



# Wabun Sun

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Issue One

## Wahgoshig First Nation Signs Memorandum of Understanding

A golden opportunity has been announced with an agreement between Wahgoshig First Nation and Apollo Gold Corporation. Representatives from Wahgoshig and Apollo Gold, a major gold mining and exploration company, signed a Memorandum Of Understanding (MOU) to establish the base of a new working relationship. This Memorandum Of Understanding was signed at the First Nation administration office on Tuesday January 23, 2007.

The agreement will provide a framework for communications and interim benefits for the First Nation concerning the initial development of the Black Fox project. The project is an early stage gold mining initiative by Apollo Gold Corporation located 10 kilometres east of Matheson, Ontario and it is situated within lands on which Wahgoshig First Nation has asserted treaty and aboriginal rights.

Wahgoshig Chief Dave Babin, is hopeful that this

initial signing will be the start of a beneficial relationship between his community and Apollo Gold.

"It feels good to know that a major corporation such as Apollo Gold is developing a working relationship with our community and taking an interest in the issues that are affecting our people. We have a large youth population in our community and our hope for the Black Fox development is that it will create employment and other opportunities for our young people," said Chief Babin.

Shawn Batise, Executive Director of Wabun Tribal Council commended everyone involved.

"This is a great day for Wahgoshig First Nation and I congratulate their leadership and the representatives from Apollo Gold for their hard work and effort in making this possible. Other companies need to take note of the developments that are happening here in Wahgoshig First Nation. Our First Nations need a sense of ownership and a share of the benefits that are

taken from their lands," said Batise.

Deputy Grand Chief, Alvin Fiddler, Nishnawbe-Aski Nation congratulated Wahgoshig First Nation leadership and noted that this is a good example of First Nations becoming more involved in what happens on the territories.

"Wahgoshig First Nation leadership worked hard to establish a good relationship with Apollo Gold and now they will be able to negotiate meaningful benefits for their First Nation," said Deputy Grand Chief Fiddler.

The Black Fox Project is currently in a feasibility study stage with a projected start to actual development scheduled for early 2008. The company is planning on the creation of an open pit mine combined with underground mining and an onsite milling facility. The project is expected to generate a mining facility that will process 1,500 long tonnes per day.

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SIGNING CEREMONY FEATURED R. DAVID RUSSELL (LEFT) PRESIDENT AND CHIEF EXECUTIVE OFFICER FOR APOLLO GOLD CORPORATION AND CHIEF DAVE BABIN (RIGHT) WAHGOSHIG FIRST NATION.



CEREMONY VIPS ARE FROM L-R: R. DAVID RUSSELL, PRESIDENT AND CHIEF EXECUTIVE OFFICER FOR APOLLO GOLD; DEPUTY GRAND CHIEF ALVIN FIDDLER, NISHNAWBE-ASKI NATION; ELDER NOEL DIAMOND, WAHGOSHIG FIRST NATION; SHAWN BATISE, EXECUTIVE DIRECTOR, WABUN TRIBAL COUNCIL AND CHIEF DAVE BABIN, WAHGOSHIG FN.

## Wabun Health Services Hosts An Appreciation Night For Community Crisis Teams

Wabun Health Services hosted an Appreciation Night recently for volunteer members who are part of the

Community Crisis Teams in each of Wabun's communities. The event was held on the evening of December 1,

2006 at the Golden Dragon in Timmins. Crisis Team members were brought together for a day of training in Timmins. In the evening the volunteers were invited to a dinner and awards ceremony. Presentations were made to each of the volunteer members serving their communities as Crisis Team members.

"This is the first time we have ever had an event in honour of our volunteers. Over the years many volunteers have shown their commitment to assisting their Wabun communities but time slipped by without anyone really taking the time to officially give thanks for their efforts. This was a great opportunity for us to show our appreciation for the valuable services and assistance our volunteers provide to their community," said Mike Archer, Regional Crisis Coordinator for Wabun Health Services. Current communities

with Community Crisis Teams in place include the First Nations of Beaverhouse, Matachewan, Mattagami and Wahgoshig. Past team members from each community and those who are currently taking short leave of their volunteer positions were also recognized. First Nation leadership representatives were also on hand to say a few words of thanks and to present the awards and presentations. A plaque was presented to each of the volunteer members in recognition and appreciation for their service to their communities.

