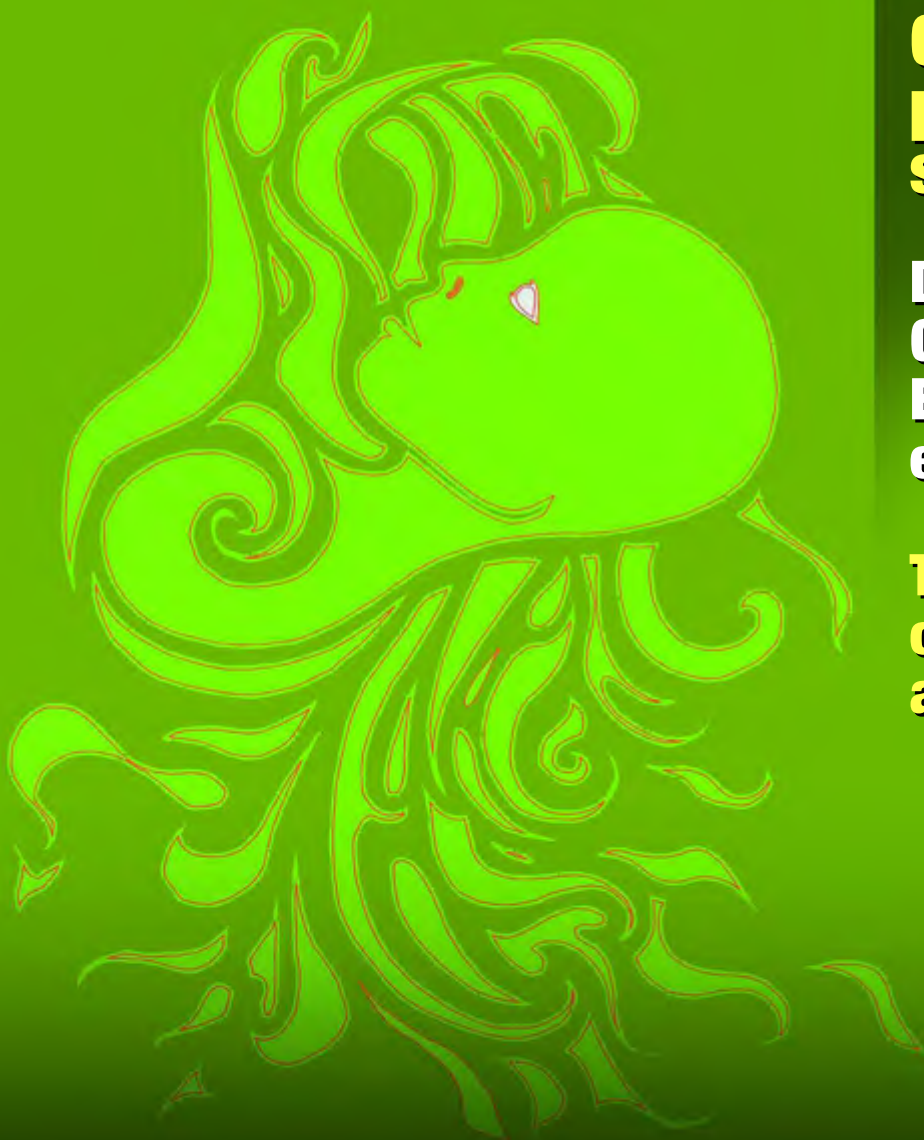


Voices of Visions

FIRST NATION & INUIT EDITION

SUMMER 2016



Gold Bullion takes pro-environment steps

**David Suzuki:
Geothermal: Tapping
Earth's abundant
energy**

**Tackling bullying,
one community
at a time**



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

Office Manager
Nora Campbell

Graphics
Wayne Wahab

National Sales Managers
John Stevens
Joe Burns

Contributing Writers
Elva Keip
David Suzuki
Krista Lamb
Rory Butler
Kathleen Kahlon

Circulation
1-613-491-0406



in this issue

- 4 Gold Bullion
- 6 Excalibur Bits and Steel
- 8 Fission Uranium
- 9 Tackling bullying, one community at a time
- 11 Medications can have side effects
- 13 Taking positive steps to manage his diabetes
- 14 Green Aquaculture Farms for Sustainable Development
- 16 A Guide for Addictions Professionals
- 18 Geothermal: Tapping Earth's abundant energy
- 20 APTN'S 10th Annual Aboriginal Day Live
- 22 Focus Graphite
- 25 Osisko Gold Royalties
- 27 Richmond Mines
- 29 Alamos Gold: Building for the Long Term

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





Finding mineralization, proving a resource and bringing a property into production is no easy undertaking. Bringing an old mining property back to life has one advantage with the history of mineralization however there is an inheritance in the form of environmental leftovers that comes with. This bestows a responsibility onto the incoming company to clean up any existing environmental hazards, an act of responsible corporate citizenship as well as a community public service.

Property cleanup is often overshadowed by all the other activities taking place on the ground. Investors are much more interested in drill results, resource estimates and margins. For a company like Gold Bullion, with a corporate mission to bring previous mine sites back to life, the very act of going in to old sites is pro- environment by nature since any inherited environmental hazards encountered will be dealt with in a timely fashion. Aside from job creation, increased regional prosperity, economic growth and increasing the tax base, environmental stewardship also benefits the entire community in a number of ways.

Gold Bullion management is out front in this regard, going beyond a singular focus on mineralization potential by taking an all encompassing community based environmental centric approach to ensure the lands are taken care of during operations but also left better than ever once operations have concluded.

There are numerous examples of this proactive vision at the Granada Gold property near Rouyn Noranda in Quebec. Many of the pro-environment steps taken were not mandated by regulations but were carried out due to the environmental commitment and forward thinking of management.

First, in 2012, 480,000 tonnes of historic waste rock dump material was processed then screened as a key component of the company's Voluntary Rehab Initiative. The screened material was subsequently used to stabilize drill trails, which helped to minimize soil damage. A portion of that same material was also used for improvements to recreational trails on the property to the benefit of outdoor enthusiasts. At the same time, some trails were relocated to improve access for locals pursuing outdoor leisure activities.

Future plans for waste pile construction will also enhance recreational uses with Ms. Dominique Maltais; a Quebec based Canadian Snow Board Olympian agreeing to assist in designing a slope for use as a winter sport-sliding centre at Granada.

Part of the ongoing process of site rehab concerning historic waste rock and pond tailings resulted in donations to local charities. Repurposed aggregate was sold to local contractors with the proceeds from sales then donated. The Company also entered into a three-year program with a local snowmobile club with plans to donate funds towards the development of a cohabitation mandate that will facilitate the use of mining lands and trails for their activities.

On a grander scale, the Company is planning to leave a permanent legacy landmark at Granada to be constructed from barren rock on-site. The original art work design has been reproduced and can be seen on the front cover of the magazine. This permanent art installation will stand the test of time and serve both as a monument and reminder of what once took place on the mine site.

In addition, the Company set up a social responsibility committee and has held several meetings to date with the citizens nearest the proposed mine site. Access to Granada lands was also granted to the town at the request of the Municipality of Rouyn-Noranda to facilitate their harvesting and transport of timber located on the Crown land adjacent to the Granada property.

The City of Rouyn-Noranda also logged the area covered by the proposed mining complex. City workers removed the timber on behalf of the Company with sales proceeds used for community development initiatives as chosen by Town Council. The Company also provided the City of Rouyn LIDAR survey technical services at no charge as a positive community relation's gesture.

Local First Nation 's relationships are extremely important to the Company. Gold Bullion and Timiskaming First Nations have already entered into the second stage of their mutually beneficial relationship with the signing of a Memorandum of Understanding related to the Granada Gold Project. The longer-term goal is to enhance economic development potential for members in the form of jobs, training and business opportunities associated with the planned gold mining, which is projected to last up to ten years, possibly longer. Back in 2013 when the Company still controlled the Castle Silver mine, management issued options to the Matachewan First Nations to purchase 50,000 common shares in the capital of the Company to foster a positive working relationship.

The concept that a mining company could actually be a positive force for the environment would seem to be at odds with prevailing attitudes yet company management has already demonstrated that this can be the case. Gold Bullion Development Corp. is clearly out front in consideration of the long-term positive consequences of working with the local Community and First Nations in pursuit of solutions that honour legacies but also safeguards the environment now and for generations to come.

