishing, developing, administering and managing Long Plain First Nation business ventures and providing funding to non-funded community projects, activities and events on behalf of the First Nation

ADC is a Provincially incorporated entity registered with the Corporations Act of Manitoba. There are five directors who govern the corporation and who are elected tribal government council members. There are three officers of the corporation; President, Vice-President and Secretary-Treasurer. The Chief elected from time to time serves as the President. There is one shareholder with 100 common shares held by the Chief from time to time of the Long Plain First Nation, in trust for and behalf of the members from time to time of the Long Plain First Nation. There is one beneficiary, the Long Plain First Nation. The net profits from the corporation businesses are expended on the beneficiary's programs and services. Arrowhead is the managing corporation for Long Plain First Nation's subsidiary business corporations and limited partnership agreements:

#### **Arrowhead Keeshkeemaquah**

- Long Plain General Partner Inc.
- 4840969 Manitoba Ltd.
- 4990316 Manitoba Ltd

#### **Arrowhead Madison**

- 6089292 Manitoba Ltd
- 6089292 Limited Partnership Agreement
- Test 1 Inc.
- ADO AKI Inc

#### **2018/19 Board of Directors**

- Dennis Meeches - President
- Stephan Prince
- Liz Merrick
- Marvin Daniels
- James Assiniboine

#### **Administration**

- Tim Daniels, Chief Executive Officer
- Geraldine Perswain, Finance Director
- Theresa Sanderson, Finance Administrator

- Keith Ronald, C.A, Finance Advisor
- Tasheena Henry, Office Manager
- Denise Harder, Human Resources Officer
- Rita Roulette, Human Resources Assistant
- Kimberly Merrick, Receptionist
- Peter Merrick, General Ledger Clerk
- Mary Pratt, Accounts Payables
- Raeann Gabriel, Accounts Receivables
- Rhonda Myran, Payroll Clerk
- Ralph Francis, Finance Clerk
- Wanita French, Finance Clerk
- Jeff Harder, Administrative Assistant
- Cindy Allard, Manager – Madison
- Denise Perswain, Madison Finance Administrator
- Terry Francis, Madison Finance Clerk
- Preston Assiniboine, Portage Gas Bar Manager
- Wes Hamilton, 305 Manager (Gas/VLTs/Store)
- Dennis Myran, Gaming Manager
- Chris Beauchamp, Rez Radio Manager
- Brennon Peters, Madison Petro-Canada Manager
- Krystle Fosseneuve, Madison Petro-Canada Assistant Manager

## REZ RADIO 101.7FM

Rez Radio 101.7FM has been in operation since August 2001. Our objective is to provide listeners with current information regarding program delivery and services available in Long Plain First Nation. Weekday broadcasts begin at 7am and runs until 11pm. On weekends, the radio station broadcasts from 8am to 11pm. Listeners can call in and request songs throughout the day and send dedications for birthdays and anniversaries. The radio station also provides updates on school closures and road closures that may be weather related throughout the year.



On Thursday mornings at 10am, Chief Dennis

Meeches goes on air and discusses issues within the community, gives progress reports on projects that Long Plain is involved in, and answers questions from community members. This show is called Rez Talk, and has been running for several years.

Rez Radio Bingo happens every Sunday morning at 10am. One lucky winner took home a jackpot of just under \$20,000. The consolation prize is \$500. Funds raised through bingo are used to help offset operational costs of the radio station, the purchase of new radio equipment, and sponsoring events within the community. Events that radio bingo has fully sponsored or partially sponsored include:

- Volleyball Tournaments
- Floor Hockey Tournaments
- Horseshoe Tournaments
- Teen Dances
- Men's Night Activities

**Rez Radio Staff:**

- Chris Beauchamp, Manager
- Naomi McKinney
- Robert Francis
- Ralph Francis

Rez Radio is planning new promotions that include tickets to concerts, sport events, and prize giveaways. New equipment has been purchased that will enable Rez Radio to go live on location, in a professional manner.

We would like to thank listeners for supporting us for over 18 years now.



## LONG PLAIN STORE

The Long Plain Store was re-opened in 2016 to satisfy the convenience shopping needs of Long Plain First Nation and the neighboring communities.

The Store carries a variety of fresh, frozen and dry groceries; tobacco products and lottery as well as local and seasonal general merchandise.

The store operates seven days a week, 9:00 am to 6:00 pm Monday to Friday and 10:00 am to 6:00 pm on the weekends.

The Store works with the Long Plain School to provide them with product for their school lunch and breakfast programs as well as supports the initiatives of other organizations within Long Plain First Nation.