First Nation leaders attending the event were Chief Willis McKay of Mattagami FN; Chief Dave Babin of Wahgoshig FN; Councillor Gertrude Nolin of Matachewan FN and Deputy Chief Marcia Brown of Beaverhouse FN.

Individual Awards were also presented to one member in each community in recog-

nition of their continued dedication and outstanding Crisis Volunteer Work in their community. The award winners for the years 2005 and 2006 were George Sackaney in Wahgoshig FN; Morris Wheesk in Mattagami FN; Marcia Brown in Beaverhouse FN and Alfred Batisse in Matachewan FN.

"These individual awards were for those individuals who went above and beyond the call of duty. These volunteers provided an example for others to follow through their continued dedication to their community," said Archer.

The awards night was made possible through the support and funding contributions of each of the communities with donations that were matched by Wabun Tribal Council.

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## Elder George Batisse Will Be Sadly Missed

Wabun Tribal Council was saddened to receive the news of the passing of Elder George Batisse Sr. on January 8, 2007. A member of Matachewan First Nation, Elder Batisse held the position of Chief for his community in the 1970s for several years. He was also protector of one of the only known original Treaty Flags commemorating the signing of the James Bay Treaty #9.

Elder Batisse passed on peacefully at the Rosedale Centre in Matheson, Ontario at 85 years of age. He is predeceased by his loving wife Leta, three of his sons Ken, Gary and Wayne, his parents Harry & Annie and by his brothers and sisters Larry,

Mike, Lousia Millen, Lorena McKenzie and Elie. Elder George Batisse is survived by his children Lorena MacKay, Norman Batisse, Marlene Collins, Dennis Batisse, George Batisse, Jr., Deborah Dunn, Diane Batisse, Connie Cutting, Christine Jerma and Terry Guraliuk. He will be fondly remembered by sixteen grandchildren and four great-grandchildren. He will be sadly missed by his two surviving sisters, Elise Plourde and Laura Flood and by brother, Barney Batise.

A community service was held in the Matachewan Community Centre on Saturday, January 13, 2007 with Father John Lemire officiating.



# Wahgoshig Elder Noel Diamond Shares Life Experience



Elder Noel Diamond of Wahgoshig First Nation is the featured Elder of the Issue for this edition of Wabun Sun. He is currently retired but he is serving his community as a First Nation Councillor. He is acting as an Elder representative for the Chief and Council in his community.

"I do my best for my people and to help create a healthy community for everyone. We are doing better now than in the past and the future is looking good. There is a lot of work being done in our community. Our Chief and Council members are working hard to encourage our people and to help our youth," said Elder Diamond.

Elder Diamond grew up on the shores of Lake Abitibi in the community of Lowbush, where many residents of Wahgoshig First Nation originally lived. As a child, he attended primary school for a

few years in the community of Lowbush. His family followed a traditional lifestyle of hunting, trapping and fishing on Lake Abitibi in an area called Lake Bingo, located 12 miles from Lowbush. This is where Elder Diamond learned how to hunt and trap from his family and relations. At the age of 12, Elder Diamond's father Jim Diamond passed on. A few years later his mother Mary Singer also passed away.

In 1983, Elder Diamond left the community of Lowbush to live with his people in Wahgoshig First Nation which had been recently established. However, he and his family continue to maintain their original home in Lowbush.

"We don't live there anymore but we still go out to our little place in Lowbush to hunt and fish in the fall. Whenever I visit our traditional home, I pass on my knowledge of Lake Abitibi to younger people. I point out any dangers they need to keep in mind and how not to get lost on the lake and its rivers," said Elder Diamond.

In addition, he takes the time to pass on his traditional skills as a hunter and trapper.

