

# MDÀHI



## MOCCASIN TELEGRAPH

⇄ ORIGIN OF RIVERS AND PEOPLE ⇄



Along time ago, there was an old man and an old woman. They had a son. The old man Nisk'a Agulagi ("he who made the earth") told his wife, "Ts'ootsa (Old Lady), you make rivers to the north, and I will make them to the south". Each took a stick with many branches. They travelled eastward together, Old Man started to strike the ground towards the south. Old Man, had a better stick, he struck the ground harder. Today, the land is rougher to the south and river flood. Old woman hit the ground towards the north. Old Woman struck gently and made many coulees and rivers. She made the hills more smooth in the North country as she wished. Old Woman filled it with forests, lakes and hills. After this, Old Man took clay and created the human beings. Old Man created the white people and

Old Woman created the Tsuut'ina. He created the animals and birds with whatever clay was left. When Old Man created human beings, he did not give them fingers. Old Woman told him "Why don't you make their hands of use to them"? Old Woman then split the human beings' hands and made fingers His wife asked him if he was going to bring the dead back to life. He answered "Just as the chips of wood I place in water float to the surface so the people I have created will come back to life". She said, "You are very foolish to make men in that way. Soon the world will become crowded with people and they will all starve. Man shall be life that stone once he dies, he shall not rise again. As she said that, She threw a stone into the water. Old man and his now proceeded to create buffalo.

Old Man created them to fill human beings, but his wife changed their nature. She told him that he was foolish since the buffalo were to be food for the human beings. He led them to where the buffalo were grazing. He then showed them how to construct a buffalo pound. The he showed themn how to drive the buffalo into the pound. He then showed them where to shoot their arrows into the spot in the buffalo's shoulder. The shin was thin and the flesh is tender. It is for this reason that the spot is called "human being's flesh". Finally, Old Man and Old Woman sat down and said to each other we are too powerful to stay on earth we may start to hurt the people so, they went up into the sky. Old Man is the Sun, Old Woman is the moon, and the Evening Star is their son. Sometimes the tsuut'ina see Old Man in their dreams. Before they went up into the sky, Old Woman told them, "When you pray to me, give me an offering". So now, when the Tsuut'ina wake up from a bad dream, they make an offering. They tie an offering to a stick or tree to the Old Woman. If you look at the face of the moon, you will see it resembles a mountain with the figure of a woman making an offering.



## TSUUT'INÀ XÀKÚÁGHÁ TSUUT'INA NATION CHIEF & COUNCIL

403-281-4455  
9911 CHIILA BLVD.,  
TSUUT'INA NATION, AB  
T3T 0E1

September 18th, 2020

### **BCR # 3609: DECLARATION OF SUBSTANCE ABUSE CRISIS**

*To Tsuut'ina Nation Citizens and Community,*

**O**n March 16, Tsuut'ina Chief and Council declared a local state of emergency in response to the COVID-19 pandemic. Part of the initial stages of the pandemic required us to stay home and isolate, this affected mental health needs over the months. We are now in the 6th month of pandemic and the mental health and addictions have become more prevalent and extreme on our people.

BCR#3609 is a declaration that is supporting all our resources and requirements needed to help our people. The wrap around program is an integrated service delivery approach that is client led, it was approved by Chief and Council in May 2019. The Wrap Around Program now needs to expand its team and services to provide outreach services to the people who are not ready to ask for help but may require a form of harm reduction. The BCR is notification to our people that we support the outreach form of practice. This outreach team will use a fine combination of medical harm reduction and traditional approaches using our own Tsuut'ina resources including but not limited to the Elders, Youth and those who are on the path to healing from addictions. The BCR also referred to wrap around entering high-risk homes, the intention of this is not to evict on the spot, it is to see if harm reduction is needed and to offer support.

The mental health and addictions program of Tsuut'ina Nation currently sits within the Healthy Living Department and is funded by FNIHB. The program itself will undergo some restructuring by next fiscal year. The Health Centre will eventually have the isolation trailers moved to the Health Centre to be used as an expansion to the Health Centre, which opens up space for more programming. This leaves the Spirit Healing lodge as opportunity for a residential facility. Preliminary planning is being led by the Social well-being ED and will be based on the current needs of the community.

The BCR mentioned illicit drugs and removing those from the reserve who are providing them. This does affect a household if that household owner is allowing this to happen. With illegal drugs comes gang and weapon activity, human trafficking, and other threats to our Nation people and land. Chief and Council will not stand for such activity on our land and if one household owner is allowing this to happen there will be consequences.

With all the challenges we have faced together as a Nation during COVID-19 we acknowledge that there has been an increase of addictions, unfortunately, we have suffered loss of life and just as vital we have confirmed that there have been babies born addicted. We have tasked and fully support the Social Well-Being Portfolio to take action needed. It takes a community to heal, if you are willing to be part of this outreach team please stay tuned for a call-out within the next month.

