

# Voices of Visions

**FIRST NATION & INUIT RESOURCES EDITION**

Fall 2016

## **Fission Uranium**

*Laying the Foundations for  
Clean, Low-Cost Energy*

**CASP**

*Suicide Prevention*

**David Suzuki**

*Violence Against Native Women*



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## SUBSTANCE ABUSE CENTRES

**Canadian  
Treatment  
Services:**

[www.ccsa.ca/Eng/KnowledgeCentre/  
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[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 Enterprises 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.**



# Focus Graphite: *Aiming for High-Value Markets from a Strategic North American Mining & Technology Alliance*

Progress in today's world commodity markets is a challenge for any junior mining company.

But challenging times invite developers to look at the advantages they hold to transition out of the old and into the new sustainable low carbon economies.

Focus Graphite is blessed with those natural, geographic, scientific and corporate advantages that leave us well positioned strategically to meet the realities of today's clean technology world.



*Lac Knife Project*



*Pontax Spodumene Project*

In addition to our Lac Knife flake graphite project near Fermont and our Lac Tétépisca graphite project southwest of the Manicouagan reservoir, Focus is partnered with Stria Lithium, the owner of the Pontax spodumene property in the James Bay region and Grafoïd Inc., a world-leading graphene application developer in a unique clean technology alliance, 2GL Platform.

2GL Platform – with roots in Quebec – was informally established to capture

opportunities created by the emerging clean technology revolution.

Our technology vision has steered us through market ups-and-downs during the last six years and, more to the point, through the maturation of business opportunities it has fostered for the emerging low-carbon economy.

Our strategic plan established five guiding principles that shaped our overall development.

They are: to become a leading graphite producer; to play a central role in a critical materials platform; to become a global player; to be able to weather commodity downturns, and; to present investors with a viable, long-term investment opportunity

These five principles have become the centerpiece of Focus's corporate resume.

## **Focus as a leading graphite producer**

Lac Knife's high-grade, high-purity graphite deposit enables Focus to project it holds one of the lowest costs of production. Five successive publications of data support the unique, superior qualities of the Lac Knife natural flake graphite deposit.

On May 27, 2014, Focus published results showing its ability to tailor spherical coated graphite anode materials to the most stringent of customer specifications

On November 25, 2015, the Company reported "zero loss" in long-term anode testing

On February 26, 2015, Focus reported that Lac Knife graphite outperformed both synthetic and commercially available flake graphite in battery tests

On March 31, 2016, that its expanded graphite for CATHODES exhibited twice the conductivity versus both synthetic and competing sources of natural graphite, and;

On August 8, 2016, the Company announced its in-house developed technology had successfully purified fine

flake graphite from 95% to 99.99% purity – a first in the industry.

## **A critical materials platform**

Our technology-oriented business focus aims to capture markets from its participation in the novel, green technology consortium 2GLPlatform ([www.2glplatform.com](http://www.2glplatform.com))

Focus now holds the in-house developed proprietary technologies for value added graphite products; holds a leading investment position in graphene-related application developments, and; is partnered with the developer of advanced, affordable lithium production technologies.

## **To be a global player**

Strategic partnering is essential if we are to successfully compete on the global stage.

Focus' aim is to secure commercial relationships with the world's two key industrial players - the United States and China. Combined, they account for some 25% of the green economy. We consider the U.S. to be our home market while we consider China to be the key that unlocks our global expansionary goals.

To succeed, Focus brings product and expertise and combines it with a strategic partner's financial resources and market knowledge thus enabling Focus to penetrate foreign markets. Our partner gains access to Focus' technology.

## **Weather the downturns**

As evidence of Focus' technology markets diversity, some two-thirds of Lac Knife's future production is committed to Grafoïd in two definitive, long-term offtake agreements. They are:

The Graphene Offtake commits Grafoïd to acquire, at its discretion, up to an annual maximum of 1,000 tonnes of high-purity (98.3%) large flake graphite concentrate



annually for 10 years. The Polymer Offtake commits Grafoïd to acquire, at its discretion, up to 25,000 tonnes of concentrate grade annually from the Lac Knife Project for 10 years.



Diversity in technology markets is the Company's firewall against fluctuating commodity cycles. Corporate planning has led to the development of multiple markets for Focus' value-added products and we have invested in future technologies as a way and means of de-risking all facets of the company's operations.

#### **Provide investors with a long-term investment opportunity**

The ability to purify fine flake graphite expands the company's potential to sell substantially most of the graphite extracted from Lac Knife into high-value, high-tech applications instead of approximately 30 percent being sold for lower value industrial applications. And, Focus holds an equity interest in Grafoïd



#### **Mine Development**

On December 1, 2014, the Company filed the complete Environmental and Social Impact Assessment (ESIA) study for the Lac Knife Project with Québec's provincial authorities at the Ministère du Développement durable, de l'Environnement et de la Lutte contre les changements climatiques (MDDELCC).

The ESIA 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. This is a precursor to obtaining a mining lease and for obtaining Global Environmental Certificate Authorisation.