"I enjoy taking the time to teach young people what I know about gathering food from the land. I also want to teach them how to stay safe on Lake Abitibi as it can be a very dangerous place. It feels good to pass on this knowl-

edge and many of the young people learn fast and they catch on right away," said Elder Diamond.

He has spent most of his life around Lake Abitibi, his homeland where he managed to find some work in seasonal employment while continuing to follow a traditional way of life. He worked in the past for Ontario Hydro as a labourer at one of the company's operations at Little Long Rapids near the community of Fraserdale. For ten years, he found seasonal employment opportunities all over Northern Ontario in logging operations with many different companies. At one point, he was employed in Wahgoshig First Nation in a project that was conducting logging operations. He has also been able to apply his skills and knowledge as a traditional hunter and trapper to act as a guide. As a guide, he was employed for 16 years by James Bay Outfitters based in Cochrane Ontario.

Elder Diamond is a First Nation Ojibway person and he is fluent in speaking the Ojibway language. He is hopeful that part of his community's development will include encouraging young people to learn their traditional language.

"Our language is slowly becoming lost. Not many people are speaking it in this generation. It would make me and other Elders in our community happy to see our young people learn to speak the language

again. Everyone should be able to speak their traditional language as it is part of what makes a people," said Elder Noel Diamond.

He receives visitors at his home on a regular basis from individuals seeking guidance or wanting to learn about First Nation traditions and culture.

"Young people in our community come to visit me and I always take the time for them. I encourage them to stay away from drugs and alcohol as these are the main troubles that many First Nations have to deal with. If they are having problems, I help them as best as I can but I also encourage

them to seek help from others," said Elder Noel Diamond.

At 63 years of age, he is a member of Wahgoshig First Nation. He lives in the community with his family. He has a daughter Stacy Diamond-Black. His son Dan Stubbe works as the community's Band Manager. Elder Noel Diamond is also a grandfather and he has nine grandchildren. When he is not working he looks forward to being able to go out on the land and he enjoys passing time with his family and friends.

## Reflections



**EXECUTIVE DIRECTOR  
SHAWN BATISE**

I am happy to be able to tell you that in January, I was invited to participate in the signing of an agreement between Wahgoshig First Nation and Apollo Gold Corporation. Why am I so happy about this particular event? Well, mainly because of the fact that we as First Nations are now being called to the table, consulted with and negotiated with by resource based companies that want to develop on or near our traditional lands. How great is that? Well, although it is a long time in coming, my hope is that this kind of relationship between our First Nations and corporations becomes common place.

I want to congratulate Wahgoshig First Nation Chief Dave Babin and Maurice Kistabish, Head Negotiator for Wahgoshig First Nation for all the hard work and effort put into working with Apollo Gold Corporation to develop a meaningful relationship. I also commend the leadership of Apollo Gold for their vision in realizing the importance in working with Wahgoshig First Nation in regards to the company's mining development. R. David Russell, President and Chief Executive Officer Richard, F. Nanna, Senior

Vice President, Exploration and Development and Ryan Loughheed, Project Manager have shown that they are progressive and respectful in dealing with First Nations. I hope they will be successful in moving ahead with their mine with continued consultation and negotiation with Wahgoshig so that our people can benefit from this development.

Other companies need to take note of the developments that are happening here in Wahgoshig First Nation. Our First Nations need a sense of ownership and a share of the benefits that are taken from their lands. Thanks to new trends in understanding which probably has to do with education and of course lobbying from our First Nations leaders, our people are being active participants in terms of development happening on and near our traditional lands.

For more than 100 years we have had to stand by while great amounts of wealth have been taken out of our traditional lands. Our people have suffered in poverty with no real means of economic development. The Memorandum of Understanding which was just signed by Wahgoshig First Nation and Apollo Gold Corporation is a move in the right direction. It reflects a new way of doing business when it comes to development on or near our First Nation lands. Depending on the success in developing a mine the next stage in this process will be the Impact Benefit Agreement and at this stage our First Nation people will benefit by employment, training, business opportunities and financial compensation. So, our future looks bright and full of hope with the promise of better times to come and many more positive agreements with the private sector.