Sincerely,  
Tsuut'ina Nation Chief & Council





# CEO OFFICE



## TSÚŪT'ÍNÀ NÁNĪSCHŪSH-NÁ TSUUT'INA NATION EMERGENCY MANAGEMENT

(403) 251-9335  
9911 CHIILA BLVD.,  
TSUUT'INA, AB  
T3T 0E1



### ACTIVE POSITIVE COVID-19 CASES ON TSUUT'INA NATION

# 0 CASES

Date: September 21<sup>st</sup>, 2020

**POSITIVE COVID-19 CASES: 0 CASES**

**TSUUT'INA HEALTH CENTRE COMPLETED TESTS TO DATE:**

**1386 TESTS**

**TSUUT'INA HEALTH CENTRE PENDING TESTS TO DATE:**

**130 TESTS (RESULTS 12-48 HOURS)**

Unfortunately it's taking longer to receive results the longer those who may have been contacts are going to be circulating before themselves being contacted and isolated. This puts not just the Nation but the whole province at increased risk of contracting COVID 19 from unknown Community cases. So just a reminder to be extra vigilant with safety.

**RESULTS: 1260 NEGATIVE  
RESULTS: 0 POSITIVE CASES  
RECOVERED: 8 COVID-19 CASES**

*Health Centre: COVID-19  
Testing is open to all Nation  
Citizens and can be booked  
through the direct line and by  
appointment at 403-258-4830*

**TTN HELP LINE 403-819-6602  
TTN YOUTH LINE 403-829-4547**

The Mental Health Help Line at 1-877-303-2642 & the  
Addiction Help Line at 1-866-332-2322 operates 24/7  
24 Hour Family Violence Information Line at 310-1818  
Sexual Violence Line at 1-866-403-800 9am-9pm.

#### SAFETY GUIDELINES

- Wash hands for at least 20 seconds
- Please keep a safe social distance between yourself and others (2 meters or 6 feet apart)
- Please no non-essential travel into the city except for groceries and essential needs.
- Please wear masks while you are in public to keep yourself and others around you safe.
- We encourage everyone to download the AB TraceTogether App.
- 200 people maximum for audience-type community outdoor events, such as festivals, firework displays, rodeos and sporting events, and outdoor performances
- 100 people maximum for other out-door events and indoor seated/audience events, including wedding ceremonies, funeral services, movie theaters, indoor arts and culture performances and other indoor spectator events where people remain seated
- 50 people maximum for indoor social gatherings, including wedding and funeral receptions and birthday parties

#### The ABTraceTogether App

Enhances manual contact tracing and capacity, and facilitates early detection. It means Albertans will be contacted more quickly if they are at risk. Use of the app is voluntary; users must opt in.

The app does not track the user's physical location and does not use GPS. Protecting privacy is paramount; all contact data is only on the user's phone and is deleted after 21 days. Secure contact tracing is a cornerstone of Alberta's

Relaunch Strategy. More information and links to download the app are online.

The app currently has 233,794 registered users.



EMERGENCY MANAGEMENT COVID-19 UPDATE DATE: SEPTEMBER 21<sup>ST</sup>, 2020

# CEO OFFICE



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(403) 251-9335  
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## TSUUT'INA NATION COVID-19 ISOLATION RULES

### TSUUT'INA HEALTH TESTING TEAM

**DRIVE THROUGH TESTING CAN BE BOOKED WITH THE TSUUT'INA TESTING TEAM LOCATED IN THE PARKING LOT OF THE TSUUT'INA HEALTH CENTRE. ALL APPOINTMENTS ARE SCHEDULED VIA PHONE CALL. (403) 258-4830 THE NURSES WILL PROVIDE INFORMATION AND TEACHING ABOUT ANY ISOLATION NEEDS AGAIN.**

#### COVID ISOLATION RULES

- A-symptomatic voluntary testing
- This is testing that is done when an individual is healthy. No flu like symptoms and no travel or close contact with a COVID positive case.
- This test can be done at any time for anyone in Alberta, and the Tsuut'ina Health Centre provides A-symptomatic testing for all Nation Members and Employees.
- If someone goes in for this testing there is No need for isolation, this test is being done strictly on a precautionary basis and once completed the individual can return to work following all current safety guidelines.
- This person will only be required to isolate if the test result returns positive indicating we discovered an A-symptomatic case.

#### FLU LIKE SYMPTOMS

- In the case of an individual who is sick with flu like symptoms, (Fever, new cough, runny nose, aches, chills, Etc.) for the duration of the pandemic this individual must be tested, and must isolate.
- The individual must report to employers that they are sick and that they will have to go get tested, self-isolation begins from the onset of symptoms.