The Lac Knife Project project has reached stage 8 of 10 stages and is an advanced mineral project on the path to production. Stage 7 was completed in August 2014, when the Company filed its "NI 43-101 technical Report on the Lac Knife Graphite Feasibility Study on [www.sedar.com](http://www.sedar.com) and filed the complete ESIA study report with Quebec authorities.

#### **Ongoing Stage 8 Activities and the permitting process:**

Focus is completing the process of answering questions by MDDELCC relating to the ESIA study report filed in 2014.

#### **Mine Closure Plan:**

A Mine Closure Plan is a prerequisite to obtaining a mining lease. Focus is currently completing the Plan. The Lac Knife Mine Closure Plan will be submitted to the MDDELCC this Quarter.

#### **Social acceptability**

Mining companies developing projects in Québec are encouraged to sign partnership agreements with First Nations whose traditional harvesting and cultural practices lands are impacted by the project.

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.

Our public consultation process is ongoing

Mine construction at Lac Knife can commence upon the Company meeting all of its obligations under the Québec Mining Law as outlined above. Financing will allow for detailed engineering to begin while finalizing the permitting process.

#### **Lac Tétépisca**

On August 17, 2016 the Company announced high purity results from a 2014 core drilling program at its wholly owned Lac Tétépisca graphite project.

Encouraging initial drilling results at Lac Tétépisca further indicate that there is potential for a new large volume-high grade graphite deposit. In particular, interest for this type of deposit could come from the future graphite-based plastic polymer industry.

Next generation low carbon economies are critical for a cleaner planet.

We believe our efforts in developing our Quebec-based resources and technology facilities in the Cote Nord region will bring mining diversity, sustainable value-added production and create jobs within the Plan Nord framework.

*Gary Economo is President and CEO 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.





Tarku Resources is a junior mining company with big aspirations that clearly understands consulting with respect for the First Nations communities where we operate is crucial to reach our goals. It goes beyond consultation, to us, inclusion in the project is equally as important.

Mining is an important part of the economy of the north, and can afford many opportunities for remote First Nations communities. But in the past, many mining companies took on an adversarial attitude toward First Nations. Tarku Resources is a new breed of junior mining company that embraces the opportunity to do things the right way.

Often in areas of interest for mining, they first move in with expensive equipment to undertake scientific work to assess the potential to find a mine. Yet, many of the great mines in Canada were found using old fashioned geology, which means walking around and looking down for certain rocks.

First Nations people all over Canada, have close ties to the land that goes back thousands of years, with their ancestors having walking the land, working it to live. Almost from day one of a new mining project these inherent skills, passed on from

generation to generation can be used.

There are plenty of opportunities, with the right training, in many facets of mining exploration, mine building and operations. Where the inherent skills and knowledge that First Nations have could be used to help create careers.

It goes beyond the ground, oral history is an integral part of First Nations cultures, storytellers are crucial to keep the stories of the communities and families going. The top job of a mining company done by the CEO requires these same storytelling skills.

With the right training and mentorship, there are opportunities from day one of an exploration project through to the top job in the board room of mining companies for First Nations.

For companies like ours, searching for a new mine, it is crucial for us to embrace our relationship with the local communities where our projects are located. Some companies are only interested in doing the minimum of what is required and only when required.

We are interested in staying ahead of the curve when it comes to consultation with First Nations communities, we want to bring the elders in to help guide us with their

traditional knowledge and the youth to help do the work to reach our goals.

At Tarku Resources, we have a very interesting grassroots gold exploration project, in Quebec. It is just off the new highway being built to open up the region where the Stornoway diamond mine is located.

What makes the project interesting is its location beside a gold mine, it also shares the same geological structure as the mine. Exploration is underway on this structure between the mine and Tarku's claim boundary. Our geology team are planning a surface sampling project to test the exploration potential on our project. In addition to this area at the northern end of our claims, there are other obvious geophysical anomalies where we will do surface sampling as well.

As a small exploration mining company, we are always on the lookout for new projects and the opportunity that brings to work in new areas with the local First Nations.

Times are changing in the mining business and it is crucial for companies like Tarku Resources to build bridges with local communities not walls, and we embrace the opportunity with open arms.





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Kim and Dean Hancock were following in the vehicle behind their teenage son, DJ, as he returned home from a hockey tryout on a summer night in 2014. They arrived on the scene just moments after an impaired driver had crossed the centre line and struck their son's vehicle.

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# Confronting the *crisis* of violence against Indigenous women and girls in Canada

By David Suzuki

In late September, Inuit artist Annie Pootoogook died tragically in Ottawa. Pootoogook was an award-winning illustrator from Cape Dorset, Nunavut. Her ink-and-crayon depictions of everyday life in the north — families sitting to eat a meal of seal meat or shopping at the Arctic co-op — received international acclaim. In contrast to the idealized vision many Canadians have of the north, of majestic rock and ice landscapes or charismatic wildlife like polar bears, Pootoogook's drawings often reflected the crushing poverty northern families face and its devastating impacts on their health and well-being.

Ottawa police believe Pootoogook's death is suspicious — she may have been the victim of foul play. If so, Annie Pootoogook is yet another Indigenous woman to die violently in Canada.