**A NEW
ERA**



GOLD BULLION
DEVELOPMENT CORP

***Emerging Producer.
Enterprising Explorer.***



- ✓ ***Focused on maximizing shareholder value***
- ✓ ***High-grade rolling production start and resource expansion program planned for 2016***
- ✓ ***Granada Project will deliver long-term economic and social benefits to all stakeholders***

GoldBullionDevelopmentCorp.com

TSX.V: GBB
OTC PK: GBBFF

Excalibur Bits and Steel

Excalibur Bits and Steel is in the business to empower entrepreneurs with First Nation/Metis/Inuit decedent whom want to build a strong grass root small business and we provide all the resources and information to succeed.

If you have a mining company setting up on your land or have an existing one then you can rest assure as a Metis Nation Business model recognized by mining community across Canada we are the perfect choice.

As the new owner/s of Excalibur Bits and Steel in your area you will have complete training and ongoing support to succeed. Your Excalibur shop will be defined as a key player to the success of your peoples and the well being of the mine. Its economic development and impact will lead to prosperous energies withing your community.

Don't wait and loose out send me an email or simply call to make a appointment to see if you qualify and ready to make a difference within your community.

Bits, Steel, DTH Hammers and Bits, screen of all sizes and shape, Diamond Drill bits and rods, blast pipe of all sizes and threaded, punch lock and clamps, water and air line braided and wire braided and so much more.

Gerry Lafontaine
President,
Excalibur Bits and Steel
31 Duncan Ave.
North Kikland Lake
Ontario
P2N 1H3
cell# 1-705-626-7909
gerry@excaliburbitsandsteel.ca

**METIS VOYAGEUR
DEVELOPMENT FUND**
recipient.



EXCALIBUR

BITS AND STEEL.

excaliburbitsandsteel.ca



DIAMOND TOOLS

EXCALIBUR
BITS AND STEEL

Gerry Lafontaine
705.626.7909



EXCALIBUR
BITS AND STEEL

Gerry Lafontaine
705.626.7909



The push for more clean energy is underway. Yes, the world is still burning coal, oil and gas and creating enormous pollution as it does so. However, countries are also harnessing the wind, the sun and the ocean on an increasingly large scale to generate the energy we need. There's one other form of clean energy that's growing. It's a form that generates more power than all of the others put together and that's nuclear energy. Unlike the other clean energy generators, nuclear has the capability to meet base-load power requirements, has a low operating cost and is fueled by something that Canada has a lot of... uranium. Canada is the world's second largest uranium producer and, in the province of Saskatchewan, you will find the richest uranium deposits on earth. You don't need much of it to run a nuclear reactor. In fact, just one uranium pellet, which is not much larger than a dime, generates the same amount of energy as 2000 lbs of coal or three barrels of oil.

So it's not surprising that there is a nuclear reactor construction boom underway. Currently, there are 440 operable reactors around the world. At time of writing, 65 new reactors are already under construction, 173 more have been ordered or are planned and an additional 337 have been proposed. Today's nuclear energy sector is growing and it's growing fast. The same can't be said for uranium production. While countries around the world are building new reactors, uranium producers are shutting down (such as Cameco's Rabbit Lake mine) or reducing their operations and exploration for new uranium deposits has almost ceased entirely. The reason? Low uranium prices. They are so low that some producers cannot make enough to break even and so production and exploration is has slowed dramatically. This situation isn't going to last.

The fundamentals of supply and demand mean that at some point there'll be more

power companies trying to buy uranium than there is actual uranium available. Exactly when that will occur is up for debate but general consensus amongst industry experts points to between 2017 and 2020. Prices will rise and suddenly producers will be scrambling to increase production levels. For that, we're going to need new uranium deposits that can be turned into new mines. Finding economic uranium deposits – those that will in time become mines – is one of the hardest tasks in the resource exploration industry. It may surprise you to know that uranium is actually one of the most abundant elements in the earth's crust. However, most uranium deposits are so low grade it's uneconomic to extract them. Once you do succeed in finding an economic deposit, you're looking at a very long road before you can turn it into a mine, due to one of the toughest permitting regimes in the mining industry. With an estimated ten years from discovery to production, uranium producers won't have time to find new deposits to meet increasing demand - they will have to scoop up those that have already been discovered.

Laying the Foundations for Clean, Low-Cost Energy.

When that happens, there's a good chance it will be in Saskatchewan's Athabasca Basin region, where a discovery in 2012 by award-winning Canadian exploration company, Fission Uranium, has resulted in the first high-grade uranium resource in Canada that is near surface and hosted in bedrock – the Triple R deposit. In three years of drilling and with a Preliminary Economic Assessment (PEA) report highlighting the potential for low-cost production, this shallow-depth uranium deposit has become the jewel of the uranium sector. The discovery has resulted in an ongoing exploration boom that injected new life and energy into the local economy. In recent years, tens of \$millions have been spent in the region, which in turn has created

a level of demand for staff and services that hasn't been seen in the region for nearly 40 years – when the first major discoveries were being made in the Basin. As one of the most active exploration company in the region, community support and development are important aspects of how Fission operates and the company's management and technical team have strong ties with the local community that stretch back as much as 30 years. During the drilling seasons, the company directly and indirectly through contractors can employ over 80 skilled workers from the northern region– from geology technicians and drillers to carpenters, truckers and security. The majority have been hired from the local community of La Loche.

Thanks to Fission's success, there are many other exploration companies now active in the area and another major discovery has been made close to Fission's PLS project, which has led to further employment for the community. Fission's on site base of operations – Big Bear Camp - is the largest camp in the south west area of the Basin. It's run by members of the River Dene Nation and much of the camp's equipment, not to mention all of the team housing, is providing by companies from the local community. Employment isn't the only area Fission continues to deliver on. The company also sponsors educational programs for local youths and local sports teams.

Soon, the company will begin a new exploration program in aimed at making new discoveries and continuing to grow the Triple R deposit. The company has identified a number of high-priority prospects at PLS and the steady flow of positive drill results every year since discovery shows that it's still early days at PLS. That's a good thing for the uranium industry, for Fission and for the local community.

**CANADIAN
RED CROSS**

Tackling bullying, **one community at a time**

Name calling. Threats. Punching. Excluding. Many individuals – adults and children – endure these types of bullying on a daily basis. Bullying isn't a short-term problem that children deal with in school and grow out of; it is a serious issue that affects 75 per cent of Canadians. The problem is particularly serious in many Indigenous communities, where 95 per cent of individuals have been affected by bullying. Bullying can have harmful, long-term consequences for those involved. The problem is especially common in Canada, which has bullying rates higher than two-thirds of countries in OECD (Organization for Economic Co-operation and Development).

One of the reasons bullying is so hard to prevent is that it is a complex issue. Individuals of all ages and backgrounds are both victims and perpetrators of bullying. "Bullying is one of the ways people act out when they are trying to release some of the harm that's inside of them," says Sarah Burke, senior manager of Community Integrated Development with the Canadian Red Cross. "It's a common problem among both adults and children."

Everyone involved in bullying – from the person bullying to the person being bullied to those who witness it – is affected in various ways. According to PREVNet.ca, children who are bullied suffer from more headaches, stomach aches, depression and anxiety than their peers. The mental health problems associated with bullying often carry through to adulthood. Children who bully and are bullied are also at a higher risk of suicide. Bystanders, particularly children, are affected as well; bullying teaches aggression and the negative use of power.

The effects of bullying go beyond health issues. According to the Canadian Red Cross, children who are bullied often miss school,

lose interest in school activities and produce lower-quality schoolwork. In extreme situations, students drop out of school to avoid bullying. This creates enormous long-term problems as it impacts an individual's ability to get an education, as well as his or her life-long employment prospects.

It's important to remember that bullying isn't limited to the school yard, it can also happen in the workplace, at home or elsewhere in public. Studies have shown that without intervention such as an adult or a peer stepping in to stop the bullying taken place, children who bully often continue to be bullies as adults. This is one of the reasons ongoing bullying prevention is so important—bullying does not end in childhood. Forty per cent of workers in Canada report being bullied on a weekly basis.

There are numerous types of bullying prevention programs available. The limit with many of these programs is that they have short-term effectiveness. According to Sarah Burke, "while participants are motivated and excited [after the workshop], three months later they aren't sure how to embed it in their community." Without developing a plan and

carrying it out, workshops can only have short-term benefits. This is particularly true in bullying prevention programs with children. Children learn by repeating behaviour, so a one-time workshop can have limited successes.