## THE CROSSING CAFE

The Crossing Café, situated inside the Store, offers affordable daily lunch and breakfast specials, an assortment of snack food items and caters special events.

The cafe is open from 9:00 am to 2:00 pm Monday to Friday.

Catering is a new opportunity for the Crossing Cafe this year and has seen real success. Their events range from providing food platters to preparing hot meals for over 200 people.



## ARROWHEAD COURIER

The Arrowhead Courier, also based out of the Long Plain Store, offers convenient courier service to the businesses and residents of the Long Plain First Nation.

The Arrowhead Courier makes daily trips weekdays between Long Plain, Keeshkeemaquah, Portage La Prairie and the surrounding communities. It is also available for deliveries to Winnipeg, Brandon and other locations within south western Manitoba.

The Arrowhead Courier also delivers bottled water from our own filtration system to residents and businesses in Long Plain.



## ARROWHEAD PORTAGE GAS BAR

Located on the Keeshkeemaquah Reserve, the Arrowhead Portage Gas Bar is one of the busiest gas bars in Portage La Prairie. The Gas Bar offers customers tobacco products, lottery, local produce and a wide variety of snacks and beverages. The gas bar operates seven days a week from 8:00 am to midnight.

Monthly draws are held for customers as a show of appreciation for their patronage. Customers have won Jets tickets, game consoles, tablets, and other prizes.

Once again this year the Portage Arrowhead Gas Bar partnered up with Penner Oil to host a customer appreciation barbeque on August 16th. This event is always well received by the community.

Staff include Preston Assiniboine, Gas Bar Manager, and 20 full/part time employees.



# ARROWHEAD CROSSING GAS BAR

A cornerstone at the crossing of highway 305 and Yellowquill Trail the Crossing Gas Bar has served the fuel needs of Long Plain First Nation and the surrounding neighbors for many years.

The Crossing Gas Bar offers both regular gas and diesel fuel to our customers. The gas bar operates seven days a week from 8:00 am to midnight. The Crossing Gas Bar offers the people of Long Plain the convenience of purchasing snacks tobacco and fuel on reserve. The newly renovated deck and entrance greatly improve the look and safety of the gas bar as well and offers customers a place to sit and relax.

Monthly draws are also held at this location as a show of customer appreciation.

Penner Oil provides the fuel for the gas bar, and has a customer appreciation barbeque once a year.



# 305 GAMING CENTRE

The 305 Gaming Centre was reopened in the fall of 2016. The Gaming Centre hosts 10 machines and employs 10 people. The 305 Gaming Centre is a branch of The Keesh Gaming Centre. Customers waiting for a machine can have a free coffee and watch satellite TV.

# META CANNABIS SUPPLY CO.

At the core of the cannabis frontier, META is the hub connecting the parts. A place where a master can hone their knowledge and an apprentice can ignite a passion. META is a transformative space for the modern cannabis consumer.

Explore our wide variety of choice products, tailored experiences and key educational information. Beyond having a legal and safe shopping experience, our highly trained staff of Friendly Guides are dedicated to helping assist you with your purchase. Throughout our store, you will discover bold graphic elements synthesized with immersive tech designed to help our consumers feel educated and empowered along their cannabis journey.

## Locations:

- 79 Keeshkeemaquah Drive, Keeshkeemaquah Reserve, Manitoba.
- 420 Madison Street, Long Plain Madison Reserve, Winnipeg, Manitoba



# MICROTEL INN & SUITES - SOD TURNING

Yesterday saw the official sod turning for new hotel on Crescent Road West, just outside Portage la Prairie.

It's a 10.5 million dollar initiative of Long Plain First Nation, partnering with Wyndham Hotels and Resorts.

Long Plain Chief Dennis Meeches says it's part of his focus on economic sovereignty.

"Because I really believe job growth is important for indigenous people and the indigenous

economy," he says, "And it's building partnerships that benefit everybody. There are a lot of spinoff benefits from big projects such as this, and I think it will help the central plains region, and the Keeshkeemaquah Reserve, working with the city is one of the great examples of partnerships with urban reserves in this province."

Portage Mayor Irvine Ferris sees this as a historic day.

"Not just for Long Plain, this project will benefit the entire region, including the city of Portage la Prairie," he points out, "Quite often we bid to host mid-size conventions, and quite often we're turned down, and the reason we're turned down is we don't have enough room capacity. This hotel will add 75 rooms to our capacity, so there are a lot of economic benefits."

Portage MLA Ian Wishart sees it as important.