## Wahgoshig FN And Apollo Gold On The Same Page

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R. David Russell, President and Chief Executive Officer for Apollo Gold Corporation was on hand to sign the agreement and meet with community representatives.

"This Memorandum Of Understanding is an important document that will lay out the future development of the Black Fox Project. We believe that it is important that we develop positive relationships with the communities we are working with in relation to our mining projects," said Russell.

The Apollo Gold delegation also included Richard F. Nanna, Senior Vice President, Exploration and Development. He explained that part of the development of exploration projects includes the participation of local people who will be affected.

"It was a great honour to be here today and meet with everyone we have been communicating with here in Wahgoshig. It is good that we have the local communi-

ty participate in developments that will affect their future. A good relationship with the community can only mean benefits for both parties in the creation of these projects," said Nanna.

Part of the process in permitting development of a mine site in Ontario includes conducting meaningful consultations with First Nations. Apollo Gold started communications with Wahgoshig First Nation in August 2004 to negotiate lands issues and benefits. These negotiations culminated in the signing of the Memorandum Of Understanding.

Ryan Loughheed, Project Manager, Apollo Gold has been actively involved in developing the agreement.

"The Black Fox Project will provide the community of Wahgoshig First Nation the opportunity for training and employment as well as local community development. Our company will also benefit by being able to tap into a local labour force and additional resources that the First Nation has to offer such

as equipment operators and assistance with lands and resources issues," said Loughheed.

This initial agreement sets the base for a working relationship and will provide interim provisions while the Black Fox Project is still in the advanced exploration stage. Once the Black Fox Project is moved from exploration to production by the Apollo Board of Directors a new negotiation process will commence for the creation of an Impact Benefit Agreement (IBA). The Memorandum Of Understanding will set the agenda for conducting IBA negotiations which will include such topics as employment, training, business opportunities and financial compensation.

Also attending the event was Maurice Kistabish, Head Negotiator for Wahgoshig First Nation and Doris Odjick, Economic Development Programs Officer, Indian and Northern Affairs Canada (INAC), Thunder Bay.



# Wabun Health Appreciation Night-Awards Dedication

CONT FROM PG 1

"We understand the dedication and the time it takes to be a volunteer. These are the people who become part of the support structure for a community. We feel that an event to show our appreciation and to encourage our volunteers to keep up the good work is well over due and needed. The crisis team volunteers bring a

feeling of safety and kindness to each and every community where they exist. We thank them for their dedication and service," said Archer.

The event was well received by the volunteers and Wabun leadership expressed an interest in making it a regular happening.

"All the people I talked to were happy that we ran this

event. It was a great night and our Wabun leaders were supportive of the fact that we should do this again. It felt good just to be able say thank you to all of these volunteers. It was humbling to see our leaders showing their appreciation to these members who make themselves available for their community day and night," said Archer.

The Community Crisis Team is set up in participating Wabun communities to provide local support during times of emergency or crisis. The teams provide assistance for numerous events and situations including health care, family violence and suicide. They are also part of the local support structure in the development of

emergency planning strategies. The Crisis Teams are set up to be on call on a 24 hour basis through rotating shifts of volunteers in each community. Archer is the Regional Crisis Coordinator for Wabun Tribal Council and works with each team to maintain and coordinate their activities and training.



FROM L-R: ELIZABETH BABIN, EDUCATION COUNSELLOR/CRISIS TEAM MEMBER (CTM); BERNADETTE MORRIS, HOME MAKER/CTM; MICHAEL ARCHER, WABUN REGIONAL CRISIS COORDINATOR; EVELYN BLACK, NNADAP/CTM; HENRY MATHEWS, CTM; SUSAN CHOKOMOLIN, TALKING TOGETHER FACILITATOR/CTM; GEORGE SACKANEY, CRISIS COORDINATOR; THERESA SUTHERLAND, CTM AND CHIEF DAVID BABIN, WAHGOSHIG FN.