- COVID Positive – If the individual member is positive for COVID-19 they will be required to isolate for 10 days or until symptoms subside (whichever is longer)
- COVID Negative – If the test result is negative, the individual will still be required to self-isolate for 14 days or until symptoms resolve (whichever is longer).
- Important Note: If you have no known exposure to the Virus and have tested Negative, you may return to work when symptoms have resolved. It is important to note you must stay home until symptoms resolve so as not to infect others.

#### CLOSE CONTACT

- A close contact is defined as an individual who was in close proximity (within 2 meter distance, particularly in an indoor environment) while not wearing any PPE. Length of exposure increases the risk of infection.
- Isolation for a close contact is 14 days from time of contact regardless of testing result.
- Negative- If the test result is negative, the individual will still be required to self-isolate for 14 days, unless they become symptomatic, if symptoms occur any time during Isolation the

individual will be retested and symptomatic guidelines will be followed. Isolation time will be restarted at onset of symptoms and 10 – 14 day isolation will be given determined by new test result.

- Positive – If the staff member is positive for COVID-19 they will be required to isolate for 10 days or until symptoms subside (whichever is longer)
- What if I am a close contact of a close contact?
- This would be someone who is one or more people removed from direct contact with the individual who is positive for COVID-19.
- If you are indirectly, a contact to COVID-19 you do not need to isolate unless otherwise directed by health officials.
- A secondary Contact will be asked to closely monitor for symptoms and will follow symptomatic guidelines if they become symptomatic.
- If the individual they were in contact with also receives a positive result then the secondary contact will be considered a close contact to the new positive case and close contact protocol will be followed.



# GOVERNANCE & ADMINISTRATION

GOVERNANCE PORTFOLIO SEPTEMBER 18, 2020

## (L.P.T.S.)

### UPDATES

#### CHIEF AND COUNCIL LEGISLATIVE ASSEMBLY

L.P.T.S had a meeting with Chief and Council on September 15<sup>th</sup> and 16<sup>th</sup>, 2020, where updates and direction was provided on numerous topics.

### DEVELOPMENT

#### CONSTITUTION

The Constitution is currently in Reading One Activities with the Citizens and there are many activities planned for October to December 2020 for Citizens to participate in.

### CITIZEN EDUCATION

#### LEGISLATIVE PROCESS

The Legislative Process Act (L.P.A) is a very unique process to the Nation and we have developed, ratified and implemented many laws, acts, codes, regulations and policies through this process.



### CITIZEN ENGAGEMENT AND RATIFICATION VOTES

There will be no Stream A, Citizen Ratification Votes for any Legislation until December 2021. Documents that may be going to Citizens include: Constitution, Chief and Council Code of Ethics and Conduct and Chief and Council Electoral Code Amendments.

## TAZA DEVELOPMENT LEGISLATION

Big Congratulations to the Nation in the great historical event of the Costco opening. A lot of work from the team has gone into passing our own legislation through our own LPA to make it happen, alongside working with Chief and Council, Public Works Portfolio, Taza Development Authority, Lands Portfolio, General Legal Counsel and the Candarel partnership. To date there is 12 documents that have been developed and ratified for the Taza Development, with 3 more to be added soon.



#### Contact Information:

**Tsuut'ina Nation  
Legislative Procedures Technical  
Services**  
9911 Chiila Blvd. SW  
Tsuut'ina, AB, T2W 6H6  
Phone: 403-281-4455  
Fax: 403-251-9833



#### L.P.T.S. TEAM:

Alison Heavenfire	LPTS Director
William Big Plume	Facilitator
Marcie Two Guns	Community Educator
William Big Crow	Records Clerk
Cree Big Plume	Technical Writer
Britney Meguinis	Technical Writer
Gilbert Crowchild	Traditional Protocol

# GOVERNANCE & ADMINISTRATION

GOVERNANCE PORTFOLIO

SEPTEMBER 18, 2020

## CONSTITUTION UPDATE

COMMUNITY ENGAGEMENT - READING ONE ACTIVITIES

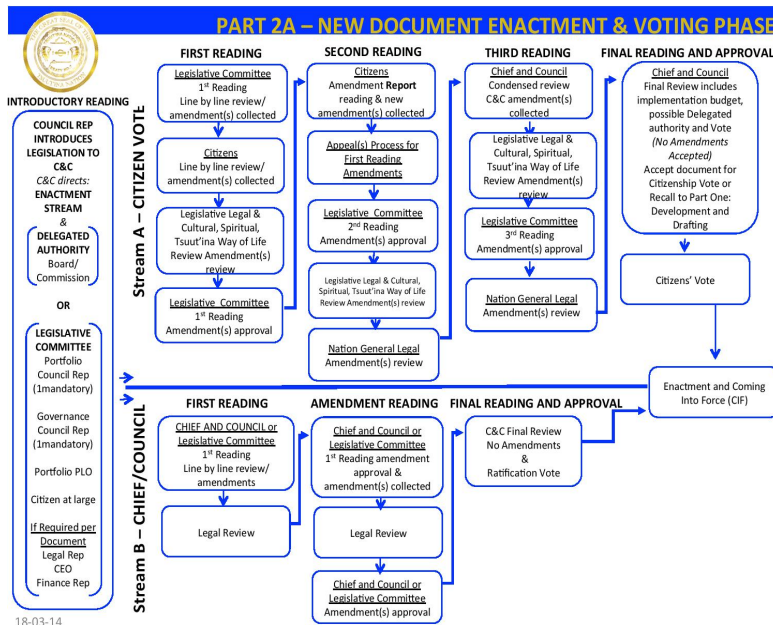
Further Citizens reviews will be taking place to the end of the year, which includes:

