WELCOME TO

Eabametoong First Nation



booshoo

Eabametoong First Nation



Welcome to the land of the reversing waters,

On behalf of Eabametoong First Nation, I welcome you all to your new home for the next two years. As you will read, my letter combines the history and context of the Anishinabeg people on our traditional land. We want you to learn as much about our worldview and way of life, as our children will learn in contemporary education from their teachers in the school setting.

The traditional name of 'Eabametoong' means the reversing of the water place. Today, the natural occurrence of reversing waters is less visible since the dams diverted the headwaters of the Albany River. The name 'Fort Hope' comes from the fur trade era where the Hudson's Bay Company constructed a fur trading post here in 1890. Both names are still in active use as indicated on maps.

The ancestors of Eabametoong and surrounding area – and generations now of the Ojibway Anishinabeg – have occupied this area since the time of the last ice age. The people were semi-nomadic and riverine, meaning they travelled extensively about throughout the many river systems.

The Albany River is the ancient east-west highway that still allows the Anishinabeg to travel and carry on the traditional customs and harvesting by hunting, fishing and trapping. The language of the Eabametoong people is part of the Algonquian group and the Ojibway subculture. Many dialects exist and Eabametoong has its own. Ojibway ancestry is a verbal society and mostly unwritten. Missionaries introduced the written syllabics to depict the sounds of the words into the English language.

During the past 400 years, the mainstay economy was the fur trade during which time the people traded furs to new metal tools and goods for survival. The Hudson's Bay Company built the Fort Hope Post because Eabametoong was the crossroads of the fur trade routes north-south and east-west.

Along with the fur trade came the missionaries that brought Christianity and education. Two missions were established beside the Fort Hope Post – the Catholic mission and the Church of England (Anglican). Next the government arrived to sign a treaty with the people of Eabametoong as it did with other peoples and Nations across what later became known as Canada. James Bay Treaty No. 9 was signed at Fort Hope on July 19, 1905. The treaty created the Fort Hope Indian Band and established the Fort Hope Indian Reserve #64.

The treaty is a collective agreement and the Indian Reserve is held for the collective use of the Fort Hope Indian Band. The federal law or legislation that is applicable to the Fort Hope Indian Band and Fort Hope Indian Reserve #64 is the Indian Act. The Indian Act gives power to Indian Affairs to build schools on an Indian Reserve. Prior to building Indian Day Schools on reserve, the government established Indian Residential schools to which school age children were sent out for ten months of the year. The church missions across Canada were charged with the task of educating and christianizing the Indian children. The notion was that the Indians were uncivilized as per modern society and pagans as per their customs, traditions and practices.

The churches started formal schooling at Fort Hope and local children were taught the basics of English at the church and mission house. In 1955, Indian Affairs built a one classroom day school on reserve 4 km west of the present community direct across the Fort Hope Post. At that time not many people were living here except the family clans living on their traditional territory of Eabamet Lake area - the Yesnos, Oskineegishes, Oshags, Okeeses, and Papahs clans. Prior to the treaty signing the people lived out on the land in various locations in family and clans groups within their traditional land use areas. Around 1960, the newly formed Fort Hope Indian Band members met to decide to establish a new community together. During this time, the people were divided along religious lines and realized the need for unity if they were to live together.

In 1962, two new houses were built from local lumber and sawdust insulation. It was the beginning of a new town site, new housing and other infrastructure.



The people of Eabametoong are masters of survival and have adapted from the nomadic life out on the land to the stationary life on reserve. The people are still in transition and retain a strong passion for the land. The transition is not without its problems and circumstances as there are social problems like alcohol and drug abuse that continue to plague the community, sometimes resulting in violence, suicide, and homicide.

