



NAHO Bulletin

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Oct. 31 marks last day for RHS data collection

Workshop prepares First Nations to become Data Warriors

By The FNC Team

"Halloween 2003 will be marked in the history books as an important day for First Nations self-determination in the area of research," says Regional Health Survey/Skills Enhancement Co-ordinator Jane Gray. While folks carved pumpkins and handed out sweets, First Nations representatives across the country wrapped up the data collection in the 2002-03 First Nations Longitudinal Regional Health Survey (RHS).

With over 22,000 surveys collected, the First Nations Centre (FNC) feels the time has come to start bringing information back to First Nations.

"The RHS is the only national survey controlled by First Nations. It operates under the First Nations principles of Ownership, Control, Access and Possession (OCAP)," said Gray.

The first preliminary reports are expected in March 2004.

In anticipation of the RHS results' release, the FNC is helping interested First Nations community health workers to become more effective "data warriors." That is, the FNC has created a workshop to help workers understand the basics of health information and research. The workshop includes simulating a scenario

which leads to understanding OCAP. During this exercise, workshop participants are split into groups to act in various information roles (government official, First Nations representative and so on). The groups have to negotiate access to First Nations data. The goal is to learn how OCAP can influence relationships among those who have information and those who want it.

A version of this training workshop tailored to First Nations youth (ages 18 to 29) was launched Oct. 2 to 3 in Canmore, Alta. Participants consented to be filmed and they evaluated the workshop. The lessons learned will be used by the FNC to improve the materials. The FNC is planning to release a promotional video and a marketing package that will help them to give the workshop and actively train other First Nations youth facilitators.

"The workshop was a great success," said FNC Youth Policy Analyst Jason Whitebear. "The comments were positive. They said, 'this workshop really opened my eyes. I'm more aware now of the issues facing my community,' and 'I learned a lot about health information and why the principles of OCAP are so important.'"

Due to funding limitations, the FNC can only offer the workshop on a low cost-recovery, first-come, first-served basis. Communities and organizations that invite the FNC to deliver the workshop in their area will need to cover the First Nations youth facilitator's travel and accommodations, the meeting expenses (such as meals and facility rental), and a small fee for workshop materials per participant. To make the workshop as accessible as possible, a version of the



Top photo: Robin Twigg, from the Pikannii Nation (Peigan), Alta., participates in the workshop tailored to First Nations youth. Bottom photo: The youth engage in a group exercise. The tape represents a web of unity.

Photos by Jason Whitebear

workshop will soon be offered on the Internet at no cost, and the facilitator training is free. A facilitator's manual will be posted on the Internet and Whitebear is available to mentor facilitators in training.

"By providing how to's, we can make a difference," Whitebear says.

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NAHO presentations highlight its work

The National Aboriginal Health Organization (NAHO) continues to make use of opportunities to participate in local, national and international events to increase awareness of the organization's work.

NAHO Executive Director Richard Jock presented at the Indigenous Peoples' Contributions to Understand Global Environment Change, A Symposium in Celebration of the Tenth Anniversary of the Centre for Indigenous Peoples' Nutrition and Environment (CINE) held Oct. 15 in Ste-Anne-de-Bellevue, Que. The symposium was for Aboriginal Peoples and their academic partners and aimed to define new research directions.

The symposium was held at McGill University at the same time as the 2003 Open

Meeting of Human Dimensions of Global Environmental Change in Montreal, Que., Oct. 16 to 18. For more information visit www.cine.mcgill.ca.

Jock also presented to the Six Nations Health Focus Group, a working group dedicated to increasing involvement of health professionals in the Six Nations area. "It's interesting to see how this group works towards increasing the number of health professionals," he said.

Also this month, First Nations Centre Director Valerie Gideon and Ajungniq Centre Acting Director Tracy O'Hearn participated in Building Leadership Strength Within the Aboriginal Community, a knowledge café at the 2003 Canadian Medical Association Leaders' Forum held Oct. 19 in Ottawa, Ont.

Jock is preparing for an upcoming seminar series hosted by the First Nations University of Canada, formerly known as the Saskatchewan Indian Federated College. The one-week discussion on developments in Aboriginal health will feature NAHO's work.