- Constitution Bingo
- TIK TOK Contest
- Citizen Readings Online
- Focus Groups
- Family Dinners
- One-on-Ones
- Tsuut'ina Way of Life Cultural Review

An Educational Video is being developed by the LPTS team and will be launched in the near future.

### NEW TIME LINE:

2015-2020	Drafting & Development
June 2020	C&C Introduction
July-Dec. 2020	1 <sup>st</sup> Reading Activities
Nov. 2020	C&C 1 <sup>st</sup> Reading
Jan. 2020	C&C - Review & Approval
Feb.-April 2021	2 <sup>nd</sup> Reading Activities
May 2021	C&C - Review & Approval
June-Aug 2021	3 <sup>rd</sup> Reading Activities
Sept, 2021	C&C Approval final draft and set Ratification date
Oct-Nov, 2021	Info Sessions, Ratification Packages
December 2021	Citizen Ratification Vote



For further information, please contact the LPTS Team to assist you. If you would like to review the draft of provide feedback.

## Chief and Council Legislative Suite Update

The following are 3 documents that are part of the Chief and Council Legislative Suite that is currently moving forward in the Legislative Process.

### Stream B - Chief and Council Ratification

Chief and Council Policies in Procedures 2<sup>nd</sup> Reading with Legislative Committee

### Stream "A" - Citizen Ratification Vote

Chief and Council Code of Ethics and Conduct Part One - Drafting and Development

Chief and Council Electoral Code Amendments Part 2B - Amendment Reading

If you have any further questions or request further information please contact the LPTS Department Community Educator, Marcie TwoGuns at the following: [marcie.meguinis@tsuutina.com](mailto:marcie.meguinis@tsuutina.com)

# LANGUAGE AND CULTURE



September 22, 1877

What does it mean today?

- Open Conversation, safe environment
- Where & when?
  - 8 Cattledip Road
  - 10 am to 2 pm
  - Light lunch served

Social Gathering Protocols will be followed: Bring your own

- Chairs and Masks.
- (Masks will be available, if needed)
- Dress for weather.

**If weather changes – location to be at Bullhead Hall**



- Chief Bull Head entered into Treaty
- Queen's Commissioners promised to continue our way of Life with Benefits

Open & safe  
Free – no Honoraria

# PROGRAMS



**NAMING**  
*Ceremony*

**AT Bullhead Community hall**

**September 17th, 2020 5PM**

To register you or your family please DM us on  
facebook or email us at  
[riel.manywounds@tsuutina.com](mailto:riel.manywounds@tsuutina.com)

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# SOCIAL WELLBEING



## GŪTS'ITŌ ŌGHÀTS'ĪYĪNÓ-DĪ TSŪŪT'INÀ NATION HEALTH CENTRE

403-251-7575  
72 BULLHEAD ROAD  
TSUT'INA NATION, AB  
T3T 0A6



Sept 14th, 2020

### **PUBLIC NOTICE**

Attention all Health Centre Visitors

As of September 8th the Health Centre will be allowing up to 3 individuals into the waiting room area at a time.

All those sitting in the waiting room area must wear a mask and remain physically distanced from others in the area.

They must also not be presenting with any flu-like symptoms.

If the waiting room is full, we will ask that people remain in their Vehicles and call the front desk for assistance with appointments. This will not affect appointment times.

If attending the Health Centre for an Emergency please immediately call front desk on arrival for assistance.

(403) 251-7575

### **Health Centre Team**



# SOCIAL WELLBEING

## TSUUT'INA NATIONS CITIZENS NOTICE



THE CONTINGENCY DEPARTMENT WILL  
BE HANDING OUT

TURKEY

&

\$100

SAFWAY GIFT  
CARD

ONE PER  
HOUSEHOLD



SEVEN CHIEFS SPORTSPLEX WEST  
SIDE PARKING LOT

OCTOBER 8TH & 9TH 10AM-5PM

TO BE ELIGIBLE YOU MUST BE ON THE TSUUTINA HOUSING  
LIST, OFF RESERVE LIST OR PROOF YOU ARE PAYING YOUR  
OWN RENT/MORTGAGE.

