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RESOURCE GUIDE



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News in Review, November 2007

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3. Selling Canada's Military to Canadians

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TAKING OFF: CANADA'S SOARING DOLLAR (Start: 00:25; Length: 14:17)

In late September, the Canadian dollar overtook the U.S. dollar for the first time in 31 years. The high-flying loonie is good news for Canadian importers and those planning trips south of the border. But it is bad news for many other Canadians. In this *News in Review* story we'll look at why our dollar is soaring, and at some of the winners and the losers.

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DEFENDING OUR SOVEREIGNTY IN THE ARCTIC (Start: 15:59; Length: 14:23)

The dramatic shrinking of the Arctic ice cap this year has some experts predicting that the Arctic Ocean could be ice free in summer by 2013. That would open up sea lanes to shipping and allow for more extensive oil and mineral exploration. It would also force Canada to defend its sovereignty in the region. In this *News in Review* story we'll look at how Canada plans to do that and how the melting ice is affecting the lives of northern Canadians.

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What Will Happen to the Polar Bears of Hudson Bay?

SELLING CANADA'S MILITARY TO CANADIANS (Start: 31:32; Length: 14:39)

As Canadians troops fight in Afghanistan Canada's military is also engaged in a big mission at home. Its goal is to shape the way Canadians think about the mission in Afghanistan and to increase overall support for our armed forces. In this *News in Review* story we'll look at Operation Connection and at how our military is selling itself to Canadians.

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The Van Doos Head For Afghanistan
October 2007

Afghanistan: The Dead and the Wounded
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November 2006

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November 2003

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Terrorist Attack: Protecting Canada
November 2001

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November 2001

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Canada's Armed Forces: New Guidelines
May 1997

Canada's Airborne: Out of Commission
March 1995

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HELPING THE MENTALLY ILL HOMELESS (Start: 47:26; Length: 12:30)

In late August, Prime Minister Stephen Harper announced the formation of the Canadian Mental Health Commission. It will fight the stigma associated with mental illness and draw up a mental health strategy for Canada. One of its biggest challenges will be to find new ways to help people who are mentally ill and homeless. In this *News in Review* story we'll look at the story of a Saskatchewan woman and at her family's desperate struggle to find her a place to call home.

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B.C.'s Missing Women: Sarah's Story
February 2004

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December 2002

Homeless in Canada, November 2002
Making the Health-Care System Work
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November 1996

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TAKING OFF: CANADA'S SOARING DOLLAR

Introduction

Focus

This CBC News *in Review* story focuses on the dramatic rise in the value of the Canadian dollar and its implications for the country's economy, its citizens, and its relations with its main trading partner, the United States.

Quote

"I think a reasonable near-term target is \$1.10, but there's no sign it's going to stop there." — Bank of Montreal economist, Douglas Porter (*Toronto Star*, November 3, 2007)

September 20, 2007, was a significant date in the history of Canada's dollar. On that day our loonie finally reached parity with the U.S. dollar, the first time this had happened in over three decades. For many years, the dollar had lagged behind its U.S. counterpart in value, sometimes by as much as one-third. In fact, on January 21, 2002, it had dropped to an all-time low of less than 62 cents. For most Canadians, it is hard to recall a time when their currency was worth more than the U.S. dollar. Canadians vacationing south of the border had grown accustomed to the fact that their money was worth less than the U.S. dollar, even though, in many cases, prices for a wide range of consumer items were cheaper there. They had also accepted that the prices for many consumer goods were higher here at home than they were in the United States. Conversely, tourists from the U.S., to say nothing of film crews and other businesses, were attracted to Canada because their currency went so much further here. And Canadian firms exporting products to the United States benefited from the low dollar, which made the prices for their goods more competitive against their U.S. rivals.

Some Canadians felt a sense of pride now that their currency was finally at least on the same level as the U.S. dollar. The rise in the value of the loonie continued into the fall of 2007, and, at the time of this writing, reached a modern all-time record of \$1.09 USD (on November 6). While economists and currency traders had been tracking the surging Canadian dollar for over a year, they were taken aback by the speed of its rise. According to James Powell, the author of a history of Canada's currency, "this represents an all-time peak for the

Canadian dollar in terms of its American counterpart."

Some speculated that if current economic trends in both Canada and the United States continued into 2008, there was no reason why our dollar could not be worth \$1.10 USD or even more.

There are many reasons why Canada's dollar has increased in value relative to its U.S. counterpart. Most of them stem from the fact that while Canada's economy has been performing well, both domestically and abroad, the U.S. economy has been plagued by problems. World prices for natural resources like oil and minerals are at a record high, and Canada is one of the world's biggest exporters of such products. These commodities account for over a third of Canada's total exports, and, as a result, global financial institutions view our dollar as a high-value currency. Other economic indications also put Canada in a favourable position compared with the United States. Our unemployment and inflation levels are both low, whereas in the United States the jobless rate is rising. Unlike Canada, the U.S. is also dealing with huge budgetary and trade deficits, as well as a serious credit crunch, rising unemployment, and a disastrous slump in the housing market.

For most of its history, Canada's dollar has tended to fluctuate in value in tandem with its U.S. counterpart. This is a reflection of the fact that Canada and the U.S. are such major trading partners. Over 84 per cent of Canada's exports go to the United States, while just under 60 per cent of our imports come from there. But as the economies of the two North American nations appear to be diverging despite their significant interconnections, economists are wondering whether Canada's dollar will continue to pursue

Further Research

To stay informed about the Minister of Finance and his response to the soaring loonie, consider a visit to the Department of Finance Web site at www.fin.gc.ca.

its own independent upward path as the U.S. dollar steadily declines in value against other world currencies.

The rising value of the dollar is a “good news-bad news” story for most Canadians. While it is certainly much cheaper now to vacation or shop south of the border, the high dollar has hurt sectors of the economy that depend on exporting their products to the U.S. This is because these products are valued in Canadian dollars and now cost U.S. buyers much more than they did before. Also, tourism may face a serious slump if Americans decide not to vacation here due to the drop in their currency’s value. Meanwhile, Canadians expecting to see a drop in prices for consumer goods that have been traditionally more expensive here than in the U.S. have so far been disappointed. Books, automobiles, computers, and electronic equipment continue to cost more here than they do south of the border, despite the fact that our dollar is now worth more. This disparity has caused Finance Minister Jim Flaherty to appeal to retailers to cut prices so consumers can benefit from

the rising dollar. In addition, Bank of Canada Governor David Dodge has also come under pressure to reduce interest rates in order to stimulate the economy and create new jobs to compensate for serious problems in the auto industry and other areas dependent on the U.S. market.

By late fall 2007, it remained unclear to economists and financial experts just how high the loonie would go and what the consequences of its flight would be for the Canadian economy and its citizens. Some Canadians were preparing eagerly for foreign vacations made more affordable by the surging dollar and looking forward to what seemed to be an inevitable drop in prices for many consumer goods. However, others were worried that its increasing value might have a negative impact on their livelihoods or even cost them their jobs. In this case, it would be difficult for them to derive any benefit from the increased purchasing power of Canadian dollars while travelling in other countries or even while shopping at home for the things they needed.

To Consider

1. Why has the Canadian dollar risen so dramatically in comparison with the U.S. dollar over the past few months?
2. Why is the rising Canadian dollar a “good news-bad news” story for Canadians?
3. Why has the rising dollar led to calls to reduce a) prices of consumer goods and b) interest rates?
4. Why have the economies and currencies of Canada and the United States been so closely linked?

TAKING OFF: CANADA'S SOARING DOLLAR

Viewing Activity

Quote

"Good news: the loonie is soaring higher. Bad news: it's because the U.S. is in crisis."
— Colin Campbell and Jason Kirby in *Maclean's*, October 8, 2007

Did you know . . .

One U.S. financial advisor, Peter Schiff, has predicted that the Canadian dollar will rise to \$2 USD within the next two years.

Watch the video and answer the following questions.

1. When was the last decade in which the Canadian dollar was worth more than the U.S. dollar? _____
2. What were the main economic problems facing Canada at that time?

3. How much was the Canadian dollar worth in U.S. currency four years ago?

4. What is the main reason for the strength of the Canadian dollar?

5. Besides the United States, what two emerging economies are important customers for Canadian commodities?

6. What has caused the severe weakness in the U.S. dollar?

7. What are some examples of products that are cheaper in the United States than they are in Canada, despite the fact that our dollar is now worth more than the U.S. dollar?

8. What reasons do Canadian retailers give to explain the fact that prices for goods are higher here than in the U.S.?

9. Who is the Minister of Finance? What has he promised to do about the higher prices of goods in Canada?

10. Why is the higher value of the dollar good news for Canadian hockey teams?

11. How has the firm Handling Specialty adjusted to the fact that the market for its products in the United States has declined due to the rising value of the dollar?

12. What is the main reason for the drop in the unemployment rate in Canada?

13. Over the past five years, how many jobs in the manufacturing sector of the economy in Canada have been lost? _____

14. Why are tourists from the U.S. less likely to visit Canada as the value of our dollar rises?

15. What percentage of Canada's economy comes from trade? What percentage of our exports goes to the United States?

Post Viewing Activities

Profiling two cities

Watch the video and in groups discuss the impact of recent changes in the U.S. and Canadian economies on the cities of Cleveland, Ohio, and Cornwall, Ontario.

Thinking about the issues

"The rise in the Canadian dollar creates winners and losers."

In groups, discuss this statement and list the Canadians who you think will be likely to a) benefit and b) suffer from the rising value of the dollar, and why. As a group, arrive at a conclusion regarding whether you think the higher dollar is a positive or a negative development for Canada's economy and people. Give reasons for your viewpoint.

TAKING OFF: CANADA'S SOARING DOLLAR

A Timeline of the History of Canada's Currency

Further Research

To see the array of coins and special products created by the Royal Canadian Mint, visit www.mint.ca.

Here is a list of important dates in the history of the dollar, from colonial times to the present day.

The dollar has been the official currency of Canada since 1858. It is divided into 100 cents. All Canadian coins are minted by the Royal Canadian Mint in Winnipeg, and all bank notes by the Canadian Bank Note Company on behalf of the Bank of Canada.

1750 The “Halifax rating” is introduced in the British colony of Nova Scotia, fixing the Spanish dollar, the currency then in use in Britain’s North American colonies, at five shillings. This figure was arrived at by calculating the value of the silver in the dollar coins at four shillings, six pence, which had been known as the “London rating.” Spain controlled valuable silver mines in Mexico, which provided the basis for its strong currency. All of Britain’s colonies calculated the currency in use on the basis of the three denominations of Britain’s currency —pounds, shillings, and pence.

1763 Following the British conquest of New France, the old French *livre d’or* (gold pound) was replaced by the British pound. The main unit of currency had previously been known as the “*piastre*,” which remains the slang term for the dollar in Quebec to this day.

1784 After the American Revolution, the United Empire Loyalists, people loyal to Britain, immigrated to what is now Canada. They brought with them a new rating for the Spanish dollar, the “York rating,” which fixed its value at eight British shillings. While this rating was officially outlawed in 1796, it continued to be used well into the 19th century.

1817 The Bank of Montreal issued banknotes valued in dollars, while in other British colonies the old system of British pounds, shillings, and pence remained in use. At this time, very few coins were in circulation in Britain’s North American colonies because Britain did not permit the colonists to mint their own money. As a result, banknotes as low as half a penny were printed.

1841 The Province of Canada, formed by the union of the former Lower (Quebec) and Upper (Ontario) Canada, declared that its dollar was equal to one U.S. gold dollar and five British shillings. Silver Spanish dollars were valued at five shillings, one penny, and the British sovereign at one pound, four shillings, four pence, based on the value of the gold contained in the coin.

1858 The Province of Canada declared that as of January 1, all accounts would be kept in dollars and began minting the first Canadian coins. After Confederation in 1867, the colonies that formed the Dominion of Canada adopted a decimal system of currency, replacing the old British system of pounds, shillings, and pence. However, Nova Scotia retained its own independent currency until 1871, while Newfoundland used the British system until it entered Confederation in 1949.

1871 The federal Parliament passed the Uniform Currency Act, abolishing the old provincial currencies and making the Canadian dollar the standard unit throughout the country. The value of the Canadian dollar, like the U.S. dollar and the British pound, was measured in gold. This was known as the “gold standard” and it remained in use until 1933.

1935 Parliament established the Bank of Canada to oversee Canadian currency and monetary policy. It was now responsible for issuing bank notes, which previously had been printed by a number of private banks.

1950 The Canadian dollar's value was no longer fixed in relation to the U.S. dollar and was allowed to float freely on international currency exchanges. Between 1952 and 1960 its value rose against the U.S. dollar, reaching an all-time high of \$1.06 USD in 1957. The only time our dollar had been valued higher than the U.S. currency before this was briefly during the U.S. Civil War when the United States temporarily abandoned the gold standard.

1963 Following a drop in the value of the Canadian dollar to just over 90 cents (U.S.), the government of Conservative Prime Minister John G. Diefenbaker was defeated by the Liberals under Lester B. Pearson. Diefenbaker's economic policies were blamed for a recession, which had caused a decline in the value of the dollar. Some critics of the Prime Minister sarcastically nicknamed the currency the "Diefenbuck." Despite the change in government, the Canadian dollar remained fixed at just over 90 cents for the rest of the 1960s.

1970 The Canadian dollar was allowed to float on international currency exchanges as a means of reducing inflationary pressure on the economy. As a result, its value increased relative to the U.S. dollar, reaching a high point of \$1.04 USD on April 25, 1974.

1990s With the boom in high-tech computers and information technology industries, concentrated mainly in the United States, the U.S. dollar surged in value in international currency markets, and the Canadian dollar declined, hitting an all-time low of only 61.79 cents (U.S.) on January 21, 2002.