In many communities, bullying has widespread, negative effects on numerous individuals. To address this, the Canadian Red Cross has been conducting a community-engagement program called "Ten Steps to Creating Safe Environments". The process is a long-term effort between the Red Cross and a community, and generally takes five to eight years to complete. While this may seem like a long timeline, the process aims at addressing the roots of bullying to create change throughout the community as a whole.

The Canadian Red Cross has had a lot of success with this process in Indigenous communities, particularly in Nunavut. The Nunavut government committed to reducing bullying and violence four years ago, and the Ten Steps process has been an important part of this. Sarah Burke has been working in Nunavut and notes that they have seen very positive results. The Red Cross works in partnership with the community throughout



The Ten Steps

- 1 Understand the problem
- 2 Recognize people's vulnerability and resilience
- 3 Define protection instruments
- 4 Create a prevention team
- 5 Complete a risk assessment
- 6 Develop policies and procedures
- 7 Educate adults, youth and children
- 8 Respond to disclosures of violence
- 9 Meet the challenges
- 10 Maintain safe environments

the entire process, providing coaching and mentoring along the way.

The process looks different in every community. As Sarah puts it, "Every community has a different story and different strengths and a different impact of harm. It's important that we talk about this." In order to ensure the process will benefit the entire community, it is essential to have wide-spread involvement. This means getting various leadership members of the community – from elders to youth – together to discuss the issues they are facing. With the Ten Steps, one size doesn't fit all.

"We've developed a holistic approach in Indigenous communities," says Sarah. The Ten Steps process does not only address bullying, it looks at all forms of violence that might be present in a community. Many types of violence are closely linked; a child experiencing violence at home might bully classmates at school. The process helps the

community investigate the areas of violence that are most urgent there, and address them within the framework of their own culture and traditions. Education and training programs from the Red Cross, developed both in Canada and internationally, assist the community in building long-term solutions.

Bullying is a complex problem, one that cannot be solved by a one-time workshop. The Red Cross' "Ten Steps to Safe Environments" process guides and supports the community to examine the types of violence that affect it and how to best address these.

Violence is a cycle. A child who is bullied at home may bully others at school and may grow up to bully his or her own family. This needs to be addressed as part of the cycle for prevention to be truly effective. Making a long-term commitment to creating a safe environment in a community will benefit not only current members, but future generations as well.

DISASTERS CAN HAPPEN ANY TIME,

often without warning. In Canada, many First Nation, Métis and Inuit communities are particularly vulnerable to natural disasters and some remote northern communities deal with forest fires and floods every year.

When community members are prepared, they are better able to cope with an emergency and they help to make their community more disaster-resilient. Follow the three simple steps below to ensure you and your family are prepared in the event of an emergency.



1 KNOW THE RISKS

Learn about the types of emergencies that could happen in the area where you live.

2 MAKE A PLAN

Prepare a plan so that in an emergency, you and your family will know what to do.

3 GET A KIT

Prepare a home emergency preparedness kit in the event an emergency situation confines you to your home for a period of time. Also, prepare a 'grab and go' bag for you and your family members that can be taken with you in the event you have to evacuate. These two kits will help ensure you and your family remain healthy and safe during an emergency.



**CANADIAN
RED CROSS**

Learn more at
redcross.ca/ready

Medications can have side effects *worse than the illness they treat.*



Your Life Counts

The mental health system is addicted to prescription medication, says Rory Butler, Founder of Your Life Counts.

Mental disorder or emotional distress?

Without diminishing the valuable contributions of psychiatry and mental health, there's a bias in our mental health system to diagnose and treat every individual for a mental disorder when, in fact, some people are experiencing temporary acute emotional distress, a normal response to feeling overwhelmed.

Life can hit us with curve balls. And this is where we've lost the plot. Situational suicide happens. The health system is predicated to medicalizing in some ways what it is to be human and to learn to cope with the mountain and valley experiences of life. This is not in any way to minimize the gravity of the situation that faces us with suicide. Suicide is to the suicidal individual as lethal as a terminal illness. If you don't agree, try challenging anyone who has lost a loved one to suicide on this.

Physicians are taught that their mission is to help patients get well. They function within a system that promotes pharmaceutical medication as the automatically preferred treatment. Unfortunately, the very intervention intended to help patients get well sometimes has the opposite effect. Some medications produce side effects worse than the

symptoms they are meant to treat. Further, some may cause suicidal ideation and since Canada loses more than 4,000 people a year to suicide we must be concerned. And all the more so with our First Nations Peoples where suicide rates are at least 6 times the national average and, in some of the more fragile and remote areas, the incidence of suicide is off the charts.

Butler laments that he wants to do so much more in collaboration with the First Nation Peoples. YLC has been limited by lack of funding and stonewalling by those who

should know better. 'We have accepted invitations to speak on several Reserves and the requests for help from us are overwhelming. We need to change things quickly. Our organization has always been inclusive and there's a big part of me and Your Life Counts that needs to be responsibly funded so that we can get on with the desperately urgent task of saving lives.'

In his book *Toxic Psychiatry*, Dr. Peter R. Breggin, a world leading Harvard trained psychiatrist described as "the conscience of American psychiatry," warns that "drugs are spreading an epidemic of long-term brain damage; mental 'illnesses' like schizophrenia, depression, and anxiety disorder have never been proven to be genetic or even physical in origin, but are under the jurisdiction of medical doctors; millions of schoolchildren, housewives, elderly people, and others are labeled with medical diagnoses and treated with authoritarian interventions, rather than being gently listened to, understood, and helped."

Currently in Ontario, individuals, and particularly youth, can wait up to a year or more to be listened to, understood, and helped by a counselor. For the person having regular thoughts of suicide due to emotional distress, accessing a counselor can be more than a lifetime away. The wait time can build



Rory Butler

unreasonable expectation to the extent that when the individual meets with the counselor and that meeting, for whatever reason, falls short of expectations, the individual will often feel 'if that's all the system can do to help me, I'm out...'

The prescription pad has its place when used appropriately to treat true mental disorders. However, an over-dependence in our mental-health system on pharmaceutical medication is dangerous, especially in cases where the problem is emotional distress. The mental-health system is, itself, addicted to prescription medication.

So, what must we do?

Emphasis needs to be placed on listening to patients' problems. Practitioners need to be trained in understanding the role of empathy and recognizing that not every patient is experiencing a "mental disorder." We need a more nuanced approach that gives equal attention to emotional distress and treats it appropriately. I have yet to hear of a prescription medication that can heal a broken heart.

Patients need to be encouraged to always educate themselves on the known side effects of their medications and to not be shy of seeking medical help if they suspect their meds are causing severe mood swings, causing compulsion to self harm or harm others or, among other things, most importantly, thoughts of suicide.

We need to reconnect people with their Reasons to Live. It takes just one reason to keep someone alive. To steady them. To get

"I applaud the entire Your Life Counts team for bringing the issues and devastation of suicide to the forefront of public discussion...the work being done by Your Life Counts is nothing short of amazing. It is organizations such as YLC that will change the way we see and speak of suicide and suicide prevention...thanks again to the entire Your Life Counts team for showing leadership in efforts to prevent suicide across Canada and I offer my encouragement and support to you all."

*Louise Bradley, President & COO,
The Mental Health Commission of Canada.*

them through their moments of crisis. Well known comedian and game show host Howie Mandel has recently given a powerful call to action for YLC's global initiative www.sharereasons2live.com Please visit,

share, donate and get involved. The only way to turn things around is to get involved. Don't wait for others. Life is too short. The needs are too great.

Remember the old saying: "A problem shared is a problem halved." It's actually true. In my journey with my organization I have heard numerous stories from youth and families of how they have not been listened to — really, really listened to as they have been swept along in the system.

When I was 17, I visited my doctor because I was feeling low due to seasonal hay fever. A wise old owl, he wrote a prescription, agreed I was a little depressed, and sent me on my way with a slap on the back and wishing me "good luck." I thought he had prescribed some medication. However, when I opened the prescription it read: "Friday night, 7 p.m., Church Road, Hockey Practice. Speak to my son Greg." I did. Hockey became a reason to live and helped me find purpose value and meaning.

Rory Butler is Founder of Your Life Counts! International Inc — a multi award winning charity founded in 2000 CRA number 135891257RR0001
rbutler@yourlifecounts.org

Visit www.yourlifecounts.org and www.sharereasons2live.com

This article is updated from an original article written by Rory Butler and published by the Toronto Star on June 12, 2012.