CONTACT: [contingency@tsuutina.com](mailto:contingency@tsuutina.com)  
Angela Heavenfire (403) 238-6213 or  
Danielle Crowchild (403) 238-6322

SOCIAL DISTANCING WILL BE IN EFFECT. DRIVE THROUGH  
ONLY. PLEASE DO NOT LEAVE YOUR VEHICLE.

Made with Eventbrite.com

# EDUCATION

## COVID-19 INFORMATION FOR ALBERTANS

# PREVENT THE SPREAD OF CORONAVIRUS

You can help prevent the spread of COVID-19 in Alberta. Prevention starts with awareness.

- Practice physical distancing
- Self-isolate if you're feeling sick
- Wash your hands frequently
- Cover coughs and sneezes
- Avoid touching your face
- Do not travel outside of Canada

## PRACTICE PHYSICAL DISTANCING

All Albertans have a responsibility to help prevent the spread of COVID-19. Take steps to protect yourself and others:

- Limit the number of times you leave your home
- Stay at least 2 meters away from others when you go out for groceries, medical trips, and other essential needs
- Have groceries or other items delivered if possible
- If you go outside for fresh air maintain 2 meters distance from others
- Avoid overcrowding in elevators and other enclosed spaces
- Wash your hands after touching communal surfaces such as handrails, handles
- Postpone family visits, friend gatherings, and group outings, especially if household or family members are senior citizens or have high-risk medical conditions
- Do not gather with other people if you have a fever or a cough, even if symptoms appear to be mild.
- Obey all mandatory self-isolation requirements and mass gathering restrictions now in place in Alberta.

Legally enforceable public health measures are in place to limit the time Albertans spend in contact with each other. Anyone violating these restrictions is now subject to fines.

## MONITOR YOUR SYMPTOMS

COVID-19 symptoms are similar to influenza and other respiratory illnesses. Symptoms can include:

- cough
- fever
- shortness of breath
- runny nose
- sore throat

If you have any of these symptoms stay home and self-isolate; do not go to an ER or medical clinic. **Call Health Link at 8-1-1 for more information.** Services are available in 240 languages.

## SELF ISOLATE

You are legally required to self-isolate for:

- **14 days** if you returned from international travel or are a close contact of a person with COVID-19
- **10 days** if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition

If you are self-isolating:

- Stay home — do not go to work, social events or any other public areas or community settings
- Avoid close contact with other people, including household members but especially seniors and people with chronic conditions or compromised immune systems
- Do not use public transportation or ride sharing
- Do not go for walks in public places. This includes children in mandatory self-isolation.
- If you go outside, you must remain on private property not accessible by others.
- If you live in an apartment building or high-rise, you must stay inside and cannot use the elevators or stairwells. If your balcony is private and at least 2 metres away from other balconies, you may use your balcony to get fresh air.



## COVID-19 INFORMATION

### Screening Questionnaire

**PARENTS/GUARDIANS/STUDENTS MUST USE THIS QUESTIONNAIRE DAILY TO DECIDE IF THE STUDENT SHOULD ATTEND SCHOOL**

#### Risk Assessment: Initial Screening Questions

1.	Do you, or your child attending the program, have any of the below symptoms:	CIRCLE ONE	
		YES	NO
	Fever	YES	NO
	Cough	YES	NO
	Shortness of Breath / Difficulty Breathing	YES	NO
	Sore throat	YES	NO
	Chills	YES	NO
	Painful swallowing	YES	NO
	Runny Nose / Nasal Congestion	YES	NO
	Feeling unwell / Fatigued	YES	NO
	Nausea / Vomiting / Diarrhea	YES	NO
	Unexplained loss of appetite	YES	NO
	Loss of sense of taste or smell	YES	NO
	Muscle/ Joint aches	YES	NO
	Headache	YES	NO
	Conjunctivitis (Pink Eye)	YES	NO
2.	Has the person attending the activity/facility travelled outside of Canada in the last 14 days?	YES	NO
3.	Have you/your child had close <u>unprotected*</u> contact (face-to-face contact within 2 meters/6 feet) with someone who has travelled outside of Canada in the last 14 days <b>and who is ill**?</b>	YES	NO
4.	Have you/your child attending the program or activity had close <u>unprotected*</u> contact (face-to-face contact within 2 meters/6 feet) in the last 14 days with someone who is ill**?	YES	NO
5.	Have you/your child or anyone in your household been in close <u>unprotected*</u> contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

\* "unprotected" means close contact without appropriate personal protective equipment (PPE).

\*\* "ill" means someone with COVID-19 symptoms on the list above"

If you have answered "Yes" to any of the above questions, please **DO NOT** enter the school at this time. You should stay home and use the [COVID-19 Self-Assessment Tool](#) to determine whether you need to be tested for COVID-19.



# TRADING POST



## My Records, My Choice

The Indian Residential Schools Settlement Agreement lets claimants preserve their IAP or ADR records at the National Centre for Truth and Reconciliation (NCTR).



