

Voices *of* Visions

FIRST NATION & INUIT EDITION

Fall 2014

Prevention of Youth Suicide



Voices of Visions
Publications

www.voicesofvisions.com

Northern Ontario's leading supplier of concrete products and services



- | | |
|--------------------------|--|
| Concrete | Ready Mix concrete for Sudbury, Sault Ste. Marie, Thunder Bay and Northern Ontario |
| Construction | Bagged cement & restoration products for every project |
| Residential | Landscaping products that will give your home a distinct look |
| Sand & Gravel | We offer a full range of aggregate products like sand, gravel, and slag |
| Blocks | Concrete blocks for your residential, commercial or industrial project |
| Precast | Heavy duty and decorative concrete wall barriers |
| Sandblasting | Products and equipment for all your sandblasting needs |

Sudbury - (705) 674-4291 Sault Ste. Marie - (705) 541-2345 Thunder Bay - (807) 345-5777
www.fisherwavy.com

**Co-Publisher
Editor-in-Chief**
Francois Beaudin

**Art Director,
Design and Production**
Wayne Wahab

Advertising Manager
Nora Campbell

Contributing Writers
David Suzuki
Rory Butler
James Cameron
Rory Butler
Darian Thira
APTN
Peter Gryba
Michel Perron
George Dunkerly

Circulation
1-613-491-0406



in this issue

- 4 Cliffs-Vision of our Community Relations
- 5 Blue Ribbon campaign - Prevention of Youth Suicide
- 7 Virginia Mines
- 8 First Nations OxyContin Addiction
- 9 Gold Bullion Development Corp.
- 12 Economic Development Corporations assisted by BMO
- 13 We Can Make Canada's Reality Match its Image
- 14 It's Time to Clear the Smoke on Cannabis
- 16 APTN Director Receives International Certification
- 17 Alderon's Kami Project
- 19 Feeding the World is a Big Responsibility
- 21 Your Life Counts
- 24 Innovation in Progress for Global Mining
- 27 Aura Silver Exploring Nunavut for Next Major Mineral Find
- 28 Aecon- Connecting Communities to opportunities
- 29 Lac Seul First Nation
- 30 Focus Graphite - Environmental Sustainability
- 33 Claim Post Resources
- 34 Pulaarvik Kablu Friendship Centre
- 35 NAFC Negotiators Reach Landmark Agreement
- 36 Cure for First Nation & Inuit Youth Suicide
- 38 Northern Organizations Partner on Learning Project

Voices of Visions is distributed free, all right reserved. Contents and photographs may not be reprinted without written permission. The statements, opinions and points of view expressed in articles published in this publication are those of the authors. The publisher accepts no responsibility for unsolicited material.

SUBSTANCE ABUSE CENTRES

**Canadian
Treatment
Services:**

[www.ccsa.ca/Eng/KnowledgeCentre/
OurDatabases/TreatmentServices/Pages/
default.aspx](http://www.ccsa.ca/Eng/KnowledgeCentre/OurDatabases/TreatmentServices/Pages/default.aspx)

**Canadian
Addictions
Organizations:**

[www.ccsa.ca/Eng/KnowledgeCentre/
OurDatabases/AddictionsOrganizations/
Pages/default.aspx](http://www.ccsa.ca/Eng/KnowledgeCentre/OurDatabases/AddictionsOrganizations/Pages/default.aspx)

**Directory of the National
Native Alcohol and Drug Abuse
Program (NNADAP):**

[www.hc-sc.gc.ca/fni/ah-sp/na/substan/ads/
nnadap-pnlaada_dir-rep-eng.php](http://www.hc-sc.gc.ca/fni/ah-sp/na/substan/ads/nnadap-pnlaada_dir-rep-eng.php)

THE CREE MINERAL
EXPLORATION
BOARD



CONSEIL CRI SUR
L'EXPLORATION
MINÉRALE

Subject: Cree Mineral Exploration Board

The Cree Mineral Exploration Board was created as a result of the signed agreement (Paix de Braves) between the Cree Nation and the Quebec Government. A five year implementation agreement was signed for funding purposes between the Cree Regional Authority, Cree Mineral Exploration Board and the Quebec Government.

The main purposes of CMEB includes amongst others the following:

- 1) assist the Crees in accessing mineral exploration opportunities;
- 2) facilitate the development of mineral exploration activities;
- 3) facilitate and encourage the access by the Crees and Cree Enterprises to regular Quebec program funding and other encouragements for mineral exploration activities;
- 4) Act as an entry mechanism for offers of services by Crees and Cree Enterprise in the field of mineral exploration.

Furthermore and according to the Annual Program of Activities - CMEB (2003-2004), the board promotes, initiate and support training programs, and furnish assistance to job development, placement. The CMEB provides also geological and geosciences based expertise to the communities and the individual exploration. This includes guidance to the geosciences data and environmental impacts assessment.

If you are a Cree and are considering to submit a proposal to the CMEB please get in touch with the Chief Geologist Youcef Larbi in Wemindji at 819 978 0264 extension #327.



www.cmeb.org





Vision of our Community Relations

The strength of local communities and our relationship with them are of particular importance to the way we operate across the globe. Engaging with and giving back to our local communities has been part of our common values since early in the company's history.

Given the company's recent growth, we are having to engage with new communities in new settings, and recognize there is real value in meaningful community engagement. Our corporate citizenship efforts reinforce the Cliffs approach of having a positive impact in the communities where we operate.

Aligned with Cliffs' Human Rights Policy is the fair consideration of indigenous peoples. Given the increasing globalization of our operations, Cliffs' relationships with local populations are essential for corporate citizenship. Engagement with indigenous populations near our active and proposed mine operations to establish and foster relationships is critical to the way Cliffs does business. Mutually beneficial agreements with such groups creates cultural awareness, establishes a foundation for economic independence in the communities, and educates us on the responsibilities associated with culturally sensitive heritage sites.

Cliffs performs assessments of its mining and exploration activities to ensure the Company enters and exits communities in a responsible manner, thereby requiring open, effective communication. The opinions of Cliffs' stakeholders are critical to our decision-making process in all aspects of our operations. It is essential that we work collaboratively with local communities, regulators, elected officials, businesses, and others so as to establish and maintain relationships and support activities that are of mutual benefit to Cliffs and the community. These efforts are integral to preserving Cliffs' social license to operate.



THE WILLINGNESS TO CREATE A POSITIVE IMPACT IN THE COMMUNITIES IS PART OF EACH OF US.

TOGETHER, WE CONTRIBUTE TO THE
STRENGTH OF LOCAL COLLECTIVITIES



New Blue Ribbon campaign supports prevention of youth suicide

VOICESofVISIONS in association with the Saskatchewan Metis Nation, will be instrumental in creating awareness in regards to youth suicides Nationally.

We need some support and sponsorship to accomplish this important goal. Please help this very important project. VOICES of VISIONS along side with the MN-S is launching a new campaign aimed at training trainers to help prevent suicide amongst youth. The Blue Ribbon campaign was recently launched.

"We are eager to launch this initiative as part of our comprehensive youth suicide prevention strategy," said MN-S President Robert Doucette. "The Blue Ribbon campaign is designed to allow all communities to take ownership and control over suicide prevention and intervention."

A Blue Ribbon will represent the campaign and be distributed to raise awareness of the program and its goals. A Training Manual and Tool Kit have been developed as the vehicles for taking the program into communities and raising awareness around the issue of youth suicide. VOICES of VISIONS will be instrumental in distributing these materials.

"This program has been created to support the unique needs of our communities and expands the capacity that already exists," noted Sandra Youngchief, Interim Director of MN-S Health. "We are looking forward to getting these materials into the hands of facilitators and service providers across the country."

Community-based, community-driven, and inclusive, the Youth Suicide Prevention Strategy's Blue Ribbon campaign represents the potential for healthier communities and is based on sustainable solutions and plans for action.



Voices of Visions Publications
FRANCOIS BEAUDIN - Editor & Chief
613-491-0406
www.voicesofvisions.com

"Safety: It's Our Way of Life"



- Earthworks
- Site Services
- Environment
- Lands & Leasing
- Logistics
- Fleet Maintenance
- Fuel Supply & Hauling
- HSEI

Fort McKay Group of Companies LP

PO Box 5360 Fort McMurray, AB T9H 3G4 Ph: 780.788.3150 Fax: 780.788.3151
fortmckaygroup.com



TREASURY METALS
INCORPORATED

Creating Jobs and Value in Northwestern Ontario

Advancing the Goliath Gold Project towards Production

TSX-TML
www.treasurymetals.com

FANCAMP EXPLORATION LTD.



TSX.V: FNC **EXPLORING EASTERN CANADA**



ARSANIQ ÉLECTRIQUE
ENTREPRENEUR ÉLECTRICIEN

ARSANIQ ÉLECTRIQUE INC.
 46 ST-UDJUAQ
 KANGIQSUJUAQ QC J0M 1K0
 1-888-662-6668 Télécopieur: 418-662-3108



AV AURVISTA
GOLD CORPORATION

TSX-V:AVA

www.aurvistagold.com




BARRETTE ET FILS LTÉE
ELECTRICAL CONTRACTOR

Philippe Simard CGA
 Inspector / vice-président

1715, av. de l'énergie
 Alma, Québec
 Canada, G8C 1M7

philippesimard@groupebarrette.com
www.barretteetfils.com

Tel.: 418-662-6666
 Fax: 418-662-3108
 Cell.: 418-487-3136



ᑕᑦᑎᑦ ᑕᑦᑎᑦ
COUNCIL OF THE CREE NATION OF MISTISSINI
CONSEIL DE LA NATION CRIE DE MISTISSINI

187 Main, Mistissini Lake,
 Québec, G0W 1C0

Tel.: (418) 923-3253
 Fax: (418) 923-3115



INNU ÉLECTRIQUE
ELECTRICAL CONTRACTOR

Eric Bilodeau CEO
 master electrician

105, Leroy C.P. 1974
 Shefferville, Québec
 Canada, G0G 2T0

ericbilodeau@groupebarrette.com
www.barretteetfils.com

Tel.: 418-662-6666
 Fax: 418-662-3108
 Cell.: 418-480-7216



VIRGINIA

Virginia Mines is a mining exploration company whose head office is located in Quebec City, Canada. Long regarded as a leader in the Province of Quebec and one of the largest landowners in northern Quebec with 5,800 km² of mineral property, Virginia works relentlessly on about 25 quality projects in various stages of growth in order to develop mineral resources.

Since 20 years, Virginia's goal is to develop a constructive long-term relationship with the communities living on the territory. Its philosophy is to keep local Aboriginal communities fully informed of its activities. The company has innovated by implementing a communication system with the Cree communities of Quebec - Band Council and Chief, the Economic Development Officer, the tallyman, the CTA? in order for them to address their concerns.

Virginia Mine's concern to commit to long-term relationships with Native communities is reflected in different spheres, notably in social hiring of native people for mining exploration on the territory, and information sessions within communities on a regular basis. According to André Gaumond, President, CEO and Director, "Virginia Mines and First Nations are partners of the North. Trappers and communities give us access to territories and in return we contribute to the economic resurgence of the communities where we carry out exploration. "

Incidentally, a report from a Mining Session at Wemindji noted that "Virginia Mines has an extensive history in Eyou Istchee (James Bay) and has established a very good system of communication with the

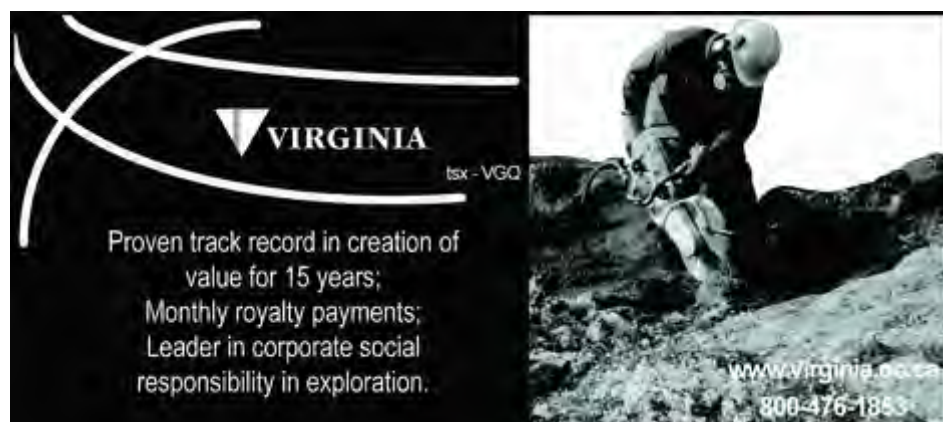
Crees over the years." It was suggested that this system, which ensures that good relations are created and maintained with First Nations, be adopted and become the standard.