One can take the current isolation and remoteness of living in Eabametoong in one of two ways: enjoy the freedom the land offers or feel emptiness at the lack of things to do. You will find being out on the land as the most rewarding and satisfying experience one will ever encounter. No place on earth has six seasons such as we have on the Ojibway calendar as it is here at Eabametoong where one looks forward to each successive season. You are very close to nature when you come to Eabametoong as you actively engage in the outdoors.

Common activities include swimming, canoeing, boating, hiking, camping, together with fishing, during the summer and winter, snowshoeing, cross country skiing, hockey, skating, and snowmobiling during the winter. Of course hunting, fishing and trapping are still practiced. The greatest connection you can make is to team up with the families that regularly continue to be out onto the land. Humility, the ability to listen without judgement and respect are key to creating relationships that will last a lifetime.

The best way to get the parents to engage with you and the school is to make friendships with the students' families. You may be shy at first, yet after some time, there is a comfort in the relationship. Take an active interest and you will see a return.

The people of Eabametoong enjoy dancing when the occasion calls for it. Square dancing, a favourite fun activity, was introduced during the fur trade era with the importing of the fiddle and violin. Every summer, the pow wow is carried out to exercise the culture and tradition through traditional dancing and competitive dancing.

The school also has fun activities for the sports-minded such as volleyball, baseball, basketball, hockey and the outdoor activity program. Take a tour of the Eabamet Narrows - between Eabamet Lake and the Albany River - where the reversing naturally occurs during the spring river break up. Visit and stand on the site of the HBC company, Fort Hope Post (no longer there) and the two missions (old churches still standing). Create long lasting friendships and come to understand the relationship to the land and the Anishinabeg worldview. As educators, by listening and respecting the ways of this worldview, you cannot help but learn the ways of the Eabametoong Anishinabeg. Welcome!

A couple words to start you off: Booshoo! (Hello) Meegwetch! (Thank you)

Respectfully,

Andy Yesno Former Senior Advisor to Chief and Council Eabametoong First Nation



Community

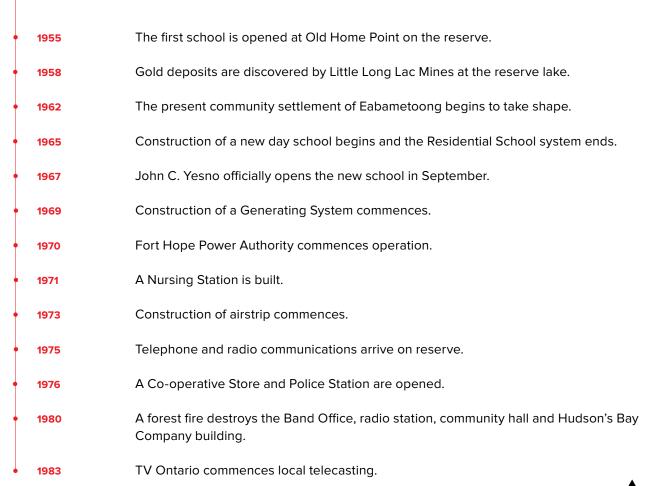


Eabametoong is a traditional name which means "the reversing of the water place". Each year due to water runoff, the water at Eabamet Narrows, which flows into the Albany River, reverses the flow back into Eabamet Lake for a short period of time. Before the fur trade, the people of Eabametoong lived at Eabamet Lake in seasonal locations because of the abundance of fish, including sturgeon, walleye, and whitefish. When the fur trading post and the missions were built, more people were drawn to take up residence close to the "Fort Hope" site.