David Suzuki

Indigenous women and girls are at least three times more likely to experience violence than non-Indigenous women and six times more likely to be murdered. On any given day, thousands of First Nations, Inuit and Métis women and children are living in emergency shelters to escape abuse (though on-reserve shelters remain woefully underfunded).

The RCMP hasn't kept accurate statistics on the number of murdered or missing people, but Indigenous women's organizations and affected families have reported hundreds of cases of loved ones who have been victims of violent crime. After years of indifference and inaction, Canada's government has finally launched an inquiry into the many lives lost to violence.

Although the national inquiry into murdered and missing Indigenous women won't investigate cases police previously examined, it will look at broader factors that put Indigenous women and girls at such great risk. According to the UN Committee on the Elimination of Discrimination Against Women, this includes institutional racism, social and economic marginalization and inadequate access to affordable housing so women can escape abusive relationships. Police forces have often failed to deal with violence against Indigenous peoples, and officers themselves have been implicated or charged with assaults and sexual abuse.

Human-rights organizations such as Amnesty International and Kairos have also drawn attention to resource development in Indigenous territories, where the influx of transient workers — along with money, alcohol and drugs from outside the

community — puts Indigenous women at risk of aggressive harassment and violence by men. As environmentalists, we often emphasize the impacts of mining or oil and gas development on wildlife and ecosystems but ignore the staggering social consequences for Indigenous communities, especially women. Amnesty International's research on the social impacts of resource development in northeast B.C.'s booming Peace Region has uncovered numerous accounts of attacks on women and girls, including "domestic violence, encounters with strangers that ranged from aggressive harassment to brutal violence, including unsolicited offers of drugs and money for sex, sexual assault and gang rapes."

These stories are heart-breaking, but the response from Indigenous peoples brings hope. One such grassroots effort is the Moose Hide Campaign, a growing movement of Aboriginal and non-Aboriginal men dedicated to ending violence against women and children, through education and peer support, encouraging men to develop healthier relationships with the women in their lives.

The Moose Hide Campaign was created by a young First Nations girl named Raven Lacerte and her father, Paul, in British Columbia. Working with First Nations hunters, they have distributed more than 250,000 small moosehide squares to communities across Canada — encouraging men to wear the pins as symbols of their commitment to be accountable for their behaviour and to reject violence. What makes the campaign particularly poignant is that Raven and her father made the first pins from



the hide of a moose they harvested near the infamous Highway of Tears between Prince George and Prince Rupert, where dozens of Indigenous women have gone missing or been found murdered.

The inquiry into the crisis of murdered and missing Indigenous women and girls is long overdue and is a testament to the hard work and leadership of Indigenous women and communities who have spent decades calling for an inquiry. It will proceed over the next

few years and will make recommendations to governments, police and other agencies. We must also take personal action to end violence by participating in initiatives like the Moose Hide Campaign, which bring people together to promote healing. These are

**Learn more at  
[www.davidsuzuki.org](http://www.davidsuzuki.org).**

important steps for all Canadians to embrace if we are to advance reconciliation.



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[www.monarquesgold.com](http://www.monarquesgold.com)

Over the last few years, Monarques Gold Corporation (TSX Venture Exchange: MQR) has consolidated its land position in the Val-d'Or/ Abitibi gold camp with the objective of becoming a leading explorer and developer of gold properties in that region of Quebec. It currently holds 166 km<sup>2</sup> of gold mining properties along the Cadillac Break, including its main asset, the Croinor Gold mine, which has great potential to become a producing mine. In July 2016, the Corporation signed an agreement to acquire the Beacon property and its fully permitted 750 tonne-per-day mill. This acquisition will allow Monarques to feed the Beacon mill with

the ore from the Croinor Gold mine, thus becoming a fully-integrated gold producer. Croinor Gold has a measured and indicated resource of 804,600 tonnes at 9.12 g/t Au for a total of 236,000 ounces of gold. A 10,000-metre drilling program was recently initiated on the property to increase the resource, which remains open laterally and at depth. The program will take place over the fall and will target the extensions of the known deposit, as well as a number of high potential exploration targets such as the Gold Bug showing, which returned values of up to 236.47 g/t Au over 1 metre in a previous drilling program.

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# CANADIAN RED CROSS

## Red Cross app helps Canadians prepare for disasters

*Know Your Risks,  
Make a Plan,  
Get a Kit*

House fires, floods, power outages and even catastrophic earthquakes – whatever the disaster, being prepared in advance for different emergency situations can empower you to take action when a disaster strikes. Every day, the Canadian Red Cross responds to an average of 129 emergencies. This means they are responding approximately every three hours. As disasters can strike Canadian communities anywhere, at anytime, if you do not already have a plan in place it is worth a conversation with your family. Here are a few things to consider.

### **Know Your Risks**

There are other ways you can prepare yourself and your family for a disaster:

- Know the risks in your community - Most Canadians think a disaster won't happen to them. It's important to learn about what disasters are most likely to happen in your community. The Red Cross BeReady app provides this information.
- Take part in a Be Red Cross Ready workshop - Last year, the Red Cross trained more than 225,000 Canadians in disaster preparedness. Reach out to your branch office to find out how you can Be Red Cross Ready.