2007 The Canadian dollar began its rapid rise in value compared with the U.S. dollar, mainly as a result of increased demand for Canadian commodities such as oil and minerals and the consequent higher prices for them. The dollar reached parity with its U.S. counterpart on September 20, 2007, and by early November was at a modern all-time high of \$1.09. Since the Bank of Canada has not intervened in international currency markets to influence the value of the dollar since 1998, it is unlikely that it will take any steps to control its rise. Economists predict a further surge in the dollar's value in 2008.

Sources: http://en.wikipedia.org/wiki/Canadian_dollar, James Powell, *A History of the Canadian Dollar*

Analysis

1. Why did it take so long for Canada to adopt the dollar as its official currency?
2. What factors contributed to the rise and fall of the dollar's value relative to the U.S. dollar over the course of the 20th century?
3. Why was the Spanish dollar used to determine the value of currency in Britain's North American colonies for so long?
4. How high do you think the dollar will rise? Why?
5. How has the rise in the dollar affected you and your family's purchasing?

TAKING OFF: CANADA'S SOARING DOLLAR

Point-Counterpoint

Here is a selection of viewpoints about the rising Canadian dollar and its impact on the economy from a variety of experts. Mark A (Agree) or D (Disagree) in the space beside each quotation. Be prepared to discuss your choices.

“What happens beyond the dollar’s reaching parity with the U.S. currency is likely to depend on signals from the Bank of Canada or the Minister of Finance. How far the loonie goes will be based on where the market sentiment sees the Bank of Canada going forward.” — Jack Spitz, director of foreign exchanges, National Bank Financial* _____

“We’ve had the view that the Canadian dollar is really running on fumes. The biggest development recently is the further weakening of the U.S. dollar, which may not yet have fully played itself out. The loonie will likely push slightly beyond parity into the end of 2007 and into early 2008. Currency traders around the world are taking note of the Canadian dollar’s powerful rally, and predicting the top is a useless task.” — Shaun Osborne, chief currency strategist, TD Securities* _____

“It’s a black day for manufacturing and for tourism and for hospitality and gaming. A whole lot of the economy is going to be impacted by this dollar, and that’s just tragic.” — Buzz Hargrove, president of the Canadian Auto Workers union* _____

“By itself, a strong currency is a mixed blessing for Canadians. It puts extreme pressure on the manufacturing base and on the tourism industry, but should be a positive for consumers by keeping import prices low and making travel abroad more affordable. As well, the strong currency has been driven partly by a strong domestic economy, especially in Western Canada, and has helped to keep inflationary pressures in check.” — Douglas Porter, financial analyst, BMO Nesbitt Burns§ _____

“The strong Canadian dollar is not good news for exporters, but it is overall good news for most Canadians. It makes it cheaper for Canadian companies to upgrade machinery and equipment, most of which is imported from the United States. Machinery and equipment upgrades will allow Canadian workers to become more productive. Increases in productivity are the most important factor behind rising living standards in Canada.” — Perry Sadorsky, Professor of Economics, Schulich School of Business, York University§ _____

“The rise in value of the Canadian dollar is an adverse development for the tourist sector of the economy. When the dollar moves towards parity, a certain category of tourist will not come to Canada or will spend less when they are here. We need to re-brand Canada to increase the flow of American tourists. We should be presenting a different image of Canada. We’re not just a land of moose, mountains, and maple syrup.” — Chris Jones, Tourism Industry Association of Canada† _____

“Not one single cent of the rising value of the Canadian dollar has been passed on to consumers that we can verify. Despite the strong dollar, most cars are still priced from \$3 000 to \$5 000 more in Canada than for the same models in the U.S. I don’t know why anyone would be stupid enough to buy a car or other consumer goods in Canada when we can have these substantial savings across the border.” — Bruce Cran, Consumers’ Association of Canada** _____

Further Research

To stay informed about the activities and analysis of the Bank of Canada, visit www.bankofcanada.ca.

“This is good news for consumers in Canada that some of the retailers have started to be responsive to the need to reduce their prices, given the increasing purchasing power of the Canadian dollar. I’ve been encouraging them to do that. It won’t happen overnight, and different sectors of the retail economy have different realities in terms of pricing, but they should explain that, and that helps consumers be more informed. And then above all, consumers should shop around and get the best prices. I just want the market to work and I want prices to go down to reflect the increased purchasing power of the Canadian dollar.” — Finance Minister James Flaherty§§ _____

“We have argued that the Bank of Canada should be looking at lowering interest rates. The high Canadian dollar is having a devastating impact on manufacturing jobs and it is causing real difficulty for thousands and thousands of working families who are finding themselves on the street because of it. And our government just waves its hands and says, ‘ah, well, there’s nothing we can do.’” — Federal NDP leader Jack Layton†† _____

“We don’t comment on the value of the dollar, we let the market determine it. However, the recent round of appreciation has been abnormally quick, and doesn’t seem to be related to the domestic factors that would normally lead to that sort of rapid appreciation.” — David Dodge, Director of the Bank of Canada†† _____

“It’s all about productivity. Productivity is the short-term solution. The longer term is to look at your value lines and move upscale where you have a value proposition that is hard to duplicate. There is no doubt that the lower value-added products are going to move out of the country. Everyone is going to look very carefully at their product line and there is no doubt that volumes will go down over the next year or so.” — Gerry Fedchun, president of the Canadian Automotive Parts Manufacturers’ Association* _____

“The loonie will likely rise a few more cents above the American greenback, given its strong momentum that reflects surging commodity prices and the possibility of a recession south of the border. I do not think the Bank of Canada will change interest rates anytime soon, which is good news for the dollar.” — Benjamin Tal, senior economist, CIBC World Markets* _____

Sources:

* “How high will the Canadian dollar go? Now that the currency hits parity with the U.S. greenback” Nicolas Van Praet and Grant SurrIDGE, *Financial Post*, www.canada.com, September 20, 2007

§ “A currency primer for the average Canadian,” CTVglobemedia, www.ctv.ca/servlet/ArticleNews/print/CTVNews/20070920/loonie_currency_0709, September 20, 2007

† “Rising loonie creates ‘perfect storm’ for tourism”, CTVglobemedia, www.ctv.ca/servlet/ArticleNews/print/CTVNews/2007019/tourism_loonie_07091, September 19, 2007]

** “Consumers not benefiting from strong loonie,” CTVglobemedia, www.ctv.ca/servlet/ArticleNews/print/CTVNews/20070919/consumer_dollar_0709, September 20, 2007

§§ “Retailers put a price on parity,” *Toronto Star* online www.thestar.com/print/Article/268757, October 20, 2007

†† “Pressure builds to cut rates,” *Toronto Star* online www.thestar.com/printArticle270744, October 26, 2007

TAKING OFF: CANADA'S SOARING DOLLAR

Winners and Losers

Did you know . . .

As a result of the soaring loonie, one company, Louisiana-Pacific Corporation, has recently announced that it will shut down a fibre-board plant in Quebec but open one in Alabama. Why would a rising loonie force the company to take this action?

Whether the dollar rises or falls in relation to its U.S. counterpart, there will always be some Canadians who benefit or lose out as a result. Here are some of the major beneficiaries and losers from the current highly valued dollar

- Canadian exporters, particularly in the manufacturing industry, lose ground because their products become more expensive for U.S. buyers. Since 2002, about 189 000 jobs in the manufacturing sector of the economy have been lost, according to Statistics Canada, mostly as a result of the rising value of the dollar. But some economists believe that exporters will benefit from the higher dollar in the long run, since they will have to take measures to increase productivity and efficiency in order to make their products more competitive in price.
- Cheaper U.S. dollars make it possible for Canadian companies to invest in U.S.-made tools and equipment that they can now purchase more cheaply with Canadian dollars. Much of the software and machinery that Canadian companies need is produced in the United States.
- Companies whose sales of products to the United States are slumping due to the higher value of the dollar can repay their U.S.-dollar debt at a lower rate than before.
- Canadians who visit the United States, especially “snowbirds” who spend part of the year in places such as Florida, will find that their money goes much further than it did before the dollar rose in value. But U.S. visitors travelling in Canada will find the opposite to be the case.
- Canadians who live close enough to the U.S. border to indulge in some cross-

border shopping are finding that the combination of a stronger Canadian dollar and generally lower prices for many consumer goods are a double benefit to them. Even those who have to drive considerable distances to border cities are doing so in larger numbers than before. Big-ticket items such as electronic equipment and even motor vehicles are priced substantially lower in the United States, making them increasingly attractive to purchasers in this country.

Here are two examples of Canadians whose businesses may be adversely affected by the rising dollar.

Shirley Browne is the proud owner of the Whispering Pines bed-and-breakfast inn located in the picturesque community of Jackson's Point, on the shores of Lake Simcoe, just north of Toronto. When she bought the property in 2003 it was in a very run-down and dilapidated state, having passed through many owners who had not maintained it well. She devoted a great deal of time, energy, and money to renovating all of the rooms of the inn with period furniture coupled with a colourful Caribbean theme. She also redesigned the exquisite gardens that flank the house on either side.

Whispering Pines is open all year round and attracts a considerable number of summer vacationers drawn to the many scenic attractions of the lake nearby. But one group of visitors that Browne looks forward to every winter are the ice fishers from the U.S. who descend on Lake Simcoe as soon as it freezes over. They drive long distances, from as far away as Ohio, Michigan, and Pennsylvania, in order to fish for perch

under the ice, since most of the lakes in their parts of the United States either do not freeze or have become overly polluted.

The late arrival of winter in 2007 gave Browne some worries, as the lake was slow in freezing, thus preventing any ice fishing before late January. But now she is even more concerned that the high Canadian dollar may discourage her U.S. guests from coming to fish at all next winter. They bring their own snowmobiles with them, pulled by large vans that consume great quantities of expensive Canadian gasoline. And even though her room rates for her loyal clientele are reasonable, she is anxious that she may not see the same number arriving at Lake Simcoe in 2008 as has previously been the case. As a result, she is exploring other marketing possibilities to attract diverse groups of guests from nearby regions of Ontario, and possibly other countries as well.

John Flaherty and his wife Pat Lavelle-Flaherty are the owners of HTS International Inc., a company based in Bolton, Ontario, that provides third-party transportation services to both Canadian and U.S. manufacturing companies doing business across the busy border. The recent rise in the value of the Canadian dollar has caused difficulties for their firm and its customers in both countries. Most Canadian manufacturers sell their products to customers in the United States. With the stronger Canadian dollar, these firms have suffered a serious drop in sales as their products become more expensive compared with those of

suppliers based in the U.S. This in turn has negatively impacted on the Flahertys' sales. With less product travelling south, the need for the services this company provides (such as transport trucks) diminishes.

Approximately 30 per cent of the sales of HTS International are billed in U.S. dollars to U.S. companies. As this currency declines in value relative to Canadian funds, the need to increase freight rates to these U.S. firms becomes critical. Historically, the situation has been the reverse, and most U.S. manufacturers have difficulty accepting the fact that their dollar is worth less than Canada's. This lack of understanding of foreign exchange rates makes it difficult for the company to negotiate the necessary rate increases.

In addition to this, as more U.S. goods are ordered by Canadian buyers, the demand for transportation services increases, requiring more available trucks in the U.S. to bring these goods back across the border. However, as the flow of now more expensive Canadian goods to the United States slows down, there are fewer Canadian trucks available to return with the now less expensive U.S. products. This is a complete reversal of the trends the industry has been used to up until just a couple of years ago. It has created a serious imbalance that requires HTS International to pay constant attention to rate structures. For the company's owners, the uncertainty caused by the continuing rise in the value of the Canadian dollar is a great concern for the future of their cross-border business.

TAKING OFF: CANADA'S SOARING DOLLAR

Research Activity: Considering the Long-term Issues

The Issues

The surging Canadian dollar has raised a number of issues of concern to economists, political leaders, and the public in general. While some people take great satisfaction in the rise of the

dollar in relation to its U.S. counterpart, others express some serious worries about the state of Canada's economy and its dependence on its major trading partner, the United States.

To Do

Here is a summary of some of the most important questions facing Canadians and their economy in the wake of the rising dollar. Form groups with your classmates to research one of these issues further and prepare and present to the class a report on it. Once the reports are presented, hold a whole-class discussion of the issues and what you think their significance will be for the future of the Canadian economy and the prosperity of its citizens.

1. A recession in the United States?

Many economists and international financial analysts attribute the strength of the Canadian dollar to the fact that the country's economic health is good. However, the same can certainly not be said for the United States. There, a serious credit crunch has developed as many Americans, deep in debt, are finding it increasingly difficult to pay off the charges on the credit cards they have used to finance their purchases. In addition, they are defaulting on their home mortgages in record numbers, and new housing is not being built. Coupled with this serious slump in the housing market are two more problems—rising unemployment and a major drop in consumer spending. In addition to these woes facing individual families, the country as a whole is facing record high budgetary and trade deficits. As a result of this combination of disturbing economic trends, some experts are predicting that the United States will enter a full-blown recession in the near future. While Canada's economy is performing well compared with that of the United States, the fact remains that the U.S. is the most important customer for our goods. Without question, a serious

downturn in the U.S. economy would have major negative repercussions in this country, especially in a manufacturing sector already reeling from the high dollar and declining sales of its products to the U.S.

