



update

SPRING 2003

News of interest to Aboriginal people
from the Government of Canada

Internships put young people on the job

If you are a young person looking for a job, it's often the same story: no experience, no job—no job, no experience.

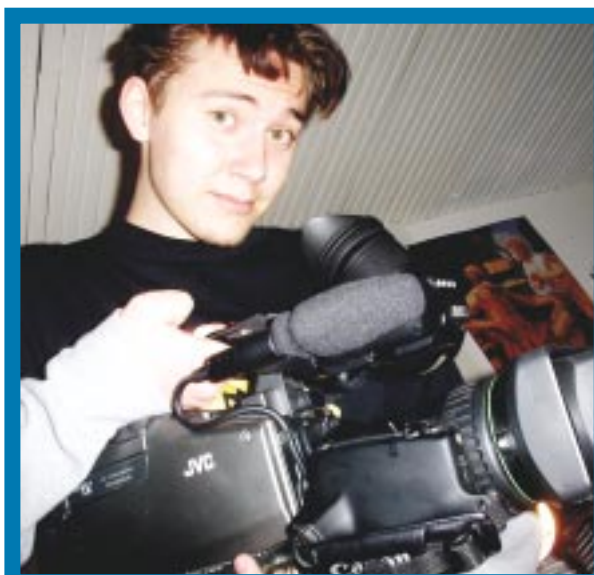
If you want to get a job, you might think about work placements, which are also called "internships." They give hands-on experience in real jobs. This helps you learn more about what kind of job you'd like in the future.

Dega Lazare is an 18 year-old filmmaker from the Mohawk Territory of Kahnawake. His work placement is at a Toronto film and television production company called Big Soul Productions.

"As an intern, it's good to explore different options and find out what you like," Dega says.

Laura J. Milliken is co-producer and partner of Big Soul Productions. She says, "Every opportunity is going to take you somewhere. Even if you are answering phones for a business, you are going to learn skills and meet people. This is the first step. Just shaking someone's hand is important."

Laura has brought three interns to Big Soul Productions through Miziwe Biik, an Aboriginal employment and training organization funded by **Human Resources Development Canada**. For more information about work placements, visit these websites:



Dega Lazare is getting real experience in film and video making.

**First Nations and Inuit Youth
Employment Strategy**
www.inac.gc.ca/ps/ys

**Miziwe Biik Aboriginal Employment
and Training**
www.miziwebiik.com/mbic

Young Canada Works — Canadian Heritage
www.pch.gc.ca/ycw-jct

Youth Employment Information
www.youth.gc.ca

Pride – Culture – Celebration

June 21st is National Aboriginal Day

For information on special events in your area, visit our website at www.inac.gc.ca

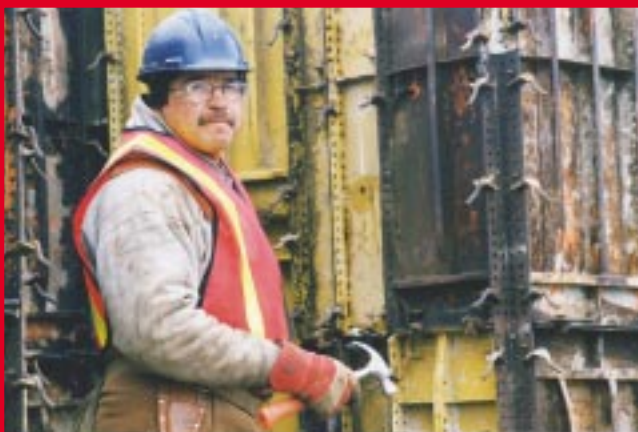
Or call 1-800-567-9604

TTY 1-866-553-0554



Canada

More job prospects



Gary Thompson is from Fort William.

Forestry, mining and natural gas companies are often located close to First Nation and Northern communities.

With more skilled workers retiring than ever before, companies are looking for workers. This could mean more good jobs for Aboriginal people close to home.

Canada's Aboriginal Human Resources Strategy can help you get one of these jobs.

The program has already helped more than 54,000 Aboriginal people find, get and keep jobs. It has also helped more than 150,000 Aboriginal youth and working-age adults get the schooling and skills they need to get a good job or run a business.

You can get a free information booklet called *Partnering for Progress*. It describes programs and services available through the Aboriginal Human Resources Strategy. You can also check with your band or tribal council to see what programs and services are available through your community.

For your copy of *Partnering for Progress*, call INAC toll-free at **1-800-567-9604**. If you have a hearing disability, call **1-866-553-0554** (TTY).

