



Nishnawbe
Aski Nation
ᐱᐾᓄᓂᐱᐾᓄᓂ ᐱᐾᓄᓂ ᐱᐾᓄᓂᐱᐾᓄ

**National Assembly of Remote Communities
(NARC) Symposium**

May 31 – June 2, 2022

Final Report

Respectfully Submitted By:

Marianne Bortolin

June 30, 2022

Contents

Summary	3
Symposium Agenda Overview	5
Breakout Room Discussions	6
Evaluation Summary	13
Recommendations	14
Appendices.....	15
Appendix A – Delegate List	15
Appendix B – Symposium Agenda	22
Appendix C – Presenter Biographies.....	25
Appendix D – Session Summaries	32
Appendix E – Evaluation Results	34

Summary

Nishnawbe Aski Nation (NAN) and the Federation of Sovereign Indigenous Nations (FSIN) co-hosted the inaugural National Assembly of Remote Communities (NARC) Symposium offered virtually and in-person which took place over three days from May 31 to June 2, 2022, at the TCU Place in Saskatoon, SK.

The inaugural NARC Symposium was intended to provide a platform for remote communities to come together to discuss the shared challenges and issues revolving around living in remote communities. Some of the topics discussed included lived experiences, compensation payouts and the birth of the Remoteness Quotient (RQ) Table. The Symposium was also intended to build capacity and provide delegates with knowledge, understanding and takeaway tools to better meet the challenges associated with living in remote communities. This Symposium was open to NARC partners:

- Nishnawbe Aski Nation
- Federation of Sovereign Indigenous Nations
- Manitoba Keewatinowi Okimakanak (MKO)
- Alberta
- Northwest Territories
- Yukon

FSIN provided IT services for the Symposium. Jessica McLaughlin was hired to provide master of ceremony services for the Symposium. Her energy and ability to engage with the audience enhanced the experience.

In total, 147 people registered for the Symposium with 132 online registrations and 15 in-person registrations. 123 registrants registered to attend in-person and 24 registered to attend virtually. The registration list includes delegates, presenters, and dignitaries as all were asked to register. Please note, some individuals who attended the event did not register online or in-person. The number of those who did not register for the Symposium is unknown. On the registration form, each person was asked to identify what category they represented – First Nation Leaders/Representatives, Elders, Youth, Agency and Other. Some registrants did not specify on the registration as they may have not aligned with the above four options. The breakdown of virtual and in-person registrants was as follows:

- 60 – First Nation Leaders/Representatives
- 5 – Elders
- 11 – Youth
- 17 – Agency
- 54 – Other/Did Not Specify – including (as indicated on registration forms):
 - Presenters
 - Supporting Compensation Negotiation
 - Lawyer
 - Minister, Indigenous Services Canada
 - Indigenous Services Canada Representative
 - Program Management for CFSRT, ISC Ontario
 - Government of Canada, RQ Table Participant
 - Structured Settlement Community
 - Island Lake Tribal Council/Anishininew Okimawin
 - Four Arrows Regional Health Authority Inc.
 - Child Welfare Portfolio
 - Legal Counsel
 - Elder Escort

- Legal Staff Support
- Class Action Lawyer
- MKO CWS
- NAN Women's Council

First Nations represented at the Symposium were as follows:

- Ahtahkakoop First Nation
- Aroland First Nation
- Athabasca First Nation
- Beardy's First Nation
- Birch Narrows Dene Nation
- Black Lake First Nation
- Constance Lake First Nation
- Eabametoong First Nation
- Fond Du Lac First Nation
- Fort Albany First Nation
- Garden Hill First Nation
- Hatchet Lake - Wollaston Lake First Nation
- Island Lake First Nation
- Kashechewan First Nation
- Kasibonika First Nation
- Matachewan First Nation
- Meadow Lake Tribal Council
- Mishkeegogamang First Nation
- Montreal Lake First Nation
- Moose Cree First Nation
- Nibinamik First Nation
- Poplar Hill First Nation
- Red Earth First Nation
- Red Pheasant First Nation
- Red Sucker Lake First Nation
- Sandy Lake First Nation
- Slate Falls First Nation
- St. Theresa Point First Nation
- Sturgeon Lake First Nation
- Wahpeton Dakota Nation
- Wapekeka First Nation
- Wasagamack First Nation

For a full Symposium Delegate Listing, please see Appendix A.

Symposium Agenda Overview

The Symposium ran from 10:00 am – 5:00 pm (Saskatchewan time) on Day 1 and 2 and on Day 3, it ran from 10:00 am – 3:00pm. The agenda for the three-day Symposium consisted of plenary sessions, one breakout session and a panel discussion.

Virtual delegates were welcome to join in starting at 9:30 am in the virtual waiting room where they were greeted with a welcome page on their screen as they waited. At 10:00 am, delegates were invited into the virtual Symposium. Each day of the Symposium for in-person delegates started with breakfast, a pipe ceremony by FSIN Elders and Opening and Closing Prayers by FSIN and NAN Elders. On Day 1 and 3, drumming was provided by Ironswing Singers from Sturgeon Lake First Nation, SK.

Dignitaries were invited to provide Welcome Remarks both virtually and in-person and included remarks from Deputy Grand Chief Bobby Narcisse, Vice Chief David Pratt, Grand Chief Derek Fox, Regional Chief Cindy Woodhouse, FSIN Youth Representative Brock McLeod Waditika, NAN Oshkaatisak Representative Mallory Solomon, and Minister of Indigenous Affairs, Patty Hajdu.

The Welcome Remarks lead into Deputy Grand Chief Bobby Narcisse and MC Jessica McLaughlin’s overview of the Symposium and an introduction to “The Journeys of Remote Communities” exercise which had scheduled lived experiences stories from a FSIN Youth Representative, a NAN Youth Representative and a NAN Women’s Council Representative.

The afternoon of Day 1 featured breakout groups which were broken into the following four categories:

- First Nation Leaders/Representatives & Elders
- Youth
- Agency
- Other

The breakout groups provided the opportunity for these groups to come together to discuss their issues, challenges and share best practices used for living in remote communities. The breakout groups were posed with a series of questions to provoke thoughts and guide the conversation. Facilitators and notetakers were engaged to capture the dialogue. The First Nation Leaders/Representatives & Elders breakout group was prolonged resulting in the recap of the breakout groups being removed from the Day 1 agenda.

The final plenary session of Day 1 was presented by Frank McKay and Mike Metatawabin of Nishnawbe Aski Police Station and was titled “Remoteness Issues and Challenges in NAN Territory”.

The first plenary session on the morning of Day 2 “Where are we, where have we been?” was presented by Assembly of First Nations (AFN) Representatives Dr. Valérie Gideon and Aideen Nabigon. Topics discussed included child welfare agreement and supports, past experiences with settlement payouts, lessons learned and best practices for payout safeguards. After lunch, the “Where are we, where have we been?” conversation continued with presenters Yvonne Rigsby Jones, Dwayne Nashkawa, and Bradley Cann.

Following the continued conversation, the “Where are we, where have we been?” presenters joined together for a panel discussion moderated by Julian Falconer. The panel was the last session of the day and panelists were posed with a series of questions and were invited to answer questions from the audience.

A Networking Dinner was held on Wednesday evening at the TCU Place. Dinner and entertainment were provided and approximately 75 delegates joined the evening event. Cultural entertainment was provided by the Ironswing Singers along with various styles of men’s and women’s dance. Bobby Narcisse provided entertainment that surprised and uplifted many. The evening entertainment was highly received by the

delegates as it provided the opportunity to decompress after a day of heavy and often triggering content at the Symposium.

The morning of Day 3 included presentations by Deputy Grand Chief Bobby Narcisse and Julian Falconer on “Legal Reform of Remote Communities: The Birth of the RQ Table”, by Dr. Martin Cooke and Dr. Kelly Skinner on “Perspectives of Remoteness: Measuring and Experience” and Dr. Alessandro Alasia of Statistics Canada presented “Measuring Remoteness”.

Before lunch, NARC partners were brought up on stage to participate in a National Assembly of Remote Communities signing ceremony. Once documents were signed, Ironswing drummed as the NARC partners carried out their flags.

After lunch, the final plenary session “Approaches to Cost Indexing for Remoteness” was presented by Dr. Eric Guimond and Dr. David Stiff. The Symposium was wrapped up a Closing Prayer.

For a full Symposium Agenda, please see Appendix B.

Breakout Room Discussions

Delegates were broken into four categories, as indicated on their registration form, for the breakout group discussion. The four breakout groups were First Nation Leaders/Representatives and Elders, Youth, Agency, and Other. Each group was posed with a series of questions to guide the conversation and to generate dialogue regarding living in remote communities, to identify common issues and challenges as well as the use of best practices. Please note, Facilitators used the list of questions as a guide and each breakout group did not respond to every question on the list. Therefore, responses will vary from breakout groups. In addition, the First Nation Leaders/Representatives and Elders breakout group transformed into a sharing circle thus answers to the specific questions were not collected and are not included below. Below are the responses collected from the breakout group session.

Question: What have you heard so far today that stuck with you?

Youth Responses:

- Just hearing how there’s no supports for our youths who live in northern communities. Some stuff she can’t participate in because of the funding between off and on reserve leadership. Policies from the government separate us. Now that she’s getting more involved in policy work, she can contribute to positive change.
- Children in foster care and hearing other people’s stories and how our people are going through so much. Especially our youth that are getting into drugs and alcohol as a way of coping with intergenerational trauma. Our communities are meant to support us but were separated because of the drugs and alcohol.
- People addicted to drugs can’t access traditional healing. I would like to see ways to help our people through improving traditional healing protocols.
- The guy who said who he’s not a youth, but things haven’t changed since he grew up, the systems haven’t changed to make a difference for our youth. We’re always talking about changes but there’s no solution, we’re always talking about the issues but where are the solutions for our people. We need to see action, not talk. We need more action from our leaders.