2. The West and the rest?

Economic disparities and differences between various regions of Canada are hardly new. But the growing gap between the booming economy of the oil-rich Western provinces and the slumping manufacturing industries of central and eastern Canada are a matter of great concern to economists. If Alberta's economy alone was taken out of Canada's national rate of GDP growth, then the country would actually be in a recession. The western provinces are enjoying the fruits of record-high global prices for oil, gas, and other commodities. As a result of this, Alberta leads the country in retail sales, housing starts, new job creation, and rates of personal savings. Even Saskatchewan, traditionally a "have-not" province, is prospering. People seeking work from across the country are flocking to Alberta, where new developments in the petroleum industry almost guarantee

them high-paid employment. While the West has seen periods of economic boom before in its history, only to be followed by severe “busts” as the economy enters a downturn, this resource-based wave of growth and prosperity is the longest one on record so far. It is leaving the rest of the country, particularly the industrial areas of central Canada and the struggling Atlantic provinces, far behind. This disparity creates difficulties for the federal government and the Bank of Canada in determining what kind of economic and monetary policies should be followed to deal with the rising dollar.

3. A new economic strategy?

For some time, Canadian manufacturers of goods bound for the U.S. have benefitted from the advantages of the lower value of our dollar relative to its U.S. counterpart. This made these goods cheaper and more competitive in the U.S. market than they are now, with the rising value of the dollar. Now that this situation no longer prevails, many economists are pressuring the federal government and leaders of business and labour to formulate a new economic strategy to keep Canada prosperous and productive in an increasingly competitive global marketplace. Of the G8 group of the world’s major industrial nations, only Canada does not have a fully developed economic policy to identify new priorities for investment, research and development, expand exports to other countries besides the U.S., and streamline the regulations that restrict trade and labour mobility between provinces within Canada. If the higher dollar and looming threat of a major recession in the U.S. mean even more job losses for Canadian workers in the manufacturing sector, then the federal government, business, and labour will have to arrive at some kind of strategy for reinventing the Canadian economy to meet the new global realities of the 21st century.

4. A role for consumers?

As the Canadian dollar rose in value over its U.S. counterpart, Finance Minister Jim Flaherty publicly asked at a national retailers’ convention why a copy of a Harry Potter novel cost significantly more in Canada than it did south of the border. This was designed to pressure the retailers to cut the prices for their goods so that Canadian consumers could benefit immediately from the new strength of their currency. But Flaherty’s move backfired embarrassingly on him when it was revealed that the price he had paid was much higher than it need have been if he had shopped around to other retailers or ordered the book online. Nonetheless, consumers were becoming increasingly frustrated that prices for goods made in the United States were not falling faster as the dollar continued its inexorable rise. Many Canadians living within easy driving distance of the border were planning to do their Christmas shopping at U.S. malls, where prices for items such as MP3 players and computer games were significantly lower. And people considering the purchase of such big-ticket items as luxury motor vehicles were also considering shopping for them in the United States. As a result of this, some big Canadian retailers announced that they were cutting their prices to U.S. levels. Others were hesitant, arguing that they had inventoried these goods when the Canadian dollar was lower and could not afford to sell them for less now. The rising value of the dollar makes it necessary for Canadian consumers to become more savvy shoppers and also to continue to pressure both the federal government and the major retail chains to work to bring prices down so that they can begin to enjoy the benefits of the stronger dollar.

Sources: *Maclean’s*, October 8, 2007; CBC News In Depth; www.thestar.com

Introduction

Focus

2007 may well be remembered as the year that the average Canadian finally began to realize the dramatic changes that, thanks to global warming, were taking place in the Arctic. In this *News in Review* story we review some of those physical changes and the resulting challenges to Canada's sovereignty. We also look at the government's response to these challenges and the work of those Canadians whose task it is to represent us in one of the most inhospitable parts of the world.

"The True North, strong and free"—a line from our national anthem, and a rallying cry for Canadian patriots—immediately calls to mind a vast, frozen expanse, a land that most Canadians will never visit. But, while we may not visit it, we have always known that we Canadians owned it.

Until very recently, few nations had any reason to challenge that ownership. Thanks to extreme cold and a frozen Arctic Ocean, there was little reason for anyone to want to go there. Under that ice there might be immense riches, especially in oil and natural gas. Getting them out, however, seemed next to impossible.

Equally problematic was finding a route by which these resources might be shipped from the Arctic to the parts of the world where they would be processed and used. Thanks to sea ice, the much-sought-after Northwest Passage from the Atlantic to the Pacific was unavailable for regular shipping.

Global warming has changed all this. Suddenly the northern nations are racing to lay claim to as much of the Arctic as they possibly can. As a result, Canada now faces threats to its northern sovereignty while enjoying new opportunities to expand its territory.

Canadian governments have often failed to make Arctic sovereignty a priority. But recent steps have been taken to reinforce—and extend—Canada's claims. Perhaps none is of greater importance than Canada's 2004 signing of the United Nations Law of the Sea Convention. The Convention gives Canada the right to lay claim to any undersea extensions of its continental shelf that it can prove exist. Under the Convention—and, if Canada can

complete undersea mapping of the land that it believes it owns by the 2013 deadline for proof—Canada could add thousands of square kilometres of the Arctic Ocean to its territory.

Canada is not alone in its efforts. One country—Russia—is well ahead in staking its claim. Russia has spent years mapping and exploring an underwater mountain chain called the Lomonosov Ridge. It has mapped it from the New Siberian Islands right to the North Pole. A submersible placed a Russian flag on the seabed at the Pole to indicate to the other Arctic nations that Russia will be filing a claim to all that territory.

In addition to promising to complete the necessary Arctic seabed mapping, the federal government has promised to take several other steps to reinforce its Arctic claims and Arctic presence.

Defining the current choice for Canada's Arctic policy as "use it or lose it," Prime Minister Harper has promised to significantly increase Canada's military presence in the north. New icebreakers will be built and armed and crewed by the Navy, rather than the Coast Guard. Entrances to the Northwest Passage will be especially closely monitored. A new Arctic military training centre will be built, and the number and types of Arctic patrols will be increased. Aerial and underwater surveillance will be improved. The number of Canadian Rangers stationed in the Arctic will increase by about 900.

At present, Canada's response to its Arctic challenges is mostly military although—as part of its contribution to the International Polar Year—the government has promised to fund a new Arctic research facility. Not everyone agrees that a military response is the

DEFENDING OUR SOVEREIGNTY IN THE ARCTIC

Video Review

Did you know . . .

In the summer of 2007, Arctic researchers actually observed serious landscape changes—such as landslides—take place in the Arctic.

Did you know . . .

Sheila Watt-Cloutier is one of Canada's greatest environmental heroes. She has been instrumental in bringing the impact of global warming on the Inuit peoples to the attention of the world. She was even nominated, along with Al Gore, for the 2007 Nobel Peace Prize. To learn more about her, start at the *Canadian Geographic* Web site at www.canadiangeographic.ca/cea/archives/archives_lifetime.asp?id=159. Included is a video of an interview with Watt-Cloutier on the occasion of her winning *Canadian Geographic's* Citation of Lifetime Achievement in 2006.

Answer the questions in the spaces provided.

1. This year, Arctic sea ice melted to a record low area in square kilometres. What is that area?

2. Where did the Russians recently plant their flag? _____
3. What country was the first to dive under the ice at the North Pole?

4. What percentage of Canadian territory is in the Arctic? _____
5. What does the U.S. claim is the legal status of the Northwest Passage?

6. Why has it become important for Canada to be able to enforce its claim to the waters of the Northwest Passage?

7. Prime Minister Harper has announced that two new facilities will be built in the Arctic to support Canada's sovereignty claims. What are they?

8. What step has Canada quietly taken to secure the entrance to the Northwest Passage?

9. How does a decrease in snow cover affect the Inuit's ability to hunt?

10. Activist Sheila Watt-Cloutier argues that climate change in the Arctic violates a specific and basic right of the Inuit people. What is that right?

DEFENDING OUR SOVEREIGNTY IN THE ARCTIC

Climate Change and the Arctic

Further Research

To learn more about the work and findings of the National Snow and Ice Data Center, visit <http://nsidc.org/snow/facts.html>.

Further Research

The Arctic Council is a high-level forum for co-operation, co-ordination, and interaction between Arctic states, indigenous communities, and other Arctic residents. Its Web site is at www.arctic-council.org/Default.htm.

The effects of global warming are a cause of concern virtually everywhere, but the changes have so far been most dramatic in the Arctic. The rate at which the Arctic is warming is about twice that of the rest of the world.

One of the first reports to indicate the extent of the changes taking place in the Arctic was a study by the U.S.'s National Snow and Ice Data Center. The study, which appeared in September 2005, reported that:

- The size of the floating ice cap that covers the Arctic Ocean was declining, and this decline showed no signs of reversing.
- Decay had taken place for four consecutive years, and 2005 was the worst of the four.
- Historically, the ice cap had recuperated every winter. This was no longer happening.
- The waters of the Arctic Ocean were themselves warming.
- The effects of Arctic warming would likely be felt worldwide. Most scientists believe that conditions in the Arctic are a regulator of climate around the world.

At the same time, the Arctic Council was noting in its own study that temperatures in the Canadian Arctic had risen by three to four degrees Celsius over the past 50 years. During the past 30 years, the extent of sea ice had declined by at least 10 per cent.

Scientists have kept good records of the extent of Arctic ice for over 50 years. During most of that period, the northern hemisphere has, on average, been covered by 7.5 million to 8.5 million square kilometres of ice. By the summer of 2005, this was down to only 5.3

million square kilometres.

Studies done in 2007 have confirmed that the trend is continuing. Satellite observation of Arctic sea ice began in the 1970s; the extent of that ice reached its lowest point ever in 2007. On September 17, 2007, scientists calculated that the amount of sea ice was now down to only 4.2 million square kilometres.

Canada, with its enormous Arctic territory, will be deeply affected by Arctic warming. Here are two examples where change is already having an impact.

Churchill, Manitoba

Some of the changes taking place because of Arctic warming are clearly evident to residents of Churchill, Manitoba. Canada's largest Arctic port, Churchill is located on the shore of Hudson Bay. Over the last nine years, as the winter freeze-up comes later and later, its shipping season has been extended by two full weeks. Russian interests have begun exploring the possibility of using nuclear-powered icebreakers to keep the port—and a trade route between Churchill and Murmansk—open year round.

Churchill's main industry, however, is tourism. Tourists come to Churchill—mostly in October and early November—to see polar bears. The bears gather near the town to wait for the bay to freeze so that they can resume hunting for their main food, seals. There were 1 194 polar bears in the Churchill area in 1987. By 2004, only 935 were observed—a drop of 22 per cent.

The port of Churchill may expand, but polar bears will not benefit from Arctic warming. The U.S. Geological Survey (www.usgs.gov) expects that two-thirds

Further Research

Extensive information on the Northwest Passage is available from the CBC at www.cbc.ca/news/background/northwest-passage/.

of the world's polar bears—currently estimated at 16 000—will be killed off by 2050. Thinning sea ice will do the most damage. Global warming means the bears will lose about 42 per cent of the range that they live and breed in during the summer. They are expected to survive only on the northern Canadian Arctic islands and on the west coast of Greenland.

The Northwest Passage

The Northwest Passage—a route between the Atlantic and Pacific Oceans, through Canada's northern waters—has, until recently, been little more than a dream. The amount of sea ice in the waters has prevented the development of a commercially viable route for the world's shipping.

Here, too, things are changing. At the

end of August 2007, for the first time ever, the Northwest Passage was free of sea ice. The U.S. Navy now anticipates that the Northwest Passage will be open to conventional shipping for at least one month every year by 2011. The U.S. Arctic Research Commission (www.arctic.gov) forecasts that the passage will have “entirely ice-free summer seasons” by 2050 (*The Globe and Mail*, February 7, 2007).

For the past several years, scientists have been using climate models to predict when global warming will result in an Arctic free of sea ice in the summer. Ten years ago, these models indicated that a likely date was by 2100. Refinements brought that date to 2040-2050. Some more recent calculations now predict that the summer of 2030 will be the first ice-free summer.

DEFENDING OUR SOVEREIGNTY IN THE ARCTIC

Sovereignty Issues

Did you know . . .
Britain has recently placed a one-million-square-kilometre claim of territory near the Antarctic. National claims to former frozen wastelands are heating up in tandem with global warming.

Did you know . . .
Recent warming in the Arctic has allowed some Greenlanders to grow their own broccoli, cabbage, and cauliflower for the first time in history.

When it comes to Canada and Arctic sovereignty, it is useful to divide the discussion into three topics: what we (and other countries) know we own, what we claim we own, and what we possibly own.

What We Know We Own

In 1880, Great Britain transferred the deed to the Arctic Archipelago islands to Canada. As a result, Canada now claims all these islands as part of its territory. With one tiny exception (see below), none of this territory is in dispute with other nations.

What We Claim We Own

Canada is currently involved in three Arctic boundary disputes. These include the maritime boundary between Yukon and Alaska; the ownership of Hans Island, located between northern Greenland and Ellesmere Island; and the ownership of the waters of the Northwest Passage.

1. The Yukon-Alaska Boundary Dispute

The first dispute involves a portion of the Beaufort Sea (and its potential offshore oil and gas reserves). The argument between Canada and the U.S. is over how the border between the two countries should be drawn (for a map and an explanation, see en.wikipedia.org/wiki/Image:Beaufort_Sea_and_disputed_waters.png).

2. Hans Island

The Hans Island dispute involves the governments of Denmark, which owns Greenland, and Canada. Hans Island is 1.3 square kilometres in size, and uninhabited. Its ownership will likely

affect how the final maritime boundary between Canada and Greenland is determined.

The boundary and its location could be important for several reasons, not the least of which is that the waters in question contain major commercial fish stocks. Canadian officials are also concerned that Greenland Inuit have been crossing through this area on their way to Baffin Island to hunt polar bears illegally. If these crossings are permitted to continue, the government of Greenland may argue that this is an established right. Indeed, the Danish government's main concern is to protect the interest of its native groups who traditionally hunt marine animals in this area.