### INDIAN RESIDENTIAL SCHOOL CLAIMANTS MAY CHOOSE TO SHARE THEIR RECORDS OR KEEP THEM CONFIDENTIAL

If you made a claim in the Indian Residential Schools Independent Assessment Process (IAP) or Alternate Dispute Resolution Process (ADR), you have choices:

- Do nothing: your records will remain confidential and then will be destroyed on September 19, 2027
- Get a copy for yourself to keep or share with others
- Preserve your records at the NCTR for history, education and research
- Get a copy for yourself *and also* preserve your records at the NCTR for history, education and research

**THE CHOICE IS YOURS  
AND YOURS ALONE**

#### TO LEARN MORE ABOUT YOUR CHOICES, CONTACT:

##### IAP INFORMATION

Phone: 1-877-635-2648 (toll free)  
Online: [www.MyRecordsMyChoice.ca](http://www.MyRecordsMyChoice.ca)

##### ASSEMBLY OF FIRST NATIONS

Phone: 1-833-212-2688 (toll free)  
Email: [iapdesk@afn.ca](mailto:iapdesk@afn.ca)  
Online: [www.afn.ca](http://www.afn.ca)

##### INUIT REPRESENTATIVES

Contact for the Inuvialuit:  
Phone: 1-867-777-7018  
Email: [ggruben@inuvialuit.com](mailto:ggruben@inuvialuit.com)  
Online: <http://www.irc.inuvialuit.com/>

##### Contact for Makivik:

Phone: 1-800-369-7052  
Electronic communications can be submitted at:  
<http://www.makivik.org/contact/>  
Online: <http://www.makivik.org>

To learn more about the National Centre for Truth and Reconciliation (NCTR), contact:  
Phone: 1-855-415-4534 (toll free)  
Email: [NCTRrecords@umanitoba.ca](mailto:NCTRrecords@umanitoba.ca)  
Online: [www.NCTR.ca](http://www.NCTR.ca)

If you are feeling pain or distress because of your residential school experiences please call the free 24-hour crisis line:

Residential Schools Crisis Line: **1-866-925-4419**





**What are my records?**

**Your records are:**

- your IAP or ADR **application form**
- the printed record (**transcript**) of your testimony
- the voice **recording** of your testimony, and
- the **decision** on your claim.

**And my other records?**

The IAP Secretariat was required to destroy other records after the end of your claim, such as your medical and employment records and other documents used in deciding your claim.

Anyone else who had copies of your records because they were involved with your hearing—such as the Government of Canada or a church—is required to keep them confidential and destroy their copies after they are no longer needed for your claim.

**Why am I being asked about my records now?**

In October 2017, the Supreme Court of Canada decided what happens to IAP and ADR records after claims are finished.

The Supreme Court ruled that you were promised confidentiality and that promise is being kept. As a claimant, you and you alone choose what happens to your records.

**For more information**

For more information about your choices, or for help with forms, contact:

- **IAP Information:** call toll free, 1-877-635-2648  
online: [www.MyRecordsMyChoice.ca](http://www.MyRecordsMyChoice.ca)
- **Assembly of First Nations:**  
call toll free, 1-833-212-2688  
**email:** [iapdesk@afn.ca](mailto:iapdesk@afn.ca)  
**online:** [www.afn.ca](http://www.afn.ca)
- **Inuit Representatives:**  
**Contact for the Inuvialuit:**  
**Contact:** Gayle Gruben, Project Administrator  
**Telephone enquiries:** (867) 777-7018  
**Email:** [ggruben@inuvialuit.com](mailto:ggruben@inuvialuit.com)  
**Website:** <http://www.irc.inuvialuit.com/>

**Contact for Makivik:**  
Call toll-free (800) 369-7052

**Electronic communications can be submitted at:**  
<http://www.makivik.org/contact/>  
**Website:** <http://www.makivik.org>

- **National Centre for Truth and Reconciliation (NCTR):**  
call toll free, 1-855-415-4534  
**email:** [NCTRrecords@umanitoba.ca](mailto:NCTRrecords@umanitoba.ca)  
**online:** [www.NCTR.ca](http://www.NCTR.ca)



**My Records, My Choice**

- If you made a claim in the
- Independent Assessment Process (IAP) or
  - Alternative Dispute Resolution process (ADR)

This booklet has important information about your confidential records.

The IAP is the process for compensating claims of Indian residential school abuse. The deadline for IAP applications was in 2012.

The ADR was the earlier process for the same types of claims.

*If you are feeling pain or distress because of your residential school experiences please call the free 24-hour crisis line:  
Residential Schools Crisis Line: 1-866-925-4419*

This booklet is **not** about the Common Experience Payment (CEP).



**Preserving the history of Indian residential schools**

The NCTR was created to preserve the history and legacy of Canada's residential schools. It has a responsibility to foster truth, reconciliation, and healing.

