



MATAWA

M E S S E N G E R

The Power of Unity, The Dignity of Difference

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Regional Framework Moves Forward with Looking at First Nations Infrastructure Development & Partnership

On February 24, 2016, Matawa's Regional Framework department hosted a "First Nations Infrastructure Development & Partnership" workshop at the Victoria Inn. There were over 75 people that attended this one-day workshop; participants included Chiefs, Councillors, Regional Framework/Ring of Fire Coordinators, Regional Framework Community Representatives, Matawa Mineral Technical Committee (MMTC), Community Communications Liaison Officers (CCLOs), Matawa Economic Development Committee (MEDC), Matawa staff and many others. The day opened with Michael Strickland, a lawyer with Buset & Partners LLP, who spoke about how to engage in different types of business structures and business management. The keynote speaker was Ernie Gilroy, CEO of Manitoba East Side Road Authority, who primarily described how the plan was developed to build a road to connect 13 isolated communities on the east side of Lake Winnipeg in Manitoba, so that maximum benefits were realized for the communities and for the people who lived there. He also shared the successes and challenges that had to be dealt with during this process. The day finished with Leanne Hall and Guillaume Vadeboncoer from Deloitte who discussed services Deloitte provides in regard to Aboriginal business operations and also specifics regarding trusts and business charters. Overall, the workshop was well attended, informative and received positive feedback. A second infrastructure workshop will be held in the near future.

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Keepers

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MLC & Student Nutrition

Matawa Raises the Rent

Welcome New Staff and more....



Renewable Energy in Action



Photo: Eabametoong Inn



Photo: Webequie Water Treatment Plant

With funding from the 2011-2016 ecoENERGY for Aboriginal and Northern Communities Program, Eabametoong and Webequie First Nations were able to install 9.75 kw rooftop photovoltaic systems in their communities this past December and March. The program provides funding for renewable energy projects that reduce greenhouse gas (GHG) emissions arising from electricity and heat generation in these communities.

The project was managed by the First Nations, Dan Ugray, DG & Associates and Matawa. Panels were installed by Bower Electric out of Sioux Lookout. The 9.75 kw systems will reduce dependence on diesel generated power and will reduce carbon dioxide emissions by 153 tonnes over 20 years. Every year each system will save the community approximately \$10,000 in power or fuel costs. This is a small step towards independence from diesel power. Congratulations to these communities!

First Nations Northern Housing

The 14th Annual First Nations Northern Housing Conference (FNNHC) has completed another instalment in its ongoing effort to bring knowledge and networking opportunities to delegates involved in Northern First Nations Housing. There were over 200 delegates from over 80 Northern First Nations communities that attended the popular event which included a Trade show, Awards program and the 8th Annual Builders Challenge. With the theme “Old Lessons, New Stories,” some of the workshops for this year’s event were; Crawl Spaces, The Building Science of Air, Advanced Framing, Is Your House Drowning, True Cost of Housing, Radon Exposure, Converting Housing Tenure, and Housing Water & Waste-water Connections. Over 30 exhibitors also participated in a one day Tradeshow that featured housing suppliers and contractors from throughout Northern Ontario and Manitoba.

During the tradeshow, the Builders Challenge took place. This year’s Builders Challenge focused on Advanced Framing. It involved demonstrations by our special guest Jon Eakes followed by challenges where delegates competed against each other and were judged on accuracy, speed, and quality. The challenges included; Framing, more Framing, extruded Insulation & Sealing, Strapping & Bug screen.

Garden River First Nation was honoured at the awards banquet for their innovative housing program and achievements.

This annual event was organized by representatives from 12 Tribal Council from Northern Ontario. The main focus of the conference is to address issues and challenges in First Nations Housing. At the same time it is important for delegates to network with others and bring useful information back home to share. This year’s conference is deemed a success and we are already looking forward to next year’s conference!!!!