**Working with
First Nations to build
homes and opportunity
for everyone.**

Wayne Brown
e-mail:
wayne@bigfoot-mfg.com
Ph: 250-835-8885
www.bigfootloghomes.com



5205 Airport Road, Kuujuaq, Nunavik,
Qc, Canada, J0M 1C0
www.inuitartcanada.ca

Taking *positive* steps to manage his *diabetes*



"I was getting up four or five times every night to go to the bathroom," says Dwayne "Bubba" Vermette of Lethbridge, Alta. "I just couldn't quench my thirst." Plus, every time he bumped his arm or leg against a hard surface, he was in pain. These are all signs and symptoms of diabetes, but the 41-year-old from Lethbridge, Alta., ignored them.

That is, until his father-in-law told him to get checked after watching Bubba down a jug of iced tea at a restaurant. In 2007, Bubba was not only diagnosed with type 2 diabetes, but he was told that he'd also need insulin to manage his blood glucose (sugar) levels.

Trying to manage the disease led to depression. Bubba gained weight until he was over 300 pounds. It wasn't until he ended up in the hospital after a serious car accident that he realized that if he didn't make some changes, he says, "I wasn't going to continue being on earth for very long."

With the help of his wife, Erin, whose support, he says, has been invaluable, Bubba began to make healthy changes. He changed his diet to include healthier foods, started walking, and joined a weight loss program. In a year and a half, he lost 75 pounds, and he saw a huge improvement in his blood sugar and blood cholesterol levels.

Dr. Jan Hux, chief science officer for the Canadian Diabetes Association, says, "You don't have to get back to your Grade 12 weight. Even a slight weight loss lowers your risk of developing type 2 diabetes."

Bubba walks five kilometres a day, and for the past three years, he has walked 100



kilometres to raise money and awareness for the CDA. "Everyone knows about diabetes," he says, "but a lot of people don't fully understand how serious it can be."

Bubba is one of more than ten million Canadians living with diabetes or prediabetes. However, early detection and prevention can make a difference to people's health and quality of life. The CDA wants to share this message with Canadians living with undiagnosed diabetes or prediabetes and encourage them to complete the CANRISK diabetes test to find out their level of risk.

More information on diabetes, including how to take the CANRISK diabetes test, is available online at canrisk.diabetes.ca.

With files from Gabrielle Bauer

There are many signs and symptoms that can indicate diabetes.

Signs and symptoms can include the following:

- Unusual thirst
- Frequent urination
- Weight change (gain or loss)
- Extreme fatigue or lack of energy
- Blurred vision
- Frequent or recurring infections
- Cuts and bruises that are slow to heal
- Tingling or numbness in the hands or feet
- Trouble getting or maintaining an erection

If you have any of these symptoms, it is important to contact your health-care provider right away. Even if you don't have symptoms, if you are 40 or older, you should still get checked.

It is important to recognize, however, that many people who have type 2 diabetes may display no symptoms.



Green Aquaculture Farms for Sustainable Development

AgriMarine Technologies Inc. (ATI) designs technology systems to produce fish in a sustainable environment. ATI is a leading aquaculture and water technologies expert with a long history of strong and positive relationships with First Nations.

We have been in the business of fish farming for almost three decades in British Columbia. Working with various Nations, we have learned that relationships are based upon respect for aboriginal history and culture, while working together to further mutual socio-economic interests and environmental protection.

ATI designs superior turnkey projects for aquaculture farms that are:

- Scalable, affordable and commercially viable
- Can be replicated in various First Nation territories
- Produce sustainable, ecologically responsible aquaculture products that command a premium in the marketplace

The technology has the potential to increase employment in First Nations communities across Canada.

We have worked in consultation with First Nations on a variety of projects, and have established relationships with many bands, such as the Tla'amin and Shishalh First Nations on the Sunshine Coast, where many band members work at our West Coast Fishculture processing plant.

Floating Fish Farming Systems



Fish farming can be a challenging industry as farms are always exposed to the external, surrounding environment. ATI designed its proprietary AgriMarine System™ tank technology to enable farmers to have better control of the rearing environment. Semi-closed tanks that float on fresh and seawater bodies have many advantages and are well suited for a variety of fish, especially salmon species.

Semi-closed tanks offer the same benefits as land-based tanks in that tanks offer a solid barrier between the farmed fish and the wild, protect against predators, prevent fish escapes, mitigate diseases, and limit exposure to sea lice, algal blooms and low oxygen events.

Coastal regions as well as fresh water bodies are ideal for establishing this **Clean and Sustainable technology**.

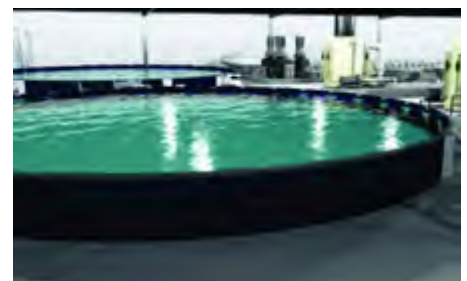
In addition to circular floating tanks, ATI has also designed Floating Raceway Technology (FRT), which offers similar features as the AgriMarine System™ tanks, and is ideally suited for fresh water bodies such as sheltered inlets, lakes, rivers, and man-made ponds and rehabilitated gravel pits.



AgriMarine System™ Tank before and after



Floating Fish Farming Tanks



Land-Based Farming

Another viable option that is available for First Nations is land-based farming. This type of fish farming is becoming increasingly

appealing as profitable businesses that can be established in remote communities, where water access is restricted or where local market demand calls for land-based farmed products.

Land-based systems are gaining social license to operate due to their environmental performance.

ATI has created a specific design for land-based fish farms that is scalable and flexible. Farms can range from small projects to large-scale operations, and can be adapted to local conditions, locations and market demands for fish products.

Benefits of both Floating and Land-based Systems

Rears healthier crops

Fish are sold in the marketplace as an antibiotic and chemical free premium product, raised in a healthy and environmentally sound environment.

Increases crop turnover

Fish can have significantly faster growth rates than traditional farming methods because of the controlled environment, which can be monitored and maintained.

Useful for a variety of fish species

While ATI brings vast experience as the largest producer of Steelhead trout in British Columbia, our systems may be used to grow many species of fresh and saltwater fish.

Steelhead or Rainbow trout (*Oncorhynchus mykiss*) are an excellent fish species for cooler climates and have fast growth cycles with excellent food conversion ratios. Salmonids do require pristine water quality, achieved by moderating the water temperature in the tanks and by injecting pure oxygen so the fish have a stress-free, clean and healthy environment to grow.

Contributes to job creation

All three sustainable systems can produce fish throughout the year and farms can be located in remote communities or near



Innovative Approach to Aquaculture Solutions

Designing **sustainable**, ecologically responsible, closed-containment systems for salmon farming
 Create stable **jobs** in **First Nation** territories
 For Fresh and marine **water bodies**
 For coastal regions and **remote sites**
 Scalable and **affordable** systems



Call us to learn more about our sustainable aquaculture technologies 1-250-941-3099
agrimarinetechnologies.com

urban markets, enabling farmers to ship their products across Canada and to international markets in the US and Asia.

Farm operations not only create stable jobs at the farm level, but they have the potential to expand into processing plants and other related industries, benefitting the communities at large. Aquaculture is a field that will only grow in the future.

Conclusion:

Scalable, Affordable Fish Farms

In summary, ATI designs superior turnkey projects for sustainable fish farming that are:

- Scalable, and commercially viable
- Can be replicated in various First Nation territories
- Produce radically lower “cost footprint” to earlier generation technologies
- Provide job creation in the farm, potential expansion into a processing plant, multiplier effect in the communities

We encourage First Nations to inquire about our technology solutions and services.

Learn more at

www.agrimarinetechnologies.com

Or call us at

1-844-941-3099



Canadian Centre
on Substance Abuse
Centre canadien de lutte
contre les toxicomanies

Partnership. Knowledge. Change.
Collaboration. Connaissance. Changement.

Working with First Nations Clients: A Guide for Addictions Professionals

By Elva Keip

Substance abuse is found in communities across Canada and, while they are no exception, First Nations communities come with their own unique circumstances and needs. Because of this, counselling and treatment cannot take a one-size-fits-all approach.