- We are rich in resources; we want all season roads and these mines come in and say they're going to build us a road. We ask the government for a road without the mine, and they say why would we offer it if a mine will.
- Doctors' appointments are hard to access, we shouldn't have to sell our lands to get necessities. We shouldn't be getting the silent treatment from the government. In Treaty 9 we're surrounded by forests, I'm not interested in an all-season road because these companies just take from us when we open up to them (resources etc.).

Agency Responses:

- Growing up I've been told do not consider yourself alone. When living on a reservation you are remote and do not have the same funding or services as everyone else. I was 35 kms from town and what those kids had; I didn't have. If you are raised in community, you are remote.
- Remote communities need to be treated equally, across Canada should all be treated equally (hospital/recreation/everything).
- One of the biggest factors that effects communities in northern Manitoba is we are remote and have no roads. No roads effects all factors of life whether education health or CFS. It costs more than in non-remote communities.
- The concerns that I have seen in Allen Lake because of remoteness when children are in danger or are taken away, they are flown to Winnipeg, only 1 hour and 15 min flight but airfare is \$1200.00 return. When children are taken out of home reserve area, they are taken to Winnipeg supposedly for safety and placed in Phillipino homes. Allen Lake used to have own agency but placed in third party management so lost control on what happens when our children are apprehended. Trying to remedy that formed a Grand Council, taken control of health and education, developing a new Allen Lake family law and services which is based on traditional teaching.
- Children should be placed with their own kind or relatives. How did our people handle safety for our children before white CFS's? When our children are taken away, they don't understand the language and prefer a different diet when they come back which is concerning.
- Young lady given up for adoption and raised by a family which was not her own family. She asked the leadership to create a home for our youth. It is a strong true lived experienced message that we need to work more as CW experts to link with all the other programming. Housing conducted needs assessments over and over and we are the most researched people. We will always adapt. Sit with CW agencies and invite our partners, provincial ministry needs to be educated.
- All we get from the province is apprehension, provide courtesy services to them. My background is Director of Finance that is how I help our agencies. I help our bands to operate with full jurisdiction and control over our children.
- When kids speak, we need to listen. If we don't take care of them now, they are our future. Need to invest every part of our being of what we know with knowledge transfer to our children.
- Personal story of being fortunate to be raised by great aunt and uncle. Dad passed away five years ago and when doing paperwork, it had to be proved that I was their child. A month after he passed, we found kinship agreement signed by CAS and my parents 52 years old
- 240 children in care now and most of them in their communities. We now have 44 customary care homes. Children can now be within their own community – this is how we have made some changes.

Other Responses:

- The daily struggle and the cost of food, when you live in the city you take that for granted.
- The prices of everything are so expensive and having to choose between eating healthy or having enough food.
- Cucumber was \$9.00, cheese slices were \$17.00.
- Cost of food, what it forces people to eat, banana \$5.00, less healthy, and sugary food is much cheaper. Limited funds to purchase already inflated food that are not healthy. Struck by issue of nutrition in general. How difficult it is to eat healthy.
- Struck by optimism in the face of that and a lot of very passionate people speaking, a lot of positivity and hope for change.
- Good to know ISC is on board with it as well.
- Cost of travel – internationally is cheaper than going from a remote community to the nearest city.
- The struggles that women go through. The women don't have a say where their children go.
- Birth alerts are still occurring.
- Cost of travel and accessibility, leads to other issues law enforcement and policing, all important with protection and prevention.
- In CFS context and remoteness, community must be healthy for its people to be healthy and secure. Once a community is safe, then families and children are also safe and well. Then costs will go down because costs needing to intervene go down. From ISC perspective, what is this factor that we are trying to nail down for children and families. Interest rates keep going up as well. Will every level of government be kicking in their portion to ends can be met? There is a cost that needs to be addressed. Increased cost of living, especially these days. Gas has gone up so much as well, that hurts a band and their ability to hire and meet whatever budget they have.
- I was asked to investigate C92 and child welfare. Forms of institutional discrimination as it comes to child rearing. Begin discussions on assessments – what the ministry uses to assess on FN parents, an apartment for one room because that's all they can afford. Urban centres with cost of inflation and fuel are nothing new for the north. Need to consider how many kids are in the home, how many live under the poverty level, keep this in mind when purchasing books etc. and make sure they can access through their iPad. Create resourcing for children so they can break down those costs. Now see the impact of cost of living in the north so looking at innovate ways to bring those costs down. Ways they can help the children succeed. Seem how resourceful our First Nations can be. Create innovate ways to engage with children and families. How to help children in distress.
- Reached out several gentlemen from remote communities to share photos of food and gas prices. \$4.00 for a can of pop.
- \$2.99 for gas.
- Now the rest of Canada is seeing what its like to living in the north.

Question: What does the term “Remoteness” mean to you?

Youth Responses:

- Remote communities to me are communities not connected to a highway. There's a lack of healthcare and mental health professionals. “Do I feel connected?” Some communities aren't connected, and their youth don't know the language. Speaker didn't have access to ceremonies and traditional

activities. Her community is healing from colonialism and aren't as connected to culture. She's had to drive more southern to Sault Ste. Marie and other places to get more connected to her culture.

- A town not accessible by highways and roads. Limited access to internet, high cost of living, poor housing, lack of access to healthcare...all of this is a result of being remote.
- Expensive food prices, a case of water is \$32.00 dollars, the price of everything is so expensive. In Thunder Bay, the price is \$2.00. In Nunavut, I have been told it is \$88.00.
- Definition is complex. \$36.00 for a small pack of almost expired pork chops in her remote community. Limited access to resources. Remote means quiet. Barriers are there in terms of road access. I imagine even with the roads the cost of living will be the same.

Other Responses:

- Growing up 10 minutes out of Thunder Bay seemed really remote. Very limited lifestyle. Cherishing every drop of water that you get or drop of juice. Disconnect from family and friends as well. It feels like its so much more now than it was years ago. Cost of shipping or even times of year you can get supplies. People in communities can make plan but need decent roads to get the supplies there.
- Remoteness means to be without the necessities of life. If you don't have it, i.e., water, then people start feeling it. It can cause a lot of mental health issues. You don't feel the same as your peers. You don't have the same routines that other people do. Children and youth are vulnerable to these things. Can't bathe without the risk of skin rashes. Lead to changes to physical appearance which can be extremely important to youth.
- Question: Day to day life of children who live in remote communities? Schools were closed. Other times it was used to be a safe place for children so its difficult to say. However, community programs are set on land-based healing or learning but not all children want to be on the land so that needs to be respected also.
- Access to resources and specialists. Covid has allowed for administrators to think outside the box for making things accessible. A lot more online programs became available and are more community based. Some are hybrid and allowing for a forum for community members to share how they are moving forward with bill C92 with creating curriculum. Creating a spread as to what a good woman or a worthy man look like. Set parameters for FNs to define their land is healing concepts, taking the initiative to be creators of their own curriculum. Remoteness isn't as remote as it was prior to Covid 19. Things have evolved due to the pandemic.
- Intergenerational trauma has affected communities. A lot of new changes have taken place.
- North, Remote, and Isolated. Sometimes Covid or access to tools on the computer have changed the scope. How much has the yardstick moved because everything has changed so quickly. \$2.99L for gas. That's a whole different game. What does all the positive mean when we line it up against all the negative. Don't want to be negative but its hard to say. Accessibility. How isolated and northern the community is – how easy is it to access programs that seem to come more easily to urban centres.
- Question: Why is there no subsidized travel? Would help with cost of food.
- There are no financial means for remote kids to experience things. The things kids don't get to experience because they live where they live. Sad for the kids and sad for the families. When they do get to travel its when they are sick. And often the service they get when they are sick.

- Remoteness is changing. Climate change. Evacuations. Lack of services. Lack of culturally appropriate placements. Now some places that were once remote do now have road access, but this also brings concerns about addiction issues.
- Come by boat to get picked up, portage. Then later small trails. Now more direct roads but still by boat to two communities, go by boat to get water and groceries. Now there is bridge access. Has made life a lot easier.

Question: How would you describe the experience of growing up in a remote community?

Youth Responses:

- I used to live in Thunder Bay and the education system was a lot better than the one back home. When I went home it was heartbreaking – I feel like they’re not setting you up for success in places like college or university.
- I have access to a highway, but I had to leave our community for a better education. We have another disconnect in our community because of this. This creates lateral violence. Speaker was called an “apple” which means white inside and indigenous on the outside. Colonialism made her lose her culture...she was happy to connect with her culture in post secondary in the indigenous stream of her studies. The worst thing was the lateral violence she experienced. Her community couldn’t handle working with a kid with ADHD so she would end up in the principal office a lot. Her community would say bad things about her because of getting in trouble for having ADHD, some people would say she would get pregnant young or end up on drugs. No resources for kids with special needs in her community.
- Living off reserve I had a lot more opportunities, had to leave so she’s not sure which opportunities she missed.
- A lot of youths who finish school on the reserve must take more courses off reserve because they don’t meet the standards for post secondary education.
- The federal government – education on reserve vs provincial government – education off reserve = inequalities.
- I left Moose Factory when I was young. My parents had opportunities in Thunder Bay but at what cost? She grew up seeing students going in and out from remote communities. DFC has lost 7 of their students since they opened. There’s discrimination and racism – even with all the privilege she lost her brother to suicide. I support people who leave the reserve, but I think of what my life would’ve been like if I was able to stay home on the reserve.

Question: What challenges have you encountered in your journey that is related to the remoteness of your community?

Agency Responses:

- Mental health resources, since I became ED 2 years now working on the prevention part, I didn’t understand the mental health part. We have been facing youths that have suicide idea which has increased after the pandemic. A month ago, the air pilot called into the airport that if a youth does not stop crying, they cannot get on the plane to go on the psych ward. We had to make alternate arrangements, took two CAS workers, CFS worker plus a driver 16 hours, youth was mad, upset and wants to go home and doesn’t want to be in a vehicle. Youth almost took off from the vehicle into the

bush, those are the services that we don't have. We are struggling to help our youth. Our CFS workers appreciate them and all the work they have done. The hospital had to call for a translator and the youth refused to talk. One youth in remote communities, three medevacked out and seen a therapist given meds and now back at home with her father. CFS working with mental health and our workers and communities somewhere we have gaps, and we need to help our youths struggling. A lot of factors in place our goal is to try to find the gaps and to help each other help our communities to help each other – very limited resources.