For Virginia Mines, having good relations with Aboriginals and participating in the sustainable development rhyme with success. The company is among the first ones to favour integration of strict practices of sustainable development and social responsibility in mining in Quebec and Canada. Virginia has provided for its field staff with three codes of conduct that establish clear guidelines with regards to environment, community relations and health and safety. All employees of Virginia Mines must, without exception, adhere to and enforce these codes of ethics.

Being in constant communication with this entourage, Virginia Mines' team remains at the forefront of the development process of environmental conservation measures. Through its direct involvement in the creation of the Fonds Restor-Action Nunavik, which is

a partnership initiative between the Quebec Government, the mining industry and the Inuit community to rehabilitate abandoned mining sites and former outfitters in northern Quebec, Virginia is proactive in sustainable development.

Virginia Mines has always put a great deal of effort into encouraging the local workforce and entrepreneurs, using local facilities such as lodging or transportation and promoting partnerships with the Crees. Indeed, all project managers need to hire at least two Aboriginal for each exploration campaign. One of the best examples of partnership with the Crees was the Wemindji Strategic Alliance with WEMEX. Under this agreement, Virginia and WEMEX were jointly exploring a large area in the Wemindji region in order to identify and prospect volcanic greenstone belts and mineralized zones. The 50/50 joint venture was covering an area of interest of more than 5,122 km². This partnership showed the type of new relationship that can be developed between the mining industry and the First Nations of Quebec.



VIRGINIA
tsx - VGO

Proven track record in creation of value for 15 years;
Monthly royalty payments;
Leader in corporate social responsibility in exploration.

www.virginia.ca
800-476-1883

First Nations OxyContin Addiction Represent Looming Health Crisis, Chief Says



First Nations leaders say a health crisis is about to be unleashed on northern Ontario reserves because thousands of residents addicted to OxyContin will soon be cut off from the prescription opiate.

The maker of OxyContin, which is up to twice as strong as morphine, will stop manufacturing the drug in Canada at the end of the month. As of March 1, Purdue Pharma Canada will replace OxyContin with a new formulation called OxyNEO.

OxyContin, taken orally in pill form, is a long-acting form of the highly addictive opioid oxycodone. But when the pill is chewed or crushed, then injected or inhaled, it produces a "heroin-like euphoria," Health Canada says.

OxyNEO will also be made with oxycodone, but it's formulated to make abuse more difficult: the tablet is hard to crush and when added to liquid, it forms a thick gel that stops oxycodone from being extracted for injection.

Leaders of Ontario's Nishnawbe Aski Nation, or NAN, said that with no OxyContin available, those addicted to the drug will go into withdrawal.

"It scares me. It's going to be a catastrophe," said NAN Chief Stan Beardy, stressing that there is potential for a "mass involuntary opiate withdrawal" on the horizon.

"I don't think governments understand the severity of addictions we're talking about here," Beardy said in an interview Thursday. NAN Chiefs-in-Assembly declared a state of emergency over the issue in November 2009 and have since made repeated requests for assistance from Health Canada and the Ontario Ministry of Health and Long-Term Care.

On Feb. 6, it was reported that almost 2,000 members of Matawa First Nations communities were addicted to opioids. In late January, the chief of the Cat Lake First Nation declared a state of emergency, saying an estimated 70 per cent of community

members had opioid addictions — including children as young as 11.

NAN Deputy Chief Mike Metatawabin said the number of Nishnawbe Aski Nation community members addicted to OxyContin "is staggering." NAN estimates that at least 10,000 people living on reserves are addicted to OxyContin and will suffer withdrawal when the drug is no longer available.

Symptoms can include severe stomach upset, muscle and bone pain, anxiety, increased heart rate and blood pressure, and depression and thoughts of suicide.

"These people will be very, very sick," said Benedikt Fischer, director of the Centre for Applied Mental Health and Addictions at Simon Fraser University in Vancouver.

Without treatment to help deal with the addiction, a public health catastrophe is imminent, Fischer predicted Thursday.

"There are thousands of addicted individuals with rapidly shrinking supplies — likely leading to massive increases in black-market prices, use of other drugs, needle use sharing and crime," he said.

Unable to obtain OxyContin, addicts will likely turn to illicit drugs such as heroin, cocaine and crack, Fischer speculated. Needle-sharing would increase the risk of transmission of such infectious diseases as hepatitis C and HIV.

While some OxyContin has been diverted from prescriptions written by doctors, much comes via drug traffickers, sewn into baby blankets and secreted in false bottoms of pop cans. Each pill reportedly can sell for hundreds of dollars apiece.

"We have never in history had such a high number of our children in care," he said, explaining that many of those addicted are young parents who are unable to look after their children," said Beardy.

"In many cases, there's no furniture because they sell off all their furniture, there's very little food, there's no appliances in many cases. It's very severe."

Metatawabin said problems with addiction and withdrawal will be especially intensified in these remote northern communities, where there is no access to detox and treatment programs.

"It is time for both levels of government to respond with programs and services that are urgently required to implement emergency strategies," he said.

But a spokesman for Health Canada said there is little concern about withdrawal when people taking OxyContin switch to OxyNEO, and when taken as prescribed by a doctor.

"However, it is possible that some clients who obtained OxyContin through other sources may go into withdrawal when OxyContin is removed from the Canadian market and they are unable to find another source of supply," Alastair Sinclair said by email. "This is a concern for any individual who obtains and uses OxyContin outside of appropriate medical indications."

Patients who currently qualify for OxyContin coverage will continue to have access to OxyNEO, he added.

But he noted that data from the Non-Insured Health Benefits (NIHB) program, which covers the cost of prescription drugs for reserve members, shows that fewer than 100 NAN members registered with the program put in claims for OxyContin.

Health Canada does have support available for those experiencing withdrawal, Sinclair said. The NIHB program provides coverage for methadone and suboxone, drugs used for the treatment of opioid withdrawal.

"The NIHB Program recognizes that there are situations where clients may not have access to methadone...Given the remote location of many (reserves), access to methadone treatment is a significant issue. In such instances, the NIHB program reviews requests from health providers on a case-by-case basis and will provide coverage for suboxone to help ensure First Nations clients have access to this drug without leaving their community."



The resource update first news released November 2012 documented the growing gold resource for Gold Bullion Development Corp. at the Granada property on the prolific Cadillac Trend in northwestern Quebec.

The gold resource stands at 946,000 ounces measured, 659,000 indicated and 1,033,000 inferred at an average grade of 1.05 grams per tonne with a cut off grade of 0.40 grams per tonne. With 80% of the Extended LONG Bars Zone yet to be explored and several targets already identified, the resource has a great deal of room to grow.

The Company is now targeting an additional resource of 1 – 2 million ounces at higher grades ranging from 3.0 g/t to 4.2 g/t gold. According to the most recent NRH Research publication for 2013, the Granada gold deposit is now the 314th largest gold deposit in the world. Look for this rank to continue to climb in the coming years.

The average gold grade of 1.05 g/t for the Granada gold resource compares favourably to other documented North American gold deposits over 1 million ounces. Those deposits have an average gold grade of 0.71 g/t. The gold resource at Granada is in fact 48% higher than the North American average, which bodes well for the extraction economics currently in the final stages of calculations, planning and analysis. The Pre Feasibility Study or PFS is anticipated early in the second quarter, 2014.

Mr. Frank Ba%a, on the potential at Granada, "As drilling progressed we realized that the gold mineralization was greater than expected so we expanded the land holding, continued drilling the resource and are now well into the planning stages for production."

Gold Bullion management was quick to recognize that market conditions had changed as the entire exploration and mining sector was hit hard in 2012 and into 2013. Mr. Ba%a on being flexible and adjusting the corporate strategy for changing times, "Three years ago we started this process of focusing on production but realized the resource at 1 g/t was perhaps too risky with the possibility of lower gold prices longer term which we had expected. Our technical team at SGS were able to produce a PEA at 2 g/t input grade that we felt was more in line with a conservative and careful approach. We have endeavoured to cut costs and run a very tight operation from day one."

Mr. Ba%a outlines a production scenario that he refers to as a rolling start; "We would begin by processing at a maximum of 600 tonnes per day for the first three years. During this time we would like to carry on with the drill program to the north that we anticipate will add another 1-2 million ounces of gold at 3.0-4.2 g/t."

During the rolling start, Gold Bullion will make the decision either to increase the tonnage of the processing plant or increase

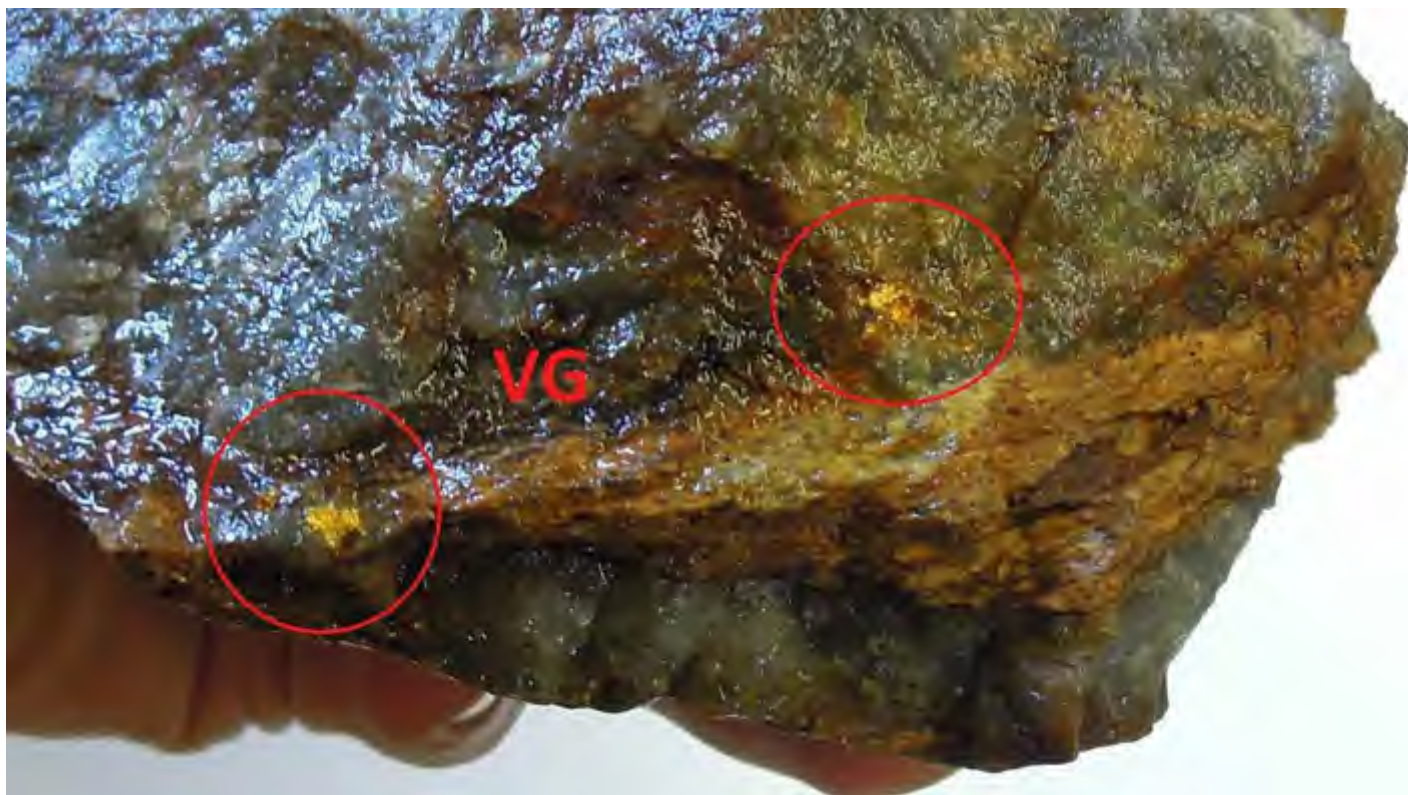
the grade of the deposit, as the grade is dependent on where and how the material will be processed. To achieve this, Gold Bullion we would be looking at grades above 2 g/t up to 4 or even 5 g/t gold.