Hosted at the University of Manitoba, it is the permanent home for the records of the Truth and Reconciliation Commission (TRC).

The NCTR welcomes those who made IAP or ADR claims to add their records to this collection. Preserving your records at the NCTR will help future generations understand the history and impacts of residential schools.

**How would my records be used at the NCTR?**

NCTR records will be used for education and research. If you choose to include your records, you may choose either restricted or open access.

- **Restricted access** means your personal information will not be available to the public. It will be available to the NCTR and authorized researchers but won't be available to the public or to your family, and won't be published.
- **Open access** means that your records and personal information may be shared with the public, which may include your family.

Your personal information is your name and other information that could be used to identify you.

The NCTR is committed to the respectful use of your records. Records are kept in a secure database managed by carefully trained staff. However, there is always some risk of unauthorized use or disclosure.

**What do I need to do?**

**To keep your records confidential** you don't need to do anything. On September 19, 2027 they will be destroyed.

**To get a copy** of your records you must complete a request form.

**To request that your records be sent to the NCTR**, complete a consent form and send it to the office listed on the form. To get these forms or more information, use the contact information on the back of this booklet.

If you choose to get a copy of your records or preserve them at the NCTR, you have until September 19, 2027. But you don't have to wait until then. If you die or become unable to make decisions for yourself, nobody else can make the choice for you.

**To get help**

Resolution Health Support Workers (RHSWs) can answer questions and help with forms. To find an RHSW in your area, call the toll-free lines listed on the back, or ask your band office.

For emotional support and crisis referrals, the free, 24-hour Residential Schools Crisis Line is available until September 19, 2027.

**What are my choices?**

- You may **do nothing**. Your records will remain confidential. On September 19, 2027 they will be **automatically destroyed**.
- You may get a **copy for yourself**, to keep or to share with others.
- You may choose to **preserve your records** at the National Centre for Truth and Reconciliation (NCTR) for history, education, and research.
- You may choose to get a copy for yourself and also preserve them at the NCTR.

**THE CHOICE IS YOURS, AND YOURS ALONE.**

**Privacy of other people**

If you get a copy of your records for yourself, or have them preserved at the NCTR, information that identifies other people will be blocked out. That way, you control what happens to your records and the privacy of others is respected.



*If you are feeling pain or distress because of your residential school experiences please call the free 24-hour crisis line:  
Residential Schools Crisis Line: 1-866-925-4419*







## My Records, My Choice

*If you made an IAP or ADR claim for compensation for residential school abuse, there are records of your claim. You now have the opportunity to choose what happens to those records after your claim is finished.*

### The choice is yours

- Your records from the Independent Assessment Process (IAP) or the Alternative Dispute Resolution process (ADR) are confidential.
- To keep them confidential, you don't need to do anything.
- If you do nothing, your records will be automatically destroyed on September 19, 2027.
- Until September 19, 2027 you can get a copy of your records for yourself or to share with anyone you choose.
- If you choose, you can preserve your records for history, education, and research at the National Centre for Truth and Reconciliation (NCTR).

### Which records are being kept?

- Your application form
- The voice recording of your testimony
- The printed record (transcript) of your testimony
- The decision on your claim

### Can I get a copy of my own records?

Yes. To get a copy of your application form, the transcript of your testimony, and your decision, call IAP Information toll free at **1-877-635-2648**.

Information that identifies other people will be blocked out, to protect their privacy.

It can take several months to receive a copy of your records.

### Preserving the history of residential schools

The National Centre for Truth and Reconciliation (NCTR) has been created to preserve the history of Canada's residential school system. It is hosted at the University of Manitoba. It is the permanent home for the records of the Truth and Reconciliation Commission (TRC).

The NCTR invites those who made a claim in the IAP or ADR to add their records to its collection. These records will be available forever, to researchers and others who want to learn about the history and impact of Canada's Indian residential schools.

Information that identifies other people will be

blocked out, to respect everyone's privacy.

If you choose to preserve your records with the NCTR, send in a completed consent form and your records will be securely sent to the NCTR.

To get a consent form, call IAP Information toll free at **1-877-635-2648** or download the form from [www.MyRecordsMyChoice.ca](http://www.MyRecordsMyChoice.ca).

### How would my records be used at the NCTR?

If you choose to preserve your records at the NCTR you may choose either restricted access or open access. "Restricted" means that your name and other information that identifies you is kept confidential. "Open" means that you could be publicly identified.

### Can I get help?

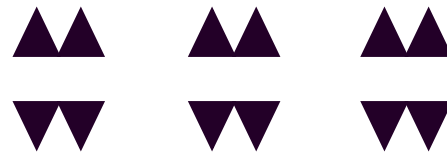
Yes. Resolution Health Support Workers (RHSWs) can answer your questions and help you with forms. To find an RHSW in your area, call one of the toll-free information lines below, or ask at your band office.