As part of a policy of increasing Canada's Arctic activity to protect its sovereignty, Bill Graham, then minister of defence, visited Hans Island in July 2005. This led to an official protest by the Danish government.

Recent developments have not favoured the Canadian position. The latest satellite studies locate more of the island in Danish territory than in Canadian. Geologically, recent studies of continental ridges seem to indicate that the island is better defined as part of Greenland.

3. The Northwest Passage

Canada's position over ownership of the Northwest Passage is clear. In brief, Canada claims that all the waters of the Arctic Archipelago belong to Canada. With this claim come sovereignty and exclusive jurisdiction. In other words, Canada gets to open or close the Northwest Passage to any foreign navigation.

Did you know . . .

The Lomonosov Ridge runs from Russia's New Siberian Islands to Canada's Ellesmere Island, passing almost directly under the North Pole. It rises to as high as 3 700 metres above the seabed, with some peaks only 1 000 metres below the ocean surface. It is anywhere from 50 to 70 kilometres wide. The ridge was discovered by Russian researchers in 1948.

Canada bases this claim on the argument that ancient Inuit occupation of the Archipelago makes these historic internal waters and therefore an integral part of Canada. Its claim is reinforced by the fact that very few vessels have ever made the trip through the Passage without the consent of the Canadian government.

The position of the United States—and other countries—is equally clear. Franklyn Griffiths of the University of Toronto sums up their dissenting view (*The Globe and Mail*, November 8, 2006): “For decades, Canada and the United States have disagreed over the status of the Northwest Passage in international law. Washington claims the various waterways that make up the Northwest Passage are an international strait in which the naval and commercial vessels of all countries have very considerable freedom of action. The U.S. is supported in this by virtually every major maritime power.” This is probably the greatest potential challenge to Canada’s claim to Arctic sovereignty.

What We Possibly Own

In international law, Canada can claim a 200-mile limit in Arctic waters off its northern coast. But, thanks to the United Nations Law of the Sea Convention (1982), it may be able to claim

even more of the Arctic Ocean. The Convention permits countries that can prove that there are undersea extensions to its continental shelf to claim those extensions as part of its territory.

Five countries are currently in the process of determining their claim to portions of the Arctic Ocean. Most prominent among these is Russia, which has laid claim to most of an underwater mountain chain called the Lomonosov Ridge. This summer the Russians sent a major scientific expedition to the North Pole and used a submersible to place their flag on the ocean bottom at the Pole. They will soon have completed gathering evidence for their claim and will submit it the UN Commission on the Limits of the Continental Shelf, the body that is empowered to adjudicate this type of claim.

Not to be outdone, the Canadians and the Danes also claim that the Lomonosov Ridge is part of the continental landmass of Canada and Greenland. Both countries are currently carrying out research to substantiate their claims. The Geological Survey of Canada (gsc.nrcan.gc.ca) is conducting a seven-year, \$69-million project to map the Arctic seabed in order to lay claim to about 1.7 million square kilometres of territory. The area is a potential source of millions of barrels of oil and natural gas.

Analysis

Franklyn Griffiths of the University of Toronto argues that, when it comes to the Arctic, we need to think in terms of stewardship, not sovereignty. “Stewardship is the enactment of sovereignty. We have the sovereignty we need. Let’s use it to bring northerners and southerners together as keepers of the Northwest Passage—keepers not in the sense of opposed to losers, but keepers who secure, watch over, and look after their Arctic lands, waters, and fellow nationals in an era of unprecedented climate change” (*The Globe and Mail*, November 8, 2006).

Would emphasizing our roles as stewards affect any of Canada’s Arctic claims, strengthening or weakening them? How do you think promoting stewardship would play out politically with the Canadian electorate? Outline your personal response to Griffiths’ proposal.

DEFENDING OUR SOVEREIGNTY IN THE ARCTIC

Canada's Arctic Strategy

Quote

"Canada has a choice when it comes to defending our sovereignty over the Arctic. We either use it or lose it. And make no mistake, this government intends to use it."
— Stephen Harper, quoted in *The Globe and Mail*, July 10, 2007

Further Research

The broad outline of current Canadian Arctic policy is in the 2007 Speech from the Throne at www.sft-ddt.gc.ca/eng/media.asp?id=1364.

Did you know . . .

In order to patrol comfortably for long periods in Arctic waters, the Canadian Navy has relaxed rules allowing for dumping of waste and garbage into Arctic waters. This has angered environmentalists.

At the beginning of the 21st century, it was becoming increasingly apparent to the Canadian government that Arctic sovereignty could become a real problem for this country. As the area warmed and larger sections opened up, other countries—especially Russia and the U.S.—were probing deeper and more frequently into what Canada saw as its territory.

Canada, with an aging and under-funded fleet of Coast Guard icebreakers, had only a limited capacity to monitor what was going on in those waters—and an even lesser ability to respond. In the air, activity was largely restricted to fishery patrols by Aurora aircraft. Satellite monitoring was impossible with the available technology.

The Liberal government did make plans to beef up Canada's Arctic presence, but the government fell before it could put those plans into effect. A Conservative government was elected in January 2006 on a platform that included a pledge to protect Canada's Arctic sovereignty. Before the election the party pledged:

- to defend Canadian Arctic sovereignty by military means
- to equip the Northwest Passage with anti-submarine sensors
- to build and deploy three heavy troop-carrying naval icebreakers

It was mid-2007 before the government really began to act on its promises. Here are some of the ways in which Canada will be attempting to maintain sovereignty over its Arctic territories.

New Patrol Ships

In July 2007, the government announced plans to build and deploy six to eight corvette-sized Arctic patrol vessels, rather than the three heavy icebreakers it had originally promised. These vessels,

based on a Royal Norwegian Navy design, will cost about \$300-million apiece.

The new ships, which will be armed vessels operated by the Canadian Navy, are not likely to be in service until 2015. Meanwhile the Coast Guard, which operates Canada's (unarmed) heavy icebreakers, needs replacements for its fleet. These are not scheduled before 2017.

The Arctic patrol vessels—capable of cutting through one-metre-thick ice—will be able to operate throughout the Northwest Passage during the summer and patrol its approaches during the rest of the year.

A new deep-water port will be built to service the patrol vessels. Nanisivik Mine on Baffin Island, which already has a deep-water dock and a fuel reservoir, will be converted to a Canadian Naval Station at a cost of about \$60-million.

Aerial Surveillance

One of the ways in which Canada will increase its aerial surveillance of the Arctic will be by launching a new satellite to help it monitor the presence of ships in its Arctic waters. Long in the planning and preparation stages, RadarSat-2 is expected to launch late in 2007. The satellite will be able to spot anything larger than three metres anywhere in Canada's Arctic territory. The number of surveillance missions by aircraft is also expected to increase. Some surveillance will be conducted by unmanned drones.

Mapping

In its 2007 speech from the throne, the government pledged to "complete comprehensive mapping of Canada's Arctic seabed" (www.sft-ddt.gc.ca/eng/media.asp?id=1364). Mapping only began in 2004 and must be completed by



2013 if it is to reinforce Canadian claims to large portions of the seabed. Mapping is a slow process and can only take place for a short season each summer. Canada is currently mapping with only one icebreaker. It needs to lease or borrow a second from another country if it is to complete the project in time (The Law of the Sea Convention requires nations to file their territorial claims within 10 years of signing the Convention.).

Military Presence on Land

The government has also promised to improve Canada's ability to defend its interests on land. To do so, it has promised to expand the size and

capabilities of the Arctic Rangers, the reservists who provide most of Canada's military presence in the area. The Rangers are described on pages 29-30 of this guide.

The government has also announced that it is building a new Arctic military training centre at Resolute Bay. This will enable it to conduct more training exercises similar to this summer's Operation Nanook 2, held in Nunavut. This 10-day, \$3-million sovereignty and security exercise involved more than 700 army, navy, and air force personnel, as well as members of the RCMP and Coast Guard. Some participants dealt with a simulated environmental spill, while others mounted a counter-drug operation.

Inquiry

Some observers have argued that any new icebreakers should really go to the Coast Guard, which regularly patrols the Arctic, rather than to the Navy, which has little Arctic experience. They see looking after the Northwest Passage as really a policing job, requiring the ability to put no more than a handful of armed officers onto another country's vessel. What kinds of vessels are Canadians likely to encounter in the Northwest Passage? Is an armed Navy vessel really necessary for these encounters? What specific proposals can you present to improve the defence of Canadian Arctic sovereignty?

DEFENDING OUR SOVEREIGNTY IN THE ARCTIC

The Canadian Rangers

Further Research

The Canadian Rangers Web site is www.rangers.dnd.ca/intro_e.asp. 1CRPG has a Web site at www.cfna.dnd.ca/units/rangers/index_e.asp. The CBC has a background article on the Canadian Rangers at www.cbc.ca/news/background/cdmilitary/rangers.html.

Did you know . . .

The Canadian Rangers grew out of a group called the Pacific Coast Militia Rangers, a volunteer army group formed in 1942 after a Japanese submarine shelled the British Columbia coast during the Second World War. At its height, the Pacific Coast Militia Rangers had 15 000 members in 138 communities.

The Canadian Rangers are an important part of Canada's military forces, whose work is often little known in the more populated parts of the country. The Rangers were established in 1947 to provide a military presence in isolated communities rarely visited by the regular military. Rangers are part-time reservists. There are currently 4 000 Rangers located in 165 communities across Canada. This number is expected to increase to at least 4 800 by March 2008.

Canadian Rangers can be found in all of Canada's provinces and territories, with the exception of Nova Scotia, New Brunswick, and Prince Edward Island. Most Rangers are Inuit or other Aboriginals. Both men and women are encouraged to serve—in fact, in several Ranger patrols women constitute over half their membership. Rangers are unique among members of the Canadian Forces in that they elect their own leaders annually.

Rangers are issued a .303 calibre bolt-action Lee Enfield no. 4 rifle and 200 rounds of ammunition per year. Their uniform is a bright red Ranger sweatshirt, ball cap, and safety vest.

Rangers are paid a reservist's salary during their time on duty. They are expected to provide their own transportation—all-terrain vehicle, boat, or snowmobile—while on tour (the military does provide compensation for its use).

The motto of the Rangers is *Vigilans*, usually translated as "The Watchers." The motto is in keeping with their major duty, which is to report any unusual sightings or activity in their areas. In addition, they also collect local data to help support military operations and conduct surveillance and sovereignty

patrols. They also participate in rescue missions and on disaster response teams.

Rangers are organized into patrols, and the patrols into five major patrol groups. 1 Canadian Rangers Patrol Group (1CRPG) patrols the Canadian Arctic. It has 1 575 members in 58 patrols located in Yukon, Northwest Territories, and Nunavut. Its headquarters are in Yellowknife. Most members are Inuit.

Seventeen Rangers from 1CRPG recently took part in a typical Arctic sovereignty patrol, from March 24 to April 9, 2007. With seven regular forces members and one Mountie, they formed three teams and patrolled an 8 000-kilometre stretch of land—including the entire northwestern coast of Ellesmere Island—from Resolute Bay to Alert and Cape Aldrich (Canada's most northerly point). Along the way they planted flags and built cairns commemorating the journey and demonstrating to the rest of the world that Canadians had been there. During the patrol they faced temperatures of -50 degrees Celsius, as well as winds over 100 kilometres per hour.

Because of the vital role 1CRPG plays in maintaining Canada's presence in the Arctic, the government hopes to increase its numbers by about 900 members.

Junior Canadian Rangers

The Junior Canadian Rangers program was created in 1996 to serve the needs of young people 12 to 18 years old who live in isolated communities. Membership consists of about 3 300 youth living in 111 communities. Many are Aboriginal and speak a language other than English or French. Unlike the Canadian Rangers, they are not members of the Canadian Forces.

DEFENDING OUR SOVEREIGNTY IN THE ARCTIC

Activity: Future Crisis

Archives

To understand some past Arctic crises, including one involving a U.S. ship, the *SS Manhattan*, visit the CBC Digital Archives at www.cbc.ca/archives and explore the file "Breaking the Ice: Canada and the Northwest Passage."

Canada's ownership of its Arctic territories includes responsibilities as well as privileges. As large parts of the Arctic become more and more accessible, Canada has to be prepared to act in the face of any future crisis—be it political, ecological, or criminal.

Canada conducts regular exercises in the Arctic to train its military to respond to a variety of challenges and will soon open a new Arctic military training centre to increase and improve that training. In its most recent exercise, participants were asked to deal with both an environmental spill and an attempt by smugglers to bring drugs into the country via the Arctic.

Obviously, the number of potential challenges to those attempting to protect the Canadian Arctic is extensive, and their variety equally numerous.

In small groups (5-6), take two minutes to brainstorm as many crises as possible that you imagine might face Canada in the Arctic in the next decade or so. Bear in mind that these could take any number of forms, including natural and human-made disasters; land, sea, and air accidents; and physical or political challenges to Canadian sovereignty in a number of areas. One person in each group should record all of the members' suggestions. Use the organizer below to list your ideas.

Once you have completed your list, determine (as a group) the two that you think are the most likely to actually happen sometime in the near future. For both of these, determine what you feel would be the best way and the preparation required for the Canadian government to respond to the challenge.

To complete the exercise, share your challenges and conclusions with the other groups in your class.

Possible Future Arctic Crises

Our group's view of which crises are most likely . . .

- 1.
- 2.

