

# **MATAWA MESSENGER** The Power of Unity, The Dignity of Difference

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# Matawa Health Co-op Gearing Up to Deliver Primary Care Services

Through the knowledge and experience of the Health Directors, and engagement sessions in all 9 communities, the Matawa Health Co-operative (MHC) has been directed to give priority to three main areas of health as follows:

- 1. Mental health and addictions
- 2. Diabetes services
- 3. Chronic diseases

Hiring has begun for the new MHC primary care health care team whose role will be to enhance existing health services in Matawa communities. Funding for the new team is in place, and will consist of:

- 2 additional physicians at least one with expertise in opioid addictions/treatment
- A nurse practitioner
- 3 new nurses one to specialize in diabetes treatment/prevention & foot care
- 2 mental health counsellors
- Shared services of a psychometrist and traditional healers
- 2 new mental health clinical case managers

Shared amongst the 9 Matawa communities, the new MHC primary health care team will be travelling a lot. They will be supported by:

- Community Engagement Liaisons in both Thunder Bay and Geraldton
- A new data management/medical records system for all 9 Matawa communities linked with the Thunder Bay MHC office
- Information and educational materials for distribution to members
- Tele-health office/confidential client room in Thunder Bay MHC office
- Additional clinical and traditional land-based services

The MHC looks forward to fulfilling the mandate given to them by the Matawa Chiefs' Council (Res #17-03-08-17) on this important first step in achieving long-term health and well being for all Matawa community members. Recruitment and hiring is expected to be completed early in 2019.

### **IN THIS ISSUE:**

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Community Soil Remediation

**KKETS Training** 

Welcome New Staff and more....





# BRIDGING THE GAP TO FREEDOM, HUMAN TRAFFICKING AWARENESS

\$250 registration - lunch and snacks included. This workshop is a fundraiser for Thunder Bay and Area Victim Services.

# FEB 5 - 7, 2019 • VICTORIA INN, REGENCY ROOM

Speaker: Timea Nagy, human trafficking survivor, and founder of Toronto-based 'Walk With Me Victim Services' (other speakers to be confirmed)

To register, or for more info: Nicole Stewart at Thunder Bay and Area Victim Services at: (807) 632-0713 or nstewart@matawa.on.ca or Tricia Atlookan at Matawa at (807) 344-4575 or tratlookan@matawa.on.ca





Health and Social **MENO BIIMADESWIN** 

Approaches to Community Wellbeing Program



TUNE IN EVERY 2ND TUESDAY FROM 4:00 - 4:30 EST (3:00 - 3:30 CST)

www.wawataynews.ca/radio 89.9 FM in Sioux Lookout 106.7 FM in Timmins BelITV Channel 962

### **UPCOMING SHOWS**

December 5 and 19 January 16 and 30 February 13 and 27 March 13 and 27



# **Applications for Education Funding - Matawa Post-Secondary Program**

Matawa Post-Secondary Program (MPS) provides post-secondary assistance on behalf of the following First Nations: Aroland, Ginoogaming, Long Lake# 58, Neskantaga, and Webequie.

ALL potential students are required to submit an application with required documentation.

### **DEADLINE DATES:**

- June 1st
- June 1st
- Fall Term Fall-Winter Terms

Winter Term

- November 1stMarch 31st
- Spring & Summer Terms

September to December September to April January to April May to August

For more information please contact the Matawa Post-Secondary Program staff at: Tel: 807.768.3300 or Toll-Free: 1.888.283.9747

### MATAWA EDUCATION AND ROTARY CLUB BURSARY

Application deadline : May 1, 2019 by 4:30 pm EST

### **CRITERIA:**

- This Bursary Fund is for Matawa First Nations Community Members attending Elementary, Secondary, Post-secondary, Training, Apprenticeship, or Trades programs
- Applicants are to complete the application form and attach required documentation
- The goal of these awards is to promote excellence in literacy, leadership, personal achievements and applicants who demonstrate determination, commitment with education and career goals

# FOR MORE INFORMATION OR AN APPLICATION, CONTACT:

Matawa First Nations - Education Department 200 Lillie Street North Thunder Bay, ON P7C 5Y2 1.888.283.9747 | t. 807.768.3300 | f. 807.768.3301