Between 12,000 and 30,500 ounces per year is the anticipated gold production based on a 600 tonnes per day plant with 90% gold recovery. That would equate to 210,000 tonnes of ore per year. Still, the main goal of the rolling start is to define the parameters of the deposit en route to the primary longer-term goal of 100,000 ounces per year.

As a consequence of decreased mining activity in the area near the Granada mine, the mills in the region now have a great deal of unused capacity that was not that case in 2013 and earlier. The original rolling start plan did call for an on-site mill to process ore however the CAP-EX of off-site custom milling can reduce associated processing costs by as much as two thirds.

Seeking to take advantage of reducing costs and risks wherever possible, GBB management have been actively engaged in negotiations with those mills in the best position to take Granada ore. When an agreement is finalized, quantifiable transport and processing numbers will allow SGS to fast track completion of the PFS.

As part of the social and environmental responsibility plan and in anticipation of the rolling start production scenario, public



meetings with local residents were held in February. Management has also been meeting with Federal, Provincial and Municipal government officials to review and ensure all regulatory permitting and environmental statutes are understood and addressed in anticipation of enacting the production scenario.

There has never been a more dynamic time for Gold Bullion Development Corp. as the Company now stands on the edge of becoming a gold producer after drilling nearly 10 kilometres of core to establish the gold resource. In the coming years, should the gold resource continue to grow at the rate it has thus far, simple math points to an eventual gold resource that could top 10 million ounces. This fact is not lost on those closest to Granada as insiders have been buying up discounted shares for some time realizing true market value is not being reflected in the share price.

As though all this was not compelling enough, the Castle Silver Mine web pages

were recently published outlining the rich history of the mine site, outstanding drill results and more. Castle Silver Mines is a wholly owned subsidiary of Gold Bullion and is a significant asset having produced over 22 million ounces of silver from the number three shaft during its storied past. The 6,000-metre winter drill program commenced in late 2011, with hole CA1108 returning 6,476 grams per tonne silver over 3.09 metres. Follow this link for more: <http://www.goldbulliondevelopmentcorp.com/en/castle-silver-mines.aspx>

Strongly believing gold in the hand is inherently worth much more than numbers on a screen or paper in the pocket, Frank Basa continues to push ahead with his vision for real mined gold distribution to existing shareholders. This would come on stream after gold production commences. The Gold Royalty programme is just another benefit shareholders can anticipate once all regulatory and distribution legalities are finalized.



With the PFS due soon, investment returning to the sector, and the precious metals complex beginning to head higher with gold up over 10% in the first two months of 2014, all signs are now pointing north for a share price that has been mired at both support and resistance levels so far this year. Gold Bullion Development Corp. trades on the TSX –V under the symbol GBB.

Visit the website at www.goldbulliondevelopmentcorp.com for additional detailed information.



Quebec Gold Explorer Transitioning to Near Term Production

GOLD BULLION DEVELOPMENT CORP has made a significant discovery of near-surface mineralization at Granada. The Company continues to pursue a “rolling start” production scenario near term.

1.6 million ounces measured and indicated resource with 1 million ounces inferred all at 1.0 gram per tonne. Next resource target is 1-2 million ounces at 3 grams per tonne.



GOLD BULLION
DEVELOPMENT CORP

Head Office: Suite 1005,
1155 Rene Levesque West,
Montreal, Quebec H3B 2J2
Tel: 514.397.4000 Fax: 514.397.4002

www.goldbulliondevelopment.com

Economic Development Corporations *assisted by* BMO *generate* revenues for communities

Jason Cameron, Director, Aboriginal Banking, Ontario Regional Division, BMO Bank of Montreal

In Aboriginal communities across the country, Economic Development Corporations (EDCs) are bringing new opportunities in employment, business development and revenue generation. The result is improved prosperity in communities that stand to benefit the most.

Successful EDCs, wholly-owned by the communities where they operate and often assisted by financial institutions such as BMO, generate revenue for the communities where they operate for many years. According to a recent study by the Canadian Council for Aboriginal Business, 72 per cent of EDCs have been in operation for at least 10 years; providing long-term benefits for community residents.

EDCs support Aboriginal communities in a number of important ways. First, they create jobs, giving young Aboriginals an opportunity to acquire skills in these businesses without having to leave their reserves. This has the corresponding effect of creating wealth immediately in the community and improving the employment and social conditions for residents.

On the financial side, EDCs generate revenue to fund infrastructure and on-reserve programs. Such revenue, for instance, could be used to support loan repayment or used as collateral for large infrastructure term loans for major construction projects, like community centres, roads, water treatment plants, arenas and sewage pipes. The revenue could also be used to complement existing programs funded by the federal government,

such as those dedicated to education, social services, elder services, youth and recreation. In the long run, this will help the Aboriginal community achieve self-sustainability and reduce its reliance on federal funding.

These organizations also ensure separation between political and business decisions. With decision-makers not up for re-election every few years, long-term plans, goals and visions can be created and achieved. As a result, community members with business experience, along with other outside business professionals, can make decisions in the boardroom with the knowledge that the plans will have a strong chance of coming to fruition.

These entities often look for advice and expertise from people and businesses from outside of its community. This ensures that capacity gaps – in areas such as management, sales, trades, IT, construction and more – can be filled. As time goes on, such gaps will be closed as members of the community learn from outside sources and acquire the skills and knowledge themselves.

As well, successful EDCs can lead to the growth of entrepreneurial spirit in the community. Once the members see the potential, they may be inspired to create their own businesses to mimic its success. Entrepreneurs in the community, combined with those engaged in the EDC, will be able to become mentors to other young, aspiring entrepreneurs.

Most importantly, EDCs help establish a sense of community pride by bringing

together diverse members of Aboriginal communities to work towards a common goal. Everyone gets the opportunity to celebrate the successes that result. Nothing is more satisfying than having visitors praise a community's success, and ask just how they did it.

A example of a successful EDC can be found in the Alderville First Nation, north of Cobourg, ON. With the assistance of \$8 million in equity financing from BMO, the Alderville First Nation was able to develop and open a five-megawatt solar farm.

Through this arrangement, the First Nation has placed itself at the forefront of the rise of green energy alternatives in Ontario. Not only has it gained the ability to power its own community, it has also benefited from a new stream of income. These new funds are already being reinvested to the betterment of the Alderville First Nation, including initiatives aimed at providing more educational opportunities to the growing youth population.

Ventures such as this represent precisely what Aboriginal EDCs were created to achieve. But there is more work to do. With the continued assistance of the private sector and government we can all grow the number of EDCs across the country and bring new opportunities to First Nations. This is vital work; we must all support Aboriginal EDCs as one important piece of the puzzle to ensure prosperity comes to First Nations communities.

**Financial solutions for the growth and success
of Canada's Aboriginal communities.**

bmo.com/aboriginalbanking

BMO  **Bank of Montreal**
Making money make sense®

© Registered trademarks of Bank of Montreal.

We can make **Canada's reality** *match* its **image**

by **David Suzuki**

Canada is blessed with some of the last vestiges of pristine nature on Earth – unbroken forests, coastlines and prairies, thousands of rivers, streams and lakes, open skies, abundant fresh air. Many of us live in urban areas, but our spectacular landscapes are embedded in our history and culture. They define and shape us as people.

We are also defined by our Constitution, which is far more than a set of legal prescriptions. It embodies our highest aspirations and values. As our nation's top law, one would expect it to reflect our connection to the land, air, water and wildlife that keep us alive and healthy. Our Constitution's Charter of Rights and Freedoms gives us freedom of expression, equal protection from discrimination and the right to life, liberty and security of the person. But it doesn't mention the environment. How can we fully enjoy our freedoms without the right to live in a healthy environment?

Some Canadians are further ahead than others. Quebec's Environmental Quality Act and Charter of Human Rights and Freedoms both include environmental rights. Other provinces and territories – including Ontario, the Yukon, Northwest Territories and Nunavut – provide limited environmental rights.



David Suzuki

Worldwide, 110 countries enjoy constitutional rights to a healthy environment, and 181 of 193 UN member countries support recognition of such a right. Canada and the U.S. are among the exceptions.

The sad truth is that Canada fares poorly among wealthy nations on environmental performance. A recent ranking by the Washington-based Center for Global Development puts Canada last of 27 industrialized nations. The Conference Board of Canada rated our country 15th out of 17 industrialized nations for standards on air pollution, climate change, water and other environmental factors. And the World Health Organization reports that 36,800 premature deaths a year and 13 per cent of illnesses and injuries in Canada are related to exposure to environmental hazards – costing us tens of billions a year in health-care expenses and lost productivity.

The benefits of constitutional protection of the environment are many and the drawbacks few. In places with such a right, people have legal avenues to protect them from activities that pollute the environment and put human health at risk.

For example, Argentina's constitutional environmental-rights protection was used in a case where industrial pollution was seriously affecting the health of people along the Matanza-Riachuelo River. After residents sued the national, provincial and municipal governments and 44 corporations, Argentina's government established clean-up, restoration and regional environmental health plans. It has increased the number of environmental inspectors in the region from three to 250, and created 139 water, air and soil quality monitoring points. There's still much to be done, but three new water-treatment plants and 11 new sewage-treatment plants mean millions of people now have access to clean water and

sanitation. Many garbage dumps and polluting industries were shut down. And the local economy benefited.

A legal right to a healthy environment is not about hamstringing corporations; it's about ensuring they're run responsibly and that people's health and well-being come first. It's also about ensuring laws are enforced and penalties imposed when they're violated. The total amount of fines imposed under the Canadian Environmental Protection Act from 1988 through 2010 (about \$2.4 million) amounted to less than what the Toronto Public Library collected in overdue-book fines in one year, 2009 (about \$2.7 million)! And it's not a right-versus-left political issue. Jacques Chirac, France's conservative president from 1995 to 2007, made constitutional recognition of the right to a healthy environment one of his priorities. More than 70,000 French citizens attended public hearings on the issue and France's Charter for the Environment was later enacted with broad support from all political parties.

Evidence suggests that stronger environmental regulation spurs innovation and competitiveness, so the right to a healthy environment can benefit the economy. In the aftermath of the Walkerton disaster, Ontario strengthened its drinking-water legislation, which stimulated development and growth of the water-treatment technology sector. Countries with constitutional environmental protection, such as Norway, often enjoy high economic and environmental standards.

It won't be easy to get the right to a healthy environment enshrined in Canada's Constitution. But with public support and small steps along the way – such as encouraging legal protection from municipal, regional and provincial governments – we can make it happen.

Learn more at www.davidsuzuki.org.



It's Time to Clear the *Smoke* on Cannabis

As the world watches the effects of the legalization of cannabis (aka marijuana) south of the border in Colorado and Washington states, many people across Canada are debating the future of our nation's most used illicit drug. Should it remain criminalized? Should options like the ticketing proposal brought forth by the Canadian Association of Chiefs of Police be

As we approach April 20 – or otherwise known as “4/20” – the Canadian Centre on Substance Abuse (CCSA) thought it important to bring forward some evidenced-based information to help “clear the smoke” on cannabis, particularly when it comes to how Canadian youth view and use this substance.