### To learn more

- **IAP Information**  
toll free: 1-877-635-2648  
online: <http://www.MyRecordsMyChoice.ca>
- **Assembly of First Nations**  
toll free: 1-833-212-2688  
email: [iapdesk@afn.ca](mailto:iapdesk@afn.ca)  
online: [www.afn.ca](http://www.afn.ca)
- **Inuit Representatives:**  
Contact for the Inuvialuit:  
phone: 1-867-777-7018  
email: [ggruben@inuivialuit.com](mailto:ggruben@inuivialuit.com)  
online: <http://www.irc.inuivialuit.com/>  
Contact for Makivik:  
toll free: 1-800-369-7052  
electronic communications can be submitted at:  
<http://www.makivik.org/contact/>  
online: <http://www.makivik.org>
- **National Centre for Truth and Reconciliation (NCTR)**  
toll free: 1-855-415-4534  
email: [NCTRrecords@umanitoba.ca](mailto:NCTRrecords@umanitoba.ca)  
online: [www.NCTR.ca](http://www.NCTR.ca)

If you are feeling pain or distress because of your residential school experiences please call the free 24-hour **Residential Schools Crisis line: 1-866-925-4419**

# HOROSCOPES



-  **ARIES = YOU ARE FINALLY READY TO FACE THE WORLD AS YOURSELF THIS WEEK, SO DON'T BE AFRAID OF ANYTHING. DAMAGE CAUSED BY RAGE MIGHT COST MORE THEN JUST TAKING A DEEP BREATH.**
-  **TAURUS = THIS WEEK SMELLS LIKE SOMETHING CYBER-REALEDT MIGHT HAPPEN, STAY ON HIGH ALERT AND DON'T OPEN ANYTHING IF YOU DON'T KNOW THE SENDER.**
-  **GEMINI = YOU MAY THINK THAT STARTING AFRESH ON MONDAY WOULD BE OF SOME COMFORT, BUT IT REALLY WON'T BE. YOU ARE TO BE COMPLEMENTED FOR YOUR SKILL AT NAVIGATING**
-  **CANCER = YOU TEND TO BE LESS TRUE TO YOURSELF AT WORK, BUT TODAY YOU MAY LET A LITTLE OF YOURSELF SLIP OUT AT A MOST AWKWARD MOMENT. BE CAREFUL.**
-  **LEO = WITH ALL YOU'VE BEEN THROUGH YOU SHOULD BE GLAD THAT THIS WEEK WILL ACTUALLY COME TO A CLOSE. YOU CAN TEST YOURSELF TODAY BY ATTEMPTING TO DO SOMETHING DIFFERENT.**
-  **VIRGO = YOUR IDEALS ARE STARTING TO SHAPE THE WAY YOU'RE LIVING, SO CONGRATULATIONS. STAY ON THE CURRENT PATH AND SOME GOOD IS BOUND TO HAPPEN.**
-  **LIBRA = OFFICE POLITICS MAY CAUSE PROBLEMS FOR YOU TODAY IF YOU ARRIVE WITH A COMEDY TIE. WE CAN'I PROMISE THAT YOU WON'T SAY SOMETHING YOU'LL REGRET LATER.**
-  **SCORPIO = CHEW THE SMOKED MEAT WITH SOME FRIENDS TODAY. THEIR INANE CHATTER MAY AMUSE YOU. YOU LIKE TO THINK THAT YOU'RE FINALLY GETTINGS SOMETIME TO YOURSELF.**
-  **SAGITTARIUS = MAKE YOURSELF A COFFEE, SIT DOWN AND READ THE INTERNET. HELL, IT'S WHAT YOU DO EVERYDAY, RIGHT? WHEN ASKED IF YOU'RE OK TODAY, YOU MAY FEEL TEMPTED TO YELL I GUESS SO!**
-  **CAPRICORN = SOMEONE WILL APPROACH YOU TODAY WITH AN ATTITUDE YOU CANNOT GET ON WITH AT ALL. EAT SOMETHING TO MAKE YOU HAPPY IT WILL HELP.**
-  **AQUARIUS = MAYBE ITS TIME YOU WENT TO BINGO AND TRIED YOUR LUCK? YOU NEVER KNOW MAYBE YOU'LL GET LUCKY BUT WHAT WOULD I KNOW I'M JUST YOUR HOROSCOPE.**
-  **PISCES = AS THE FELLA ONCE SAID, AIN'T THAT A KICK IN THE HEAD. NOT THAT YOU'LL BE KICKED IN THE HEAD, IT'S A METAPHOR. I MEAN, STAY STRONG THINGS ALWAYS GET BETTER.**

# MOON CHART





# GUMISASTAY

MOCCASIN TELEGRAPH  
PRESENTED BY TTN COMMUNICATIONS