Question: How have you and your community addressed those challenges? What has worked well/not worked well?

Agency Responses:

- Issues in our communities not only a remote issue, dealing with multitude of mental health issues our youth facing. Not only about the young people but infants not being born with crystal meth effects. We have children who will require life long supports in our community and will always suffer mental health disorders. This is the level of drug use ravaging our communities. FSIN is hoping to start in Saskatchewan calling for a state of emergency on crystal meth and commend VC Pratt for taking that initiative. A lot of children losing life, supports we were giving them not enough, biggest challenge is not just a remoteness issue we have it all over the nation. When is the government going to take a stand and provide the services required so we have the resources needed in our communities? Lacing everything now with crystal meth, soon zombies walking around. How do we provide those supports to our young people? We talk about traditional medicines and approaches but hard to put your finger on a solution. We know people are on drugs because of childhood traumas. Our parents, then grandparents and now our children and their children as well, must include a big mental health piece every FN should pay attention to that, not only about remoteness. We want to make sure that all FN can provide services to our children. Let's not apprehend children because parents on drugs, let's find a better solution. We must provide homes in our communities, care support homes, emergency placement homes. We have 172 of our children in care and we are 2500 on reserve not a big population. We don't have the facilities to bring them home. Half our population is affected by crystal meth. The day we accept that we do have that epidemic is the day we make change.
- About the homes – a lot of high-class facilities are off reserves for youth and children. Build a transition home, meeting the principle of keeping children out of care and keeping families together. Challenge with funding a home in our nation is that they said we need provincial approval first – why? We know what we need. Implementing programs standards that are culturally appropriate, treating our children with our remedies with smudge etc., at the ranch it is more western medication. Why do we need provincial regs and standards in our homes on the reserve is our biggest challenge – need to get ministry to respect standards that we put on the table

Question: What factors related to the remoteness of your community lead to children interacting with the CFS system?

Other Responses:

- A lot of factors, we all go through difficult time but in remote communities' different access to resources. If someone has addiction issues and relapses, then its difficult to get treatment. So much work can be done to guide families to support referrals. A little bit of support goes a long way.

- Birth alerts, increased interventions. The old ways are not catching up with how it should be today. We have the benefit (or curse) of having access to YouTube videos of FN Social Workers being screamed at by non-Indigenous social workers to take the kids away. But at the end of the day, it was just a video to discredit and often false allegations. Also, a woman who went to CFS to find out why she wasn't getting her kids back. Social workers screaming obscenities at the mother and grandmother. A lot of is stereotypical. Gap of understanding between non-FN who are going in because their life experience is completely different.
- Before residential schools, kids were raised to do rough play and play in the mud and dirt. Was good for their health and their immunity. Now someone from a completely different background would come into that and think the child has been neglected. Things get misconstrued from people who aren't within the community.
- An adolescent had been living with his grandparents his whole life. Knew he was a girl. Family decided to have him committed. An intervention and protection were necessary because this child was suffering. Sometimes whatever the effects of intergenerational trauma and gaps in how to raise a child are a lot different now, binary identity, these are new concepts for people of a certain age. Sometimes there is no other choice but protection. These situations are coming more now to the forefront. The wellbeing of the child is at risk.
- We know so much about adverse childhood experience and intergenerational trauma. Why aren't we drawing up a framework to raise healthy children. This needs to be at the forefront.
- Wish she had known that her cultural practices weren't bad when she had her children. Education is key.
- Communities are developing intergovernmental approaches to CFS. One community had issues with gangs so brought community together to come up with solutions. Schools do take it upon themselves to include parents and elders in those discussion because each community is going to be different Intergovernmental approaches need to be done. Strength based approach is the way to go. Deficit oriented approach comes from researchers in the past. What are communities in the north doing. Strength based approach. Need to give back to that discussion.

Question: What is your idea of NARC and what can NARC do to support the work you do in your community?

Agency Responses:

- Opportunity for our agencies whether on or off reserve to provide needs based adequate services for our families. For too long, they have determined what is available and when it is available. We are the only people who are registered, tracked, and followed and researched and need to get away from the practices on imposing that on our families. We need to indigenize our agency. Now we are saying we need our agency to be Cree, follow Cree values and standards. Our staff is 95% from our community. We have made a commitment of helping our families. This gets that voice out to the rest of Canada to say stop imposing on us and give us what we need to help our families
- Not sure what NARC is, it is our first meeting, from what I've know what is happening with NARC it is funded by ISC to see how we can implement the CWR funding formula. I came here to speak as a FN in northeastern Ontario and for across Canada. We are all the same crystal meth is across Canada, prophecy about the white snow - it is the powder that will take our people. We want them to help us with our CYF to be funding to be equal and for our kids to have hope. Mental health is a huge issue.

Money sitting there because who wants to work for a remote community, psychologist don't want to come. We can get social workers but not qualified.

Evaluation Summary

Following the Symposium, delegates received a link to an online Symposium evaluation. The evaluation was open for one week. Three reminders were emailed to delegates throughout the week to complete the evaluation. Sixteen people completed the evaluation, a 10.9% completion rate. The evaluation included questions regarding their experience attending the Symposium and had the breakout group questions posed to collect further information on the remoteness topic.

43% of respondents strongly agree they found the topics covered at the Symposium to be very relevant.

37% of respondents strongly agree the Symposium offered meaningful opportunities to share and network with other people involved in this work.

31% of respondents strongly agree the Symposium met their expectations.

Respondents were asked “What learning, or information will you use most from this Symposium?”

Below are some responses to this question:

- *Understanding, to some extent, just how expensive it is to live remotely.*
- *Remoteness is bad but it can be better if we work together to create change.*
- *It is important to hear out real life experiences, to really understand the issues in the communities.*
- *How national rates are used for formulas.*
- *All information is useful. Challenges faced by other communities and similarities in rural Saskatchewan.*
- *The importance for us to work together and support each other, sharing of information so that we can all succeed!*

Respondents were asked “My favourite part of the Symposium was....”

Below are some responses to this question:

- *Powerful message from an Elder of how the Government played us all regarding our Treaties, Residential school systems, and with our minds. "Enough is enough!"*
- *I participated virtually and was only able to attend parts of the second and third days but found it very information and I'm glad the groups are doing this kind of preparation.*
- *Listening to the presentations*
- *Hearing personal stories from individuals.*
- *Talking to elder Stella.*

Respondents were asked “If I could change one thing about the Symposium, I would change...”

Below are some responses to this question:

- *More lead time for presenters*
- *Invite more Youth from each remote communities because they are or will be our future leaders.*
- *To ask the presenters to use a more of a visible presentation, I tend to think that we get a better understanding of subjects when presented using visual effects and graphs & drawings.*

- *More time to discuss issues at length.*
- *Wouldn't change anything*

Respondents were asked “Please provide any suggestions for future Symposium topics.”

Below are some responses to this question:

- *Community profiles, affiliations, language/dialect. It was good to hear the different dialects.*
- *Gathering of remote youth in/from care!*
- *Reconciliation, we must work together as First Nations from across Canada so that we can build a strong foundation moving forward from there.*
- *Based on cost of living and increase of food prices, rates should reflect this change.*
- *Treaty audit information*

For full Evaluation Results, please see Appendix E.

Recommendations

- Begin Symposium planning sessions a minimum of three months out.
- Launch Registration a minimum of six weeks out.
- Ensure the invitation process is understood and implemented by all partners.
- Define roles and responsibilities for participating partners at the onset.
- Schedule regular meetings for participating partners with attendance required.
- Engage and utilize NAN Communications Team from the onset.
- Create NARC branded signage and materials to be used and displayed at each NARC event for consistency and recognition.
- Ensure Mental Health and Cultural Supports (including medicines for smudging) are available and accessible for the duration of the event.
- Contract Maverick to provide AV/IT services.
- Provide additional time for First Nation Leaders and Representatives to meet.
- Request presenter biographies and session summaries a minimum of three weeks before the event to allow time for edits and printing.

Appendices

Appendix A – Delegate List

First Name	Last Name	Community/Organization Representing	Position
Deputy Grand Chief Anna Betty	Achneepineskum	Nishnawbe Aski Nation	Deputy Grand Chief
Randine	Akapew	Indigenous Services Canada	Policy Analyst
Alessandro	Alasia	Statistics Canada	Assistant Director
Jericho	Anderson	Kasibonika Lake First Nation	Oshkaatisak Council Rep
Dustin	Augier	Fond Du Lac First Nation	Prevention Worker
Ashley	Bach	Mishkeegogamang	Nishnawbe Aski Nation Oshkaatisak Council
Alex Sonny	Batisse	Matachewan	Chief
Ronnie	Beardy	Garden Hill FN	Garden Hill FN Councilor
Diane	Beaver	Nibinamik First Nation	Executive Assistant
Margaret	Bigeye	Black Lake	Board Member ADCFS
Lionel	Bird	Montreal Lake	Executive Director
Marc	Boivin	Indigenous Services Canada	Director, Children and Families Branch
Trevor	Boneleye		
Denis	Bouthillette	Indigenous Services Canada	Senior Program Manager
Anita	Brass	Federation of Sovereign Indigenous Nations	Administrative Assistant II - Jordan's Principle
Jai	Budhanlall	Montreal Lake	Executive Assistant to ED
Robin	Bunting	Tikinagan Child and Family Services	Niigaanshkaawin Project Manager
Chief Bobby	Cameron	Federation of Sovereign Indigenous Nations	
Jocelyn	Campeau	Federation of Sovereign Indigenous Nations	Research Analyst, Jordan's Principle