It was for this very reason that the Canadian Centre on Substance Abuse (CCSA) joined forces with the National Native Addictions Partnership Foundation (NNAPF) to broadly consult and create a First Nations guide to support the addictions workforce when working with First Nations clients.

Designed by the First Nations community for the First Nations community, the Technical Competencies Guide to Working with First Nations Clients was published early in 2015. It is designed to be used in conjunction with the Technical Competencies Report, published in 2014.

The guide stands as a complement to the full resource, Competencies for Canada's Substance Abuse Workforce, available on the CCSA website (www.ccsa.ca).

"During focus groups to validate the content and tone of the draft technical competencies, we received feedback that 'These are great, but you're missing some elements that really matter to First Nations clients,'" explains project lead Elva Keip. "We took that feedback to heart and it became our motivation to produce the First Nations guide."

Michael Martin, NNAPF research manager, elaborates: "Feedback from First Nations

partners indicated that the existing competencies were not inclusive enough, did not acknowledge the additional traumas experienced by many First Nations people, did not incorporate the mental wellness approach that is integral to First Nations, and did not reflect cultural principles derived from Indigenous knowledge."

NNAPF was willing to help resolve the issue, drawing upon two of its resources, Honouring Our Strengths: A Renewed Framework to Address Substance Abuse Issues among First Nations People in Canada (HOS) and Indicators to Assess Cultural Competencies along HOS Renewal System Elements, to apply culturally relevant knowledge.

NNAPF provided additional descriptions for some of the competencies and created relevant behaviour indicators where needed (see diagram) to correlate with an Indigenous person's lifelong journey to balance body, mind and spirit with self-esteem, personal dignity and cultural identity.

Complementary to the First Nations guide, CCSA has produced Behavioural Competencies as well as Technical Competencies and related tools to help the substance abuse workforce support clients more effectively.

In simple terms, Technical Competencies are the "what" requirements to successfully perform one's job; they include specific functions such as "counselling" and are sometimes known as "hard" skills. Behavioural Competencies are the "how" of

performing a job and are sometimes known as "soft" skills. Interpersonal rapport/savvy is one example of a Behavioural Competency. Each competency has four levels of proficiency, from introductory to advanced, making these resources applicable at any stage of one's career.

"The overall goal is to increase the quality and consistency of care that Canadians receive when they have substance use issues," emphasized Ms. Keip.

The Technical Competencies Guide to Working with First Nations Clients, along with the other documents in the Competencies for Canada's Substance Abuse Workforce, is available on CD upon request by emailing competencies@ccsa.ca.

About the author:

As a National Priority Advisor at the Canadian Centre on Substance Abuse, Elva Keip focuses on workforce development, especially competencies.

The Canadian Centre on Substance Abuse changes lives by bringing people and knowledge together to reduce the harm of alcohol and other drugs on society. We partner with public, private and non-governmental organizations to improve the health and safety of Canadians.

CCSA activities and products are made possible through a financial contribution from Health Canada. The views of CCSA do not necessarily represent the views of the Government of Canada.



Growing Strong Aboriginal Business

Providing Business Loans and Support Services
to Aboriginal Entrepreneurs in Atlantic Canada

TF: 1-888-766-2376 or email: info@ulnooweg.ca

**NEMASKA
LITHIUM**

Whabouchi Lithium Mine to Power the Future

Nemaska Lithium
(TSX-V: NMX)

Tel.: 418 704-6038

Fax: 418 614-0627

Toll-free: 1 877 704-6038

info@nemaskalithium.com



FANCAMP EXPLORATION LTD.



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

**SMS
EQUIPMENT**

Your **Solutions**
Our **Commitment**

EQUIPMENT - PARTS & SERVICE

Construction - Forestry - Mining

A Network Across Canada

KOMATSU 

1 866 458-0101 - www.smsequip.com



Jean-Sébastien David

Geologist
C.O.O

j.s.david@arianne-inc.com

Tel.: **418-549-7316 (26)** Fax: 418-549-5750

393 Racine East street, suite 200, Chicoutimi, Qc G7H 1T2

www.arianne-inc.com



G.D.'s Garage

Autobody & Mechanic

Tel.: (450) 632-9891

*Glen Delaronde
Autobody & Mechanical Shop*

P.O. Box 298
Kahnawake J0L 1B0

**We Support Voices of visions and
the “Blue Ribbon Campaign”
Helping Create Awareness
Regarding Aboriginal & Inuit
Suicides.**

*From a Concerned
Canadian Corporation.*

Geothermal: Tapping Earth's *abundant energy*

by *David Suzuki*

In the midst of controversy over B.C.'s Peace River Site C dam project, the Canadian Geothermal Energy Association released a study showing the province could get the same amount of energy more affordably from geothermal sources for about half the construction costs. Unlike Site C, geothermal wouldn't require massive transmission upgrades, would be less environmentally disruptive and would create more jobs throughout the province rather than just in one area.

Despite the many benefits of geothermal, Canada is the only "Pacific Ring of Fire" country that doesn't use it for commercial-scale energy. According to Desmog Blog, "New Zealand, Indonesia, the Philippines, the United States and Mexico all have commercial geothermal plants." Iceland heats up to 90 per cent of its homes, and supplies 25 per cent of its electricity, with geothermal.

Geothermal energy is generated by heat from Earth's rocks, liquids and steam. It can come from shallow ground, where the temperature is a steady 10 to 16 C, hot water and rocks deeper in the ground, or possibly very hot molten rock (magma) deep below Earth's surface. As with clean-energy sources

like solar, geothermal energy systems vary, from those that use hot water from the ground directly to heat buildings, greenhouses and water, to those that pump underground hot water or steam to drive turbines. The David Suzuki Foundation's Vancouver and Montreal offices use geothermal.

According to National Geographic, geothermal power plants use three methods to produce electricity: dry steam, flash steam and binary cycle. Dry steam uses steam from fractures in the ground. "Flash plants pull deep, high-pressure hot water into cooler, low-pressure water," which creates steam. In binary plants, which produce no greenhouse gas emissions and will likely become dominant, "hot water is passed by a secondary fluid with a much lower boiling point," which turns the secondary fluid into vapour.

Unlike wind and solar, geothermal provides steady energy and can serve as a more cost-effective and less environmentally damaging form of baseload power than fossil fuels or nuclear. It's not entirely without environmental impacts, but most are minor and can be overcome with good planning and siting. Geothermal fluids can contain gases and heavy metals, but most new systems recycle them back into the ground. Operations should also be located to avoid mixing geothermal liquids with groundwater and to eliminate impacts on nearby natural features like hot springs. Some geothermal plants can produce small amounts of CO₂, but binary systems are emissions-free. In some cases, resources that provide heat can become depleted over time.

Although geothermal potential has been constrained by the need to locate operations in areas with high volcanic activity, geysers or hot springs, new developments are making it more widely viable. One controversial method being tested is similar to "fracking" for oil and gas. Water is injected into a well

with enough pressure to break rock and release heat to produce hot water and steam to generate power through a turbine or binary system.

Researchers have also been studying urban "heat islands" as sources of geothermal energy. Urban areas are warmer than their rural surroundings, both above and below ground, because of the effects of buildings, basements and sewage and water systems. Geothermal pumps could make the underground energy available to heat buildings in winter and cool them in summer.

New methods of getting energy from the ground could also give geothermal a boost. Entrepreneur Manoj Bhargava is working with researchers to bring heat to the surface using graphene cords rather than steam or hot water. Graphene is stronger than steel and conducts heat well. Bhargava says the technology would be simple to develop and could be integrated with existing power grids.

Unfortunately, geothermal hasn't received the same level of government support as other sources of energy, including fossil fuels and nuclear. That's partly because upfront costs are high and, as with oil and gas exploration, geothermal sources aren't always located where developers hope they'll be. As Desmog notes, resources are often found in areas that already have access to inexpensive hydro power.

Rapid advancements in renewable-energy and power-grid technologies could put the world on track to a mix of clean sources fairly quickly — which is absolutely necessary to curtail global warming. Geothermal energy should be part of that mix.

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Written with contributions from David Suzuki Foundation Senior Editor Ian Hanington.

Learn more at www.davidsuzuki.org.



David Suzuki



Explor
Resources Inc.

TSX.V: **EXS**



Explor Resources Inc.