# **Matawa Education Visits Bowmanville Rotary Club**

By: Kelly Soulias, PASS Junior Lead

On October 16th Sharon Nate (Education Manager), Georgette O'Nabigon (Post-Secondary Coordinator), and I visited the town of Bowmanville, Ontario where Georg Krohn and Renee Bos (Bowmanville Rotarians) welcomed us with great excitement. The Bowmanville Rotary Club and Matawa Education have been partners for over ten years. This longstanding partnership has taken action in promoting literacy and the overall success of students in all of the Matawa communities from Kindergarten to Post Secondary, as well as Adult Education. During our visit, we were invited to the Rotary Club where Sharon Nate delivered a presentation on the Education Department's services and future plans for students, as well as updates on 2018's bursary recipients. We also spent the morning at John M James Public School where Georgette and I delivered a presentation to the elementary students. We talked to the students about some of the similarities and differences between their school and the Matawa community schools, looked as some maps and pictures of our Northern community schools, and shared some stories and gifts with them. The JMJPS students also had a chance to hear about some of the many cultural activities that our



students are involved in year-round and they shared what a typical day looks like at their school. We are very excited for our students to have the opportunity to participate in a Penpal program with John M James Public School once again this year. We had a wonderful visit and can't wait for George and Renee to join us at the upcoming 2019 Bursary awards banquet! Miigwetch

# Jasper Alberta Ice Rescue and Safety Instructor Training



At the end of October, Matawa Education Centre (MEC) Outdoor Education teacher Joey Miller attended a three-day Ice Rescue and Safety Instructor training program in Jasper, Alberta. The course primarily consisted of hands on training, practicing rescue techniques, and developing tools for teaching ice rescue. The group spent most of the time on the ice or in the water. The training was offered through Boreal River Rescue and allows Joey to teach MEC students Ice Rescue and Safety courses this winter. Students will gain the knowledge to safely travel on frozen water ways and practice self-rescue, and group rescue techniques, as well as cover topics like snow machine extraction.

# **Agents of Climate Change**



From September 19-21, two teachers with four students and supporting staff attended Agents of Change Climate Action Project. This conference was attended by 150 students altogether, from across northwestern Ontario as Agents of Change. This was a good conference for our student's selfconfidence as they got a chance to engage in climate change education. Conference empowered them to ask questions about the work done, and also to reflect on their leadership skills, and plan their actions for the campaign development. The conference inspired and nurtured students in becoming more engaged citizens, leaders and problem solvers to make changes in their own communities. EcoSuperior is one of the 10 partners of climate action grant recipients from the Ministry of environment and climate change. We are part of their two-phase project, first attending the conference to learn about the climate change and then inspire the youth to create positive change through action in their communities.

For phase two, students implemented the climate action project by participating in the Canada Waste Reduction Week on October 15th held by EcoSuperior and the City of Thunder Bay. This week consisted of a variety of events aimed at the promotion and education of waste diversion initiatives in the city. The launch involved an assembly held on site at MEC with presentations, one being from former Mayor Hobbs, describing waste diversion efforts and their importance. It was a chance to highlight some of the activities that our students have participated in at school and in the community such as; Storm Drain Education, Vermicomposting, Water Quality, and the Painted Rain Barrel Auction.

Did you know that Matawa Education has an after hours, on call service that is available from 8:00 pm- 6:00 am EST? The numbers are:

807-629-2900 807-629-4092

For more information contact:

Aaron Beardy, On-Call Supervisor 807-632-8217 abeardy@matawa.on.ca

# **MEC Students Harvest Manoomin**

The new school year at Matawa Education Centre got off to a great start with a group of students travelling to Whitefish Lake to participate in the manoomin (wild-rice) harvest. A group of 8 students along with Elders, cultural staff, and teachers spent two days learning about, harvesting, and processing manoomin. It was an incredible experience for the group to paddle through thick floating fields of the beautiful grains. Upon filling our canoes with rice we paddled to shore and began to dry and roast the grains before the winnowing stage where we removed the hard shell from around the grain. It was hard work in the hot sun, the group was proud to return to Thunder Bay with a nice supply of manoomin to eat throughout the winter.