Further information is available online at the conference’s website: www.northernhousingconference.com

For further information contact:

Saverio Rizzo, Housing Inspector/Coordinator
Matawa First Nations Management

* FNNHC Working Group Member





14th ANNUAL FIRST NATIONS NORTHERN HOUSING CONFERENCE

February 9-11, 2016 Valhalla Inn, Thunder Bay

OLD LESSONS - NEW STORIES



Indigenous and
Northern Affairs Canada

Affaires autochtones
et du Nord Canada



Health
Canada

Seniors
Canada



NORTHERNHOUSINGCONFERENCE.COM



Photo: Webequie First Nation Delegates



Photo: Eababametoong and Aroland First Nation Delegates

Energy Readiness Planning Project



Nibinamik First Nation is one of 25 remote First Nation communities in northwestern Ontario that currently rely on diesel power. Just one large diesel-powered community produces about 30,700 tonnes of carbon dioxide equivalents a year so getting off diesel is like taking almost 6,500 cars off the road. This is why the community has started a project as an important first step in preparing themselves to make the switch from diesel.

The Energy Readiness Project will help the community develop an action plan to ensure that the First Nation is in a position to benefit from transmission projects and future economic opportunities with energy generation. On March 29, a presentation was made during Mining Week to the Elders Steering Committee by Nibinamik working group members Byron Wapoos and Harvey Yellowhead.

Future sessions are being planned in the next few months in to prepare the draft plan by the end of June. Nibinamik First Nation is working with Matawa Economic Development Advisors, Jason Rasevych and Jonathan Neegan on this exciting initiative.



Neskantaga First Nation Developing Economic Strategy from the Land Up!



Neskantaga First Nation Chief and Council and their economic development corporation (Nedcorp) has been busy moving forward with a process to develop an Economic Strategy for the next 10 years.

Chief Wayne Moonias has been strong with the direction that the plan must include engagement with input from the grassroots peoples at the community level. Since the project started, a session has been held in the First Nation with interviews with Elders, woman, youth and others with good knowledge of the past.

On February 18, an off-reserve session was held at the Matawa building. And, most recently, a leadership meeting was held to check in on the progress to date.

Neskantaga is working with the Matawa Economic Development Department and other community representatives on this important initiative.



Broadband Project Steering Committee Demand Full Support for Connectivity in Advance of Federal Budget 2016

Excerpt from Matawa Media Release - March 21, 2016

THUNDER BAY, ON: Matawa First Nations today called for the commitment of the governments of Ontario and Canada to fully collaborate on providing funding for a project aimed at connecting 5 remote First Nations in Matawa to broadband. They are seeking \$4.028 million to complete design, engineering and construction planning. They will be seeking additional capital for the construction phase which they hope to start this winter with the goal to have the first communities connected in the spring of 2017. The project has potential to be the only one of its kind in any First Nation in Canada as it replaces the copper method.

In 2010, \$81 million in funding was announced by Canada and Ontario to bring a state-of-the-art backbone fibre optic network to 26 First Nations communities in Nishnawbe Aski Nation who partnered with Bell Alliant. This initiative, called the Northwestern Ontario Broadband Expansion Initiative (NOBEI), originally planned to include Nibinamik, Webequie, Neskantaga, Eabametoong and Marten Falls First Nations—the 5 remote Matawa First Nations directly within the area known as the Ring of Fire. Then, in 2013, they were informed that the NOBEI had gone over budget due to issues in the construction of the 21 Non-Matawa First Nations leaving them without funding or a plan for broadband connection.

The 5 Matawa First Nations left out of the NOBEI said that full funding commitment is required on April 1 as the 2016 federal budget is released. They are growing increasingly frustrated after have been waiting for 3 years and having been disappointed by the NOBEI. They warn that if investments do not take place now, future costs will rise with inflation and they will have to continue to rely on an outdated, dysfunctional and expensive satellite and microwave telecommunications system that is riddled by blackouts and breakdowns.

The call comes on the heels of the 2nd anniversary of the Regional Framework Agreement signed between Ontario and Matawa First Nations on March 24, 2014. The RFA includes infrastructure such as broadband

as one of its 4 pillars. Matawa CEO David Paul Achneep-ineskum said that the lack of broadband leaves First Nations disadvantaged in these negotiations with respect to access/dissemination of information and reporting.

Recently, Eabametoong First Nation Chief Elizabeth Atlookan drew attention to the hardships the lack of broadband connectivity is having in her community saying that it is interfering with the ability to do business like financial reporting and conducting banking.

The Steering Committee who have been overseeing this project are hoping for a favourable response in the federal budget 2016.