SELLING CANADA'S MILITARY TO CANADIANS

Introduction

Focus

One of the most pressing issues facing the Canadian Forces (CF) these days goes beyond the war in Afghanistan. It involves selling the CF's overall plan to Canadians. This *News in Review* story focuses on Operation Connection as the Canadian military tries to show the nation the difference our soldiers are making at home and abroad.

Further Research

To stay informed about the CF, consider a visit to the official Web site at www.forces.gc.ca. To learn more about the recruiting program, go to www.recruiting.dnd.ca. What is your opinion of the recruiting sounds and images available on the site?

Canada's Chief of Defence Staff, Rick Hillier, readied himself to leave the Hercules transport aircraft on yet another visit to Canadian Forces (CF) troops in Afghanistan. This time he would visit the famed Van Doos, the Quebec contingent who comprised the latest collection of CF soldiers responsible for bringing stability to Kandahar, the most volatile province in Afghanistan. Besides the obvious photo op, the charismatic Hillier was looking to connect with Canadian soldiers in a morale-boosting effort that the Chief considers a major priority in his job as Canada's top soldier.

Upon deplaning at Kandahar Airfield, Hillier was greeted by Brigadier-General Guy Laroche, the commander of the almost 2 000 Van Doos serving in Kandahar province, before being quickly shuttled off to mingle with the troops. What made this visit interesting is that the soldiers genuinely looked forward to seeing the Chief. *Maclean's* magazine has described Hillier as a "rock star," and his ability to connect with troops, regardless of rank, was as clear on this visit as on any previous visit. Hillier, the so-called "soldier's soldier," was in his element again, demonstrating the true spirit of Operation Connection.

Operation Connection

In the winter of 2006, about a year after his appointment as Chief of the Defence Staff, General Rick Hillier announced the launch of Operation Connection. The goal of the operation: to empower the nearly 85 000 CF personnel to actively recruit new members and connect with the public to, in effect, sell Canadians on the fine job the CF are doing at home and abroad. Hillier had already shaken things up shortly after his appointment, endearing himself to the CF family by

boldly pronouncing, "We're not the public service of Canada; we're not just another department. We are the Canadian Forces, and our job is to be able to kill people" (*The Globe and Mail*, July 15, 2005). When asked about taking on insurgent groups in Afghanistan, Hillier pronounced, "These are detestable murderers and scumbags, I'll tell you that right up front. They detest our freedoms, they detest our society, they detest our liberties" (*The Globe and Mail*, July 15, 2005).

Hillier was signaling an end to the meeker approach of his predecessors with a no-nonsense rhetoric that gained him almost instant praise from the rank-and-file soldiers under his command. In essence, Hillier was introducing Canadians to the end of the era of the blue-helmeted peacekeeper and the beginning of the era of the tenacious Canadian warrior. Whether or not Canadians were going to buy into the new era was another matter, and that is why Hillier felt compelled to launch Operation Connection.

CF personnel have taken Operation Connection to heart. A print and television advertising campaign featuring Canadian troops in action in hostile environments encourages future recruits to "Fight Fear, Fight Distress, Fight Chaos." Public events like ship tours of navy frigates in Cape Breton, open houses at the Combat Training Centre in Ottawa, and live demonstrations by CF naval boarding troops at the Pacific National Exhibition in Vancouver are part of the CF's effort to connect to regular Canadians. Their efforts seem to be working as recruitment is up, with Hillier proclaiming that the military has been "106 per cent successful" in attracting over 12 000 new personnel to

the CF. According to the Chief, 30 per cent of applicants were enlisted within five days (*Toronto Star*, June 4, 2007).

Challenges

Despite surging popularity and a virtual blank cheque to buy new equipment for his troops, Hillier faced some challenges to his leadership. First, in the summer of 2007, an internal report commissioned by Hillier resulted in a mixed review by the three retired generals delivering their judgment. On the one hand, the new command structure had been implemented with remarkable speed and efficiency. However, there were some glaring loopholes that needed to be filled in order to guarantee that senior officers were not left out of key decisions. Further, the report suggested that the CF had a long way to go in its efforts to unite a “fragmented and compartmentalized” military.

In terms of Hillier himself, the report said that the Chief’s charisma was both his strength and his weakness. While the report credited Hillier for his leadership in restructuring the command, they claimed that the new structure was “to a great extent, personality driven.” In other words, the CF needed to mentor its leaders so that Hillier didn’t seem like the only show in town (*Toronto Star*, July 20, 2007). Then, in the fall of 2007, a reporter for CTV broke a story suggesting that Hillier would be

fired when his contract expired in 2008. The report quoted anonymous senior Conservative party insiders who claimed that Hillier’s fame had gone to his head and the government needed to get the Defence Department under control. If the story was designed to bring Hillier down, it had the opposite effect. Politicians, soldiers, and the public rallied around the Chief, who pledged his ongoing service as long as the government wanted him.

Meanwhile...

In the summer of 2007, the Harper government made it clear it would like to extend the Afghan mission beyond February 2009, but only if all political parties agreed to the extension. In an effort to bolster the Conservative position, Harper shuffled his cabinet, making Peter MacKay the new face of the Department of National Defence. The question is: will MacKay be able to aid in spreading the positive message that the CF has been putting into the public arena since the beginning of Operation Connection? While opinion polls continue to reveal a virtual dead heat surrounding the war in Afghanistan, it is becoming more apparent that, if the CF hopes to win the “hearts and minds” of Canadians, they are going to have to start going beyond the charisma of Hillier and demonstrate that the mission in Kandahar truly serves Canada’s national and international interests.

To Consider

1. Why is General Hillier considered to be a “soldier’s soldier”?
2. What is Operation Connection? What steps has the CF taken to make it a success?
3. What challenges to his leadership has Hillier faced?
4. In your opinion, are the CF and the government winning the “hearts and minds” battle to win public support for the military?
5. Which image of the Canadian soldier do you prefer: “the blue-helmeted peacekeeper” or the “tenacious Canadian warrior”? Explain your choice clearly.

SELLING CANADA'S MILITARY TO CANADIANS

Video Review

Did you know . . .

In the past six years, Canada has spent \$7.2-billion in Afghanistan, and in 2007 Canadian military spending is the highest in 55 years.

Watch the documentary and answer the following questions.

1. What is Operation Connection?

2. What are "red days"?

3. What advertising themes are the Canadian Forces using to attract recruits?

4. What is "the Hillier effect"?

5. How much time does General Rick Hillier spend meeting with politicians and the public? _____

6. What role does the Public Affairs Unit of the Department of Defence play in Operation Connection?

7. What resources are used by the Department of National Defence spread its message?

8. What is "Combat Camera"?

9. What do you think the expression "pro-military populism" means?

10. How does Prime Minister Stephen Harper feel about opposition to the military mission in Afghanistan?

11. What is the ultimate goal of today's Canadian military?

Follow up

Visit the CF "Combat Camera" at www.combatcamera.forces.gc.ca/common/combatcamera/video_photo_e.asp.

Is this project an effective way to promote the military mission in Afghanistan? Explain fully.

SELLING CANADA'S MILITARY TO CANADIANS

General Rick Hillier

Further Research

To view the text of a Peter Mansbridge interview with General Hillier, go to www.cbc.ca/news/background/world/hillier.html.

Did you know . . .

Some soldiers refer to General Hillier as General Hell-yeah, Hillier. The general's tough guy demeanor is also referred to in military humour, compiled in *Esprit de Corps* magazine, Volume 13, Issue 8. For instance: "Rick Hillier does not have to mow his lawn, he simply stares at the grass and dares it to grow." Or When Rick Hillier does a push-up, he isn't lifting himself up, he's pushing the earth down." Source: Chief of Defence Staff Web site: www.cds.forces.gc.ca

Chief of the Defence Staff General Rick Hillier is arguably the most popular Canadian military leader in decades. His charisma and charm have allowed him to transform the Canadian Forces (CF), with many Canadians following his lead in military matters.

Born in Newfoundland, Hillier joined the CF in 1973 and moved through the ranks quickly. After a stint with the 8th Canadian Hussars (Princess Louise's), Hillier moved on to serve, and then command, the Royal Canadian Dragoons both at home and in Germany. Soon the CF realized Hillier's gift for leadership, sending him to serve as a commanding general in an administrative assignment in Fort Hood, Texas, as well as to Bosnia-Herzegovina, where he led one of NATO's stabilization forces. By 2003, with 30 years of service under his belt, Hillier was regarded as a dependable and fearless leader. He was promoted to Commander of the Army and, in the fall of the same year, commander of NATO's International Security Assistance Force (ISAF) in Kabul, Afghanistan. In February 2005, Hillier became the Chief of the Defence Staff.

Shortly after his appointment as Chief, Hillier made it clear that changes were coming. The first suggestion of changes came in Hillier's rhetoric as he announced at a news conference that part of the job of the CF is to "be able to kill people" and that the military's targets in Afghanistan are the "detestable murderers and scumbags" who make up the insurgent groups (*The Globe and Mail*, July 15, 2005). Hillier was signaling an end to the peacekeeper role of CF troops, regarded by many as an impossible military position in the first place, and ushering in the new combat-ready CF. While this may

have frightened many Canadians, CF personnel loved the message and rallied behind Hillier. This support eventually extended to the political arena as politicians threw their support behind Hillier's cause, with both Liberal and Conservative governments announcing billions of dollars in funding for new CF initiatives, including equipment purchases and the recruitment of new personnel.

To date, Hillier has re-organized the CF command, taking a great deal of the bureaucracy out of the decision-making structure—a problem that had been plaguing the CF for years. According to some sources, Hillier spends the overwhelming majority of his time meeting with politicians, the public, and his troops. In the summer of 2007, when his popularity appeared to be a bit too high for some, rumours in Ottawa began to emerge that Hillier was about to be fired. The Harper government witnessed a rarely seen backlash as people from almost every branch of the government, as well as the voting public, rallied behind the Chief of the Defence Staff. Hillier took the rumours in stride, saying he serves "at the pleasure of the government" (*Esprit de Corps*, October 8, 2007).

Perhaps the most significant testament to Hillier's leadership ability comes from the fact that Canadians have not completely turned against the war in Afghanistan. While Canadians remain divided on the mission, Hillier's efforts to move the perception of the CF from peacekeepers to combatants seems to be working—this despite the fact that 72 Canadians have been killed and hundreds more have been wounded in the Afghan theatre. It appears that Hillier has an appeal that is invaluable to the CF, at least for the time being.

Activity

1. Review the material on the previous page and make a point-form list of General Hillier's leadership qualities and accomplishments. Rank the top three points and explain why he is seen by many to be a successful leader. Use the organizer below to help you develop your ideas.
2. Note any weaknesses you see that might suggest that Hillier's leadership might be flawed.

General Hillier's leadership qualities
Top three leadership qualities (in my opinion) 1. 2. 3.
Possible weaknesses of Hillier's leadership

SELLING CANADA'S MILITARY TO CANADIANS

The Media and the War in Afghanistan

Quote

"There's no way that an army of any state can sustain a war fighting role without the full support of the people behind it. And I think that this connection between the army and the people is more important really than the connection between the army and the government."
— Lt. Col. (ret.) John English, *A Question of Honour*, 2003

The following article (reprinted with permission) by Scott Taylor of *Esprit de Corps* (www.espritdecorps.ca) magazine reveals one of the problems apparent in the reporting of news from Afghanistan. For the most part, the Canadian Forces control the information coming out of Kandahar because the majority of reporters are embedded. This means that reporters work closely with the military brass at Kandahar Airfield and only report stories that are provided to them either while they are on patrol with Canadian soldiers or that are given directly to them by the military. Media critics argue that embedded journalism is too homogeneous and provides a very limited view of what is actually going on with Canadian troops in Afghanistan. Most Canadians have seen plenty of reports showing coffins being loaded onto and off planes but very few stories of wells being dug or Canadian troops winning battles against insurgents. Read the article below and answer the questions that follow.

Military Passes on Touching Photo Op

By Scott Taylor
January 29, 2007

KANDAHAR, Afghanistan – It was a very touching scene, the sort that public relations teams only dream of: Two Canadian army medics were attending to an injured Afghan infant as his father thanked them profusely.

The previous evening, the young boy had scalded his feet when he upset a pot of boiling water. With no other access to medical attention, the father put his son in a wheelbarrow

and brought him to the one place he knew he could get help—the Canadian outpost on the edge of the Panjwai district.

The medics cleaned the boy's burns and applied antibiotic ointments while the father nodded his head muttering, "Teshekura" (thank you) over and over again. Once the treatment was complete, the beaming Afghan man happily wheeled away his son back toward their village.

Unfortunately, for a Canadian military hard-pressed to win a "hearts and minds" campaign both in Kandahar and at home in Canada, this success story was not captured on film. Not because the media didn't take the risk to get out and get the story (we did), but because the military brass ordered us not to film the event. That's right, folks, we were told not to film Canadian soldiers administering first aid to an Afghan child.

The saga started at about 10 a.m. last Tuesday, when we had pulled up in front of Fort Wilson—a Canadian forward operating base—and dismounted from our vehicles. Leaving our Afghan security detachment and our personal weapons behind, five of us advanced on foot to the front gate.

As we approached, two young soldiers and a warrant officer greeted us cordially. Despite the fact that our arrival was unannounced and that we were dressed as local Afghans (complete with Pashtun-style beards), the senior NCO recognized me. "Hey, I just finished reading your (*Chronicle Herald*) column online," he said.

The warrant officer also recognized my companions from their previous visits to Fort Wilson. Our group

consisted of Norine MacDonald, the Canadian founder of the Senlis Council, a civilian non-governmental organization that is based in downtown Kandahar; fellow Canadian Ed McCormick, a paramedic for the council; and two South African security consultants.