15 Gamble St. E., Suite 204
Rouyn Noranda, QC
Canada J9X 3B6

Chris Dupont, President & Director

Tel: (819) 797.4630

Toll Free: 1.800.388.8668

Fax: (819) 797.6050

Explor Resources Inc. is a gold and base metals exploration company with mineral holdings in Ontario, Quebec and Saskatchewan. The company is currently focused on exploration in the Abitibi Greenstone Belt of Ontario and Quebec, where more than 180 M ounces of gold and more than 450 Mt of Cu-Zn ore have been found to date. Explor's total land position in the Abitibi Greenstone Belt is approximately 21,800 hectares. Explor also owns 1,991 hectares of mining claims in Saskatchewan and 250 hectares in New Brunswick.

Information request:

info@explorresources.com

www.explorresources.com



Dave Rector
President

- Full Service Machine Shop
- Welding and Fabrication Shop
- Driveline and Balancing
- Millwrighting
- Warn Parts and Accessories for ATV's

190 Sackville Road, Sault Ste. Marie, Ontario, P6B 4T6 Canada
(705) 256 6221 www.rectormachineworks.com



Jack Jamieson
Vice President,
Aboriginal Services
T.E. Wealth

1-866-430-0537 jjamieson@teic.com

www.tewealth.com/aboriginal/



STITTCO ENERGY

RELIABLE PROPANE SERVICE

• Residential • Commercial • Vehicle • Industrial

- Churchill (204) 675-2645
- Flin Flon (204) 687-3493
- Snow Lake (204) 358-2530
- The Pas (204) 623-3493
- Thompson (204) 677-2304
- Hay River, NT (867) 874-2432



www.margauxresources.com

1600, 510 - 5th St. SW,
Calgary, AB T2P 3S2
Phone: 403-537-5590

TSX-V:MRX





APTN'S 10th Annual Aboriginal Day Live

Retracing its roots on June 25th



April 5, 2016, Winnipeg, Manitoba – Aboriginal Peoples Television Network (APTN) is delighted to announce it will present its 10-year anniversary of Aboriginal Day Live (formerly Aboriginal Day Live & Celebration) at The Forks in Winnipeg, MB on Saturday, June 25, 2016.

In honour of the event's beginning – the theme is Back to Our Roots – with The Forks to be transformed into a spectacular Community Celebration Village of festivities. The daylong activities for all families and LIVE evening concert will feature award-winning and on the rise, Aboriginal artisans, musicians, and entertainers from across Canada.

In a spirit of collaboration, Aboriginal Day Live will also evolve with new elements to mark a decade in the making. APTN is now looking to the arts and culture community to contribute to the Celebration Stage and to the public for a Social Media Host of the LIVE evening concert.



- **Open Call for Celebration Stage**
Performers: First Nations, Métis or Inuit entertainers, artists and musicians are invited to apply online by May 1, 2016.

- **Open Call for Social Media Host:** Any First Nations, Inuit or Métis person who is a Canadian resident and at least 18 years of age can audition online by April 22, 2016. Be available to work in Winnipeg between June 22 and June 26, 2016.

The complete programming of the day's activities, evening concert lineup including its multi-platform LIVE broadcast, and the roster of community partners will be announced at the 10-year anniversary Aboriginal Day Live press conference on Thursday, May 19, 2016.

For more on the beat of the upcoming celebration and both open calls, visit aboriginaldaylive.com or follow APTN's Social Scene. Everyone is invited to partake in the conversation anytime on Twitter or Instagram by tagging their posts with #ADL2016, and the network will share them with its followers.

About Aboriginal Day Live

Aboriginal Day Live is held annually since 2007 and is the largest celebration of National Aboriginal Day and the summer solstice in Canada. Aboriginal Peoples Television Network (APTN) presents the day-long program of free activities and evening concert in Winnipeg, MB, on the Saturday closest to June 21st. The LIVE concert broadcast is available to all Canadians via APTN, radio waves, online and mobile devices. For more information, please visit aboriginaldaylive.com

For further information about Aboriginal Day Live or APTN and for image requests, please contact:

Jacqueline Jubinville
Manager of Communications, APTN
(204) 947-9331, ext. 339
jjubinville@aptn.ca



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

Focus Graphite

and the Uashat Mak Mani-Utenam Innu First Nation

Potential Partners in a Northern Quebec Technology Graphite Project

by Don Baxter

Focus Graphite's Lac Knife, Quebec mining development project is seen as something of a novelty in the Fermont community – a small crystalline graphite deposit encircled by the largest iron ore mining projects in North America.

The Lac Knife Project is not only novel, it is critical to a material world in the throes of change - a change that encourages industries to embrace and apply the values of environmental sustainability throughout their supply chains.

Clean, renewable energy is the new petroleum, according to one market observer who used Tesla Motors electric vehicles and trans-continental network of battery charging stations as a model for nations to follow.

Germany and Japan are committed to building out their renewable energy infrastructures and Hydro-Quebec has taken a leadership role in the Province of Quebec to expand its renewable energy network.

Lac Knife is Important

High purity graphite, when combined with lithium and other minerals and metals form the foundational components for renewable energy production and storage. Lac Knife's flake graphite deposit holds unique physical characteristics and attributes that result in high performing technology applications.

Lac Knife's graphite is a proven source for clean, fuel cell energy generation. And in May 2014, Focus demonstrated that purified spherical graphite produced from its own, proprietary processing technologies resulted in an extremely high performing lithium ion battery.

It is precisely why Focus Graphite's industrial focus rests on future production from Lac Knife for low-cost, high purity technology graphite materials and value added spherical graphite for the renewable energy sectors.

Today, Focus Graphite Inc. is an advanced,

technology-oriented graphite mining and processing enterprise with high grade mineral reserves and technical capabilities for producing spherical graphite (SPG) to meet the most exacting customer specifications. Focus also holds a significant equity position in graphene applications developer Grafoid Inc.

In late 2014, Focus transitioned out of the exploration stage to a mining development company. With one long-term offtake agreement in hand, Focus anticipates additional graphite sales-purchase agreements to be signed with battery manufacturers during 2015.

The company's Feasibility Study shows the Lac Knife Project is economically viable and has the potential to become one of the world's lowest cost graphite producers based on 7.86 million tonnes of proven and probable reserves grading at 15.13% Cg.

Common sense, respect for the environment, job creation and, participation in the Fermont community remain key elements to Focus Graphite's long-term success.

Planting Roots in the Community

On October 28, 2014, Focus announced the signing of a Pre-Development Agreement ("PDA") with the Uashat Mak Mani-Utenam Innu ("ITUM") First Nation Band Council, for the Lac Knife Mine Development Project some 30 km south of Fermont, in north-eastern Québec.

The intent of ITUM-Focus agreement is to enter into a collaborative relationship in order to better understand the impacts of the project and to incorporate ITUM's concerns into the Lac Knife mine development project planning.



The Rail-to-Seaport Link

(Photo – Courtesy of Focus Graphite)



An ore sample from the Lac Knife Project

(Photo Courtesy of Focus Graphite)

More, however, the agreement lays the groundwork for future negotiations that could pave the way to a long-term partnership for the sustainable development of Focus Graphite's planned value added graphite plant in the Sept Îles community.

Focus believes the introduction of environmentally sustainable technologies brings additional value to its operations and, of course, the spillover benefits to the community, all the while working with ITUM to address the community's social needs and supporting its long term vision and aspirations.

Participation in this project offers the potential added value of this second transformation to spherical graphite used in Li-ion batteries that will help to enable the electrification of transportation and other green technologies as well as creating more jobs in the secondary transformation sector.

These are key interests with respect to the Plan Nord in Québec. Both the mine site and the spherical graphite production plant would be powered by Hydro Québec's low cost and low carbon footprint sustainable energy sources.

Test results published in May, 2014 on Lac Knife's value added spherical graphite confirmed extremely high performing materials for use in lithium ion batteries. During the Project Finance phase for the construction of the Lac Knife mine and plant facilities, the secondary transformation opportunity will undergo a feasibility study

Chief Mike McKenzie of ITUM described the agreement as, "an important first step in my community's assessment of the Lac Knife project."

He said among other measures, the agreement includes a welcome contribution from Focus Graphite to help offset the important costs associated with analyzing mining projects.

"I also salute Focus' interest in partnering with my community and note that the company's link to green technologies could prove to be an interesting sustainable partnership opportunity for the Innu of Uashat mak Mani-utenam," Chief McKenzie said.