NAHO's Chairperson Dr. Judith Bartlett presented at the 10th Canadian Conference on International Health, titled The Right to Health, Influencing the Global Agenda: How Research, Advocacy and Action can shape our future held Oct. 26 to 29 in Ottawa, Ont.

More than 360 people from 31 countries attended the conference organized by the Canadian Society for International Health. For more information, visit the CSIH Web site at www.csih.org.

NAHO Policy Analyst Bernice Downey, RN, participated in the International Network in Indigenous Health Knowledge and Development conference held Oct. 3 to 6 in Townsville, Australia.

Downey presented an overview of Aboriginal health human resource issues and

initiatives in Canada. Dr. Judith Bartlett participated in her role as an Aboriginal researcher who was part of the planning and organizing leadership for this conference. Dr. Bartlett presented an overview of Aboriginal research in Canada.

NAHO was also able to secure funding support from the Institute of Aboriginal Peoples' Health for participation of Aboriginal representatives from Canada.

"What was evident from the presentations is that the Indigenous Peoples from the four participating countries (Australia, Canada, New Zealand and the United States) are facing similar challenges in addressing their health issues," Downey said. "There are common issues related to research, workforce priorities and health initiatives."

"This was a good beginning to establishing a network of interest regarding Aboriginal research at the international level," Jock said. "We expect that there will be ongoing network development and that we will look at how to create an effective research agenda amongst the Indigenous Peoples."

"Eliciting input from others makes for richer outputs and builds strong networks with those who have similar commitments in improving the overall health of Aboriginal Peoples," Downey said.

Following the announcement by the Honourable Anne McLellan, Minister of Health, that the Government of Canada is seeking potential candidates for the soon-to-be created Health Council, NAHO encouraged the national Aboriginal organizations to make nominations.

"While NAHO did not make any nominations, we feel there should be an Aboriginal representative or representatives participating in this very important area of development," Jock said.

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NAHO Bulletin

The National Aboriginal Health Organization, an Aboriginal designed and controlled body, will influence and advance the health and well-being of Aboriginal Peoples through carrying out knowledge-based strategies.

The NAHO Bulletin is an electronic publication produced monthly to provide readers with an update of the activities of NAHO and its First Nations, Ajungniq, and Métis Centres.

If you have any questions or comments about NAHO or its publications, including having this and other publications sent directly to you, please contact us at:

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Les versions françaises de cette publication sont disponibles sur demande.

Monthly Reflection

"...everything on the earth has a purpose, every disease an herb to cure it, and every person a mission. This is the Indian theory of existence."

Mourning Dove, Salish
1888-1936

www.vcircle.com/elders/archive/13.shtml



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Oct. 31 marks last day *...continued from page 1*

The FNC continued to highlight the importance of OCAP through workshop presentations. The FNC made two presentations at the Aboriginal Strategies Conference, held by Statistics Canada in Edmonton, Alta. on Oct. 6 to 8.

"The conference was well attended by many individuals. There was some confusion over the terms used by speakers, limitations of the existing data, and how data can be useful to communities," said Valerie Gideon, Director of the FNC. "It was surprising to us how few presentations raised the connection between self-determination and ownership over information."

During the conference, Statistics Canada announced a \$2 million Aboriginal Data Initiative Blueprint that it must deliver in March 2005 to Cabinet. First Nations involvement in developing this blueprint

will be key to its success.

The FNC also underlined the unique perspective of OCAP during a workshop on Harmonizing Ethics and Privacy held Oct. 27 to 28 in Toronto, Ont., by the Canadian Institutes of Health Research and Ontario's Institute for Clinical and Evaluative Sciences.

"The audience at this event was completely different from the previous one," Gideon said. "As the only Aboriginal representative, my goal was to show how OCAP is a unique perspective on research ethics and privacy. But I also emphasized the broad policy support that OCAP has received, and continues to receive thanks to the ongoing commitment of First Nations at a national, regional and community level."

Check out the Web site for RHS updates and releases at www.naho.ca/fnc/rhs.

NAHO conference plans in full swing...continued from page 2

The Health Council is an important part of the First Ministers' Accord on Health Care Renewal. It is intended to strengthen the accountability and transparency of the health care system for Canadians.

Within the organization, a workshop was held to examine how to implement a best practices framework within NAHO. The organization is working toward implementing approaches which will provide communities with more structured information. It will offer examples, ideas and effective approaches that are being taken in other communities.