In 1905, when the treaty was signed at Fort Hope, the Fort Hope Band and the Fort Hope Indian Reserve came into existence. At the time of the treaty signing, 500 people signed on. The new community of Eabametoong was started in 1982. The official name, Eabametoong First Nation, along with the community flag, was adopted in 1985.

| 1890 | Hudson's Bay Company establishes a fur trading post on Eabamet Lake. |
|----------------|---|
| 1891 | The outpost of Fort Hope is established at Attawapiskat Lake to separate the Indians and the fur traders. |
| 1894 | The Roman Catholic Church begins construction of a church building. |
| 1898 | Construction of the first Anglican Church is completed. |
| 1899 | The first calf is born at the outpost. |
| 1905 | The James Bay Treaty No.9 is signed. |
| 1908 | The first Peterborough canoes are brought in for the Hudson's Bay Company. |
| 1909 | A survey of the reserve begins. |
| 1911 | The survey of the reserve is completed by Dobie on July 19th. |
| 1920 | Peterborough canoes replace birchback canoes. |
| 1927 | Gold is discovered at the Fort Hope mine (Round Lake). |
| 1930'S | The first float planes enter the area and children begin attending Residential School. |
| 1931 | Fort Hope Reserve #64 is ratified by order-in-council. |
| 1940 | The First Nations Band surrenders the mineral rights and the reserve is declared open for exploration |
| 1940 's | A gold rush results in the discovery of gold deposits to the East of the reserve by Williamson. |

A Brief History





Community Map

Eabametoong

6





Significance of the School Name

A new Fort Hope Day School of four classrooms was constructed during 1965-66 and opened in September 1967. With the influx of band members relocating onto the Indian Reserve from their traditional lands and by virtue of the Indian Act that required Indian children to attend school, the first school quickly outgrew the student population and portable classrooms were built until Indian Affairs finally built an extension to the school from Kindergarten to Grade 10 in 1989-90 which we still use today. Yet even now, it already has four portable classrooms in order to accommodate the doubled size of elementary grades.

The day schools were initially operated by Indian Affairs and Northern Canada (INAC) until the late 80s during which time they introduced its education devolution policy to give more local control and administration to a local school committee. Today the school is operated and administered by a local Education Authority which has full jurisdiction. The name was also changed from the Fort Hope Day School to the John C. Yesno Education Centre after one of its pioneers in the vision for modern education.

The name 'Yesno' comes from the days of the treaty when one of

the signatories – Yesno was the community member with the most knowledge of the English language; he knew the words 'yes' and 'no'. The Eabametoong pioneer, John Cooper Yesno (not the treaty signer) had no formal schooling nor education. He worked alongside with the fur traders, the missionaries and the government. John was self-taught and learned from his contacts to be able to speak, read some and write some of the English language. A Catholic priest taught him English and French and in exchange John taught him the Objibway language. John was an entrepreneur – a general store owner in stiff competition with the Hudson's Bay Company empire, a hunter, fisherman and trapper, a tourism outfitter and commercial fisherman. John foresaw that the old way of life of fully living off the land would someday be diminished and the people would need modern tools for survival. Education was seen as a modern tool to this new modern way of life. John ensured his children got an education even when Indian Affairs demanded he pay a subsidy for education because he owned a business. Today we have the John C. Yesno Education Centre, a school to educate the Eabametoong children from Kindergarten to Junior Secondary before they move south to complete their secondary and post secondary education.

John C. Yesno Education Centre



School Population 340

Grades

Junior Kindergarten to Grade 9

Principal Elisa Bourdon

Vice Principal Thomas Stanley

Acting ED Leanne Whitehead

Unique Events

- Bi-weekly Outdoor Education day trips
- Track and Field Days
- Summer Fun Days
- Winter Carnival Days
- Winter Talent Shows
- Monthly Assemblies
- Graduation Trips and Assemblies

Welcome!

The school has a fully stocked gymnasium with all the equipment you could ever need.

The school has a dedicated weight room for staff that includes an elliptical, treadmill, bowflex, weights, kettle bells and benchpress. The school runs three different programs throughout the year (After School Program, Arena Program and a Nutrition Program). The After School Program is run four days a week and will give you the opportunity to interact with the kids. The program provides a full hot meal to every student four days a week. It also provides them with the opportunity to engage in physical activity and artistic adventures. The arena program runs in conjunction with the After School Program and gives you the opportunity to skate on the ice with the kids during the winter. The Nutrition Program provides hot/cold meals and snacks daily to the students.