Our intention had been to visit the Canadian camp and chat with the soldiers, but when we saw the first aid scene being played out right in front of us, we asked for permission to film.

"I'll check with the base," said the warrant officer, disappearing behind the barricades. When he reappeared a few minutes later, he was shaking his head. "Sorry folks, it's a no-go. We checked with the public affairs office at (Kandahar airfield) and they said that since you're not embedded, you get no access."

When I explained the public affairs officers not only knew I was in Kandahar but were going to embed me that evening, it didn't change a thing. "Get yourself embedded, get them to organize a military convoy, come on back out here, and I'll be happy to let you film," he said. "But right now I have to ask you to leave these premises."

There will undoubtedly be the usual tub-thumping Colonel Blimps who will support this narrow, by-the-book approach to media control. "What? Can't have journalists just running around collecting news on their own. Not cricket, old boy." But in this case, a little context might help.

Back in December I advised army commander Lt.-Gen. Andrew Leslie of

my intention to make an unembedded visit to Kandahar to assess the situation from the Afghan perspective. He suggested that, if possible, I should get onto the Kandahar base to record the accomplishments of our troops.

En route through Kabul I interviewed Canadian personnel and upon arriving in Kandahar, I was in phone contact with public affairs officers at the airfield. They were aware that I was "outside the wire" and fully intended to sign my embed agreement later that same night.

Of course, the dangers of travelling on roads in the Kandahar district have been amply illustrated by the level of casualties sustained by our troops over the past year. That being said, an inconspicuous civilian motorcade (such as ours) would attract far less attention than a military convoy.

In this case, the thought of travelling to the Kandahar airfield, processing the embedding paperwork, and organizing a patrol back to Fort Wilson to record an incident that had already concluded was absurd.

If army personnel seriously intend to get "good news" stories out, they must start trusting their instincts. There is nothing operationally secret about medics treating Afghans.

The "no-news-is-good-news" mentality of the public affairs branch runs counter to the stated policy of the top brass. Yet it's alive and well at the base in Kandahar.

Source: Scott Taylor Publishing and *Esprit de Corps* magazine (www.espritdecorps.ca)

Analysis

1. How was the boy described at the beginning of the story injured?

2. Why did the reporter become frustrated with Canadian Forces personnel at Fort Wilson?

3. What does the author mean when he uses the terms *embedded* and *unembedded*?

4. Do you think the CF practice of embedding journalists is necessary? Explain your answer.

5. Summarize the criticism of the military provided by the author at the end of the article. Do you think it is justified? Explain.

SELLING CANADA'S MILITARY TO CANADIANS

The Case For and Against the War in Afghanistan

Update

In early November 2007, Taliban forces attempted to re-enter a region close to Kandahar when the local leader died of a heart attack. About 300 Taliban infiltrated the area, thinking they could fill the power vacuum. However, Canadian and Afghan forces moved quickly and, fighting side by side, effectively routed the Taliban, killing 50 of them. This led some military leaders to believe the Canadian mission was clearly succeeding.

Read the following arguments for and against the war and complete the activity that follows.

The Argument for the War in Afghanistan

In September 2001, terrorists changed the world and forced the spotlight on the poorest nation in the world. At the time, Afghanistan was ruled by a group of Muslim fundamentalists known as the Taliban and, based on the fact that the international community felt that the Taliban were training and protecting terrorists, a U.S.-led invasion resulted in the ousting of the Taliban in favour of a new, democratic government.

Canada was involved in Afghanistan from the early days and, over time, increased its commitment to the Afghan people, first in Kabul and then in Kandahar. The first large-scale mission saw Canadian troops bring stability to Kabul and safeguard the introduction of democratic measures brought forward by Hamid Karzai's government. The second mission, the one in Kandahar, has proven to be much more dangerous.

When the Taliban were ousted from power in 2001 many fled to neighbouring Pakistan. The Taliban continue to recruit and train insurgents in the western hills of Pakistan. When they are adequately trained, those insurgents are deployed into areas where the Taliban have been the strongest, such as the Panjwai district in Kandahar. Canadian troops have made great strides in dealing with Taliban insurgents.

Operation Medusa, a fierce two-week battle in September 2006, saw Canadian troops push the insurgents out of the district. Since then, aid has been brought into the area, wells have been dug, roads have been de-mined and rebuilt, schools have been opened, and businesses have



been given loans so that the residents of Panjwai can build a sustainable social and economic infrastructure. Similar efforts have taken place in the Zhari district and, with each rotation of troops, new areas come under Canadian control and more aid pours into the area.

However, the Taliban are a tenacious enemy, and their ability to infiltrate areas has led to many casualties. Seventy two Canadians have died in Afghanistan, while hundreds of others have been wounded. But progress is being made. The Taliban have been getting more and more desperate. Since Operation Medusa, insurgent groups have been reluctant to directly engage in combat with Canadian troops. Instead they have resorted to the use of improvised explosive devices. This guerilla-warfare weapon is designed to allow the enemy to hide while killing troops who are trying to bring aid to the region. In the next year or so, Canadian troops, working with their NATO partners, will

bring Kandahar under their control, and the real work of the Provincial Reconstruction Teams will start to be seen. In other words, with patience and a resolve to see the mission through, Canada will help to bring the most impoverished nation in the world out of poverty and into a new era of freedom and hope.

The Argument Against the War in Afghanistan

Canada must re-assess its role in the war in Afghanistan before many more soldiers are killed in what is undoubtedly an exercise in military futility. The Afghan people have traditionally been hostile to foreign troops (such as the Soviets), which is unlikely to change just because the Canadians have arrived. While the U.S.-led invasion saw some immediate success with the toppling of the Taliban, bringing the nation under control has proven to be much more challenging than originally anticipated.

The national government really only controls the capital in Kabul—with President Hamid Karzai disdainfully referred to as the “Mayor of Kabul” by his detractors. Drug lords have taken control of the hinterland, putting Afghanistan back on top as the number-one heroin producer in the world. While politicians love ideas like burning the poppy fields to kill the heroin trade, impoverished farmers would lose their

livelihood if the military followed through on the “burn the fields” policy. The farmers would rather receive a living wage for their poppy crop from a drug lord than the pittance they would receive for growing other plants and vegetables. If Canadians hope to succeed in winning the “hearts and minds” battle in Afghanistan, they will have to turn a blind eye to the poppy and hope that other industries will emerge. Is this really likely?

Then there are the Taliban. When the U.S. drove them out in 2001, they scattered throughout the country, with many fleeing to Pakistan. The Pakistani army has been remarkably ineffective in identifying, arresting, and killing Taliban insurgents. (Remember, Osama bin Laden has yet to be captured.) In other words, the Taliban are still a close-knit, powerful insurgent group. They are a force to be reckoned with who will use extreme measures in their efforts to kill foreign troops. They are not simply going to disappear because Canada and NATO allies have sent a few troops into the area. Regardless of our altruistic intentions, the commitment in Afghanistan goes far beyond what Canadians are capable of providing. Afghanistan is a nation grappling with chaos—a chaos that Canadians are going to inherit unless they get out of the war-torn region.

Activity

1. Review the two positions. Use a highlighter to identify the main points of each argument.
2. Make a list of words or phrases used to bolster the position of each side.
3. Based on your reading of the above and your previous knowledge, should Canada extend the mission beyond February 2009? Length of answer: 150-200 words

SELLING CANADA'S MILITARY TO CANADIANS

Public Opinion and the War in Afghanistan

Review the public opinion data provided below and complete the activities that follow each chart.

Chart #1: What Canadians Believe – % of people who agree with the statements below	
I am proud of Canada's role in protecting the rights and freedoms of the Afghan people.	Canada – 65% Quebec – 48% Ontario – 70% West – 71%
Canada's contribution to reconstruction and development in Afghanistan is making a real difference to improving the lives of Afghan people.	Canada – 55% Quebec – 45% Ontario – 55% West – 58%
The Afghan people want the assistance of Canada and other countries to remove the Taliban threat.	Canada – 53% Quebec – 43% Ontario – 57% West – 53%
Canada's commitment in Afghanistan means that we are neglecting other important parts of the world.	Canada – 52% Quebec – 62% Ontario – 53% West – 46%
The conditions for true democracy will never exist in Afghanistan.	Canada – 47% Quebec – 49% Ontario – 47% West – 44%

Source: The Strategic Council (CTV/*Globe and Mail* poll, July 19, 2007)

Activity #1

Explain the regional differences of opinion that exist across Canada for each of the statements listed above. For instance, why might more people in the West support the Afghan mission while many people in Quebec oppose the mission? (You might need some help from your instructor or a reference to a history textbook.)

Chart #2: Canadian Support for the War		
Date	Support	Oppose
March 9-12, 2006	55%	41%
May 3-4, 2006	40%	54%
June 7-8, 2006	48%	44%
July 12-15, 2006	39%	56%
August 10-13, 2006	37%	55%
September 14-17, 2006	42%	49%
October 12-15, 2006	44%	53%
December 3, 2006	35%	61%
April 21-24, 2007	36%	57%
May 14-17, 2007	40%	55%
July 12-15, 2007	36%	59%

Source: The Strategic Council (CTV/*Globe and Mail* poll, July 19, 2007)

Activity #2

Review the public opinion data indicated in Chart #2. How might you explain the shift in public opinion from the spring of 2006 to the summer of 2007? What events may have contributed to the change in public opinion?

SELLING CANADA'S MILITARY TO CANADIANS

What do people in Afghanistan think?

While Canadian politicians debate the Afghan mission and Canadians weigh in on the issue via public opinion polls, finding out what the people of Afghanistan think is perhaps the missing link that can help the Canadian Forces

sell the Afghan mission. In the fall of 2007, Environics conducted a survey in partnership with the CBC. The poll was conducted in local languages to ensure its accuracy. Review the survey results and complete the activity that follows.

General Issues

Generally speaking, do you think things in Afghanistan today are going in the right direction?		
	National (%)	Kandahar province (%)
Good security/feeling safer	17	15
Reconstruction/rebuilding	15	38
Disarmament	10	6
Schools for girls have opened	10	2
Peace/end of war	8	8
Freedom/free speech	7	10
Democracy/elections/constitution	7	2
Economic revival/more jobs	4	2
Women have more freedom	4	1
Women can now work	4	3
Refugees return	4	1
Good government	4	8
International assistance	3	3

Generally speaking, do you think things in Afghanistan today are going in the wrong direction?		
	National (%)	Kandahar province (%)
Lack of security/do not feel safe	20	34
Bad economy	14	13
Poor economy/lack of jobs	11	4
Corruption in the government	7	12
Presence of too many Taliban	5	4
Poor education system	4	2
There is danger to Islam	4	5
Lack of faith in government	4	4
Reconstruction: not happening or too slow	3	4
Too many foreigners in the country	3	1
Foreign troops/military causing problems	3	2
Western influence too great	3	3
Neighbouring countries cause problems	3	1

The Canadian Mission

Are you aware that Canada currently has troops in Kandahar province?	
	Kandahar province (%)
Yes	60
No	29
Don't know/no answer	10

From what you know or have heard, what is the main purpose or objective of the Canadians' presence in Kandahar?	
	Kandahar province (%)
Fight the Taliban/fight others	47
Reconstruction/rebuild schools/hospitals/etc.	16
Support the Karzai government	10
Train Afghan army	5
Train Afghan police	2
Other	3
Don't know/no answer	17

What is your overall opinion of the Canadian troops in Kandahar province? Is it:	
	Kandahar province (%)
Very positive	26
Somewhat positive	34
Somewhat negative	14
Very negative	5
Neither positive/negative	4
Don't know/no answer	17

Why do you have a positive opinion of Canadian troops in Kandahar province?	
	Kandahar province (%)
Establishing security	40
Reconstruction of clinics and schools	36
Training army and police	6
Removing Taliban	3
Helping people	3
Helping to remove poppy cultivation	1
Don't know/no answer	10

Why do you have a negative opinion of Canadian troops in Kandahar?	
	Kandahar province (%)
Killing innocent people	45
Searching houses without permission	24
They are infidels	10
Don't know/no answer	20

Poll conducted by Environics in Afghanistan in September 2007.

Source: Environics: <http://research.environics.net>; CBC: www.cbc.ca/news/background/afghanistan/afghan-survey2007.html

Analysis

1. Using two highlight markers, review the survey results and, in one colour, highlight one or two items in each area that promote Canada's involvement in Afghanistan. Then use the other colour to highlight items that suggest the Afghan mission is not working.
2. Based on your review of this survey of opinion in Afghanistan, should Canada continue to pursue the mission in Afghanistan? Length of answer: 100-200 words

SELLING CANADA'S MILITARY TO CANADIANS

Activity: Conduct Your Own Survey

Use the information found in this *News in Review* story to prepare a survey that measures support or opposition in your school for the war. Prepare survey statements similar to ones offered by professional polling firms that ask respondents to either agree or disagree with the statement.

Your Task

Form a group of three or four.

Review the material found in this *News in Review* story and previous *News in Review* stories if you need more background information. You may also want to consult cbc.ca (In Depth: Afghanistan) for additional information.

Prepare five survey statements. For example:

"Canada's troops are needed in Afghanistan to help the Afghan people build a stable democracy."

or

"There is no hope for democracy in Afghanistan."

Find three teachers who are willing to allow you to conduct the survey with their classes (giving you a sample of 75 to 100 students).

When you arrive at the class to conduct the survey, write the five statements on the board. Ask students to take out a sheet of paper and indicate whether they strongly agree, agree, disagree, or strongly disagree with the statement.

Collect the sheets and tabulate your results. Make sure you calculate the percentage of students who responded in certain ways. For example, if 75 students are surveyed and 15 say they strongly agree with a statement, take 15, divide by 75 and multiply by 100 (Answer: 20%).