"It's a part of ongoing operations. The framework will build on many of our activities. *NAHO Network News* has ideas included in every issue, but this is an attempt to be more systematic in the approach," said Jock.

Plans for NAHO's Second National Conference to be held Nov. 8 to 10, 2004 at the Winnipeg Convention Centre in Winnipeg, Man., continue to move forward. NAHO has added pre-conference activities for Nov. 6 to 7.

"We think the pre-conference activities which will focus on training in focused areas will be an exciting development. The outcome for the added element will provide people with focused skills," Jock said. "At last year's conference, several presenters wanted to provide skills training workshops but the two-hour block format wasn't supportive of it."

NAHO is in the process of selecting a contractor for the organization's evaluation which needs to be completed by March 31, 2004. It is a standard requirement and is seen as an important part of NAHO's future plans and funding agreement renewals.

TRAINING OPPORTUNITIES!

CALLING ALL COMMUNITY HEALTH WORKERS!

If you want to learn more about **How to Use Data for Effective Community Health Planning – Become a Data Warrior for a Healthier Community** and you are a First Nations community health worker living in Ontario or Quebec, then please register for the first FNC training workshop scheduled for Nov. 25 to 27, 2003 in Ottawa.

This workshop is being piloted in English only, but will be made available in French in the future. It will be offered in other regions as soon as possible.

See pages 7 and 8 for more information and a registration form. Or check out the FNC Web site at www.naho.ca/fnc for announcements and the registration information. There are approximately 30 spaces available, so get your form in early!



Using the skills from the Proposal Writing Workshop

By Lori Villebrun

Ginette St. Amant and Ron Chartrand are using the skills they learned in the Proposal Writing Workshops conducted by the Métis Centre (MC) and Rainbow Spirit Employment Development. St. Amant and Chartrand were among the 160 people who took the workshops held between March and May 2003 in 12 communities from British Columbia to Ontario.

Over two days, participants gathered information on potential funders, discussed the different types of proposals, shared ways to do a community needs assessment and wrote draft letter proposals. "It was a productive two days," says MC Community Liaison Officer Ken Drury. He was one of the organizers and attended one of the workshops.

"The workshops were designed to have people interact and to learn from each other. It was an opportunity to share ideas and to put those ideas down in the form of a proposal."

St. Amant came to the workshop with experience in both writing and evaluating proposals. She is the Provincial Health Co-ordinator for the Métis Provincial Council of British Columbia.

"I used to read and rate proposals for Health Canada," said St. Amant. "A good proposal included all the components that

were asked for and showed how it fit the criteria for funding. The information was clear and not ambiguous, evidence was given to back up the proposal and good letters of support were included."

The diverse backgrounds of workshop participants created an atmosphere for lively discussions and sharing of information. "I enjoyed hearing what people were doing to address the health needs in their communities. Different perspectives were good for brainstorming," said St. Amant. She appreciated the networking as well as the opportunity to review the basics of proposal writing. "Proposals require technical writing and the information must be presented in a certain way. The workshop gave me a chance to brush up on my writing skills." She says that having effective writing skills is important because you are able to articulate your ideas in a way that is clear and to the point – something funders appreciate.

Unlike St. Amant, Chartrand had no experience in proposal writing. However, since taking the workshop, he has worked on six proposals as part of his job as the Youth Taking Risk Officer with the Northwest Métis



Participants brainstorm ideas and share information during a workshop held in Abbotsford, B.C.

Photo by Teresa Burnham

Council in Dauphin, Man. His job includes establishing youth groups for the Métis locals in his region.

"I never wrote a proposal and I didn't know what was involved in writing one," said Chartrand.

"After doing the workshop, I felt more confident because I now know how much detail you need to include about your project."

He went back to his job and revised previous proposals to add in the newly learned knowledge. Chartrand updated and submitted a program proposal that allows youth in five communities the opportunity to learn how to play the fiddle.

"The feedback we've received from participants has been positive," said Drury.

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Have You Seen Our E-mail?

Métis Centre Community Liaison Officer Morley Norton invites you to respond to an e-mail questionnaire seeking information on any initiatives, models, programs, services, proposals, and research that is being done for the improvement of Métis health.