According to UNICEF's 2013 Report Card, Canadian students aged 15 years had the

remains the most commonly used illegal drug among Canadians between 15 and 25 years of age – about 2.5 times higher than that of adults aged over 25. And to be clear, we are concerned about that.

On reserve, over one-third of First Nations youth report past-year cannabis use, and one in four First Nations who are between the ages of 15 and 17 years report smoking cannabis “daily” or “almost daily.” This is almost twice the daily usage prevalence of on-reserve First Nations adults.

These statistics are concerning because research shows that youth represent a high-risk group for experiencing cannabis-related harms. Their brains are undergoing rapid and extensive development that can be negatively impacted by cannabis use. Chronic use of cannabis may increase the risk of developing psychosis, depression and anxiety, not to mention respiratory difficulties and possibly lung cancer. Beyond longer-term consequences, cannabis can impair cognitive and motor functions like memory, perception, coordination and balance for hours after use. This presents a safety hazard for drivers getting behind the wheel, as well as for other motorists and pedestrians.

Despite this, a study released last fall by CCSA revealed that our country's young people are confused about cannabis and do not have the knowledge they need about the risks associated with this drug to make more informed decisions. Some expressed mistaken beliefs about the effects of



examined by law-makers? What would outright legalization look like? And where does marijuana for medical purposes fit into the picture – if at all?

highest rate of past-year cannabis use (28%) in 2009-10 when compared to students in other developed countries. And while past-year use has declined in recent years, it



information at a younger age related specifically to marijuana would help them make more informed decisions.

To this end, CCSA has produced Canadian Standards for Youth Substance Abuse Prevention that help guide schools, communities and families in developing, implementing and evaluating effective prevention initiatives. CCSA and the National Native Addiction Partnership Foundation (NNAPF) have worked together to develop a reference guide to assist prevention workers, and other resource people, working with First Nation youth in applying the Canadian Standards in

culturally relevant ways, which will be published this year.

And CCSA will continue research over the coming years to clarify the impact of marijuana on the developing adolescent brain, and to study drug-impaired driving among youth. The findings of these important research topics will help inform outreach efforts in order to provide factual evidence to our young people on how cannabis impacts their health, their academic abilities, their safety and their future.

Criminalization, decriminalization, legalization and every option in between will certainly occupy the public discourse for the near future. CCSA encourages all Canadians to consider keeping at the forefront considerations of the health risks of cannabis use, as well as the short-, medium- and long-term consequences for Canada's youth.

Michel Perron, CEO
Canadian Centre
on Substance Abuse

cannabis, indicating that it helps to improve their focus at school, and can prevent or even cure cancer. Youth also expressed mixed beliefs as to whether cannabis improves or impairs driving performance, and felt that cannabis and driving was not as dangerous as drunk driving. Moreover, youth often talked about how cannabis is natural and prescribed, and so they don't really think of it as a drug.

The findings from this research highlight the complexity of the issues surrounding youth consumption of marijuana. Young Canadians are confused with mixed messaging they are receiving, pointing to the need for a coordinated, comprehensive, factual and consistent approach to providing information. When asked themselves about how to best prevent cannabis use, youth in the study told researchers that "scare tactics" were ineffective but that "fact-based"





Aboriginal Peoples Television Network

APTN Director of Human Resources Second Person in the World to Receive International Certification for Mentoring

Aboriginal Peoples Television Network (APTN) wishes to recognize and congratulate APTN Director of Human Resources, John Stott on attaining his Certified Mentor Practitioner (CMP) - International Certification for Mentoring designation. Stott is only the second person in the world to achieve this designation.

Mr. Stott has been with APTN for three years and is well known within the human resources community as a leader with strong business acumen. He is an experienced mentor who focuses on building high performance and values based teams. He is a Certified Human Resource Professional (CHRP) and an active member of the Human Resource Management Association of Manitoba (HRMAM). John is a mentor with the HRMAM Human Resources Mentoring program and actively mentors HR professionals both within and outside of APTN.

"On behalf of APTN Board of Directors, management and staff at APTN, I would like to extend our sincere congratulations to John on successfully acquiring this prestigious designation," said Jean La Rose, APTN Chief Executive Officer. "We have long known the talent and expertise that John brings to the HR industry and more particularly to APTN. We are fortunate to have someone with his skills and knowledge leading our HR department and who is so passionate in ensuring the future leaders are prepared."



John was presented with his certification and pin by Doug Lawrence, President of TalentC – Peoples Services Inc. on December 5, 2013 at APTN headquarters in Winnipeg, Manitoba.

About APTN:

September 1, 2013, marked the 14-year anniversary of the launch of the first national Aboriginal television network in the world with programming by, for and about Aboriginal Peoples to share with all Canadians and viewers around the world. APTN is available in approximately 10 million Canadian households and commercial

establishments with cable, direct-to-home satellite, telco-delivered and fixed wireless television service providers. The network launched its high definition channel, APTN HD, in the spring of 2008. APTN does not receive government funding for operations but generates revenue through subscriber fees, advertising sales and strategic partnerships. APTN broadcasts programming with 56% offered in English, 16% in French and 28% in Aboriginal languages. For program schedule or for more information, please contact APTN at (204) 947-9331 or toll-free at 1-888-278-8862, or visit the website at www.aptn.ca



Alderon's Kami Project The Next Great Economic Opportunity for Labrador West

Alderon Iron Ore Corp. (Alderon) is poised to begin construction of the Kamistiatusset (Kami) Mine located in western Labrador, on schedule in 2014. The construction of a new transmission line announced last month by the Provincial Government was one of the last remaining critical milestones to see the mine hit its goal of commercial production in 2016.

"We have worked tirelessly for more than two years to see this exciting new project come to fruition," said Tayfun Eldem, President and CEO of Alderon. "The Kami iron ore mine will infuse billions of dollars into the provincial economy and create direct employment for 800 workers during construction and 500 during the operations phase. The benefits will be enormous for all of our stakeholders including Aboriginal communities, surrounding towns and the province as a whole."

With a total investment of almost \$12 billion over the 30-year life of the mine, this project will generate \$3.9 billion in tax revenues and add more than \$25.4 billion to the province's GDP.

The Kami Mine will be located entirely within Labrador and will include an open-pit

mine, waste rock disposal areas, processing infrastructure, a tailings management facility and a rail spur line. Initial production will see 8 million metric tonnes of iron ore concentrate per year, with expansion potential of up to 16 million metric tonnes per year. Concentrate will be transported on existing rail lines to the Port of Sept-Îles in Québec where Alderon will build and own material handling facilities located on the Federal Government Port Authority Lands.

Alderon's executive team have made it a priority to ensure there is optimized access to opportunities for Aboriginal communities, as well as surrounding communities. Alderon recently concluded an Impact Benefits Agreement with the Innu Nation of Labrador, and previously concluded a Community Partnership Agreement with the NunatuKavut Community Council. Discussions are ongoing with the remaining groups who have been consulted over the course of the Environmental Assessment.

"After years of consultation and cooperation, we have developed very positive and productive relationships with Aboriginal communities," said Mr. Eldem. "Formal agreements will result in jobs, economic spin

offs and other business opportunities for the region."

A project of this magnitude requires substantial planning and financial investment. Critical project milestones completed to-date also include acquiring a strategic investment by Liberty Metals & Mining Holdings, LLC., and a partnership and long term offtake agreement with Hebei Iron & Steel Group, China largest steelmaker.

The Kami project also completed a comprehensive Environmental Assessment review, and through that process completed extensive work to ensure both Federal and Provincial regulations were met and the project is constructed with utmost commitment to sustainable development principles.

"With final sign off from both the Federal and Provincial Governments, we can conclude the usual construction stage permits and get to work building the next iron ore mine in the province," said Mr. Eldem.

Newfoundland and Labrador's place on the world stage as a major iron ore producer remains firmly intact with the Kami project on the horizon.



Developing the Kami Property located in Western Labrador

- Building strong connections with the community
 - Engaging with the public, Aboriginal Groups, municipalities and regulatory agencies
 - Providing project information on a regular basis
- Focused on developing the Project within a sustainable framework
- Committed to employment equity and providing local benefits



TSX: ADV NYSE MKT: AXX

www.alderonironore.com / info@alderonironore.com



QMEA **XPLOR**

QUÉBEC MINING
EXPLORATION CONVENTION

MONTREAL, 2014

EXPLORE. DISCOVER. LEARN.

OCTOBER 21-23, 2014

PLACE BONAVENTURE, MONTREAL, PQ

AEMQ

 @AEMQ_

 /AEMQ1975

aemq.org/xplor



Feeding the world is a *big* responsibility

According to the United Nations, the world's population will be 9.3 billion people by 2050. Of that expected total, approximately 70% will live in cities leading GDP to grow 2.5X. Increasing urbanization and per capita income growth will create a shift in dietary habits to better balanced diets, including more protein, and increased caloric consumption. The Food and Agriculture Organization of the United Nations (FAO) projects that to meet future consumption demand, agricultural production will have to increase by 60% from its current levels.

As consumption levels rise and the availability of arable land continues to decline, the world will need higher yields to achieve global food security.

Phosphate, one of the three key nutrients in fertilizer alongside potassium and nitrogen, helps maximize land efficiency and increase crop yields by working to improve root development and develop drought resistant crops.

Today, 175 million tonnes of phosphate is used per year by fertilizer producers in various forms. Demand for phosphate is expected to grow at 2% annually.

Arianne's Lac à Paul is a World-Class Phosphate Deposit

Currently, North America imports 4.3 million tonnes per year of phosphate rock and demand is expected to continue growing.

Arianne's Lac à Paul Phosphate Project is

one of the world's largest greenfield phosphate deposits and will help provide North American supply security. Located in the Saguenay-Lac-Saint-Jean region of northern Quebec, Lac à Paul has a reserve of 472 million tonnes at a grade of 6.9% P2O5 (Phosphate oxide) and a resource estimate of 590 million tonnes at a grade of 7.1% P2O5 and is expected to produce 3 million tonnes of high-grade concentrate per year over the 26 years of the mine life.

Arianne's strategic location, in a mining and investment friendly jurisdiction with well-developed infrastructure, provides a stable and supportive environment to advance Lac à Paul's development and provide supply security to key markets.

High-Purity Phosphate Drives Strong Economics

In addition to its large size, Lac à Paul's other key advantage is the high-purity of its phosrock deposit. Both of these unique attributes drive the Project's strong economics.

The purity level of Lac à Paul is measured by the minimal amount of contaminants found in the deposit. As a result, the Project can produce a high-grade concentrate at 38.6% P2O5 which will use less sulphuric acid and have lowered transportation costs to its North American customer base, all of which will help Arianne's concentrate command a premium market price.

This high-grade concentrate is not only

suitable for merchant-grade fertilizer, used in the agriculture sector, but also attracts buyers in the high-purity industrial market. The industrial market uses high-purity phosphate concentrate for an assortment of products, including detergents and cleaners, food and beverages, metal finishing, water treatment and toothpaste.

The industrial market makes up 15% of total global phosphate use and has a current demand of 25 million tonnes per year. While supply of high-purity phosphate is limited, demand for industrial phosphate continues to grow at 3% per year commanding premium pricing.

Arianne's October 2013 Feasibility Study examined a number of these variables and concluded that the project has compelling economics:

- Net Present Value ("NPV") of US \$1.9B;
- Internal Rate of Return ("IRR") of 20.7%;
- Capital payback of 4.4 years before taxes and mining duties;
- Gross revenue of US \$16.1 billion;
- Operating cash flow of US \$7.8 billion; and,
- 25.75 year mine life.

Currently, Arianne is evaluating alternatives to further strengthen its project economics. In early 2014, the Company commenced optimization studies to finalize their process flow sheet with the aim of lowering project operating expenses. The company also

announced a drilling program to test the western extension of the Paul Zone and to test the depth potential of the TraMan Zone. This drill program was undertaken with the aim of increasing the mineral resource at Lac à Paul and extending the production life of the Project.