Towards Financing and Permitting

Having met its regulatory milestones during 2014, Focus is currently at the Project

Finance stage and anticipates multiple announcements during 2015 related to those discussions and, for the conclusion of discussions related to potential offtake agreements with international graphite buyers.

Focus made mining history in late 2013, becoming the first graphite developer to sign a long-term graphite sales-purchase agreement with a Chinese industrial conglomerate.

On December 1, 2014, Focus filed its Environmental and Social Impact Assessment (ESIA) for the Lac Knife Project – a significant milestone and an important contributor to the company's ongoing efforts to de-risk the Lac Knife Project's development.

The ESIA, filed with the Ministère du Développement Durable, de l'Environnement et de la Lutte contre les Changements Climatiques, is the main document used to communicate and discuss details of the project to all concerned regulators and community stakeholders regarding the project's impact, risk mitigation, and potential benefits.

The company is currently working with ministry officials to acquire its final permitting Decree from the Quebec government.

About the author:

Don Baxter is 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.

Gary Economo
Chief Executive Officer
Focus Graphite Inc.



ARCTIC SEALIFT YOU CAN DEPEND ON

"RELIABLE"

"OUTSTANDING CUSTOMER SERVICE"

"★★★★★"

"FLEXIBLE SCHEDULES AND EXPERT PLANNING"

"INUIT OWNERSHIP AND EMPLOYMENT"



Succeed with NEAS

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



RELIABLE

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

COME SEE THE ANIMALS UP-CLOSE, CLOSER, CLOSEST and ENJOY THE WATER PARK



NEW ATTRACTION A MAZE

- Five continents Animal Farm
- Deer Trail
- Tube ride at the Nile River
- 400 picnic tables
- African Plain
- Cheetah Centre
- L'Explorateur restaurant


**PARC
SAFARI**
HEMMINGFORD • MONTREAL

30 minutes from Montréal
(450) 247-2727

PARCSAFARI.COM

OSISKO

GOLD ROYALTIES

Our View towards Northern Development

The Québec Government has elaborated a strategy to develop the Northern Region of its territory. This vast area is sparsely populated, requires infrastructure and is pristine. The Government hopes to develop resource and tourism, while maintaining the pristine nature of a large part of the territory.

André Gaumond, our Senior Vice President, Northern Development, has worked over the past 20 years within the Plan Nord territory. He shares his experience and his vision of exploration in Northern Québec.

1. Éléonore mine has reached commercial production in April 2015, nine years after the initial discovery by the Virginia Team. Can you describe the impact of the discovery of this great deposit?

The impacts of the Éléonore discovery are very important. You just have to look at the number of cars parked in the airports of Rouyn-Noranda, Chibougamau, Wemindji and Chisasibi to understand the great impact of this deposit on the northern communities. In addition, the mine

awarded contracts to many service providers including the opening of a new laundry contractor in Wemindji. The laundry is own by the Crees and all the workers come from Wemindji. Hundreds of Québec based firms have been involved in the Éléonore development. In the village of Wemindji, the opening of the mine has also allowed the construction of a training center.

2. What have been the key attributes of your success in the North?

Expertise, perseverance and sustainable development.

3. The Québec Government has proposed several initiatives to further develop its Northern Region. What do you see as the key challenges for success?

The key challenges in the Plan Nord are linked to the infrastructures and land access. Capital costs and operating costs for businesses in northern areas are significantly

higher than in the South. The presence of infrastructures such as roads, electricity distribution network and airports are key for future developments. The commitment to keep 50% of the territory without industrial activity is concerning for future of exploration and land access.

4. There is considerable debate within Québec on the strategies for Plan Nord. Do you think that resource development can be achieved successfully and with the support of key stakeholders?

Absolutely. Sustainable development and social acceptability are not only key factors, but they are the new reality of our industry throughout Québec. The industry has implemented several measures and best practices to mitigate the impact on the environment. We need, as an industry, to communicate and to demonstrate all of the measures taken to minimize the impacts of our operations, not only because we are leaders. Our achievements deserve to be widely known. Very few people know that

Osisko Gold Royalties, the new leading intermediate gold royalty and exploration company, is committed to create shared value with our shareholders and partners, in the best interests of our workforce and surrounding communities.

www.osiskogc.com TSX:OR



the mining industry is one of the largest employers of First Nations in Canada. Over 23 years of involvement in the territory of the Plan Nord, our exploration team has always felt welcomed in the James Bay Area.

5. Many people believe that the cost associated to sustainable development is difficult to justify for small exploration companies, particularly in difficult times. What do you think?

I always considered sustainable development as a very profitable investment and not as a simple expenditure. A project that has been developed according to the best social and environmental practices has priceless competitive advantage.

Our Vision of Sustainability

At the core of our strategies to achieve our goal of creating wealth for our shareholders and other stakeholders is leadership in

sustainability. We strongly believe that we and our partners can carry out mining activities in a responsible manner by ensuring that:

- Our people and contractor employees work in a safe and efficient manner;
- We minimize our impact on environment throughout the full cycle of mining;
- We communicate well with our host communities by explaining our planned activities, listening to the concerns, modifying our approach to respond to the concerns, and ensuring that our communities benefit economically from activities. We are particularly sensitive to the concerns of the First Nations;
- We participate in the development of best practices in our industry, and ensuring their implementation; and
- We promote the benefits of the mining industry to society.

The mining industry, like society, has evolved tremendously over the years. Through research and development, our approach has changed while increasing our responsibility to mitigate the impact of activities on air, land, water and communities.

Host Communities and Culture

We are engaged in on-going dialogue with our host communities in the North. We provide insights into our planned activities and also return a report on our results. Throughout our dialogue, we further gain insights in the culture of First Nations and their relationship with the land. We value their knowledge of Aboriginal people and actively seek their input to minimize the potential impact of our activities on the environment and their cultural heritage and traditional ways. Osisko regularly visits First Nation community partners to share information, receive comments, and strengthen our relationship.



POSITIONING
FOR

SUSTAINABLE
GROWTH

- **Quality asset base** in safe, mining friendly jurisdictions, and favourable Canadian dollar exposure
- **Growing production profile:** 2016 forecast of 87,000 to 97,000 Au ounces
- **Strong cash position and capital structure:** CAN\$61 million* in cash, minimal debt and low share count of 58 million
- **Island Gold Mine PEA highlights potential for increased production and lower All-In-Sustaining Costs**
- **Track record of success** — 35 years operating in Canada

* As of March 31, 2016



TSX, NYSE MKT: RIC

www.richmont-mines.com



RICHMONT

Richmont Mines is a Canadian based gold producer that operates the Island Gold Mine in Ontario, and the Beaufor Mine in Quebec. With a renewed focus and clear strategy we have reinvested in our operations to position the company for long-term success and shareholder value creation.

Island Gold Mine

Island Gold has a strong organic growth profile, decreasing costs, and exceptional exploration potential.

Located in Ontario, Canada, the Island Gold mine is our cornerstone asset. 2015 was Island Gold's best year ever, with gold production of 55,040 gold ounces – 16% over guidance – and in-line with projected cash costs and AISC. In recent years, we have upgraded the mine's underground infrastructure and mill capacity, which has increased underground productivity to 800 tpd, and the mill capacity to 900 tpd. With expanded productivity, increased reserves, and significant exploration potential, the mine is poised for another year of growing production and declining costs.

A Preliminary Economic Assessment (PEA) that was released in October forecasts the potential for increased production and lower AISC from 2017 through 2022. The PEA considers a base case scenario of 800 tpd, over three mining horizons, and indicates the potential for a further underground productivity expansion to 1,150 tpd. An updated study should be released in the second half of 2016.

Based on the PEA, 2015 and 2016 are considered transition years, in which we are focused on accelerating the underground development, to support the production growth and cash flow generation that are expected beginning in 2017. At that time capital investment requirements are expected to decrease significantly and drive a corresponding increase in free cash flow.

In 2015, delineation drilling results increased reserves by 206%, to 561,700 ounces of gold, extending the mine's life to more than seven

years. Almost 80% of the PEA resources were converted to reserves, supporting the mine's future production profile. In 2016, delineation drilling will focus on resource-to-reserve conversion of the remaining PEA resources.

Exploration at Island Gold

The Island Gold exploration program continues to demonstrate the significant potential of our cornerstone mine. Drilling programs continue to intersect very favourable gold mineralization both along strike and at depth, providing increasing confidence in further extending the mine life beyond the current seven years, and potentially supporting an expansion to 1,150 tonnes per day.