"We are requesting that organizations share their accomplishments and successes so we can learn from each other. This way Métis organizations won't have to reinvent the wheel every time they want to start up a program," said Norton.

The nine national, provincial and territorial Métis organizations, which make up the Métis Health Information Working Group, would like to see the network develop as a resource for finding Métis statistics for proposal writing or for looking up a diabetes workshop in your region. The Métis Centre's role is to provide the information in a user-friendly format on its Web page at www.naho.ca/metiscentre.

Please respond to our e-mail this month. If you have any questions or have not received an e-mail, you may contact Norton by phone: (306) 764-5677, fax: (306) 764-5686 or e-mail: mnorton@naho.ca.



Year's first Governing Committee meeting in the North

By Mark Buell

For the first time this year, the Ajungniniq Centre Governing Committee held a meeting in a northern community and at the same time, met with a few local health organizations. The meeting in Happy Valley-Goose Bay, Labrador held Oct. 7 to 8 was one of the two face-to-face meetings the Governing Committee has each year.

"It is important for the Ajungniniq Centre (AC) to be visible in the communities – that is why we chose to hold our meeting in Labrador," said AC Acting Director Tracy O'Hearn.

Governing Committee Chairperson Bill Lyall, Minnie Grey from Nunavik, Miriam Lyall from Labrador, Rosemarie Kuptana from the Western Arctic and Daisy Saunders of the Pauktuutit Inuit Women's Association attended the two-day meeting. Centre staff O'Hearn, Policy Analyst Mark Buell and Executive Assistant Sipporah Enuaraq also attended. Agenda items included updating the Committee on the Centre's activities, a financial report and a discussion on important upcoming events.

On Oct. 9, the Committee and AC staff members visited various sites in Happy-Valley Goose Bay and North West River.

"It was wonderful to be able to have the opportunity to visit and meet with some of the organizations that work in health at the community level," said O'Hearn.

These sites included the Harry L. Paddon Memorial Home (a nursing home for seniors), the offices of the Labrador Inuit Association

and the Labrador Inuit Health Commission, and the Saputjivik Treatment Centre, an alcohol and drug treatment centre located in the community of North West River.

Also this month, AC Policy Analyst Marja Korhonen attended the International Council on Alcohol and Addictions' 46th International Conference on the Prevention and Treatment of Dependencies held Oct. 19 to 24 in Toronto, Ont. The purpose of the conference was to provide a forum for speakers and internationally renowned experts to explore, discuss and debate the critical issues surrounding research, policy, prevention, treatment and criminal justice in the area of alcohol and drug addictions.

"This was an excellent, thought-provoking conference, enhanced by both presenters and participants," said Korhonen. "Conference participants received a wide range of information and knowledge, and during the conference, the varying viewpoints led to lively debates."

Korhonen has found the information she gained from attending the conference relevant to her current work on an environmental scan and discussion paper related to best practices in alcohol treatment, counselling and education in Inuit regions.

Korhonen said, "The conference was very beneficial to that work...the latest research and initiatives in treatment, policy and prevention information I received will form an integral part of the work I am doing."

O'Hearn recently returned from Correctional Service Canada's (CSC) Sixth

Aboriginal Research Meeting in Iqaluit, NU. This was also the first time the CSC Aboriginal Research Meeting was held in a northern community, and part of the focus was on Aboriginal offender health-related research needs.

"By holding the meeting in Iqaluit, the unique issues and needs of Inuit offenders were profiled for researchers and policy makers working in corrections. Participants at the meeting also had the opportunity to visit the Baffin Correctional Centre and see their unique carving program for Inuit offenders," said O'Hearn on the CSC's choice of location.

The profile of Aboriginal offenders differs from other offenders: they tend to be younger, have lower levels of education and higher rates of unemployment. "The needs and issues of Aboriginal offenders tend to be different as well," says O'Hearn. "Correctional Service Canada has now recognized the need to address the health issues facing federally sentenced Aboriginal offenders, and they welcomed the opportunity to work with the National Aboriginal Health Organization."

In another meeting, Enuaraq was an observer at the Canadian Aboriginal AIDS Network (CAAN) Fifth Annual Gathering and also attended the Steering Committee meeting of the Canadian Inuit HIV/AIDS Network (CIHAN) held in Morley, Alta. CAAN is a national coalition of Aboriginal People and organizations that provides leadership, support and advocacy for Aboriginal People living with and affected by HIV/AIDS regardless of where they reside. CIHAN is a network of Inuit throughout Canada dedicated to addressing the HIV/AIDS related needs of Inuit and Inuit communities from an Inuit perspective.