Share the results of your survey with the class. Include any conclusions your think the results suggest.

HELPING THE MENTALLY ILL HOMELESS

Introduction

Focus

In this *News in Review* story, we explore the issue of the treatment of the mentally ill in Canada. It includes a focus on the need to find suitable treatment and adequate housing.

Definition

Stigma means a mark or sign of disgrace or discredit.

Can you imagine how outraged Canadians would be if half of the country's cancer patients were not receiving treatment? Or if half of the people with diabetes were not receiving insulin? Sadly, that is the case with mental illness. Six million Canadians will suffer from mental illness or impairment at some point in their lives, and about 2.5 million Canadians actively suffer from a psychological disorder or addiction. Of those, about 1.1 million don't receive the basic services they need.

There is no doubt that mental illness can be debilitating. It is also true that with early intervention and appropriate treatment, most people suffering from a mental illness are able to live productive, fulfilling lives. But this isn't possible without appropriate treatment. Furthermore, many people who have a mental illness say that it is the stigma associated with their illness that is more devastating to them than the disease itself. In other words, it is the negative way they are perceived by others because they have a mental illness that is more harmful than the symptoms of the disease.

But things may be taking a turn for the better. In the 2007 budget, the federal government committed \$55-million over five years toward a Mental Health Commission. The Commission will launch an anti-stigma campaign, develop a national strategy on mental illness, and create an Internet-based knowledge-exchange system. Hopefully, the Mental Health Commission will be able to

improve the situation for the mentally ill in Canada.

And the situation certainly needs to be improved. As you will learn in this *News in Review* story, many people suffering from mental illness end up in hospital because they cannot find supportive housing in the community. When they are finally released from hospital, some end up in crowded halfway houses. Some end up on the streets. Some end up committing crimes or are arrested after they suffer a psychotic break in public. Mentally ill inmates receive little or no treatment while they are incarcerated.

As a caring nation, we need to do better. And we can. People aren't ashamed of telling others they have cancer. No one should be ashamed of telling others they are suffering from a mental illness. Roy Muise, a peer counsellor from Halifax, said it well when he presented to the Senate Committee exploring the idea of a Mental Health Commission: "To the people of Canada, I say welcome us into society as full partners. We are not to be feared or pitied. Remember, we are your mothers and fathers, sisters and brothers, your friends, co-workers, and children. Join hands with us and travel together with us on our road to recovery."

Source: Senator Kirby's remarks at the launch of the Mental Health Commission, August 31, 2007. Available online at www.mentalhealthcommission.ca/documents/KirbysRemarksAugust31.pdf

To Consider

1. Why do you think many people are afraid of the mentally ill?
2. In your opinion how helpful would a powerful public information campaign be in breaking the negative stereotypes associated with mental illness?

HELPING THE MENTALLY ILL HOMELESS

Video Review

Quote:

"I think this country has reached the a point where mental health issues will no longer—if we're diligent and vigilant for the next few years—slip back into the shadows, to use Mike Kirby's words." — Bill Wilkerson, founder of Global Business and Economic Roundtable on Addiction and Mental Health (*Toronto Star*, November 6, 2007)

Previewing Task: What do the ill need?

With a partner, or in a small group, discuss and make notes on the following:

When you are ill, what are some of the things that make you feel better? (For example, are there certain drinks or foods that comfort you? Is there a certain place you like to be—your own home, or an aunt's home, or your grandfather's home?)

Are there certain things that make you feel worse when you are ill? (For example, do loud noises or bright lights bother you when you are ill? What about if you are unable to nap or get enough sleep?)

Describe your "perfect" plan for healing and recovery.

Do you think this "perfect" plan would change if you were mentally ill rather than physically ill? Explain.

Watch the video and answer the following questions in the space provided.

1. Record any important statistics you hear about mental illness in the space below.

2. What are some of the most pressing challenges related to mental illness (for example, the stigma, or negative reputation, of mental illness)?

3. What caused Marie Jeffrey's mental problems?

4. Record the problems the Jeffrey family have faced in trying to find suitable treatment and housing for Marie.

5. What steps did Marie's father take in his fight to get Marie the care she required?

Post-Viewing Task

Reflecting on the Needs of the Mentally Ill

Review the information contained in this *News in Review* story. Make a list of the five most important things you believe the mentally ill need.

HELPING THE MENTALLY ILL HOMELESS

Canadian Mental Health Commission

Further Research

Learn more about the Canadian Mental Health Commission at www.mentalhealthcommission.ca/mhcc.html.

Think About It

1. With a partner, or in a small group, write down any words that come to your mind when you hear the term *mental illness*.
2. Take a look at your list. How many of these words would be considered negative?
3. Think about where your ideas came from. Do you have personal experience with mental illness? Have you seen any programs on mental illness? Or were your ideas based on gut reaction?

Mental health issues touch the lives of most Canadians. Estimates suggest that six million Canadians will experience mental health problems at some point in their lives, 2.5 million suffer from an active mental illness or addiction, and that about one million of those people do not receive the basic services they require.

The Canadian Mental Health Commission is intended to provide an ongoing national focus on mental health issues. It is supported by all levels of government and has three key initiatives: an anti-stigma campaign, the development of a national mental health strategy, and the creation of a Knowledge Exchange Centre.

Anti-stigma Campaign

- A stigma is a negative mark or association.
- Many people living with a mental illness report that the stigma of mental illness causes them more suffering than their disease itself.
- To reduce this stigma, and the resultant discrimination suffered by those with

a mental illness, the Commission will implement a 10-year national campaign to promote better understanding of mental illness among the general population.

National Strategy

- Canada is the only G8 nation without a national strategy to address mental illness.
- The Commission believes this prevents the implementation of concrete initiatives at a national level that would benefit people living with mental illness throughout the country.

Knowledge Exchange Centre

- In the past, there has not been a way for those working with, and suffering from, mental illness to share knowledge and exchange information.
- The Commission will create an Internet-based knowledge centre to allow all Canadians to access information about mental health and mental illness and engage in a variety of collaborative activities.

Reflection and Analysis

List the three key initiatives that are the focus of the Commission. Rank these initiatives in order of importance. Provide an explanation for your ranking.

HELPING THE MENTALLY ILL HOMELESS

Document – Mental Illness Needs a Trailblazer

As you read the following article, make a list of the issues the author believes need to be addressed to improve understanding of mental illness. Rank these issues in order of importance.

Mental Illness Needs a Trailblazer

by Carol Goar

Toronto Star, September 28, 2007

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Because the stakes are so high and the stigma is strong, only a handful of brave public figures have talked about their battles with mental illness. Most have waited until the twilight of their careers.

Former lieutenant-governor James Bartleman was safely out of Canada's diplomatic corps when he revealed that he had "gone through the hell of deep depression."

Former finance minister Michael Wilson (now Canada's ambassador to the United States) was beyond the reach of voters when he shared his family's painful secret. His son Cameron had taken his life after struggling with acute depression.

Former Ontario premier John Robarts never told his story. It was left to his daughter Robin to divulge that her father, the avuncular lawyer who governed the province successfully for 10 years, had committed suicide in despair.

No politician has ever given a personal testimonial about mental illness during an Ontario election campaign.

Health workers, anti-poverty activists, housing advocates, and psychiatric survivors long for the day when someone will.

Such an act of courage would

transform mental illness from an issue affecting "them"—marginalized people fighting their demons in silence and shame—to an issue affecting "us"—ordinary Ontarians who happen to be sick.

It would break the taboo that keeps millions from seeking treatment.

Medical probabilities suggest that approximately 120 of the 600 candidates running in the current election have had, or will have, a brush with mental illness. Nearly every family is touched, in some way, by a psychiatric disorder.

Yet mental illness remains in the shadows—especially at election time. Politicians avoid it. Voters don't know how to raise it.

It is unlikely a trailblazer will step forward between now and October 10.

But, in quieter ways, this has been a landmark campaign. For the first time, all of the parties have mental health policies in their platforms.

The Liberals are promising to enhance mental health and addiction services (but have budgeted no money). The Conservatives are pledging to train police officers to deal with mental health problems (\$100-million) and provide mental health services for aboriginal youth (\$100-million). The New Democrats would invest \$350-million in affordable housing. And the Greens would improve disability support payments.

Although these proposals are sketchy and some apply only

peripherally to people with mental illness, they're better than the vacuum of the past.

This is the first election in which health practitioners, patients and their families, community service providers, and researchers have joined forces to put mental illness on the public agenda.

In the past, the mental health sector has been so fragmented that no organization could speak for those struggling with their illness, their poverty, and their isolation. This time, more than 200 agencies have converged around a common set of priorities. "We realized that unless we came together as partners, mental illness would always end up as an orphan of the health-care system," said Joanne Campbell, vice-president of communications and community relations for the Centre for Addiction and Mental Health.

Finally, this is the first election (along with the one in Newfoundland on October 9) to take place since

the creation of the Canadian Mental Health Commission last month.

The \$55-million federal body has a mandate to develop a national mental health strategy and lead a national campaign to erase the stigma of mental illness. Former senator Michael Kirby, who heads the 17-member board, has made it his mission to break the outdated stereotypes that compel so many people to hide their pain. "The commission must ensure that mental health issues are never again allowed to retreat into the shadows."

Welcome as this progress is, nothing is as powerful as leadership by example.

One day it will happen. A respected, high-profile politician will stand before the electorate and say: I'm one of the millions of Canadians who has battled mental illness. I'm committed, competent, and unafraid of public judgment.

The breakthrough can't come soon enough.

Reflection

1. The author believes that a public figure needs to come forward to be the public face of mental illness. List public figures who are associated with other causes such as cancer, HIV/AIDS, poverty, or the ethical treatment of animals.
2. Why do you think public figures are reluctant to associate themselves with such an affliction?

HELPING THE MENTALLY ILL HOMELESS

The Search for Suitable Treatment and Housing

Definition

Schizophrenia is a “mental disease marked by a breakdown in the relation between thoughts, feelings, and actions, frequently accompanied by delusions and retreat from social life.”

— *The Canadian Oxford Paperback Dictionary*

Think About It

With a partner, or in a small group, discuss the following. Make notes and be prepared to discuss your answers.

If you were looking for a place to live, what would be most important to you?

- Living alone or with a roommate or roommates?
- Private bathroom or a shared bathroom?
- A bathroom with both a shower and a bath, or could you live with only one?
- Private kitchen or a shared kitchen?
- Shared meals, or would you want to buy and store your own food?
- A familiar neighbourhood or something new?
- Close to public transit and your family doctor?

Would any of these considerations be “deal breakers”? That is, if you weren’t able to live alone, would you absolutely refuse to rent the home? Are there any other “must haves” that are not on this list? If so, record them in your notes.

In this *News in Review* story you learned about the challenges the Jeffrey family had in trying to find suitable treatment and housing for Marie. Unfortunately, Marie is not the only person with mental challenges who has been unable to find safe, supportive housing and treatment.

Esther’s Story

When Esther was first diagnosed with schizophrenia she was 21. She responded well to medication and was able to live a normal life. She was able to work, she got married, and she bought a house. Esther’s condition began to deteriorate when she was in her early thirties. Her marriage broke up, and she lost her home after she failed to make the payments. She was hospitalized for two months. Upon her release, her life began to follow a pattern: she’d live in the community for a short period of time, she’d suffer a mental health episode, and she’d be returned to hospital.

There were many aspects of Esther’s

housing arrangements that were unsuitable. Sometimes she was placed in a home with a roommate who was more mentally ill than she was. Sometimes she was placed in an unfamiliar neighbourhood that she had trouble navigating around in. Sometimes there were common cooking facilities that intimidated her. As a result, she stopped cooking meals and eventually stopped eating. One time she was placed in a halfway house where she was “locked out” from 9:30 a.m. to 3:30 p.m. This would have been fine for someone who had a job. But Esther, who was unable to work, was stuck wandering the streets, often in bad weather, for six hours a day. One time she was placed in an overcrowded, dirty rooming house. There was rarely hot water for showers, or proper meals. Her room was the size of a large walk-in closet. This housing arrangement triggered a major psychotic break, and Esther was placed in a psychiatric hospital for two years.

Definition

IQ stands for "intelligence quotient" and is supposed to represent a person's mental age as a ratio of chronological age. The "average" IQ is 100.

Did you know . . .

NIMBY stands for "not in my backyard." This is how many residents feel when a controversial development is going to be introduced in their neighbourhood. This can include a home for the mentally ill, a group home for troubled youth, or a type of industrial development that might be noisy or create pollution.

Warner's Story

Warner was born with an IQ of 63. In addition to being mentally impaired, he also suffered from anxiety attacks. He had been hospitalized regularly for these attacks, but when no beds were available he would be turned away. If untreated, his attacks often resulted in violent outbursts, and these outbursts often landed him in jail. His case is not unusual. At least 1 500 of the 12 500 prisoners across Canada require some form of daily care for serious mental health issues.

Prisons Instead of Mental Health Facilities

The number of federal inmates identified as mentally ill has climbed significantly in the past decade. This increase coincides directly with the closing of mental health institutions to save money and the lack of effective replacement programs. The closing of mental health institutions was partly in response to criticisms that the mentally ill were stuck in asylums with little likelihood of improvement. Michael Kirby, a retired senator and head of the Canadian Mental Health Commission, believes that as a result of the closures, the streets and prisons have become the asylums of the 21st century. John Bradford, a forensic psychiatrist who teaches at the University of Ottawa, agrees. He believes that a lack of acute-care services means the mentally ill and unstable are increasingly placed in jails alongside hardened criminals. Unfortunately, the stress of prison often brings on a psychotic episode, and the mentally ill inmate ends up being placed in a segregation cell. The senior manager of mental health for the prison service, Jane Laishes, admits that it is possible

for a mentally ill inmate to serve an entire sentence without being thoroughly diagnosed or treated.