FROM L-R: WAYNE WABIE, CRISIS TEAM MEMBER (CTM); NANCY WABIE, CTM; TERESA LAFFRENIER, CTM; MICHAEL ARCHER, WABUN REGIONAL CRISIS COORDINATOR; DEPUTY CHIEF MARCIA BROWN, BEAVERHOUSE FN AND CTM; FREDA WABIE, CTM AND TOM WABI, CTM.



FROM L-R: EDNA HANSON, NNADAP/CRISIS TEAM MEMBER (CTM); MICHAEL ARCHER, WABUN REGIONAL CRISIS COORDINATOR; LORETTA BATISSE, FSW/CTM; ALFRED BATISSE, CTM; GAIL WINCIKABY(FRONT), CRISIS COORDINATOR; CHRIS LAZARUS(BACK), NAPS/CTM; VINA HENDRIX, CTM AND COUNCILLOR GERTRUDE NOLIN, MATACHEWAN FN.



FROM L-R: SUE PRINCE, CRISIS COORDINATOR; DELORES MCKAY, CRISIS TEAM MEMBER (CTM); MICHAEL ARCHER, WABUN REGIONAL CRISIS COORDINATOR; DEANNA HEYDE, CTM; MORRIS WHEESK, CTM; RON CONSTANT, CTM; DOROTHY NAVEAU, CTM AND CHIEF WILLIS MCKAY, MATTAGAMI FN.

## Brunswick House First Nation Hosts Crisis Team Building Workshop

Brunswick House First Nation hosted a Crisis Team Building Workshop for their community recently. The workshop which was run January 31 to February 2 featured information to ensure that support services are prepared in case of emergency. Billy Rogers, a recognized First Nation trainer and speaker was invited to facilitate the workshop for local community members and representatives from Wabun Tribal Council and Nishnawbe-Aski Nation (NAN).

The training workshop was established to create a planning and development strategy on how support services would be implemented during a crisis situation in the community. The workshop included the local Community Crisis Team, Chief and Council and First Nation administration staff. Wabun Health Services representatives were also present as well as Deputy Grand Chief Alvin Fiddler, Nishnawbe-Aski Nation.

"We held this workshop to build on the team of people we have in place and increase a sense of trust among our sup-

port workers, volunteers and leaders. We want to empower our support staff and volunteers so that we can establish better communications for everyone and be better able to resolve conflicts and issues in our community. This is a way for us to develop a plan of action and show everyone involved what their roles and responsibilities would be when we have to deal with different types of situations," said Margaret Quakegesic, Community Crisis Coordinator for Brunswick House FN.

Quakegesic coordinated the three day event to build on resources and personnel already established in the community. The three day workshop highlighted numerous subjects related to crisis situations including: Aboriginal Suicide Prevention And Intervention,; Broken Circle - Understanding The Etiology Of Community Problems And Crisis,; Native Traditions, Values And Strong Leadership For Crisis Team,; Communication,; Resolving Conflicts And Making Peace, and Community Change And Empowerment Strategies For

Crisis Teams. On the last day of the workshop participants took part in a planning session which included: assessment of problems, priorities, community perceptions, potential approaches and strategic planning.

Rogers, owner and director of Native Workshops, a training company he recently developed, facilitated the three day workshop. Rogers has been involved in Native wellness and health organizations for many years. For the past 23 years, he

has worked for over 390 First Nation communities to promote healthy living and wellbeing. A member of the Kiowa Nation in the American Midwest, Rogers has degrees in psychology and public health and he has published several articles dealing with Native family systems, youth empowerment and health promotion. He worked for 17 years for the University of Oklahoma for the Continuing Education Department and as an Adjunct Instructor.

Jean Lemieux, Wabun Health Director participated in the workshop as a representative for the Wabun Health Services department.

"Everything went very well during the three day workshop. It was a great way to encourage and foster community support and team building. I think everyone had a sense that this was a much needed workshop that allowed us to look at all the services we have access to in the community and regionally," said Lemieux.