"Certainly in terms of economics, for the whole community, and the region, it's very positive," he says, "There's been a shortfall, and a need

for hotel space in the Portage la Prairie area for some time, so it's positive in regard to that, but doubly so because it's a first nation that's doing it. First nations, and their economic opportunities, are important for



us as a province. This is one of those examples that we're going to be able to point to."

Southern Chiefs Organization Grand Chief Jerry Daniels attended as well. He feels it represents a great future for Long Plain, and its citizens.

"Also for the community of Portage la Prairie, because we're talking about jobs here, we're talking about growth of the economy. I think you're going to see a lot of good things – spinoffs – that come about from this project."

Wyndham Hotels Senior Director Peter Lee says the location is key, and stresses dealing with first nations is important to the company.

"We've done that before with a number of different projects, on different hotels," he says, "So it's important that we participate with them in the growth, and what they're looking for.

Obviously the key is the partnership – who the owners are, who the franchisees are. We're a franchise company, and we

look at location, the highway's right there, and also the partnership with developers, because they're the ones that are going to be helping Long Plain in putting this deal together, and building this hotel."

MasterBUILT Hotels is the developer, and President Eric Watson describes this as a huge deal.

"The hotel's a gathering place for the community," he says, "They're different than a lot of buildings. They create a lot of spinoff economic opportunity that a lot of other real estate doesn't. So you see the interest here, within the local community. It serves a greater need, so I think it's going to be terrific for the city and the region. It's going to be terrific for Long Plain First Nation, from an economic perspective, creating a sustainable future for them, not only from the investment side, but also from the employment side for their people as well."

Article from Portage Online



# THE KEESH GAMING CENTRE

## VLT Room Portage la Prairie

We have 60 Video Lotto Terminals. Constant upgrades are always being made to our Video Lotto Terminals. A new feature in 2018-19 VLT's was "Ticket In, Ticket Out" you can now cash out your ticket and insert it into another VLT machine and continue playing your favorite game.

Our VLT gaming room hours of operation are 7 days a week from 9:00am to 2:15am.

### Staff for 2018-19

- Louise Assiniboine - Supervisor
- Jasmine Meechas
- Edmund Wescoupe
- Marsha Malcolm
- Kristen Peters
- Violet Bird
- Germaine Meseyton
- Dillan West
- Jeffrey Myran

## Bingo Hall

Bigfoot Bingo and Youth Bingo had 41,802 bingo players and gross revenues of \$2,084,628.00 in 2018-19. Youth Bingo is on Mondays and Tuesdays, while Bigfoot Bingo runs from Wednesday to Sunday. Hours of operation: Monday – Sunday 5:00pm – 10:00pm.

### Staff for 2018-19

- Melissa Peters, Bingo Controller
- Vanessa Francis, Weekend Controller
- James Hobson, Caller
- Dillan West, Caller
- Ambria Myran, Caller
- Miranda Peters, Caller
- Sherry Meeches, Caller
- Robert Francis, Caller
- Renee Francis, Caller
- Brenda Lilley
- Serone Meeches
- Anita Meeches
- Rueben Daniels
- Kati Smoke
- Marie Myran
- Danielle Swampy

- Lacy Myran



- Justyne Hobson
- Frank Wescoupe
- Brian Lilley
- Tiffany Myran
- Theresa Myran
- Lori Peters
- Raelyn Myerion

## The Arrowhead Poker Room

The Arrowhead Poker Room saw attendance of 1,474 poker players in 2018 -19. Our Las Vegas free-roll was held on March 10, 2019. The 3 winners, Cameron Thomas, Eli Beardy and Theresa Myran represented the Keesh Poker Room in Las Vegas, Nevada, where they played in the World Series of Poker.

Poker starts at 7:00pm on Thursdays & Sundays

### Staff for 2018-19

- Curtis Bousquet Pit boss
- Karson Peters Pit Boss
- Crystal Sanderson Poker Dealer
- Michelle Sanderson Poker Dealer
- Paul Fisette Poker Dealer
- Timothy Peters Poker Dealer

## Chase the Ace

In 2018-19 the Pow-wow committee, in cooperation with The Keesh, began the popular Chase the Ace game. This takes place on Thursdays from 5:30 to 9:00 PM.

The first accumulator winner of Chase the Ace was

in December 2018, where the player won over \$3,500.00. All revenue generated from Chase the Ace go towards the Long Plain Pow Wow 2019 and the Indigenous Residential School Museum.

**Hall Bookings**

The Keesh had 26 bookings in 2018-19. Some of the larger events were held by the Southern Chiefs Organization,

Manitoba First Nations Police Service, and Manitoba First Nation Education Resource Centre Inc.