Sam	Campling	Federation of Sovereign Indigenous Nations	Comms
Bradley	Cann	McKellar Structured Settlements	Broker
Joseph	Carew	Nishnawbe Aski Nation	Youth Initiatives Coordinator
Wendy	Caruk	Nishnawbe Aski Nation	Senior Portfolio Advisor to Deputy Grand Chief Victor Linklater
Catherine	Cheechoo	Payukotayno: James and Hudson Bay Family Services	Special Projects Coordinator
Diana	Collard	Federation of Sovereign Indigenous Nations	
Martin	Cooke	Working on behalf of Nishnawbe Aski Nation	Associate Professor, University of Waterloo
Dianne	Corbiere	AFN	
Norinne	Cote	YTL-YTCCFS Inc	Director of Finance & Administration
Lorraine	Crane	Slate Falls First Nation	Chief
Pauline	Cuthand	Federation of Sovereign Indigenous Nations	
Vice Chief	David Pratt	Federation of Sovereign Indigenous Nations	Vice Chief
Tamara	DeLuca	Nishnawbe Aski Nation	Communications Manager
Sylvia	Denechezeh		
Richard	Derocher	Meadow Lake Tribal Council	Vice Chief
Sharlene	Disain	Black Lake First Nation	Board Member ADCFS
Veronique	Dzeylion	Wollaston First Nation	Board Member ADCFS
Bjenk	Ellefsen	Statistics Canada	Chief
Jason	Evans	Nishnawbe Aski Nation	Senior Policy Analyst
Julian	Falconer	Nishnawbe Aski Nation	Counsel
Patricia	Faries	Northern Communities	Lawyer
Duncan	Farthing-Nichol	Indigenous Services Canada	Manager
Gina	Fata	Nishnawbe Aski Nation	Communications Analyst

Patricia	Felix	Elder	
AJ	Felix	Sturgeon Lake	Elder
Roderick	Fiddler	Sandy Lake First Nation	Advisor for Program Development
Raymond	Flett	St Theresa Point First Nation	
Elvin	Flett	St Theresa Point First Nation	St. Theresa Point FN Chief
Carmen	Fourstar	QBOW CFS	Board Chair
Derek	Fox	Nishnawbe Aski Nation	Grand Chief
Rebecca	Friday	Kashechewan First Nation	Lawyer
Janine	Frogg	Wapekeka First Nation	Oshkaatisak Council - Nishnawbe Aski Nation
Ernestine	Gamble	Beardy's First Nation	Beardy's Residential Elder
Darlene	Gazandlare	Hatchet Lake	Board Member ADCFS
Crystal	George	Federation of Sovereign Indigenous Nations	
Valérie	Gideon	Indigenous Services Canada	Associate Deputy Minister
Joelle	Gott		
Eric	Guimond	Indigenous Services Canada	Chief Data Officer, Strategic Research and Data Innovation
Patty	Hajdu	Indigenous Services Canada	Minister
Sally	Harper	Garden Hill FN, St. Theresa Point FN, Wasagamach FN, Red Sucker Lake FN	Executive Assistant to Grand Chief
Scott	Harper	Island Lake Communities	Grand Chief Anishinew Okimawin (Island Lake Grand Council)
Walter	Harper	Wasagamack First Nation	Wasagamack First Nation Vice Chief
Michael	Heintzman	Nishnawbe Aski Nation	Director of Communications
Forhad	Hossain	Child & Family Services, ISC Ontario	Regional Program Development Advisor

Meg	Jones	n/a	RQ Table participant / Government of Canada Legal Counsel
Gabrielle	Joseyounen		
Louis	Josie	Wollaston	Board Member ADCFS
Chandler	Kkailther	Black Lake Saskatchewan	Youth-high school graduate
Sam	Knott	Red Sucker Lake First Nation	Red Sucker Lake FN Chief
Sumitra	Lagoo	Structured Settlement company	Structured Settlement Consultant, Legal counsel
Clifford	Lidguerre	Fond Du Lac First Nation	Board Member ADCFS
Anthony	Linklater	Federation of Sovereign Indigenous Nations	IT
Deputy Grand Chief Victor	Linklater	Nishnawbe Aski Nation	Deputy Grand Chief
Benjamin	Loewen	Tikinagan Child & Family Services	Nishnawbe Aski Nation & Project Management Consultant
Martha	Loon	Mishkeegogamang First Nation	Senior Portfolio Adviser
Tabatha	Maher	Indigenous Services Canada	Social Policy Researcher
John Paul	Mason		
Sharon	Mason	Island Lake Communities	Director of Operations
Marcel	Mason	St Theresa Point	Councilor - Elder
John Paul	Mason	St Theresa Point	Councilor
Georgie	McDonald	Fond Du Lac First Nation	Board Member ADCFS
Alex	McDougall	Island Lake Communities	Executive Director
Barry	McKay	Red Earth First Nation	Vice Chief
Frank	McKay	Windigo First Nations Council	COUNCIL CHAIR, CEO
Jessica	McLaughlin	Nishnawbe Aski Nation	Facilitator
Brock	Mcleod-Waditaka	Wahpeton Dakota Nation	Federation of Sovereign Indigenous Nations Youth Representative

Melinda	Meekis	Nishnawbe Aski Nation	Director of Operations
Glenda	Meshake	Aroland First Nation	Elder
Mike	Metatawabin	Fort Albany First Nation & Nishnawbe Aski Police Services Board	Board Chair
Edward	Mirasty	Prince Albert Grand Council	Director of Education
Anne	Morgan	Tikinagan Child and Family Services	Executive Assistant
Myrtle	Morrin	Federation of Sovereign Indigenous Nations	
Aideen	Nabigon	I'm participating in my personal capacity	N/A
Deputy Grand Chief Bobby	Narcisse	Nishnawbe Aski Nation	Deputy Grand Chief
Nathalie	Nepton	Indigenous Services Canada	Director General
Janice	Nicotine	Keyanow Child and Family Centre Inc.	Executive Director
Jordan	Nighttraveller	Red Pheasant First Nation	Summer Student
Walter	Omariba	Indigenous Services Canada	Senior Research Analyst
Krystyn	Ordyniec	Nishnawbe Aski Nation	Health Transformation Advisor
Erickson	Owen	Poplar Hill First Nation	Nishnawbe Aski Nation Oshkaatisak Council Member
Napoleon	Pacquette	Fond Du Lac First Nation	Board Member ADCFS
Martin	Paul	Federation of Sovereign Indigenous Nations	
Amy	Peekeekoot	Ahtahkakoop First Nation	Headstart Coordinator
Louis	Peter Josie	Hatchet Lake First Nation	Band Council
Zoia	Petrossian	Numerous communities as Administrator of Settlements and Trusts	Settlement Administrator/Admin Trustee
Christa	Piscopo	Nishnawbe Aski Nation	Office Coordinator
Kyle	Prettyshield	Federation of Sovereign Indigenous Nations	
Charmaine	Pyakutch	Federation of Sovereign Indigenous Nations	Director - Jordan's Principle

Tehya	Quachegan	Moose Cree First Nation	Nishnawbe Aski Nation Oshkaatisak Council Member
Robin	Quachegan	Nishnawbe Aski Nation	Social Services Director
Christopher	Rapson	Nishnawbe Aski Nation	Counsel
Bill	Rerasmus		
Yvonne	Rigsby Jones		Presenter
Nicole	Robertson	Federation of Sovereign Indigenous Nations	
Carly	Robillard		
Theresa	Ruth	Nishnawbe Aski Nation	Nishnawbe Aski Nation Employee
Christie Freida	Sackaney	Nishnawbe Aski Nation	N/A
Michelle	Sanderson	Nishnawbe Aski Nation	Chief Administrative Officer
Stella	Schimmens	Nishnawbe Aski Nation	Elder
David	Schwartz	Nishnawbe Aski Nation (Falconers LLP)	Paralegal
Mohsen	Seddigh	First Nation	Lawyer Representing First Nation Class Action
Lena-May	Seegerts	First Nations communities of Athabasca	Executive Director of the Athabasca Denesuline Child and Family Services Inc.
Allarie	Shirley	MKO	Director, MKO CWS
Brent	Simms	Red Sucker Lake First Nation	Finance
Kelly	Skinner	University of Waterloo	Associate Professor
Aurora	Smith	Nishnawbe Aski Nation	Social Policy Analyst
Mallory	Solomon	Constance Lake First Nation	Oshkaatisak Council Member
Sonya	Starblanket	Elder Escort	
David	Sterns	Moushoom Class Action Plaintiff Counsel	Lawyer
Rena	Stevenson	MKO	CWS Senior Advisor
David	Stiff	RQ Table	Director

Nathan	Surkan	Legal	Counsel
Theresa	Sutherland	Fort Albany Ontario	Women Council Member
Wilson	Sutherland	Federation of Sovereign Indigenous Nations	Director of Special Projects & A/Director for Child Welfare and Social in Karen's absence
Johnathon	Sylvestre	Birch Narrows Dene Nation	Chief
Helen	Throassie	Black Lake	Board Member ADCFS
Irene	Tomatuk	Payukotayno James and Hudson Bay Child & Family Services	Executive Director
Dorothy	Towedo	Aroland First Nation	Chief
Linden	Waboose	Eabametoong First Nation	Oshkaatisak Council
Victor	Walker	St Theresa Point	Councilor
Stephanie	Wellman	AFN	
Isadore	Wichihin	Federation of Sovereign Indigenous Nations	
Andy	Wood	Island Lake Communities	Director of Regional Programs
Vernon	Wood	St Theresa Point	Councilor
Cindy	Woodhouse	Regional Chief	
Stuart	Wuttke	AFN	General Counsel
Clara	Young	Tikinagan Child and Family Services	Director of Finance & Administration