Our deep directional drilling program continues to confirm the higher-grade, wider mineralized zones at depth below the 1,000 metre level. The overall program commenced in September 2015 has four main objectives: 1) To test the near-mine potential to extend mine life laterally above the 860 metre level; 2) to follow up on gold intersections down plunge that support potential for an extension of the deposit between the 860 and 1,500 metre levels; 3) to test the east-west for lateral extensions beyond the known deposit; and 4) to test high-priority gold targets elsewhere across the prospective Island Gold property.

Beaufor Mine and Camflo Mill

Located near Val d'Or in northwestern Québec, the Beaufor mine has been in production since 1996 and remains an important asset in our portfolio. The 1,200 tpd Camflo mill is located approximately 49 km from Beaufor and its excess capacity provides toll milling opportunities.

For 2015, production was strong – the mine produced 26,411 ounces of gold, in line with guidance, at cash costs and AISC levels that were also within guidance estimates. A successful delineation drilling program increased the mine's reserves by 95%, primarily from conversion of resources in the Q Zone, supporting more than two years of mine life. The mine marked two years of operations without a lost-time injury.

At Beaufor, development in 2016 will be focused on advancing the Q Zone where we reached

the mineralized structure in March 2016. Development in ore was initiated late in the first quarter with stope mining planned for the second half of the year.

Corporate Responsibility

It's all about People

At Richmont, we believe in responsible mining. We strive to create sustainable value for all our stakeholders, including our employees, their families and the communities in which we operate.

Health and Safety

The Health and Safety of our employees is of paramount importance. We are committed to ensuring that our mines are safe, and that our work environment provides, promotes, and rewards a culture of safe practices and standards. In the spirit of our new company-wide safety program, *It's all about people*, we closely monitor the best-practices that we have in place, and carry out frequent training and awareness programs at all our operations. In 2015, our total accident frequency improved by 35%. There have been no lost time incidents at Island Gold mine in five years, and none at Beaufor mine in the last two years.

Community

Our business depends on partnerships with governments, communities and First Nations, suppliers, and employees. We strive to engage our stakeholders in an open, transparent manner, with regular meetings and site visits for all stakeholders. We prefer to hire locally, and use local suppliers and services. Local employment increased steadily in 2015.

Environment

Our operations use a wide range of materials and consumables including explosives, chemicals, and fuels, and strive to be careful stewards of the environment, operating continuous improvement programs in the use and handling of these materials. We have programs in place at each of our operations to ensure that waste management and disposal are compliant with permits and with local, provincial and federal regulations and standards.

We've Got The Warmest Welcome

We take our warm welcome literally, that's why we give you a fresh-from-the-oven chocolate chip cookie at check-in. And that's just the beginning of all the personal touches we make before you arrive, so you can just relax and enjoy.



Special Rate of 15% off
by using code PL1

Minimum 2 Nights Stay. Promotion valid April-Jun, 2016

Where the little things mean everything.™

16615 – 109th Avenue, Edmonton, AB, Canada T5P 4K8
T (780) 484 0821 | F (780) 486 1634
WestEdmonton.DoubleTree.com



THE SILVERBIRCH CONFERENCE CENTRE

More Than A Place To Meet

The **ULTIMATE** Meeting Experience

Located in the DoubleTree by Hilton™ West Edmonton, our Conference Centre is one of the most inspiring meeting facilities in Canada. Our distraction free and ergonomically advanced conference venue with leading edge technology, our personalized service, and health inspired innovative cuisine guarantee a premier meeting experience with meaningful results.

Our variety of All-Inclusive Meeting Packages are designed to make meeting planning stress-free, convenient and easy to budget.

First Nations Package
\$79 per person +gst

Quote "First Nations Package"
Promotion valid April-June 2016.



ALAMOS GOLD INC.

Alamos Gold:

Building for the Long Term

Alamos Gold was formed in 2003 with a handful of employees and a development stage gold project in Sonora, Mexico. Today, Alamos has grown to employ more than 1,300 people with three producing gold mines in North America including the Young-Davidson mine in Northern Ontario, and the Mulatos and El Chanate mines in Sonora, Mexico. Alamos also has a portfolio of growth projects in Turkey, Mexico, the United States and Canada, including the Lynn Lake gold project in Manitoba. The foundation of

this growth has been to create value and make a positive contribution to all of its key stakeholders, including its employees, host communities and local governments.

Health and Safety

Alamos is committed to providing and maintaining a safe and healthy working environment and has invested heavily in developing a safety-first culture across all aspects of its operations. Protecting its

employees is Alamos' top priority. The company's goal is to achieve zero accidents in the workplace. The Young-Davidson, Mulatos and El Chanate mines have all achieved significant safety milestones with each operation surpassing more than two million work hours without a lost time accident. This track record is one the company is proud of continuously looking to improve upon.

Alamos also believes in investing in its employees by providing extensive skills training required for the workplace and

Diversified North American gold producer
Leading growth opportunities



Alamos Gold is committed to the principles of sustainable development and creating value for all of its key stakeholders including its employees and host communities.



ALAMOS GOLD INC.

www.alamosgold.com

TSX:AGI | NYSE:AGI

other opportunities for advancement through personal and professional development programs.

Track Record of Environmental Responsibility

Alamos builds and operates its mines in an environmentally sustainable manner with a goal of contributing to the local ecosystems such that beyond the closure of its mines, the company leaves things better off than when it found them. In the design, construction, operation and ultimately closure of its mines, the company's focus is on minimizing its environmental footprint through the most efficient use of energy, water and other resources and ensuring its remediation and reclamation activities and plans are incorporated into every stage of the mine life cycle.

The company has been recognized for its strong track record in environmental stewardship including being granted the Clean Industry certification at its Mulatos mine by the Mexican Federal Attorney for Environmental Protection (PROFEPA) since 2011.

Community Engagement

Developing an understanding of the priorities of its host communities allows Alamos to focus its investments into community development and infrastructure programs that will provide sustainable, long-term benefits. This has included investing in and maintaining local infrastructure, supporting educational opportunities, improving access to medical care and enhancing medical services for communities surrounding its Mexican operations and various other community and social programs. Social engagement, participation and support from local communities are critical to Alamos' success as a company.

Beyond the creation of direct and indirect jobs through the company's operations and projects, Alamos has also supported the development of micro-businesses with local stakeholders, including its First Nation communities at the Young-Davidson mine for services from ore haulage to camp facilities and management.

These are important initiatives, and through ongoing support and investment, Alamos is committed to helping build a foundation for sustainable well-being within its host communities, long after the closure of its mines.

Development Pipeline: Lynn Lake

Alamos' focus is on the long term. Its long term growth is supported by a strong portfolio of development projects including the Lynn Lake project in Manitoba. Lynn Lake is a highly prospective past-producing gold camp with its two primary deposits, the MacLellan Mine and the Farley Lake Mine, envisioned as one of the highest grade open pit mining operations in North America. Alamos continues to work with its key stakeholders including its First Nation partners, the Marcel Colomb First Nation, the local communities and government to advance the project through the feasibility and permitting stages, and ultimately construction.

For more information please visit the company's website at www.alamosgold.com



ALAMOS GOLD INC.



APRIL 12 - JUNE 12, 2016

HAIR

WINNER! Tony Award Best Revival of a Musical (2009)

BOOK YOUR TICKETS TODAY!

 www.mayfieldtheatre.ca
| 780.483.4051


Bayshore

PETROLEUM CORP.

If you have Heavy oil, Canola seeds, Rape seed, Coal,
we can convert it into diesel for you.
Funding and Technology are available.

For further information, contact Corporate@Bayshorepetroleum.com





Fission
URANIUM CORP.

www.fissionuranium.com

OTCQX:FCUUF

TSX.V:FCU

Fission's Award-Winning PLS Uranium Project






Early Days at PLS

- PLS hosts the **Triple R**: a large, near-surface, high-grade deposit that continues to expand
- Mineralized trend of 2.58km with the largest footprint in the Athabasca Basin
- Upcoming drill program focusing on exploration hot spots



Fission Uranium Corp
700-1620 Dickson Avenue
Kelowna BC Canada

Toll-free 1.877.868.8140
ir@fissionuranium.com
www.fissionuranium.com

 @FissionUranium
 [fissionuraniumcorp](https://www.linkedin.com/company/fissionuraniumcorp)
 [fissionuraniumcorp](https://www.youtube.com/fissionuraniumcorp)

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