### **Make a Plan**

It is important to ensure that the entire family is prepared and informed in the event of a disaster or emergency. You may not always be together when these events take place and should have plans for making sure you are able to contact and find one another.

- Determine the best ways to evacuate your home in case of an emergency such as a house fire.
- Make sure everyone in the house knows the location of your emergency kit and water supply.
- Establish a safe place for your family to meet.
- Include a plan for evacuating your pets.
- Practice your evacuation plan frequently.
- If you can't evacuate your home, prepare to be self-sufficient in your home for 72 hours (or seven to 10 days in a health emergency)
- If a member of your family has special needs that would require extra assistance, work those details into your family emergency plan and emergency kit.

### **Know your community**

- Work with your neighbours to identify people who may need extra help during an emergency, or who you can turn to for help.

- Identify your community's emergency plan.
- Identify your community's evacuation routes.
- Identify where emergency shelters are located.
- In the event of a disaster, listen to local radio & television. If local officials ask you to evacuate your community, follow the routes and go to the location specified by officials. Do not take shortcuts as they could take you to a blocked or dangerous area.

### **Establish an out-of-town emergency contact**

- Plan for each family member to call or email the same out-of-town contact person in case of an emergency.
- Choose an out-of-town contact that lives far enough away that he or she will not have been affected by the same event.
- Ensure that the designated person knows they are your family contact.
- Ensure that you and your family members know or carry the number and email address.

### **Get a Kit**

The Red Cross recommends that you keep a disaster preparedness kit in your home with enough supplies to meet your family's needs for at least 72 hours. By taking the time now

to store food, water and other supplies, you can provide for your entire family in the event of an emergency. The following list is a guide of suggested items to have in your disaster preparedness kit at home. It is important that you check it every year and to resupply it after every use.

- Water
- Food (non-perishable)
- Manual can opener
- Crank or battery-operated flashlight, with extra batteries
- Battery-operated or crank radio
- Extra keys, for your house and car
- First aid kit
- Cash in small bills
- Special needs items (i.e. medications, infant formula)
- Personal hygiene items
- Important family documents (i.e. copies of birth and marriage certificates, passports,

licenses, wills, land deeds and insurance)

- A copy of your emergency plan

Store these supplies together in a sturdy and easy-to-carry bag, such as a backpack, that can easily be used in an emergency situation.

### Get the App

The Canadian Red Cross BeReady app, available in English and French, provides an interactive learning tool with a variety of functions. Whether you want to brush up on your preparedness skills, test your knowledge in the quiz section or even purchase an emergency preparedness kit, it's all within reach through one simple download on your iOS or Android device.

Working closely with The Weather Network, the app also features an alert system and the ability to monitor and track weather developments, allowing users to prepare

their homes and families for disasters. There is a wide variety of useful information for the following emergencies that can strike Canadian communities, anywhere, at anytime: Earthquakes; Floods; Forest Fires; Hurricanes; Power Outages; House Fires; Thunderstorms and Severe Weather; Tornadoes; Winter Storms; Extreme Heat; and Flu Prevention.

When disaster strikes, the Canadian Red Cross relies on a network of more than 6,000 trained disaster response volunteers across Canada to help respond. The Canadian Red Cross has many helpful resources to help you and your family plan for an emergency.

To learn more visit  
[www.redcross.ca/ready](http://www.redcross.ca/ready).

## 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.

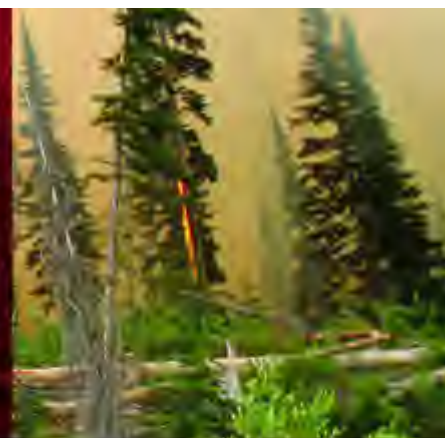
### 3 GET A KIT

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.



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## Think you know about diabetes?

# THINK AGAIN



November is Diabetes Awareness Month and the Canadian Diabetes Association (CDA) is using this important opportunity to bring issues that are vital to those living with or affected by the disease to the forefront.

**Type 1** diabetes most commonly begins in childhood and occurs when the body is unable to produce insulin, a hormone that controls the level of glucose (sugar) in the blood. About 10 per cent of people with diabetes have type 1 diabetes.

**Type 2** diabetes is the most common type, affecting about 90 per cent of Canadians with diabetes. It occurs when the pancreas does not produce enough insulin or when the body does not effectively use the insulin it produces.

The causes of type 2 diabetes can be genetic, behavioural and/or environmental. It usually develops in adulthood, although more children and adolescents are being diagnosed, especially those in high-risk populations, such as Aboriginal Peoples and those of African, Asian, Hispanic or South Asian descent.