Ginoogaming First Nation Review Greenstone Gold Hardrock Project



Ginoogaming First Nation has recently begun a review of the Baseline Technical Documents and Draft Environmental Assessment of the Greenstone Gold Hardrock Project taking place outside of Geraldton. Dillon Consulting Ltd., who was hired by the community to conduct the review, are actively seeking feedback on community concerns about the project.

From March 29 - 31, Dillon Consulting Ltd. held engagement sessions with the Ginoogaming First Nation Chief & Council, Elders Council and Trappers Association as well as held Open Houses in Ginoogaming First Nation and Thunder Bay. There was a great turnout in the community and the feedback received will direct the focus of their review to make sure that the documents are considered from the perspective of community concerns and priorities.

Are you interested in more information about the Hardrock Project? There will be another Open House in Ginoogaming First Nation and in Thunder Bay at the end of May to learn more and provide input.

Keep an eye out on the Matawa and Ginoogaming Facebook pages for the dates of the second round of engagement!



If you have any questions about the Hardrock Project, or any concerns about mining projects in your area, give Four Rivers a call or visit us online at: <http://www.four-riversmatawa.ca>.



**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
BellTV Channel 962

UPCOMING SHOWS

May 31, 2016
June 14 and 28, 2016
July 12 and 26, 2016

WISDOM KEEPERS CONFERENCE

MARCH 1 – 3, 2016



Over 50 Elders from Matawa communities attended this conference hosted by Matawa First Nations and Nishnawbe Aski Development Fund (NADF). Over 3 days, the Elders gathered together and shared stories, experiences, knowledge and teachings. Four Elders from the neighbouring communities of Wunnumin Lake, North Caribou Lake and Cat Lake also participated in the conference to share their wisdom in regards to development coming into their traditional territory. Some of the Elders said:

"That's my duty as an Elder to tell what's going to happen and how to work with them. We have to set things up for them cause they will be the ones leading the life in the future. They are the future. Sometimes we don't work with our youth and don't consult with them. Also young people are bored and we aren't teaching anything. They don't know about hunting or how to do anything like landscaping or camping or the rapids when they go fishing so I don't know what's going to happen in the future cause life is going to get harder in the future. I think we need to concentrate on our youth and start working with parents and teaching them the way of life."
--- Eabametoong Elder

"This is what I think, we've been talking about things and there's ways to move forward and how we should move forward. We should try to find out how to move forward. And what we're going to use. There's still a lot. Our Creator is one way and he gave us strength. And the people that already

had things happen to them in the south, the people who have had things taken off their land and we have to think that the Creator gave us this land to use and now they gave the laws the non-Aboriginal people imposed and that was for our use and not for someone to tell us how to use and then to pay for it. And then when we talk about the unity and working together I think that's how we have to work on this is with the unity and how to support each other." **--- Webequie Elder**

"If we work together that's going to be our strength and all the activities we do we have to stand together – especially the mining companies and how we are working with them. If we stand together – that's our strength if we stand together."
--- Aroland Elder

Some common themes included:

- keep hearing/respecting/honouring one another and yourself
- we're the gatekeepers and that comes with responsibility
- we say we're all one people (one language, values and customs) so we should not be envious and jealous if someone succeeds
- the strength of a community starts with the father, strong families bring strong leaders into the community and strong leaders bring strong Nations



On March 9 and 10, educators and education staff from nine Matawa schools met in Thunder Bay for the **Oshki Maajichiikewinan: New Beginnings** conference.

Support staff, teachers, counsellors, and education directors were able to meet, learn, and network with one another, and with other educators from the Keewatinook Okimakanak communities, local school boards, Thunder Bay officials, and Ontario Ministry of Education staff.

Highlights included:

- A screening of “Moose River Crossing” with the film’s director/writer, Dr. Shirley Cheechoo
- Sharing of the new Matawa Regional Education Strategic Plan
- A variety of breakout sessions, including those facilitated by staff from Matawa schools





**Miigwetch to all who attended
and facilitated this outstand-
ing conference!**



Student Activities at the Matawa Learning Centre



Inspiration is running high at the Matawa Learning Centre.

In November, we began a student cooking program. Students have the opportunity to help cook healthy meals for their peers twice a week. Shepherds pie, fajitas, lasagna, chicken alfredo, these are just a few of the items we have been lucky to share at the Learning Centre.