Appendix B – Symposium Agenda

Day 1: Tuesday, May 31

The Journeys of Remote Communities: Their realities and lived experiences			
Time (Saskatchewan)	Topic	Presenter	Room
9:00am-10:00am	Registration		Salon BC
9:00am	Pipe Ceremony		Salon E
9:30am	Hot Breakfast		Salon BC
10:00am-10:30am	Opening Prayer Welcoming Remarks	FSIN Elder Jessica Mclaughlin NARC Co-Chair FSIN Vice Chief David Pratt NARC Co-Chair NAN Deputy Grand Chief Bobby Narcisse	Salon BC
10:30am-11:30am	Welcomes & Introductions		Salon BC
11:30am -12:15pm	Overview of Symposium Agenda Introduction to Journeys Exercise The Journeys of Remote Communities	Jessica Mclaughlin NARC Co-Chair NAN Deputy Grand Chief Bobby Narcisse NAN Representatives	Salon BC
12:15pm-12:45pm	Lunch		
12:45pm-1:45pm	The Journeys of Remote Communities (cont'd)	Jessica Mclaughlin FSIN Representatives MKO Representatives	Salon BC
1:45pm-2:45pm	Journeys, Challenges & Best Practices	Breakout Rooms	Salon A Salon B Salon C Salon D
2:45pm-3:00pm	Nutrition Break		
3:00pm-4:00pm	Presentations on Breakout Room Discussions	Group Presentations	Salon BC
4:00pm-4:30pm	Remoteness Issues and Challenges in NAN Territory	Frank McKay and Mike Metatawabin	Salon BC
4:30pm-5:00pm	What's next? Daily debrief Wrap-up of Day 1 Closing Remarks	NARC Co-Chair FSIN Vice Chief David Pratt NARC Co-Chair NAN Deputy Grand Chief Bobby Narcisse NAN Elder	Salon BC

Day 2: Wednesday, June 1

Community Vulnerabilities Respecting Settlement Payouts: A study and discussion of safeguards and best practices			
Time (Saskatchewan)	Topic	Presenter	Room
9:00am	Pipe Ceremony		Salon E
9:30am	Hot Breakfast		Salon BC
10:00am-10:30am	Opening Prayer Opening Remarks Overview of Agenda for Day 2	FSIN Elder Jessica McLaughlin NARC Co-Chair FSIN Vice Chief David Pratt NARC Co-Chair NAN Deputy Grand Chief Bobby Narcisse	Salon BC
10:30am-12:00pm	Where are we, where have we been? Child welfare compensation agreement and supports Past experiences with settlement payouts Lessons learned and best practices for payout safeguards	AFN Representative Dr. Valérie Gideon Aideen Nabigon	Salon BC
12:00pm-12:30pm	Lunch		
12:30pm-2:00pm	Where are we, where have we been? (cont'd)	Yvonne Rigsby Jones Dwayne Nashkawa Bradley Cann	Salon BC
2:00pm-2:15pm	Nutrition Break		
2:15pm-4:30pm	Panel: Settlement Payouts, Community Concerns, Safeguards & Best Practices Q&A	Yvonne Rigsby Jones Dwayne Nashkawa Aideen Nabigon Bradley Cann Moderator: Julian Falconer	Salon BC
4:30pm-5:00pm	What's next? Daily debrief Wrap-up of Day 2 Closing Remarks	NARC Co-Chair FSIN Vice Chief David Pratt NARC Co-Chair NAN Deputy Grand Chief Bobby Narcisse NAN Elder	Salon BC
6:00pm-6:30pm 6:30pm-9:00pm	Networking Dinner & Entertainment		Salon AB

Day 3: Thursday, June 2

The Science of Measuring Remoteness: We cannot manage what we do not measure			
Time (Saskatchewan)	Topic	Presenter	Room
9:00am	Pipe Ceremony		Salon E
9:30am	Hot Breakfast		Salon BC
10:00am-10:15am	Opening Prayer Overview of Agenda for Day 3	NAN Elder Jessica Mclaughlin	Salon BC
10:15am-10:45am	Opening Remarks Legal Reform for Remote Communities: The Birth of RQ	NARC Co-Chair NAN Deputy Grand Chief Bobby Narcisse Julian Falconer	Salon BC
10:45am-11:15am	Perspectives on Remoteness: Measurement & Experience	Dr. Martin Cooke Dr. Kelly Skinner	Salon BC
11:15am-11:30am	Statistics Canada – Measuring Remoteness	Dr. Alessandro Alasia	Salon BC
11:30am-12:00pm	Approaches to Cost Indexing for Remoteness	Dr. Eric Guimond Dr. David Stiff	Salon BC
12:00pm-12:30pm	Questions & Answers		
12:30pm-1:00pm	Lunch		
1:00pm-2:00pm	What's next? Where to go from here? Wrap-up of Symposium	Jessica Mclaughlin NARC Co-Chair FSIN Vice Chief David Pratt NARC Co-Chair NAN Deputy Grand Chief Bobby Narcisse	Salon BC
2:00pm-3:00pm	Closing Remarks Closing Prayer Closing Drum	NARC Co-Chair FSIN Vice Chief David Pratt NARC Co-Chair NAN Deputy Grand Chief Bobby Narcisse FSIN & NAN Elders	Salon BC

NARC Co-Chair: FSIN Vice-Chief David Pratt

1st Vice-Chief David Pratt – Federation of Sovereign Indigenous Nations

As a member of Muscowpetung Saulteaux First Nation located in the unceded, traditional and ancestral lands in Treaty 4 territory, Vice-Chief David Pratt knows and understands the importance of maintaining close ties to family, community, culture, and connections to the land.

Vice-Chief David Pratt is currently in his second term (4 years, 5 months) as an Executive member for the Federation of Sovereign Indigenous Nations (FSIN), a Treaty and Inherent Rights organization that represents 74 First Nations which encompass the Cree, Dënësų́níné, Saulteaux, the Dakota, Nakota, and Lakota.

He is an advocate of life-long learning, combining traditional and western knowledge, and strongly believes that revitalizing language is a passageway to strengthening community connection. As a Treaty and Inherent Rights champion, he continues to work tirelessly relying on traditional laws, values, and advice and the support of Elders', Traditional Knowledge Keepers' (TTK) and Indigenous Knowledge Keepers' (ITK)

He continues to inform and bring awareness to a variety of issues that affect First Nation people, bridging gaps in areas of human rights, duty to consult, fighting systemic racism, and discrimination. Learning from the past to right the wrongs, Vice-Chief David Pratt is an eloquent speaker, and can often be heard championing alongside the FSIN Executive for the implementation of UNDRIP, TRC's *Calls To Action*, and the MMIWG *Calls for Justice*.

Vice-Chief David Pratt holds a Bachelor of Education degree, Indian Teacher Education Program (ITEP) from the University of Saskatchewan which he successfully completed and graduated with distinction in 2016. His main goal continues to be improving the lives of First Nation people both locally, provincially, and nationally.

NARC Co-Chair: NAN Deputy Grand Chief Bobby Narcisse

Deputy Grand Chief Bobby Narcisse is an Ojibway from the Aroland First Nation located in Treaty 9 territory. Prior to his 2021 election as Deputy Grand Chief, he served as Director of Social Services at Nishnawbe Aski Nation for nine years. As Director, Bobby Narcisse oversaw social services reform, including in child and family services and family well-being. Bobby has worked extensively in community social services and the education field for the past 20 years. He has led youth leadership teams in many First Nation communities, conducting youth and family-oriented programs. He enjoys spending time with his two daughters, friends and loved ones. He believes the best way to predict the future is to create it yourself.

Master of Ceremonies: Jessica Mclaughlin

Jessica is a member of the Long Lake #58 First Nation and grew up in Nakina, Ontario. She is mother to Jaxon, and they live in Thunder Bay, Ontario. Jessica has been working in Indigenous Food Sovereignty in Northern Ontario for over ten years. She is the co-founder of the Indigenous Food Circle, a community-based Indigenous food network. She is also a co-founder of Gaagige Zaagibigaa, which is a collaborative-based funding organization that funds grassroots projects to First Nation communities and people in Northern Ontario. Jessica has also led a number of research and action projects working with First Nation communities in Northern Ontario, assisting communities in reclaiming ancestral food systems. Using a decolonial systems lens, Jessica has been central to empowering and supporting communities in their self-determined food system goals. She holds a Bachelor of Arts degree in Political Science from Lakehead University and an Honors Bachelor of Social Work from Lakehead University, but credits her most integral learning to be from Indigenous Elders and Knowledge Keepers that she is honoured to work with and learn alongside.

Presenter: Mike Metatawabin

Mike Metatawabin is from the First Nation community of Fort Albany located along the western James Bay shore of Northern Ontario.

He is a survivor, like all of the community members who attended the Ste Anne's Residential School that operated in the community.

Mr. Metatawabin's background is in communications, broadcasting in the Cree language for radio and television. He currently serves as President for the regional Wawatay Communications Society serving 49 communities in the treaty 9 territory in Northern Ontario.

He is also currently the board chair for the board of directors for Nishnawbe Aski Police Services that provide policing in 34 communities in Nishnawbe Aski Nation that is commonly recognized as the Treaty 9 territory.

Also known as NAPS in their region, NAPS is the second largest First Nation Police Services in North America second to Navaho Nation's police service, the Navaho Nation Police Department.

Mr. Metatawabin has always been involved in community development and advocacy at the community and regional level. He also served as board chair for Five Nations Energy, Kimesskanamenow Winter Road Corporation, and the Aboriginal Peoples Television Network.

Mr. Metatawabin was also a Deputy Grand Chief for Nishnawbe Aski Nation between the years of 2009 to 2012 and served as chief for his home community for four consecutive terms back in 1998 to 2006.

Through his work in community development and advocacy, Mr. Metatawabin has assisted in creating success to bring reliable energy to their coastal region through Five Nations Energy, fibre optic cable and technology to the homes of Fort Albany with work continuing for Kashechewan and Attawapiskat through their First Nation owned Western James Bay Telecommunications Network.

Mr. Metatawabin has worked on a voluntary basis as board member with the corporations that have provided these opportunities in their region. This forms the basis and platform for his presentation on lived experiences in remote communities.

Presenter: Dr. Valérie Gideon

Dr. Valérie Gideon is a member of the Mi'kmaq Nation of Gesgapegiag, Quebec, and a proud mother of two young girls.