Prediabetes occurs when a person's blood sugar levels are high, but not yet high enough to be diagnosed as type 2 diabetes. About half of those with prediabetes will go on to develop type 2 diabetes.

Today, 11 million Canadians have diabetes or prediabetes—that's one in three Canadians. Another Canadian is diagnosed every three minutes. Early detection and treatment can help people change habits to prevent the onset of type 2 diabetes and reduce the risk of developing diabetes-related complications. Knowing the risk factors is key to prevention and early detection. If you are over the age of 40, the CDA recommends you get checked every three years, and more frequently if you have any of these risk factors:

- A parent or sibling with diabetes
- Are a member of an ethnic group at high risk for type 2 diabetes (African, Hispanic, Asian, South Asian and Aboriginal)
- Are overweight
- Have high blood pressure or high cholesterol
- Have been diagnosed with prediabetes

Take charge of your health, and find out if you are at risk by visiting **DiabetesTest.ca**.

If you already have type 2 diabetes, your children and siblings are at risk. Encourage your family and friends to take charge of their health by taking the test.



**Get back to the basics with a new resource**

The Canadian Diabetes Association introduces *Just the Basics*, a handy fact sheet to help you and your family eat healthier to prevent or manage diabetes. Find it at [diabetes.ca/basics](http://diabetes.ca/basics)

[diabetes.ca](http://diabetes.ca) | 1-800-BANTING (226-8464)

 Canadian Diabetes Association





## The Canadian Association for Suicide Prevention *Conference*

This conference will be of relevance and interest to all who practice and contribute in and the areas of social and individual wellness, suicide prevention and the reduction of suicide. The topics and learnings will consider similarities and unique aspects regarding suicide reduction from Canadian and world perspectives, with an emphasis on best practices, innovation, and solutions.

It is widely recognized that suicide statistics across Nunavut and Nunavik have become the highest in the country. The Premier of Nunavut has declared suicide a 'territorial crisis'. With the recent suicide inquest in Nunavut, the need for a conference to address suicide was noted as relevant and essential. Nunavummiut are grappling with why so much suicidal behaviour continues to occur, and what can be done to address this phenomenon. While Kamatsiaqtut recognizes that there is no one solution or action, there is a strong need to demonstrate recognition and awareness that something needs to occur towards continued dialogue, determination for solutions and institution of actions.

The theme of Hope, Help and Healing has specific objectives and goals. Sessions were

solicited and selected based on these three themes. Appreciating that suicide is the topic, the conference's overarching goal is to enable participants to explore solutions for embracing life by developing, supporting, sustaining and encouraging positive lifestyles; considering, developing and acquiring knowledge, skills and attitudes for better addressing suicide ideation; and networking with the anticipated 500 participants and presenters towards the cause of suicide reduction and life affirmation.

Hope sessions focus on approaches, methods and situations that include an optimistic attitude of mind, and that are based on an expectation of positive outcomes related to events and circumstances encountered in one's life and the world at large.

Help sessions focus on approaches, methodologies, actions and situations that have made it easier, less severe, and more successful towards the reduction of suicide.

Healing sessions recognize and focus on approaches that include potential resolution to a degree that affected individuals are able to lead a fulfilling existence without being overwhelmed by trauma, and life's prior and

current situations that are causing personal distress.

The conference's three days will have daily plenary sessions and panels that explore the following topics, in relation to the hope, help and healing themes:

- 1) The Inuit Tapiriit of Kanatamit's (I.T.K.) National Inuit Suicide Prevention Strategy
- 2) Canada's Truth and Reconciliation Commission report and recommendations
- 3) The National Inuit Youth Council's vision and beliefs

A significant belief of the conference planning committee is conveying that we all have a role in suicide reduction and life promotion. While successful actions and approaches will sometimes be attributed to, or necessary from an individual or group, no one individual, group or organization can address suicide reduction in isolation. It is a collective issue.

C.A.S.P. 2016 Hope, Help and Healing is an opportunity for participants and presenters to explore, share and develop their knowledge, skills and attitudes towards the reduction of suicide.

# 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

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**Fax: (705) 267-4988**

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### Office Hours:

**Monday – Friday**

**8:30 a.m. – 4:30 p.m.**



**[www.occc.ca](http://www.occc.ca)**



# 10 tips to help you become a *good listener...*



## Your Life Counts

Mark Twain once said, “if we were supposed to talk more than we listen we would have two tongues and one ear...”

No matter who you are or where you're at in your life journey, we all feel better when we have an opportunity to talk about our feelings. It's very common to have words and emotions bottled up inside which need to be released in some form or another. It's nice to know that people are listening and that they really care. But more than that, though, knowing that someone has really listened to us helps reduce our anxiety, steadies us, restores our perspective and helps us to cope with whatever we are going through.

Yet how many times have you tried to share your feelings with someone and you've sensed the other person hasn't listened at all, or in a half-hearted way. It's not a wonderful feeling, is it?

Listening is not always easy, and in the same way that we look for people to listen to us, we need to listen to others. Your friends, your parents, your children etc., all need your listening ear from time to time.

### So, how do you start being a good listener?

#### 1 Don't talk. Silence is mostly golden.

Listening is not the same as hearing.