The chilly January temperatures didn't get our spirits down. Rather, they gave us the chance to go ice skating! This Winter, students had the opportunity to sign out skates, and put them to use at the local hockey rinks. Many-a-night was spent playing ice hockey at the Wilson Court skating rink. There are some real hockey pros at the Learning Centre!

In March, four students from the Learning Centre attended the NAN Seven Sacred Teachings Youth Gathering. Students had the opportunity to attend sessions on education, the medicine wheel, sacred fire teachings and traditional parenting. They had the opportunity to listen to inspirational guest speakers like Stan Wesley, Grand Chief Fiddler, Deputy Grand Chief Achneepineskum, and Regional Chief Isadore Day. And students got the chance to attend a drum social featuring 4 different local drum groups.



April was full of chances to participate in learning opportunities like the Right To Play Nation to Nation Youth Symposium, the Leadership Thunder Bay Unity Project, and the Aboriginal Youth Mentorship program. We also had the opportunity to tour Confederation College as well as Lakehead University.

Now with spring in the air, we are really excited to be commencing a Community Garden project in partnership with Teachers and the Student Nutrition Coordinator, Stephanie Ritch. The Learning Centre is alive with little seedlings, and we are excited to have several plots reserved at the Lakehead University community garden. Hockey, hiking, gardening, basketball, baseball . . . so many things to be excited about!!

Happy Spring everybody!

FINANCIAL ADVISORY SERVICES:

Matawa First Nations Financial Advisory Services Department is available to help enhance member First Nations' management, administration and quality of life by delivering governance, management and financial advisory services. Services include working with the Band, Finance and Program Managers to address financial and personnel management issues and capacity development.

The Department maintains and updates a collection of resources on governance and management documentation such as sample or template codes, policies, procedures, forms, work instructions and checklists along with information on best practices and it is available to member communities upon request.

**For more information, please contact
Andrew Yesno, Manager Financial Advisor
Services at: ayesno@matawa.on.ca**

The Matawa Learning Centre Garden!

By Stephanie Ritch, HBSW, RSW, RHN



Spring is here and at the Matawa Learning Centre. That means it is time to start our very first garden! Matawa Learning Centre's Student Nutrition Program Coordinator, Stephanie Ritch, and the Student Activities Coordinator, Paula Gilverson, are teaming up to run the gardening project. Over the past weeks our students have planted tomato, onions, peppers, oregano, sage, eggplant, and various flower seeds. In the coming weeks we will plant many more vegetables and even try planting some fruit! Our classrooms are now doubling as a learning environment as well as a greenhouse for our new baby seedlings. It's been very interesting to watch the seedlings grow and the students are doing a great job with tending to their seedlings. Everyone has been helping out! Naturally, this collaborative effort has been bringing the staff and students together to talk about gardening, food security, and nutrition.

The Matawa Learning Centre is getting a 10 x 30 community garden plot at the Food Security Research Network's Community Garden located on the Lakehead University campus. The students are going to tour the garden plot on April 26. We will plant our seedlings at the community garden around June 1. The students who are staying in Thunder Bay over the summer will have the unique opportunity to continue to watch and help the garden grow. We hope to send some of the food we grow back to Matawa Learning Centre students who stay in Thunder Bay or go back home for the summer; as well as, send some food to the Student Nutrition Program's running in Matawa First Nations. Harvest time will start in September, which is perfect timing for the Matawa Learning Centre. All of our students will be back just in time to harvest and eat the vegetables for the meals and snacks made for our Student Nutrition Program and Student Activities Program.

During gardening, the students were talking about how healthy vegetables are the highest priced foods and the unhealthy pop, chips, and microwaved "foods" are the lowest priced foods on their First Nation grocery store shelves. So they bought the cheap stuff.

Unfortunately, the sad fact is that 1 in 4 First Nations children and youth live in poverty so buying the cheap stuff is often a necessary reality on our First Nations. In pandemic proportions, First Nations people are suffering and dying at far too young of an age because of obesity, diabetes, heart disease and cancer. Fortunately, gardening fills hungry bellies and brings health to our people!

If you KNOW how to grow your own food, then you CAN grow your own food, which then means you can EAT your own food – it can be as simple as that! Gardening is very inexpensive and practical. The seeds, soil, and small amount of tools you need will get you lots of vegetables to enjoy. Children and youth are more likely to try and enjoy new vegetables if they have a hand in growing them. All it takes is some effort, time and patience. I know there are some barriers to gardening but many people and communities that have suffered from poverty have already jumped on the gardening bandwagon and are not looking back because they are experiencing the benefits of having more food to put on the table.