What is the school most proud of...

The school is most proud of its ability to fundraise and find different streams of support. The school currently hosts two week-long graduation trips. The grade eight class goes to Ottawa and participates in some very fun activities. The grade nine class travels to Thunder Bay and visits the different high schools, while participating in some fun activities. We are also very proud of our Outdoor Education program. Students are given biweekly opportunities to participate in outdoor adventures such as hunting, canoeing, ice fishing and camping.



A Day in the Life of a Teacher



8:00 – 8:30 Teachers arrive at school and prepare for the day in their classroom, including getting snacks and breakfast from the kitchen.

9:00 – School begins. Most students walk to school; kindergarten students are bussed in.

9:00 – 11:50 Students are in classes and follow a subject schedule prepared by their classroom teacher.

Recess: Each class goes outside for recess with their own teacher at a time specified by the teacher. Recess is divided such that 20 minutes is spent outside and 10 minutes are spent eating a snack. Typically the recess is between 10:00 – 11:00.

11: 50 – **12:50:** Lunch. Students go home for lunch; teachers can choose to stay at school or go home during this time. All teacherages live close enough to the school to have time to go home if they so choose.

12:50 – 3:30: Students are in class and follow a subject schedule prepared by their classroom teacher.

Recess: Each class goes outside for recess with their own teacher at a time specified by their teacher. Again, 20 minutes are spent outside and 10 minutes are spent eating a snack. Typically between 2:00 - 3:00.

3:45 – 4:30 Teacher prepare for the next day in their classroom.

4:00 – 6:00 After School Program for students who have parental permission. Students rotate between three stations of nutrition, sports, and art.



Extracurricular Activities

- After School Program
- Track and Field Team Grades 4-8 •
- Baseball Team Grades 4-6
- Boys Club Grades 4-6 •
- Girls Club Grades 4 6 •
- Girls hockey .

What activities would you like teachers to organize for students? •

Math club



Example Timetable for Grade 1 to Grade 6

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| 8:45 - 9:00 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 9:00 - 10:00 | Literacy | Literacy | Literacy | Literacy | Literacy |
| 10:00 - 10:30 | Recess/Snack | Recess/Snack | Recess/Snack | Recess/Snack | Recess/Snack |
| 10:30 - 11:10 | Literacy | Literacy | Literacy | Literacy | Literacy |
| 11:10 - 11:50 | Native Language *Prep |
| 11:50 - 12:50 | Lunch | Lunch | Lunch | Lunch | Lunch |
| 12:50 - 1:10 | Independent Reading | Independent Reading | Independent Reading | Independent Reading | Independent Reading |
| 1:10 - 2:20 | Gym (40 min) / Math | Math | Math | Math / Gym (40 min) | Math / Gym (40 min) |
| 2:20 - 2:50 | Recess/Snack | Recess/Snack | Recess/Snack | Recess/Snack | Recess/Snack |
| 2:50 - 3:30 | Science | Social Studies | Science | Social Studies | Art |
| 3:30 - 3:50 | Read Aloud Closing Circle |