Listening is both verbal and nonverbal. We hear sounds, but listening requires us to tune in to what the other person is saying. Listening requires concentration and focus. You've probably experienced misunderstandings in conversation and most of the time these misunderstandings arose as a result of one person being unclear in what they are

saying, or the other person is not tuned in. In certain circumstances, the seeds of argument and conflict are sown.

#### 2 Listen with your body: body language

speaks volumes; simply by looking the person in the eyes, and turning yourself in their direction, they will know that you're engaged in the conversation and will realize that he or she probably has your undivided attention.

#### 3 Listen with your ears: to what is being said.

4 Listen with your heart: with empathy and compassion. Yes, there's always two sides to the story but in situ, you have an opportunity to hear what's on that person's heart.

5 Be patient. Give him/her time to tell their story. Sometimes, having the opportunity to share is the best medicine. Ever heard the

old adage “a problem shared is a problem halved?” I've yet to find a psychotropic pill that can sit down, listen, and talk things through. If the person is upset it is likely that he/she will speak with considerable emotion and express themselves with their arms and other body gestures such as shaking the head, shrugging shoulders etc. It is actually surprising just how many people are not aware of their body language. A shrug of the shoulders, for instance, can mean anything from “I don't know,” to defeat “I give up,” to “why not?” Be alert to the possibility that the person's body language may not match what they are saying and that there may be good reasons for that.

6 Don't judge. Tune in unconditionally. Resist the temptation to jump in and respond while ensuring that you are focused and concentrating on what is being said. Some people, realizing the importance of saying nothing, let their minds wander, and before they know it they are thinking of anything but what is in front of them. They've tuned out. And that is the worst thing you can do when you are trying to listen to someone.

7 Respect the person. He/ she is taking the time to share with you and respects you enough to reach out. It could be that what you have to say may be life changing, or in extremis could even dissuade someone from suicide. They could be giving a cry for help. Listen to what they are saying by watching nonverbal signals. It is not only the story that is important but it is also how the story is being told. There are always



Rory Butler

clues. Learning how to recognize clues and fully tuning in is the key. This takes practice.

8 Respect confidentiality. If someone is sharing something sensitive and for your ears only, keep it that way. The only exception should be if you consider there is reasonable cause to suspect that the individual's life is in danger or someone else's life is in danger. In these circumstances, you should alert your local law enforcement agency without delay.

9 Respond gently: Simple feedback such as "Uh-huh," "I see," "Oh, really" and periodic head nods demonstrate that you're interested and actively engaged in what they are sharing. However, going overboard and interrupting, or waiting for your friend to simply finish is confusing and bewildering. Talking before a natural break in the conversation is simply not helpful.

10 Focus. Concentrate on what is being shared. Don't think about what you are going to make for dinner, how your hair looks, or anything aside from what your friend is sharing. Don't prepare for your next remark; simply focus. It's easy to become self-centred and lose focus, but the key to being a good listener is to concentrate on being other-centred and putting aside your thoughts so you can be fully present. Don't jump to conclusions. If you read a book half way through and think you've got the conclusion sown up, 9 times out of 10 you'll be wrong.

We can learn so much from the example of our First Nations people when it comes to the importance of listening and allowing someone their say. In an earlier article entitled 'The Circle of Life' published in the Winter 2014-2015 edition of Voices of Visions, I spoke of the Healing Circle and how people sit in a circle with the express purpose

of talking through a specific issue. Each person takes turns to speak while holding an eagle feather. The person with the eagle feather has the floor and is not interrupted. The feather is then passed to the next person to speak. It is so very effective and respectful.

Remember the whole objective of listening is to understand the other person's point of view. It is highly probable that you may not agree with some or all of what they are sharing with you. Listening gives you the opportunity to understand the broader context and gives you the information that you will need to respond if a discussion follows.

It is comforting to know someone cares enough about us to set aside time to listen. So give others a good dose of encouragement by letting them know you're listening to them.

That's something you can do now, today, and every day.



**Explor**  
Resources Inc.

TSX.V: **EXS**

### **Explor Resources Inc.**

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**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.

**[www.explorresources.com](http://www.explorresources.com)**





## GOLD BULLION

DEVELOPMENT CORP

*Gold Bullion Development Corporation has demonstrated that it is clearly committed to developing and maintaining positive relations with the local community and First Nations.*

### Understanding reached

Local First Nations 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.