Source: Information on the prison system and the mentally ill taken from the article "Mentally Ill Stuck on a Street-to-Jail Shuttle," by Sue Bailey and Jim Bronskill, *The Globe and Mail*, November 17, 2006.

Alternative Housing Arrangements

Mental health advocates believe that the key to helping the mentally ill is supportive housing arrangements. This type of housing would provide safe, clean, single-occupancy or double-occupancy apartments with a range of social services available on site. For example, doctors, mental health experts, and employment counsellors would be available. Tenants would have important roles within the complex, such as grounds maintenance, building maintenance, or checking on ill residents.

The many benefits of supportive housing include:

- a reduction in hospital admissions by up to 80 per cent
- fewer mental health episodes for many of the residents because of their involvement in their community
- less emergency service utilization, landlord abuse, and discrimination
- cost-effectiveness: more than 20 people can be maintained in supportive housing for the cost of one psychiatric hospital stay

Source: "Pillars of support: against all odds, housing workers keep homes steady," by Dan Werb, *CrossCurrents – The Journal of Addiction and Mental Health*, 2006;9.4:11(3).

Personal Reflection

1. Look back at the opening notes you made about your housing preferences. How strongly did you feel about your choices? How upset would you be if you had to live in a home that did not meet your desires? How much more stressful would that be for someone suffering from mental illness?
2. If supportive housing arrangements for the mentally ill actually save a great deal of money, why isn't there more of this type of housing?
3. If a supportive housing residence was going to be opened in your neighbourhood, how would you respond to a neighbour who wanted to take action to block such a development? Why?

HELPING THE MENTALLY ILL HOMELESS

Youth and Mental Illness

Quote

"Depression is so widespread it should be considered a social climate change crisis and made a public health priority." — Bill Wilkerson (*Toronto Star*, November 6, 2007)

Further Research

For more information on Youth and Mental Health, visit the CMHA Web site at www.cmha.ca/bins/content_page.asp?cid=3-1036&lang=1

Think About It

Do any of your friends suffer from mental illness? If so, what impact has this had on their daily life? Do you think mental illness is easier or harder to treat when it strikes someone young?

Specific Problems Facing Youth

When a young person begins to suffer from mental illness it may be difficult to diagnose. Adolescence is an emotional time, full of mood swings, anger, and depression. Sometimes adolescents withdraw from their parents or other adults in their lives and are therefore unable to communicate their new feelings or concerns. Sometimes young people have not learned the skills to cope with conflicts, frustrations, and confusing emotions.

Self-Injury

For some people, when they are unable to find the words to communicate their emotions and feelings, the build-up of these emotions makes it difficult for them to think clearly. Some people release this build-up by cutting, burning, or otherwise hurting themselves. The act of self-injury provides an immediate feeling of relief, but it doesn't solve the person's problems and can lead to serious consequences.

The Canadian Mental Health Association (www.cmha.ca) estimates that about 15 per cent of teenagers engage in self-injury, which includes behaviours such as cutting, burning, preventing wounds from healing, and pulling out hair. But on a much broader scale, behaviours such as smoking, abusing drugs or alcohol, bingeing on food, or staying in an abusive relationship can also be considered forms of self-injury.

Self-injury usually starts during adolescence. Most people who self-injure are from a middle- or upper-class background, and have low self-esteem. Many report suffering from physical or sexual abuse during childhood. Many also have a history of eating disorders. Almost all report that they were discouraged from expressing emotions in their homes, especially anger and sadness. This behaviour can last for up to 10 years.

Warning Signs

People who self-injure usually try to hide the behaviour. But the Canadian Mental Health Association reports that there are warning signs, such as:

- unexplained frequent injuries, such as cuts and burns
- wearing long pants and long-sleeved shirts in warm weather
- low self-esteem
- problems handling emotions
- problems with relationships

What Can Be Done?

The best thing to do if you are concerned about a friend or family member is to ask them directly if they are involved in self-injury. Don't be afraid that by asking or talking about self-injury you will offend the person. Research shows that people who self-injure need to know others "see them" and care about them. And just talking about self-injury won't cause someone to begin hurting themselves.

If you are hurting yourself, it is important to begin talking to someone you trust—for instance, a friend, family member, a teacher, school nurse, or guidance counsellor. Some teens stop injuring themselves once

their behaviour is found out. For others, knowing that someone cares can be enough to stop the behaviour. Treatment by a doctor or mental health expert can have very positive results.

Suicide

Unfortunately, the same factors that cause some young people to self-injure are also linked to suicide. Take the following True/False Quiz, based on “Some Myths About Suicide” posted on the Web site of the Canadian Children’s Rights Council at www.canadiancrc.com/Youth_Suicide_in_Canada.htm to see how much you know about this topic.

True/False Quiz

1. Young people rarely think about suicide.
2. Talking about suicide will give a young person the idea, or permission, to consider suicide as a solution to their problems.
3. Suicide is sudden and unpredictable.
4. Suicidal youth are only seeking attention or trying to manipulate others.
5. More females than males commit suicide.
6. Suicidal people are determined to die.
7. A suicidal person will always be at risk.

Answers appear on page 59.

We know that adolescence is a time of dramatic change, and young people often feel tremendous pressure to succeed at school or at home and to fit in with social groups. At the same time, experts point out that young people lack the life experience that lets them know that

difficult situations will not last forever. These factors sometime result in suicide. In fact, suicide accounts for about 25 per cent of all deaths among 15- to 24-year-olds, making suicide the second leading cause of death among young adults (the first is motor-vehicle accidents).

Answers to True/False quiz

1. F – Many teens have experience with suicide or suicidal thoughts. In a survey of 15 000 grade 7 to 12 students in British Columbia, 34% knew of someone who had attempted or died by suicide; 16% had seriously considered suicide; 14% had made a suicide plan; 7% had made an attempt and 2% had required medical attention due to an attempt.
2. F – Talking calmly about suicide can actually bring relief to someone who is feeling terribly isolated. Encouraging someone to speak about their suicidal feelings can actually reduce the risk of an attempt.
3. F – Suicide does not occur out of the blue, without warning. Eight out of 10 people who die by suicide gave some, or even many, indications of their intentions.
4. F – Suicidal youth are in danger. If they are trying to seek attention, it is because they are in need of help. All suicide threats must be taken seriously.
5. F – More females attempt suicide, but more males actually commit suicide. One reason for this is that males are much more likely than females to use guns as their method of suicide. Females are more likely to use drugs. There is more room for someone to intervene and get a victim help if they are suffering from a drug overdose than if they have shot themselves.
6. F – Suicidal youth are in pain, they don't necessarily want to die. They do want their pain to end, however, and if their ability to cope is stretched to the limit, it can seem that death is the only way to make the pain stop.
7. F – Many people feel suicidal at some time in their lives. But for most people, these are temporary thoughts that disappear when a personal crisis has been solved. Learning effective coping techniques to deal with stressful situations can help.

Source: Much of this information was excerpted from Reflections on Youth Suicide, on the Web site of the Canadian Children's Rights Council at www.canadiancrc.com/Youth_Suicide_in_Canada.htm.

The Problem of Silence

In this *News in Review* story you have learned that there is a stigma associated with mental illness. This stigma makes it difficult for people who feel there might be something wrong with them to discuss their feelings. No one wants to be labelled as “crazy,” and certainly young people feel great pressure to fit in rather than stand out as “different.” And when

a person's thoughts turn to suicide, they are even less likely to share their feelings with others. If a friend or parent knows that a teenager is very unhappy or is having suicidal thoughts, they are often afraid to raise the topic. This is because they mistakenly believe that talking about suicidal feelings will increase the chances that the person would actually commit suicide.

Debate

With a partner, or as entire class, debate the following statement:

Teenagers often feel great pressure to keep their friends' secrets confidential. However, when a person is having suicidal thoughts, it is no time to keep a confidence.

HELPING THE MENTALLY ILL HOMELESS

Activity: Mental Illness in Canada

Further Research

For more information on mental illness, visit the Web site of the Canadian Psychological Association at www.cpa.ca.

In this *News in Review* story you've learned about the staggering statistics related to mental illness. Most experts agree that there are about six million Canadians who suffer from mental illness, although most who suffer do not seek out the care they need because of social stigma and discrimination.

Your Task

Your teacher will ask you and a partner or small group to research one of the topics below. You will consult a variety of sources, learn about your topic, and then make a short presentation on your topic to the class.

Your presentation will include:

- five points that describe the major symptoms/problems associated with the illness
- two or three points describing who is most likely to suffer from the disease (gender, age, family background)
- five points that describe treatment options and the usual outcomes of treatment
- one short personal story from someone who suffers from the disease
- three points that describe what you think needs to be done to help sufferers of the disease

Topics

- clinical depression
- bipolar disorder
- paranoid schizophrenia
- catatonic schizophrenia
- disorganized schizophrenia
- dissociative identity disorder
- gender identity disorder
- obsessive compulsive disorder
- agoraphobia
- panic disorder
- social phobia
- post-traumatic stress disorder
- anorexia nervosa
- bulimia nervosa
- borderline personality disorder
- antisocial personality disorder
- narcissistic personality disorder
- mild mental retardation
- attention-deficit hyperactivity disorder (ADHD), or hyperkinetic disorder

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A list of the stories covered last season and to date in the current season is provided below.

The complete chronological index for all 17 seasons of *News in Review*, and a subject-oriented index listing *News in Review* stories appropriate for various subject areas can be accessed through our Web site at www.cbc.ca/newsinreview. Hard copies of these indexes can also be obtained by contacting CBC Learning.

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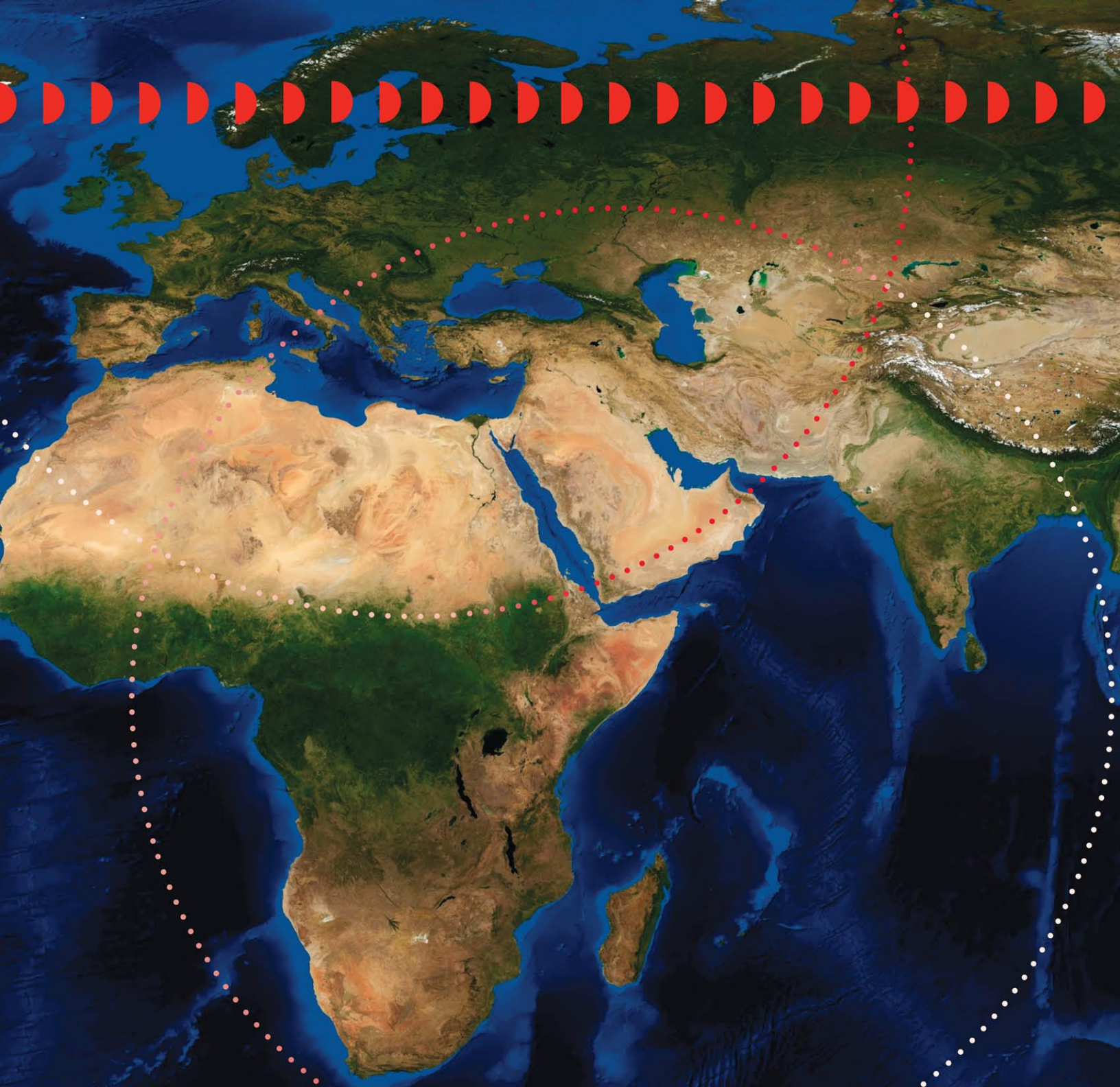
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The Trials of Stephen Truscott
The Act that Made Us Canadian
Going Green to Fight Global Warming

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