Socially Responsible

Arianne works closely with the local communities, stakeholder groups and government bodies in the Saguenay-Lac-Saint-Jean region to ensure the Lac à Paul Project adheres to the social and environmental best practices. Through ongoing timely and open interactions, Arianne has established respect and received support from assorted stakeholders in the Saguenay region for the Lac à Paul Project.

Lac à Paul is expected to generate \$12.6 billion of economic spin-offs in Quebec, marking the largest economic impact of any mining project in more than a decade. In its 2014-2015 Provincial Budget, the Quebec government stated it would continue to negotiate equity stakes in the most promising mining projects' and would partner with Arianne to help accelerate the development of Lac à Paul.

The Project is expected to create approximately 2,250 jobs per year during the construction phase and approximately 1,000 jobs per year created during the 26-year life of the mine.

Looking Ahead

Arianne's sole focus is to bring the Lac à Paul Project into production in 2017. By

leveraging on the experiences and mine operations, fertilizer and capital markets expertise of its leadership team, Arianne is focused on:

- Completing its public hearings and receiving environmental permit;
- Securing agreements with First Nations;
- Finalizing project funding;
- Completing drilling campaign to further define the resource base at Lac à Paul; and,
- Completing metallurgical optimization tests to finalize the process flow sheet and allow detail engineering to commence.



ARIANNE PHOSPHATE

GROWING TOMORROW'S FOOD

DEVELOPING THE WORLD-CLASS
LAC À PAUL PHOSPHATE PROJECT
IN QUEBEC'S SAGUENAY REGION

TSX-V: DAN

arianne-inc.com



Your Life Counts

if only...

Suicide is rarely a favorite topic of discussion at the dinner table. Yet it needs to be. As a suicidologist and professional counselor I hear these words so often from grieving families “if only he/ she had reached out for help – even if it was to someone else...”

Understanding the two words ‘if only...’ are keys to understanding the importance of talking about suicide at the dinner table and asking everyone present to promise that if ever he/ she were suicidal that he/ she would reach out for help – and stay alive.

Our hearts go out to the 4,000+ Canadian families who lose a loved one to suicide each year. Sadly it is too late to save their loved ones but let us all work to turn their ‘if only’s...’ into lives rescued, by ensuring that we talk about preventing suicide in our families, in our communities and at our dinner tables.

Many of us would say, ‘but that could never happen in my family...’ If we asked families who lose a loved one to suicide, chances are that 99% of them would also have said the same.

It is often difficult for someone in crisis to reach out to loved ones. This may seem counter intuitive but it’s a reality. The important thing is for the individual to reach out for help. Making a connection with another human being, knowing that someone is listening, can make all the difference. The YLC Online Lifeline is a crucial front line resource that enables people to contact us

one on one and share their problems with us. No matter where they are across the country, as long as they have an internet connection we will respond back, supporting and encouraging them through their particular crisis.

The Your Life Counts approach is proven and it works. Since 2000 we have been pioneers in this field and have rescued over 700 people from suicide. The work has been long, traumatic and arduous, but has yielded essential experience in developing effective and relevant resources.

It is time for change. One family at a time, one neighbourhood at a time across Canada,

we can work towards eradicating the heartache of suicide. Your Life Counts has been at the forefront of changing our understanding around suicide and continues to lead the conversation. Often, it must be said, on fumes; as this work is not yet financially supported by the Government. For regular readers of this publication you will have read in the previous issue of the catalytic work of Your Life Counts with federal Bill c300 (Dec 2012) which calls for the establishment of a national framework for suicide prevention. At the time of writing notwithstanding the existence this legislation, there has been no decisive and demonstrable lead for responsible funding and priority for the very serious matter of suicide in Canada.

Suicide is the second leading cause of death among Canadian youth. It is probably the most preventable of all causes of death. Suicide strikes unexpectedly and without regard for social or economic status and is no respecter of nationalities or peoples.

Your Life Counts regularly receives requests for help from Aboriginal communities across the nation. As an agency we respond as best we can, but without designated funding we are in difficulty providing services on the ground. We have been invited to speak on several reserves and feel honoured to do so. It is very clear to us that there is considerable scope for collaboration, and as opportunity opens, we shall continue to assist these precious communities as best we can.



Rory Butler

A word cloud shaped like a map of Africa, featuring words related to mental health and suicide. The words are in various sizes and orientations, creating a textured effect. The map is set against a dark background.

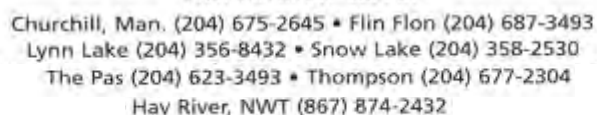
Words visible in the word cloud include:

- SUICIDE
- PREVENTION
- RUIN
- dangerous
- Violence
- STRUCTION
- anger
- Stress
- Suffering
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame
- Guilt
- Regret
- Despair
- Anger
- Jealousy
- Envy
- Hatred
- Resentment
- Revenge
- Obsession
- Paranoia
- Hallucinations
- Delusions
- Mania
- Depression
- Anxiety
- Stress
- Loneliness
- Isolation
- Depression
- Hopelessness
- Helplessness
- Worry
- Shame</

With the recent suicides in the Canadian military and among veterans, YLC has been developing a Military Directorate which serves as a conduit for awareness of the expanded counseling and other resources being built by the Government for military personnel, veterans and their families. As YLC has been developing this important resource, we have been reminded of the significant contribution of the Aboriginal peoples in the

Rory Butler is Founder of Your Life Counts
rbutler@yourlifecounts.org

http://www.hc-sc.gc.ca/fniah-spnia/substan/ads/nnadap-pnlaada_dir-rep-eng.php



OJIBWAY AND CREE CULTURAL CENTRE



*Welcomes you to the second largest
native-oriented Resource Centre in Canada*

**Our Cultural Centre's mandate is to service the First Nations communities
in the Treaty #9 area or as is the case now, the Nishnawbe Aski Nation.**

The Resource Centre is a Native-oriented library with a unique collection of material focusing on the Aboriginal people of Nishnawbe Aski Nation and areas of closed proximity. The General Collection is the largest portion of our collection. It consists of materials on history, culture, education, arts and crafts, language, etc. The Reference Section, Newspaper Clippings and Information files provide information on a wide range of topics. Finally, the Periodical Section contains a variety of native newspapers and magazines. These are available to read in the Resource Centre.

- The focus of our programs and services is to retain, maintain and preserve the culture, tradition and languages of the Aboriginal people of Nishnawbe Aski Nation.
- The Ojibway and Cree Cultural Centre provides programs and services to fifty (50) First Nation communities within the Nishnawbe Aski Nation.
- We respond to the cultural and educational needs and aspirations of the First Nations communities within our catchment area.

For more information:

Ojibway and Cree Cultural Centre

150 Brousseau Avenue,
Unit B (Back Entrance)
Timmins, Ontario
P4N 5Y4

Tel: (705) 267-7911

Fax: (705) 267-4988

e-mail: info@occc.ca

Office Hours:

Monday – Friday

8:30 a.m. – 4:30 p.m.



www.occc.ca

Innovation in Progress *for the* Global Mining Industry



C E M I
Centre for Excellence
in Mining Innovation

The Centre for Excellence in Mining Innovation (CEMI) directs and coordinates step-change innovation in the areas of exploration, deep mining, integrated mine engineering, environment and sustainability for the metal mining industry. With a seasoned team of program directors, CEMI identifies, assesses and manages industry-focused applied research & development projects that extend from geology and engineering to the natural sciences. We offer a single point of entry for knowledge resources and human capital that enhances the scope, extent and impact of innovation for the global metal mining industry.

CEMI regards innovation as a three-phase process: research, development and implementation (R&D+I). With implementation, innovative ideas are operationally integrated into best practices that are socially responsible and attuned to community needs and expectations. CEMI creates greater capacity for excellence in innovation and adds greater value to the economic development of the metal mining industry by collaborating with Canadian and global mining companies, universities, government researchers, technical consultants, and innovative SMEs across Canada, and around the world. In addition, CEMI facilitates industry-focused research and innovation that advances concepts, processes and methodologies for improved productivity and cost efficiency.

CEMI's aim is to impact key aspects of mining through innovation that will significantly improve or accelerate the cost-

effective, safe production of metals. Our plan continues to play an important role in changing mining practices locally and globally and help the industry prosper despite the vicissitudes of global economic conditions.

Some of CEMI's key research projects include: hydraulic fracturing techniques for use in the mining industry to manage rock mass stress distribution; SUMIT - Smart Underground Monitoring and Integrated Technologies for Deep Mines to help reduce and mitigate geotechnical risk; and Integrated Personal Protective Equipment (IPPE) which addresses the critical operational health and safety risks required to facilitate Ultra Deep Mining.

In 2014, CEMI introduced the Ultra Deep Mining Network (UDMN). Managed through CEMI, the UDMN leverages collaborative networked solution teams to solve critical private sector research and development challenges that impact resource extraction in ultra deep mining environments, as well as in deep, tight shale-hosted hydrocarbon reservoirs. Addressing these development and operational challenges in some of the deepest mines in the world will result in increased productivity, decreased risk to workers, lower energy utilization, as well as lower capital and operating costs, achieved through performance and efficiency improvements.

Over the coming months, CEMI will introduce a new program for accelerating mining developments in the far north. One component of this suite of eco-innovative

solutions is to provide transitional transportation networks with the capacity to deliver large tonnages of material to remote locations – mines and communities- that is essential for building and maintaining infrastructure. The use of the hover-barge (flat-bed truck of the hover technology) is a proven low-capital option for delivering very large tonnages year round over the difficult terrain surrounding the Ring of Fire and neighbouring communities. Until roads are constructed, this transport method is designed to demonstrate interim transportation and power delivery systems that will fast-track mine construction and allow the up-grading of local community infrastructure.

As the breadth and depth of CEMI's project and discipline portfolio expands, and the strength and extent of relationships increase, so will our ability to capitalize on the tremendous physical and human resources of the metal mining industry of the Canadian Shield - Northern Ontario, Quebec and Manitoba. Given the expertise that exists in the North, and mining operations offering unparalleled opportunities to engage scientists and engineers from around the world, we believe that no Centre of Excellence in Canada is better positioned than CEMI to become the leading source of innovation to such a globally vital industry.

To learn more about CEMI and its programs visit us at www.miningexcellence.ca





CEMI

Centre for Excellence
in Mining Innovation

**FOSTERING
INNOVATION,
IMPLEMENTING
EXCELLENCE**

www.miningexcellence.ca



EXPLORATION



DEEP MINING



**INTEGRATED MINE
ENGINEERING**



**UNDERGROUND MINE
CONSTRUCTION**



**ENVIRONMENT &
SUSTAINABILITY**






**PARC
SAFARI**

HEMMINGFORD


parcsafari.com

**Forever
in your heart**



THE CREES OF
Waskaganish First Nation
ᐱᐱᐱᐱᐱᐱᐱᐱ ᐱᐱᐱᐱ ᐱᐱᐱᐱ ᐱᐱᐱᐱᐱᐱᐱᐱ

www.waskaganish.ca



70, Waskaganish Road
Waskaganish, Quebec
J0M 1R0

Tel: (819) 895-8650
Fax: (819) 895-8901

Aura Silver

Exploring Nunavut for Next Major Mineral Find

Aura Silver Resources Inc. operates with a corporate philosophy of seeking out highly prospective mineral properties in mining friendly jurisdictions. At the same time, our approach has been to consult and work with communities adjacent to and within our project areas to ensure that we can provide the maximum economic benefit to the area while maintaining the environmental integrity of its surroundings.

Aura holds a 100% interest in the Greyhound project located north of Baker Lake and just south of Agnico Eagle's Meadowbank mine. Aura enjoys many advantages in working at our Greyhound property which include excellent infrastructure and community support. There is an all-weather road from Baker Lake to the Meadowbank mine which crosses through the Greyhound property within one kilometre of Aura's targeted drill sites. Another significant advantage is the close proximity of the community of Baker Lake which allows for access to its people who provide services and labor as well as to its infrastructure for accommodations and supplies. "Any time we work on our Greyhound project it seems the whole community steps up to make our job so much easier" said our field manager of Canadian Operations. "Exploration companies work to specific deadlines and there are always times when operations do not go as smoothly as planned. At Baker Lake when this happens we have always been impressed by how quickly members of the community and other businesses respond to

help us, from our friends at Nunamiut Lodge to many others who have acted for us beyond the call of duty."