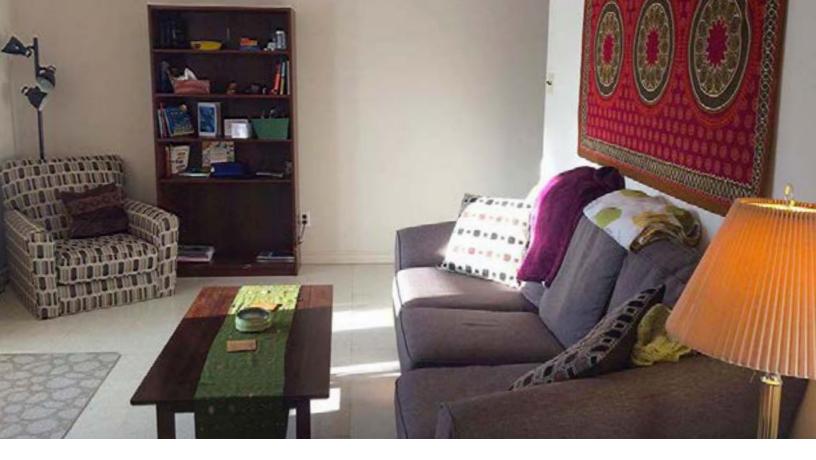




Facilities

John C. Yesno Education Centre is comprised of the main building (pictured) and four teaching portables which house our junior and senior kindergarten classes. It is a modern, well-equipped, privately band-operated school with a library with a SMART Board, a science lab, a gymnasium and teacher and classroom resources areas. There are two Mac Labs on Wheels that can be booked by teachers.





Teacherages

The teacherages are fully furnished and include couches, TV and DVD player, fridge, freezer, microwave, stove, basic cookware, dishes and cutlery, irons and ironing boards, washer and dryer, and bed. The teacherages are located within a 5-to-10 minute walk of the school and are 1-3 bedroom apartments. The Education Authority recently opened an additional 8-Plex Teacherage that accommodates single teachers.

Teacherages typically have essential supplies that are replenished each year, but teachers may prefer to bring their own items (frying pan, knife, etc.). Bringing a knife sharpener is a good idea! Power outages happen occasionally, meaning no heat or light, so be sure to bring blankets and a few candles. Tap water is not potable. A few teachers have tried gravity filtration systems, but most have proved unreliable. Teachers are able to carry potable water from the school, which is equipped with a proper filtration system.

Tbaytel and K-Net provide cellular service in Eabametoong. Teachers must set-up their phone plans in Thunder Bay before moving. There are two internet providers: Xplornet satellite internet, and the local EFN Cable company. Very few teacherages are equipped with Xplornet. Receiving their service at other teacherages has been very difficult. EFN Cable provides a modem for its users which can be picked up at their building, although they have experienced modem shortages in the past. Teachers living in teacherages close to the school can generally use the school internet at home, but it is not always reliable. The local internet is slow, comparable to dial-up. The community is unlikely to obtain wired high-speed internet within the next five years.





Community Activities

Community Centre

All the main community events happen at the community centre, from sports such as volleyball and exercise classes, to dances, to presentations from visitors from out of town, to band meetings.

Events and Activities in the Community

Blueberries are ready to be picked at the end of August. The season usually lasts a couple of weeks. Teachers are welcome to go blueberry picking. It's best to pick a lot and freeze them to enjoy over the winter.

Favorite sports in the community are hockey, volleyball, and baseball.

The school purchased two brand-new ski-doos (with sleds and helmets) that are available for teachers to use. The school also has traditional wooden snowshoes, but there are limited numbers available, so many teacher prefer to bring their own snowshoes with them.

Eabametoong is working on a community garden, so locally-grown fresh produce may be available in the coming years (the first crop is going to be potatoes).