FROM L-R: MICHELLE CARRIER, COMMUNITY HEALTH NURSE; ALICE PICODY, BHFN WELFARE ADMINISTRATOR; LORRAINE TANGIE, BHFN BAND ADMINISTRATOR; CHRISTINE VENEDAM, BHFN FINANCE OFFICER; RUBY TAYLOR, BHFN BRIGHTER FUTURES WORKER; BILLY ROGERS, WORKSHOP FACILITATOR; CAROLINE OJEEBAH, BHFN COMMUNITY HEALTH REPRESENTATIVE AND LISA OJEEBAH, FSW FOR BHFN. MISSING FROM PHOTO ARE: MARGARET QUAKEGESIC, BHFN CRISIS COORDINATOR/NNADAP WORKER; DWAYNE TANGIE; CHARMAINE SAUNDERS, BHFN COUNCILLOR AND CHIEF ANDREW NESHAWABIN.



# Michelle Carrier Welcomed As New Community Health Nurse



for Wabun Health Services.

"I really enjoy the variety of tasks that I get to complete in this position. Everyday there is something different. One day it may be diabetes teaching and the next day I am able to visit patient homes in the community and meet new people," said Carrier.

She is responsible for providing health care services which include promotion of healthy living, immunization clinics and foot care. As Community Health Nurse she provides general community care and maintains patient health records. She is in touch with the Wabun Health Services office in Timmins on a regular basis. Once a month, Carrier visits the main

Timmins office to receive health care updates and needed supplies to maintain services in the two communities she services.

Carrier has been employed as a Nurse for the past 17 years. She graduated from St Lawrence College in Cornwall, Ontario in 1989 after completion of a three year program. After graduating, she started work in 1989 as a Registered Nurse at St. Vincent Hospital in Ottawa where she was employed for five years. Carrier then pursued new career options by finding employment at Zale Lipshy University Hospital in Dallas Texas for a year. She then moved to the Department of Human Services for the

State of Texas where Carrier worked for ten years and she was responsible for conducting surveys and investigations of nursing facilities to conform to state health regulations. As part of her work, Carrier attended additional federal and state training programs related to health care surveying and investigations. After working in the United States, she came back to Canada and found employment in Belleville, Ontario in Home Health Care. She did this for a year. Carrier then moved north and worked as a Nurse in a Managerial position for the Smooth Rock Falls Hospital before taking a position with Wabun Health Services.

She is active in the health care field and she is currently associated with an informal work group for children's services provided by the local health care unit in the town of Chapleau.

"I have only started working in this position for two months now and I hope to become more active in health care services in this area. I feel very welcome in both the Wabun communities that I am working for. I am enjoying my work and the people I am meeting," said Carrier.

She is originally from the town of Hearst in Northern Ontario. She now resides in Chapleau.

# Mattagami Eatery Paves The Way For Healthy Meals

The owners of the Mattagami Convenience Store and Restaurant have taken a bite out of bad eating habits by adopting a new health conscious menu for their community. Owner Bruce McKay and his family have taken the initiative to remove fatty, unhealthy foods from their menu to make way for healthier choices.

"Our family has talked about making this change for about a year now. We served up the same food that most fast food restaurants in Northern Ontario serve, however we understood that we were harming our children and our Elders so we decided to change our menu. We wanted to feel good about the food and services we were providing," said McKay.

After the two week Christmas holiday, McKay changed his old menu to start a smaller selection of soups, sandwiches and light breakfast foods. The once four page menu is now on one page and includes a breakfast selection of cold cereal, por-

ridge and cream of wheat, toasted bagels, muffins and toast. For lunch there is an assortment of healthy sandwiches that can be served on white, whole wheat or Kaiser bun. There are also salads, homemade desserts and coffee and tea.