Given capital markets constraints Aura has been seeking partners who will help us to realize the potential of our mineral rich properties in the far north. We have confidence that during the Spring of 2014 Aura will have a partnership that would enable a resumption of exploration drilling at Greyhound.

The potential of the property to host a gold and/or silver deposit is enormous. For example, previous surface samples taken in close proximity to an unnamed lake we refer to as Aura Lake have included assays ranging up to 5,380 g/t silver and averaging 1,472 g/t in a seven sample set. Southeast of Aura Lake, three out of four samples taken contain high-grade gold ranging from 10.9 g/t to 28.9 g/t as well as 20 g/t to 69 g/t silver. As surface samples go this is most unusual and extremely encouraging. The gold and copper targets at the Dingo prospect area north-west of Aura Lake are surface showings and may be the source of surface samples assaying up to 18.5% zinc and 9.2% copper found to the west and just 800 metres north of Aura Lake.

Of recent significance is a comprehensive report which has identified drill targets by reinterpretation of geophysical data supported by anomalies established geochemically by a very sophisticated analytical procedure called Spatiotemporal Geochemical Hydrocarbon ("SGH") technology. These analyses have been given

the highest priority rating that the SGH data can provide and vector into well-defined targets where the precious metals are thought to be located below. The author of this report concluded that, "Correlations between the geochemistry and various geophysical data suggest support for the possible identification of gold and silver deposits at Aura Lake and a gold and copper deposit at Dingo".

This new interpretation has identified favorable gold targets consisting of multiple structures/contacts using high tech three-dimensional inversion imagery of airborne VTEM, EM and magnetic responses and ground Induced Polarization and Resistivity data. With these data Aura has been given further comfort that it is zeroing in on the source of high-grade surface gold, silver and copper/zinc mineralization.

"Aura takes pride in the outstanding contribution of its team of scientists, who all have northern experience, to the success of our properties and their potential future success," says CEO Robert Boaz. "The Company believes this team is a key asset and its expertise bodes well for future appreciation of Aura's share value."

Despite the challenging markets that junior resource companies are facing, Aura believes that it can re-invigorate excitement in our Greyhound project. It has been a while since Aura last undertook a major work program with the help of our Baker Lake friends. It will be a pleasure to return to Baker Lake, hopefully this Spring.



Aura Silver Resources Inc.

1128 Clapp Lane, PO Box 279
Manotick, Ontario, K4M 1A3, Canada
Phone: 613-692-7704
Toll-free: 1-877-692-7704
Fax: 613-692-3234
www.aurasilver.com

Aecon

building things that matter

Connecting Communities to opportunities for success in higher education

The recently opened Aecon Remote Training Centre (ARTC) in the Matawa First Nation community of Neskantaga, Ontario sits on a raised piece of land overlooking an inspiring view of Attawapiskat Lake. No more than a five minute walk from most points in the 400 resident community, the ARTC is a multi-purpose facility built to bring the community together and help students further their education without needing to venture away from their loved ones. It houses a sizable classroom area, a fully-functional kitchen, washroom, office space and enough hardware to bring curriculum from around Canada straight to the minds of potential students.

Outfitted with state-of-the-art technology, including a 70-inch Smart Board, a 70-inch LED HDTV, high-speed satellite broadband connectivity as well as individual laptops, students will be connected to a world where higher learning is at their fingertips. The ARTC directly connects to e-learning tools and programs from various end points to offer a wide variety of curriculum including access to secondary and post-secondary institutions, safety training courses, trades and technical certifications.

The building is designed to be flown in on a small cargo plane. From start to finish, the

ARTC was fully-operational in less than four weeks. On November 15th, five years after its initial conception, the first Aecon Remote Training Centre was ready to open its door and serve the surrounding community.

Many of Canada's Aboriginal communities are located in remote areas, some with no cell reception or Internet connections. Posing an interesting challenge, Aecon led an innovative and practical response to address the unique social and cultural needs of a population by way of teamwork and understanding.

"Our partners and Aecon have brought together the equipment and endpoints needed to build a successful tool that will be utilized for years to come. Pioneering the way, for what will be a national program, has given us invaluable experience and insight in preparation for similar projects in the future," says Bill Clarke, Aecon's Vice President of Aboriginal Affairs.

The centre is now owned and operated solely by the First Nation. All of the programs will be designed and structured for maximum success within the Aboriginal population. KKETS has been developing strategies for the potential employment opportunities arising from the surrounding mining industry and, in particular, at Northern Ontario's Ring of Fire

and Arch of Fire. Confederation College in Thunder Bay and the Operating Engineers Training Institute of Ontario (OETIO) also joined the partnership to supply the educational offerings and curriculum needed to make this project a success.



Aecon's Aboriginal Engagement Program promotes a 360° Sustainability Strategy designed to provide comprehensive training and education, which in turn creates meaningful employment opportunities within or close to their community. The strategy, and specifically the Remote Training Centre, will help build self-confidence through achievement and skill development to give youth the ability to successfully make the transition to an institute of higher learning with a much greater success rate. Overall, an ARTC is a tool providing an opportunity for a better future, community development and long-term sustainability in remote communities."

BUILDING CANADA & SUPPORTING COMMUNITIES SINCE 1877

Aecon



Lac Seul First Nation



LSFN adheres to the following principles and objectives in our approach to consultation and accommodation:

- To maintain the distinct spiritual relationship with our reserve lands and traditional territories that is inexorably linked to our survival as Anishinaabeg, and through which we can preserve our knowledge systems, laws, language, and culture.
- To preserve our tradition of sustainable development of lands, waters, wildlife, plant life and resources for past, present, and future generations.
- To respect our laws which ensure environmental conservation and both short- and long-term preservation of the land to which we are linked.
- To respect that our traditional territories and societies are communal in nature and that we rely on individual and collective knowledge to maintain the ecosystem on which our collective survival depends.
- To respect the sharing of lands and resources committed to through treaty. It has been the experience of Lac Seul First Nation that successful consultation and accommodation exercises incorporate several overarching principles. These principles, and examples of their application in this process, include the following:

Mutual Respect

- Differing values
- Timelines
- Each parties' constraints and investments

Clarity

- Of information (i.e. plain language) and consideration of the intended audience when developing materials and selecting consultation techniques.

Purpose

- How, when, and what decisions can and cannot be influenced

- Mandate, roles, and stake in development
- How information will be used and owned

Transparency

- Sufficient information for meaningful and constructive participation and consideration of values
- How participation informs the outcome of final decisions

Flexibility

- For cultural and linguistic translation requirements
- For changing needs

Trust

- Following through on commitments made
- Building future relationships

Certainty

- Defined beginning and end of process
- Use of a single coordinated process

The process for consultation and accommodation for Lac Seul First Nation must be separate and distinct from that for other stakeholders, because our First Nation has separate and distinct rights, interests, and concerns with regard to any impacts on our traditional territory.

Lac Seul First Nation wants to participate in, and promote, development within its traditional territory. As such, clearly-defined objectives are crucial to a successful consultation process. In this particular instance, the following consultation objectives apply:

- 1) To gather input from interested parties regarding the level and nature of their interest in order to better plan First Nation participation activities related to the upcoming Environmental Screening.
- 2) To obtain local and traditional knowledge to enhance your understanding of the environmental, cultural and socio-economic setting (i.e., baseline data) of the proposed project for use in the scoping of the project for Environmental Screening.

We anticipate that subsequent steps in the consultation would include the following:

- 1) Conduct Analysis and Prepare Screening Report
 - a) To understand the views, and reasons behind the views, of the interested parties regarding the potential environmental effects.
 - b) To solicit input or views regarding potential alternatives and mitigation measures to reduce environmental effects.
 - c) To work with interested parties to resolve a topic-specific issue.
- 2) Review Environmental Screening Report
 - a) To obtain comments on the Environmental Screening Report to verify whether information in the report is accurate, representative, and adequate.
 - b) To provide feedback to interested parties about how their input, views, issues and concerns have been considered in the Environmental Screening process.
- 3) Make Environmental Assessment Decision
 - a) To inform the interested parties of the Environmental Assessment decision, how their input was used, and next steps.

To achieve the initial objectives of this particular consultation, as set out above, Lac Seul First Nation requires that the consultation workplan be adopted and agreed to by industry.

The consultation process for projects will thus proceed as follows:

1. An initial 'consultation engagement' meeting be held with your company, the proponent, and the appropriate Crown ministry representatives;
2. A second meeting, to conduct the baseline data surveys of our Band membership;
3. A third party review of the engineering and financial aspects of the project, to be conducted concurrently with your sub-consultant's archaeological assessment. Once your sub-consultant's assessment is completed, LSFN will require a third party review of those results; and
4. Finally, another consultation meeting, by which time LSFN will have been able to determine and articulate a level of support for the proposed project.

Focus Graphite

Environmental Sustainability makes Good Business Sense

On December 19, 2014 Focus Graphite made mining history by entering into a sales agreement with a Chinese industrial conglomerate for 10-years worth of future natural flake graphite production for a minimum of 20,000 tonnes per year.

Focus' sales agreement – or offtake agreement as it is referred to in the mining industry – comes at a time of graphite's growing importance as a mineral critical to China's, the United States' and Europe's future economic security.

Our sale to China was important – not only to the dozens of Canadian emerging graphite mining companies not yet in production, but to our country and to the communities of Fermont, Wabush and Labrador City that stand to benefit from the investments Focus proposes to make over the coming years to build our mine and processing facilities.

China is the world's largest producer of graphite with some 500,000 tonnes per year production of synthetic graphite make from petroleum coke and some 350,000 tpy production of natural flake graphite.

Global production of all graphite is estimated at some 1.1 million tonnes per year.

With a planned production at Lac Knife of 44,300 tpy, the importance of Lac Knife is not solely in volume, but rather, its value.

Natural flake graphite is non-toxic and unlike China, our processing methods avoid the strong acids used by Chinese producers and graphite dust created by crushing and grinding is minimized through filtration systems stipulated by regulation.

Tesla Motors, perhaps one of the most advanced and recognizable electric automobile maker in the world, announced recently its decision to source its battery graphite from a non-polluting North American source – moving away from its



The Rail-to-Seaport Link

(Photo – Courtesy of Focus Graphite)

Chinese graphite suppliers for purely environmental reasons.

Like most Canadian producers, Focus must pass the “trout test” – that is, the ability to return the water we use to a state clean enough for fish to live in and spawn generations after them.

More than a regulatory obligation, environmental sustainability to Focus Graphite remains a moral responsibility and an implied duty to restore the lands we work on to the same pristine condition we found them in when we arrived.

That is both our promise and a cornerstone of our corporate charter.

There are reasons China came to us. Cost and quality were the two key determining factors.

But China is currently undergoing a huge change. Industrial pollution is undermining China's ability to protect its citizens. For that reason, and others, China's regulatory authorities have shut down hundreds of the many small, poorly managed and heavily polluting producers.

By our estimation, it will take years and millions of dollars of new investment in technologies to create both cost and environmental efficiencies to bring those closed mines back into production.

When, or if those mines are restored to operational status, their production – much of it destined traditionally for export markets – may be redirected back into China's domestic consuming economy.

In either scenario, it would result in a pullback of natural flake graphite supplies available on the open market putting upward pressure on prices that in turn, result in broad benefits for Focus Graphite stakeholders.

In a recent analysis, the noted technology metals and minerals expert Dr. Gareth Hatch named Focus Graphite as being in a leading position to supply battery-grade graphite to Tesla's so-called Gigafactory – a planned \$5 billion battery manufacturing facility to make the batteries that power the company's range of electric vehicles.