"By participating at the CAAN and CIHAN meetings, we are able to provide support for Inuit living with HIV/AIDS," Enuaraq said. "HIV/AIDS is a very important issue for Inuit. The lack of services for Inuit living in the North is especially hard on people living with AIDS."

Proposal writing workshops a success...continued from page 4

"I think we were able to achieve our goal. The MC set out to provide a workshop that would be useful for people delivering programs for Métis." Drury explained that the next initiative is to develop and conduct Train-the-Trainers Workshops for Métis communities.

"We have so many people who have rich life experiences, cultural knowledge and education to share. Providing Train-the-Trainers workshops is one way the Centre can contribute to the passing on of that personal knowledge and expertise which already exists in Métis communities," said Drury. He will be working toward that goal over the next few months.

PRU hears scientists' and healers' views on use of medicinal plants

By Denise Rideout

Traditional healers and scientists who work with and research medicinal plants came to an international gathering in Ottawa last month to discuss the importance of medicinal plants to health.

Participants at the symposium, entitled *Biodiversity and Health: Focusing Research to Policy*, talked about the importance of Indigenous Peoples' traditional knowledge of medicinal plants. They also discussed how current commercialization of natural medicines has led to a greater need to conserve medicinal plants and to regulate their use.

Roberta Stout and James Lamouche, policy analysts in the National Aboriginal Health Organization's Policy and Research Unit (PRU), attended the international symposium held Oct. 25 to 28. The symposium was organized by the Tropical Conservancy in partnership with government departments, agencies, institutions, and non-governmental organizations.

Stout said it was key for the PRU, which focuses extensively on the protection and affirmation of traditional medicines, to be there to hear the perspectives of healers and scientists who work with medicinal plants.

"There were organizations and researchers at the symposium who make their living off of researching medicinal plants and Indigenous Peoples are not involved or are not aware that this is going on," Stout explained. "Then, there were some researchers there who are not Indigenous, but who are very much including Indigenous students in their research projects."

The worry, Stout said, is that many times Indigenous Peoples are not aware of the research and have not consented to the commercialization of their traditional knowledge concerning medicinal plants. However, through national and international efforts, particularly with negotiations around the Convention on Biological Diversity, Indigenous Peoples are voicing their concerns and gaining some ground in the protection of their traditional knowledge and intellectual property.

"There's a lot of research being done on

medicinal plants and their properties and how these can be commercially used for illnesses and diseases that are currently in the world. Indigenous Peoples must be aware of these activities and have a say in them," Stout said.

To help Aboriginal communities better understand the issues surrounding medicinal plants, the PRU, with the guidance from the Métis, First Nations and Ajunginiq Centres, is planning to produce easy-to-understand guides on Indigenous intellectual property rights, traditional knowledge, biodiversity, conservation and how Aboriginal Peoples can have an input into policies related to medicinal plants.

"There's a lot of research being done on medicinal plants and their properties and how these can be commercially used for illnesses and diseases that are currently in the world. Indigenous Peoples must be aware of these activities and have a say in them."

During the symposium, several traditional healers from Africa and Latin America shed light on the use of traditional knowledge in their own countries.

Lamouche assisted a panel discussion with traditional healers, botanists and people who work with Indigenous Peoples to protect endangered plants. Lamouche's work at NAHO focuses on affirming and protecting traditional healing practices of Aboriginal Peoples. He meets with traditional healers to discuss how best to safeguard their practices and medicines.

The medicines are important to Aboriginal culture. "They are not interesting case studies. They are valid sources of information in their own right," he said.

A goal of the Biodiversity and Health symposium was to do exactly that – recognize Indigenous knowledge as a source of information.

But, Lamouche cautioned, "we have to always reinforce that we welcome the recognition, but it has to be on Aboriginal Peoples' own terms." He stresses it's key for traditional healers to get together first to discuss their concerns about protecting medicines before considering working with scientists and researchers.

Other major international discussions on biological diversity are slated for December. PRU policy analysts will attend meetings on the Convention on Biological Diversity organized by the United Nations Environmental Program. Reports will be made available on all of the meetings.