The hall can be set up to accommodate your needs, for more information call 1 204 856 1221.

**Maintenance**

Our employees take care of our buildings and grounds all year round. From clearing snow after winter storms to setting up the hall for meetings, the crew is always hard at work.

- Warren Merrick, Supervisor
- Cecil Mines, Landscape
- Miles Roulette, Landscape
- Shastin Nepinak, Keesh Maintenance
- Joann Woods, Weekend Maintenance
- Juanita Meeches, Weekend Maintenance
- Dean Bone, Casual Maintenance

**23rd Annual Long Plain 2 Man Best Golf Tournament.**

Long Plain First Nation would like to thank all the sponsors for their contribution to this year's tournament. Rona, Tim Horton's, Van Houtte Coffee supplies, Mishoomis Gift Shop, DC Security, Meyers Norris & Penny PlaP & Long Plain Gaming Authority. We would also like to thank Scotswood Links for their awesome hospitality and fantastic course. We hope to see you all again next year!



# LONG PLAIN 2018 POW WOW

The Long Plain Pow Wow took place August 3, 4 and 5, 2018. The weather cooperated for the most part, with a slight exception on Saturday, when a brief storm passed through the community. A total of 320 dancers were registered in competition categories ranging from Junior to Golden Age. Tiny Tots danced in their own category, and were paid daily. Local dancers had an opportunity to demonstrate their talent in the Long Plain Showcase that took place on Saturday, September 5. Specials sponsored by Arrowhead attracted many competitors, especially our signature event, the Men's Midnight Fancy Dance Special. Memorial Specials took place as well.

There were 7 competition drums singing for the \$10,000 first prize. 7 non-competition drums sang daily.

Pow Wow Staff included:

- Master of Ceremonies – Clifton Goodwill, Keveon Kingbird, Dennis Meeches
- Arena Directors – Kyle Manno Copenace, Kevin Francis
- Veteran/Community Elder – Del Assiniboine
- Head Singing Judge – Michael Meeches
- Sound – Hoka Sound
- Tabulation – C & T Tabulation
- Host Drum – Wooden Face

Pow Wow Committee members: Mary Pratt, Noella Peters, Gerri ThunderbirdSky, Ralph Francis

We would like to thank the following sponsors for their contribution to the Long Plain Pow Wow, they are:

- Arrowhead Development Corporation
- Manitoba Hydro
- Community Development Initiative
- Bigfoot Bingo
- Rona
- Penner Oil
- Meyers Norris Penny
- Camster Construction Ltd
- Oodanooketoh Inc.
- KGS Group
- DOCFS

A list of the winners in each category can be found on our website - [arrowheadcorp.ca](http://arrowheadcorp.ca)

# LONG PLAIN GAMING AUTHORITY

The Long Plain First Nation Gaming Authority was sanctioned in 2004 by the Manitoba Liquor & Lotteries Corporation to oversee the Bingo and various raffles on Long Plain First Nation.

**The new office location at:**  
 204-5010 Crescent Road West  
 Keeshkeemaquah, Manitoba  
 R1N 4B1  
 Tel: (204) 856-0015  
 Cell: (204) 870-0604  
 Fax: (204) 857-9448

**The current members are:**

- Andrea Woods – President,
- Rosalind Merrick – Vice President,
- Tony Daniels – Secretary/Treasurer,
- Gerry Thunderbirdsky and
- Robert Peters.

The Licensing Manager is Kristin Woods who performs administrative, investigator, auditor and inventory duties throughout the year.

The following Annual Report is submitted to Liquor, Gaming & Cannabis Authority of Manitoba every June.



**LONG PLAIN FIRST NATION  
 GAMING COMMISSION**  
 204 - 5010 Crescent Road West  
 Keeshkeemaquah, Manitoba R1N 4B1  
 License #4243  
**Financial Report**

Report for the Year Ending

March 31, 2019

\$ RECEIVED IN LICENSE FEES FOR THE YEAR	\$ 110,334.70
# OF LICENSES ISSUED FOR THE YEAR BY TYPE	
BINGO	4
MEDIA BINGO	1
BREAKOPEN	0
RAFFLE	8
TEXAS HOLD'EM	2