The Aboriginal Human Resources Development Council of Canada is another important part of the strategy. The council is helping create jobs for Aboriginal people. To learn more about it, call **1-866-711-5091** toll-free or visit **www.ahrdcc.ca**.

Résumé do's and don'ts

A résumé gives an employer a quick idea of who you are and what you can do.

Here are some tips to show you at your best.

Do use action words. For example, "*Developed* a website."

Do print on good quality, white paper.

Do keep it short—two pages is good, one is better.

Do keep it neat—avoid wrinkles, coffee stains, poor photocopies.

Do check for mistakes—then check again!

Don't sign or date your résumé—just include your name and your telephone number at the top.

Don't list your references—instead, have them ready for the interview.

Don't list your age, Social Insurance Number, marital status, height or weight.

Don't take a friend or relative with you to drop off your résumé.

Don't fold your résumé.

Protect against West Nile virus

West Nile virus season is here again. It is carried by infected mosquitos and can be serious for people of all ages. Although your chances of being bitten by an infected mosquito are low, you can take steps to prevent getting sick:

- wear light-coloured clothing
- limit time outside at dawn and dusk
- use mosquito repellents
- check door and window screens for holes

You can also reduce mosquito breeding areas. Make sure there is no water collected in old tires, under flower pots, in children's toys or in other outdoor objects.

For more information, visit your Community Health Centre or nursing station, or go to the following website: **www.hc-sc.gc.ca/fnihb/westnilevirus**



The free booklet *Looking for a Job* can help you find work. To get a copy, call **1-800-935-5555** or visit the website at **www.youth.gc.ca** and click on "Looking for a job?" to see what it's about.

Volunteering

Helping others is a way of life. Every day, Aboriginal people are some of the 6.5 million people in Canada who volunteer their time and energy to their communities.

Helping others is also a great way to help yourself.

"What you give comes back to you," says Marc Maracle, Executive Director of the **National Aboriginal Voluntary Organization (NAVO)**.

"When you volunteer, other people get to know you better. You also show you are motivated and willing to learn."

These volunteer experiences can also help you find work.

The Government of Canada is working to increase awareness about volunteering and the volunteer sector. NAVO is part of this effort. NAVO's goal is to increase the number of Aboriginal people who volunteer in their communities.

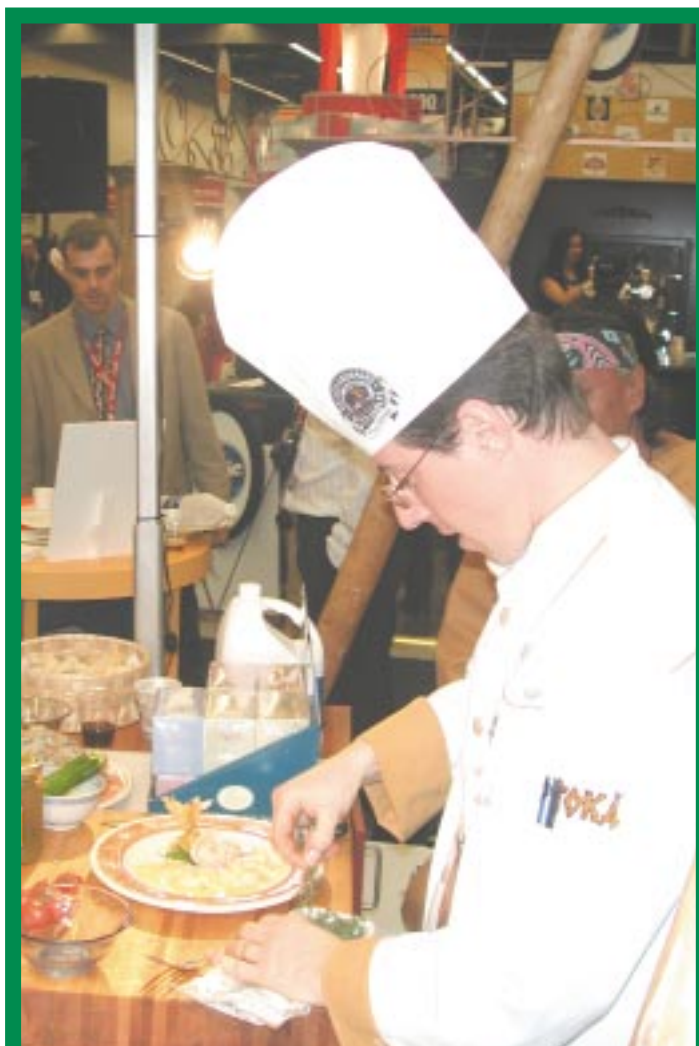
If you want to spread the word about volunteering in your community or organization, you can order a video called *It's Our Way!* It shows Aboriginal people who volunteer in different ways across Canada.