The Mattagami Convenience Store and Restaurant has been part of the community since 1980. McKay bought the restaurant in 2004 and has been running the business with his family. The restaurant is centrally located in Mattagami First Nation and sits next to the Band Administration building. Before the menu change, McKay had five employees to operate a fast food fryer, grill and prepare large amounts of food. McKay continued the same service that had developed since 1980 and after 27 years that menu included grilled foods such as chicken burgers and hamburgers. A good part of the menu featured deep fried foods including French fries, chicken fingers and

nuggets, pogos, jalapeno poppers, cheese sticks and onion rings.

This change to a more health menu meant that he no longer needed a large staff to prepare food. Betty, his wife, now creates most of the home made food and baking while their son Greg helps out in the business.

"Before our change, we had students coming over from school for lunch and lots of orders consisted of French fries and deep fried foods. As a matter of fact, on average we served about 300 pounds of potatoes a week in the form of deep fried French fries. After our second year, we began to realize that serving these unhealthy foods was actually harming people. The idea scared me because this is my community and I did not want to do anything to hurt my people," said McKay.

At first, the change in menu options worried the McKays, since this idea was more of a health related choice rather than a business plan. They were afraid of los-

ing business due to the change. They were worried that most people would always prefer the unhealthy fatty fried foods.

"We thought we were going to lose out because of a lack of business. Instead people saw the change and were happy to see that we made the effort to provide healthy foods. We are now almost back to our regular sales for this time of year. There have been complaints but those same people are coming back because of the healthy foods and home baking we now provide. One of the most noticeable changes for us has to do with the fact that our restaurant no longer smells of grease and hamburgers," said McKay.

Since changing the menu options in their restaurant the community has been adapting to healthier meal choices.

"We made no big announcement about our change but rather it spread around town through word of mouth. We have received many compliments and people are even telling us that the food tastes better. Our family wants to thank the band staff and the community for providing their support by visiting our restaurant and encouraging us to help our community," said McKay.

McKay has also taken other steps in the past to benefit the health of his customers. When smoking bans were introduced in the province, First Nations were exempt from the law. However, McKay went ahead and banned smoking in his restaurant and store.

Business is now back to normal at the Mattagami Convenience Store and Restaurant. The McKay family have added several new decorative changes to the restaurant including antique furni-

ture, tools and equipment that have been donated by the community.

"There are a lot of young people who come to our restaurant to shop and to sit and eat. We did not want them to be exposed to an unhealthy environment so we made the decision to ban smoking. We also realized that we were helping our children to learn bad eating habits which is why we made the change to our menu. People were upset with both changes but they are coming back now and it has not deterred our business," said McKay.

Wabun Health Administration is supportive of the trend to healthier foods.

"Wabun congratulates the McKays for providing healthier choices for community members. In a time when First Nation people are dealing with an epidemic of diabetes and lung and heart problems it is nice to see that the McKay family is making a difference for Mattagami members", said Jean Lemieux, Wabun Health Director.

# Wahgoshig Hockey Players Shine In Tournament Win

IROQUOIS FALLS, Ont. - Wahgoshig First Nation members were a big factor in helping their team, the Matheson Lightning, win the annual Atom /Peewee House League Tournament here in December, 2006. The Lightning went up against the Iroquois Falls Morrisette IGA on the first day of the event and won that meeting 4 to 1. In the second game the Lightning took their first loss of the season 7 to 1 at the hands of the Capreol Hawks. In the third game of the tournament the Lightning came

out strong to defeat the South Porcupine Storm 5 to 1.

When the Lightning moved into the semi-finals they defeated the Timmins Dante Club 5 to 0. This took them to the championship game where the Lightning met with the Capreol Hawks once again. The game went right down to the wire in sudden death and in overtime with the Lightning coming out on top.

Scoring for the Lightning were Ehtan Diamon, Jessica Pearce, Tyler Gobbo, Camile

Boucher, Eric Geoffroy, Brody Purdy, Carson Pettefer, Richard Guy, Rhea Mattson. Skyler Sackaney, who played goal for the Lightning did a very impressive job in keeping the puck out of the net and assisting his team to the championship.

Wabun Tribal Council congratulates all those who were part of the winning championship team and in particular those team members from Wahgoshig First Nation.

## Wabun Sun



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