She currently holds the position of Associate Deputy Minister of Indigenous Services Canada. From 2018-2020, she was the Senior Assistant Deputy Minister, First Nations, and Inuit Health Branch (FNIHB), Indigenous Services Canada. From 2012-17, Valérie held the position of Assistant Deputy Minister, Regional Operations, Health Canada. In 2011-2012, she was Director General, Strategic Policy, Planning and Analysis at FNIHB. From 2007-2010, she held the position of Regional Director for First Nations and Inuit Health, Ontario Region, Health Canada.

Prior to working at Health Canada, her experience consisted mainly of working in First Nations health advocacy as Senior Director of Health and Social Development at the Assembly of First Nations and Director of the First Nations Centre at the National Aboriginal Health Organization. She was named Chair of the Aboriginal Peoples' Health Research Peer Review Committee of the Canadian Institutes of Health Research in 2004.

She graduated from McGill University (Montreal) in 2000 with a Doctorate degree (Dean's List) in Communications (dissertation pertaining to telehealth and citizen empowerment). She previously completed a Masters of Arts in 1996 at McGill. She is a founding member of the Canadian Society of Telehealth and former Board member of the National Capital Region YMCA/YWCA.

Presenter: Aideen Nabigon

Aideen Nabigon graduated from Algoma University with a Bachelor of Arts in Economics and Political Science and has completed coursework towards a Masters in Public Administration at Carleton University.

As an executive in the federal public service, Aideen was involved in efforts to resolve the legacy of Indian residential schools in various capacities. She was the Director General of Settlement Agreement Policy and Partnerships at Indigenous and Northern Affairs Canada where she also oversaw preparations for the Prime Minister's Apology to Survivors of residential schools. Aideen was the Director of Mental Health and Addictions in the First Nations and Inuit Health Branch of Health Canada; Director General with the Aboriginal Peoples Directorate of Service Canada; and Director General of the Policy, Partnerships, Communications and Common Experience Payment sector of the Office of Indian Residential Schools Resolution Canada. She served as Interim Executive Director and Deputy Head of the Truth and Reconciliation Commission in its first year. Prior to her work on Indian residential schools, Aideen held various posts within Indigenous and Northern Affairs Canada including as Director of Implementation in the Claims and Self-Government Sector.

After leaving the public service, Aideen set up a management consulting business. She has also served as senior advisor at Women and Gender Equality Canada; interim Executive Director and special advisor at the National Inquiry into Missing and Murdered Indigenous Women and Girls; and interim Executive Director at Teach For Canada.

In 2021, Aideen was special advisor to Justice Harry LaForme who was mandated by the Minister of Justice to lead consultations into an independent Miscarriages of Justice Commission and provide the Minister with recommendations based on those consultations. The report was provided to the Minister in November 2021.

Presenter: Yvonne Rigsby Jones

Yvonne Rigsby Jones dedicated 29 years of her professional life to leading Tsow-Tun Le Lum Treatment Center, retiring in June 2015. She has continued to be active in her work; currently as an Elder for Simon Fraser University and a member of the Governing Council for the MSW Indigenous Trauma and Resiliency Program, University of Toronto. She continues to facilitate healing workshops on a contract basis.

Working with a pro-active Board of Directors at Tsow-Tun Le Lum, leading edge treatment practices were developed. For example, they pioneered healing of Residential School Trauma Healing. She combined sound management with a caring and compassionate engagement with people as individuals, and the organization when she retired was largely a reflection of her character and commitment. Over her career, she participated on many Regional and National Committees, which enriched her life and also her work.

For many years, Yvonne participated in deliberations regarding the settlement agreement for the Indian Residential Schools and then with the impacts of the funds arriving in communities. These experiences may bring helpful insight to discussions planned for the NARC Symposium.

Yvonne understands traditional practices and ceremony are the way home for many of our wounded people. She has listened, encouraged, challenged and lead. She believes in compassion because compassion works.

Yvonne is Snuneymuxw First Nation, Coast Salish. A sister, wife, mother, grandmother, and friend.

Presenter: Dwayne Nashkawa

Dwayne Nashkawa has served in executive roles at Nipissing First Nation since 2004. He is currently the Strategic Advisor to the Chief and Council after moving from the role of Chief Executive Officer in 2020. He has spent his career working in First Nations in senior positions in various policy areas including natural resources management, treaty research, governance, and administration.

While at Nipissing, Dwayne has led the development of private business relationships in construction and renewable energy and has worked on various community development initiatives. Dwayne has also participated in the development of the NFN Constitution and Financial Administration Law and other governance initiatives over the last decade. He has also participated as a negotiation team member on Nipissing First Nation's 2013 boundary claim settlement and led the development of the First Nation's financial trust valued at more than \$100 million. Dwayne is a citizen of the Chippewas of Saugeen First Nation located on the Bruce Peninsula and is the proud father of three.

Presenter: Bradley Cann

Bradley's technical expertise and excellent attention to detail play an important role in maintaining McKellar's reputation for providing detailed and accurate figures to our clients.

Bradley began work at McKellar in 2009 in the Brokerage & Quality Assurance Department. He is currently a Structured Settlement Consultant with the firm and manages the McKellar Brokerage & Quality Assurance Department.

Presenter & Panel Moderator: Julian Falconer

Julian Falconer holds degrees from the University of Alberta, McGill University, and the University of Toronto in addition to an Honorary Doctorate of Laws from the University of Guelph-Humber. He is a Bencher of the Law Society of Ontario and an author, writing extensively on issues of race and civil liberties, and co-authoring the book, the *Annotated Coroners Act*. In the true tradition of a Barrister, Julian Falconer's practice takes him to civil, administrative, and criminal courts at both trial and appellate levels, including the Supreme Court. He is bilingual and has argued cases in both English and French.

More recently, with the firm's expansion from Southern Ontario into the North, his work has expanded to focus on Indigenous-side representation on matters including child welfare, education, equitable service provision, and community governance, always focusing on the unique remedies required for reconciliation. Specifically, this work has included representation of the two largest First Nations police forces in negotiation of legislated standards of policing, representation on the Inquest into the deaths of Seven Youth in Thunder Bay, and as Counsel for the Truth and Reconciliation Commission of Canada over a five-year period in respect of document collection litigation.

Julian's client base spans the range of individuals and institutions which have recently included Nishnawbe Aski Nation (First Nations political territorial organization for Northern Ontario), Aboriginal Legal Services of Toronto, and several First Nations Police Services, as outlined above.

Julian has been counsel on matters related to prisoner rights, police accountability, and human rights. Specifically, this work has included the representation of Maher Arar, who made Canadian legal history in receiving the largest human rights settlement allotted to an individual plaintiff; the family of Ashley Smith, the 19-year-old who died in custody at Grand Valley Federal Penitentiary; and Adam Nobody and the "Free Press Four" in relation to their unlawful beatings and arrests during the G20 summit in Toronto.

Julian has represented numerous organizational interests (First Nations and African-Canadian) at the Commission of Inquiry level, including the Ipperwash Inquiry and the Goudge Inquiry into child pathologist, Dr. Charles Smith.

Julian is also a pilot with over 2800 hours in the air. With the addition of "Falconair," the firm not only represents individual First Nations in the remote North, but also provides a new level of access to justice by flying to them, visiting, engaging in the communities, and building new relationships.

Presenter: Dr. Martin Cooke

Martin Cooke is a sociologist and demographer in the Department of Sociology and Legal Studies and the School of Public Health Sciences at the University of Waterloo. He teaches in the area of social demography and the social determinants of health. His recent research has included work on behalf of Indigenous organizations and communities in areas such as education, child health, and vaccine uptake. He is currently Associate Dean, Undergraduate Programs, in the Faculty of Arts.

Presenter: Dr. Kelly Skinner

Kelly Skinner is a CIHR Applied Public Health Chair, Associate Professor in the School of Public Health Sciences (SPHS) at University of Waterloo, and program lead/advisor for the Master of Health Evaluation. Kelly has engaged in interdisciplinary, community-based, and collaborative participatory action research and evaluation for over 15 years. Her research has two primary arms: 1) health and social projects related to food, nutrition, food security, health and risk communication, and the broader context of northern and urban Indigenous food systems, policies, and environments; and 2) evaluation of health-related programs/population health initiatives. Through these participatory and action-oriented research and evaluation activities, Kelly engages directly with northern, remote (Arctic and sub-Arctic) First Nations and Inuit communities, organizations, and individuals in several provinces and territories, primarily Ontario and the Northwest Territories.

Presenter: Dr. Alessandro Alasia

Alessandro Alasia is Assistant Director at the Centre for Special Business Projects (CSBP), Statistics Canada. He joined this agency in 2007 to work with the Rural Research Group of the Agriculture Division and moved to the Centre in 2012, where he has led and contributed to numerous innovative data development and research projects aimed to improve local statistics. For instance, through data crowdsourcing, open micro data, real-time local indicators, definitions of local labour markets, and measures of remoteness and proximity. Since 2017, Alessandro is Chair of the Working Party on Territorial Indicators at the OECD and has contributed to several OECD Territorial Reviews.

Prior to joining Statistics Canada, Alessandro has led research projects with the agency and the Rural and Co-operatives Secretariat (AAFC) as consultant and post-doctoral fellow, while also working as consultant in agriculture and rural development research projects, mainly in Southern Africa, with international organizations. Alessandro has taught at the graduate and undergraduate levels at the University of Bologna (Italy), the Eduardo Mondlane University (Mozambique), and the International Comparative Rural Policies Studies program.

Alessandro graduated in Economics from the University of Torino (Italy), earned a MSc from the School of Specialization in Agriculture Economics and Business of the Catholic University (Italy), and a PhD in Agricultural Economics with specialization in Rural Studies from the University of Guelph.

Presenter: Dr. Eric Guimond

Eric Guimond has a Ph.D. in Demography and is Chief Data Officer, Strategic Research and Data Innovation Branch, with the Department of Indigenous Services Canada. In his current role, he is responsible for the development of collaborative research and data strategies, partnerships and agreements that are required to support the improvement of the well-being of Indigenous peoples and communities across Canada, as well as supporting Indigenous governments and institutions in assuming control of the delivery of services, including Indigenous data.