# Nishnawbe Education and Training

Tier 1 Programs:						
# of Intakes	Program Name:	Participants per session	Duration	Training Delivery Agents		
2	Resource Sector Mining Readiness	12	12 weeks	Confederation College		
3 (+1)	Mining Common Core	10	5 weeks	NORCAT		
Tier 2 Programs:						
2	Basic Line Cutting	12	5 weeks	Confederation College		
2	Remote Camp Cook	12	16 weeks *	Confederation College		
2	Kitchen Helper	18	7 weeks	Confederation College		
2	Remote Camp Support	18	6 weeks	Confederation College		
2	Surface Diamond Driller Helper	10	5 weeks	Confederation College		
Tier 3 Program	าร:					
3	Heavy Equipment Operator	10	12 weeks	Taranis Training		
2	Construction Craft Worker	10	7 weeks	LiUNA Local 607		
2	Pre-Trades Carpentry	10	12 weeks *	Confederation College		
2	Pre-Trades Welder	10	12 weeks *	Confederation College		
2	Pre-Trades Heavy Duty Equipment Mechanic	10	12 weeks *	Confederation College		

Legend: Completed - In-Progress - Upcoming - To Be Determined - Not Applicable

## **Available Supports:**

- Funding for accommodations
- Travel costs
- Bi-weekly training allowance
- Childcare expenses
- Lunch provided during training

Let's get trained!

# RS: CONSIDER A TRAINING PROGRAM TODAY!

# – NEAT – Program Dates: 2018-2020

Intake 1	Intake 2	Intake 3
Start Dates:	Start Dates:	Start Dates:
March 5 – May 25, 2018	January 21– April 12, 2019	N/A
March 5 – March 29, 2018 (additional funding)	March 2019	March 2020
October 22 – November 16, 2018		
TBD	TBD	N/A
May 21 – September 07, 2018	May 2019	N/A
October 29, 2018 – December 14, 2018	November 2019	N/A
TBD	TBD	N/A
August 2019	TBD	N/A
March 19 – June 08, 2018	March 2019	March 2020

March 19 – June 08, 2018	March 2019	March 2020
January 21, 2019	January 2020	N/A
September 24 – December 14, 2018	August 2019	N/A
June 4 – August 24, 2018	June 2019	N/A
June 4 – August 24, 2018	June 2019	N/A

### For application and assessment, contact:

Mellissa Gagnon, KKETS 28 Cumberland Street North, 3rd Floor Thunder Bay, Ontario Tel: 1-807-768-4470 Toll-Free: 1-888-688-4652 Updated: November 16, 2018 These dates are subject to change

# **Community Soil Remediation Projects**

After a long time waiting, some Matawa communities are seeing fuel contaminated soil cleaned up. Many sites are old power plants, fuel storage areas, building heating tanks, municipal garages, Indian agent residences, and old schools. The following are projects that are currently in the completed, treatment or construction phases.



Bioremediation cells being filled with contaminated soil



*Excavation and de-watering behind teacherages and beside sewage plant* 

Landfarm (biocell) area by the sewage lagoons

### <u>COMPLETE</u>

Marten Falls First Nation: Construction 2011 and Decommissioning 2017

- Site 1: Former school
- Site 2: Old sawmill
- Site 3: Former general store
- Site 4: Diesel generating station
- Site 5: MTO Zone C

### **TREATMENT PHASE**

Webequie First Nation: Construction 2016/2017 & Treatment 2017-2019/2020

- Site A (Area A1) Former School ASTs & Drums
- Site A (Area A3) Former Diesel Generating Station
- Site A (Area G) Biocell Site & Impacted Soil Stockpile
- Site A (Area K) Former Indian Agent Site
- Site B Simon Jacob Memorial School
- Site J Former Sawmill No.2

### **CONSTRUCTION PHASE**

Neskantaga First Nation – Construction 2018

- Site A Former O&M Garage
- Site C Neskantaga Hotel
- Site D Former Trappers Co-op
- Site E Contractor Bunkhouse & Private Residence
- Site F Community Bulk Storage (Arena Tank)
- Site K Former Portables
- Site I Former Lansdowne Teacherages
- Site N Former Lansdowne School
- Site O Former Lansdowne Municipal Garage
- Site R Former School Fuel Storage Spill & Stockpiled Soil



Sarah Papah working on digging under a teacherage

### **CONSTRUCTION PHASE**

Eabametoong First Nation – Construction 2018

- Site A Former Diesel Generating Station
- Site B DGS Compound
- Site C DGS Dump
- Site D (D1) JCY School USTs
- Site D (D2) JCY School Teacherages
- Site E3 Former Sawmill #3
- Site F Former Co-op
- Site G Oily Water Trenches (at the Dump)



Checking out the biocells (Bruce Okeese, Michael King and Ron Missewace)



The 17th Annual First Nations Northern Housing Conference will be held Feb 26-28th, 2019 at the Valhalla Inn in Thunder Bay.