Snowshoes

2

School camping



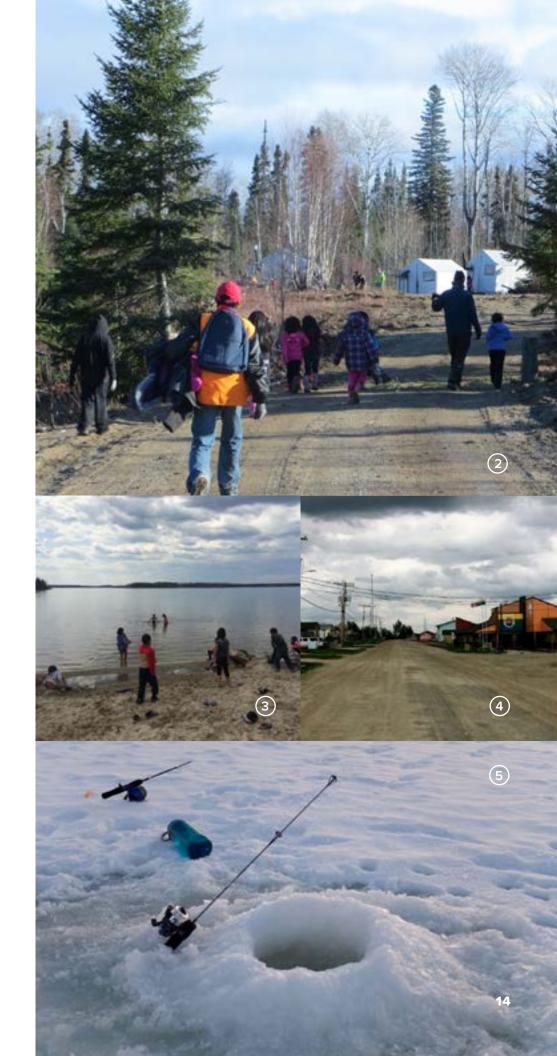
By the lake

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Main street in Fort Hope

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Ice fishing



Get to Know Eabametoong Community Members



MEET NANCY WASWA, Education Director

What do you like most about your community?

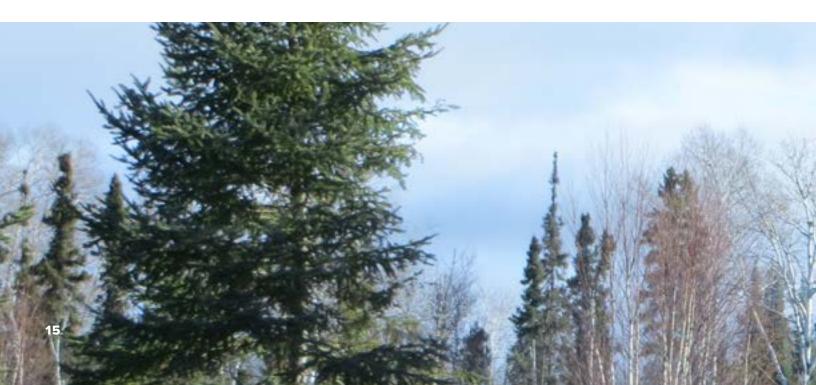
I like being in my community because it has a lot of challenges, especially in times of crisis, but our community pulls together. We are able to support each other, our families, and pick each other up.

What do you like to do in the community when you have a day off?

Depends on the season. I like to go for drives in the fall. The winter is hockey season. In the spring I go hunting. During the summer, I enjoy blueberry picking and our community festival. I support my husband with wood cutting. Whatever is happening in the community, I never have time to be bored!

How would you describe your community to someone who had never been?

A very rich community of welcoming teachers - even from guests who come, I hear positive comments. We make the news sometimes, but we have a rich culture. We go out for trapping, fishing - when teachers want to experience these things, they enjoy it. We live in an open and friendly community to all guests. We live on a beautiful land and lake. Come with an open heart to learn. Make friends!



MEET MARY MEESEETAWAGEESIC, Executive Secretary, Education Authority

What do you like most about your community?

How everyone comes together and supports each other - in good times and in challenging times. There are great events like the annual summer festival with games, bingo, and canoe races (each canoe is filled with people who share the same last name) - I came in 3rd last year!! We host pow wows, after school programs, school camp in the bush, and there is a breakfast program and hot lunch for the students.