Learning how to grow your own food is a very important skill for our Matawa First Nations youth to learn and we are proud to be a part of that learning and growing! Overall, being involved in gardening is very therapeutic mentally, emotional, physically and spiritually for our young people. Also, the best way to learn about gardening is by just jumping in and gardening and that is exactly what the Matawa Learning Centre students are doing!!



By: Stephanie Ritch, HBSW, RSW, RHN

Matawa is very excited about our new Student Nutrition Program which feeds approximately 675 Matawa First Nation elementary and secondary students breakfast or lunch each and every school day. Our children and youth are now guaranteed to start their school day with a healthy breakfast that will improve their nutritional status, support healthy living and provide 25% of their daily nutrition needs. This in turn will help our children and youth to be more successful students. Studies clearly indicate that a healthy breakfast positively affects student performance.



Well nourished students are ready to learn, they have more energy and are less distracted by hunger. Children and youth spend a large part of their day in school, making schools an important environment to reinforce the connections among nutrition, health and education. The availability of Matawa's free, universal Student Nutrition Program increases the probability that First Nation students will eat breakfast and, in turn, improve their learning. A full tummy can fill a learning mind. Right now, the Student Nutrition Program or breakfast program is in NEED of YOUR HELP!! We are seeking parent and community volunteers to help prepare meals, set up tables, clean up, etc. Wild food donations are much appreciated as well! Bringing in our culture is an important part of the program. **If you can spare even one day a week to volunteer it will go a long way in helping out your child and his or her school! Please see your child's school teacher to ask how you can help out!! Migwetch!!**

Former N.H.L. Player Laces Up in Aroland

By Principal Bill Beauceage, Principal - Johnny Therriault School, Aroland First Nation

In late February, the staff and students of Johnny Therriault School, as well as community members of Aroland, were very privileged to meet, skate and learn from former N.H.L. player John Chabot. John Chabot was invited to the community through the “Hockey For Development” program that had been scheduled through Right to Play.

For those unfamiliar with his achievements, John Chabot was drafted in 1980 by the Montreal Canadians, and played 508 career National Hockey League games for the Montreal Canadians, Pittsburgh Penguins and Detroit Red Wings. His Junior coaching career includes the QMJHL's Olympiques de Hull, Olympiques de Gatineau and Acadie-Bathurst Titan. He also spent one year as an assistant coach for the New York Islanders in the N.H.L.

With great excitement and anticipation, John and his team of professional hockey instructors arrived in Aroland on Tuesday, February 23rd. The team, which consisted of John Chabot, Piers Kreps, Andrew Antsanen and Callum Cove were welcomed with an Opening Ceremony which included the singing of O'Canada, a prayer in Ojibwe, a smudging ceremony, drumming and student hoop dancers from the Grade 7/8 classroom.

Throughout the week, the “Hockey for Development” program focussed on working and skating with students from Grades 1-8 who attend Johnny Therriault School, high school students and youth within the community as well as adult players. On-ice events took place throughout each day and consisted of one-on-one skating and hockey development with each class at the school. Off-ice programming also took place in the school's gym. Each evening, programs were planned such as a family skate night, girls skating development, boys skating development, high school hockey development, open practices with the trainers/coaches, boys scrimmage games and open scrimmage games. Throughout all of this, parents and families were invited to attend and participate on the ice or watch.

On Friday, February 26th, to end the week, students and staff at Johnny Therriault School bid farewell to their honoured guests and wished them safe travels home to their families with a closing ceremony. To show their appreciation and gratitude, students presented gifts to each “Hockey for Development” team member to remember their visit to Aroland. As a final “hurrah” to the week, students, staff and community members gathered for a community lunch in the gymnasium of the school, where pictures of the week's activities decorated the walls of the gym for all to see. John Chabot graciously accepted the invitation to sign autographs for all who requested.

Based on all the excitement and participation that took place throughout the days and evenings, the “Hockey for Development” program was an overwhelming success. The “Hockey for Development” program is part of a “Sport For Development Program” through Right to Play. “Sport For Development Programs” are clinic based programs that combine sport and play with other non-sport leadership development components to enhance their effectiveness. These programs have a number of components including: (1) sport-specific instruction provided by professional athletes; (2) life skills play-based learning activities; (3) equipment distribution; (4) motivational school visits by Aboriginal and non-Aboriginal role models; and, (5) coach certification for local community members.