*Gold Bullion Development Corporation endeavours to pursue solutions to address former legacies in a manner that will safeguard the environment moving forward.*

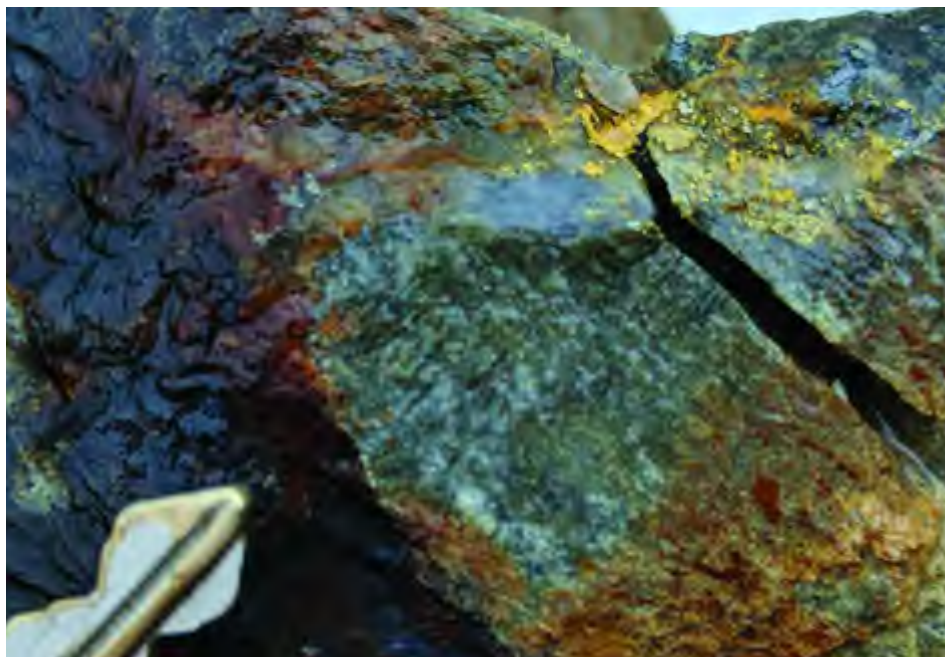
### Cleaning up an old mine

Finding mineralization, proving a resource and bringing a property into production is no easy undertaking. Bringing an old mining property back to life has the advantage of the history of mineralization.

However, there is an inheritance in the form of environmental leftovers that comes with it. This bestows a responsibility onto the incoming company to clean up any existing environmental hazards, an act of responsible

### Pro-environment action

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 like the old Granada gold mine 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



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 potential profits.

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 at the Granada Gold Project are taken care of during operations but also left better than ever once operations have concluded.

#### **Forward-thinking vision**

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 and 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.

#### **Design from Snow Board Olympian**

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.

#### **Original art work design**

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 has been included in this article. 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.

#### **Social responsibility meetings**

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.

#### **Timber donated to the community**

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 relations gesture.

#### **Solutions for generations to come**

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.



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- ✓ ***Granada Project will deliver long-term economic and social benefits to all stakeholders***

**GoldBullionDevelopmentCorp.com**

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## *OK2 Minerals Completes Phase 1 at Pyramid Significantly Increases Land Package*

OK2 Minerals Ltd., (formerly known as Gold Jubilee Capital Corp.) (TSX VENTURE:OK) is pleased to announce that it has completed Phase 1 of the 2016 exploration program on-schedule and under-budget on its 100% owned Pyramid copper-gold property located near Dease Lake, B.C.

Phase 1 consisted of detailed surface mapping and sampling and was focused on the West, Central and East Zones; all defined by significant results from the 2013 -2015 field programs. Samples have been submitted to the lab and results are expected shortly. Phase 2 has commenced and will include a minimum 2000 metres of RC drilling at the West and East Zones.

As a result of the field work conducted thus far this year, the company has staked an additional 50 km<sup>2</sup> to the northwest and south adjoining the existing claims. With a total project area of over 185 km<sup>2</sup>, Pyramid is now a district-size exploration project with numerous high priority targets with classic copper-gold porphyry-type alteration including outcrop samples containing high-grade gold and copper mineralization.

Mike Devji, CEO of OK2 Minerals, states "We are pleased to provide an update on the ongoing field program at our Pyramid project. Over the past three years we have demonstrated the potential of a largely unrecognized wedge of Quesnel Terrane by

completing the first recorded work program in 2013, and subsequently advancing the project to a regionally important copper-gold target."

### **Highlights of the Pyramid project from 2013 - 2015 exploration programs:**

Three significant zones within the project, defined by coincidental elevated Au and Cu (up to 4.2 g/t Au and 0.3% Cu) in soil geochemistry, up to 11.5 g/t Au and 0.70% Cu in rock geochemistry, positive magnetic responses, as well as interpreted IP chargeability and resistivity anomalies.

The West Zone (formerly known as the MT Zone) is characterized by a 3.7 km<sup>2</sup> Au and Cu soil anomaly. Mapping and sampling have outlined open ended areas of copper mineralization over a 3km trend. Rock sampling has returned significant Au and Cu results (4.4 g/t Au and 0.41 % Cu). IP geophysics have outlined significant near surface and buried chargeability and resistivity anomalies.

The Central and East Zones are defined by highly elevated geochemistry, especially noted at the East Zone, where rock sampling has returned up to 11.5 g/t Au. The Central and East Zones are captured in a >10 km<sup>2</sup> copper and gold soil, silt and rock geochemical anomaly with coincidental IP chargeability and resistivity anomalies.

Epithermal style vein hosted mineralization is present at the East Zone.

The Quesnel Terrane, host to the Pyramid property, is the most productive geological terrane for large copper-gold porphyry mines in B.C. Operating mines in the Quesnel Terrane include the Highland Valley Mine, the New Afton Mine, the Mount Polley Mine and the Gibraltar Mine.