**AGGREGATE INFORMATION FOR LICENSEES REPORTING GROSS REVENUE IN EXCESS OF \$5000**

	BINGO	MEDIA BINGO	BREAKOPEN	RAFFLE	TEXAS HOLD'EM
GROSS REVENUE	1. \$ \$ 2,096,212.00	1. \$ \$ 110,482.00	1. \$ _____	1. \$ _____	1. \$ \$ 105,220.00
PRIZES AWARDED	2. \$ \$ 1,692,621.60	2. \$ \$ 24,250.00	2. \$ _____	2. \$ _____	2. \$ \$ 73,654.00
EXPENSES	3. \$ \$ 63,306.55	3. \$ \$ 2,651.45	3. \$ _____	3. \$ _____	3. \$ \$ 21,877.50
NET PROFIT (LOSS) (Line 1-2-3)	4. \$ \$ 340,283.85	4. \$ \$ 83,580.55	4. \$ _____	4. \$ _____	4. \$ \$ 9,688.50
VALUE OF PRIZES TO BE AWARDED IN FUTURE (ACCUMULATORS)	5. \$ \$ 31,162.75	5. \$ \$ 28,206.00	5. \$ _____	5. \$ _____	5. \$ _____

SEE PAGE 2 OF THIS REPORT FOR THE CHARITABLE CAUSES THAT BENEFIT FROM THE NET PROFIT

THIS REPORT MUST BE PUBLISHED AND MADE AVAILABLE TO THE COMMUNITY.  
 IT MUST BE SUBMITTED TO THE LGAM WITHIN 90 DAYS OF YOUR YEAR END





# HUMAN RESOURCES DEPARTMENT

We are pleased to be writing our third annual report, how time flies.

With the advent of Marijuana becoming legal- we successfully hosted a half day workshop with Darcy Yale and Laura Minuk from D'Arcy and Deacon law firm. The Program Managers and front-line supervisors were encouraged to attend the presentation and ask questions. It was a very well received.

Our department worked with the Canadian Mental Health Commission to bring the two-day Mental Health First Aide workshop to the Program Managers.

2018 saw the retirement of long time staff. Ruth Myran retired after 50, yes 50 years of teaching. Congratulations Ruth on a well-deserved retirement! Morris Daniels the program manager for Water and Waste Department retired after 26 years. Leonna Meeches retired from the NADAAP program. Lorraine Daniels retired from Employment and Training. We wish them a long and happy retirement.

We hired a new program manager to lead our Security Services Department. We worked with Employment and Training and were able provide training for ten of our Security personnel. We are working towards having all of our security services staff licensed.

By now you will have seen the MicroTel being built at Keeshkeemaquah Village. We have had the pleasure of working with Masterbuild, the general contractor and the subcontractors to get as many of our community members as possible working on this project. To date we have approximately eighteen of our community members working

Our department worked with Working Warriors to collect and build a database of resumes for community members.

Hipperson, a concrete company reached out to our department and we were able to send them resumes and set up interviews at the band office to hire community members to work on the Rocquette Pea Plant.

The Band was given funds for flood mitigation, we partnered with Social Assistance Department to hire from their program. It was a four-week project, we were able to offer employment to people who hadn't previously had a job opportunity.

In the fall of 2018, we worked with National Access Cannabis to staff our two META stores. We worked closely with NAC to recruit, interview and hire managers, key holders and sales staff the majority of whom were LPFN band members.

The Human Resource Department consists of one full time staff member, Ms. Rita Jo Roulette HR Assistant and myself as a 0.6 EFT Human Resource Officer.

We have posted and filled in excess of 20 jobs in 2018 on top of the employment opportunities listed above.

The HR Assistant works with the Program/Business Managers to streamline the interviewing process to ensure that all interviewers have a complete package consisting of interview questions, resumes, references and anything else to ensure the process is as seamless as we can make it. We have also added a practical component to the interviews, thus ensuring that we have chosen the most qualified applicant.

We work with and encourage all Program/Business Managers to post positions rather than hire on the spot.

Our department gives support to Managers, Supervisors and Staff for both Long Plain First Nation and Arrowhead Development Corporation, which can be quite challenging given how small our department is. We provide advice and support in the areas of Labour Relations, Policy Interpretation, Health and Safety compliance, interpretation and compliance with Labour Standards and the Canada Labour Code. We are a resource for Managers, Supervisors and employees who need assistance when dealing with difficult situations; we mediate disputes and can be called upon to attend disciplinary meetings.

**Legal issues:**

There is an outstanding legal issue which names LPFN/ADC as a third party in a work-related injury lawsuit. We have engaged legal counsel and are awaiting a response from the complainant's lawyer. This matter remains outstanding.

**New Legal Matters**

In 2018 we had two Labour Board Complaints both claiming unjust dismissal. One was awarded in our favour the other remains outstanding at the writing of this report.

# COMMUNITY PHOTOS CONTINUED