For more information, please visit the conference website ; http://firstnationshousing-conference.com/ or contact:

Saverio Rizzo, Housing Inspector/Coordinator Matawa First Nations Management Tech Services

# **FREQUENTLY ASKED QUESTIONS**

Matawa First Nations Language Revitalization Project

## 1. Is this language course for adults and children?

This is a Year 1, 18-week course for adult language programme for ages 18 years and over using accelerated learning tools and techniques to teach the language at a faster rate than normal. This is not a children's language programme course.

## 2. Who will be my tutor?

Your tutor will be someone fluent within your community, and a tutor assistant will help them support you in your learning. There will be 1 male and 1 female in these tutor roles.

### 3. When will the programme start?

The programme is tentatively going to start in August 2019 (accreditation pending and funding pending may affect this).

## 4. Where will my class be, and who am I learning with?

Your class will be in your community and you will be learning with people with little to no knowledge of the language.

## 5. What if I want to be a tutor?

If you are a fluent Ojibwe, Oji-Cree or Cree speaker you can register your name and contact details with the Community Liaison Officer at the Matawa Education office Toll Free 1-888-283-9747 and/or miwhitehead@matawa. on.ca - when the job vacancy opens, all names will be considered.

## 6. When will I be contacted about the tutor job opportunity?

Tentatively from May 2019 to July 2019. You will be trained in *Matawa Waka Tere* accelerated learning delivery methods for teaching second language learners.

## 7. How long are the classes?

The classes are 3 hours long, and you will attend twice a week for 18 weeks. The class may be during the day or in the evening. A tutor will teach 2 classess of 10 - 15 students per class.

## 8. What will I learn?

The topics and the student resource information will be made available to the communities in the summer of 2019 or once the programme has been approved by the Matawa Education Management.

## 9. Is the programme ready and how much does it cost?

The programme is currently being written and will be tentatively ready to start classes by August 2019 upon approval by Matawa Education Management. We hope to make this programme free.

## 10. How do I enroll?

Once a tutor has been identified in your community, they will market the programme and set up an induction interview with potential community students to ensure each student is able to successfully complete the course, and then you can fully enroll. There are only 10 - 15 spaces available per class.

# Matawa Language Revitalization Project Survey Results



# Watershed Partners - Collaborative Design Process Moving Along

Watershed Partners is a strategic design group from British Columbia. They help individuals and organizations make genuine and meaningful transitions by providing tools and knowledge to design a collaborative future for themselves.

Since the kick-off event in August, Matawa's Regional Framework staff, along with Watershed Partners, have visited all nine of the Matawa communities to gather input and hear from community members. Most recently, Watershed Partners held a debrief session with the Chiefs to review their findings and discuss next steps.

The nine community visits took place through September and October, and over 2-3 days the Watershed Team engaged with community members through participation, discussions, feedback and art.

Each visit included selecting the winning 2 drawings done by members, which were then painted on to leather pieces. The 18 pieces will be sewn together to form a "unity sundial" design (see photo at the right). The combined art piece from all the communities will be on display at a final event to complete the process.

The Watershed Partners Team is working with the Matawa communities to develop a shared understanding of unity and standing together, with an end goal of the process to lead to a long-term vision, decision-making processes and moving forward together.









## **Matawa First Nations Management Welcomes New Staff**

# Matawa Education

### MLC Arts Teacher, Jessica Buzanko



I am originally from Ridgeway, Ontario and later moved to Thunder Bay to attend Lakehead University where I enrolled in the Concurrent Education Program. I finished my Bachelors of Fine Arts degree with a minor in History, and then my Bachelors of Education, with honours, in May 2013. I went on to teach in Nemaska,

Quebec for one year, then taught in Constance Lake, Ontario for 3 years. During this time I have completed both Part 1 and Part 2 of the Careers and Guidance and my Special Education Part 1 AQs. It was when I came to Thunder Bay that I realized how out-of-touch I was with Canadian history and have since strove to relearn the history in the country I call home. I have learned to walk a new path when I immersed in the Cree culture of Nemaska and Constance Lake and I look forward to expanding my understanding of our world through working with the staff and students at Matawa Education Centre. I personally feel that learning is a life long journey, one that is enriched by the people that come in and out of our lives; it is a journey I am happy to say will continue at MEC. I am also a proud cat mom and in my spare time, when I'm not playing with my cats, I am creating various kinds of artwork. I have challenged myself by relearning how to paint using Photoshop and a tablet and relearned how to use my beading loom.