"Because of the activities of industrialized countries, we're losing unprecedented amounts of plants, animals and other species. This convention is an attempt to try to stop that," Lamouche explained.

A meeting on Access and Benefits Sharing is scheduled for Dec. 1 to 5 in Montreal. It will focus on access to genetic resources such as medicinal plants and how best to compensate Aboriginal Peoples for use of their knowledge of these resources.

Another meeting will take place Dec. 8 to 12 to discuss the Convention on Biological Diversity's Article 8(j), which refers to Indigenous knowledge with respect to the protection of biological diversity.

These two meetings will set the stage for the Conference of the Parties of the Convention on Biological Diversity slated for February in Kuala Lumpur, Malaysia. In addition, Indigenous Peoples from around the world who attend these various meetings get together beforehand at the International Indigenous Forum on Biodiversity to discuss their concerns and prepare responses and recommendations to the countries involved.

Policy analysts from PRU will observe the discussions and gather information as part of their continuing work on the protection and affirmation of traditional knowledge, healing practices and medicine.

For more information on the upcoming meetings on biological diversity, visit www.biodiv.org.



The First Nations Centre @ NAHO presents

A Three-Day Workshop

How to Use Data for Effective Community Health Planning

Become a Data Warrior for a Healthier Community

Where: Courtyard Marriott Hotel, 350 Dalhousie Street, Ottawa, ON

When: November 25 to 27, 2003
Mix and Mingle – Nov. 24, 2003 from 6 to 8 p.m.

Cost: Before Nov. 21, 2003 - \$50.00
After Nov. 21, 2003 - \$65.00
(Includes course material, t-shirt, breakfast, lunch, and health breaks)
Note: Dinner and travel costs are the responsibility of the participant.

Who Should Attend: Community Health Representatives, Community Health Nurses, Leadership, Health Planners, Health/Social Directors, Community-Based Researchers, etc.

Registration: Fax the attached registration form to (613) 233-1853.

In this workshop you will learn about:

- # Ways of Knowing – How Health Research is Grounded
- # Different Approaches to Studying Health in Your Community
- # Why Health Information is Important to First Nations
- # The Principles of O.C.A.P. (Ownership, Control, Access and Possession)
- # Using the Internet to Access Health Information
- # Create a Health Information Plan for your Community

This workshop will include case studies, simulations and exciting hands-on activities.
You will be the creators of your own learning experience.

Register today!

Please FAX this **REGISTRATION FORM** to (613) 233-1853
Attention: Shannon Kohoko-Lanigan

**HOW TO USE DATA FOR EFFECTIVE COMMUNITY HEALTH PLANNING
FOR FIRST NATIONS COMMUNITY WORKERS**

November 25 to 27, 2003
Courtyard Marriott Hotel
350 Dalhousie Street, Ottawa, ON

First Name: _____
Last Name: _____
Address: _____
First Nation/City: _____
Province: _____
Phone: _____
E-mail: _____

Due to limited space, participants will be selected on a first-come, first-served basis.
Priority will be given to community health care workers.

The registration fee is payable by cheque or money order to:
The National Aboriginal Health Organization
130 Albert Street, Suite 1500, Ottawa, ON K1P 5G4

_____ I am mailing my payment to this address.
_____ I agree to pay upon arrival at the workshop.

Inquiries:

Jane Gray, RN BScN Regional Health Survey/Skills Enhancement Coordinator First Nations Centre @ NAHO Tel: 1-877-602-4445 Ext. 517 or (418) 845-1492 E-mail: jgray@naho.ca	Shannon Kohoko-Lanigan Executive Assistant First Nations Centre @ NAHO Tel: 1-877-602-4445 Ext. 505 E-mail: slanigan@naho.ca
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List of hotels in close proximity to the training session:

<u>Courtyard Marriott</u>	<u>Novotel Hotel</u>	<u>Les Suites Hotel</u>	<u>Lord Elgin Hotel</u>
350 Dalhousie Street (613) 241-1000 Special rate of \$129.00 per night available until Nov. 12, 2003. Use code "NAH"	33 Nicholas Street (613) 230-3033	130 Besserer Street (613) 232-2000	100 Elgin Street (613) 235-3333