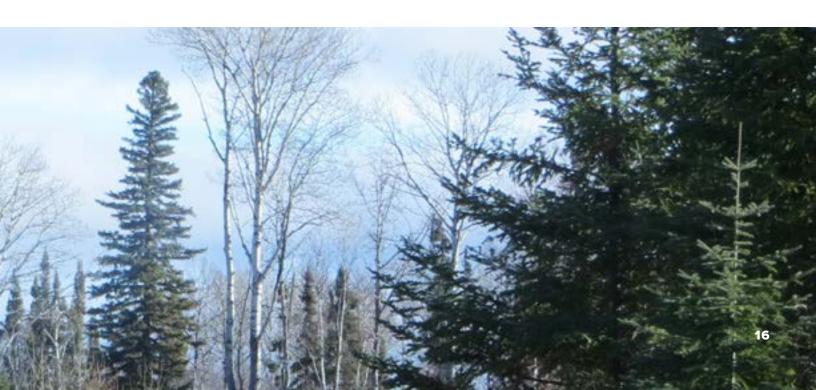
What do you like to do in the community when you have a day off?

Spend time with my family and kids. We go out in the boat, or drive in the truck. We are planning to go camping on Long River. I enjoy fishing for pickerel, and jackfish, netting for sturgeon on Yamet Lake, and going out ice fishing.

How would you describe your community to someone who had never been?

Full of nice people who are inviting and friendly. We give new teachers a welcome gift with crackers, meat, and jelly. It is a big community with lots of streets, and many places to go and explore. There is a point where you can go to have gatherings, fires, cookouts, and where the kids like to go swim. You are able to walk place to place. There is a little coffee shop where everyone goes to get their tea, coffee, and the news.









Getting to and from Eabametoong

Air Travel

Wasaya and North Star Air are the two airlines that provide regular service to Eabametoong. With North Star Air, a one-way ticket costs \$250 or \$500 for a round trip. This price includes 40 lbs of luggage. Necessities should be put into a small, 40 lbs bag, as it can take several days before the rest of your luggage will arrive. Priority will also be given to small bags with perishable food items.

Plastic bins (i.e. Rubbermaid) are the best way to ship freight to Eabametoong by plane.

Road Travel

Eabametoong is connected to several communities by ice roads, open a few weeks a year. It is connected to Neskantaga First Nation and Pickle Lake, among others.



Practical Advice

What's going on in Eabametoong?

There are a number of ways to find out what is going on in the community:

- Radio: There is a local radio station (89.9 FM) in Eabametoong. With the involvement of Journalists for Human Rights, there is a broadcast from 12-1pm Monday to Friday. The station also re-broadcasts shows from the Wawatay radio station. CBC is also available on 101.5 FM.
- Facebook: There is a local "Fort Hope Marketplace" Facebook group.
- Bulletin Boards: There are bulletin boards at the school, the Band Office, and Corny's Variety Store.

Businesses and Goods in the Community

Local store Corny's receives their shipments on Tuesdays and Thursdays of each week. The store has a lot of canned and frozen food items, but a limited selection of fresh foods, spices, and other goods. Stock up on specialty items before you arrive. It is especially smart to bring up pulses, like lentils, couscous, quinoa, and dried beans, as they are cheap, filling, and rich in protein, and are not carried at Corny's. Only frozen meat is available at the store, and it is – as everywhere else – quite expensive. Get used to drinking whatever milk they bring in that has the longest shelf life, sometimes it will be skim, other times it will be 3%, and rarely 1% or 2%. They sometimes have cream, but irregularly. They do carry non-dairy soy options from time to time. Similarly, they also have a few boxes of gluten-free pasta, but little else. Prices are fairly reasonable for the remote location.

The Diabetes Association has been running fresh produce markets fairly regularly (about once a month), that offer a variety of items for low prices. Teachers are welcome to buy goods at the market, but should hold back on the occasions when they send a few special items, such as turkeys around Thanksgiving.

The local coffee shop, "White Clay North" has been selling prepackaged baked goods this year. The other community store, Waboose Toys, located near the school, sells toys, coffee, pop, junk food, and a very limited selection of grocery items. They currently take debit.