#### **Matawa Education**

#### **Co-operative Education Teacher, Joseph Willis**



Hello everyone! I am very excited to become a part of the Matawa team this year as the Cooperative Education Teacher. I was born and raised here in Thunder Bay and also received my Bachelor of Education and Bachelor of Arts here at Lakehead University. For the past few years, I have been an Occasional Teacher at the Catholic school board, as well as teaching

a variety of topics at the Confederation College. I am looking forward to using this experience to provide an opportunity for Matawa students to thrive upon! Through this position, I hope to support these students and assist them in gaining hands-on opportunities through locally based community placements. I look forward to growing and learning alongside these vibrant students; along with all of you. Miigwetch!

### Matawa Education MLC Student Activities Coordinator, Aly Wood



Hello, my name is Aly Wood and I am one of the Student Activities Coordinators at MEC. I have a strong passion for the outdoors which initially drew me to Thunder Bay. After attending the Outdoor Recreation program at Lakehead University I fell in love with the area and the endless outdoor recreation options. After spending a few summers guiding wilderness

canoe trips and working during the year in the tourism industry I was compelled to spend more of my time working with youth. This led me to MEC where I was given the opportunity to work with youth to help promote healthy active living as the student activities coordinator. We welcome all Matawa youth aged 14-21 to join in our after school and weekend programming. Please feel free to get in touch with any questions.

### Matawa Education MLC School Tutor, Paul Colosimo



Hi my name is Paul Colosimo. I am a recent graduate of Queen's University and the At-Risk Adolescents and Young Adults Bachelor of Education Program. I am a new member of the Matawa Education Centre (MEC) where I serve the team as the school tutor. In this role, I support students who need extra help in any subject areas and provide a listening ear for

anybody who needs to talk. I am passionate about teaching and supporting our youth in a holistic way, allowing them to find their own pace and place in this new school environment. I am really excited to be a part of the MEC team and I can't wait to see what the future holds for our students. I am also passionate about experiential learning and actively volunteer and sit on the board of a charity that provides construction co-op programming to youth in their community.

### **Matawa Education Cultural Education Coordinator, Douglas Gagnon**



Booshoo. My name is Douglas Gagnon, and I am originally from the Aroland First Nation (Onko Onikamink). In June of 2018 I had graduated from Lakehead University, and in October of 2018 I was hired as the new Cultural Education Coordinator. I have also taught Native Language/s in

Schools in both Canada and The United States of America. I am very excited and looking forward to working alongside the Matawa Communities and supporting the students to achieve their education goals. Apichi Miikwech.

### Matawa Education **Education System Navigator, Wilma Goodwin**



My name is Wilma Goodwin and I am a member of Webeguie First Nation. I am the Education System Navigator for the Matawa Education Center. I graduated from the Native Teacher Education Program back in 2003. Prior to relocating to Thunder Bay, I was teaching in my home

community of Webequie. Previous to that I taught in the James Bay Coast community of Kashechewan. I am very excited and eager to provide outreach to prospective and current students of the Matawa First Nations communities.

# Living with Us... ATIK (Woodland Caribou)



Woodland Caribou are the largest caribou found in Canada. In the winter they eat mainly lichen, which they are able to sniff out using their great sense of smell. In the summer they eat moss, plants, grass, and willow leaves. Woodland caribou need large areas of undisturbed old-growth forests and wetlands, where they can easily find food and hide from predators. As industrial development pushes further north in Canada, woodland caribou are running out of suitable woodlands. This is why the woodland caribou's boreal population here in Ontario is listed as 'threatened', meaning that they may become extinct if efforts are not made to help the caribou and protect their habitat.



Photo taken by Sarah Cockerton (via helicopter) north of McFaulds Lake



Photo taken by Xavier Saautch in the Eabamet Lake area

Did you Know: Woodland caribou are found throughout the Matawa member First Nation homelands, including in the 'Ring of Fire' area. Four Rivers, with the support of Environment and Climate Change Canada, will be working with communities over the next few years to start a field research program on our caribou population. One of the tools that community environmental monitors can use when researching caribou populations is a trail camera, which can be set-up to capture pictures of caribou in areas where they are known to travel. The photos help the researcher monitor the population, behaviour and movement patterns of the caribou. For more information, visit fourrivers.group

















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