Presenter: Dr. David Stiff

David has over 15 years of experience in demographic and econometric research and numerical modelling, applying his skills learned as a computational physicist to modern economic analysis. After completing his PhD in computational physics at Queen's University in Kingston, he held a post-doctoral research fellowship at the Max Planck Institute for Nuclear Physics in Germany before returning to Canada to join the team at the Canadian Centre for Economic Analysis (CANCEA).

David currently leads the development of mathematical models for economic analysis, social value, and health evaluation studies and is the lead architect behind the design of CANCEA's agent-based statistical analysis platform. Through advanced macroeconomic modeling, this framework has allowed decision-makers and stakeholders to fully assess the value and impact of policy decisions upon the current and future productivity, finances, and well-being of members of the population.

Appendix D – Session Summaries

Day 1: Tuesday, May 31

The Journeys of Remote Communities: Their realities and lived experiences

Remoteness Issues and Challenges in NAN Territory

4:00pm – 4:30pm (Saskatchewan Time)

Presenters: Frank McKay & Mike Metatawabin

In this session, Frank McKay (Windigo First Nations Council) and Mike Metatawabin (Mushkegowuk Council) will speak about and reflect on challenges faced by remote communities in NAN territory. As members of the Nishnawbe Aski Police Service (NAPS) Board of Directors, Frank and Mike have extensive experience fighting to address many of the unique challenges associated with living in remote communities. They will share their stories and insights to shed light on issues faced by First Nations in the remote North.

Day 2: Wednesday, June 1

Community Vulnerabilities Respecting Settlement Payouts: A study and discussion of best practices and safeguards

10:00am – 5:00pm (Saskatchewan Time)

Presenters: AFN Representative, Dr. Valerie Gideon, Aideen Nabigon, Yvonne Rigsby Jones, Dwayne Nashkawa & Bradley Cann

Each of the speakers on Day 2 brings a unique perspective and a wealth of experience with respect to the topics of community vulnerabilities, settlement supports, and payout safeguards. Representatives of the Assembly of First Nations and Indigenous Services Canada will speak to the child welfare compensation agreement and supports currently being negotiated. Aideen Nabigon will speak to lessons learned in the administration of the Common Experience Payment program as part of the Indian Residential School Settlement Agreement. Yvonne Rigsby-Jones will speak to mental health vulnerabilities experienced at the community level and lessons learned through the Indian Residential School Settlement payout process. Dwayne Nashkawa will speak to community impacts and best practices in relation to past land claim settlement payouts. Bradley Cann will speak to structured settlements as a legal approach to safeguarding payouts.

Speakers will then come together to field questions from the audience and the moderator, Julian Falconer, and to engage in a panel discussion of the issues raised.

TRIGGER WARNING: Day 2 sessions will include discussion of sensitive issues related to intergenerational traumas, which may cause distress for some participants. Mental health support workers will be available on site.

Day 3: Thursday, June 2

The Science of Measuring Remoteness: We cannot manage what we do not measure

Perspectives on Remoteness: Measurement and Experience

10:45am – 11:15am (Saskatchewan Time)

Presenters: Dr. Martin Cooke & Dr. Kelly Skinner

In this presentation, we will introduce the scientific examination of remoteness and its implications for service provision in communities. Marty will give a brief overview of Canadian and international approaches to the issue, and Kelly will provide reflections on the impact of remoteness that she has heard in her research with community partners from remote and northern communities across several provinces and territories.

Approaches to Cost Indexing for Remoteness: Measurement & Experience

11:30am – 12:00pm (Saskatchewan Time)

Presenters: Dr. Eric Guimond & Dr. David Stiff

Eric and David will present two methods developed to index costs for remoteness – the Cost Adjustment Factor (CAF) developed by ISC, and the Remoteness Quotient (RQ) developed by NAN. An overview of the data inputs, analytic techniques, and resulting index factors will be presented. A look ahead at the NAN-Canada RQ Technical Table research agenda will be included.

Appendix E – Evaluation Results

National Assembly of Remote Communities (NARC) Symposium Evaluation	
Survey Starts	63
Survey Submits	16

Please indicate the First Nation or organization you represented at the Symposium.
Nishnawbe Aski Police Services and brought the perspective of growing up in our fly in community of Fort Albany located along the shores of James Bay.
Oshkaatisak Council
Athabasca Denesuline Child & Family Services in Black Lake, SK.
None - I spoke based on my previous experiences with the federal public service.
Mishkeegogamang First Nation
McKellar Structured Settlements Inc.
NAN Youth Council
Nishnawbe Aski
As I work with all three First Nations in the Athabasca Region with the Indian Child and Family Services area; the First Nations communities are Black Lake, Fond du Lac and Hatchet Lake.
St Theresa Point First Nation
Keyanow Child and Family Centre Inc.
Payukotayno: James and Hudson Bay Child & Family Services
I couldn't connect only through YouTube
Ahtakakoop First Nation - Headstart Coordinator
Nishnawbe Aski Nation
Indigenous Services Canada

I found the topics covered to be very relevant.		
Answer Choice	Response Count	Response Percentage
1 (Strongly Agree)	7	43%
2	4	25%
3	2	12%
4	1	6%
5 (Strongly Disagree)	2	12%
Mean	2.19	
Median	2	
Total Responses	16	

The Symposium offered meaningful opportunities to share and network with other people involved in this work.		
Answer Choice	Response Count	Response Percentage
1 (Strongly Agree)	6	37%
2	3	18%
3	5	31%
4	2	12%
5 (Strongly Disagree)	0	0%
Mean	2.19	
Median	2	
Total Responses	16	

This Symposium met my expectations.		
Answer Choice	Response Count	Response Percentage
1 (Strongly Agree)	5	31%
2	4	25%
3	5	31%
4	0	0%
5 (Strongly Disagree)	2	12%
Mean	2.38	
Median	2	
Total Responses	16	

What learning or information will you use most from this Symposium?

- *Networking*
- *I'm very proud of where I come from, The Denesuline of the Athabasca Region Treaty 8 Territory.*
- *N/A*
- *I couldn't join YouTube connection*
- *Understanding, to some extent, just how expensive it is to live remotely.*
- *Remoteness is bad but it can be better if we work together to create change.*
- *It is important to hear out real life experiences, to really understand the issues in the communities.*
- *How national rates are used for formulas.*
- *Remote first nations are now acknowledged in the mainstream society. More info required for remote index factor and treaty obligations of the feds relevant to treaty audit.*
- *all information is useful. challenges faced by other communities and similarities in rural Saskatchewan.*
- *The importance for us to work together and support each other, sharing of information so that we can all succeed!*
- *Learn more about compensation, the do's, and don'ts.*
- *Hearing from Ashley Bach and her experience with being a child in care was very eye opening. I never would have never thought of that point of view if I didn't hear her strong words. We do need to work on bringing back our young people back to our communities.*
- *Way forward with respect to NARC.*

My favourite part of the Symposium was....

- *Introductions and sharing circle.*
- *Getting to meet everyone and hear from a variety of people from different regions and experiences*
- *Powerful message from an Elder of how the Government played us all regarding our Treaties, Residential school systems, and with our minds. "Enough is enough!"*
- *I participated virtually and was only able to attend parts of the second and third days but found it very information and I'm glad the groups are doing this kind of preparation.*
- *Listening to the presentations*
- *Hearing personal stories from individuals.*
- *Talking to elder Stella.*
- *Traveling to Saskatoon and meeting the elder, AJ Felix.
His wisdom greatly appreciated and knowledge of the history of the people of the land.*
- *Networking with other northern communities across Canada that have similar issues.*
- *Listening to the calculations of the QR.*
- *Life experiences such as Ms. Rigby Jones*
- *Listening to Elders remind us of our responsibilities to be our best selves and encourage wellness for our families and communities! Stop fighting each other!*
- *Dancers and entertainment*
- *Being able to have a safe space to speak with others*
- *Experts' presentation*

If I could change one thing about the Symposium, I would change...

- *More lead time for presenters*
- *Invite more Youth from each remote communities because they are or will be our future leaders.*
- *I wish I could have attended the entire symposium and in person.*
- *Nothing.*
- *To ask the presenters for a more visible presentation, I tend to think that we get a better understanding of subjects when presented using visual effects and graphs & drawings.*
- *More time to discuss issues at length.*
- *Wouldn't change anything*
- *More opportunity for networking*
- *I would have participated in person. I think this is an opportunity to show our strength in numbers, working together!*
- *I would have liked more group sessions.*
- *We need to include more youth; they need opportunities to get involved in the work that we do because they will be the ones carrying the torch. It would be nice to see more youth from FSIN.*
- *Engaging more actively the virtual participants*

Please provide any other feedback, comments, suggestions you may have about the Symposium.

- *I only attended 1.5 days. It was good.*
- *You guys are really starting something here and I would like to take part again if there's another symposium in the near future. Thanks*
- *No comments, it was spectacular.*
- *Keep the fact the NARC is leading the way in bringing the issue to the front, which has never been done to date. The cost of living in the north must be dealt with accordingly in all the aspects of services delivery to the cost of merchandise.*
- *As each northern communities have their own issues and cost of living prices, it differs and should be formulated within their budgets.*
- *I would appreciate if I was invited to another conference related to remote first nations and treaties.*
- *Virtual allows us to stay in our community, however, does not allow for networking*
- *Looking forward to more opportunity to work together. If we could have booths on best practices for wellness from a variety of regions*
- *Great symposium, I can't wait for the next one.*

Please provide any suggestions for future Symposium topics.

- *Community profiles, affiliations, language/dialect. It was good to hear the different dialects.*
- *Gathering of remote youth in/from care!*
- *Reconciliation, we must work together as First Nations from across Canada so that we can build a strong foundation moving forward from there.*
- *Comparing other countries with similar issues.
And continue to promote support from communities and they in turn pressure their leaders to rally together.
Public awareness and communication important.*
- *Based on cost of living and increase of food prices, rates should reflect this change.*
- *Treaty audit information*
- *Accomplishments of how other communities have addressed this issue and more chances to share it in smaller groups.*
- *Face to face, more general topics applicable to all areas, successes and how communities are meeting to challenges.*

Breakout Room Questions. We would love to hear your individual responses to the questions posed in the Breakout Room sessions. It is very important that all voices are heard and have the opportunity to share. Please share with us what you are comfortable with below.