The purpose of this program is not only to ensure that those who participate enjoy themselves, learn how to skate, improve their skating ability or learn about the game of hockey and skills associated with it, but to also teach life skills through the sport of hockey, skills such as fair play, cooperation, teamwork and listening as well as improve peer to peer relationships and improve overall physical and mental health.

Having this program come to Aroland would not have been possible without the hard work, dedication, enthusiasm and commitment to the children and youth of the community from Mr. Chad Kashkish, Right to Play Coordinator for Aroland or Miss Courtney Strutt, Program Officer for Right to Play. The success of this program throughout the four days surpassed and exceeded all expectations. Miigwech!!





Last month, Matawa had an opportunity to participate in this annual event put on by Thunder Bay Shelter House. We were 1 of 10 teams participating throughout the city.

This event is in its 12th year and is Shelter House's largest fundraiser. Each year, they have 18,793 overnight stays.

They have been working to alleviate poverty and homelessness in Thunder Bay for over 35 years and have been in their new location now for nearly 10 years.

In that time, Shelter House has adapted and expanded their services to respond to the growing needs of the community. Their services include:

- Community feeding program
- Street Outreach Services
- Kwae Kii Win (Turning Point) , and;
- Emergency Shelter

The Emergency Shelter was built to house 42 people and still regularly houses as many as 62 residents. This stretches their budget in terms of food, utilities, wear and tear on the building and staffing levels.

This year, Team Captain David Paul Achneepineskum, Matawa CEO and Vivian Ann Martin, his dedicated and caring Executive Assistant, were able to lead the team in raising \$4,664 in rent! This amount surpassed the \$1,000 that was suggested in rent by Thunder Bay Shelter House and earned Matawa the title of 'Royal Rent Raiser 2016.' This year's Shelter House Raise the Rent campaign brought in \$22,000.

We are very proud of our efforts this year!!

We thank the following for helping us Raise the Rent!

- Matawa Chiefs, Board of Directors and Staff
- KKETs Board of Directors and Staff
- Paradox Technologies
- Mary Scrimshaw
- Dorothy & Tony Sakanee
- Donald Richardson
- O/A Aboriginal Business Network
- Shawn Christie
- McBus Investments
- Morris Douglas Ltd.
- Bob Rae



Matawa First Nations Management Welcomes New Staff

Four Rivers Environmental Services Group

Environmental Assessment Officer, Larissa Mikkelsen



Larissa currently a registered environmental Geoscientist-in-training with the Association of Professional Geoscientists in Ontario and hopes to have her Practicing License soon. She holds an Honours Bachelor of Science degree in Water Resource Science and a Masters of Science in Geology from Lakehead University. She worked in environmental consulting in northwestern Ontario for over 5 years as a scientist and project manager. She has experience coordinating, conducting field work and technical report writing for environmental projects including, but not limited to, phase I and II environmental site assessments, contaminated site monitoring, landfill monitoring, petroleum hydrocarbon fuel system removals and soil remediations. She has also assisted with the completion of mining related projects including an environmental assessment, a mine closure plan, preparation of supporting documents for an environmental compliance approval amendment, industrial sewage works compliance monitoring and emergency spill response environmental monitoring. She has conducted work for various cliental including municipal and provincial governments, insurance clients, public and private companies and First Nation communities.

She worked at Matawa as the Climate Changer Summer Student Technical Services in 2010. In this position, she will be responsible for ongoing communications and capacity building surrounding Environmental Assessments for potential resource development projects occurring within the Matawa member First Nations' traditional homelands. Larissa lives in Thunder Bay with her husband and 2 sons

Kiikenomaga Kikenjigewen Employment & Training Services (KKETS)