The Pyramid project was staked in 2013 following up on anomalous regional stream geochemical sampling completed by the BC government in 1980 and now our detailed exploration has demonstrated the porphyry copper-gold potential for this under-explored project located in the highly prospective Quesnel Terrane in Northwest

B.C. Nearby projects include Red Chris and Galore Creek Cu-Au deposits. OK2 is also pleased to be working with Orevista Exploration for field exploration consulting and regional project targeting.

### **ABOUT OK2 Minerals Ltd.**

OK2 Minerals Ltd. (TSX VENTURE:OK) is a Canadian-based junior exploration company with two very prospective copper-gold exploration projects: the Pyramid project and the Kinskuch project, both located in northwestern British Columbia adjacent to or within the "Golden Triangle".







Adriana is currently focused on the advancement of its Lac Otelnuk 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.

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**TSX-V: ADI**



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.



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## *Listening so kids will speak, speaking so kids will listen.*

**Dr. Cynthia Wesley-Esquimaux,**  
*Chair on Truth and Reconciliation,  
Lakehead University*

The time is upon us, the prophecies have told us the time would come when Indigenous peoples would lead people, all people, back to the land. Back to a respect for natural law, for water and our mutual need for it along with all other living things, to taking total responsibility for our nations and most importantly, the children living in them. We have been lost. Lost in colonization and greed, lost in hopelessness, lost in violence and rejection, and lost in just not caring enough for what is happening around us. The small guiding voices within us shuttered and quieted by the quest for more and the never getting to enough we experience in the new world we all live in. And, sadly, the lure of external forces has left an incredible social and spiritual pain in their wake, and a rabid disconnection.

When it comes to enough, what has this meant for our children, has it included them or given them everything they need, or nothing they want? It has given them electronic game, computers, and Nike high tops, but has it given them unconditional love, has it given them us? Has our race for more given our children, the small and helpless, the growing teen, the young adult gamely trying on roles too complicated for their youthful inexperience, a sense of balance and inclusion? Well, some of them, yes, we do have some amazing successes across this land now called Canada, but there are still far too many who weep alone, with parents wracked by inner traumas and intergenerational effects they cannot understand. Far too many continue to silence their demons with alcohol and substances that take them away from those they need to be there for, their children. The ones only they can nurture into healthy family, community, and nation members. I can't say enough about the vibrant youth I have met

along the way, shining eyes, articulate voices and achievable dreams, but my heart continues to ache for those left standing on the road, directionless, unloved and alone.

Our nations are besieged by trauma, both historic and contemporary. When I look around me I can see broken hearts and souls, Indigenous peoples and their children now finding themselves lost in urban centres and concrete prisons. I see young people yearning for the land, adults searching for a purpose, and elders helpless to reach those who need them most. And so, we have work to do, all of us, because if there is even one child struggling, one family sinking into despair, and one elder with no place to turn for comfort we are all responsible. We are responsible for each other, and must reach out to soothe what looks like an impossible challenge in the places we now call home and help them find a way. The time is now, and the healing, begun by many survivors of Indian Residential Schools within the last 50 years, must be acknowledged, supported, and continued. We are all touched by trauma, sometimes because of death, sometimes because of violence, sometimes because we just never felt loved and wanted by those we needed to adore.

Our kids have something to say to us, whether we are rushing to work, rushing to bingo, or even rushing to our own death through substance abuse. The question is can we listen, and will we hear. When we have something to say to them, can we say it in love and kindness, or will we respond in anger and impatience? We are the hope of our ancestors, and for us they made sacrifices, and tried to protect our interests through the treaties and acquiescing to forced relocation. The kids we see around us today are also the hope of our ancestors and they deserve the teachings, the language, the ceremonies, and

the respect we may not have received under a colonial yoke, but times have changed, and we need to ready them to lead the way back, back to our hearts, back to our souls, and back to our real homes. Their real homes, which only truly exist at the heart of our nations. Nations rebuilt and strengthened through time and attention, commitment, and a letting go of old pain and hurt.

We are all waiting for this, I hear it every day whether through discussions on self-government, through chronic discontent with the present system, through attacks on government or each other, through dropping out of education, life, or relationship. There is a deep inner yearning for more, but not the more of a society out of control, of every increasing want over need, of money over survival, no, the yearning is for spiritual meaning and connection. A touching of what truly makes us human, and causes us to care. We need to care, for each other, for the planet, for every unborn child, for our grandmothers and grandfathers, and for our ability to make better choices.

The next time you speak to a youth, please do it consciously and with love, because they cannot find their way until we do. And if you are one of those kids who has had the gift of love and has hope for your future, pay it forward and reach out to those kids around you who need more. We all have to learn, or perhaps relearn, how to speak so kids will listen and listen so kids will speak. We have to tell them the rush for more is over, and it is their needs, hopes and dreams which will rule. Their needs which must and will be addressed, and only through this can our nations be rebuilt with the kind of strong foundations which will sustain them into the future. Miigwetch!





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