An ore sample from the Lac Knife Project

(Photo Courtesy of Focus Graphite)

Dr. Hatch noted that in order to reduce costs, maintain security of supply and protect the company's reputation as an environmentally sustainable business, Tesla had no choice but to move to a less-costly, higher performing natural graphite option for its battery materials.

About Focus Graphite Inc.

With its 9.5 million tonne Measured and Indicated Lac Knife Project just south of Fermont, Quebec, Focus Graphite Inc. is a publicly-traded graphite mining company developing two additional graphite projects at Lac Guinecourt and Lac Tetepisca.

Lac Knife, our world-class high-grade graphite project has excellent infrastructure, access to electricity, major roads, airports, two railroads and access to deep water shipping terminals.

Focus also enjoys excellent relationship with the local band and municipal councils.

Focus Graphite's management group is supported by a world-class team of geologists, graphite production and manufacturing specialists and scientists.

When Lac Knife comes into production it will be producing on a price-competitive basis with China, which today produces some 70% of the world's graphite.

Development of the Lac Knife project is advancing towards an announcement of mine and plant financing, submission of our Feasibility Study and Mine Closure Plan and permitting. Discussions with potential offtake partners are continuing.

Oftake agreements are based upon end-user purchasing criteria, namely: security of long-term supply; purity; competitive cost, and; the ability of the producer's facility to supply graphite tailored to customers' specific requirements.

Unlike gold, which has specific market and commercial trading standards, graphite buyers usually have unique, niche requirements.

For example, some buyers require industrial grades with a 95-96% purity range, while some technology and battery grade graphite purchasers may have a 99.5 to 99.99% purity requirement.

Lac Knife's distribution of large, medium and small flake graphite is perfectly positioned to meet current and future demand.

More importantly, however, Lac Knife's high-grade, at 15%, gives Focus Graphite a significant cost advantage over its competitors whose resources hold an 8% or 5% or 3% carbon grade.

To be competitive, Focus' vertically-integrated business strategy includes the in-house ability to purify its high-purity 98% carbon graphite to high value 99.9% purity materials for the battery manufacturing industry.

As an innovator, and blessed with one of the most extraordinary graphite resources in the world, Focus Graphite's management set its sights on the emerging green energy and clean technology sectors – the source of sustainable profitability for the foreseeable future.

Don Baxter, President and Chief Operating Officer of Focus Graphite Inc.

Focus Graphite's Lac Knife, Quebec high-purity flake project is moving towards production from one of the highest technology grade graphite resources in the world.

As a good corporate citizen, we understand that:

The land we exploit is not our own. We have both a moral obligation to protect our environment and a social responsibility to provide jobs, source locally and to be a full-time participant in our community's affairs.

Don Baxter

President and Chief Operating Officer
Focus Graphite Inc.

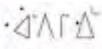



**SERVICES FORESTIERS
MONT-LAURIER**

**ÉQUIPEMENT
FORESTIER ET
CONSTRUCTION**
Équipement
neuf et usagé
**VENTE - PIÈCES
SERVICE**

22, St. du Golf, Lac-Jacques, Qc. J1R 6Z7-2800
819 623-3123 / 1 800 867 4569

JOHN DEERE

W C W 
Hélicoptères Whapchiwem Limitée.
Whapchiwem Helicopters Limited.
AN HIRZ COMPANY



Michel Côté
General Manager

10, route des Prises d'eau
P.O. Box 356, Radisson (Quebec) J0Y 2X0
mcote@whapchiwem.com

Tel.: 819-638-7904
Cell.: 514-234-1225
Fax: 819-638-7424

SMS EQUIPMENT *Your Solutions
Our Commitment*

EQUIPMENT - PARTS & SERVICE
Construction - Forestry - Mining

A Network Across Canada  

1 800 881-9828 - www.smsequip.com

Chris Crozier
MacEWEN PETROLEUM INC.
Regional Manager
613-312-0885 cell

MACEWEN



Inter Pipeline is a major petroleum transportation, storage and natural gas liquids extraction business that ranks among the largest energy infrastructure companies in Canada. We are proud to be on Alberta Venture's Venture 250 list of the highest grossing companies in Alberta.

For more information about us, please visit our website at www.interpipeline.com

Inter Pipeline is proud to sponsor
VOICES of VISIONS and the BLUE RIBBON CAMPAIGN

 **Inter pipeline**



CLAIM POST RESOURCES INC

CLAIM POST RESOURCES INC. an emerging company in the oil and gas services sector. The company is focused on becoming a leading provider of premium white silica sand proppant to oil and gas operations in the Bakken, Williston and Horn River basins.

The Company's flagship project is located ~200 kilometers North-East of Winnipeg, Manitoba close to the community of Seymourville. Claim Post Resources' "Seymourville Silica Sand Project" is comprised of two properties that immediately adjoin one another.

History: Seymourville Silica Sand Deposit

The Seymourville Silica Sand deposit was discovered in 1977 and was drilled by Manitoba government geologists in 1981 and 1989. Based on the drill campaigns, government geologists estimated a resource of 45 million tons of high silica sand (as outlined in Manitoba Open File Report OF 96-4.) The deposit is hosted within a 25m high hill composed mainly of Lake Winnipeg Formation, which is the on-shore extension of the Historical Black Island silica deposit. In 1980, the deposit was evaluated to a feasibility study level by the Manitoba government at a throughput rate of 500tpd for the production of 99.6% pure silica sand



An example of raw silica sand or frac sand

(for use in the plate glass industry). High purity silica sand is currently in high demand the Western Canadian oil and gas fields where it is used as a proppant for horizontal drilling and fracturing.

Frac Sand (Silica Sand)

Frac Sand is also known as Hydraulic Fracture Proppant in the oil and gas industry. There are three types of proppant: Raw Sand, Resin Coated Sand, and Ceramic Proppant. Frac Sand is used in the hydraulic fracturing process. This process includes pumping the frac sand along with a fluid into a closed wellbore with powerful hydraulic pumps with enough pressure to cause the formation to fracture. Frac Sand keeps artificial fractures

open once the frac fluid has been recovered and creates a plane of high permeability through which oil or gas can flow. Frac Sand is used in virtually all shale oil and gas wells being drilled in North America today.

Claim post envisions setting a Canadian precedent on mining and First Nation/métis settlement relationships whereas in the spirit of co-operation all parties receive mutual economic benefits with the highest environmental standards.

Claim Post Resources Inc. is a publically listed company which trades on the TSX Venture Exchange under the symbol CPS. The Company currently has 96,000,000 shares outstanding.



CLAIM POST RESOURCES INC

Charles Gryba
President and CEO
416 801 6366

Peter Gryba
VP, Corporate Affairs
416 203 3776

info@claimpostresources.com

www.claimpostresources.com

CPS:TSX



Pulaarvik Kablu

Friendship Centre

The Pulaarvik Kablu Friendship Centre is a non-profit charitable organization registered under the Nunavut Societies Act. It has been in operation since 1973, and it was incorporated under the societies act in 1979. It operates under the direction of a nine member volunteer board of directors with management provided by an Executive Director. Pulaarvik Kablu is the only friendship centre in Nunavut, and is a member of the NT/NU Council of Friendship Centre's as well as The National Association of Friendship Centre's in Ottawa.

Since our incorporation in 1979 Pulaarvik Kablu Friendship Centre has been involved in many short and long term projects aimed at assisting our community members lead healthy lives. From life skill programs to education to direct professional counseling programs we have tried to build community capacity and resilience against today's rapidly changing world. Over the past ten years we have increased our capacity greatly. We are now an organization that employs as many as 80 people. We operate in 6 of the 7 communities in the Kivalliq region and operate as many as 18 separate programs throughout each year.

Despite all the programs we are running now there is a great deal of need in our communities. Many of the programs we operate are only available in Rankin Inlet. Many of our programs run on outdated funding agreements that have not changed in over 10 years. It is impossible to expand programs into other communities without proper funding. It is very difficult to maintain programming in one community when the funding available is the same as it was 10 or even 15 years ago. Everything costs a lot more now than it did back then. In the North that is doubly true. With ever increasing freight rates and lowering subsidy levels it becomes more

difficult to maintain programming. Our program funding has not seen a material increase in the life of all of our contribution agreements. However, we maintain programs. We are lucky to have some of the most dedicated people running our programs that I have ever had the pleasure of working with. Many of our staff have not seen a pay increase in their whole time with us. Despite the expansion of the past number of years our Executive Director has not had a salary increase in over 7 years. But they keep at it. None of our staff are unionized, and we work for far less than government workers would in similar positions. We work from one year to the next not even knowing if we will have a job come April 1st. All of our contribution agreements run from April 1 to March 31, with little or no guarantee of future funding. We continue to do what we do simply because

we know the programs we run make a difference in people's lives in our communities. We continue to expand our programming as we identify new funding partners. This year, sadly, we have lost a great partner. This is the last year of funding from the Aboriginal Healing Foundation. Losing them as a funder will inhibit our Residential School Program because we no longer have funding for the family rebuilding and traditional and cultural teachings. If we cannot find another partner in this program it will be felt for many years.

At Pulaarvik we firmly believe that all of our efforts have an impact on the people in our communities. We strive every day to be as caring and compassionate about our clients as we possibly can be.

This is who we are and what we do.



**Providing life skills education and mental support
to our community for over 30 years.**

(867)-645-2600 (p)

(867)-645-2538 (f)

execdir_pkfc@netkaster.ca



National Association
of Friendship Centres

NAFC Negotiators Reach Landmark Agreement *with* Federal Government *on* New UAS

Negotiators with the National Association of Friendship Centres (NAFC) were pleased to announce that an agreement in principal had been reached with federal officials following a major funding announcement made in February. The agreement provides \$43 million per year (for the next two years) to the NAFC for the delivery of funding to urban Aboriginal people, and commits to transferring these funds on April 1, 2014.

"We are very pleased to have reached this agreement today and to have a clear path forward for the delivery of funding to Friendship Centres," said Nelson Mayer, NAFC President. "Our goal now is to expedite funding to support the thousands of urban Aboriginal people who rely on our services every day."

This past February, the NAFC and the federal government announced a major funding realignment that increased NAFC responsibility to deliver a number of key programs. The new Urban Aboriginal Strategy (UAS) consolidates four programs into two and provides greater support to the NAFC for the delivery of the programs. The new UAS will foster greater collaboration and develop partnerships between all levels of government, organizations, urban Aboriginal communities and other stakeholders and will increase the participation of urban Aboriginal peoples in Canada's economy.

"All parties worked very hard to reach this agreement and negotiated in good faith," said Jeffrey Cyr, Executive Director of the NAFC. "This agreement in principle on the new terms and conditions is a major step forward, and our negotiating teams look forward to tuning our attention toward quick implementation."

Nearly 60% of Aboriginal peoples live in urban areas and the Aboriginal population is growing at a faster rate than the non-Aboriginal population. Friendship Centres are a highly effective resource for many Aboriginal people, achieving 2.6 million points of contact nationwide annually. In 2011/12, Friendship Centres across Canada delivered over 1,493 programs and services

to approximately 700,000 urban Aboriginal people.

The NAFC is democratically governed, status blind and is accountable to the federal government and directly to the urban Aboriginal community. Friendship Centres are Canada's most significant off-reserve Aboriginal service delivery infrastructure. The NAFC is a network of 119 Friendship Centres from coast-to-coast-to-coast. Established in 1972, the NAFC represents nationally the growing number of Friendship Centres that emerged across Canada

For more information contact:

Website: nafc.ca

Jeff Cyr, NAFC Executive Director





It is usually claimed that First Nation and Inuit youth suicide is a mental health crisis—it is not.

COLONIZATION IS THE CAUSE OF SUICIDE

If there is a single source of Aboriginal suicide, it is colonization. According to The Royal Commission on Aboriginal Suicide in Canada's report:

Suicide is... the expression of a kind of collective anguish—part grief, part anger... the cumulative effect of 300 years of colonial history: lands occupied, resources seized, beliefs and cultures ridiculed, children taken away, power concentrated in distant capitals, hopes for honourable co-existence dashed over and over (RCAP, 1995, p.2).