Career Focus Project Coordinator, Lucie Edwards

Lucie is excited to be part of a successful organization aimed at advancing the skills of the Aboriginal workforce. Prior to joining KKETS, she held various management positions in health, FN Governance, and most recently, the energy sector. She

obtained her Bachelor of Arts degree in Political Science

Matawa Education

Student Nutrition Coordinator, Stephanie Ritch



Boozhoo! Stephanie Ritch ndishnikaaz. I am so happy about being hired on as the Student Nutrition Program Coordinator here at Matawa! Let me tell you a little about myself. My First Nation is Long Lake #58. I also have roots in Aroland First Nation, Marten Falls First Nation and good old Ogoki Lake. I grew up in Nakina and Thunder Bay. I am a Holistic Nutritionist, Social Worker and Life Skills Coach. I am a proud mother of three sweet and playful children named Sage, Melody and Kai who shower me with their endless love, hugs, and silly jokes. I enjoy all food, going to concerts and listening to my favorite bands as well as hiking new and old trails. I really enjoy helping First Nation babies, children, youth and their families and I am very happy to be a part of this program which is helping to feed First Nation children and youth each and every school day!

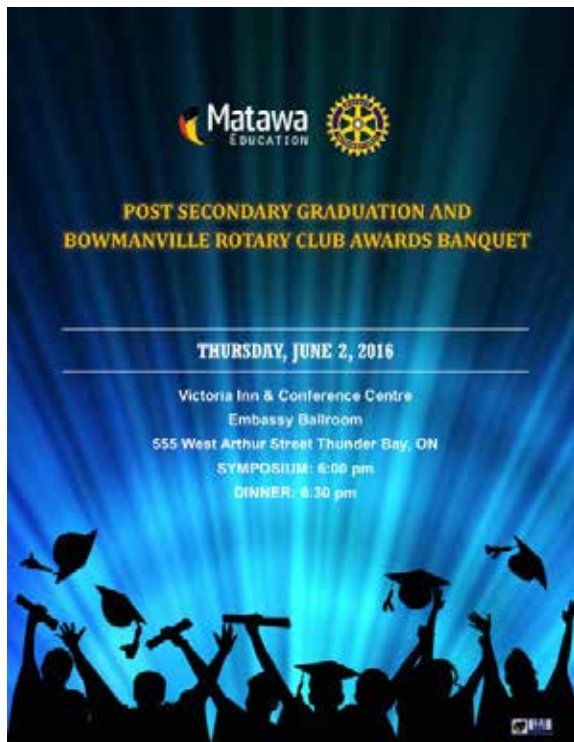
Kiikenomaga Kikenjigewen Employment & Training Services (KKETS)

Rof Employment Integration Services Ass't, Elaine Keesick



Elaine comes to us from the Dryden Native Friendship Centre, where she was contracted as the Partnership Development Advisor. She is a 2 time Confederation College alumni having obtained two diplomas from Business – Human Resources Program and Advanced College Diploma from the Business Administration - Human

Resources, she also has a Management Certificate in First Nations' Governance from the University of Lethbridge in Alberta. Past employments also include Director of Education in her home community and Administrative Assistant for the Secondary Student Support Program of Northern Nishnawbe Education Council in Thunder Bay. She is an Oji-Cree member of the North Spirit Lake First Nation.



Living with Us... Gwiingwa'aage (Wolverine)



Gwiingwa'aage is a very clever predator. They can strategically kill a caribou or moose by sneaking behind it and clawing at its hind legs. Gwiingwa'aage communicates with other Gwiingwa'aage by spreading its scat or urine around its home territory. Their feet are considered large for its small body, which help them travel across deep snow. Large forested areas are crucial to its survival, as most of its prey share this habitat. The wolverine's diet consists of animals large and small, like hares, deer, and rodents; sometimes, it will eat berries and plants.

Did You Know... Community Based Monitoring (CBM) is a process where concerned citizens, government agencies, industry, academics, community groups and local institutions work together to monitor, track and respond to environmental issues of common concern. One monitoring method is the use of outdoor trail cameras. Four Rivers can lend these motion censored trail cameras to the Matawa First Nation communities to take daytime and nighttime photos of local wildlife. They are a great tool for environmental monitoring without causing disturbance to wildlife habitats or the animals' natural activities. If you'd like to learn how to use tools such as the trail camera, or have questions about the CBM training we can offer, give us a call or visit us online @ www.fourriversmatawa.ca.



Matawa First Nations | 233 S. Court Street | Thunder Bay, ON P7B 2X9 | Tel: 807.344.4575 | Fax: 807.344.2977 | Toll Free: 1.800.463.2249



www.matawa.on.ca