Some locals carry on quite a business in selling fish in the fall and spring, and teachers are also free to fish as well. You can also buy moose meat, but only in the fall, so it is best to buy a lot when the sellers start to come door-to-door, as it is a limited window. Stock up for winter! (And if you plan on eating much moose at all, any local will tell you to buy a slow cooker, as it is generally a lean meat and prone to being tough.) You can also buy partridge from locals when it is in season. Some other cooked and baked goods are sold online via the "Marketplace" Facebook page.

Teachers will likely want to bring their own feminine hygiene products and prophylactics as there is limited access to both.

Most teachers prefer to buy their toilet paper in bulk in the south and ship it up, but it is available in the community (though more expensive).







Banking and Money

The community does not have a bank, and consequently it is extremely difficult to get cash.Teachers should bring up whatever cash they might need for the semester (e.g. to buy art, handicrafts, or meat and fish from door-to-door sellers, for the occasions when the debit system is down at the store, etc.).

Entertainment

Because the internet is slow and streaming doesn't work, it is a good idea to download all the movies and shows you will want to watch. DVDs are still popular here, so you can rent them at one local house, or buy them from the regular flea markets held at the school. If you bring some with you, you will probably be able to sell them when you leave.

Shipping

The only post office in the community is located in Corny's Variety Store. Its hours are 10am-12pm, 1-4pm daily. Since teachers are usually busy during those hours, most of them have packages sent care of the school's mailing address, a P.O. box. Some websites won't ship to P.O. boxes. The workaround to this is simple: write down the street address, which will result in the mail being delivered to the school. The school picks up parcels once or twice a week.

Shipping times vary wildly, but it is best to plan on two weeks as a minimum for any letter or parcel. If you drop off an item to Nakina to ship, but aren't traveling with it, the base fee is \$30 (or \$20 for an envelope), which includes 20lbs. If you have someone to drop items off at the airport in Thunder Bay, this can sometimes be cheaper than paying the cost of shipping through a website.



Online Shopping

Medication: Medicine and other products can be ordered from Remedy's Rx (pharmacy) in Sioux Lookout; shipping is \$10. At present, WalMart ships to Eabametoong for \$10 (with a weight and size limit). Well.ca (offering groceries, toiletries, and organic products) also ships for a reasonable rate, see their pricing scale online.

Small Appliances: Some products can be ordered directly from manufacturers, who often offer free shipping and don't factor remote locations into their pricing. For example, many small appliances can be bought directly from Sunbeam.ca. Tea: For tea lovers, the selection at the store is limited, but David's Tea offers free shipping for orders over \$50 and regularly have a free shipping promotion. Costco: Some teachers have purchased from Costco. They ship for free, and though they don't ship to PO boxes teachers have had luck in using the street-address workaround.

Outdoor gear: MEC offers free shipping on orders over \$50. Pet Food: The store carries only two brands of dog food (Pedigree and Purina), and they are very expensive. Many teachers have found that it costs the same amount to buy a higher quality dog food in the south and have it shipped up. Other: Shipping costs from many other popular web merchants (Amazon, etc.) are prohibitively high.



Population On-Reserve









Ojibwe and English





Treaty

Average Yearly Temperature



Access

28°C

Community Name Eabametoong First Nation

Tribal Council Matawa First Nations Management

Provincial Territorial Organization (PTO) Nishnawbe-Aski Nation







Jan - Mar

96km ice road from community to main link road from January to late March, depending on cold climate.



Eabametoong Directory

JCY School 1 (807) 242-8421

EFNEA (Education Authority) 1 (807) 242-1305

Nursing Station 1 (807) 242-7401

NAPS (Police) 1 (807) 242-8561

Fire Department 1 (807) 242-1300

Nakina Air Service 1 (807) 242-7497

Mailing Address P.O. Box 297, Eabamet Lake, ON POT 1L0





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CR number: 819967282RR0001