Most community, family, and personal problems—including violence, addiction, and suicide—are the result of colonization and its impacts; they are not natural to the community—they do not belong to the community.

However, rather than addressing the impacts of colonization the colonial system/government has created a "Mental Health Industry" designed to further the goal of "solving the Indian problem" through assimilation. Made up of therapeutic foster homes, treatment facilities, pathology-focussed researchers and academics, and mental health/social service professionals and programs designed to label the community as sick, Western treatment promotes assimilation by identifying the

psychological impact of colonial violation as a mental health problem within an individual (or better yet their brain). By labelling the victim rather than the oppressor, the mental health system can ensure that necessary social change (aka "decolonization") is traded for psychological "adjustment" to a life of ongoing oppression. For example, who deserves the label of "Residential School Syndrome?" The survivors who have responded naturally to their terrible experiences or those who planned, created, and maintained the brutal institutions? Which one is "sick?" Aboriginal people and communities are now labelled as sick and requiring help from the very colonial system that harmed them.

TRADITIONAL VALUES AND THE CURE FOR SUICIDE

So if a Western "mental health" approach is not the solution, what is? The "cure" for the social and historical "disease" that is suicide can be found within Traditional values that kept the community strong for as long as it has been on the Land.

Suicide Statistics Point to the "Cure" for Suicide

While it is well known that Aboriginal youth are at a higher of risk of suicide than their non-Native peers, what is not so known is that non-Native senior citizens have an even higher suicide rate than Aboriginal youth. And, unlike non-Native seniors, the suicide rate of Aboriginal Elders is extremely low! So the question must be asked: "What is it that

Elders receive that seniors do not receive?" The answer that is repeatedly offered in Aboriginal communities across the country is that Elders receive: (1) care for their well-being; (2) respect for their wisdom/experience; (3) a meaningful family/community role, and (4) the opportunity to engage in Culture and Spirit. This is what protects them from suicide. Compare this experience with that of suicidal youth (and non-Native seniors) who feel that: (1) no one really cares about them; (2) they are not respected as capable and worth listening to; (3) they have no meaningful family/community role (they are either ignored or entertained like invalids) rather than expected to contribute; and (4) they feel disconnected from Traditional Culture and Spirituality. This is the source of the pain that increases their suicide risk.

Traditional Values Are the Path to Suicide Resilience

Resilience is the ability to live in a good way and to value oneself despite difficult circumstances. In relation to their families and communities, resilient individuals find a positive sense of: (1) connection (the result of being cared for by those important to them); (2) empowerment (they feel capable to respond well to their life's demands and feel respected by others); (3) a positive identity (through fulfilling meaningful family/community roles); and (4) vision (hope for the future and a sense of how they are to live in the world rooted in Culture/Spirit). These four roots grow into a

tree with two branches: self-esteem and a well-lived life.

Self-esteem is the sense of value that we have in ourselves; it is the source of our emotional strength and it is what protects us against suicide. When self-esteem goes up, suicide risk goes down—it's that simple. Self-esteem is rooted in a sense of connection. We have to show a suicidal youth that you care for them as if they were an Elder. It is also rooted in empowerment, so we have to respect a youth as capable of making good choices, acting on them and taking the consequences, rather than over-protecting them like an invalid or child.

A well-lived life is the antidote to colonization; it offers us reasons to live. Rooted in a meaningful role identity and cultural/spiritual vision, a well-lived life is the ground upon which resilient families and communities grow. While we cannot change a youth's experiences, we can offer them the

opportunity to change their negative role identities (e.g., "dysfunctional" or "drop-out") to positive and meaningful ones (e.g., "volunteer for Elders" or "mentor"), or to assist them to better fulfil their family/community roles (e.g., to be an even better parent). They will see a different person when they look in the mirror. Many meaningful roles are available in a youth's family and community—if there is a prescription to be given to suicidal youth, it is volunteer work!

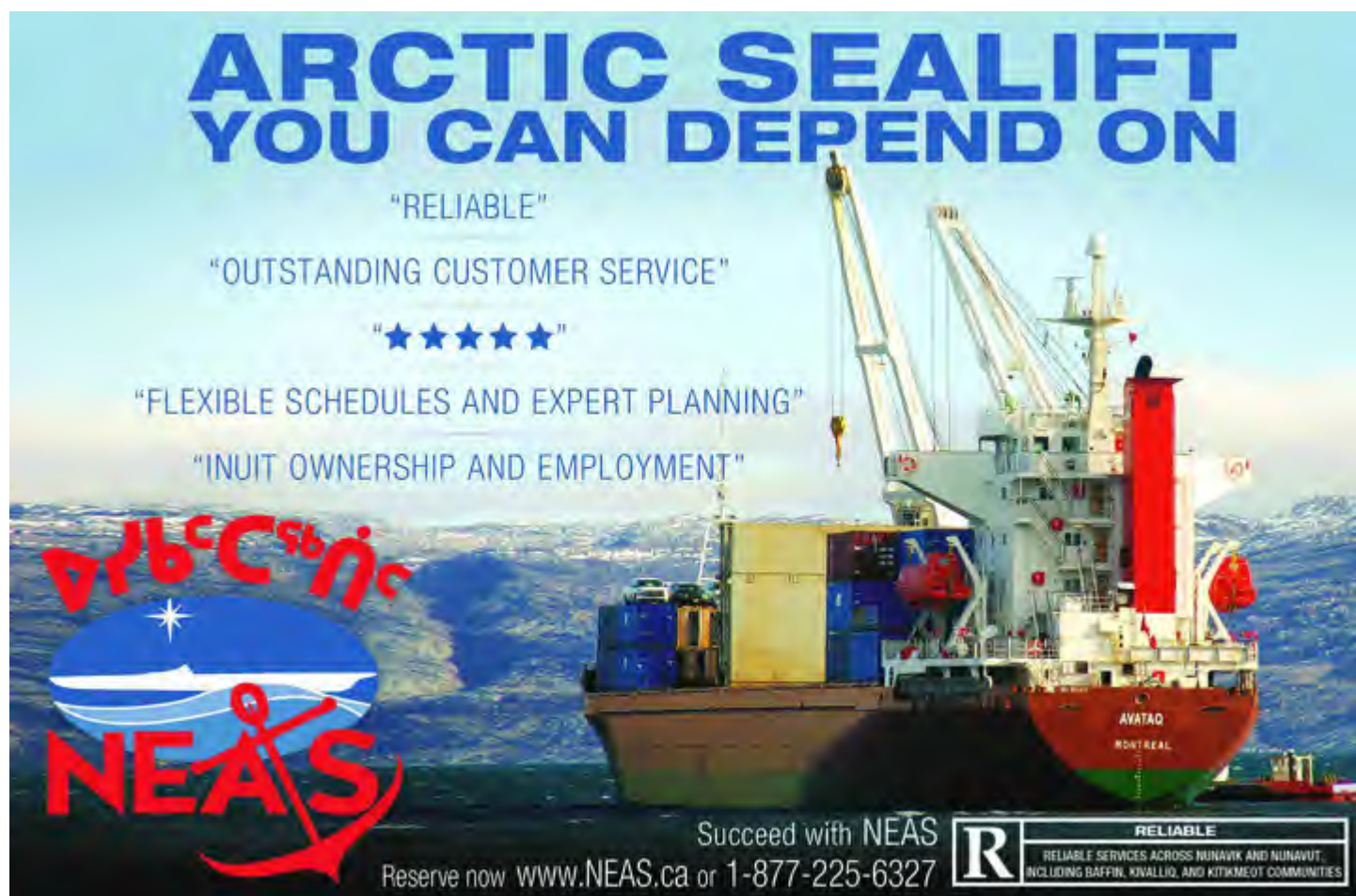
A Culturally/Spiritually rooted vision is what guides us. It is what allows us to escape the pressure of colonization; to live in a good way. Whether we have been raised traditionally or not, it can be understood by thinking of the qualities identified in a respected Elder, such as: a good teacher, generous, non-judgemental, humble, kind, patient, strong, wise, etc. It is not the job of youth (or adults for that matter) to go to

school or to work—our only job is to become an Elder! And an Elder is not suicidal.

To sum up, the "cure" for youth suicide (and colonization): is: (1) offering caring connection, (2) respectfully providing opportunities for empowerment, (3) encouraging engagement in meaningful roles to enhance a positive identity, and (4) assisting in the development of a cultural/spiritual vision. In other words, to live with Traditional values in today's community.

— Adapted from the "Through the Pain to Wellness: Community-Based Suicide Prevention Workshop" Participant Manual.

Darien Thira, PhD., is a Registered Psychologist with 20 years of service as a workshop facilitator and consultant for Aboriginal communities across Canada. His website is: www.thira.ca.



ARCTIC SEALIFT
YOU CAN DEPEND ON

"RELIABLE"

"OUTSTANDING CUSTOMER SERVICE"

"★★★★★"

"FLEXIBLE SCHEDULES AND EXPERT PLANNING"

"INUIT OWNERSHIP AND EMPLOYMENT"

NEAS

Succeed with NEAS
Reserve now www.NEAS.ca or 1-877-225-6327

RELIABLE
RELIABLE SERVICES ACROSS NUNAVIK AND NUNAVUT,
INCLUDING BAFFIN, KIVALLIQ, AND KITIKMEOT COMMUNITIES

Northern Organizations Partner on Innovative Learning Project



New training pilot project will provide job experience and skills

The Honourable Leona Aglukkaq, Minister of Health, Minister of the Canadian Northern Economic Development Agency (CanNor) and Minister for the Arctic Council on behalf of the Government of Canada, along with Deputy Premier Peter Taptuna from the Government of Nunavut and Vice-President Jack Anawak of Nunavut Tunngavik Inc. today launched an innovative new learning and development pilot project to help Inuit build their skills and experience for potential future positions in the public service.

"The Government of Canada is committed providing Northerners with the tools and the skills they need to obtain jobs here in the North," said Minister Aglukkaq. "Our Government is proud to be working with our partners at the Government of Nunavut and Nunavut Tunngavik Inc. to prepare Nunavut Land Claims Agreement beneficiaries for potential future job opportunities."

"The Government of Nunavut is the territory's largest employer, and as such, we are committed to building a workforce that represents our population," said Deputy Premier Peter Taptuna. "By training within the three different organizations, our young people will develop a transferable skill set and experience the unique perspective and working environment of each partner."

"In order to implement Article 23 of the Nunavut Land Claims Agreement, Inuit must

be employed in government at a level that is representative of the population of Nunavut, which means a minimum of 85 per cent of the jobs within government must be held by Inuit," said NTI Vice-President Jack Anawak. "It is through important initiatives like this that such obligations will be fulfilled, creating a brighter economic future for Inuit."

The Inuit Learning and Development Pilot project will offer a 16-month training opportunity for up to 16 Nunavut Land Claims Agreement beneficiaries who have a high school diploma or the equivalent, college, or university education. The pilot project will include four 4-month assignments of paid full-time work in the Government of Canada, Government of Nunavut and Nunavut Tunngavik Inc. in Iqaluit. The pilot project will also involve classroom learning, coaching and mentoring components. The first group of participants is anticipated to begin their work placements in late May 2013.

This pilot project is intended to prepare Nunavut Land Claims Agreement beneficiaries for jobs in the public service and give them work experience in a variety of government functions and departments. Funding for the work placements will be provided by the hosting organizations.



Adriana is currently focused on the advancement of its Lac Otnuk iron ore deposit located in the Labrador Trough, Nunavik, Québec, the largest iron ore deposit in Canada with the potential of becoming the largest in the world.

15 Toronto Street, Suite 1000
Toronto, ON M5C2E3
Tel: 416.363.2200
www.adrianaresources.com

TSX-V: ADI



CLIFFS

CLIFFS NATURAL RESOURCES

**508 – 1155 Rue University
Montreal, Quebec
Canada H3B 3A7**

Tel: 514-396-6345

Fax: 514-393-9041



www.cliffsnaturalresources.com