What key messages have you heard from the Symposium that stuck with you?

- *Impacts of being from remote community stretch into adulthood even if you don't live there anymore*
- *Government of how they manipulated their way through with how they were governing First Nations people.*
- *I didn't participate in breakouts*
- *Living in remote communities has many problems, we must do our best to be good.*
- *Leading the way*
- *Very limited resources in the northern isolated communities.*
- *No comment as all was good*
- *Return to culture*
- *Be kind to yourself, each other, and work together!*
- *That all reserves are remote.*

What does the term Remoteness mean to you?

- *Remoteness is being isolated with no road access. The only transportation available is by plane. The high cost of goods. The ever so presence of Northern stores. They perpetuate the high cost because their shareholders want profit.*
- *Fly in, ferry in, and/or extremely northern/rural without easy access to major urban centres for social and health services*
- *You have to live with what you got, limitations to travel seasonally.*
- *It means accessible by air only and winter road.*
- *Isolation, spread out, all corners, fairness*
- *Isolation, none to hardly any resources such as mental health therapists, cost of living is very high compared to south, flights cost is very high, and driving one way of 16 hours to the nearest city to go shopping.*
- *It means living away from mainstream society but still distinct culture and society.*
- *Proximity to services.*
- *Not having access to many services! Or having to pay additional costs to have access! Many of our communities do not have road access and getting supplies and services available is nearly impossible and/or very costly.*
- *To me it means not getting the programming and services that are offered in the urban centers.*

How would you describe the experience of growing up in a remote community?

- *I would like to remember the beautiful moments, but the settler policies and invasions totally disrupted our people's peaceful spirit. We had to endure watching the anger and confusion of our people as we grew up.*
- *N/a*
- *Everyone knows each other.*
- *It has been good for the most part. The Reserve is what you make of it. If you go down the good path and do good things, the Rez is a good place. If you do bad things, then it'll be a horrible place.*

- *Safe and the enjoyment of nature are the positives the negative would be the cost of living is expensive, travel, food and question the reason why people come in to work, Also have pride in our history and the sense of belonging.*
- *Very good as you get to know your cousins, aunts and uncles and grandparents who are all supporting and looking after your wellbeing. Just like having a great big family looking after you!*
- *It feels good because connectedness to the land is still evident. If one can survive in a remote area, they can survive anywhere because basic principles of living still apply anywhere.*
- *Issues of poverty in rural Saskatchewan are similar to those in remote communities in terms of poverty however, poverty may be due to other reasons other than cost.*
- *For myself, it was safe. I grew up in a time where it takes a community to raise a child. We took care of one another, and we did have such a high rate of addiction.*
- *It was hard on my parents because they could not offer me the services that would have helped me strive for a greater future.*

What challenges have you encountered in your journey that are related to the remoteness of your community?

- *The lack of recreational programs that would allow for better advancement or opportunities to excel.*
- *Foster care*
- *Growing up in a remote community has its limits even for sports, health, and education compared to living in a city.*
- *I don't know.*
- *Lack of allied medicine like physiotherapy, psychology and dental are some.*
- *Health care system is not that good as when you need to see the dentist, eye doctor or a specialist, you need to wait for months and then fly south. In between the waiting, especially for a bad toothache, you suffer with pain!*
- *Food cost is expensive*
- *Culture and mentality of doing things are different.*
- *Issues of poverty, discrimination and racism has similar effects; colonialism*
- *As a former educator and now family well being, having access to support services is very challenging for families. E.g., speech and language, autism education, awareness and supports, having access to treatment programs, medical centres, etc.*
- *Not making my appointments, having to share a ride, and not having the funds for the city. We would have to wait all day in the city for everyone to attend an appointment and we would not have any money.*

What challenges have your communities faced, historically and now, related to remoteness?

- *The ongoing shortage of goods and services. The lack of mental health work to compensate for what happened to us from the residential schools. Our people did not understand trauma.*
- *Lack of access to healthcare, education, and other services urban centres easily have. High food costs*
- *Due to our People not getting any Education that they need to get their diplomas, trades, degrees... We have so many outside (non members) working or hiring our own people.*
- *Lack of housing, high food prices, alcoholism, drugs, and crime.*
- *Equal opportunity*
- *Cost of living keeps going up, food, flights to south, gas prices, etc. are all going up and making it really hard for families to purchase groceries to feed their families, especially little ones who are on milk and using pampers.*
- *I would say that remote first nations are always put last.*
- *Poverty, inability to get jobs due to discrimination/racism; resulting in poverty situations.*
- *Education, health care, cost of living, specialized services, housing, infrastructure, transportation.*

- *We have to travel off the reserve for everything. JP makes us jump through hoops to get any kind of specialists to come to our community.*

How have you and your community addressed those challenges? What has worked well/not worked well?

- *Work still ongoing but could have been done way sooner. Our people had to learn to recognize and then begin to address these dysfunctions.*
- *N/A*
- *Yes, we did.*
- *They release 6 houses a year in Poplar Hill which is not good especially with the rising population and cramped houses. We have NNC subsidies at the Store, but the food is still expensive regardless. We need more.*
- *The politics of the community and division sometimes hinder progress. Being creative and looking at different options.*
- *Our communities have tried gardening, but the summer season is very short in the northern communities, so this is really not working well, but at times, there are families who are still gardening.*
- *I have not experienced of any changes to address this, but I would say that comprehensive community planning would help*
- *Discrimination and racism, coloniality attitudes continue to be strong in our area however, non-First Nations more aware after finding of unmarked graves, not necessarily more embracing of First Nations people though you do see a few more working.*
- *Our communities now offer education to grade 12 so students no longer must leave home at 13, we continue to have nursing stations in the communities, a couple of communities have their own store/coop, winter roads are being used to transport mater.*

What factors related to the remoteness of your community lead to children interacting with the CFS system?

- *It was from the residential school experience. Most people were struggling with trauma, and they didn't know it. This was a national policy that affected the First Nations people.*
- *Lack of services for children with disabilities, lack of safe housing and clean water, family issues which could have been solved with access to family programs*
- *Lack of recreational stuff because there are no funds provide for recreational even from the Government for remote communities.*
- *Alcoholism, drugs causing parents to neglect their kids. Trauma.*
- *Outside people interference and coming into the community misunderstanding the culture.*
- *Social issues of alcohol and drugs, domestic violence, suicide ideations, and lack of housing, high costs of food prices.*
- *I cannot say*
- *Poverty resulting in/from addictions, domestic violence, etc.*
- *Accessing specialized services to support families, lack of housing- homelessness, violence due to overcrowding, addiction - very little access to wellness programs*
- *Parents getting overwhelmed with their children because they are not getting the help they need and turning to drugs and alcohol to cope and in return their children become neglected.*

How does the cost of living in your community compare to the cost of living in other communities?

- *Cost of living is quite high compared to rural or urban areas. It seems that is not fair to remote First Nations*
- *Many families continue to struggle to make ends meet. Costs are not as high however, the assistance provided to those who require social assistance is very low. Families receive child tax dollars.*
- *Although our salaries are the same as the south however our costs are at times double of that in urban centres. With lack of opportunity for training, employment our welfare rates are high which creates a vicious cycle of low self-esteem and worth*
- *The local towns next to my community will sell their food at a high cost and most of their food is garbage. The food will be out of date and rot fast. But our people have no choice but to buy it because they do not have rides to the city to shop.*
- *High costs of everything.*
- *The cost of living in the northern communities is 4 x more than the cost of living in the southern communities.*

How would you describe the housing and drinking water situations in your community?

- *Some communities are worse than others. Some communities have learned to make water management a priority.*
- *Housing in crisis and severely overcrowded. water improving but still on/off boil water advisory.*
- *Lack of housing due to limited lack of funding.*
- *The housing is bad here, but the water is great. We get 6 houses a year and they don't even complete those houses within the year. Our people need more training or outside help from contractors to meet deadlines.*
- *Housing, public housing has a long waiting list. Drinking water is up to standards mainly because the government maintained a regional office to deliver services.*
- *Need more housing and better quality of drinking water.*
- *I would say it is in a crisis situation. Needs improvement.*
- *In dire need of housing, renovations, etc. Half of homes have cisterns and require water delivery. With cisterns, you are always on a boil water advisory. Need homes hooked up to water treatment plant.*
- *Housing is very limited, and we do not have water advisories at this time. Each community has approximately 150-200 families on wait list for a home/unit.*
- *we had 200 applications this year for housing and only 6 houses getting built. We have families living in overcrowded houses.*

What is the most important thing that people from non-remote communities do not understand about remote communities?

- *The anger and frustration in not having the same privileges that people enjoy in municipalities. Liquor and cannabis are legal now. Our people need to adapt to this reality to accommodate their people.*
- *Honestly everything, I have had to explain to non-Indigenous people that my partner's community is fly in, and they couldn't even grasp the idea that there were no roads. They didn't realize people lived in northwestern Ontario beyond Thunder Bay.*
- *You have to live it to understand it, cannot fully understand from the books.*
- *There are positive sides to a remote community. It can be quiet, peaceful. There's wildlife and the land. We should also be talking about the positive. Not just the bad side. It can be a beautiful place if someone walks the right path.*
- *Our history and attachment to the land.*
- *Language, culture, and traditions of each community.*

- *Remote first nations are quite proud. They live in harsh conditions and services are not easily accessible.*
- *Do not understand how alcohol and drugs make it into remote communities given their lack of access and high cost.*
- *They are not educated on how we were placed in these areas! The true history is not shared! We continue to work toward having healthy communities and we didn't choose this way!*
- *That they are the lucky ones they can offer their children great education and have more access to services in the cities*