For a free copy of *It's Our Way!*, call toll-free at **1-800-567-9604**. If you have a hearing disability, call **1-866-553-0554** (TTY).

For more information on volunteering and where to do it, visit the website at **www.volunteer.ca**.

It's our way!

Mae Louise Campbell, of Clan Mother's Turtle Lodge, says that in Aboriginal cultures, "Volunteer is not a word; it just is."



Cooking up jobs

Chef Laurent Tremblay makes food inspired by Aboriginal cultures at the Salon international de l'alimentation (SIAL) 2003. SIAL is a conference for companies that work in the food industry. The booth in the picture was sponsored by the Government of Canada through Indian and Northern Affairs Canada and Aboriginal Business Canada.

Keep those cards and letters coming!

Thanks to everyone who has filled out the reply cards. Keep the cards coming in!

You can mail your comment card in right away—it doesn't need a stamp. Fill out the comment card and let us know what you think. Your ideas matter!

We would like to receive your comments and suggestions.

Name: _____

Address: _____

Did you find this issue informative? ☐ yes ☐ no

What other important topics would you like to see covered in future issues?

Comments: _____

☐ Send Government of Canada information to my email: _____

☐ Send *Update* to my friend at this address: _____

☐ It's okay to use my name and address for other government updates.

I would like to be kept informed on Government of Canada initiatives by:

☐ community television ☐ mail to my home ☐ band office

☐ community radio ☐ Internet

☐ community newspaper ☐ friendship centre

Health consent forms

If you are a Status Indian or recognized Inuit or Innu, Health Canada may pay for medical transportation, prescription medication, dental care and other non-insured, health-related benefits.

To keep receiving benefits in this way, you must now sign a consent form and mail it to Health Canada by September 1, 2003. The form protects your privacy when Health Canada processes your claims. Health Canada needs to use your personal information to process claims submitted by pharmacists, dentists and other health-care providers.

If you do not sign a consent form, Health Canada cannot pay for the health service. In order to get the service paid for, you will have to complete a claim form with a separate consent for each claim. Health Canada will pay you back for benefits covered by the non-insured health benefits program.

To get a consent form, a claim form or for more information, call the **Consent Information Centre** toll-free at **1-888-751-5011**. Or visit this Health Canada website: www.hc-sc.gc.ca/fnihb-dgspni/fnihb/nihb/consent/index.htm



Tessa Macintosh

Governance legislation: what's new?

The voices of First Nations and other people are helping strengthen the proposed First Nations Governance Act (Bill C-7). The proposed act is meant to help First Nations achieve self-government.

In March, the House of Commons Standing Committee on Aboriginal Affairs, Northern Development and Natural Resources finished travelling across Canada to get opinions, concerns and suggestions about the proposed act.

More than 500 people from across the country spoke to the committee.

Talking to the committee is one way for First Nations people to say what they think about the proposed act. What First Nations people have said has led to changes to the proposed act.

To follow the Parliamentary process or the work of the committee, visit www.parl.gc.ca.

For more news and for information on the proposed act and how it will benefit First Nations communities, visit our special website at www.fng-gpn.gc.ca or call us toll-free at **1-800-550-1540**.

Remember!

September 1, 2003, is the deadline for signing your consent form. For more information, call the Health Canada Consent Information Centre toll-free at **1-888-751-5011**.



1000009929-K1A0H4-BR01

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WE WANT TO HEAR FROM YOU!

Complete the reply card, clip it out and send it in (postage is already paid) or call INAC Public Enquiries Contact Centre at **1-800-567-9604** or TTY/TDD: **1-866-553-0554**. You can also send us a fax at **(819) 953-2305**, or send us an email message at Update@inac.gc.ca.

For information on Government of Canada programs and services, call toll-free **1-800-O-Canada (1-800-622-6232)**; TTY/TDD at **1-800-465-7735**; or visit www.canada.gc.ca.

You can also read the *Update* at www.inac.gc.ca/pr/pub/index_e.html.

Published under the authority of the Minister of Indian Affairs and Northern Development Ottawa, 2003

www.inac.gc.ca

QS-6172-040-EE-A1
ISSN:1704-4286

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Government Services Canada

Cette publication peut aussi être obtenue en français sous le titre : **Dernières Nouvelles**.

